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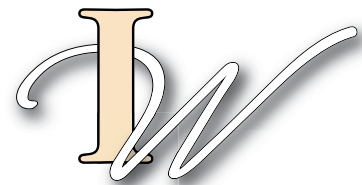


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The mission of **Inspired Woman** is to use our community presence to celebrate, encourage, empower, educate and entertain women.

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Editor's Notes

The survivors you will read about in this issue are more than inspirational. I thank them for graciously sharing their stories so others will know they are not alone, that there is hope and help is available. They are truly heroes for coming forward.

I enjoyed putting this issue together so much, I will probably have to do another Survivor Issue next year! Thank you ladies, from the bottom of my heart.

I received a note from Cheryl McCormack, April/May 2012 "Who Inspires You?" contest winner... she wanted to share an update: Jeff and Missy are now proud parents of healthy, twin girls! Anna and Sarah were born March 14th.

Deb

*"At the moments when you think
you're at your weakest, you're inspiring
someone around you to be stronger."*

– Kori Cioca, Rape Survivor/Whistleblower

~ Be Inspired ~

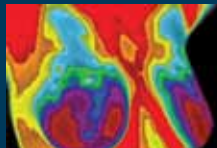


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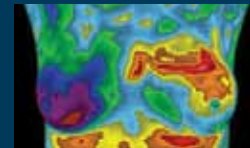
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Lori Finken

Surviving Depression

Her story...

It was the winter of 1995, and I was having difficulty sleeping. I would fall asleep, then wake up and just lay there. I would maybe get two or three hours of sleep a night. This went on and on. Then in June of that year, one day I just fell apart. I started crying, I told Pat (her husband) there was something wrong with me, I just didn't feel right, I wasn't sleeping well. He comforted me, but did not know what else to do and left it up to me to decide what action, if any, I wanted to take.

I was very worried about people knowing, there was such a stigma. But the lack of sleep was beginning to take a toll on me. A friend convinced me to see a doctor, so I went in to see a regular practitioner who prescribed Paxil for me. I took that thinking now I will be better.

But my friend was really forceful, pushing me to get counseling. I grew up in a German family, we never talked about feelings! She convinced me to go see a psychiatrist. She even called and made the appointment. I did not really care for the first person I met with, but I did go to see someone else who I ended up seeing for a year. We would try different medications, and over the course of ten years I probably tried every antidepressant medication there is. I also suffer from anxiety and I can't decide which is worse. Anxiety is like this tightness in my chest and it feels like it is coming up my throat. Initially they did not diagnose the anxiety, since we were working hard on dealing with the depression.

I had a brother who committed suicide and during my time in counseling, the ten year anniversary of that

event came around. That could have been part of what brought on the depression. I did not really deal with his suicide, just pushed it under the rug. And, I think it is genetic, I believe he suffered from depression, too. He was such a caring, gentle soul, but struggled with a lot of things. I think families need to let each other know how they are feeling, but it is a very selfish disease, it is hard to talk about. If I had known then what I know now, could I have saved him?

Just when I was feeling really good and the medication seemed to be working well, I suffered a very large seizure. They took me to the hospital and determined the medication caused the seizure. Then I went on a roller coaster of medication after medication, sometimes I would feel okay, but it would never last very long. There were a lot of years of roller coasters.

During this time I remained in therapy and found that writing poetry helped me work through issues. I would get up in the middle of the night and write a poem about whatever was bothering me and the next time I went to therapy, I would read it to my therapist and we would discuss it. It was really helpful for me, they spoke what I was feeling. And I have never been able to write since!

I took a break from therapy, but felt the need to go back after some rough times. During this time in therapy, I had a lot of thoughts of suicide. I remember one night I was laying on the couch, and I pretended I was sleeping when Pat came to check on me and cover me with a blanket. All night long I lay there thinking, 'I will wait until he's asleep



Lori with her granddaughter, Anna

because I have all these pills upstairs, I can take all my pills, come back and lay on the couch and this is where I'll die. The kids will get up and leave for school, they wouldn't even notice me on the couch, then Pat will come down and find me and it will be all over.' It was so matter of fact, I was thinking these thoughts over and over and over again, but it was like I was paralyzed. Finally the night was over and I hadn't gotten up. I happened to be meeting some friends for a run at 6:00 am, so I got up and thought, 'well, I blew this chance,' and I went for a run with my friends as if nothing had happened.

I actually had an appointment with my therapist that day. She asked me how I was doing and I said, 'not very well, I was going to commit suicide last night.' Everything was just so matter of fact, so nonchalant. She wanted me to see my doctor, but I did not want to go.

She would not let me go home, I either had to call my husband or she would take me to the doctor. I made her promise she wouldn't make me stay, so she drove me to the clinic, we got in this little room and the nurse came in with a tub and told me to take my clothes off and put them in the tub, and that is when I fell apart, I absolutely lost it.

Apparently they hadn't communicated very well! A new doctor came up, and I am still seeing her to this day. She is just wonderful. They called Pat to take me home and then he got a lock box and locked up my medication.

During this time my kids did not know a lot. They knew I was sick, just not the extent. I tried to protect them and hide as much as I could. I had lost a lot of weight, too. Some people thought I had cancer.

