

# Heart River VOICE

MARCH 2022 | VOL. 4, NO. 3 | HEARTRIVERVOICE.COM

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LOCAL EVENTS







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Best OB/GYN



**Lea Floberg, FNP**  
Best Nurse Practitioner

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# Heart River VOICE

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## A note to our readers

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

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

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

**Kelley Jilek**  
*Publisher*

Cover art "Woof, We Are Lost!" by Dessire Hernandez. For more information about the artist, see page 5.

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## CONNECT MEDICAL CLINIC

3-Day YES Event with National Speaker Jess Ford

### WEDNESDAY APRIL 6

Community Youth Rally  
Trinity High School 7:00 - 8:30pm



Jess Ford shares his a message of hope and significance in this event for 6th-12th grade. Parents are welcome! Free event, no registration required.

### THURSDAY APRIL 7

Connect's Fundraising Banquet

Connect's family of support come together to hear mission updates at our largest fundraising effort of the year. Call 483-9353 for details



### FRIDAY APRIL 8

Men's Breakfast  
Living Word Fellowship 7:00 -8:30 am

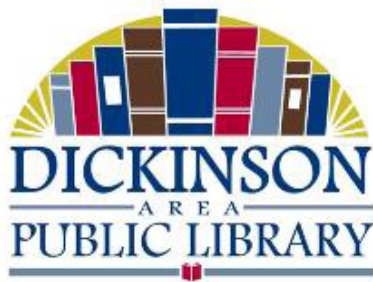


All men are invited to breakfast with a final session with Jess Ford: just for the guys. Attendees may contribute via Free Will Offering



## #BOOKWORM Spring into March!

By Cindy Thronburg



March is full of things going on at the Dickinson Area Public Library, so we have a lot of announcements we would like to share.

The first announcement is that Will Eisner Week will be happening the 1st through the 7th. This is a celebration of comics and sequential art, graphic novel literacy, free speech, and Will Eisner's legacy. Will Eisner was an innovator in the genre. He also was an advocate of including graphic novels in library collections. We have two graphic novel collections, one for children located in the basement, and one for adults, also now located in the basement in the Adult Nonfiction section. To celebrate Will Eisner Week, we will have a display of graphic novels, including some that have won a Will Eisner Comic Industry Award. Presented every year in more than two dozen categories, the top winner of 2021 was Gene Luen Yang who earned two awards for *Superman Smashes the Klan* (can be found in Children's Graphic Novels - Call no.: F Yang, Gene L. S9593) and one award for *Dragon Hoops* (Children's Graphic Novels - Call no.: 796.323 Y22).

For those of you that use the Overdrive app for ebooks, audiobooks, and more, this announcement will pertain to you. Over the course of 2022, OverDrive will be transitioning users from the original OverDrive app to the Libby app. Both Libby and the classic OverDrive app allow you to borrow and enjoy the same digital content from our library, but they look and feel different. Libby works on iOS versions 10 and up, Android version 5 and up and can also be accessed at [www.libbyapp.com](http://www.libbyapp.com). Expect to see more news on this throughout the year and if you have any questions, please stop by the library where we are happy to help

you.

The Academy Awards are scheduled for Sunday, March 27 and Turner Classic Movies has their monthlong showcase of films, 31 Days of Oscar. For our adult patrons, the Library is offering a chance to win a movie-themed prize by playing Movie Bingo! Beginning March 1, adults may stop at the Library Circulation Desk to pick up their bingo card. Turn in your bingo card by March 31st for a chance to win. A qualified Bingo is a completed row across, down, or diagonally. The Bingo spaces are earned by watching a film that fits the category. You can only use a movie for one square. The winner will be notified by April 2nd, 2022 so be sure to include your name and a good phone number on your card so we can contact you if your name is drawn! Stop by the Library to see our large collection of movies to find one that will fill a square!

Another thing we would like to announce is that we are expanding our Books & Brew program to the Belfield area! This program is for ages 14 and older. Each month we will discuss a book while enjoying a coffee or tea (beverages not provided by the Library). We will meet one Saturday a month at Cup & Cake in Belfield. Copies of the book will be available there to check out. The first event will be held at 9:00am on Saturday, March 5th, and the book discussed will be *The Round House* by Louise Erdrich.

We also have a new program we would like to announce. The program is called *Based on the Book*, and it is for ages 11+. This program discusses a book and a movie or TV adaptation that was based on it. Some clips of the adaptation will be shown to help the discussion along. Participants do not need to have read or seen either. The March meeting will be on Thursday the 24th at 6:00pm, and the work discussed will be *Harry Potter and the Sorcerer's Stone*. A popcorn bar will be setup as well.

Our Winter Reading Program wrapped up on February 28th, and we will celebrate and announce prize winners at our Cookies & Cocoa Social on Friday, March 4th from 2:00-4:00pm. Drop in for a cup of hot cocoa and a cookie! While prize winners will be announced, you need not be present to win.

As always, please check our calendar of events, our Facebook page, or our website ([www.dickinsonlibrary.org](http://www.dickinsonlibrary.org)) for a complete list of all the goings-on at the Library! ■

**summit**  
on behavioral health in  
ENERGY COUNTRY

# 2022 SUMMIT ON BEHAVIORAL HEALTH IN ENERGY COUNTRY

APRIL 26 & 27, 2022  
ROUGH RIDER CENTER | WATFORD CITY

Summit hosted by Vision West ND bringing together community leaders and professionals for education, networking, and information sharing.

**APRIL 26, 2022**  
9:00 AM - 5:30 PM  
CONTINENTAL BREAKFAST (7:30 AM)  
LUNCHEON (NOON)  
RECEPTION (5:30 PM)

**APRIL 27, 2022**  
8:00 AM - 3:00 PM  
BUFFET BREAKFAST (7:30 AM)  
LUNCHEON/AWARDS (12:30 PM)

Continuing Education Credits (CEUs)  
will be offered

Door Prizes

**REGISTER ONLINE**

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**SANDY GUSTON THOMPSON**  
Opening Keynote (4/26/2022)  
The evolution of addiction services in North Dakota.

**DR. TAMI DECOTEAU**  
Luncheon Keynote (4/26/2022)  
Understanding how historical trauma can impact a person throughout his/her lifespan.

**JEFFON SEELY**  
Welcome Keynote (4/27/2022)  
Dissolving barriers that prevent organizations from reaching levels of exceptional performance.

**KRISTI PFLIGER-KERLER**  
Closing Keynote | Call to Action  
Team Building, Effective Management, Leadership, Alzheimer's Disease/Dementia.

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## COVER ARTIST Dessire Hernandez



Dessire and her artwork

My name is Dessire Hernandez. I was born and raised in Puerto Rico but have been living in North Dakota for the past eight years. I have a bachelor's degree in Environmental Science with a minor in Chemistry.

Since I was a kid, I have always been interested in art and develop my skills by myself. I started practicing drawing and mixing color at a young age working with acrylic, oil, and resin. I started doing artwork for friends and family members because of their reactions and compliments. I then realized I could do so for other people and create a business out of it. Currently, I do commission artwork, logos and resin artwork.

Soon I will be able to share some of that artwork at my new business,

Fresh Sips, I am opening in St. Joe's Plaza. Clients will be able to admire the artwork (and buy it) while enjoying some fresh snacks and refreshing drinks. ■



Dessire's artwork at the Dickinson Theodore Roosevelt Regional Airport

## DICKINSON AREA CONCERT ASSOCIATION Jared Sherlock



The name Sherlock is synonymous with mystery. Jared Sherlock brings that mystery to Stickney Auditorium at Dickinson State University on Sunday, March 27, 2022 at 7:30PM with his award-winning entertainment as an illusionist and magician. He'll baffle you with his sleights of hand, feats of legerdemain, delightful juggling and wrap it all up with a friendly dose of clean comedy. You might even find yourself on stage to "assist" in one of his tricks!

Jared's modern magic and clean-comedy is sought after for corporate events, theaters, colleges, and fairs nationwide. Along with two assistants, Jared will perform several magic tricks as well as large scale illusions. He

entertains with funny and interactive elements that audiences love.

Magician Jared Sherlock and his 2 assistants will amaze, astound, and astonish you. This show will bring the world of magic and illusion to the stage.

This is a great family show that all ages will truly enjoy. Don't miss your opportunity to see Jared Sherlock! For this concert only, children age 12 and under will be admitted free of charge, students 13 to 18 will be charged \$10, and adult nonmembers will be \$30. For more information regarding tickets/membership, please contact the Dickinson Area Concert Association at 701-227-1673. ■



**HEALTH****Quality sleep: A building block of a healthy lifestyle****Dickinson Medical Center****By Kristina Olstad, PA-C**

A good night's rest is essential to recharge our bodies. Good sleep depends not only on the quantity but the quality of the sleep. Adults need a minimum of 7 hours of sleep per night. The amount of sleep children require varies by age and I recommend looking at the American Academy of Pediatrics website for full information.

Our bodies love patterns and habits, and setting a consistent sleep/wake cycle will improve rest. Many consequences of poor sleep have been identified, including increased risk for all accidents, a poor quality of life due to feeling tired all the time, an increase in the rates of cardiovascular illness and events, poor immune system function, increased obesity and higher rates of type 2 diabetes.

If you feel you are getting adequate quantities of sleep but still feel tired, please consider the quality of your sleep. Are you interrupted in the night leading to sleep cycle disorders? Do you snore and/or stop breathing in your sleep? Do you not feel well-rested even after a sufficient amount of sleep? You may have obstructive sleep apnea. This is when excessive tissue in your mouth or neck creates a blockage to your airway in your sleep and you don't get sufficient oxygen. If you are concerned this may be a problem for you please schedule an appointment to see your primary care provider to discuss screening and testing options. You can get a test at Great Plains Rehabilitation Services in Dickinson to wear at home as a screening that must be ordered by your healthcare provider. Alternatively, you may participate in an overnight sleep study at CHI St. Alexius Health Dickinson Medical Center to be screened by their trained sleep lab staff. Treating sleep apnea will improve long term heart and lung function as well as improve your quality of life.

Some easy changes to make to improve sleep:

1. Avoid caffeine (including chocolate!) after 2pm.
2. Turn all screens off for 60 minutes (120 is even better) prior to bed, and if devices are in your room while you sleep, be sure they can be set to "do not disturb" mode. Consider adding a blue light blocker to your devices.
3. Exercise during the day. This helps promote natural fatigue. It also can increase your exposure to bright natural daylight which will improve sleep.
4. Avoid large evening meals and snacks. Avoiding alcohol can also improve sleep. Alcohol increases snoring and disrupts sleep patterns.
5. Evaluate your bedroom environment to decrease light, noise and find a comfortable room sleeping temperature. Make sure you are comfortable in your bed with your bedding and pillows.



Kristina Olstad

*Kristina Olstad, PA-C, practices Family Medicine at CHI St. Alexius Health Beach Family Clinic in Beach, ND. To reach Kristina or to schedule an appointment, call 701-872-3777. ■*

# REWARD!

## HAVE YOU SEEN THIS RABBIT?



# EASTER BUNNY

## GUESS THE CULPRIT CORRECTLY

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**\*NO RABBITS WERE HARMED IN THE MAKING OF THIS POSTER.**



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## CONNECT MEDICAL CLINIC

# A search for significance

By Mark Billings

Looking back at those early years in Wahpeton, North Dakota, the days are grainy, as if someone had hurled a handful of rich, black soil from that Red River Valley town into a tattered scrapbook and left it there, marring the pictures and memories.

of her father and step-mother.

“My little brother was regarded as a miracle,” she said of Michael, 18 years younger than her. “His first days are recorded in detail, both in albums and a baby book thick with memorabilia. I even referred to him as ‘the prince that was



Who was she and whose was she – this baby, this daughter? Was she prized – was she anticipated and cherished? Where did she belong?

For 42-year-old Tara Zettel, the answers came in bits and pieces, and her past was messy. The daughter of an 18-year-old single mom, Zettel learned she originally was not planned – or wanted for that matter. Like other single moms at the time, Zettel’s birth mom originally contemplated an abortion and ultimately had decided to place her in the hands of an adoptive family upon giving birth.

Following that plan, Zettel’s mother left the hospital and her child in the hands of OB nurses. For reasons unknown, the adoptive parents couldn’t complete the paperwork and the baby stayed there for seven days in a rural hospital until her mom ultimately changed her mind and decided to take her home.

“My biological father had already checked out by this point, permanently abandoning his child, and my mom was on her own,” said Zettel. “Her parents made her move out and get an apartment, since they had mom’s younger brothers still living at home.”

But Zettel’s mother initiated another relationship when her baby was six months old, and this man ultimately became known as her father. “As far as I can remember, I’ve always had a father,” she reflected.

Her mother and new father ultimately split up, and both remarried when Zettel was in her teens. Zettel will never forget the discrepancy between her own birth and the birth of her step-brother, the son

promised.”

Zettel said for many years, she didn’t realize the impact her brother’s birth had on her. “The needling in my soul said, ‘You were a mistake nobody wanted,’ and that was amplified in comparison to him being a miracle whom everyone prayed and fought for.”

Without realizing it, Zettel said she carried with her the negative belief that she was a burden, not wanted, an inconvenience, and just plain too much. Unconsciously, those lies impacted how she related to everyone she encountered. “Thankfully some healing took place and I challenged the lies and replaced those old scripts with truth,” she said. “There was a plan and purpose for my life, regardless of the circumstances of my conception and birth, just as there was a plan and purpose for my brother.”

“Those two infants were blameless coming into the world,” she added. “Both of us are worthy of love just because we exist. Our dad chose to love us both, regardless of biological ties, proving that every child is wanted by somebody.”

Zettel, who is also a Registered Nurse and the executive director of the Connect Medical Clinic, said her own search for significance led her to resonate with Jess Ford, a 23-year-old national speaker from Dallas, Texas. Ford is the keynote speaker at Connect’s three-day YES! (You Embody Significance) events, including an interfaith youth rally April 6, fundraising banquet April 7 and men’s breakfast April 8. During each of those events, Ford will focus on how at the age 14, he learned he – like Zettel – was nearly aborted, and the revelation caused



Tara, age 3



Tara, today

him to spiral into depression and a near suicide.

Reflecting on Ford’s visit to Dickinson and his message of hope for the community, Zettel said she is amazed how her once murky past is becoming brighter day by day. “Is it any wonder that I found my way to becoming a nurse and everyday help at-risk young people facing unintended sexual health events?” she asked.

That once-grainy past, stained in dirt, has opened up to a stunning North Dakota sunrise.

*Note: For more information about Connect and the three-day YES! events, contact Mark Billings at (701) 483-9353 or by email at mark@connectmedicalclinic.com. ■*



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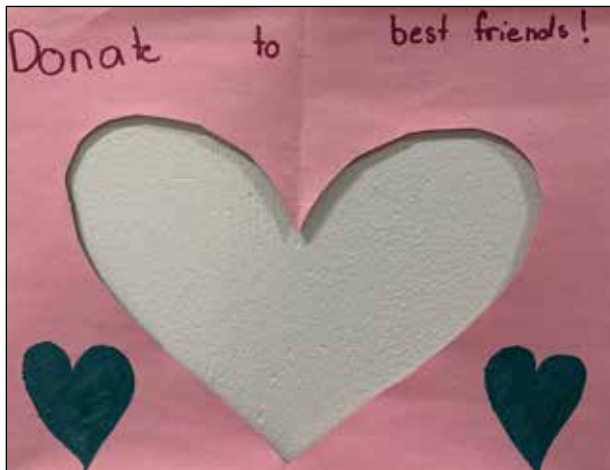


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## BEST FRIENDS MENTORING PROGRAM Roosevelt Elementary Student Council helps BFMP

By Angie Rabbitt

Some of Dickinson's public and parochial schools participated in a change jar drive in support of Best Friends Mentoring Program for Giving Hearts Day. Roosevelt Elementary raised a total of \$1,533.20, with Mr. Wolf's 5th grade class having the highest donation of \$359.48!



