

Heart River VOICE

NOVEMBER 2021 | VOL. 3, NO. 11 | HEARTRIVERVOICE.COM

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SEE PAGE 30

CALENDAR *of*
LOCAL EVENTS

DICKINSON STATE UNIVERSITY
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Dickinson State University's
News • Highlights • Events

See pages 17-24

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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art by Hannah Hardy. For more information about the artist, see page 5.

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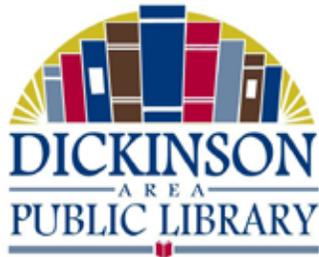


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#BOOKWORM

Gearing up for the holidays

By Cindy Thronburg



The holiday season is fast approaching, and the Dickinson Area Public Library (DPL) is getting ready for it in full stride. November is full of activities, and a few of them will help us get ready for Christmas.

The DPL will once again be hosting an Angel Tree Book Drive, beginning the week of November 14th. This is a drive for the United Way of Dickinson in which participants take a tag from our angel tree and donate a new, unwrapped book for a boy or girl in our community who is in need. Do not feel limited to the tags on the tree. You may donate any kind of new books for children ages 0-17. Monetary donations for books are also accepted and appreciated. Donations can be dropped off at the library until December 11th.

Not sure what books to get? Stop by our Scholastic Book Fair, happening 9:00am to 8:00pm November 29th through December 2nd. The book fair will be set up in the west lobby of the library. A wide selection of books for school-aged children will be available. This is a great opportunity to do some Christmas shopping, too! Proceeds from

the sale fund books for library programs.

Since it is happening so early in December, we wanted to give you plenty of notice about our biggest event of the year, happening the first week in December. Friday, December 4th will see the return of The Dickinson Library Foundation's Christmas Social being held in person at the DPL. Enjoy hors d'oeuvres, Christmas cookies, a traditional wassail, silent auction, and live music while socializing in our beautiful library — all decked out for the holidays. This ticketed event is free for Platinum Card holders and Twice Sold Tales volunteers. Tickets for all others are \$20 and are available at the library. The proceeds from the event help fund library programs, pay for essential repairs, and to purchase new resources for the DPL.

There will be plenty more holiday programs in December. Watch for our next issue for information, including about our Grinchmas Party happening December 11th!

There are a few other special events happening in November, plus our regular programs. We will be celebrating the 50th anniversary of Willy Wonka and the Chocolate Factory by showing the film at 6:00pm on Thursday, November 4th. Bring your own drink and we will provide popcorn and a candy bar. Find the Golden Ticket and win a special Willy Wonka prize!

We will be hosting our Trivia LIVE event on Friday, November 19th at 6:00pm. Participants competed all season virtually to earn points. Now those participants will be able to come to the live season finale event and wager

Angel Tree for United Way of Dickinson



NOV. 15 - DEC. 11



Give the gift of reading

Take a tag from our Angel Tree for a boy or girl in our community who is in need of new books to read and learn.

Please return your generously donated, new, unwrapped books to the Library by Dec. 11th.

Do not feel limited to the tags on the tree, you may donate any kind of new books for ages 0-17.

[Visit our Scholastic Book Fair!](#)

Monday, Nov. 29th - Thursday, Dec. 2nd

9:00am-8:00pm

Baby, kid, and teen books and much more will be available for purchase. You may buy them as donations for the Angel Tree, keep them for your personal library, or give them as gifts!

those points and win a prize!

Teens will be making Harry Potter Wands at 4:00pm on Tuesday, November 9th and adults will be making them on Monday, November 1st at 6:00pm. Those wands will come in handy for our 20th anniversary celebration of the first Harry Potter film at 6:00 on November 12th. Harry Potter themed costumes are encouraged, and those who are in costume will be entered to win a door prize! We will be providing popcorn and other themed treats.

Other programs include: Pages and Popcorn at 10am on Saturday, November 20th; Movies that Make Us Think at 1:00pm on Saturday, November 20th; Teen Movie Night featuring the movie Cruella on Tuesday, November 16th, and Adult Craft Club will be making gnome ornaments on Saturday, November

10th at 10:00am. It's also Dinovember all month long! Come see what our dinosaurs are doing around the library. Go on a dinosaur hunt and be entered to win a prize. This is geared for ages 2-12. There are also dinosaur-themed events all month long, including a showing of The Land Before Time at 6:00pm, Monday, November 22nd for Free Family Movie night.

As always, there are too many events to list here. Check our Facebook page, website, and our Calendar of Events for the complete list! ■



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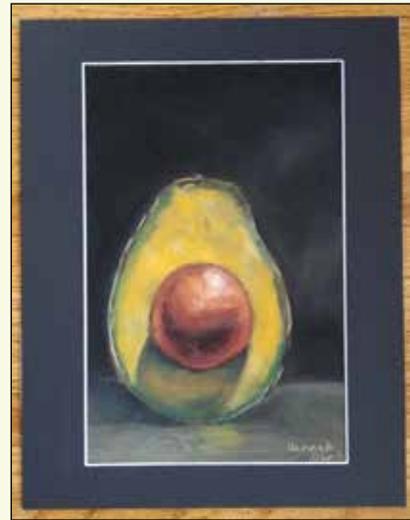
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COVER ARTIST Hannah Hardy



Hannah Hardy

Having to live without doing art, for me, is like living without good music for awhile – sometimes I won't notice right away but after a bit, I realize how drab everything is without it. Sometimes I'll get caught up in other things & forget just how much I need it. But it's always there, pulling me back to itself like an addiction. Going back to it is like hearing a favorite song again – it's a rush. Art is my high. Each piece I create has a piece of me in it. It's like being in love – it's me opening up my soul and seeing how much we can be, together. I grow so much with each piece I create, each relationship I form. I love to see the life they take on. I have a hard time parting with my originals, it's like leaving a piece of myself with someone else – like a breakup. I've heard many times from people, that they can see me in my art;

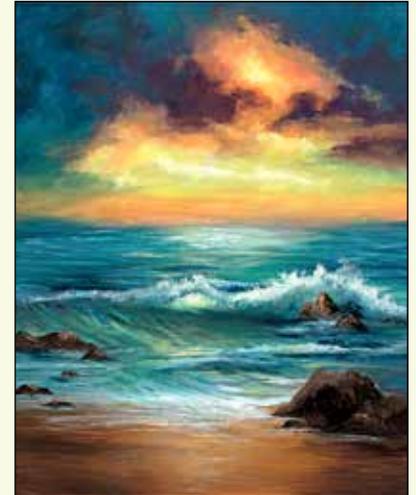


I'm not surprised.

I draw inspiration from anything that makes me "feel". There's beauty in the little things. I love intriguing photographs (whether I or someone else takes them). I love things that make people think. I was in art school for 2 ½ years, in Oregon. My family has supported me every step of my art journey & encouraged me always. I love my parents dearly.

I was born and raised in Washington state. The first time I visited North Dakota was when my grandpa retired

near Scranton, ND and my parents helped him move. Later, when I was



10, my parents and I (I'm an only child) spent a summer here. It was one of the best summers I can remember. North Dakota has always been a place of peace for me. I came here to stay, in March. I'm 21 now. I traveled a lot this year, flitted anywhere the wind blew, just the way I like it. It's easy to feel at home in the Dakotas. Everyone is so welcoming. I've started working as a barista at The Daily Grind in Lemmon, SD.

I'm looking forward to participating

in the Badlands Art Association 51st Annual Art Show! It's in Dickinson, ND this month, Nov 12-14th. I'd love to see you there! ■

ADVERTISE WITH US

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

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EDUCATION

Giving Tuesday

What is Giving Tuesday? It's a global network to inspire generosity throughout the world. Everyone has

Join us on Giving Tuesday to recognize generosity and thank our "Superheroes" who work in the schools and those who donate to the Dickinson Public Schools Foundation. We are hoping to have 100 donors donate on Giving Tuesday to "enrich"



something to give and every act of generosity is welcome. There are many ways to express generosity on Giving Tuesday. It's a simple idea - whether it's making someone smile, helping a neighbor or a stranger out, volunteering, or giving some of what we have to those who need help. Every act of generosity counts, and everyone has something to give. That is why Giving Tuesday is one of the biggest fundraising days of the year for nonprofits throughout the world.



education. Will you join us?

With your help, we have awarded over \$579,000 in grants to enrich education, sponsorships to help students attend national competitions,

and scholarships to further their education. Thank you for investing in education! You can help us do

even more by participating in Giving Tuesday. Find out more at www.dickinson.k12.nd.us/foundation/giving-tuesday. ■



One of our recent grant projects was an acoustic shell for the Dickinson High School music program. The acoustic shell enhances music performances to help build a competitive music arts department.

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Poverty among women in Stark County increased with the preliminary 2020 census. It is estimated that over 125 women over the age of 75 in Dickinson are living in "Extremely Low Income Limits" which is less than 30% of the median family income for Stark County. They are the silent, forgotten poor. Many of these women live on a total monthly income less than the average 30-year old woman's car expense! You can help by donating gift cards or making a monetary donation so that these women do not have to go without during the holidays.

For more questions or for more information, please contact us at info@wewnetwork.org or by Facebook message.

KUDOS

Ruthie Johnson honored for her stewardship

Ruthie Johnson of Belfield was recently honored with the Stark County Spirit of Excellence Award. Ruthie was nominated for the award following her generous Stewardship to her community, county, and beyond.

Surrounded by family, friends, local dignitaries, community groups, and other special guests, Ruthie was honored at a surprise celebration at the Belfield American Legion Hall on Thursday, August 23.

Julie Obrigewitsch, award organizer, led the award ceremony with details of how the Stark County mayors selected Ruthie in a blind process out of 34 total nominations. Johnson was showered with many donated gifts from Stark County businesses and individuals. Presenting the award to Ruthie was Belfield Mayor Mitzy Mross.

Ruthie Johnson has given tirelessly of her time and talents on her own and through numerous volunteer activities, namely at the Belfield Senior Center, where she currently serves as secretary. Ruth has voluntarily led an exercise group twice a week for many years.

Ruth is involved with other volunteer groups, including the American Legion Auxiliary and the Belfield Sportsman Club, where she volunteers at the Shooting Range on Ladies Night. Johnson was a schoolteacher for 43 years and has also been an officer of a local Birthday



Ruthie Johnson

Club, where she gives tirelessly of her time and talents, as well.

"We are all in awe of what you do. This community is blessed with your generosity every day," remarked Glenda Buckman, award nominator.



The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good

Samaritan/Random Acts of Kindness acts within Stark County, ND.

All submitted nominations who were not selected will be carried over to the following bi-monthly awards. There is no need to resubmit. Nomination forms are available at www.starkcountysheriffnd.com.

To receive more information on the award program, visit www.starkcountysheriffnd.com or call 701-290-1640. ■

THE ARTS

BAA's Art Show judges announced

The Badlands Art Association is pleased to present the judges for the 51st Annual Fall Art Show. They are Bonnie Olson of Billings, Montana and Louise Zeller of Dickinson.

Bonny Beth Luhman Olson is a contemporary artist who lives and works in Billings, Montana. Her most recent work includes colorful watercolor paintings on non-traditional surface called Yupo. Her distinctive personal style emanates joy and expresses the vibrant spirits of the characters she is depicting. Mrs. Olson has most recently shown her work at WaterWorks

Art Museum for their 45th Annual Art Auction and won Best in Show for her piece Mr. Blue, watercolor on Yupo, 11"x14", 2020.

Mrs. Olson grew up in Eastern Montana in a small country town called Rosebud. As a child, she had many animals growing up and loved going on adventures, walking along the banks of the Yellowstone River. She has always been interested in nature and art.

Mrs. Olson holds a BFA from Montana State University Billings. As a MSU Billings graduate in the Fine Arts program, Bonny Beth studied many art forms including painting, photography, video, and ceramics. Among her experiences studying at MSUB, she had the opportunity to participate in a study abroad in Italy where she got to study well-known artists and explore the Venice Biennale. You can view more of Bonny Beth's work at www.bbbluhman.com.

Louise Zeller is a North Dakota native who graduated cum laude from the University of North Dakota with a bachelor's degree in art education and a minor in Business Education. As an

itinerant Elementary Art teacher for over 30 years, she was blessed to know thousands of students from Billings County and Dickinson Public Schools.

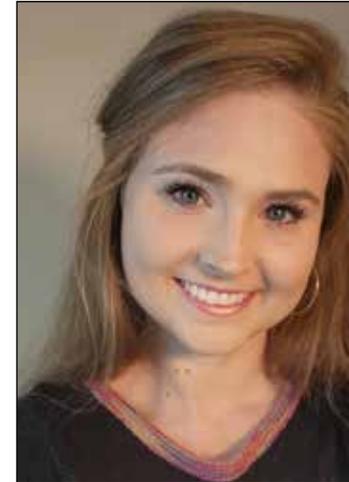
During her years as a teacher, Louise helped her students enter and win many local, state, and national competitions. The students from Medora Elementary created a compilation of wildlife pictures to be displayed for many years at the TRNP visitors center

in celebration of the 75th Anniversary of the National Park System. Louise taught elementary art seminars at the ND Teacher Conventions, the Reading Association, and for individual area schools, helping the teachers develop and understand the art curriculum process.

Today, Louise is retired, enjoying time with grandkids

and family. She continues to create in many ways. She and husband, Patrick, enjoy playing liturgical music together in Medora during the summers. "Even though I am retired, each day continues to be filled with the love of children and family. Now, I can enjoy painting with a glass of wine in my hand! I have been blessed beyond measure. I am thankful for the tremendous support

I had from the communities I served. It was my honor to be given a part of your children's lives." ■



Bonny Beth Luhman Olson



Louise Zeller



THE ARTS

BAA 51st Annual Art Show

The Badlands Art Association will be presenting its 51st Annual Award Preview Showing on Friday November 12th from 6:00 pm to 9:00 pm at the Grand Dakota Lodge in the Roosevelt Hotel, Dickinson.

During this time, the public will have the first chance to see the newly judged art works in the 51st Annual Fall Art Show.

The Professional awards will be for first through 3rd place in the following categories: Acrylic Painting, Dimensional Art, Drawing, Mixed Media, Oil Painting, Pastel Painting, Photography, and Watercolor Painting. The Amateur awards will also be for first through 3rd but in the categories of photography, painting/mixed media, drawing/pastel, and dimensional art. The student show will also have winners arranged by the artists' grades in school. During the Award Preview the viewing public will have the opportunity to cast their ballot for one of the most prestigious awards of the show which is the People's Choice award. The Peoples Choice is voted by the public to be the very best artwork in the show.

Music will be provided throughout the Preview by Michael Stevenson on the piano. Michael, who is a well-known local entertainer, is the retired choral and drama director from Dickinson high School. The BAA will also provide hors d'oeuvres complimented by red and white wines for people attending

the Preview; there will also be punch and cookies. The art show judges Louise Zeller of Dickinson and Bonny Olson of Billings, MT will be present to give critiques to entering artists and to answer questions.