Through it all, one of the things that saved me was exercise. It is a release for me and something I can't go without for very long. I run, go for a walk, bike ride, I have a lot of things I enjoy. Exercise and just being around people helps me.

I also have a friend who puts me in touch with people who feel they may be suffering from depression, to help them out. It's actually healing for me to do that.

After I got better I went back to school, to University of Mary and got my accounting degree. I got my CPA license and went to work at Eide Bailly. That was twelve years ago. You can accomplish a lot even when you are not feeling well. Doing something that made me feel like I was a part of society also helped.

I am an accountant and my managers know that I need to have a very balanced life and are very good about checking in with me. Sometimes my friends will see that I am kind of on the edge and ask me if I should be working so much. And, I always have somebody to call. Sometimes I just need someone to listen or give me a hug. I have wonderful friends that have gotten me through tons of things. And they know I would do the same for them.

Every six months I go in for a (meds) check with my psychiatrist. We spend time discussing how things are going, just to make sure we are on the right path. Medications have come a long way in eighteen years. Every time I go to the doctor there seems to be a change, or something new. For instance, the medication I was taking for anxiety was not working well. So I switched to something else and it has been working better. And, some people can do it without medication.

This is an illness that lasts for a lifetime, I will always be on medication for both depression and anxiety and I will always have to watch myself. I know there is nothing I can do about it, other than follow the things I've learned.

Although this is a very difficult story to share, my hope is that telling it will help someone who is struggling to know there is hope and help is available. It may not seem possible but you can lead a normal, productive life with depression.

If someone feels they have symptoms of depression, Lori recommends seeing a psychiatrist first. There is also a very helpful article from Mental Health America of ND on page 14 of this issue.



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Becca

Surviving Drug Addiction

Her story...

I started using recreational drugs, or what I thought were recreational drugs, in high school. I started smoking pot, doing speed and taking acid. When I was 22 or 23, I quit using drugs and, besides a little drinking, was clean for a few years. Then I had two children and a couple months after my second was born I started shooting up. It was 2003 and I was 27.

I had been against needles my whole life, but I found out my husband was doing it every once in a while. I was devastated, but eventually started doing it with him. When he used, he could do it once every couple months, but the day I started shooting up I began doing it every day. I did it for five or six years, every single day, five to forty times a day. Heroin, pills, meth, whatever I could get. I don't know how I'm still alive.

It gets to the point where you have to do it to survive. You know how they show it on movies when people go through withdrawals? You think it is pretty extreme and overplayed? It is worse than that. You can't sleep, you can't eat or drink, it is the worst feeling ever. I remember being sick and not able to get up and feed my kids. My seven year old would climb up in the cupboards to get himself something to eat.

The habit is so expensive, I sold the drugs to people I knew who were also addicted. They would give me drugs if I got rid of some, but I didn't feel I was a drug dealer. I was giving them to my friends who were sick and helping them, or so I thought. My habit was two hundred to a thousand dollars per day. The electricity and water were always getting shut off, our house was in foreclosure I don't know how many times. I had a friend who worked at a gas station and she would let me steal things, so I would get convenience store food for the kids to

eat. The drugs were a priority over everything.

You are so desperate, you do terrible things. I stole from my family, even my sister-in-law who was in ninth grade. I stole check blanks so I could buy things and return them for cash. My husband had also started getting high every day and if we were high together we got along well, so I just tried to keep us both high all of the time.

When I was shooting up, nobody would have known, except I was skinny and my arms were really bad. You don't really act any different, or so I thought.

Everybody thinks they start using because it's something fun, but I believe now, it's to mask some sort of pain, to escape from reality. I was probably trying to forget some abusive relationships.

My family had an intervention and I lied and said I went to the doctor to go on methadone. Of course I continued using and they had another intervention to tell me they were going to have the kids taken away.

Finally someone turned me in to Social Services, it may have been my family, or the school because my son missed so much. When you first start using drugs your house is immaculate because you clean constantly, but then nothing is a priority except getting high. They came to my house and it was trashed. But, I passed the UA (urinary analysis), possibly because they weren't testing for opiates back then.

So I had to meet with a social worker once a month and a child advocate would come to help me get the house cleaned up. I was also on probation at the time. (In 2008 I got pulled over, my license was



Becca with her family

suspended and they found a tin with a pill in it in my vehicle. I was arrested for paraphernalia and put on probation.)

I avoided the social worker so many times, she finally said I had to meet with her or there would be consequences. She then called my probation officer and they searched the house. They found a bag of garbage with paraphernalia in it that we had forgotten to throw away. I was arrested and spent twelve days in jail. That is when the kids got taken away and were sent to live with their grandparents.

You would have thought it would be rock bottom for me and I would decide to get cleaned up and get my kids back. It just seemed so hopeless that gave me an excuse to do even more. December 1st they came to my house and arrested me. I convinced them to put me on house arrest and when they were at my house setting up my ankle bracelet a DEA agent came in, went right to our 'hiding spot', and I was sent back to jail an hour later.

I knew that time I was going to prison. I wanted to go to prison so bad, because jail is awful. I was sentenced to the women's prison for 18 months. That was the first time in my life that I had time to figure me out. There are counselors, case workers, all kinds of people to help.