After receiving an invitation to participate, Roosevelt's Student Council voted to help Best Friends for a project during February, which is kindness month. "I wanted to share this idea with them because it is such a great cause and (as a school counselor) I have seen so many of our students benefit from having mentors over the years," stated their advisor, Mrs. Whitney Hofer.

Their first step was to educate the student body. "Since student council initially didn't know what mentors do, I thought all the other students would need to have that explained so they could understand the purpose behind why we are collecting spare change," explained Mrs. Hofer.



Angie Rabbitt is pictured with Roosevelt student council members:  
Front row (L to R): Silas Bren, Emily Gress, Portlyn Farnsworth, Ashlynn Klatt, Madlynn Olsson, and Sophia Schoeder  
Back row (L to R): Alena Anderson, Angie Rabbitt, Beckett Wolf and Sawyer Wolf  
Not pictured: Blake Kilpela, Anna Reis, and Addison Schuetzler

The students got really creative making colorful posters and also made a video to help explain the cause to each classroom. Each class participated with enthusiasm, competing to earn class prizes promised by Best Friends.

Best Friends is grateful for their relationship with all of the area schools, and appreciates those that participated in this year's Giving Hearts Day. Berg

Elementary, was the 2nd highest raising school with Mrs. Evans' class donating \$243.10, earning them 1st place for their school and 2nd highest class over all! With the school donations, match donations and online giving, Best Friends received approximately \$7,500 during the 24 hour fundraising event on Giving Hearts Day. ■

## FAITH Life's puzzle

By Heidi Larson, General Manager,  
103.7 The Connection

One of my favorite hobbies is putting together jigsaw puzzles. I find it is a stress reliever as well as way to occupy my time during the winter months. To me, it is like solving a mystery. Where is the piece that goes next to this other piece? Or, what part of the picture is on this piece?

There are times where finding the right piece can be frustrating. But then, there is that "aha" moment when you find where a piece goes. I have often found myself thinking "oh THAT's where that piece goes." Sometimes it goes in the puzzle in a place completely different

then where I thought it should go.

Our lives are like a big puzzle. As the years go by, pieces gradually fill in. Sometimes, life doesn't go as planned and the pieces don't fit where or how we thought. I have had times in my life where I don't know where the next piece will go. Then, later on when I step back and see the picture, I have that "aha" moment. I can see how God was putting the picture of my life together.

You see, God sees what we can't – the big picture. His plans and ways are always better than how we think the picture should go. We may not see the full picture on earth; we may have to wait until we get to Heaven and the Lord reveals it to us.

Regardless of how you think your life's "puzzle" is going, know that God has a plan. He has the solution. We just need

to seek and follow Him.

*The secret things belong to the LORD our God, but the things revealed belong to us and to our sons forever, so that we may follow all the words of this Law. – Deuteronomy 29:29*

*Wisdom and might are with Him; Advice and understanding belong to Him. – Job 12:13 ■*



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## NDSU EXTENSION Online forums offered

By Tom Kalb, NDSU Extension Horticulturist

NDSU Extension is offering online forums to help you care for your yard and garden. Viewers can participate in these live stream presentations from home or in the Dakota Room at the Stark County Family and Ag Resource Campus in Dickinson. All forums run from 5:30 pm to 7:30 pm MT. Below are the dates and topic areas:

### March 21: Vegetables and Herbs

- Growing Tasty Taters in Your Garden with Andy Robinson, Extension Potato Agronomist

We'll discuss potato varieties and how to improve your yield and tuber quality. Tips will be provided on how to avoid common problems.

- Growing and Preserving Herbs with Kelsey Deckert, Horticulture Educator

Anyone can be successful in growing herbs. Find out the basics of growing herbs, the best herbs to grow in ND, and how to preserve them.

- Growing Tomatoes in North Dakota

with Tom Kalb, Extension Horticulturist  
We'll present tips on selecting varieties, fertilizing, mulching, trellising, pruning, watering and protecting tomato vines from pests.

### March 28: Landscapes

- New Trees and Shrubs with Todd West, Professor

We'll explore new trees and shrubs at garden centers this spring. Discover a new cool plant.

- Common Mistakes that People Make with Trees with Joe Zeleznik, Extension



Forester

We'll share common mistakes and the right way to set up your trees for long, healthy lives.

- How to Design a Perennial Flower Garden with Don Kinzler, Horticulture Educator

Whether you're starting from scratch or your perennial garden is well

established, we'll discuss specific ways to make it attractive.

### April 4: Healthy Environment

- Insect Pests Found in Flower Gardens with Jan Knodel, Extension Entomologist

We'll discuss how to identify and safely manage aphids, plant bugs, leafminers, thrips and more.

- What's the Buzz? Bee Lawns with Esther McGinnis, Extension Horticulturist

Learn how you can plant a bee lawn to provide nectar and pollen for pollinators.

- Getting to the Root of Organic Matter



with Carrie Knutson, Horticulture Educator

We'll cover soil organic matter, how it fits into the carbon cycle, and how to conserve it.

### April 11: Special Topics

- Cheery Cherries: Hardy Varieties in ND with Kathy Wiederholt, Fruit Project Manager

Sour cherries are a bright addition to home landscapes, but they come with pest problems. Find out what the Carrington Research Center has learned on cherries over the past 15 years.

- High Value Crop Research in 2021 and Beyond with Harlene Hatterman-Valenti, Professor

We'll present recent findings and future directions for small fruit and vegetable research for commercial growers and homeowners.

- Lawn Care During and After a Drought with Alan Zuk, Turf Specialist

We'll discuss cultural practices to help your lawn withstand a severe drought and steps that you can take to help it recover.

All sessions are free and recorded for future viewing. Call NDSU Extension Stark/Billings County at 701-456-7665 to participate from our office. To participate from home, pre-register at <https://www.ndsu.edu/agriculture/extension/spring-fever-garden-forums/>. After registering, you will be sent a link to join the forums. Hope to see you there! ■



## 2021 SDC ANNUAL MEETING AWARDS

SDC Community Development Project of the Year



SDC Project of the Year



CONGRATULATIONS TO OUR 2021 RECIPIENTS!

WHERE BUSINESS GOES TO GROW

## CONVENTION AND VISITORS BUREAU

### New enhanced ND Tourism website

North Dakota Department of Commerce Division of Tourism and Marketing has launched a newly enhanced website, [NDtourism.com](http://NDtourism.com)

The enhanced site provides a plethora of information, photos, and videos to showcase the vibrancy of the state with a new look and improved usability.

The site received the most visits ever in 2021 and that increased traffic and mobile use necessitated several performance updates. While the visual and navigational improvements are most prominent, the focus was to ensure it continues to rank on page one within the Google Search engine from organic keywords.

Google recently announced changes that would impact the ranking of websites, and with almost half of [NDtourism.com](http://NDtourism.com) traffic coming from a search engine, it was important for the enhanced site to pass the vitals test, which prioritizes search engine ranking.

"By implementing these new enhancements to [NDtourism.com](http://NDtourism.com), the site will offer visitors an enjoyable and engaging experience that showcases diverse offerings found across our state," Commerce Tourism and Marketing Director Sara Otte Coleman said.

Another enhancement includes an improved partner access portal, which has been updated with new features and better integration for industry partners.

[NDtourism.com](http://NDtourism.com) hosted 2,155,110 visits and provided 281,712 referrals to partner sites in 2021. The site traffic grew 26% in 2021 on top of a 52% increase in 2020.

Take a look at the new site and you will find a lot of new features, photos, and ideas on your next trip through our great state! ■

NORTH  
**Dakota**

Be Legendary.™

**BADLANDS  
MINISTRIES**

Medora, ND

## *Fearless Faith Retreat*

**March 11-12, 2022**

*Come and join us...*

*Melanie will empower you and ignite our Faith*



Keynote Speaker  
Melanie A. Brown

Both sessions held in  
Bethlehem  
Dining Room.

Refreshments  
included

**Friday, March 12 Session: 1 - 4:30 p.m. Cost \$40**

### *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!

**Saturday, March 13 Session: 9 - noon Cost \$40**

### *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.

### *Full Retreat Experience*

**Cost \$200 per person**

Includes Friday & Saturday sessions, 4 meals and staying overnight in our Retreat House, with an extra session on Friday night.

### *Ignite God's Purpose*

Answer God's Call and Ignite that powerful Purpose he has placed in your heart, mind and soul! You will go farther than you ever thought possible and experience a Purpose beyond purposeful. Ignite Your Purpose and Bold Faith, that will create God Miracles for your Life!

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## FINANCIAL FOCUS

# What's the investment outlook for 2022?

If you're an investor, it's always useful to look back – and look ahead. How did you do in 2021? And what can you anticipate in 2022?

First, let's quickly review what happened in 2021. Despite the ongoing pandemic, domestic political unrest, supply chain logjams and the return of inflation, the financial markets turned in some strong results: The S&P 500 gained almost 27% for the year, the Dow Jones Industrial Average returned nearly 19% and the Nasdaq Composite gained more than 21%. And while your own returns may not have matched these figures – since you probably own a mix of investments, some of which are not tracked by these indexes – you still probably did pretty well.

But now that we've turned the calendar to 2022, what can you expect from the investment world? Of course, it's always somewhat risky to make predictions of this nature – and if our experience with the COVID-19 pandemic has taught us anything, it's to be humble about projecting the future. Nonetheless, we can look at some possibilities.

First of all, don't be surprised to see some market volatility. In 2021, we saw real gross domestic product (GDP)

growth of nearly 6%, largely fueled by two factors: an increase in consumer spending as the economy reopened following an easing of the pandemic, and the Federal Reserve's continued monetary stimulus. But in 2022, the combination of higher inflation (at least during the first half of the year), higher interest rates (the Fed has indicated it may raise rates more than once) and the continued uncertainty around COVID-19 may result in a "correction," which is generally defined as a drop of 10% or more from a recent peak in the financial markets, as measured by a major index such as the S&P 500. Corrections are not at all unusual – in fact, it's more unusual to go through a year without a correction. But the average market correction is short-lived, typically lasting just a few months. And a market correction, when prices are down, may actually present an opportunity to purchase quality investments to add to your portfolio or to help diversify it further.

Other developments may also suggest a relatively favorable investment environment this year. For one thing, inflation may well subside somewhat in the second half of the year, as we should see a clearing of some supply chain

bottlenecks. Plus, household savings are strong, as is consumer spending, while wage growth is above average. Taken together, these factors may help boost the economy in the latter part of 2022. Furthermore, even if the Fed bumps up interest rates, they'll still be relatively low by historical standards and shouldn't overly hinder businesses who need to borrow to expand their operations.

In any single year, pandemic or not, external events will affect the financial markets. And while you shouldn't ignore these events, you also don't want to let

them dictate all, or even most, of your financial moves. You're much better off focusing on things you can control – and the best way to do that is to stick with an investment strategy based on your goals, risk tolerance and time horizon. By doing so, you'll give yourself the best chance of success in 2022 – and beyond.

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



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## WHERE BUSINESS GOES TO GROW

# Stark Development Corporation holds annual meeting

Stark Development Corporation (SDC) recently held our annual membership meeting for the second year in a row at one of our members, Phat Fish Brewing. Over 150 attendees joined us

innovation and entrepreneurship making Southwest North Dakota a great place to live, work, and grow.

2021 was a year of fostering existing relationships and creating new



representing our membership, guests, community leaders and elected officials. A selection of pizza options were served from Phat Fish as well as an assortment of hand-made cannoli from another of our members, Food Riot.

This year's keynote address was delivered by Mr. Gerald Bachmeier with Red Trail Energy. Red Trail Energy operates a 64-million gallon per day dry grind ethanol plant located in Richardton. Mr. Bachmeier reported on the recently completed carbon capture and storage project located on the Red Trail Energy site. Updates were also provided on Red Trails challenges with maintaining a supply chain of corn through the recent drought in the area.

Stark Development Corporation presented our 2021 Progress Report. We are grateful for the opportunity to work with many residents of Stark County over the past years to carry out our mission: To promote economic development,

relationships as we welcomed 40 new members to SDC. With the new faces, we saw many new projects develop through the assistance of our programs. 32 of the 44 applications for our programs were new clients of SDC. We also had the opportunity to work with some of our long-standing clients as their businesses grew and expanded.

The Dickinson Small Business Development Center (SBDC) office also completed its first full year under Stark Development Corporation. The vast catalog of resources offered locally and through the SBDC network has been a great resource and partner for SDC and the area. Our SBDC office engaged with 134 clients in 2021 which is the highest client count over the past 5 years. We are excited to welcome our new local SBDC advisor, Matt Ellerkamp, to our team.

We are looking forward to an exciting future in 2022. Work continues on the Southwest Area Career and Technical Education Academy and will greatly enhance the career readiness of our youth to meet the needs of our region. The Dickinson Town Square project is underway as well as the Sanford Athletic Complex that will enhance the region's quality of life.

There is also a renewed enthusiasm for 'local'. We are witnessing a shift where local businesses are thriving, and with that success there is a passion for seeing their neighbor's business also succeed. Our Stark Strong Campaign helped prove this shift with 72 local businesses donating to the campaign that awarded nearly \$25,000 in local gift cards, certificates and tickets in 2021.

It is with our deepest gratitude that

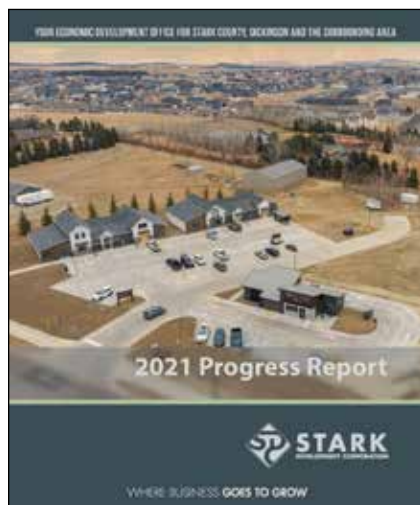


Stark Development Corporation has large turnout for their annual meeting

we thank all of our partners, members and communities for their support of Stark Development Corporation. It is our pleasure to work with and alongside all of you in developing opportunities,

ideas and innovations throughout Stark County, Dickinson and the region.

The 2021 Progress Report is available for download on our website at [starkdev.com](http://starkdev.com). ■



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## THE ARTS

### Meet Sarah Steiner

#### Color.

That's what local artist Sarah Steiner uses to begin a new art project. She said the first thing that inspires her is seeing a color in her mind.

Sarah, 39, currently works at St. Luke's Nursing home in Dickinson. She worked previously at the West River Community Center after graduating from Dickinson High School in 2003. Sarah has had many art classes starting at Hagen junior high, through adult classes, including a pottery class at Dickinson State University. She enjoyed her classes with her art instructor, Mr. Tod Winter, at Dickinson High, as "he didn't complain about which color you used", she said.

One of the quilts she created in high school took second place in an art competition. She has sold several pieces of art including a multi-media piece of horses created with gum wrappers. With that piece, which sold in 2019, she was inspired by the color black. Many of her pieces have horses, dogs or landscape theme. She's taken several adult evening art classes from an art instructor who praised her fearless use of bold colors, including black.

Once she senses a color that interests her, she goes to her art desk and she starts to decide if it will be oil paint, pencil, chalk, water color, multi-media or a combination of styles for the piece.

She said she doesn't create art all the time. "It depends," she said. It's more of a mood or feeling. The weather will



One of Sarah's pottery pieces sometimes move her to her art desk, especially, "cold, stormy and "yeah, really windy," she said with a smile. As her parents will confirm, Sarah has always watched the weather as she is worried that family might be hit by a tornado or trapped in a blizzard. She passes on weather warnings to her parents to make sure they know about it. On nice days, she will go outside to draw but nice weather doesn't move her to create art as often as "bad weather" does, she said.

