

# Heart River VOICE

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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](mailto:kelley@thejileks.com).

## Kelley Jilek

*Publisher*

Cover art "Autumn Love," a watercolor by Greta Nelson. For more information about the artist, see page 5.

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## #BOOKWORM

## A spooky and booky October



By Cindy Thronburg

Happy Fall, everyone! Halloween is almost here, and we have lots of Halloween-related programs happening throughout the month of October. From the Spooky Spinners and Silly Pumpkins Tween time to showing The Nightmare Before Christmas for Teen Movie night, we have plenty of activities to get you in the spooky spirit.

On Friday, October 15th at 6:00pm we will be holding our Teen After Hours Halloween Lock-In. This party will take place after the library is closed in the Community Room for teens ages 13-17. There will be snacks, pizza, a costume contest, games, and more Halloween fun! Space is limited, so sign-up is required. Teens will also be making Haunted Gingerbread Houses on October 12th and Barbie Zombies on October 26th.

For the younger children, we will be hosting our Annual Kids' Halloween Party from 1:00pm to 4:00pm on Saturday, October 30th. Drop-in for games, crafts, and prizes! This year's Halloween party will take place all around the Library. Costumes are not required, but they are encouraged!

We will also be participating in the Downtown Dickinson Association's Trick-or-Trunk event. We will have the Bookmobile downtown from 4:00pm to 6:00pm. Stop by and see us for some treats!

We also have an event for adults! Do you like watching crime shows whether fictional or documentary? Have you ever thought you could look at a crime scene and solve a crime? Well, you may very well like our new program, Scene of the Crime. Small groups of detectives will get a chance to look at a crime scene, find some clues and potentially solve the crime. Ages will be 16+, due to the nature of the crime itself. Sign-up is required and may be done at the Dickinson Area Public Library website. The first Scene of the Crime will be on Oct. 4th and 5th with various times to sign up. Groups will have exactly 81 minutes to solve the crime, and that is also actually your first clue.



We still have plenty of our other recurring programs as well. October continues our ongoing trivia series. Play trivia against other library patrons for fun, points, bragging rights, and maybe some swag! Each week will be a themed quiz with the weekly tiebreaker question being an open-ended question to guess the theme. The competition will be broken up into seasons, with a champion named at the end of each season. The champion will be determined at a live trivia event at the library which will occur at the end of each season. Each week's quiz will start at 8:01 am on Monday of that week and close at 8:00 am the following Monday. Visit our website for more information and to participate!

We also have our regular programs in October, including Pre-School and Tiny Tots Storytimes, S.T.E.A.M., Tots Drive-In Movie, Board Game Club, Tween Time, Adult Craft Club, the Genealogy program, and much, much more. Check our Facebook page and website, or


stop in and grab a copy of our activities calendar. Don't miss out on all of these great events!

The 17th through the 23rd of October is National Friends of the Library Week. The Friends of the Library are all volunteers, and the purpose of the Friends of the Library is to support the mission of the library, help raise funds for programming, and enlarge public support of the library. We are so thankful for all of the hard work our Friends volunteers do throughout the year! The Friends also operate the Twice Sold Tales bookstore and they will be holding their Annual Book Sale on Saturday, October 23rd from 10:00am to 3:00pm in the Library Community Room. Come and check out all of the great deals on a wide selection of used books and support the Library in the process!

We hope you will be able to join us for some of these events and activities throughout October! See you soon! ■

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Acacia Fossum  
Shawn Gabbert  
Kim Anderson - Loyalty**



ADVANCED COLLISION

C E N T E R , I N C

## COVER ARTIST Greta Nelson



Greta Nelson

Greta Nelson is the artist of the front cover water color painting titled "Autumn Love". Greta lives in Bismarck, originally from western North Dakota. She graduated from Belfield High School, was an elementary teacher, and owner of "The Christmas Store" and "Greta's Place" in Medora.

Greta is a graduate of Dickinson State College with a Bachelor of Science Degree and a Minor in Art. She has one son Dennis, two grandchildren Jake and Dani Jean (Jon), and one great grandson Westyn, all who reside in Williston.

Education has occupied most of her

lifetime. Greta taught the first grade in Golva and Beach and then went on to be a National Educational Consultant for OPEN COURT PUBLISHING CO. Chicago, Ill, teaching workshops, classroom demonstrations, and training elementary teachers. She worked as a consultant in many schools throughout the U.S. She moved on to Monterey, CA to teach the illiterate inmates in a federal prison. While living in California, Greta enjoyed singing with the E Contori di Carmel, an exclusive musical group entertaining around the Monterey Peninsula.

Moving back to the Midwest, she lived in the Minneapolis area selling insurance, then returning to North Dakota, she worked as the Dean of Students and the Career Advisor at Rasmussen College in Bismarck.

Throughout these working years, her painting hobby had been set aside. However, in about 2003, she was inspired by a watercolor class, so it then became her favorite art medium. Soon this became her serious love; returning to her painting hobby, her brushes were

back at work. She took several water color classes while spending the winters in Arizona. Her theory in working with water color is both abstract and/or realistic. Greta leans toward realistic painting with more detail, but with incorporating abstract. Her favorite painting subjects are flowers, scenery, mountains, still life, butterflies, rivers, and trees.

Music is another hobby dear to her heart. Her musical talents are singing and playing the piano. One of her greatest honors was singing "The Messiah" in Carnegie Hall, NY City in 2001. Greta taught pre-school music at the Montessori schools and YMCA pre-schools. She presently gives piano lessons and often plays at BAGA for featured artists, art receptions, and special holiday shows. She spends many hours of her free time on the piano.

Art and music have spilled into every phase of Greta's life. She continues her love for the arts and music and always enjoys sharing her special talents with people like you! ■

## NORTH DAKOTA RENT HELP

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

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## EDUCATION

# Allan, Fehr, Wenko join DPS Foundation board



The Dickinson Public Schools Foundation added three local community leaders to its Foundation Board.

Bob Allan, Kris Fehr and Christina Wenko recently joined the Foundation Board which helps enrich education in the Dickinson Public Schools. Other board members are Jay Bleth, Donna Fleming, Jill Healy, Garrett Nodland, Mike Parke, Jim Peters, Sr., Marisa Riesinger and Leslie Ross.

Bob Allan is a graduate from Dickinson High School and Dickinson State University. He has been an active community member teaching school for six years and



Bob Allan

starting Allan's Decorating with his parents. Bob also served as ND State Fire Marshal and taught firefighting in Abu Dhabi, United Arab Emirates. Bob worked for a software company and as the Safety Director for Medora Corporation before retiring.

Bob joined the foundation to give back to the school and the community because he believes "Education is important because it opens so many doors."

Kris Fehr is a retired executive director of Best Friends Mentoring Program and Western Wellness Foundation. She is a co-owner and managing



Kris Fehr

partner of three real estate rental investment companies and Westwind Counseling Center, and is an independent consultant for Osborne Books and More. Kris is married to Alan, and they are parents of three children and grandparents to two little boys. She served 15 years on the Dickinson Public Schools school board and is a member of Dickinson Rotary Club and the American Legion.

"Education is the key to success. Education opens opportunities and develops critical thinking skills for life. I previously served on the Foundation Board and enjoyed the mission of enhancing education and making a difference for our youth. I'm excited to be involved again!" reported Fehr.

Christina Wenko is the Managing Partner/Owner of Mackoff Kellogg Law Firm. She has been with the firm since 2012.



Christina Wenko

In her spare time, she is an adjunct professor at Dickinson State University.

Wenko believes teachers are the foundation of education, and true teachers are those who help us think for ourselves. She looks forward to working alongside Dickinson's educators to provide all the opportunities for Dickinson's youth that are vital to the growth of young minds.

Wenko recognizes she is the product of a great education stating, "If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you."

For more information about the Dickinson Public Schools Foundation, visit [www.dickinson.k12.nd.us/foundation](http://www.dickinson.k12.nd.us/foundation) or call 701-590-0495. ■



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THE DICKINSON

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## HEALTH

## Inflammation and nutrition



By Gabrielle K. Hartzel, RD, LRD

When an injury or illness occurs, the body naturally responds by producing inflammation for a short period of time, often referred to as acute inflammation. White blood cells trigger this inflammatory response which can be felt and visually noticed through redness, swelling, fever, stiffness, aches and pains.

The second type is referred to as chronic inflammation as it lasts for a greater time period. Chronic inflammation is associated with chronic disease and lifestyle factors like lack of physical activity, poor diet, obesity and stress.

Acute is thought of as the “good” type of inflammation as it helps the body heal. Whereas, chronic is considered the “bad” type due to its association with chronic disease and unhealthy lifestyle habits. Scientists remain unsure as to why chronic inflammation occurs since it doesn’t seem to serve much of a purpose like acute inflammation does.

There’s no doubt what we put into our bodies directly influences the level of inflammation. Numerous studies correlate a reduction of inflammatory marker levels (such as C- reactive protein) subsequently following an anti-inflammatory diet. This type of diet encompasses foods rich in antioxidants and omega-3 fatty acids. Antioxidant rich foods include 70% or darker chocolate, whole grains, nuts, berries, cherries, avocados and dark green leafy

vegetables. Foods rich in omega-3 fatty acids include flaxseed, walnuts and oily fish like salmon, sardines and mackerel. A few herbs and spices like turmeric, garlic and ginger also encompass anti-inflammatory effects.

It is noted that omega-6 fatty acids tend to increase inflammation. However, omega-6 plays a role in maintenance of bone health, brain function and metabolism and therefore, shouldn’t be entirely avoided. Since most Americans tend to eat less foods containing omega-3 fats compared to omega-6 fats, diligently consuming an equal intake of both will help to keep inflammation at bay. Foods high in omega-6 are meat, peanuts, dairy products and vegetable oils, including fried foods.

**The Bottom Line:** Numerous changes can be made to reverse and even prevent chronic inflammation. Losing weight, following an anti-inflammatory diet, increasing exercise, getting enough restful sleep and incorporating meditation or yoga all help in reducing inflammation. Up your servings of antioxidant rich fruits and vegetables. Increase omega-3 food servings while decreasing omega-6 servings. Choose whole grains rich in fiber (psst...look at the ingredients list and choose the product listing whole grain first). Swap red meat with lean protein sources. Avoid sugary drinks, refined carbohydrates and processed foods as much as possible. ■

## THE ARTS

## BAA's 51st Annual Fall Art Show



The Badlands Art Association will be holding its 51st Annual Fall Art Show in The Roosevelt Hotel’s Grand Dakota Ballroom, November 12th-14th, 2021.

The Badlands 51st Annual Art Show is an open show. An “open” show means that you do not have to pass a judge to get into the show. The Badlands Art Association is a small group; this is our major event for the year. We do the show to offer artists of all abilities the opportunity to showcase their work and to give the public a chance to see the wide range of art being created in our area. The three-day regional fine art show features many different media including clay pottery, oil paintings, watercolors, pencil/pen sketches, and photography.

There are three divisions to the show: amateur and professional, plus a student show.

To enter the Badlands Art Show, you must submit the Call for Entries form listing your art entries. The Call for Entry forms for the adult divisions have been mailed to BAA members. You DO NOT need to be a member to enter the BAA show. If you did not receive an entry form they can also be picked up at JP FrameShop, the Dickinson Public Library or be printed online at badlandsarts.com/annual-show. These entry forms

must be postmarked by October 25th.

In addition, the BAA is holding a PreK through grade 12 student art show. The entry forms for the student show are being coordinated through the local SW area school systems and art departments. Home schoolers and other interested individuals can access a student form from the BAA website <http://badlandsarts.com/>. Within the BAA’s 2021 Student show, there is a new category, Artful Natural Earth Contest ND 2021. The contest is open to all students entering the BAA Student Art Show. Their art works can be of any media and size, but they must be framed or matted and ready to hang. Artworks will be hung within the BAA Student Show grade divisions and be identified with a 4x6 index card attached to the entry. All artworks must represent native species to the United States and be found in North Dakota. Each student may only enter one artwork in this contest. The art works can be in one of five categories; 1. Mammals, reptiles, or amphibians, 2. Birds, 3. Insects, 4. Plants and flowers, 5. Aquatic life. A \$50 prize will be awarded in each of the five categories.

More contest details and entry requirements can be found on the BAA website badlandsarts.com. ■



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## THE ARTS

## Musical opportunities



## DICKINSON CITY STRINGS AND BAND

Open the closet and find your clarinet, trumpet, violin or whatever your instrument of choice is and blow out the dust because it's time to join the Dickinson City Band and Strings! That's right musicians, we are gearing up for a fall full of music. In the spring of 19 we were pulling out all the stops to present a fabulous concert and BAM! The door closed in our faces.

Both groups began rehearsals in September but it's not too late to join. Strings rehearse from 5:30-7PM and the band starts at 7PM. New this year, we will be rehearsing in the Dickinson High School band room. Priscilla Koegh will continue to direct the strings, and Matthew Goettle will be at the helm with the band. The fall concert is tentatively scheduled for December 5th with the location to be determined.

When we were last seen, we were preparing for a fabulous concert with the highest number of musicians that we had seen in many years. The program was going to be very diverse and fun to listen to. Alas, that wasn't to be, but it is now! The directors are ready, the band board is ready and all we need is you! Participation in the City Band and Strings is open to all musicians from high school to 90. Yes, we have had members in their 90's! Don't let age hold you back, because everyone is welcome to play with either or both groups.

For more information regarding the Dickinson strings please contact Priscilla Keogh at 701-290-9145 and for information regarding the band, call Robyn at 701-690-8958. Both the band and strings will both the band and strings will practice every Monday evening in the Dickinson High band room. There is always room to join us!

## PRAIRIE ROSE CHORUS

The ladies of the Prairie Rose Chorus are so excited to be back face to face. It's been a long time coming and we are happy to be singing. Rewind to 2019 as we were preparing for a fall show and a trip to Rochester for our region 6 competition. And then everything shut down, as it did for everyone. Prairie Rose shut down for a while, then in the fall we went to Zoom. Let me tell you, it's difficult to sing by Zoom, but we struggled to stay connected to each other. Summer 2020 came, and we started singing outside in the garden of St. John's Lutheran Church. As we sang we had to overcome cars and trucks going by and we couldn't hear, but at least we were together, and we were singing. We've gone back and forth with the upticks in Covid, but we've made it work.

Over the months, our region of Sweet Adelines did a stellar job of providing Zoom training. We were fortunate to have the best that Sweet Adelines has to offer in faculty to present classes for chorus leadership and full choruses. We learned so much, and now with renewed excitement, we are once again singing!

So where are we going from here? We have a lot of plans, and we hope that if you are a woman who loves to sing, you might consider joining us! We will start working on our Christmas songs on Tuesday, October 19th. Interested singers are invited to join us for a few weeks learning about barbershop and giving it a try without totally committing to us. Because barbershop singing is a little different, it takes some getting used to. We are open to members 12 and up.

From there we will continue to work on selections for Veterans Day, we are planning to have our Christmas sing in early December, and our regional competition the beginning of March. Of course, all plans are subject to change depending on what happens with health issues, but we are planning with confidence!

If you are interested in singing with the Prairie Rose Chorus or need entertainment, give Robyn a call at 701-690-8958. We are more than ready to welcome you to our rehearsals on Tuesdays from 6-8:30 in the basement of St. John's Lutheran Church. ■

## HEALTH

## Connect Medical Clinic plans for mobile health unit

By Mark Billings

Organizers are aiming to outfit an unfinished utility trailer as a mobile health clinic and take it into rural western North Dakota.

The Connect Medical Clinic (CMC), located at 683 N. State Ave. south of Fairway in Dickinson, envisions rural

organization has requested funding from several sources to install signage, flooring, heating and cooling, lighting, power and furnishings. Zettel said based on 20 anticipated trips, the mobile clinic could serve an estimated 500 people annually.

"By delivering curbside services



outlying communities within 60 miles of the city using the mobile clinic for limited screenings for Sexually Transmitted Infections (STI's), HIV/Hepatitis C testing, sexual health education, decision-making services, pregnancy support, individual fertility education, teen reproductive education and social service referrals.

"At the invitation of public and private schools, CMC would offer a range of sexual health services not offered now in those areas," said Tara Zettel, executive director of the nonprofit clinic. "Mobile clinics can help provide reproductive health services at schools that do not have a health clinic and can help teens overcome barriers to accessing care due to lack of time, transportation, cost and stigma."

Thanks to a grant from the North Dakota Association for the Disabled (NDAD), CMC purchased a new unfinished 6 x12 utility trailer earlier this year. The

directly in communities of need, we believe the mobile clinic could produce a lower incidence of STI's in rural and under-served areas through the screenings offered," she said. "In addition, we would offer reproductive health education among both males and females, potentially leading to decreased early pregnancies and improved high school graduation rates."

