

Inspired Woman

FOOD



THE CAKE LIFE:
HOW SWEET IT IS

**8 TIPS TO HELP YOU
STOCK YOUR FREEZER**

OH MAN: ZACH WENTZ
THY KINGDOM CRUMB

NOVEMBER 2018
COMPLIMENTARY COPY

*Karen
Ehrens*

HEALTH & HUNGER CHAMPION



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Volume 18, Number 11

Inspired Woman magazine
3801 Memorial Highway
Suite A, PMB 108
Mandan, ND 58554

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Inspired Woman magazine is published monthly by Inspired Woman Enterprises, LLP.
Mailed copies are available by subscription. Subscription information is available on
our website, inspiredwomanonline.com.

Contact us at jody@inspiredwomanonline.com or marci@inspiredwomanonline.com.

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by Rachael

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I was thirsty and you gave me something to drink, I was
a stranger and you welcomed me." Matthew 25:25

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Editors' Notes



As I prepared for a recent trip to visit our oldest daughter at college, I found myself spending extra time in the kitchen. She had requested banana bread, apple crisp, and hamburger already browned so she could quickly make a home cooked meal in the community kitchen in her dorm. These were her "comfort foods," the things I could provide for her that made her feel a little closer to home.

What are your comfort foods? What takes you back to your mom's kitchen and stirs up memories of the past? For me, it's homemade jelly, cinnamon rolls, and apple pie. Those are the things my grandma made on a regular basis and would insist we take home with us when we visited (which was almost daily). I haven't mastered jelly-making or cinnamon roll baking from scratch, but even the sight of frozen cinnamon rolls rising takes me back to my childhood and those frequent

visits to Grandma's house.

This issue is filled with stories about food and about how it brings comfort to so many, whether in the form of a meal for the community, a free food truck, or a stand at BisMarket. As always, I feel blessed to share so many inspiring stories with you. I hope you enjoy this issue, perhaps with a hot cinnamon roll or some homemade jelly.

Jody



I recently spent an evening with my two-year-old great-nephew, Lochlan, and my great-niece, Nadalie who is five and a half (but quick to remind me, "I'm almost six!"). Their parents left a note detailing what I should feed the kids for supper: lasagna, carrots, broccoli, and grapes. At mealtime, Nadalie (a picky eater) informed me that she would "just have a piece of toast with peanut butter and jelly and some crackers, please." I paused. I was tempted to say yes, but I told Nadalie her mom and dad had planned this meal for her and her brother, and we should trust and respect their wishes. She didn't argue—until Lochlan ate most of the grapes.

I imagine our cover girl Karen Ehrens smiling about kids who agree to eat a healthy meal and argue over the grapes. For years, Karen has been a passionate champion for teaching healthy food choices to people of all ages, especially children.

You might discover your own new food passions in this issue, including tips on making freezer meals and the world of entertaining your holiday guests with charcuterie boards. You'll also learn the differences between food intolerance and food allergies and why school cooks aren't called "lunch ladies" anymore!

Nadalie takes her lunch with her to kindergarten every day, although she told me she ate hot lunch at school when they served chicken strips, and they were good. She said she can't wait to have school lunch again...when they serve chicken nuggets.

Marci

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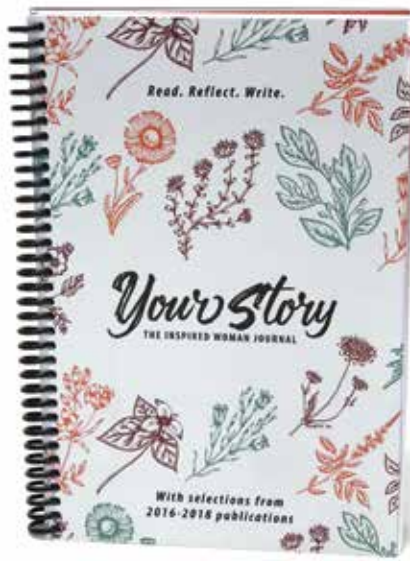


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It started with a single cake, a labor of love to celebrate her nephew's first birthday, and to help her sister with the day's celebrations.

"It was my first cake," explains Erin Cronbaugh, owner of The Cake Life of Gladstone, North Dakota, on how she began her journey to a career in baking and decorating cakes. "It was just basic—buying the pan from the store and following a recipe. I enjoyed it, and it felt like the first thing I had done really well in a while."

That first successful birthday cake led Erin to pursue her baking hobby around

magazines, and start her own part-time cake business in Kansas City.

HOME SWEET HOME

When the opportunity arose to move back to her hometown of Gladstone in 2014, Erin brought The Cake Life to western North Dakota. With the support of her husband, Jason, she began baking full-time out of a licensed, commercial kitchen in Gladstone.

The most surprising part of starting the business was getting her first order.

"I was shocked that anyone really wanted to order from me!" she laughs.

THE CAKE LIFE: HOW SWEET IT IS

by Stephanie Fong
Submitted Photos



her full-time job as a tax researcher in Kansas City, Missouri. Her co-workers were often her taste-testing guinea pigs.

By 2009, she knew she wanted to pursue baking on a higher level. Erin applied for—and landed—one of the 13 available spots in an intense year-long pastry and baking program at Johnson County Community College. She cut back hours at her job to accommodate the class schedule.

The program was an immersive experience, giving her skills to enter competitions, earn features in

Erin has also been surprised and pleased at the strong support she has felt from other wedding vendors in the Dickinson area.

"Meeting them [local vendors] was great. They were excited and encouraging."

From orders for wedding cakes to party cakes to specialty sculpted cakes, The Cake Life has gained a loyal local following from Gladstone and Dickinson to Bismarck and beyond.

And while she does all the planning and baking herself, Erin gets a helping hand from her family when it comes to

making deliveries, doing the books, and attending vendor shows.

IT'S ART & SCIENCE

Erin explains that creating a cake uses two totally different mindsets, tapping into different sides of her brain.

Baking days are all about precision, Erin describes. To get a cake tasting just right requires a disciplined left-brain approach to the math and science of baking a delicious cake.

"It's all about testing, being very specific in the process. Something I learned at pastry school was how to

A recent customer shared that party guests thought a sculpted cake in the shape of a garden basket was a decorative centerpiece and had no idea it was an edible cake.

The best and most challenging project Erin has completed was her sister's wedding cake—she was given free rein to create whatever she wanted and put a lot of time and thought into coming up with something amazing for her sister's special day. The wedding cake she created had a hidden panel on the backside, featuring a scene from her sister's favorite movie "The Nightmare



make bake day as efficient as possible."

Erin says that coming up with the cake design and planning for the decorative portion—tapping into the right side of the brain—takes as much or more time than creating the cake itself.

"I'm not a creative person by nature. I tend to be very literal," she admits.

However, one look at some of Erin's cakes makes that statement hard to believe. When food meets art in her creations, customers sometimes have a hard time cutting into them because they are so beautiful.

Before Christmas." Her sister loved it, and the hard work in surprising her was worth the effort to Erin.

Online reviews of Erin's cakes, creativity, and customer service echo the same word over and over again—'amazing'—the result of someone doing what she loves, brightening people's lives one cake at a time. *M*

Read and see more: facebook.com/TheCakeLife or thecakelife.com



Stephanie Fong lives in Dickinson with her husband and two young children. She is a fan of sweet treats in general. She and her daughter, Sydney, love baking cupcakes for family birthday parties.