While in prison I got served with an A Felony and AA Felony. I thought I was never getting out. My mom hired an attorney and he was able to work out an 18 month sentence with five years probation. I went to Jamestown for treatment after a year in prison. I had heard horror stories about that place, but it was the best thing ever. They don't focus on drugs, they focus on why you used them in the first place. It makes you realize all the things in your life that caused you to use. My counselor was a real tough love lady. I was there four months.

I had called a friend, Dave, a couple weeks before I got out of treatment. He told me he had cleaned up and I was so excited because I was wondering who I was going to talk to when I got out. I had already called my husband and told him he was going to have to get cleaned up, too. I had to stay away from that environment. I found out he was in a relationship with someone else and we separated. I got paroled, but didn't have a place to go. I was finally able to get paroled to my mom's house.

I had taken Parenting and Cognitive Thinking classes in prison and did twelve weeks of after care when I got out, which was March 15, 2010. I eventually ended up staying with Dave at his trailer, just as friends, and the kids would start coming to stay with me one night a week, and some weekends. Dave and I eventually fell in love, bought a house in October and after a year I filed for custody.

I finally got legal custody in April of 2012, but they had been living with me for a year already. They both go to counseling. I will tell them anything if they ask. I want them to know that if you use drugs, this is what happens to you. While you are using, you are not only doing awful things to your family, you are doing awful things to your body. I have to get dentures because my teeth rotted out. I have hepatitis C from needle usage.

In the meantime I had gotten a divorce and became pregnant. Dave and I are getting married October 5th. This is the first time in my life I have been happy. Obviously I will always be an addict, but I will never use again.

When I was really, really sick I would pray that God would just make it go away and make me not want to use drugs. Nothing ever seemed to happen. I remember November 30th, the night before I got arrested, I remember praying and crying for it all to go away. I know God answers prayer, just not always how you want at the time.

Every time I thought it couldn't get any worse, it got worse. I don't know if having my kids taken away was the lowest point or the horrible things I did to the people I love...what I put my kids through, what I put my family through. That was probably the worst.

If you don't have support when you get out, you are destined to use again. Too many people get out and go back to the same environment they left.

I am really happy things worked out the way they did, but when I think about what my kids went through, that is absolutely heartbreaking. When I first got out, I could not even really look at them without crying. They live a good life now and I really feel they are the survivors, not me.

On December 1st of this year, Becca will celebrate five years of being clean and sober.

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Paula Haider

Surviving Physical and Emotional Pain

Her story...

My journey through the shadow of the valley of death began in 2006. I had acid reflux for 20 years but it had gotten severe. I could not eat solids, so I existed on protein shakes. I would be walking the floors all night and vomiting, which caused me to be weak and dehydrated.

My husband Tom and I had started our business in 2004 (Haider Glass Specialties). My illness caused me to miss work a lot. The burden was great for Tom as he had to carry on. We didn't want to lose public confidence in our business so we didn't let on that I was sick. We would say I was unavailable for the moment.

I started vomiting blood in the spring. I had tests done and they found a mass in my stomach. I was urged to have surgery right away. My daughter was getting married in August and I was not going to let anything ruin that for her, so I kept this news a secret. On July 4th my stomach was so bad, I thought I would die that day. How can I get through this? Courtney was married August 4th and I told my husband after the reception that I had to have surgery August 8th. I had the mass removed and the doctor said he had never seen anything like it. My stomach was filled with grape-like clusters. The next day I had a Nissen Fundoplication, which wraps the stomach around the esophagus to prevent acid from rising. I awoke from that surgery with unbearable pain. I asked for more pain medication and was told the amount given should be enough for my pain. It didn't even dull it.

This unendurable pain lasted three years. I couldn't sleep, eat or function.



Paula with her granddaughter and holding a pencil drawing of the "Breath of Heaven."

Shortly after surgery, everything I ate or drank went right through me, sometimes to the extent of incontinence. I worked whenever I could. On good days, I would try to make up for what I had missed. Our daughter, Courtney, was running the office and she and Tom carried a heavy burden. So very much to do at work, 10-12+ hour days. They worried about me, but they had to keep the company going. Our son was working out of state at the time and I didn't want him to know the extent of what I was going through.

During this time I had many tests to try and find what could be causing

this pain, to no avail. I did whatever I could to help the pain. Pain medication, alcohol, Benadryl, and Ambien to help me sleep but nothing took the pain away. Remember, everything went right through me. This was good and bad. The bad was that I didn't get any pain relief but the good was that nothing stayed in me long enough to cause addiction.

We work in the construction business and I am the creative half of our team. My job entails going out to construction sites and designing projects. Many times this is out of town or in areas that did not have public restrooms. I started

having panic attacks worrying that I may have an accident while with a customer on a job site. These became severe. From the fall of 2008 to spring of 2009 I was mostly house bound. I made an appointment to council with my minister. I knew that if this pain was going to last the rest of my life I had to learn to accept it, even be thankful for it somehow. He asked if I felt close to God. I said, 'Satan tells me every moment that I am a burden to my family and they would be so much better without me.' I didn't feel suicidal but I could see my family without me. Looking back I see one set of footprints in the sand. Jesus carried me through. He carries me now.