CMC provides sexual health clinic services and education to an estimated 500 males, females, and nonbinary individuals annually in a respectful and trusting environment. For more information, call (701) 483-9353 or visit connectmedicalclinic.com. CMC is also participating in and will distribute information during Dickinson State University's Homecoming Parade at 10 a.m. on Saturday, Oct. 9. ■

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## NDSU EXTENSION

# Helping with homework



By Holly Tuhy

Fall is in the air and the school year is in full swing. Students are getting settled into their classes and the homework load is starting to pick up, along with all the other activities they are in. Students today are busier than they have ever been!

NDSU Extension has great information on how parents and guardians can help children with their homework. It is important to remember not to do the work for them. You can show them how to work through a similar question, but it is important for the child to be the author of their own homework.

It can be helpful to create a schoolwork friendly workspace for your kids. A place that is well-lit and has few distractions

allows them to focus.

Model the behavior you want to see in your children by doing adult versions of “homework” at the table. Do your reading, banking, bookwork, meal planning, and to-do list making to help normalize those tasks. Not to mention, if your children see that you, too, are working and thinking at the table, they will be more likely to stick with their homework.

Go through your child’s backpack and planner with them to help you learn what their teacher’s expectations are. Attending parent-teacher conferences is another great way to do this.

You can teach time management to your kids through their schoolwork. Schedule time in your child’s day for them to work on homework. Maybe it is as soon as they get home from school, or once they have had an afterschool snack. As your child gets older and busier, it can be difficult to make time for homework, but not impossible.

Another good time management tip

refers back to going through your child’s backpack, as mentioned previously. You can estimate or gauge if your child needs a short or a long amount of time to complete their work. It

can be helpful to have your kids start on the more difficult assignments when they have the most energy and focus. That way, if your child is getting fatigued, they can end on the simpler, more fun assignments.

NDSU Extension has a helpful tip on student workload. “The rule of thumb for early grades is to multiply about 10 minutes per day times your child’s grade, on average. If your first-grader is working more than 10 minutes a night, every day,

or your fifth-grader is spending more than 50 minutes each night on homework, you likely need to talk to the teacher.”

Not only are today’s young students busier than ever, so are their parents. It can be very difficult for you to find time to help your kids with their school work every night. Do not overwhelm yourself by assuming you have to implement all of these suggestions after school today. Try one or two for starters, and see what works best for your household. ■



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## CONVENTION AND VISITORS BUREAU

# Fall colors and hunting



Fall brings not only the football games, the golden leaves, and the church dinners, it brings the hunting gear out, and the preparation for a great bird hunting season. Family, friends, and the loyal dogs are all eager for the early mornings that turn into fun filled days of walking fields and sharing stories.

The season has begun for Sharp-tail Grouse and Hungarian Partridge, and while many hunters seem to prefer the colorful Pheasant, these birds can be quite a challenge, especially for beginners. Their brown camouflaged feathers often blend into the grasses and sage, as they crouch silently,

waiting for the hunters to pass on by.

This year the Pheasant season opens on October 9, continuing until January 2, 2022. And while the numbers are estimated to have dipped only slightly from last year, the sharp-tailed grouse and gray partridge number are about the same.

Hunting is a fun, bonding experience for family and friends. It also helps the gamebirds. How? Landowners, hunting clubs, and the purchase of ND Game & Fish licenses all focus on better habitat for the birds. Left alone, the survival rate would be much lower.

The economic impact is also a large benefit to local communities as the restaurants, hotel/motels, gas stations, bars and sporting stores rely on the hunting seasons to increase their revenue

for the year. In 2017 – 2018, average daily spending for nonresident small game hunters averaged \$150 per day, and resident small game hunters averaged \$111 per day totaling up to \$99.3 million that year. And that's just for the small game hunting!

Beyond the bird information and economics, they are tasty birds. Google upland game bird recipes and you will find lots of delicious dishes to try out.

What better way to spend time with family and friends?



Photos courtesy of Craig Armstrong ■



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**COMMUNITY**

# Cardiac Ready Health Fair

The Cardiac Ready Health Fair, a free community event, is scheduled from 1-4 p.m. on Saturday, Oct. 9 at the West River Community Center's MAC Gym. The event is designed to help people become better equipped in identifying and handling cardiac emergencies.

Sponsored by Dickinson's Cardiac Ready Community committee, the initiative aims to help people know simple steps to follow when they see someone suddenly collapse and becomes unresponsive.

"There are many people in our community who have almost died but are alive and thriving, thanks to a quick-thinking person who enacted basic life-saving procedures," said organizer Patricia Billings, RN, the clinic educator at CHI St. Alexius Health Dickinson. "Each of one us at some point may be called on to save someone who is suffering from a cardiac emergency."

In addition to receiving free blood pressure screenings and stroke-risk assessments, attendees of the



Health Fair will learn to operate an Automated External Defibrillator (AED), receive hands-on Cardiopulmonary Resuscitation (CPR), as well as take part in a short fitness walk and stretching exercise. Michelle Tipton of Beulah, whose 17-year-old son died during a cardiac event and who was instrumental in securing state funding to allow for a

AED in every public school across the state, is also scheduled to speak.

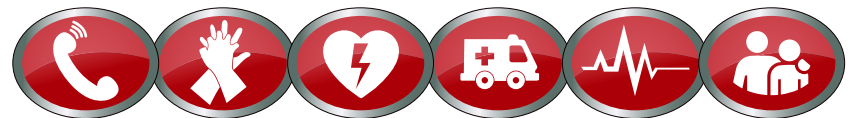
"We are very excited to have Michelle with us to tell her son's story, and one which showcases how not every cardiac event is one in which someone is having a heart attack," said Billings. "Her son had an undiagnosed heart condition at the time. If someone could have accessed an AED, it could have saved his life."

Another event organizer, Shantel Klym, an infection preventionist at CHI St. Alexius, suffered a similar event when she was a student at Dickinson High School. Nearby DHS staff saw her lose

consciousness and administered CPR on-site until an ambulance arrived and she ultimately received treatment for an underlying heart condition.

Also during the event, which includes door prizes, healthy snacks, and samples provided by Core Nutrition of Dickinson, organizers will present AED's to several local businesses and organizations. The funding is available in part through Billings' participation in Change Network North Dakota, a leadership program sponsored by the Bush Foundation. For more information, call Billings at (701) 456-4469. ■

## Chain of Survival



**Let's Make Dickinson  
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*"We love the Drums Alive program! It has been very successful and the kids love it!"  
stated Karen Wagner, Music Specialist, Lincoln Elementary*



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**HEALTH****Flu season with a Coronavirus twist**

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times, can lead to death. Elderly people and people with certain health conditions are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year. The Centers for Disease Control (CDC) recommends

can verify the resident's allergy list includes the flu vaccine. If you do not want your resident to receive the flu vaccine, contact us by September 30, 2021. You may call us at 701-456-7242 and ask to speak to the Charge Nurse or Chris Jas, RN/Infection Prevention and Control. If we do not hear from you by September 30, 2021, we will offer your family member/resident the flu vaccine.



that everyone 6 months of age and older get their yearly flu vaccine. For more information on the benefits/risks of the flu vaccine, please read the Vaccine Information Statement enclosed or on the CDC website [www.cdc.gov/flu](http://www.cdc.gov/flu). It is especially important to get the flu vaccine this year, as we need to keep influenza at bay so we have the resources to continue our battle against Coronavirus.

St. Benedict's Health Center expects to receive our flu vaccine supply, and start administering the flu shot to residents, in October. There is no charge to residents for the vaccination.

We plan to vaccinate all residents unless they have a documented allergy to the flu vaccine or the resident/resident representative declines the flu shot. If your loved one has ever had a severe reaction to the influenza immunization, please alert the staff at St. Benedict's so we

Other Influenza Information—this works for Coronavirus, too! The North Dakota Department of Health reminds the general public to practice good respiratory hygiene:

- Cover your mouth and nose with a tissue when you cough or sneeze (or cough/sneeze into the "bend" of your elbow)
- Dispose of used tissue in the wastebasket
- Wash your hands or use hand sanitizer after coughing, sneezing, using tissue, or using the restroom

St. Benedict's encourages all staff members to get their annual flu shot. It is also important that family members pursue flu vaccinations to protect themselves.

These simple measures can help prevent the spread of infection. Feel free to contact us with any questions about flu season or the flu vaccine. Thank you for your help in keeping influenza out of our facility. ■

**COMMUNITY****Feast of St. Wenceslaus Festival**

By Christina Hirschfeld

As our lives wind down and settle in to the cool, crisp autumn air, we find ourselves hunting up some fall activities. There's a distinct smell of pumpkin spice or hot apple cider filling our coffee and candle shops. Crowds cheer on their favorite football and volleyball teams, crafting and harvest activities abound, homecoming or maybe a quiet evening by the backyard fire pit seem to occupy our time. Another heart-warming, tummy-filling event is the Feast of St. Wenceslaus Festival, October 9 from 4:30-7pm!

For the past few decades, St. Wenceslaus has provided a plethora of activities for all ages. You can start with some delicious home-made chicken noodle soup, rohllicky, and kolaches. They are also serving roast beef, deep fried turkey, scalloped potatoes, sides, and a slice of pie for dessert. You can try your luck with the raffle, silent auction, cake walk, 50/50 drawing or bingo. Or maybe you just want to shop a little at the St. Ann's Booth. Even the kiddos will enjoy the mini midway! The best part of all is time to socialize with friends, old and new.



And if you can't get away from your home yet (or just plain don't want to), they do offer home deliveries by calling Renae 701-290-7518 or Cheryl 701-290-9210. This entire one-day event is all made possible by some extraordinary folks willing to roll up their sleeves and chip in to make the festival a true highlight of the year. Father Robert Shea, Pastor at St. Wenceslaus, was transferred to the parish during Covid last summer, so he has only experienced a semi-converted event which took place outdoors as a drive thru at the parish parking lot. Help make this year's event one for the books and come meet our new pastor! ■

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**KUDOS****McKenzie Haven**

*"And one day she discovered that she was fierce, and strong, and full of fire, and that not even she could hold herself back because her passion burned brighter than her fears." ~ Mark Anthony*

We all have choices how we approach tough stuff. For McKenzie, it was an illness that brought about high stress and anxiety which caused her to lose control of her leg muscles and cause non-epileptic seizures. This was a lot to figure out as a sophomore in high school. What did McKenzie do to attempt to get back on track? Weightlifting! Recalling how she enjoyed lifting weights at school prompted her to check out a local gym where she found an interest and relief

from training as a power lifter. McKenzie found not only relief from her anxiety and episodes but unexpected success as a power lifter. She competed at the USPA drug-tested National competition in Palm Springs where she set three North Dakota state records in her age group. In squat she lifted 297.5 pounds, on bench 154.3 pounds and deadlift 330.7 pounds. These totals combined for a national record for total weight of 782.7 pounds and McKenzie brought home Gold from the competition. Oh, and an invitation to the World Championships this November in Costa Mesa, California.

If you know McKenzie you know that she is a quiet and shy young woman. One who seeks no attention and prefers to be unnoticed. I have known McKenzie since she came roaring into the world at

24 weeks and a whopping 1 pound 9 ounces. She amazes me as she just continues to rise up and find her strength to survive adversity. First, as a tiny infant and more recently as a young adult as she worked through a potentially life altering medical experience. McKenzie reminds us that we all have choices how we respond to life's curveballs. She inspires me to try harder when my path seems rough.

Kudos is a program Women Empowering Women has created to recognize the good works women do. Women we know who've lived quietly, joyfully or creatively influenced our lives. Women who are an inspiration and deserve to be noticed for their efforts and impact. Women Empowering Women



is a nonprofit organization dedicated to meeting women at their needs and helping them become the best versions of themselves. To learn more: [wewnetwork.org](http://wewnetwork.org) ■

**THE ARTS****Barron Ryan**

Enjoy a musical adventure when Barron Ryan comes to Dickinson, ND. His piano style combines vintage and fresh, historical and hip, and classic but cool.

Barron Ryan grew up with parents as musicians, enjoying a variety of styles

But upon winning a piano competition which sent the winner to perform a tour in Israel, Barron found his new focus. He discovered the joy of jazz- and ragtime-inspired concert music.

Barron Ryan will be sharing his talents on Monday, November 1, 2021 at 7:30 PM at DSU Dorothy Stickney Auditorium. See how Classic Meets Cool through his



from Mozart to Michael Jackson in his home. His father started teaching him piano at the age of four. This love of music continued throughout adolescence and into a major in piano performance at the University of Oklahoma.

After becoming disheartened by rejection from many music conservatories, Barron briefly gave up piano in pursuit of a career in hip-hop.

program of Scott Joplin's The Entertainer to Debussy's Claire de Lune and Chopin's Fantasia Impromptu.

Members of the Dickinson Area Concert Association are in for an interesting blend of great music. Admittance is by membership or \$30 at the door. If you are interested in tickets please call 227-1673 for more information. ■

**REMEMBERING  
Hallway of Heroes**

By Erin Ehlang

In honor of September, 11th and National Day of Remembrance and Service, the 8th graders at Dickinson Middle School put together an exhibit honoring, memorializing, and celebrating heroes in our society. Each student had the opportunity to research a hero of their choice and tell their story of courage and selflessness. Many students chose to tell the stories of heroes from 9/11 including first responders, business workers in the building, civilians in the area, and even service dogs. Some students chose to write about heroes from other events that demonstrated heroic efforts of service.

It is our hope at DMS that these stories are shared and never forgotten. Ellesen Laumb, an 8th grader at DMS writes, "We can remember those [heroes] by doing the smallest act. This may be wearing red, white, and blue on September 11th. Or this may be creating a memorial of any kind. If we all work together we can make sure that every life lost will be remembered." It was humbling for our students to learn about events such as 9/11. As teachers, we observed students learn about sacrifice and selflessness, and it was touching to watch.

As a community, it is important to remember the heroes whose stories are told, but also the heroes whose stories go untold. There are many things that divide our society, but we should never forget the heroes that bring us together. ■



## HEALTH

# Glutathione: the master antioxidant

By Steve Irsfeld

If I ask you about antioxidants, your first response might be that antioxidants are found in certain fruits and vegetables. Most of us naturally think of Vitamin C as the most common antioxidant; however, glutathione is considered the body's "master" antioxidant and is key to supporting a healthy immune system. Before we dig into glutathione, I would like to review antioxidants and what they do in your system.

are areas of research that are still young. Although looking at the science of epigenetics, which states that we are not victims of our genes and can influence them through outside factors, shows great promise. Antioxidants can turn good genes on and turn bad genes off, which can be a game-changer to one's health.

In addition to getting antioxidants in your diet, consider adding antioxidant

a critical antioxidant, hence the name "master" antioxidant. There are several ways to obtain glutathione, including oral, transdermal, and intravenous options. The absorption of oral preparations is heavily dependent on the delivery system. Most capsules and tablets are not well absorbed as they are broken down in the stomach. Therefore, a liposomal formulation, which aids in absorption, gives you a better chance of a systemic effect. IV is an excellent option because it goes directly into your bloodstream. This option is available through clinics specializing in IV nutrient treatments like Urban Unwind in Dickinson. The transdermal option is available but would require a topical application with multiple variables; application technique, skin thickness, and skin hydration.

Stop by the pharmacy if you would like more information or need help choosing a quality glutathione supplement. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

**IRSFELD**  
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Antioxidants are an important nutrient because they are the first line of defense against free radical attack. Free radicals can cause damage to our cells, DNA and result in disease. Free radicals are a natural result of something called oxidation, which is a crucial function of life. The oxygen that enters our system as we breathe is broken down, creating oxygen-free radicals. Another way we create free radicals is when our body turns food into energy.

There is no way to avoid free radicals because the alternative, not breathing, is not so pleasant, and of course, we need to consume food to create energy. To combat these free radicals, we must find a way to nourish our bodies with a wide array of antioxidants through food and when needed, supplements. Providing antioxidants to our systems needs to be done as part of our routine because oxidation never sleeps.

There are hundreds, probably thousands, of different substances that can act as antioxidants. Some of the usual suspects are vitamin C, vitamin E, beta-carotene, and minerals selenium and manganese. There's also coenzyme Q10, lipoic acid, flavonoids, abundant in berries, and polyphenols such as green tea and curcumin.

Antioxidants and genetic influence

therapy to your nutritional protocol with a multivitamin from science-based nutritional company, targeted antioxidant supplements, or through powerhouse antioxidant supplements such as green tea or curcumin.

So why is glutathione so vital that it is known as the master antioxidant? The body produces its own glutathione, but poor diet, stress, pollution, toxins, and aging may deplete the body's reserves. Supplementation can help support antioxidant activities by promoting a healthy oxidative stress response.