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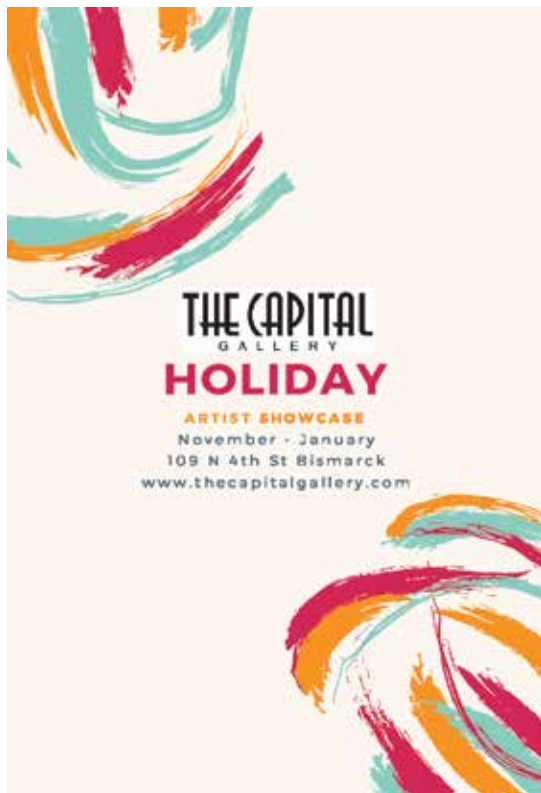
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Sour Grapes

by Carrie Bentley | Submitted Photo



Traveling with kids can be difficult. My boys travel really well, but we always struggle with eating on the road. Name any restaurant, and two of my three boys will be excited, and one will refuse to eat anything. Throw a food allergy in the mix, and I dread finding food on trips. We have started looking for fast-food restaurants in large gas stations so everyone can find something to fill their bellies.

One trip, about a year ago, went surprisingly well. We found a sub sandwich restaurant in a gas station. Sam, age eight and who has a severe milk allergy, got some bacon and a bag of chips. Tim, age five, found a meatball sandwich and a bag of chips. Emmett, age three, found a sandwich and a large container of grapes. All three picked out their own package of candy for dessert. We weren't going to win any nutrition awards, but it felt like a small victory.

All three were smiling and happy when we buckled our seat belts. It seemed too good to be true. And it was. Before we were back on the highway, the bartering had begun. Tim asked Emmett if he could have a grape. Emmett told Tim that he wanted all the grapes and would not share. Tim appealed to Emmett's sense of sympathy and said that his sandwich was too spicy, and one grape would really help Tim's mouth. Emmett wasn't moved and told Tim that if he had wanted grapes, he should have picked out grapes. Tim offered to trade a chip for a grape. Emmett told Tim that he didn't want any chips and wouldn't trade. Sam tried to reason with Emmett on Tim's behalf, after all it was a huge container of grapes, and Tim was only asking for one.

It was no use. Emmett didn't want to share, and he wasn't going to be talked into it. When a three-year-old makes up

his mind, very little can change it. The boys gave up. Tim ate his chips, and Emmett ate his grapes.

Everyone finished their meals in silence. Finally, they were all ready for dessert. Tim opened up his bag of assorted Laffy Taffy. Emmett looked at his bag of M&Ms. Emmett looked at Tim's Laffy Taffy, with all the colors and flavors. Emmett asked Tim if he could share his Laffy Taffy.

Tim made eye contact with me in the rearview mirror, silently asking for permission. I shrugged. Tim started to smile. He started to giggle. He firmly told Emmett that he would not share his candy. If Emmett had wanted Laffy Taffy,



(LEFT TO RIGHT)
Sam, Tim, and
Emmett

he should have chosen Laffy Taffy.

We all looked at Emmett. He uttered a soft, "Oh."

Silence once again filled the car, and I waited for the inevitable crying. Instead, Emmett looked at Tim and joyfully, as if it were the first time it had come up, he asked Tim, "Hey, do you want to share my grapes?" *M*



Carrie Bentley grew up in Bismarck, graduated from the University of Jamestown, and is a stay-at-home mom. She enjoys reading, spending time outdoors, and quiet evenings after the kids go to bed. Carrie lives with her husband and three sons in Bottineau.



MARLENE SAPA

Quilting has been a part of Marlene Sapa's life for as long as she can remember.

"My mom and grandmother were quilters. The whole family would gather, and they would quilt while the kids would play under the quilting frames," recalls Marlene. "It was a social time for my family."

Marlene learned to sew at a young age, and when she went to college, she took her sewing machine along. Marlene continued to sew while raising her daughters and working as a registered nurse and Family Nurse Practitioner but didn't start quilting until her youngest daughter left for college.

"I always wanted to quilt, but I didn't think I knew how," says Marlene. "I wanted to continue the tradition of my family by making quilts. I am a self-taught quilter, and I just keep trying things until I finally master them."

Marlene's home is filled with quilts; she also frequently donates her quilts to different charities. Marlene is a member of Missouri Valley Quilt Guild and Capital Quilters Guild. She has exhibited her work at many regional shows and is honored to be the featured quilter for Capital Quiltfest 2018.

Marlene's work will be on display at Quiltfest 2018, which will be held November 2-4 at the Ramada by Wyndham in Bismarck. Learn more at ndcapitalquilters.com/quiltfest.



PAM AADNES

Family is everything for Pam Aadnes. But we're not just talking about her husband, two children, daughter-in-law, son-in-law, and six grandchildren. Pam considers all her students her family as well.

Pam has been teaching since 1995, first in McClusky, North Dakota, and upon moving to Bismarck, Pam has been a special education teacher at Bismarck High School, Miller elementary, and currently teaches at Legacy High School. There, Pam is active in all aspects of her students' educational journeys. She helps students prepare for prom and gives them hands-on learning and life skills at Saber Sips, the coffee shop she started at Legacy. Pam is also a mentor for inclusive sports.

"My favorite saying is 'we are more alike than we are different,'" says Pam. "I try to incorporate that into everything I do for my students."

In October, Pam was recognized for her work. The North Dakota Council for Exceptional Children honored Pam as the 2018 Humanitarian of The Year award recipient. The award is given to an outstanding person whose work is consistent with the council's mission, "to improve the quality of life for individuals with exceptionalities and their families through professional excellence and advocacy."



ROXANNE JABLONSKY

After working as nurse for 15 years and as an at-home quality auditor for the past seven years, Roxanne Jablonsky was looking for a change.

"I missed the interaction I had when I worked in the hospital, but going back to the shift work of a hospital nurse didn't appeal to me either," Roxanne explains.

A question from a friend led her to opening a yoga studio.

"She asked me what made my heart sing. I immediately replied, 'Yoga.' She said, 'I think you have your answer.'"

With help from the Center for Business and Technology and a loan from an organization called KIVA, Roxanne recently opened Luminate Studios.

"We have two studios with space to hold large classes, but it's a very welcoming space. Our talented staff offers more than yoga, barre, and Pilates. They also offer a place where members can build connections, and we can help them achieve their goals from the inside out."

Roxanne says her clients will likely be mostly women, but she'd love to have a men's yoga series in the future, as well as a program to empower teenage girls and help them be the best they can be.

Learn more about Luminate Studios at luminatestudiosnd.com and follow them on Facebook and Instagram. Class schedules and sign ups are available on the MINDBODY app.



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Sunshine and Mo:

SPREADING HAPPINESS

by Jody Kerzman | Submitted Photos



It's not unusual for a high school student to have a part-time job. It is, however, a bit uncommon for a high school student to successfully run her own small business. But don't tell that to 16-year-old Morgan Salwei.

"I took an entrepreneur class last year in school," Morgan explains. "We learned how to run a business. We sold bath bombs, which wasn't really my thing, but I learned a lot."

The St. Mary's Central High School junior was so inspired she decided to start her own business. She created Sunshine and Mo after school got out for the summer and spent the summer baking and creating. Sunshine and Mo became a regular sight at BisMarket Farmers' Market. Morgan committed to being there most Saturdays from June through October.

"I want to spread sunshine, happiness, and joy to everyone," explains Morgan. "The stand was a great way to do that, because homemade goodies always make people happy."

Morgan started with jelly, but quickly added more items.

"My dad and I made strawberry rhubarb jelly, and I sold that," she recalls. "My aunt taught me how to sew, and I also love to bake and paint, so I just kept trying new things, including canvas paintings, pillowcases, tea towels, and even caramel rolls."

