

# Heart River VOICE

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LOCAL EVENTS

MAY 2022 | VOL. 4, NO. 5 | HEARTRIVERVOICE.COM



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## A note to our readers

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

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

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

**Kelley Jilek**  
Publisher

Cover art "Herbivicus" by Medora Frei. For more information about the artist, see page 5.

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## #BOOKWORM

## Gearing up for summer

By Cindy Thronburg

It's that time of year again! We are excited to announce the beginning of this year's Summer Reading Program, which will start on Saturday, May 28th during our Kick-Off Carnival from 10:00am to 2:00pm.

The theme of this year's Summer Reading Program is "Oceans of Possibilities," so the theme for the Carnival will be pirates! Costumes are encouraged to join in on the fun! Activities will include axe-throwing, cannon ball toss, fishing, treasure hunt, sword fighting, and more! We are excited to have the Rock Jocks back with us to provide live music. There will also be Ruckus Sweets & Treats food truck, and the police and fire departments will be in attendance. It's sure to be a blast!

The Summer Reading Program will work similar to how it has in years past. It is broken down into four age groups—Early Literacy (ages 0-5), Children (ages 6-12), Teens (ages 13-17), and Adults (ages 18+). Each age group does different activities for chances to win some terrific prizes. Activities will be tracked online using Beanstack. If you haven't already signed up for Beanstack, you can create one account for the whole family at <https://dickinsonlibrary.beanstack.org>.

The Carnival will take place during regular library hours, so patrons can check out books to get started with the program.

The Summer Reading Program will go through July 31st. The Summer Reading Program will end with an Ice Cream Social on Friday, August 5th, where prize winners will be announced.

In order to prepare for summer, May is a planning month and regular programs are paused. However, we will be having an event on Thursday, May 12th. We will be live-streaming an event put on by Humanities North Dakota. The event, which starts at 1:00pm in the Library community room, will be a conversation with journalist Eli Saslow, who will be talking about his book called *Rising Out of Hatred: The Awakening of a Former White Nationalist*. For his book, Saslow

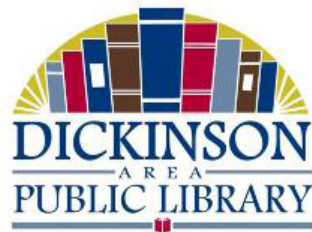
interviewed former White Nationalist Derek Black, David Duke's godson and former leader of the youth White Nationalist Movement. Humanities North Dakota says, "This event will explore the rise of white nationalism and political polarization in contemporary America and point toward overcoming divisions and hatred." For more information about this event and about Eli Saslow, please visit [www.humanitiesnd.org/saslow](http://www.humanitiesnd.org/saslow).

It's been awhile since I've done a reading list in my monthly article, so I thought I would include one for the month of May. May is Mental Health Awareness Month. According to

Wikipedia, "Mental Health Awareness Month began in the United States in 1949 and was started by the Mental Health America (MHA) organization (then known as the National Association for Mental Health)." For more information, please visit [www.mhanational.org/mental-health-month](http://www.mhanational.org/mental-health-month).

Here are some books highlighting mental health:

- *Speak: The Graphic Novel* by Laurie Halse Anderson; Children's Graphic Novel: J F Anderson, Laurie H. S7411
- *(Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health*; Juvenile Nonfiction: 616.890092 D688
- *Girl, Interrupted* by Susanna Kaysen; Adult Nonfiction: 616.890092 K23
- *Violet Shrink* by Christine Baldacchino; Easy Fiction: E Baldacchino
- *Psychiatric Tales: Eleven Graphic Stories about Mental Illness* by Darryl Cunningham; Graphic Novel: 616.89 C973
- *Hidden Valley Road: Inside the Mind of an American Family* by Robert Kolker; Adult Nonfiction: 616.8980092 K81
- *Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed* by Lori Gottlieb; Adult Nonfiction: 616.8914092 G686
- *Everything Here Is Beautiful* by Mira T. Lee; Adult Fiction: F Lee, Mira T. E936
- *Little Panic: Dispatches from an Anxious Life* by Amanda Stern; Adult Nonfiction: 616.85223 S8391
- *Under Rose-Tainted Skies* by Louise Gornall; Children's Fiction: J F Gornall, Louise U551
- *When Sadness Is At Your Door* by Eva Eland; Easy Fiction: E Eland ■



SUMMER READING PROGRAM 2022

# Oceans of Possibilities

June 1st - July 31st

**Kickoff Carnival**  
May 28th  
10am-2pm

Free and open to all ages,  
birth - adult!

Participate in Summer Reading Program events!

Win prizes for reading!

Dickinson Area Public Library  
139 3rd St W 701-456-7700

Sign up for the Reading Program at: <https://dickinsonlibrary.beanstack.org>

## COVER ARTIST Medora Frei



Medora Frei

Medora Frei is a contemporary abstract artist and sporadic illustrator based in the midwest. Art has always been her way of composting pain so that something new can thrive from it. Experiences, in all their diversity of intensity and meaning, are what she most portrays with paint. She started creating abstract work in 2018 after a traumatic event. Her passion is to help others heal using art. Medora's work consists mostly of acrylics, often combined with water, allowing each piece to take shape in a natural and free-spirited way— including the occasional use of pastels and pencils. She received a Bachelor of Arts degree from Concordia College, Moorhead, MN in 2017. ■



"Herbivicus" in its entirety

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## CONVENTION AND VISITORS BUREAU Let's travel - North Dakota!

May 1 - 7 is National Travel and Tourism Week (NTTW), the annual celebration of the contributions of the U.S. travel industry, will spotlight the critical role that travel will play in driving economic growth and building the path forward.

Celebrated annually the first full week in May, NTTW was created by Congress in 1983 to elevate the economic power of travel in the U.S. The local, regional, and state-wide impact of travel in North Dakota is measured in many ways, employment, local taxes, business investment, and local experiences. We know the importance of



travel to local communities, but do we really know what is in our own state? Have you been to the Paul Broste Rock Museum in Parshall, the Lewis & Clark Center in Washburn and Fort Mandan? Have you taken a drive in the Pembina Gorge in northeast ND to see the fall foliage?

There are many places that in our own state, and many off the interstates, that provide experiences of unique dining, lodging, learning, and fun for a day drive, or a full week or more. Theme it! How about finding all of the floral gardens in the state? Mayville has a wonderful



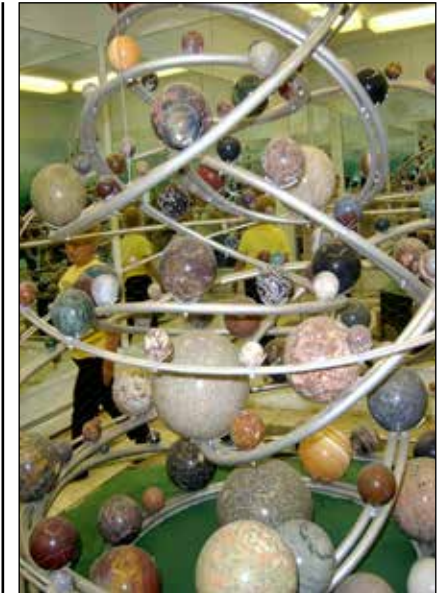
Dakota Sun Gardens and Winery

community floral garden that is decorated with local outdoor artworks. Dakota Sun Gardens and Winery in Carrington has not only beautiful floral gardens, but also incorporates metals and wood in their designs throughout their yards. After a tour, enjoy a taste of their wines, in the wine room.

North Dakota is known for its larger-than-life sculptures. The Enchanted Highway is nearby, Tommy Turtle in Bottineau, Wally the Walleye in Garrison, Whapper the Catfish in Wahpeton, and more all over the state!

If you want to stay closer for a one-day drive, stop into the Convention & Visitors Bureau office, we have lots of ideas for themed local drives, or check out our website at [VisitDickinson.com](http://VisitDickinson.com)

Celebrate National Travel and Tourism week! ■



Paul Broste Rock Museum

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## THE ARTS

### New opportunity for displaying and viewing artwork at Dickinson Area Public Library

The Dickinson Area Public Library has begun a new tradition of displaying original artwork by area artists. Assisted by Dickinson State University Art Professor Greg Walter, the Library now has areas reserved for two-dimensional art on the walls and three-dimensional work in display cases and spaces throughout the upper level of the building. Artists who are interested

He has served as Artist in Residence at both the Sioux City Art Center and Eastern Wyoming College and has led art study-abroad trips in several European countries.

Greg's preferred method of landscape painting is to work Plein Air, which means outdoors, within the landscape. This allows for the best lighting and atmospheric conditions, which affect



in displaying their work are asked to contact Library Director Rita Ennen at 701-456-7700. A detailed floor plan with measurements is available upon request. Artists are encouraged to offer their work for sale and include an artist statement, a price list, and business cards, which may be left at the Circulation Desk for patrons who are interested in learning more. Artists should be prepared to assist in the installation of the work and allow for the work to remain up for a minimum of four weeks.

The inaugural exhibit for this program is a series of landscape paintings by Greg Walter. In addition to teaching art at DSU, Greg has shown his work at dozens of galleries across the country and has won numerous awards and commissions at several private and public institutions.

the values and colors, and even the best cameras cannot fully capture. When this is not possible, he will rely on photographs, but will always spend time studying the place carefully in person. He can often be found painting in the local countryside and parks, particularly Theodore Roosevelt National Park.

The paintings in this show span over 15 years and exhibit works done in not only North and South Dakota, but also Wyoming, Nebraska, Iowa, and Michigan. A reception with a slide show and discussion is scheduled for 6pm on May 19, 2022.

The Library staff are very excited about this new project and hope that it will further enhance the experience of all those who visit our Dickinson Area Public Library. ■





**DICKINSON AREA PUBLIC LIBRARY**



**Ahoy Me Hearties!**

Join us for our 10th Annual  
Summer Reading Program Kickoff Carnival!

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**Saturday, May 28th**  
**10am-2pm**

**Costumes Encouraged!**

---

**Activities Include:**

- Axe Throwing ♡ Cannon Ball Toss ♡ Fishing
- Treasure Hunt ♡ Sword Fighting
- And More!

---

**Special Visitors:**

- ♡ Ruckus Sweets & Treats
- ♣ Live Music-The Rock Jocks
- ♣ Fire Department
- ♣ Police Department



## MUSIC CORNER

### Salads and Songs

The Roses are creating a fabulous assortment of salads and pinwheels for the 1st annual Salads and Songs on May 7th. The last couple of years has been difficult for a lot of organizations and the Prairie Rose Chorus isn't any different. From in person rehearsals, to zoom rehearsals to outdoor rehearsals back to zoom rehearsals and finally rejoicing to being back together to sing in person. But, during this time there wasn't performances, fund raisers or the ability to share our hobby with friends. To that end, the Prairie Rose Barbershop Chorus invites you invite you to join them for reemerging event.

Members will be providing a huge assortment of salads of all kinds from pasta and fruit to dessert. Along with those delicious salads will be many different pinwheels, yummy bread and scrumptious

desserts. In between serving, the chorus will thoroughgoing in a song or two. Cookbooks will be available for purchase that includes recipes for salads and pinwheels. Cost for Salads and Songs is \$15 per person and will make a wonderful Mother's Day event.

The Prairie Rose Chorus is a member of Sweet Adelines International and loves singing 4 part harmony. The group practices every Tuesday at 6pm in the basement of St. Johns Lutheran Church. Membership is open to women ages 12 and up. It's a great group for mothers and daughters and friends. You don't have to read music to sing with us, you just need to love to sing, we will teach you the rest. If you have questions about the group, you can contact Director Robyn Nadvornik at 701-690-8958. Information will also be available during Salads and Songs.

Join us for lunch on May 7th from 11:30 to 1 at Prairie Winds Church located at 2510 21st St W, just across from the Middle School. Hope to see you there! ■

## FAITH

### Instruction manual

**By Heidi Larson, General Manager, 103.7 The Connection**

How many times have you heard "man, I wish life came with an instruction manual?" Well, actually it does! That manual is God's word!

Everything in the Bible was inspired by God. He put things there to guide us as we go through life.

One of the things that I love about the Bible is that it shows imperfect people being used to do God's work. As you read through Scripture, you find even the most admired people in history were flawed - Peter, Noah, David, and even Abraham! But God used them to do mighty things for Him.

That's why it is so important to regularly and consistently be reading and studying the Bible. The Word of God is living and active. It does not change, but our circumstances do. Maybe you have a passage that you've read over and over

in the past, but now you are in a different season of life. Maybe this time, you will read that passage with new eyes.

