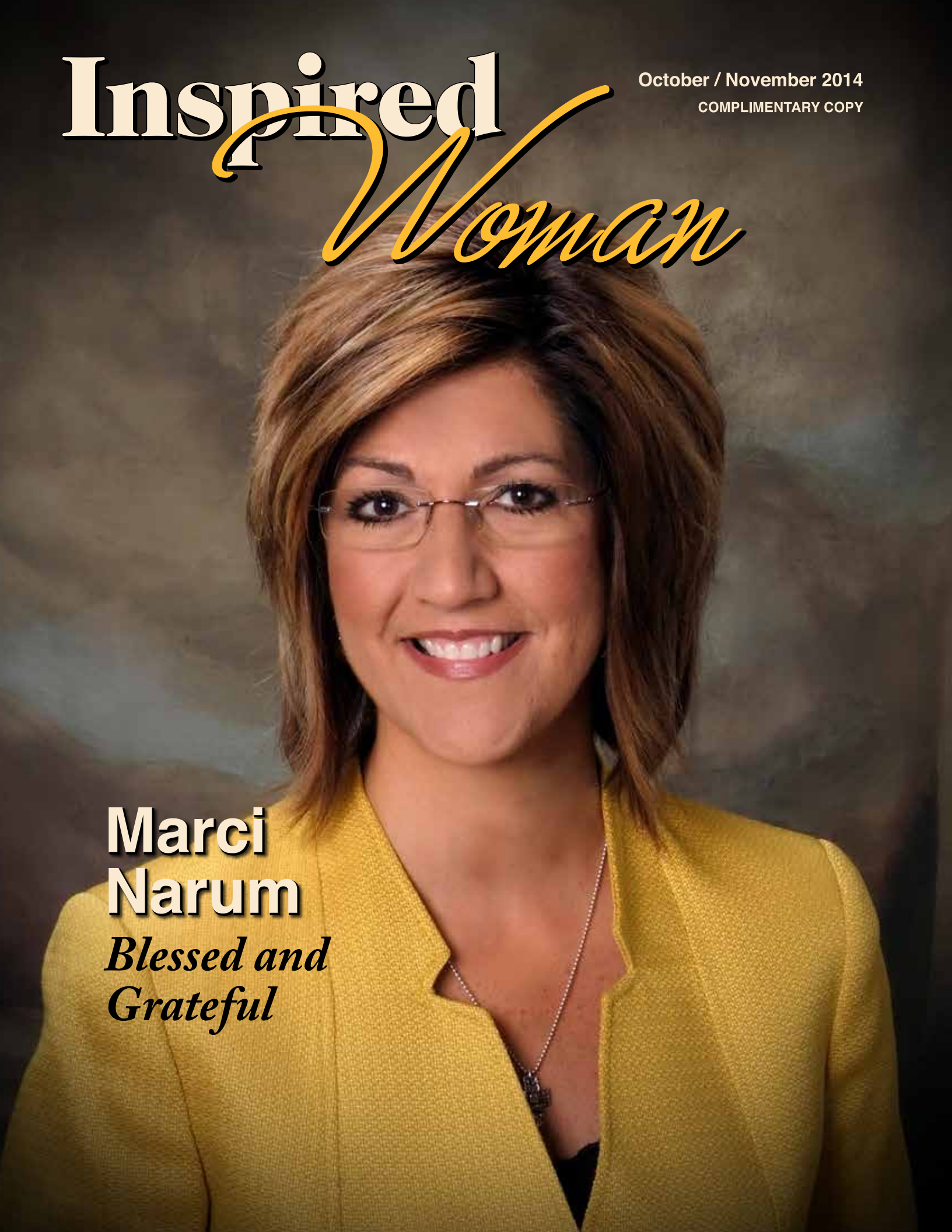


Inspired

October / November 2014

COMPLIMENTARY COPY

Woman

A portrait of Marci Narum, a woman with shoulder-length brown hair, wearing glasses and a yellow blazer. She is smiling and looking directly at the camera. The background is a soft, out-of-focus grey.

**Marci
Narum**
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Our Mission

The mission of Inspired Woman is to use our
community presence to celebrate, encourage,
empower, educate and entertain women.



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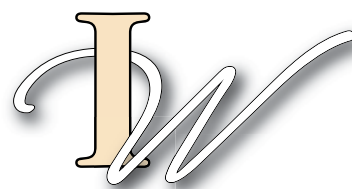


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Marci Narum

Editor's Notes

You may have noticed in our previous issue, I am looking for a co-editor. I have been the editor of this magazine for six years and feel it needs some fresh eyes and ideas. My original plan was to have this person take over as editor after a few months. I have voiced this idea to friends and I get varied reactions.

Some wonder why I would give up this experience. Some understand and ask what I will do next.

As I have talked to people who may be interested in the position, I am getting pulled in many different directions. Do I really want to give up this fun, fulfilling position? I get to meet so many amazing people and help promote events, projects and businesses.

Inspired Woman has become a ministry for me, a service I can provide to the community. The stories we share have inspired others to get their health checked, donate money, make life changes, get in touch with old friends, try new recipes, the list is long.

So, what will I do next? By the time you read this, I will have joined 35 women in San Francisco for the 2nd annual Inspired Woman trip. Maybe I will have found some answers there.

Deb

~Be Inspired~

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~Bruce Barton



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“I think God is with us through our trials because we need to grow. Life isn’t supposed to be easy.”

— Marci Narum



Marci Narum

Living the Dream

by Deb Seminary

When Marci Narum was twelve she was at a youth gathering at the Ramkota. She remembers sitting in her chair, listening to the speaker and having the inspiration, 'That is what I want to do someday - have a message that is meaningful and that makes people feel the way I am feeling right now.'

However, from that point she struggled with self-doubt - 'who wants to hear from me, what do I have to say?'

Getting started

Narum grew up on a small dairy farm near Douglas, North Dakota and has three older brothers. She is the baby of the family and was adopted because her parents wanted a brown-eyed girl.

She started public speaking in 4-H as a third grader. "I did well and I liked it," she said. "In high school I was on the speech team, and again, I did well and I liked it. I had a wonderful coach who encouraged me to compete in radio broadcasting. I did, I loved it and I did well. That planted the seed, and I decided to go into radio broadcasting."

During college, at Minot State, her brother was working in television, at KXMC TV. He discouraged her from going into broadcasting, telling her the hours were terrible and the pay stinks. "So I listened to him, he was my big brother," she said. "But by my sophomore year I found myself at the campus radio station, KMSU, and it just clicked. I felt so comfortable, like I was home."

She got excited, and signed up for all of the broadcasting classes. She also got a part time job at KXMC, shooting sports evenings and weekends. Eventually the station recruited and trained her to do some reporting.

During her senior year, the weekend anchor was on vacation and they picked Narum as the replacement. "That was the last thing I had an interest in," she said. "I did not want to be in front of the camera. If I was going to do any broadcasting, it was going to be in a little room behind a microphone, no cameras on me. I had no confidence. Luckily I had good people who encouraged me and believed in me enough to help me along the way. I don't really remember that first show. It couldn't have been good."

She said once she was able to let go of it being about her, she enjoyed it. "I realized this is information that people need to understand and trust. That is when I really came to love anchoring."

The Television Years

She moved to Bismarck in 1994 to work at KFYR TV as the education reporter and weekend anchor. "Then Country Morning was 're-launched' and I became the producer and anchor. Al Custin did the farm news and Cliff Naylor did the weather. It was fun, despite the hours. Monday we always had animals and we had quite a menagerie over the years. One time we had a llama that would not get into the freight elevator. We ended up bringing the llama up the stairs, one person pulling and me pushing."

During this time Narum dated a few guys, but "I wasn't making good choices," she said. "In April of 1996 I decided I was done, I didn't need a man. I was happier when I wasn't dating, I had good friends and I loved my job."

In May, the new director of Camp of the Cross called her, said her mom had

given him her number and would she be interested in doing a story on the camp. "And, while I had never said this to any prospective interview subject before, I suggested we have lunch," said Narum. "I grew up going to Camp of the Cross. I was a counselor there for three summers during college. It was integral in my faith formation, as a child and during college. I was anxious to see what his vision was for 'my' camp."