Glutathione provides cellular protection from oxidative stress that may otherwise adversely affect the immune system and detoxification pathway. It helps to regenerate additional antioxidants by binding to and stabilizing free radicals caused by poor lifestyle choices and environmental toxins.

Clinical studies have shown that promoting healthy glutathione production supports healthy oxidative stress response, promoting healthy aging. Additional studies show that the cellular regeneration activity spurred by increased glutathione levels positively affects aging populations' physical and mental health. Taking glutathione can help your cells age gracefully.

The data suggests that glutathione is



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## LESSONS IN BUSINESS

# Dollars and Sense: How Americans make and spend their money

By Debora Dragseth

In 1912, Wesley C. Mitchell wrote in *The American Economic Review*, "In the scheme of modern life, making money and spending money are strictly correlative arts. Of the two, spending is rated as both more pleasant and easier to practice."

One of the most basic economic principles is that a dollar is a dollar, whether won in a lottery, earned through a job or received as a tax refund. However, behavioral economist Richard Thaler notes that we engage in what he calls "mental accounting" or mentally putting our money into different accounts depending upon how we received it. The phenomenon of mental accounting has a profound effect on the way we spend.

If you doubt Thaler's theory that all dollars are not considered equal, consider how differently you might treat a bonus of \$500 compared to the money that you earned as a part of your normal weekly paycheck. Wouldn't the \$500 bonus be more likely to be spent on a non-essential, but enjoyable, item or activity?

Mental accounting influences what people believe that they should buy or can afford. Let's say that you bought a ticket to Pitbull, an upcoming event at the Bismarck Civic Center. The ticket cost you \$48.00 and you have no digital receipt. At the entrance to the event, you realize that you lost your ticket. You can either spend \$48.00 and buy a new ticket or forget the concert and go home and watch a football game on ESPN. Would you buy another ticket? Now, imagine that you are planning to go to the concert, but will be buying your ticket at the gate. You open your wallet only to discover that you have lost \$48.00 somewhere in the parking lot. You still have enough money left to buy a ticket. Do you?

If you are like most people, you will say "no" to the first question and "yes" to the second. This is an example of mental accounting, and shows how we make illogical choices when faced with a loss. Logic tells us that in both cases there is a loss of the same amount of money, yet we tend to view the first scenario as spending nearly \$100 for a concert, since we would actually have to buy two tickets, something that we may not

be willing to do. In the second scenario, we tell ourselves we are spending only \$48.00 for the concert. In the world of mental accounting, the loss of \$48.00 is an unrelated event.

Found money is more easily spent than earned money. Consider how people react to tax refunds, birthday cash, or money won at the blackjack tables. For example, imagine that you are at the mall shopping and find a great sweater for sale. Before you left to go shopping, you picked up your mail and to your delight you received a \$50 rebate check for the cell phone you bought last month. The sweater is \$49.95. You would have never considered buying it yesterday; after all, payday isn't until the end of the month and things have been a little tight lately. Do you buy it with your found money windfall? It's highly probable that you will make the purchase. The careless way that we treat found money is another example of seemingly irrational mental accounting.

When asked about found money, personal financial planners suggest that we treat all money as earned money. Consider how many hours you would have to work to pay for that item that you want but don't necessarily need. It's tempting to consider raises or bonuses as found money, but the logical thing to do would be to fight your instinct to spend and increase your contribution by one or two percent into a retirement or savings account.

John Nash, the Princeton University professor made famous by the movie "A Beautiful Mind" and winner of the Nobel Prize in Economics, noted that, "The special commodity, or medium, that we call money has a long and interesting history, and since we are so dependent on our use of it and so much controlled and motivated by the wish to have more of it and not to lose what we have, we may have become irrational in thinking about it."

Nash is right, many of us don't apply the strict laws of reason when it comes to money, and that irrationality certainly hasn't escaped the notice of sellers who aggressively market their goods and services to consumers in an attempt to separate them from their money.



A powerful case in point is that when shopping, those who use Venmo, credit, or debit cards will spend anywhere from 20-30 percent more than those who use cash. Why? According to experts, it doesn't feel like real money; we don't experience the same feeling of loss as we do when we spend cash.

If spending money is more fun than earning or saving it, we might all be helped by keeping in mind Ben Franklin's mantra that, "A penny saved is a penny

earned." Putting that extra percent or two of our income away for the future will, in the long run, be more gratifying than if we focus on the shoes that we don't get to buy today.

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

## KNIGHTS OF COLUMBUS

# September Family of the Month

Knights of Columbus Council#6308 gives special acknowledgment to the family of Jeff and Marya Skaare for the month of September. Jeff, a native of Dickinson, met Marya through the invitation of a friend to attend a Santa Claus party. They married September 5, 2005. They have two daughters, Harper and Hetta. Jeff is a member of St. Joseph's parish and KC Council#6308. He is a lawyer specializing in oil and gas law. Marya was recently appointed President of Trinity Catholic Schools.

Join the Knights of Columbus Council#6308 in extending a blessed welcome to the family of Jeff and Marya Skaare and a special prayer of thanks for their presence in St Joseph's parish for "Holy is the name of Jesus, and his mercy is from age to age" LK 1:50



# DICKINSON MUSEUM CENTER

## THEN... and Now: Charles Bakke – Building Dickinson

By Bob Fuhrman



Dickinson's first City Hall  
and Fire Station

With Waterous Steamer

From the Dickinson Fire Department collections



From left: Dakota State Bank, Berry Block, Hotel Kihm, E. Villard.  
All three buildings, now demolished, featured masonry work by Bakke.  
Stark county Historical Society, 2005.020.003.010

In Dickinson we are fortunate to have several resources for local history research, particularly for researching our built environment from 1883 to nearly 1920, the timeframe of some of Dickinson's most significant expansion, from settlement to growing city. Readers of Then...and Now will be familiar with the importance of the Dickinson Press and the Centennial Roundup as sources of information as well as Sanborn Fire Insurance maps and the Joachim Museum's photographic archive.

Possibly less well-known to the general public is the State Historical Society of North Dakota's systematic efforts "to identify, record and preserve the physical sites, buildings and objects in the state that have importance in history, architecture and archaeology." This quote is from the Historical and Architectural Survey of Portions of Dickinson, North Dakota which the SHSND contracted Cultural Research

& Management, Inc. of Bismarck to undertake in the early 1980s. The report on Dickinson is one of many professional investigations of North Dakota's townsites and brings together information on our built environment.

I read the survey early in my tenure at the Dickinson Museum Center and recalled mention of Charles M. Bakke in the survey – mainly because his name repeatedly popped up in Dickinson Press articles as we've continued to develop the Center's property research files. Well, curiosity finally got the better of me, so this month and next I'm sharing what I've discovered about Mr. Bakke.

Charles was born July 11, 1872 in Kristiania, Norway (now Oslo) to Bernard and Albertine Bakke and christened in Trinity Lutheran Church (from Norwegian records). Although Charles appears in U.S. censuses from 1900 – 1940, conflicting dates for

his arrival in the U.S. are recorded although the April 3, 1901 date for his final naturalization papers seems firm. Working backward, this infers he filed his intention to become a citizen sometime before 1897. A Charles Bakke, 21, arrived in North America via Quebec (no country of origin listed) on May 11, 1892 with a stated destination of Chicago. Although there are a few other Charles Bakke-s in the records, none fit the known dates of our Charles Bakke, and match his 1872 birth year.

Unfortunately, other details of Charles' life before he comes to Dickinson are unknown. He first appeared in the Press in December 1899, "...Messrs. Bakke, Connell(y) and Simms are to commence laying brick today" at the Dakota State Bank site. After finishing the brickwork, the Press in January 1900 reported Bakke was off to "visit in the vicinity of Chicago," and mentions his recent work: "(Bakke) is

the man who has had supervision of the construction work of the Dakota State Bank building which proves beyond question that he is an able man in his line of work."

Returning from Chicago, again with Simms and Connolly, he submitted an April bid for brick and chimney repairs at the courthouse, although theirs was not the low bid. In May Bakke and Connolly won the contract for the brickwork at the new electric power house on Villard, being joined by "Mr. Johnson, a first-class Chicago bricklayer" who had just arrived in town (possibly a Chicago friend of Bakke's?). Interestingly, the June 1900 Census shows Bakke, Johnson and Connolly rooming together, the next abode being occupied by George Hughes, manager of the new electric light plant. Also, that month the Press reported that Bakke purchased land on Hannaford Street

*Continued on page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



October 2021

## THE BLUE HAWK FAMILY IS GROWING! ENROLLMENT INCREASES AT DICKINSON STATE

The numbers are in and it's official: Dickinson State University's (DSU) campus is growing. According to the official fourth-week census, taken Monday, Sept. 20, 2021, the 269 new freshmen continue the upward trend in enrollment. This is a 10% increase over last year's 244 first-year students and makes the largest incoming class in five years.

The number of full-time enrolled students increased 2% at 990, up from last year's total of 967 despite overall headcount (the number of persons taking at least one class) decreasing from 1441 to 1415. The full-time equivalency (FTE) of credit hours taken also increased 0.6%, from 1,147.13 to 1,154.23.

DSU's residence halls are at near-capacity for the first time in several years with 298 students living on campus.

"We are excited about the good news on enrollment. Bucking national trends, we increased the number of full-time students, the number of credits taken, the number of freshmen, and the number of students in our residence halls," said DSU President Steve Easton. "The only category where we decreased was courses taken by high school students, but we expect that number to increase this spring as some of our high school partners have shifted dual credit courses from fall to spring. Thus, as we like to say at DSU, Hawks are up!"

Students enrolled this fall represent 35 states and 21 countries with 64% indicating North Dakota residency and 2.5% indicating international residency.

Highlights from fall 2021 enrollment data:

Enrollment of online students is up more than 18% from 730 in fall 2020 to 864 in fall 2021 with 298 exclusively online and 566 taking some, but not all, of their classes online.

Nontraditional students, those over age 25, represent over 20% of enrollment. ■



## DSU ART STUDENT WINS BIG AT THE COUNTY FAIR



In July, Dickinson State University (DSU) student Autumn Martin-Geerts received two awards at the Hettinger County Fair for her artwork. Autumn is a sophomore majoring in psychology with an art minor. Her goal is to become an art therapist. She is originally from Mott, North Dakota, the county seat for Hettinger County, and has been participating in the fair as a member of 4-H since she was 12 years old.

She has had experience with the fair for most of her life. When she was young, her parents were on the Hettinger County Fair Board for many years, and Autumn would help set up at the county fair. She has also participated in the parade either for her mother's business or on the float for the 4-H group. In addition, she has helped serve the annual free-will offering meal after the parade for several years.

Autumn credits reaching the level of artistry she's at today on her determination to teach herself. "When I was in third or fourth grade, the art teacher retired, and the school just didn't hire another one. They had one for one year, but she got chased away before I could take any of her classes," said Autumn. "There is an art studio in Mott called Grapes and Raisins that does art classes for all ages, and I have taken a few of those. Then [DSU's] Drawing I helped push me out of my comfort zone last semester, which I needed."

In July, her work paid off when she entered two pieces of artwork at the Hettinger County Fair in which she went up against roughly 10 other competitors in two different categories: drawing and photography. For the drawing category, she entered a piece she made in her Drawing I class last spring that was a charcoal drawing of a draped fabric. It won grand champion (first place). The entry for the photography category, which Autumn also created last spring, was a graphite



drawing of a baby photo of herself, and it won reserve champion (second place).

Her inspiration to create these pieces came from her professor, Greg Walter, associate professor of art at DSU, in that they were assign-

ments for the class. Autumn described it saying, "They were both assignments in class, and with both I kind of surprised myself with how good they turned out. I was not impressed while drawing the drapery though. I thought it looked awful! I worked on it the whole class time, and I think I got mad and left. I had convinced myself it was terrible. When I came back to it after some time away, I realized it was not as bad as I thought, so I just kept adding contrast and it turned out to be, in my opinion, the best drawing I did that semester. With the baby picture, we had to choose a photo that we either took or were there when it was taken. I think I was a cute baby and loved the picture. I brought in a couple different options but inevitably chose that one."

In addition to taking Drawing I last spring, Autumn is currently taking a 2-D Design class from Professor Walter. He describes the two courses she has taken as two very different classes. "The 2-D Design class teaches about the structure of any kind of artwork, the composition, how we put those together to make an interesting image, whether it is drawing, painting, photography, etc. The drawing class concentrates on those skills for drawing using things like pencil and charcoal, which is a very traditional old classical style that goes back before the Renaissance." He continued, "The drawing was a charcoal drawing of some drapery which is a very challenging drawing to do because most people have never attempted to do anything like that before. We've got some cloth sheets, heavy drapery that are displayed in different ways, and looking at all those folds and ripples within the drapery, getting them drawn to be a real distinct illusion on the paper is quite a challenge. She did very well with that. The other drawing was the students got to choose their subject, but it had to be a photograph that either they took or that they were in, so that they had a personal relationship to it. In other words, they could not borrow a photograph from somebody, they couldn't take a photograph from online. It had to be a personal photograph of theirs. Then I would approve of that photograph. I had to look at it to make sure it contained everything that we needed for the assignment and maybe it wasn't too challenging, or maybe it was challenging enough. Autumn chose an old photograph of her when she was a toddler in the bathtub, which again was very challenging, and she is a very good student and did a wonderful job with that one being done in pencil."

Although the two pieces Autumn entered in the fair were charcoal and graphite, respectively, her favorite medium to work with is paint as it is something that always comes back to her. "For me, it's super relaxing and therapeutic," said Autumn. "I can just throw some colors on a



canvas, and if I don't like it, I can paint it white and start over. Many of my paintings are done over previous paintings that I no longer thought were good enough to keep, so I take a picture of the canvas to document the piece and paint over it. Paint is really the only medium I know how to do that with, which allows it to be stress free."



When asked what her favorite art piece is, she said that was like asking a mom to name her favorite child, but she chose a piece from two years ago because of the story behind it. "It's a painting of a girl with purple hair just sitting calmly, looking to be in thought, again nothing extraordinary. I had entered it in the fair in 2019, which was the year that a tornado came through Mott over fair week and knocked over the building holding over 200 projects,

including my painting. Thankfully one of the welding projects held up what remained of the building, and they were able to save over 75% of the projects including my painting. It came out with a few scratches, but I don't think I'll ever touch it up because I love the extra story that it has now. I don't think it won anything but a blue ribbon, and if I were to paint it now, I would do things differently, but it's still one of my favorites."

Autumn's advice for others is that "art doesn't need to be stressful, and that art sounds a lot bigger than it is. If you want to get into it, just pick up a pencil and start doodling; that's what I did. I slowly taught myself to draw and kept pushing myself to do different things. Try different mediums, take random art classes, and have fun with it. Everyone has to start somewhere, and it doesn't matter where, just start."

Professor Walter's advice for anyone is, "Don't be intimidated that because you haven't taken an art class before you won't be successful. Everybody needs an art class of some sort. It could be music, theater; a lot of people choose visual arts. We've got a wide range of ceramics, 2-D design, drawing, photography, and everybody has room to be successful in those, and you'll find that you can do things that you didn't know you could do. These classes are for the baseline student who has had very little, if any, art training in grade school or high school. We start at a very low understanding level, and we build one step at a time to get there, and I think everybody in the class feels like they may be a little bit intimidated at first, but taking one step at a time, we really have some beautiful things by the end of the semester. I encourage everybody to go to the student art show every spring and see the highlighted works from all those classes. The drawing, the design, if there's painting students, if there's ceramic students, if there's photography students, that's where all the best work is highlighted there at the spring show." ■

## DSU TO OFFER MASTER OF BUSINESS ADMINISTRATION THIS FALL

Dickinson State University (DSU) received approval at the Aug. 30, 2021, Institutional Actions Council of the Higher Learning Commission meeting to offer a Master of Business Administration (MBA), making it the University's third master's program. It is set to begin online mid-October.

The MBA degree is designed for people with a variety of backgrounds who have a passion for business in for-profit, nonprofit, or public sector contexts. The 30-credit-hour program can be completed entirely online in less than two years with a tuition cost just over \$10,000.

"Students will develop the skills needed to innovate, collaborate, and lead through a variety of subjects," said Loretta Heidt, chair of the School of Business & Entrepreneurship at DSU, "including foundational entrepreneurship, accounting, finance, marketing, and management as well as through electives of their choosing in topics such as public relations, technology, and social entrepreneurship."

This new program fits into Dickinson State's growing number of dual mission programs. As a dual mission institution, the University's primary objective is to meet the needs of the community by offering programs ranging from technical certificates to master's degrees.

"The MBA is another great step forward for the School of Business and Entrepreneurship," said Dickinson State University President Steve Easton. "At DSU, we are committed to providing programs that open opportunities for those already in the workforce and those preparing for the workforce through our dual mission efforts. The MBA will be a key part of these efforts."

