

# Heart River VOICE

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LOCAL EVENTS

DECEMBER 2021 | VOL. 3, NO. 12 | HEARTRIVERVOICE.COM



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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 by Pieper Bloomquist. Jag Kommer Från Dalarna. (I Come from Dalarna) Swedish Dalmålning Acrylic on canvas 16" x 20", 2018. For more information about the artist, see page 5.

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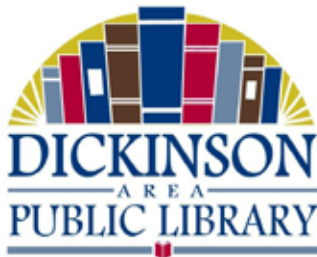


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## #BOOKWORM

# Seasons Greetings from the Dickinson Area Public Library



## By Library Staff

The Dickinson Area Public Library (DPL) is excited to be able to offer our patrons a variety of programs to celebrate the holidays this December.

We are kicking off December with our biggest fundraiser of the year. Friday, December 3rd will see the return of The Dickinson Library Foundation's Old Fashioned Christmas Social being held in person at the DPL. Enjoy hors d'oeuvres, Christmas cookies, a traditional wassail, silent auction, and live music while socializing in our beautiful library—all decked out for the holidays. This ticketed event is free for Platinum Card holders and Twice Sold Tales volunteers. Tickets for all others are \$20 each and are available at the library or on the Foundation's website at [www.daplFOUNDATION.org](http://www.daplFOUNDATION.org). The proceeds from the event help fund library programs, pay for essential repairs, and to purchase new resources for the DPL. Those unable to attend the event will still be able to take part in the silent auction online!

The following day we will be hosting a Letters to Santa event. Naughty or nice, join us at the library to write letters to Santa! This event is geared for ages 3-12 and will be on Saturday, December 4th from 12-4pm. Stop by and write a letter to Santa. Your children's librarian has connections and made sure these letters would get to the North Pole, and on top of that, legible letters mailed at this event will get a letter back from Santa! We are hosting this event at the same time as the Downtown Old-Fashioned Stroll so be sure to check out all the fun festivities downtown as well.

It's also that time of year for our Grinchmas party! Come for the story!

Come for the noise! Come dressed in green or as Who-girls and boys! Join us on Saturday, December 11th for all sorts of Grinch-themed fun! We will have multiple showings of the 1966 "How the Grinch Stole Christmas" movie with Grinch Popcorn, a Candy Cane Hunt, and Grinch Crafting! There will also be photo opportunities with our wonderful Grinch in front of the Children's Area fireplace. This party will run from 10:00am to 11:30am and is geared for ages 2-12. Stop in and join us for our annual Whobilation!

A new reading challenge will be available for you to participate in on Beanstack starting on December 1st! This is a special reading challenge sponsored by NASA. This challenge involves logging minutes and completing activities that will increase your knowledge on the science behind the James Webb Space Telescope. As an added bonus, you help your library win programming materials...from NASA! How cool is that? New to Beanstack? Simply create an account online at: <https://dickinsonlibrary.beanstack.org>. This will allow you to participate in cool reading programs like this one and many more!

We have plenty more programs throughout the month of December. On Thursday, December 2nd at 4:00pm, tweens (ages 10-12) will be making DIY Snow Globes. The S.T.E.A.M. group (ages 6-9) will be making an Abominable Snowman Fortress on Monday, December 6th at 4:00pm. Teens (ages 13-17) will be having their Christmas party from 4:00-5:30pm on Tuesday, December 7th. Adult Craft Club will be having their Wrapping Party at 1:00pm on Saturday, December 18th. We also have events the whole family can enjoy together, like our Family Holiday Movie. We will be showing Home Alone on Thursday, December 9th at 6:00pm. Hot chocolate, hot cider, and popcorn will be provided! We, of course, will also have our regular programs in December, like Movies that Make Us Think, Board Game Club, our Genealogy program, Adult Book Club, and many more.

We cannot wait for you to join us for these programs in December. We would like to remind you that January

YOU'RE INVITED TO OUR...

## Grinchmas Party

Come for the story!  
Come for the noise!



Come dressed in green or as Who-girls and boys!

Saturday, December 11th  
10:00am - 11:30am

Drop in and join us for these fun activities!

Geared for  
Ages 2-12

\*How The Grinch Stole Christmas Movie Showings with Grinch Popcorn!

Show Times: 10:00am, 10:45am, 11:15am

\*Meet & Take Pictures with the Grinch!

\*Candy Cane Hunt!

\*Grinch Crafting!

Join us for our annual Who-bilation!

DICKINSON AREA PUBLIC LIBRARY

is a planning month! This means no Storytimes or programs. However, you will be able to participate in the Winter Reading Program, which begins January 1st. Watch for more information

on our Facebook page and website. Once again, happy holidays to all of our patrons, and we look forward to seeing you! ■

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## COVER ARTIST Pieper Bloomquist



Pieper Bloomquist

Photo credit: Robert Berry, Fargo

Pieper Fleck Bloomquist is a contemporary folk artist in the traditions of Scandinavian folk painting – focusing on using the old Swedish folk-art styles of dalmålning and bonadsmålning to tell modern stories. Based in Grand Forks, North Dakota, Pieper has studied Swedish Dalmålning (Kurbits) and Bonadsmålning, and has been painting in traditional Scandinavian styles of folk art since 1993. Using design elements from Swedish folk-art traditions, along with traditional materials of linen/jute, homemade gesso, and egg tempera, Pieper creates painted tapestries with scenes that narrate modern human stories - drawing inspiration from family traditions, her experience as

an oncology nurse working with life and death, and current events such as the COVID-19 pandemic. She playfully incorporates the floral forms, borders, layout and perspective of the past to depict scenes that — while personal to her — portray universal



human experiences and daily activities of rural life in the upper Midwest.

For over a decade, Pieper has been active in the North Dakota Council on the Arts Art for Life program, and is a Master Artist in the Traditional Folk Arts Grant program. She received a North Dakota Individual Artist Fellowship in 2021. In 2018 she was awarded a fellowship through the American Scandinavian Foundation (AMSCAN) allowing her to study folk arts in Sweden. She is a regular instructor at the American Swedish Institute in Minneapolis, has been invited to multiple galleries to show her work, and has been invited to participate on review panels and advisory committees for arts organizations.

When she is not painting, Pieper



works as an oncology nurse at Altru Cancer Center in Grand Forks, ND. Pieper is a fierce advocate of social justice. She gets the greatest joys from going out to see live music and drinking coffee with her husband. ■



## EDUCATION

# Wellness room impacts student success

Approximately one in twenty children have a sensory processing issue that affects their ability to effectively learn in the classroom. Heart River Elementary wasn't going to let this stop its students from finding success. Tonya Bishop wrote a grant to create a Wellness Room and multiple areas around the school for students needing sensory support. These "safe" spaces are designed to provide a place for individuals with sensory issues to decompress and learn to cope with seemingly normal experiences. Walking into the room, a sense of calm truly settles in. A bubble tube,



light curtain, crash pad, swing, and canoe are several of the items students can use to help them self-regulate. Students shared the sensory room "makes them feel happy" and teachers report students are ready to learn when they return to class. Depending on the student's needs, several areas have been set up around the school with different activities. One popular space is the sensory path that is used by all students on a regular basis. This quick activity is designed to engage different parts of the brain and body to help them refocus in class. Bishop shares, "All of the items we have received have worked amazing and our HRE students are learning how to self-regulate which in turn helps to decrease overall behaviors." ■

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## COMMUNITY

## "The Dear Christ Enters In": An interfaith Christmas concert

By Kelsey K. Rogers

For many Christians, amid all the activity and stresses of the Christmas season, it can be easy to overlook the true purpose for our celebration: "For unto us a child is born, unto us a son is given... and His name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace" (Isaiah 9:6). Though Christ is the Prince of Peace, with its many obligations, December can seem anything but peaceful. But as the beloved carol proclaims, "Where meek souls will receive Him, still the dear Christ enters in" (O Little Town of Bethlehem). The Dickinson Interfaith Committee invites you to set aside the hustle and bustle of Christmas time to enjoy a few moments



of musical reflection and allow the dear Christ into your celebration. We have brought together the strengths and talents of several local churches and other faithful performers from our community to create an evening of Christ-centered music-making on Friday, December 17 at 7:00 pm, at 510 Museum Drive.

We are thrilled to have the St. John Lutheran Handbells and the St. John Lutheran choir, a brand-new Interfaith Choir, and a choir from the Church of Jesus Christ of Latter-day Saints, as well as individual performers from various local congregations. In addition to music, there will be a small display of Nativity sets. We hope you will join with us as fellow Christians in the joy of keeping Christ in Christmas. ■

## COMMUNITY

## Holiday Drive

Women Empowering Women is a non-profit organization with the mission of helping women become the best version of themselves. Each year, we host a variety of events and projects to serve women and girls of all ages in the Dickinson area. Our current project is our 3rd annual Holiday Drive for the low-income elderly women of our area.

According to the preliminary 2020 census, it is estimated that over 125 women in Dickinson over the age of 75 are living in "Extremely Low-Income Limits." This means that a one-member household lives on an income that does not exceed \$11,670.00 per year, or less than \$1,000.00 per month. These women are the silent, forgotten poor.

We are asking for help from the community for donations. Each year we have been fortunate to be able to increase our donors and the amount of funds raised. Last year, through our generous donors, we were able to raise more than \$9,000. We hope to continue that trend this year to be able to provide for these women who have been and continue to be such an important part of our community.

In order to make the best use of our donors' generous gifts, our drive specifically targets women who are 65 years and older. Gifts are distributed through partners such as Home and Community Based Services at Stark County Social Services or area churches.

For questions, please contact us at [info@wewnetwork.org](mailto:info@wewnetwork.org). If you would like to donate to the drive, your tax-deductible gift can be mailed to the address in the graphic below. Due to the ongoing Covid-19 situation, we are requesting gift cards or monetary donations. For more information about Women Empowering Women, please visit our website: [wewnetwork.org](http://wewnetwork.org). ■

Women Empowering Women  
Where women become the best version of themselves

# holiday drive

for low-income elderly women

**November 1 -  
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**CHECKS CAN BE MAILED TO:**  
Women Empowering Women  
5 Patterson Lake Drive  
Dickinson, ND 58601

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

For more questions or for more information, please contact us at [info@wewnetwork.org](mailto:info@wewnetwork.org) or by Facebook message.

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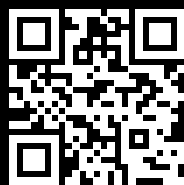
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December 12, 2021 - December 18, 2021  
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FOLLOWING THE WEEKLY PROMOTION

**COMMUNITY**

**Local teens learn positive life choices from CMC**

By Mark Billings

Public high school students in Dickinson and New England as well as private school students at Hope Christian and Trinity High schools learned more about teen sexual health and the Connect Medical Clinic (CMC) during the past month, setting a one-month record for student outreach.

C M C

President and Executive Director Tara Zettel taught 132 students at the Dickinson High School Freshman Health class and nine juniors and seniors in the Health Careers Academy last month. She said that she was encouraged with feedback she received from attendees.

"One student said she learned that the best way to not get a sexually transmitted infection is through abstinence," said Zettel. "Others commented positively on the life-affirming options we promote for teens and young adults, as well as into a long-term committed relationship with one sexual partner."

Kris Ehliis, the director of religious education at St. Mary's Church in New England, invited CMC to a Confraternity of Christian Doctrine (CCD) class in October at the church. About 16 teens participated.

"It's so important our students realize there are resources and support

available, and that they have options in case of an early pregnancy or unintended sexual health event," said Ehliis. "We look forward to visiting CMC in person during December."

Kelli Schneider, the religion teacher at Trinity junior and senior high schools, invited Zettel and Mark Billings, CMC's advancement manager to two classes

to speak. She followed up with a "Faith and the Human Person" field trip to CMC on Nov. 12 with two classes comprising about 40 students.

Billings and Schneider interacted with the groups by asking them to roleplay a teen mom and dad and to brainstorm the various factors they would face if facing an unplanned pregnancy.

"Visiting CMC was a helpful experience for our students," said Schneider. "I think we planted seeds, which will help them think more deeply than they have before." CMC, located on 683 S. State Ave. just south of Fairway is a nonprofit offering STD testing and treatment, pregnancy testing and decision-making services. For more information or to schedule an appointment, call (701) 483-9353 or visit [connectmedicalclinic.com](http://connectmedicalclinic.com). ■



New England CCD students



## NDSU EXTENSION Nighttime routine



By Holly Tuhy

When I wrote this, it was mid-November and I have to tell you: the time change had my sleep schedule so out of whack. With my husband having to get up earlier for work and it getting dark by 5:00pm, I was having a hard time staying awake past 8:00pm!

I found myself looking for ways to stay up later, tasks to keep myself busy rather than curling up on the couch in the evenings. Some nights, my busy work would help, but I eventually ran out of things on my to-do list.

Then it dawned on me: I needed to have better quality sleep at night. I was lacking deep sleep because my routine had been disrupted. That happens to all of us because our lives are always changing. Frequent travel, stressful work schedules, and seasonal time changes

are just a few things that keep us from sleeping well.

The reality is: we all need sleep, but each of us requires a different amount to function in a healthy way. There is no cookie-cutter sleep remedy that works for all of us, but NDSU Extension has some suggestions that just may help you get that quality rest we are all looking for this time of year.

1. Limit screen time right before bed and try to avoid using technology while in bed. The stresses of social media and the news don't need to be filling your head while you are trying to relax and fall asleep. Not to mention the light of your phone triggers your brain to think it is daytime, making it difficult to fall asleep. More often than not, things can wait until tomorrow.

2. Try to incorporate any form of exercise or physical activity into your day. According to Julie Garden Robinson, NDSU Extension Food and Nutrition Specialist, "Consistent exercisers experience the best quality and quantity of sleep. If you are not exercising, start with moving around more throughout the day. Incorporating more structured exercise into your lifestyle can benefit



sleep and overall health."

3. Try to establish a bed-time routine for yourself. We talk about this a lot with children; how getting them into a routine makes bedtime less of a struggle. Why should adults be any different? This will cue your body that it is time to rest and help you relax. Maybe you shower every night or have a cup of non-caffeinated tea. Whatever it is, do your best to stick with it!

4. This next one took a lot of effort on

my part in the beginning, but try making your bed every morning and wash your bedding more frequently. Nothing feels better than fresh sheets that are turned down and ready for you to crawl into.