The new director, Jim Silrum, then invited Narum out to the camp to share her faith story with the staff. "He said I could stay over in one of the cabins and I ended up hanging out with him quite a bit, stayed with him at the campfire after everyone had left and then told myself I was not going to like him. We were engaged that October and married in August of 1997. It turned out that when my mom gave him my phone number, she hoped that something would spark. I never thought I would be so fortunate to have someone so wonderful in my life. We are best friends, we walk every morning and that is a great time for connecting. It is a good way to start the day."

In 2001 Narum left the broadcast industry to become the Executive Director of the Ruth Meiers Hospitality House. She was there for two years. "I really wanted to do something that was meaningful, take what I knew in terms of public relations and be a voice for the organization. I wasn't prepared to be a manager. I worked some of the longest days and felt so defeated. That experience spiraled me into a deep depression after I left, I felt like such a failure, and that is a big part of my message (now)," she explained.



Leaving Impressions

Marci has always loved sending cards to people and she started making her own cards when rubber stamping came along in the mid-90s. People loved her cards so much they would tell her they wanted to frame them. That sparked an idea. Since she collects leaves every fall, she started pairing the inspirational verses with leaves, embellishing them with paint and a touch of powder to make them sparkle and shine. The result is a nature-inspired framed gift that gives her a lot of joy to create, and each one is truly unique.

She talked about the experience: "We are meant to learn from wherever we are on our journey, and I learned a lot. A lot about myself and a lot about relationships. The things I took away from that experience have helped to shape who I am now, in terms of being compassionate and understanding to others and to myself. I experienced some failures, but I can look back now

and say, 'I wasn't a failure.' As difficult as it was, I needed to have that experience because I became much stronger and as a result, more confident. I struggled with confidence and low self-esteem most of my life. Learning through failure and finding success in it, learning to work on my weaknesses and embracing my strengths. That is a big part of my message."

She took some time off for reflection, journaling, reading and healing. She spent most of that time up at Camp of the Cross where her husband was still the director. It was a good retreat for her, she said.

However, Reiten television didn't let her sit for long. A couple months after she left Ruth Meiers they called, said they were starting a 5:00 newscast and would she produce and anchor it? She jumped on board. A few years later they asked her to do the Noon Show. "I did not want to do the Noon Show, but ended up loving it," she said. "Again, when I realized it wasn't about me and how important it was to that person in the chair and how I could make them comfortable. And, it was always good news. That ultimately became the best part of my job."

Because she has helped so many feel comfortable in front of the camera she has been asked to emcee and be the master of ceremonies at many events. "I have never said no. I really enjoy welcoming someone else to the microphone and I love celebrating people."

Something New

Over the past four or five years, Narum started to have some unrest. She always had a hunger for self-improvement and professional development and finally realized if she was ever going to pursue that dream, she was going to have to make it happen. "A friend suggested John Maxwell and I began to do some research.

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I like what he represents and how he is building a team around the world.”

Narum left KXMB in January of 2014 to become self-employed. Her business is called Take21 Media Relations Consulting and Executive Coaching. One of the things she offers is media relations consulting to small businesses, nonprofit organizations and government agencies to help them with their message. She helps them be confident, concise, clear and comfortable when dealing with the media, specifically television, which she knows a little about! The coaching is a result of the John Maxwell training she has.

She took the John Maxwell online university classes and now offers Mastermind groups, workshops, seminars and is doing some speaking engagements. “I can speak on ten different topics, but have kept my focus on four of them. The one I have been doing the most is, “Becoming a Person of Influence”. I like the way John Maxwell has broken down the word influence by each letter: A person of influence has Integrity, they Nurture others, they are all great lessons. And, I

like to use object lessons, for instance, using a marshmallow to demonstrate integrity and trust.

“The thing that has surprised me the most is how I have been so familiar with fear, which is part of my message. It has always been there, bugging me. However, as I have stepped out to do this, I don’t have any fear. I have confidence and feel this is what I am supposed to do. I am working with people in a whole different way. I am learning to be patient, I love coaching people. I especially want young girls to hear my message of confidence and self-esteem. Right now I feel I am living the dream I had when I was twelve, to be a speaker with a message that is meaningful to people.”

Narum has tweaked one of her messages that used to be titled, “Kick the Can’t”. She now calls it “Messed to Blessed” and she shares some of her struggles and how to gain confidence and self-esteem. “I really did feel like a mess, sometimes I still do,” she said. “I’m a recovering perfectionist and I find there are so many others out there, especially women. We need to



Jim and Marci with Mickey and Molly, respectively

give ourselves permission to follow our dreams and be ok with who we are.”

That is exactly what Marci Narum is doing now, following her dream and accepting who she is. A great example to follow.

For more information on Marci’s coaching, speaking and art, visit johnmaxwellgroup.com/marcinarum/ LeavingImpressions.com marci@marcinarum.com

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PHOTO: JIM NARUM

Blessings from the Battle

by Deb Seminary

When Brenda Whitman was first asked to speak to a group about her journey, they asked her to talk about being fearless. "It's a challenging word, because it implies no fear," she said. "I couldn't think of myself as fearless, but I really felt that God wanted me to do it. I'm a teacher, and I learn by teaching, so it was God saying, 'I want you to be fearless, and this is part of how you will learn to be that way'."

Whitman's battle was with blepharospasms, which is a neurological condition. It is a chronic blinking of the eyelids, to the point where it can scratch the cornea. Blepharospasms come with dry eyes and light sensitivity and can ultimately cause a functional blindness. The blinking can become so severe an affected person can't keep their eyes open.

She talked about those first few months: "While visiting at Christmas, my mother-in-law said I must be tired because I was blinking so much," said Whitman. "I didn't realize what was happening. At first my doctors thought it was allergies. But, it kept getting progressively worse, and I was losing more function all of the time. Finally, after six months and as many doctors, a neurologist told me I was having blepharospasms and the treatment is Botox injections around the eyes. I thought, 'everything is going to be just fine.'

"The treatment turned out to be more challenging than I thought, figuring out the correct dose and the placement of the injections. We finally found a physician at Mayo who could help me. By that time the spasms were in other parts of my face as well. We traveled to Mayo for the treatments every ten weeks for several years. Many times my husband Charlie would drive me and other times friends or family would take me."

Whitman eventually had to stop driving because she was afraid she would hurt someone. "Fortunately our youngest daughter had just turned 15 and would drive me when she could. If I



went for a walk, I would have to hang on to Charlie or my neighbor. When I went out by myself I fell a few times. I had such light sensitivity that I would have all of the drapes closed at home. In church council meetings we would sit in the dark to help me out. I couldn't read, bike or watch TV. All of the things I liked to do, I couldn't do anymore. I became so dependent that I felt like a liability to Charlie."

Whitman was able to continue to teach nursing, even though disability papers sat on her desk for a time. When her face became "frozen" from the botox treatments she would tell her students to listen to her voice and heart and not try to read her facial expressions.

After a while she became so discouraged she realized she needed to get mental health assistance. "Sometimes people think, 'I should be stronger, I shouldn't need help'," she said. "As I tell this story, I really encourage people to think holistically - body, mind and spirit. If you aren't getting the help you need, you have to keep looking and be your own advocate or find someone who knows the system to help you. Don't give up."

As the Botox treatments became more refined and improved her functioning and she was better able to manage, Whitman realized she had been given quite a number of blessings throughout her journey. "I had so many people pray-

Brenda's interest in flowers has turned into a hobby/business. Here are just a few examples of her creations.



You may contact Brenda at bwhitman.midco.net if you would like her to speak at an event or help with flowers, decorating or event planning.

ing for me. I had safe people to talk to. I would get cards and support in all kinds of beautiful ways. One time I was going to take a class for people going blind, and a friend called and told me 'Brenda, I feel like God wants me to tell you that you will not go blind.' Another time someone from Teen Challenge called, inviting me to their banquet. I said I couldn't come but supported their program and he asked if he could pray for me. He asked God to give my disease to him! It was an unbelievable prayer."

Other blessings included receiving the Crystal Apple Award for excellence in post-secondary education from her student's nominations. She was asked to speak at the Joy Breakfast, which filled a desire to do more Christian Women's events. "Charlie and I grew much closer," she said. "We always had a good marriage, but we had been so independent – each doing our own thing, now I needed him and he was really there for me."