Dickinson State is now accepting applications for admission to the Master of Business Administration program. For more information about the program, please visit [www.dickinsonstate.edu/MBA](http://www.dickinsonstate.edu/MBA).

For questions regarding admissions, please contact DSU's Office of Admissions at 701-483-2175 or [dsu.hawk@dickinsonstate.edu](mailto:dsu.hawk@dickinsonstate.edu). ■



## DICKINSON STATE WELCOMES A NEW FLOCK OF BLUE HAWKS



Dickinson State University's (DSU) 2021 Convocation was a success. Energy, sunshine, music, and food filled the Biesiot Activity Center Aug. 23, the first official day of classes.

"Convocation" means to convene or assemble. It is a traditional ceremony that formally marks and celebrates the beginning of a new academic year. According to Debora Dragseth, provost and vice president for academic affairs, "Convocation is a celebration of our students' entry into higher education and serves to induct them into our university community."

New and transfer students were gifted a Dickinson State University Convocation 2021 coin.

The event began at noon with a warm welcome from DSU President Stephen Easton and Student Body President Hillary Moberg. Both Easton and Moberg highlighted the importance and opportunity to get involved in the myriad activities available at the University. Easton noted, "The advantage of a small school like DSU is that each and every student can take a risk, become involved and make a difference."

Pete Stanton, head football coach and athletic director, welcomed the students as members of the Blue Hawk Nation, highlighting the many athletic teams that help make DSU a special place. The DSU Cheer and Pep Band punctuated this message with a rousing rendition of the school's fight song.

The event closed with the DSU Alma Mater and the traditional ringing of the gong, representing the beginning of a new academic year.

See all the 2021 Convocation photos on Dickinson State University's Flickr page. ■



## THEODORE ROOSEVELT HONORS LEADERSHIP WELCOME WEEK



The Theodore Roosevelt Honors Leadership Program students were busy with start-of-semester events. On Sunday, Aug. 26, the thirteen new TR scholars gathered with their mentors to learn the ropes, share a meal, and play some cutthroat cornhole!

Two days later, all 58 scholars assembled for the TRHLP Welcome to Campus BBQ. DSU President Steve Easton addressed the students, urging them to move out of their comfort zone, to get involved, and to support their colleagues' activities. DSU Heritage Foundation Director Ty Orton reminded TR scholars of the generosity of the donors who support the program and advised students to take advantage of every minute of this, "the time of their lives." Before the annual group photo, every first-year student had a picture taken with President Easton and TRHLP Office Manager Mari Kovash.

Next was the first all-class meeting when the TR scholars decided upon the service learning events to which they'll dedicate their time this semester and identify upcoming co-curricular, educational opportunities. The TRHLP Facebook page is up and running, with news of TRHLP alums, current students, and upcoming events. ■

## U.S. NEWS & WORLD REPORT RANKS DICKINSON STATE UNIVERSITY NO. 4

U.S. News & World Report released their 2022 Best Colleges rankings Monday, Sept. 13, and Dickinson State University (DSU) ranked No. 4 for Top Public Schools – Regional Colleges (Midwest). This is the sixth consecutive year U.S. News has included DSU in its list of top colleges. A recognized leader in college and graduate school rankings, U.S. News, in its 37th year of ranking colleges, evaluated 1,466 U.S. bachelor's degree-granting institutions on 17 measures of academic quality such as student-faculty ratio and the average federal loan debt of graduates. Additionally, the media company also lists information schools reported to them directly including academic majors offered, application requirements, tuition and financial aid policies, student body demographics and campus life.

"Of course, it is difficult to rank schools, because there are so many factors that distinguish one university from another," said Dickinson State President Steve Easton. "That having been said, it is encouraging that U.S. News has ranked DSU so highly. That ranking is a recognition of our outstanding faculty, staff, and students, as well as our continuing efforts to make DSU as strong as possible for our students."

Dickinson State University offers certificate, associate, bachelor's and master's programs, all designed to meet the needs of the region. To learn more, visit [www.dickinsonstate.edu](http://www.dickinsonstate.edu). ■

## CHANGING THE GAME: BLUE HAWK TOUCHDOWN CLUB HONORS FORMER BLUE HAWK WITH NAMED ENDOWMENT

Some say a brotherhood is forever – and that is true for the Dickinson State University (DSU) football program. This brotherhood becomes more than just a group of guys on the football field. It is because of this special bond that the Blue Hawk Touchdown Club (BHTC) set out to establish a named endowment in honor of a former player and coach.



More than likely, if you are a Blue Hawk football fan, the name Arlan Hofland rings a bell. Hofland came to DSU in the fall of 1972 as a walk-on student-athlete that never played a snap of football in high school. Yet, he devoted his time and made his way into the starting lineup during his senior year on special teams and as a nose guard on the defensive line.

After graduating in 1977, Hofland became a teacher at Garrison for four years followed by a two-year stint at the University of North Dakota as a graduate assistant coach on the football team. Hofland then accepted a football coaching job at the University of Wisconsin- Eau Claire for the next four years before returning home to his alma mater, where he coached and taught until he retired in 2016.

Hofland knew the impact DSU and the DSU football team had on him and he wanted to give that same impact to all his former teammates, players and coaches during his time at DSU. The lasting impact he left on everyone he came across is the reason why the BHTC started an endowment in his honor – one that continues to give back to the young men on the DSU football team that display Hofland's determination, devotion and love for the blue and gray.

"The Blue Hawk Touchdown Club has a mission of providing scholarships today and the future," stated BHTC president Eric Boettcher. "Creating the Blue Hawk Touchdown Club Arlan Hofland Endowment allows us to accomplish this while also honoring a former coach."

Each year, the BHTC and DSU football coaches, honor student-athletes on the football team with a scholarship from the endowment. This year's recipients are Reece Hoherz and Krew Mathern – both local North Dakota kids who are a true example of what a Blue Hawk means.

"It is very humbling to witness the support former players have given to establish this endowment," said Hofland. "This endowment, which was established at my retirement, demonstrates the Blue Hawk tradition of giving back to DSU. I appreciate the support of DSU players and fans who have helped make this endowment possible."

For more information on this endowment or any other ways to give to Blue Hawk football, please contact DSU Heritage Foundation's development officer for athletics and rodeo, Kyle Smith, at [kyle.smith@dickinson.edu](mailto:kyle.smith@dickinson.edu) or at 701.456.9957.

Once a Blue Hawk, always a Blue Hawk...Hawks are up! ■

## BIGGER THAN THE GAME: MITCHELL, DSU SOFTBALL HIT 'GIVE BACK CAMP' OUT OF THE PARK!

Sometimes it's more than just a game and for Dickinson State University (DSU) softball player and camp director Dallis Mitchell, along her with teammates and coaches, they knew they wanted to give back to the community that has always supported them. And they did that in a big way. In what started as an inspirational story and idea, slowly became a vision.

This past Sunday, the softball team wrapped up their Give Back Camp – a camp that directly impacted a Dickinson family financially and the North Dakota Chapter of Make-A-Wish Foundation.



"I wanted this camp to mean more than just a game - I wanted to be able to give back to not only the athletes participating but to do something more, something bigger," said Mitchell. "As I got to know the Kreitinger family better and learned more about their inspiring story, I wanted to be able to somehow show my appreciation towards them."

The Sunday camp consisted of three different sessions consisting of catching, pitching, fielding and hitting drills, along with ice-cream from YUM Froyo, exclusive camp t-shirts and interacting with DSU softball players and coaches! The camp saw over 75 participants over the three sessions of the day.

"The preparation leading up to the camp was very stressful, but it was only stress that I was putting on myself because I wanted this day to be nothing less from perfect because that's what I felt for not only what the family deserved, but the campers as well," said Mitchell.

For their efforts, the camp raised over \$5,000 to be split between the Kreitinger family and Make-A-Wish Foundation. The proceeds directly helped the medical costs for two of the Kreitinger's children, Jocelyn and Zeke, who both suffer from Ataxia-Telangiectasia (A-T). A-T is a rare condition that affects the nervous system, the immune system, and many other parts of the body.

"The day of the camp was amazing," said Mitchell. "My teammates and my coaches were absolutely incredible! My teammates poured their hearts into every single camper they came across and did not even think to hesitate when I asked them to help me with this camp."

"The Give Back softball camp was a great event," said DSU's head softball coach Kristen Fleury. "Dallis and the team did a great job organizing the entire camp and being involved with the 75 campers. As a coach, it's refreshing to see your athletes wanting to give back to the game and spend their time teaching softball to the youth. We had softball players from Dickinson, Williston and Beulah, so not only did we make an impact in Dickinson but in surrounding areas also! Dallis set the bar high and we look forward to making this a yearly event to kick off our fall season."

"As for my coaches, they gave me unconditional support and guidance and I cannot thank Coach Fleury enough for working through this with me and being a huge reason as to why this camp was possible," stated Mitchell. "I also want to thank my parents that supported me through this whole process and even came to the camp to help me lead this camp! I could not have done this without everyone involved and that's what makes the Blue Hawk family so special." ■

## SANFORD POWER PARTNERS WITH DICKINSON STATE UNIVERSITY AND DICKINSON HIGH SCHOOL



As of August 16, Sanford POWER will be joining with Dickinson State University and Dickinson High School, welcoming a new strength and conditioning coach and athletic trainer as part of an expanding effort to deliver expert strength and conditioning guidance to young athletes.

“Dickinson High School is excited to partner with Sanford Power to be part of our athletic department,” said Guy Fridley, Dickinson High School Activities Director. “We are grateful to have DHS grad Coach Sam Herauf lead and train our student athletes. Coach Herauf has a ton of pride in Midget athletics and we look forward to having him back on campus and motivating our kids in the weight room.”

Sam Herauf returns to Dickinson as the Lead Strength and Conditioning Coach, leading the design and implementation of POWER training programs for both schools and their athletic programs.

“I am really excited to be back in my hometown and use strength and conditioning as a way to develop better athletes,” says Sam Herauf. “I also hope to grow these athletes into people who can enjoy strength training throughout their lifetime. Sanford POWER is exactly what the community needs and I am thrilled to be leading the Dickinson program.”

Sam is a certified strength and conditioning specialist and certified personal trainer through the National Strength and Conditioning Association and holds a certification as a Level 2 Sports Performance Coach through USA Weightlifting. Prior to his new role in Dickinson, Sam represented Sanford POWER as a Strength and Conditioning Coach in Aberdeen South Dakota, where he was instrumental in embedding strength and conditioning into the culture of Aberdeen Central High School.

“We are thrilled to have Sam join our team. Sam’s leadership and prior experience make him the right person to lead our Dickinson POWER program,” said Mike Salwei, executive director of orthopedics and sports medicine at Sanford Health. “All of us at Sanford are excited to continue investing in our youth through this valuable service in Dick-

inson and the surrounding communities.”

Allison Smith will assist as an athletic trainer and Return to Performance Specialist. Allison received a Bachelor’s degree in athletic training from the University of Mary in Bismarck and has trained as a Return to Performance Specialist in Bismarck. Allison has received an extrication certification as well as HazMat training working with the Mandan Fire Department.

“We are thrilled to welcome Sam and Allison who will be working with our Dickinson State athletes,” said Pete Stanton, director of inter-collegiate athletics. “Sam is a Blue Hawk alumni who will provide us with a full-time strength and conditioning coordinator that will make a difference in the training of our athletes. Allison will be instrumental in supporting our athletic training coverage as we now have over 400 athletes at Dickinson State. We are grateful to Sanford Health for making this happen and are excited to strengthen our partnership with Sanford Health at Dickinson State.”

Sanford POWER offers training that incorporates the latest in mobility, strength, speed, agility, plyometrics and explosive power development. Sanford POWER is the home of elite athletes such as NFL quarterback Carson Wentz, three-time Stanley Cup champion Matt Cullen and professional golf standout Amy Olson. POWER has North Dakota locations in Fargo and Bismarck, as well as Sioux Falls, South Dakota, Bemidji, Minnesota and Irvine, California, as well as a partnership with Watford City High School. POWER is planning to expand into Grand Forks September 2021.

For more information, follow Sanford POWER on Instagram, Twitter and Facebook or visit [sanfordpower.com](http://sanfordpower.com).

The Sanford Bismarck region provides health care to central and western North Dakota, eastern Montana and northern South Dakota. It includes 21 clinics in Bismarck, Mandan, Minot, Dickinson and Watford City, as well as a Level II trauma center located in Bismarck.

### About Sanford Health

*Sanford Health, one of the largest health systems in the United States, is dedicated to the integrated delivery of health care, genomic medicine, senior care and services, global clinics, research and affordable insurance. Headquartered in Sioux Falls, South Dakota, the organization includes 46 hospitals, 1,500 physicians and more than 200 Good Samaritan Society senior care locations in 26 states and 10 countries. Learn more about Sanford Health’s transformative work to improve the human condition at [sanfordhealth.org](http://sanfordhealth.org) or Sanford Health News. ■*

## 2021 DISCOVER DSU DAYS

### IN-PERSON

*DSU Campus, May Hall*

**Fri, Oct 29**

**Mon, Dec 6**

### VIRTUAL

*via Zoom*

**Wed, Nov 17**

**Wed, March 9**

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

# 2021 Homecoming

## RODEO

Free T-shirts  
while  
supplies last!

<b>Blue Hawk Stampede   Stark County Fairgrounds</b>	
\$10/adults, \$5/students, FREE for DSU students with ID	
Thursday, September 30	6 p.m. – Performance
Friday, October 1	9 a.m. – Slack
	6 p.m. – Performance
Saturday, October 2	9 a.m. – Slack
	6 p.m. – Short Go

## SUNDAY, OCTOBER 3

**DSU Softball Games | Noon and 2 PM | DHS Softball Complex**

Come cheer on the Blue Hawks as they host Dawson Community College and Miles Community College. Ice cream served in DSU mini helmets by the Homecoming Committee in between the noon & 2 p.m. games.

**Homerun Derby | 4 PM | DHS Softball Complex**

## MONDAY, OCTOBER 4

**Show Your Spirit | 10 AM – 4 PM | The Hub**

Stop by The Hub to pick up supplies to decorate residence hall doors, hallways, offices, locker rooms to showcase your Blue Hawk Pride. Prizes will be awarded to the top three.

**Try Tie-Dye | 11 AM – 1 PM | King Pavilion Area**

Come to King Pavilion during lunch hour to make your own tie-dye T-shirt.  
Free with DSU ID

## TUESDAY, OCTOBER 5

**Empty Bowls Creation | 4 PM | Murphy Hall**

Make a difference. Come create a bowl that will be sold during the Empty Bowls soup and bread event on November 13<sup>th</sup> to help fight hunger in Stark and Dunn Counties.  
Free with DSU ID

**Outdoor Movie Night | 7 PM | BAC**

Come enjoy a movie under the stars at the BAC.  
Free with DSU ID

## WEDNESDAY, OCTOBER 6

**Blue Hawk Pep Rally | 7 PM | Scott Gym**

Come unite as a Blue Hawk family! Get ready to cheer on the Blue Hawks and have a chance at winning a \$750 scholarship by coming to the pep rally. Pizza and the RG Wild Entertainment Photo Booth will be available starting at 7 PM followed by the Pep Rally hosted by the DSU Heritage Foundation, Hawk Talk, DSU Cheer Team, the DSU Pep Band, as well as DSU Athletics.

Open to all Blue Hawk fans

**Bowling at the Paragon | 9:30 – 11:30 PM | Paragon Bowl**

Enjoy free bowling for DSU students.  
Free with DSU ID

## THURSDAY, OCTOBER 7

**Volleyball | 3 and 5 PM | Scott Gym**

Come dressed in your best 80's outfit as you cheer on your Blue Hawk volleyball team! Prizes will be awarded for best costumes.

DSU – Free with DSU ID Tickets – [www.dsubluehawks.com/game-day-tickets](http://www.dsubluehawks.com/game-day-tickets)

**Alumni Fellows & Honorees Banquet | 5:30 PM | Roosevelt Grand Dakota Hotel**

Join the DSU Heritage Foundation as we honor the 2021 Class of Alumni Fellows & Honorees  
Tickets - \$35/person Available by calling (701) 483-2557

## FRIDAY, OCTOBER 8

**Recognition Ceremony | 9 AM | Student Center Ballroom**

Join us as we recognize the DSU campus as the first historic district in Dickinson.  
Open to all

**Emeriti and Retirees Brunch | 9:30 AM | Student Center Ballroom**

A gathering of emeriti and retired faculty & staff hosted by the DSU Heritage Foundation.  
Invitation Only

**DSU Alumni & Friends Golf Scramble | 11 AM | Heart River Golf Course**

Join the DSU Heritage Foundation at the annual golf scramble. \*Weather Permitting  
Tickets - \$100/person or \$400/team Register by calling (701) 483-2557

**Volleyball | 2 and 4 PM | Scott Gym**

Come dressed for WHITE OUT NIGHT. White rally towels will be handed out as well as prizes for best dressed.