Her items were a hit; customers started coming back for a second time, then a third. Morgan soon had customers placing standing orders for her goodies. She decided to set up



shop at other vendor shows, including Urban Harvest in downtown Bismarck. She filled her booth with zucchini bread, carrot cake, cupcakes, cookies, and spicy pretzels and sold out.

"It was so fun to try new things."

And while she tried new things, Morgan also learned a few things too, about business and about herself.

"I learned so much about expenses, taxes, and all that financial stuff," she says. "But I also learned a lot about myself too. I have always been pretty shy, but after this summer, I'm not shy anymore. I'm much more outgoing."

She's also well on her way to paying for college. Morgan earned \$5,000, money she's already tucked away for college.

BisMarket has ended for the season, but Morgan is still creating and selling her goodies. Check out her Facebook page, Sunshine and Mo, to see what's she's cooking and to place your order. *W*



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FOOD ALLERGIES



FOOD INTOLERANCES

by Dr. Josy Hoff

It's been said that "food is love." Over meals we reconnect with old friends and make new ones. Many of us hold on to warm memories of a loved one cooking or baking some special treat. When we find ourselves far from home on a holiday, our memories often drift back to the kitchen and many cherished sights, tastes, and smells of home. The foods and meals we eat aren't just nutrition—for many, food brings to mind some of the most evocative memories and feelings that we will ever have.

Of course, most of us also have some memories involving foods that we'd rather forget. The reality is that there are certain foods that pose risks to health and well-being for some people. While there are many foods that aren't healthy or need to be reserved as a special treat, others are more urgent, and for some people, cause intolerances and allergies.

Most everyone will experience a reaction to some foods in their lifetime. Not all of these are allergies, however. They may be food intolerances. In fact, doctors believe that the vast majority of food allergies reported by patients are actually food intolerances.

A food allergy occurs when your body's immune system launches an immune response against a food, while a food intolerance does not.

It can be difficult to tell the difference, because many people have similar symptoms with both allergies

and intolerances, such as abdominal pain, diarrhea, gas, or nausea.

If you have a food intolerance, the symptoms may come on gradually after eating the food, or it may only happen some of the time you eat the food, or only if you eat a very large amount of it at one sitting. The classic example of a food intolerance is lactose intolerance with dairy products. People with a lactose intolerance simply lack the enzyme to digest a sugar (lactose) found in milk and can find some relief with medication. Food intolerances are inconvenient and at times very uncomfortable but fortunately are not life threatening.

Food allergy symptoms usually start very suddenly, are very strong, and will happen every time a food is eaten. These can be life threatening situations. Some possible symptoms include hives, rash, or shortness of breath. If you experience these symptoms, you must seek treatment immediately. A classic example of this that we hear about in the news is life-threatening peanut allergies.

The U.S. Food and Drug Administration lists eight different foods that are responsible for 90 percent of true food allergies: milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans. Do you have a reaction to a food not on the list? It may still be an allergy but is more likely an intolerance.

How can you and your doctor tell

the difference between an allergy and an intolerance? Allergy testing can be a possibility, and keeping a written log of the foods that cause your symptoms can be immensely helpful. You can also try to stop eating one possible problem food at a time to find the culprit.

Why is this important? For your own safety, it's good to know whether you have a true allergy or an intolerance. If you have a true allergy, then it's critical

that you stop eating the food and have access to medications to combat reactions, but with an intolerance there may be a way to still enjoy the food in smaller amounts or by eating it less often. *W*



Dr. Josy Hoff is a third year family medicine resident at the UND Center for Family Medicine.

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NO LONGER “Lunch Ladies” PROFESSIONALS WITH A WHOLE MENU OF SKILLS

by Paula Redmann | Submitted Photos

Hang on. Wait for it.

They're not called Lunch Ladies anymore.

Nope. They are NOT Lunch Ladies.

Take a deep breath to get over the shock of that unsettling news, and then know that the 104 women and five men who prepare breakfast, lunch, snacks, and summer meals for students in Bismarck Public Schools (BPS) are not just ladies, and they're so much more than lunch.

These folks have the pulse on school life like no other. They complete the trifecta of who runs the school, along with their dynamic duo counterparts: the janitors and the office staff. (A shout out of love to all the amazing teachers, support staff, and administrators, but you all know this to be true.) Maybe it's because they're parents themselves, or they've watched a child grow from a teeny kindergartener to a bouncy fifth grader, or they see a “look” in a student's eyes and know today's turkey and gravy might help.

Michelle Wagner, child nutrition director for BPS, gently breaks the news that the staff dedicated to preparing

10,787 meals a day are referred to and revered as school nutrition professionals.

“These people need to know breads, grains, fruits, and sub-groups of food. They know nutrition. They know federal guidelines and go through training to provide a quality product. They're professionals, for sure,” says Michelle.

Kitchen and kid stats come easily to Michelle. She knows that 15 percent of BPS's 13,007 students eat breakfast at school and 67 percent eat lunch there.

“The lunch numbers for secondary students go up when it gets colder, because students eat in rather than leave the building for lunch. We have the data on that and can plan for it,” she explains.

Michelle and her team crunch all those numbers to do their annual meal planning.

“We'll sit down in January and start planning for the 2019-2020 school year. We'll figure out what to order and when, and we'll tweak and try new recipes.”

The data also shows what students like.

“Lasagna is popular, and so is chicken,



whether it's a chicken nugget or chicken patty," Michelle says. "Anything with tacos goes over well. We tried chili on the secondary level, along with chicken and waffles."

(Note: That's chicken AND waffles, not chicken OR waffles. Michelle says it's southern, y'all.)

Meals are cooked on site at 23 Bismarck schools every day. At the elementary level, a kitchen is staffed with one to four school nutrition professionals. They arrive before 7 a.m. so that breakfast is served by 7:45 a.m. A small elementary school may serve breakfast for 30 students, whereas a larger school serves 125. It's more labor intensive at the secondary level due to more meal options and more students, so eight to 10 school nutrition professionals are needed to prepare that day's selections.

Once breakfast is finished, it's clean up, put away, and start up for lunch. At some schools, the first tsunami of kids come to lunch at 11 a.m.

"There's very little down time in the kitchen. It's preparation, serve, clean up, and go again," says Michelle. "We're always willing to try new things to make sure kids get the nutrition they need."

Examples include starting an after-school snack station called Eats and Treats at Bismarck's three public high schools. Simle Middle School has a breakfast cart for kids to grab a hot or cold breakfast. Myhre Elementary School has a free breakfast in the classroom program for every student.

"And many staff continue that mission over the summer by preparing

and serving at the free summer lunch program in the parks," says Michelle.

See? They're so much more than lunch.

The school nutrition professionals are a team of kitchen soldiers who march in cadence to the order of the next meal. They are marketers armed with research on what their customers like and don't like. They are project managers, knowing what needs to be ordered, delivered to the warehouse, and produced in the kitchen. They are scientists, knowing that the right amounts of grains, meat, fruit, and fluid milk (yes, fluid milk, as opposed to a more solid dairy product, like yogurt) stokes the nutritional furnace in young bodies to keep their bodies and brains running at full throttle. They are kitchen CPAs, keeping track of revenues, expenses, government subsidies, commodities, and the number of customers fed every day. They are information technology experts, providing the option of a phone app to tailor menu needs for your child, allergies and all. They are rule followers, making sure your child has the federally mandated five food components with every meal.

"These people have a genuine heart and they know the kids. They don't have them in a traditional classroom with tests and grades. They make sure they're cared for and fed." *W*



Paula Redmann is the Community Relations Manager for Bismarck Parks and Recreation District. She married her high school sweetheart, Tom. They have two grown sons, Alex and Max.