"Even our dogs became important to me. Before this happened I really didn't pay much attention to them. I started gardening and getting into flowers. I learned that people really don't care about how you look or what you are wearing – when you can't see very well, you make some interesting mismatches! I learned I didn't have to hold on so tightly to money. I started laughing more."

Ultimately, it was as if each of the desires of my heart happened as a result of this hard journey. I learned some important lessons. So a major health crisis ended up being a blessing. It's about the journey and what we learn along the way. It's about trusting God to use it for our good so we don't have to be fearful."

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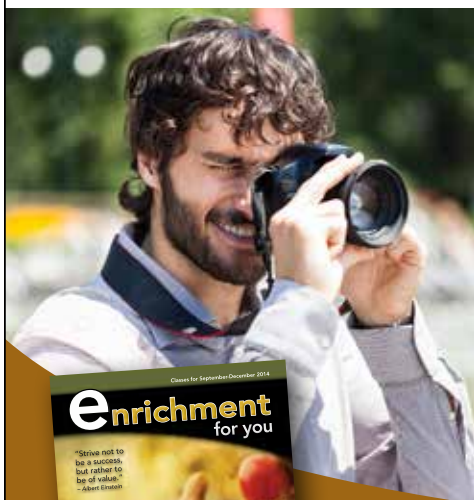

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The Scarlet Gypsy Traveling Boutique

by Deb Seminary

Mobile businesses may not be ideal for the North Dakota climate, but The Scarlet Gypsy Traveling Boutique is having great success.

When Therissa Heit was looking for something different to do, she happened to see an idea in Lucky Magazine. "It was a piece on the first fashion truck in Orange County," she said. "Of course they have nice weather all year out there, and I did wonder how it would work in the winter (in North Dakota). Eventually I decided I wanted to do it and told my husband, Tom, to trust me, it was going to be great."

They bought a truck, her husband did some work on the inside, she did some painting and then got the artwork completed on the exterior. Heit found some vendors she liked, took a few webinars from the ladies who started that first fashion truck and in May of 2013 she was ready to roll.

Of course, it wasn't as easy as pulling up to a busy street corner and people pouring in to buy her wares. "The first year I made a lot of phone calls - explaining what my business was, checking to see what the laws are and getting my name out there," said Heit. "I had to let people know I'm not a party bus, selling tacos or telling fortunes. I have gotten pretty well know around Bismarck, but when I go out of town, it is fun to explain it all over again."

She also checks the weather often. "If it gets a little chilly I have a space heater and I put out hot chocolate and apple cider," she said. "I have an air conditioner for when it is too hot. Once the snow hits I park it. I do a lot of online sales during that time."

She posts new products on her facebook and instagram pages as well as her website. Last winter she rented a storefront at Kirkwood Mall and this year she will be in the lobby of URL Radio in downtown Bismarck, 322 East

Broadway from November 1st through the holidays.

Heit receives new items every week. Her inventory includes women's clothing from small to 3X, jewelry, hats and purses. "My clothing is pretty trendy and I like to order things I would wear. If everyone has it, I will move on to the next thing. I try to have styles that are a little ahead of their time for Bismarck, something unusual.

Heit lets people know where she will be pulling up next mainly by word of mouth and social media. She keeps track of county fairs and small town events around the area. She likes to stay within a 120 mile radius and in North Dakota because she knows what the laws are.

While a mobile truck business may have its own set of challenges, like having to replace the engine her first year in business, she is really glad she took the plunge. "I like that it is different, people are excited about it," said Heit. "I like that I don't have to sit and wait for people. And, I hope more people will get involved and we can have mobile truck events where we all pull up to a central location."

The Scarlet Gypsy Traveling Boutique is available for private parties, baby and bridal showers, or a girls night out event. She also does charity events, where a certain percentage of her sales go to a specific organization.

Heit offers some tips on what is new for fall: fringe, leather accents, tribal prints, chunky knits, slouchy beanies, ankle booties, plaid everything and small delicate jewelry. Last holiday season customers sought out her super soft printed and fleece leggings, chunky knit scarves and boot socks.

To find out where the truck will be next, visit her website at scarletgypsy.com, or find her on Facebook, Instagram and Twitter @thescarletgypsy.

Ines Rasidovic

From Bosnia to Bismarck

Editor's Note: *Ines arrived in the United States in 1997 as a refugee from Bosnia. She is now a U.S. citizen, has mastered the English language, gotten married, found a job that she excels in and really enjoys Zumba. She also loves Marilyn Monroe and has a bit of a shoe obsession. Here is part of her story...*

I lived in Bosnia, which is now a part of old Yugoslavia. The war started in the 90's and I was living with my mother. My father's wife had family in Germany, so they went to live with them while the war was going on. My mom didn't let me go with them right away, which she later regretted.

It got really bad. There were bombings, we were in the basement for days - no food and no electricity. When I was 14 I left for Germany, and it took almost three days through the back country on a journey that would usually take 12-14 hours on the interstate.

I spent some of the best years of my life, so far, in Germany. I was a teenager experiencing life in a different country. I didn't know a word of German, but my half sister and I were only six months apart so she helped me a lot.

My dream was to be a hairdresser. In Germany they have a different process - you go through nine years of regular schooling, then hairdressing school was three years. I would go to a hair salon to practice, and then hairdressing school a couple of days a week. I loved it and finished almost two years of training. Then they declared peace in Bosnia and we had to leave, because we were refugees.

The war started because of differences between nationalities. My dad and stepmom were a mixed marriage, as were my mom and stepdad. So, both couples applied to agencies that would take them to the United States. The difference was, if you were in Germany, you could tell the naturalization office where you wanted to go, what state you wanted to live in. If you came from Bosnia you didn't have a choice. My dad chose Florida and we arrived there in October of 1997. My mom got sent to North Dakota in September of '97.

Just like moving to Germany, I put my life in a suitcase and left. The weather was different, we were placed with another family, we didn't know much English, it was hard. Then, my mom asked me to visit her in January of '98. I was 18 by then and hadn't seen her since I was 14. After I got to Bismarck I decided I wanted to stay here.

Bismarck had very few families from Bosnia and Croatia and old Yugoslavia, so when I arrived everyone wanted to come and meet me. Everyone was so friendly. Then my mom started telling me about this cute guy that went to English class with her. She said, 'I call him my son-in-law'. I was embarrassed, however we eventually started dating and got engaged a few months later. I didn't really expect to come all the way here to marry a guy from my country!

*Ines with
her family*



I had brought some paperwork from my hairdressing boss so I could continue, but the school here would not honor it. They told me I had to have a high school diploma and start all over in hair school. My dreams were crushed.

I went to work at Dayton's in the men's department, but kept waiting for an opening in cosmetics. If I couldn't do hair, I wanted to do makeup! Finally, there was an opening at the Clinique counter. I was so happy.

I got pregnant, had my daughter and after maternity leave my hours had been cut, so I went to work at Penney's. Then my husband told me about an opening at Capital Credit Union and encouraged me to try it. I got hired and was a teller for two years. I really loved being a teller, but always wondered if I could do better. In September of 2008 I was hired as a Financial Services Representative.

I just love it here, I love the people, they are really family oriented. I like helping people buy the car they want, or help someone balance their checkbook. And, I feel appreciated. I recently got 'Financial Services Salesperson of the Year'.

I have always worked. I learned a lot about life when I was young, if I wanted something I had to work for it. I lost everything twice, when I moved to Germany and then to the United States. I knew what I wanted and I had the drive, you just have to put your mind to it.



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Men and women alike can enjoy the unique services at Broadway Spa & Salon. "I want men to know it's OK to pamper themselves," says Hannah Jirges, who specializes in Men's Cuts and Traditional Shaves. "The Traditional Shave is a great way to relax, using hot towels and hot lather." The Royal Shave is the ultimate experience, including a facial massage, leaving clients with the "smoothest, refreshed face they can imagine."