Visitors to the November 12th preview will also be able to compete in a silent auction of the arts works that are

for sale in the show. The minimum bid is the artist asking price and all bid slips must be turned in during the preview evening, winners will be notified of their winning bid on Saturday morning.

There will be a silent auction on Friday November 12th for a wide array



of donated baskets and artistic gifts. This auction will continue throughout the next day ending at 4:00 pm on Saturday November 13th.

The 51st Annual Fall Art Show will resume on Saturday November 13th from 10:00 am to 4:00 pm, and then on Sunday, November 14th from 12:00 pm to 4:00 pm. The entire art show including the preview is free of charge. ■

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KINDNESS

Youth donate B-Day money, fundraiser proceeds

By Mark Billings

Several local elementary school-aged youth donated their own money to the Connect Medical Clinic (CMC) in conjunction with its IMPACT Banquet held in September.

Madelyn Eberts, the daughter of Drs. Marvin and Melissa Eberts, and Lilly, Lola and Ashton Steiner, the children of Dr. Luke and Ashley Steiner, all from Dickinson, used proceeds from their birthday money and a fundraiser to collectively donate more than \$200 to the CMC.

Lilly, Lola and Ashton Steiner, ages 11, 10 and 6, respectively, were part of a dinner conversation one evening during which their mom Ashley mentioned she was planning to attend the CMC Banquet with husband Luke. Wanting to support CMC along with their parents, the kids decided to host a lemonade and cookie sale near Luke Steiner's business, Elite PT in Dickinson.

"This was the fifth community fundraiser the kids have done," said Ashley. "We took the year off last year because of COVID but we thought this was

thumbs-up.

"We charged \$1 per cookie and for each glass of lemonade," said Lilly. "A lot of people gave us more than that as a donation."

Madelyn Eberts, who turned 8 in August, decided

to make her first official donation and contributed all of the proceeds from her



Madelyn Eberts

birthday -- \$22.26 -- to CMC.

Founded in 2015, CMC is a nonprofit providing pregnancy testing, limited ultrasounds and support services; STD testing and treatment, decision-making services and individual fertility education in a confidential and nonjudgmental environment. For more information or to schedule an appointment, call (701) 483-9353 or visit connectmedicalclinic.com. ■



Lilly and Lola Steiner

a nice way for the kids to be connected with what Luke and I are doing for CMC."

The Steiner's outdoor fundraiser on September 28 proved extremely windy, causing three boxes of cookies to blow into the street. Undaunted, the Steiner kids persevered, waving to people honking their horns and giving them a

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NDSU EXTENSION Hello Fall!



By Holly Tuhy

Hello Fall! You have come again, bringing a chill to the air and a change to the leaves. I really love this time of year. I get to break out my fuzzy socks and tall boots and wait impatiently for Thanksgiving. I cannot help but be excited to share stuffing, mashed potatoes and gravy, and turkey with loved ones. Not to mention delicious desserts!

I would like to talk about Thanksgiving meals a little bit more. How do you really know when that twelve-pound turkey 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 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 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.

You did it! The meal was cooked to perfection! (And to a safe internal temperature.) Now it is time to clean up the kitchen and get those leftovers put away. Be sure to refrigerate hot foods within two hours of their coming out of the oven. Two hours is a good rule of thumb for cold foods as well. Leftover foods are safe to eat up to four days later. Once the Monday after Thanksgiving rolls around, be sure to throw out any uneaten leftovers.

This fall, enjoy all the flavors that

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
EGGS & EGG DISHES	
Eggs	Cook until yolk & white are firm
Egg Dishes	160°F
SEAFOOD	
Fin Fish	145°F
LEFTOVERS & CASSEROLES	165°F

Thanksgiving brings, but remember to especially enjoy the reasons you have to be thankful! ■



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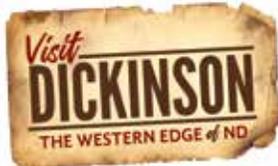
in the month of November

CONVENTION AND VISITORS BUREAU

Fall - Make your own day

Fall brings people out to football games, vendor shows, pumpkin patches, and local galas. We don't end our travel season, it may certainly slow down some, but think locally also.

Have you been to the Badlands Dinosaur Museum lately? There is a lot that has changed at the Dickinson Museum Center in the past few years. You can see new exhibits and watch the paleontologists working. It's open year-round, Monday - Saturday, 9am-5pm, and Sundays during the summer. And



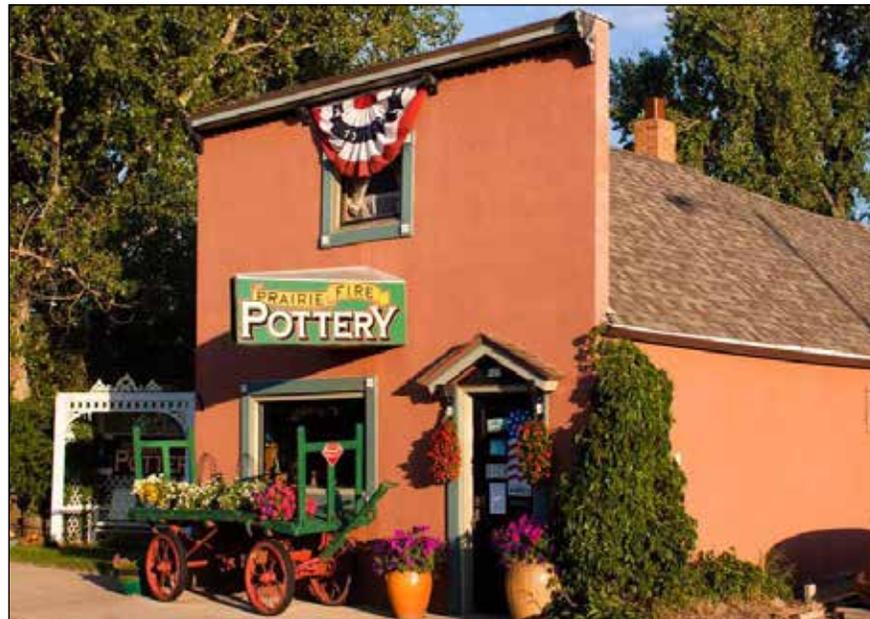
after you leave there, stop by one of the many coffee shops, for a brew or a hot tea, that we have in Dickinson. In fact, we have an entire page on our website dedicated to The Coffee Cruise, a fun, new experience that can bring out the latte in everyone.

Have ever you jumped in the vehicle and drove over to one of our regional communities to attend a fall event, or discover some really cool unique shops? It's a perfect excuse to yourself to have fun with a friend, even once a month.

How about driving to Hebron to visit Dacotah Clayworks, a great shop of local clay pieces handcrafted into beautiful art? The soothing clay pastels reflect the local land colors. Stop by the



Dacotah Clayworks, Hebron, ND



Prairie Fire Pottery, Beach, ND

Dark Side of the Brew before you leave Hebron for handcrafted coffee and a bakery item.

Speaking of clay artwork, have you been to Prairie Fire Pottery in Beach? This business ships all over the world, and her kiln-fired pieces are full of dark earth colors. Badlands Barista and

Boutique in Beach has food, coffee drinks, western décor and clothing.

So, stay in Dickinson or head east or west, and enjoy lots of places while having a local getaway. These suggestions can give you that one day of stress relief by having fun with friends, or just go yourself! ■



Vicky Steiner
Realtor

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FINANCIAL FOCUS

How should investors respond to inflation?

For more than a decade, inflation has been essentially dormant. In recent months, though, economists have expected an uptick but were still surprised by the sharp jump in the April Consumer Price Index (CPI), which rose 4.2% from a year ago. As an investor, what can you expect if we do enter a more inflationary environment?

First, it's useful to understand the main causes of the recent spike in prices. Part of the explanation is simply a result of increased economic activity in the spring of 2021 over the same period a year ago, when prices collapsed at the height of the COVID-19 pandemic. And this reopening of the economy has also resulted in a surge in demand for travel-related services such as hotels, airfare and rental cars. Another contributing factor is a widespread shortage of manufacturing materials that have limited production and driven up prices for an array of consumer goods.

Will this inflationary pressure continue? It's not easy to make predictions of this nature, but, for now, the Federal Reserve seems to believe the recent price hikes are temporary, and, as a result, will continue its policy

of keeping interest rates low. But a few more months of higher-than-expected inflation could change the Fed's view and its actions.

In any case, how should you as an individual investor respond to even the potential threat of rising prices? You'll need to keep in mind that inflation affects different types of investments differently. Consider fixed-income securities such as bonds, which pay a set interest rate – the coupon rate. Because rising inflation erodes the value of a bond's future income, bond prices typically fall during inflationary periods. This is particularly true of longer-term bonds, due to the cumulative effect of the lower purchasing power. On the other hand, stocks – especially those of larger companies – tend to do well during inflationary periods, which might not be that surprising, considering that a company's revenue and earnings may increase at a rate similar to that of inflation. Of course, "stocks" is a broad term, and some industries will do better than others when inflation is on the rise.

Even if inflation keeps advancing, you may not want to make significant changes to your investments. For

example, although their prices may fall, bonds can still be valuable assets, since they can help reduce the impact of market volatility on your portfolio. And if you've already got a good mix of stocks appropriate for your goals and risk tolerance, there's probably no need to shake things up.

Here's one more thought to keep in mind about inflation: It serves as a reminder that you'll always need to have a reasonable percentage of growth-oriented investments in your portfolio to avoid losing purchasing power. As

we've seen, inflation won't always be in hibernation.

Ultimately, your own actions and decisions will determine your success as an investor, but you'll still want to be aware of how a development like inflation can affect the economy and the financial markets. If we are entering territory we haven't seen in a while, it pays to stay alert.

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



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EDUCATION

Cultivating wholistic student health: Great Teams at Trinity

By Kelli Schneider

Trinity Junior High and High School started an initiative about 3 years ago – Great Teams. Born from the desire of teachers to gain a better pulse on overall mental health of the student body, Great Teams started in the form of small group conversations amongst students, over lunch, two times per month, with the discussion prompt: what is great in your life today; what is not-so-great in your life today.

Two years and multiple teacher in-service discussions later – Great Teams at Trinity Junior High and High School has evolved in a wholistic way. What commenced on October 6 was a full 75 minutes of teacher-lead skill building sessions – not necessarily tied to an academic area, but rather, a life skill.

“What I like best about Great Teams is getting to know the personality. To get to see our teachers give us lessons in salsa dancing and quilt making, rather than Spanish and Advanced Foods offers a different glimpse into who they are, outside of their school content area. It really was fun,” offered Faith Schweitzer, a senior at Trinity Junior High and High School.

Attaining student buy-in was step one in the orchestration of Great Teams for the 2021-2022 school year. Teachers knew that this initiative had to be student-owned and faculty-assisted. To that end, the work of construction began. Students were asked to submit, via Google Form,

their ideas on “things they would like to learn that are not school related”, i.e. life skills. What followed was an overflowing of ideas from the minds of students. Everything from financial investment skills to sewing to CPR to pinocle and dancing – students expressed their many thoughts on skills they would enjoy learning, if given the opportunity.

From there, teacher teams worked to make student ideas come to fruition. “We ended up with just under 20 skill session offerings, with each offering having anywhere from 10-15 students,” said Casey Kessel, Trinity Junior High and High School Science Teacher. Kessel continued “...the process took time, but I think the

end product is something very good.”

“I think any time students are asked for their input on something, we come into it with a better attitude...a more open attitude,” offered Jacob Lucas, a junior at Trinity Junior High and High School. He continued, “...and that is how I think many of us approached Great Teams this year. I am in the outdoor sports group and just in the first session it became a really good stress reliever; something different.”

Students will engage in a total of 4 Great Teams through the first semester. What began 3 years ago as a way of getting a pulse on the emotional and mental health of students has certainly evolved – and is awakening the greatness that exists in the young hearts and minds of the students who walk the hallways of Trinity Junior High and High School. ■



Mr. Grinsteiner – teaching pinocle to Trinity High School students



Trinity High School junior Kylie Zeller teaches knitting, with Sister Annette as faculty advisor.



Mrs. Olheiser's jewelry making class with Trinity Junior High and High School students.



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KUDOS Bakken BBQ Charities

"The way to get started is to quit talking and begin doing." ~ Walt Disney

Back in 2013 Jackie Jenkin and Tiffany Steiner quit talking and started doing. They brought together a group of like-minded individuals in the community who wanted to make a difference. The result was the Bakken BBQ - a family friendly event with all-you-can-eat BBQ, cold beverages, entertainment, activities for kids, a live auction and prizes. "There's so much work that goes into these events, it become an emotional event that connects with the community" Tiffany Steiner.

This group certainly lives their mission to inspire hope and strengthen our community empowering and improving the lives of our neighbors facing hardships. In October, the group donated \$70,000 to Make-A-Wish North Dakota. During the past ten years, they

have raised over a half million dollars for Make-A-Wish North Dakota, Relay for Life and other local charities - a half million dollars!

Large groups aren't normally recognized through the Women Empowering Women Kudos program but it's hard to ignore something as AMAZING as the work being done by this group. In addition to Jackie and Tiffany, members include Karen Rodakowski, Hope Hilfer, Lexi Gabbert, Kelly Braun, Art Brown, Kelsey Kuylen, Jeanine Tucker, Angie Decker, Mandie Jackson, Karolina Linn, Zach Keller, Justin Fridrich and Brianna Baker.

As the holidays approach we encourage everyone in our community to be inspired by the Bakken BBQ Charities group. We all can make a difference - sometimes because we just quit talking and begin doing.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. These are women who've lived quietly, joyfully or creatively to influence our



lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women

to meet needs and helping women become the best versions of themselves.

To learn more: <https://wewnetwork.org> ■

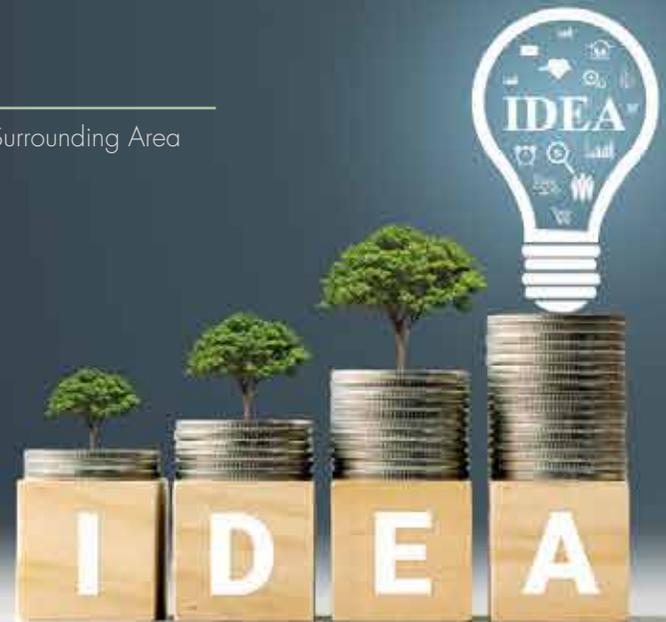


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WHERE BUSINESS GOES TO GROW

HEALTH

Attention and school



By Steve Irsfeld

Have you ever struggled with paying attention or staying focused on a particular task? My wife often tells me I have an attention deficit when working in the yard. She says that I start working on a project, and the next thing you know, I'm working on something different. I claim that the newfound task was crucial to the first task that I started; not sure if that's a good argument, but I am sticking with it. I did catch her doing the same thing this past summer. She just smiled and knew she was busted.