8 TIPS TO HELP YOU STOCK YOUR FREEZER

Article and Photos by Pam Vukelic



I'm looking forward to the holidays, and I don't want to miss out on anything. I want to be at the programs, the concerts, the special events—but more than that, I want to see the swishes of snow while snow angels are made, hear the squeals of delight during a snowball fight, and witness the shrieks of excitement on sledding runs. This year, for the first time in many years, our kids and their kids will all be with us for Christmas. Consequently, I've been on a mission to load the freezer with meals and treats, so I can minimize my time away from the action.

My best friend when it comes to freezing food is my vacuum sealer. Not everything needs to be vacuum sealed, in fact if there is liquid in the bag, you should not use the vacuum feature. You can, however, use the sealer part of the device without using the vacuum feature. But sealing food in these heavy bags keeps food fresher longer. The foods take up minimal space in the freezer as there are no bulky containers needed when the bags are frozen flat.

A few other tips:

1. Foil pans should not be used for long-term storage of tomato or other acid-based foods. The food will cause the pan to deteriorate, and particles from the pan will migrate into the ingredients. If using, line them with plastic wrap.
2. Cool food before freezing, either in the refrigerator or in a cold water bath. Placing hot foods in the freezer causes nearby foods to thaw, reducing food quality and increasing the possibility of food spoilage. Your freezer should keep foods at 0 degrees F or colder.
3. Freeze the food in the shape of the

pan in which you will eventually be cooking it. If you are planning to serve cocktail meatballs from your crock pot, freeze the ingredients in a bowl slightly smaller than the crock pot. Once frozen, remove the bowl and freeze the food in a vacuum sealed bag. Then it can go directly from freezer to crock pot.

4. Label carefully. Food changes appearance once frozen. For easy identification, be sure you've written on the package, with a permanent



marker, the name of the item, number of servings, and date of preparation.

5. Most frozen foods can be cooked from the frozen state, you just need to add time. For example, if you would bake a pan of lasagna for one hour, bake it for one and one-half hours if it's frozen. To be sure it's ready, check for an internal temperature of 160 degrees F. Casserole-type dishes are best prepared in shallow pans so they cook evenly.
6. Cakes and sweet breads freeze well. However, do not add icing or frosting until removed from the freezer. Some items, like scones, can be frozen in the raw dough state.
7. Soups, stews, and chili also freeze very well. You might find you need to add liquid when reheating, as pasta, rice, and beans will continue to absorb liquid. Shy away from just adding water which will dilute flavors. Depending on

the original ingredients, add chicken broth, wine, or tomato juice.

8. Some foods do not freeze well. Potatoes and ham are examples. So, one of our family favorites, scalloped potatoes and ham, will have to be prepared on the spot. With lots of hands available to peel potatoes, that will not be a problem. Sauces thickened with flour or cornstarch also do not freeze well.

A new favorite recipe of mine comes from Wendy Polisi who writes extensively about quinoa. This is a recipe that freezes well and might become your family's new holiday favorite.

Butternut Squash Casserole with Quinoa

- 4 cups butternut squash, cubed
- 1 teaspoon olive oil
- 1-2 shallots, finely chopped
- 1 teaspoon fresh sage, minced
- 2 cloves garlic, minced
- 1 cup quinoa, rinsed
- 1 ½ cups chicken broth
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ to ½ teaspoon cayenne pepper
- 2 eggs, beaten
- ½ cup milk
- 1 cup cheese, shredded (such as Jarlsberg)

Roast the squash on a lightly greased baking sheet at 400 degrees F for eight to 10 minutes. Remove and reduce heat to 350 degrees. In large Dutch oven heat oil and carefully cook shallots, sage, and garlic. Add squash, quinoa, broth, salt, pepper, and cayenne. Bring to simmer and cook for about 25 minutes or until all liquid is absorbed. Place ingredients in eight-inch square baking pan. Pour egg and milk mixture over. Top with cheese. Bake at 350 degrees F for 30 minutes. If desired, place under broiler for final two minutes to create golden crust. *M*



One of the items in Pam's freezer is a Mexican version of Tater Tot Casserole. Chorizo, ground beef, and black beans are topped with corn, queso blanco, and salsa. South-western style hash browns are the top layer.

(TOP)
Italian Sausage
Stuffed Shells

(BOTTOM)
Butternut Squash
Casserole with
Quinoa



Say goodbye to leg pain

Sponsored by Mid Dakota Clinic

Bismarck, ND

Dr. Steven Hamar, vascular surgeon at Mid Dakota Clinic in Bismarck, knows what it's like to suffer from varicose veins. "I was 16 when I had my first varicose veins, a huge clump of them, and I had my first surgery at 35," Dr. Hamar says. "I've had three other surgeries since then."

Vein problems develop in all age groups and affect about 25 percent of women and 15 percent of men for a total of about 25-40 million people in the United States. "Fifty percent of the population over the age of 50 have varicosities of some kind," Dr. Hamar says.

Patients may experience leg fatigue or heaviness, burning and swelling with more serious conditions or simply having an unsightly appearance. The good news is that there is relief for the discomfort and appearance of most unsightly veins.

The Vein Center is a one-stop center for patients where options range from conservative, non-invasive treatments to the latest minimally invasive procedures that can be performed in-office. The most common vein problems Dr. Hamar treats are varicose veins and chronic venous insufficiency, which are veins that are not functioning properly and are refluxing. Reflux is the inability of a vein to stop

blood from rushing back down the leg, thereby increasing venous pressure and creating symptoms of venous disease. The objective is to relieve the reflux that has created the problem.

The first step for anyone wanting to treat vein problems is an evaluation, which may include a venous ultrasound to determine the source of the problem. Some patients can be helped through simple, non-surgical approaches such as wearing compression stockings, while others are best helped with sclerotherapy, endovenous closure, stripping, or TRIVEX® for varicose veins.

"We want to do this right," Dr. Hamar says. "We go through the whole process with you. I spend about an hour with you the first time, going through your history and your symptoms. We'll talk about venous disease, why you have it and the best approach to treat it. We'll also discuss compression stockings, as most insurance carriers require three months of use before we can do anything definitive about your veins."

If a decision is made to proceed with further treatment, most patients are scheduled on an outpatient basis, coming in and going home the same day.

Procedures take anywhere from 15 minutes to an hour depending on the size and number of veins to be treated, and the treatment approach that is chosen.

"Most people hate to hear the term vein stripping," he says. "They remember grandma having her veins stripped, being in bed for two to three weeks, being black and blue for months, and hurting like crazy. What we do today is not like that. It's not your grandma's old vein stripping."

Dr. Hamar says that he uses the TRIVEX® system most often, which eliminates the need for multiple incisions in the leg and causes very little, if any, pain. Patients go home the same day and are encouraged to walk, but not engage in strenuous activity. Many return to work in one to two days. "It's faster, easier and more thorough. Most say their leg feels good on the first visit back. They say they didn't realize their leg was hurting that badly, and now it feels great!"

Dr. Hamar has been doing vein procedures for 40 years, and has concentrated solely on

Patient treated with the TRIVEX® system



Before treatment

Six weeks post-op

veins for the past 10 years. "Usually these are not life-threatening situations, but it can make your life miserable," he says. "You can live with it, but why? Most patients are very pleased with their outcomes."

Dr. Hamar says he really enjoys teaching others how to do these procedures and has been involved in medical education for years, even going to Canada to teach other practitioners how to use the TRIVEX® system. But what he finds the most rewarding is seeing how these procedures can impact his patients' lives. "I really enjoy making people feel better," he says. "We can prevent life-long miserable legs. Most people ask why in the world did I wait so long?"

Questions about Varicose Veins?

Ask **Vascular Surgeon/Vein Specialist Dr. Steven Hamar.**

Call the office of Dr. Steven Hamar at **(701) 530-5850** or **1-800-472-2113 ext. 5850** for more information.