We are very active in the Bismarck-Mandan Homebuilder's Association. While on the 50th Anniversary committee I became friends with Bonnie Gerhardt. She quickly realized something was not right with me and made it her personal goal to help get me better.

My daughter Courtney was pregnant and due to have her baby in August of 2009. She carried so much worry with her: the business, how was she going to go on maternity leave, would I live to see her baby born? Bonnie called Courtney everyday to comfort and support her. She researched for any means to help me get better. Bonnie spent Easter that year with family and friends. One of those friends was Dr. Gordon Leingang. She shared my story with him and he suggested I see a new GI doctor in town, so I did. He ran tests and said I needed extensive reconstruction surgery on my stomach. This was eight weeks before Courtney was due to have her baby. I had the surgery, woke up and there was surgical pain, but THE PAIN was gone. I was told the Vegas nerve had been pinched and was causing the severe pain. I was in the hospital for 10 days and went home feeling good. A couple of weeks later Courtney was having her baby shower. I woke up that day in severe pain. I couldn't take a breath. I couldn't miss this special moment for my daughter. I went to the shower and after went to the ER. The pain was from fluid on my heart and lungs. I was in the hospital another 10 days. I got out just days before my granddaughter was born. Courtney was going to have a c-section and had shared that she may not be the first one to hold the baby. I assured her that she would be. When the time came for Courtney and Kennedy to be brought into her room Courtney kept asking me to pick up the baby. I said she should hold her first. Courtney said, "Pick her up mom". I picked up this gift from God and held her up to my face. She breathed out and I breathed in, the Breath of Heaven. I had renewed strength, the Holy Spirit filled each cell of my body. I knew in that instant I was healed. My favorite son-in-law caught the moment in a picture and Courtney had it recreated in a pencil drawing for Mother's Day this year.

I still have some of the issues I dealt with and I still have panic attacks whenever those issues arise, thinking, 'oh dear, it's all back again.' But, I know that I have been healed. The journey was long, the pain was intense. But, I learned that suffering builds character, character brings hope, hope leads us to God. I don't see myself as a survivor; I have gone from surviving to thriving. I can do all things through Christ, who strengthens me.



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Jessica Cottingham and Amanda Haseleu

Surviving Their Mother's Suicide

Jessica and Amanda's mother ran a successful insurance business in Underwood, Washburn and Bismarck for many years. After her suicide they took the bull by the horns and have continued their mother's legacy in growing the company significantly over the past six years.

Their story...

A: The absolute worst part was when I got a call from a friend at our state insurance organization. He had gotten a call from the Insurance Department when my mom didn't show up after they called her at home and said to come to Bismarck. This was on a Saturday morning. Jessica was in Bismarck, our dad was at work. I was doing yard work with my fiancé, Wade. It was a beautiful day for March, sunny and 70.

I started frantically calling her. I checked the house, her office, you try to convince yourself...I thought maybe she was driving around, or even jumped a plane... I knew she wouldn't do that, it was just wishful thinking at that point. Jessica drove up, my dad came home from work and we went to the office to try and find something that would tell us where she was.

I don't know how you explain it, I think we all knew, as soon as they said they couldn't find her. Then we went to mom and dad's house and just sat, staring at each other. When three cops show up, including the sheriff, you know they're not bringing good news.

J: It was the longest day ever. One of the hardest things to cope with was, every weekend our family was together. I had lived in Bismarck and I would still go up (to Underwood), we would go to the farm, the office or the cabin – we were always working on some project together. That day everyone was split up. What were the chances?

A: Why she didn't go back to the few customers involved and swallow her pride, we don't know. She couldn't admit she couldn't do something. If you knew my mom, she did not fail. When she put her mind to do something, she did it. To put it in perspective, the business has grown, but there are four of us doing what she was doing. It was not uncommon for her to work all night.

You think of a million reasons and the only thing it comes down to is, I don't think she could face the embarrassment and she wanted to protect us.



Wade, Evan, Amanda, Owen & Jessica

J: I think certain people kept wanting to make it bigger than it was, so they kept running the same story over and over, and a lot of it was not accurate information. It was very hard to see. We were told we were too young to run the business and we should hire an older man to be the face of the business. We said, 'No, we can do this.'

A: We did not ever think about quitting. We thought about what we would do if we were forced into it. So, we thought about what if, but did we ever think about closing down?

J: No, that's not how we were raised. We just took the bull by the horns. They would not let us (the daughters) back into the office for about two weeks. That was horrible. My mom started the business, from scratch, in 1990. I was ten, Amanda was six. We were raised there. Every Saturday we were there filing, taking out garbage. We would work, then get a pizza party. It was where our family congregated, it was what we did. So to be going through all of this stuff and we can't even walk back in. Wade (who works at the agency, too) took a huge brunt of it and we have great, great employees and it was all handled so we could get things rolling again when we could finally get back in.

Talk about the whole healing process, what would we have done without the office? That is something I feel bad for others trying to heal who have too much time on their hands, too much time to think. We would literally go in at 7 and some nights I would get home and watch the news at 10. It was just work, keeping busy, to help me out of that funk.



The Haseleu boys. Their laughs are a huge part of the healing process.