Othertimes, vacations spur some inspiration of color for her landscape art. Seeing "new places gives me idea", too, she added. She has had requests to make duplicate work of previous art that had been sold but she said she doesn't do that. "I don't. I don't know how to." she explained. She remarked, "Sometimes you can't keep it forever. You have too much and have to sell it." She said, "Makes me happy when people like my work."

One of her biggest challenges is to know when the piece is finished. "Sometimes you know it's done" but other times, she's unsure. "I keep looking" at it, she said, wondering if it needs one more thing.

Noting that her art desk is overflowing with half-finished pieces, jars with wet paint brushes, oil paint boxes, acrylic tubes, microwave food boxes torn apart, colored pencils strewn about, Sarah pointed to an article on her cell phone about a study by the University of Minnesota in 2013. ... "working in a messy environment promotes creativity and a willingness to try new things." The same researchers noted in their report that "people who are naturally creative are more likely to prefer these more chaotic work spaces," citing Steve Jobs and Mark Twain as two examples.

Her next interest is to start sewing again. She said she feels like creating "something" with a sewing machine.

Sarah tells a story from her youth and in the last couple years that she faced criticism from an art instructor who once told her she didn't pick the "right" color. That really "hurt". It gets me upset," she



Sarah's workspace



A mixed media piece Sarah created using gum wrappers as a base

added. "There is no one way to do it," she said. "Art is your decision and it's not wrong", she said.

"Believe in yourself," she added. "No one can tell you, you can't do it. If you want to believe it, you can do it."

Sarah is a client of Able. Sarah also serves on a committee for Safety and Sanitation. She lives with her rescue dog of 8 years, Foxy. Calvin and Vicky Steiner, Dickinson, are her parents. ■



Sarah and her dog, Foxy



Sarah and her family



**HEALTH****Curcumin – Golden in more ways than one**

By Steve Irsfeld

Curcumin is one of my favorite herbs. It has so many uses and one that I have incorporated into my daily regimen for years, primarily as an anti-inflammatory product. When people ask me how to reduce inflammation, curcumin is at the top of the list, along with omega 3 fatty acids or fish oil. I've mentioned curcumin

are some of them. First and foremost, curcumin has extraordinary anti-inflammatory abilities. Studies suggest that curcumin is a more potent anti-inflammatory than ibuprofen and aspirin. That is why I recommend patients take this in place of those products, which have some serious long-



in several of my previous articles but never focused on it as a nutrient that you might consider as part of your daily routine.

Curcumin is a byproduct of turmeric, the golden root herb used in many eastern Indian foods giving curry dishes their distinctive spicy taste and golden color. It is like gold because of its many uses. The root has been used in traditional medicine in Asia for thousands of years as it contains curcuminoids which act as powerful antioxidants in our bodies.

Unfortunately, the amount of curcumin in turmeric is minimal. Studies show that between 2-8% of turmeric consists of curcumin. The second challenge for curcumin is that its absorbability is poor. Curcumin absorption is a significant issue if your goal is to have it absorbed systemically or throughout the body. One of the curcumin products we carry states in their literature that you would have to eat 4.5 pounds of turmeric to get the amount of curcumin absorbed by taking just one of their capsules. That's a lot of turmeric.

There are many forms of curcumin on the market, and each one touts its ability to enhance absorption. The delivery systems may include the use of nanocrystals, emulsions, liposomes, self-assemblies, and nanogels. The combination of black pepper may increase absorption in animal studies. These formulations vs. standard curcumin preparations appear to provide better blood levels in recent studies.

I mentioned in the beginning that curcumin has so many uses, and here

term side effects if taken chronically. Chronic inflammation is linked to so many diseases, and anything we do to decrease inflammation is a benefit.

Studies have shown curcumin to reduce pain and increase mobility in patients with osteoarthritis. Studies working with mice have shown that curcumin significantly slows the disease progression in osteoarthritis. Human studies are less conclusive, but the overall research is promising for those who struggle with the chronic pain of arthritis.

Secondly to curcumin's anti-inflammatory effect is its use as an antioxidant. We know that antioxidants scavenge free radicals that can damage our cells over time. Curcumin being a potent antioxidant, can help reduce this damage and, in that process, can help reduce the signs of aging inside and out.

Science suggests that curcumin may help treat various cancers, particularly breast, bowel, stomach, and skin cancers. Curcumin in laboratory experiments seems to kill cancer cells and prevent them from growing. In areas of high turmeric consumption, cancer rates for specific cancers are lower, possibly due to the amount consumed in their diet.

Research around diabetes in animals indicates that curcumin could be beneficial in controlling diabetes. Studies in rodents show that curcumin can reduce blood glucose and elevated lipid levels. If studies in humans confirm this, we may have another tool in the fight against diabetes.

Now you have information about

curcumin and the benefits of taking a curcumin product. The challenge is finding a product that will give you the results that you want. The best way to find a product may be to try different ones and give them a 1-2-month trial noting which product may be the best for inflammation or whatever your target.

Please stop in or call the pharmacy if you want help choosing a curcumin product that best meets your needs. You can access this and other articles on our website at [irsfeldpharmacy.com](http://irsfeldpharmacy.com). Until next time, be vigilant about your health! ■



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## LESSONS IN BUSINESS

### Is it okay to declare your own holiday?

By Debora Dragseth

It's finally Friday morning. It's been a stressful week so far and you are not sure that you can face another day. The weather outside is beautiful; 56 degrees with sunny skies. You feel fine, you haven't been exposed to any illness that you are aware of, yet you call in sick, telling your boss that you are just "not up to par today," and hit the road for an out-of-town shopping trip.

Hreasy, a company that specializes in automated job applicant screenings, interviewed 1,200 applicants for retail jobs and 28 percent said that it's okay for workers to take a day off when they are feeling overworked.

Some employers feel that their employees' work ethic and commitment to the job are eroding at a startling pace. A common indicator of low commitment is high absenteeism. Studies indicate that more and more employees are taking advantage of privileges they feel that they have earned, like the right to take off a day from work whenever they feel like it.

Like the flu, work ethic or anti-work ethic are both highly contagious. Examine your own work ethic by asking yourself the following nine questions:

- Do I show up for work on time?
- Do I project a positive, upbeat attitude?
- Am I willing to help coworkers or customers when they ask for assistance?
- Am I willing to take on new tasks or new responsibilities?
- Do I speak positively about my place of work and the people I work with both inside and outside my organization?
- Do I share my opinions and ideas in a constructive manner?

- Do I like working with my co-workers and do they seem to like working with me?

- Would I enjoy working with someone like me day in and day out?

- Do I make every attempt to do my work to the best of my ability—including the tasks I find less rewarding?

If you answered "yes" to a majority of the above statements, you likely have an excellent work ethic and a positive attitude toward your job.

If absenteeism—or its close relative, high turnover—are problems at your company, it is a strong indication that employees lack commitment to their jobs. Employers should consider three helpful antidotes. First, implement policies that clearly state the company's leave policies. Second, provide a positive role model for subordinates and co-workers to follow. Finally, honestly evaluate the workplace environment. Is it a place where employees enjoy coming to work every day?

If not, find out why and do what you can to make it better.

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



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# DICKINSON MUSEUM CENTER

## Dickinson's Confederates - Part 3

By Bob Furhman

Albert D. Carpenter/Robert J. Christie  
Our most prized source for early Dickinson history, the venerable Dickinson Press, was all of 19 weeks old when we first see the name 'Carpenter' in print. It's a little item, hinting at a friendly inter-town rivalry, an enigmatic entry that appeared August 4, 1883 in the paper's local column:

Say you! Mabee! of the Glendive Times, can't you raise a better legal representative than the one you sent down here yesterday. He was downed by our barber, Mr. Carpenter, who "got away" with the "judge" in great shape.

This blurb bears some explanation – for the first few months of its existence (until the end of May 1883), the Dickinson Press was published by Joseph Scott (who also edited) and William Mabee, together. This same Mabee, mentioned in the blurb, was also the editor/publisher of the Glendive Times and in 1883 it was not uncommon for the two newspapermen to trade good-natured ribbing, an “our town is better than your town” type of exchange. The affair Scott is referring to above was a legal matter heard by Dickinson Justice of the Peace John Nagle, a ‘replevin suit,’ also known as a ‘claim and delivery’ action to recover personal property wrongfully taken or detained, this action brought by Frank Kane against James Buttomer for the recovery of a wagon.

By inference, it is supposed the defendant Buttomer was from the vicinity of Glendive as Scott makes a dig at the quality of the legal representative sent down for the defense from Glendive, an un-named lawyer (un-

named in both the Press and in Justice of the Peace John Nagle's Docket from the Museum Center's archives). The unknown Glendive legal eagle was bested by Dickinson attorney Albert D. Carpenter, who, prior to being admitted to the North Dakota Bar, had made his living as a barber upon arriving in Dickinson sometime in early 1883. The “got away” and “judge” in quotes may be some inside joke between Joe Scott and Bill Mabee, but we have no way of knowing the significance.

According to his obituary, Carpenter's barber shop was located in the “Wm. Eades place” on what would become Villard Street. Eades adorned his establishment with a large sign reading

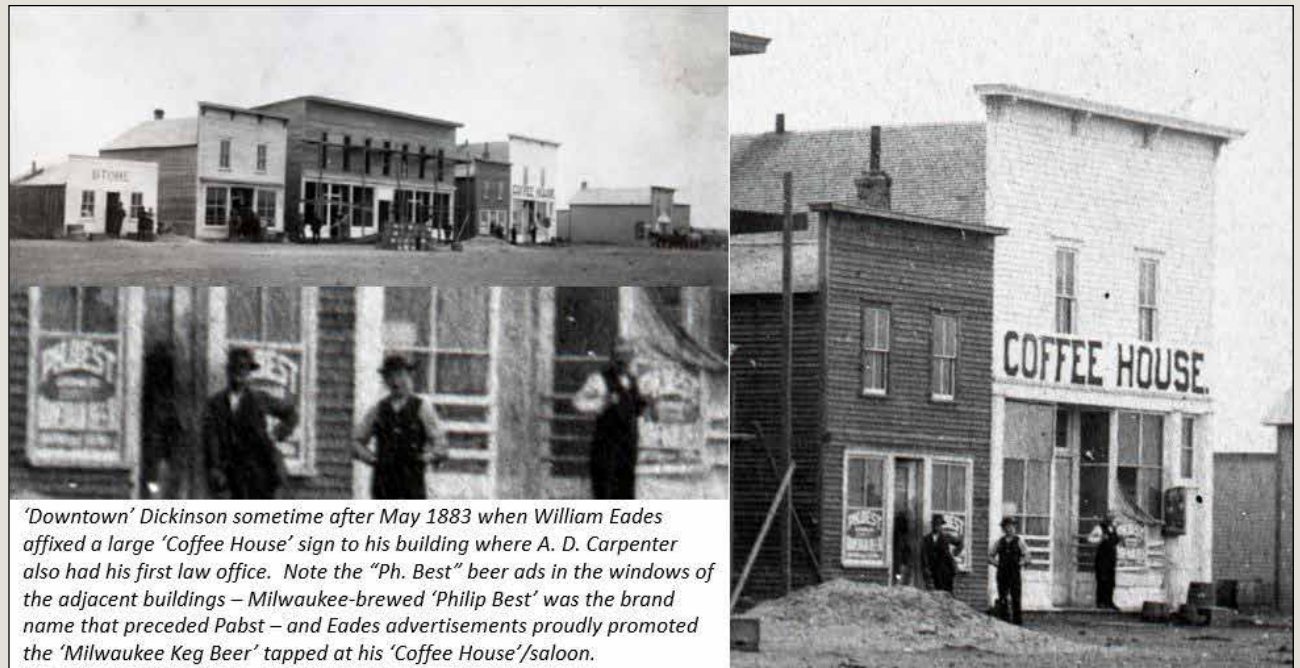
“Coffee House” but often ran short ads in the Press: “Wanted -500 hard drinking men to unload schooners---of beer at Eades.” The beer Eades sold being “Milwaukee keg beer” according to his regular graphic ad. It is thanks to the Coffee House sign on Eades saloon that we at least know one specific Dickinson building associated with attorney Carpenter, a man who turns out to be a bit of a mystery.

Carpenter never ran advertisements of his tonsorial skills but it is assumed that barbering was simply a stopgap job while he waited to be admitted to practice at the Dakota Territory Bar. During the territorial era a person could be admitted to the Bar in one of two

ways:

- Candidates without a law license could be examined for legal competency by judges of the District or Supreme Court (there being no requirement of a law degree, it still being typical in this era for prospective lawyers to ‘read the law’ under the guidance of an established attorney).
- By providing proof of license to practice from another state and passing an examination for legal competency in open District Court.

We have been unable to find a record of which path to the Bar Albert Carpenter followed but his earliest appearance in a legal setting thus far discovered is that replevin case at the



'Downtown' Dickinson sometime after May 1883 when William Eades affixed a large 'Coffee House' sign to his building where A. D. Carpenter also had his first law office. Note the "Ph. Best" beer ads in the windows of the adjacent buildings – Milwaukee-brewed 'Philip Best' was the brand name that preceded Pabst – and Eades advertisements proudly promoted the 'Milwaukee Keg Beer' tapped at his 'Coffee House'/saloon.

SwND Digital Archive, Glass Plate Negative 18584-001. Note the clarity of the enlarged sections – one of the attributes of images from glass plate negatives.

Continued, page 25



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



March 2022

## DSU'S NURSING PROGRAM MAKES IT EASY TO MAKE A DIFFERENCE



Nursing has always been a tough but rewarding career. Then COVID-19 happened. Now, nurses are needed more than ever, and Dickinson State University's (DSU) nursing program is designed to get highly qualified nurses into the workforce as soon as they are ready.

Heather (Hintz) Fahy is a DSU senior nursing student and Theodore Roosevelt Honors Leadership Program scholar who currently works as an LPN at CHI St. Alexius Health Dickinson and at the university in Student Health. She has a brother with non-verbal autism who inspires her to care for others. So, she chose nursing—not only to make a difference, but also because she values the endless career options that nursing provides and the fact that nurses can advance their degrees.

Being a nurse during a pandemic isn't a problem for Fahy. "I provide care for covid patients at the hospital," she shared. "While there are difficult days, facilitating a patient's healing process is so rewarding."

Although Fahy always wanted to work in healthcare, she hadn't always planned on studying at Dickinson State. "As a high school student, I planned to attend a large university," Fahy admitted. "However, after touring the nursing department at DSU, I felt at home. I valued the

small student-to-faculty ratio as well as the ladder program, which allows students to take nursing courses and care for patients in the clinical setting for four years. I think this helps students feel more prepared to care for patients after graduation."

A key element to the nursing program is student clinical participation. The healthcare facilities in the Dickinson community are very supportive of DSU nursing students, and the clinical agencies provide them with ample opportunities to practice their clinical skills. DSU's Department of Nursing has contracts with many local and surrounding agencies. Some of these are: Sanford Health (Dickinson and Bismarck), CHI St. Alexius Health Dickinson, St. Luke's Home, St. Benedict's Health Center, Badlands Human Service Center, Domestic Violence and Rape Crisis Shelter, and Head Start.

It is not unusual that Fahy is both a DSU nursing student and already has a job as an LPN. "Many students are offered employment during their clinical internship/practicum prior to graduation," said Lucy Meyer, chair of the Department of Nursing and associate professor at DSU. "Students have been offered positions at CHI St. Alexius Dickinson and Sanford Bismarck."

Kayla Kleinjan, RN-BSN, medical-surgical and pediatrics director, and interim vice president of patient care services at CHI St. Alexius Health Dickinson explained why they offer positions to DSU nursing students saying, "The students that are recruited from DSU are well prepared and familiar with the facility, which reduces their orientation time, which gets quality nurses to the bedside more quickly, benefitting the organization and community."