The story is kind of funny, but for many, attention deficit can be pretty debilitating. Attention-deficit / hyperactivity disorder (ADHD) is the most commonly diagnosed behavioral disorder of childhood, estimated to affect between 3% and 5% of school-aged children.

Numerous factors such as diet, allergies, toxicities, genetics, environment, brain chemistry, and other factors have been shown to play a role. As a result, treatment options vary greatly. A non-traditional approach would include looking at a person's diet and incorporating dietary supplements and would address things such as nutritional deficiencies rather than treating the behavior.

Often an unhealthy diet lacking nutrients and/or that may contain allergens can be a source of the problem.

A modified elimination diet eliminates the most allergenic foods from our diet, including sugar, wheat, eggs, dairy, soy, and corn. Most patients see a marked improvement within 3 to 4 weeks of implementing the diet if food is an issue. I realize that this can be a significant overhaul for many and may not even be possible, but it is an option.

When looking at dietary supplements, I like to start foundationally with healthy fats, especially the brain healthy omega-3 fatty acids, EPA and DHA. It only makes sense, especially considering the brain is approximately 60 percent fat. Deficiencies of omega-3 fatty acids have been linked to a number of developmental and learning problems, including ADHD. This has led researchers to investigate whether supplementing with healthy lipids might help some of these problems.

Magnesium is an often-overlooked nutrient in children. Symptoms of magnesium deficiency include irritability, decreased attention span, and mental confusion. Mild magnesium deficiency is not uncommon in normally nourished children, and some experts believe that children with ADHD may be exhibiting the effects of mild magnesium deficiency.

In one study of 116 children with ADHD, 95% were magnesium deficient. In a separate study, 75 magnesium-

deficient children with ADHD were randomly assigned to receive magnesium supplements in addition to standard treatment or standard treatment alone for six months. Those who received magnesium demonstrated a significant improvement in behavior, whereas the control group exhibited worsening behavior.

Adequate levels of vitamin B6 (pyridoxine) are required for normal brain development and are essential for synthesizing essential brain chemicals, including serotonin, dopamine, and norepinephrine. A preliminary study found that pyridoxine was slightly more effective than methylphenidate (the most commonly used stimulant) in improving behavior among hyperactive children.

If you are currently taking medications, the above recommendations are options that can be used in conjunction with the current medical care you are receiving from your practitioner. They are non-toxic options that can easily be implemented with your current treatment protocol.

Please stop in or call the pharmacy if you would like further information on ways to help with attention disorders naturally. Please visit my website at www.irsfeldpharmacy.com to find a link to an overview of the 7 Systems Plan. You can also view archived articles in the blog section. Until next time, be vigilant about your health! ■



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LESSONS IN BUSINESS

A dozen ways to build better workplace relationships



By Debora Dragseth

Have you ever left a job not because of the job itself, but because you found your co-workers unbearable? Upon reflection and distance, is it possible that you had some responsibility in making your previous work environment so intolerable? Consider some advice on how to develop a friendly, cohesive work group.

Following are some dos and don'ts for building healthy workplace relationships.

1. Have a positive attitude. An upbeat outlook will go a long way toward building a good climate. Like a virus, negativity is contagious. Look in the mirror and honestly ask yourself if you would like to work with someone day in and day out who was just like you.

2. Appreciate the diversity of your co-workers. There are many different types of intelligence and work styles. Just because they differ from yours doesn't mean they are wrong or ineffective.

3. Focus on your co-workers' positive attributes; don't obsess over the negative ones. For example, perhaps they are slow to get their reports turned in, but on the other hand, they are careful and methodical and their reports contain few errors.

4. Applaud your co-workers on their work efforts. Commend them on a job

well done. Be sincere and specific. A genuine, heartfelt and positive comment can make a co-worker feel appreciated.

5. Celebrate the successes of others. Don't be jealous or resentful when your co-worker is named employee of the month, is praised by the boss or receives the promotion you were aiming for.

6. Show interest and concern for your co-workers' personal lives. You need not be meddlesome about their private lives, but doing things like sending an encouraging note when a co-worker's mother is ill will show that you care about her as a person.

7. Compliment your co-workers: "Great shoes. Nice haircut. That color looks terrific on you." Your co-workers will appreciate the fact that you noticed.

8. Offer to help if a co-worker is having a difficult time mastering a new task or is overwhelmed with work. Helping someone who is in need will go a long way toward enhancing your workplace relationship. The additional upside is that, someday you may need her help and she will be much more inclined to give you a hand.

9. Keep your promises. Be someone that your co-workers can trust and count on. Do your job to the best of your ability.

10. Don't judge your co-workers. Don't gossip. If you talk negatively to Jim about



Jane, it won't be long before Jim figures out you are likely talking about him as well.

11. Don't pout, resort to the silent treatment, or throw a tantrum if you are unhappy with your co-workers. Hostile communication tends to degenerate relationships very quickly. Resolve problems with good communication



skills. Be willing to admit your mistakes and compromise.

12. Understand that life at work is not always going to be ideal. But, by putting the extra effort into building positive workplace relationships, you will build a more desirable environment.

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

KNIGHTS OF COLUMBUS October Family of the Month

Knights of Columbus Council #6308 gives special acknowledgment to the family of Jason And Roberta Wock as the October Family of the Month!

Jason met Roberta through his sister. They were married at St. Wenceslaus Church, June 19, 2004. They have four children: Sarina, Kilian, Isabelle, and Amelia. Jason works in the oil field, and Roberta is a physical therapist at Therapy Solutions.

Join the Knights of Columbus #6308 in extending congratulations to the Wock family on the presentation of October Family of the Month. ■

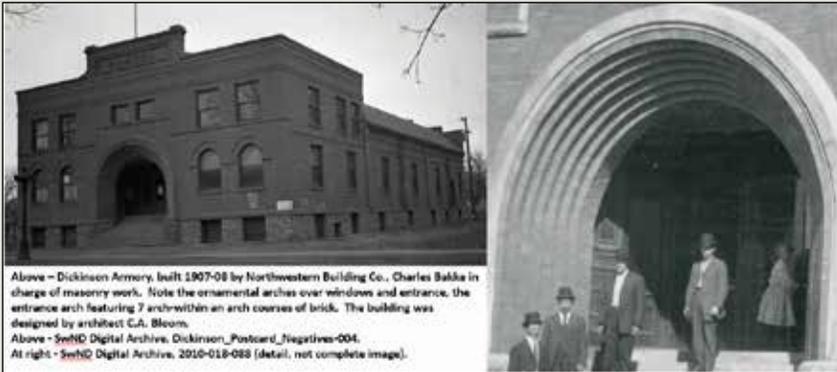


The Wock family pictured with Fr. James Kilzer OSB (far left) and presenter James Brooke (far right)

DICKINSON MUSEUM CENTER

THEN... and Now: Charles Bakke – Building Dickinson, Part II

By Bob Fuhrman



Above – Dickinson Armory, built 1907-08 by Northwestern Building Co., Charles Bakke in charge of masonry work. Note the ornamental arches over windows and entrance, the entrance arch featuring 7 arches within an arch courses of brick. The building was designed by architect C.A. Bloom.
Above – SwND Digital Archive, Dickinson_Postcard_Negatives-004.
At right – SwND Digital Archive, 2010-018-088 (detail, not complete image).

Last month we left off with mason/contractor Charles Bakke and his wife Katherine heading east to take ship for Norway to visit Charles' parents. After their November 28th departure no details of the trip appeared in print, unlike the case of many Dickinson residents who would write home to the Press to share news of their travels, especially during long absences.

However, the Press did mention the Bakke's had at least sent word of their arrival but the context of that February 9, 1907 article was tragic:

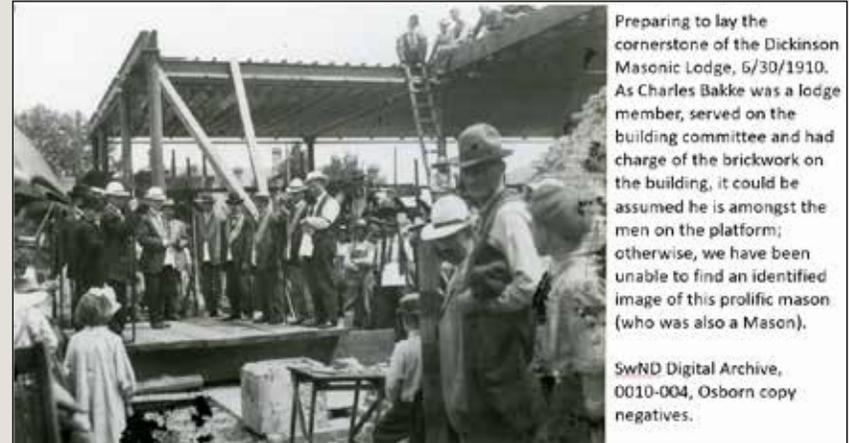
"...the one-year old daughter of Mr. and Mrs. Charles Bakke, died Saturday, February 2, after an illness of only a few days. Mr. and Mrs. Bakke, the child's parents, left here last fall for the old country and according to the last report received from Mr. Bakke, they were visiting at his old home in Norway. For the past three months the little girl has been cared for by her grandparents, Mr. and Mrs. Nicholas Springer. The child had been considered in good health and the absence of the parents makes it a particularly sad case. The funeral was held from St. Joseph's church, Monday morning."

Little Walborg Bakke – (called 'Elizabeth' perhaps her middle name?) may have died of whooping cough (pertussis) as Dr. Perkins, the county

health officer, reported 22 cases of the highly contagious respiratory disease, one of which was fatal, in the weeks preceding her death. She was laid to rest beside her brother Charles in Dickinson Cemetery on February 4th, 1907, 20 days before her parent's return.

Following that melancholy homecoming, Charles Bakke returned to work, traveling to Bismarck with K.A. Kalmen of the Northwestern Building Co. for a week to "figure on several contracting jobs," it being supposed that Bakke was put forth as subcontractor for any masonry related work. No reports of jobs in Bismarck materialized in the Press but in July it was reported that Bakke had "his force of masons" hard at work on the Vaughn residence, a large brick house at 220 Hannaford Street (2nd Ave W), since demolished.

Any sadness at the Bakke house must have lifted a bit on September 10th when Katherine delivered a daughter, Solveig, likely conceived during the European trip. It appears Charles was working in Belfield on the R.C. Davis store when the baby was born but returned shortly thereafter to work on a jewelry store building for Pat McGinley. Concurrent to this, the Press mentioned that Katherine was at the Dickinson Hospital but was "reported quite a little (bit) better the last few days."



Preparing to lay the cornerstone of the Dickinson Masonic Lodge, 6/30/1910. As Charles Bakke was a lodge member, served on the building committee and had charge of the brickwork on the building, it could be assumed he is amongst the men on the platform; otherwise, we have been unable to find an identified image of this prolific mason (who was also a Mason).

SwND Digital Archive, 0010-004, Osborn copy negatives.

Late 1907 saw Bakke involved with two notable projects in town, the Stickney garage on the NE corner of 1st Ave. W & 2nd St. W (Bakke had some bad luck there as high winds blew down a partially completed wall in November, costing him about \$250 to repair) and the Dickinson Armory on 2nd Ave. W. For the latter job Bakke sub-contracted under the Northwestern Building Co., the Press noted he helped lower the cornerstone into place (along with NBC manager Kalman) at a November 17th ceremony. Bakke's work on the Armory featured laying seven arches within arches of brick around the main entrance, a most pleasing feature of architect C.A. Bloom's design.

Not a building project, per se, but Bakke's name appears in the Press on May 30th, 1908 within an unusual article concerning the problem of Hobos. These folks - itinerant farm workers, vagabonds or ne'er-do-wells (or so the newspapers often portrayed them) had been committing small crimes in Dickinson simply, according to the Press, to take advantage of the free food and accommodations at the county jail. Adopting a suggestion from the previous week's Commercial

Club Banquet speaker, Magistrate van der Las asked the City Council to establish a rock pile upon which the Hobos would be obliged to spend their incarceration breaking stone, living on bread and water. "Charles Bakke offers all the stone the city wants gratis and hauling would be the only expense," the crushed rock to be used in alleys and streets (this possibly being the first reference to a stone quarry that Bakke owned on Davis Buttes). Although the Press reported the Council approved the request there is no motion or vote recorded in its minutes.

The rest of 1908 was a busy year for Bakke (see sidebar with a chronology of his known work) and as his business grew his personal life received more and more attention in the Press. In April, the Press mentioned the Rudolph Christiansen family of Norway had been staying with the Bakke's for a few months, waiting for their new Dickinson house to be completed (Christiansen would later also settle a homestead in Dunn County). That same month Bakke's Masonic membership saw him serving as a pallbearer for the much-loved Rev. Charles Dobson of St. John's

Continued on page 25

DICKINSON STATE UNIVERSITY

Blue Hawk Bulletin



November 2021

2021 HAWKS ARE UP! HOMECOMING WAS A SUCCESS

The 2021 Hawks are Up! Homecoming at Dickinson State University (DSU) was a success with large turnouts at events over the course of the week. These included a Home Run Derby contest, tie-dye T-shirt making, Empty Bowls creations, outdoor movie night, pep rally, concert, parade, tailgating, football game, and so much more!

Here's what some Blue Hawks had to say about the week:

"I went to the tie-dye T-shirt event, JV volleyball game and pep rally, and then bowling Wednesday night," said freshman Nathaniel Jilek. "I also was a part of the parade and went to the football game. I had a lot of fun enjoying the campus activities."

"Going to the football game was my favorite part of Homecoming," said freshman Chase Henderson, "I really enjoyed hanging out with friends and all the festivities surrounding it."

Freshman Jabez Tualo's favorite part of homecoming was the football game, too, and the pep rally. "My favorite part was seeing the horses come out before the football game. I thought that was pretty cool."

"I like how the events were provided to the students, and that they were meant for everyone, so no one felt left out. There were multiple games and events like making T-shirts or going bowling, which can be done by anyone," freshman Rohnnie Naycota said.

Students who have witnessed a normal homecoming week were thrilled to see a more normalized homecoming, which started Sunday, October 3 with the DSU softball team playing a doubleheader with a Home Run Derby contest between the two games.

On Monday over lunch, almost 90 students made tie-dye T-Shirts at King Pavillion. Students and staff also had the opportunity to decorate their dorm room doors, office doors, etc. to show off their Blue Hawk Pride with the top three doors winning prizes.

Tuesday was an opportunity for the DSU campus community to donate blood through Vitalant in the DSU Student Center ballroom. Later in the day, students made handcrafted clay bowls, which will be

continued on next page



HOMECOMING *continued from previous page*

donated to the United Way's Empty Bowls charity event happening November 13. Associate Professor of Art Greg Walter, who oversaw the event, said there were so many people wanting to make bowls the ceramics room couldn't hold them all. After dark, students enjoyed watching Cruella on the BAC scoreboard as a way of having a little bit of evening fun.