A: That is my best advice to anyone that is going through a hard time is to keep busy and productive, a good busy. You have to sort your thoughts eventually, but we had the agency to run and I had a wedding to plan. I think sometimes

people do non-productive things to keep themselves busy and get into trouble.

J: We lost clients right away, a small amount. But we had so many good customers say, 'we respected your mom, we respect you. You're good people.' People were so kind and helpful.

I still have customers cry at my desk. Amanda is the spitting image of mom, so some people think they've seen a ghost.

A: I leaned on Wade, but between Jessica, my dad and me I think we were all so focused on keeping each other going. It was kind of like, 'I'm hurting, but not as much as she is, so I am going to keep her up,' and I think we were all thinking the same thing. If any of us were willing to admit that we individually weren't ok, things could have been much different. Stubbornness does have its place.

J: I had an apartment in Bismarck, but I lived with Dad for awhile. It was August 1st when I finally moved back to Bismarck. I just kept telling myself I didn't want to leave him alone, but I also didn't want to be alone. That was hard on our relationship because we were in each others space and weren't used to it. We were just trying to save each other. I also remember not knowing what month it was. I think God puts you in a fog for a reason. He brings your head around when you're ready. You have to realize life goes on.

A: Wade and I had just gotten engaged the end of February, we ran to the office to tell my mom. To have such a huge thing happen right then. I remember saying to him, 'If you don't want to marry me any more you don't have to.' He did not want to hear any of it.

J: The hardest thing to deal with is when people start questioning me about what happened and I get it a lot because my last name is Cottingham.

A: And I get it in a different way, people think they are talking to a random person and are not always as kind.

J: It does not happen as much any more, but the first year or two people would ask the most blunt questions. Even the first few weeks...

A: 'Are you telling the whole story? Well then why did she do it?' There is always that group of people looking for a bigger story. You just have to remember there are way more good people out there and try to focus on that.

J: They are insensitive questions to ask someone who has just lost a loved one.

A: But then there was the outpouring from a lot of other agents, community people, classmates and teachers, people we didn't even know. It made us realize how much just telling someone you're thinking about them makes a difference. We have both tried to do better at sending a card, giving a call, just remembering people and letting them know they are important to you.

J: I have a really good support system. I have a lot of friends that have lost parents, too. They knew the right things to say. But, we felt our situation was different and it wasn't until about a year ago when we could actually say, 'our mom committed suicide.'

A: It took me a long time to realize that Wade lost someone important too. I think it is hard for a lot of people at the agency when we can't share our successes with her.

One thing that has really bothered me lately, I don't know why people don't talk about things more openly. I had a miscarriage and I told a few people and found most people I told had been there before, but it's supposed to be kept quiet. Suicide is the same way. We could have a better support system in so many things if people would be honest that they aren't perfect and use their experiences to help support others. I don't know how someone goes through it alone. You have to find someone to lean on. Friends are good, churches are good. You have to let people help you.

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Mental Health and Women

by Susan Rae Helgeland, MS



It seems the favorite topics for optimum health are exercise and diet. What about taking special care of a very important part of our body, our brain and our emotional well-being? People who know me have heard me say this many times, "The brain is part of the body too!" Paying attention to our thoughts and feelings are as important as exercise and diet for good overall health.

I am Susan Rae Helgeland, Executive Director of Mental Health America of North Dakota (MHAND). I have been an advocate for 49 years to eradicate the stigma or discrimination that surrounds the issue of mental illness. It troubles me that there is still more work to be done. Unfortunately stigma is still preventing some of us from even talking about our mental health. Let's get it out in the open and, more importantly, let's get help when our state of mind and lack of emotional wellbeing interferes with our lives!

Stress is a part of life, it is all around us. Dealing with it successfully is necessary for adaption and growth. Stress is a contributing factor in 80% of major illness. Heart disease is the number one killer of women and chronic stress can actually double the risk of a heart attack.

Only now are we beginning to understand the contribution of various biological and psychosocial factors

to mental health and mental illness in both women and men. Today's research efforts are helping to clarify the risk and protective factors for mental disorders in women and to improve women's mental health treatment outcomes. Researchers are currently studying the special problems of treatment for serious mental illness during pregnancy and the postpartum period. These important studies on women's health have grown substantially in the last 20 years.

Depression is the second leading cause of disability and is twice as common for women than men. Depression is not only the most common women's mental health problem but may be more persistent in women than men. More research is needed. Depressive disorders include major depression, dysthymic disorder (a less severe but more chronic form of depression), and bipolar disorder (manic-depressive illness).

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Research shows that before adolescence and late in life, females and males experience depression at about the same frequency. Because the gender difference in depression is not seen until after puberty and decreases after menopause, scientists hypothesize that hormonal factors are involved in women's greater vulnerability. Stress due to psychosocial factors, such as multiple roles in the home and at work and the increased likelihood of women to be poor, at risk for violence and abuse, and raising children alone, also play a role in the development of depression.

Signs of depression are the following: persistent feelings of sadness or anxiety; loss of interest or pleasure in usual activities and withdrawal; insomnia or oversleeping; trouble concentrating/making decisions; persistent negative view of yourself; loss of energy or increased fatigue; thoughts of death, dying or suicide.