People who enroll in DSU's nursing program can be confident that they will be entering the workforce with all the skills they need to succeed. "The students hired from DSU are adaptable and flexible, often becoming frontline nurse leaders within the organization very quickly," said Kleinjan. "DSU nursing students also bring values of excellence, integrity, compassion, collaboration, and community commitment to the organization with them. I believe these values are reflective of their experiences in the nursing program and with DSU overall."

*continued on next page*

**DSU'S NURSING PROGRAM** *continued from previous page*

Dickinson State nursing students not only earn a quality education, but they are also free to be active outside the program. Fahy has been on the Theodore Roosevelt Executive Committee since she was a freshman, is a member of the DSU Nursing Student Association, and was selected as the Student Nurse of the Year in 2020. She has also served on the Nursing Pinning Ceremony Committee for four years, and up until this semester, she has worked as a nursing peer tutor. Fahy is also married to her husband, Ryan. They have two golden retrievers, enjoy taking trips to the Black Hills, and are expecting a baby girl in April.

Fahy's advice for anyone considering a career in nursing: "I would recommend working as a certified nursing assistant. My experience as a CNA provided me with the patient care skills that helped me be successful as a nursing student."

It's not too late for anyone wanting to make a difference through a career in healthcare. Although the deadline for applications was Feb. 1, DSU's Department of Nursing will continue to review applications until the first day of the fall semester, Aug. 22, 2022.

For more information and to complete an application online, visit [www.dickinsonstate.edu/nursing](http://www.dickinsonstate.edu/nursing). ■

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**DSU NURSING FACULTY, BERGER '08, NAMED BEST COLLEGE PROFESSOR SECOND CONSECUTIVE YEAR IN DICKINSON PRESS CONTEST**


Erin Berger, assistant professor of nursing at Dickinson State University (DSU), has been named the Best College Professor for 2022 in The Dickinson Press' annual Best of the Western Edge contest, an accolade she also won last year.

For The Dickinson Press' annual readers' choice contest, residents of Southwestern North Dakota nominate individuals and businesses in several categories as "best of" in their area of expertise. Once nominations close, community members then have the chance to vote for their favorite in each category. This year, Berger was nominated and received the most votes in the category of Best College Professor.

Berger is a native of Dickinson and graduated from DSU with a bachelor's degree in nursing in 2008. Some of her colleagues in the De-

partment of Nursing taught her while she was a student! Berger then went on to obtain a Master of Science in Nursing with a nursing education focus from the University of North Dakota in 2019. She has experience in long-term care, clinic nursing, public health nursing, and nursing management. Berger began teaching at DSU as an adjunct in August 2017 and transitioned to a full-time role just a few months later. Currently, she teaches various intermediate and advanced nursing courses at DSU. She was recognized as DSU's 2020 Nurse Educator of the Year.

Berger has two daughters, Emberly (9) and Adely (7), and is married to Tyler, a firefighter for the City of Dickinson. A loving golden doodle named Macy completes their family.

"Thank you to all who nominated and voted for me! I am honored to receive this award for the second year in a row," said Berger. "As faculty, we all put a great deal of time and effort into our work, and it feels remarkable to be recognized for this."

"The Department of Nursing at Dickinson State University is blessed to have Erin Berger as a member of their team," said Lucy Meyer, chair of the Department of Nursing at DSU. "She utilizes innovative strategies to provide nursing education and inspire the nursing students whom she teaches. Erin is a dedicated nurse and a team player who is worthy of this recognition. We are thankful that she is a member of our team."

Dickinson State congratulates Berger on once again receiving this well-deserved recognition from her community! ■



## FACULTY SPOTLIGHT



**DR. JASON ABATE**  
Assistant Professor of Business

In less than 1 1/2 semesters at DSU, Assistant Professor of Business Dr. Jason Abate's passion for sharing what he's learned from his 20-plus years as a bank executive is already making a difference with his students. Learn a little more about one of our new professors and his passion for helping others in our interview with him.

***Are you from around Dickinson, Dr. Abate?***

No, I'm from Detroit, Michigan.

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

I was a bank executive for over 20 years. At one point, I had most of the entire bank reporting to me, everyone from all of consumer banking, every banking center, sales and service, operations, and more. I always loved teaching, so for the past 16 years I have taught college as an adjunct.

***What led you to choose DSU?***

After seeing my career's fourth bank merger, and with the global pandemic changing how several industries needed to conduct business to sustain themselves, I realized that it may be a good time for me to leave the banking industry and focus on my real passion: teaching. I found the atmosphere and prestige of Dickinson in alignment with somewhere I could best practice my craft of teaching. I wanted a teaching position that focused not only on the academic aspect of learning but also on real world experience that I had so much of. I want to take the students into the board room with me so that they are prepared with the best possible education that, my hope is, will give them the knowledge to succeed.

***What is something you love about the subject you teach?***

I love teaching on management and leadership. In fact, I have a specialization in leadership from not only my leadership experience but my doctoral studies. My Doctor of Business Administration has a unique concentration on leadership. You see, effective leadership can help any organization succeed, and having the skills to understand what the next best move is and to have vision and foresight is critical for any organization to not only succeed but sustain itself. The decisions leaders make today may make a lasting impact for years to come.

***What do you enjoy most about teaching?***

Dr. Maya Angelou once said, "When you learn, teach," and I do just that. What good are all these incredible learning experiences I had in

leadership if I don't get to share them with others? I love seeing that lightbulb moment in a student when you can see that they have just grasped a concept so deeply around leadership. In fact, in my short time at Dickinson, I have already received unsolicited emails from students sharing some of these moments with me. These moments energize me and keep me motivated to give my best as an instructor and a mentor.

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

I have been blessed with so many opportunities over the years, and there may be too many to narrow down. I think being able to watch your work and the decisions you make as a leader impact the industry you're in is an incredible feeling – an example that anyone can truly make an impact and that what you do really matters. I think once people see this even once, they realize how serious they can take their work and its impact.

I think being featured in trade journals and being asked to visit Washington D.C, speak with law makers, and even be invited to calls from the White House on various topics was probably my proudest moment.

***What do you like to do with your free time?***

I decided a few years ago that with many blessings comes much responsibility. So, these days, I serve on boards and do what matters to my heart strings. Not only am I teaching full time, which is my true passion, but I am the chairman of the board for the HUE Project in Dallas, Texas, which helps at-risk youth and senior citizens; I am an advisory board member to the largest social media app in the world for people in recovery; I serve on the board of directors for the Humane Society of Monroe County; and I am the president of the School Board for Canton Charter Academy, which is a Blue Ribbon School of Excellence, of which only around 325 in the entire nation are awarded from the Department of Education. I am proud of my students, faculty, administrators, families, and communities we serve.

I'm also very active in the communities I work and live in. I serve on the board of directors of my homeowner's association as well as being a proud former member of the Exchange Club of Monroe County. So, as you can see, my free time is truly spent giving back these days. I wouldn't have it any other way.

***Is there something we haven't asked that you'd like to share?***

I enjoy mentoring people who want to advance their careers and understand how to apply their education and the passion that drives them toward doing things that advance society for the greater good. I enjoy showing people the importance of "their brand," how they want the world to see them as opposed to how the world may really see them and filling in that gap. I believe each one of us is the CEO of our own life. Thus, just like a CEO of an organization, we should each have our own mission and vision statements; we should work on ongoing personal SWOT analysis to continue to grow. I even have a free YouTube channel just for my students where I create content around how to understand these life changing concepts. I ask my mentees, "Does doing this activity, whatever that may be, align with your vision and mission?" That can usually help provide clarity around big decisions, etc.

***Thank you for taking the time to talk with us, Dr. Abate. We're happy you're part of the Blue Hawk family! ■***

## ALUMNI RETURN TO DSU AS SPEAKERS FOR SOCIAL SCIENCE CLASS

*Written by Karter Kudrna, DSU Student Intern*

Dickinson State University (DSU) alumni Grace Thorson '19 and Adam Jangula '97 visited Associate Professor of Sociology Karen Hale Lewis' Introduction to Corrections class last fall to speak about what they do, pique students' interest in the corrections field, give their perspectives on attending DSU, and answer student questions about their respective jobs or career fields.

The Introduction to Corrections class focuses on political and social issues related to corrections and helps prepare students for jobs that involve corrections. The course is intended for those majoring in criminal justice, psychology, sociology, or for any student needing upper-level electives in social science.



Grace was the first speaker to visit the class. She currently works as a communication specialist dispatcher for the Dickinson Police Department. Before the Dickinson Police Department, she worked in juvenile corrections for almost three years where she worked as a juvenile institutional resident specialist at the Youth Correctional Center and then became a case manager in the community.

During her class visit, Grace spoke about her experience at the North Dakota Youth Correctional Center and the Division of Juvenile Services. She hoped students were able to take away that criminal justice is an ever-changing field. "There are many different agencies that make up the criminal justice system, and they can all work together and against each other, depending on the situation. The criminal justice field is a thankless but rewarding career field." She added, "The students enjoyed talking about the challenges within the criminal justice field."

Grace is originally from Dickinson and graduated DSU in 2019 with a Bachelor of Arts in composite social science, criminal justice track after completing her first semester at another university. "I transferred back to Dickinson State because I felt that DSU was a better fit for me and my goals. I have had multiple family members attend and graduate from DSU, and it felt right to continue the tradition!"

Grace's favorite DSU memory is when her class celebrated Dr. Lewis' birthday several years ago. She recalled her composite social science class as "a small and tight-knit group, and it was an awesome experience to celebrate a professor who had meant a lot to our class. We had cake and a little celebration for her birthday."

An accomplishment Grace is proud of from her time at DSU is serving as the president of the Historical Society for a semester. "I was proud just to be able to be a part of the group and to lead it! I got to work alongside Dr. Barney, who I respect and look up to. I got to be co-president with one of my best friends, which made it even more special."



Adam spoke about corrections a short time after. He currently works at the Southwest Multi-County Correctional Center (SWMCCC) and serves as the deputy operations administrator and chief of security. He feels that in the past few years there's been some changes towards how inmates are treated. "We have been putting more of an effort on programs to help the inmates who are housed with us and not just locking them up."

Adam talked to the Introduction to Corrections class about the day-to-day operations he does at the SWMCCC, but he was especially hoping to answer student questions. "I wanted to speak to the students to answer any questions they had about corrections. People who have never worked in corrections don't really have a full understanding of what we do, and there are a lot of misconceptions out there. People only know about corrections through television shows or social media, and those avenues do not always portray an accurate account of what happens at a correctional center. Therefore, I wanted to help educate the students on a factual basis, and since I have been at SWMCCC for 18 years, I wanted to share the knowledge that I have acquired." He added, "I guess it's the teacher coming out in me."

Adam is originally from Hazelton, North Dakota and graduated from DSU in 1997 with a Bachelor of Science in elementary education and a minor in physical education. Adam decided to come to DSU after a trip he and a friend took together. "I chose DSU after myself and a good buddy of mine came to visit the campus on a football recruiting trip. I already knew DSU had a top-notch teacher education program, but after meeting with Coach Hank Biesiot, Coach Pete Leno, and all the other people we met during the visit, it just felt right."

Adam's favorite memory from DSU is meeting great people he considers as life-long friends. "I feel meeting all the people I met while attending DSU was my favorite part. I met a lot of great people, and I believe I am a better person for meeting those people."

Adam felt the biggest accomplishment during his time at DSU was being able to graduate, as he wasn't particularly sure if he would when he first came to DSU. "I was not the smartest person and studying didn't come easy, so graduating, to me, is a big deal."

Grace absolutely loved speaking to the class and hopes that one day she'll be able to come back and speak to another group of students in the future if she is invited to speak again.

Adam, if asked, would also like to speak to another group of students, and he hoped this group of students took away an accurate and factual understanding of what goes on at the SWMCCC and in the corrections field. ■



## ALUMNI SPOTLIGHT



### DUANE MONLUX '99

Duane Monlux '99 graduated DSU with a double major, receiving degrees in composite science and physical education. Although he's coaching another North Star Conference team, we're proud he'll forever be a member of the Blue Hawk family!

#### ***Duane, can you tell us a little about your life before you came to Dickinson State?***

I was born in Pierre, South Dakota, and my family moved to Gillette, Wyoming when I was in third grade. Most of my family still lives in Gillette. I have two brothers, a sister, a

stepbrother, and a stepsister. I graduated from Campbell County High School where I was a three-sport athlete—competing in football, basketball, and baseball.

#### ***What led you to choose DSU?***

Funny story, I actually originally committed to Black Hills State for football coming out of high school. Before I committed to Black Hills, I told the coach that I still had a visit planned to go to Dickinson State. I told him I really liked Black Hills and I was planning to attend there. He told me to sign my letter of intent, and if after I visited DSU I decided I wanted to go there, they would release me from my commitment. I visited DSU and the coaching staff (Coach Biesiot, Hofland, and Leno) and really liked what DSU had to offer in terms of the school and the football program. I really wanted to play baseball too; DSU had a baseball team and Black Hills did not, so that ended up being the final deciding factor in the end. I am so glad I made the decision to be a Blue Hawk; choosing DSU ended up being one of the best decisions of my life.

#### ***That's a great story, and we're so glad it worked out the way it did! Do you have a favorite memory from your time at DSU?***

There really are way too many memories to recall. I absolutely loved my time at Dickinson State, as both a student-athlete and as a coach. If I had to pick one thing that stands out as a student-athlete, it would have to be game days on Saturday at Whitney Stadium. So many great memories running onto the field and competing with my teammates.

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

I keep in touch with many people from DSU. I try to connect with former teammates, friends, and coaches as much as possible. It can be challenging at times to keep up with everyone. As we get older, staying in touch can get more difficult. I still talk to Coach Biesiot and Coach Stanton on a regular basis and consider both of those men to be very close friends.

#### ***Where are you currently working, Duane, and what's your title? Can you give us a bit of information about your job?***

I am currently the head baseball coach at Bellevue University in Nebraska. I have been at Bellevue since the fall of 2010. Coaching the team keeps me very busy; I also teach a class in the fall. We are in the North Star Conference with Dickinson State. Our team is scheduled to play in Dickinson this spring, and I am very excited to be able to come back to my alma mater and play at Southside Ballpark.

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

Overall, my greatest accomplishment is being a husband to my beautiful wife, Roxi, and a father to my two children, Easton and Emree. I am very blessed to have a wonderful, loving wife and two healthy children.

On the professional side, two of my Bellevue teams have qualified for the NAIA World Series. Being able to take our teams to Lewiston, Idaho for the World Series was pretty special. I hope that we have more opportunities to do that in the future.

#### ***And it was just announced last week that Bellevue is the coaches' unanimous favorite to win the North Star Athletic Association baseball regular-season title, making the Bruins the league's favorite to win the league title for the seventh straight year. Congratulations!***

It's always nice to get some preseason recognition. Our players like to see that type of thing. However, it really doesn't mean anything. It usually goes by how you finished as a team the year before. I think we have a chance to compete for a conference title this year, but we have a long, long way to go.

#### ***So Duane, when you're not coaching or teaching, what do you like to do with your free time?***

I really love to golf in my free time. I would like to say that I have gotten better at golf throughout the years, but that would be a lie. I just love to play.

#### ***Would you like to share anything about your family?***

My wife, Roxi, teaches third grade at Wake Robin Elementary School in Bellevue. She is awesome at her job; her students absolutely love her! My kids, Easton and Emree, are in eighth grade and seventh grade. They are both involved in sports and keep us on our toes, chasing them around to their different activities.

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

Try not to get any older!

***Good luck with that, and if you figure it out, let us know! ■***

## DICKINSON STATE UNIVERSITY AND TRAINND NORTHWEST AT WILLISTON STATE COLLEGE HOPE CDL PROGRAM CAN EASE SHORTAGES

Over the last few months, the shortages of qualified and experienced truck drivers have created significant issues in the distribution of goods, impacting supply chains for businesses across the country. This issue hit home with the closure of two major milk distributors in North Dakota: Lakeview Dairy and Red River Dairy.