Wednesday saw student pride come out and support the DSU JV Volleyball team as they took on Mayville State University's JV team at Scott Gymnasium followed by a pep rally for the community, which was very well attended. That night students walked down to the Paragon Bowl and enjoyed two hours of free bowling as an exciting way to end the day.

On Thursday, students returned to Scott Gym to see both the JV and Varsity volleyball teams in action against Mayville State University. Attendees dressed up in 80's style, and the best-dressed won fun 80's-themed prizes. Thursday also featured the Alumni Fellows and Honorees Banquet at the Roosevelt Grand Dakota Hotel which was open for the public to attend by purchasing a ticket in advance.

Friday featured a variety of activities including a ceremony recognizing the DSU campus as being the first historic district in Dickinson, a brunch for emeriti and retirees, a golf scramble for DSU Friends and Alumni, more volleyball action against Presentation College, and the Athletic Hall of Fame Banquet at the Roosevelt Grand Dakota Hotel. The day was capped off with a concert at Dorothy Stickney Auditorium featuring the DSU band and choir.

Defying the cold and rain, the community turned out for the annual Homecoming Parade Saturday morning. The tailgate soon followed, which led up to the kickoff of the homecoming football game against Dakota State University. Prior to the game, the DSU Heritage Foundation's new DSU Hall of Fame was revealed to the public. At halftime, the annual Parade of Champions recognized this year's Homecoming Honorees and Inductees. Also at halftime, Homecoming King, Matt Dey, and Queen, Haylie Oberlander, were crowned after a record number of participants voted throughout the week. Following a 34-14 win, the Blue Hawk supporters who attend the game went up to the Roosevelt Grand Dakota Hotel for a Postgame Social. The evening wrapped up for students with a Homecoming Dance in Wienbergen Gym.

The final event of Homecoming Week took place at the Dickinson Eagles Club Sunday morning. The community enjoyed the annual Rotary Pancake Karnival, which serves as the annual Homecoming Breakfast. This event helped raise money for the Rotary Club's fundraiser to help eradicate Polio globally. ■



MATT DEY AND HAYLIE OBERLANDER CROWNED 2021 HOMECOMING KING AND QUEEN



Dickinson State University (DSU) students Matt Dey and Haylie Oberlander were crowned 2021 Homecoming King and Queen during coronation at halftime of Saturday's home football game.

Matt Dey is originally from Sidney, Montana, and was nominated by the athletic staff and coaches at DSU. Dey is currently majoring in exercise science and participates on the DSU football team. He also was previously involved in choir and served as a resident assistant.

Haylie Oberlander is from Worden, Montana, and was nominated by the DSU cross-country team. Oberlander is majoring in elementary education with a minor in leadership and serves as a student assistant director of the Theodore Roosevelt Honors Leadership Program, Student Senate secretary and competes on the DSU cross-country team.

Congratulations Matt and Haylie! ■



From the Hawks' Nest

As the school year moves into full swing, Dickinson State University (DSU) continues its positive momentum.

We recently received notice that the Higher Learning Commission (HLC) gave Dickinson State the approval to offer a master's degree in Business Administration (MBA). At the same time, HLC, our regional accrediting agency, named the University a "Master's degree-granting institution."

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

DICKINSON STATE UNIVERSITY ADDS WELDING PROGRAM TO HELP STUDENTS AND LOCAL BUSINESSES

Dickinson State University (DSU), in conjunction with local businesses, has added a Welding Technology certificate program to its curriculum this fall. This one-year program covers 30 credit hours and includes courses such as Welding Principles and Basic Metallurgy. In addition to class time, students must complete 20 welding hours per semester, which they can do using DSU's 10 new welders and booths in the Agricultural Building.

In a community with many oil and steel businesses, companies like Steffes are in desperate need of welders and have decided to invest in a welding certificate program at DSU. Together with the University, they worked on creating a program that would allow them to hire trained and certified workers rather than training them internally. Kristal Fields, a DSU graduate and training specialist at Steffes explained that the company guides the welding certificate curriculum with their expertise. "Our main goal is to make trades available to students on a faster track and to show that students should go to school for what they are interested in," said Fields.

A welding certificate benefits local companies in need of qualified employees and DSU students. According to Career Outlook, the average starting salary is anywhere from \$41,700 to \$57,300. In North Dakota alone, there are around 165 job openings in the field per year, which makes it easy to find a job.

Mason Faulk, who is a freshman and part of the Blue Hawk football team is very excited that DSU added the welding certificate program. After he found out about it, he gladly switched his major. "Welding was always something I was interested in, and I want to make it my career," stated Faulk. "After having worked at a welding business in my hometown of Shepherd, Montana, I hope to own my own welding business one day."

Additionally, DSU is collaborating with the North Dakota Career and Technical Education (CTE) Center to provide scholarships. It is planned to add 15 to 20 booths and welders north of town at the CTE building. The University is also working with Dickinson Public Schools so that current high school students as well as Blue Hawks can enroll in the welding program. ■



MONTANA STUDENTS HAVE MORE OPTIONS THANKS TO DSU/MCC EXPANDED PARTNERSHIP

Miles Community College (MCC) students will have more educational opportunities thanks to Dickinson State University (DSU) and the Miles City, Montana, school adding business curricula to their cooperative programs.

MCC students will be able to easily transfer their credits to programs in accounting, administration, business education, finance, and human resource management as well as to certificates including accounting technician, banking, business fundamentals, human resources, digital marketing, and office administration.

High-performing Miles Community College students will also have access to DSU's 4+1 program, which provides the option of completing both a bachelor's and master's degree in five years, eliminating one year of time and tuition typically needed to accomplish both programs.

Through the 4+1 program, students can choose between master's programs in business administration, entrepreneurship, and teaching with a licensure track and non-licensure track in athletic leadership.

The eastern Montana school is happy it can offer its students more programs. "I am very excited about the agreement between DSU and MCC," said Kristy Atwood, career and technical division chair and business instructor at Miles Community College. "I believe it will provide a tremendous opportunity for MCC business students to continue their education at an excellent four-year university. In addition, I am thrilled at the business degree options DSU provides to students, allowing them to pursue their business-related goals."

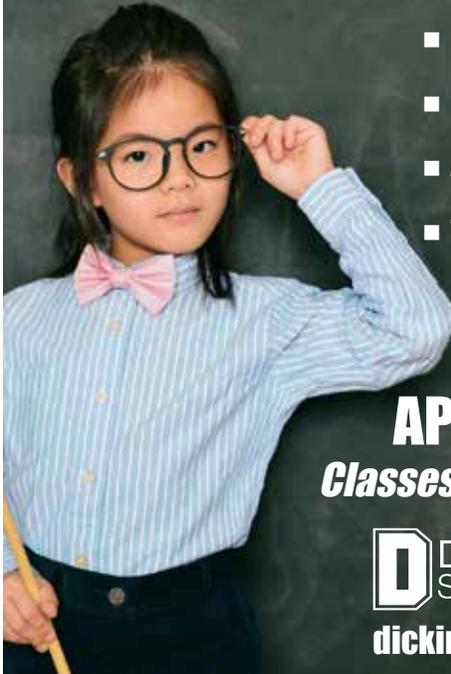
"After the overwhelmingly positive feedback from MCC transfers, Miles City, and its surrounding communities, we felt now was the time to further our partnership and offer high-demand programs in business," said Loretta Heidt, chair of the School of Business and Entrepreneurship at DSU.

The new articulation agreement builds on the MCC/DSU partnership established in 2020 which allowed MCC students to remotely complete a bachelor's degree in Elementary Education through Dickinson State University.

Students interested in the business pathways can begin their studies in January 2022. Those wanting to participate can contact Dickinson State University at 701-483-2175 or visit www.dickinsonstate.edu/admissions. ■



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ESPORTS BRINGS STUDENT-ATHLETES FROM NEAR AND FAR TO DSU

Written by Luisa Popp, DSU Student Intern

When thinking about college athletes, traditional sports such as basketball, football, or volleyball come to mind. Colleges have been adding more and more sports that are non-traditional, such as esports or Spikeball. Dickinson State University (DSU) has become one of those universities by adding esports and competing in their first season in fall 2019. They have a varsity Rocket League and Valorant team and are looking to add Call of Duty. Just like in other sports, recruiting is not just limited to one state, but it is open to the whole world. This is how players from Anguilla and California have ended up coming to DSU.



Aaron Adams is a freshman computer science major from Anguilla. When considering where to earn his degree, Dickinson State was not his only option; Aaron also could have gone to the United Kingdom (UK), but he chose Dickinson instead. When asked why he chose DSU when he had better tuition options in the UK, he said, "Although my island is a British overseas territory, our culture more resembles American culture."

Getting to Dickinson was not a simple journey for him; he had to take a boat, quarantine in Barbados for a month, and hop on three different planes going through Canada before he finally arrived. His first impression when getting off the aircraft was, "Oh, it is not hot here." To say he's gotten used to it being colder here would be a lie, and it has not even reached below zero, yet. Josh Nichols, creative services specialist & esports coordinator, laughingly said, "It's good we are doing this interview now before the first snow, because Aaron might have a different opinion of DSU by then." The only thing he misses about home is the beach. "I can see the beach from every spot on the island I am from," he explained.

Being in North Dakota, he could not be any further from the beach, but other than the weather, Aaron really likes it here. He enjoys the small town feel and community of Dickinson. He was shocked about how friendly everyone is. While being recruited, he appreciated the support he got from Nichols, and believes DSU is the perfect fit. He feels that here at DSU he is being cared for, not just as another student, but also as an individual. He said, "I left home, but I came home."

Nick Hay is a freshman majoring in business administration. He's originally from California, and his first thought stepping off the airplane this summer was, "Dang, it's green here!" Other students might disagree, but having come from the desert, North Dakota seemed pretty green to him. Nick also noticed the smell of grass, which reminded him of his grandparents.

After being here a while now, he said that "one of



the biggest differences is that there are barely any stores that are open 24/7. Back in California, I would just go around the corner at 4 a.m. and buy whatever I want." There is only one gas station here that he can go to for his 4 a.m. cravings. He does appreciate the community and hospitality, which he did not really experience back home.

For esports, recruiting efforts can sometimes happen via unconventional means. Nichols discovered Nick by looking at stats on a gaming website. Once contacted, Nick appreciated how supportive and responsive Nichols was.

To sell a place like Dickinson to potential esports student-athletes, Nichols emphasizes that not being just another number is a big advantage of DSU. He also likes to mention the esports varsity lab, the Hub, low tuition, and staff-student interactions. Aaron and Nick said, "It seems like the staff enjoys being here, which makes it easier to be a student here." Nick added, "Especially the employees at the Perch make us feel very welcome and are super nice."

When asked if they ever heard bad comments about esports not being a sport, Nick and Aaron explained that most students think what they are doing is cool. It also helps that the varsity lab is right across from the cafeteria, so when the team has games, they broadcast it on a TV there, and people will stop and watch. ■



DICKINSON STATE
esports

www.bluehawkesports.com

STUDENTS ATTEND ANNUAL SOIL HEALTH WORKSHOP

Written by Karter Kudrna, DSU Student Intern



On September 14, students had an opportunity to attend the Soil Health Workshop at the Biesiot Activities Center followed by a hands-on experience in Manning, North Dakota. The event featured guest speakers who talked about a variety of things like microbials and crop rotation as well as banking, financing, trust, and insurance from American Bank Center before going to the field.

Assistant Professor of Agriculture Toby Stroh, who has been at DSU for 30 years, was one of the hosts. He described the workshop as an event that “educated students and the public on soil health, primarily microbial health in the soils.” He added, “The event has probably gone on for the past five years and is mainly organized by Doug Landblom, a researcher with the Dickinson Research and Extension Center.”

Brooklyn Tronstad, originally from Baker, Montana, was one of the students who attended the event. “I liked the event a lot and had a really good day,” shared Brooklyn. “The presenters in the morning did really well. There’s a couple of things that maybe people wouldn’t understand or know by common knowledge, and they did a really excellent job of explaining things.”

Brooklyn is a junior who spent two years at Montana State University in Bozeman, Montana, before transferring to DSU where she feels more comfortable and closer to her home, a family ranch about 30 miles south of Baker, Montana. Her neighbor and godfather, Dave Hayden, who also took part in the workshop, has been a large influence on who she is today. “We run a cow/calf operation, and he helped get me into ranching more than anything and into the soil health aspect of it. We do a lot of rotational grazing, high intense rotational grazing.”

Stroh said excellent speakers were a highlight of this year’s event. “Normally it’s the hands-on demonstration type of things we do in the field that stand out, but this year we had some really good speakers in the morning; I thought they brought out some really good information for our students,” Stroh said. “Visiting with some of the students on the way back from Manning, I was pleased with their reception and their response to the event, what they thought throughout the day and what they thought of the speakers.”

Stroh’s been around agriculture for pretty much all his life and likes teaching and sharing information related to agriculture with his students, as well as watching the students grasp the information. He thinks they accepted Landblom’s challenge throughout the day, which, according to Stroh, was to enhance student and producer knowledge on soil health.

Brooklyn’s favorite station was the soils station, which lived up to Landblom’s challenge. “The soils station in the afternoon was my favorite. Learning about the different layers of soil, topsoil, subsoil, bedrock, and where calcium is put in and stuff like that is pretty interesting to me.”

“Doug is actually trained as an animal scientist,” said Stroh of Landblom, “but he has worked with incorporating animals into soil management, and he’s been doing research in this area for about 15 years, and this is his way of sharing the information and also bringing other professionals in to share that information. The students, I think, enhanced their producer knowledge on soil health and came away with lots of good information.”

Stroh believes soil and microbial health is the next frontier in production agriculture. “We had a range trip on September 19 and 20 with some of my students, and a lot of the range management focused on soil health rather than just looking at the grasses on top, digging a hole, and looking at what’s going on in the ground. When we get to Bismarck and visit with the producers over there, one of the producers (Gabe Brown) is a worldwide speaker on soil health.”

Brooklyn’s advice to those experiencing the workshop for the first time or interested in going into agriculture is to “get your hands dirty and get into it. Go to the events, speak to the producers, and expand your knowledge through other people. It will help you to go a long way.”

Stroh’s message for those interested in agriculture is: “Agriculture needs workers. We just haven’t been doing any supply of good agriculture-related, agriculture-background employees. When there’s a job announcement, we get several of them, and we can’t fill them all because there’s just a need for these agriculture jobs. Particularly if we look at the federal agencies—Natural Resources Conservation Service, Bureau of Land Management, Forrest Service—a lot of them are getting to retirement age so there is a shortage of employees in those areas.” Stroh added, “Carbon sequestration and carbon dioxide monitoring, from my understanding, are our grasslands and serve a huge potential for sequestering carbon. I think we’ll learn to manage grasses better, manage agricultural land better to sequester some of this carbon we’re all so worried about.” ■

2021 DISCOVER DSU DAYS

VIRTUAL
via Zoom

Wed, Nov 17

IN-PERSON
DSU Campus, May Hall

Mon, Dec 6

www.dickinsonstate.edu/dsudays

ALUMNI SPOTLIGHT

TREVOR CONRAD '16



Glendive, Montana, native and former DSU wrestler Trevor Conrad ('16) is busy building a life full of family, teaching, coaching, and of course, wrestling.