Above and beyond nail services

Manicures, pedicures and nail services of all kinds are provided in a spotlessly beautiful, relaxing atmosphere. Jess Schaff is one of the Broadway's nail experts, delivering an array of services such as acrylic nails, trench nails and natural nails adorned with polish or shellac. "Shellac is popular because it lasts up to 14 days," she says. "We are doing darker, richer colors now as we move into fall." Pedicure expert Bertie Knell not only makes your feet look good, but also makes the whole person feel better. "Routine pedicures can relieve back and leg pain, help with circulation in the legs and feet and may actually help people sleep better at night."

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The bright kitchen features white painted cabinets, a gorgeous, contrasting indigo island and blue pearl granite countertops.



The stainless gas cooktop and subway tiles add to the modern, clean lines in the kitchen.

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Shower, Mirrors Mirrored Subway Tiles | Haider Glass Specialties | haiderglass.com

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This home features engineered hickory flooring throughout the main floor, the beams are stained alder. The homeowner grew up with a wood burning fireplace, and it is the centerpiece in the great room, complete with cubbies for wood storage



The homeowner knew what she wanted and was able to get the mirrored subway tile backsplash done locally. The cabinets are grey stained knotty alder with white macabus granite countertops.



These impressive American Red Gum veneer custom cabinets go quite nicely with the custom concrete countertop. The custom shower tile is a linen mix.



A perfect spot by the back door keeps things organized, right next to a cute powder room with Tricorn Black painted walls and a wainscoting detail. The ceramic keystone tile floor and pedestal sink add a nostalgic flair.



A few days with the girls in beautiful British Columbia

by Deb Seminary

A few months ago I was asked to celebrate my friend's 60th birthday at a cabin in British Columbia. She asked a few friends, a few family members and eventually seven of us made the trip.

The boat-access only cabin made menu planning crucial. Our hostess knew what she was doing and we dined quite well on items such as grilled shrimp with garlic, pancetta wrapped asparagus, chicken parmesan and grilled asian salmon.

We also sampled some of the local Canadian cuisine. Cheezies are a step above Cheetos and incredibly addictive. Poutine is Canada's alternative to fries and gravy, but with a few cheese curds thrown in, too!

Since we ate so well we got in at least one workout everyday. First it was a hike to the waterfall, passing the cabin's water supply on the way. One day we explored the local 'pot holes', the next walked along a salmon-spawning stream. And, of course, there was yoga on the deck. I also did one of my favorite things, stand up paddle boarding, any chance I could. It was easy to see, through all of these activities, why they call it Beautiful British Columbia.

I ended up sleeping on the deck, under the stars, every night. I moved a little closer to the cabin after I realized I would be the first thing a bear encounters if it decided to visit. Every morning my alarm was a hummingbird or two grabbing breakfast. What a great way to wake up!

We laughed a lot, got some sun, napped, explored, and made some memories. And even though we were there celebrating my friend's birthday, I think the trip was a gift for us all.



Deb Seminary is the editor of Inspired Woman.





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BSC Enrichment Program

Take a Class, Teach a Class

The Bismarck State College (BSC) Enrichment Program offers evening classes for the community in everything from computers to fitness, jewelry-making, dance, cooking, reflexology and more. Classes run September through June.

The classes are based on the community's needs said Program Manager, Karen Selensky. "(For instance) we have added some classes for baby boomers who are having to take care of their parents, with information on Alzheimer's and dementia. People will find classes that can enhance their lives professionally as well as classes for fun and leisure. And, there is always something new in the catalog."

The Enrichment Program also partners with professionals to offer classes at places like Northern Plains Dance and Yoga for You.

The program is always looking for new instructors from the community. Selensky said that if someone has a passion for something they should contact the Enrichment Program to see if there is an opportunity to begin teaching a class.

Inspired Woman talked with three of the instructors about their class offerings:

Barb Thorsen

Thorsen owns Prairie Art Class, and used to travel to art shows and art fairs before she joined the Visual Art Department at BSC. She has been an instructor in the Enrichment Program for eight years. She teaches jewelry and stained glass classes, including, but not limited to, 'Intro to Metalsmithing', 'Steampunk Jewelry', 'Cold Connections-Riveted Jewelry' and 'Enameling'.



The metalsmithing classes are some of her favorite. "There was nothing like it in Bismarck when I wanted to learn how to do it, so I am self-taught," she explained. "I was determined to learn how, and that is another motivating factor with teaching these classes – I know how frustrating it was when there wasn't anything available."

Thorsen explained how she got started with the Enrichment Program: "I have a jewelry classroom at the college, which is unique and wonderful, and when I first started teaching

the jewelry class for credit I had a lot of people tell me they wished they could take it but it was in the afternoon. So I started thinking, maybe I could pull some projects out of that class and offer them in the evenings. Since we are a community college, I felt like I really needed to include the community in on that. I'm sure I get 60-70 people through that room, in the evenings, every semester. That makes me feel really good because it gets people on campus to see what's going on."

She is very excited about the new building going up on the BSC campus which will house the Art and English Departments as well as the Library. Her new space will be much nicer than the one she has now in the basement at Werner Hall.

Loretta Benedict

Who doesn't want to lose a few pounds, feel better and have fun at the same time? That all happens when you register for Loretta's fitness classes through BSC Enrichment. Loretta has enjoyed meeting all kinds of people over the past five years from our great community. They come for many reasons but what she enjoys the most is teaching the basics and seeing familiar faces return every fall, winter and spring session.



Loretta's classes focus on a community of members who support each other to live better and enjoy more healthy lifestyles. Smaller classes give members the opportunity to encourage each other to succeed before, during and after workouts. Attendees range from family members to friends who come to push each other.

Loretta currently offers three sessions for the community, 'Zumba', 'Strong to the Core' and 'B.F.F.' (Breathe Thru It, Fight for It, Finish Strong). 'Zumba' is a fun Latin dance exercise where members find out they do have rhythm and have fun burning calories. 'Strong to the Core' is focused on building strong core muscles for all fitness levels, and is a great way to improve minor back problems. 'B.F.F.' is a fairly new course that targets the glamour muscles: the booty, the arms and the abs. All levels of participants (male and female) are welcome.

Debbie Mantz

Mantz teaches the majority of the computer classes offered through the Enrichment Program.



One of the things she wants participants to know is there are a lot of people who are not comfortable with computers, iPads and tablets. "I like to tell people they are not the only one," she said. "They are going to be in a group of individuals who feel the exact same way."

She has developed an introduction series for some of the courses and says that people should feel fairly comfortable when they are done. For instance, with iPads, the first class a person should take is 'Thinking about an iPad?', then 'Getting More from your iPad'. After those she broke out specific topics like 'Settings and Safari' and 'Email and Apps'. It makes it easy when people can take them in a sequence.


She encourages those that may be hesitating to just go for it. "A lot of older people get pressured by their families to get an iPad," she said. "That way they don't have to learn how to run a full computer and it is an easy way to stay connected to family."

She really enjoys teaching the classes and especially the knowledge she gains in each session. "I am such a big proponent of learning, because you don't know what you don't know," said Mantz. "Every time I teach an iPad class I learn something new. People will come to the class and say, 'well, I do this with it.' You get sixteen people in a class and you are always going to learn from each other."

For more information, to inquire about teaching and view the Enrichment Program catalog, visit bscenrichment.com.

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Catholic Charities North Dakota will be holding their first ever Baskets and Bows auction at Sixteen03 Main Events on Monday, November 17th at 6:30 pm. The cocktail and hors d'oeuvres event will feature live and silent auction items that will include hunting packages, spa treatments, designer purses and more.

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CCND also offers relief and recovery after a disaster strikes, such as a flood

or tornado. They do all of this for any North Dakota resident that needs help, no matter their faith, age, race or gender.

Make plans to attend the Basket and Bows event, which will raise funds to help CCND continue to provide these services across North Dakota.

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Scarecrow Making Party



When Kaia Hart moved to North Dakota from Arizona she brought a neighborhood tradition with her. It seems to have caught on, for, on one of the last beautiful days of summer, a whole lot of neighbors gathered on an empty lot for the Third Annual Scarecrow Making Party.

There was potluck, scarecrow-making supplies and a bunch of creativity. The artists start with a simple wood frame, stuff their clothing of choice with newspaper, then top it off with some straw and a head (or mask).