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Bismarck, ND



Karen Ehrens

HEALTH & HUNGER CHAMPION

by Marci Narum | Photography: Rachael Neva Photo





On a chilly Saturday morning in Bismarck, North Dakota, vendors at the BisMarket Farmers' Market clutch hot cups of coffee and bowls of soup with mittened hands. They huddle, bouncing their knees to stay warm as they wait for customers to arrive. The crisp October air doesn't keep shoppers away; this might be their last chance to get the fresh, locally-grown, high-quality produce they've been finding at Kiwanis park every Saturday since June. Hubbard squash, farm fresh eggs, watermelon, and much more await them.

BisMarket board member Karen Ehrens sets up the BisMarket Farmers' Market signs and table; her husband, Duane, is her loyal helper. And then the couple shops. Carrots are on their list. They also find tomatoes and beets at Kara Winkler's stand, Glimpse of the Prairie. Kara asks for pointers on preparing parsnips.

"We like them roasted in the oven with other root vegetables," Karen says, acknowledging Duane, a professional chef. "We found a recipe for roasted fall vegetables that we like. We adapted it; added some herbs we like and teach it in our cooking class."

TASTE BUDS

Karen and Duane teach "Mediterranean Style Cooking on the Prairie" through the Bismarck State College Continuing Education program. For more than five years, seasoned cooks and kitchen newcomers alike have joined the couple for the tasty, hands-on course.

"They learn about the benefits of the Mediterranean way of eating and how we can implement it here, even though we live in the middle of North America," Karen explains. "It's a way of eating that places more emphasis on plant foods including fruits, vegetables, nuts, seeds, and olive oil. What's most different is there is less meat on the plate than

what we've grown up with around this area. And we incorporate local foods. That's the Mediterranean diet; they eat their local foods."

Karen is a strong supporter of local producers, and as a licensed, registered dietitian, she's an even stronger advocate for teaching health and nutrition and improving people's access to food. She says research and positive outcomes are proving the Mediterranean diet has many health benefits.

"Less chronic disease risk, less risk of diabetes, and less heart disease. Some of our health advocacy groups in the United States have started saying, 'What's good for the heart is good for the head.' And those same kind of day in and day out choices we make in the foods we eat are beneficial to preventing not only heart disease, but Alzheimer's and other dementias. Less risk of asthma, better health outcomes for mothers who are pregnant, all kinds of studies to show that this way of eating does pay off."

INSPIRATION TO PASSION

Karen has a strong appetite for learning and is fueled by new information. She attended college twice, studying French and political science at Minot State University, nutrition at North Dakota State University, and later getting her certificate in public health from the University of Minnesota.

"I think it was having parents who died at early ages that helped lead me in that direction; to look at the things that lead to illness and death—diet being very much part of those things—that inspired my interest to work in those areas."

"Both my parents died of strokes. I was 18 when my mom died and 25 when Dad died. Mom was 55 and Dad was 63."

Karen also lost her only sibling seven years ago. Her brother, Kris, died from congestive heart failure when he was 41.

Karen's career in dietetics began in a hospital and nursing home. She also worked in a drug store in

“

“Even though many people in North Dakota are doing better with the economy here, there are still people that are not. Why is that?” —Karen Ehrens



her youth. These experiences were early influences on her profession becoming her passion.

"I saw how prescription drugs were so expensive and saw people with chronic illnesses coming to get their prescriptions. That started influencing me. And then as a dietitian working with people after they were ill, sometimes to change their lives and habits it took a major wakeup event—a heart attack or diabetes—for them to say, 'Now I better do something different.'

"My brain kept thinking, 'How can we prevent this from happening, that people have to get to this point? How can we help people have a better quality of life for longer and not have to go through these traumatic experiences, ending up in a hospital, finding out you have to take medications, and even loss of life?'"

FEEDING CURIOSITY

Since then, Karen has devoted her life to finding answers while also

working to help end hunger in North Dakota. Her curiosity and interest led to the North Dakota Department of Public Instruction (DPI), where she worked with child nutrition programs statewide.

"Because really, if we can help form people's taste for food that is healthy and also get physically active at a young age, it can stay with you the rest of your life, rather than going through life and later trying to make those changes."

During her five years with DPI, Karen visited half the schools in the state, where she trained cooks and administrators and helped implement new meal guidelines from the U.S. Department of Agriculture. She helped them find ways to use less salt and fat in school lunches, and add more fruits and vegetables.

In 1997, Karen and Duane added to their family, welcoming a daughter, Emily. The couple had demanding work schedules which included travel, so Karen started a consulting business and began working from



In September, the North Dakota Women's Network named Karen Ehrens "Woman of the Year" for her long-time advocacy in the fight to end hunger.

home. She took on project-based work for the state health department and other agencies.

FEEDING PEOPLE

In 2009, Karen became the coordinator for the Creating a Hunger Free North Dakota Coalition, whose vision is a hunger free state. The coalition connects the multiple groups that provide food for people; they learn from each other, find ways to work together, and share resources. Each one is being stretched much more than they were almost 10 years ago.

"Across the U.S. they do a large study called Food Insecurity in the United States. For several years, we were the state with the lowest rate of food insecurity in the nation. This year, North Dakota is no longer in last place; we're in third from last place. There's a small but significant increase over the last 10 years in our food insecurity rates. Even though many people in North Dakota are doing better with the economy here,

there are still people that are not. Why is that? We have this great group of organizations in the state that are working on getting people access to foods, and they're doing a great job, but still, there are conditions that we can't quite keep up."

Karen boldly faces those conditions though, keeping her head up and her hopes high. Her faith carries her when she feels that sense of swimming upstream.

"Through our faith, the Bible talks about the 'least of these' (Matthew 25:31-40). So as a person of faith, I can use my talents to address these issues and be with these people who are living through that. Volunteering to serve meals or helping the food bank do the survey."

Karen helped launch the state ag department's Hunger Free ND Garden project, which encourages gardeners and fruit and vegetable producers to plant extra and donate to a local food pantry or soup kitchen.

"Over the years, that program has been growing too and helping

"And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'" —Matthew 25:40



increase access to fresh fruits and vegetables.”

GOD’S HANDS & FEET

Whether she’s volunteering for the Great Plains Food Bank or helping out at the BisMarket Farmers’ Market, Karen sees the direct impact of the many efforts in place to provide healthier food to more people.

“Even with the foods the [Great Plains] Food Bank is trying to obtain; this week I delivered meal boxes to senior citizens. It wasn’t just boxed and canned foods, but they were able to add fresh carrots, fresh apples, and fresh corn on the cob. And one lady I delivered the box to, it was like Christmas to her, she was just so excited to see those foods in the box.”

Karen says it’s humbling, and it’s one of the reasons she continues to be a consultant, even as her daughter Emily is grown up and attending college.

“I can schedule my time to volunteer, so I can understand the local implications of federal policy. The

Farm Bill provides funding for USDA programs like SNAP (Supplemental Nutrition Assistance Program) and TEFAB (The Emergency Food Assistance Program), which provides food and funding to get these food boxes to seniors. I can take the opportunity in the middle of the day to help do things like that or help prepare meals in a shelter to understand and see from a local level and state level to the federal level how these things are connected.

Consulting also gives Karen the flexibility to be a policy advocate for safety net programs such as SNAP and Medicaid. She has testified before Congress for improving school meals.

“I’m lucky to be able to carry out my passions through my work. I’m not one to set five year goals, but thinking of life as a journey and being open to opportunities that present themselves on the path and also praying and looking for guidance and discernment about how to carry out being the hands and feet of God in the world.”

And when necessary, with mittens on those hands. *W*



Want to try the Roasted Fall Vegetables recipe mentioned in this article?

Read the online version at inspiredwomanonline.com

Find Your Happy Place

THE GATHERING SPOT

Article and Photos by Deb Seminary



Since this issue is about food, Inspired Woman talked with someone responsible for some of the most inspiring kitchens in central North Dakota. He told us about trends we will be seeing in kitchens around the area.