Even if you have tried these recommendations before and they don't work for you, they are still healthful habits that can improve your overall well-being. Give them a try and you might be surprised how such simple changes can make a big difference! ■

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## CONVENTION AND VISITORS BUREAU

### Catch the breeze

The North Dakota air can be brisk at times in the winter, but the comfort food and warm layers of clothes bring a sense of hibernation to us with the shorter daylight hours.

And that brings us to two types of winter people. One is the outdoors, loves the snow, and refreshing crisp air type of person. This type of individual can't wait to layer up and participate in activities such as walking, hiking, ice fishing, cross country skiing, and even mountain biking on the Maah Daah Hey Trail. Yes, there is a



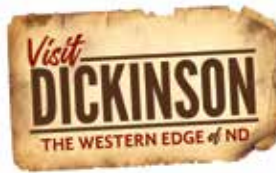
Poco Rio Frio will be held in February in the rugged Badlands.

Closer to Dickinson, bring the family to the Old Fashioned Christmas Stroll and tree lighting ceremony to be held on December 4th and back again on December 18th for the

colorful Parade of Lights in downtown Dickinson.

Indoor winter people. This type of individual dreams of the upcoming indoor sports events that has everyone jumping to their feet with the couple of seconds left on the clock. Or it might be the type that enjoys the art cultural events, such as the Dakota Concert Series or local plays at the high schools and Dickinson State University. There are those who, of course, do both or have found a completely different type of winter activity to follow. Either way, there are options to either tackle the wind, or maybe avoid it, and still enjoy the winter months.

Looking for an event or activity? The Dickinson Convention & Visitors Bureau's calendar of events lists many types of things for you to do while the snow drifts across the ground, and snowman are built. Be sure to check it out at [www.visitdickinson.com/events](http://www.visitdickinson.com/events). ■



winter competition called Bold St. Nick's Fatbike Festival in December, and the

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CORDIALLY INVITES YOU TO OUR  
8TH ANNUAL

*Old Fashioned Christmas Social*





Friday, December 3rd  
6pm to 9pm

Enjoy an assortment of Christmas treats, music, a wine pull, and a silent auction. While enjoying our beautiful library - all decorated for the holidays! This ticketed event is free for all Platinum Card holders and Twice Sold Tales volunteers.

Tickets are available at the library or online at [daplfoundation.org](http://daplfoundation.org) for \$20.

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## FINANCIAL FOCUS

### Bitcoin: Investing or speculating?

Many people have decided that bitcoin is the next big thing – and they are backing up their enthusiasm with dollars. Should you, too, consider putting money into bitcoin or other cryptocurrencies?

First of all, keep in mind an essential piece of financial advice: Don't invest in something you don't understand. And bitcoin is not easily understandable. There's no physical bitcoin, nor is it backed by a bank or government. It's a digital currency, used for transactions on a decentralized network of computers. The market's demand for bitcoin largely determines its price, though other factors are also involved.

And this price can vary widely. Since bitcoin was introduced in 2009, it has gone through periods of enormous gains and precipitous declines. Its short history has reminded market watchers of the bursting of the "dot.com" bubble in 2000 and the housing market bubble in 2007. These results have raised the following question about purchasing bitcoin: Is it investing or speculating?

There's a big difference between the two. Speculators engage in risky transactions with the hope of profiting from short-term price fluctuations in various financial vehicles. Investors, on the other hand, stick with these practices:

- They follow a long-term strategy. Real investors follow a long-term strategy based on their goals, risk tolerance and time horizon. Generally speaking, long-term investors don't do a lot of buying and selling, saving on fees and potential taxes. But this "buy and hold" approach doesn't mean investors put their portfolios on autopilot. Instead, they review their portfolios at least once a year to make sure their investment mix is still appropriate for their needs.

- They focus on quality. Long-term investors stay away from the flashier – and riskier – financial instruments. Instead, these investors seek quality. When they're considering stocks, for example, they look for companies with solid fundamentals, including strong management teams, competitive products and services and business plans that bode well for the future. When they buy bonds, they seek those with high credit ratings issued by the independent rating agencies. Focusing on quality doesn't yield quick results, but it can instill confidence in one's investment choices.

- They diversify their holdings. If a downturn in the financial markets affects one type of asset particularly hard, and your portfolio contains a high concentration of that asset, your

financial strategy could be jeopardized. Long-term investors reduce this risk by owning a variety of investments. While diversification can't guarantee profits or protect against all losses, it can help reduce the impact of market volatility on your portfolio.

And here's one more difference between investors and speculators: track record. Investors put their money into companies that provide tangible goods and services, and these companies have historically grown with the overall economy. Stocks and bonds are established investment vehicles with well-defined and regulated markets. Consequently, investors can assume a certain degree of predictability,

though, of course, stock prices will always fluctuate in the short term and there are no guarantees against loss of principal. Cryptocurrencies, on the other hand, are relatively new, largely unpredictable and will likely face increased regulation in the future, with the ultimate risk being an outright ban by some governments.

You work hard for your money – so think carefully about how you can best put it to use to help you reach your lifetime goals.

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



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**WHERE BUSINESS GOES TO GROW****Building Rehabilitation Grant**

A new competitive grant program will be available beginning January 2022 for building rehabilitations in Stark County. As a joint effort with the City of Dickinson, Stark Development Corporation will be offering a new Building Rehabilitation Grant program aimed at assisting emerging businesses with bringing a property into compliance with local and national building codes.

This program is offered directly through the Stark Development Corporation office and subject to approval of the SDC Board of Directors. Suitable projects may be eligible for a matching forgivable loan of project funds up to a maximum of \$50,000.

Applications will be reviewed and

scored based on the projects ability to meet the criteria for the program. Funds can be used for, but not limited to, accessibility and ADA improvements, fire suppression, hazardous materials abatement, structural issues, plumbing and HVAC updates as required by building code.

Eligible projects must be opening a new business or significantly expanding their business with priority given to projects opening in shuttered buildings or properties. Renovations preserving the integrity or historical nature of buildings are encouraged. Applicants must be a for-profit business and special consideration will be given to projects that create new revenue streams via sales tax, hospitality tax and property tax.

Overall the program is being designed to create new taxable businesses in blighted or otherwise 'difficult to occupy' properties. Rehabilitation projects will score higher if their projects consists of improvements that are universal in nature and not overly specific to the current occupant or tenant.

According to Ryan Jilek, Executive Vice-President for Stark Development Corporation, program goals are "to encourage redevelopment and investment in the communities we serve and enhance commercial growth. There are several properties we would like to see renovated and re-opened for business."

Applications are available from Stark Development by calling 701.225.5997 or visiting their website at starkdev.com. A review committee has been set up and will review applications on a quarterly basis on the second Tuesday of each quarter starting in January. The first round of applications are due on January 1, 2022.

Building Rehabilitation Grant funds are provided as a match to the investment made by the property owner. Property owners will have twelve months to complete the renovations and vacant properties must have a tenant or lease in



place following completion of the project.

"The Revitalization Grant Program from Stark Development Corporation is designed to encourage significant investment and redevelopment in the communities we serve and ultimately increase our tax base throughout Stark County, further emphasizing our mission of creating a better place to live, work, and grow," Jilek added.

"Funding for the program is limited and grants will be awarded at the discretion of the review committee", Jilek said. "We are excited to see what opportunities these grants will provide to the community." ■

# Murder in Space



Mystery Dinner Theater

Tickets go on sale Friday, January 28

5-8 pm Roosevelt Grand Dakota Hotel

Performances are:

Feb. 10, 11, 12

Tickets are:  
\$50 Feb. 10  
\$55 Feb. 11 & 12

For more information, contact:  
Karen Heidt, Director of Development Phone: 701-590-0495  
Email: kheidt@dpsnd.org





## COMMUNITY

## Cowboy Christmas

The 25th annual Medora's Old Fashioned Cowboy Christmas Celebration is just around the corner! Every year the Medora Chamber of Commerce produces a legendary Christmas experience celebrating its western heritage. "After exercising an abundance of precaution and cancelling last year's event, we are excited to produce the most impressive Cowboy Christmas in our events quarter century history," stated Cowboy Christmas Chair, Ella-Jo Corneil.

The celebration will commence on Friday, December 3 with a ceremony at the Billings County Veterans Memorial Wall honoring all who have served our country. Following this presentation, a local Veteran will be honored at the Medora Community Center. Additional Friday events feature a showing of "A Magical Medora Christmas" at the Old Town Hall and a local Pub Crawl featuring local musicians.

After spending a night in Medora, Saturday brings more action-packed

events. Families can enjoy the Outhouse Races at Chimney Park where contestants create homemade outhouses with wheels and team race for prizes. This unique race won't soon be forgotten. Afterwards enjoy free snacks during "Eats on the Streets" where participating local merchants provide complimentary treats and snacks just for stopping by. It's an excellent opportunity to purchase gifts or gift cards for Christmas giving.

Saturday afternoon features an art show, canvas painting, Victorian crafts & games at the Chateau de Mores, Cowboy Poetry and two showings of "A Magical Medora Christmas." There will be lots of shopping at our stores and Christmas Cheer at local restaurants. Saturday evening includes a Christmas feast with live music & dancing at the Community Center along with a Kiddie Carnival!

To finalize the evening and in celebration of the event's 25-year anniversary, there will be a large fireworks display provided by one of YouTube's most popular fireworks experts, CB Pyrotechnics. Weather permitting, the display will begin to light up the sky at 7PM. Best viewing will be from the Community Center or



AmericInn parking lots.

Joe Wiegand has written a bit more about this event in his Notes from the Badlands article on page 28. For a full agenda, see page 31, part of Heart River Voice's Calendar of Events. For event updates, be sure to visit

[www.medoraNDchamber.com](http://www.medoraNDchamber.com) or the MedoraChamber Facebook page.

Medora is excited to welcome you December 3rd and 4th for this historic event! ■



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## HEALTH

**Inflammation – The driver to all illness**

By Steve Irsfeld



It has been some time since I've railed on about inflammation, but the subject came up recently on a hunting trip with my cousins. One of my cousins asked me what my supplement regimen and diet were and why I chose gluten-free. That pretty much opened the flood gates to teaching about inflammation and how lowering your inflammatory burden will hopefully set you up for long and active life.

Inflammation is a vital part of our immune system. When we are injured or exposed to a perceived threat, we use inflammation to support the process. When we sprain our ankle, the inflammation that occurs is our body's way of forming a cast over the injured ankle. The process was an essential part of survival in prehistoric days because if you sprained your ankle and could not keep up with the pack, you would be a liability, and they would leave you behind, most likely to perish. The inflammation created by the injury made a cast to allow you to keep up with the pack. If our bodies didn't inflame, we would be in trouble. Our bodies react and create

inflammation. What our bodies are not designed to do is to respond, inflame and stay inflamed. Decreasing inflammation should be the major push to lower our healthcare burden.

Excess fat on your frame will lead you down a path of inflammation, eventually causing insulin resistance which is the gateway to diabetes.

Carrying extra weight is hard on your joints because the stress over time has led to joint degradation, joint replacement, and arthritis.

Personally, my goals revolve around lowering inflammation, and this is what I try to do daily to lower inflammation in my system:

- Diet – my wife has been gluten-free for about ten years, and I would say that I am 99% GF. Every couple of months, I have a little bit of gluten if I think it will be something delicious. MY KNEES DON'T HURT when I don't eat gluten, and I don't have any limitations. To me, gluten is a source of inflammation. Balance is everything, and don't try to make this too hard, or you will fail. If you need to cheat, cheat, but get back on track the next day

with no regrets.

- Exercise – I try to exercise regularly because I feel better and have more energy. The more muscle on your frame, the more calories you burn at rest, and the better you can keep your weight at an optimal level which ultimately reduces inflammation.

- Supplements – I take my share of these, but the bulk of them focus on reducing inflammation, and I like to start with Omega 3 fish oil. I take about 3000mg/day. Curcumin is a natural anti-inflammatory obtained from turmeric. Pro-resolving mediators are a fish oil byproduct that cleans up the mess left after inflammation occurs, allowing your tissue to start with a clean slate. Lastly, I take a joint formulation that includes undenatured collagen and xanthohumol, a byproduct of hops.

- Prescription medications – I am currently only taking one prescription, which is low-dose naltrexone. This may come as a surprise to you (just kidding),

but this medication as low doses can reduce overall inflammation in the body. Studies have shown that all markers for inflammation are lowered over time. The second fantastic benefit is that it can elevate your endorphin levels by up to 300%, which alone is a massive win for improving mood and energy.

The items listed in my protocol are the foundation that I hope to establish for the next 20-30 years with the hope that I can stave off disease and illness. We know that science changes, and my regimen has changed over the years while I learn more about improving vitality and longevity.

If you would like more information on lowering your inflammatory burden, call the pharmacy @ 701-483-4858 or stop in and have my staff answer any questions. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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## LESSONS IN BUSINESS

# It's a new year: Does your company have a strategic plan?



By Debora Dragseth

Does your company have a strategic plan? If it doesn't, it may be because you are using one or two of the most common excuses: 1) Strategic planning is for the C-level folks, not for me. I just do what I am told by the big shots at corporate. 2) Strategic plan? Are you kidding? Things are changing so fast around here, we are lucky if we can plan for lunch.

Let's consider these reasons individually. Although strategic planning is most often thought of as a corporate-level function, in reality, in order to be relevant and effective, a plan should be developed, communicated, and implemented at all levels of your organization. If lower- and mid-level employees are left out of the strategic planning process, you can expect a high and often insurmountable border between strategy and execution.

Historically, the roots of strategic planning can be found in the military. Setting objectives, collecting intelligence, and then using that information to make informed decisions in order to reach your goals makes sense in military as well as business strategy.

As for excuse number two, every business is certainly in a more chaotic environment today than they were in the past. In fact, businesses haven't been able to follow trend lines and be confident that next year will be much like last year since the 1980s. However,

because today's business environment is so accelerated, there is more—not less—need for strategic planning. Consider management guru Peter Drucker's famous quote that "sloughing off yesterday is almost impossibly difficult, yet every organization must get used to doing it regularly." Strategic planning was never meant to be static; it should be adaptive and flexible, a living document that focuses on the company's strategic vision; it should be reviewed, shared, discussed and implemented throughout the entire organization.

Fearful or fearless?

Ask yourself if your company's strategic plan is fearful or fearless. Are you focusing on the limitations or the possibilities of moving forward?

Imagine your company (or department) as it could be rather than as it currently is. Then ask yourself, "If we got all the breaks, if everything went our way, what could this company look like in five or ten years?"

Then consider: What are the activities that are most likely to achieve the results that we want? Write down those activities and prioritize them. As you develop a plan of action be sure to include an analysis of what barriers might inhibit you from following your plan of action and achieving your goals.

Your principal obstacles may not be your competitors; they may include lack

of creativity, the drive to protect self-interest, or the company's "we-have-always-done-it-this-way" culture.

Strategic planning seems like a lot of work, and it is if it is done correctly. Some businesses will succeed by the "flying-by-the-seat-of-their-pants" method, but those businesses are in the minority. The vast majority of thriving companies do not succeed by dumb luck—they succeed by vision, planning, and execution.



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



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# DICKINSON MUSEUM CENTER

## THEN... and Now: Dickinson's Confederates - Part 1

By Bob Fuhrman

### Why a Veterans Census?

*Special Schedules of the Eleventh Census (1890) Enumerating Union Veterans and Widows of Union Veterans of the Civil War*

The Federal Pension Office requested the special enumeration to help Union veterans locate comrades to testify in pension claims and to determine the number of survivors and widows for pension legislation (by 1890, more than 250,000 claims had been rejected or were awaiting adjudication in the Pension Office because witnesses to support the claims could not be located).

Scholarly studies of post-Civil War migration show most people migrated westward longitudinally, that is, near their home latitude, generally west with slight deviation. The theory being those migrating assumed they would be moving to open spaces much like the country they left – especially in terms of climate - many planned to take advantage of Homestead lands upon which they would farm or ranch. While not a hard and fast rule, statistical studies seem to bear this out.

A large segment of those who migrated westward after the Civil War were the men who fought that conflict - and most who settled in the Dakota Territory had migrated directly west. The 1890 Federal Census of Civil War Veterans enumerated 37 veterans living in Stark County in June of that year. Discounting 8 anomalies, the remaining veterans came from these states:

New York	7
Massachusetts	2
Illinois	6
Michigan	2
Wisconsin	6
Delaware	1
Maine	1
Iowa	2
Ohio	1
16th Regt. U. S. Army	1
(no state credited)	

The 'anomalies' included 3 men from Kansas and five men recorded in error, 2 post-war veterans of service in United States regiments (that is, the Regular Army) and 3 veterans of the Civil War who actually served in the Confederate Army. Yes, technically Civil War veterans, but that 1890 Federal Census was intended to enumerate Union veterans. Those three Confederate veterans (and a fourth who relocated to Dickinson after 1890) are the subject of this article – men who migrated to North Dakota, considerably north of their home latitudes. (Please note, the 1890 Veterans Census schedules for most of the northern states is nearly all that remains of the 1890 census which was destroyed in a 1921 fire. 'Schedules' refers to the forms the enumerators filled out as they visited domiciles).

Dickinson's resident Confederate veterans, although easily recognized by townspeople in their time, present us a hazy picture. Only one had a family with him, three died here but two returned to southern soil for burial (the third is 'probably' buried locally), three would have been considered 'professionals' but all confound us with stories that are frustratingly incomplete (so far). Regardless, let's take a look at these 'Sons of the South' who made Dickinson their home.

### A (?) Crawford

Crawford's entry in the 1890 Veterans Census is written clearly by enumerator Charlie Langdon who was responsible for the house-to-house census visits in Dickinson. Unfortunately, Crawford's entry is crossed out by a single line, partially obscuring the name – it may read "Fred A." or possibly "Lieut. A." – the National Archives notes that such cross outs of Confederate veterans were often made by Census Supervisors, which we assume means after the sheets were handed in from the field. The columns for Crawford's rank, company, regiment and state plainly read "lieutenant," "A," "22" and "Georgia," however, Confederate records show no Crawford in Company A of the 22nd Georgia Infantry, nor a Lieutenant Crawford in any of the regiment's companies. As there is no other trace of a Fred or an A. Crawford in our local sources this man is somewhat of a mystery and Confederate records are notoriously incomplete.

The Veterans Census records the dwelling number (not an address but the dwelling in order of visit) and family number (again, in order of visit) – these numbers are the same as recorded on the regular census schedules; in 1890 there were several questions enumerators were required to ask respondents, including something along the line of, 'Are any veterans living here who served in the Union Army?' A positive reply required they record the veteran's information on a separate schedule specifically for veterans, but obviously, the instruction to record Union veterans was not always emphasized in training, otherwise we wouldn't have entries for our Confederate veterans or the two post-Civil War veterans.

The entry for Crawford indicates he lived in dwelling #204, part of 'family' #208 ('family' was also used in reference to households with unrelated occupants). The next man listed

on the veterans' schedule was James Hendricks, a veteran of the 2nd Ohio Heavy Artillery who is listed in the same dwelling and 'family' as Crawford – so they shared a domicile, perhaps both lived in the same boarding house.

A July 1890 article in the Press infers James Hendricks was a railroad worker - an injured arm sent him "to the hospital at Brainerd," which was the Northern Pacific's 'system hospital.' At least two other veterans listed in nearby dwellings were also N.P. workers. As many single railroad workers often boarded together near the railyard it is possible Crawford may have worked for the N.P. himself, although this is conjecture. As the 1890 Veterans Census is the only trace of "Fred Crawford" or "A. Crawford" to be found locally, it maybe he was transferred to another N.P. facility (not uncommon) or simply left Dickinson for greener pastures. We may never know more.

### Joseph Harris Field

"Colonel" Field's story is well-told in his 1915 obituary carried on the Press' front page. Born in 1840 at Columbus, Mississippi, he was the son of well-to-do planter Joseph W. Field whose 1860 real estate holdings were valued at \$194,000 along with personal property worth \$105,000. Combined, his father's holdings, including 102 slaves, would be worth over \$10M today according to inflation calculators.

Joseph was nine when his mother died and "he was early sent away to the famous school for boys," for two years at Professor Henry Tutwiler's Greene Springs School in Alabama, then attended the Western Military Institute in Nashville before going on to Chapel Hill, North Carolina where he graduated in 1859. The 1860 census identifies him as a law student, possibly reading the law with his father, who was a judge in addition to being a planter.

*Continued on page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



December 2021

## HANSEN GIFT ALLOWS DSU TO PROVIDE STATE-OF-THE-ART NURSING EDUCATION



Glenice Hansen, BSN, MS and Dale Hansen, DDS have generously donated \$100,000 to Dickinson State University's (DSU) Department of Nursing. This gift, the largest ever given to the department, will support the renovation of the entire second floor of Murphy Hall, which will become the Glenice Hansen Nursing Center in honor of the family's gift.

This donation will allow DSU to transform the nursing department into a world-class health care training site that will provide students with the most advanced technology available anywhere in the region.

"The Department of Nursing is grateful for the generous donation from Ms. Glenice Hansen and Dr. Dale Hansen," said Lucy Meyer, chair of the Department of Nursing at Dickinson State, "Their donation will provide support for construction of the new simulation lab project. Glenice has been an active advocate of nursing for many years, and I am honored to know her."

Glenice Hansen was a member of the nursing department from 1968-1981, first as a faculty member and later as the chair of the department. "Nurses are an important and integral player in the health care system," said Hansen. "There has been a shortage of nurses for decades in North Dakota and nationally. To educate nurses the department needs up-to-date equipment and tools. My husband and I wanted to be a part of providing that equipment so DSU can continue to educate nurses to take on the responsibilities of a nurse today and in the future."

"This gift is coming at just the right time," stated DSU President Steve Easton. "It will have a huge impact as we modernize our nursing teaching spaces."

The Hansens have an extensive history of philanthropy and service to Dickinson State, including both having served on the board of directors for the DSU Heritage Foundation (DSUHF). "Glenice and Dale Hansen have been tremendous supporters of the university," commented Ty Orton, executive director of the DSUHF. "With this gift we have been able to update our nursing facilities to a standard that fits our program. We thank them for everything they have done and for being a true friend to DSU." ■



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## DICKINSON STATE UNIVERSITY'S EASTON AND DRAGSETH PRESENT AT NATIONAL TR CONFERENCE

Dickinson State University (DSU) President Steve Easton and Debora Dragseth, provost and vice president for academic affairs at DSU, presented at the Roosevelt School and Global Service Institute's Conference on Leadership and Service Thursday, October 21. The three-day conference, held at Long Island University, brought together a premiere gathering of global thought leaders and innovators to discuss the critical issues, lessons learned, and trends that will shape leadership and service in the 21st century.

Easton and Dragseth spoke on the topic Roughrider Leadership: Teaching global leadership with Theodore Roosevelt. "We presented our experience last spring teaching a course for Dickinson State University's Theodore Roosevelt Honors Leadership scholars," explained Easton. "The course examined a wide variety of contemporary examples of leadership styles with the intent to investigate their long-term application to a more global vision of leadership."

"Zooming into Long Island for this conference was such a fun experience," said Dragseth. "We are so proud of DSU's former and current Theodore Roosevelt Honors Leadership students that were an integral part of our presentation."

"It's always fun to brag about our great Theodore Roosevelt Honors Leadership Program students," added Easton.

Other speakers at Long Island University included such luminaries as General Wesley Clark, U.S. Army (retired), Former NATO Supreme Allied Commander of Europe; Jessica Lynch, Former Prisoner of War (POW); Tweed Roosevelt, School Chair and great-grandson of Theodore Roosevelt; Ellis Cose, award-winning author and journalist; and Kathleen Kennedy Townsend, Former Maryland Lt Governor. ■



To learn more about the conference, visit [liu.edu/conference-on-leadership-and-service](http://liu.edu/conference-on-leadership-and-service).  
For information about the Theodore Roosevelt Honors Leadership Program, go to [dickinsonstate.edu/trhlp](http://dickinsonstate.edu/trhlp).



### *From the Hawks' Nest*

This fall, we received the exciting news that Dickinson State was selected by U.S. News as one of the best regional colleges in the Midwest. DSU was one of only six public schools on this distinguished list.

To read the full article, visit: [bit.ly/DSUHawksNest](http://bit.ly/DSUHawksNest)

## DICKINSON STATE UNIVERSITY HIRES DEAN OF STUDENTS



Kayla Noah has been named the dean of students at Dickinson State University (DSU). Noah has a Bachelor of Science in chemistry education with a minor in mathematics from the University of South Dakota and a Master of Education in educational leadership from the University of North Dakota.

Debora Dragseth, provost and vice president for academic affairs at DSU, notes that the hiring committee was delighted to bring into the Dean position an individual with a degree in the natural sciences, an area that the University relies on heavily—not only for its science majors, but also for its academic support of nursing, exercise science, and education majors. The committee also noted her passion as a thoughtful and student-centered decision maker.

Noah had previously worked as the director of DSU's Student Opportunity and Resource Center as well as the campus's disability specialist. She also served the University as the math and science coordinator. Before coming to DSU, Noah taught chemistry and math at Alcester-Hudson High School in South Dakota.

"As DSU launches a new era of student life, with a renewed focus and energy," said Noah, "I look forward to the opportunity to serve in this position."

In December 2020, The National Academic Advising Association (NACADA) awarded Noah the Region 6 Excellence in Advising – Advisor Primary Role Award. NACADA is an association of professional advisors, counselors, faculty, administrators, and students working to enhance the educational development of students. Recognizing that effective academic advising is at the core of student success, NACADA is one of the premier global associations for the development and dissemination of innovative theory, research, and practice of academic advising in higher education. ■

## AG EDUCATION AND AG COMMUNICATION NOW PART OF DSU'S AGRICULTURAL STUDIES

Written by Luisa Popp, DSU Student Intern



This fall, Dickinson State University (DSU) added Agricultural Education and Agricultural Communication to the curriculum. These programs aim to make it easier for those who are interested in both agriculture and education or in agriculture and communication to combine those interests.

The Agricultural Education course is a 4+1 program. The student will earn a bachelor's in agricultural studies with a minor in agricultural education from DSU and start agricultural education graduate courses through a collaboration with North Dakota State University (NDSU) during their senior year. They will then complete the master's program in their fifth year at Dickinson State through NDSU. This is a special program since it allows students to start on their graduate work prior to finishing their bachelor's. It had been discussed to do this program completely in house, but it would have left the students with only a bachelor's after approximately 150 credit hours of work.

"This collaboration with NDSU was 20 years in the making," explained Chip Poland, chair of the Department of Agriculture and Technical Studies at Dickinson State, "but it was worth it because through the partnership, we could add the master's with the same amount of credit hours."

DSU's program aims to recruit students from Eastern Montana, Western South Dakota, and Western North Dakota without competing for those who would want to go to NDSU. This will allow students that come from an agricultural background in this area to stay closer to home while pursuing their dream degree without having to move to Fargo, North Dakota.

The Agricultural Communication program adds a student's choice of communication minor to an agriculture major. For this degree, students will take communication courses such as Persuasion or Interpersonal Communication together with core agricultural courses. One of the goals for the program is to teach students how to tell stories from an agricultural perspective. This can be useful, for example, in bigger agricultural companies where rhetorical skills are needed and valued.

DSU senior Olivia Kudrna is one of the students enrolled in the Agricultural Communication program. "When I was working at a gas sta-

tion," said Olivia, "I had an encounter with a lady who started bashing agriculture and criticized how it affected the environment. I was just shocked in the moment, but later I wished I had known how to talk to that lady and explain to her what agriculture means to her."

Olivia is from a fourth-generation farm, which is why she was looking for a program that addressed her interest in agriculture, taught her how to advocate for it, and allowed her to stay in the area. Olivia will graduate this December with a bachelor's in ranch management and a minor in communication. After graduating, Olivia is confident that she will find a job, since communication is a subject broad enough to apply to many different positions. She is thinking about working at a bigger agricultural company and managing its social media, speaking at agricultural conventions, or even working for the agricultural department of a school.

For more information, contact Poland at [Chip.Poland@dickinsonstate.edu](mailto:Chip.Poland@dickinsonstate.edu) or 701-483-2185. Enrollment for the spring semester is now open. If you're interested in applying, contact Admissions at 701-483-2175 or visit [www.dickinsonstate.edu/admissions](http://www.dickinsonstate.edu/admissions). ■

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BADM 356	Organizational Behavior	3	3	Jason Abate
BADM 497	Business Administration Internship	1	3	Holly Gruhlke
BOTE 210	Business Communication	3	3	Konstandinos Voutsas
EDUC 350	Portfolio Preparation	1	1	Pamela Krueger
EDUC 574	Capstone/Portfolio	1	1	Pamela Krueger
ENGL 110	College Composition I	3	3	Niles Haich
FIN 326	Managerial Finance	3	3	Timothy Kessel
HPER 497	Internship	1	3	Thadd O'Donnell

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## TRHLP STUDENTS SHINE IN HOSTING NINTH ANNUAL BOO HAWKS EVENT

Students from the Theodore Roosevelt Honors Leadership Program (TRHLP), a program at Dickinson State University (DSU) that prepares students to lead and serve in the community, organized the annual Boo Hawks event, which saw over 1,100 participants from the surrounding communities, at King Pavilion Sunday, Oct. 31. After COVID-19 cancelled the fun-filled event last year, students from TRHLP knew the impact the event had on the city of Dickinson and surrounding communities, and they wanted to do something about it.

“As a student-led program, the TR scholars felt Boo Hawks was an important event to bring back to campus to connect with the community,” said Mari Kovash, TRHLP’s office manager. “With all the challenges of COVID-19, I am very proud of the hard work put forth by the scholars, as well as their leadership skills, in making this event possible.”

“Going through many obstacles to make this great event happen was so worth it,” said Haylie Oberlander, TRHLP student assistant director. “The turnout of the event was incredible, and I am thankful for everyone who attended. The TR scholars worked hard and gained a lot of leadership experience by organizing and putting on this fun event for the community.”

From start to finish, scholars from the program led and organized the entire event. They created numerous game and activity stations for kids, including the Witch Hat Ring Toss, the Pumpkin Ring Toss, and the Pumpkin Corn Hole. They also set up stations for kids to go trick-or-treating, organized an online coloring contest for two different age groups, and held a donation booth for Nexus Family Healing for foster care services.

“A lot of planning had to go into this event as it was new for TRHLP to take over,” said Alexa Delbridge, TRHLP student assistant director. “Not only did the four of us in the office put in many hours but so did the 30 scholars who were involved in the event. All the hours we put in became so worth it and we were happy to see how successful the event was with over 1,100 attendees!”

About the TRHLP – The TRHLP at Dickinson State prepares students to lead and serve in the community, the nation, and the world. The TRHLP is made up of a very diverse group of students from across the country and around the world. On top of being excellent students, TRHLP scholars are also active participants in Blue Hawk athletics and a wide variety of different on-campus clubs and organizations. The TRHLP is unique in its focus on bringing together such a diverse group of young people to come together in a learning community. ■

THEODORE  
*Roosevelt*  
HONORS LEADERSHIP PROGRAM





## DSU INTERNATIONAL STUDENTS AND COVID-19

*Written by Luisa Popp, DSU Student Intern*

Dickinson State University (DSU) has a wide variety of students, most of whom are from North Dakota, Montana, or South Dakota, but there are also students that have traveled great distances to attend our university. Two of these are Aqsa Syed, from Pakistan, and Juliana Alves Ribeiro, from Brazil. I am also an international student. My name is Luisa Popp, and I'm from Germany. Getting to DSU and living here, has never been as easy for international students as it is for those whose hometowns are closer to Dickinson, North Dakota, but the COVID-19 pandemic has added another layer of difficulty. Here are a few of our experiences.



I am a senior Blue Hawk double majoring in psychology and communications, and I usually go back to Germany for the summer. When covid first hit in 2020, we had just started spring break, and everything was unsure. In Germany, everything closed down a little sooner than here, so my parents were already asking questions, but no one really had any answers for what to do, where to go, or if I could or should go home or not. I ended up going home, but I did not know if I was allowed to return or if the American borders would stay shut. When I arrived in Germany, I had to quarantine, and it was not until two weeks later that I could finally hug my family.

It was a relief to hear that the American borders would open for international students, especially since Germany was on the list of countries that were allowed in. Once back in the States for the fall 2020 semester, everything was unclear. I did not know if I had to quarantine or not, and it seemed like every day there was a new case of COVID-19 reported within the student body. I had covid, and let me tell you, being away from your family in a different country and being sick while being quarantined alone is no fun. I chose to get the vaccination, and it relieved the fear of going through that again. It also makes it easier to travel back and forth between Germany and the United States (US).

But enough about my story. There are multiple international students who experienced similar but also different things while dealing with covid. Aqsa is attending DSU for one semester as part of an exchange program. For her to come here, she flew from Pakistan this August. To enter the US, she had to have a negative COVID-19 test within 48 hours of flying. This meant that she did not know until half a day before her flight left whether she could come or not. Once she arrived in the States, she did not have to quarantine because she is vaccinated. In Pakistan, vaccination is not optional; every citizen must get vaccinated.



Requiring its citizens to get vaccinated is not the only difference between Pakistan and the US regarding COVID-19. "Getting tested in Pakistan is really expensive," said Aqsa. In Dickinson, on the other hand, covid tests are available for free. Overall, in Pakistan the rules regarding covid are stricter than in the US. For example, everyone must always wear a mask. Aqsa compared that to DSU where "people do not wear masks, there are get-togethers, and most people are not vaccinated." She thinks the guidelines here in the States are confusing because "every state has a different perception and protocols regarding covid." Aqsa gets to go home at the end of the fall 2021 semester.

Juliana—who prefers being called Juju—is a different story. Juju is a sophomore exercise science major who has not been home in over two years. She was supposed to go home for the summer of 2020, but the pandemic made her change her plans. Until July 2020, it was unclear for F1 visa holders, which is a form of student visa, if they could reenter the US once they left. President Trump reopened the borders for F1 visa holders, but only ones from certain countries; Brazil was not one of them. So, for Juliana to reenter the States, she would have had to quarantine two weeks in a country from which people were allowed to come. She will not be able to go home for the winter break this year, either, because "I would not be able to reenter the US," she said, "because in Brazil, the covid situation is really bad; therefore, the US closed the border for Brazilians to come in."



When asked about covid guidelines in Brazil, she explained, "We cannot go out without a mask. If we have symptoms of covid, we need to quarantine immediately." She added, "There is no way to see a doctor back home because there is a risk and fear of getting covid at the hospital."

When asked about covid guidelines in Brazil, she explained, "We cannot go out without a mask. If we have symptoms of covid, we need to quarantine immediately." She added, "There is no way to see a doctor back home because there is a risk and fear of getting covid at the hospital."

With not being able to go home any time soon, Juju is worried about her family and not being able to check on them. She keeps in touch with her mother via WhatsApp video calls, but that is not the same as seeing them in person. Additionally, she downloaded the Blue Hawk SAFE app because "it does help with covid information," since guidelines can be confusing at times. Juju hopes to go home for the summer in 2022 and finally reunite with her family.

The Blue Hawk SAFE app is an app provided by DSU Campus Security to students, which shows not only emergency information but also a variety of information regarding COVID-19. Through the app, students such as Aqsa, Juju, and myself can access information about guidelines, vaccination sites, testing sites, and travel restrictions. For people that are new to North Dakota, finding a testing site can be hard, but it is made more accessible through Blue Hawk SAFE. Finally, one feature is especially important to international students: we can find legitimate information about whether we can go home. ■



## DICKINSON STATE UNIVERSITY NOW OFFERS A MASTER OF EDUCATION IN ELEMENTARY EDUCATION DEGREE

Dickinson State University's (DSU) new Master of Education in Elementary Education program will help in-service elementary education teachers become master teachers of their craft. The 34-credit graduate program will provide a deeper understanding of current methods and research associated with teaching in the elementary classroom by exploring key areas such as cross-curricular literacy, language arts and math instruction, and integrating technology purposefully for younger learners.

Completion of the program will allow working teachers the opportunity to move up on their respective salary schedules and receive substantial salary increases in the range of 8-11%, depending on the school district.

Starting with the spring 2022 semester, DSU will be one of only two schools within the North Dakota University System to offer the graduate program, but teachers do not have to live in Dickinson to take advantage of it. All the coursework will be taught asynchronously online by highly qualified faculty, all of whom possess doctorates in education and have K-12 teaching experience.

"This master's degree specifically targets elementary education teachers who are interested in deepening their knowledge of elementary methods as well as the research that informs best teaching practices," said Joan Aus, chair of the School of Education and associate professor/director of graduate studies at DSU. "All of the faculty are terminally degreed elementary education teachers, who have proven experience with a strong research base."

Dickinson State is now accepting applications for admission to the Master of Education in Elementary Education program. For more information about the program, please visit [dickinsonstate.edu/med](http://dickinsonstate.edu/med).

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). ■

## 2021-22 DISCOVER DSU DAYS

### IN-PERSON

*DSU Campus, May Hall*  
**Mon, Dec 6**

### IN-PERSON

*DSU Campus, May Hall*  
**February 18**

### VIRTUAL

*via Zoom*  
**March 9**

### IN-PERSON

*DSU Campus, May Hall*  
**April 11**



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

## DSU LOSES BELOVED BIOLOGY PROFESSOR EMERITUS MYRON FREEMAN



DSU lost a beloved former Professor Emeriti Friday, Nov. 5, when Myron Freeman, 91, passed away at St. Luke's Home, Dickinson. Professor Freeman taught in the science department for 30 years (1962-92) as an associate professor of biology and later as head of the math and science department.

One of Freeman's former students, Thadd O'Donnell, now chair of DSU's dept. of health & phys. ed. and head golf coach, said of Freeman, "He was one of the best teachers DSU has ever employed. He was a great teacher and a very kind person who cared deeply about teaching and his students. I remember taking an anatomy test where he put a pig humerus in a black bag to see if we could guess the bone just by feel. He also had a body builder come to class and jump on top of the table showing us different muscle groups. RIP Mr. Freeman."

Freeman's labs and field trips in and around western North Dakota were legendary. He positively impacted countless students throughout his career. Thank you for your contribution, Professor Freeman. We are proud to call you Blue Hawk family.



*photo from DSU's 1992 Prairie Smoke yearbook*

## BLUE HAWKS ROUT SAINTS; SECURE 7TH STRAIGHT NSAA CHAMPIONSHIP



The Dickinson State University Blue Hawks secured their 7th straight conference football championship after routing Presentation College 41-17 on Saturday afternoon. The Blue Hawks up their record to 7-2 and 7-0 in NSAA play.

“We are really proud of our players and coaches for securing a conference championship,” stated head coach Pete Stanton. “Our guys did a great job of adjusting to the delayed start and got off to a big lead early. It was good to get everyone in and keep the players healthy. We are especially happy for our seniors. We know that our playoffs start this week against a very good Waldorf team. It will be a huge challenge for us.”

The game was delayed a couple hours due to not having any officials for the contest. Once the game started, Presentation took the opening kickoff and went down the field and settled for a field goal to take an early 3-0 lead. It was all Blue Hawks after that as Dickinson State marched down the field and Drew Boedecker found Kaden Kuntz for a 20-yard touchdown pass. The Jace Johnson PAT was good and Dickinson State led 7-3 with 8:02 left in the first quarter. After a quick three-and-out forced by the Blue Hawk defense, the offense struck again in two plays when Boedecker found Tyger Frye for a 14-yard touchdown strike. The two-point conversion failed and Dickinson State led 13-3 with 5:54 left in the first quarter. Reece Hoherz picked off a PC pass on the next possession and returned it for a touchdown to extend the Blue Hawk lead to 20-3. The Blue Hawk defense forced another three-and-out and Boedecker found Alec Lovegren on a 29-yard pass for another touchdown. The PAT was good and Dickinson State led 27-3. The first quarter domination wasn't done yet as Jameson Crisafu

intercepted another Presentation pass and returned it for a 25-yard touchdown. Johnson made the PAT and Dickinson State led 34-3 after the first quarter. Neither team scored in the second quarter and the Blue Hawks went into halftime with a commanding 34-3 lead.

Dickinson State received the second half kick-off and went on a 5-play, 55-yard drive capped off by another Boedecker to Frye touchdown pass of 35 yards. The PAT was good and Dickinson State led 41-3 early in the third quarter. Presentation would add two touchdowns late in the game to make the final score of 41-17. ■



## HAWKS WIN! DICKINSON STATE WINS 2021 NSAA WOMEN'S CC CHAMPIONSHIP



The Dickinson State University Women's Cross Country team won the 2021 North Star Athletic Association Cross Country Championships held on November 5th.

The Blue Hawks finished 1st with 40 points, Viterbo finished 2nd with 46 points, Dakota State finished 3rd with 81 points, Bellevue finished 4th with 83 points, Valley City State finished 5th with 132 points and Waldorf finished 6th with 147 points.

Alexius Miller (SO/Bowman, ND) finished 3rd overall with a time of 20:43.24 to lead the Blue Hawks.

Piper Perez (SO/Burns, WY) finished 7th with a time of 21:18.00, Sarah Griffis (JR/Anaconda, MT) finished 8th with a time of 21:20.48 and Grace Timm (FR/Laurel, MT) rounded out the top 10 for the Blue Hawks with a time of 21:25.38 to finish 9th overall.

Hallie Hemminway (FR/Manhattan, MT) finished 13th with a time of 21:53.56 while teammate Zoey Stroop (FR/Colstrip, MT) finished right behind her in 14th place with a time of 21:56.79.

Haylie Oberlander (JR/Huntley, MT) rounded out the top 20 for the Blue Hawks to finish 19th with a time of 22:34.88.

Ali Cunningham (SO/Glasgow, MT) finished 28th with a time of 23:36.84 and Kailey Ferguson (FR/Shepard, MT) finished 42nd with a time of 27:19.68.

DSU Head Women's Cross Country Coach, Shayne Wittkopp was also named the 2021 NSAA Women's Cross Country Coach of the Year.

“I am so happy for this team,” said Wittkopp. “They trained hard all season and to see them perform at a high level today was awesome. This

is the toughest course we have ever ran and I am so proud of their efforts.”

The Blue Hawks have earned a team automatic bid to the 2021 NAIA Cross Country National Championships on November 19th in Vancouver, WA. by winning the 2021 NSAA Cross Country Team Championship. ■





**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

Wed, Dec 1	Global Table - Germany	12 p.m.	Student Center - The Hub
Wed, Dec 1	Reindeer Games Trivia	6 p.m.	Student Center - The Perch
Thu, Dec 2	Faculty Forum	12 p.m.	Klinefelter Hall - Beck Auditorium
Thu, Dec 2	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Sat, Dec 4	Women's Basketball vs Valley City State University	3 p.m.	Scott Gymnasium
Sat, Dec 4	Men's Basketball vs Valley City State University	5 p.m.	Scott Gymnasium
Sun, Dec 5	DSU Holiday Concert	3 p.m.	St John Lutheran Church
Mon, Dec 6	Discover DSU Day	9 a.m.	Student Center
Mon, Dec 6	Men's Basketball JV vs Jamestown	5 p.m.	Scott Gymnasium
Tue, Dec 7	School of Education Senior Portfolio Presentations	8 a.m.	Klinefelter Hall - Beck Auditorium
Tue, Dec 7	Winter Make and Take!	10 a.m.	Student Center - Room 113
Wed, Dec 7	Relaxation Night	5 p.m.	Student Center - Ballroom
Wed, Dec 8	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Wed, Dec 8	Women's Basketball vs Rocky Mountain College	5:30 p.m.	Scott Gymnasium
Wed, Dec 8	TR Scholars Senior Portfolio Presentations	7 p.m.	Klinefelter Hall - Beck Auditorium
Wed, Dec 8	Men's Basketball vs Yellowstone Christian College	7:30 p.m.	Scott Gymnasium
Thu, Dec 9	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Thu, Dec 9	Feel Good Experience and Yoga with Goli Gabbay	7 p.m.	Student Center - Ballroom
Thu, Dec 9	TR Scholars Senior Portfolio Presentations	7 p.m.	Klinefelter Hall - Beck Auditorium
Fri, Dec 10	Virtual New Student Registration	8 a.m.	VIRTUAL
Fri, Dec 10	The Best Christmas Pageant Ever	7 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Dec 11	Christmas with the Alpacas	10 a.m.	Ag Indoor Arena
Sat, Dec 11	The Best Christmas Pageant Ever	2:30 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Dec 11	Women's Basketball vs Montana Tech	3 p.m.	Scott Gymnasium
Sat, Dec 11	Stoxen Library Finals Extended Hours - Bingo	4 p.m.	Stoxen Library
Sat, Dec 11	Men's Basketball vs Montana Tech	5 p.m.	Scott Gymnasium
Sat, Dec 11	The Best Christmas Pageant Ever	7 p.m.	May Hall - Dorothy Stickney Auditorium
Sun, Dec 12	Women's Basketball vs Montana Northern	2 p.m.	Scott Gymnasium
Sun, Dec 12	The Best Christmas Pageant Ever	2:30 p.m.	May Hall - Dorothy Stickney Auditorium
Sun, Dec 12	Men's Basketball vs MSU-Northern	4 p.m.	Scott Gymnasium
Wed, Dec 15	Booth - Church of Jesus Christ of Latter Day Saints	11 a.m.	Student Center
Thu, Dec 16	Fall 2021 Teacher Education Pinning Ceremony	4:30 p.m.	Klinefelter Hall - Beck Auditorium
Thu, Dec 16	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - Room 112
Fri, Dec 17	Fall Commencement	2 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, Dec 18	The American Legion High School Oratorical Scholarship Contest	11 a.m.	Klinefelter Hall - Beck Auditorium
Sat, Dec 18	Women's Basketball vs Dakota Wesleyan University	2 p.m.	Scott Gymnasium
Sun, Dec 19	Bucking Ponies and Bulls	12 p.m.	Ag Indoor Arena

**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

When war broke out Field enlisted in Captain W.B. Wade's company and was elected a lieutenant (it being common practice in newly forming companies for officers and non-coms to be elected by its members - Field began as a 2nd Lt.). Wade's unit became Company D of the "Old" 10th Mississippi Infantry (12 month's service; the "New" 10th Mississippi was formed for two years when the "Old" 10th enlistments ran out) and was sent to Pensacola, Florida for garrison duty including manning and improving the coastal defenses.

Although the 10th lost its commanding officer and several men to disease in the Florida coastal climate, regimental returns do not show Field reporting ill before resigning his commission one month early in February 1862, returning home to eventually raise a company of his own for Confederate service (most state companies throughout South and North were raised by well-to-do individuals a commission for that purpose by the governor).

In the "Confederate Officers card index, 1861-1865" from the National Archives we find that Field served as Captain of Company F, 19th Mississippi Cavalry Battalion ('Duff's Battalion') which was organized in fall of 1863 and saw service in Virginia. This unit later went to the Army of Tennessee, joined with companies from Mississippi and Alabama to create the 8th Confederate Cavalry Regiment (May 1864), under command of Field's first company commander, W.B. Wade, who was now a colonel.

Also noted in the card index the existence of a 'conflict' between Captain Field and another 8th Cavalry officer, Captain H.H. Shackleford. No specifics are noted, however, a company listing for the regiment shows two Company Fs - Shackleford's from Itawamba County, Mississippi and Field's Company raised in Lowndes County. Maybe there was disagreement over who would have the honor of commanding the company? Perhaps it's one of those squabbles between officers that plagued some regiments. Regardless, Field's eventual promotion to Lt. Colonel appointment to the staff of Brigadier General Allen's Cavalry Brigade served to separate the two officers.

Unfortunately, this sketch of Field's service is only what records can confirm. His Press obituary mentions service in Virginia including 'several months' as commander of Lee's headquarters' guard but doesn't indicate if the guard

was his own company or if he was on detached service. His ultimate rank of Lt. Colonel is confirmed by records which also note that General Allen had recommended his promotion to full colonel but the war ended before the commission was approved, nonetheless, he was referred to as 'Colonel' Field for the rest of his life.

After the war Field practiced law in Columbus and superintended the family plantation for a time before serving in the Mississippi legislature (1878-82). He eventually relocated to Florence, Alabama where he became a "prominent promoter...during the booming years commencing in 1887." Listed as single in the 1860 census, in 1870 he was divorced.

In December 1896 he arrived in Dickinson and immediately opened a law office, established a brisk practice and involved himself in local Democratic politics, the Masonic Lodge, the Commercial Club and annual Memorial Day activities. In 1900 he was living alone in a rented domicile (location unknown) and the census notes he is a widower (no trace of a second marriage was found). That same year attorney Field partnered with 'Judge' James Campbell (a Union veteran with 14 years on the probate bench) until Campbell retired in 1909, Field succeeding him as President of the Stark County Bar Association.

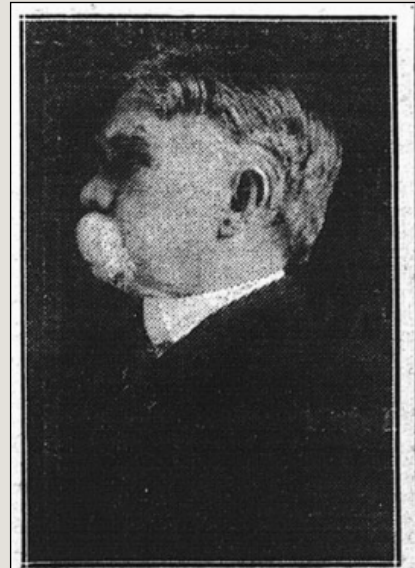
Col. Field's health was several times reported in the Press - unspecified surgery in 1907 and, more seriously, cataracts which nearly blinded him before an extended visit with a Milwaukee eye specialist in 1908 provided relief. Sometime after 1900 Field became a boarder at the Charles Wiley residence, although he still owned at least one house and other lots. As the Wiley's accompanied him on the Milwaukee trip it is clear their relationship was close and that Field's health may have led him to abandon single housekeeping as his obituary reported he was "ever tenderly cared for" while living at the Wiley house.

In January 1910 Field established a partnership with Thomas Pugh of Larimore and the firm's practice continued much as it had with Campbell with a mixture of civil and occasion criminal cases. In 1913 Field, along with Charles Wiley, sold lots on Sims Street to the Federal government a s plans for Dickinson's new post office started to come to maturity. In 1914 Col. Field disappears from the

Press completely, the next mention of the aging attorney coming on January 23rd when it is reported that he "has been quite seriously ill the past week at the Wiley home."

On page one of the next issue of the paper it was announced the old soldier had passed away on Sunday, January 24th. Reverend Morrison of the Methodist Church delivered the eulogy at the service held at the Masonic Temple and Mrs. Carl Anderson rendered "Home of the Soul" a special favorite of Colonel Field. Floral tributes from locals were noted as was one from the Sigma Alpha Epsilon fraternity - at the time of his death Colonel Field was reputed to be the oldest member in the U.S. Attorney and fellow Mason L.R. Baird of Dickinson accompanied Field's body home to Columbus, Mississippi where he was interred in the family plot, again with Masonic honors.

Rev. Morrison's eulogy was reprinted in the Press and provides some insights. When referring to Col. Field coming to Dickinson, he began, "Owing to domestic affliction the ties that bound him to his beloved southland were severed and he sought, in what was then considered the wilds of the northwest, to forget the wounds a sensitive heart had received, and to begin anew..." The reverend continued on with heartfelt remarks on Field's moral and religious character as well as "His southern voice, and the quaintly dignified manners of the 'gentleman of the old school,' would never subside before our northern rigorousness but were in full bloom to



**THE LATE COL. J. H. FIELD**  
Former Attorney of This City Who  
Was Buried with Masonic Cere-  
monies Last Thursday in the  
Field Family Lot at Colum-  
bus, Mississippi.

the end."

On Colonel Field's Confederate service Morrison shared this:

As a soldier, there is nothing else in his career but earnest, intrepidity and a faithful devotion to the cause of the south which he often to me characterized as "morally in the wrong, but constitutionally in the right." ■

Baby, It's Cold Outside!

What are you drinking?

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## HEART RIVER GEMS

## Elise Burwell

By Kaylee Garling



Elise Burwell

This month we're going "country," so slip on some cowboy boots, pull your hat down low, and hang onto that saddle horn while we get to know Miss Rodeo North Dakota 2022, Elise Burwell.

Elise is gearing up to represent rodeo and the great state of North Dakota this coming year. She will be competing at the National Finals Rodeo 2022 for the title of Miss Rodeo America 2023.

"I grew up 'East River' with my mom who is the one to blame for my rodeo passion. However, my heart has always been drawn towards western North Dakota. Some of my favorite childhood memories are spent at Bar X Ranch in Medora. I've known Doug and Julie Tescher since my mom could throw me on a horse, and we used to make annual trips to ride on the trails surrounding the Ranch. When the opportunity presented itself to move to Killdeer recently and with how fast everything aligned perfectly, I knew it was a sign from God that this is where I was meant to be. I've only been here for 2 weeks, but I'm excited to see where this journey takes me. I will officially be crowned Miss Rodeo North Dakota on January 1st, 2022 during my coronation fundraiser, 'Denim & Diamonds,' held at the Killdeer Rodeo Club building. There will be a silent and live auction, dinner, entertainment, and music. It is open to the public and I'm really looking forward to seeing and meeting many people that night. This western semi formal event will serve as my biggest fundraiser for 2022. The money will be applied towards everything rodeo queen related: travel expenses, wardrobe, educational



Elise was cheered on by her friends and family when she competed for the Miss Rodeo North Dakota title in Medora this summer.

outreach expenses, etc. Every little bit will help and be greatly appreciated!

"My platform is 'I will.' A few years back during my senior year of high school, I didn't complete a stunt quite right in gymnastics which resulted in a compression fracture between my T12/L1 vertebrae. The next 3 months that followed were some of the slowest and humbling. I wasn't able to lift, bend, ride horse, nothing. I spent a lot of time reflecting and I kept telling myself, 'Everything happens for a reason. I'm determined to find God's reason for me.' This quote turned into my motto, which has since been the foundation for my platform. I didn't come from a picture-perfect family and life hasn't always given me the upper hand. I've had to work hard for where I'm at today - physically, emotionally, and mentally. Throughout the years when I found myself in a hard place or when something I wanted was just barely out of reach, I would remind myself of my motto - that there HAS to be a reason for me. I would focus on my goals and how it would feel like in my

heart when I crossed that finish line. Soon, I came up with the smallest action that can create a huge ripple effect. Step 1 - Focus on your goal, no matter how big or small. Step 2 - Think about how amazing it is going to feel to accomplish that goal. Steps 3 and 4 - Take one step forward and tell yourself 'I will \_\_\_.' The mind is an incredible tool, and if we tell ourselves daily what we can do, it's bound to happen.

"In our day and age with social media, it's amazing the people we can reach. It's one of my main goals to focus on the educational aspect of being a rodeo queen by using multiple social media platforms. I recently started a podcast called "Behind the Crown" where I interview members from rodeo, talk about what their job is, how they got started, and how it's important to our industry. I have another big project in the works, but it's not quite ready to announce publicly yet. Stayed tuned on the Miss Rodeo ND Facebook page for an announcement in the future!

"MRND (Miss Rodeo North Dakota)

*Continued next page*

Heart River Gems is proudly sponsored by



L to R: Current Miss Rodeo North Dakota 2021 and Elise, the Lady-in-Waiting aka Miss Rodeo North Dakota 2022

Continued from page 26

is considered the First Lady for North Dakota rodeos and western heritage. As MRND, I will travel (almost) every weekend throughout 2022 around North Dakota, educating with the public about rodeo and our western heritage. At rodeos, my job will be to help production run smoothly by assisting practically anywhere they need an extra set of hands or an extra horse to clear calves in the arena. One job that is important to me at rodeos is promoting the sponsors, whether that's carrying sponsor flags, being present in a sponsor's booth to help answer questions, or simply visiting with the public about how contestants earn a living through rodeo and why we love the sport. You can find me at North Dakota rodeos in the following associations: PRCA (Professional Rodeo Cowboys Association), NDRA (ND Rodeo Association), and RRA (Roughrider Rodeo Association). Outside of rodeo, I hope to travel to more schools and youth groups to educate our youth more about rodeo and let them see first-hand some of the equipment contestants use.

"Realizing just how influential I am now... There's more to being a rodeo queen than just wearing the crown and carrying flags at rodeos. The impact I get

to leave behind is incredible. I remember being nine years old and looking up to women who have been a huge part of my story on where I'm at today, and they don't even know it. I'm looking forward to 10 years from now, when someone tells me they did something amazing because I gave them the inspiration and hope to succeed. There is a reason for each and every one of us. Don't ever stop trying to find that reason. Write down your "why" in life. Why you have a hobby or passion, why you love something specific about your day. Write it down and put it somewhere that you can read it every day. The top five people you surround yourself with is the average of the person you will become. Be mindful of what type of person you are reflecting and who is watching you. You cannot possibly know how big of an impact you're leaving behind you, so make sure it's a positive impact.

"If anyone wants to donate items for the silent auction at my fundraiser, schedule me for appearances, or any other questions please contact me at 701-680-3934 or 2022mrnd@gmail.com to schedule a time."

We hope to see you all in January! ■

## JOIN US TO BREW UP YOUR ENTREPRENEURIAL SPIRIT!



DECEMBER 9, 2021 | 8-9 AM | STARK COUNTY VETERANS PAVILION

### SPEAKERS



**MATT ELLERKAMP**  
DE PORRES HOUSE OF BARBERING AND LOUNGE



**JILL ROSENOW**  
FOOD RIOT

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## NOTES FROM THE BADLANDS

### Christmas in Medora

By Joe Wiegand

It's beginning to look a lot like Christmas, and that's as true in Medora as anywhere in the Badlands.

Cowboy Christmas is a decades old tradition in Medora, a time when friends and neighbors come to town to enjoy those things for which the old cowboy town is famous worldwide: good food, great entertainments, and the fellowship of hard work, faith, and thanksgiving.

As in past years, most of the Cowboy Christmas activities will be held Friday and Saturday, December 3 and 4, and doubtless, Sunday, December 5 will find the churches, stores, and restaurants full with the spirit of Advent.

On Friday and Saturday, the Magical Medora Christmas Show, starring Bill Sorenson and co-starring Chad Willow, Travis Smith, Adam Vogel, J'Kobe Wallace, Jessica Bradish, Taylor Leet, and Amberly Rosen, is guaranteed to put you in the Christmas spirit. Produced by the Theodore Roosevelt Medora Foundation, the Christmas Show will have toured much of North Dakota and played Glendive, Montana prior to the Friday and Saturday shows at Medora's Old Town Hall Theater. Doors open at 6:45PM for the 7:30PM show on Friday. The Christmas Show plays twice on Saturday. The first show is at 4:30PM (doors open at 3:45PM) and the second show is at 7:30PM (doors open at 6:45PM). Tickets are available at Medora.com. The show leaves for a Sunday performance in



Lead, South Dakota and will tour all the way to Sioux Falls, South Dakota and Minneapolis, Minnesota. The goodwill and holiday cheer spread by this show cannot be over-estimated. Come see the show in Medora or rendezvous with your family and friends somewhere along a tour schedule that rivals Santa's Christmas Eve.

The Medora Chamber of Commerce sponsors "Eats on the Streets," a Saturday 11:00AM to 1:00PM food fest, when local restaurants and businesses add the tastes of ginger snaps, peppermints, apple cider, and lots of other treats to the fun of walking and shopping in our old cowboy town. Word on the street is that Hatlee & Brae will serve cheddar/potato soup, the Hitching Post will have Christmas

cookies, and the Billings County Museum will feature their always-a-favorite sausage on a bun. We hope this will be the best and most delicious Eats on the Streets yet.

Not all of our Eats on the Streets participants are in the old town district. Don't forget to visit the Chateau de Mores State Historic Site Open House for cookies and cider and to see their annual gingerbread decorating competition. While the deadline for entering this year's contest has passed, one or more of the amazing entries may spur your ideas for next year.

So, the decorations are going up. The Nativity scenes and stars will remind us of our Savior's birth and the fellowship of all humanity, praying for peace on Earth and goodwill to men...and snow. Here's wishing you and yours a white Christmas in North Dakota's beautiful Badlands. ■

## PAWSITIVELY POPPY

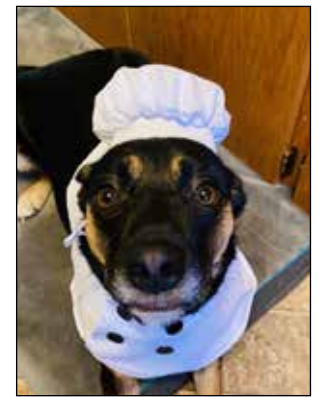
### Holiday baking

By Miranda Kuhn

Nobody loves the holiday season more than Poppy. She especially enjoys the smells and flavors, and is never happier than when I'm making a special treat for her in the kitchen. This time, it's dog safe gingerbread cookies! The star ingredient is blackstrap molasses, which is an amazing source of iron, calcium, chromium, and several other vitamins and minerals which are necessary for a healthy dog. These cookies smell heavenly when baking, and are adorable once decorated.

Poppy plans to share several with her friends and savor the rest throughout the holiday season. As an interesting side note,

all ingredients are human-friendly as well, and are a tasty alternative to a sugary holiday treat! Share a cookie with your favorite furry pal, and don't forget to save a few for Santa Paws! ■



## Gingerbread Cookies

### Ingredients:

- 3C flour
- 1/2 tsp. cinnamon
- 1/2 tsp. ginger
- 1 egg, beaten
- 1/2 C coconut cooking oil (or olive oil, or vegetable oil)
- 1/2 C blackstrap molasses
- 6 oz yogurt, any flavor but check to be sure it does NOT contain xylitol
- 2-3 Tbsp. peanut butter, check to be sure it does NOT contain xylitol

Whisk together flour, ginger, and cinnamon. Add egg, oil, and molasses. Mix well until smooth dough forms. Refrigerate 30-45 minutes. Roll out onto floured surface to 1/4" thick and cut into desired shapes. Bake at 325 degrees for 15-20 minutes. While baking, make frosting. Whip yogurt and 2 Tbsp. peanut butter together, if it is too thin add the extra 1 Tbsp. peanut butter. When cookies are completely cooled, frost to decorate. Serve to your pup and watch them enjoy! Frosted cookies should be kept refrigerated (though they may get soggy), or may be frozen in airtight container up to 6 weeks. ■



**Vicky Steiner**  
Realtor



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



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

# Heart River VOICE

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

**Find Heart River Voice at the following fine establishments:**

## DICKINSON

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

Frankie's West Side Shell  
Villard Cenex  
The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
Dickinson State University  
DSU Heritage Foundation  
Ukrainian Cultural Institute  
Heritage Hills  
Market Press Coffee Co.

## SOUTH HEART

I Don't Know Bar

## RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

## TAYLOR

Taylor's Nursery

## BELFIELD

Trappers Kettle  
City Hall

## BISMARCK

The Capital Gallery  
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*Lifetime Eyecare. Lifestyle Eyewear*

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



## HEART RIVER VOICE | DECEMBER 2021

# Calendar

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

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

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

**VARIOUS DECEMBER DATES.** Santa visits at Prairie Hills Mall December 4th, 5th, 11th, 12th, 18th, and 19th from 12PM-4PM. Ho! Ho! Ho!

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

**FRIDAY DECEMBER 3 OPEN HOUSE** 9AM-5PM The Dickinson Museum Center will be hosting a Christmas Open House. This is an all-day event. We will be featuring Christmas Art created by the DHS students and Christmas displays in the Joachim History section. There will also be live music in the afternoon.

**OLD-FASHIONED CHRISTMAS SOCIAL** 6-9PM The Dickinson Area Public Library Foundation will host their 8th annual Christmas Social with treats, music, silent auction and more. See ad, page 10 for more information.

**DECEMBER 3-DECEMBER 5 25TH ANNUAL MEDORA OLD-FASHIONED COWBOY CHRISTMAS** Visit Medora this weekend to kick off your holiday spirit! Lots of activities for the entire family. See ad, page 6 for more information. See articles on pages 13 and 28 for more detailed descriptions of events.

**3RD ANNUAL CHATEAU GINGERBREAD COMPETITION** The Chateau de Mores State Historic Site hosts their annual gingerbread competition during Medora's Old Fashioned Cowboy Christmas celebration on December 3-5. Come see the creations and find out who the winners are! Chateau de Mores, Medora ND.

**NEWSIES THE MUSICAL** Friday and Saturday at 7PM, Sunday at 2PM. Newsies is presented by Trinity Catholic Schools Drama Department and is based on the Disney film

written by Bob Tzudiker and Noni White. Originally produced on Broadway by Disney Theatrical Productions. Join us for an amazing show! Trinity High School, 810 Empire Road.

**SATURDAY DECEMBER 4 JINGLE BELL 5K RUN/WALK** 10:30AM Come join our holiday-spirited annual 5K RUN/WALK. Dress up in your best holiday attire. Jingle bells will be given to all participants to carry during the race. Enjoy hot cocoa and a bowl of chili after the race. Registration Nov. 19-Dec. 4 | \$35/adult or \$15/youth (t-shirts will be available at a later date). West River Community Center.

**OLD FASHIONED CHRISTMAS STROLL & TREE LIGHTING CEREMONY** 11:30M-5:30PM Head to the heart of our community to kick off the holiday season! There will be shopping, holiday specials, hay rides, hot drinks, live music and Christmas cheer! Family fun all day! Downtown Dickinson.

**ND ANTLER EXPO** 1PM Drop off your 2021 ND tagged White Tail, Muledeer, Elk and Moose antlers from 1-6PM for scoring. Cash prizes given to winners; youth win Youth Centerfire Rifle. Silent & live auction, games, youth BB gun contest and door prizes. Food serves from 4-6PM (while supplies last). More info, [imwpnd.com](http://imwpnd.com). All benefits will be used to benefit those who served. Prairie Hills Mall.

**THE CHRISTMAS STORIES TOUR** 7PM (Doors open at 6:15PM) Join us for an evening with Jason Gray and special guest Kipper Gray. Tickets: [www.itickets.com/events/457157.html](http://www.itickets.com/events/457157.html). Tickets available online, by calling 483-



Dickinson Museum Center's  
**CHRISTMAS OPEN HOUSE**

Special Christmas displays will be set up in the Museum. The gift shop will be open.

Friday December 3, 2021  
Open 9:00 AM - 5:00 PM

**FREE ADMISSION ALL DAY**

Dickinson Museum Center  
188 Museum Drive East  
701-456-6225

1037, or stopping by the radio station. This event is a fundraiser for 103.7 The Connection. There will also be a silent auction at the event. Evangelical Bible Church, 2891 5th Ave W.

**MONDAY DECEMBER 6 ADULT CRAFT CLUB** 10AM Join us in making gnome ornaments. Dickinson Public Library Community Room.

**WEDNESDAY DECEMBER 8 CHRISTMAS PAINTING WITH A PURPOSE** 7PM Best Friends Mentoring Program will host a fundraising painting party. Bring your friends! For tickets, contact BFMP at 701.483.8615. Held at Fluffy Fields, 2708 21st St East.

**THURSDAY DECEMBER 9 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. See ad, page 27, for current

speakers and more information. Stark County Veterans Pavilion, 801 5th Ave W.

**FAMILY HOLIDAY MOVIE** 6PM Home Alone. Hot cocoa, hot cider and popcorn provided.

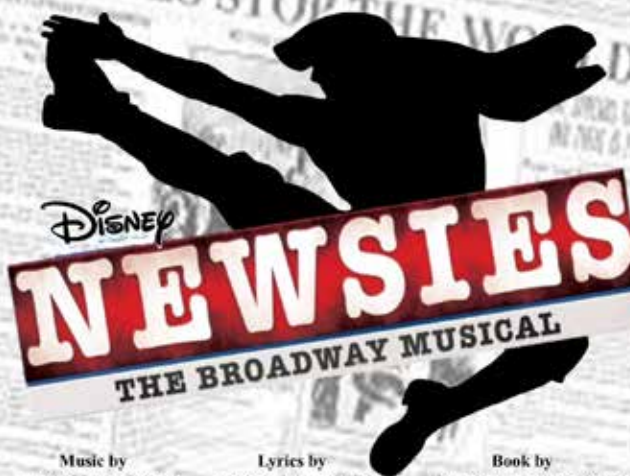
**BOOKS & BREW BOOK CLUB (ADULTS 21+)** 7PM Book club books are available at the main level circulation desk. Drinks are not provided by the library. DePorres Lounge, 17 2nd Ave W.

**FRIDAY DECEMBER 10 DICKINSON CATHOLIC ADULTS** 6:30PM Geared towards adults (21-50) who are seeking community and to deepen their faith. December's speaker is Father Brian Gross. Refreshments served. Please bring a wrapped gift under \$15 for a white elephant gift exchange. Free childcare provided at Queen of Peace (725 12th St W) from 6:15 pm to 9:00 pm. Children must be dropped off and picked up by a parent or legal guardian. More info,



DOWNTOWN DICKINSON ASSOC PRESENTS  
**OLD-FASHIONED Christmas Stroll & TREE LIGHTING**  
Saturday, December 4

TRINITY CATHOLIC SCHOOLS DRAMA DEPT.  
Presents



**Disney NEWSIES**  
THE BROADWAY MUSICAL

Music by ALAN MENKEN    Lyrics by JACK FELDMAN    Book by HARVEY FIERSTEIN  
Based on the Disney film written by Bob Tzudiker and Noni White  
Originally Produced on Broadway by Disney Theatrical Productions

**Friday and Saturday**  
December 3rd and 4th at 7:00 PM  
**Sunday**  
December 5th at 2:00 PM  
**Trinity High School Auditorium**

Newswrites  
Is presented through special arrangement with Music Theatre International (MTI).  
All authorized performance materials are also supplied by MTI.  
www.mtishows.com

www.facebook.com/groups/dickinsoncatholicadults/ or email dickinsoncatholicadults@gmail.com. 618 Palm Beach Road

**SATURDAY DECEMBER 11**  
**GRINCHMAS PARTY** 10-11:30AM Head to the library their annual Who-bilation! Dress in your best Who attire or in all green. The Grinch will be

there! See ad, page 4, for more information. Dickinson Area Public Library.

**YULETYME 2021** Join the DSU Heritage Foundation for "A Night At The Movies". The evening will consist of a social hour, silent auction, dinner, live auction, and dance featuring "Slamabama". For tickets, call 701.483.2557. BAC.

**UGLY SWEATER CONTEST**  
9PM Ladies night and open until 2am. Ugliest sweater wins a \$50 gift certificate. \$1 wells and domestics for the ladies, \$2 pounders domestics for the guys! I Don't Know Bar, 207 4th St NW, South Heart.

**SUNDAY DECEMBER 12**  
**BREAKFAST WITH SANTA**  
9AM-12PM Join Best Friends Mentoring Program for breakfast and visit with Santa while you're there! Eagles Club, 31 1st Ave East.

**FRIDAY DECEMBER 17**  
**THE DEAR CHRIST ENTERS**

**IN: AN INTERFAITH CHRISTMAS CONCERT** 7PM The Dickinson Interfaith Committee invites you to experience the talents of several local churches and other faithful performers at an evening of Christ-centered music-making. See article, page 7, for more information. 510 Museum Drive.

**SATURDAY DECEMBER 18**  
**CHRISTMAS PARADE OF LIGHTS** 5PM Bundle up the family and come enjoy the annual Parade of Lights in downtown Dickinson.

**SANTA SMORES AND BED-TIME SNORES** 6PM Join Best Friends Mentoring for some fun with Santa! Following the Parade of Lights at the Prairie Hills Mall.

## SAVE THE DATE

**FEBRUARY 10-12**  
**MURDER IN SPACE** Join the Dickinson Public Schools Foundation for an evening of mystery, dinner and more! See ad, page 12, for more information.

Please help us help kids this holiday season!

# Toy & Food Drive!



- Donate a minimum of three food items, or one much-needed household item such as baby diapers or laundry detergent, **OR**
- Donate a NEW unwrapped toy to be distributed to needy kids in Southwest ND.
- Drop off items at Consolidated or at Cornerstone Bank, 3095 15th St W, Dickinson.

**YOU will be entered in a prize drawing!**



1st Prize: iPad from Consolidated  
2nd Prize: \$50 Visa Gift Card from Cornerstone Bank  
3rd Prize: \$50 Visa Gift Card from Cornerstone Bank  
Drawing will be held on December 14th.

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

**CORNERSTONE BANK**  
See official drawing rules at cornerstonebanks.net/rules



DOWNTOWN DICKINSON ASSOC.  
**PARADE of Lights**  
SATURDAY, DECEMBER 18  
5PM



## HUMANS OF DICKINSON



### Officer David Wilkie By Katiana Jepson

Do you know someone that has been a singer in a rock band, detective, member of the SWAT team, and sheriff before? Officer David Wilkie has done all of that and much more. Officer David Wilkie is very kind, helpful, and determined. I will be telling his story.

Officer David Wilkie lived in Hettinger when he was really young. He moved to Dickinson in 1972. When David was a kid he had always dreamed about being a rockstar. He was determined to make that dream a reality. When David was old enough he went to Seattle to pursue his music career dream. He was a musician in Seattle for five years; he was even in a rock band. David likes his life to be on schedule. He wasn't really doing too well in Seattle so he came to North Dakota after five years. He decided to take his life down a different path. David wanted to go into the military to be a military police officer like his father, but he decided not to. Instead he went to DSU and got his degree in music education and computer science. When he was about a junior and sophomore he always thought about being a police officer. When he figured out that he wanted to be a police officer he had to put in an application with the police department then interview in front of a committee. When he got in, he went to the police academy for 12 weeks. David has been a police officer for 23 years.

David Wilkie spent 18 months in Bowman County for one of his jobs. He was a sheriff in Bowman county. David was also the chief of police in Grant County. David has been a part of the Dickinson Police Department for 21 years. David Wilkie was on the SWAT

team and he was a detective. David's favorite part of being a police officer was helping the community. His least favorite part was that he usually saw people on their worst days. David has received a life saving award and he is very proud of it.

In conclusion, David is very kind, he loves helping the community, and sets a lot of goals. As of now David is still a part of the school board and is vice president of the homeless coalition.



### Dr. Shelly Hall By Avery Welk

Have you ever wondered what a Clinical Psychologist does on a day to day basis? I have. So, I interviewed one. I interviewed Dr. Shelly Hall. She worked at Westwind Counseling center but recently started her own practice.

Shelly grew up in South Dakota. She went to Black Hills State University in Spearfish, South Dakota for her undergraduate degree and Graduate school at Forest Institute Of Professional Psychology in Springfield, Missouri. Her first job after college was at Westwind Counseling center in Dickinson, North Dakota. She started her own practice in the old hospital during the pandemic. In her new practice, she interacts with up to 15 people a day. She meets with children and adults to boost their mental health during this time. During the pandemic she has had to use a program called TeleMed to conference with her clients. She helps to impact the community by helping boost the morale of many people with mental illness. She thinks that a good community is one where people help each other.

In a community, everyone needs someone to rely on. Dr. Shelly Hall helps fill the position. She is a very helpful worker, hoping to better people's mental health. ■

## ROTARY CLUB



The Dickinson Rotary Club presented a \$500 donation to Leadership Dickinson as part of the club's commitment to youth development. Pictured L to R: Chamber Director and Youth Committee Chair Carter Fong, club President Mark Billings, Leadership Dickinson student members Claire Heidt and Veronica Pavek, and coordinators Suzi Sobolik and Bridgett Bullinger.



Rotarian Joe Weigand, a Theodore Roosevelt enacter, was one of many Dickinson, ND Rotarians who visited third grade classes in Dickinson, Belfield and South Heart as part of the club's annual, long-standing literacy project, coordinated by Rotarian Glenice Hansen, to distribute dictionaries to third graders in Dickinson and the surrounding area. The club donated 486 dictionaries and presented a short lesson to each classroom.



The Dickinson Rotary Club served more than 525 people at the 10th annual Pancake Karnival. Proceeds from the event are dedicated to eradicating polio worldwide and to local donations. Pictured are Club President Mark Billings and Club Foundation Committee chair Kris Fehr with the club's initial donation to PolioPlus, the global fight against polio led by Rotary.



## PIPER'S PALS Ask Alfie

Dear Alfie,

**My family and I will be moving to a new town in a couple of weeks. Since we began packing, our cats have appeared anxious. Do you think they know we're moving soon?**

**Sincerely, Moving**

Dear Moving,

Pets are very perceptive creatures. While they might not know specifically that you're moving, they can sense that there is change in the air. This may leave them feeling vulnerable and insecure. Luckily, they have a good pet owner who has picked up on their behavior and can help them make a smooth transition!

Make it a point to give your cats a little extra attention and affection during this process. This will help reassure them and ease their anxiety. Begin to accustom your cats to their carriers now by putting fluffy blankets and treats inside and leaving the doors open so they can nap there. Pheromone diffusers and sprays such as Feliway may also help to calm them.

The most important thing I want to

talk about though is moving day. More pets are lost while moving than any other time! Never assume that anyone who is helping you will take the same precautions as you when it comes to closing doors and being aware of pets who are underfoot. Designate a small room, such as a bathroom, as the "safe space" for your pets and close the door. You may even wish to put a sign on the door, instructing others not to open it while the move is taking place. When you get to your new house, do the same thing until you have finished bringing everything inside.

You'll want to help your cats acclimate to their new home by quickly unpacking their items which hold familiar smells. If they seem overwhelmed, start by giving them access to only one or two rooms until they seem to have relaxed. During that time, again make a point of giving them extra time and attention.

If you are the type of person who lets your pet roam outside (we highly recommend that you do not do that) understand that they are now in an unfamiliar neighborhood and can easily become lost. You may also wish to scope out your neighborhood for dogs and other hazards before you allow them out.



One final note: before you move, make sure that your pets all have updated identification tags on their collars and that microchip information is current and accurate. If they do become lost, this will be your best

chance of being reunited. Best wishes!  
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: Dozer (#\_\_\_)

B: Ivy (#\_\_\_)

C: Blue (#\_\_\_)

D: Keisha (#\_\_\_)

E: Dixie (#\_\_\_)

F: Elle (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

A: #4 Oliver

B: #5 Poppy

C: #2 Ruby

D: #1 Axle

E: #6 Zeus

F: #3 Brutus

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

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





## THE ARTS

# BAA Annual Art Show a success

The Badlands Art Association (BAA) is dedicated to promoting the visual arts in western North Dakota. Founded in 1970 by community artists, the BAA hosts the annual Badlands Arts 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 created in our area.

The 51st Annual Badlands Art Show saw our biggest turnout to date, with a staggering 1,200 guests over the weekend of November 12-14, 2021, at the Roosevelt Grand Dakota Lodge Hotel in Dickinson, ND. While guests from Dickinson and the surrounding areas represented many of the visitors to the art show, we welcomed individuals and families from all over North Dakota. We also had visitors from neighboring states, including Montana, South Dakota, Minnesota, Wyoming, and from as far as Illinois, California and even Canada.

The number of artists who entered their works into the show was also a record high, with 71 artists representing the Professional and Amateur Divisions.



In fact, the Amateur Division received so many entries that we had to add an additional category for judging, resulting in our decision to expand the four categories in the Amateur Division to the same eight categories in the Professional Division for next year's show.

In the Student Division, we had over 400 total entries from more than 20 schools in ND and MT, as well as an excellent showing by the area's home schooled students.

On behalf of the BAA, we would like to express our great appreciation to those who made it possible to hold our 51st Annual Badlands Art Show. We are sincerely grateful for all the efforts of BAA members and volunteers, as well as those of the area's local artists and art teachers, through which we were able to bring the show to life over the three-day period.

We are so thankful for Trinity Catholic Schools Art Teacher, Vicky Gullickson, who organized the Student Division, and her Trinity Catholic Schools students, who showed up on Thursday, November 11, and Sunday, November 14, to set up and tear down the show.

Words cannot express our admiration for the show judges, Louise Zeller of Dickinson, ND and Bonny Olson of Billings, MT, whose passion for the arts resulted in countless hours of careful



Best of Show in the Professional Division: "Resilience" by Janelle Stoneking

consideration of each individual piece.

Many thanks to the dedication of Wellness Coordinator, Ashley Faye Knowlen, with whom we were able to

Dickinson High School, whose opening night performance is enjoyed by visitors every year.

We are so fortunate to be part of such



BAA's Art Show judges Louise Zeller of Dickinson, ND and Bonny Olson of Billings, MT



Hannah Hardy and Tresa R. Griffin cleaned up in the Amateur and Professional Divisions

organize our first-ever private showing for the tenants of Benedictine Living Community.

Finally, no art show would be the same were it not for the lively music on the piano by Michael Stevenson, the retired Choral and Drama Director of

a caring and compassionate community in support of the arts of western North Dakota. Thank you so much as always to our local sponsors, without whom none of this would be possible. ■



**THE ARTS**

## Trinity Catholic School students win various awards at BAA Annual Art Show

The Badlands Art Association hosted their Annual Art Show on November 12-14th at the Roosevelt Grand Dakota Hotel in Dickinson. The art show hosted professional, amateur and student divisions that were open to the public. This year Laureen Evans awarded \$50 and a ribbon in the Artful Natural Earth Contest and a nature book in 5 different categories of the student division. The 1st category was mammals, amphibians, and reptiles, 2nd birds, 3rd plants and flowers, 4th aquatic, and 5th was the category of insects. Austin Cole Memorial also sponsored four 25-dollar awards and The Women of Today sponsored an award for Women Empowering Women in the student division.

The Trinity Titan art students facilitated the members of BAA in the preparation for the event and received recognition for works created in the classroom. The Trinity High students spent the day classifying student artworks according to grade level and hanging the individual school and student art works from local and surrounding communities

on standards for display in the student section of the art show. Dawson Frank, Levi Jerome, Cole Kadrmas, Sterling Tooz, Cameron Wanner, along with their teacher Victoria Gullickson helped with setting up on the 11th of November and tearing down at the end of the show on Sunday the 14th.

While some students were learning about being positive role models, others were learning the lesson of hard work. Kira Zeller, a freshman, received the 1st Place Laureen Evens award for her scratch art eagle, Sterling Tooz, a sophomore, received the People's Choice Award for her wire sculpture "Beautifully Twisted". 7th grader Masha Mayer won Judges Choice Award for her painting. Trinity also received 14 Honorable Mentions:

Sterling Tooz - 5 awards (ceramics, scratch art, wire and foam sculpture.)  
 Kira Zeller - 1 award (scratch art.)  
 Grace Veverka - 3 awards (scratch art, mixed media.)  
 Keira Rambousek - 2 awards (mixed media.)  
 Melissa Zach - 1 award (scratch art.)  
 Bella Kovash - 1 award (scratch art.)  
 McKenna Hickel - 1 award (scratch art.)  
 Nick Deschamp - 1 award (acrylic painting.)  
 Annabel Scheeler - 1 award (colored pencil.)

Artwork can be viewed at the high school in the display cases, on the wall by the art room, in the yearbook, and various other school entities. ■

**COMMUNITY**

## 25 Days of Giving



25 Days of Giving starts on December 1. 25 Days of Giving is a way to remember the true meaning of Christmas, the birth of Christ. From December 1-25, we will give our time, talents, and treasures to those who may need a little extra Christmas joy. Others who have been a part of 25 Days of Giving in the past, have said that they also feel more Christmas joy by giving to others. If you have done 25 Days of Giving in the past, we hope you can join us again this year.

Some of the ideas we have compiled for our community are as follows:

- December 1- Blood Drive at the West River Community Center
- December 12- Caroling at local nursing homes. Making Cookies to take to church neighbors and homebound congregation members.
- December 17- Turkey and Ham baskets to families in need
- December 18- Wreaths Across America at Veteran's Cemetery in Mandan
- December 20- Fundraiser at the Dickinson Eagles to benefit the Ava Quijano-Edwards family
- December 24- Quilts to the Youth Correctional Center.

Other giving activities you could do during 25 Days of Giving:

- Shoveling someone's sidewalk
- Toy donations to kids
- Clothing donation to the Dickinson Public Schools School Pantry, ARC, or ABLE for children, the elderly or financially disadvantaged
- Helping to deliver meals or paying for meals for the elderly
- ELCA Good Gifts for those in need in other countries
- Donating to the Domestic Violence and Rape Crisis Center/Homeless Shelter
- Financial assistance to the Dickinson Backpack Program or do a snack drive
- Fill a Free Little Pantry
- Bell ringing with the Salvation Army
- Donation to a pet shelter
- Food donation to Amen Food Pantry
- Cards of appreciation to teachers, police officers, firefighters, health care providers, city workers
- Donation to Veterans homes, MS Society, American Cancer Society, God's Child Project, Badlands Ministries, Best Friends Mentoring

We hope you can join us during this year's 25 Days of Giving. When we started doing 25 Days of Giving 10 years ago, we never expected it to be as rewarding as it is. It is definitely our main tradition for Christmas. Happy 25 Days of Giving! Jesus is the Reason for the Season! ■



## MISS BEA'S KITCHEN

# One pan meals

By Laura Beth Walters

The holidays are always such a fun time with family and friends gathered 'round! I love all things Fall and I could watch White Christmas on repeat all year long. But my least favorite thing about the holidays (which I think is probably everyone's least favorite thing) is all the dishes. I'm thankful for my dishwasher but even on a regular day when it's not holiday dishes, I would always rather be visiting with company than scrubbing the pots and pans.

Enter the one pan meal! Over the past couple of years I have really fallen in love with the simplicity of sheet pan meals and skillet meals. You can pack a ton of flavor into just one pan and it cuts the work more than in half.

Some of my favorite sheet pan meals or one skillet meals include shrimp or

smoked sausage and veggies but I've recently tried a couple others that we've really liked. For instance, mini meatloaf with roasted brussel sprouts and sweet potatoes. This was such a tasty, simple meal prepared entirely on a baking sheet! The mini meatloaf also saved us from having a bunch of meatloaf left over from making a regular loaf size, which was helpful.

The recipe I'm sharing today though isn't necessarily a one pan meal but it's pretty close...and it's satisfying and healthy all in one! My husband and I are trying to make some healthier choices when it comes to food (especially going into the holidays) and so this was the perfect dinner at the end of a long, chilly day. It's gluten free and even dairy free if you use a cheese substitute!

I hope you enjoy it as much as we did.  
Happy Holidays! ■

## Butternut Squash & Spinach Pasta with Chicken

### Ingredients:

2-4 chicken breasts, depending on size  
3-4 c butternut squash, cubed  
2 TBS olive oil  
1 TBS minced garlic  
8 oz gluten free pasta  
1 onion, diced  
5 oz spinach  
½ c vegetable broth  
¼ c parmesan cheese (or cheese substitute)  
Red pepper flakes, to taste  
Salt & pepper, to taste



1. Preheat oven to 400F. Arrange butternut squash on a baking sheet and drizzle with olive oil. Sprinkle with salt and pepper. Roast in the oven 15-20 minutes or until the squash is golden brown.
2. Meanwhile, cook the pasta according to the package.
3. In a large skillet, heat olive oil and brown your chicken. Season with salt and pepper. When chicken is cooked through and golden brown, set aside. In the same skillet, add minced garlic, salt, and diced onion. Saute over medium heat until onions are translucent.
4. Add the broth, cheese, and red pepper flakes and let simmer over low heat.
5. When the pasta is done, drain and add to the skillet. Add squash and spinach, cooking for a few more minutes to let the spinach wilt.
6. Top with chicken, red pepper flakes, and more cheese before serving. ■

## KUDOS

### Dukart receives Outstanding Volunteer Award

AFP Northern Plains Chapter, as part of its National Philanthropy Day celebration on November 15, awarded its 2021 Outstanding Volunteer Award to Shirley K. Dukart of Dickinson.

The qualifications for this award include celebrating a volunteer who contributes significant time and talent to advance a charitable cause or meet a societal need. Shirley has a long history of serving the community!

She has given lead and major gifts for many major projects in Dickinson such as construction of a new hospital, construction of a new home for Catholic clergy and renovation of Trinity High School following a devastating fire. Shirley is a long time Rotarian and served as club president. She is currently the membership committee chair and enthusiastically spearheads the club's member recruiting efforts that resulted in the club receiving an award for the most



net members in Rotary District 5580 in 2019-2020 (during a pandemic). She has been a long time Chamber of Commerce volunteer and served as president. She also served a term on the Dickinson City Commission and the Special Assessment Commission. She is currently a member of the city's Planning and Zoning Commission.

In early 2016, Shirley and her best friend, Irene Schafer, formed the Power of 100 Women Who Care after reading about a similar group in Fargo. Shirley and Irene realized that women in Dickinson could make a significant impact for the community and people in need if they worked together. Since its inception, Power of 100 Women Who Care has donated close to \$400,000 to nonprofits serving people in the Dickinson area. In 2020, Power of 100 Women was voted the Best Civic Club in the Best of the Western Edge contest. ■

## EDUCATION

### Enriching faith through art

By Deanna Jilek

To build a place of beauty in the soul is the theological and philosophical intention of art. (Joel Fernandes, St. Ambrose Press)

Keeping this in mind and looking to enrich the faith of students and staff at Trinity Elementary East, Principal, JoLyn Tessier, applied for a grant through the Bismarck Diocese Catholic School and Religious Endowment Fund.

Having been awarded the grant, Mrs. Tessier purchased plaques displaying prints of patron saints, including St. Elizabeth Ann Seton, patroness of Catholic schools, St. Dominic Savio, patron of children, and St. Mary MacKillop, patroness of teachers, to name a few.

The students become excited when discovering the prints displayed in the school and enjoy learning about their saint friends from Heaven. The beauty of the prints is enriching their souls as



well as their minds as they learn more about each saint and why they are special to our school. In turn, the teachers are uplifted by the students' eagerness to learn about the lives of the Saints, and they too learn more about our true role models.

Bringing beautiful art into our school has brought a visual reminder of our ultimate goal in life, attaining eternal happiness in Heaven, where we can spend eternity with our patron saints. ■

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### Angel Tree for United Way of Dickinson



**NOV. 15 - DEC. 11**



### Give the gift of reading

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

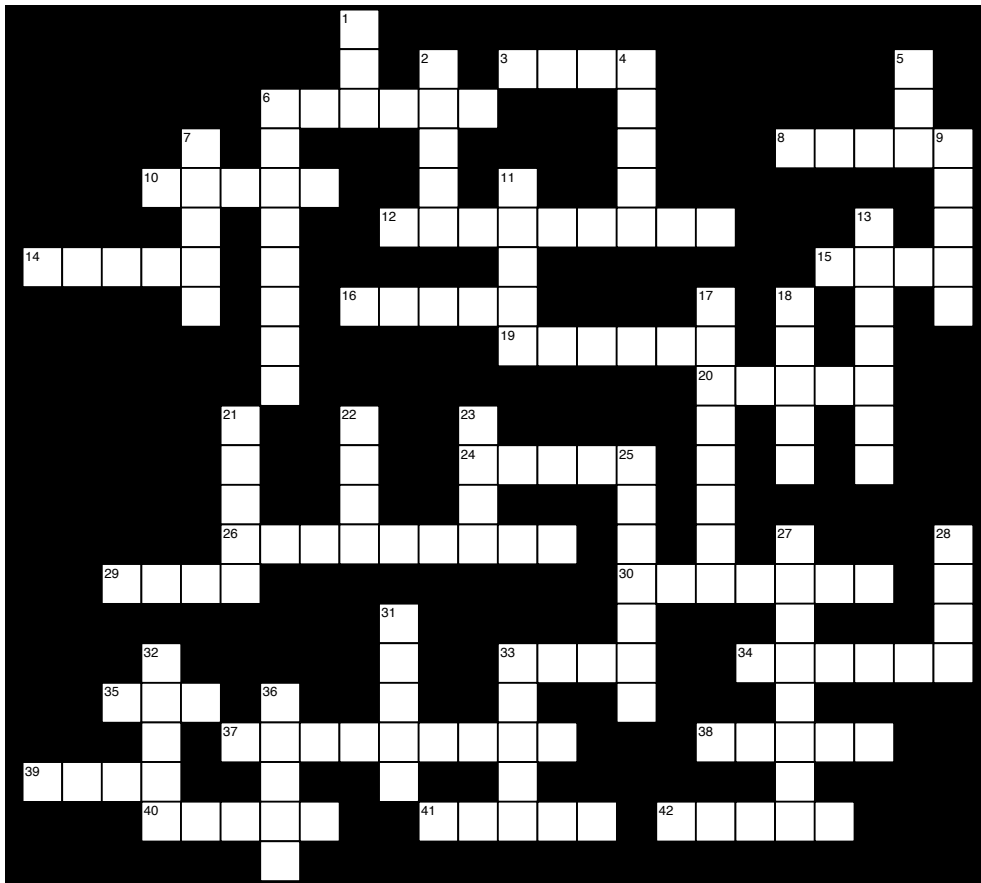
Please return your generously donated, new, unwrapped books to the Library by Dec. 11th.

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



**CROSSWORD**

**FELINE FRENZY** by Carlinka



**ACROSS**

- 3 One-for-one trade
- 6 ++Bovine livestock
- 8 In a way, informally
- 10 Carb-loader's meal
- 12 ++A boat with two hulls
- 14 Wrist, elbow or ankle
- 15 Kings and Queens, but not Jacks
- 16 10 for Q and Z in Scrabble
- 19 Port city in Ukraine
- 20 Jeweled headband
- 24 Room on top
- 26 ++To make a harsh cry
- 29 You're reading one
- 30 ++A model's runway
- 33 "It's my treat"
- 34 ++A quick snooze
- 35 Great happiness
- 37 ++Rigidity and stupor
- 38 Plump up, as a pillow
- 39 Great delight
- 40 Night's horse
- 41 Say @\$%!
- 42 Area of expertise for sailors

**DOWN**

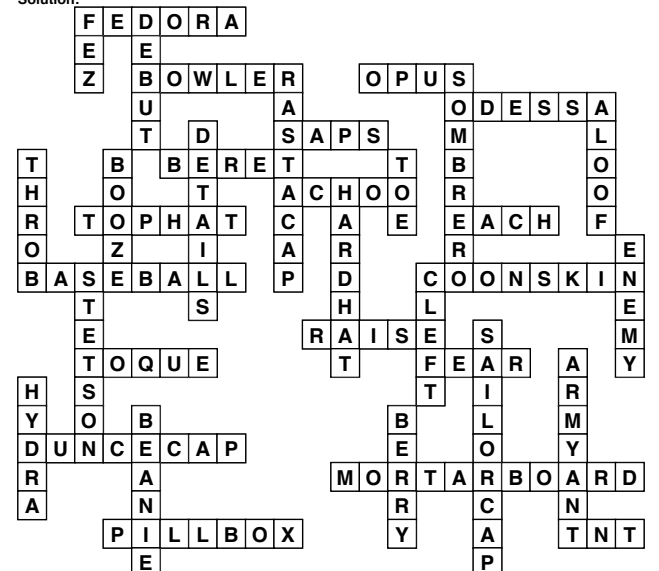
- 1 Many times, to a poet
- 2 City square
- 4 Flat hand that defeats a balled fist
- 5 Dirt + rain
- 6 ++Underground burial place
- 7 ++Spiteful
- 9 Fidgety, maybe
- 11 Caveman-style diet
- 13 Says for a second time
- 17 ++Cloudiness of the eye lens
- 18 Change with the times
- 21 From that time on
- 22 Back of the neck
- 23 Wine region near SF
- 25 ++Player behind home plate
- 27 ++Device for hurling or launching
- 28 Bend out of shape
- 31 Must
- 32 Sharpens, as a skill
- 33 Fruit that's black when ripe
- 36 ++To supply what is wanted



*Last month's puzzle solution*

**++Hats Off++**

Solution:



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

This month you go through an extremely deep and intense emotional period, which affects personal, social, and professional relationships. Professionally this is a good time for partnership and power alliances. With the approach of Christmas, there is optimism and a renewed interest in expanding your social circle and in travel. International trips may be a possibility.

**TAURUS**  
April 21-  
May 21

There is a strong emphasis on crisis and transformation. This is a good period for going into depth with anything to discover the root causes, and it will be a 4-month process to complete this. This is a positive month for serious relationships. Potential partners are powerful, sexy, and magnetic, and there is a battle for control which only makes your love life more passionate.

**GEMINI**  
May 22-  
June 21

You are keen and enthusiastic, and willing to go out on a limb, to expand your social circle or be with a partner. Trends are favorable, there is a natural attraction to an individual or group of people. Late month is a more thoughtful period for you and you are more interested in intimacy and authenticity with a chosen few. A relationship from the past absorbs a lot of emotional energy.

**CANCER**  
June 22-  
July 22

This emphasis on dynamic work projects is likely to continue into the new year. The week before Christmas is a particularly exciting time when profits can come your way. After December 21st, the emphasis shifts from work to relationships, and an unusually intense period begins socially or in connection with your love life. Many issues from the past come up and are the object of serious discussions.

**LEO**  
July 23-  
August 22

It is an excellent time for commitments to people who are stable and trustworthy. A love attraction can easily develop into something more. You are in a phase of your working life, which is psychologically demanding, and it is a time when relationships at work can be particularly exhausting. And you may be considering how to make a deep transformation that can profoundly affect working rhythms.

**VIRGO**  
August 23-  
September 22

This is a very special month for certain very strong bonds. It is possible that someone is in a long and drawn-out crisis, which means that they are re-evaluating a relationship. At the very end of December, Jupiter moves into your opposite sign Pisces, and a relationship event that was put on hold in July now comes back with full force. For the singles this could be the beginning of a significant relationship development.

**LIBRA**  
September 23-  
October 22

This is a good period for partnerships, and the mood is passionate but complex. You are intent on making some deep-seated change. Give yourself plenty of time to resolve the emotional issues that are dredged to the surface. Throw out attachments that drain you. When the dust has settled, you discover an unbreakable relationship bond which you can build new roots upon.

**SCORPIO**  
October 23-  
November 21

It is likely that you have considerable support from partners, and it is an excellent time for confidential discussions, especially if you have a secret strategy. Mid-month the emphasis is on an expansion of your financial status because of new initiatives, and perhaps some kind of investment in home and family. During the month of December, you can rely on solid support from strong family and community bonds.

**SAGITTARIUS**  
November 22-  
December 21

December heralds a period until the end of January, when you work on dynamic and outgoing plans. It is an excellent time for communication, travel, networking and marketing, especially if there is an international dimension. This is a time when you need to eliminate activities or personal bonds which drain resources. You will start 2022 with a more private focus on family and roots, hopefully having completed any learning or social projects you were involved with earlier.

**CAPRICORN**  
December 22-  
January 20

To add to the complex energies affecting you, from November to March the planet of love, money and attraction, Venus, remains in your sign. This highlights deep emotional processes affecting relationships, this can have a lot to do with resources, children or your love life. What is certain is that you will be intensely, even obsessively, involved in a relationship issue. No need to be anxious, you have things under control and have all the resources you need.

**AQUARIUS**  
January 21-  
February 19

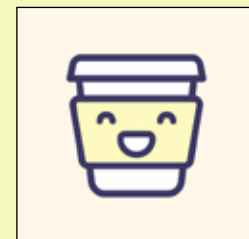
For much of 2021, you have had the planet of good fortune, Jupiter, in your sign, and at the end of December it moves into Pisces. Next year, the good fortune should spread to money matters. Also in 2021, you have probably felt like you are being pulled in two different directions by powerful forces. December events are exciting and exhilarating, with new group initiatives taking up time and energy.

**PISCES**  
February 20-  
March 20

December highlights significant new professional developments, and initiatives taken at this time may set the scene for what is going to happen in 2022. Influential associates will be very supportive, and partners or family will also be encouraging this month. End of December, reawakens a dream of creativity, expansion and success. As next year begins, you may have the support of influential people or movements which can help you reach your ideals.

**Cappuccino**

Cappuccino is a fun way to share audio stories, life updates, and jokes with close friends and family. Record a short voice memo ("bean"). Listen to your cappuccino (mix of your friends' beans) every morning at 8 am. Record a bean by tapping the microphone and start recording. Talk about your day, tell a joke or share a thought and send it to your close friends and family.

**Watch Face App MR TIME**

Design your own watch faces. Anyone can be a designer with MR TIME. Customize with your photos or free templates. Also includes health features: steps, calories, weather and UV index.

**My Brother, My Brother & Me**

Have you ever found yourself pondering odd questions? The McElroy brothers might answer your pressing questions. These brothers are the boy kings of podcasting and have one of the funniest podcasts out there. They even bring in some big guests like Jimmy Buffet or Lin Manuel Miranda. This is a great podcast for someone needing a care free fun hour sandwiched in their day.

**Song Exploder**

Song Exploder is a podcast where musicians take apart their songs and piece by piece, tell the story of how they were made. Each episode features an artist discussing a song of theirs, breaking down the sounds and ideas that went into the writing and recording.