We photographed a few, and invite you to take a drive around Promontory Point to view all of the neighborhood scarecrows.




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Team Kaizen

Building healthy and confident youth through running



by Kylie Blanchard

The mission of Team Kaizen is to inspire youth to be joyful, healthy and confident using a fun, experience-based running program. Since the program's start in January, a team of volunteers has been working with Bismarck-Mandan youth to build a healthy fitness routine, while also instilling strong character traits and healthy lifestyle choices.

The idea for Team Kaizen blossomed in a conversation between long-time

running friends. "A group that runs together has a lot of time to do some talking," says Julie Bosch, a Team Kaizen founding member and volunteer.

She says the group was discussing ways to give back to the community and they decided to combine their love of running with community outreach. "We thought, 'what a better way to give back than to pass on our love of running'," says Bosch.

Additional discussion led to the group deciding to reach out to kids in the community that couldn't do school sports or needed extra encouragement to join a team. Through a running group connection to Prevent Child Abuse North Dakota (PCAND) and additional phone calls to social service agencies like Charles Hall and Dakota Boys and Girls Ranch, Team Kaizen was formed.

"I think every one of us would tell you running has given us so much—fitness, adventure, wellness, social connection, and a college education," says Marnie Walth, also a Team Kaizen founding member and volunteer. "That is just a natural process to want to give that back to a group of kids who could benefit in the same way."

The group is now led by eight volunteer coordinators and long-time runners that include Bosch, Walth, Leslie Brunette, Janelle Olson, Kathy Lein, Lori Klabunde, Melanie Carvell, and Lynn Beiswanger. "I give so much credit to the volunteers that are doing this," says Bosch. "They are busy people who have their hands in a ton of other activities as well."

"Kaizen" is a Japanese phrase that means "good change," and the word can describe the process in which small, continuous improvements lead to big results. Through fitness training supported by education, the goal of Team Kaizen is to encourage participants to achieve significant change.

Team Kaizen meets in 10-week sessions, with participants taking part in training programs adapted to their fitness level. The group meets on Monday evenings at 6 p.m. for one hour, which includes a brief presentation on a running-related topic and 30-40 minutes of stretching and running. The group meets throughout the community at different facilities, trails and parks. "We take the kids out into the community and run by other activities so they



can see the other opportunities out there," says Bosch.

The team's first session was completed in April with nine individuals completing a 5k race, and a second session had five participants complete a 5K race in August. Bosch says over the course of a session, participants experience improved health and self-esteem, a more positive outlook, and learn goal setting. In addition, it allows individuals to come together to talk and share experiences.

"We've had success with this program," says Bosch. "We have some great individual stories and as a group we've seen some pretty awesome things happening."

Michael, 18, was encouraged by his parole officer to join Team Kaizen and says it has provided a way to push himself through competition. "I hadn't exercised much before this and they really try to get you to push yourself. It's a really fun crew and they expect you to do your best."

Michael says he is glad he became a part of Team Kaizen and challenges other to join. "You meet a lot of really cool people," he notes. "I didn't want to join, but I ended up liking it."

Walth says the impact of the program has reached beyond her expectations. "For a new runner, something as simple as giving their best effort to get through the day's workout can bring great satisfaction and pride. I love seeing the smiles and satisfaction in the kids' eyes when they are able to push themselves to reach a goal. Long-term, that confidence and work ethic just might carry over into other areas of the child's life."

Savannah, 17, says Team Kaizen has helped her to make positive changes in her life. "You've got to want to make a change and then do it. I was going through some tough times and I needed an outlet for my anger. I decided to take everything that happened in my life and use it for exercise."

She says she didn't exercise much prior to joining Team Kaizen, but it didn't take long to find enjoyment in running. "Since I've started, I love it. I feel better about myself," says Savannah. "Team Kaizen keeps you active and it makes you happy. And it's competition - if you like that, then here it is."

Bosch says many of the team's participants have experienced a positive progression in their training and outlook. "We try to get kids out of their comfort zone so they get that feeling of finishing something healthy and hard."

Team Kaizen is supported by PCAND, and other community organizations including Bismarck Parks and Recreation, Sanford Health and St. Alexius Medical Center. "We have received a generous grant from Sanford Health, and if a youth shows commitment to the program, we are able to purchase their shoes, running gear and race entry fees," notes Bosch.

She says the group is open to anyone with an interest in running, and team coordinators are hoping to expand participant and volunteer numbers, as well as community support, so Team Kaizen is able to meet more than once a week.

"I have been running for 30 years and this is the coolest thing I have done with my running," says Bosch.



"Somebody showing belief and acceptance in someone else can go a long way."

For additional information on Team Kaizen's participation, volunteer and community support opportunities, email TeamKaizenRunning@gmail.com.



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The Roller Derby Girl

Because no woman is one-dimensional

by Jessie Veeder

A one-dimensional woman has never existed.

That was the thought running through my head as I sat before two women, a Spanish teacher and an office manager, sipping an after-work coffee in a small shop in Dickinson, talking work and children, Saturday night plans, higher education, fitness programs and their new-found passion for the sport of Roller Derby.

Yes, Roller Derby. It's likely you've heard of the sport, as I have. Maybe you have a cousin who's into it, seen a poster on the wall of a bar, or, if you're in Dickinson, painting faces for the kids at a street fair.

Or maybe you skate yourself. After work, on Tuesdays and Thursdays, maybe you toss your briefcase in the entryway, leave the kids with your husband, trade the heels for wheels and transform into your alter-ego for a few hours a week, surrounded by a diversity of women you've come to know and respect in the name of competition,

camaraderie and flat track roller skate racing.

That's the story for Leslie Olheiser, Paula Williams and the 12 other members of the newly established Dickinson Roller Derby Team anyway, a proud and fierce group of women who prove my one-dimensional theory...

Indeed, she doesn't exist.

But what it means to be a Derby Girl is alluring. What do these women look like? What drives them to compete in a rough, female-dominated sport that encourages alter-egos, the object being to knock the woman next to you off track in order for your teammate to lap as many opposing teammates as she can, all while maneuvering on roller skates?

"There are women from all walks of life," explains Paula before looking over at Leslie for help in listing the occupations that form the group: "A couple stay at home moms, one T-ball coach, a teacher, a dog watcher, a human resources representative, a hairstylist, a

back room banker, bartender, and a few women who work in the oil industry..."

The roster is diverse indeed, but Paula adds, there is definitely a specific personality type that plays. A strong willed woman, she says.

"None of us are more muted than the other with our opinion," said Paula. "We say what we need to say."

And the results have seen the Dickinson Roller Derby Team grow from an idea brought in from Washington transplant, Whitney Johnson, to a sporting event that sends the team traveling to bouts and drawing crowds of over 500 in just over a year.

"When Whitney first came to Dickinson she was disappointed that there wasn't a team," said Leslie. "She didn't want to live in a town without Roller Derby."

So she called her team back home seeking information on logistics, her boss gave her some money for start up and Whitney made contacts, sent emails and went on a search for female competitors.

"That, to me is inspiring," added Leslie, the soft-spoken office manager and self-described reserved woman who heard about roller derby from her hairstylist and friend and decided to give it a try. "I got in on the first practice and didn't have a clue; all I knew is that you skate."

But Leslie's competitive spirit and love for sports kept her coming back and soon she found herself immersed in friendships with her teammates, women she may have likely never met otherwise.

Paula, a Spanish teacher and single mom of an eight-year-old daughter, is one of those friendships. After being introduced to the sport through a friend



Top row: Paula is third from right, Leslie is fourth from right

who competed on a team in Bismarck, Paula became a dedicated team member who values the close-knit relationships and empowerment the sport provides.

"We're a business," says Paula, the team's Vice-President, who adds the team members also pay dues to help pay for rent on their practice space.

As part of the logistics of the business, the team is required to have medical insurance and WFDTA (Women's Flat Track Derby Association) insurance for themselves, the venues and practice locations, a perk that Paula herself recently took advantage of.

"I just came from the chiropractor," she admitted. "I could barely walk for three days."

Injury is an inevitable part of a game that knocks players out of bounds using hips, shoulders and butts, sending skaters sliding across concrete and hard wood floors.