It's one of the most important rooms in the house. Anyone who has ever entertained knows the crowd always ends up in the kitchen.

This phenomenon has caused many to plan for a bigger kitchen space in new construction or a remodel.

Pinterest, Houzz, and the various cooking channels have also had an impact on the size of kitchens. People are excited to try new things; more family members are involved in the cooking process and meal preparation, so a larger space is needed.

Mike Emmel, owner of Interior Woodworks, has seen many changes in kitchen design over the years.

"Right now people are wanting a cleaner, fresh look," he says. "The lines are simpler, and we are seeing more cabinets with flat fronts and less detail."

When asked about color trends, Emmel says white cabinets are still popular.

"People are asking for opaque finishes, cooler colors, and grays," he stated. "Plus, contrasting colors are still desirable, either with a lighter color for top cabinets and darker color on the bottom, or complementary colors on cabinets and the island."

And, speaking of islands...

"Since the kitchen is a place to congregate, the island needs to have room for all of that food and for people to gather around it," explains Mike. "Islands are getting bigger."

Not only are islands getting bigger, they are starting to look and act more like furniture. According to kitchen trend reports, islands have started extending into other living spaces and have multiple functions.

These larger islands are a testament that the open concept kitchen is still a

A special thank you to the homeowners who allowed us to photograph their lovely kitchen, which features many of the trends mentioned: large drawer pulls, gold hardware, great storage and organization nooks, contrasting colors, and the large island. Also note the SocialCorner Sink in the island, which allows for more work space.

popular choice for homeowners. The formal dining space is almost non-existent, and breakfast nooks and islands have taken over.

The absence of upper cabinets and/or open shelving is also a nod to the open concept. Homeowners are adding pantries to make up for the lost storage space.

"Big, practical sinks are what most people want now," Mike says. "In hardware we are seeing more gold and larger pulls, making a bolder statement."

Organization is still key. Custom drawers and special spaces for pans, knives, and even paper towels help customize kitchens for each family.

"It is important for everything to have its own space," Mike states. *M*



Deb is a Senior Account Executive at Odney and the Executive Director of DisruptWell Summit. She enjoys meeting challenges head-on, learning new things, and a good IPA.



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OH MAN

ZACH WENTZ: THY KINGDOM CRUMB

by Jody Kerzman | Submitted Photos



Carson Wentz may be the most famous Wentz brother, but his older brother, Zach, is doing some pretty remarkable things himself.

When Carson was drafted by the Philadelphia Eagles in 2016, Zach and his wife, Andie, moved there too. Zach took on the role of managing his brother's off-the-field affairs. These days, that includes the AO1 (Audience of One) Foundation and their new project—a free food truck called Thy Kingdom Crumb.

"We wanted to give back to as many people in this area as we could," explains Zach. "The church we attend here had a vision for a mobile food truck years ago. The idea was brought up again in February. We talked about what it could look like, how it could work, and after a lot of thought and prayer, decided it was something we wanted to do."

The Wentz brothers contracted with a local company in Philadelphia that builds custom mobile food trucks for Disney and other big name clients. They custom built the Thy Kingdom Crumb truck specific to the needs of the mission.

"It is custom from the inside out. Every size and spec is something we decided on."

Food trucks are nothing new—they're a common sight in cities and towns across the nation. But there's something different about this truck. The food in this truck is free. No one pays a dime for anything.

"No one has ever had a mobile food truck that gives away food for free," explains Zach. "Of course, there are trucks that occasionally give out free food, but we are the only truck that does it all the time."

But they're serving up more than just a tasty meal in this food truck. They're also

sharing their love for God, and leading others to Him.

"We had so many positive stories from just the first four times we've been out so far," says Zach. "We had one instance where a member of our team talked with a man and his niece, and they ended up accepting Christ right then and there. Later that evening we got an email from the man's wife telling us she had been praying for him to find Jesus for the past several years. Moments like that we know we're doing what we're supposed to be doing."

Zach says right now there are two and a half full-time employees for the truck. The rest of the workers are volunteers, serving at events. They're trained not only to cook and serve food, but also to share their faith.

"We've had an overwhelmingly positive response so far from our partners and our donors and from the community as well. There have been questions about who the food is for. We want everyone to know that it is for everyone, not just those who have a physical need. Everyone has a need. We may not see it, but inside, everyone has a need to be seen, to be heard, to be listened to. We want to bless everyone. Ultimately, our goal is to demonstrate Christ's love and to bring people to Him."

The Wentz brothers have been doing that since Carson was drafted. Immediately they had a vision and set up the AO1 Foundation, not knowing exactly where that would go. Zach says looking back, the ride has been pretty incredible.

"It has been beyond comprehension what we have been able to do in just a couple of years. And we're just getting started."

As for the food truck, they're just getting started with that too. Their big picture goal, their vision, as Zach says, is to have multiple trucks in multiple cities, including one in North Dakota.

"We are walking now, but soon we'll be running, and then sprinting," says Zach. "We are making a model here, as far as the documentations and the employees, and we will be able to guide partners in other cities when the time comes to add more trucks. We are here now, in this situation, with this platform for a reason. We want to use that the best way possible." *W*



Learn more about
Thy Kingdom
Crumb at
[thykingdom-
crumb.org](http://thykingdom-crumb.org)



THE BANQUET: A BLESSING TO THE COMMUNITY

by Kylie Blanchard
Photography: Photos by Jacy



Since 2005, The Banquet, a community event based in Bismarck, has served warm meals, fellowship, and hope with the mission to provide a place where all are welcome.

"The Banquet serves the hungry, homeless, physically challenged, hurting and broken, low income seniors, and single parents, as well as those who are just lonely," says Karla Eisenbeisz, Banquet director.

Modeled after a community meal program in Sioux Falls, South Dakota, The Banquet was brought to Bismarck by Trinity Lutheran Church Pastor Steve Sathre and founding director Tudy Fennern. It began in July 2005, serving 107 guests with the help of 30 volunteers. Since that time, with the continued help of many volunteers, The Banquet has grown to serving approximately 1,000 meals per week.

MORE THAN A MEAL

The Banquet is served each Tuesday and Thursday from 5:30 p.m. to 7 p.m. and Saturday from 11:30 a.m. to 12:30 p.m. in the Fellowship Hall at Trinity Lutheran Church. While hosted at Trinity Lutheran Church, The Banquet is a non-denominational, separate entity. A new addition to The Banquet schedule also began in September with a meal served on Sundays from noon to 1 p.m. at The Salvation Army.

The Tuesday, Saturday, and Sunday meals are served cafeteria style with the help of 10 volunteers, and the Thursday meal is served restaurant style with the help of 30 volunteers. Offering more than a meal to those in attendance, The Banquet also provides additional food from the Great Plains Food Bank, as well as "to go" meals; health screenings, such as blood pressure screenings; and live music on Thursdays.

"No food is ever wasted," notes Karla. "All the extra food goes to Pam's House at the Abused Adult Resource Center."

A more recent offering of The Banquet is the addition of non-denominational prayer teams present at the meals.

"We want to bring hope back to these people," says Jim Barnhardt, Banquet board chairman. "I was once told by a local CEO, 'we are all just inches away from being homeless,' and at The Banquet, we hope to help supplement people in that position."

VALUABLE VOLUNTEERS

"The Banquet will always have a need for sponsors and volunteers," says Jim. "Our model is to sell sponsorships to businesses, civic groups, churches, or individuals to sponsor a meal. The organization provides volunteers that serve the meal, and it's a great team building experience."

Along with volunteers from sponsoring organizations, Karla notes she has a group



of long-time volunteers she calls the "blue shirts," who are present weekly to set up, cook, and serve. Karla also has an "Angel List" of volunteers she can call to fill in if The Banquet is shorthanded.

"The Banquet is operated on almost 100 percent volunteer efforts," says Jim, noting the oldest volunteers are 93 and 92 years old, and volunteers have been as young as seven, with parental supervision.