DSU – Free with DSU ID Tickets – [www.dsubluehawks.com/game-day-tickets](http://www.dsubluehawks.com/game-day-tickets)

**Athletic Hall of Fame Banquet | 5:30 PM | Roosevelt Grand Dakota Hotel**

Join the Blue Hawk Booster Club, DSU Athletic Department, and DSU Heritage Foundation as we honor the 2021 Class of Athletic Hall of Fame Inductees.  
Tickets - \$35/person Available by calling (701) 483-2557

**Homecoming Concert | 7 PM | Dorothy Stickney Auditorium**

Plan to attend the Department of Arts & Letters Homecoming Concert.  
Free with DSU ID; Individuals - \$5; Families - \$10

## SATURDAY, OCTOBER 9

**Parade | 9 AM | Meet at the BAC Parking Lot**

**Tailgate | 10 AM | BAC Parking Lot**

Join the DSU Heritage Foundation as they host the Homecoming Tailgate.  
Free to attend Tailgate spots are available by calling (701) 483-2557.

**Hall of Fame Unveiling | 12 PM | BAC - Lowman-Walton Concourse**

Come see the newest project as we unveil the Melanie Lowman-Walton and Rob Walton Athletic Hall of Fame.

**Football Game | 1 PM | BAC**

Come cheer on the Blue Hawks as they take on the Dakota State Trojans.  
DSU – Free with DSU ID Tickets – [www.dsubluehawks.com/game-day-tickets](http://www.dsubluehawks.com/game-day-tickets)

**Parade of Champions | Half-Time | BAC**

An annual tradition in which all of this year's Homecoming Honorees and Inductees are recognized. The 2021 Homecoming Court is recognized with this year's Homecoming King and Queen being named.

**Post-Game Social | 5 PM | Roosevelt Grand Dakota Hotel**

Join the DSU Heritage Foundation after the game to visit with Blue Hawk fans.

**Homecoming Dance | 9:30 – 11:30 PM | Wienbergen Gym**

Celebrate Homecoming with a dance featuring Karsky Entertainment. Snacks provided by DSU Student Senate.  
DSU Students – Free with DSU ID.

## SUNDAY, OCTOBER 10

**Rotary Pancake Karnival | 8:30 – 11:30 AM | Dickinson Eagles Club**

Go support the Dickinson Rotary Club at their annual Homecoming breakfast.

[dickinsonstate.edu/homecoming](http://dickinsonstate.edu/homecoming)



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

To view the most up-to-date events calendar, please visit [www.dickinsonstate.edu/events](http://www.dickinsonstate.edu/events).

## DICKINSON STATE UNIVERSITY EVENTS

Fri, Oct 1	Blue Hawk Stampede Rodeo - Slack	9 a.m.	Stark County Fairgrounds & Events Park
Fri, Oct 1	Blue Hawk Stampede Rodeo - Performance	6 p.m.	Stark County Fairgrounds & Events Park
Sat, Oct 2	Blue Hawk Stampede Rodeo - Slack	9 a.m.	Stark County Fairgrounds & Events Park
Sat, Oct 2	Football vs. Presentation College	1 p.m.	Biesiot Activities Center
Sat, Oct 2	Blue Hawk Stampede Rodeo - Short Go	6 p.m.	Stark County Fairgrounds & Events Park
Tue, Oct 5	Vitalant Blood Drive	10 a.m.	Student Center - Ballroom
Tue, Oct 5	2021 Homecoming - Outdoor Movie Night	7 p.m.	Biesiot Activities Center
Wed, Oct 6	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Oct 6	JV Volleyball vs. Miles Community College	6 p.m.	Scott Gymnasium
Thu, Oct 7	JV Volleyball vs. Mayville State University	3 p.m.	Scott Gymnasium
Thu, Oct 7	Alumni Fellows & Honorees Banquet	5:30 p.m.	Roosevelt Grand Dakota Hotel
Thu, Oct 7	Volleyball vs. Mayville State University	5 p.m.	Scott Gymnasium
Thu, Oct 7	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, Room 112
Fri, Oct 8	Athletic Hall of Fame Banquet	5:30 a.m.	Roosevelt Grand Dakota Hotel
Fri, Oct 8	Recognition Ceremony	9 a.m.	Student Center Ballroom
Fri, Oct 8	Emeriti Brunch	9:30 a.m.	Student Center - Ballroom
Fri, Oct 8	JV Volleyball vs. Presentation College	2 p.m.	Scott Gymnasium
Fri, Oct 8	Volleyball vs. Presentation College	4 p.m.	Scott Gymnasium
Fri, Oct 8	Athletic Hall of Fame Banquet	5:30 p.m.	Roosevelt Grand Dakota Hotel
Fri, Oct 8	Homecoming Concert	7 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Oct 9	Football vs. Dakota State	1 p.m.	Biesiot Activities Center
Sat, Oct 9	Homecoming Dance	9:30 p.m.	Wienbergen Gymnasium
Tue, Oct 12	Dickinson Fire Department - Neighborhood Visits	5 p.m.	Biesiot Activities Center
Wed, Oct 13	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Oct 13	Global Table-Hispanic Heritage Month	12 p.m.	Student Center - The Hub
Thu, Oct 14	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, Room 112
Fri, Oct 15	JV Women's Basketball vs University of Jamestown	7 p.m.	Scott Gymnasium
Sat, Oct 16	Football vs Iowa Wesleyan	1 p.m.	Biesiot Activities Center
Wed, Oct 20	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Thu, Oct 21	Women's Basketball vs University of Jamestown	5:30 p.m.	Scott Gymnasium
Thu, Oct 21	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, Room 112
Thu, Oct 21	Men's Basketball vs University of Jamestown	7:30 p.m.	Scott Gymnasium
Fri, Oct 22	Volleyball vs. Dakota State University	5 p.m.	Scott Gymnasium
Sat, Oct 23	ACT testing	8 a.m.	May Hall - 1st Floor Foyer
Sat, Oct 23	Women's Basketball vs Minot State University	2 p.m.	Scott Gymnasium
Mon, Oct 25	Legacy High School AVID Class Visit	9:30 a.m.	DSU Campus
Wed, Oct 27	Instrumental Music Workshop	8:30 a.m.	May Hall - room 40 (band room)
Wed, Oct 27	Century High School AVID Class Visit	9:30 a.m.	DSU Campus
Wed, Oct 27	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Thu, Oct 28	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, Room 112
Thu, Oct 28	You're A Good Man Charlie Brown	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
Fri, Oct 29	Discover DSU Day	9 a.m.	Student Center
Fri, Oct 29	Music and Theatre Audition Day	1 p.m.	May Hall - room 20
Fri, Oct 29	You're A Good Man Charlie Brown	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Oct 30	Football vs. Mayville State	1 p.m.	Biesiot Activities Center
Sat, Oct 30	You're A Good Man Charlie Brown	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
Sunday, Oct 31	You're A Good Man Charlie Brown	2:30 p.m.	May Hall - Dorothy Stickney Auditorium

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

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

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Continued from page 16

(2nd Ave. W) from attorney Leslie Simpson (who also lived adjacent to Bakke) and was erecting a brick cottage "at once," on block 16, lot 17, the east side of the street, two and one-half blocks north of Villard.

The reason for Bakke beginning the cottage "at once" became clear in mid-July when the Press reported:

"Miss Katie Springer and Chas. Bakke, both of Dickinson, were happily wed by Judge Campbell Wednesday. Mr. Bakke is building a nice brick cottage on Hannaford Street, which he and his bride will soon occupy."

(At first it was surmised that the nuptials may have taken place in front of Judge Campbell due to the couple's differing religions - Bakke was Lutheran and Miss Springer was an Austrian Catholic. The 1910 census provided another clue - the couple's oldest son, Marcus, was born less than a month after the ceremony.)

In that same issue it was announced that Bakke and Connolly had won the masonry contract for the Cummings, Thorberg, Theis Co. block in Mandan with a 20-day completion expected, thus marking the beginning of Bakke's long and very busy career as a brick mason and eventually general contractor in southwest North Dakota and sometimes beyond.

Before the end of 1900 Bakke (this time with Simms) was working on Dickinson's first City Hall's outside

brickwork which was completed in mid-December, earning the two men \$4,335.10 (about \$120,000 today). In 1901 Bakke kept busy - building a brick forge and chimney for blacksmiths Skeen & Pederson, re-plastering the walls of the Opera House, erecting a 24 x 40' structure for Dickinson Fur & Dressing Co. and then going to Glendive to build a three-story hotel (the last two with Connolly).

In 1902 Connolly and Bakke undertook a brick store block for P.A. Moir on Barnes Street (1st Ave. W). In May the partners undertook the brickwork on Fred Walery's house (located on 'Upper Villard') and in fall Bakke built a barn for himself, (evidence points to it being a wood structure). Fall also saw the completion of the Moir Block, reported in two columns of the Press: "Connolly & Bakke of Dickinson had the contract for the brick work and - like all their work - it is well done. The front required much skill in brick-laying, but they were equal to it, as the finished work testifies."

Also, that fall Charles and Katherine welcomed their second son, John, often referred to as 'Jack.' Before the year ended Bakke took on the construction of a one-story brick blacksmith shop for Christ Pederson (striking out on his own after his partnership with Skeen) on Clough Street (1st Ave. E).

The next big project for Bakke was the 1903 Dickinson High school annex, a \$14,170 job for which he acted as general contractor, employing a large force of masons. Sundry work for the year included a brick sidewalk at the Courthouse and construction of the Pest House, the \$690 cost of the latter split between the city and the county. Right at the end of the year, the Press noted Bakke was building an addition to his home.

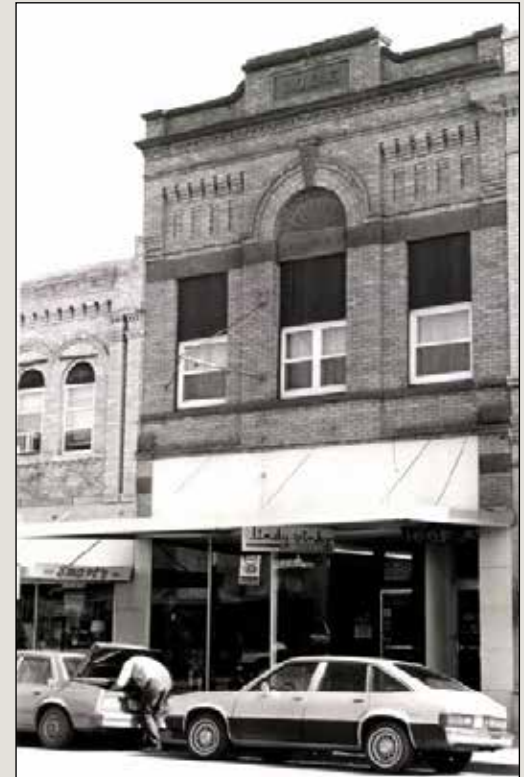
Bakke teamed up with Andrew Walsh (for interior finishes) in 1904 to erect "a large addition" to the Congregational Church from plans by W.S. Randall which included a basement, setting a furnace, a classroom, kitchen, "greatly increase(d) seating" and a brick walk, all for \$2,150. Later that year Bakke & Connolly (the order of the names sometimes changed in the Press) won the contract for the

construction of two fire-proof vaults and a Sheriff's residence attached to the Stark County Courthouse with a bid of \$3725. Shortly before finishing this job Bakke, again with Walsh, submitted the \$10,150 winning bid for the new St. Patrick's Catholic Church, designed by noted Fargo architect George Hancock. Construction of the church began a fortnight before the birth of Charles Bakke, Jr., on September 15th who, sadly, would live only 6 months. No details of the boy's illness or burial in Dickinson Cemetery were carried in the Press, just a brief death notice on March 11, 1905.

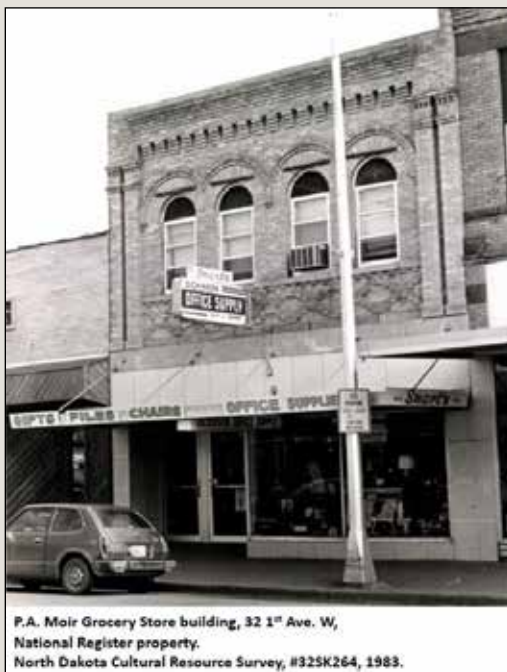
In the face of this loss Bakke continued to work on several notable jobs in addition to St. Patrick's - the basement and masonry for the Press' new office on Oakes St. (1st St. W), the brick and stone work on the Berry Block, the Odd Fellows' Block, a bank job in Wibaux, the foundation for the Walton & Davis Elevator, the Frank Kihm building, a heating plant in Bismarck under a Mandan Mercantile contract and, at the end of the year, Bakke started work on the footings and foundation for the Merchants National Bank (soon to be part of our new City Hall complex).

The first mention of Charles Bakke in 1906 was an announcement that his wife Katherine had delivered a baby girl, named Walborg, on January 17th. Two months later he entered the apprentice Masonry degree in Dickinson's Lodge #32, an affiliation he would maintain for many years. Then Bakke built an addition to Pederson's smithy and began work on the Security Bank in Belfield in April. In May the Press carried a note that the baby "has been quite sick" but did not elaborate further.

July of '06 saw the announcement of a new brick company in town, the Missouri Slope Brick and Tile Co. with Bakke listed as one of the organizers who clubbed together \$35,000 to capitalize the new venture which included the purchase of "160 acres of valuable clay land two miles east of the city." The announcement also noted that the company was "looking for an experienced brick man" to superintend the manufacture of light and dark



I.O.O.F. Lodge, 32 1<sup>st</sup> Ave. W,  
National Register property.  
North Dakota Cultural Resource Survey, #325K262, 1983.



P.A. Moir Grocery Store building, 32 1<sup>st</sup> Ave. W,  
National Register property.  
North Dakota Cultural Resource Survey, #325K264, 1983.

red brick using the most up-to-date machinery, production to start in fall.

Perhaps the pace of work was starting to wear on Bakke as later that summer he and Katherine took themselves to Hunters Hot Springs in Montana's Yellowstone Country, it being reported he was "feeling better and has resumed work" upon his mid-August return. The remainder of the year was fairly quiet for Bakke - some brick work at the Missouri Slope company and the brickwork on the Thompson Block on 1st St. W. In November the Press reported that Mrs. Bakke "has closed her boarding-house temporarily" for some extensive repairs - although no mention of the Bakke's taking in boarders had heretofore appeared, and it is not clear if this referred to the family residence or a separate dwelling.

Then, just as November gave way to December, it was announced that Charles and Katherine had headed east in order to take ship for Norway to visit Charles' parents, apparently his first trip back home since immigrating to the U.S. However, what should have been a happy trip turned into a sad homecoming.

Next month, Part II ■

## HEART RIVER GEMS

## Linda Little

By Kaylee Garling

This month we meet Linda Little, an inspiring local artist who, through one of her greatest life challenges, was directed onto the path God needed her to walk. "I was in a car accident 26 years ago in Colorado. A 16-year-old boy ran a red light and broadsided us. It changed everything. I was in rehab for 18 months, my husband fed me for 6 of those months. There were moments that life didn't seem so wonderful, and if I didn't have my faith, I wouldn't be here today. Everything I knew was changed: couldn't read, had zero retention, all the things I had taken advantage of were gone. But despite that, I said, 'You know, the bump on the head has allowed me to become who God intended me to be.'

"Before my wreck, I did a lot of stain glass windows and lamps, hobbying, collected art and was in purchasing for the city of Longmont for 17 years as an executive. They held my job for a year, but I couldn't go back. One day, I was walking downtown Loveland, Colorado, where you will see two or three doors open and sculptors sculpting. I was feeling sorry for myself, wondering what I was going to do. My stained-glass teacher's husband came outside his shop and said, 'Linda, you need to learn to sculpt.' I looked him square in the eyes and stuttered so bad. I finally said, 'I can't remember anything. I can't



Linda Little

go to class.' He said, 'There is a guy down the street, in the church, whose name is Fritz White, and he has taught a guy who has lost half his skull in an airplane propeller. If he can teach him to sculpt, he can teach you.' He put clay in my hands. I held onto that piece of clay, walked down to the church, and



knocked, but Fritz would not open the door. I didn't know what else to do. I couldn't work. They considered me disabled. And I was like, 'Okay, I am disabled, but something still works.'