The players don wrist guards, mouth guards, elbow and knee pads, ankle braces and helmets for protection, but a bruise obtained by a good Roller Derby bout is something the women flaunt.

"I dislocated my finger once," Leslie said with a smile while digging in her purse for her phone to show me a photo of a giant, deep purple bruise she obtained during a bout this year.

"Oh, I remember that," laughs Paula.

And just as the team functions as a family, the sport itself is supportive of one another. The Dickinson Roller Team competes with teams within the region, traveling to, or hosting bouts in Williston, Bismarck, Grand Forks, Minot and Fargo and outside the state in Wyoming, South Dakota and Montana. They also look to those teams for referees, fill-in players and advice.

What about their boyfriends and husbands?

"There are different husbands with different opinions. Some don't want us to hurt ourselves, most are really supportive," said Paula. "Some are looking at starting a men's league."

I can understand why these women might inspire others with their passion for the game. Because, yes, it's a fun way to compete and belong to something, but the more we talk, the more I

understand that to these women Roller Derby is much more than a sport.

"It stretches you, it pushes women to take a risk," said Paula when asked why opportunities like Roller Derby are important for women living and working in western North Dakota. "It's just empowering to be out there and to feel like a strong person."

"It's definitely made me more outgoing," Leslie added.

And that energy seems to be seeping into the community of Dickinson, who have met the women of their Roller Derby team at parades and community events as the group works to spread the word about their growing sport and raises money for area charities.

"During every bout we put on a fundraiser," said Leslie who explains that the sales from 50/50 tickets at their events have raised money for organizations such as Dickinson Domestic Violence and Rape Crisis Center, OREO Animal Rescue and Boy Scouts.

In the next five years the women hope to get sanctioned as an official member of the WFTDA and travel and compete in bigger venues.

"We've improved tremendously in such a short time and the community here has been more supportive than anything," said Paula who adds that there are definitely stereotypical viewpoints the team has to deal with.

"But we're just like other women," said Paula. "Derby has given us the opportunity to learn what it's like to be part of a team, to work united and be considerate."

The Dickinson Roller Derby Team will have their last bout in Bismarck, October 18th, then they break until January to find new skaters and make plans for the next season. But tonight is practice night, and for two hours this teacher and mother and the soft-spoken office manager sipping coffee before me will strip off expectations, set aside work and worry and just be the part of herself who's fierce, outspoken and strong.



Jessie Veeder is a singer, writer and photographer who lives and works on her family's cattle ranch in Western ND with her husband, Chad.

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"Prairie Meddlers" | Laughing Sun
Brewery

Exhibit & Artist Reception for Lydia
Richez-Bowman | Bismarck State
College Library Cannon Gallery
| 4-6 pm

Art & Wine | Theo Art School |
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October 3
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Brewery

Social Dance Workshop | Individuals
& Couples | Northern Plains Dance |
6-7 pm | Northernplainsdance.org

BHS Band Plays ~ Homecoming
Game | Community Bowl | TBA

October 3-25
BDAC Solo exhibit by Kathy Fettig |
Bismarck Downtown Artists Co-op

October 4
"In The Air" | Laughing Sun Brewery

Godsmack With Seether |
Bismarck Civic Center
| Bismarckciviccenter.com

October 5
"DJ Dispersed" | Laughing Sun
Brewery

October 7
Menopause The Musical | Bismarck
Civic Center | Bismarckciviccenter.com

"Frog Holler String Band" | Laughing
Sun Brewery

Theo Art School's After School
Classes | Tuesdays ONLY | Ages
6-12: 3:30-4:30 | Ages 13-15: 4:30-
5:30 | Highprairiecomplex.com/theo

October 7-25
Bismarck Art Gallery Association
(BAGA) Fall Art Show |
bismarck-art.org

October 8
"Anonymous Phenomenon"
| Laughing Sun Brewery

October 9
Audrey Assad in Concert |
Bismarck Civic Center |
Bismarckciviccenter.com

McMahon Brothers Band | Laughing
Sun Brewery

Bismarck High School Choir Fall
Concert | Knaak Center | 6 pm and
7:15 pm

Art & Wine | Theo Art School |
Adults Only | 6:30-8:30 pm |
Highprairiecomplex.com/theo

October 10
"Big Mama Lee" | Laughing Sun
Brewery

Social Dance Workshop | Individuals
& Couples | Northern Plains Dance |
6-7 pm | Northernplainsdance.org

"Art Gallerie on Main" Grand Opening
| 402 E. Main Ave. Suite 9 |
In the Barrister Building Downtown
| Reception: 5:30 pm - 8:30pm |
701-425-8439

Bismarck State College Campus Read
Author, Kathleen Norris | 2 pm | BSC
National Energy Center of Excellence,
Bavendick Stateroom

October 10-11
University of Mary Honor Band
Festival

October 11
"Liza's Finger" | Laughing Sun
Brewery

October 11-12
45th Flickertail Woodcarving Show |
Bismarck Career Academy at BSC |
12:15-4:30 pm | Free

October 12
"DJ Antiquity" | Laughing Sun
Brewery

"Afternoon Musicales" | 3 p.m. |
1st Presbyterian Church, Bismarck

October 12-13
2014 Women's Business Summit |
Bismarck Civic Center

October 14
"Frog Holler String Band" | Laughing
Sun Brewery

October 15
Theo Art School's "Into the Woods"
| One Day Camp | 8 am - 5:30 pm |
Ages 6 and up | Highprairiecomplex.com/theo

"Anonymous Phenomenon"
| Laughing Sun Brewery

October 15-16
ND Downtowners Conference |
Downtown Bismarck |
Downtownbismarck.com

October 16
McMahon Brothers Band | The Bistro

Art & Wine | Theo Art School |
Adults Only | 6:30-8:30 pm |
Highprairiecomplex.com/theo

Theo Art School's "Color Blast" |
One Day Camp | 8 am - 5:30 pm |
Ages 6 and up | Highprairiecomplex.com/theo

"Sol Seed" | Laughing Sun Brewery

October 17
"Dan Tedesco" | Laughing Sun
Brewery

Social Dance Workshop | Individuals
& Couples | Northern Plains Dance |
6-7 pm | Northernplainsdance.org

Theo Art School's "East Meets West"
| One Day Camp | 8 am - 5:30 pm |
Ages 6 and up | Highprairiecomplex.com/theo

October 17-18
62nd Annual Ndra Year End Finals
Rodeo | Bismarck Civic Center |
Bismarckciviccenter.com

October 18
Governor's History Conference | ND
Heritage Center & State Museum
| 8:30 am - 4:30 pm | history.nde/conference

"Moody River Band" | Laughing Sun
Brewery

Art Making Workshop | Theo Art
School | 1:30-4:30 pm | Ages 5 and
up | Highprairiecomplex.com/theo

October 19
"Keith Scott" | Laughing Sun Brewery

October 20
Century High School Choir Fall
Concert | CHS Auditorium | 6 pm
and 7:15 pm

October 21
"Frog Holler String Band" | Laughing
Sun Brewery

October 22
"Anonymous Phenomenon" | Laugh-
ing Sun Brewery

October 22-26
"The Diary of Anne Frank" | Bismarck
State College Fall Play | Wednesday-
Saturday 7:30 pm | on Sunday 2:30
pm | Sidney J. Lee Auditorium

October 23
Girls Night Out and Runway Fashion
Show | 5-8 pm | Bismarck Civic
Center Exhibition Hall

"Alex and the XO's" | Laughing Sun
Brewery

Art & Wine | Theo Art School |
Adults Only | 6:30-8:30 pm | High-
prairiecomplex.com/theo

October 23-25
"The Secret Garden" | Bismarck HS/
Century HS/Legacy HS Musical |
CHS Auditorium | 7 pm | Sunday
2 pm

October 24
Dierks Bentley With Randy Houser
& Cassadee Pope | Bismarck Civic
Center | Bismarckciviccenter.com

Social Dance Workshop | Individuals
& Couples | Northern Plains Dance |
6-7 pm | Northernplainsdance.org

"Northern Light" | Laughing Sun
Brewery

October 25
"Lost Horses" | Laughing Sun
Brewery

4th Annual Artober Halloween Fest
| Theo Art School | 10:30 am-12:30
pm | Highprairiecomplex.com/theo