The Banquet is currently in need of sponsors and volunteers for its new Sunday meal.

"Whether it's a business, hospital, civic group, or even just an individual, anyone can sponsor The Banquet," Jim says. "We are also taking donations for walk-in refrigerator equipment to have more longer-term food storage as well as being able to provide more food through our local food program."

Karla says getting the word out about The Banquet and its needs and finding additional sponsors remains an important component of her role as director.

"There are still so many people in the community that don't know about The Banquet. I think there are a lot of people here that would step up and sponsor if they knew about it."

"Karla deserves a lot of credit for the success of The Banquet," says Jim. "She is really the face of the event and is always out promoting it and talking about it."

Karla says The Banquet provides a great team building experience for sponsoring organizations and volunteers.

"Nobody walks away having a bad experience. Volunteers walk away feeling really good about themselves and are thankful for the experience."

THE FUTURE

The Banquet board of directors recently completed a strategic plan, which focuses on beginning a capital campaign in January 2020 to raise funds to purchase a free-standing facility to serve a meal seven days a week.

"The vision is for a seven day a week meal, so we can bring people in and give them that sense of community. A sense of hope," says Jim.

With a larger building, Karla notes, other agencies can also be brought in from across the community.

"This is a long-time community event, and it is growing, just like our city is growing," she says. "No one is turned away. We don't ask questions. All we do is give smiles and hugs and feed them a nice, warm meal." *W*

For more info on The Banquet visit thebanquetnd.com



Kylie Blanchard is a local writer and editor and busy mom of three. She enjoys a bit of down time with a good book.



Sue Willson came to the United States from Vietnam as a toddler, and she grew up learning how to create traditional Vietnamese flavors from classic American ingredients.

"My grandma was probably the founder of adapt," Sue says. "She's the one who taught us to use peanut butter and soy sauce and make this flavor and that flavor to imitate different Asian flavors."

Since 2001, Sue has been sharing those same lessons with home cooks

THE FLAVORS OF WORLD TRAVEL IN YOUR KITCHEN

Article and Photos by Nicole Thom-Arens



through cooking classes at Gourmet Chef on Main Street in downtown Minot.

"We're traditionally a meat and potatoes society here in the Midwest, so it's really nice [to offer non-traditional cooking classes]," Denise Lindbo, owner and manager of Gourmet Chef, says. "When people travel, they try different things from different areas, and then when they come back, they want to continue trying new things, so we offer them recipes, the chefs give them new ideas, new techniques, on being able to recreate some of those dishes they've tried somewhere else back here."



Gourmet Chef offers cooking classes throughout the year, and many of them provide insight on international techniques and flavors including sushi and Mongolian stir-fry. One summer evening, Sue led a class of 16 home cooks through the secrets of stir-fry in the kitchen

at Gourmet Chef using the same frying pans and utensils the cooks have in their own kitchens and using ingredients they can find in the local supermarket.

As Sue introduced the cooks to the items they'd find in the kitchen that night, she offered insight.

"Don't cook meat and vegetables together, cook in layers, Chinese five spice powder is in many sauces at restaurants, peanut butter adds depth to stir-fry, and curry and turmeric always go together," Sue added extra emphasis to the importance of the two spices being used in unison.

As the students created groups of four and began making their selections for the three dishes they'd make in the class, Sue moved through the kitchen tasting dishes and offering feedback.

"Did you add a lot of broth?" Sue asked one group as she tasted the curry. When the home cooks admitted to being heavy-handed with the ladle, Sue showed them how to use cornstarch and water to make a slurry that would thicken the sauce and cut the saltiness from the additional broth.

Delicious aromas filled the kitchen as each group experimented with sauces like Mongolian, curry, and citrus and hoisin.

"I've never successfully done curry, but I would definitely make this again," Cassie Heald, home cook, says. Her cooking partners for the evening agreed it was the best dish

of the night.

Sue grew up in the kitchen cooking in ethnic restaurants owned by her aunt and uncle who opened the first Vietnamese restaurant in Oklahoma and went on to run Chinese, Thai, and authentic Mexican restaurants in the state. After marrying her husband, who later joined the Air Force, life led Sue to Japan, where she learned those cooking techniques during the four-year stay. She says she enjoys teaching people what she's learned

“

"We're traditionally a meat and potatoes society here in the Midwest, so it's really nice [to offer non-traditional cooking classes]."

—Denise Lindbo

over the years.

"I like the challenge of feeling like I spread the love of a culture," Sue explains. "It's not just about spreading the flavor but teaching people how to adapt to their environment and still make great food." *W*



Nicole Thom-Arens is a writer and an assistant professor of communication arts at Minot State University where she teaches journalism and communication theory courses and advises the student newspaper the Red & Green.

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COMMUNITY CONTRIBUTOR

NORTHLAND CARE COORDINATION
Submitted Photos



Jinny Lardy,
Office Manager/
Scheduler



TELL US A LITTLE HISTORY OF NORTHLAND CARE COORDINATION.

Northland Care Coordination for Seniors was started as an Innovation Grant awarded to Northland Healthcare Alliance in 2012. We have helped over 860 seniors living happy and healthy in their own homes while cutting down on healthcare costs—all by utilizing care coordination services in people's homes. In 2016, the grant ended, but we were able to add home care services and continue to serve the Bismarck/Mandan senior population. We provide over 370 hours of care per week to over 30 different clients and employ 33 caregivers.

HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

We are the only at-home care agency in Bismarck/Mandan that operates as a not-for-profit. There is a gap in our healthcare system, and we are here to fill it. Medicare doesn't cover these types of services, and home care agencies' hourly rates are on the rise in our community. Our philosophy of care is to deliver quality care for those who can and can't afford it. We are a Qualified Service Provider for the State of North Dakota as well as a Family Caregiver Respite Program Provider. Our caregivers are retired teachers, empty nesters, nursing students, physical therapy students, dental hygienists—they are people with a caregiving instinct that want to provide acts of service to our local seniors. They are bonded, insured, competency trained, and checked through our nurse to be someone our clients can love and trust.

WHAT ARE YOUR NEEDS RIGHT NOW IF SOMEONE WOULD LIKE TO HELP?

Because we operate as a not-for-profit, we work to keep our hourly rate one of the lowest in the state, while paying our caregivers a fair wage. That

leaves us with limited marketing funds to spread the word about what we provide. We need help letting people know we exist and that we deliver up to 24 hour care, at-home services you can trust, from caregivers who love what they do. Also, we help those who cannot afford services or may fall through the cracks of getting funding from local programs for their care. We are currently working on setting up a foundation to be able to start taking donations from those who are interested in helping a local senior who cannot afford it get a bath, have a home cooked meal, be taken to their doctor's appointments, and have companionship in their own home.

HOW CAN PEOPLE CONTACT YOU?

Call us at 701-204-0418.
Go to www.ndnccs.com.
Visit our Facebook page: Northland Care Coordination for Seniors
Or come visit our office at the Northland Healthcare Alliance Building: 2223 East Rosser Ave in Bismarck and ask to see Tiffany.

HOW CAN PEOPLE DONATE OR GET INVOLVED?

If you or your loved one is needing home care, please call our office at 701-204-0418 to receive a free in home assessment. Right now we are looking for kind, honest, and reliable individuals for caregiving positions throughout our community. To learn more about these career opportunities contact us at 701-204-0418 or fill out an online application at: northland.ersp.biz/employment, you can also email your resume to Tiffany at tkrumm@northlandhealth.com. If you need in-home services we can assist you in setting up our quality caregivers or other senior care services available in the Bismarck/Mandan area. *W*



Tiffany Krumm,
Program Director



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Thanksgiving MEMORIES

by Betty Mills



The pervasive tradition of turkey as the main dish on Thanksgiving Day has a long history in this country and certainly was the required menu of my family in all my growing up years. There were frequently as many as 40 for dinner followed by a card game to see who did the dishes, but there was never any doubt that turkey would be the main menu offering.