On Jan. 25, 2022, Governor Doug Burgum announced waiving part of the U.S. Department of Transportation's regulations concerning how many hours drivers of commercial vehicles transporting milk can work. This order comes weeks after the Executive Order doing the same for propane transporters as part of a state of emergency on supply distribution of the gas.

Dickinson State University (DSU), as part of its expanded Dual Mission, began offering quarterly CDL courses in Dickinson during the fall of 2020 in partnership with Williston State College (WSC) and TrainND Northwest. New federal requirements have pushed DSU and WSC to expand the trainings to include high center of gravity and liquid transportation training for students, filling critical needs in Southwest North Dakota, the state, and the nation.

"This is where I'm hopeful our partnership with DSU will really shine, and we will be able to help each other with the all-important task of finding future CDL drivers to help the state of North Dakota get back to running as it should," shared Kenley Nebeker, regional director for technical programs and training at TrainND Northwest. "We hope to ramp up from bimonthly trainings in Dickinson, to monthly trainings at DSU."

Chip Poland, chair of the Department of Agricultural and Technical Studies—which houses the CDL program—stated, "As a huge milk consumer, things are starting to hit home . . . however, this also highlights the impact of a shortage of CDL holders and the impact of the new training requirements. Expanding training opportunities will be important for DSU to fill these gaps."

The next opportunity for CDL training at DSU will be April 25, 2022. Interested individuals should visit [www.dickinsonstate.edu/CDL](http://www.dickinsonstate.edu/CDL) or contact Kenley Nebeker at [kenley.nebeker@willistonstate.edu](mailto:kenley.nebeker@willistonstate.edu) or (701) 713-3780. ■



### *From the Hawks' Nest*

What makes Dickinson State University special?

It is a question we get a lot as we recruit students to DSU. What potential students are really asking is, "Why is your university right for me?"

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

## SPRING 2022 HEADCOUNT ENROLLMENT UP 2.8% AT DICKINSON STATE UNIVERSITY

On Tuesday, Feb. 8, the North Dakota University System released the spring 2022 official census, providing an overview of enrollment for the spring 2022 semester. Dickinson State University's (DSU) official census presented the institution with further good news after the strong fulltime enrollment bump it experienced in the fall 2021 semester.

The university reported a total headcount enrollment of 1,345 students registered, representing a 2.8% growth in overall headcount. Not only did DSU see an increase in headcount this spring, the number of new, returning, and early entry/dual credit students has also increased.

The fulltime equivalency (FTE) of credit hours taken increased 1.64% from 1,039.29 to 1,056.03. Early entry high school students saw the biggest jump as DSU enrolled 203 students compared to 167 a year prior, a 21.56% increase.

Highlights from spring 2022 enrollment data:

- DSU's dual mission focus and expanded accessibility offerings have allowed place-bound learners the opportunity to study in ways that fit their lifestyles.
- New graduate programs in business and education have offered pathways to complete advanced degrees at home.
- Early entry continues to be a strong enrollment area as DSU builds on its partnerships with area schools, providing quality, low-cost opportunities for high school students to gain college credits.

"DSU's growth can be contributed to always putting our students first. Frozen tuition, distance options including DSUlive™, and new program offerings as well as a campus-wide focus on our students has helped us move forward," said Debora Dragseth, provost and vice president at DSU. "What we offer here is pretty special and difficult to find elsewhere." ■

## 2022 DISCOVER DSU DAYS

**VIRTUAL**  
via Zoom  
March 9

**IN-PERSON**  
May Hall  
April 11



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



## HANDSHAKE MAKES FINDING A JOB EASIER FOR DSU STUDENTS

Dickinson State University (DSU) has always aimed to educate students and prepare them for jobs, especially jobs in North Dakota. This way, the University not only benefits its students but also the community and workforce. Finding a job and sorting through job postings can be difficult and overwhelming, especially figuring out if one meets the requirements or not. To help students with that process, DSU has introduced Handshake—a platform for students and businesses to connect and find a job that fits.

Handshake is a platform for current DSU students and alumni. To make it more accessible, there is also an app they can find in their app store. Once downloaded, they use their DSU login information to set up their account. The profile is like a resume; students can upload and input information such as age, GPA, degree, graduation date, projects, and achievements. Sagan Osborne, career services specialist at DSU, explained, “It is almost like social media, a closed network for students and businesses to connect.”

After setting up their profile, the student can search for jobs, internships, work studies, etc. The goal is to make the search easier by narrowing it down. Students can select what type of job they are searching for, which major the job should target, and where the job is. Plus, they can set up and look for interview days and career fairs.

Businesses that post their jobs on Handshake aim to recruit recent graduates. The platform reduces the clutter that usually comes with bigger job posting sites. Since it's through DSU, businesses will post their jobs and then select schools or areas they want to recruit from. For an example, DSU just recently added Beaver Creek, LLC in Minot, North Dakota. Some Dickinson companies that currently utilize Handshake include Fisher Industries, The City of Dickinson, Badlands Tax Solutions, and Kildeer Mountain Manufacturing.

Osborne added, “I am open to help. Students do not have to do it alone.” His office is always open for students to stop by and get help with setting up an account or learning how to use Handshake. He can be found in May Hall 209C or reached at either [sagan.osborne@dickinson-state.edu](mailto:sagan.osborne@dickinson-state.edu) or 701-483-2290. ■

## DSU'S PEP BAND HITS THE ROAD TO REPRESENT AND RECRUIT

*Written by Karter Kudrna, DSU Student Intern*

The Dickinson State University (DSU) pep band recently took to the road to visit area high schools to show the students what it's like to be in the pep band and why they should continue to stick with band in college. The band also collaborated with the band from Mayville State University at the recent DSU vs Mayville State men's and women's basketball games.

This trip wasn't the first time the pep band has teamed up with other schools or visited high schools. “This year, the band has frequently collaborated with area high schools,” said Brian Holder, DSU band director and assistant professor of music. “In the fall, the band collaborated with Dickinson High School, Belfield High School, and South Heart High School for football pep band. On Jan. 28, we went out to New England High School and Hebron High School to recruit future band members.”

One of the current pep band students that joined the trip was sophomore Christa Araujo. Christa has gone on music-related road trips in the past, but this was her first with the pep band. She enjoyed the trip and being able to go with other class members made it special. “It was a lot of fun to tour the public schools then get to play with another college. I always enjoy hanging out with my classmates!”

It was hard for Christa to pick out one favorite thing about the trip. “I don't necessarily have a specific favorite part but had several. Singing songs in the van together, sitting in the public-school bands and playing together, and going to Denny's at 11 p.m. and eating breakfast food.”

Holder was also happy with how the trip went. “I felt the trip went very well. The best part about our trip to New England, Hebron, and Mayville was getting to experience the positive energy that comes with collaborative music making. We saw a lot of smiles.” Holder added, “When I became a full-time employee at DSU, one of my goals was to take the pep band on the road to some away games. We started small with this trip to Mayville, and I hope that each year we can increase our visibility at these events, to support athletics, recruit for music, and have fun playing music.”

Taking the band on the road is a great way to show high school students why they should continue their musical studies at DSU; they can see how much the current Blue Hawks love it. Overall, Christa's favorite part of being in the pep band is being able to have the opportunity. “I enjoy going to sporting events to play with the rest of the pep band. Pep band truly feels like a family when we all get together to play.”

Christa hopes people will consider joining the pep band because it can help connect them to more than just a small group. “Feeling like a family isn't just for the pep band. It also feels that way for the entire music department since most of us spend most of our day together in classes. I couldn't have asked for better professors and classmates!”

Although the pep band is done with road trips for the '21-'22 academic year, DSU's jazz band



will soon travel to nearby schools and help recruit members. Holder will also continue to personally make trips to local high schools throughout the rest of this spring semester to work with students and recruit for DSU. ■



**DUE TO CHANGES RELATED TO COVID-19, EVENT DETAILS ARE UPDATED REGULARLY.**  
**To view the most up-to-date events calendar, please visit [www.dickinsonstate.edu/events](http://www.dickinsonstate.edu/events).**

## DICKINSON STATE UNIVERSITY EVENTS

Tue, March 1	Bachelor Night at the Hub	7 p.m.	Student Center - The Hub
Thu, March 3	The "Brain Gang"	1 p.m.	Klinefelter Hall - Room 108
Thu, March 3	Women's Voices: How Elizabeth Arden Built a Global Cosmetics Empire	6 p.m.	Klinefelter Hall - Beck Auditorium
Thu, March 3	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub
Sat, March 5	Sacred Music in Sacred Spaces - The Lutheran Tradition	7 p.m.	St. John Lutheran
Sun, March 6	JR's Nova - Faculty Recital	2:30 p.m.	Klinefelter Hall - Beck Auditorium
Tue, March 8	Career Fair	11 a.m.	Student Center - Ballroom
Tue, March 8	Women's Voices: Becoming an Entrepreneur	6 p.m.	Klinefelter Hall - Beck Auditorium
Tue, March 8	Bachelor Night at the Hub	7 p.m.	Student Center - The Hub
Wed, March 9	Discover DSU Day	9 a.m.	VIRTUAL
Thu, March 10	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub
Thu, March 10	DSU Band Concert	7 p.m.	May Hall - Dorothy Stickney Auditorium
Sat, March 12	3D Archery Shoot	7 a.m.	Agriculture Building - Indoor Arena
Sat, March 12	NDFMC Junor Festival	8:30 a.m.	DSU Campus
Sun, March 13	3D Archery Shoot	7 a.m.	Agriculture Building - Indoor Arena
Mon, March 14	Marketplace for Kids Education Day	8 a.m.	DSU Campus
Mon, March 14	Region X Band Festival	8 a.m.	May Hall
Tue, March 15	2022 Multi-Industry Job Fair	1 p.m.	Biesiot Activities Center
Tue, March 15	NDFMC Junor Festival	4 p.m.	May Hall
Thu, March 17	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub
Sat, March 19	Praxis Computer Testing	8 a.m.	May Hall - Room 1
Sun, March 20	Bucking Ponies and Bulls	12 p.m.	Ag Indoor Arena
Tue, March 22	Blue Hawk Catholic Series: Is God Relevant	6:30 p.m.	Student Center - Ballroom
Tue, March 22	Faculty/Honor Recital	7 p.m.	Klinefelter Hall - Beck Auditorium
Thu, March 24	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub
Sun, March 27	DSU Jackpots	7 a.m.	Agriculture Building - Indoor Arena
Sun, March 27	Dickinson Area Concert Association - Jared Sherlock, Magician & Comedian	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
Thu, March 31	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub

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

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

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*Continued from page 16*

end of July 1883. In the same Docket (1883-1885) Carpenter appears several times, mostly representing plaintiffs in civil cases seeking repayment of debts, payment for work performed or for services provided. Carpenter is often successful in that several times defendants fail to appear, though how successful his clients (and Carpenter) were in actually being paid is unknown. Also during this period Carpenter defended a client accused of assault and battery (a case he lost) and then served as prosecutor for the Territory in another assault and battery case which he also lost, the complainant being assessed court costs.

Carpenter advertises in the Press during these early years and also in the Bad Lands Cowboy out of Little Missouri (today's Medora) and his various legal activities are mentioned from time-to-time, generally fairly mundane matters. It is noted that he partnered with fellow lawyer Western Starr (surely the most unique name in Dickinson's legal history) for a time and also dipped his toe into other business ventures including Jonas & Carpenter, a harness and tannery operation run by Cornelius Jonas; the partnership lasted all of three months.

Carpenter is also commissioned a Notary Public, handles cases at the District Court in Mandan and delivers a public lecture in late 1883 to benefit work on the Baptist church. The lecture was billed as "a reply to Ingersoll," referring to nationally famous (or infamous) lawyer Robert Ingersoll who was known by the moniker "The Great Agnostic." No details of Carpenter's remarks have been found but given the beneficiary of the lecture it's probably safe to say Carpenter was a believer. The next July Carpenter "let the eagle

loose in an oration" helping celebrate Independence Day.

No shrinking violet, Carpenter became active in the Democratic Party, unsuccessfully running for Superintendent of Public Instruction in November '84. In December the local party "held a jollification meeting" to celebrate the election of Grover Cleveland, Carpenter reportedly being one of the speakers at Collister's Hall after the victory parade. Two years later Carpenter and William Ray represented Stark County at the Democrat's territorial convention at Aberdeen. In between these political notes, Carpenter is enumerated for the 1885 Dakota Territorial Census, the first personal details of the man who is age 45, born in Virginia and lists his occupation as 'Lawyer.'

In 1887 Carpenter is absent from local news except for items in the Proceedings of the Stark County Commission, when Commissioner H.L. Dickinson requested reimbursement for the care of Carpenter, having paid his board at the Lamborn Hospital in Bismarck for nearly four months. No details are given, but such reimbursements in the proceedings were often paid for the support of indigent persons. Claims by Drs. Petit and McDonald for attendance on Carpenter were also made. In January of 1888 Carpenter is reported to be planning a move to Tennessee for his health, then changing his mind the next week, announcing he would go to Portland, Oregon in hopes the Pacific Coast climate would serve better. Gone nearly a year, in December 1888 the Press simply notes "A.D. Carpenter has returned from the west." The change of climate reference may indicate Carpenter suffered from tuberculosis ('consumption' in the vernacular).

Following his return, he disappears from the paper for over two and a half years.

It is during this media blackout that Carpenter enters the ranks of Dickinson's Confederates. During the canvassing for the 1890 census in Dickinson Albert D. Carpenter is recorded as a "Conf. Soldier." The rest of the entry is blank save for noting an 1862 enlistment. Our readers will recall that the 1890 Veterans Census was not intended to count former Confederate soldiers, though three were recorded at the time. Attempts to use standard genealogical and military research resources to gather information on his service were unsuccessful.

Carpenter begins to appear again in the Press in 1891 with sundry legal and political items that continue into 1897. Another rare personal item in January 1895 reports that his son, Dan Criste ('sic'), who has never been mentioned before, is employed as a day watchman at the Stark County Jail. Dan Christie (corrected spelling) pops up a few more times - as a party guest at the Dingman's on Sims street, in May '97 he bought a tandem bicycle and there are additional sundry entries of payments to him for minor work on County buildings.

During the son's residence in Dickinson an April 1896 article simply announces, "Robert J. Christie has been admitted to the bar." As we initially worked our way through several years of the Press during initial research on attorney Carpenter that Robert Christie news item wasn't on our radar. Then we found Carpenter's obituary in the December 18, 1897 Press:

"LAID TO REST Died-December 13, Robert J. Christie, better known as A.D. Carpenter. Deceased was a well informed man and in his better days had been a lawyer of good standing. He

was his own worst enemy. He was an old timer in Dickinson, having located here in 1883, starting a barber shop in the Wm. Eades place. Some two or three years ago deceased assumed his right name and was admitted to the bar. His remains were laid to rest on Tuesday."

The obituary infers much without specifics. Though his legal work continues to be noted in the Press, no hint of professional failures that indicate he was not "a lawyer of good standing" appear. The sentence, "He was his own worst enemy," is somewhat chilling and congers thoughts of intemperate habits or, at the very least, habits that may have aggravated chronic health problems. The reference to his living under an alias for nearly 13 years ventures no guess as to why he abandoned his real name and we are left to speculate that the arrival of his son must have prompted him to drop the alias. Finally, though it is assumed he was buried locally, no record of a marked grave in Dickinson can be found. Given that he sometimes lived in reduced circumstances, it maybe he was buried in Dickinson Cemetery's 'Potter's Field', no record of such burials having been discovered thus far. Reinforcing this suspicion are two items appearing in the Stark County proceedings in the months after his death - W.H. Story and then Eva Beck submitting reimbursement claims related to caring for "R.J. Christie."

It was almost expected, though no less anticlimactic, that search of Confederate records for both Albert Carpenter and Robert Christie provided no for-certain links to our mysterious lawyer, there being several possibilities named 'Christie' - and 'Carpenter' - though none of their attributes (age, birthplace, profession or relations) dovetail with what little we know about our man. Following up on the name Daniel Christie may have led us to Robert's wife, a woman named Annie Haines Christie-Smith buried (along with Daniel and his brother James Christie) in a Denver cemetery, however, attempts to verify these relations have thus far failed and Daniel Christie apparently left Dickinson shortly after his father's death, the last trace of the son being his appearance in an 1899 delinquent tax list, it being noted he had "left the county" owning \$1.00 in personal property tax in 1897 - maybe tax on that tandem bicycle? ■

**A. D. CARPENTER,**  
Lawyer,  
DICKINSON, D. T.

**ROBERT J. CHRISTIE,**  
Attorney at Law,  
DICKINSON, N. D.

*1885 card for A. D. Carpenter; 1896 card for Robert J. Christie, both from Dickinson Press.*

**COMMUNITY****Helma Lein to turn 106!**

Helma Lein

Helma Lein is a resident at Edgewood Hawks Point in Dickinson and is preparing to celebrate her 106th birthday on March 28th.

Helma Lein was born on a farm 25 miles South of Mandan on March 28th, 1916 to father, Nels Roe, and mother,

Hannah Roe, both immigrants from Norway. Lein was one of the Roes' five children.

After graduating from high school, Lein attended Bismarck College and studied secretarial in business. However, while in college she met Ray Lein, who would eventually be her husband. After graduation, Lein worked as a secretary for the Bismarck Tribune. Later, she worked at a Seattle radio station.

She loves to tell stories as well, including her own – the one in which not many people have the privilege of telling: the life of an over 100-year-old woman from North Dakota.

Helma Lein said that through tough times she continues to find beauty in writing.

"I am just thankful I am a writer," Helma Lein said. "I feel that it is a good pastime, a good brain game.

Helma continues to live every day like she always had, through her writing, through her smiling, and most importantly, through her faith. ■



Helma doing what she loves!

## Thank You for supporting our 2022 Mystery Dinner Theater See you next year!



Our 2022 "awesome" cast ❤️



❤️ Love our 2022 Costume contest winners ❤️



To learn more about #Giving Tuesday, contact:

Karen Heidt, Director of Development

Phone: 701-590-0495

Email: [kheidt@dpsnd.org](mailto:kheidt@dpsnd.org)

Web site: [www.dickinson.k12.nd.us/Foundation/giving-tuesday](http://www.dickinson.k12.nd.us/Foundation/giving-tuesday)



**COMMUNITY****Kristin Seaks honored for her leadership**

Kristin Seaks was recently honored with the Stark County Spirit of Excellence Award, following her generous Leadership with the Dickinson Backpack Program, the Dickinson Public Schools Community Closet, and 25 Days of Giving.

Surrounded by family, friends, colleagues, local dignitaries, and other special guests, Kristin was honored at a surprise celebration at the Dickinson Public Schools Professional Learning Lab on February 8. Seaks was showered with many donated gifts from Stark County businesses and individuals. Presenting the award to Kristin was Dickinson Mayor Scott Decker.

Kristin Seaks was not only instrumental in beginning the Dickinson Backpack Program, but she also has served as the volunteer director for the program since its inception in 2013. Since the start of the program, tens of thousands of food packs have been given to youth in need in Stark County.

In addition to the Dickinson Backpack Program, Kristin also worked with other Dickinson Public School social workers to form the DPS Community Closet, which provides school supplies, clothes, food, and other needed items to students of Dickinson Public Schools.

Ten years ago, Kristin Seaks began 25 Days of Giving, which encourages



Kristin Seaks

families to adopt the annual tradition of doing an act of service or making a donation to a charitable organization each day during the first twenty-five days of December. Many families have joined this tradition and do many activities together. Some service activities include delivering meal baskets to Stark County families in need as well as outdoor caroling at nursing homes and assisted living facilities.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts within Stark County, ND.

All submitted nominations who were not selected will be carried over to the following quarterly awards and will be considered for up to twelve months.

To receive more information on the award program or to nominate, go to [www.starkcountysheriffnd.com](http://www.starkcountysheriffnd.com) or call 701-290-1640. ■



Kristin and her family

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## KNIGHTS OF COLUMBUS Family of the Month

Although only 7 miles separated Dalila Vetter of Flasher, ND and David Hienert of Raleigh, ND, it was 1975, after Dalila's graduation, when they met. Dave's 1969 Black Jade Mustang is what caught Dalila's eye. Dalila wanted a ride in that car. Once she got a ride, she knew Dave was the one she wanted to share her life with.

Dave worked for the Long Green Line of John Deere for 47 years. He retired in 2017. Dave restored his Mustang,

and the couple enjoys day trips around North Dakota. Dave also volunteers for St. Joseph Church in Dickinson, ND. Dalila was a teacher at St. Joseph's Catholic School for 21 years. After the school closed, Dalila started work at St. Joseph's Church as Outreach Coordinator. She held that position for 12 years. Both Dave and Dalila enjoy working for Easter Seals. Their children have left the nest so the Easter Seal clients have become their family.

Dave and Dalila are proud parents of three children Devora, David and Kim. All three children graduated from Trinity High School.

Dave and Dalila will be celebrating 45 years of marriage this summer. ■



## KUDOS We love our librarians

By Tara Zettel

*Librarians have always been among the most thoughtful people. They are teachers without a classroom. ~ Willard Scott*

When my husband and I moved to Dickinson in 2007 with our children, I quickly made my way to the Dickinson Area Public Library. I hoped to meet other moms with kids, or like-minded-book nerdy-kindred spirits, or the resources I needed to survive the time of transition and toddlerhood. I found all of this and so much more from our Library, and am continually inspired by the dedication, creativity and tenacity of the Library staff. The DAPL has been where my kids grew up, and I'm so grateful for their second home. Please join me in acknowledging the efforts of two women whose gifts and passions are integral to our community's health and wellbeing: Rita Ennen, Library Director and Jade Praus, Children and Young Adult Librarian.

Growing up on a dairy farm outside a tiny town, Rita Ennen remembers having to walk to piano lessons after school every week - and passing her local library on the way.

"That was my time," she recalls with joy, obvious in her expression. "I discovered other places, people with other lives and became part of other stories there. It was my place."

Fortunately for all of us, she found a way to make her passion into her career. Her path to becoming the DAPL's Director was preempted by years in university libraries, including our own Dickinson State. Rita was the Director there from

2007, transferring to the public library in 2014.

"People ask me all the time, 'Why the change?' Here (at the DAPL) I get to serve ages 0-99, I interact with the entire community with the programming we implement," says Rita.

"I still love reading a good book. And finding a new author!" she shares. "I find them here, then I pass them along to other people to read, because ultimately, books are a joy that is meant to be shared."

Jade Praus will tell you she fell into her position at the DAPL.

"I grew up in Dickinson, so this library has always been my library," she recalls fondly. "I remember coming with my mom up the purple spiral stairs and reading in a nook by the window while my mom searched for books."

Though, it seems there were hints of her future occupation in her childhood.

"My sister and I used to play library," says Jade. "And I was always the one behind the desk checking out the books. I used a comb for the 'due dater'."

Jade attended Dickinson High and Dickinson State after graduation, studying elementary education. She joined the DAPL team under the then Children's Librarian Lane (Takington) Stoltz.

"I loved working with the children, which is why I thought I was going to be a teacher. When Stoltz left, I just sort of fell into this being my career path."

Parents, young adults and children who have attended a program created by Jade will tell you: they had fun, they learned something and they got to do that with a community.

This is what makes the DAPL an impactful, affecting entity in the



Jade Praus (left) and Rita Ennen (right)

community: the natural genius and ingenuity of these two women, and the whole library team.

"My favorite part of my position is to empower the staff to do what they want to do," says Rita. "My job is to first value my staff, then second do everything I can to give them what they need and say, 'Yes you can!' when they come to me with ideas."

In the past 10 years, programming for all ages has grown exponentially, from adding countless activities for teens, tweens, and younger children, online story time during the pandemic, and recently, a Hygge Lounge that promoted self-care and mental wellness during the darkest time of the year.

All the programs are designed to, and effectively achieve, reaching across the community and bringing together all ages with an added benefit of inviting everyone to discover a love for books.

"Kids who hate reading are my favorite," says Jade. "I tell them, we just haven't found your book yet."

Our community possesses a tremendous gift in having a thriving, active, inventive Library, which is successful to the degree of those who abide therein. Rita and Jade bring themselves, their passions, their drive, their personalities, and their dedication to their jobs, and the entire region is enriched and fortified because they do. ■



# 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 Brew  
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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  
Fresh Sips (located in St.  
Joe's Plaza)

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

### SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

### RICHARDTON

Suzy's Stash  
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### TAYLOR

Taylor Nursery

### BELFIELD

Trappers Kettle  
City Hall

### BISMARCK

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



## or-i-gin

### Pull out all the stops

**Meaning:** To make a great effort to achieve something.

**Origin:** This phrase refers to the "stops" or knobs inside a pipe organ. These stops control the loudness and tones of the instrument. When all are pulled out, the organ can play all tones simultaneously, thus achieving the maximum volume possible from the instrument. ■

## All fitness equipment is on sale!

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## HEART RIVER VOICE | MARCH 2022

# Calendar

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

**ONGOING IN MARCH**  
**DICKINSON STATE UNIVERSITY** See page 24 for various events.

**DICKINSON AREA PUBLIC LIBRARY** 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5).

Tuesdays/Thursdays 4PM Teens/Tweens Crafts or a movie (For specific age groups each session, check library website). See page 4 for more library events. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups.

**LENTEN LUNCHES**  
The Ukrainian Cultural Institute, 1221 West Villard, will host their annual Lenten lunches on Friday's March 4, 11, 18, 25, April 1, 8. Serving time is 11:00am - 1:30pm. Cost for a meal is \$14 with cod and \$12 without cod. Take outs are available by

call 701-483-1486.

**MARCH 3-APRIL 18 ANNUAL ND STUDENT ART JURIED ART SHOW**  
Student art from kindergarten through 12th grade are divided into the following grade categories: K - 3, 4 - 6, 7 - 8, and 9 - 12. The artwork is hung salon style, which creates a visually stunning wall to ceiling art experience. Come view the creations by ND's finest, up and coming artists. Dickinson will be the last time that these pieces will be able to be viewed in 2022. Dickinson Museum Center.

**THURSDAY MARCH 3 BOOKS & BREW**

9AM A book-club for adults 21+. Each month we will discuss a new book. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

**FRIDAY MARCH 4 COOKIES & COCOA SOCIAL**  
2-4PM Drop in for a cup of hot cocoa and a cookie! Winter Reading Program grand prize and coloring contest winners will be announced. Need not be present to win. Dickinson Area Public Library.

**SATURDAY MARCH 5 BELFIELD BOOKS & BREW**  
9AM A Dickinson Area Public Library book-club for 14+. Each month we will discuss a book while enjoying a coffee or tea (drinks not provided by the DAPL). No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. Copies of the book will be available to check out at Cup & Cake. Cup & Cake, 103 Main St N, Belfield.

**MONDAY MARCH 7 ADULT CRAFT CLUB** 6PM

Crafty people unite! Come make tassel keychains with us today. Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Area Public Library.

**TUESDAY MARCH 8 BOOKS & BREW**

7PM A book-club for adults 21+. Each month we will discuss a book while enjoying a beverage (drinks not provided by the DAPL). No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

**THURSDAY MARCH 10 START-UP YOUR DAY**

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

**FRIDAY MARCH 11 DICKINSON CATHOLIC ADULTS** 6:30PM Dickinson Catholic Adults is geared towards adults (21-50) from the Dickinson area who are seeking community and to deepen their faith. Father Jordan Dosch will be our featured speaker. Drinks and hors d'oeuvres will be served. For child-care options, please email [dickinsoncatholicadults@gmail.com](mailto:dickinsoncatholicadults@gmail.com). For more information, join our Facebook page ([www.facebook.com/groups/dickinsoncatholicadults/](http://www.facebook.com/groups/dickinsoncatholicadults/)) or email [dickinsoncatholicadults@gmail.com](mailto:dickinsoncatholicadults@gmail.com). Held at 618 Palm Beach Road.

**MARCH 11-12 FEARLESS FAITH RETREAT**  
Join Badlands Ministries as they host dynamic speaker Melanie A. Brown. See page 10 for more information.



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**SATURDAY MARCH 12  
GENEALOGY PROGRAM**

9-10:30AM Join our genealogical librarian for a discussion and/or presentation on a genealogy-related topic. Dickinson Area Public Library Community Room.

**CRIME CLUB 10:30AM**

WANTED! True crime junkies who think they could help solve a crime, or would just like to talk about them with like minded people. Each month will center on a specific crime or criminal. Read or research up on

the topic and come for the discussion. Dickinson Area Public Library Community Room.

**BOARD GAME CLUB 1-4PM**

Participants may play games provided or bring their own to play with new friends and old. (Ages 11+) Dickinson Area Public Library.

**TUESDAY MARCH 15****MULTI INDUSTRY JOB FAIR**

1-5PM (Only veterans with required DD-214 from 1-1:30PM) Featured employers include oil & gas, con-

struction, retail, manufacturing, service/food, healthcare, and more! Come dressed for success, bring copies of your resume, and be prepared to interview. Biesiot Activities Center, 398 State Ave. (See ad, this page, for more info.)

**SATURDAY MARCH 19  
MAKE-A-WISH BENEFIT**

4:30-10PM Don't miss the annual Dickinson Noon Lions Make-A-Wish Benefit on Saturday, March 19th! There's a silent and live auction, build your own taco bar, jumping castles

and more. There will also be entertainment by Josh Kehr. Admission \$10/adults, \$5/Children (ages 6-12), 5 & under free. 100% of proceeds will go to Make-A-Wish North Dakota. West River Ice Center, 1865 Empire Road.

**IF MUSIC BE THE FOOD  
BENEFIT RECITAL 7PM**

Come fill your heart with great music and fill the Food Pantry's shelves with food! In place of paying admission, all who are able are invited to donate to the Food Pantry, either with non-perishable foods or in monetary donations. St. John Lutheran Church, 146 6th Avenue W.

**THURSDAY MARCH 24  
BASED ON THE BOOK**

6PM A book club for 11+. Discussion on both the book and the movie adaptation. Some clips of the movie will be shown. You don't have to have read the book or seen movie to participate, but it might help! Popcorn bar will be set up. Dickinson Area Public Library Community Room.

**SATURDAY MARCH 26**

**ADULT CRAFT CLUB 10AM** Crafty people unite! Come make Succulent Pots with us today. Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Area Public Library.

**24TH ANNUAL API GUMBO**

**COOKOFF 4:30PM** or until Gumbo is gone! All fun-filled actives include; appetizer competition between the companies(optional), awards for best decorated area/booth, Gumbo and People's Choice. There will be a 50/50 raffle for the public as well as entertainment starting at 6:30PM! Event is now 21+. For more info, email apidickinson@gmail.com. West River Ice Center, 1865 Empire Rd.

**MARCH 26-27****KING OF THE NORTH POWERLIFTING COMPETITION**

First ever two-day USPA powerlifting competition. Hosted by The Pit Strength & Fitness. Local vendors, food, drinks and entertainment! John Haack & Andy Huang will be putting on a Powerlifting seminar on Saturday from 5-9PM. Competition entry fee is \$15 a person/day. For more info, contact 701-526-8693. West River Ice Center, 1865 Empire Rd.

**SUNDAY MARCH 27****DICKINSON AREA CONCERT ASSOCIATION**

**PRESENTS** Jared Sherlock, Magician & Comedian as part of their annual series. 7:30PM Admission: \$30 per adult without membership. Children 12 and under FREE. Youth 12-18 \$10. For more info, contact 701-690-6857. Dickinson State University Stickney Auditorium.

**MONDAY MARCH 28**

**ADULT BOOK CLUB 6PM** A book club for 18+. Read the book and discuss with other adults. Books can be checked out at the meeting. Dickinson Area Public Library Community Room.

**SAVE THE DATE****SATURDAY APRIL 2**

**UCI'S PYSANKA (UKRAINIAN EGG DECORATING) CLASS** Limited seating available. Call 701-483-1846 to register for the class. \$15.00/person. Ukrainian Cultural Institute, 1221 W Villard St.

**APRIL 26-APRIL 27**

**SUMMIT ON BEHAVIORAL HEALTH IN ENERGY COUNTRY** Summit hosted by Vision West ND bringing together community leaders and professionals for education, networking and information sharing. See page 4 for more information.

2022

**MULTI INDUSTRY  
JOB FAIR****March 15th 1-5 pm MDT**

1-1:30 pm Veterans

(DD-214 Required)

1:30 - 5 pm Open to Public

**Dickinson State University  
Biesiot Activities Center**

398 State Ave. N, Dickinson, ND

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- Be prepared to interview



## COMMUNITY If Music Be the Food

We are thrilled to present another installment in the If Music Be the Food - Dickinson recital series. This is the 13th of our semi-annual recitals that benefit the AMEN Food Pantry. In place of paying admission, all who are able are invited to donate to the Food Pantry, either with non-perishable foods or in monetary donations. This installment will be on Saturday, March 19 at 7:00 pm at St. John Lutheran Church (146 6th Avenue West, in Dickinson).

If Music Be the Food - Dickinson is one of 17 similar recital series throughout

the nation, from Tucson, AZ to New York City. Although the content of each series varies, all are recitals benefiting local food pantries in which performers present Music for free, and all goods and services are donated, so that all money goes directly to the food pantries. We are grateful to St. John Lutheran Church for

being an ongoing partner in this endeavor. And we are especially grateful to all who have and will perform! Come fill your heart with great music and fill the Food Pantry's

shelves with Food!

For more info, contact Kelsey K. Rogers at [kelseykrogers@gmail.com](mailto:kelseykrogers@gmail.com) or see [ifmusicbethethefood.com](http://ifmusicbethethefood.com) ■



## PAWSITIVELY POPPY Springtime with Poppy

By Miranda Kuhn

*"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."  
- Irish Blessing*

March always brings a sense of anticipation of springtime for me, as the world begins to turn green again. The temperature rises, and the days get longer, and Poppy can once again explore the neighborhood on her walks. We don't get anywhere in a timely fashion because she likes to stop and sniff, and sometimes leaves a "calling card". Her favorite place to go is the high school football field, where she has the space to run fast and free. Next to the football field is the old practice track, long since overgrown with weeds. Once in a while, a small patch of clover can be found, and we spend time searching for the elusive four-leaf clover to bring us luck and many treats.

This brings me to the dog treat most appropriate for this time of year, the dog friendly version of a Shamrock Shake. This cool and creamy treat is sure to please your pup and can be served fresh or frozen into portions. I like to use silicon chocolate molds to freeze extra treats for a rainy day. Use your judgment to give appropriate portion size to your pet. Poppy is 35 lbs and gets slightly more than half of this amount at one time.

### Dog-safe Shamrock Shake

#### Ingredients:

- 1/2 C plain yogurt
- 1/4 C unsweetened coconut milk or water
- 1/2 C ice, plus more as needed to achieve desired thickness
- 1 tiny drop mint extract (dip a toothpick in the extract and swirl it



into the mixture)  
green food coloring (or mint leaves, or parsley)

Measure all ingredients into a blender (single serve blender cup works well). Blend until smooth. Pour into small cup and serve with small amount of sugar-free whipped cream, if desired. ■





## PIPER'S PALS Ask Alfie

Dear Alfie,

**I love to have scented candles burning throughout the house - apples and cinnamon scent in the fall, holiday scents for winter, and fresh flowers for spring. However, a friend of mine recently told me that this could be dangerous for my cat and dogs. Is that true?**

**Sincerely, Smells Good**

Dear Smells Good,

Your friend, unfortunately, is correct. While scented candles, air fresheners, and essential oil diffusers may help mask unpleasant scents in your home, they could be posing a danger to your pets (and even yourself) by using them. Scented candles and aerosol or plug-in fresheners commonly contain toxins like lead, naphthalene, formaldehyde, and phthalates. Some of these toxins have been implicated in causing endocrine system disruptions which may lead to a multitude of medical issues including cancer. Synthetic

fragrances and carcinogenic soot from paraffin candles, a petroleum product, can cause or worsen respiratory conditions such as asthma in humans and pets.

When using a wax warmer or burning an open-flame candle, exercise the same caution you would use around a toddler to avoid your pet being burned or tipping over a candle and causing a fire to your home.

Essential oils are a popular alternative to traditional air fresheners, but these must be used with extreme caution around pets. Pets are especially sensitive to these products and depending on the formulation and concentration, a couple drops of oil such as tea tree or eucalyptus may be enough to cause severe illness or death. Even diffusing some oils in their presence may trigger seizures, cough, vomiting and diarrhea, or eventual internal distress. For this reason, it is best to never apply oil directly to the skin of your pet or even diffuse it in their presence without first doing proper research. Cats, for example, are particularly susceptible to liver failure when exposed to essential oils,

as they lack a specific enzyme which metabolizes and eliminates toxins from essential oils.

Some of the oils which should never be used around pets include: pine, wintergreen, cinnamon, citrus-based oils, peppermint, camphor, clove, bitter almond, garlic, horseradish, oil of sweet birch, ylang ylang, mustard, tea tree, eucalyptus, and pennyroyal. There may be others, depending on the type of pet you have, and you should always thoroughly research before using. Pet birds, for example, may be even more sensitive to some essential oils.

Keep all essential oils out of reach of your pet as some scents may be enticing, despite their toxicity, and could lure your pet into ingesting them. Even licking a stray droplet from the exterior of the bottle could be enough to cause serious harm to your pet. If you think your pet may have inhaled or ingested an essential oil, you should contact your veterinarian immediately. If you have questions about whether your pet may have been exposed to a toxic oil, consider calling Animal Poison Control (888) 426-4435.

All hope is not lost, however, as



there may be safer options you can use for freshening the air in your home. Soy or beeswax candles that do not use artificial scents are considered to be much safer than paraffin candles. There are also non-toxic sprays from companies such as Mrs. Meyers, and some essential oils may also be safe to diffuse once you have researched them properly.

Sincerely, Alfie ■

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

## Pet Name Match

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

- A: Foxy (#\_\_\_)
- B: Beau (#\_\_\_)
- C: Ares (#\_\_\_)
- D: Aspen (#\_\_\_)
- E: Bella (#\_\_\_)
- F: Honeydew (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

- A: #2 Finley
- B: #4 Theo
- C: #6 Spike
- D: #5 Jolene
- E: #3 Sir Charles
- F: #1 Mya

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

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



## HEART RIVER GEMS

# Rich Wardner

By Kaylee Garling

We would like to think of this month's Heart River Gem as an extension of last month's article, featuring Rich Wardner and the journey he has taken to get to where he is today.

Rich was born and raised in Mercer, ND. Most of his family is still woven into the community and play important roles in its day-to-day workings. Rich attended Dickinson State University, where he met Kayleen. They were married their senior year of college, and went on to become teachers in Mohall, ND, which is only the beginning of their incredible journey. Rich spent 12 years teaching and coaching there, Kayleen taking time off to raise their two boys, but going back to teaching soon after. Rich was an assistant basketball coach for 4 years in Mohall, but the 5th year, the head coach left, which opened a position for him to fill the varsity coaching position.

Rich shared some of his experiences, "I was very fortunate. We went to 4 state tournaments the 8 years I was varsity coach in Mohall. Because of that, I was recruited to come back to Dickinson High School, where I then taught for 20 years. One of my loves of teaching was Biology, but when I got to Dickinson High, there was no Biology teaching position open. I had a math minor, so I taught Everyday Math and Basic Algebra for the next 9 years. I built up a positive relationship with my students, even though they were considered underachieving. I made learning fun but kept discipline in the classroom. The following years I taught Physical Science, Chemistry and finished up as the Assistant Principal. I was the head basketball coach for 6 years at the high school, then I was dismissed. I went to the college (DSU) and coached up there for 4 years with Sam Milanovich. I learned a lot about life from Sam. Teaching at the high school and coaching with Sam at the college was very enjoyable."

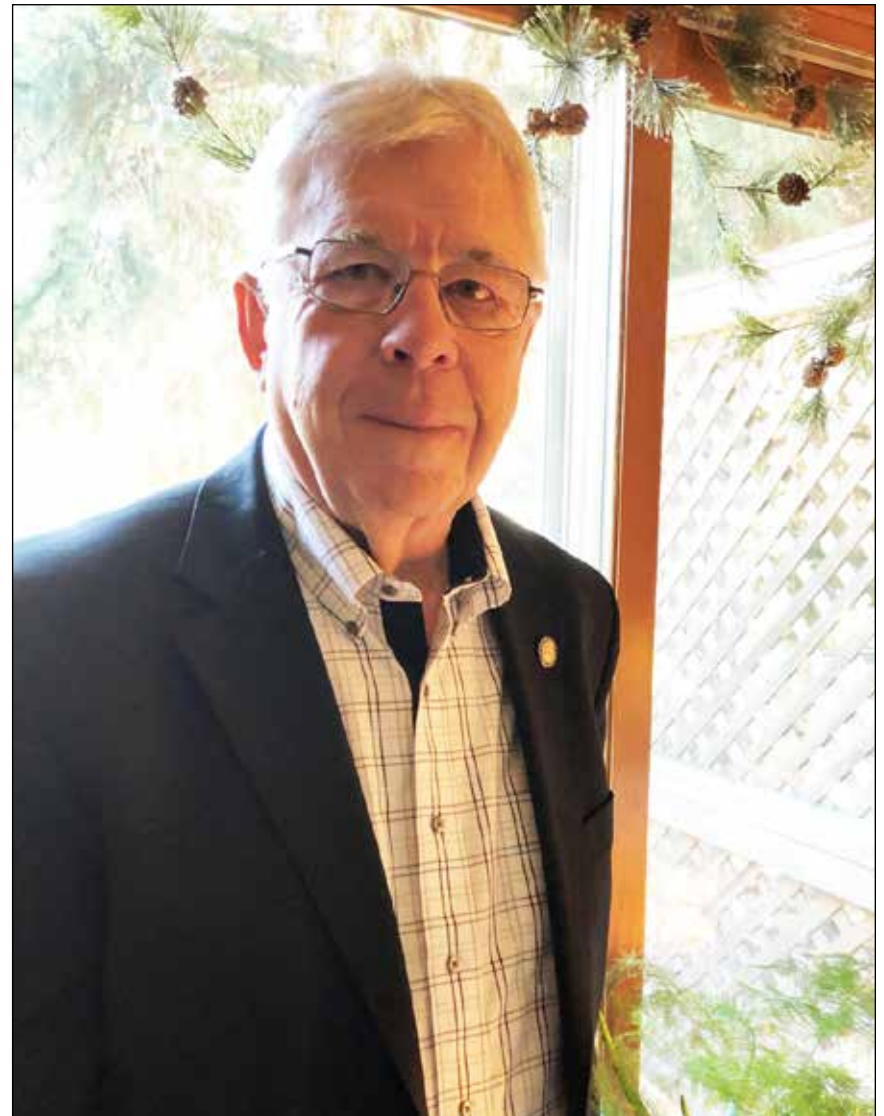
He continued, "Another part of my coaching career was being the 9th grade football coach at Dickinson High. Coaching junior high football is a great place to motivate people. I loved it." Rich had the opportunity to coach an A, B, and C team, allowing as many students

to participate as possible. It gave the students a chance to shine, sometimes it was the only time in their high school life. He found leaders within those students who were often overlooked or flew under the radar. "I wanted all the kids to play, so I went the extra mile and scheduled more games. Some of the kids dreamed of playing professionally but hadn't played a lot before. Their freshman year, they got to play. We won a lot of games with our A team. With B and C, we focused on participation, we just played because when the Skunk Dogs, White Knights, Chines Bandits or Bull Frogs hit the field the dust did fly and there were big stories floating around the locker room after the game. That is something I look back on that was really rewarding."

Rich's wife, Kayleen, considered Rich's Freshman football coaching career a mission. She explained, "They prayed before games, and when you finished playing football for Rich, you had war stories to tell. You had greatness. It changed people's lives. Recently, he got a phone call that brought tears to his eyes. The guy said, 'you remember how you treated and named the kid?' He wasn't a very good player, but Rich gave him a nickname, and for a year, he was a very important person, and had status from other kids." She smiled, thinking of his current position in government. "I sometimes think it's his freshman football kids that kept getting him elected. Rich changes lives. Rich does well as majority leader in the senate because he respects people, and he listens, which are things he did with the freshman football team."

Rich expounded on some of his favorite memories being coach. "I would go out and recruit the kids who flew under the radar. I would find them in the hallways and parking lot, places where other people would not think to look. Other coaches thought I was crazy, however, some of the players later contributed on the varsity football team. But I felt like they needed to be involved in something. When I was running for my next term in the legislature, I would hire them all, put them to work by handing out brochures so they could buy their practice jerseys, and pay for their physicals. It was only around \$15 for physicals back then, but they didn't have it. I would hold the money until they got those things done, then it went right to them. We built a bond while we played in the fall every year."

Rich has served in the Senate for 24 years, and the House of Representatives



Rich Wardner

for 8 years. He said, "A lot of the things I did as a coach and teacher are what I do as a majority leader in the Senate. Some people think that if they don't toe the line, I will call them in and do some arm twisting. I never did! I educated myself and got the facts to the caucus members.

There were several sessions where I explained the different things about the budget or different issues we were facing or had someone more informed do it. Because they were informed, the Republican Senators made up their own

*Continued, next page*

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*Continued from page 34*

minds on their votes. They hung together on major votes because they were informed. Those things were what made me successful in the legislature.”

He laughed. “I’m not done yet, still have 11 months to go.” And great things will continue to happen with him there. He shared a story. “Kelley Schmidt, who was the state treasurer, had run into General Petraeus. He was one of the Generals that lead the war effort in Iraq, so she brought him to North Dakota. She asked me, along with a few other people, to travel the oil patch in Western North Dakota. You know what he said when we drove between Watford City and Williston? He said, ‘This looks like a war zone.’ Things were bad out here with lots of activity, price of oil over \$100, people dying on our roads. I spent the whole summer going around organizing legislators, getting all the county and city commissioners, along with school administrators on board for what we called, ‘The Surge,’ a billion dollars for Western ND infrastructure. When you

drive on the roundabout in Killdeer, by-passes in several of the Western communities and see the improved roads on the Western side of the state, that’s all ‘The Surge.’ I worked with people, and we had so much support by the time we got back to the session, the billion-dollar Surge bill for Western North Dakota passed. Our success goes back to being involved in every single community. I did initiate it, but I didn’t do it alone.”

Rich is a wonderful example of rallying people together towards making a difference, not only in their lives, but fellow lives within the community. His reach is far stretching for the betterment of our communities and the state.

I hope that his Freshman Year Football Players, along with the rest of his Basketball Players, get to read this month’s article and reminisce on their experiences with Coach Wardner. It’s clear that his students and players he coached have made just as big an impact on his life, if not bigger, than his impact on theirs. ■

## May you be touched by a bit of Irish luck



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### Irish Blessings

If God sends you down a stony path,  
May He give you strong shoes.

May the leprechauns dance over your bed and  
bring you sweet dreams.

As you slide down the banister of life,  
May the splinters never point the wrong way.

Happiness being a dessert so sweet,  
May life give you more than you can ever eat.

May your troubles be less and  
your blessings be more,  
And nothing but happiness come  
through your door.



## EDUCATION

## 58th Annual Trinity Catholic Schools Mardi Gras winners



For 58 years, the Trinity Mardi Gras has been an exciting community event, engaging all ages through many different activities on a winter weekend. There are seven families who comprise the Mardi Gras Committee, along with hundreds of

other volunteers that give of their time and talent to continue this wonderful tradition.

The Mardi Gras Raffle famously gives away a car, and this year's winner is especially fun to share! Dennis Zastoupil was the 1979 Mardi Gras Chairman, and his wife Pat was the Kitchen Chairperson in 1990! Pat was also a teacher at Trinity Catholic Schools. How fun it is to see this reward come full-circle! Other raffle winners include:

- 2022 Buick Encore - Dennis Zastoupil
- Traeger Timberline 1300 Pellet Grill - Evelyn Halvorson
- Milwaukee Lawn/Yard Tool Set - Marcy Dvorak
- \$750 Mobil Gas Card - Brittany Plum
- \$500 Cash - Ted Heidt
- \$500 Cash - Dennis Meyer



- \$500 Cash - Susan Abrahamson
  - \$300 of Consolidated Telcom Service - Chuck Jerome
  - \$300 Cash - Jessica Clifton
  - Rtic Cooler - Breann Krebs
  - A Night of Golf at Neighbors Bar - Nancy Kostelecky
- Are you interested in becoming part of

the Mardi Gras? We are looking for a new family to join the committee! We always appreciate new volunteers to help in the kitchen, selling raffle tickets, working the midway games, and more. Contact DeAnn at 701.483.6085 or deann.scheeler@k12.nd.us to learn more. Thank you for supporting Trinity Mardi Gras! ■

## EDUCATION

## Dickinson Public Schools Foundation, Inc. awards \$49,927.21 in grants to teachers

The Dickinson Public Schools Foundation, Inc. awarded \$49,927.21 to grant recipients for the 2021-22 Annual Teacher Grant Program. The grants were awarded for a wide range of materials, programs, and professional development. Grant recipient Sara Steier

states, "Receiving this grant allows us to purchase materials and resources so we can reach students at all levels so they can be successful in the classroom. Not only does the grant help us meet classroom goals, but it supports the work we are doing at the district level as well."



The Foundation's mission is "to provide private, financial support to enrich the quality of education in the Dickinson Public Schools." Staff can apply for grant funding in nine focus areas: Academic Success; College and Career Readiness; Community; Cultural; Early Childhood; Professional Development; STEM & Student Wellness. In addition to the annual grant program, the Foundation offers mini-grants to support teachers throughout the year. The Foundation has awarded over \$500,000 in grant money since it was founded in 1989.

We are proud to announce this year's 2021-22 Annual Grant recipients:

- Student Wellness Grants (DMS, Roosevelt, Lincoln, Berg)
- Differentiation through Hands on Tiered Interventions (Jefferson)
- Cracks and Chasms: Filling the Gaps to Ensure Success in Mathematics (DMS)
- Interactive Playground (Heart River)
- Revamping Literature Circles (DMS)



- Putting the A (arts) in STEAM (DMS)
- Let's "Glow" Crazy for Math or Reading (DMS)
- The Chess Guy - Chess Enrichment Days (Lincoln)
- Sound Walls (Jefferson)
- CPR Training (Heart River)

To find out more about our grant program or ways you can help, visit <https://www.dickinson.k12.nd.us/dps-entities/foundation/about-the-foundation> or like us on Facebook at Dickinson Public Schools Foundation. ■



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## GOING POSTAL

### Year of the Tiger

The U.S. Postal Service celebrates the Lunar New Year with the release of the Year of the Tiger Forever stamp. The Year of the Tiger began February 1, 2022 and ends January 21, 2023.

The tiger is the third of the 12 zodiac animal signs associated with the Chinese lunar calendar. As with other zodiac signs, personality traits and other attributes are often associated with people born in the year of a particular animal. Those born during the Year of the Tiger may be seen as brave, confident and well-liked by others. Blue, orange, and gray are lucky colors for Tigers, and yellow lilies and cineraria flowers may also bring good luck.

These stamps may be purchased at your local post office or online at [usps.com/shopstamps](https://usps.com/shopstamps). ■

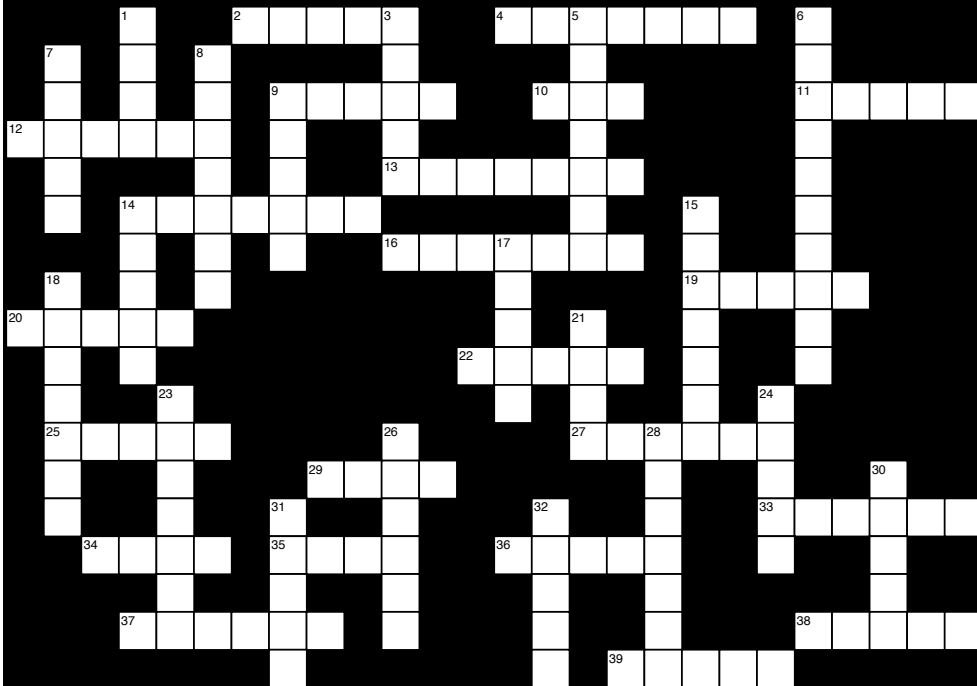


Source: The US Postal Service

**CROSSWORD**

**MY LOVE** by Carlinka

**++MY LOVE++**



www.CrosswordWeaver.com

**ACROSS**

- 2 Snaky shapes
- 4 ++Moya Lyubov'
- 9 Food that often gets tossed
- 10 Pants zipper cover
- 11 Purchase of drinks for the group
- 12 ++Nae Sarang
- 13 Borrowers' opposites
- 14 ++Mi Amor
- 16 Clothing
- 19 Great thinkers
- 20 180 degree reversal
- 22 Important bee
- 25 101 course
- 27 Port city in Ukraine
- 29 32 degrees Fahrenheit, in Celsius
- 33 He flew too close to the sun
- 34 Flim-\_(nonsense)
- 35 Warning sign
- 36 Child of cooking fame
- 37 ++Meine Geliebte
- 38 Break of day
- 39 Wide from side to side

**DOWN**

- 1 Tiny hole in the skin
- 3 Buy some time
- 5 Spend extravagantly 6 ++Meu Amor
- 7 Clean with an abrasive 8 Strategy board game with stones
- 9 Poker-faced
- 14 Mushroom's reproductive cell
- 15 Smart aleck
- 17 Audibly
- 18 ++Amore Mio
- 21 Take two
- 23 Single-minded campaign
- 24 Entrance
- 26 ++Mon Amour
- 28 Kindle or Nook
- 30 Self groom, as a bird might
- 31 Pink-orange hue
- 32 Repeat verbatim

*Last month's puzzle solution*

**++MARXISM++**

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**HOROSCOPE****MARCH 2022** by Hilda De Anza**ARIES**  
March 21-  
April 20

March begins with an intense process taking place in either business or personal relationships. Loose ends are tied up and agreements can finally come into force. On March 6th, the focus moves to new friends, groups or organizations that you choose to be with. It's also an excellent time for expanding your spiritual interests.

**TAURUS**  
April 21-  
May 21

First of March, there is a need to change focus regarding studies, future plans, legal battles and areas where you are trying to get acceptance for your point of view. On March 6th, together with a partner you engage more dynamically on a professional level. It seems that many things that have been put on hold fall into place. This is also a time when there will be significant developments connected with friendships and new groupings.

**GEMINI**  
May 22-  
June 21

As March begins, represents a time when some kind of judgment or decision is made, which you will need to abide by. There are new and heart-warming developments for partners at this time, as well as for professional associates. This is a time when career ideals are paramount, and big dreams become an inspiring factor. End of March your focus changes once again, stress levels increase, and you get dynamically involved in leadership issues in a group, where new roles may be delegated to you.

**CANCER**  
June 22-  
July 22

The first part of March is characterized by a great interest in expanding your understanding of life. This could be a time of remarkable spiritual insights if you have habits of mindfulness. Professionally, March begins with some high-energy powerplay and maybe a crisis atmosphere connected with leadership. On a financial level, life gets a bit unpredictable after the 21st and alliances can show signs of instability.

**LEO**  
July 23-  
August 22

Major significant developments in March take place and emotionally, this can get complicated. This is because it can be difficult to decipher the signals you are receiving. If you can keep your bearings, this can be a great time for psychological and spiritual growth. By March 21st the focus changes and it is at this time that you will want to stretch your wings, expand your horizons, see the world and explore options to increase your understanding.

**VIRGO**  
August 23-  
September 22

First of March is the time to connect with colleagues, a team, or group of work-related clients to make long term plans which bring greater efficiency and connectivity. It's also a time when a final catharsis or breakthrough is achieved in connection with a more personal project. End of March, there are excellent trends for relationships kicking in, and this could be the right time to merge your energies and interests with someone who has a vision you can believe in.

**LIBRA**  
September 23-  
October 22

Early March, you have the reinforcements and resources to take the action you shied away from. This involves a radical clear-out in your domestic life, done together with a partner who has your back. March is also a very significant time in your working life, which is characterized by high ideals, creativity and a high dose of rather unrealistic ventures. It's a great time for innovation and inventiveness.

**SCORPIO**  
October 23-  
November 21

March begins with a new moon, and this means new circumstances in a few areas in your personal life. Communication is particularly intense, and you tend to put everything on the line. You need to eliminate weaknesses and any threats which have been affecting important relationships. Mid-March, a major shift in emphasis, and your domestic life and community become of much greater importance. Plans which had been put on hold can now go ahead and agreements can be made.

**SAGITTARIUS**  
November 22-  
December 21

First of March, relationship trends are very favorable. The beginning of March may bring some kind of crisis, which is resolved by decisive action, but later in the month partners are far more inclined to do things the way you want them to, without argument. You have a vision of expansion and spiritual happiness, and people need to get onboard. March is also a time when there is a lot going on in the field of education, communication and networking.

**CAPRICORN**  
December 22-  
January 20

During the first week of March you can finally launch a plan which was put on hold several weeks back because of an unexpected development. Later in the month is a stressful period financially, probably because family members or associates have some crazy ideas about what to do with available resources. They need to be controlled, because in the last analysis you have the plan that will work. The latter half of March is fascinating from the point of view of creativity and the imagination.

**AQUARIUS**  
January 21-  
February 19

The first few days of March mark a culmination of some worries and anxieties affecting you, perhaps because you felt something was going on without really knowing what it could be. Mid-March, dramatic developments are out in the open. This could be a good time for love and passionate romance, and if so, then March develops into something of a roller coaster as you or someone in your circle walks on the wild side and breaks with convention.

**PISCES**  
February 20-  
March 20

Early March is also a favorable time for partners and their work, when they get to finalize something that was considerably delayed. Mid-March is a very favorable time for partnership and for sharing your ideas and dreams with someone who is just as inspired as you are. March is going to be a great month for innovation and invention. It's electric, and this means new ways of travel, communication and networking need to be explored.

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Dream Interpreters is a free guide to help you interpret the meanings to your dreams. Check out their word dream dictionary to interpret and analyze dream cycle. Based on their extensive dream symbols database, you will get meanings and definitions about almost ANY kind of dream.

**Pivot**

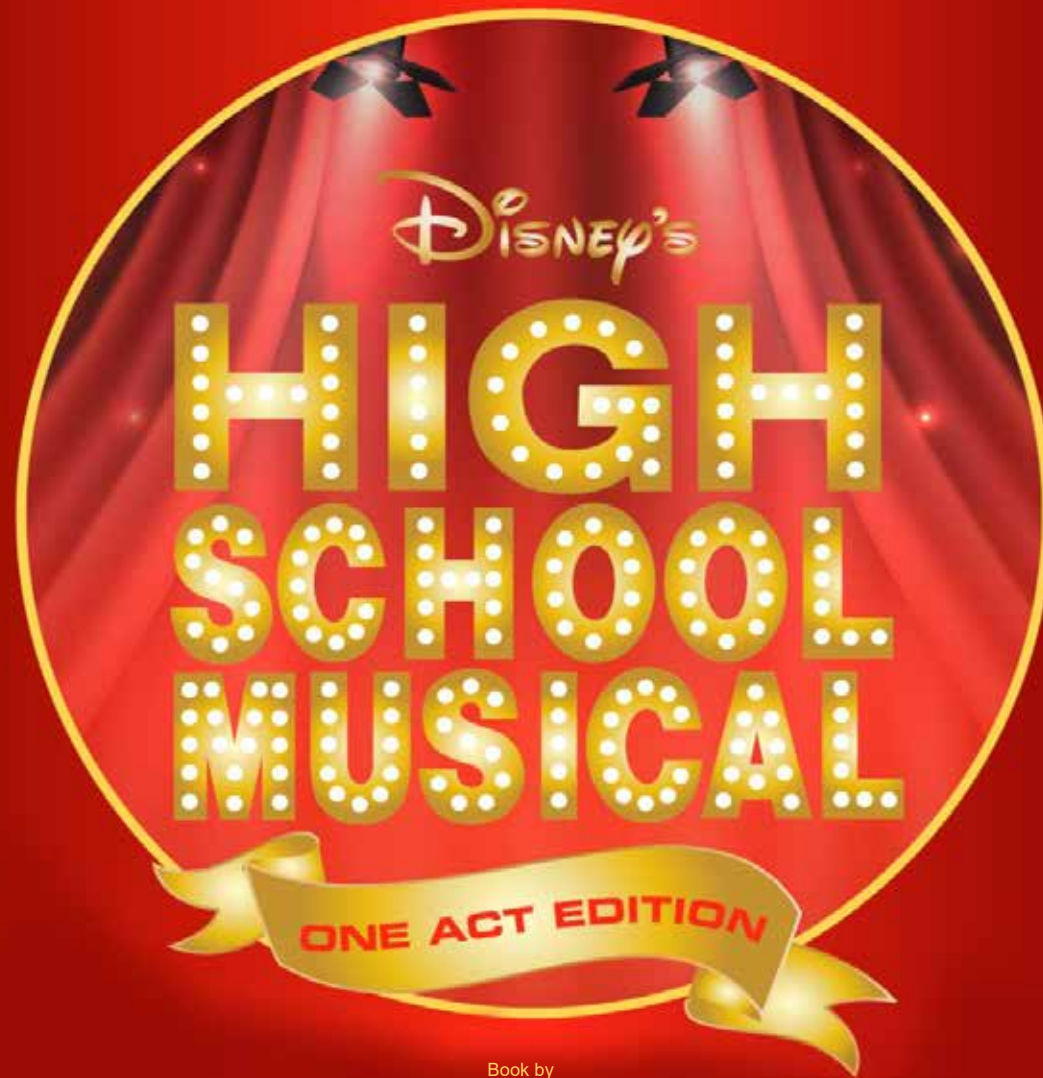
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