Art Making Workshop | Theo Art
School | 1:30-4:30 pm | Ages 5 and
up | Highprairiecomplex.com/theo

October 25-26
"The Scarecrow" | Shade Tree Play-
ers | Haunting Arts & Spectacular
Science event | High Prairie Arts &
Science Complex | dakotastageltd.com

October 26
"DJ Antiquity" | Laughing Sun
Brewery

Conversations with Dr. Larry Skogen
& Clay Jenkinson | "John Wesley
Powell and North Dakota's 125th
Birthday" | 3 pm | BSC National En-
ergy Center of Excellence | Bavendick
Stateroom

October 27
Bismarck High School Orchestra Fall
Concert | BHS Knaak | 7:30 pm

Horizon Middle School Fall Concerts
| 6th Grade 6 pm | 7th Grade 7 pm |
8th Grade 8 pm | HMS Cafetorium

Simle Middle School Fall Concerts |
6th Grade 6:30 pm | 7th Grade 7:30
pm | SMS Auditorium

October 28
"Frog Holler String Band" | Laughing
Sun Brewery

Century High School Orchestra Fall
Concert | CHS Auditorium | 7:30 pm

Legacy High School Fall Choral
Concert | Simle Auditorium | 7:30 pm

Simle 8th Grade Fall Choral Concert |
SMS Auditorium | 6:30 pm

Wachter Middle School Orchestra Fall
Concert | WMS Cafetorium | 7:30 pm

October 29
"Anonymous Phenomenon" | Laughing
Sun Brewery

October 28-Nov. 29
Bismarck Art Gallery Association
(BACA) Exhibit | Tom Temple, Mon-
tana | Sue Sorlie, Bismarck | Opening
Reception, 2-4 pm | bismarck-art.org/

October 30
"Roger Nordquist Halloween Mind
Explosion" | Laughing Sun Brewery

Art & Wine | Theo Art School | Adults
Only | 6:30-8:30 pm | Highprairiecom-
plex.com/theo

October 31
Machine Gun Kelly & Friends |
Bismarck Civic Center |
Bismarckciviccenter.com

"Golden Ratio" | Laughing Sun
Brewery

October 31-November 1
Halloween Hunted Theater | Bismarck
State College | Sidney J. Lee Audit-
orium | 5 pm

October 31-November 2
Capital Quilters Quiltfest | Ramada
Bismarck

November 2014

**November 3-7, November 10-14,
November 17-21**
Theo Art School's PreSchool Arts Lab
| Highprairiecomplex.com/theo

**November 4, November 11, Novem-
ber 18, November 25**
Theo Art School's Clay Classes |
Youth: 4:30-5:30 | Adults: 5:30-6:30 |
Highprairiecomplex.com/theo

November 1
Disney Junior Live On Tour! | "Pirate &
Princess Adventure" | Bismarck Civic
Center | Bismarckciviccenter.com

Art Making Workshop | Theo Art
School | 1:30-4:30 pm | Ages 5 and
up | Highprairiecomplex.com/theo

"Electrify Your Strings" Orchestra
Concert | Simle Middle School &
Legacy High School Orchestra's
| SMS Gym | 7 pm

November 2
Grand Opening Celebration for the ND
Heritage Center & State Museum | 10
am-7 pm | history.nd.gov/125

Heritage Singers | ND Heritage Center
| 10-30 am – 12:30 pm

November 3
Century High School Freshman &
Concert Bands Fall Concert | CHS
Auditorium | 6 pm

Century High School Prep Band &
Wind Ensemble Fall Concert | CHS
Auditorium | 7:45 pm

Legacy High School Band Fall Concert
| Simle Middle School Auditorium

Wachter Middle School 7th Grade
Choir Fall Concert | WMS Cafetorium
| 6 pm

Wachter Middle School 6th & 8th
Grade Fall Concert | WMS Cafetorium
| 7 pm

November 4
Theo Art School's After School Class-
es | Tuesdays ONLY | Ages 6-12:
3:30-4:30 | Ages 13-15: 4:30-5:30 |
Highprairiecomplex.com/theo

"Frog Holler String Band" | Laughing
Sun Brewery

Bismarck High School Ranger &
Concert Bands Fall Concert | BHS
Knaak Center | 6 pm

Bismarck High School Cadet Band &
Wind Ensemble Fall Concert | BHS
Knaak Center | 7:30 pm

Horizon Middle School Orchestra Fall
Concert | HMS Cafetorium | 7:30 pm

Wachter Middle School 8th Grade Fall
Band Concert | BHS | 7:30 pm

November 5
"Anonymous Phenomenon" | Laughing
Sun Brewery

November 6
Art & Wine Class | Theo Art School
| Adults Only | 6:30-8:30 pm |
Highprairiecomplex.com/theo

Bismarck State College Baroque
Concert | 12 Noon | Leach Music
Center 177

McMahon Brothers Band | The Bistro

"Prairie Meddelers" | Laughing Sun
Brewery

November 6-7
The Paper Birds of England, "Why
Are We So Thirsty?" | Nov. 6 10:00
am | Nov. 7 7:30 pm | Sidney J. Lee
Auditorium

November 7
Theo Art School's "Sixties Are Back
and So It's Art" | One Day Camp
| 8 am-5:30 pm | Ages 6 and up
| Highprairiecomplex.com/theo

"Lost Horses" | Laughing Sun Brewery

November 7-25
Legendary: Happy Birthday North
Dakota Exhibit | Opening reception
5:30 pm

November 8
KIDZ BOP | Bismarck Civic Center |
Bismarckciviccenter.com

Art Making Workshop | Theo Art
School | 1:30-4:30 pm | Ages 5 and up
| Highprairiecomplex.com/theo

November 10-11
"Cinema & Claymation II" and
"Adventures In Animation/Claymation"
| Theo Art School | Two Day Camp
| 8 am-5:30 pm | Ages 6 and up |
Highprairiecomplex.com/theo

November 11
"Frog Holler String Band" | Laughing
Sun Brewery

November 12
St. Mary's Central High School Fall
Band Concert | 7:30 pm

"Anonymous Phenomenon" | Laughing
Sun Brewery

November 13
McMahon Brothers Band | Laughing
Sun Brewery

Bismarck State College Wind Ensemble
| 7:30 pm | Sidney J. Lee Auditorium

Horizon Middle School 6th Grade Band
Concert | HMS Cafetorium | 6:30 pm

Horizon Middle School 7th Grade Band
Concert | HMS Cafetorium | 8 pm

Centennial Elementary 5th Grade Music
Program | Centennial Gym | 7 pm

Art & Wine | Theo Art School
| Adults Only | 6:30-8:30 pm
| Highprairiecomplex.com/theo

November 15
"The Levee" | Laughing Sun Brewery

Bismarck Art Gallery Association
(BACA) Winter Wonderland | Festival
of the Arts | Radisson Inn

Bismarck State College ChoirFest
| Final Concert at 3 pm | Sidney J. Lee
Auditorium

Art Making Workshop | Theo Art
School | 1:30-4:30 pm | Ages 5 and up
| Highprairiecomplex.com/theo

November 17
Solheim Elementary 4th Grade Music
Program | Solheim Gym | 6 pm

November 17-18
Bismarck/Mandan Invitational Band
Festival | Century High School | All Day

November 18
Bismarck/Mandan Invitational Band
Festival Concert | Century High School
| 7:30 pm

Northridge Elementary 4th Grade Music
Program | Northridge Gym | 7 pm

Bismarck State College Brass
Ensemble, Woodwind Ensemble,
Guitar Ensemble, and Percussion En-

semble Concert | 7:30 pm | Sidney J.
Lee Auditorium

November 19
"Anonymous Phenomenon" | Laugh-
ing Sun Brewery

November 20
"Dedric Clark and The Social Ani-
mals" | Laughing Sun Brewery

Art & Wine | Theo Art School |
Adults Only | 6:30-8:30 pm |
Highprairiecomplex.com/theo

Horizon 8th Grade & Jazz Bands
Fall Concert | HMS Cafetorium |
7:30 pm

Murphy Elementary 5th Grade Music
Program | Murphy Gym | 6:45 pm

Pioneer Elementary 3rd & 4th Grad
Music Program | Pioneer Gym
| 7 pm

Prairie Rose Elementary 4th & 5th
Grade Music Program | Prairie Rose
Gym | 6:30 pm