"Weeks later, Fritz eventually opened the door and said, 'I suppose you don't even draw.' I said, 'Nope, I don't draw.' But I had a plan. He said, 'You be here at 9 am. Here is the broom, and here is the sawdust that you put on the floor.' I swept his floor forever. One day, he said to bring a notebook. I brought a notebook. We drew skeletons, thousands of them. Page after page, he would take a big, red marker and strike them out. He was my first teacher.

"Valentin Okorokov, who ended up being my master, had a place for 8 students. I went to him and told my story. He grabbed my hands in his and said, 'I will teach these to do what this (my memory) can't.' In some of the first few months of training, I would be working on a project, we would go on a break, and I would have no memory when I came back. I knew where I was, what I was supposed to do, but I didn't know how to get there. He would walk up and say, 'I'll teach these, it's okay.' He was another instrument that helped me to get where I am today. I have been in his life, and he mine, for 23 years now. I still run things past him.

"I am very blessed. I am a vessel. I get to do what God wants me to do. I pray about it all the time. I have said to many people, 'If you don't want to hear about faith or God, then you probably don't want to spend much time with me, because you're going to get to hear it.' Sometimes I'm not quiet when I should

be, but you know...I love to share. If I have something that can inspire you to be better, or find a place with the Lord, great!"

"I have been sculpting now for 23 years. It is my calling, or what I was supposed to do. After my husband died, I wasn't sure. My son and his family went home 5 weeks after my husband died, they looked at each other and felt like they needed to be here in North Dakota. My husband had built a shop, and my son finished the barn part upstairs and it's beautiful. So, we're all here together now. My son oversees the entire family operations, does my armachers, cuts clay, makes sure everything works, which is a huge responsibility. He came over this morning to make sure everything was right. I couldn't have continued without them."

Linda shared the story behind the sculpture of the little girls with butterflies. "The grandparents told me they had twin granddaughters, one who had horrible trauma at birth, but both survived. In honor of her, the grandma said, 'I would like to meet with you and do a piece to thank the doctors.' We sat on the back porch and she told me the story. I said, 'I'll pray about it.' I pray about everything. She was Christian, so she understood. I came up with the two little girls with butterflies. Their faces are like the girls. So, it's at the Miami hospital in honor of these two little



"Thank You"

girls."

"The 'Thank You' piece is the most meaningful piece I have done. The one with the mother embracing her child. I lost 3 babies before I got the one I have. I don't think there are many mothers out there that, when they embrace their first child, wouldn't say 'Thank you.' I love all my pieces, but this one is my favorite. Art is healing. I hope my work shows hope. That after something as critical as what we've gone through as a family, that we can still have hope."

Linda's message of hope is displayed through every piece of art she creates. It's a message we all could use, especially in our time of trial. It is my hope that we can find our path, just as Linda found hers. ■

Heart River Gems is proudly sponsored by

## PIPER'S PALS Ask Alfie

Dear Alfie,

**The other day I was petting my cat and he kept blinking his eyes at me. What does that mean? Was I irritating him or did he have something in his eye? I'm puzzled.**

Sincerely, Blinky

Dear Blinky,

Ah, the infamous blink! You should feel quite honored because in this situation a cat's slow blink actually translates into "I love you"! Some people will tell you that cats are difficult to read or do not exhibit translatable body language. This is false. If you are around us long enough, you will learn that we communicate with body language and sounds the same as any other animal!

There are two types of blinking we cats will do. Rapid blinking is a defense/fear response when we are faced with something we are afraid of or unsure about. Slow blinking says

the opposite. We use the slow blink to show that we trust you and are feeling safe and relaxed. Better yet, when we are feeling affection for our owners or family, we will look them in the eyes and slowly blink or squint to show them we care.

My mom works with feral cats a lot through The Barn Cat Project and she uses eye contact as a form of communication to calm them. Staring directly into the eyes of a cat can be interpreted as aggression, but looking into their eyes and slowly blinking tells them she means no harm.

For more info about "how to speak cat" check out the free Feline Communication course at maddiesfund.org.

Sincerely, Alfie

Dear Alfie:

**As the weather begins to turn colder, I need to consider moving some of my potted plants inside. However, my dogs and cat always want to mess with them! Should I be concerned?**

Sincerely, Plant Mom

Dear Plant Mom,

I'm very glad you asked this question. Not only is it a nuisance to have your pets bothering your plants, it can actually be very dangerous as well! This is because many potted plants are toxic to dogs, cats, and other pets. Some plants may merely cause reactions such as vomiting or diarrhea, but others can cause organ damage or even death.

Some of the most common toxic houseplants include varieties of Lilies, Dumb Cane, Pothos, and Poinsettias. It is important to do your research before bringing a new plant inside and always keep toxic plants out of reach of your pets – or better yet, out of your home entirely!

For a more complete list of plants toxic to pets, visit ASPCA.org

Sincerely, Alfie ■



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

## Pet Name Match

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

A: Lucy (#\_\_\_)

B: Piper (#\_\_\_)

C: Ruby (#\_\_\_)

D: Max (#\_\_\_)

E: Bob (#\_\_\_)

F: Wheezer (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

A: #6 Manny

B: #3 Stumpy

C: #1 Baxter

D: #5 Huck

E: #4 Gunner

F: #2 Casper

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

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



## NOTES FROM THE BADLANDS

### Talk about suicide

By Joe Weigand



In Medora, fall visitors rarely constitute a crowd. Rumors of cold nights and the possibility of early snow keep away the timid. For those who make their way to Theodore Roosevelt National Park in October, their risk is rewarded by beautiful fall colors and abundant wildlife.

In Medora, we are making big plans to celebrate Theodore Roosevelt's 163rd birthday on October 27. A Strenuous Life Hike, a great beef ribeye dinner, and a Teddy Roosevelt Show guarantee that I'll be doing things I love most, hiking, feasting, and performing.

Earlier in the month, on October 10th, we'll remember another Roosevelt, TR's second eldest son, Kermit, born on that date in 1889, just weeks prior to North Dakota statehood.

It was Kermit Roosevelt who joined his father on the 1909-1910 safari in British East Africa, today Kenya, Tanzania, Uganda, and Sudan. In 1913 and 1914, Kermit joined TR on the Roosevelt-Rondon Expedition in Brazil's Amazon Jungle. TR wrote of these adventures, in turn, under the titles African Game Trails and Through the Brazilian Wilderness. The latter adventure was also written up in modern days by Candice Millard as The River of Doubt. Of course, as a result of their mapping adventure, the River of Doubt is now known as Rio Roosevelt

and one of its tributaries is the Rio Kermit.

Kermit is a fascinating character. He joined the British Army as a Captain in August of 1917, was posted to Mesopotamia, mastered written and spoken Arabic, and was awarded the

Military Cross prior to joining the American Expeditionary Force in France in 1918. In 1939, at the age of fifty, Kermit again joined the British and fought in Norway and served in North Africa before being discharged in 1941 for health reasons. Kermit's ill health was, in great part, a result of alcoholism. In 1942, Kermit's wife, Belle, prevailed upon cousin Franklin D. Roosevelt, then President, to award Kermit a commission in the United States Army. Major Kermit Roosevelt was assigned to Fort Richardson in Alaska, where he trained local militia.

On June 4, 1943, Kermit died of a self-inflicted gunshot wound to the head in his quarters at Ft. Richardson. His widowed mother, Edith Roosevelt, was told that he had a fatal heart attack. Kermit's widow quoted TR in explaining why Kermit would be buried at the National Cemetery at Ft. Richardson: "Where a mighty oak falls, there let it lay."

It's difficult to discuss suicide, but it is far worse to remain silent. According to the United States Department of Defense Suicide Prevention Office, in 2020, there were 385 active duty suicides, 197 suicides amongst reserve personnel, and 120 among members of the National Guard. Suicide by veterans of the United States Armed Forces is equally heartbreaking and concerning.

When former President Theodore Roosevelt was exploring the River of Doubt, he developed a malarial fever and, determined not to be a fatal burden to the other personnel of the very dangerous expedition, strongly considered taking the dose of morphine that would hasten his death. Kermit encouraged TR's recovery by informing his father that he was going to take his father's body back to civilization alive or dead, and it would be marginally easier to do so if he remained alive.

My friend, Austin Artz, of Minot, has previously brought presidential son Quentin Roosevelt to life to the delight of audiences from Medora to New York and Paris, France. In 1918, at the age of twenty, Quentin was killed in combat as pilot in World War One in France. Austin is now a twenty-five year old law student, and his interest in performing

living history is still strong. I'm hopeful that Austin will begin to portray Kermit Roosevelt, and that, portraying father and son, together, we might provide a program in which suicide can be included as an important topic.

In between Kermit Roosevelt's birthday on October 10 and Theodore Roosevelt's birthday on October 27, Austin and I will perform in Lincoln, Nebraska. It may be that the father and son performance will give birth to one small way that two men, one old and one young, can connect with active duty personnel and veterans to begin a conversation about suicide and, with God's help, do something to reduce suicide.

If you or a loved one need help call the Suicide Prevention Hotline at 800-273-8255. ■

**TEE Shots**  
BAR & GRILL

**FALL FAMILY FUN DAY!**  
**SATURDAY, OCTOBER 9TH**

**10:00AM TO 4:00PM**

**PUMPKIN PAINTING**  
**HAYRACK RIDES**  
**BOUNCY HOUSE & GAMES**  
**\$5 BURGER & CHIPS**

**103 PHEASANT DR. SOUTH HEART ND**

# Heart River VOICE

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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  
Holiday Inn Express & Suites  
La Quinta Inn & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Players Sports Bar & Grill  
Frankie's West Side Shell  
Villard Cenex  
The Hub  
Fluffy Fields

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

### SOUTH HEART

I Don't Know Bar

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The Country Drug Store  
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### TAYLOR

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### BELFIELD

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### MEDORA

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Dr. Melanie Oltmanns O.D. and Dr. Nate Shilman O.D.

## HEART RIVER VOICE | OCTOBER 2021

# Calendar

**VARIOUS OCTOBER EVENTS SEE DSU'S FULL CALENDAR OF EVENTS** See pages 23 and 24.

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

**TUESDAYS AND SATURDAYS FARMERS MARKET** Opens Tuesday at 4 PM and Saturday at 10 AM from mid July through October. We are located in the southeast corner of the prairie hills mall parking lot. We consist of several members from the SW region of North Dakota.

**MONDAYS (OCT 11, 18, 25) 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 (OCT 12, 13, 19, 20, 26, 27) PRESCHOOL STORYTIME**

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

**FRIDAYS AND SATURDAYS HAUNTED HOSPITAL** 7PM The public is invited to the old St. Joe's hospital...if you dare...\$20/person. Kids' Night (under 12) every Saturday from 5-6PM. St. Joe's Plaza, 30 7th St W.

**FRIDAY OCTOBER 1 KILLDEER MOUNTAIN MANUFACTURING OPEN HOUSE** 4-7PM Come see what KMM does on a daily basis. Food, fun, tours, goodies and so much more! 1700 Interstate 94 Business Loop E

**DHS HALL OF FAME INDUCTION AND HOMECOMING FOOTBALL GAME** 6PM Join Dickinson Public Schools and DPS Foundation as they announce the DHS Hall of Fame Inductees. Inductees will be announced during half-time.

**SATURDAY OCTOBER 2 6TH ANNUAL BEER AND BACON EVENT** 5:30PM Join us for the 6th Annual Beer & Bacon Event in Medora! The event takes place at various businesses around Medora. Purchase a ticket, register the evening of the event, walk around Medora stopping at various businesses sampling different beers & bacon appetizers! Tickets · \$25. [www.eventbrite.com/e/6th-annual-beer-bacon-tickets-168115418743](http://www.eventbrite.com/e/6th-annual-beer-bacon-tickets-168115418743). Proceeds go to Ranchorama Rodeo Club.

**OCTOBER 8 AND 9 HCA PUMPKINS IN THE PATCH** Friday 3-6PM; Saturday 10AM-5PM Pumpkins, Hayrides, Games, Vendors and more! Then pick out a pumpkin at end of your fun day! Cost- 5.00 person 2 years and up. Price includes- carnival activities, face painting, barrel train and hayride. Pumpkins, Vendors and Concessions are an extra cost. Hope Christian Academy, 2891 5th Ave W.

**SATURDAY OCTOBER 9 CARDIAC READY HEALTH FAIR** 1-4PM This free community event is designed to help people become better equipped in identifying and handling cardiac emergencies. See article, p. 11 for more information or call 701.456.4469. West River Community Center's MAC Gym.

**FALL FAMILY FUN DAY** 10AM-4PM Join Tee Shots Bar & Grill for a day of pumpkin painting, hayrack rides, bouncy house and games! \$5 burger and chips. 103 Pheasant Dr., South Heart.

**FEAST OF ST WENCESLAUS FESTIVAL** 4:30-7PM Food and fun for the entire family. See article, p. 12 for more info. St. Wenceslaus Catholic Church, 525 3rd St East.

**CAMO FOR A CAUSE** 5PM All

*It'll be a brew-tiful morning for a mammogram!*

## MAMMOS & MOCHAS

*Saturday, October 16: 8a - 12p*

- KEEP THE LUMPS OUT OF YOUR CUPS! -



*Ladies, bring your friends and family to enjoy coffee and snacks prior to your annual mammogram!*

*Self-referrals for anyone 40+ individuals younger than 40 need an order from their primary care provider*

**CHI St. Alexius Health**  
Dickinson Medical Center

**CALL 701-456-4253 TO SCHEDULE**

proceeds will benefit veterans in SW ND. Dinner, bake sale, silent and live auctions, and special performance by Milo Hatzenbuhler. Sponsored by District 8 American Legion Riders. Eagles Club, 31 1st Ave E.

**SUNDAY OCTOBER 10 PANCAKE KARNIVAL** 8AM-12:30PM We are back! Please join us for 10th annual Pancake Carnival hosted by Rotary Club Dickinson. TICKETS: \$6 if purchased in advance and \$10 at the door. See p. 33 for more info. Dickinson Eagles Club, 31 1st Ave East.

**TUESDAY OCTOBER 12 TEENS: HAUNTED GINGERBREAD HOUSES** 4PM Teens (ages 13-17) come make gingerbread houses with a spooky theme! Dickinson Public Library Community Room.

**THURSDAY OCTOBER 14 START-UP YOUR DAY** 8-9AM Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W.

## Friday, October 29

**HALLOWEEN OPEN HOUSE** 2:30-4:30PM Stop in at Consolidated for a treat! 507 S Main Ave.

# HALL O W E E N

## Open House!

PARENTS bring your little ones in for TREATS!

**Friday, October 29th**  
2:30pm to 4:30pm



**Consolidated**  
Reach the World, from here.

[consolidatednd.com](http://consolidatednd.com)

8TH ANNUAL

# Trick or TREAT

**OCTOBER 31**

**4PM - 6PM**  
DOWNTOWN DICKINSON

**BOOKS & BREW BOOK CLUB**

**(ADULTS 21+)** 7PM Book club books are available at the main level circulation desk. Drinks are not provided by the library. DePorres Lounge, 17 2nd Ave W.

**SATURDAY OCTOBER 16**

**MAMMOS & MOCHAS** 8AM-12PM Keep the lumps out of your cups! Ladies, bring your friends and family to enjoy coffee and snacks prior to your annual mammogram. For more info, see ad, above.

**2021 TCS FALL GALA** 4:30PM Join Trinity Catholic Schools for this fun evening of food and festivities. We are thrilled to be bringing back Fr. Dominic Bouck from the Class of 2008! You won't want to miss this incredible event. Tickets: fallgala2021.givesmart.com. Trinity Catholic Schools, 810 Empire Rd.

**MONDAY OCTOBER 18**

**ADULT CRAFT CLUB** 6PM Join us in making a Thanksgiving-themed craft. Dickinson Public Library Community Room.

**SATURDAY OCTOBER 23**

**FRIENDS OF THE LIBRARY USED BOOK SALE** 10AM-3PM \$5 to fill a bag! Friends of the Library book store will also be open and offering everything for 1/2 price on this day! Dickinson Public Library's Community Room.