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

I graduated from Dawson County High School in Glendive where I wrestled and played football in a basketball town. During my senior year, four of us wrestlers made the state finals, which is the most the school has ever had, and we had the highest finish at the state tournament in school history. I grew up and wrestled with a fellow Blue Hawk, Cole Bilbrey ('18). In a small town I was able to play a couple sports and be involved in student council, choir, and other activities. I valued school and sports because I was taught you can't rely solely on sports. I knew early on that if I could be in a school all day and then head out to football or wrestling practice, then I could honestly say I was "living the dream." God blessed me with a great support group in Eastern Montana.

What led you to choose DSU?

My uncle Travis Ellison ('95) wrestled for DSU; my high school head wrestling coach, Tim Zody, wrestled for DSU; and my high school mentor and trainer in Glendive, Jason Ackerman ('01), was a three-time All-American for DSU. The Blue Hawk wrestling program was consistently in the top ten in the NAIA, and I looked up to Coach Thadd O'Donnell like he was a celebrity. Coach O'Donnell was gracious enough to offer me a wrestling scholarship and to allow me to work a couple jobs while competing. To have five years of high school football coaching experience before graduating from DSU was not something many student-athletes were able to make happen. Low tuition for a quality teaching degree played into the equation as well.

When did you graduate and what degree did you earn?

I graduated in May 2016 with a bachelor's degree in elementary education with a minor in leadership studies and a concentration in middle school social studies.

Do you have a favorite memory from your time at DSU?

God blessed me with becoming friends with Janae Moore, DSU women's basketball player. She has impacted my life in so many ways I cannot begin to name them. Janae (from Sidney, Montana), James Stanton (from Billings Central in Billings, Montana), and I had a special friendship due to being rivals in high school but growing very close in the short time we had together competing for the Blue Hawks. I love Janae and miss her every day, but I am beyond thankful to call her a dear friend. Her family is made up of amazing individuals who have shown so much strength in their faith. After reflecting on my college years, I am certain that I made the right choice in attending DSU, and Janae Moore will always be a big part of my journey there.

The Theodore Roosevelt Honors Leadership Program allowed another basketball player and me to establish a texting and driving initiative on campus after Janae's accident to raise awareness of the dangers of doing so.

Do you still keep in touch with anyone from your days at DSU?

Yes, a group of about 15 of our DSU wrestling teammates have a group chat called Old Man Rolls because we still go to the wrestling room and roll around and wrestle to (try to) stay in shape. We communicate with each other almost daily, and each fall we go pheasant hunting for a weekend at Bird Camp. I also still see many DSU football and wrestling coaches and often discuss coaching techniques with them.

Where are you currently working, and what's your title?

I work at Dickinson High School where I teach social studies. Our department has eight teachers, and most of us graduated from DSU. I am also a co-head wrestling coach (along with DSU wrestler Jeremiah Hayes ('15)) and assistant football coach for the Midgets.

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

Several things in my life that I'm proud of are: marrying my wife Sadie Conrad and having two sets of twins, ages three years old and six months old; being a three-time NAIA Academic All-American in wrestling; winning the first ever wrestling state championship in DHS history (2019 state dual team) as a coach, along with a school record of 13 state placers at the tournament; and earning my master's degree from Chadron State College while raising our first set of twins.

What do you like to do with your free time? Would you like to share anything about your family?

With the free time I get, I love to spend it with my family on either of our family farms. Being outside and working at the farm creates life lessons we want our children to learn. Simply enjoying the people we are surrounded by, whether family or friends. Any way to enjoy God's blessings with the people we love.

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

Who knows, maybe more twins?! ■

DUE TO CHANGES RELATED TO COVID-19, EVENT DETAILS ARE UPDATED REGULARLY.

To view the most up-to-date events calendar, please visit www.dickinsonstate.edu/events.

DICKINSON STATE UNIVERSITY EVENTS

Mon, Nov 1	Dickinson Area Concert Association: Baron Ryan, Pianist	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
Wed, Nov 3	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Nov 3	Native American Heritage Month Movie "Fighting Over Sioux"	6 p.m.	Klinefelter Hall - Beck Auditorium
Thu, Nov 4	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Thu, Nov 4	Fall Band Concert	7 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Nov 6	Holiday Craft & Vendor Show	9 a.m.	Biesiot Activities Center
Wed, Nov 10	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Nov 10	Global Table - Poland	12 p.m.	Student Center - The Hub
Thu, Nov 11	Veteran's Day Community Ceremony	11 a.m.	May Hall - Dorothy Stickney Auditorium
Fri, Nov 12	Northern Plains Music Festival	8 a.m.	May Hall - Dorothy Stickney Auditorium
Fri, Nov 12	New Student Registration	9 a.m.	May Hall
Fri, Nov 12	Women's Basketball JV vs Rocky Mountain College	5 p.m.	Scott Gymnasium
Fri, Nov 12	Men's Basketball JV vs Rocky Mountain College	7 p.m.	Scott Gymnasium
Sat, Nov 13	Northern Plains Music Festival	8 a.m.	May Hall - Dorothy Stickney Auditorium
Sat, Nov 13	Women's Basketball JV vs Rocky Mountain College	12 p.m.	Scott Gymnasium
Sat, Nov 13	Men's Basketball JV vs Rocky Mountain College	2 p.m.	Scott Gymnasium
Sun, Nov 14	Men's Basketball vs MSU-Northern	2 p.m.	Scott Gymnasium
Tue, Nov 16	Give Day	All day	www.dsuheritagefoundation.org
Tue, Nov 16	DSU Jazz Ensemble Concert	7 p.m.	Student Center - The Hub
Wed, Nov 17	Discover DSU Day	9 a.m.	VIRTUAL
Wed, Nov 17	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Nov 17	10th Annual Opportunities in Agriculture	12 p.m.	398 State Ave
Thu, Nov 18	Wrestling Blue/Gray Dual	5 p.m.	Scott Gymnasium
Thu, Nov 18	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Sat, Nov 20	Music and Theatre Audition Day	10 a.m.	May Hall - Room 20
Sat, Nov 20	Men's Basketball JV vs Presentation	2 p.m.	Scott Gymnasium
Wed, Nov 24	Early Entry Orientation	8:30 a.m.	Student Center - Ballroom
Wed, Nov 24	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Thu, Nov 25	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Fri, Nov 26	Men's Basketball - Dakota Wesleyan vs Rocky Mountain College	5 p.m.	Scott Gymnasium
Fri, Nov 26	Men's Basketball vs Montana-Western	7 p.m.	Scott Gymnasium
Sat, Nov 27	Men's Basketball - Dakota Wesleyan vs Montana-Western	5 p.m.	Scott Gymnasium
Sat, Nov 27	Men's Basketball vs Rocky Mountain College	7 p.m.	Scott Gymnasium
Tue, Nov 30	Give Back Day	All day	www.dsuheritagefoundation.org
Tue, Nov 30	Student Nurse of the Year Awards & Social	5 p.m.	Student Center - Ballroom
Tue, Nov 30	Women's Basketball JV vs Dawson Community College	6 p.m.	Scott Gymnasium

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

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Contact the Affirmative Action Officer/Title IX Coordinator for questions (May Hall, Room 309-A; 701-483-2370; dsu.titleix@dickinsonstate.edu)

Continued from page 16

Episcopal. In June he and Katherine were initiated into the Lodge's Order of the Eastern Star; in October he began work on Dickinson's new municipal water system.

In March '09 the Press carried the list of local residents who paid 'large sums' of taxes (over \$60 annually), including Charles Bakke whose assessment was \$97.99. That same month Charles joined a contingent of Dickinson Odd Fellows on a trip to Beach to help organize a new I.O.O.F. lodge. In May Charles was appointed to the Masonic Building Association, the local Lodge's committee planning a new building. Then, in June Mrs. Bakke had surgery at the Stein Hospital from which she was discharged in about ten days (no details appeared in the Press though patient's medical conditions were often reported). In September the couple once again took train for a "few weeks" at Hunters Hot Springs.

Over the next few years Bakke sold his quarry on Davis Buttes (1910) and

purchased lots on 1st Ave. W for a larger house (built 1911-12). The Bakke's also traveled, often for extended stays – Florida for a month in 1911, five weeks under canvas at Maverick Flats in the Badlands for Mrs. Bakke and the children (1912) and a winter-long trip (1915) to Long Beach, California, for the benefit of son Jack's health. In 1914 Bakke successfully ran for 2nd Ward alderman (this was before the adoption of a City Commission), serving until 1919. Fittingly, as primary contractor of the water works in '08, Bakke was appointed to the City's Water Board. Not as fittingly, but certainly ironically, in summer of 1917 a Ford automobile driven by Mrs. Bakke went out of control at the intersection of 2nd Street and Second Avenue West where it damaged part of that water system as it "charged head-on into a hydrant," breaking it clean off. Miraculously, the Ford was undamaged, although a young lady passenger "received the contents of a pail of perfectly good ten-cents-



Stickney Hall, built 1922, view c.1930s. Stickney Hall is a contributing structure to the Dickinson State Normal School Campus Historic District
SwND Digital Archive, 278-001.

Charles Bakke Building Chronology

1900 Dakota State Bank Hughes & Deiter powerhouse Bakke Cottage Cummings, Thorberg, Theis Co, Mandan Dickinson City Hall	1906 Pederson shop addition Security Bank, Belfield Missouri Slope Brick & Tile Co. kiln work Thompson Block	1914 D.W. McKenzie machine shop New England School Hebron School	1920 Two-story school, Fargo Three-story dormitory, Fargo Roosevelt School (Dickinson)
1901 Forge & chimney, Skeen & Pederson Dickinson Fur & Dressing Co. Hotel, Glendive, MT	1907 Vaughn House R.C. Davis store, Belfield McGinley retail building Stickney Garage Dickinson armory	1915 Larson Hardware, New England Dakota National Bank Ernest Jessen store, New England D.W. McKenzie warehouse Reed Bros. Store Merchants Nat'l. Bank addition Terry School, MT German-Bohemian Bank	1921-22 Stickney Hall, DSU
1902 P.A. Moir store Fred Walery house Bakke barn Pederson blacksmith shop	1908 Hebron School Jessen Block Simpson Block Berringer Block Dickinson Waterworks Carroll Bros. Stable	1916 St. Anthony Hall Hettinger School Dunn Center School	1923-4 St. Joseph's School Congregational Church (new – Dickinson)
1903 Dickinson high school annex Pest House	1909 Power House addition Kilns-Missouri Slope Brick & Tile Co. Dickinson High School Rucker Saloon, Wibaux	1917 Farmers State Bank Belfield (post-fire rebuild) Jail & Sheriff's residence Bowman Regent Gran Company garage New Hradec Church Addition to Dickinson School heating plant Concrete bridge for Stark County Commission Woodberry School Lefor & Reiner Auto Co. garage, Lefor	1925 House-moving project Dickinson
1904 Congregational Church addition Sheriff's Residence St. Patrick's, 1904-05	1910 Quarry stone/ St. Joe's Hospital foundation Masonic Lodge (1910-11)	1918 Farmers State Bank of Richardton	1926 Economy Oil filling station Defoe garage Vranna Block
1905 Dickinson Press Berry Block Odd Fellows Block/Lodge Wibaux, MT bank Walton & Davis Elevator (foundation) Frank Kihm building Heating plant, Bismarck Merchants National Bank (1905-06)	1911 Bohemian Lodge Parker & Co. market J.F. Davis house	1919 Nekoma High School, Jamestown	1927 St. Joseph's Church Expansion Baker, MT school
	1912 New Bakke house (1 st Ave. West) Walton Block	1928 Kostelecky Building F.W. Turner garage	1929 House-moving project Dickinson
	1913 Dickinson Laundry Co. Dickinson Motor Car Co addition Medora School	1930 One-story tile building Dickinson	1931 Woolworth improvements (Villard St.)
		1936 (Marcus & Jack?) Elm Grove school, Stark Co.	1937 (Marcus & Jack?) at least two jobs attributed to Pump House/City Well

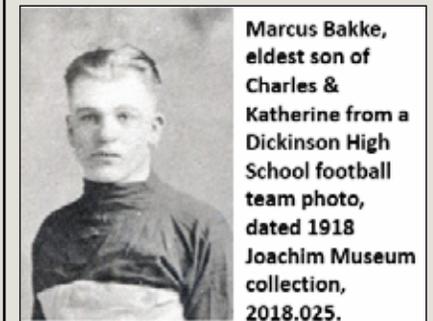
a-quart milk over her clothing – to the merriment of bystanders." Mrs. Bakke and her passenger were uninjured, if not unembarrassed.

Perusing the Building Chronology, it is plainly evident that the late teens and 1920s were busy years for Bakke, continuing to work locally and farther afield – New England for several projects, and others farther afield – Hebron, Wibaux, New England, Fargo, Belfield, Bowman, Woodberry, Lefor, Richardton, Jamestown, Regent, New Hradec and Baker, Montana. His last major job we have evidence for was a \$10,000 contract updating the Woolworth's store on Villard in 1931.

Bakke remained busy the rest of his career though it is far from certain we've identified all his notable works. We do know sons Jack and Marcus worked with him as bricklayers, Marcus still in town and working in the trade as late as 1940, six years after Charles and Katherine moved on to Long Beach, California to enjoy their retirement. There are at least two jobs attributed to 'Bakke & Nichols' of Dickinson after Charles left circa 1934. It seems probable one or both sons were involved, but contracting affiliations in the area often seemed informal and situational, the Bakke named paired up with several fellow tradesmen and contractors over the years before seeming to disappear near the start of World War II, 1940 being the last confirmed year of Marcus living in Dickinson.

Charles Bakke passed away in 1944

in Long Beach, Katherine following two years later. Although death dates are easy enough to track down today, other typical traces of a person's life have been much harder to find for Charles and Katherine. Certainly, if they had stayed in Dickinson we'd have their obituaries and possibly even photographs, (the only identified Bakke photos are two of Marcus from the Dickinson High School football and



Marcus Bakke,
eldest son of
Charles &
Katherine from a
Dickinson High
School football
team photo,
dated 1918
Joachim Museum
collection,
2018.025.

basketball teams). While it is frustrating to have only a partial story of Charles and his family it is fair to say, that while the story is incomplete, the legacy of Charles Bakke's work survives all around us here in Dickinson and in many other southwestern North Dakota communities – including structures now on the National Register of Historic Places: Stickney Hall (1921-22), a contributing structure to the Dickinson State Normal School Campus Historic District and Saint Peter and Paul Church, New Hradec (1917). ■

HEART RIVER GEMS

Mike Lefor



Mike Lefor

By Kaylee Garling

Happy Fall! Hope you are enjoying the cooler temperatures as much as our family has been. This month we get a chance to meet one of our State



Mike accepting the "City Champion Award" at the ND League of Cities convention in October

Representatives, a Dickinson resident, and long-time community supporter, Mike Lefor. He was generous enough to make time in his busy schedule to answer our Heart River Gem questions, so let's get this article started.