Of course, we need to be receptive to this instruction manual. Pray for God to reveal what He wants to show you. Then be ready to have your mind blown at His goodness!

**Romans 15:4** *For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.*

**2 Timothy 3:16** *All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness. ■*



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## NDSU EXTENSION Enjoy fruits and vegetables in season



By Julie Garden Robinson, NDSU Extension Food and Nutrition Specialist

Check out the delicious fresh fruits and vegetables that are in season in the spring. That's when they are at their best quality and price. Avoid wasting fresh fruits and vegetables by storing them correctly, using within a few days or freezing. Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on "Food Preservation" for information about freezing extra fruits and vegetables.

Fresh asparagus, strawberries and sweet onions (such as Vidalia) are among the vegetables and fruits "in season."

### Sweet Onions (Vidalia)

- Choose firm onions with little scent. Avoid onions with cuts, bruises or

blemishes.

- To reduce chances of your eyes watering when preparing onions, try these steps:

- Refrigerate onions for 30 minutes before preparation.

- To remove onion smell, rub your hands with lemon juice or salt.

- Cut off the top/stem of the onion.

- Remove the papery layers, then dice or slice as you wish.

- Try grilling onions:

- Cut each large onion into about eight wedges. Place on a sheet of aluminum foil. Place pats of butter on the onion (about 1 teaspoon per wedge). Sprinkle with garlic salt or seasoning salt. Wrap well, so the aluminum foil seams are tight. Add another layer of aluminum foil, and place on a preheated grill for 30 to 40 minutes.

### Asparagus

- Choose asparagus with a rich green color. Asparagus should have compact tips and smooth spears.

- Store refrigerated and use within a few days.

- Rinse the asparagus spears under running water and trim the ends if needed.

- Prepare asparagus by roasting, grilling and many other methods.

- To roast: Preheat an oven to 425 F.

Rinse asparagus under running water and trim the ends. Place the asparagus in a bowl and drizzle with your favorite cooking oil. Sprinkle with salt, pepper, Parmesan cheese and/or your favorite seasonings. Bake until tender, about 12 to 15 minutes.

- To grill: Preheat the grill. Follow the preparation directions for roasting. Place the asparagus on the grill or in a grill basket. Grill about 3 minutes or to the tenderness you like.

### Strawberries

- Choose fruit with a deep red color with dark green caps and a nice aroma. They should be plump.

- Store in your refrigerator in the crisper drawer.

- Just before eating, place strawberries in a colander and rinse under cool, running water.

Do not soak strawberries. Spread them on paper towels or leave in colander to remove extra water.

- Remove the green cap and stem using a paring knife or strawberry huller.

- Slice, dice or serve whole. Try the



salsa recipe included with this newsletter.

- If you have extra strawberries, place the clean whole berries on a cookie sheet leaving some space between the berries. Freeze until firm then place in freezer bags labeled with the date you froze them. ■

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## CONNECT MEDICAL CLINIC Connect draws nearly 600 people to community event

By Mark Billings

Setting an all-time attendance record, the Connect Medical Clinic (Connect) engaged nearly 600 attendees at a three-day series of YES! (You Embody Significance) events last month.

suicide attempt as a teen. He said his faith provided him with a path forward to the life he enjoys now at the age of 23, and one which takes him across the country speaking to diverse audiences.

"It was incredible to be a part of an



Featuring local singer-songwriters and pastors Jalyn and Marcus McGill and their band, as well as national speaker and writer Jess Ford of Texas, the nonprofit sexual health clinic highlighted its mission at a youth rally, fundraising

event aimed at encouraging teens in our community," said Jalyn McGill of River of Life Int'l. "So many students connected with the Jess's testimony and were given practical next-steps if they struggled with mental health issues."



banquet and men's breakfast April 6-8. Among the highlights was drawing nearly 100 youth to the Trinity High School Auditorium, where the McGills kicked off the evening with their original music, followed by Ford, who detailed a near-

Joining the McGills were Sam Staudinger on electric guitar, Kyle Heinrich on drums and David Rodriguez on bass guitar. Tara Zettel, Connect's executive director, facilitated nearly two dozen questions from attendees with Ford on a host of issues, including suicide prevention, grappling with depression and building positive relationships.

"We were touched by the questions so many of the teens raised, and know this rally is the first of many uplifting events we will host for this age group," said Zettel.

Ford and Zettel joined Father Kregg Hochhalter, Pastor Ron Dazell and



30th Annual  
**Missouri River Bluegrass Festival**  
Cross Ranch State Park  
**June 17 & 18, 2022**  
Friday, 6:30-10:30 p.m.  
Saturday, 10 a.m. 10:30 p.m.

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Minnesota  
Playing Friday & Saturday

**The Waddington Bros.**  
North Dakota  
Playing Friday & Saturday

**Cotton Wood**  
North Dakota  
Playing Friday & Saturday

**Monroe Doctrine**  
North Dakota  
Playing Saturday

**Evie Andrus & Kasey Moore**  
Tennessee  
Playing Saturday

**The Bluestems**  
North Dakota  
Playing Friday & Saturday

NO smoking, NO alcohol and NO pets are allowed in the concert area.

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Midwest Regional Arts Center

MC - Terry Schwartz & Rich Wengel  
Sound - Correy Pierce, Bismarck, ND

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Friday \$15 - Saturday \$20  
Friday & Saturday \$30  
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An annual vehicle or daily vehicle pass is required

Dr. Thomas Arnold, MD in addressing more than 400 attendees at Connect's fundraising banquet on April 7 at the Astoria. Highlights included showcasing the clinic's utility trailer, recently decked out with new signage and proposed as a mobile sexual health clinic, introducing Rachael Marshall, FRN, as Connect's first family practitioner providing well-women exams, and an invitation the agency received from the World Youth

Alliance for Zettel to speak at its 19th International Solidarity Forum on Human Dignity and Sexuality Education last month.

Connect's annual fundraising banquet next year is scheduled on Thursday, April 13 at the Astoria. For more information on how to volunteer or donate, call (701) 483-9353 or visit connectmedicalclinic.com. ■

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## FINANCIAL FOCUS

# Does your business have an exit strategy?

If you're a business owner, you've got so much to think about, and you work so hard, that it might be difficult to envision the day when you're in a different place in life. However, that day will likely arrive, so you'll want to be prepared for it, which means you'll need an exit strategy. But how do you create one?

Here are some steps that can prove helpful:

- Start planning early. Making a quick exit is probably not a viable strategy for most business owners. Instead, you'll want to plan far ahead for when you want to leave your business behind. This will require some thinking about the big picture: What will the company look like when you're gone? Are you essential to its survival? If not, do you want to sell it to a key employee or an outsider? Or would you prefer to keep it in the family? After you've answered these types of questions, you can then move on to consider specific solutions, such as creating a buy-sell agreement with an employee or gradually transferring the business to family members.

- Determine how to fill a retirement income gap. You could spend two, or

even three, decades in retirement – so you'll want to be sure you'll have an adequate income stream to cover all those years. You may be able to draw on Social Security and whatever retirement plan you might have established, such as an SEP-IRA or an owner-only 401(k), but these sources may still leave you short of what you'll need to live on during your retirement. However, your business will probably be your biggest asset, especially if you own some real estate connected with your operations. So, if you're planning to sell your business, how much will you need to get for it to fill any retirement income gap you may face? Of course, it can be somewhat tricky to place a valuation on a business that may not be sold for several years, but with some research and the right forecasting tools, you should be able to develop a pretty good estimate.

- Get professional help. Creating and executing a business exit strategy takes time – and expertise. So, as you think about your own situation, you might want to assemble a team that includes your financial, tax and legal advisors and an expert in business valuation.

This last position – business valuation professional – will obviously be particularly beneficial in estimating the value of your business for a future sale.

- Include the next generation in your plans. If you're planning on transferring your business to the next generation of your family, you'll certainly need to involve them in every step of the process. But even if you're going to sell the business to an outsider, or liquidate it entirely, you should keep your grown children informed of what you're doing,

since they may be affected by the outcome. You also may want to include them in any meetings you have with your financial, tax and legal advisors.

Selling or transferring your business will be one of the most important financial moves you'll make – so plan ahead, get the help you need and find the exit strategy that's right for you.

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



**Marlene Bradbury**

Financial Advisor

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**THE ARTS****The Capital Gallery offers "Painting with Sally" classes in Medora this summer**

"Painting with Sally," art classes featuring The Capital Gallery West's Sally Chernenko, will be a new attraction for visitors to Medora this summer, according to gallery co-director Marci Narum.

"While working as our demonstrating artist in the gallery last summer, Sally heard over and over that visitors would love to have the opportunity to take classes from her, and we listened!" says Narum.

The classes will begin Saturday, June 25, in the Town Square Show Hall, also home to the popular Gospel Brunch. The classes will be each Saturday and Sunday at 1:30 p.m.

"Snacks, music, laughter and all materials are provided," says Chernenko, who enjoys teaching classes to all ages. The classes are geared to two levels. "Discover Art," for beginners and families is open to guests 13 and older, with students eight to 12 welcome when accompanied by an adult. These classes will be Saturdays. "Explore Art," is designed for beginners to intermediate ages 12 and older, on Sundays.

"No experience or level of talent is required," stresses Chernenko, who adds "we'll provide aprons, but wear clothes suitable for any possible spills. Bring your friends, kids, or come by yourself for some 'me time.' You'll be able to start and complete a work of art ready to hang or frame, all while creating another Medora memory!"

Chernenko will continue to serve as demonstrating artist in The Capital Gallery West, located in the Harold Schafer Heritage Center on 4th Street, next to St. Mary's Church, Wednesdays through Fridays. The facility is open seven days a week, 10:00 a.m. to 5:00 p.m. beginning

Memorial Day weekend.

The classes are a partnership between the gallery and the Theodore Roosevelt Medora Foundation. Tickets are available exclusively through [www.Medora.com](http://www.Medora.com) and are \$10 for children (8-17) and \$15 (18+) adults. The program is supported by a generous gift from the Blair Flegal estate.

This is the fourth summer for The Capital Gallery West in Medora, which is operated by The Capital Gallery Society, a nonprofit with a mission statement of "Celebrating History, Art, and Culture!" The galleries are operated by co-directors Marci Narum and David Borlaug.

Showing in the Bismarck gallery in May and June is "Over the Rainbow," featuring the paintings of Bismarck native and Missoula, MT artist Britta Anderson; along with blown glass works from Fargo's Jon Offutt; and cut glass mosaics from Lauren Donovan, Hazen. For more information, go to [www.TheCapitalGallery.com](http://www.TheCapitalGallery.com).

Paint with your BFF, your kids, or come by yourself for some "me" time. Plan something different; sip coffee, socialize, create! At the end of the class, you'll have one finished piece of art ready to hang or frame.

Come join us to make a Medora memory! ■

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The Bakken BBQ was created in 2013 by Co-Founders Jackie Jenkin & Tiffany Steiner to bring together the community by creating a family-friendly BBQ event, while raising money to help make a difference in our community.

The Bakken BBQ is a BBQ cook-off with local companies competing for the best BBQ. The locals can enjoy an all-you-can-eat BBQ, cold beverages, live entertainment and auction, kiddy corner and a variety of prizes raffled off with purchase of ticket(s).

Since founded, the BBQ has raised over \$600,000 for Relay-For-Life, Make-A-Wish North Dakota, and other local area charities.

For more information, please contact [bakkenbbq@hotmail.com](mailto:bakkenbbq@hotmail.com) or visit us [www.bakkenbbq.org](http://www.bakkenbbq.org)

## MISS BEA'S KITCHEN

### Spring has sprung!

By Laura Beth Walters

I think we may be able to officially announce that 'Spring has sprung' in North Dakota! But also let me knock on some wood just in case... I'm sorry if I've jinxed us. I've been planning a garden for months now and, quite frankly, started a lot of veggies from seed way too early. But this will be my first year with a garden in North Dakota and I'm kind of nervous! I want to give these little guys a really strong head start so the wind and the heat don't kill them... at least not before I have a chance to kill them. Haha!

Some of my favorite memories of spring and summer revolve around the outdoors. Whether we were clearing land (I had no brothers, so it was my sisters and I), grilling or hanging out

around the bonfire, feeding the chickens, or any other of the numerous outdoor chores and activities we had growing up, I always liked being outside. I loved the way the breeze rustled through the trees (hello, Wisconsin) and the sounds of the birds singing to each other. There was just something about it all that soothed my insides.

My dad always had a garden. It was much smaller when I was younger but has grown considerably over the years. Today he has a small orchard and quite the garden of raised beds and trellises that he's made - all attached to my mom's "chicken palace". They take great pride in it all (as they should - it's quite impressive). I remember many times slipping into my wellies and heading out to the garden with a basket to gather lettuce, tomatoes, cucumbers, snap peas, and so many other fresh veggies to make a big salad. There was nothing better!

The only downside was when I would be craving a certain vegetable and it wasn't ripe yet. That was always so sad!

One crop I just couldn't get enough of was the squash. Any and all kinds of squash! I love them all. My husband and I have gotten pretty creative with spaghetti squash and I've been finding all sorts of things now to do with Butternut Squash. I love the texture and the just-sweet-enough meat of the Butternut. It reminds me of sweet potatoes but, somehow, seems like more of a main course than sweet potatoes. Does that make sense?

Pinterest has always been a huge source of inspiration when I'm exploring new ingredients. I like to read through as many recipes as I can to see how my ingredient plays with other flavors. Usually, I'll find one or two recipes that really speak to me and I'll use them as a base. I like to play around with what someone else has created and mix and

match flavors I have on hand rather than buying a bunch of new seasonings I may never use again. If I do end up buying a new seasoning or ingredient then I'll research a whole bunch of recipes that call for it and use it multiple times within a week or two to familiarize myself with the new flavor and use. That way, I'm creating a habit of reaching for that new ingredient, and I'll be more likely to use it again instead of letting it get lost in the back of the cupboard.

All of that to say, I tried something new with Butternut Squash! I took advantage of the snowstorm in April to try out this Savory Butternut Chicken Breakfast Bowl and we loved it! It was hearty, creamy, and just sweet enough to feel like a treat without being unhealthy. I hope you enjoy it as much as we did!

I'll see you around the kitchen,  
Laura Walters ■

### Savory Butternut Chicken Breakfast Bowl

Serves: 4

#### Ingredients:

- 1 large butternut squash
- 1 package of chicken breakfast sausage
- ½ yellow onion, minced
- 1 TBS olive oil
- 1 can full fat coconut milk (you can use heavy cream as well)
- 1 TBS sage, minced
- 1 TBS rosemary, minced
- Salt & Pepper, to taste
- Red Pepper flakes, to taste

Prepare the squash. Preheat oven to 400F. Cut squash in half lengthwise and place face down on a baking sheet. Add ½" water to the pan and carefully place in the oven. Bake until fork soft but not mushy - about 45-60 minutes.

Scrape the meat from the skin of the squash and place in a bowl.

Slice chicken sausage into bite sized pieces. In a pan, brown the sausage in a little bit of olive oil over medium heat.

In a separate saucepan, saute the onion in olive oil until golden and soft. Add the coconut milk, sage, rosemary, salt, pepper, and red pepper flakes and whisk together. Heat until thoroughly hot but not boiling.

Add cooked sausage to the squash and mix. Top with cream sauce and serve.



## HEALTH

## The effects of stress on your health



By Steve Irsfeld

Several weeks ago, I had the opportunity to spend two days at a conference focusing on restoring and maintaining stress resilience in a stressful world. The speaker was Dr. Trish Paulson, a naturopathic medical doctor from Wisconsin. She gave an excellent overview of stress and its effect on our health. We tend to think of stress as a bad thing, but it is necessary for so many aspects of our lives, and stress is healthy in the right amount. The real challenge is our response to a stressful event and how we recover from it.

Too little stress leads to boredom, and too much stress can cause burnout, so finding the happy medium between the two extremes is the challenge. A healthy amount of stress can be comfortable and stretch a person to be more productive or perform optimally. Having the right amount of stress motivates you to do what you want to.

The effect of stress on the brain can be dramatic. Two specific areas of the brain can change with prolonged stress. Studies show that the amygdala or fear center in our brain grows with stress and that our prefrontal cortex, the area of our brain responsible for decision making, can shrink. Over time, we have a more difficult time making decisions while becoming more fearful. Knowing that stress causes fear and with the volume of stressors in the world, the fear people are experiencing can easily be explained.

It wasn't too long ago we thought that once a brain cell died off, you would never regain that cell and that you only had so many of them. That theory has been debunked, and you are able to grow more brain cells over time. Does that mean you should now start drinking more alcohol or doing things that could decrease your brain cells? The answer would be a resounding no, as with everything, moderation is best, but we need not let fear or stress consume us

and make matters worse.

The following are steps that every one of us can implement daily so that our bodies are better able to handle stressful situations as they arise:

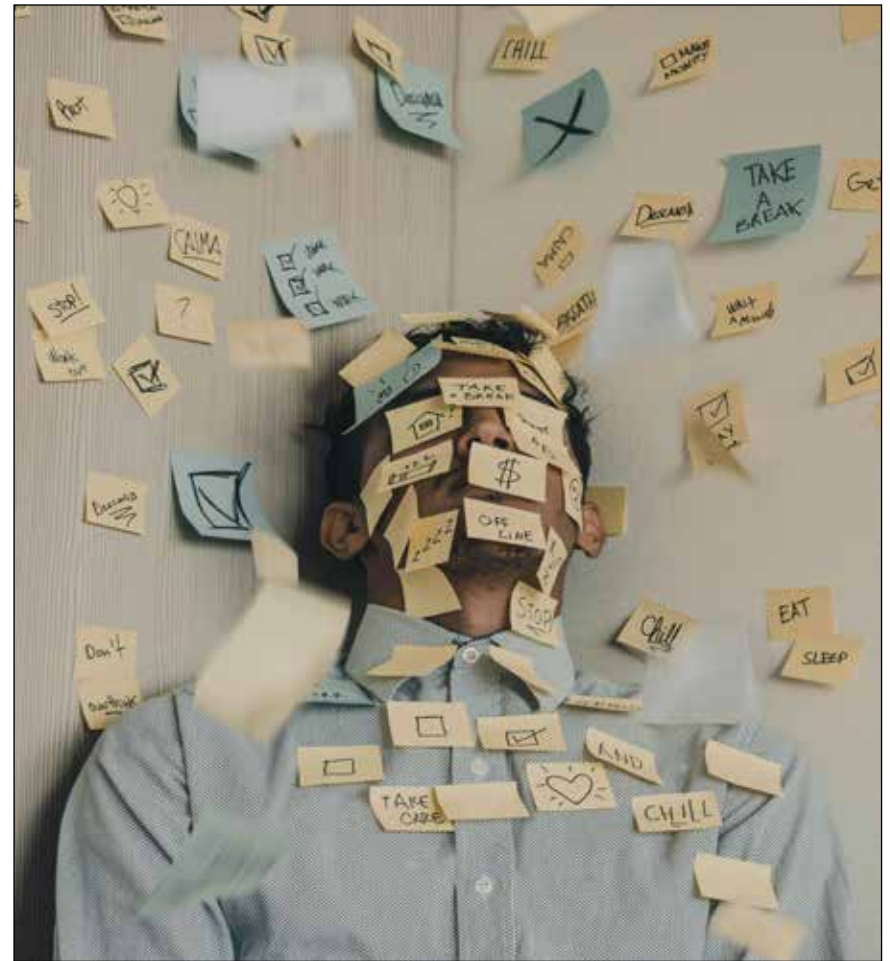
- Meditation
- Start a gratitude journal
- Exercise regularly
- Breathe deeply and slowly
- Get a massage
- Spend time in the sun
- Eat more whole foods
- Listen to music
- Spend time with family and friends
- Avoid smoking and excessive alcohol consumption
- Get plenty of sleep

The speaker covered the vitamins, minerals, and herbs that can help manage stress. Targeted nutrition can benefit many organ systems, including digestion, detoxification, endocrine, mitochondria, neurological, immune, respiratory, and musculoskeletal areas.

Vitamins B1 and B6 assist L-tryptophan's conversion to 5-HTP and eventually serotonin, the neurotransmitter that is most linked to mood. If we lack these B vitamins, the production of serotonin can be hampered, leading to anxiety and depression. Vitamin C and Zinc are co-factors to produce adrenaline, with C also being a component for cortisol support.

When it comes to minerals, studies show that a magnesium deficiency can induce anxiety. Magnesium also plays a part in over 300 enzymatic pathways. Both calcium and magnesium promote healthy circulation and cardiovascular function, supporting healthy adrenal function.

Adaptogenic herbs have been used since ancient times to counteract the stress response. These herbal adaptogens support the normalization of stress-induced biochemical and



organ function changes to provide a safe and effective therapeutic approach to support health and well-being. Adaptogens are associated with the regulation of homeostasis (balance), neuroprotection, fatigue, depression, and anxiety-lowering effects.

Think of all these options as tools to help you deal with and overcome

stress in your lives. Please stop in or call the pharmacy if you want help with support and supplement options to deal with stress. 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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**HEALTH****Frostbite still a threat during stormy spring weather****By Elizabeth Fridrich, PA-C**

'Snowmageddon' is what many are calling the massive snowstorm that hit North Dakota in mid-April 2022. As I start this article I am quarantined to my house with no travel advised in town due to blizzard conditions. Soon there will be several feet of snow blocking most people's driveways and walkways. Many people will get out their snow blowers and shovels. If you are lucky someone on your block may have a bobcat or tractor. With all this blowing snow to look at I decided to write about the facts about frostbite. Although not very common it can be serious and become a severe injury quickly.

Frostbite by definition is an injury caused by freezing to skin and underlying tissues. Symptoms of frostbite include cold skin, prickling feeling followed by numbness and discolored skin. Most common areas to be affected by frostbite

include fingers, toes, nose and ears but it can affect any part of the body exposed to the cold for extended periods of time. It can even occur when using an ice pack on your skin.

The earliest stage of frostbite is called frost nip. This does not cause permanent damage. You can treat it at home with rewarming such as using your own body heat.

The next stage of frostbite is first degree frostbite and is superficial injury and shows pale areas of skin with swelling. Second degree frostbite is identified by large clear blisters that can develop within 24 hours. The blisters can slough off and if there is healthy tissue underneath then there is no tissue loss.

Third degree frostbite is similar to second degree but the blisters are deeper and injury to tissue is deeper. This can also have blood filled blisters. The fourth degree frostbite extends into muscle and bone and kills the tissue.

Important ways to prevent frostbite is to avoid extended periods of time outdoors when cold, wet and windy. Wear hats that cover ears and/or face mask to protect the nose. Dress in wind or waterproof layers and remove cold wet clothes as quick as possible. Wear

moisture-wicking fabrics since excessive sweating can increase risk of frostbite. When traveling in cold weather, have emergency supplies in your vehicle in case you are stranded.

Remember to seek medical attention immediately should you notice the signs or symptoms of frostbite.

Elizabeth Fridrich, PA-C, is a native of Dickinson, ND, and practices Family Medicine at CHI St. Alexius Health Dickinson Medical Clinic. To reach Elizabeth or to schedule an appointment, call 701-456-4200. ■



Elizabeth Fridrich

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**KUDOS****Urja Aryal**

*"If a woman is sufficiently ambitious, determined and gifted there is practically nothing she can't do". Helen Laurenson*

Our community is blessed by so many remarkable women. Women like Urja Aryal who is full of ambition and drive yet is fearless, approachable, accomplished and lovely. Who is this treasure? Originally from Nepal, Urja experienced her first winter seven years ago at Mankato State. After her first semester she found Dickinson State University was a better fit for her educational goals. She graduated with a degree in Human Resource Management and never left our community. Why? She loves it here! With family close enough in other locations across the United States; Urja feels it is here in Dickinson where she can "plant roots and grow as a leader and community member".

A support coordinator at ABLE, Urja spends her free time volunteering at Best Friends Mentoring Program, the Domestic Violence Rape Crisis Center (DVRCC) and is an active Rotarian. Each

of these experiences has informed her desire to lead more conversation in our community about domestic violence. As a participant in the Bush Foundation's Change Network Cohort, Urja will lead a project to paint a mural representing domestic violence. Urja hopes the mural will spread awareness about domestic violence as well as have characteristics that would empower women in the shelter. The mural will be housed at DVRCC but will be portable so that it can be moved to public locations. Plans are still forming for when the mural will be painted. Urja hopes to invite the public to participate in painting the mural and use that moment as a conversation starter about the stigma of abuse and resources available in our community.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. These are women who've lived quietly, joyfully or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women

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

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



# DICKINSON MUSEUM CENTER

## Charting a Course Against Cruelty – Part 1

By Bob Furhman



A scene such as this might have attracted Humane Officer William Blake's attention given the withered appearance of the team in the foreground.  
Road Construction scene c.1910, location unknown  
SwND Digital Archive, Osborn Historic\_Glass\_Plate\_Negative-006

Charting a Course Against Cruelty – Part 1

Having easy access to historic North Dakota newspapers facilitates a lot of our research even if primary documents are difficult to hunt down. Truthfully, it is from the available historic newspaper files that we often find hints of interesting stories concerning Dickinson, Stark County and Southwestern North Dakota that find their way into “Then...and Now.”