So when my husband of three years said one November morning, "It's our turn to have the family Thanksgiving dinner," I should have kept my finger off the panic button. After all, there would only be eight at the dinner table, not 40.

But I had never cooked a turkey. I had moved from North Dakota to Washington, D. C. to San Francisco, California and back to North Dakota, but I had never cooked a turkey. In fact, if I had not been so bedazzled by the bridegroom, I should have amended my wedding vows to, "Love, honor, and learn to cook."

Necessity being the mother of learning to cook along with all its other

accomplishments, I did learn to cook. But Thanksgiving turkey? How big of a turkey? Who has a pan that big? And what do you put in stuffing? That was just for openers. As the pre-Thanksgiving days elapsed, the menu containing items I had never tackled expanded: mincemeat pie, candied sweet potatoes, watermelon pickles. The all-purpose cookbook I got for a wedding present was initiated into the first stage of being dog-eared.

The watermelon thing never made it on my menu ever, and mincemeat pie got subsequently scratched when that pie remained intact after the last guest departed. But my first venture onto the main cook seat for the family holiday was pronounced a great success—and my husband's lifetime aversion to helping with the dishes remained intact.

With much more than half a century of family holidays notched in the memory belt—or in some cases mercifully assigned to oblivion—the obvious delight and hazards of a so often repeated exercise in family living merit more thoughtful consideration than I

certainly gave it at the time.

It is during such events as Thanksgiving dinner that the traditions of the family hitherto unexpressed can suddenly surface. The son-in-law who wanted an oyster hotdish as part of the feast always made me want to do a sociological study of his family. He grew up in western North Dakota, not exactly a hotbed of oyster production.

My sister moved to Texas where they make the turkey stuffing out of cornmeal, if you can imagine such an insult to bread and onion and melted butter, and my children, who have taken over the family celebration, are considering abandoning turkey altogether, or at best, reducing it to just the breast.

Really? Whither the dressing, considered by some the whole point of having turkey in the first place, and surely an insult to their family tradition since their grandmother could theoretically trace her family back to Richard Warren, a passenger on the Mayflower, who no doubt had a seat at that first Thanksgiving celebration which we theoretically are honoring?

But then, we don't play cards to see who is on dish duty either. As a child it was one of my ambitions to be declared old enough to join that card game, and the first time I played I ended up in my aunt's kitchen, the one with no running water and a mashed potato kettle that had been left unsoaked. It was probably my first introduction to the maxim that all that glitters is not necessarily gold.

Since my new menu evaluation is pretty simple—I like anything I don't

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I had moved from North Dakota to Washington, D. C. to San Francisco, California and back to North Dakota, but I had never cooked a turkey.

have to cook myself—and I am no longer in charge of Thanksgiving dinner; I have relegated the whole affair to the decisions of others. But as an exercise in nostalgia, I hereby give you my theoretically favorite Thanksgiving dinner menu.

There would be a whole turkey with bread dressing and gravy made from the pan drippings, mashed potatoes, candied sweet potatoes, green beans in a sauce lost to memory, cranberries cooked the day before, dinner rolls and chokecherry jelly, bread and butter pickles, and for dessert, pumpkin pie with whipped cream. Anyone who mentioned the word “diet” would be summarily excluded from the midnight raid on the leftovers.

Here's wishing you a happy Thanksgiving, whatever is on your menu. *M*



Betty Mills graduated with honors from Mary College in 1967 with a degree in social work. Her career has included motherhood and leadership; Betty served on many local boards and councils.

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Holiday Entertaining

CONSIDER CHARCUTERIE BOARDS

by Amber (Schatz) Danks | Submitted Photos

Every year, people look forward to indulging in their favorite food traditions associated with November. There's Thanksgiving, Sunday football snacks, and cold days when warm soup is the only remedy for getting through. But before you serve the turkey, dressing, mashed potatoes, sweet potatoes, green bean casserole (if that's your thing), or pies, you might want to consider this appetizer: charcuterie boards.



Charcuterie boards are growing in popularity at parties, events, or just for an evening at home. Merriam Webster Dictionary defines charcuterie as: *a delicatessen specializing in dressed meats and meat dishes.*

"To me, it's a fancy word for meat and cheese tray," says Lisa Warner, manager of Pinch and Pour in Bismarck, a job she's held since March 2018.

Lisa says more customers are asking her to create charcuterie boards for them.

"Definitely, people are becoming more aware of it, and downtown is becoming a more hopping place."

Nestled into downtown Bismarck at 523 East Broadway Avenue, Pinch and Pour offers fine oils, balsamics, spices, coffee, and artisan cheeses.

"Our cheeses you won't find anywhere else in town, they're unique to our store. We have ours shipped in, and they come from all over the world. They come from Switzerland, they come from France, Germany, some of them from Wisconsin and Minnesota. They come from all over."

While Lisa says she will take orders from customers to create the visually pleasant charcuterie boards, anyone can do it with a little taste-testing and help from the experts.

"You have to kind of know your meats and your cheeses and what pairs well with cheeses."

Lisa recommends trying a bleu cheese paired with red wine and then adding berries, dried cherries, or cranberries.

While it's important for the food to pair well together, the presentation can matter just as much. She says you can go as big or little as you want, adding jams, olives, figs, and more.

"First you taste with your eyes. So, if it looks good, it's going to taste good."

Lisa's favorites are sriracha gouda and manchego, a sheep cheese that pairs well with white wine. She says gouda goes well with ciders, ales, and IPAs.

"Prairie Breeze Cheddar is another good one, because it goes with a white wine. The Midnight Moon Goat Cheese is great with dark cheese and figs."

As for meats, Lisa recommends chorizo, a pork dried with red peppers or finocchiona, a Tuscan salami flavored with fennel.

Although you may be concerned a charcuterie board would break the bank, Lisa says you can impress two people with a full meal or four people with appetizers for around \$30. And you'll taste the quality.

"Definitely take a look at Pinterest. Don't be afraid to try new cheeses. Even if it says it's a goat cheese or a sheep cheese, it's well worth trying. The textures are so unique, and the flavors are so amazing that it's well worth the money to at least just try them." *M*



“

Charcuterie boards are growing in popularity at parties, events, or just for an evening at home. Merriam Webster Dictionary defines charcuterie as: *a delicatessen specializing in dressed meats and meat dishes.*



Amber (Schatz) Danks spent nearly 12 years as a news reporter, producer, and anchor. She is currently tackling her toughest and most rewarding assignment yet: being a stay-at-home mom to her baby girl.

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Gather at the Table

READERS' RECIPES

Karmin's Kitchen Table is hosting its second annual "Lefse with the Ladies," featuring twin sisters Jean Valer and Jane Haught. These amazing lefse makers have competed during the Norsk Hostfest with this recipe. Join them on Wednesday, November 7 at 5:30 p.m. Admission is a free will donation with the money going to Backpacks for Kids.

LEFSE

Submitted by: Jean Valer and Jane Haught

Russet potatoes (approximately 10 medium potatoes; enough to make five cups of potatoes when riced.) Be sure to cut the eyes out of the potatoes, as they will give your lefse a bitter taste. Cut the potatoes lengthwise into fourths and boil.

Drain the potatoes and let them steam out for a minute, then rice the potatoes twice. Combine five cups of riced potatoes with:

- ½ cup butter (not margarine)

- ½ cup heavy whipping cream
- 1 ½ teaspoons salt
- 4 teaspoons sugar

Mix together. When the potatoes are cold, add 1 ½ cups Dakota Maid flour and stir.

Set lefse grill at 475 F. Measure out ¼ cup potatoes. Roll into a ball and flatten. Roll the dough out onto a floured lefse board until the lefse is quite thin. Place on the hot grill. Fry one side until speckled with brown spots. Flip the lefse and fry the other side the same. Remove from grill and continue. Let lefse cool for several hours and then fold into fourths and wrap. *W*



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