"I was born in Bozeman, Montana and moved to Dickinson when I was two years old. Most of my paternal relatives are from the immediate area. My family consists of my wife Sherryl (34 years), our grown children Brett (Samantha), Scott, and Andi (Mat). We are blessed to have a 1 1/2-year-old grandson name Kai (KJ). I graduated from St. Patrick's Grade School (now Trinity West), Trinity High School and Dickinson State University. Areas of interest in my academic career included business and political science.

"I was involved with our family business for many years, working for my parents eventually owning it and serving as President/CEO of DCI Credit Services, for over thirty years until selling the business in 2018. In 2005, my wife and I started Blackridge Enterprises, LLC a residential and commercial real estate entity. Our family has investments in Dickinson, Bismarck, and West Fargo. Additionally, I serve as president of Blue 42 Sports Grille and Bar. My dad was a tough boss to work for, his expectations were high and led to me having a strong work ethic and goal setting.

"My charitable activities including donating dollars to many organizations including Dickinson State University, CHI St. Alexius Hospital, the University of Mary, St. Jude's Hospital, Trinity Catholic Schools and others. I have served on the hospital foundation board, our local hospital board of directors as well as St. Alexius Hospital in Bismarck. Over the years, I have served as master of ceremonies for many charitable events in our community. My favorite thing about serving others is making a difference in our community. As a legislator, I have been a part of securing more dollars for DSU which is allowing that organization to grow, a founding member of the Southwest Area Career and Tech Academy and a member of the

Board which is tasked with raising funds for our downtown square. Our biggest accomplishment was taking a hospital losing money every year in an older building to working with Catholic Health Initiatives on purchasing land and eventually building a new healthcare facility and clinic in Dickinson."

Mike has plenty of experience working with others, and his advice is extremely valuable. "In public service, you are faced with negative comments whether it be on social media, e-mail, text or in-person. I try to engage all citizens for their input and even if we don't agree, I usually learn something from the discussion. The biggest reward is when people come up to me and thank me for my involvement in the community. It outweighs any negativity. I am, by nature, a people person. My parents taught me to be courteous to everyone as you do not know what they are going through in their life."

As for politics, he responded, "I first became involved in government when Erv Kessel asked me to run for the local park board. I was elected in 1986 and reelected in 1990. I took a few years away from the board and ultimately ran again in 2006 and served an additional twelve years for a total of nearly twenty years. I have enjoyed serving the public and watching the changing dynamics of our community and how supportive they



Mike and his wife, Sherryl

are of park and recreation programs. We have enjoyed a high level of success with the West River Community Center, Heart River Golf Course as well as youth and adult programs.

"The best way I can make a difference in our community and state is to know the people involved. First and foremost, Dickinson is a great place to raise a family and advance a professional career. With few exceptions, I have been blessed with serving with wonderful and knowledgeable leaders who have always gone out of their way to teach me about leadership and setting goals. My parents Bob and Carol Lefor, Senator Rich Wardner, former mayor Dennis Johnson, retired banker Ron Cascaes, Sister Thomas Welder have been excellent for me to emulate. In serving as a state representative, it is important

Heart River Gems is proudly sponsored by

for me to learn all the issues affecting our community and state. I have never been shy about going directly to the source so I can be clear and understanding of the issue before us. My goal is to work hard and research issues to the best of my ability. During my time in the legislature, I have been blessed to have been elected to leadership positions such as Majority Caucus Chairman in 2017 and have served on Legislative Management for four years. Additionally, I serve as chair of the Industry Business and Labor committee and the interim Retirement Committee chair. In those positions, I have influence on the outcome of many pieces of legislation.

"My favorite thing about serving in various roles in government and private business is that I have been fortunate

to get to know and become friends with some great leaders. There is shared interest in doing the best we can for our state. The least favorite thing is the tremendous amount of disinformation that is spewed on social media or things taken out of context. It is easier than ever to reach your public officials, you can call, text or email us. Often, I will ask people with interest in certain issues to a cup of coffee so I am able to understand where they are coming from and learn from them."

Mike is dedicated to making our community and state a better place by serving in several different capacities. It was an honor getting to interview him this month and share a bit of his story. Thank you, Mike, for all you do for our community! ■

COMMUNITY

The Christmas Stories Tour

103.7 The Connection is Dickinson's very own Christian Music Station. Since 2018, the station has been playing Contemporary Christian Music. This locally owned and operated station works to connect the Dickinson community to Christ. The station is non-profit and non-commercial. They rely on donations to operate. Beyond playing a message of hope and encouragement, The Connection helps bring Christian concerts to the area. In October 2020, they hosted Jordan Feliz. The station brought in the band I Am They in May 2021 and helped Home on the Range bring in Colton Dixon & Big Daddy Weave to Medora in August 2021.

This Christmas, the concerts continue with an area favorite Jason Gray. Gray will be in Dickinson on Saturday, December 4 at 7 pm at Evangelical Bible Church. Advance ticket prices are \$15 for general admission and \$25 for VIP. VIP tickets are only available in advance and include a pre-show meet and greet with the artist as well as the seating section closest to the stage. General Admission tickets will be sold at the door, if available, and the price will increase to \$20. Tickets can be purchased by calling 483-1037, stopping by the station at 2898 5th Ave. W, or online at 1037theconnection.com.

This concert is a fundraiser for the radio station. In conjunction with the concert, there will be a silent auction. If you or your business is interested in sponsoring this event or donating to the silent auction, please contact the station at 483-1037 or office@1037theconnection.com. ■

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The Connection ^{103.7} PRESENTS

THE CHRISTMAS STORIES Tour

SATURDAY
DECEMBER
4

SHOW STARTS AT 7PM
VIP EVENT 5:30PM
DOORS OPEN AT 6:15PM

Evangelical Bible Church
2891 5th Ave W, Dickinson, ND

BID ON SILENT AUCTION ITEMS THROUGHOUT THE NIGHT!

For tickets
Call 701-483-1037 or visit 1037theconnection.com

WITH
JASON GRAY
AND SPECIAL GUEST
KIPPER GRAY

NOTES FROM THE BADLANDS

Giving thanks

By Joe Wiegand

In the Badlands of North Dakota, we are giving thanks for family and friends, for good health and bounty, for freedom and opportunity, and for rain. We give thanks for those who serve in the Armed Forces of the United States and for our first responders – police and sheriff, emergency medical personnel, doctors, and nurses. We give thanks for teachers and preachers and others who help to raise to a healthy maturity the most important crop – our children.

The tradition of Thanksgiving in the United States has changed over the years. In school we learned of

Pilgrims and Puritans giving thanks to God for their sustenance and provision in the New World. In our modern celebrations, much like the famous Norman Rockwell painting, we gather around the table with family and friends and our favorite Thanksgiving fare. In your home is it pumpkin pie or pecan pie or both?

In 1863, in the midst of the Civil War, President Abraham Lincoln declared our first national day of Thanksgiving, grateful for “the gracious gifts of the Most High God....” Lincoln concluded his proclamation with the following words: “It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens. And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also,

with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union.”

President Theodore Roosevelt added eight annual Thanksgiving Proclamations to those that have followed Lincoln's. In 1904, TR wrote in part: “Much has been given to us and much will be expected from us. We speak of what has been done by this nation in no spirit of boastfulness

or vainglory, but with full and reverent realization that our strength is as nothing unless we are helped from above. Hitherto we have been given the heart and the strength to do the tasks allotted to us as they severally arose. We are thankful for all that has been done for us in the past, and we pray that in the future we may be strengthened in the unending struggle to do our duty fearlessly and honestly, with charity and goodwill, with respect for ourselves and with love toward our fellow men. In this great republic the effort to combine national strength with personal freedom is being tried on a scale more gigantic than ever before in the world's history. Our success will mean much not only for ourselves, but for the future of all mankind; and every man or woman in our land should feel the grave responsibility resting upon him or her, for in the last analysis this success must depend upon the high average of our individual citizenship, upon the way in which each of us does his duty by himself and his neighbor.”

Happy Thanksgiving to you and yours. ■



PAWSITIVELY POPPY

PupsGiving

By Miranda Kuhn

As we move into this season of crisp, cool mornings and Thanksgiving dinners, I want to take a moment to introduce you to my best friend Poppy. She was rescued from an oil well site in Northwest ND in summer of 2020. She was a hungry pregnant puppy living on the edge of society. Alone and forced to fend for herself, Poppy dreamed of wonderful dinners and a loving, cozy home. She was brought to my home as a foster, and she had seven puppies in the fall. Now a member of my family, she never lacks for a delicious meal or a tasty treat. Her favorite? Home cooked dog-friendly meals and tasty homemade treats! If you, like me, are grateful for the love and companionship of your dog, read on for a tasty dog-friendly Thanksgiving (or should I say PupsGiving!) dinner! ■



Savory PupsGiving Dinner

Ingredients:

1lb ground turkey OR leftover turkey (unseasoned)
 1 sweet potato, cubed
 1 can green beans, no added salt
 1 carrot, diced
 1 celery stalk, diced
 1 can whole cranberry sauce OR fresh cranberries
 Corn starch

Boil the turkey in water 8-10 minutes. If you wish to make turkey "gravy", strain the turkey and save the "drippings". To make gravy, mix 1 Tbsp corn starch with 1 Tbsp water, whisk into boiling drippings.

Meanwhile, boil sweet potato until soft, drain. In a dish, place small amount of turkey, sweet potato, several green beans, and a sprinkling of celery and carrot. Place a small dollop of cranberry sauce on top and drizzle with gravy.

Serve to your pup and watch them enjoy! Makes 3-4 servings. Freezes well. ■



Heart River VOICE

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

Find Heart River Voice at the following fine establishments:

DICKINSON

Family Fare
(Roughrider Blvd)
Cashwise
Country Kitchen
Country Rose Cafe
Dakota Diner
Blue 42
The Brickhouse
The Brew
Dunn Brothers Coffee
Dickinson Theodore
Roosevelt Regional Airport
Stark Development
Corporation
Chamber of Commerce
Convention and Visitors
Bureau
Dickinson Museum Center
West River
Community Center
Edgewood Hawks Point
Consolidated
Dan Porter Motors
High Plains Dental
DePorres House of
Barbering and Lounge
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TownPlace Suites
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AmericInn
Players Sports Bar & Grill
Frankie's West Side Shell
Villard Cenex
The Hub
Fluffy Fields

Dickinson Area Public Library
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Dickinson State University
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Ukrainian Cultural Institute
Heritage Hills
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TAYLOR

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HEART RIVER VOICE | NOVEMBER 2021

Calendar

VARIOUS NOVEMBER EVENTS
SEE DSU'S FULL CALENDAR
OF EVENTS See page 24.

DICKINSON AREA PUBLIC LIBRARY See page 4 for community events being held at the library. Some are mentioned in the following calendar entries as well.

OCTOBER 25-NOVEMBER 30
Menards and United Way of Dickinson are partnering together for our 6th annual toy drive. Please stop by Menards during this time to donate a toy, clothing, or something similar to help local underprivileged children have a joyful holiday. Please note, the gift you donate does not have to be bought at Menards.

NOVEMBER 1-DECEMBER 22
COOKIES FOR A CAUSE Guests young and old can purchase a delicious Sugar or Gingerbread cookie to decorate and eat for only \$2. Every cookie sold will generate a donation of \$1 to the Dickinson United Way. Players Sports Bar & Grill, 2050 1st Ave E.

MONDAYS
TINY TOTS STORYTIME
9:30AM Ages 0-2 (parents required) are invited for stories, music and movement at the library. Hosted in the Community Room.

TUESDAYS AND WEDNESDAYS
PRESCHOOL STORYTIME
10:30AM Ages 3-5 (parents required) are invited for stories, music and movement at the library. Hosted in the Community Room.

FRIDAY NOVEMBER 5
LADIES NIGHT OUT 5-8:30PM
After Party 9PM. It's that time of year again to grab the girlfriends and head downtown! \$20/ticket in advance or \$25/ticket at the door. (First 400 registrants guaranteed a swag bag with goodies, giveaways and prizes) Advanced tickets: www.eventbrite.com/e/ladies-night-out-tickets-194697574687. Downtown Dickinson

NOVEMBER 5 & 6
HOLIDAY OPEN HOUSE Our Holiday Open House will show-

case all our new holiday decor & gifts for the season! Join us for some shopping, snacks, & giveaways! 3rd Avenue Floral and Greenhouse, 1110 3rd Ave W.

SATURDAY NOVEMBER 6
WIDOWS WEEKEND 8PM All the guys are out getting their big bucks! Ladies tonight is for you! Free domestics and wells 8-9pm. 9-2am \$1 wells and domestics! Ladies night every Saturday! I Don't Know Bar, 207 4th St NW, South Heart.

THURSDAY NOVEMBER 11
START-UP YOUR DAY 8-9AM
Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W.

VETERANS DAY 5PM Honoring all who served! I Don't Know Bar, 207 4th St NW, South Heart.

BOOKS & BREW BOOK CLUB (ADULTS 21+) 7PM Book club



You are invited to attend a night of
Dueling Pianos!
Performed by 'Fun Pianos'

A Benefit Fundraiser for
St. Mary's Catholic Church, New England
Saturday, Nov. 13th at 8:00 p.m. (doors open at 7:00 p.m.)
at Memorial Hall – Main Street, New England
NOTE: Mass will remain as scheduled at 5:00 p.m.

- Tickets: VIP \$60/person, or General \$50/person. Call 579-4312 or stop by St. Mary's Church.
- Enjoy hors d'oeuvres and cash bar.
- Sponsorship opportunities available.
- Adults 21+ only fundraiser.

books are available at the main level circulation desk. Drinks are not provided by the library. DePorres Lounge, 17 2nd Ave W.

SATURDAY NOVEMBER 13
ADULT CRAFT CLUB 10AM
Join us in making gnome ornaments. Dickinson Public Library Community Room.

3RD ANNUAL FESTIVAL OF TREES 10AM-5PM A fun family event! Admission is free, but we do ask you to bring a donation that will help us help children aging out of foster care and children who are in high school with no parental support. Christmas tree auction to benefit multiple local nonprofits. More info, contact Nichole at 701-483-1233 or at unitedway@ndsupernet.com. Roosevelt Grand Dakota Hotel, 532 15th St W.

CATHOLIC DAUGHTERS OF AMERICA LUNCHEON
11:30AM-1:30PM Catholic Daughters of America (CDA) Court of St. Catherine #323.

Soup/Sandwich/Bars Luncheon Open to the Public \$13.00. Queen of Peace Catholic Church Community Room, 725 12th St West.

11TH ANNUAL EMPTY BOWLS FUNDRAISER 11-1PM
Help Fight hunger locally in Stark and Dunn Counties. Pick out a beautiful handcrafted bowl and then savor a home-made meal of soup and bread. Proceeds go to local nonprofits who feed the needy in our community. Bowls range from \$15 to \$150 per bowl, the meal is included in the price of the bowl. Eagles Club, 31 1st Ave E.