These newspapers primarily come to us through the Chronicling America Project from the Library of Congress and includes several newspapers from

North Dakota, including the Dickinson Press from 1883 to 1917 (with some gaps) which was then a weekly publication (as it is again now). The nature of newspaper articles hasn't changed too much since those early days, except perhaps that a modern reader might be surprised at the details revealed in coverage – personal medical information, gruesome injuries suffered, vulgar illegal activities detailed, scandalous personal stories printed with little attempt to protect reputations – and usually before any of these incidents were dealt with by officialdom.

Many such stories were printed on page one with more details and follow-up mentions appearing in the ‘Local Items’ column, sometimes for several weeks before gradually fading away, though sometimes briefly repeated much later under a header reading something along the line of ‘Ten Years Ago.’ Stories of local lawbreaking are some of the most interesting and we often find several column inches devoted to malefactors arrested or sought for theft, assault, flim-flam schemes (fraud), domestic disputes (some staggeringly appalling), arson, criminal vice and yes, even the occasional murder.

As distasteful as we find crime in our world today (well, except in terms of entertainment options – search the web for ‘True Crime’ podcasts and prepare to be overwhelmed), historic newspaper crime coverage often provides insights into the social history of an era – how people lived, worked, played, struggled, failed and also how they survived and thrived in the face of adversity. Given the insights available, researchers who use historic newspapers on a regular basis soon begin to take notice of the articles that surround the more mundane subjects we’re researching and headlines such as appeared on page 3 of the May 25, 1912 Dickinson Press can't help but make a person pause: “Wm. Blake Held – Bound Over to District Court in Sum of \$500. Charged with Serious Crime. Opinion Divided.” Who was William Blake and what was the serious crime that warranted a bond exceeding the annual income of many people?

To start with, Blake was not a Dickinson resident – but he was fairly well known in North Dakota - his name peppered throughout state papers

beginning with his November 1909 appointment by Governor John Burke as the State Humane Officer. Born in Tennessee in 1867 Blake farmed for a time near Courtenay before moving to Jamestown where he worked as a painter/decorator (the latter usually means he also hung wallpaper) and serving as alderman until his appointment. Married to Anna, a German immigrant, the Blakes had no children but his concern for children quickly became evident even as he undertook the duty ‘to investigate cases of violation of laws against the cruelty to animals.’

Blake's work started out mundanely the month after his appointment when he inspected stranded stock in Jamestown's railyard as bad weather tied-up trains. A month later his work took a dark turn when a women's group in Devils Lake requested he investigate the case of a man who ‘tore the tongue out of a horse,’ the states attorney not pursuing charges despite a warrant issued by a local Justice. No follow-up was carried in state newspapers, though it was reported that the case was referred to the Governor's office, perhaps by Blake.

Within a week of the horse incident Blake was involved with what we would call a child welfare case in Jamestown. It was reported that in a hearing before Judge Carr the oldest child of the Helmer Family had complained that her youngest sister, six-year-old Luetta, was being ‘beaten and misused’ by their step-mother and that a younger son had previously been removed to an orphanage due to abuse. The oldest sister (age not given) stated that she worked out of the home earning \$10

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



May 2022

## BLUE HAWK CHEER MAKES HISTORY AT NAIA CHAMPIONSHIPS



The DSU cheerleading team took some hardware home as the team placed 4th in the National Association of Intercollegiate Athletics (NAIA) Cheerleading National Championships March 12. The Blue Hawks were one of 15 teams who qualified for the 6th annual Championship. The National Championship appearance marks the team's first appearance in the first two years competing competitively – a feat in itself that is impressive.

“Nationals was both an exhilarating and a little bit intimidating experience,” stated DSU’s head cheerleading coach Cebe Schneider. “The NAIA is loaded with strong and talented cheer teams – who execute elite skills beautifully. To be on the floor competing with the top 15 in the nation was an incredible experience, especially as a second-year team.”

The Blue Hawks competed on both Friday and Saturday afternoon. Friday’s performance accounted for 25% of the team’s total score, while the final 75% came from their routine on Saturday.

### Preliminary Round Score –

- Dickinson State scored 88.50 in the preliminary opening round.

### Final Round Score –

- Dickinson State scored 90.55 during their final round of the NAIA National Championship.

### Weighted Final Score –

- With the weighted scoring (listed above), the Dickinson State cheerleading team finished fourth overall with a combined score of 90.04.

“I am incredibly proud of our athletes for hitting their routine clean both days,” continued Schneider. “That is tremendously tough to achieve on a national stage with the nerves and pressure at an all-time high. Their energy was electric and their execution was top tier. We were not only the smallest team at the competition, but the smallest to ever earn a bid to Nationals. We competed against teams with up to 19 athletes on the floor. To earn a top four placement – among these incredibly strong teams – was a great honor and achievement.

*continued on next page*

**BLUE HAWK CHEER** *continued from previous page*

In addition to their record-setting performance at Nationals, one Blue Hawk also made his mark during the competition.

Brendan Johnson was selected as an NAIA Cheer All-American – an honor that only eight student-athletes in the nation received.

“We are so excited for Brendan,” stated Schneider. “He has earned this award. Earning All-American status is the highest individual honor an athlete can receive for skills.”

Officials judge the athletes during the try-out and All-Americans are determined by the judges’ scores. An athlete must score at least a total of 12 in order to be considered for honorable mention and one must score at least a total of 16 in order to be considered for All-American.

“Though the tryout is for the individual, one category is stunt, so each candidate must rely on his or her teammates to execute that skill together to earn full points. The other categories are triple connected jump sequence, including a toe touch and pike, a toe tuck, and a running tumbling series ending in a full. Brendan is not only an incredible athlete, but also a strong team player and one of the first things he



did after receiving his honor was to thank his teammates. He is truly an All-American athlete.”

“Overall, we are ecstatic about the outcome and honored to have been allowed to represent our University at the national level. We are already looking forward to next year. As always, Hawks are up!” ■



Join the fiesta! Registration for the 6th annual Blue Chicks event is now open! The event – including a ‘fiesta-party’ theme – is scheduled for Friday, May 6, at the Biesiot Activities Center. The fun-filled evening will feature a raffle, silent auction, door prizes, amazing food, a DJ, various drink rooms, pinatas, and much more! But hurry – only 225 tickets are sold, and it has been sold out every year! All proceeds from the event support Blue Hawk football student-athlete scholarships.

**SCHEDULE OF EVENTS**

5 p.m. – Social hour

6 p.m. – Appetizers and silent auction

- Committee members - Heather Dressler, Tami Mines, Amy Dohrmann, Caralee Heiser, Terri Stevenson, and Candace Stanton – have been working hard to make this a fun-filled ladies night out for you and your gal pals!

- The evening includes an appetizer bar, a commemorative Blue Chicks glass, four fantastic drink rooms – sponsored by Braun’s Distributing, Jerome’s Distributing, the Real Estate Company, and Bodylift Fitness!
- There will also be a handful of silent auction items that will definitely start a bidding war and bucket raffle items including a Blue Hawk Game Day Experience for four, Flower of the Month sponsored by Simply Floral, and two concert tickets to Kid Rock at the ND State Fair with a \$100 gas card from Lucky’s.
- If that isn’t enough to get you excited for the event, there will be a diamond necklace and earrings up for grabs! Plus, Logan Karsky of Karsky Entertainment will be on deck to get the party started!

***Ticket and Sponsorship Information***

Please contact one of the committee members to get your ticket today or send a message to the Blue Chicks’ Facebook page - @bluechickstdclub

- **Single Ticket - \$75**

Includes ticket into the event, commemorative margarita glass, appetizers, and door prizes!

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Includes two event tickets, logo and print recognition, and social media awareness and recognition.

- **Blue Sponsorship - \$250**

Logo and print recognition and social media awareness and recognition. ■

## DSU ENDOWED CHAIR OF THEODORE ROOSEVELT STUDIES AWARDED THE RODGER D. BRIDGES DISTINGUISHED SERVICE AWARD



DSU endowed chair of Theodore Roosevelt Studies, Stacy Cordery, thrives on teaching and presenting. In addition to her exceptional research on the Gilded Age and the First Ladies of the United States, she uses her skills to personify servant leadership.

As the Theodore Roosevelt Honors Leadership Program (TRHLP) director, Cordery believes in the importance of modeling servant leadership to the next generation of leaders. “It is a core part of our program,” shared Cordery. “Our students understand that giving back is just as important as the technical side of their careers.”

Cordery did not expect anything in return for her service to the Society for Historians of the Gilded Age and Progressive Era (SHGAPE) besides the pride in a job well done. Thus, she was surprised when she received the call that she would be recognized with the Rodger D. Bridges Distinguished Service Award.

“The award came out of the blue for me, and I will admit that I was really touched,” stated Cordery. “It has been a truly humbling and wonderful experience to serve my profession in this way.”

The presentation occurred during the annual SHGAPE meeting in Boston, Massachusetts, Friday, April 1. Cordery “served the society not just faithfully but brilliantly in her two terms as treasurer,” SHGAPE president Nancy Unger told the audience of historians and scholars. “For her incredible dedication to understanding, safeguarding, and nurturing our organization’s finances, Stacy Cordery is a most worthy recipient of the Roger Bridges Service Award.”

Receiving an honor like this from SHGAPE marks a historic moment for Cordery. “This award means even more because I was in the room in 1989 when SHGAPE was created. A fellow grad student and I had wandered in because we heard such an organization was in the works. We wanted to ask whether it would be welcoming to graduate students. They invited us to sit down, join them, and tell us what we wanted. And we did! SHGAPE was welcoming from the very beginning.”

Cordery had zero experience at being a treasurer for a non-profit professional society before she took up the role for SHGAPE. She encour-

ages her students to seize opportunities, even the unlikely ones which force them to step outside of their comfort zones. These, she says, are essential risks that leaders should take. “I tell students to seek out professors and mentors to learn from every day and to take risks...you might not know it at the time, but such bravery could lead to great things in the future.” ■

## EMILY KLYM '12 NAMED TRMF CHIEF FINANCIAL OFFICER

*Article courtesy of the Theodore Roosevelt Medora Foundation.*

(Medora, ND) – The Theodore Roosevelt Medora Foundation (TRMF) is happy to announce that Emily Klym, an Edgeley native who graduated from Dickinson State University in 2012, has assumed the mantle of Chief Financial Officer for the organization.

Klym transitioned to the position January 1, 2022.

“I am very excited and humbled to be in this new role at the TR Medora Foundation,” Klym says. “I’ve gained a lot of perspective on our organization as controller, and have worked closely with our various department managers in that time. I’m glad to have a voice at the table of our excellent Leadership Team.”

Emily Klym grew up in Edgeley, North Dakota. She says her “Medora story” began in her childhood. “We traveled here as a family every summer. I absolutely loved it.”

Klym enrolled at Dickinson State University, where she was admitted to the Theodore Roosevelt Honors Leadership Program. She graduated in 2012 with degrees in accounting and business, then became a Certified Public Accountant in 2014. After a multi-year career at Brady Martz & Associates in Dickinson, she joined TRMF as Controller in July of 2018.

Klym says she’s grateful to have held a role that allowed her to interact closely with the many branches of the Theodore Roosevelt Medora Foundation. “I’ve had the chance to learn and understand intimately the opportunities and challenges that emerge for employees at various levels of our organization. That’s a perspective I’m excited to share with our Leadership Team.”

She expressed gratitude that her already-rich “Medora story” gets to continue in this way. “I fell in love out here!” Klym says. “Not only with my husband, but with the landscape, the history, and the people. I’m so glad to be working in Medora.”

Klym’s predecessor as Chief Financial Officer is Clarence Sitter, who has assumed the role of Chief Operating Officer for TRMF. He expressed great confidence in Klym as she takes on his old position. “Emily is tenacious, detail-oriented, outgoing, passionate, and caring—all great traits for a CFO to have,” Sitter says. “I look forward to seeing what she’ll do to improve the position and our organization.” ■



# ARE YOU READY TO WIN?



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## IN THE CLASSROOM

Whether online, hybrid, DSUlive™, dual credit, or in the traditional classroom, Dickinson State University learners benefit from innovative and personalized education. They enjoy a campus-wide 12:1 student-to-faculty ratio, which means your professors know who you are and care about your success, both before and after graduation. DSU guarantees an individualized experience at an affordable price.

## IN COMPETITION

DSU has a long history of athletic excellence. All our students, whether on the field, court, arena, track, or in the stands, play a part in the university's athletic achievements. DSU's newest team, Blue Hawk competitive cheer, placed fourth in the nation this year. Our storied football team won its seventh consecutive conference championship, and women's indoor track & field earned its fourth consecutive conference championship. DSU has world-class NAIA facilities, including the Ben Frank Human Performance Center, the Biesiot Activity Center, and the Sanford Sports Complex, scheduled to be completed for the 2023 Blue Hawk softball season.

## IN PERFORMANCE

At Dickinson State University, you can follow your artistic passions while pursuing your education. Students in all areas of study can find themselves on the stage as part of a theatre performance or participating in band and chorale. DSU musicians have recently performed in the world-renowned Carnegie Hall. Students can also demonstrate their skill in the arts by showcasing their works in painting, ceramics, photography, or by publishing in DSU's national award-winning Impressions Literary and Art Magazine.

## IN LIFE

Dickinson State University is proud of the success of champion alumni: entrepreneurs, corporate presidents, scientists, doctors, attorneys, educators, artists, and volunteers. At DSU, our motto is "Once a Blue Hawk, Always a Blue Hawk." Blue Hawks make lifelong friendships and precious memories. Blue Hawks build a foundation for success. At Dickinson State University, you will enter to learn and go forth to serve your community in positive and impactful ways.

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AT DICKINSON STATE UNIVERSITY?**

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## DR. AND PROFESSOR ROGERS PRESENT AT INTERNATIONAL MUSIC CONFERENCE



DSU faculty Brent Rogers, dean of the College of Arts and Sciences and associate professor of music, and his wife, Kelsey, adjunct instructor of voice, attended and presented at the Saint-Saëns Across Borders conference Feb. 3-5, 2022. This conference was held virtually and focused on the research of the famous French composer, Camille Saint-Saëns.

During the conference, Brent Rogers led a paper session where he shared his research on the piece, "Le Feu Céleste" ("The Celestial Fire"), Op. 115. When asked what he enjoyed most about the experience, he

shared that learning from the experts at the conference was a great opportunity and that it motivated him to broaden his knowledge and ask more questions as an educator and scholar. He said, "If you're going to teach this well (the fundamentals), you have to have a broader and deeper understanding of the discipline as a whole."

Kelsey Rogers presented her research into the composer's exoticism. She explained that her lecture recital consisted of a vocal performance as well as an explanation of her area of study. Her husband accompanied her on the piano for her performance, which was then followed by a Q&A session.

This was Kelsey Rogers' first time participating in a conference in this way, and she said she enjoyed the camaraderie and support she received from fellow scholars. She initially felt like a small fish in a big pond, but the experience of speaking in front of musicologists as a performer was very enlightening, and many asked for her important perspective as an educator and performer.

Regarding their presentations, they both attributed their success to a lot of practice, analysis, and research. They also said that this conference information was important to bring back to students because it shows them the endless possibilities in which their careers could take them. It is a way for students to experience conferences like this because the opportunity might never become available to their students. Kelsey Rogers specifically mentioned that it has strengthened her beliefs in treating students as younger colleagues rather than running the classroom as a hierarchy. She said, "Teachers and students are creating knowledge together."

Thank you, Brent and Kelsey Rogers, for your contribution to the music world and for bringing everything you have learned back to DSU! ■

*Spring 2022*

# COMMENCEMENT

**Saturday, May 14, 2022 | 10 a.m.**  
**Scott Gym**



## NILES HAICH NAMED DIRECTOR OF DSU'S THEODORE ROOSEVELT HONORS LEADERSHIP PROGRAM



Dickinson State University (DSU) is building a five-year plan for the Theodore Roosevelt Honors Leadership Program (TRHLP). Part of that plan was to bring in a recognized Roosevelt scholar, which was accomplished when Stacy Cordery agreed to serve as the Dennis & Vaune Johnson endowed chair for Theodore Roosevelt honors leadership studies and the director of the TRHLP for one academic year.

According to Debora Dragseth, provost and vice president for academic affairs at DSU, “Dr. Stacy Cordery has brought national recognition to our program as well as to our university. On leave from her permanent position at Iowa State University, part of her job description was to help locate her replacement.”

Cordery and DSU administrators began a search for the perfect director: someone who could work with the TRHLP scholars to help them be the best leaders possible, someone to guide and inspire them, to maintain the academic excellence of the Honors program, to broaden their horizons through their research and service.

Who better than someone who has walked in their shoes? Niles Haich, assistant professor of English at DSU, is a 2003 Theodore Roosevelt scholar graduate. Haich is an avid reader and writer who was born in Richardton, North Dakota, and raised on the first farm on the Enchanted Highway.

When Haich saw an English faculty position open at DSU in July 2021, he told the search committee that he couldn't get his application in quickly enough. He brings impressive teaching experience to the job, having taught at NDSU, Baylor University, Texas State Technical College, and West Virginia University.

During a meeting of the TRHLP students March 22, 2022, Haich told them that he is “honored to serve” as the director of the program that taught him so much as a young scholar.

“I am thrilled to have this opportunity to be the director of the TRHLP. As a proud Theodore Roosevelt Honors graduate, North Dakotan, Bison, and Blue Hawk, I want members of this program to better understand what it means to be an honors student at my favorite college, Dickinson State University,” said Haich. “I will draw on my many experiences teaching, researching, and leading to help make this program the most innovative in leadership outreach that it can be. These experiences are informed by work in programs such as those at Baylor University, West Virginia University, and the University of Texas at Austin; each of which valued teaching, researching, and leading.”

Dragseth noted, “As the TRHLP continues to grow thanks to our generous donors, the new director will need to be creative and adaptable. We see those traits in Professor Haich.”

Creativity is a precursor to change. According to Haich, “Without creative, brilliant ideas, innovative solutions, and well-written thesis statements, the world remains unchanged. We are all called upon to make our world a better place any way we can.”

In his free time, Haich can be found hiking, camping, and fishing. An outdoorsman at heart, he has spent much time in his beloved Badlands. ■

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## DICKINSON STATE UNIVERSITY EVENTS

SUN, MAY 1	An Enemy of the People	3 p.m.	May Hall - Dorothy Stickney Auditorium
MON, MAY 2	2022 Faculty and Staff Recognition and Awards Ceremony	11:30 a.m.	Student Center - Ballroom
TUE, MAY 3	TRHLP Graduation/Awards Celebration	12 p.m.	Student Center - Ballroom
TUE, MAY 3	Professional Headshot Day	6:30 p.m.	King Pavilion (Student Center)
TUE, MAY 3	Blue Hawk Catholic Series: Is God Relevant	7 p.m.	Student Center - Ballroom
TUE, MAY 3	DSU Band Concert	5:30 p.m.	May Hall - Dorothy Stickney Auditorium
WED, MAY 4	Meet at the Hub	7 a.m.	Student Center - The Hub
THU, MAY 5	DSU Last Chance Meet	7 p.m.	Biesiot Activities Center
THU, MAY 5	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
THU, MAY 5	DSU Choir Concert "A Sondheim Tribute"	5 p.m.	May Hall - Dorothy Stickney Auditorium
FRI, MAY 6	Blue Chicks at the BAC	10 a.m.	Biesiot Activities Center
SAT, MAY 7	Rwandan Genocide Observance	5 p.m.	Klinefelter Hall - Beck Auditorium
TUE, MAY 10	Athletics Senior Banquet	5:30 p.m.	Biesiot Activities Center
WED, MAY 11	Meet at the Hub	7 p.m.	Student Center - The Hub
THU, MAY 12	Cru (Campus Crusade for Christ)	4 p.m.	Student Center - The Hub
FRI, MAY 13	Department of Nursing Pinning Ceremony	4:30 p.m.	May Hall - Dorothy Stickney Auditorium
FRI, MAY 13	Spring 2022 Teacher Education Pinning Ceremony	5 p.m.	Klinefelter Hall - Beck Auditorium
FRI, MAY 13	Jackpot Barrel Race Fundraiser	7 a.m.	Outdoor Arena
SAT, MAY 14	Jackpot Barrel Race Fundraiser	10 a.m.	Outdoor Arena
SAT, MAY 14	Spring Commencement	4 p.m.	Scott Gym
THU, MAY 19	Recognition Banquet - Dickinson High School FFA Chapter	7 p.m.	Biesiot Activities Center
THU, MAY 19	Cru (Campus Crusade for Christ)	9 a.m.	Student Center - The Hub
FRI, MAY 27	New Student Registration	10 a.m.	May Hall
MON, MAY 30	Community Memorial Day Ceremony	2:30 p.m.	May Hall - Dorothy Stickney Auditorium

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

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

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*Continued from page 16*

a month, over half of which she was required to turn over to her parents to help support the younger children. Although the parents denied the claim Judge Carr removed Luetta and turned her over to Humane Officer Blake 'who will endeavor to find a home for her or make arrangements which will ensure her care.'

Concurrent to the Helmer case Blake was also asked to help create the North Dakota Humane Society to be headquartered in his hometown, the initial report being it would address animal cruelty issues but a follow-up article stated the Society's object would be 'to take such reasonable means as will prevent cruelty to children and animals.' Why the Society decided to widen its scope to include child welfare is not recounted, however, in William Blake North Dakota would find a willing and diligent advocate for families and children, in addition to animals.

Out of Blake's work on a State Society, which was incorporated under applicable North Dakota statutes with e support of Governor Burke, quickly grew a network of local Humane Society chapters in Bismarck, Mandan, Devils Lake, Casselton, Minot, and Valley City, all by April 1910. Later that month Fr. Rabsteinek of Dickinson had the honor of making the first monetary

donation to the Humane Society when Blake stopped here to organize a local chapter – a task postponed when Blake was called away as a report reached him of three children in Strain (south of Mandan) who were 'practically deserted by their parents and were in a helpless and starving condition.' Sadly, this was only one of several cases involving endangered children Blake dealt with in his early months on the job, noting to the Dickinson Press that 'he had many pathetic experiences and says even in the rich state of North Dakota there are many woman and children in a pitiable condition from poverty.'

Blake returned to Dickinson in May and organized the 8th local chapter of the Society with E J Sharf, president. Dues were \$1 annually, to be sent to the State Auditor through Blake who was responsible for supplying the chapter with literature on Humane issues. It also being stated that it was the duty of every member to notify authorities of any cases involving cruelty to animals or children in want of proper care.

Local reports of cruelty cases were essential to Blake's work as newspapers across the state provide numerous accounts of how he pursued malefactors, generally starting with a report. After receiving the report Blake would travel to interview the informant

# WM. BLAKE IS HELD

**Bound Over to District Court in  
Sum of \$500. Charged With  
Serious Crime. Opinion  
Divided.**

**William Blake of Jamestown, state humane officer and juvenile officer for most of the counties of North Dakota, got into a difficulty at Dickinson the first of the week which, to say the least, was very unfortunate.**

**MANDAN MAN CHARGED  
WITH STARVING ANIMALS**

**ARRESTED FOR STARVING  
HIS TEAM OF HORSES**

**HUMANE OFFICER BLAKE  
FINDS HORRIBLE STATE  
OF AFFAIRS IN N. D.**

**Marmarth is Location of Fiends in Human  
Shape**

**CLAIMED PARENTS  
ABUSED CHILDREN**

**WILL FIND A HOME  
FOR A LITTLE GIRL**

(Special to the Tribune)  
NAPOLEON, N. D., Oct. 14.—State

and investigate the situation, gathering evidence (often in the form of photos showing animal abuse) and statements from witnesses before swearing out a complaint to the local sheriff or chief of police. Remedies for animal abuse cases were generally immediate, fines or seizure of the animals, the latter often in cases of starvation with the offending party being held responsible for board, veterinary care and feed costs after which the animals were subject to inspection by local officials upon return to their owner. In cases of extreme neglect, often times the only remedy available to Mr. Blake would be to euthanize the animal.

In the case of endangered children such as Luetta Helmer, a local Justice, Magistrate or a Circuit Court Judge might order the child removed from dangerous circumstances and turned over to the State Humane Officer. Taking such children into his temporary care was described thusly by the Dickinson

Press on April 8, 1911:

'A pleasanter side of Mr. Blake's work is finding homes for ill-used and homeless children. Since the first of the year homes have been found and adoption papers completed for sixty-nine boys and girls.

Given the nature of some of the situations the Humane Officer encountered in his work, it seems fitting that the Press felt need to mention there being that 'pleasanter side' as Blake surely saw too much of the opposite. Despite our recognizing the frankness of newspapers 100+ years ago, today our sensibilities are still offended by accounts of incest and compulsory prostitution that make the reports of 'simple' neglect or abusive corporal punishment of children seem lesser by comparison – and finding ourselves shocked (I hope) by thinking of child abuse in terms of degrees.

Next Month – The Arrest of William Blake ■

## TRINITY CATHOLIC SCHOOLS

# Mother and daughter to celebrate graduation together

By Abby Scheeler, Mass Media, Trinity High School

Graduation is a big milestone in any person's life be it a high school student or a college attendee. Trinity High School has both this year, a mother and daughter, Nicole and Brooklyn Berger celebrating this momentous occasion. Mrs. Berger has been studying to get her Masters of Arts in Teaching at Dickinson State University and will graduate on May 14th. She first graduated from Trinity High School in 1993 and then Dickinson State University with a Business Administration Degree in 1996. Brooklyn is a High School senior at Trinity High School who will be graduating on May

15th. The two women will be combining their celebrations on May 15th.

Nicole commented on the journey towards her degree, "While my process took longer than expected, now it commences in the perfect timing allowing us to graduate the same weekend."

She expressed her appreciation for all who were part of her support system. "My family, friends, colleagues and students have been a huge support system. I couldn't have done it without them. Brooklyn has been a huge support and inspiration to me. Also, I feel I have inspired her with thoughts of pursuing her own master's degree in the future."

Brooklyn said, "We've both been busy with work which impacted the time we have been able to spend with each other. However, after helping each other, it's definitely enhanced our relationship."

As these two have followed their rigorous path of studies, it's easy for their future plans to correspond. For Brooklyn, it's been a rollercoaster of decision-making. She intends to attend the University of Mary to double-major in Psychology and Catholic Studies. Brooklyn said, "I do intend to get my Masters in Business, but I've switched one of my majors from Business



Communications to Psychology after a series of events and interactions over the past few weeks." She foresees herself becoming a Catholic Psychologist and graduating with a Bachelor of Science.

Nicole has been able to draw upon her twenty years of business experience while working in the classroom. She will continue to teach at Trinity High School where she plans to expand business class offerings next fall. She said, "I

always wanted to be a teacher." This dream becomes a reality on graduation day at Dickinson State University. On the following day, she will applaud her daughter as she walks across the stage on May 15th to receive her high school diploma. Mrs. Berger will welcome her daughter into the ranks of Titan alumni. Both look forward to the next stage in their education as teacher and student, respectively. ■

# Spring into Summer

# WINE WALK

## SAT, MAY 7

5:30 PM

8:30 PM

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**COMMUNITY****A Night at the Races**

The New England Lions Club will host the fifth annual “a nite at the races”, an action-packed audience participation event, on Saturday, June 4th.

The popular event includes a full dinner, cash bar, and twelve recorded horse races, shown on a large screen at the Memorial Hall. It is not known where or when the races were recorded, but the announcer makes you feel as if you were there. And like watching the Super Bowl on TV, the louder you cheer, the faster your horse will run!

Ticket packages include three bets selected by the guest for each race. Successful win, place and show bets get drawing tickets to be placed in “Chinese Auction” buckets, typically for 30 to 40 prizes.

Those prizes, donated by area merchants, range in value from \$50 to usually more than \$300. A guest can win only one prize, so chances of taking home a prize are pretty good.

Guests “dressed for the races” will compete for “Best Dressed Lady” and “Best Dressed Gentleman” prizes, decided by people’s choice. More cheering and yelling!!

Seating for the event is limited to 150. Advance tickets are required, and are available from New England Lions Club members.

This year, profits from the event will support the New England Public School Summer Choir Trip, with stops along the way including Nashville. More than 25 choir members are registered for the trip.



**Thank You American Federation  
for Wildlife at the Southside  
Saloon for their \$10,000 donation  
to purchase sensory/wellness  
materials for our schools.**



**All Dickinson Public Schools will be ordering sensory/wellness supplies through this grant. We are grateful.**



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## WHERE BUSINESS GOES TO GROW

# A different kind of interview

By Matt Ellerkamp, Business Advisor

Interviews are important. Hands down, the individuals a business hires and builds their foundation upon directly affect the operations, environment,

go to them for advice, it is important they are receiving the best business strategy they can.

Much like the importance hiring employees, these professional service providers should be vetted. A business owner will need each one of these professional services throughout the business life cycle (starting, growing, maintaining, and succession/selling). It is important that owners and managers can develop rapport and trust with each



*Your Ideas - Our Expertise - Your Success*

culture and success of an enterprise. When interviewing candidates for a job position the interviewer is looking at several different angles. Typically, a candidate has already demonstrated they have the hard skills necessary for the job through experience and/or education in a resume.

The interview is more of a refined look into a candidate's character, acumen, and personality. Does a candidate fit the company's culture, can they handle pressure, communicate appropriately and what will they do when problems arise? Is the candidate someone the owner can handle working with day by day?

Much of this can be hard to ascertain, but with time one becomes better at knowing what to look for. Hiring and managing employees is so crucial larger companies have a business division dedicated to it called "HR, Human Resources"

If businesses are spending so much time, effort and resources on whom they are directly hiring for employees, shouldn't business owners and managers be putting a similar effort into who they are paying to get their business advice and constructive criticism from? The answer is certainly a resounding YES!

The Small Business Development Center (SBDC) discuss the crucial role of having a B.A.I.L team (banker, accountant, insurance agent, and lawyer). Most small business may use some of the professional services sparingly due to costs, but when a business owner does

professional entity.

Not only does a business want to have positive relationship with his B.A.I.L. team, but they need the B.A.I.L. team to be able to work and communicate with each other effectively. Thus, "A Different Kind of Interview" is required. Considerable time, energy, and resources go into dealing with a B.A.I.L. team. Just like potential employee, the B.A.I.L. team deserve your time and consideration, in doing so, the business owner in turn will be more effective in decision making and more successful on all fronts.

The SBDC recommends interviewing three different companies for each part of the B.A.I.L. team. This means three banks, accounting firms, insurance agencies, and law firms. Now, this may take time, but it will pay dividends in the long term. Going to each company and interviewing them will show the intricacies of each different interaction. Again, like interviewing potential employees, temperaments will be different, services provided may vary, cost of service and experience will be different from each company and professional interviewed. A business owner maybe surprised what they learn and whom they choose to "employ" for their business needs.

Your local SBDC office in Dickinson, ND can help advise businesses in assembling a B.A.I.L. team. The SBDC provides business advising and resources at "no costs" and can be contacted by phone: 701-456-9044 or email: matt@ndsbdc.org. Now, get out there and find your B.A.I.L. team! ■



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## BISMARCK

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Bisman Community Food  
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Bismarck Art & Galleries  
Assoc.

## Rotary reads to Head Start as part of their youth and literacy emphasis



The classic Ukrainian folktale, "The Mitten," as retold by Jan Brett, was selected by Community Action Head Start teachers as the book for Dickinson Rotarians to read to the 94 students on March 31st. Reading at Head Start is a decades-long tradition and a cornerstone of the club's youth and literacy emphasis. The project has been chaired for the last several years by Rotarian Glenice Hansen. This year, the book was read virtually by Rotarians Urja Aryal, above left, Angie Rabbitt, above right, and Deb Barros, not pictured. Each student received a copy of "The Mitten" as a gift from the Dickinson Rotary Club.

## HEART RIVER VOICE | MAY 2022

# Calendar

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

**DICKINSON AREA PUBLIC LIBRARY** Many library events are on hold in May as they prepare for their summer reading program. See their article on page 4 for more information. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and

more fun activities that may require sign-ups.

**MAY 6-15**  
**2022 SPRING CLEAN UP** Help clean up around local businesses, homes and city parks. Bags available at Chamber of Commerce, Public Safety Center, and West River Community Center. After cleaning, contact the Baler Building for pick up 701.456.7043.

**THURSDAY MAY 5**  
**BOOKS AND BREWS 9AM** One Summer: America, 1927 by Bill Bryson - A book club for 16+ will be hosted at DePorres Lounge. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. \*Beverages at the event are not provided by the library.

**SATURDAY MAY 7**  
**PRAIRIE ROSE CHORUS PRESENTS SALADS & SONGS 11:30AM-1:30PM**- Salads, pinwheels, homemade breads, desserts - \$15. Cookbooks of all salads \$5. Treat Mom to a special Mother's Day luncheon! Prairie Winds Church (across from Dickinson Middle School).

**7TH ANNUAL SPRING INTO SUMMER WINE WALK 5:30-8:30** Tickets available online for will-call pickup at check-in on the day of the event at <https://store.medorauncorkd.wine>. Physical tickets available for purchase at the Medora Convenience Store or Little Missouri Chiropractic. \$25 in advance; \$30 on the day of the event (if there are tickets left; only 150 tickets will be sold) Medora Uncork'd, 370-378 Pacific Ave, Medora.

**STOCK CAR RACES 6PM** Southwest Speedway, 47th St SW.

**MAY 9 AND 10**  
**DISCOUNT BEDDING SALE FUNDRAISER** May 9 from 7AM-6PM and May 10 from 7AM-3PM. Benefiting Hospital Auxiliary. CHI St. Alexius Dickinson, Conference Rooms ABC.

**TUESDAY MAY 10**  
**BOOKS & BREW 7PM** One Summer: America, 1927 by Bill Bryson - A book club for 21+ will be hosted at DePorres Lounge. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. \*Beverages at the event are not provided by the library.

**THURSDAY MAY 12**  
**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.

**HUMANITIES ND PRESENTS 1-3:15PM** Rising Out of Hatred: The Awakening of a Former White Nationalist featuring former white nationalist Eli Saslow speaking on his awakening from hate. This event will be live streamed at the Dickinson Public Library and is presented in conjunction with Humanities ND.

**FRIDAY MAY 13**  
**RACE FOR THE RANGE 6:30PM** Home on the Range will be hosting their first Jackpot Barrel Race. Food trucks and concessions will be available. To enter, or for more information, contact Courtney at [courtneyn@hotr.nd.com](mailto:courtneyn@hotr.nd.com) or call 701-872-3745. All the proceeds from the race will go towards Home on the Range's care for their horses and the equine-assisted therapy programs. The Race takes place at the Stark County Fairgrounds Arena, 4024 S ND-22, Dickinson.

**SATURDAY MAY 14**  
**BAKKEN INFLATABLE 5K 9AM-1PM** Fun Family Event 5k with inflatable obstacles where everyone is a kid at heart. It features a 5K course with seven inflatable obstacle stations. Any age and fitness level can enjoy the obstacle course. Patterson Lake Recreation Area: Crooked Crane Trail.

**BELFIELD BOOKS & BREW 9AM** Hillbilly Elegy by J. D. Vance - This event is for ages 14 and older. Each month we will discuss a book while enjoying a coffee or tea. We will meet one Saturday a month at Cup & Cake in Belfield. Copies of the book will be available to checkout at Cup & Cake. No commitment, just come to the events you are interested in.



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SATURDAY  
**MAY 14**  
11AM-4PM  
WEST RIVER ICE CENTER  
DICKINSON, NORTH DAKOTA  
Dickinson Parks & Recreation

Even if you haven't read the book you are still invited. \*Beverages at the event are not provided by the library.

**TOUCH A TRUCK 11AM-4PM** A unique, interactive

event that allows children, young and old, to see, touch, and explore their favorite emergency vehicles, and over eighty big and small vehicles used for Construction, Farming, Delivery and

more! Come out and see the best local businesses and the equipment they use and sell on a daily basis up close and personal. Enjoy meeting the individuals that protect, serve and build Dickinson and Southwest ND. This is a FREE event sponsored by Infinity Real Estate Group LLC in conjunction with Dickinson Parks and Recreation Dept. Food, Fun, Freebies, Puppies, Music, Inflatables and more. West River Ice Center.

**THURSDAY MAY 19**  
**ARTIST RECEPTION: GREG WALTER** 6PM A reception with a slide show and discussion about Greg's artwork is scheduled at the Dickinson Area Public Library. See article, page 7, for more about the artist and his exhibit.

**BASED ON THE BOOK 7PM**  
Percy Jackson & The Lightning Thief - We will discuss both the book and the movie or TV adaptation of the book. Some clips of the adaptation will be shown to help the discussion on long. Participants do not have to have read or seen either but reading or seeing one of the versions will probably help. A popcorn bar will be setup

as well. Ages 11+. Dickinson Public Library.

**SATURDAY MAY 21**  
**CRIME CLUB 10:30AM** The Ultimate Evil: An investigation into the Son of Sam focusing on links to Minot, ND - 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.

**STOCK CAR RACES 6PM**  
Southwest Speedway, 47th St SW.

**MAY 24 AND 25**  
Collective Goods - Books and More Sale at CHI St. Alexius Health Dickinson Conference Rooms ABC.

**MAY 24-26**  
**BADLANDS BIG STICKS HOME BASEBALL GAMES** 6:05PM Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 35 for full schedule.

**WEDNESDAY MAY 25**  
3-6:30PM Dickinson Rotary Club is hosting a mobile blood drive at the Big Sticks game. Call 701-779-8997 or go to [www.vitalant.org](http://www.vitalant.org) to sign up for a time.

**SATURDAY MAY 28**  
**SUMMER READING PROGRAM KICKOFF CARNIVAL** 10AM-2PM The theme of this year's Summer Reading Program is "Oceans of Possibilities," so the theme for the Carnival will be pirates! Costumes are encouraged to join in on the fun! Activities will include axe-throwing, cannon ball toss, fishing, treasure hunt, sword fight-

ing, and more! Dickinson Area Public Library.

**STOCK CAR RACES 6PM**  
Southwest Speedway, 47th St SW.

## SAVE THE DATE

**STARTING IN JUNE**  
**FIRST ON FIRST - DICKINSON SUMMER NIGHTS** Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Starting in June and running through August, Thursday evenings (First event date to be determined).

**SATURDAY JUNE 4**  
The New England Lions Club will host the fifth annual "a nite at the races". See article on page 27 for more information.

**FRIDAY JUNE 17**  
**10TH ANNUAL BAKKEN BBQ** 4-10PM You don't want to miss this famous community event that benefits local charities and Make-a-Wish ND! See ad, page 12, for more information.

**JUNE 17 AND 18**  
**MISSOURI RIVER BLUEGRASS FESTIVAL** Held at Cross Ranch State Park. See ad, page 10, for more information.

**SATURDAY JUNE 25**  
"Painting with Sally," art classes begin. The classes will be each Saturday and Sunday at 1:30 p.m. The classes are a partnership between The Capital Gallery West and the Theodore Roosevelt Medora Foundation. Tickets are available exclusively through [www.Medora.com](http://www.Medora.com) and are \$10 for children (8-17) and \$15 (18+) adults. Town Square Show Hall, also home to the popular Gospel Brunch, Medora. See article, page 12, for more information.

**2022 SPRING CLEANUP**  
MAY 6<sup>th</sup> - 15<sup>th</sup>  
Help clean around Local  
Businesses, Homes, and  
City Parks.

Bags available at Public Safety Center, Chamber of  
Commerce, or West River Community Center.

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## PAWSITIVELY POPPY Camping with Poppy

By Miranda Kuhn

This month I wanted to take a break from treat recipes to talk about one of Poppy's favorite summertime hobbies, camping. Last summer my husband and I bought our first camper, which we've dreamed about for years. Poppy immediately embraced being a "Camper Dog" and has all the accessories that go along with the title. I thought this month was a good time to give a little insight into camping with Poppy so you and your pooch can take note and prepare before you go.

Some of the items I have found to be extremely handy when camping with a dog include collapsible food and water bowls, extra towels, and dog safe wet wipes for muddy paws. I really recommend a light up collar for those late-night potty trips, especially if your dog is dark like Poppy. I can't tell you how nerve wracking it is to see her disappear into the trees in the pitch-black night! I also really love the tie out system that we have arranged as it gives her more room to wander and sniff without running off, and while she is exploring the camp site we can attend to other tasks or just relax knowing she is secure. The one we use is the Ruffwear Knot-a-Hitch system, and a dog tie out cable. It is simple to use, we just fix one end to a stable object, then stretch the rope to another secure object and use the clip to tighten. The tie out cable attaches to the main rope and gives her space to roam. You'll also want a dog bed or blanket, food to last the trip and then some, treats, medications your pet may need, plenty of water, waste bags, a leash, and ID tags. It is also wise to research veterinarians in the area in case of an emergency. Also consider the temperature and environment. If it is going to be quite hot, remember that your pet will need to be able to cool off and will need extra water. If terrain is rocky or if weather is very hot, shoes may also be necessary. I hope this is helpful, and I wish you and your furry friends a great camping season! ■





**PIPER'S PALS**  
**Ask Alfie**

Dear Alfie,

I am considering adopting a cat or kitten. Recently I was told that I should adopt two cats, so that they are not lonely. What do you think I should do?

Sincerely, Two-for-One

Dear Two-For-One,

Truthfully, there is no wrong answer here. That said, there are so many cats who need homes. Adopting two (or more) means saving an extra life and that is a beautiful thing!

When it comes to kittens, there is a pretty strong argument that "two is better than one." This is because kittens who grow up together may have a stronger bond, which can be easier than trying to introduce a new cat into your home later on down the road.

Another benefit to adopting two at a time is that your kittens can teach each other how to moderate their play-fighting behavior. Kittens do not

always know when to stop, how hard to bite, etc. Lastly, kittens have an abundance of energy and require lots of attention and playtime. If you're busy or away from home a lot, your kitten may become lonely or bored. Having a second playmate will prevent that from happening.

When it comes to adult cats, the answer is a little more complicated. Many adult cats are very happy, and even prefer, being only-cats. This usually depends on whether there were other pets in their previous home and whether or not they are being properly introduced to other cats. When communicating with animal rescues about an adult cat, ask if the one you are interested in is bonded to another. Whenever possible, bonded pairs should not be separated, as this may be detrimental to their emotional health.

In short, if you are financially able to provide a good home for more than one cat, I encourage you to consider it. If not, an only-cat home will also be fine, so long as you are able to give your cat plenty of love and attention.



Thank you for choosing adoption!  
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 pet. Good luck! ■

- A: Oatley (#\_\_\_)
- B: Little E (#\_\_\_)
- C: Lewis (#\_\_\_)
- D: Paisley (#\_\_\_)
- E: Logan (#\_\_\_)
- F: Rosalina (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

- A: #6 Opie
- B: #6 Thor
- C: #2 Marilyn Monroe
- D: #4 Molly
- E: #1 Guinevere
- F: #3 Mojo

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)



#1



#2



#3



#4



#5



#6

## HEART RIVER GEMS

# Paul and Cindy Schuetzler

By Kaylee Garling



Paul and Cindy Schuetzler

Dynamic Duo comes to mind when I think of the couple I interviewed this month. They complement each other with humor, have a positive outlook on life, and possess wisdom well beyond their years. So, without further ado, I introduce you to Paul and Cindy Schuetzler, whom I met when we moved to North Dakota nine years ago. Though

they are extremely humble, and never once mentioned the influential positions they've held within the community during our interview, their love for our town has definitely shown through.

Their story in North Dakota began 25 years ago. Paul had been working for Sprint in Oregon, but they were closing down the location, so they had the option of staying with the company and moving to Las Vegas or Kansas City or finding another job. They didn't want to move to either of those locations, which led them to an opportunity here in Dickinson working for Consolidated in setting up a Competitive Local Exchange Carrier (phone service). Paul related the experience of their first trip to Dickinson. "They flew us out here in a snowstorm, on a tiny little plane. It was a 30 passenger Beach Craft - one seat on each side and three seats in the back. I had to duck the whole way to get in. For our pre-flight instructions, the pilot turns around and talks from his seat. His instructions were, 'Sit down, shut up, and hang on.'" Both Cindy and Paul laugh at this memory.

Consolidated offered Paul the job and their trip became a leap of faith.

Paul said, "What was funny was, we



Cindy, Paul and their son, Dallen

Heart River Gems is proudly sponsored by



accepted the job, we went home and started getting ready to move, but we didn't have a place to live. The movers came and we got a phone call that we'd got an apartment. It was neat, the interview came at the right time, the job offer came at the right time, the move, the apartment. The snowstorm was probably not well-timed, but everything just dovetailed together, and I guess this is where we were supposed to be." Cindy recalled, "Everything was white from the snow. We were like, 'What are we moving to?' Because you couldn't tell what it looked like. There was nothing north of Runnings, no States addition, nothing out East. There was hardly a home on the market." They made it to Belfield on the eve of the April 1997 Blizzard. Cindy said, "We got to Belfield when it started to snow, got into a hotel, and were stuck there for 3-4 days. The cars were buried in snow. So, we figured we moved in the year of the big storm, and we will move out the year of another big storm."

"We've loved every minute of North Dakota. It wasn't a place I would've picked to move, but it's been really good. I think the kids liked growing up here. The small-town setting was good for us. I've never lived in a place this long, and I love that we can go to places and know the people who work there."

Paul retired from Consolidated October 30th, 2021, after 25 years of employment, serving as CEO for 20. "What's neat about Consolidated is, you care about the service you provide and the people you provide the service to. You don't get that in the big companies. We exist for our members. It was a breath of fresh air. My greatest fear was that we would hire too many people and have to lay someone off. I'd sooner have less people than have to tell someone I have to let them go."

Cindy said, "One of the great things

with Paul working at Consolidated was, every five years there would be a national convention at Disney World. We'd go to the park and Paul would meet us halfway through the day when he was done with work. There would be a big dinner the night before we left. The kids thought that was so cool because Disney would have all this stuff that they would serve."

"Consolidated was a great place. We'd bring the kids into work, and everyone knew them. When Marilyn worked at the front desk, she would give them candy and stickers. A fundraiser would come along at school, and everyone was so good about buying stuff."

Paul and Cindy both say their greatest challenge and success has been their family. "I don't know if we ever spoke it out loud, but it's always been: 'Family First.' Family, religion, then everything else," Cindy said. "We try to always do things together, like one big family vacation a year, then small things, like go to Medora on Memorial and Labor Day. We'd go out and have a picnic and look at the bison. The kids would name all the bison we saw. It's just little things, but they almost make a bigger impression than the big ones."

Paul added, "Family is who you're going to be with forever, the other things are transitory. Kids break your heart and build you up at the same time. We had the three older kids who are from different marriages, then we had the two younger ones. So, the small ones were still into Santa, and the older ones were like, 'I know all this.' I told them, 'As long as you believe in Santa, he will bring you a present. You stop believing in Santa, he stops bringing you presents.'"

Cindy confirmed with a smile, "I could ask any of my kids today, 'Do you believe in Santa?' and they'll say, 'Yes.' When we got married, we told the kids, 'There

*Continued next page*

Continued from page 34



The Schuetzler Family

are no steps in our home, except to the front door! They never were stepbrother or stepsister to each other. It's always brother and sister. We are one family. Doesn't matter where we originally came from, this is our family."

"The traditions, family, it takes effort. If you want all the memories as parents, you must put in the work. Every holiday, we were up getting things ready until midnight, because it was important. There's nothing better than getting to watch your kids be good parents and love their kids. When you see your kids doing that, you know you've been successful." Paul and Cindy have had a wonderful adventure here in Dickinson, and as Cindy said, they will be moving onto another adventure this year. Their impact has been far felt within the community and state. We're honored to feature them as this month's Heart River Gems and hope they will continue to make life-long memories before they move. ■

**BADLANDS BIG STICKS**  
**2022 HOME SCHEDULE**

<b>SPEARFISH SASQUATCH</b> MAY 24-26	<b>CHEYENNE HORSEHEADS</b> JUNE 3-5	<b>WESTERN NEBRASKA PIONEERS</b> JUNE 7-9
<b>NORTH PLATTE PLAINSMEN</b> JUNE 18-20	<b>Spruds</b> JUNE 21-23	<b>Spruds</b> JULY 1-3
<b>MUD CATS</b> JULY 8-12	<b>G</b> JULY 13-14	<b>WESTERN NEBRASKA PIONEERS</b> JULY 21-25

**NEVER MISS GAME DAY AGAIN!**

# GOING POSTAL

## Shel Silverstein

The U.S. Postal Service will honor author and illustrator Shel Silverstein with a Forever stamp featuring artwork from his book, "The Giving Tree." The first-day-of-issue event was held on April 8 at the school Shel Silverstein attended, Chicago's Darwin Elementary School.

The extraordinary versatile Shel Silverstein (1930-1999) was one of the 20th century's most imaginative authors and illustrators.

"The Giving Tree," published in 1964 by Harper & Row, is about

a friendship between a motherly tree and a boy. As the child grows older, the tree gives him its shade, apples, branches and trunk. The story ends with the boy, now an old man, returning to rest against the tree's stump. The best-selling tale of selflessness, which is accompanied by the author's elegantly simple black-and-white illustrations, is considered a classic of children's literature.

Silverstein's zany, self-illustrated books of poetry are similarly revered. "Where the Sidewalk Ends" (1974), "A Light in the Attic" (1981), "Falling Up" (1996) and "Every Thing On It" (2011) feature clever and, at times, playfully nonsensical verse that is adored by young people all over the world. Children are enthralled by Silverstein's poetry, which is full of fantastical imagery and often deals with the joys and fears of childhood. The

four distinctive collections of poetry were best-sellers. The New York Times named "Where the Sidewalk Ends" an Outstanding Book of 1974; Silverstein's album version of the book earned a Grammy Award for Best Recording for Children.

The multi-talented Silverstein also wrote and illustrated books for adult readers. He recorded his own songs in addition to writing hits for other artists. Silverstein's music has appeared in many films. In the 1980s, he wrote plays performed off-Broadway in New York. He died in May 1999 at his home in Key West, FL.

Customers can purchase these stamps and other philatelic products at their local Post Office.

The Postal Service generally receives no tax dollars for operating expenses and relies on the sale of postage, products, and services to fund its operations. ■



Source: The US Postal Service



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## lowdown

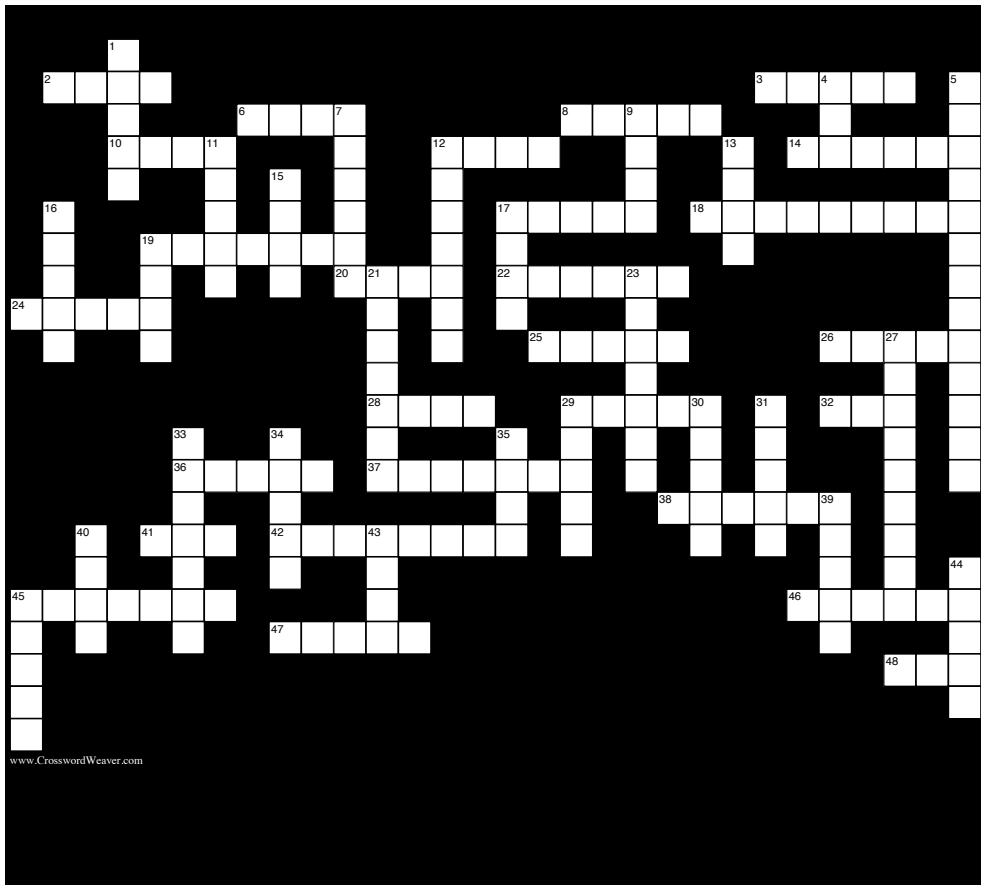
**Archnoleptic Fit (n.):** The frantic dance performed just after you've accidentally walked through a spider web.



**Roman Emperor Galus**, also known as Caligula, made one of his favorite horses a senator. The emperor loved his horse, named Incitatus, so much that he gave him a marble stall, an ivory manger, a jeweled collar, and even a house! Caligula also allegedly planned to make his trusty steed Consul before his assassination. ■

**CROSSWORD**

**BEST BUDS** by Carlinka



www.CrosswordWeaver.com

**ACROSS**

- 2 +Frog and \_\_
- 3 High on the Scoville scale
- 6 Apple field
- 8 Constellation with "belt"
- 10 +Dorothy and \_\_
- 2 Something that's pitched just outside?
- 14 Container on a coffee shop counter
- 17 Like undercooked eggs
- 18 +\_and Geppetto
- 19 Bird feathers
- 20 Give the cold shoulder
- 22 +Charlie Brown and \_\_
- 24 Gadget
- 25 +Mowgli and \_\_
- 26 Hidden supply
- 28 Corn's outer layer
- 29 Plucky spirit
- 32 Alias letters
- 36 Trophy or medal
- 37 Carbon-(greenhouse gas)
- 38 Port city in Ukraine
- 41 Place for two of a kind
- 42 Argue
- 45 Be really, really hot
- 46 Funny Business?
- 47 Maternity doc
- 48 Make a mistake

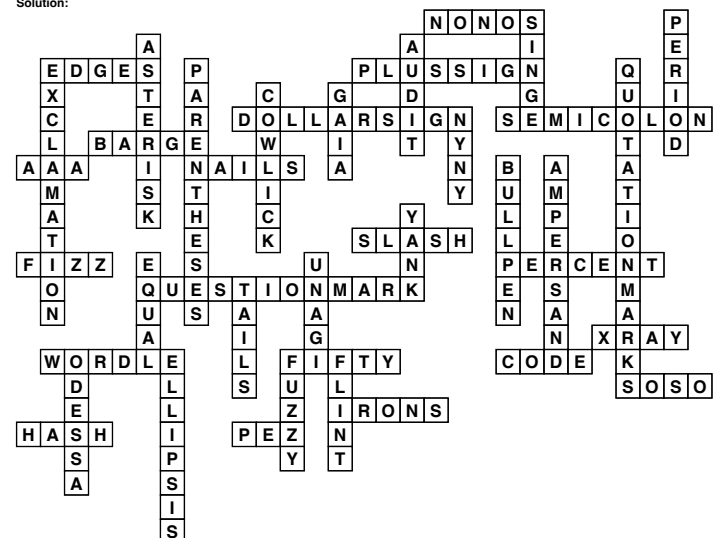
**DOWN**

- 1 Overly quick
- 4 Three on a grandfather clock
- 5 +The Man with the Yellow Hat and\_\_
- 7 +Calvin and\_\_
- 9 Doubtful
- 11 Perfectly timed
- 12 Hairstyle similar to a man bun
- 13 It might come with sprinkles
- 15 Castle protector
- 16 Sun: Prefix
- 17 Old brown coat?
- 19 +Christopher Robin & \_\_
- 21 Came out of one's shell
- 23 Fruits and vegetables
- 27 + \_\_and Wilbur
- 29 Knight's horse
- 30 Sorta, maybe
- 31 Sinister spell
- 33 Glue for a 'do
- 34 Foamy top of a wave
- 35 5,280 feet
- 39 Cool and distant
- 40 Former flames
- 43 Light and breezy
- 44 Multiheaded serpent of myth
- 45 What keeps a watch on you

*Last month's puzzle solution*

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

Partnership issues will dominate

May. This is going to be a big month for you, because the great benefice, Jupiter enters your sign on May 10th, and the last time this happened 2010. You are entering a dynamic period which will dramatically open new horizons through both travel and further education. By mid-May big new plans start to develop and you will be revving up your engine.

**TAURUS**  
April 21-  
May 21

You launch May

with a dynamic start with radical new initiatives which mark a change of lifestyle and a need to assert your unique qualities. There are powerful spiritual forces at play, initially connected with people you want to help. There is a strong focus on groups, organizations, and society in early May. Late May, your ruler Venus moves into Taurus, marking a far more dynamic, hands-on period. You become much surer of yourself and what you want to do.

**GEMINI**  
May 22-  
June 21

There are a lot of transitional

changes taking place in May. You and suddenly much more eager to reach out to others. Mid-May can be a rather chaotic period, especially in connection with plans and ambitions. The days around May 20th are a key period for you because this is a time when you can reconnect with someone influential, and favorable new perspectives open in your social life.

**CANCER**  
June 22-  
July 22

There is likely to be a strong

engagement with fringe groups and organizations, and there is a strong urge to do something out of the ordinary and even risky. Social engagement gets more complicated later in May in relationships with kids, or secret romances. An extremely dynamic period begins professionally which builds up throughout May and peaks in early June with major initiatives. Whatever you fight for at this time, there will be victory.

**LEO**  
July 23-  
August 22The May 1st  
a new moon

conjoining Uranus, launches new initiatives into the stratosphere. May is a month of growing optimism, when new horizons open perhaps with long-distance travel on the agenda, or exciting learning opportunities. You'll be making new connections and developing networks currently; exciting contacts both locally and internationally bring a sense of exhilaration.

**VIRGO**  
August 23-  
September 22There is a  
major focus on

communication, travel or education all month, and on May 1st there may be a surprising development which throws things off track or brings an exciting opportunity. May also brings important changes in relationships. This is an excellent time for professional partnerships, which are favored throughout May and June. You can expect others to take quite risky initiatives, but the chances of success are quite high.

**LIBRA**  
September 23-  
October 22Jupiter moves  
into Aries May

10th, heralding a year-long period when you are strongly affected by influential relationships. The last time this happened was in 2010-2011. This focus on relationships brings a much more outgoing period, when you can travel more or encounter well-traveled people who live an exciting life. The single Libra can expect to meet some really dynamic partner at this time, who has a clear vision of the future.

**SCORPIO**  
October 23-  
November 21This is a time when  
you can meet

extraordinary people from unusual walks of life. On a romantic level, it is more complex, perhaps because you are unable to decide what you really want. You can easily be led astray by unrealistic expectations. Things change radically in the last week of May, with a new and extremely dynamic focus on your work. You'll get a lot of support from people with material resources and strong networks, and you can expect considerable success.

**SAGITTARIUS**  
November 22-  
December 21May starts with  
happy developments

at home and surprising developments at work, and you sense a new phase in your life beginning. Of great significance is the fact that your sign ruler Jupiter moves out of Pisces and into Aries, and this means that the period up to the end of October is going to be extremely dynamic and outgoing. In this coming period, you will expand your creative powers and take the initiative to optimize personal performance.

**CAPRICORN**  
December 22-  
January 20You are in a period  
when you are

making considerable advances, especially in areas of your life concerning finances, investment, or the management of a team. The month starts with a strong focus on sudden developments, which can affect a creative project or something to do with children. There are major developments in your home life. There are opportunities to create more space and enlarge your living area, and it is a good time to make changes and perhaps take a few risks, particularly as May ends.

**AQUARIUS**  
January 21-  
February 19May will start  
with a stroke

of luck financially but you will need to exercise a lot of care regarding how you administrate your resources, and how you deal with associates who may have unrealistic ideas which can drain finances. Looking back over the last year or so, you have made amazing progress, regaining focus about what you want and where you want to end up, but now is the time to apply the brakes and work on strengthening the foundations of what you have built up so far.

**PISCES**  
February 20-  
March 20Events culminate  
currently,

opening your heart and bringing an outpouring of love and empathy. This should be good both romantically, financially, and professionally. Expect new financial opportunities into your life, and it pays off to take initiatives which expand your influence. There is a strong focus on communication, education, and travel, with the possibility of unexpected events in these areas, that can bring a good deal of disruption.

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**Craftgawker**

Craftgawker is a curated photo gallery that allows the visual search and discovery of handmade arts and crafts to inspire your own projects. They publish photography submitted by craft bloggers from around the world. Their editors review submissions daily and choose the highest quality, most creative images to showcase.

**70 Over 70**

With a wink at the eponymous "30 Under 30" and similar lists, this podcast interviews 70 fascinating people over the age of 70 about their lives. But host Max Linsky doesn't just focus on their history; the guest's vitality and outlook on what their lives are like now makes this show not only an inspiring listen, but a unique one.

**You Must Remember This**

Hosted by Karina Longworth, a former film critic for LA Weekly, YMRT dives into the forgotten — and often scandalous — history of Old Hollywood. Extensively researched and deeply fascinating, Longworth untangles the off-screen drama of everything from Disney's controversial film Song of the South to Howard Hughes' infamous love affairs.





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