**LET'S SWAP - KIDS CLOTHING**

**SWAP AND SHOP EVENT** 10AM-5PM The event will occur at Prairie Hills Mall at the White Drug Building. The mission of the event is to provide families and care givers with an opportunity to get second hand and/or new clothing at a very reasonable rate or for free. Shopping opportuni-

ties for patrons from a variety of local vendors too. The day of the event, people can come and get clothes for a small fee per bag or for FREE based on what they donated during the week of the event.

**FRIDAY OCTOBER 29**

**HALLOWEEN OPEN HOUSE** 2:30-4:30PM PARENTS bring your little ones in for TREATS! Consolidated, 507 S Main Ave.

**SATURDAY OCTOBER 30**

**ANNUAL KIDS' HALLOWEEN PARTY** 1-4PM For the younger children, we will be hosting our Annual Kids' Halloween Party. Drop-in for games, crafts, and prizes! This year's Halloween party will take place all around the Library. Costumes are not required, but they are encouraged! Dickinson Public Library.

**CHATEAU MACABRE** 5-7PM Are you brave enough to enter the Chateau on Halloween? Walk – or run – the haunted path and stop along the way to explore concepts of Spiritualism, awe, and wonder from the 19th century! We won't spoil the surprises, but it's safe to say this will be a Halloween unlike any other. Tickets required. Call 701.623.4355 for more info.

**SUNDAY OCTOBER 31**

**TRICK OR TRUNK** 4-6PM Bring your family downtown for a FREE fun, safe, and unique trick- or-treating experience. Costumes and spirited decorations encouraged. More info, contact 701-483-6949. Downtown Dickinson.

**HAUNTED HOSPITAL** 7-11PM The public is invited to the old St. Joe's hospital...if you dare...\$20/person. St. Joe's Plaza, 30 7th St W.

All your favorite stops.  
All your favorite shoppes.  
*Along the Old Red Old Ten Scenic Byway & Beyond*

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## HUMANS OF DICKINSON



### Rhett Hall By Nevaeh Pierce

Who takes care of your dogs while you're away? Who trains your dogs to do awesome tricks while working a part-time job? Rhett Hall at Iron Point Kennels can!

Rhett Hall is the dog trainer at Iron Point Kennels and even though he is very good, he never envisioned becoming a dog trainer. You'll find that he is a very flexible and hardworking person.

Rhett Hall was born and raised in Utah but he didn't stay there long. Rhett traveled the western part of the United States and has lived in every western state except Washington. He later traveled again and this time he traveled out of the country to Brazil. After coming back to the US, he settled in Dickinson and that's where he found out how good his skill is in training dogs.

Rhett started out training his own dog. Soon his friend saw what he did and then asked him if he could work with their dog. "Well the proof is in the pudding more than anything," you would often hear Rhett say, "if you're good and word gets out people will come to you, if you're bad and word gets out people won't come to you."

Rhett has a pretty flexible schedule and that's what he likes about his job. Depending on what type of training is needed he can train in the afternoon or even at night!

Rhett Hall works very hard at his job.

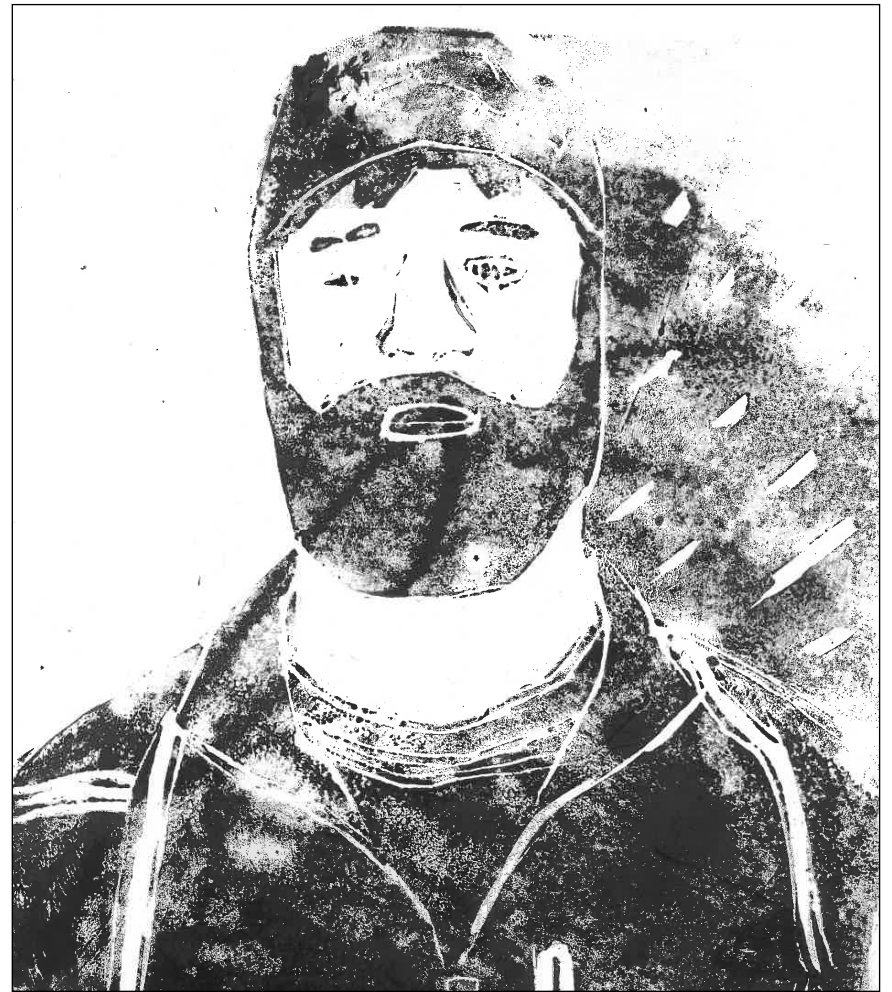
He wakes up and takes care of the dogs he's boarding for about 3 to 4 hours. He then works his other part-time job and comes home to more work with the dogs again. He works with his clients and depending on the type of training it can take place at midnight. Currently, they are working on a new kennel that will house up to 24 dogs.

Rhett Hall is a very hardworking and persistent person and has persisted through all the tough times with covid. He looks forward to making dog training a full-time job in the future. He also hopes his new kennel will be finished soon.

### Brian Lee By Kolton Kupper

Who makes cabinets, coaches hockey, and shoots monster deer? Brian Lee does. Brian Lee is a great person you should meet if you get the chance to. He is great because he started his own business called T&L Custom Cabinetry, he is a coach for the hockey community in Dickinson, and Brian was on the cover of North Dakota Bucks and Bulls last year with a 4x4 mule deer.

Brian was born in the late 80s in Rapid City, South Dakota. When he was three years old he moved to Sidney, Montana, and started his hockey career. He moved to Dickinson, North Dakota when he was a fourth-grader and has been here ever since. The schools Brian attended were Lincoln Elementary,



Hagen Junior High, and Dickinson High School. After high school, Brian worked at CocaCola and Cornerstone. After a few years, he started his own business. "What inspired me well, I knew there was a market for cabinetry in Dickinson and knew I wanted to be my own boss and love woodworking so I figured hey let's give it a shot. Freedom of working for yourself is awesome and you know just starting from the bottom and being able to do things your own way instead of having to do it someone else's way."

His take on the community of Dickinson and being a good citizen is, "You have to be willing to give back in any way if it's donations or your time or whatever it is." He also said good citizens should be a good person, respect law enforcement, and respect health care workers. Brian gives the advice to take care of your neighbors, friends, and family. Brian's hobbies include hunting, adult league hockey, snowboarding, and coaching. And speaking of coaching I asked him why he likes coaching and

he said this, "I know it is probably frustrating at times for you a player and me as a coach but at the end of the year it is all worth it when you can watch one kid who could barely skate and by the end of the year he could skate around the ice, shoot the puck and goes from absolutely not being able to play the game to a pretty decent hockey player and I just always loved the game since I was a little kid and it's hard to walk away once you graduate so being able to coach is still a way to be a part of the game". Hockey is really important to Brian and he loves the game of hockey.

Brian's future plans are he wants to keep going with the cabinet business, and slowly expand, and possibly get into a couple of other things along that line like furniture making or trimming out houses.

He would also like to start possibly remodeling homes and selling them. He is going to keep taking care of the business and coaching hockey and doing what he loves. ■



**STAY CAFFEINATED****The birthplace of coffee**By **Nicholas McCormick**

African coffee is known for its rich flavor, medium body and fruity notes. This origin became one of the favorites among many. Currently here at Market Press, we are experimenting with Ethiopian coffee.

Coffee grown worldwide can trace its heritage back centuries to the ancient coffee forests on the Ethiopian plateau. There are many legends about the start of using coffee beans to give energy, however the way it was discovered, according to legend, is a bit of a happy, exciting and life-changing accident.

Funny enough, it was actually goats that discovered the affects the bright red cherries gave. After noticing the affects the cherries had on the goats, a sheep herder picked some cherries for himself; soon he discovered that the cherries gave him energy and he was able to focus a bit longer. Without the extensive brewing methods we have access to today, the goat herder shared the cherries with his goats. He then reported his findings to the abbot of the local monastery, who made a drink with the cherries and found that it kept him alert through the long hours of evening prayer. The abbot shared his discovery with the other monks at the monastery, and knowledge of the energizing berries began to spread. As word moved east and coffee reached the Arabian peninsula, it began a journey which would bring these beans across the globe. Africa is now one of the leaders in coffee production, after expanding to become one of the global phenomenons that we know of today.

Most of the coffee from Africa is processed naturally, which allows the fruit of the cherry to dry directly on the seed inside. The seed is then naturally fermented giving the finished product a strong flavor with a hint of berry.



Currently, we are testing an Ethiopian Yirgacheffe bean. Some of the notes that we are working on with this coffee are notes of slight lemon, blueberry and cinnamon with a bright acidity that pairs well with lemon bread or berry cobbler.

These are some of the notes we are excited to bring forward. The finished product is always dependent on the many different aspects when in the roasting process. To ensure we get the perfect and delicious taste we want, we have to manipulate air flow and gas pressure, all while taking into account what is happening when those things are changed. With many moving parts in the roasting process, we hope to have a superb cup of sweet, acidic coffee. ■

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## WHERE BUSINESS GOES TO GROW

# Your B.A.I.L. team



Every business, large or small, requires a team to perform all the necessary tasks to deliver the goods and/or services into the marketplace. Sometimes, that is many times, a single person is the 'team' and responsible for all the

tasks; they do it all alone. This would be an example of the smallest team.

As the size of business grows, so too does the complexity and specialization of the team. In either scenario, whether an owner/operator or a large company with many employees, there is the need for another group of support experts in the background that is often overlooked and only thought about in times of specific need. It's the B.A.I.L. team.

B.A.I.L. is an acronym for Banker, Accountant, Insurance agent and Lawyer. Can you identify your company's B.A.I.L. team members? Chances are your business already has a B.A.I.L. team but haven't necessarily thought about it in these terms. It's also possible that you have a couple vacancies on the team and need to fill those positions with excellent candidates.

The B.A.I.L. team members are positioned to provide unique and specific expert support. In all stages of the business life cycle – development, launch, growth, maturity and renewal/decline – the business will benefit from strong and thoughtfully selected specialists.

The Banker facilitates the financial transactions and facilitates access to capital.



The accountant is the expert in tax matters, balance sheets, cash flow and fiscal consultation. The Insurance agent is the expert in risk mitigation and loss prevention. They make sure the company has proper coverages. And finally, the Lawyer is the expert in the letters of the law, contract review/interpretation and all legal matters.

Having this team in place and ready to react to your request will give you peace of mind and prepare you to react quickly to a wide range of challenges. So, can you name the experts on your B.A.I.L. team?

For more information on the ND SBDC programs and services, call John Diem at (701) 456-9044, email johnd@ndsbdc.org or visit the website ndsbdc.org. ■

## ND POTTERY

# The history of Arts Limited Pottery, Dickinson, ND 1975-2004

By Arley Olson, NDPCS Historian

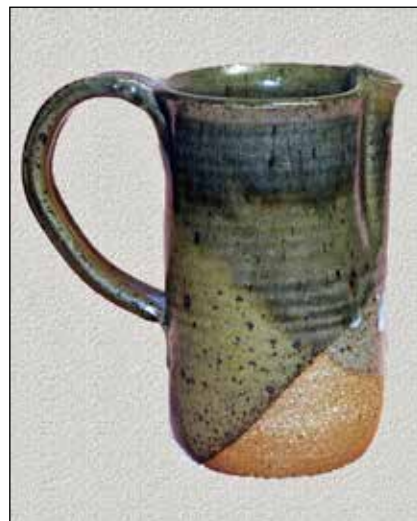


Started in 1975, Arts Limited was a dream come true for Mary and David Huether. Both recent graduates of Dickinson State College, Dickinson, ND, with degrees in art, Mary and

Dave were interested in combining a business which supplied artists interested in leather, clay, jewelry or stained glass with the supplies for doing

their artwork while able to do these arts themselves.

The clay work of the business was mainly a wheel thrown type of product. Functional pieces were the bulk of the items produced. Dish sets, casseroles, mugs, tureens, utensil jars, pie plates, salt, pepper, flour and sugar shakers were just some of the items made for retail sales. Souvenir type of work included a centennial pitcher and bowl

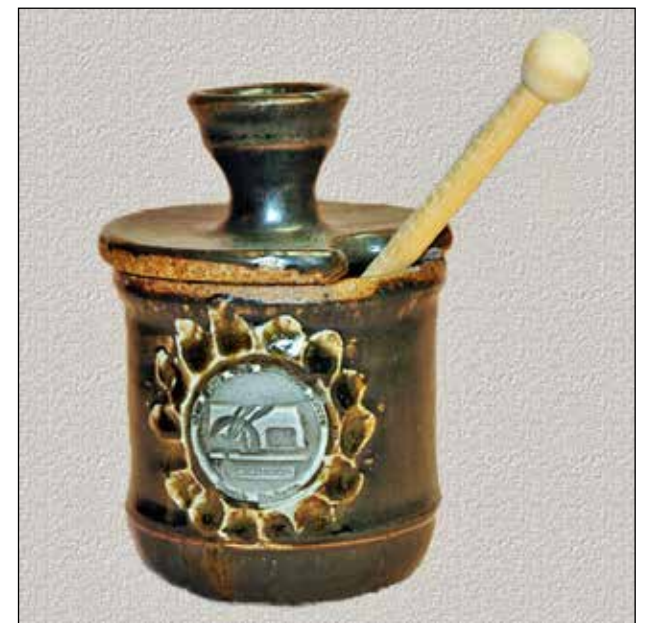


for Dickinson, sugar jars for Valley City's centennial and other custom-made commemorative items.

Clay was purchased from a Denver, Co. and Minnesota. Glazes were developed using formulas from a Daniel Rhodes book on glazes. The formulas were experimented with and when a glaze worked to their satisfaction it was given a name and used.

The type of kiln used for firing was a cross draft three burner natural gas kiln from plans in a book by Daniel Rhodes. It was name Vulcan. It measured approximately 36" deep by 30" wide. It was rebuilt in 1986 by Dave and in 1996 by Mary. Mary disassembled it in 2004.

DRH for David Rueben Huether or



MH for Mary Huether was incised on the items. Also, an incised oval with Handmade BY ARTS LTD. DICKINSON, N.D. was used on some.

Along with pottery Mary and David were artisans in leather, jewelry and stained glass. ■

## MISS BEA'S KITCHEN

## The joy of hosting

By Laura Walters

I remember wanting to set the table and create tablescapes for special occasions when I was younger and my mom and sisters teasing me. Mainly because we didn't have a table, but... that's beside the point. My love for hosting and creating an experience for those around me went with me to college where I lived in a dorm room with three other girls and had no kitchen/dining space besides the communal kitchen and a large studying table in the second floor lobby. However, even in that cramped space I found a way to host!

Some of my fondest memories from college focus around a blue tote turned upside down with a sheet draped over it for a table and sitting cross legged around it with a few of my dearest friends. I would hand make little invitations and have them delivered to their mailboxes a few days before and plan some simple treats to serve. It was always "BYOM" (bring your own mug) and there was plenty of coffee and flavored creamer to go around. Being in college, money was always tight. One time I bought a box of Twinkies, cut them in half-inch rounds, laid them on their sides and topped them with a strawberry to make mini strawberry shortcakes!