DUELING PIANOS 8PM (Doors open at 7PM) A benefit fundraiser for St. Mary's Catholic Church, New England. For more info, see ad, above.

WEDNESDAY NOVEMBER 17
TURKEY BINGO 7:30PM Sponsored by Domestic Violence & Rape Crisis Center. Must be 21 to attend. Eagles Club, 31 1st Ave E.



DOWNTOWN DICKINSON ASSOCIATION presents

LADIES NIGHT OUT

LUCKY'S URBAN anwind

FRI. NOVEMBER 5
5-8:30PM / AFTER PARTY 9PM

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DOMESTIC VIOLENCE & RAPE CRISIS CENTER
IS SPONSORING
TURKEY BINGO

SPECIAL THANKS
Eagles Club
Cash Wise Foods

25 Turkeys and 2 Thanksgiving Dinner Baskets with Turkey

\$1.00 per game + 2 free blackouts
Minimum 2 cards per game

~~~~~  
**Wednesday November 17th, 2021**  
Bingo begins at 7:30 pm  
**Eagles Club, Dickinson**  
~~~~~  
MUST BE 21 TO ATTEND

September 28, 2021
Miss Myra & The Moonshiners

March 27, 2022
Jared Sherlock, Comedian & Magician

November 1, 2021
Baron Ryan, Pianist

April 4, 2022
Veritas Male Vocal Quintet

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2021-2022 Season
Purchase Memberships Online
DickinsonAreaConcertAssociation.com
Dorothy Stickney Auditorium, Dickinson State University
All Performances Begin at 7:30pm MDT

SATURDAY NOVEMBER 20
CHI ST ALEXIUS HEALTH DICKINSON CHARITY BALL 2021: NIGHT AT THE DISCO - REMIXED 5:30-9PM A virtual event will help us replenish our local Equipment Needs Fund. Join us from anywhere for our virtual event and get in the spirit of giving, Disco-style!

FRIDAY NOVEMBER 26
BLACK FRIDAY FREE FRY DAY 5-7PM Unwind after a day of shopping with free wings and fries from 5-7pm! I Don't Know Bar, 207 4th St NW, South Heart.

SAVE THE DATE

FRIDAY DECEMBER 3
OPEN HOUSE The Dickinson Museum Center will be hosting a Christmas Open House. This is an all-day event. We will be featuring Christmas Art created by the DHS students and Christmas displays in the Joachim History section. There will also be live music in the afternoon.

SATURDAY DECEMBER 4 THE CHRISTMAS STORIES TOUR 7PM (Doors open at 6:15PM) Join us for an evening with Jason Gray and special guest Kipper Gray. Tickets: www.hearttrivervoicetickets.com/events/457157.html. Tickets available online, by calling 483-1037, or stop-

ping by the radio station. This event is a fundraiser for 103.7 The Connection. There will also

be a silent auction at the event. Evangelical Bible Church, 2891 5th Ave W.



39th ANNUAL CHARITY BALL *Remixed* 11.20.21
A VIRTUAL EVENT

HUMANS OF DICKINSON



Leslie Ross

By Avery Mann

Leslie Ross grew up in Crystal, Minnesota. In 1980, as a junior, Leslie joined the delayed enforcement program. When Leslie was in high school, she was good at sports and was a very good student. She had several scholarships to her name but wasn't ready to go to college. Of course, the scholarships were not full rides so she would have to find a way to make money. Unfortunately, the unemployment rate at that time was 11%, and unless you're truly in college that was pretty high. The easiest thing that she could think to do would be to join the military, so 30 days after she graduated she joined the military.

While in the military Leslie got two degrees. So, just because you're in the military, it doesn't eliminate the choice to go to college. It just allows you to travel, meet new people, and serve your country. Leslie states that "To me, a career in the military is a selfless career. It means that you are putting your hands around somebody that works with you and next to you. It's all about giving back to your community, it's all about giving back to your country."

When Leslie Ross retired, she was asked by one of her friends if she would

like to move to Dickinson, ND, and Leslie said, "Yes". After she moved to Dickinson she wanted to continue to serve even when she retired, so she started to help veterans in case management. Even now Leslie is retired she is still serving for her community.

Scott Obrigewitch

By Eryn Bird

The superhero of Dickinson, Scott Obrigewitch, serves in the National Guard, has raised 3 kids, and is an amazing 8th-grade history teacher at Dickinson Middle School. Scott has previously served in the military full time and is now in the National Guard. He has been teaching for almost 21 years. Scott has been a big hero for so many people.

Scott was born in Belfield, North Dakota where he grew up on his family farm with his two older brothers, his younger sister, and his parents. As Scott grew up he played outside with his friends as most kids do. However, Scott was a little different. Since he grew up on a farm he had horses. Scott would ride them around while his friends rode bikes. Riding horses was his normal so he didn't learn to ride a bike until he was around the age of 12. Scott graduated



from Belfield high school in 1988. He had 28 kids in his graduating class. While in high school he participated in football, basketball, and track.

Soon after he graduated, Scott joined the Army and attended Dickinson State University. After several years of serving our country in the Army, Scott joined the National Guard. He traveled to many places such as Germany and Afghanistan. When he got out of the Army he went to NDSU to study pre-med. He received a degree in nursing. When he was deployed to Iraq he was asked to be a Combat Medic because of his nursing experience.

Scott wanted to pursue a degree as an athletic trainer but soon decided being a teacher was the path he wanted to take. His grandmother was a big influence on him, she was one of the reasons he chose to become a teacher. In the year 2000, Scott got his Bachelors of Science in Education with a Composite Social Science degree. A couple of years ago, Scott got his master's degree from the University of Texas at El Paso. He has

taught for almost 21 years now.

Scott has had a big impact on our community. He volunteers for the Wreaths Across America fundraiser and he participates in the Color Guard. Scott also honors veterans by doing flag folds for them at their services. He has also done several honor ceremonies for veterans. Scott thinks our community is a great community to be a part of because of our shared values. He says, "We need to understand or need to agree on what values we want to have in our community whether it's we want a safe community, we want a clean community, we want a community where everyone is welcome." Scott values everyone's ideas and thoughts.

Scott has not only served our country but has faithfully shown respect for our fallen veterans and our community. He takes care of his family and has continued to be an influence on many students. No matter what the circumstances are he always finds a way to remain positive. He is the definition of a superhero. ■

PIPER'S PALS Ask Alfie

Dear Alfie,

Now that winter is arriving, do I need to do anything differently for my outdoor pets?

Sincerely, Freezing Cold

Dear Freezing Cold,

It is very important that you prepare your pets for winter as soon as possible. As you know, temperatures in North Dakota dip very low, which can be fatal for outdoor cats or dogs. Proper shelter is the most important thing. Without it your pets will struggle to survive.

There are four important requirements for adequate winter shelter:

1. **Weatherproof.** The shelter you provide for your cat or dog must be weatherproof, meaning it blocks the wind and does not allow rain or snow to leak inside. Keeping moisture out of the shelter may also mean that it needs to be raised off the ground to prevent flooding. You should regularly check your pet's shelter to make sure that it does not become damp or develop leaks.

2. **Insulation.** Often times people think that if their pet has a house with four walls and a door, that is good enough. But you wouldn't be able to keep warm with just that, and neither can they. It is imperative that you ensure the walls, ceiling, and floor are insulated. Otherwise, the shelter will not be able to retain heat.

A popular dog house model is the "igloo". However, be advised that many igloo-style dog houses are simply constructed of hard plastic and are not insulated. Always do your research or construct an insulated house yourself.

An idea for cats is to convert an old cooler or thick Styrofoam box into an insulated shelter. For an easy-to-follow tutorial, visit secondchancesvolunteers.org.

3. **Size.** How big or how small your dog or cat's shelter is matters. If the shelter is too small, the animal will have to lay directly in front of the entrance and be blasted with cold air. However, you must not rely on a shelter that is too large. This is because unless



they are provided with a heater or an electric heated mat, your cat or dog must warm the space with their body. If the space is too large, they will not be able to adequately heat the air around them.

It is very common for people to think that an unheated barn is good

shelter for a cat or dog. And it is, but only if they are also provided with a smaller space inside. For example, an insulated dog house, a cooler which has been converted into a cat shelter, or cubbies made out of stacked straw bales. Otherwise, it is impossible for the animal to create enough body heat to warm the entire barn, coop, or shed. A good rule of thumb is for the shelter to be about twice the size of your pet, and no smaller.

4. **Bedding.** The best bedding you can provide for an outdoor pet is straw. Blankets, and even hay, absorb moisture. This means that if your pet tracks in snow or water on their feet, their bedding will absorb it and freeze: creating an icy-cold bed

to lay on. Straw, on the other hand, wicks moisture to the bottom and keeps the top layer dry. Fill your pet's shelter with a thick layer of straw and replenish it regularly throughout the winter.

One last thing to keep in mind for winter survival is food and water. Because your pet has to expend more energy keeping their body temperature up, they burn more calories than they do during warm weather. For this reason, you may need to increase the amount of food they are given each day. Never expect your outdoor cats to survive on hunting alone as it is very difficult, especially in the winter months. Remember, water freezes quickly in the winter. Your pet needs to have access to fresh water every day, which may require checking their dish and replacing the water at least twice per day. For your convenience, consider purchasing an electric water dish. These devices are affordable and easy to find online or in local stores.

Thank you for taking good care of your outdoor pets!

Sincerely, Alfie ■

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

Pet Name Match

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

A: Oliver (#___)

B: Poppy (#___)

C: Ruby (#___)

D: Axle (#___)

E: Zeus (#___)

F: Brutus (#___)

(Answers in our next issue!)

Last month's answers:

A: #2 Lucy

B: #4 Piper

C: #5 Ruby

D: #1 Max

E: #6 Bob

F: #3 Wheezer

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

Email kelly@thejileks.com



COMMUNITY

Charity Ball 2021:
Night at the Disco

After a Charity Ball 'year gone virtual' in 2020, CHI St. Alexius Health Dickinson Foundation had been looking forward to hosting you in person to celebrate and support the healthcare mission of our local hospital.

However, as we continue to navigate the very unique circumstances of healthcare and public health in 2021, our event will again be a virtual one—and your support of our local hospital, clinics, and staff is as vital as ever!

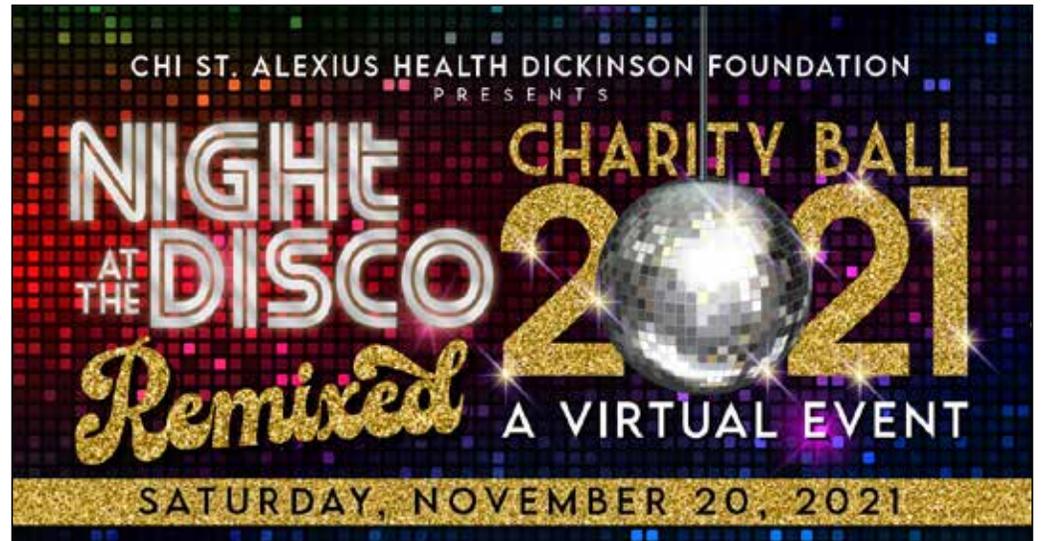
Join us from anywhere on Saturday, November 20th for our virtual event 'Charity Ball 2021: Night at the Disco - REMIXED and get in the spirit of giving, Disco-style!

Charity Ball In-a-Box Virtual Event Kit – Back by popular demand! For \$100/person, each box includes your choice of beverage, gourmet dessert, custom treats,

insulated tumbler, and auction & participation materials. Boxes are delivered November 19th if you live in the Dickinson area! Purchase by November 10th at: CHIStAlexiusHealth.org/Dickinson-Foundation/Charity-Ball

AUCTION - Anyone can bid and win in our amazing online auction! Register ahead here: CHICharityBall21.ggo.bid. And, anyone registered to bid in the online auction by 6pm MST on November 20th will be entered into chance prize drawings for local restaurant gift cards!

RAFFLE - Purchase tickets for your chance to win a NEW 2022 Polaris Sportsman 570 ATV! Tickets are \$20 each. To purchase raffle tickets, stop at CHI or call the Foundation Office at (701) 456-4746 M-F from 8a – 430p. Drawing



will take place 11/22/21 at 11am MST at CHI St. Alexius Health. Need not be present to win.

PHOTO CONTEST & CHANCE PRIZES – Check out our event site for more details! CHIStAlexiusHealth.org/Dickinson-Foundation/Charity-Ball

Funds raised through this year's

virtual event will help us replenish our local Equipment Needs Fund, which will enable us to continue improving the patient experience through new and advanced equipment.

Thank you for your unwavering support of our local hospital foundation!



JOIN US ON #GIVING TUESDAY,
NOVEMBER 30,
AND CELEBRATE GENEROSITY
THROUGHOUT THE WORLD!



JOIN US AND CELEBRATE SUPER HEROES ON

**GIVING TUESDAY,
NOVEMBER 30**

Can you help us make a difference?
We hope to have 100 Super Heroes make a gift to enrich
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Everyone has something to give....
Will you join us by
investing in our schools?



To learn more about #Giving Tuesday, contact:

Karen Heidt, Director of Development

Phone: 701-590-0495

Email: kheidt@dpsnd.org

Website: www.dickinson.k12.nd.us/Foundation/giving-tuesday

WHERE BUSINESS GOES TO GROW

Validate your business product ideas



The road to 'business success' is littered with businesses that did not make it because the idea was not validated. Among the many reasons for this is the product or service was not needed, it was poorly positioned, or it was not perceived as a good value/it cost too much. So, you might ask, what exactly is meant by 'validate?' Merriam-

folks who are likely customers, that is, your addressable market, and ask for their feedback, "Would you buy this as presented, for this suggested price and in this location?"

Listen closely to the responses. It is common for the entrepreneur to get so caught up in the development of the product/service and lose sight of



DICKINSON
AREA
PUBLIC LIBRARY

MOVIE MONTH

WHEN
Various Dates & Times, check the DPL calendar or website

WHERE
Community Room @ the DPL

WHAT
Free Popcorn!