Postpartum depression is a serious disorder where the hormonal chang-

es following childbirth, combined with psychosocial stresses such as sleep deprivation, may produce a disabling effect among some women with an apparent underlying vulnerability. Currently national research is evaluating the use of antidepressant medication and psychosocial interventions following delivery to prevent postpartum depression in women with a history of this disorder.

Anxiety may accompany depression. Anxiety disorders, which include panic disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), phobias, and generalized anxiety disorder, affect an estimated 13.3 percent of Americans ages 18 to 54 in a given year, or about 19.1 million adults in this age group. Women outnumber men in each illness category except for OCD and social phobia, in which both sexes have an equal likelihood of being affected.

Here are some things you can do if you feel that your state of mind is interfering with your life. Go to

www.mhand.org and participate in a screening for depression. Talk with your primary care provider. A comprehensive physical exam including a thyroid test is important. Also, check with your physician on possible combinations of medications that can contribute to either anxiety or depressive disorders. If needed, look for a behavioral health provider.

If you had chest pain, you would look into it right away. Emotional pain needs to be treated in the same way. And remember, depression can be fatal. If you are experiencing thoughts of suicide, call the 24 Hour Life Line: 1-800-273-8255. In ND you can call 2-1-1 for information and referrals. Check out www.mhand.org for information on regional recovery centers and peer support programs available in ND.

Pay attention to your emotional well-being. Go to www.liveyourlifewell.com for 10 best practice tools that offer ways to deal with stress and boost your well-being.

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On Top of Her Game in Western North Dakota

by Jessie Veeder

Jodie McDougall wears her hair in two blonde braids. Her face is sun kissed and golden under the warm sun that finally found its way to Western North Dakota. After meeting this energetic woman with a wide smile you can't help but wonder if Jodie might have just brought that sun with her.

It would make sense, considering she has just returned to Watford City from her previous home in Florida. Today is her day to relax, recharge and get ready for a six-days-a-week, grueling job that puts her behind the wheel of a tanker hauling fresh water to oil sites along the busy highways and back roads of Western North Dakota.

"I'm an adrenaline junkie, but sometimes this job is a little too much adrenaline for me," Jodie laughs as she tries to explain her work and what it's like to navigate an eight ton truck along two lane highways and dusty

gravel roads in unpredictable weather conditions.

"At the end of the day you feel tired from getting beat up on the roads. It can be punishing," she said.

It's this reality of the job that makes the time Jodie spends away from her truck so crucial. She focuses on getting enough sleep, eating well, exercising and catching up on laundry and groceries so that she can be at the top of her game for her next shift.

And her days start early, with a 6 a.m. meeting with dispatch to determine her route, a pre-trip equipment safety inspection and hours of driving back and forth from fresh water and fracking sites where she fills up and unloads her tanker and continually checks up on her equipment to keep an eye on how it's holding up against the elements.

"You have to be on top of your game and paying attention at all times...you have to be safe out here," Jodie reiter-

ates. "I can't imagine doing any harm to anyone."

Safety in oil country is the law, practiced and preached by true professionals, and Jodie didn't come to Western North Dakota green. She started her truck-driving career in Florida in 1989 after selling her landscaping business and earning her CDL by learning on the job.

And Jodie's work as a professional driver has been diverse. In her position at Yowell Transportation, a freight transport business that operates in 48 states, Jodie was involved in the space shuttle project where she drove an escort vehicle for over-dimensional and hazardous material and hauled shuttle parts, explosives, jet simulators and tomahawk missile parts.

Jodie has also worked as a local tractor-trailer driver, a tour bus driver, transporting entertainers like Pat Benatar across the country and, before



making her move to North Dakota, as a military vehicle operation driver for an Air Force base for seven years.

Her occupation has taken her all over the country and in major cities along each coast, but Jodie's not afraid to admit that her work in Western North Dakota has been her most challenging.

Before taking her current position at Power Fuels, a trucking company with headquarters in Watford City, Jodie had never driven a truck off major highways and had never been in a situation where she had to "chain up." But with the support of her employer and coworkers she says she's getting the hang of it.

"I talk to my friends at home and I tell them they wouldn't believe it out here. The percentage of traffic that's big trucks and pickups is mind-boggling," exclaims Jodie.

The conditions might have been news to her friends, but it wasn't news to Jodie. She had her finger on the pulse of what was happening in the North Dakota oil fields for several years, following the progress and checking in with a friend who was trucking in the area.

When Jodie was laid off of her job with the Air Force, she booked a flight out of Florida, stepped off the plane in North Dakota in the middle of January and thought, "Well, I'm sick of the hot. I'm ready for an adventure."

After her visit, Jodie went back to Florida to lock up her house and find a friend to watch her dogs and returned to the oil patch with the kind of excitement and anticipation that comes with being a pioneer.

"I thought I would take a leap and come on out and be a part of it," said

Jodie. "I think it takes a certain amount of character to do something like this. It was a big plunge for me."

But it's a plunge she's proud of and the grit and fortitude that helped her take the leap is what keeps her head up and her blood pumping while she navigates the gravel roads, singing along to AC/DC, ZZ Top and Monty Python in the cab of her truck from sun up to sun down.