Looking back, I don't remember much about college but what I do remember are those times in my dorm room and later our coffee and pandesal (Filipino bread) dates in the lobby of our dorm with two of those same friends. I still feel really close to are those few girls. And,

## Italian Spaghetti Squash Boats

## Ingredients:

2 spaghetti squash, halved and seeds removed  
 1 ½ lbs ground beef  
 1 medium onion, diced  
 4 cloves garlic, minced  
 3-4 c marinara sauce of your choice  
 1 ½ c shredded mozzarella  
 Parsley, chopped for garnish

1. Preheat oven to 375F. Place squash in a baking dish with the cut sides down and add a little water to the baking dish. Bake for 45-60 minutes or until tender.
2. While the squash is baking, prepare the sauce. In a large skillet cook the beef until browned. Strain out excess grease if necessary. Add the onion and garlic and cook for about 5 minutes more. Add the marinara and stir to combine.
3. Once the squash is tender, shred the flesh with a fork and add it to your marinara mixture. Cook for 3-5 minutes to make sure everything is warmed through and well combined. Stuff the squash shells with the marinara meat sauce and add cheese to the top of each.
4. Place back in the oven and broil for a few minutes until the cheese is melted and lightly browned. Garnish with parsley. ■



you know what? I frequently get messages from them asking if we can have one of those coffee dates like we did in college.

We are all scattered around the world now, but those sweet memories bind our hearts together with cords which cannot be broken. It's not fancy dishes or an expensive spread that any of us remember and those aren't the things your guests will remember

either. People remember how we make them feel and in today's society, simply making the space and time for someone can mean the world - even if you're serving Twinkies and strawberries on paper plates.

Speaking of simple and delicious... here's a recipe for Italian Spaghetti Squash Boats that's healthy, easy, and will be making its way to my dinner table again very soon. ■

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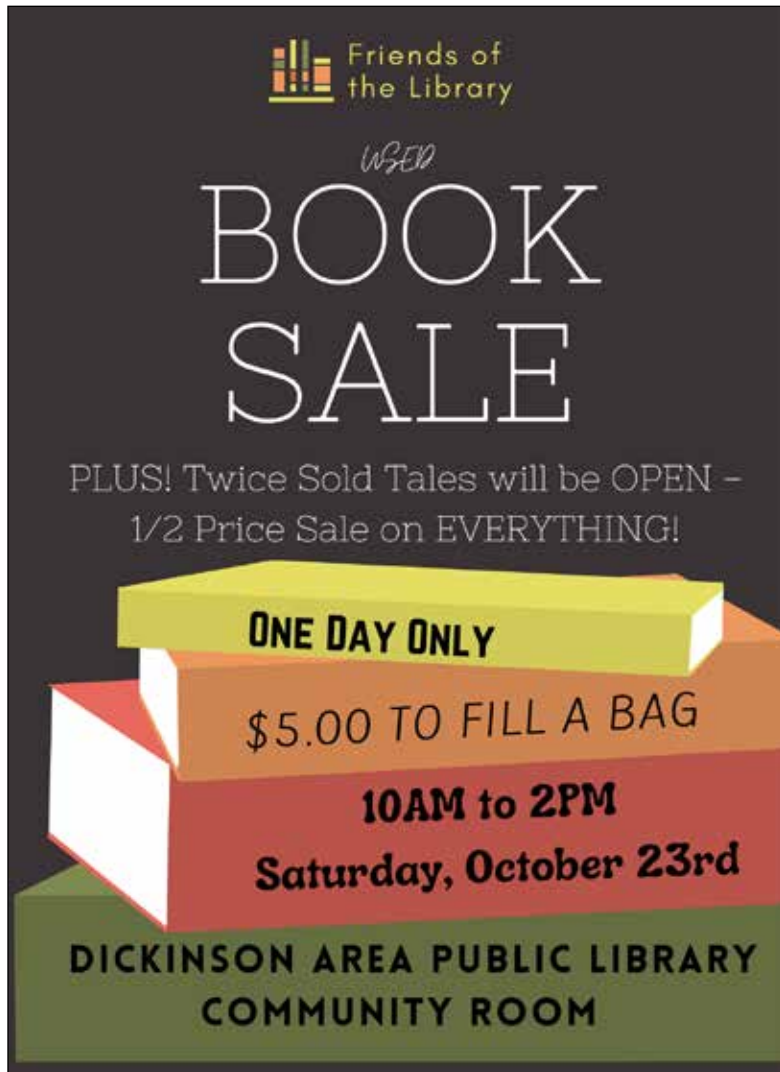


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## COMMUNITY Highway Clean Up

The Dickinson Rotary Club's Highway Clean Up service project, usually held twice each year to clean up three miles of Interstate 94 near the Painted Canyon overlook, came back from a COVID-19 hiatus and was held Sept. 8. The small and mighty group of Rotarians and friends then enjoyed food and fellowship at the Trapper's Kettle in Belfield. Those participating included Erv VanVeldhuizen, left, Alex and Mike Schwab, project organizer Chad Rennicker, and Don Bares behind the camera! Thank you for your Service Above Self! ■

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## COMMUNITY Community Kindness

The Dickinson Rotary Club's monthly service project, Community Kindness, is having an impact on local organizations that are making a difference for people in our community. During the month of August, the Dickinson Rotary Club collected winter hats and gloves, journal books, youth Bibles, backpacks and adult slippers/socks for the youth at Home on the Range and presented development director Jolene Obrigewich (pictured, center) with the items and a monetary donation. ■



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## GOING POSTAL Raven Story

Merging traditional artwork with modern design touches, this stamp depicts one of many stories about Rave, a figure of great significance to the Indigenous people of the northern Northwest Coast, part of the area that ranges from Southeast Alaska through coastal British Columbia and south into Washington state.

The stamp was created by Tlingit/Athabaskan artist Rico Worl. The stamp design depicts a raven just as he escapes from his human family and begins to transform back into his bird form. To create the stamp art, Worl used formline, the traditional design style of the Indigenous people of the northern Northwest Coast.

Among the cultures of the region, the raven plays an essential role in many traditional tales, including stories about the creation of the world. The stamp is inspired by the traditional story of the raven setting the sun, moon and stars free.

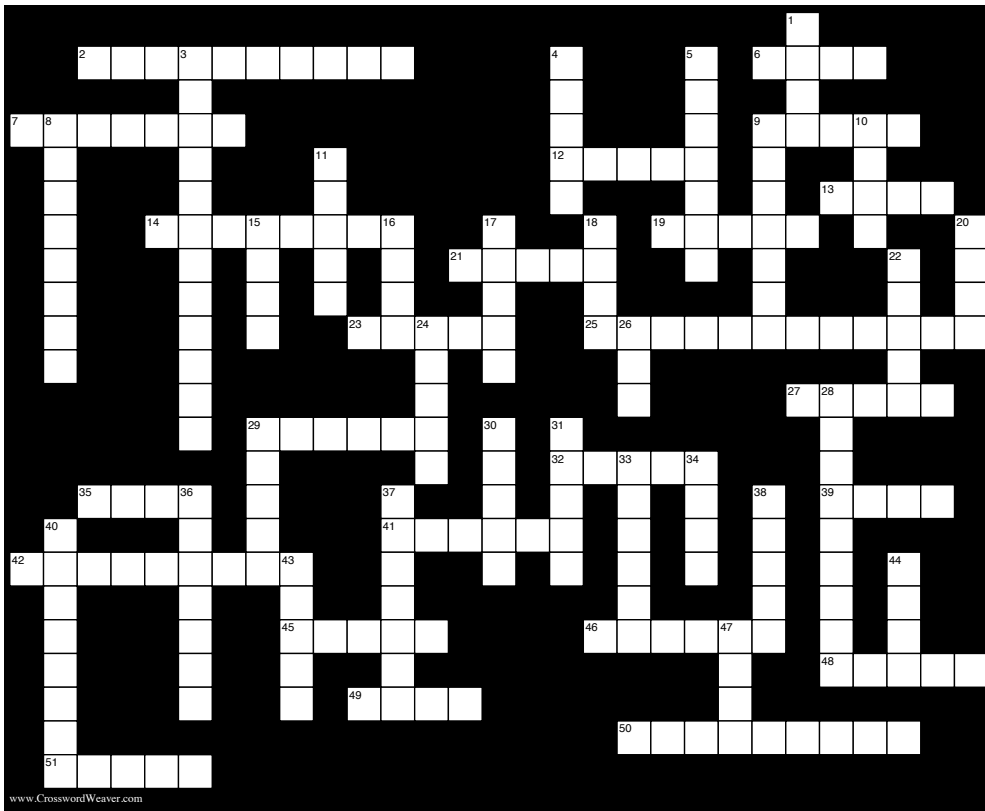
Stamps available at your local post office. ■



Source: store.usps.com

## CROSSWORD

## ORCHESTRATE by Carlinka



## ACROSS

2 ++Timpani, cow bell, cymbals section  
 6 Yellow symbols of N.Y.C.  
 7 Muscle that helps you twist and bend torso  
 9 Small, flat-bottomed boat  
 12 Up to this point  
 13 Become ragged at the edges  
 14 ++Piano, harpsichord section  
 19 Slow moving mollusk  
 21 Evil spirit  
 23 ++High male voice  
 25 ++Medium female voice  
 27 Strongly encourages  
 29 Extremely easy question  
 32 Slang term for discussion  
 35 ++Low male voice  
 39 Lighted sign in a theater  
 42 ++Breathy section

45 Flip\_\_(Decide randomly)  
 46 Hearts, but not diamonds or spades  
 48 State-sponsored gambling game  
 49 Upper part of a beer bottle  
 50 ++Driver of the orchestra  
 51 Centuries-old object

**DOWN**  
 1 Second-lowest card in a royal flush  
 3 ++Very high male voice  
 4 Lovers' secret rendezvous  
 5 ++High female voice  
 8 ++Medium male voice  
 9 ++Pluck, strum and bow section  
 10 Al Dente  
 11 ++Shiny section  
 15 \$1, informally  
 16 Cheap bar  
 17 #, in music

18 In the dumps  
 20 ++Low female voice  
 22 Tremble  
 24 In one's birthday suit  
 26 Cracked at the crack of dawn?  
 28 ++Practice session for an orchestra  
 29 \$1,000, informally  
 30 Present for a language teacher?  
 31 Separator of continents with distinct smell  
 33 Expensive purchase  
 34 "If you say so..."  
 36 Big party  
 37 Franzia product  
 38 Lock of hair  
 40 ++Person who writes the music  
 43 Drummer Ringo of the Beatles  
 44 It's just not right  
 47 Quiz whiz, maybe



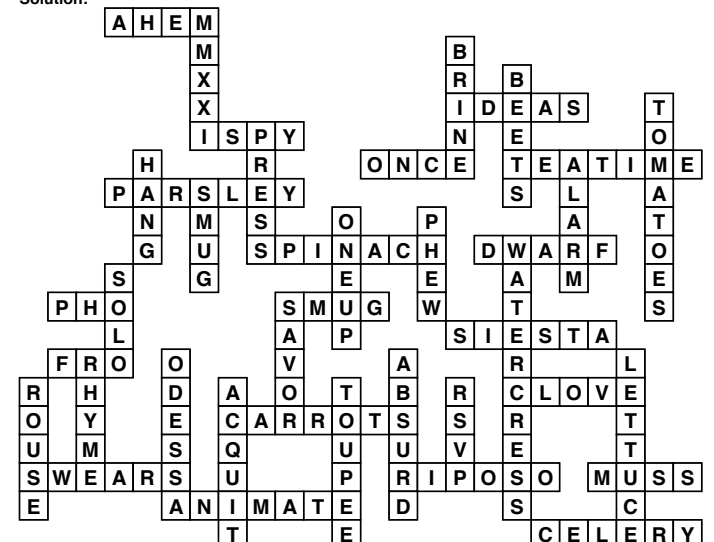
## or-i-gin Holding a Wake

Lead cups were used to drink ale or whiskey. The combination would sometimes knock the imbibers out for a couple days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait to see if they would wake up. Hence the custom of Holding a Wake. ■

### Last month's puzzle solution

++ V-8 ++

Solution:



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

It is important to be diplomatic this month and to smooth out any differences or problems that you have with partners. Your job is to be supportive, and this is an excellent time to develop friendships and your social life. The emphasis on relationships continues for the whole month and the full moon on the 20th highlights relationship developments, but also highlights a crisis in connection with how much you are willing to compromise.

**TAURUS**  
April 21-  
May 21

Early October, you re-evaluate how much you are willing to deliver in the important relationships, and you feel the need to eliminate or change any circumstances that exhaust you on an emotional level. There is a strong emphasis in early October on new and extremely dynamic developments at work. It is a time to start up cooperative ventures and initiate new developments with colleagues.

**GEMINI**  
May 22-  
June 21

Early October, you reconnect and make the most of the creative possibilities that have already come your way. A period is now beginning which is extremely fortunate for your love life, for creative work with teams, and children. Everything you plan with partners is going to succeed now, and you have several opportunities to take advantage of the good fortune coming your way. Don't hesitate to connect with someone you love; you could hardly be in a better position for understanding each other.

**CANCER**  
June 22-  
July 22

It is a good time for taking new initiatives, and especially good for home improvement projects and investments. This is also a time when unfinished family issues are resolved positively. The focus on home and career continues for most of the month, and around the 20th of October some restructuring is likely to occur. You need to abandon a weak position at this time if faced with implacable opposition.

**LEO**  
July 23-  
August 22

The focus on learning and communication continues during the first three weeks of October, with some great successes in building up group consensus and generally getting your ideas across. The closer you work with someone, the better it goes, but you need to factor in a difficult situation at work, which can force you to make compromises you would rather not make.

**VIRGO**  
August 23-  
September 22

You can milk the advantages coming your way for everything they are worth. A whole host of new financial and working initiatives start this month, and your associates enthusiastically begin new projects. The essential ingredient in these projects is you, and what people start, you must take a look at and create more balance. Late October, financial trends continue to show possibilities and you are poised to experience a financial boost.

**LIBRA**  
September 23-  
October 22

Just after the new moon, your Venus moves out of Scorpio, where it has highlighted self-worth issues, and into Sagittarius, and this signals an optimistic and upbeat period. There is some kind of personal turning point in mid-October, when a fantastic connection to an intelligent and cultured person gives you access to just the knowledge that you needed to get, perhaps there is a rendezvous at this time.

**SCORPIO**  
October 23-  
November 21

It is very likely that you will work closely with a more high-profile person during October, and you can expect both success and crises. By the end of October things start to change, and the month of November is a time when you recover your agency and power. By October 23rd you already start to get your energy back, and a powerful individual may come into your life in connection with career issues.

**SAGITTARIUS**  
November 22-  
December 21

October is when Mercury, repeatedly harmonizes with your ruler Jupiter, which is both extremely fortunate for partnerships and for any educational projects in groups. Someone may come back into your life, and generally it is a happy time for being with people. This positive influence is enhanced by the entry of Venus, the planet of love and attraction, into Sagittarius on October 7th.

**CAPRICORN**  
December 22-  
January 20

Decisions tend to be made by consensus now, and it takes a whole committee to get things going. With your ruler Saturn in Aquarius, there is a continued focus on working in an organization and consolidating assets. It is your stabilizing influence that grounds the whole enterprise. In many ways October is a turning point, marking the successful consolidation of your work, and providing a solid foundation for growth.

**AQUARIUS**  
January 21-  
February 19

October is a time of transition. You may feel as if things have come to a standstill, and that responsibility weighs heavy, but from now on it is one step backwards and two steps forwards. There is a dynamic focus on insight and learning, which means a lot of contact with teachers, students and mentors from who you can learn a tremendous amount. You really benefit from friendships and connections.

**PISCES**  
February 20-  
March 20

You are in a period of voluntary withdrawal, you prefer to have plenty of alone time, during which you can involve yourself with all the many different ideas and projects that turn you on. Other people come to you, even people who seem to have left you come back and cement the relationship. Also, assets and benefits come to you, so if you are expecting support, either financially or morally, then you will get lots of support during the course of the month.

**Mobile Passport**

If you're going to be spending time abroad, you can breeze through a few lines with the use of Mobile Passport. It's a U.S. Customs and Border Protection-approved app that helps speed you through lengthy immigration lines by letting you submit your passport control and customs declarations from your phone. Just remember to bring along your paper passport, as this app isn't a replacement for that.

**Skiplagged**

This app can keep your travel costs down by taking advantage of direct flights or "hidden city flights," where travelers get off at a layover, instead of at the flight's final destination. Just stick to carry-on luggage as any checked-in bags will go all the way to the flight's final destination.

**Pod Bible Podcast**

The Pod Bible Podcast is where podcasters talk to podcasters about podcasts and podcasting. Does it get any more meta? Every fortnight they bring you a bite size, magazine-style show featuring three guests talking about their show or the shows they enjoy listening to. The aim is to give you a chance to hear from your favorite podcasters while also introducing you to people and podcasts you may not be aware of yet. Spread the word of pod!

**How to Fail**

A celebration of our shortcomings and imperfections, this podcast is the reminder we all need that it's our failures that shape us the most. Each week, a new guest imparts some wisdom around their personal challenges, ingrained anxieties and how dealing with them has helped them grow and go on to success.



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