WWW.DICKINSONLIBRARY.ORG





NORTH DAKOTA SMALL BUSINESS DEVELOPMENT CENTERS

Your Ideas - Our Expertise - Your Success

Webster defines validate as:

a: to support or corroborate on a sound or authoritative basis
experiments designed to validate the hypothesis

b: to recognize, establish, or illustrate the worthiness or legitimacy of
validate his concerns

In other words, hit the streets, literally if appropriate, and talk to the

marketability. Just because you can build it does not necessarily mean you can sell it. A classic example is an 'over engineered' product, with too many bells and whistles that push up the selling price. People may look at it and heap on compliments and praise; it is amazing engineering and production accomplishment, etc. The question still remains, are they willing to buy

it? As an idea is being developed, it is important to listen closely to the response of your intended customer audience. Concentrate on setting aside your own preconceived notions (of course you think it is great) and really be open to their responses. Strive to distinguish between a response that praises and compliments versus 'yes, I would buy that.' There is a subtle difference. Another example would be the physical location of a business. Will people travel to the proposed location? It could have an excellent product or service and a good price but is it convenient, worth the time and effort to get there? Do not allow your own pride to get in the way of accepting honest feedback. Be prepared to process the constructive comments and adjust.

So, network, communicate and conduct market surveys. It does not

have to be complicated. To many people it may seem intimidating but try not to view it that way. This is not a dreaded homework assignment. Rather, you are validating that your idea makes sense and people will pay for it. Test the idea, refine it as necessary, and communicate with others who have an interest in it.

Your local ND SBDC is a great resource assisting with product validation. You can find them online at www.ndsbdc.org or call 701-456-9044. ■

COMMUNITY

Journey to Parenthood Conference

Enjoy this free virtual conference through the end of the year. Our goal is for couples to become knowledgeable about family building options available to them in North Dakota. They will also learn more about various modalities available to enhance their reproductive health and wellness. You don't want to miss this amazing lineup of speakers! Register at raisingeverlastinghope.org or through any of our social platforms! ■



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ND POTTERY

Assumption Abbey Pottery



By Arley Olson, NDPCS Historian

Brother Basil Atwell, OSB, was the studio's first potter which opened in 1988 in Richardton, ND. He already held a degree in Art with a concentration in ceramics. He excelled in porcelain work, but after a few years in the Assumption Abbey studio he felt called to more active ministry.

Brother Llewellyn Kouba, OSB, studied a year with Brother Basil before the studio was closed for a couple of years. Brother Llewellyn was sent to apprentice under studio potter Sister Denise Frandrup, OSB, of St. Joseph, Minnesota. He returned to take over assumption Abbey studio in 1996. He is known for



his beautiful hand-built, wheel-thrown stoneware, terracotta and porcelain and special interest in native clay and glazes.

Assumption Abbey has a lovely, fully-equipped and modern pottery studio with one of the largest gas-fired kilns in the entire region. A good many items can go into the studio's 45 cubic foot gas-down/draught kiln. A typical firing matures the glaze melt at around 2,300-2,381 degrees Fahrenheit and can take eighteen to twenty hours to complete.

Completed pottery are bottom signed with L. Kouba as well as an ink stamp Assumption Abbey Pottery. Also, there is a number that corresponds to his glaze code and/or specific firing temperatures.

The studio was closed in 2020 as Brother Llewellyn Kouba passed away from natural causes. ■



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GOING POSTAL Day of the Dead



The U.S. Postal Service celebrates the Day of the Dead with four colorful new stamps.

In recent decades, Día de los Muertos, as it is known in Spanish, has caught on in the United States as a festive celebration for all ages. These new stamps from the U.S. Postal Service showcase the Day of the Dead holiday, in all its flower-bedecked splendor.

This pane of 20 Forever stamps contains five identical rows of four colorful stamps featuring several iconic elements of a traditional Day of the Dead offering. Stylized, decorated "sugar skulls" are personalized as family members — a child with a hair bow, a father sporting a hat and mustache, a mother with curled hair, and another child. The vibrant colors of marigold flowers and other embellishments, along with the white of the sugar skulls, stand out brightly from the stamps' black background.

Luis Fitch designed and illustrated the stamps. Antonio Alcalá was the art director.

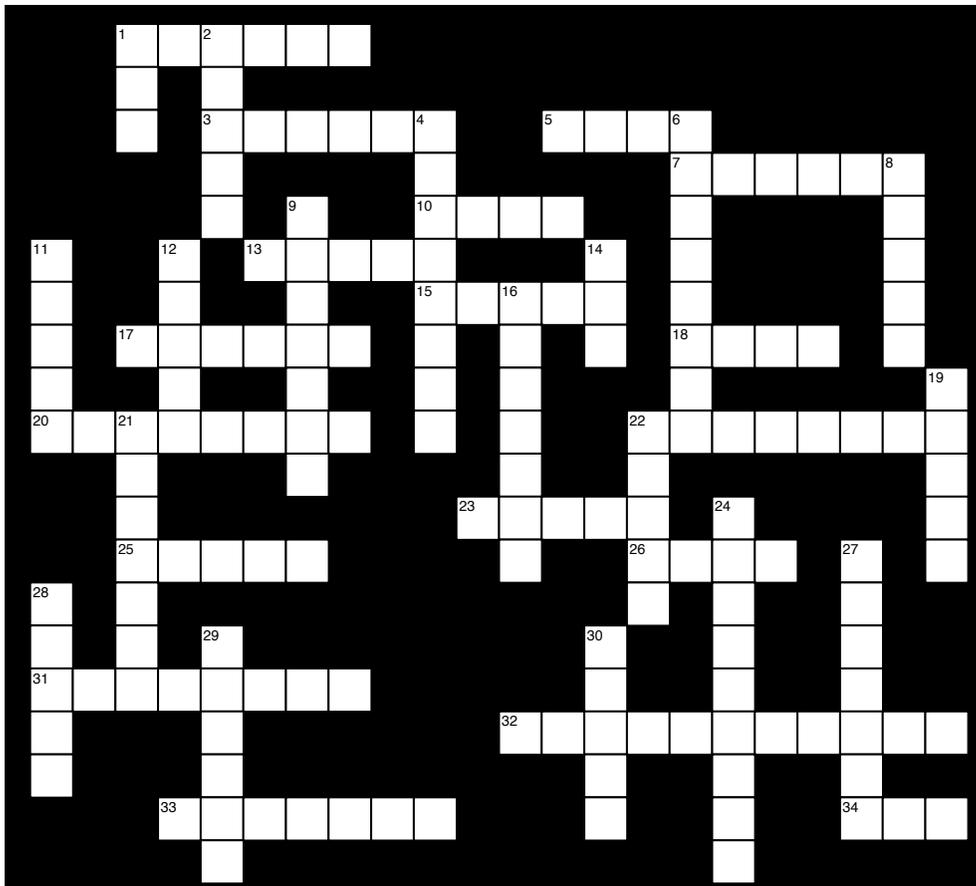
Day of the Dead, with all its exuberant color, life-affirming joy, and appeal for the whole family, is fast becoming a popular American holiday.

Stamps available at your local post office. ■

Source: store.usps.com

CROSSWORD

HATS OFF by Carlinka



ACROSS

- 1 +Soft felt hat,medium brim, crease in crown
 3 +Round crowned hat aka Derby
 5 Magnum ___ (masterpiece)
 7 Port city in Ukraine
 10 Drains of energy
 13 +French topper
 15 Sneezing sound
 17 +Worn by Mr. Monopoly
 18 Per person
 20 +Cap worn by major league
 22 +Worn by Davy Crockett
 23 It often accompanies a promotion
 25 +Chef's hat
 26 Phobia
 31 +Conical hat worn as punishment
 32 +Flat square hat w/ tassel
 33 +Hat made famous by Jackie Kennedy
 34 Demolition material

DOWN

- 1 +Red hat common to arab speaking countries
 2 First appearance
 4 + Worn by Bob Marley
 6 +Mexican hat with wide brim
 8 Standoffish
 9 Fine points
 11 Pulsate painfully
 12 Hard liquor
 14 Pool temp tester
 16 +Worn during heavy construction
 19 Foe
 21 +Fancy cowboy hat
 22 Chin dimple
 24 +Worn by Popeye
 27 Six-legged soldier
 28 Many-headed monster of myth
 29 +Brimless winter cap
 30 Ending with black, blue or straw

or·i·gin

For whom the bell tolls

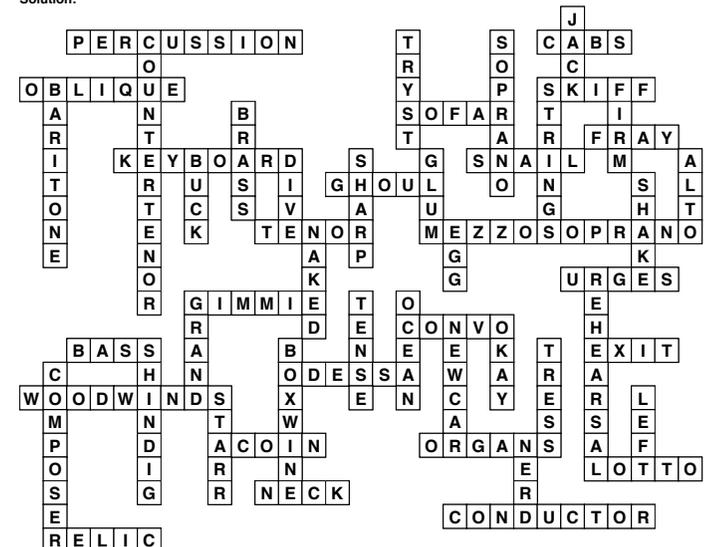
The country is old and small and the local folks started running out of places to bury people. They would dig up coffins and take the bones to a bone house and reuse the grave. When reopening the coffins, 1 in 25 coffins were found to have scratch marks on the inside and they realized they were burying people alive. So, they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift"), listen for the bell, thus, someone could be "saved by the bell" or considered a "dead ringer." ■



Last month's puzzle solution

++ORCHESTRATE++

Solution:



HOROSCOPE

NOVEMBER 2021 by Hilda De Anza



ARIES March 21- April 20

As November starts, your sign ruler Mars moves into Scorpio, and this evokes a lot of energy and power in you. If you can't get what you want, you are quite comfortable manipulating the situation from behind the scenes. November is characterized by battles of will, where you are up against consensus opinion. What works is to cooperate with a partner or professional associate so that you combine your energies and together achieve your goals.



TAURUS April 21- May 21

Early November, your sign ruler Venus moves into Capricorn, awakening a need to expand your horizons connected with relationships. The new moon on the 4th allows new initiatives to be taken which go against the powers that be, leading to considerable deadlock. Challenging partnerships can be constructive for you, and you find a satisfying way to work with partners, which is cemented at the time of the full moon in your sign on the 19th.



GEMINI May 22- June 21

Early November, the focus shifts from creative partnerships and self-expression, to navigating a very complex environment. Work closely with enforcers and other powerful people in the workplace in what is likely to develop into a power battle with opinion-makers or lawmakers. All this intensity eases off in the last week of November when the focus moves to more optimistic scenarios for intellectual expansion and harmonious relationships.



CANCER June 22- July 22

November will prove to be an emotional month, when your personal charisma and magnetism is extremely powerful. The new moon on the 4th brings surprise moves and unpredictable events. These can affect children or your love life, or your bonds with friends and groups. There is a change of mood in the last week of November, partly because you are less focused on self-realization and more interested in how you can attain expansion and success at work.



LEO July 23- August 22

Early November is an eventful and unpredictable time at home and in family life. The new moon on the 4th brings unforeseen developments and evokes an urge to break free of restraints both in your career and in your domestic life. If you are involved in a home improvement project, this is a time when old things are thrown out and new things are built. During the last week of November, everything lightens up and your mood is less serious.



VIRGO August 23- September 22

As November begins, you say goodbye to a situation that has drained you mentally and celebrate the enhanced cooperation at work. November is characterized by a more aggressive communication style, particularly at work. You are will have to adopt a more confrontational tone, because you want to fight for something that is very important to you. During the month, you may be up against a group or a consensus, so you may want to operate more secretly and work on your own agenda.



LIBRA September 23- October 22

November begins in an upbeat mood, but things get more intense. It's OK to let partners fight battles, if they do so on your behalf. As your sign ruler Venus moves into the sign of Capricorn on November 6th, you sense a transition taking place. You need to work on practical matters affecting your domestic life. There is a continued focus on finances for most of the month, and the wise Libra eliminates spending that undermines security.



SCORPIO October 23- November 21

As November begins, Mars moves into your sign. You are have the energy and drive to accomplish anything you put your mind to. The new moon on the 4th channels high-voltage energy, which is going to affect relationships and your lifestyle. There is an urge to be yourself, even if it means breaking taboos. A strong friend will be keeping you company and helping you navigate the conflicts that come your way this month.



SAGITTARIUS November 22- December 21

November begins on a happy note, with harmonious agreements coalescing after many weeks of back and forth. It is a great time for partnership, friendships, and working together with groups on projects. End of the first week brings a change in focus, especially in matters concerning security, self-worth and economic reward. End of November is less complicated, and people seek out your company and are generally happy to use your playbook.



CAPRICORN December 22- January 20

As November begins Venus moves into your sign. The emphasis is on relationships and a process of transformation that is going to affect leadership. There is a major emphasis on developments in your social life. This suggests major power struggles in the groups and organizations of which you are a part. Your financial security are of highest priority now, so you need to engage with people who share your values, and establish defenses against those who may try to undermine things from within.



AQUARIUS January 21- February 19

There are a lot of challenges for you early in November which affect your professional life, but which also increase stress factors in the family. You need to adopt a muscular attitude, even when people in leadership positions ask the impossible. Things lighten up the end of November, when a more social and upbeat period begins. At this time you'll be able to relax and enjoy good company.



PISCES February 20- March 20

Most of November you continue in a laid-back role. It can feel lonely, but there is also a sense of connection and identification with a larger group of people who share your ideals. Other thinkers believe more in survival rather than solidarity, so you can encounter survivalist groups who think that the end justifies the means. End of month, things lighten up, and there is a renewed focus on developments amongst the leadership. This is a time when partnerships are favored along with an expansion of outreach and of your network.



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The Bon Appetit Foodcast

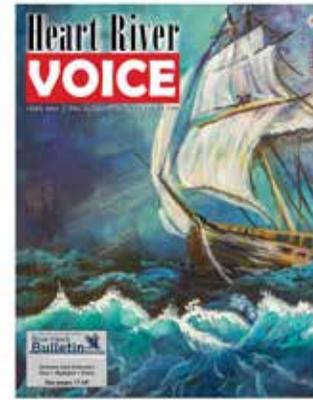
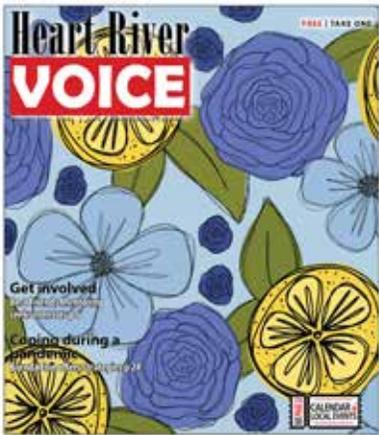
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