During her time off the road Jodie lives in an apartment complex that was built by Power Fuels to house their employees. She takes a Zumba class at the local wellness center and spends time with friends.

"I've made friends with other female truck drivers," said Jodie. "We can identify and relate with one another and what we're experiencing. It's nice to know that someone else is going through the same things."

But ask Jodie what it's like to be a female in a male dominated profession and she will sit for a moment with that question, mulling it over in her mind as if it hadn't really occurred to her. She grew up helping her father who was a diesel mechanic and has always worked in professions typically held by men and, well, she just feels comfortable here.

And Jodie, who grew up in a small town, is comfortable in her new community as well. She attributes the welcoming environment and friendly, helpful qualities of the people to the pioneering spirit of the area, a mentality she's proud to be a part of.

"The people who initially came to this area came to make a change, to start over. It's what I've done and what the people I work with have done," said

Jodie. "I think there's a camaraderie that comes with braving the harsh conditions together. You help your neighbor and they will help you down the road."

It's that kind of spirit that drives a large population of people like Jodie to leave the familiar – their homes and communities and often times their families – in the name of a paycheck.

"I guess it's a statement about what's going on with the economy. There just isn't work," said Jodie after revealing that the best way to fight feeling lonesome for home is to detach herself by focusing on her work, her health and her new community.

It's why Jodie would eventually like to start a charity called "Recycle Bears" to help give back to a community she feels is being stretched. "Recycle Bears" would collect gently used teddy bears to be hand delivered to nursing homes, children in hospitals and people in need.

"I want to do something to bring smiles to faces," said Jodie.

But it will have to wait. Tomorrow she starts another shift and she needs to run to the grocery store to stock up on lunches for the week ahead, finish up laundry and get to bed early.

Tomorrow is another day under the North Dakota sun and Jodie needs to be on the top of her game.



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



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Derby Day

The Bismarck Arts and Galleries Association held a Kentucky Derby Party at the home of Susy Conley Kontos. Party-goers were treated to valet parking, mint juleps and delectable hors d'oeuvres.



Gorgeous hats were everywhere!





IW sneaked into the master suite to check out this inviting sitting room and master bath.





Capture Life

Easy tips and tricks to help you photograph what matters!

by Nicole Elliott

Capture the Joy

Summer is a time of growth, color and new beginnings. Everyone is itching to get outside and experience the season. Most of all - our KIDS! This is going to be a great photo opportunity for you, so grab your camera and let's go.

Learn some new tips and tricks to help you photograph your children this summer!

#1 - Look for a nice big shade spot!

You can go out to any place that's uncrowded and has lots of open space, just make sure to shoot in a spot that has some nice shade so you don't get weird shadows all over the faces. Set your camera to the "face" setting. This will give you a nice low aperture so the background will be nice and blurry.



#2 - Let your kids be kids!

So often we try to make our kids sit and smile and look at the camera. This method can be frustrating for both you and your children. Instead, stop fighting it and let your kids be wild and crazy! Capture their personality, capture their laughs and everything in between. Remember, when you look back to these shots years later, it will bring a smile to your face and you'll remember how fun it was to be a kid.

This summer, as your children go out and have fun in the sun – grab your camera take some pics –



Capture Life!

Nicole Elliott is the owner of Studio Elliott.



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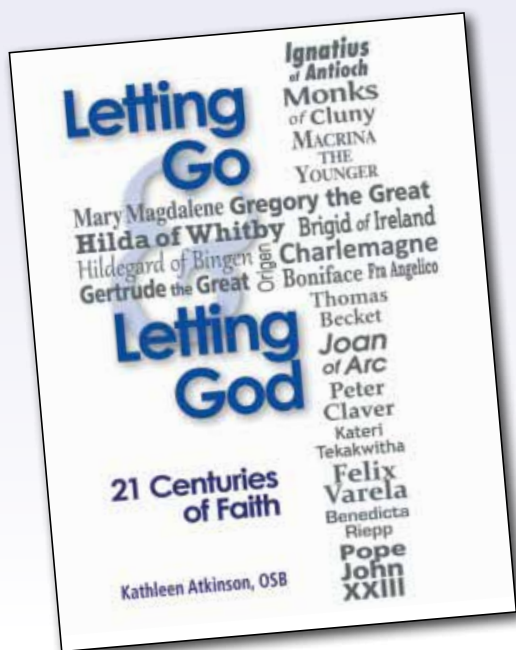
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Letting Go and Letting God

by Kathleen Atkinson, OSB

If it is true that “If you want to hear God laugh, tell God your plans,” then there’s been much laughter reverberating both in the heavenly fields and here on earth over the past several years. The recent release of my second book, *Letting Go & Letting God: 21 Centuries of Faith* is one more occasion for God and me to share delight in the unfolding of life.

I have written numerous columns and articles of a reflective nature, but three years ago someone sent a copy of *Tidings*, our Annunciation Monastery newsletter, to an acquisitions editor at Liguori Publications in St Louis, MO. She asked me to write an article for their national magazine about my ministry with people on the margins. The response to the article was positive and Liguori extended an invitation to me for a book proposal. Knowing next to nothing about the process, I danced right into it with intrigue and curiosity.

Amidst sandbags, National Guard trucks, and assorted flood preparations in the summer of 2011, I met with an editor who came to Bismarck. We talked about my various opportunities to serve the poor locally and abroad; my passion for the marginalized among us; my gratitude for family and my Benedictine community. Our conversations brought us to the topic of my first book, *God Is Always There: Psalms for Every Moment*. Over the next three months,

a table of contents was developed and a style which integrated reflection, prayer, and invitation to action was created. I submitted a sample chapter to the executive board of the publishing company in September and was offered a contract for a book to be written by December.

The writing process was reminiscent of graduate school and the research/writing for my doctoral dissertation. There were times I could barely hold back the energy with which the thoughts and phrases flowed into the computer. Likewise there were agonizing moments in which I sat frozen; terrified that I had nothing to say and deadlines by which I would have to find it. The December 8th manuscript deadline was met and I thought I was finished with ‘writing a book.’ Not quite – the copy editors, design artists and marketing departments all began to seek information. With the June 2012 release of *God Is Always There: Psalms for Every Moment*, I began a series of interviews, speaking engagements and – much to my delight – book signings. These have given me an opportunity to meet the people for whom I write and hear their inspirational stories. The response of readers also prompted Liguori’s request for a second book and the cycle began again.

In May 2013, Liguori Publications released *Letting Go & Letting God: 21 Centuries of Faith*. I continue to believe that the central theme of living is to know God’s presence in every moment; throughout our individual lives and throughout the long tradition of history. God is constant and each of us is simply lifted up in our own unique time and place. This is both freeing (I’m not responsible for EVERYTHING) and

challenging (I am called to live boldly IN MY MOMENT).

For this second book, I had chosen one person from each century who sought to live faithfully and allow God to work through them in their particular circumstances. Some of them, like Thomas Becket, lived at crucial times in the history of the Church and the world. Their impact was immediate and their names well known. Others, like Kateri Tekakwitha, lived virtually unremarkable lives, anonymous at the time but still faithfully walking the Christian journey day by day. Mystics such as Hildegard of Bingen and Gertrude the Great are enjoying renewed interest in modern times; statesmen like Charlemagne and Felix Verela are traditional inclusions in our history books. Regardless of exact cultures and historical contexts, each one offers us the encouragement to personally let go and let God work in this, our 21st century.

I sought to balance male and female personalities, various ethnicities and economic backgrounds, people who were actively involved in the world around them and those who were inner travelers from their monastic cell. By writing this book, I was not seeking to write extensive biographies, but to highlight moments in their lives that offer challenge and support for us in ours. Each chapter begins with a sketch and poetic illumination of the individual; sometimes there is a direct quote from them. I then include a short biography, reflection on their message for us, prayer, and questions which a person could use individually or with a group.

People are intrigued at who is chosen from each century and I hope it spurs them on to look for their own people of

inspiration from our tradition. Often, I am asked who I chose for the 21st century and this is my favorite century to answer:

"I chose you. And me. It's our turn...."

The men and women in the book lived exciting and worthwhile lives; we are invited to do the same. They experienced disappointment in themselves, in their leaders, and even in their closest friends; we will, too. They experienced fear and love and courage and confusion. If we are to answer the call in our century, we likewise will need to let go of all that holds us back and trust that God will be there to catch us.

Twenty-one centuries of faith teaches us that it is God's faithfulness, not ours, that really matters.

A book signing is scheduled for the Rainbow Shop, 551 South 7th, Bismarck, from 5 to 7 pm on Friday, June 14. Both books are available at local bookstores, Amazon, or other online bookstores.



Kathleen Atkinson, OSB, is a Benedictine Sister from Annunciation Monastery in Bismarck, ND. A lifetime resident

of Bismarck, she is currently engaged in speaking, writing, and a "Ministry on the Margins" with at-risk youth, state penitentiary inmates, and other people who are God's anawim among us.

Excerpt from Letting Go & Letting God. 21 Centuries of Faith. Liguori Publications. 2013.

AT LEISURE FOR LOVE Gertrude the Great 1256-1302

When we expect to touch or capture something beyond the limits of our ordinary reach and radius, we automatically extend our grasp by standing on tiptoe. Standing on tiptoe entails risk – the possibility of not attaining our aims. It requires having a good sense of balance and equilibrium if attempted for any length of time. When children stand on tiptoe, they quickly begin to skip, for it is a joyful, liberating dance step.

St. Gertrud, a late thirteenth-century mystic, challenges us to 'stand on tiptoe of expectation' and discern what new ventures may be within our reach in our own time. Her uniquely feminine approach to God calls us to reach for the expansiveness in God-naming and God-imagery that is revealed in Holy Scripture. Through a profusion of imagery – scriptural, catholic, and lovingly bold – she shows us how to pray and to minister to others in forms which transcend sexist, temporal, spatial limits. Her contemplative vision, borne of seeing and loving with the heart of Christ, is the fruit of her love of learning and her ever-impelling yearning to see God face to face.

It has been said that what distinguishes Gertrud from other mystics is her conscious and joyous celebration of her womanhood in Christ. This inner liberation defied the gender constrictions of her time; we are invited, male and female, to be free of the constrictions of ours. