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JUNE 2021 | VOL. 3, NO. 6 | HEARTRIVERVOICE.COM

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*John*

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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@heartrivervoic.com](mailto:kelley@heartrivervoic.com).

**Kelley Jilek**  
Publisher

Cover art "Strength through Shared Reflection" a 12"x12" original mixed media by Janelle Stoneking. For more information about the artist, see page 5.

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## #BOOKWORM Jam-Packed June

By Cindy Thronburg

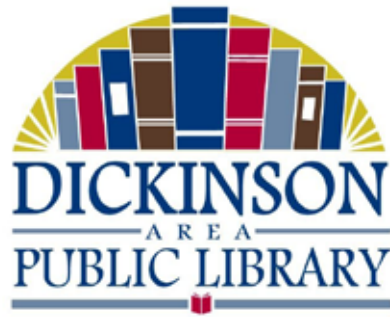
A Summer Reading Program of historic proportions has been planned this year, and June alone will be chock-full of events. With plenty of activities planned for all age groups, June will be one to remember. Be sure to pick up a copy of our calendar of events at the Library so you don't miss out on anything!

One change that we are implementing is that the majority of events will now require registration unless otherwise noted on event listings. This is done so that we can plan for the correct number of people, ensuring there are enough materials for everyone and enough staff to cover the event. Registration can be done on our website when events are posted a week or two prior to the event, or by calling the library. Because sign-up is required and some time-slots are limited, there will be two offerings of the same program within the week for some events. Please be sure to check that you are not signing up for duplicate programs.

That being said, there will be plenty of fun, family activities throughout the summer. Every Friday there will be a Free Family Movie, with showings at 10:00am and 3:00pm. To stick with our Summer Reading Program theme of Magic, Mischief, and Myth, we will be showing a lot of fairy-tale movies, including Cinderella and The Little Mermaid in June. There will also be a Bubble Party at 10:00am on June 24th for ages 3-7. Meet on the West Lawn for bubble making, chasing, popping, and, of course, dancing!

Besides the regular Tiny Tots and Pre-School Story-Times, there is a new story-based program for ages 6-11. Stories & S.T.E.A.M. are literature-based Science, Technology, Engineering, Art, and Math projects each week. The same story and project will be done Monday and Wednesday each week. June's stories include The Little Red Hen and The Three Little Pigs.

Teen Tuesdays are for ages 12-17. Each week teens can participate in crafts, games, and food challenges. In June, teens will get to decorate canvas bags, make Twisted Fairy Tale Zines, and participate in a Pool Noodle Jousting Tournament,



among other exciting things!

There are plenty of events for adults, too! Adults can participate in two Paint Nights in June, as well as two Free Movie Nights. We will be showing Labyrinth and The Princess Bride in June. Adults will also get two Adult Craft Club meetings in June. At 1:00 on Saturday the 5th and 19th, adults will meet to do Mini-Succulent Pot Painting or make Mason Jar Luminaries. Other adult activities include Podcast Brunch Club that will meet via Zoom at 6:00 on Wednesday, June 2nd and Books & Brew, which meets at 7:00 on Thursday, June 3rd at DePorres Lounge.

There will be several special events happening throughout June as well! The first will be the Jeff Quinn Magic Show. This will be happening outside and no sign-up will be required. Jeff will perform a family-friendly comedic magic show that is fun for all ages. There will be two showings Wednesday, June 9th at 10:00am and Thursday, June 10th at 3:00pm.

Michael Albert: Pop Artist will be here at 3:00 on Wednesday, June 23rd. Mr. Albert will be leading a Pop Art collage Art Workshop for ages 6+ (including adults). An introduction video, art project demos, and art creation are part of the workshop.

Starting June 27th through July 3rd, there will be a Japanese Folktales, Origami, and Magic Show on our Facebook page all week! This storytelling show incorporates Japanese folktales with origami and magic tricks. This program is for all ages. There will be two showings of the virtual program in the library community room as well. The first is June 30th at 10:00am, and the second will be July 1st at 6:00pm.

These are just a sampling of all of the events we have planned for June. Please check our website and Facebook page for more, and we hope to see you there! ■



## COVER ARTIST Janelle Stoneking

Janelle (Carlson) Stoneking is a visual artist residing in Dickinson, ND. She enjoys expressing herself through mixed media art and conveying the emotions that we all share no matter our differences. She is supported by her husband Bobby Stoneking, and children: Jackson (16) & Grayson (6) and Ellie (1). Her latest work is a 12"x12" piece titled "Strength through Shared Reflection" which was created in remembrance of Helen Bechold, a ND disability advocate and friend.

Helen spent 77 years defying limitations, with her early years spent enduring poor conditions at the Grafton State School in Grafton, ND. It was there that she developed resilience and found life-long companions, including Rhonda Anderson, with whom Helen enjoyed decades of friendship. After leaving the institution, she was a founding member of the first self-advocacy group in North Dakota, We Unite. Since 1991, you could often find Helen alongside her other dear friend and ally to the movement, Carla Tice. Through her friendship with Carla Tice, Rhonda Anderson and others, Helen found strength to share

her story and create change for others with disabilities in North Dakota and beyond, as depicted in this art piece. Together they would travel the country from the United Nations in New York to Disability Pride marches in Chicago, to conferences in California and Alaska, demanding change, and making memories. A familiar face testifying at the ND State Capitol, Helen used her public speaking skills to bring forth issues around public transportation, voter suppression, and respectful language.

Helen taught us to take the time to come together, reflect upon our experiences, and help each other heal and work for a better tomorrow. "Heroes take journeys, confront dragons, & discover the treasure of their true self." -Carol Pearson

Her legacy is unforgettable. Rest in power, Helen.

This art piece was donated to the Friendship Park project, creating an inclusive playground for all in Dickinson.

12x12" prints on canvas will be available in June to purchase with all proceeds going to the Friendship Park fund. If interested in preordering, email [jstoneking@ablend.net](mailto:jstoneking@ablend.net) ■



Janelle and her family



Janelle's cover art was created in remembrance of Helen Bechold (above), a North Dakota disability advocate and friend

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## COMMUNITY

## Amen hosts first mobile food pantry

By Mary Ann Brauhn, AMEN Board President

During the afternoon of April 28, 2021, AMEN Food Pantry volunteers along with other community members hosted their first Mobile Pantry in collaboration with Great Plains Food Bank. NP Resources, LLC from Fairfield, ND, brought 10 workers to assist with the distribution. At 1PM the Great Plains Truck arrived at the BAC parking lot and with a forklift provided by DSU unloaded 650 boxed Farm to Families meals and milk. Volunteers set up two distribution areas and soon cars began arriving for pick ups. Each recipient completed an information form required by USDA before proceeding to obtain food. The time line for the distribution was 3-6 PM, and by closing time, boxes went home with families, representatives from Domestic Violence, and Senior Residences. Doris Urban, coordinator

of the Belfield-Medora Food Pantry, along with her husband, Elroy, pulled up their trailer to fill with food and milk boxes. Representatives from Amidon, Medora, and Beach pantries shared their bounty.

At the end of 2020, Great Plains Food Bank announced 8 statewide regional distribution sites, AMEN among them. This was the first event AMEN co-hosted with GPFB. There will be at least two more mobile pantries this year, one in July and another in September. Specific dates will be announced later.

We extend our thanks to DSU for offering the use of the parking lot and the forklift, our many volunteers, and participating community members. A Mobile Pantry is an event that incorporates the entire village and beyond. Please watch our FaceBook page for future AMEN events. ■




Doris and Elroy Urban are with Linda Steve supervising the loading of the Belfield Pantry trailer

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## YOUR HEALTH

# How many servings of fruits and vegetables do you eat every day?

By Steve Irsfeld

Summer is the time of year when gardens will begin to yield vegetables at a pace that exceeds your ability to eat them. Gardening is a hobby that also puts food on the table and is also a source of pride. Being able to share your produce with others can be very rewarding.

Gardening leads me to ask, "How many servings of fruits and vegetables do you eat every day?"

People who eat seven or more portions of vegetables and fruit a day have a 42 percent lower risk of dying from any cause than those who eat less than one portion. They also enjoy a 31 percent lower risk of heart disease and a 25 percent lower risk of cancer. The research, published in the Journal of Epidemiology & Community Health, is among the first to quantify the health benefits of eating different amounts of fresh produce.

Information from the USDA's 2015 food availability data showed that Americans on average consumed 48.3 pounds per person of potatoes and 28.3 pounds of tomatoes. That is an unbelievable quantity of French fries and ketchup. My feeling is that those numbers are probably not going to change significantly due to cost and taste, as they are currently inexpensive and yummy.

The flip side of this is quality food that may not taste good, but it has unbelievable nutritional value. How do we sway people to forgo the taste of the food for something that can improve their health? When I say "may not taste good," it may be that we don't know how it tastes because we haven't tried it or don't know how to prepare it. The Internet is an excellent source of food preparation ideas and can get you out of the rut of fries and ketchup.

A growing area in nutrition and supplements is powdered superfood products. I've been incorporating fruits and greens into my protein smoothies for the past 15 years and can share my

experience. The first green product I ever used touted a high ORAC value of 30,000 per serving. ORAC stands for oxygen radical absorbance capacity, or the ability of the product to help you get rid of free radicals that can eventually lead to inflammation and chronic disease. Unfortunately, the higher the

ORAC, the more herbs and nutrient-dense plants need to be added to reach that higher level, and hence, my wife

thought I was having pizza for breakfast because I reeked of oregano at 9 in the morning.

The second issue I had with this product is taste. As I mentioned above regarding the taste of some quality foods, I found the taste of the green product getting old after a while and something I couldn't do day in and day out. In the beginning, I drank it because it was good for me. Over time, it lost its appeal.

My current green product has 20 servings of fruits and vegetables, has an ORAC of 15,000 per serving and is available in nine flavors. The product tastes great, making it something I can take every day, and I get tons of antioxidants in the process.

If you want to "get out" of eating your broccoli, you're out of luck. You cannot out-supplement a poor diet. It would help if you used greens powders in addition to a diet that's still rich in whole plant foods, including fruits and vegetables. Greens powders do not give the "green light" not to eat your vegetables. As with any supplement, they are there to supplement a diet deficient in certain areas.

Stop by the pharmacy if you want more information or need help choosing a fruit and green product. 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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<b>07.15.21</b> JUDD HOOS NATHAN DEAN BAND	<b>08.12.21</b> ENUFF Z NUFF BOOZ N TUNA

**2021**

## COMMUNITY

### Badlands Ministries to host retreat

By Debi Simmonds

Badlands Ministries is delighted to announce our Fearless Faith Retreat for women set for August 13-14, 2021. Our esteemed keynote speaker, Melanie A. Brown, founder of Women Ignited by Faith, is an inspirational author and leadership coach from Sioux Falls, SD. Melanie's dynamic presentations celebrate and empower women. These powerful session hours awaken us to God's purpose in our life, unleashing our greatness. Melanie will impact you and ignite that spark in your life with inspiration.

Come join us and let your light shine in our beautiful Badlands. The sessions will take place in our dining hall, Friday, Aug. 13 in the afternoon and Saturday, Aug. 14 in the morning. Refreshments will be served. Each session is \$40.00 per person, until July 27 when the price is \$55.00 per person.

The other option to hear Melanie will be for those who take in our 'full retreat experience', which includes four meals, sleeping overnight in our

accommodations, admission to both sessions, plus an exclusive Friday night session, all for a cost of \$200.00 per person, until July 27 when the price becomes \$225.00.

Fearless Faith Friday's session, from 1-4:30 pm is about Legacy of Greatness. You have been gifted with a greatness that has the potential to forever change your life. You will be inspired to do four phenomenal, simple, but significant steps to truly discover God's purpose and dreams for your life...then God's best will come back to you!

Soul Sisters Saturday's session, from 9-noon is titled Breakthrough to Your Brilliance. Experience a powerful breakthrough that shatters doubt, fear, anxiety, and worry. You will walk in confidence, courage, and believe with God all things are possible.

You can find out more about our phenomenal speaker at [www.melanieabrown.com](http://www.melanieabrown.com). Seating is limited. Please register on our website [www.badlandsministries.org](http://www.badlandsministries.org). Call 701-290-8482 for more information. ■

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## COMMUNITY

## 50th Roughrider Days Fair &amp; Expo

By Jessica Danhof

The 50th Roughrider Days Fair and Expo kicks off this month. Keep your eyes out for the Schedule of Events with everything that is happening in the Dickinson area. The Roughrider Commission has been working hard to make this year the best one yet, especially after postponing last year's events due to Covid.

The carnival will be in town June 23rd through the 27th at the old DSU Rodeo Grounds. We are doing our best to get as many rides and food vendors there as possible this year.

The three day, PRCA Rodeo kicks off Friday Night, June 25th at 7:00 PM at the Stark County Fairgrounds. Friday is kids night where kids 12 and under get in FREE. Dress up in your retro western wear and come back Saturday night for our retro themed evening. Then honor our Military and fill the stands with your best red, white, and blue Sunday afternoon at 4:00 PM.

Friday, July 2nd, our Concert takes place at the Stark County Fairgrounds. Featuring Gary Allan. Also appearing Ned LeDoux, with Chancey Williams opening the concert at 7:00 PM. Tickets went on sale May 14th.

Bring your friends and family downtown Dickinson to enjoy the "Then and Now" parade Saturday, July 3rd, at 10:00. There is still time to register a float if you would like to participate. Visit our website to find the registration.

Celebrate the 4th of July with a smashing good time at the Demolition Derby at the Stark County Fairgrounds starting at 4:00 PM. Then bursts of spectacular color and light will shower the sky as we have a spectacular fireworks show planned for you. Fire rating permitting. Enjoy the display beginning at 10:00 PM!

For ticket prices and more event information, visit [RoughriderDaysFair.com](http://RoughriderDaysFair.com).

It's a rodeo and so much more! ■

LESSONS IN BUSINESS  
When generations collide at work

By Debora Dragseth

Generation Z began graduating from college in the year 2018 and is now entering a workplace that is largely controlled by Millennials, Generation X, and Baby Boomers. Generation Z employees (born 1997-2012), represent the leading edge of a new generation. Businesses should not underestimate the impact of Generation Z on the workforce. Change will be dramatic and it will happen quickly.

Understanding this generation is critical for today's employers for two reasons; first, its sheer size will guarantee that this new wave of workers will have a strong influence on the workplace; second, its buying habits will dramatically influence local, regional, and world economies.

Known as creative, risk taking, enthusiastic, entrepreneurial, team working multitaskers with unsurpassed technical skills, this new generation of workers has the potential to create a remarkably different work environment. For employers, keeping them satisfied won't be easy. Generation Z is values driven—they want to do work that is meaningful.

Hiring and retaining Generation Z will be not be easy. Generation Z will work for you on their own terms. More so than previous generations, they will demand jobs with flexibility. They want to be involved in decision making and will not tolerate autocratic bosses.

The assumption for this generation is that they will be changing jobs on a frequent basis. A survey from Express Employment Professionals reports that 71% of college graduates spend a year or less in their first job. "Long-term" employment for this generation is considered five years. Early research is telling us that compared previous generations, Generation Z is three times more likely to change jobs.

Generation Z will not be afraid to challenge their superiors and will expect to be treated as equals. They will be loyal to managers who act as mentors, giving them flexibility in their job descriptions and letting them try new things and make an immediate impact.

While Millennials (born 1981-1997) tend to be optimistic, Generation Z tends

to be more realist. Early studies are finding that Generation Z has a stronger work ethic than their immediate predecessors. Members of Generation Z will look for companies that are technologically on the cutting edge.

Another challenge for today's companies will be trying to manage three, or even four generations, working together in the same company. Sociologists call this "generational convergence."

As with any type of diversity in the workforce, bringing together people with differing viewpoints and styles can be a powerful thing. Intergenerational work teams have the potential to be more innovative and flexible, and ultimately they will make your company stronger.

Broaden your understanding of managing Generation Z. By learning about them and having your finger on the pulse of this new generation, you will have an edge on hiring, retaining, and motivating the workforce of the future.

*Debora Dragseth, P.D. is a professor of business and VP of Academic Affairs/Provost at DSU. Her column appears monthly, providing commonsense answers to common workplace issues. ■*



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## YOUR HEALTH

## Beat your sugar cravings

By Gabrielle K. Hartz, RD, LRD

Many of us struggle with sugar cravings – myself included. At times it can feel like a roller coaster ride with some days more intensified than others. During these periods of craving sugar, the body feels tired, lacks focus and can be a bit more irritable.

The primary goal is to understand what's triggering these cravings. There are several reasons why we may be craving sugar like physical pain, emotional upset, lack of sleep or exercise. Think back to how often sugary junk food is grabbed during time of stress or sadness. Sugar is great at disguising the issue momentarily, but it only creates a distraction from the real situation. Not to mention the large amount of empty calories typically associated with eating sugary foods.

One way to work on reducing cravings is to simply eat less sugar. The less sugar you eat, the less you'll crave. Gradually lessen the portion size of sugary items like Pop-Tarts, donuts and sweetened

coffee drinks, to make a sustainable change. Here's a tip: ask for half the syrup in your coffee drink. Eventually, taste buds will adapt, and the once "syrup filled" coffee drink will taste too sweet to you.

Eat a balanced diet. Aim for whole, nutrient dense foods including healthy unsaturated fats, complex fiber-rich carbs and complete proteins. The fiber will help with satiation and produce more stable blood sugar levels making sugar cravings less intense and manageable.

Spice it up to boost flavor. Adding flavor with almond or vanilla extracts or spices like cinnamon, ginger or nutmeg, reduces the amount of sugar needed in certain recipes. Sprinkle cinnamon on thinly sliced apples on a reduced-fat cream cheese covered rice cake or cinnamon and nutmeg paired with baked pear slices with provolone cheese on a whole grain smoked gouda Triscuit.

Manage stress. Going for a walk, playing with pets, exercising, taking a hot bath or going on a drive while listening

to music are non-food activities that help reduce stress.

Make your own store boughten foods. Rather than buying yogurts with a large amount of added sugar, make your own healthier version at home. I like using Oikos triple zero vanilla Greek nonfat yogurt because there is no added

sugar. If fruit is a must have, top this yogurt with diced fruit of your choice. Compared to other yogurts with fruit, you'll be saving yourself quite a few grams of added sugar.

Don't forget to check the labels and compare. Comparing similar products nutrition facts labels is one of the easiest ways to reduce added sugar intake. You'll find "Added Sugars" towards the bottom of the nutrition facts label just above protein. Keep in mind that added sugars are sugars being added during processing



and not those naturally occurring like in milk, fruits and vegetables.

**Bottom Line:** Sugar is rather addicting for a majority of people and cravings can be a struggle. Search for what's triggering your cravings. Try minimizing the added sugar you consume by recreating your favorite store boughten foods, eating a balanced diet, adding spices to minimize the need of sugar, managing stress and checking the nutrition facts label.

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



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## COMMUNITY

### Bandshell Summer Concert Series

The Bandshell Concert Series is an opportunity for the community to enjoy a free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. The musical talent includes a wide variety of genres ranging from country-western, country rock, gospel, bluegrass, acapella groups, classic folk, and much more.



Concessions are available each week by Relay for Life. The Amen Food Pantry will be collecting perishable food items each week to stock our local food pantry. Your donations are appreciated. The concert lineup is subject to change. FREE admission. Every Tuesday evening: June 15 - August 24. Become a sponsor - contact Alissa Karsky at 701.456.2074.

#### Concert Line-Up (All events subject to change)

June 15th: Nu-Blu  
June 22nd: Good Morning Bedlam  
June 29th: Dakota Jazz  
July 6th: Queen City Band  
July 13th: MJB  
July 20th: South Dakota Fiddlers  
July 27th: TBA  
August 3rd: Dacota Breeze Band  
August 10th: Greg Blake  
August 17th: Paul Family Bluegrass  
August 24th: If Music Be the Food Benefit Concert ■

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## NOTES FROM THE BADLANDS

### One-day listening tours



Tom Brosseau

#### By Joe Wiegand

Modern day Medora is knit together with the people of hundreds of small towns and cities throughout the Upper Midwest. With an eye towards reinvigorating regional tourism and cooperation, Medora entrepreneur Wally Owen has been encouraging Western North Dakota's community and tourism leaders to communicate, cooperate, and prepare for the impact and opportunities that will come with the expected 2025 opening of the Theodore Roosevelt Presidential Library. Tens of thousands or more visitors will likely make their way to Medora.

Recently, I joined Mr. Owen and Theodore Roosevelt Medora Foundation President Randy Hatzenbuehler on a one day listening tour, visiting just a few of our region's wonderful tourism destinations. We drove the Enchanted Highway – home to the world's largest metal sculptures – from Flying Geese along Interstate 94 to the Knight & Dragon on the front lawn of the old Regent School, now the Enchanted Castle Hotel & Steak House. In Regent, we toured the Hettinger County History Museum and met with sculptor Gary Greff and Museum Board Members Don Wagendorf and Paula Anderson.

Asked about her aspirations for regional tourism, Mrs. Anderson, who is also involved with Mott Visionary Committee said, "My heart is for Main Street of our small towns. We have to do

something to keep our small towns alive. I'm married to a farmer. I've got a young son, and he's going to have a family, and I'll have grandkids. We want to keep the region going, and that's my heart for doing what I do."

At Hettinger, we met with Francie Berg, author of Buffalo Trails and inspiration for the multi-location telling of the story of the bison, the last great buffalo hunt, and more. We were joined by Loren Luckow of the Dakota Buttes History Museum who gave us a tour of one of the most interesting, cleanest, and most colorful history museums I've seen in a long time. Dakota Buttes Visitor's Council President Cindy Ham and other Hettinger community leaders including Ted Ueker, Kim Schalesky, Jasmin Fosheim, and McKenzie Sigvaldsen, filled us in on the many things to see and even more things to do in or nearby Hettinger – think Frisbee golf, year-round ice skating, and kayaking on Mirror Lake for a start.

Our one-day goodwill tour concluded in Lemmon, South Dakota at the Kokomo Gallery of rancher and sculptor John Lopez. We are proud that Mr. Lopez's Theodore Roosevelt bronze statue keeps watch outside Medora's Old Town Hall Theater. Today, Mr. Lopez specializes in hybrid metal art, combining bronzes with the most amazing scrap weldings to create bison, grizzly bears, horses, and more. Lemmon Mayor Neal Pinnow, Chamber Executive Director Jennifer Suter, Community Enthusiast Judy Larson and others welcomed us to town. Our friend Tom Brosseau, host of this summer's Great American Folk Show in Medora played guitar and sang some beautiful songs, including one about Little Doggies, quite appropriate for a town that hosts the Boss Cowman Days Rodeo. Did you know about Lemmon's historic Petrified Wood Park and the Hugh Glass Mountain Man Rendezvous?

We heard some great success stories, listened to concerns, and committed ourselves to continued efforts to assist in building cooperative regional tourism during the few short years that will pass before the planned opening of the Theodore Roosevelt Presidential Library in Medora.

We give thanks for those good people who took time out of their busy schedules to see us as we traveled. We plan more



Randy Hatzenbuehler (left) takes notes while visiting Hettinger

trips throughout the region. We know that Dickinson, Mott, and Richardton are but a few of our additional interesting neighbors to the east, and that from Bowman, Belle Fourche, and Hulett to the south, to Beach, Wibaux, Glendive, and Miles City to the west, and up through Killdeer, Dunn Center, Watford City, and Williston up north and more,

we have many more opportunities for more listening tour visits, most likely after the busy summer season of 2021 is concluded. Your ideas and input are welcome at [joew@medora.com](mailto:joew@medora.com) at 701-955-2158 or in person all summer long here in Medora. We'll see you down the trail. ■

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## CONVENTION AND VISITORS BUREAU Summer events in Dickinson

Summer events, festivals, and sports are happening all across our community this year. And while, COVID certainly caused them to either cancel an event, or hold a very different event, such as virtual, this year has brought back the events that we are familiar with. COVID safety are still measures to be aware of, but our rate of vaccination has brought forth the organizers who are busy at work bringing you arts, culture, and fun here in Dickinson. Let's take a look at some of the staple events that we have placed on our calendar for many years here at the Dickinson Convention & Visitors Bureau.



Roughrider Days Fair & Expo is back, there are lots of different types of entertainment to choose from during the celebration. Events will include Rodeo, the Carnival, 4-H activities, headliner concert with Gary Allan, Family Fun Day, the 4th of July Parade, SW Speedway Race, Demo Derby, and of course the fantastic Fireworks Display on July 4th.

Baseball tournaments, Big Sticks Baseball, Rodeo, Bull Riding, Barrel Racing, and Golf Tournaments fill up some of the sporting events that are fun to attend. How about culture? Don't miss the Bandshell Concert Series, the Summer First on First Concerts Downtown, and the Northern Plains Ethnic Festival. And between all of that, Prairie Cruisers Rod Run and Monster Trucks show off their engines and more.

Downtown Dickinson Association also has their events planned. Rock Into Downtown in June will have local artists, crafters, musicians, kids activities, and food. There will be a vendor show Shop with a Bang, during the 4th of July Celebration, and in August, Cruise into Downtown Vendor and Car Show will be held.

For more details, go to [www.visitdickinson.com](http://www.visitdickinson.com) and click on Events; also follow us on Facebook, Instagram, Twitter and YouTube. ■



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# 2021 BADLANDS BIG STICKS HOME SCHEDULE

MAY		JUNE			JULY			AUG	
25 SPEARFISH SASQUATCH 6:05 PM	26 SPEARFISH SASQUATCH 6:05 PM	4 MOU 6:05 PM	5 MOU 6:05 PM	6 MOU 4:35 PM	6 SPEARFISH SASQUATCH 6:05PM	7 SPEARFISH SASQUATCH 6:05PM	6 SPEARFISH SASQUATCH 6:05PM	7 SPEARFISH SASQUATCH 6:05PM	
		8 SPEARFISH SASQUATCH 6:05 PM	9 SPEARFISH SASQUATCH 6:05 PM		12 SPEARFISH SASQUATCH 6:05PM	13 SPEARFISH SASQUATCH 6:05PM			
		15 SPEARFISH SASQUATCH 6:05 PM	16 SPEARFISH SASQUATCH 6:05 PM	17 SPEARFISH SASQUATCH 6:05 PM	16 SPEARFISH SASQUATCH 6:05PM	17 SPEARFISH SASQUATCH 6:05PM			
		18 MOU 6:05 PM	19 MOU 4:05 PM	20 MOU 4:35 PM	24 SPEARFISH SASQUATCH 6:05PM	25 SPEARFISH SASQUATCH 4:35PM			
		25 SPEARFISH SASQUATCH 6:05 PM	26 SPEARFISH SASQUATCH 6:05 PM	27 SPEARFISH SASQUATCH 4:35 PM	27 SPEARFISH SASQUATCH 6:05PM	28 SPEARFISH SASQUATCH 6:05PM			

## PIPER'S PALS Ask Alfie

Dear Alfie:

**My family and I recently got a new dog and he loves people food! No matter what we are eating, he always wants some too. It's okay to give him our table scraps, right? After all, sharing is caring!**

Sincerely, People Food

Dear People Food:

Even though your dog tells you he wants the food you are eating, it does not always mean that it's safe or healthy for him to eat it. Human food contains large amounts of salt and seasonings which are not meant to be consumed by dogs or cats. In addition, foods that are high in fat can cause pancreatitis and gastrointestinal upset in some animals.

If your vet gives you the go-ahead, it can be alright to feed your pet lean bits of turkey, chicken, beef, pork, or fish – but do not include the bones! Once cooked, bones (especially that of turkey or chicken) become brittle and can break off in shards. These sharp pieces are extremely dangerous for your pet

to swallow.

Some vegetables are also okay for your pet to eat, such as carrots and green beans. Unseasoned, cooked eggs can also be safely given as a snack. However, be aware that there are many unexpected foods which are highly toxic to dogs and cats. You can always do a quick Internet search to find out how safe a particular food item is, but when in doubt the safest option is to ask your veterinary professional.

Sincerely, Alfie

Dear Alfie:

**My cat has recently started scratching at the corner of my sofa. I really do not want my furniture damaged, so I think I'm going to have her declawed. What do you think?**

Sincerely, Fancy Furniture

Dear Fancy Furniture:

I am begging you, please do not declaw your cat. Also known as onychectomy, declawing is a surgical process in which the front knuckles of the cat's toes are amputated. Many countries around the world, and some states in the US, have banned declawing altogether as it is considered cruel and inhumane. While it will prevent your cat from scratching surfaces in your

home, it causes far more harm than good.

Cats who have been declawed frequently suffer from chronic pain in their feet, joints, and legs. This often results in litter box issues, as the granules of litter are painful on the cat's achy feet and may cause them to avoid using the box altogether. This sad scenario creates a whole new variety of problems: frustrated owners will try to rehome their cat, but no one wants to adopt a cat who will not use a litter box. The cat is then demoted to being an "outdoor cat," and cats who have been declawed do not survive well outdoors. The act of declawing didn't just take away their ability to scratch, it also took away their ability to defend themselves, climb trees and fences to escape dogs and other predators, and hunt for food. One small slip-up and your cat may find herself outside. If that happens and she is declawed, the odds of her surviving are reduced significantly.

The good news is that you still have options for how to save your sofa! One of the most popular methods is to use "claw caps" which are colorful gel



covers that are temporarily glued to your cat's claws. There are also lots of protective devices on the market, such as plastic covers for the corners of furniture. Double-sided tape also works well to train your cat not to scratch specific surfaces. Lastly, make sure that you provide scratching posts for your cat so that there is still a place they can exercise their scratching instincts.

Thank you for not declawing your cat!

Sincerely, Alfie ■

*Have questions about your dog or cat? Ask Alfie for advice by emailing [secondchancesvolunteers@gmail.com](mailto:secondchancesvolunteers@gmail.com)*

## PIPER'S PALS Pet Name Match

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

A: Thunder (#\_\_\_)

B: Millie (#\_\_\_)

C: Maisy (#\_\_\_)

D: Sally (#\_\_\_)

E: Yogi (#\_\_\_)

F: Jett (#\_\_\_)

(Answers in our July issue!)

Last month's answers:

A: #3 Louie

B: #5 Trixie

C: #1 Gus

D: #6 Kooper

E: #4 Skip

F: #2 Duke

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## NDSU EXTENSION

### 4-H Achievement Days

By Holly Tuhy

The 2021 Stark-Billings County 4-H Achievement Days will be June 28 - July 1 in Dickinson, ND. From the beginning of the 4-H year in September, youth work on and learn about projects of their choosing. These projects range from livestock to robotics and everything in between. This event is an opportunity for 4-H'ers to showcase their year-long efforts and talents.

Monday June 28 begins with non-living exhibit judging at the DSU Biesoit Activity Center. Youth describe to judges the process of creating the project and their learning experiences. The judges provide constructive feedback - explaining what was done well and where there is room for improvement. Once the judging is complete, the exhibits are on public display until Wednesday. If you come and visit the BAC, you will see an impressive array of hand-built wood pieces, baked goods, art work, and much more.

Monday evening concludes with the 4-H Clothing Revue contest and 4-H Project Expo. Youth in Clothing Revue construct, embellish, and/or repurpose clothes to create a new outfit. Project Expo allows youth to go more in-depth with any project they are enrolled in. In this contest, youth create a display and share their knowledge with a judge.

The rest of the week follows with youth exhibiting their live animal projects. This requires a great deal of effort and commitment from the

NDSU | EXTENSION  
STARK/BILLINGS COUNTY

4-H'ers and their families. Youth learn responsibility when taking care of animals because they are tasked with feeding, watering, handling, grooming, and more.

Tuesday June 29 will be the 4-H Horse Show at the Stark County Fairgrounds at 8:00 am. With two show rings running at one time, this is a fun and busy event. Ranch riding, western pleasure, and reining are only a few of the many events 4-H'ers can participate in.

Wednesday June 30 begins with the rabbit and poultry show at the Stark County Fairgrounds at 9:30 am. As with other live animal exhibits, youth demonstrate proper handling techniques to the judge. The 4-H Dog Show is later in the evening at 6:00 pm. This event will also be at the Stark County Fairgrounds.

The final competition of the Stark-Billings County 4-H Achievement Days is the 4-H Livestock Show at the Stark County Fairgrounds on Thursday July 1. 4-H'ers may show a wide variety of animals: beef cattle, dairy cattle, sheep, pigs, and goats. Judges have youth lead their animals around the show ring to best display the animal and the 4-H'ers handling skills. Animals are judged differently depending on if they are a breeding or market animal, and there is variation in how each animal is to be shown. Junior division and senior division first place showman in each category compete for the title Junior/Senior Overall Livestock Showman. These two title-holders prove

themselves capable of handling beef cattle, dairy cattle, sheep, pigs, goats, horses, rabbits and poultry - which is quite the accomplishment!

Come on out and support our 4-H'ers - we would love to see you there! ■



## THEN... and Now: Dickinson's early schools - Part 3

By Bob Fuhrman



**This photo is believed to date from 1928 and shows tornado damage in the vicinity of the enlarged 1891 school building (left) and 1909 High School (right), it also offers a fairly clear view of the fencing that surrounded the school property beginning in 1898. Joachim Museum Collection, 1985.009.003.**



Although the 1891 completion of the new public school building in Dickinson was cause for pride and satisfaction, it was noted four months later that the need for a high school in the city should be of great concern. The Dickinson Press noted that the expected graduation of eight students from the Grammar Department the next June would see those students needing to venture out of town should they hope to continue their education. Given the growing number of city students, as well as those students from rural schools who wanted to continue, it was obvious that a high school was a need that had to be met. Addressing that topic in March 1892 the Press posed the question, "When it comes to voting on this question, next June, will any other argument be needed?" - Obviously inferring that the School Board had already decided to put the issue on the

June 21st ballot.

Any doubt that this was the case vanished in late May as the school board advertised for bids 'for the completion of the high school building,' i.e., second floor rooms purposely left unfinished to meet the original budget. The advertisement did not lay out the work in detail, pointing bidders to Fowler's Hardware store for specifications and plans, however, it was very specific in stipulating if the "people of the school district for any reason fail to vote the necessary school bonds" then the bids would not be considered or acted upon.

A week before the election a public meeting was held at the Courthouse to discuss an additional \$1000 bond to complete the rooms (including space for a library). The Press reported there was significant initial opposition to the bonding but as the discussion clarified the additional bond would not increase

the tax above the level already being assessed opposition evaporated and the assembly unanimously adopted resolutions of support for the bonding and other propositions as well as a resolution calling for the school to be painted before November. As expected the bonding issue carried (71% of the vote) along with the confirmation to expand offerings to include high school level education (75%) and to create a school library (69%). Eleven days after the election the school board announced the winning bid for the work, \$706 quoted by Sweet & Frazier. That same day the school board requested bids to complete painting of the building as suggested.

No specific details of the work were carried in the Press but by fall it was clear work was finished as a committee to solicit donations of books and funds for the school library was established.

High school classes commenced on September 12, 1892 with 13 students (two more added by month's end), those living in Dickinson attending for free and non-resident scholars paying \$8 for the year. Attesting to the success of the high school program under the leadership of Principal C.L. Clark was a January 1893 notice that Archie Granteer, Carrie Fowler and Mae Auld had passed the State examination, earning certificates for entrance to the State University. Such articles reflecting the success of the school were regularly seen in the Press.

For those first few years building improvements were fairly basic - 'liquid slating' to be applied in classrooms (an economical way to create more 'blackboard' space) and the erection of a privy on the grounds in summer of 1894 for instance (replacing a more modest fixture). But 1894 also saw a major issue surface, it being reported that the hot air heating system "has been wholly unsatisfactory" heretofore and that a low pressure steam plant was being considered.

Details are sparse but the expense of replacing the entire system may have been a factor in the solution that was decided upon that fall - to add a third hot air furnace in the northwest corner of the building and to lower the heating registers to floor level (we don't know where they were originally but it's been generally accepted for many years that floor-level is preferred). McCloy & Senour were the successful bidders for the installation and improvements (\$445.50) which were guaranteed to provide a steady temperature of 70 degrees. The solution proved successful as no problems were reported save for a mid-January 1896 incident when a Mr. Howe, filling-in for the janitor, inadvertently "roast(ed) the grammar school pupils to a brown turn" and nearly froze the high school students, all owing to him being at the wrong furnace, continually cranking it higher and higher trying to heat the high school rooms when that furnace actually fed the grammar school rooms.

The next improvement at the school would barely merit mention except for a related tragedy. At its April 23rd, 1898 meeting the board received a petition

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



June 2021

## DOBITZ AND MCDANIEL NAMED DSU'S 2021 OUTSTANDING GRADUATES



Sarah Dobitz and John McDaniel were named Dickinson State University's (DSU) 2021 Outstanding Graduates during the Outstanding Graduate awards ceremony held Friday, May 14, in Murphy Hall's Thompson Auditorium.

The Outstanding Graduate Award is the highest honor bestowed on graduating seniors by the University. Dobitz and McDaniel were nominated along with 16 other students by faculty in their academic school or department for exceptional performance in their field of study.

Sarah Dobitz, daughter of Pete and Joyce Dobitz, graduated from Dickinson State University with a Bachelor of Science in Education – Elementary Education and a minor in leadership studies. The Dickinson, North Dakota, native followed in the footsteps of many family members before her who attended Dickinson State University and earned their degrees in education.

Dobitz was a member of the Theodore Roosevelt Honors Leadership Program, the Fellowship of Christian Athletes and the Student Education Association. She was also a student-athlete, playing on the Blue Hawk volleyball team and serving as the team captain during her junior and senior years.

Outside of Dickinson State, Dobitz is involved in our community by serving as a mentor for the Best Friends Mentoring Program for the last five years, mentoring three different youth in the community. And closest to her heart is her involvement in the North Dakota Special Olympics for which she has served as a coach and partner for youth basketball and volleyball for four years.

Dobitz has worked for ABLE Inc. as a direct support professional for individuals in the community with physical and intellectual disabilities, the Dickinson Regional After School Program as a supervisor for students in grades K-6, as well as a substitute teacher for Dickinson Public Schools.

After graduation, Dobitz will be fulfilling her dream of becoming an elementary teacher for Dickinson Public Schools. She plans to continue her education by attaining her master's degree and one day teaching special education.

John McDaniel, son of Floyd and Anna Marie McDaniel of Dickinson, North Dakota, graduated with a Bachelor of Science in Biology – Pre-Medical Science option. Originally from Belfield, North Dakota, McDaniel was persistent in going after his dream of going to college full-time while working full-time and raising a family.

McDaniel transferred to Dickinson State University after attending Bismarck State College where he attained an Associate of Arts in Liberal Arts as well as his EMT license. He has worked with the Killdeer Area Ambulance Service and the Billings County Ambulance Service since 2016 as a paramedic providing emergency medical services at the advanced life support level. McDaniel has volunteered with the Belfield Ambulance Service since 2008 as a driver, EMT, and a paramedic.

He is also involved with the Public Health Emergency Volunteer Reserve/Medical Reserve Corps in which he is on standby for deployment when needed. He was deployed for Hurricane Irma disaster relief in 2017 and was involved with the COVID-19 tracing training in 2020.

On campus, McDaniel was an active member of the Science Club in which he served in leadership positions since spring 2019.

*continued on next page*

**OUTSTANDING GRADUATES** *continued from previous page*

In addition, he had an active role in the duties associated with the Science Olympiad.

McDaniel is pursuing a career in medicine, hoping to serve rural communities in North Dakota.

***Congratulations on receiving Dickinson State University's 2021 Outstanding Graduate Award! What does this recognition mean to you?***

Sarah Dobitz (SD): To me, this recognition is an opportunity to represent the college and my program in a positive manner. DSU and the education program has done so much to shape me into the person I am today, so this is a fantastic way for me to represent them. With that, I am also able to represent the programs in the community I have been a part of, such as the Best Friends Mentoring Program and Special Olympics. These programs have allowed me to grow within the community and I hope they continue to receive the positive support and acknowledgement they deserve.

John McDaniel (JM): I am absolutely at a loss for words. It feels amazing. I am completely humbled and honored to receive such an award. However, this award wasn't just for me. It was for my family, classmates, and faculty, too. We are a team, and we built each other up. There is so much that can be done in this world when you work together. Therefore, this is theirs, too.

***Why did you choose to attend DSU?***

SD: Being from Dickinson, DSU has always been in my mind when choosing a college. Both of my parents are DSU graduates, along with many of my aunts, uncles, and cousins. When considering my options, I was given the opportunity to not only receive a degree in elementary education, but also be a part of the Theodore Roosevelt Honors Leadership Program and the volleyball team. These opportunities, along with the chance to continue my family's legacy, made my decision a fairly simple one.

JM: I live and work in the nearby communities. Dickinson State University was affordable and ideal for my circumstances and location. Little did I know, it would become so much more!

***Is there a professor who had a significant impact on you?***

SD: During my time at Dickinson State University, Darla Hoffmann had one of the biggest impacts on me. Prior to attending DSU, Darla was my seventh grade language teacher in Dickinson and my softball coach during my eighth grade season. For these reasons, we already had a great connection. When beginning in the program, I knew she would impact my learning with her spunky and realistic approach to teaching. She always provided us with the "truth" of teaching and did everything in her power to help us be successful. Her office door was always open for questions or even to say 'hello.' I am forever thankful for her.

JM: It wasn't just one professor, but several. The entire Department of Natural Sciences faculty is absolutely outstanding. I have never been

to an institution where a group of individuals has been so invested in the success of their students. I owe so much of my success and future accomplishments to these amazing people and their leadership. They give you what you need, not what you expect. They are a true treasure to this institution.

***Do you have a favorite memory you'd like to share?***

SD: Of all the memories I made at DSU, the ones I made while playing volleyball are some of my most cherished. My teammates and I have made countless memories on the court, on the bus, and outside of the sport, as well. I loved each and every experience I had with my teammates, even during the 13-hour bus drives that turned into 15, and the 5:30 a.m. workouts where it seemed impossible to wake up. My teammates, my coaches, and the sport made it all worth it. I'll miss those times the most, but I have gained lifelong friends through the experience that I will forever be thankful for.

JM: There were so many awesome memories. Watching my professors get excited about material they loved was a favorite of mine. It was contagious and would get you excited, too. In addition, I have to mention Dr. Eric Grabowsky. While I never had a chance to have him as an instructor, he always provided great insight, guidance, and conversation that I will never forget!

***What are you most proud of when you look back on your time at DSU?***

SD: Looking back on my time at DSU, I am most proud of how I was able to balance my time and efforts between student-teaching and playing volleyball during my last semester. Being a collegiate athlete is a full-time job in itself, just as student-teaching is. I am extremely proud of myself for the days I woke up at 5 a.m. to go to morning practice, ran to be at the elementary school by 7:30 a.m., taught the entire day, and then stayed at the school until 6 p.m. or later to plan lessons and prepare for the following days. It was not an easy task, but I had the best support system behind me at the elementary school and college to make sure I was able to be successful. After accomplishing that semester, I feel like I can take on anything that comes my way.

JM: I am most proud of the relationships I built during my time at Dickinson State University. We helped each other grow and it will be amazing to see where life take us!

***What helped you the most in accomplishing your goals?***

SD: The support system I had made the most difference in me accomplishing my goals during my time at Dickinson State. My parents, of course, have always been in my corner, encouraging me and being there to lean on when I needed it. My coaches and professors have also been such a huge part of my journey. Especially during my last semester, they did everything they could to take the stress off playing volleyball and teaching simultaneously. They worked with my schedule and were extremely flexible when they didn't have to be. I'm forever thankful for that. Each person has individually guided me in ways they probably didn't even notice at the time. DSU is really a family like that. Each individual is there for the other when they need it.

JM: Without question, the Department of Natural Sciences faculty was the most influential. They pushed me out of my comfort zone and opened my eyes to things I never thought I would be interested in, such as research. They gave me what I needed, even when I didn't think I did. As a non-traditional student, I came to Dickinson State University just to finish my pre-medical prerequisites and ended up with a bachelor's degree in biology and some awesome research experience. I was a little hardheaded, but they kept pushing me in the direction I needed to be in. I am forever grateful.

#### ***Do you have any advice for new Blue Hawks?***

SD: My advice for new Blue Hawks is to soak up your time at DSU. Although it can be overwhelming and stressful at times, you will realize that the memories you make and the people you meet will stick with you forever. This is your time to create the person you've dreamed of being. Take advantage of the opportunities the college provides, whether it is participating in an organization or simply attending sporting events. You will never regret being a part of something.

JM: Don't let yourself get overwhelmed. Don't be afraid to ask for help. Take it one day at a time. Let each day be an accomplishment. Anything worth doing is going to stretch you. Trust me, you will come out of it stronger!

#### ***What are your plans after graduation?***

SD: After graduation, I will be spending the summer preparing my classroom for the upcoming school year. I will be teaching third grade at Prairie Rose Elementary in Dickinson this fall. I am extremely excited to begin this next chapter of my life. It is my hope to eventually return to college to earn a master's degree in special education. At this point in time, I am in no rush. I am just excited for the journey.

JM: I am applying to medical school this summer, in hopes of attending in Fall 2022. In the meantime, I will continue to work as a paramedic full-time and enjoy some free time with the family. Life is good!

***The Blue Hawk family wishes you the best of luck in your next adventure! ■***

## **DSU STUDENTS SHOWCASE EFFORTS IN RESEARCH, HUMANITIES, AND ARTS AT 2021 CELEBRATION OF SCHOLARS**

Dickinson State University (DSU) students had the opportunity to showcase their achievements in research, humanities, and the arts during the 2021 Celebration of Scholars event Saturday, April 24, in Murphy Hall on the DSU campus. Students presented their scholarly work to an audience of peers, faculty, and community members through either an oral or poster presentation.



Dr. Paul Barnhart, associate professor of natural sciences at DSU, helped to coordinate the conference. "The Celebration of Scholars allows the students of Dickinson State University to display the amazing scholarly activity they are working on," said Barnhart. "The work being conducted by students ranges from cancer research to creative works in literature and film. This is a great opportunity for students to experience what it is like to present at the collegiate level of academic research and, for many, to prepare for the rigor of graduate schools and professional schools alike."

"It felt good talking to others outside my research bubble about the importance of my work," said Blessing Okosun, a biology major who presented at the conference. "Preparing for the presentation allowed me to see my work from a bigger perspective and appreciate my research sequence that ran through the entire year."

To see the full list of presenters and view photos from the event, visit [dickinsonstatenews.com](http://dickinsonstatenews.com). ■

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# Family Fun Day

## COMMUNITY CELEBRATION

## Sat. July 3 | 11 a.m. - 5 p.m.

### 7:45 a.m. - Road Races

### Dickinson State University, 291 Campus Drive

MORE INFORMATION:







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## CHANGING LIVES: ARTICULATION AGREEMENT BETWEEN DSU AND MCC ALLOWS COACH TO CONTINUE EDUCATION AT HOME IN MONTANA



Kyle (top left) Stanton with his father, Dan (top right), his brother, Kasey (bottom left), and his mother, Kim (bottom right).

Dickinson State University's (DSU) School of Education and Miles Community College (MCC) signed an articulation agreement in 2020, allowing students to complete a bachelor's degree in elementary education through DSU without having to leave Miles City, Montana. This agreement aligns with DSU's commitment to expand the reach of its educational programming to include students who cannot travel to Dickinson to attend class in-person.

This new structure has had a direct impact on Miles City resident Kyle Stanton, who chose to pursue a bachelor's degree after hearing about the partnership between the two institutions. Stanton last attended DSU in 2013, returning to the University in the spring of 2021 to finish his degree in elementary education.

Stanton heard about the collaboration between the two institutions from his mother, who had seen an ad in their local newspaper. He had wanted to finish his teaching degree for some time but hadn't found an option that worked for his schedule, as he coaches football at the high school in Miles City, Montana. "I have been hesitant to move from Miles City and take time away from coaching and my life in Eastern Montana," he said. "Up until this year, I had not found an accessible way for me to stay in the area and complete a degree. When I was informed of the new program, I knew I had to take the opportunity."

Stanton pulled the trigger and contacted MCC, receiving a response the very same day. He worked with representatives from both institutions as he filled out paperwork and registered for classes. "Both staffs were extremely helpful and accommodating of my schedule," Stanton commented. "As someone who has been out of the college system for a few years, I was nervous about jumping back in. MCC and DSU both went out of their way to make me feel comfortable and guided me along every step of the way. I was signed up and registered for my classes within the week, and it was all an incredibly smooth process."

Stanton is finished with his first semester back and is eager for more;

he has enrolled in a number of summer and fall classes which he will continue to participate in remotely. "The new teacher education program through the two schools has given me a chance to stay in the Eastern Montana community which I love and continue to pursue my passion for coaching," Stanton continued. "Anyone in the area who is interested or ever thought of teaching should take this opportunity. I hope this program can grow in Eastern Montana, and I am excited to continue down my path of becoming a teacher through MCC and DSU."

"Kyle is a wonderful representative of the benefits of forming academic relationships with our Montana neighbors," said Dr. Joan Aus, chair of the School of Education and associate professor/director of graduate studies at DSU. "The fact that he can pursue elementary education while remaining in his community of Miles City benefits both Dickinson and Miles City. I'm very excited about our new partnership with Miles Community College."

Like Stanton, Blue Hawks now have the opportunity to enroll in DSU-live™ classes. Students enrolled in this section are able to choose to attend class synchronously via a live video session or asynchronously by watching recorded lecture videos at a later time with instructor permission. Learn more about this opportunity at [dickinsonstate.edu/dsulive](https://dickinsonstate.edu/dsulive). ■



### *From the Hawks' Nest*

In my first monthly column, I shared with you how Dickinson State University (DSU) improved the lives of many generations of my family in fulfilling its mission of providing high quality, accessible programs. Now, more than 100 years after the University's inception in 1918, our staff and faculty continue to be innovative leaders in higher education, expanding access to education for students near and far.

DSU has had a successful academic year, despite dealing with the challenges of the COVID-19 pandemic. Two consecutive semesters of enrollment growth, with a continued goal of accessibility, have the campus hopeful that in the future it will not just be surviving, but thriving.

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

## DSU FACULTY AND STAFF RECOGNIZED AT ANNUAL AWARDS EVENT

Dickinson State University held the 2021 Faculty and Staff Recognition & Awards Ceremony in-person Wednesday, April 21, 2021, at the Biesiot Activities Center. The following individuals were recognized for excellence in their respective areas:



### PHYSICAL PLANT STAFF SERVICE AWARD

**Rick Green**

Plant Services Coordinator  
Facility Operations



### ADMINISTRATIVE STAFF SERVICE AWARD

**Betsy Murphy**

Administrative Assistant  
Department of Health & Physical Education  
and Office of Intercollegiate Athletics



### PROFESSIONAL STAFF SERVICE AWARD(S)

**Wynter Miller**

Primary Designated School Official and Director  
Multicultural Affairs



**Kayla Noah**

Disability Services Specialist and Director  
Student Opportunity and Resource (SOAR) Center



### ADJUNCT FACULTY RECOGNITION AWARD

**Dr. Andrea Cuervo Prados**

Adjunct Faculty  
Department of Arts & Letters  
and Department of Social Sciences



### DISTINGUISHED EDUCATOR OF THE YEAR AWARD

**Toby Stroh**

Assistant Professor of Agriculture  
Department of Agriculture & Technical Studies

### RETIRING AND/OR EMERITI FACULTY AND STAFF

Those retiring from the University with 15 or more years of service received a special recognition and rocking chair, provided by the DSU Heritage Foundation.

#### **Margaret Barnhart**

Lecturer of English, Department of Arts & Letters

#### **Cynthia Burgess**

Instructor of Biology, Department of Natural Sciences

#### **Joanne Fields**

Administrative Assistant, TREC – Staff Emerita

#### **Donald Tormaschy**

Heat Plant Operator, Facility Operations – Staff Emeritus

#### **Anthony Willer**

Distance Learning Specialist, IT Services – Staff Emeritus ■

## DSU AGRICULTURE STUDENTS TOUR LOCAL ODERMANN RANCH



Dickinson State University's (DSU) livestock production class recently took their learning out of the classroom to James and Leona Odermann's organic ranch near Belfield, North Dakota. The class, led by Toby Stroh, assistant professor of agriculture, takes several study tours throughout the semester, and this was their first time to the Odermann property. DSU President Steve Easton accompanied the students, taking the opportunity to learn more about ranching in Southwestern North Dakota.

Stroh applauded the Odermanns for providing a high quality, educational experience for his students while they were on-site. "They provided a handout, they were organized and had a timeline... They really did an exceptional job," said Stroh of their hosts. "They provided a data sheet with the last 20 years of their daytime and nighttime calving. Their philosophy is that they feed at night so that the calves are born during the day. In their experience, it helps a lot; it works for them."

DSU student Jacob Jessen was very intrigued by the Odermanns' unique management practices. "They were talking about their heterosis, which is using different breeds to get better genetics within their livestock herds. Also, what I found really interesting was their daytime calving. They feed toward nighttime, so hopefully they'll calve during the day, which is something that's really helpful since we live in a very cold place."

"They also went through some of their feeding programs," added student Hannah LaBree. "Being organic, they have to get feed through organic producers for their meat to be certified organic, too, so that was kind of neat."

President Easton appreciated being able to meet local ranchers, especially those with strong ties to the region and the University itself. "We had a wonderful visit to the ranch owned by two loyal DSU alums, Mr. and Mrs. Odermann," he said. "I know I learned a lot about organic ranching, about breeding of bison into a cattle herd, effective grazing, and much more. Though the students were more knowledgeable than me about these matters, it was clear that they learned a lot about them, too. It was, quite simply, a great afternoon. I feel privileged to have been included." ■

## TRHLP SCHOLARS' ACHIEVEMENTS RECOGNIZED AT ANNUAL GRADUATION AND AWARDS BANQUET

Dickinson State University's (DSU) Theodore Roosevelt Honors Leadership Program (TRHLP) held a graduation and awards banquet at the Biesiot Activities Center (BAC) Tuesday, May 4, 2021. TRHLP hosts this event annually to recognize students who have made outstanding contributions to the program.



DSU students Alexa Delbridge (center), Haylie Oberlander (left), and Logan Wagoner (right) have served as TRHLP's Student Assistant Directors (SAD) this year. The SADs, along with Mari Kovash, office manager for the program, helped to facilitate the event. "I am so thankful that we were able to host the banquet

in-person this year, as last year it got canceled," said Delbridge. "This banquet is so personal to every member of the program, from faculty to students, and it gives the appropriate recognition to everyone who has contributed to the successful completion of the school year. Tears, laughs and fun memories are always shared at this banquet, making it even more special."

Dr. Holly McBee, director of TRHLP and professor of English, said, "The graduation and awards banquet is a great chance for the program to celebrate the end of the year and recognize the scholars for the hard work they did all year. This year was difficult because of COVID-19, but, of course, the scholars rose to the challenge and adapted. They helped several groups and individuals in the community."

TRHLP recognized the scholars who will graduate from the University this spring, including: Richard Dobbins, Sarah Dobitz, Hunter Flynn, Aspen Lenning, Paxton Miller, Abigail Moberg, Samantha Sheesley, and Jacey Wilson.

The SADs recognized scholars who were involved in this year's Theodore Roosevelt Executive Committee (TREC), which helps to organize events and initiatives for the program throughout the year. These individuals included:

**Braxtyn Braun**

**Hailey Enney**

**Heather Fahy**

**Alexander Fransen**

**Sarah Griffis**

**Abigail Moberg**

**Hillary Moberg**

**Naomi Uwagbai**

The following awards were bestowed upon scholars, also by the SADs:

**Freshman of the Year | Hailey Enney & Logan Greef**

TRHLP acknowledges those freshmen who bring new and creative ideas to the program while serving as great examples to their class.

**Senior of the Year | Abigail Moberg & Richard Dobbins**

TRHLP acknowledges those seniors who bring new and creative ideas to the program while serving as great examples to all.

**Three Musketeers | Kyle Anderson, Trey Fischbach, & Kon Speelman**

TRHLP recognized these three individuals for always getting the job done, together.

**Extra Mile | Heather Fahy**

TRHLP recognized this scholar for performing above and beyond the expectations of the program.

**Motivator | Jacey Wilson**

TRHLP awarded this individual for encouraging others and setting an example of how to be involved in the program.

**Bunsen Burner | Braxtyn Braun**

TRHLP recognized this individual for having the 'hottest' ideas.

**Judge Judy | Hillary Moberg**

TRHLP recognized this scholar for always being on her 'A' game and not being afraid to correct minor details and suggest ideas.

**Head Cheerleader | Hunter Flynn**

TRHLP awarded this individual for having the most 'TR' spirit and having excellent involvement in the program's activities.

Adjunct faculty member Margaret Marcussen was also recognized during the banquet in appreciation of her dedication to teaching and supporting the program's scholars for nearly 20 years. "She recently retired and we wanted to give her the proper appreciation for everything she has done for the program," said Oberlander.



The scholars closed out the event with a heartfelt 'thank you' to McBee, who is stepping down from her role as director. "This year's banquet was a little more special as we gave a proper farewell to an amazing director of the program over the last five years," said Delbridge. "We appreciate all that Dr. Holly McBee has done, and the impact she made on the program will be forever cherished."

"It has been such a joy to be part of the TRHLP these past five years," said McBee. "I am grateful to Mari Kovash and all the scholars for making this one of the best experiences of my life." ■



# 2021 Spring Commencement



See photos and videos from our end-of-year ceremonies here: [bit.ly/DSUGrad2021](https://bit.ly/DSUGrad2021)

## DICKINSON STATE UNIVERSITY EVENTS

Friday, June 4	New Student Registration	9 a.m.	May Hall and Student Center
Friday, June 11	Jane Melby Barrel Racing Clinic	4 p.m.	DSU Indoor Arena
Saturday, June 12	ACT Testing	8 a.m.	May Hall 312, 314, 316
Saturday, June 12	Jane Melby Barrel Racing Clinic	8 a.m.	DSU Indoor Arena
Sunday, June 13	Jane Melby Barrel Racing Clinic	8 a.m.	DSU Indoor Arena
Tuesday, June 15	Blue Hawk Night at the Big Sticks	6:30 p.m.	Dakota Community Bank & Trust Ballpark
Sunday, June 20	Blue Hawk Football Camp	1 p.m.	DSU Campus
Monday, June 21	Blue Hawk Football Camp	6 a.m.	DSU Campus
Tuesday, June 22	Blue Hawk Football Camp	6 a.m.	DSU Campus
Thursday, June 24	Association for Documentary Editing 2021 Annual Meeting	All Day	Virtual
Thursday, June 24	New Student Registration	9 a.m.	Virtual
Friday, June 25	Association for Documentary Editing 2021 Annual Meeting	All Day	Virtual
Saturday, June 26	Association for Documentary Editing 2021 Annual Meeting	All Day	Virtual
Sunday, June 27	Association for Documentary Editing 2021 Annual Meeting	All Day	Virtual

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

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

## REGISTER FOR FALL CLASSES NOW



### NEW STUDENT REGISTRATION DATES

**VIRTUAL**  
via Zoom

**IN-PERSON**  
DSU Campus, May Hall

**Thursday, June 24**

**Friday, June 4**

**Thursday, July 22**

**Friday, July 9**

**Thursday, August 5**

**Friday, August 20**

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

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**Left - Believed to be Principal Charles H. Clemmer, taken from a group photo at the 1896 Teachers institute Joachim Museum, 2019.001.092.**

signed by 64 residents requesting that a fence be erected around the school grounds. As no details of the petition are reported it is assumed that the petitioners' concerns were for safety. On April 30th the Press reported the board had acted favorably on the petition and the next issue, on May 7th carried an request for fence bids. Progressing through that issue one finds a short editorial paragraph on page 2: "Will any person say now that the school house grounds should not be fenced, to protect the little ones, if for no other reason?" The piece noted that it was school board director Littlehales who had moved to advertise for fence bids.

The inferences of that short piece was that there was some resistance to fencing the grounds but that something had occurred to quash that resistance. Turning to page 3 the headline "A Terrible Accident" explained the motivation for the brief editorial.

About half-past ten on the morning of May 5th Michael Goodale, a stockman from south of Dickinson, was standing with his team and wagon at the residence of David Roberts on Van Norden Street (4th Avenue West) just across the street from the schoolyard. Something spooked the team which bolted, the reins dragging and Mr. Goodale clutching at the side of the wagon box as the team circled the Roberts' house and then plunged across the street and into the schoolyard just south of the building. It was recess and Principal Charles Clemmer saw the team coming and tried to head them off to no avail. Children fleeing to the school's main entrance found themselves in the team's path which continued to the east

where boys playing marbles had narrow escapes and two girls had to jump into Owen Flynn's yard for safety. Leaving the school yard the team continued on another three blocks before finally stopping near Greene's market on Sims Street.

After failing to divert the team Principal Clemmer picked up six-year-old Bertha Brislin who he saw was lucky to have suffered only slight bruises. Handing Bertha off to be looked after Clemmer moved on to pick up seven-year-old Mabel Littlehales' lifeless body and started off, intending to take her home. Mabel's teacher Miss Delia Spears overtook Clemmer (who was likely in shock) and relieved him of his burden, proceeding to take Mabel to her parents David and Jessie Littlehales, Mr. Littlehales having been the member of the school board who had moved to solicit bids for the schoolyard fence just twelve days before.

Michael Goodale had hung on to his wagon box all the way around David Roberts' house and across the schoolyard where he was finally thrown off. Unconscious when found, Goodale suffered a broken collarbone and a deep gash to the back of his head.

Mabel Littlehales' funeral was held the next day at the Congregational Church, fifty pupils from the girl's schoolroom, along with Miss Spears, attending. Michael Goodale, who had been carried to David Roberts' house and was there until he was able to be moved, knew nothing of the consequences of the accident until forty-four days later when he visited Dickinson, his family never having mentioning it during his convalescence, probably to spare his

feelings.

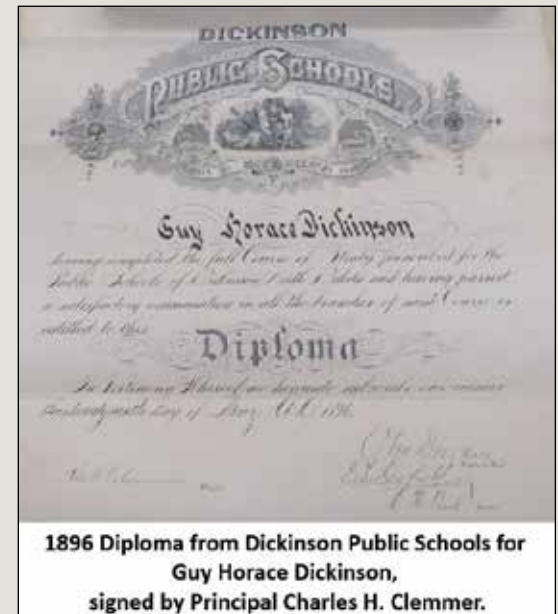
On June 25th the Press carried an extraordinary letter to Editor Ayers from Michael Goodale. Coming into Dickinson, Goodale wrote he had met an acquaintance, "Mr. Chase," who asked after his recovery and then remarked it was "too bad about the little girl." Asked what he meant Chase asked Goodale if he had not heard. When Goodale indicated he had not he asked, "if anyone besides myself was hurt in that school house accident? He (Chase) replied, 'Yes Sir,' and asked to be excused." He next spoke to a man named Drenkel "and he also asked to be excused." Finally, Goodale saw Dr. Perkins who he asked the same question. Perkins stated "that Mr. Brislin's little girl received slight injuries (and) I told him I had heard enough to lead me to think that there was more and that I was going to find out the particulars before I left town. Dr. Perkins then broke the awful news to me."

Goodale went immediately to Mr. Littlehales, telling "him how I could not find words to express my sorrow. I found Mr. Littlehales deeply grieved but calm and a perfect gentleman." Goodale then related he had discovered that his friend Mr. Roberts' wife had actually attended Mabel's funeral even as he lay injured at their house the next day, "but she carefully kept it all from my knowledge." Obviously deeply affected by events Goodale stated, "I would give anything in the world if I could wake up and find that it was all a dream, and that the little girl had not been killed."

Changes in the fence specs required a second bidding before installation that summer but at least it was done and the chance of a repeat of the accident was unlikely. However, in a small, close-knit community such as Dickinson was at the turn of the Century, any loss is remarked on and the coda to the May 7th tragedy played out as the Century turned...

A little over two years after the accident Mabel's classmate Bertha Brislin passed away age 8 years, 8 months after a bout of rheumatic fever and pneumonia. Then, three-and-a-half years after the schoolyard tragedy

Michael Goodale's family was puzzled one evening when his team wandered home without him or the wagon he had driven to Dickinson. Searching down the road his sons were horrified to find their father dead under the wagon, one of its wheels having passed over him, likely the cause of fatal internal injuries. With no witnesses, Dr. Davis (acting as coroner) and Sheriff Goodall were called to the scene before the body was moved. They surmised that Goodale was probably standing as his team negotiated a downward grade of the road and might have slipped as he pulled hard to hold the team back, slowing the wagon which was heavily laden with coal. Goodale likely went down to the ground behind the horses and evidence showed he held onto the reins and was dragged several feet before the horses broke free and one of the wagon's rear wheels rolled over him and then slid back to rest against his body. The 65-



year old English immigrant left behind a wife and several children. He "was well liked as a neighbor and citizen. It was his aim in life to do the right thing by everybody." Michael Goodale's funeral was held at the Congregational Church in Dickinson, the same church from which Mabel Littlehales was laid to rest. Both Mabel and Michael are buried in Dickinson Cemetery.

Next Month: More Students = More Rooms ■

## HEART RIVER GEMS

### Sunrise Youth Bureau

By Kaylee Garling

Sunrise Youth Bureau has a supportive non-profit board of directors here in Dickinson that has arranged a dynamic team of people who provide early intervention services to youth through assessment and accountability. I had the opportunity to sit down with Holly Praus, who has been at Sunrise since 2006, and Amber Hofstad, who has been there since 2008. They help youth under the age of 18 that have come in contact with the law or are experiencing personal, family or school problems. They conduct different programming classes and education to provide learning for youth as well.

Amber says, "Diversion is my main job. I work in conjunction with juvenile court for low level offenders or minor offenses. If a child is cited with something like disorderly conduct, unruly, run away, anything like that, it is typically diverted to us. Parents and child come in, we talk about their situation, why they got into trouble, what kind of future they will have if they continue to get cited for things. We come up with consequences based on what would be beneficial. There are classes from Holly, such as: anger management, self-esteem, or vaping. We might have to conduct community service, a letter of apology, restitution, and then we keep the case open for a while to make sure parents are saying things are getting better, or they need more consequences. We let juvenile court know and we close their case if the results are good. It's an opportunity to come over and work with us, so if they fail to comply at Sunrise Youth Bureau, they do get sent back to juvenile court.

"We also do crisis intervention. A family can call and say, we are seeing this behavior with our child, we're a little concerned about it. They can meet with us and get the same consequences. Parents can sign them up for community service or classes, knowing that if they don't complete those things, the next step might be getting law enforcement involved. We prefer if parents can get to us before law enforcement. We keep in contact with the family and are here to provide consequences, support, whatever we can in their time of need."

Holly adds, "To try to prevent those issues, we have a youth educator, Shannon Biel, that goes into the classrooms and

does prevention programming in mostly elementary and some middle and high school classes. There are things like bullying and teasing, respect and rules, alcohol, vaping, conflict resolution, a whole list of different curriculums that our youth educator can talk to kids about. We don't charge the schools to come in and do prevention programs because the surrounding 8 counties fund us. At the beginning of the school year, Shannon sends out a letter, and it's up to each of the schools to contact us. It can be a school counselor, teacher, or principal, whoever wants to reach out in order to set up one of these classes."

She continues, "We also do attendant care, where we host youth. We have 3 bedrooms here at the new facility. If a parent is dealing with an unruly child and doesn't know what to do, they're able to call law enforcement, and they can bring them in. It's almost like a time out. Those situations we typically hold for 24 hours until we contact the parent and come up with a plan. We visit with the juvenile about their behavior."

"Human Services (formerly Social Services) can call and say, we have custody of this child, we don't have anywhere for them to go right now, and so that's how they can get over here as well," Amber explains.

"For most cases, you can think of us as a transition place," Holly expounds. "For human services to do paperwork, get a child into foster care, it takes some time. They don't know where to put this youth, and we're a safe facility for them to be. If they have to go into a group facility, it takes time to complete the paperwork and get that into the process, so we're almost like a temporary placement for the child to be in this difficult time."



A sample of the new rooms

"We also have times where law enforcement busts a party or finds a kid out past curfew and either parents don't want them to come home because they need that time out and extra consequence, or parents can't be found, so this is the safe place to put the juvenile until they can get back to where they need to go," Amber adds.

"Our local law enforcement has also picked up runaway juveniles from other states, so they are able to place them here until a parent is able to pick them up," Holly says. "We have about 12 part-time on-call attendant care staff. We can call whoever is on-call and they come in. Of course, we must staff 24 hours a day when someone is here, so when it does get busy, it gets to be a lot. One of

our main programs is attendant care, and I think it helps human services and our local law enforcement, because otherwise, what would they do with these youth? I believe we are definitely a needed program within our community."

"Sometimes, there's kids that are in a bad situation and need to be removed from their home. They are already going through quite a lot, so we're a place they can go immediately," Amber says. "It's homey here, and a safe space for them. Between Holly and I, we'll call our on-call worker and they have about 20 minutes to get here. The 8 other counties know they can place youth here as well."

"Stark, Slope, Bowman, Golden Valley, Adams, Billings, Dunn, and Hettinger," Holly names the surrounding counties

*Continued, next page*

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Continued from page 26

they take in. "I do the Sunrise Youth Bureau classes here. It can be one-on-one classes with the youth, or a couple youth at a time. We work on things like anger management, self-esteem- which is a big one, vaping- we're seeing a lot of vaping violations, marijuana, alcohol, drugs, solving conflicts, peer pressure. We also offer a lot of other different educational resources. Every year we try to update our curriculum so we're not showing the same information to these kids."

"If a child is suspended from school where they need to leave school grounds, the school can use Sunrise Youth Bureau for out of school suspension," Amber explains. "Schools use it when it's beneficial to the kids. So, a child will no longer sit at home and play video games all day. They come here, we help them with their homework, then we do educational materials as to why they're here. If they were caught vaping, we do vaping worksheets, talks, and visit with them all day about why they can't be vaping. We typically get kids from the Dickinson area, but also from the closer towns like South Heart, Killdeer, and Richardton."

"We don't charge families a fee. We do charge \$25 a class if they come in and take a class," Holly adds. "However, if a family is not able to pay, we can waive the fee. We get other funding sources, so we don't have to charge the families a certain amount, because we feel like helping families is more important. Again, we get county funding, City of Dickinson,

United Way, we also have a contract with Juvenile Court for different diversion programs, so we get funding from them as well. We're really fortunate that Stark County included us in this new facility. We moved the beginning of December and are now located in the Family and Ag Resource Campus."

"Very grateful to be a part of this building," Amber agrees. "It has helped to have extra space and be able to take more youth at a time. It was really hard to turn away law enforcement or human services when we didn't have enough room at our old location. I feel like that is happening less and less now."

"That's one thing about Sunrise and attendant care, we're not jail," Holly says. "We're a place where youth feel safe. We treat them very well, and hope they treat us well. A lot of times, kids aren't here because of their behavior, they're here because their circumstance at home is unfortunate, so it's a nice place for them to feel safe, open up and tell us what's going on at home. We have a very good staff here that are understanding and work well with the youth."

For more information, you can visit their website at: [www.sunriseyouthbureau.com](http://www.sunriseyouthbureau.com) or call (701) 483-9498. You can find them at their new location in the Family and Ag Resource Campus (2680 Empire Road, Suite E, Dickinson, ND) during normal business hours. ■



Sunrise Youth Bureau's new location

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## BENEDICTINE LIVING COMMUNITY

# Hints a loved one may need memory support services

June is Alzheimer's and Brain Awareness Month, an opportunity to look at the growing prevalence of dementia among older adults, signs to look for, and resources available to help.

According to the 2021 Alzheimer's Disease Facts and Figures report, more than 6 million Americans are living with Alzheimer's disease today. It is a leading cause of death in the United States. And the number of Americans living with Alzheimer's is projected to reach nearly 13 million by 2050.

What is dementia? Dementia is a brain and memory disorder that seriously affects a

and degenerative. Risk goes up with age, and nearly half of those over 85 have symptoms. However, researchers remind us that AD isn't a normal part

of aging. Scientists have discovered that in people with AD, nerve cells die in the areas of the brain relating to memory, which affects cognitive functioning and lowers levels of

the chemicals that carry messages back and forth between nerve cells. Research hasn't fully disclosed the causes of AD. Couples often cover for one another, and when family members visit loved ones only on holidays and special occasions, it's easy to miss the changes.

### Knowing what to look for

Signs to watch for in your loved one that may indicate cognitive changes include:

- Problems with walking, talking, eating, dressing, and managing medications
- Unkempt appearance
- Changes in bathing or grooming
- Stacks of mail or unpaid bills lying around
- Changes in or loss of appetite
- Lack of interest in friends or activities
- Curtains drawn all the time
- Loss of reasoning skills or short-term memory
- Forgetting how to do simple things
- Depression
- Abuse of alcohol
- Wandering
- Incontinence
- Sleeplessness

Experts suggest you seek help, but not jump to conclusions. If several of these things are going on with your loved one, consider making an appointment and talking with their doctor to see if medications or a medical condition could be causing the unusual behavior. Cognitive changes may also be caused by stress, depression, nutritional deficiencies, Parkinson's disease or other conditions. When help is clearly needed, go with your loved one to seek a

professional evaluation.

### Resources available

For those in need of dementia and Alzheimer's care, Benedictine Living Community-Dickinson (formerly St. Benedict's Health Center) offers services and specialties designed to meet their needs and ensure individuals can continue to live full and meaningful lives.

Alzheimer's Disease, dementia, and other cognitive impairments often rob individuals of meaningful participation in preferred activities and limit their ability to do basic daily functions independently. Benedictine focuses on the individual's unique abilities and what is meaningful to them, and then adjusts their approaches as caregivers to support residents in their daily activities.

Because high-quality dementia care training can lead to an improvement in communication between caregivers and individuals living with dementia, every employee also receives basic training in dementia programing and best practices for communication with those who are experiencing cognitive decline. In addition, each resident is screened upon admission to determine if further evaluation and assessment

needs to be completed to determine if a dementia-specific care plan is appropriate as part of their care plan, or if special protocols or practices can be put into place to help residents achieve tasks successfully. Benedictine also has two occupational therapists on site who have specialty training and certification in best practices and interventions for Dementia Capable Care programs.

To learn more, visit [www.benedictinedickinson.org](http://www.benedictinedickinson.org), or call 701-456-7358. ■



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person's lifestyle and behavior, including difficulty doing familiar tasks such as cooking, driving and paying bills on time. There may be a change in personality, problems with language or forgetting common words, disorientation, or frequently getting lost.

Alzheimer's Disease (AD) is the most common form of dementia among older people. It involves the part of the brain that controls thought, memory and language. The disease usually begins after age 60 and is progressive

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## HUMANS OF DICKINSON



### Officer Whinery By Amethyst Britton

The sun may shine bright and warm you up but Tiffany's smile and greeting laugh will do just the same. Officer Tiffany Whinery is a very calm, dedicated, understanding and adventurous person. Tiffany has shown these characteristics numerous times both through her career and her hobbies.

Tiffany was born in Wheatland, Wyoming. Even though they lived in a small town, Tiffany and her family would always make sure she visited her other family members. Tiffany says she would love to see her auntie, uncle, and grandpa because she is very close to them. Unfortunately, her father was never really in her life. At the age of 13 her father was taken to prison. This event in her life is why she became a police officer, because she believed that those people took him away to get clean and help him, and she wanted to do the same for others.

Tiffany is a very dedicated person. She showed this by completing her dream of becoming a police officer. She went to Central Wyoming College in Riverton, Wyoming. Tiffany graduated with an associate's arts degree in criminal justice and a science degree in homeland security, then she took a break. Later, she went back and got her bachelor's degree in criminal justice and a master's in sociology.

Tiffany was able to use her degree when she got a job as a police officer in Dickinson. She moved here in 2016 because her significant other got a job here as well. Tiffany loves traveling and photography. She says that she loves living here because of how nice

and helpful the community is. Tiffany also states that being a good citizen is not just voting or following the law but also being nice, volunteering, and being sympathetic towards others.

In conclusion, Tiffany has a dedication to save others' lives, even though it could have devastating consequences for her. "I'm willing to go to the ends of the earth to help someone else or to keep somebody else safe, so the willingness to do that I would say risking my life is a consequence of doing that. But, if it helps somebody else then it's something I am willing to do." This statement shows how Tiffany Whinery is dedicated, caring, and brave.



### Jarret Blaine By EJ Cheverie

He was in the National Guard and now he's a cop. His name is Jarret Blaine. Jarret was born and raised in Montana. He went to a private college in Oklahoma and did track including javelin and a little bit of triple jump. After college, Jarret went to boot camp for the National Guard.

He served in the National Guard for one and a half years as a paramedic. After being in the National Guard, Jarret met his wife. They got married and moved to Dickinson, her hometown. He has lived here for about two years. Jarret realized he likes to help people in our community stay safe. So, just a few months ago he became a police officer in our community. His favorite part of his job is helping people. He also likes working with the different personalities and seeing how they handle situations on his task force.

In Jarret's spare time he likes to hang out with his dog and his wife.

Jarret feels like Dickinson is a good community because there's not a lot of crime. Dickinson has plenty of good and

kind people on their police force and I was lucky enough to interview one of them for my Humans of Dickinson project at DMS! ■

## 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

### SOUTH HEART

I Don't Know Bar  
Tee Shots

### RICHARDTON

Suzy's Stash  
The Country Drug Store Pharmacy  
Dee Dee's Cafe

### BELFIELD

Trappers Kettle  
City Hall

### MEDORA

The Roughrider Hotel  
Chateau de Mores  
Medora Uncork'd  
Hatlee and Brae

### BISMARCK

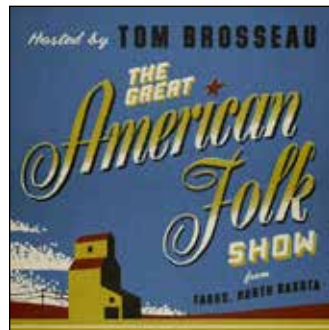
The Capital Gallery  
Bisman Community Food Co-op  
Bismarck Art & Galleries Assoc.

HEART RIVER VOICE | JUNE 2021

# Calendar

## Sunday, June 6

**THE GREAT AMERICAN FOLK SHOW** 4PM MT A variety radio show created and hosted by Tom Brosseau. Tom will be joined by cast from the Medora Musical; South Dakota sculptor John Lopez; Irish singer/songwriter Lisa Lambe; Cowboy poet Sean Sexton; Pedal steel player Drew Taubenfeld; and singer Emily Walter. Prairie Public Radio.



## ENTIRE MONTH OF JUNE

**BENEDICT COURT** Drop off pet supplies to go to a local animal shelter. 8AM-5PM, Mondays-Fridays. Benedict Court, 820 2nd ave East.

## VARIOUS DATES IN JUNE

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

## DICKINSON PUBLIC LIBRARY

Various events taking place at the library. See article, page 4, for dates and details.

**ACADEMY OF DANCE** Dance classes available for all ages! Classic ballet, jazz, modern, tap and hip hop. See ad, p. 27 for more information.

## JUNE 4-JUNE 6

**BADLANDS BIG STICKS HOME BASEBALL GAME** 6:05PM Friday and Saturday; 4:35PM Sunday. Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

## SATURDAY JUNE 5

**OLD RED TRAIL RUMMAGE SALE** 8AM-5PM Rummage sales from Gladstone to New Salem. Community sales lists available online at: [oldredoldten.com](http://oldredoldten.com) and [Facebook .com/oldredoldten](https://www.facebook.com/oldredoldten)

## 2021 TRUCK AND TRACTOR

**POWER PULL** 1:30PM Concessions and alcohol sold on site. Admission - \$15/person. Stark County Fairgrounds, 4024 Highway 22 South.

## ROCK INTO DOWNTOWN

11AM-7PM Spend the day downtown! Family fun, vendor fair, kid games, sidewalk sales, in-store specials, and live music throughout the day! Downtown Dickinson.

## CRUISE NIGHT

6-9PM Grab the spouse, grab the kids, you can even grab your grandma! Jump in your rides, come out and have a good time cruising, meeting new people or hanging out with old friends! Cars, Trucks, Vans, Bikes, whatever! Meet at the BAC parking lot at 5:30PM. 398 State Ave N.

**STOCK CAR RACES** 6PM \$12/adult; \$5/children 12-17; under 12, free. Southwest Speedway, 47th St SW. 10 miles south on Highway 22 and 1 mile west on 47th St SW.

## SUNDAY JUNE 6

**TRNHA'S 67TH ANNUAL BIRD WALK** Meet at 6:30AM For novice and experienced birders alike. Bring binoculars and field guide. To reserve a to-go breakfast and register, send name and number of participants to: [info@trnha.org](mailto:info@trnha.org). Cottonwood campground, South Unit, Theodore Roosevelt National Park.

## JUNE 8-JUNE 9

### BADLANDS BIG STICKS HOME

**BASEBALL GAME** 6:05PM Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

## WEDNESDAY JUNE 9

**MEDORA MUSICAL OPENING NIGHT** 7:30PM Performed live and outside every night, the show is dedicated to President Theodore Roosevelt's time in the Badlands and to the Spirit of the Old West. That's not all though, you'll also enjoy...Live singing and dancing by the Burning Hills Singers, High-energy country and western music by the live Coal Diggers Band, a rotating, featured variety act in the middle of the show, a BIG patriotic finale with fireworks...and oh, so much more! See [medora.com](http://medora.com) for more info! Medora, ND.

## SATURDAY JUNE 12

**RESCUED AND RECLAIMED** General admission hours from 9AM-3PM One of the finest Vintage Markets around. Vendors from 5 states bringing in some of the finest Rusty, Chippy, Repurposed, Primitive, Vintage & Fine Antiques along with Handmade Jewelry & Clothing. Tickets \$5 at the door. 14 and under are free. West River Ice Center.

**STOCK CAR RACES** 6PM \$12/adult; \$5/children 12-17; under 12, free. Southwest Speedway, 47th St SW. 10 miles south on Highway 22 and 1 mile west on 47th St SW.

## JUNE 12-JUNE 13

**BULL BLOWOUT** Join Dakota Community Bank for some Family Friendly Fun! 30 of the best bull riders face off! Starts at 6PM Saturday and 2PM Sunday. Concessions available. \$12/person. 5 and under, free. Stark County Fairgrounds.

## SUNDAY JUNE 13

**4TH ANNUAL DON'T WINE JUST RUN 5K** 10AM Registration; Run/Walk beginning at 11AM. Untimed event on an open course. Family and Pet Friendly event raising proceeds to go towards our local animal rescues! Entertainment following: Corn Hole, Yard Yahtzee, Jenga, Live Music! Family/pet friendly. First 125 registrants will receive a fanny pack filled with goodies. Fluffy Fields Vineyard & Winery, 2708 21st St East.

## MONDAY JUNE 14

### SWIM WITH THE BIG STICKS

Day pass or WRCC membership required! Join us at the WRCC Outdoor Pool for this exciting pool party. The Badlands Big Sticks baseball players will be taking pictures with fans, sign-

ing autographs, and swimming all afternoon. Door prizes, game tickets, memorabilia, ice cream, and other prizes will be given!

## TUESDAY JUNE 15

**BANDSHELL CONCERT SERIES PRESENTS NU-BLU** 7-9PM Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.

## JUNE 15-JUNE 20

### BADLANDS BIG STICKS HOME

**BASEBALL GAME** 6:05PM Tuesday-Friday; 4:05PM Saturday; 4:35PM Sunday. Come cheer on our local expedition

## 2021 Old Red Trail Rummage Sale

New Salem | Almont | Glen Ullin | Hebron | Richardton | Taylor | Gladstone

Saturday, June 5th

8:00 am - 5:00 pm

(Local Time)

Community sale lists will be available online.

[www.oldredoldten.com](http://www.oldredoldten.com)    [www.facebook.com/oldredoldten](https://www.facebook.com/oldredoldten)

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#NDCoffeeCruise

league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

**THURSDAY JUNE 17**  
**FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE** concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.

**FRIDAY JUNE 18**  
**9TH ANNUAL BAKKEN BBQ** 4-10PM BBQ cook-off with local companies competing for the best BBQ. The locals can enjoy an all-you-can-eat BBQ, cold beverages, entertainment, kiddy corner, live auction, and a variety of prizes raffled off with

purchase of ticket(s). Benefit for Relay-For-Life, Make-A-Wish North Dakota, and other local area charities. See page 11 for more details.

**SATURDAY JUNE 19**  
**3RD ANNUAL LEMONADE DAY 8AM-4PM** Taste some of the best lemonade in town at dozens of homemade stands. This event helps teach kids about entrepreneurship by providing resources to start their own lemonade stand/business. Call the Chamber at 701.225.5115 for more information. Map available online at [lemonade-day.org/dickinson](http://lemonade-day.org/dickinson)

**7TH ANNUAL GENE HARTMAN MEMORIAL TOY RUN 10AM** Registration at Bernie's Esquire. Kickstands up at 11AM. Bring a new unwrapped toy to be given to local children in need at Christmas. Silent Auction and 50/50. Everyone is welcome.

\$10/person. More info, contact Joe 701.290.7614 or Dave 701.590.0911.

**SUNDAY JUNE 20**  
**PLAYERS SPORTS BAR & GRILL** Celebrate Father's Day at Players. 1 free beer for all fathers! (Limited selection. While supplies last.) Happy hour all day! Players Sports Bar & Grill, 2050 1st Ave East.

**TUESDAY JUNE 22**  
**BANDSHELL CONCERT SERIES PRESENTS GOOD MORNING BEDLAM 7-9PM** Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.

**JUNE 23-JUNE 27**  
**ROUGH RIDER DAYS CARNIVAL** Ride the thrills of the carnival. Kids of all ages will enjoy the games and cotton candy. Wristbands and individual tickets will be available for carnival rides. DISCOUNT COUPON OUTLETS: Both Family Fare locations, Cashwise, Chamber of Commerce, Creative Cards & Gifts, and Dickinson Convention & Visitors Bureau. Location: Former DSU Rodeo Grounds

**THURSDAY JUNE 24**  
**BENEDICT COURT DRIVE THROUGH EVENT** Join Benedict Court in honor of National Take Your Dog to Work Day. Drive through event 11AM-3PM. Swing by for a goodie bag filled with special treats for you and your furry friend! Last minute pet supply donations will also be taken. Benedict Court, 820 2nd Ave East.

**FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE** concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.

**FRIDAY JUNE 25**  
**PRCA RODEO - KIDS NIGHT** Grand Entry 6:45 p.m./Rodeo 7:00 p.m. Tickets: \$18 for



District 8 American Legion Riders presents **FAMILY Fun Day** Monday June 28 4-8pm Stark County Veterans Memorial Park 801 5th Ave West, Dickinson, ND. **FREE! Bouncy Slide Ax Throwing Dunk Tank**. FOOD AND VENDORS WILL BE AVAILABLE!

adults/kids 12 and under FREE. Stark County Fairgrounds.

**JUNE 25-JUNE 27**  
**BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM** Friday and Saturday; 4:35PM Sunday. Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

**SATURDAY JUNE 26**  
**STOCK CAR RACES 6PM** \$12/adult; \$5/children 12-17; under 12, free. Southwest Speedway, 47th St SW. 10 miles south on Highway 22 and 1 mile west on 47th St SW.

**PRCA RODEO - RETRO NIGHT** Grand Entry 6:45 p.m./Rodeo 7:00 p.m. Tickets: \$18 for adults/\$10 for kids. Stark County Fairgrounds.

**SUNDAY JUNE 27**  
**PRCA RODEO - PATRIOTIC** Grand Entry 3:45 p.m./Rodeo 4:00 p.m. Tickets: \$18 for adults/\$10 for kids. Stark County Fairgrounds.

**MONDAY JUNE 28**  
**FAMILY FUN DAY 4-8PM** Join District 8 American Legion Riders for a day of fun. Free bouncy slide, ax throwing, and dunk tank. Food and vendors will be available. Stark County Veterans Memorial Park, 801 5th Ave West.

**JUNE 28-JULY 1**  
**4H ACHIEVEMENT DAYS 4H** Achievement Days run June 28-July 1. See p. 15 for details on each day's events.

**TUESDAY JUNE 29**  
**BANDSHELL CONCERT SERIES PRESENTS DAKOTA JAZZ 7-9PM** Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.



**ROCK INTO DOWNTOWN**  
**DICKINSON VENDOR FAIR SATURDAY 11AM-7PM 06.05.21**  
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## MISS BEA'S KITCHEN

### Summer sides

By Laura Walters

Not every day is a backyard bar-b-que day - especially if you live in North Dakota where the wind blows your patio furniture across the street along with all your hopes and dreams. Seriously. When my husband and I first got married, we lived in an apartment with a tiny little deck area that comfortably fit two chairs and a side table but we crammed as many potted plants as we could out there as well. We were able to keep it looking cute about a minute or two a week because of the wind. Thankfully, we had railings all the way around so nothing ever left that tiny space but we sure lost a lot of really cute pots out there.

We only stayed in that apartment a year and traded up to a townhome on the other side of town. I've shared with you all my excitement over having an actual dining space now but really one of the biggest draws when we looked at this place was the size of the deck! Our deck space now is four or five times what we had at the apartment and positioned just so that we actually get a lot of protection from the wind. We love having friends over and grilling out or just enjoying the deck on our own. A lot of times in the summer, even if we aren't grilling, my husband and I will eat outside. Sometimes it gets a little breezy for us even out back, but for the most part it's the perfect summertime dining room.

When I was young and we would have people over in the summer, I remember my dad making all the meat on the grill and my mom and my sisters and me would be busy inside preparing all the sides. That's just how it was. It wasn't until my husband upgraded his grill a couple of summers ago that I really started branching out and experimenting with making all sorts of sides on the grill (I say that like I'm doing the grilling but it's really all him). A couple of sides that we have really enjoyed have been shrimp kebabs with the spicy ranch sauce (I'm pretty sure I've shared that recipe before but check my

Facebook page for that) and bell peppers and onions chunked up with seasonings and a little lemon juice. This summer though, I'm really excited to try something new!

Last week I made a cauliflower side in the Mexican street corn style and it was SO good that we both decided we were going to try it as cauliflower steaks on the grill. I just made this in the oven and it was super simple and tasty but adding the flavor from the grill will take it right over the top! My mouth is watering just thinking about it. I can't wait to make it again soon and I hope you'll try it too - either in the oven or on the grill

I'll see you around the kitchen, Miss Bea

*Laura Walters is a stay-at-home wife who curates monthly menus both for her home and for sale. Her menus are perfect for busy moms, beginner homecooks, clueless bachelors or really anyone looking to switch up their usual at-home menu. Find her on Facebook, or email her at MsBeasKitchen@gmail.com* ■

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## Mexican Street Cauliflower

### Ingredients (Cauliflower):

1 large head fresh cauliflower cut into florets  
3 TBS olive oil  
½ tsp salt  
½ tsp chili powder  
¼ tsp paprika  
½ tsp garlic powder

### Ingredients (Crema):

¼ c mayonnaise  
¼ c sour cream  
¼ tsp chili powder  
¼ tsp cumin  
1-2 cloves garlic, minced  
¼ tsp salt  
2 tsp lime juice  
Garnish: ½ c crumbled Cotija cheese, Cilantro

### Instructions (Cauliflower):

Preheat grill to 375-400 degrees. Place cauliflower into a disposable aluminum pan and seasonings. Toss in olive oil until coated. Place pan on grill and smoke for 30-35 minutes, stirring occasionally, or until cauliflower is tender and has started to char and caramelize. To cook in the oven: Bake at 400 degrees for 30 minutes, stirring occasionally, until tender and golden brown.

### Instructions (Crema):

Combine mayo and seasonings in a bowl and mix well. To Serve: Place cauliflower on a platter and drizzle crema on top. Garnish with Cotija cheese (or white cheese of choice) and cilantro. Enjoy! ■





## BEST FRIENDS

# In the wake of uncertainty and despair comes connection and hope

By Mark Billings

For Kutter Berger, life was an uncertain place where the people he knew and trusted could vanish, like distant images glimmering in a desert sun.

Starting the 2019-20 school at Prairie Rose Elementary, there was a familiar face the 11-year-old did not see any more in the evening or on the weekends, that face which had taught him how to fish, hunt and ride a horse. His father Derrick "DJ" Berger had passed away

"You could see Kutter's confidence and mental health beginning to improve within those first couple of months of their meeting," said Crystella Berger, reflecting on her son's match with Mueller.

The COVID pandemic impacted many BFMP mentors - including Mueller who was forced to abruptly move back to Germany - but Mueller and Berger

continued their meet virtually until this past summer. With the Dickinson Public Schools closed to visitors including BFMP set up alternative meeting locations. With this arrangement in place, BFMP paired Berger with a second mentor, Matthew Meschke. An Exercise Science major at Dickinson State University, the 20-year-old Meschke was ready for his third match since becoming a mentor in 2017.

"I heard about Best Friends at Dickinson High School through the National Honor Society, and I thought it was a good way to make an impact," said Meschke.

Meschke, who has also forged a strong mentoring relationship with Berger by regularly meeting for lunch at Subway and now at Prairie Rose during the now 5th-

grader's lunch and recess, said there are strong rewards for continuing in his volunteer role.

"A highlight for me is seeing a kid's smile," he said. "There also are a wide variety of activity options available to mentors when they are at the school seeing their mentee."

Crystella Berger, who is raising Kutter and a younger son while working as a hairstylist, said the mentoring matches with her son have gone a long way in helping heal his emotional wounds. Meschke said Berger has already asked him if he plans to be his mentor at the Dickinson Middle School next year when he starts the 6th grade, and he has committed.

In lieu of hazy images on the horizon for Berger, there is certainty and hope. ■



Kutter and Matthew

from cancer only three months before the start of school. His male role model gone, there was an emotional hole growing.

Thanks to former 4th-grade teacher Becca Natwick, now a school counselor at Lincoln Elementary, Berger was in good hands at Prairie Rose and through other support networks known at the school, which included the Best Friends Mentoring Program (BFMP). Best Friends paired Berger with Pit Mueller, a former youth exchange student at Dickinson State University in September of 2019.

The connection the two formed while meeting over Berger's lunch and recess hour was instantaneous, said Crystella Berger, Kutter's mother. The mentoring relationship provided an immediate infusion of regularity and hope.

## ND POTTERY

# Standing Rock Sioux Indian Pottery

By Arley Olson, NDPCS Historian



As the mid-1930s Work Progress Administration programs swept the nation, the growing economic importance of craft production by Southwestern Native Americans was recognized. Government officials began to encourage self-help developments in other Native Americans communities. Ceramic projects were introduced in the schools so that children on the reservations could make pottery for use in their homes.

In November 1936 Bruce Doyle an instructor at the U.S. Indian School in Bismarck, ND was transferred to the school at the U.S. Indian Reservation at Fort Yates, ND as ceramics director. In 1937, he was in contact with Freida Hammers, an instructor in ceramics at UND who was giving him information on clay and glazes so he could prepare his



own glazes.

Known pottery items to date are utilitarian wares such as plates, cups & saucers, sugars & creamers, Coffee pots etc. Incised on bottom is Standing Rock Pottery with T S R.

Doyle was working with pottery at Fort Yates in 1937 and possibly before. He was a self-taught chemist who took ceramic classes at the University of Washington, University of California at Los Angeles, University of Oregon, and University of Wisconsin in Milwaukee. After WPA Ceramics moved to Mandan, ND, in November 1936 Fort Yates did the firing of their green ware as at that time WPA did not have a kiln at Mandan.

Margaret Cable, director of the University of North Dakota ceramics department, served as Traveling Educational Expert in Ceramics, Indian Service at Large for the United State Field Services went to Pine Ridge Reservation in SD. in 1937 for six months. Doyle was in Cable's class and soon thereafter transferred to Pine Ridge as director of the school pottery program. ■



## WHERE BUSINESS GOES TO GROW

# Dickinson Town Square

What is the state of the city of Dickinson? As a community we are wiping off the dust of dealing with the new normal and what will define a post-COVID society. What we do know is we have an innate need to be together; as a community, with friends and especially family and loved ones.

Recently, we had the opportunity to gather as a community and listen to updates from city leaders at the State of the City luncheon. There are numerous projects on the horizon that will most certainly reinforce togetherness and community while adding beauty and enhancing our quality of life.

Last month we talked about one of the larger projects that SDC has been involved in recently and was also the venue for this State of the City event. The Dickinson Public School's, North Campus provided its first glimpse of the potential available for the future Career and Technical Center to the event attendees.

This month we are introducing the Dickinson Town Square project planned for the corner of 2nd Street and 1st Ave West. Recently this location had been cleared and was the location of the

former American Bank Center.

In the words of world renowned Roger Brooks, who is one of the industry's foremost authorities on downtowns, tourism, branding, community development and marketing; "In economic development, tourism, and community development there is positively NOTHING that's more important than your downtown."

Downtown Dickinson has embraced this philosophy and grown into a vibrant hub of our city. You will find unique shopping and dining experiences as well as the opportunity to attend a number of events that happen on almost a weekly basis. During the summer months you can attend one of the First on First live concerts that is free to the public, while enjoying your favorite foods from one of our many local food trucks. The winter months bring fun shopping events and a Parade of Lights that the whole family will enjoy.

Soon you will be able to bring your whole family to the new town square coming Spring 2022. The town square will be host to several activities from live concerts to private events like weddings



and birthday parties. The square will have a children's play area with a splash pad, an outdoor movie theater, and a winter ice rink.

The Town Square is a downtown living room for the city. Like a living room, it should be flexible for daily use as well as large gatherings and special events. It should be built for comfort and convenience, with varied seating options, lighting and comfort features. The Town Square aims to activate the downtown year-round, with spaces and activities where everyone in the community can

enjoy music, entertainment, dining, relaxing and playing, right in the heart of dynamic downtown Dickinson.

A capital campaign is currently underway to assist in providing the match funding for the project and we hope to see construction activity at the location in the very near future.

There are many good things on the horizon for the City of Dickinson and the Town Square is another project providing a piece of the puzzle to create a community where people want to live, work and play. ■

Renderings courtesy of JLG Architects



**SUZY'S STASH****Summer quilting**

By Suzy Rummel

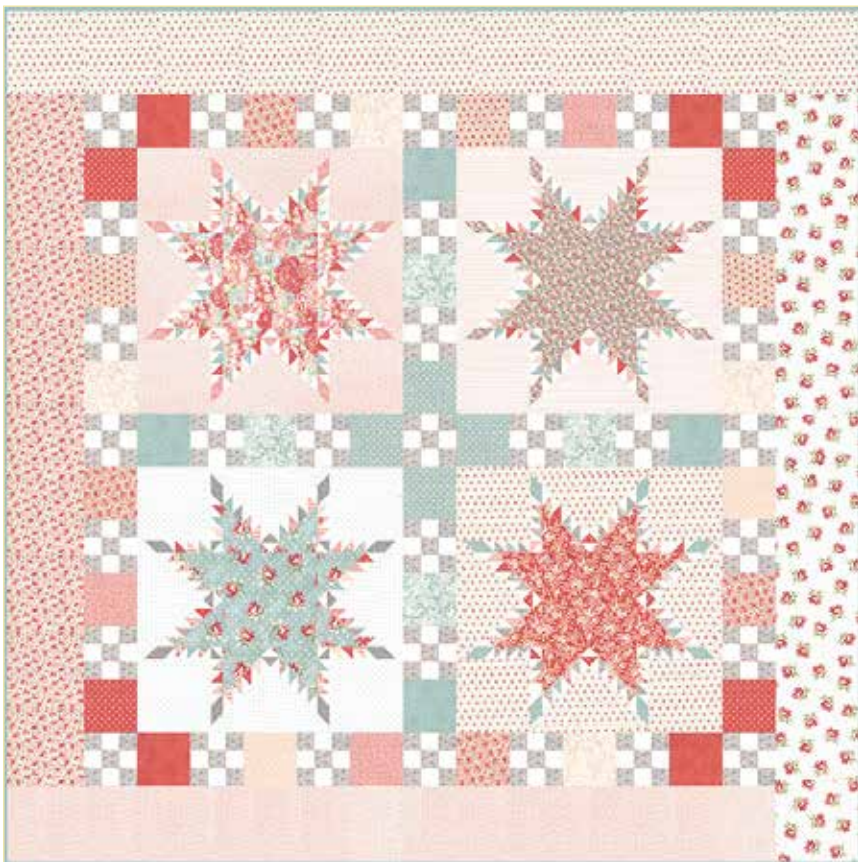
June is my favorite month of the year. I suppose it is because summer is the best season, summer begins in June plus it is my birthday month. Wearing flip flops, shorts, tank tops, running outside barefoot, eating ice cream plus getting enough Vitamin D! I could go on and on for all the reasons that I love summer but that is enough, you get my drift!

Quilting sometimes takes a back seat in summer especially up here in the North. Gardening, swimming, fishing, lake life and grilling all take precedence but there seems like there still is time to sew. I like to sew a bit each day. My sister challenged me to sew 21 minutes a day and see how much I get done. I tried that method, even on days when I didn't want to and sure enough; a lot got done so I am going to try that method this summer. I am going to sew at least 21 minutes a day, four days a week.

Quilting is sometimes difficult especially when you are just beginning. You may feel overwhelmed, intimidated and anxious. A wealth of information is available for you and quilters are happy to share their knowledge. Below are quilting tips every beginner needs to know to maximize potential and minimize mistakes.

1. Choose an easy pattern.
2. Measure the pieces evenly. (Measure twice, cut once.)
3. Buy plenty of fabric in case you make a mistake.
4. Press your fabric before cutting. (Press, don't iron, there is a difference.)
5. Use a consistent quarter inch seam. (Practice, practice, practice!)
6. Use a big mat and a big ruler to cut your fabric.
7. Change your sewing needle.
8. Change your rotary cutting blade.
9. Get experienced help.
10. Don't be afraid to make a mistake. (They're called humility blocks and we all have them.)

Come and visit us at the Stash! (We have air conditioning). 118 North Ave, Richardton, ND 701-974-7899 [www.SuzysStash.com](http://www.SuzysStash.com) ■



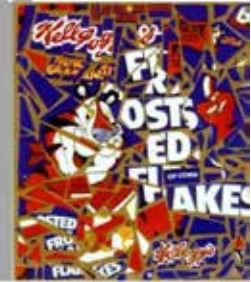
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- Ages 6+
- Bring a cereal box

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## COMMUNITY

### National Men's Health Month

**By Tara Zettel, RN and  
Executive Director of  
Connect Medical Clinic**

In June, Connect is pleased to highlight our services aimed at meeting the sexual health needs of the at-risk men in our community. We define "at-risk" as, men who are sexually active or have been exposed to unwanted or unintended sexual health encounters placing them at risk for an unplanned pregnancy or a sexually transmitted infection.

Men's Health Month nationally focuses on heightening awareness of preventable health problems and encouraging early detection and treatment of infections and diseases among men and boys, according to menshealthmonth.org. Our medical services and education provide the awareness of risk avoidance and reduction so men can preserve their sexual health and future fertility.

**STI Services:** We offer an STI screening panel of 5 common sexually transmitted infections (Chlamydia, Gonorrhea, Syphilis, HIV and Hepatitis C) and education on many more. According to the CDC, in 2019, men accounted for nearly 83% of all primary and secondary Syphilis cases in the US and Gonorrhea continues to be diagnosed more frequently in men, increasing by 5% from 2018 to 2019. Plus, 50% of all new STI diagnoses are given to young adults ages 15-24.

STIs can present with no symptoms or symptoms that are not easily identified as an STI. And studies suggest untreated Chlamydia has the potential to decrease fertility by means of impairing sperm fertilization capacity and obstructive damage due to chronic inflammation. This is why annual STI screening should be done in sexually active men.

**Pregnancy Services:** Men are welcome to talk to an RN about how their choices have the potential to result in causing an unintended pregnancy. Men can feel left out of



the contraception conversation, but at Connect, we empower men by offering evidence-based education about methods and sexual risk avoidance.

Men can accompany their partner to our free FEMM course, a comprehensive, natural, science-based women's health and wellness program that helps a couple identify daily hormonal shifts to achieve their fertility and health goals.

**Educational Services:** It isn't just the mom who can benefit from Connect's Earn While You Learn program. Dads can join, too! Whether the couple is together or co-parenting, the father of the baby, up until the child is two years old, can participate in our pregnancy and parenting education program. We want men to feel confident in their new role, and they earn diapers and wipes as well. We have courses especially for dads, including a "Being a Father" series, "Practical Fatherhood" series, "Co-parent Communication," "Healthy Boundaries," "Beyond Child Support," and "The 10 Best Gifts You'll Ever Give Your Kids" and many more!

If you are a young man who may benefit from any of these services, or if you have a friend who came to mind as you read this article, send them a link to our website: [www.ConnectMedicalClinic.com](http://www.ConnectMedicalClinic.com).

Help us promote Men's Health this month by encouraging men to seek medical services for their sexual health needs. ■

## MEMORIES

## The importance of grandparents

By George Nodland

My Grandpa Christ, was the only grandparent that was alive and lived a few years after I was born. Grandpa Christ was born in Norway in 1872 and immigrated to United States in 1893 at the age of 21, settling in Rolette County, North Dakota. According to his citizenship papers, he became a citizen of the United States on December 1, 1898. He married my Grandma, Gunvor, in 1895. In 1905, they moved to Thief River Falls, Minnesota where he was a rural mail carrier with a team of horses. They moved to Dunn County in 1915 and settled in the Werner area. They had six girls (one being my mother). Grandma Gunvor died in 1923. In 1945, grandpa moved into Dunn Center and lived in a one-room cabin next to our home. He died in 1957.

We moved into Dunn Center from the farm in 1950 as my father's health was failing from a heart condition. I was five years old at the time. Our home was just a few hundred feet from grandpa's cabin. His cabin was very old (one room) and had tar paper on the outside for insulation. He had a bed on one side of the room and a small table and chair on the other side of the room (No running water and no electricity). A pail for water and a wash basin for washing was his running water and an oil lamp was his electricity! He had an outdoor biffy as many of us had

at that time!

My father, Gonvald, and grandpa were very good friends. Grandpa Christ was at our house very often to have meals with us. After dad died in 1953, Grandpa Christ was like a second father to me. He was a very quiet and soft spoken, kind man. We would grow a large garden, and he would help my mother with weeding and tending the garden. I remember that he carried a salt shaker in his pants pocket. He would dig up onions, radishes, and turnips, wipe the dirt off of them, add salt, and eat them raw! I would get to eat them with him – that was fun! I would often visit him as he had store-bought Oreo cookies with vanilla filling in them for a treat for me. He would often be listening to a talk show program on his radio (battery operated) when I visited him. He would tell me to be quiet and give me the cookies to keep me quiet! I remembered that he liked his coffee very hot. He would then pour the coffee in a saucer to cool it off and then sip it when he drank it. My mother didn't like the sipping sound, but respected her father too much to say so. (He also liked cream in his coffee – so do I!). My mother and he would talk in Norwegian very often when they didn't want me to know what they were talking about. Grandpa Christ never owned a car. He rode a horse or walked many miles to get to his destination point.