November 21
Mannheim Steamroller | Bismarck
Civic Center | 7 pm | Bismarckcivic-
center.com

November 22
A Thanksgiving Story Time and
Family Event | Theo Art School |
1:30-3:30 pm and 5:30-6:30 pm |
Highprairiecomplex.com/theo

November 22-23
The Big One Art & Craft Fair |
Bismarck Civic Center |
Bismarckciviccenter.org

November 24
Legacy High School Band & Choir
Fall Jazz Concert | Simle Auditorium
| 7:30 pm

Myhre Elementary 4th and 5th Grade
Music Program | Myhre Gym
| 6:30 pm

Sunrise Elementary 3rd Grade Music
Program | Sunrise Gym | 6:45 pm

November 25
"Frog Holler String Band" | Laughing
Sun Brewery

Bismarck High School Jazz Concert
- Genesis/New Gen | BHS Knaak
Center

Century Band & Choir Fall Jazz
Concert | CHS Auditorium | 6 pm
and 7:30 pm

Miller Elementary School 3rd Grade
Music Program | Miller Gym | 7 pm

Bismarck State College Jazz
Ensemble | 7:30 pm | Sidney J. Lee
Auditorium

November 26
"Anonymous Phenomenon" |
Laughing Sun Brewery

November 29
"Flea Bitten Tramps" | Laughing Sun
Brewery

Recipe from Marci

This recipe is from a friend and it's my go-to cookie recipe. I call them Birthday Cookies because I like to bake them to share on birthdays!

Birthday Cookies

3 sticks of butter
1 cup brown sugar
½ cup sugar
3 eggs
1 ½ tsp. vanilla
2 Pkgs. Instant pudding (six-serving size)*
3 cups flour
1 ½ tsp. baking soda
Baking chips and/or M&Ms

In a large bowl, cream together the butter and sugars. Add the eggs and vanilla. Blend well until creamy. *Add pudding mix—any flavor, and use only instant pudding for best texture. Mix well. Measure the flour and add to it the baking soda. Mix well and add gradually to the rest of the ingredients. Use any flavor baking chips—milk chocolate, white chocolate, butterscotch, peanut butter—or combine them with M&Ms for an extra special treat for someone's birthday. Or just because.

Drop by spoonful and bake at 350 for 10 -13 minutes (depending on your oven).



Don't Miss The Fun!



Girls Night Out
@ Runway Fashion Show

Fundraiser for Bismarck Arts & Galleries Association

Thursday, October 23, 2014

5:00 to 8:00 pm

Bismarck Civic Center Exhibition Hall

Ticket \$25

*Flors d'oeuvres, Vendors,
Shopping, Fashion Show*

Tickets Available At

| | |
|----------------|----------------------------------|
| Apricot Lane | Lillians |
| Attitudes | Lot 2029 |
| BC Boutique | Mainstream Boutique |
| BREA | MODE |
| Clothes Mentor | Roots Boutique and Salon |
| Hey Ocean | Scarlet Gypsy Traveling Boutique |
| J'Z Fashions | SPACES |
| KITTON | |

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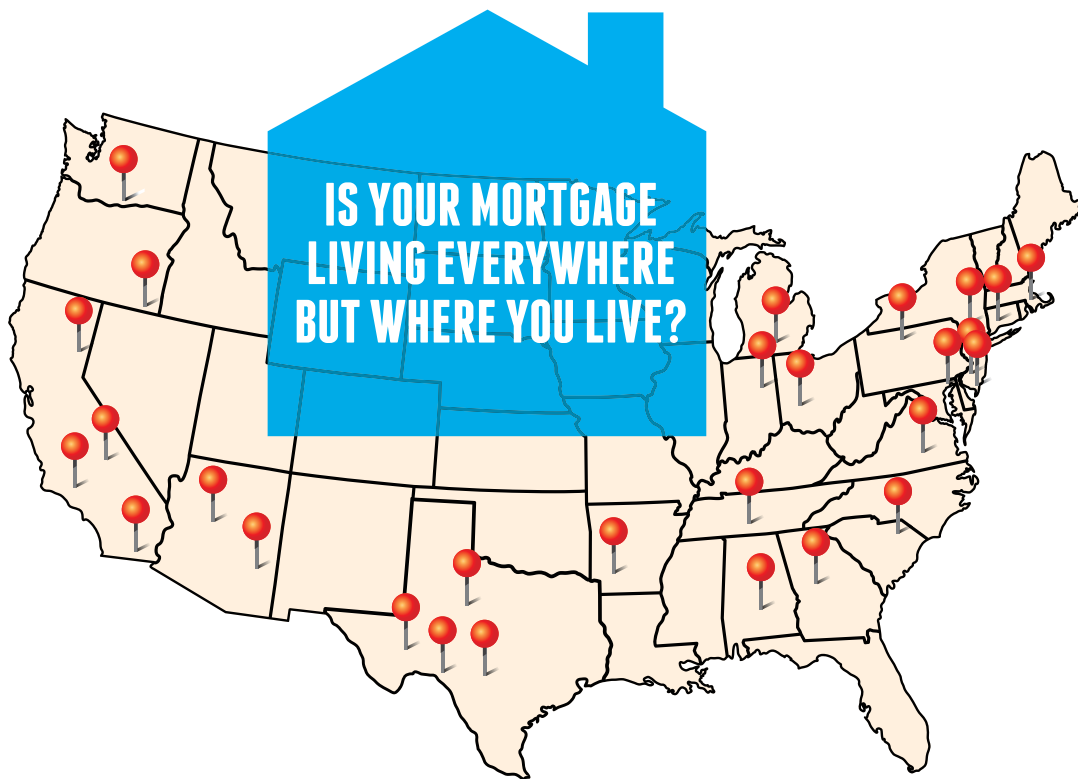


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It's a new world out there for our children and teenagers.

Your Bismarck, ND-founded and internationally-headquartered GOD'S CHILD Project (www.GodsChild.org) was born in 1991 and built on homegrown North Dakota values. We continue to grow the Project locally and worldwide based on these same North Dakota values.

The Project's anti-human trafficking sub-program, the "Institute for Trafficked, Exploited & Missing Persons" (www.ITEMP.org), was formed in 2001 to bring awareness of this global problem to the Midwest and vulnerable populations around the world.

Today more than ever, we need your help and participation to keep North Dakota's children safe and aware.

THREE PHRASES MANY PEOPLE DON'T WANT TO SAY:

**SEXUAL ASSAULT
DATE RAPE
PRISON**

One in five women will be raped in their lifetime, as will one in 71 men. One in four women and one in six men experience an unwanted sexual experience. Most survivors know their perpetrators. While the young are more vulnerable, there is no limit to age, sexual orientation, religion, gender, education or socio-economic level.

- Reported rapes in central North Dakota are 500% higher now than they were just 10 years ago.
- Alcohol is involved in over half of all sexual assaults.
- 48% of 18-25 year old males don't consider it rape if a woman is too drunk to freely consent or object.

Remember sexual assault and rape are never a victim's fault. Not fighting during an act does not mean consent. In fact, not fighting can be a means to protect a person who is being assaulted from being harmed even more. Sexual assault and rape destroys lives and can lead to prison. Don't be that guy.

You are not alone. In an emergency, call 911.



Kristin Clouston and Jennifer Leingang
721 Memorial Highway • Bismarck, ND 58504
PO Box 1573 • Bismarck, ND 58502
Tel: (701) 255-7956 • Info@GodsChild.org

Other Resources:

The GOD'S CHILD Project's
Institute for Trafficked,
Exploited & Missing Persons
1.701.255.7956
1.888.BeA.Hero
www.NDRape.org

National Domestic Violence Hotline
1.800.799.7233
www.ndvh.org

National Suicide Prevention Lifeline
1.800.273.8255
www.suicidepreventionlifeline.org

Rape, Abuse & Incest
National Network
1.800.656.4673
www.rainn.org

National Teen Dating
Abuse Helpline
1.866.331.9474
www.loveisrespect.org