George and his Grandpa Christ

He would walk from Werner to our farm (about 10 miles) many times.

I was fortunate to have one living grandparent for a short time in my childhood, my other grandparents on my father's side of the family died before I was born. Grandparents are special and very important for grandchildren. They pass down family history, care for,

teach and encourage grandchildren! We (grandparents) need to step up to the plate and do our part in raising our children, grandchildren and great grandchildren. We are the historians for them. Our heritage will be lost if we don't pass it on. We share the past to forge the future! ■

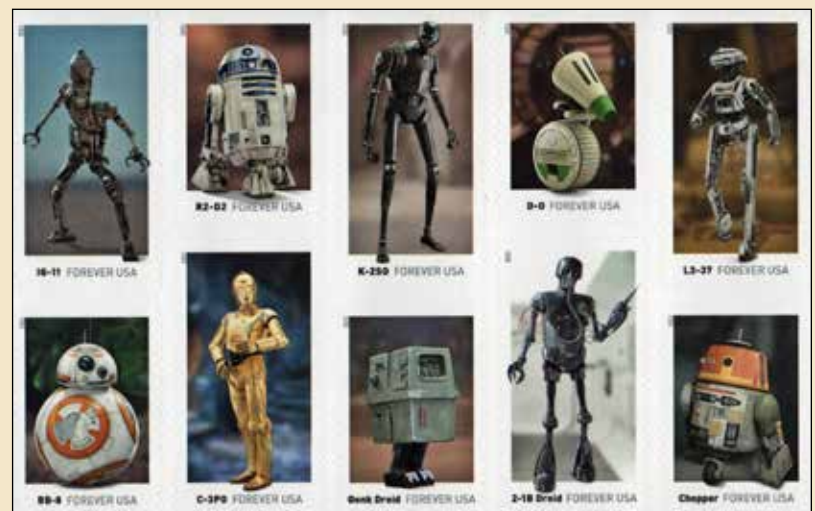
## GOING POSTAL Star Wars Droids

The first characters fans meet in the first Star Wars film, "Star Wars: A New Hope," are droids – namely C-3PO and R2-D2 – and droids have continued to play pivotal roles throughout the "Star Wars" galaxy.

With 10 dazzling new character-inspired stamps, the Postal Service salutes beloved droids from the "Star Wars" galaxy and the imagination that brings these technological marvels to the screen.

Lucas films, the studio that created the Star Wars franchise, is celebrating its 50th anniversary in 2021.

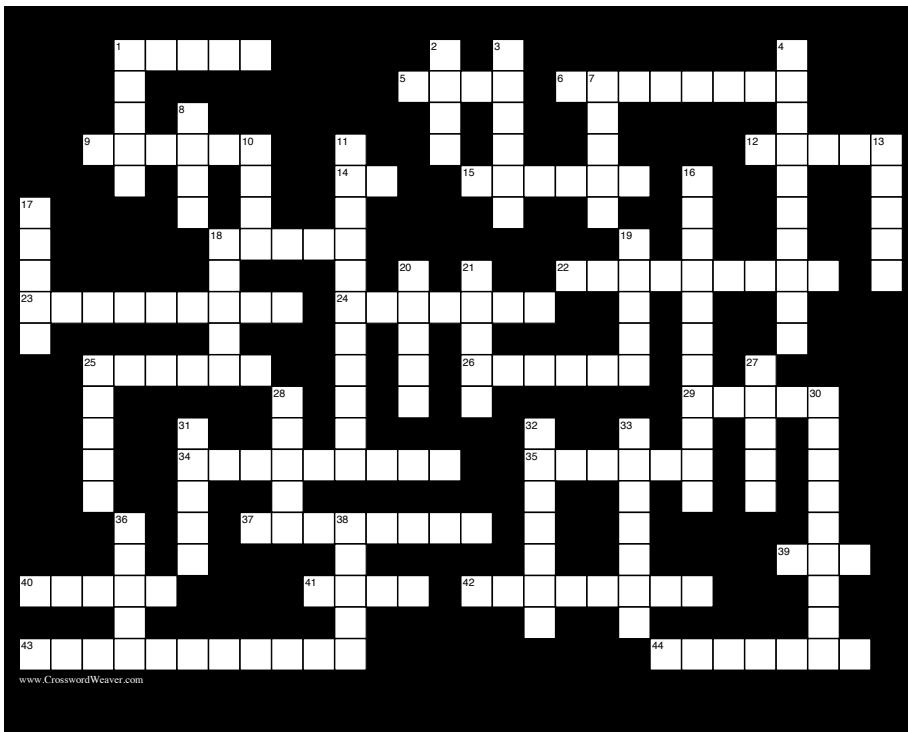
Greg Breeding was the designer of the stamps and pane. William Gicker was the art director. Stamps were released May 4, 2021 and may be purchased at your local post office. ■



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

# Heart River **VOICE** PASTIMES

**CROSSWORD** KEY SYMBOLS by Carlinka



**ACROSS**

- 1 Frequent flier
- 5 Courtroom group
- 6 <
- 9 .
- 12 Streaks down cheeks
- 14 @
- 15 \$
- 18 Right when expected
- 22 "
- 23 Harsh
- 24 Hard one
- 25 #
- 26 Southpaw's opposite
- 29 Scrabble has 100
- 34 &
- 35 Port city in Ukraine
- 37 [ ]

39 \_G. BIV

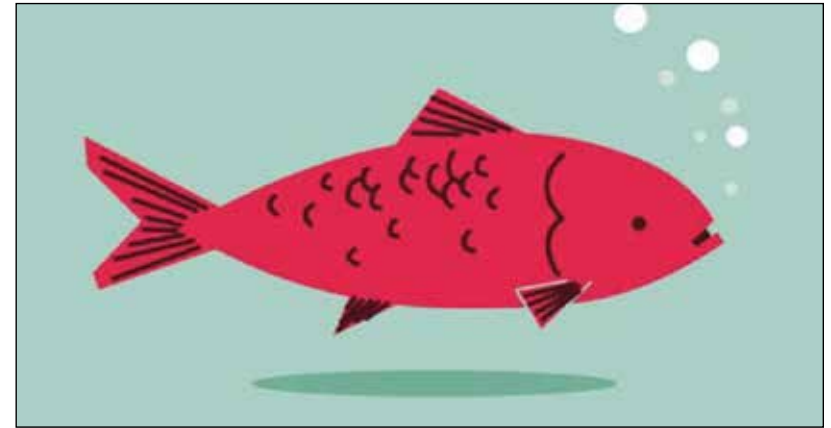
- 40 Pack animals in the Andes
- 41 +
- 42 ?
- 43 !
- 44 %

**DOWN**

- 1 Downward dog and cobra
- 2 One edge of night
- 3 -
- 4 \_
- 7 =
- 8 Curse with bad luck
- 10 One edge of night
- 11 ( )
- 13 /
- 16 >

17 ~

- 18 Give one's take
- 19 Small lace mat
- 20 Like gossip and fruit
- 21 Bit of birdsong
- 25 Over clingy
- 27 Bowling venue
- 28 See-through, as fabric
- 30 ;
- 31 ^
- 32 Free loaded
- 33 \*
- 36 Pack animal in the Sahara
- 38 :



**id·i·om**  
**Red Herring**

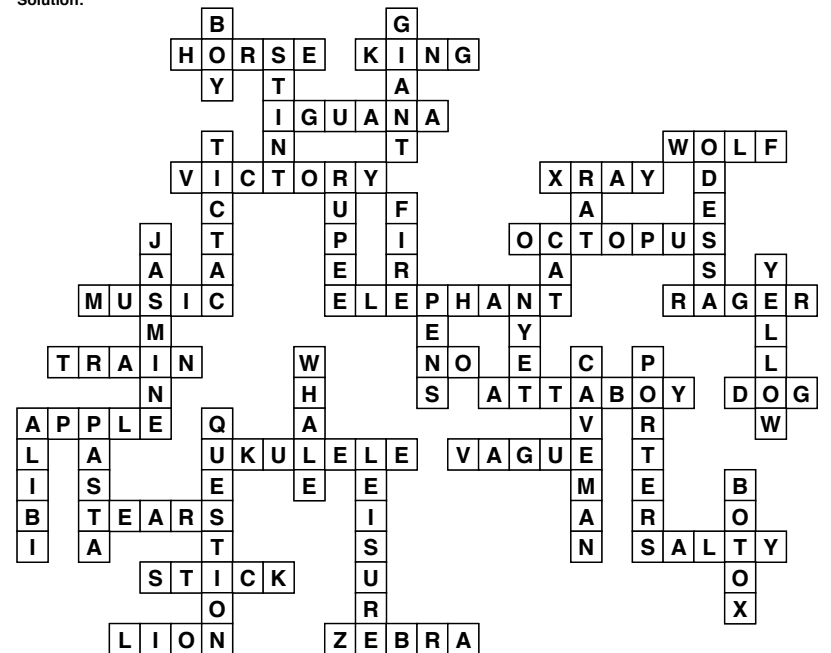
According to the Oxford English Dictionary, the term comes from an old hunting practice involving exercising horses by creating a false trail, literally of red herring, for the hounds and in turn, the horses to follow.

A red herring is something that misleads or distracts from a relevant or important question. It may be either a logical fallacy or a literary device that leads readers or audiences toward a false conclusion. A red herring may be used intentionally, as in mystery fiction, or as part of rhetorical strategies, or may be used in argumentation inadvertently. ■

*Last month's puzzle solution*

++AS IN++

Solution:



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

At the beginning of June, your sign ruler Mars opposes Pluto, which brings about reconstruction. This is an intensely emotional period when you want to eliminate, once and for all, something that is bothering you. It is a good time for a (de) construction project at home. June 11th heralds a really positive period for fun, entertainment and letting your hair down. Later in the month, the focus is on family relationships.

**TAURUS**  
April 21-  
May 21

There is every indication that there is a rather pleasant development in your life at this point connected with social connections and friendship. There are a number of important developments on the economic front. Mid-June is a time when there are changes at home, and a good period begins for home entertainment, invitations, and more celebration with the family. End of the month, Venus moves into Leo, and you can expect a very romantic period to begin.

**GEMINI**  
May 22-  
June 21

June is a period when you review actions and decisions made in the previous month. It is a very significant time for you, because the solar eclipse on the 10th falls in your sign, highlighting a clash between Mercury and Neptune, which is the astrological signature for misunderstandings or deception. Expect financial good fortune near the end of June. At the very end of June there are really great trends for travel, especially locally.

**CANCER**  
June 22-  
July 22

Your imagination is working overtime, yet the big developments will be in your inner life, rather than your outer life. Good fortune is due to an opening of new spiritual or intellectual horizons, and with the arrival of a soft and caring person, who channels understanding and compassion into your life. The full moon in your opposite sign Capricorn on the 24th highlights relationships, and this is a good time to clear away connections which no longer are so important for you.

**LEO**  
July 23-  
August 22

On June 11th, Mars enters your sign, and you will soon start casting your net after entertaining experiences, love, and romance. As Venus enters at the end of June, a really great period begins, which will make July memorable in terms of having rewarding and fun relationships. The end of the month is a time when you prefer to set time aside to be alone. It is an extremely fortunate period from a spiritual point of view.

**VIRGO**  
August 23-  
September 22

June will be a time when you review recent steps and decisions taken in your career to gain more clarity about the direction you want to go in. This is a complex time for relationships, so some of the confusion may arise because of deception or prevarication in connection with other people. The last 10 days of the month are very favorable socially, and this is a time when a good and loyal friend makes an appearance. This is a Friendships can get reshuffled and some friends move on.

**LIBRA**  
September 23-  
October 22

First week of June is a time for career success, with a focus on working with idealistic people who have their hearts in the right place. End June is characterized by positive developments in your career, although there may be some demanding family issues, so you will have to juggle. As Venus moves into Leo at end of month joining Mars, the foundation is laid for a very positive and romantic July, when there are parties, get-togethers and happy celebrations.

**SCORPIO**  
October 23-  
November 21

Early June is an intense period for you both emotionally and intellectually, and you will have to put a major effort keeping your head above water. Things change radically around the new moon on the 10th, and this is a time when you may want to take a higher profile professionally. A period begins when your confidence peaks, when you get recognition, and when you impose your will to make structural changes which can affect your relationships.

**SAGITTARIUS**  
November 22-  
December 21

June is the center of a bubble, which foreshadows positive family developments and an expansion of the home environment. When June begins, Venus harmonizes with Jupiter and the first stroke of good fortune begins. This could be on an emotional level, with a deep sense of intimacy and connection. But it could also be financial, when the money flows.

**CAPRICORN**  
December 22-  
January 20

If you thought you could avoid a major restructuring which affects assets and finance, you will be disappointed. June 14th marks the second of three clashes between Uranus and your sign ruler Saturn, which highlights 2021 as a year of change. These changes can relate to children or institutions. Your best strategy is to recognize that there are some societal changes that you cannot control and adapt accordingly. The full moon in your sign on June 24th highlights more personal relationships, and this is in fact a good period.

**AQUARIUS**  
January 21-  
February 19

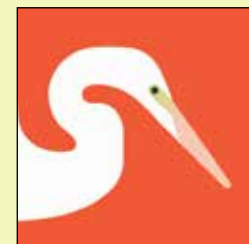
2021 is a year characterized by the clash of Saturn and Uranus. This clash can be a deeply personal experience as you try to align your own personal needs and agenda with that of the family. Some restructuring must take place, perhaps rebuilding, perhaps moving. June is an excellent month for economic growth. Throughout the month there are extremely favorable conditions for love and romance. It is an outgoing period when people want to enjoy life and celebrate love. You may need to cast off restraint and let your hair down.

**PISCES**  
February 20-  
March 20

From May 13th to 28th July the planet Jupiter with its 74 known moons is in your sign. It's a bit like being in a soap bubble, with hopes and dreams expanding and new possibilities opening up. The first week of the month is extremely fortunate for love, creativity. June gives you a taste of things to come, and now you have the opportunity to formulate your hopes for the future, even if you will not be able to realize them until the end of the year.

**Audubon Bird Guide**

The award-winning Audubon Bird Guide is a free and complete field guide to over 800 species of North American birds, right in your pocket. Built for all experience levels, it will help you identify the birds around you, keep track of the birds you've seen, and get you outside to find new birds near you. [Audubon.org/app](https://audubon.org/app)

**Solitaire Cube**

This app is a fun way to make a little side money. You not only play the classic game, but you can gain actual cash. It's regular Solitaire, but faster to play and you're playing against another person. The game is powered by an eSports platform that manages the reward and cash prize element that makes this game exciting.

**Marriage & Martinis**

Marriage & Martinis is an attempt to present a real, authentic marriage at its core: the love, hate, teamwork, struggles, laughter, humiliation, and ever-changing dynamics that comprise spousal relationships. Join Danielle and Adam as they explore every hilarious, heartfelt, shocking, embarrassing, and completely inappropriate facet of marriage and parenting.

**My Favorite Murder**

The hosts have been doing this for five years now, but the idea still feels as taboo and sketchy as the title suggests, but like...you know when y'all start talking about your favorite horrific true crime story? And then everyone else feels weird because you're in the gory details and this was supposed to be a nice dinner party? Put that in podcast form and that's what you have here.



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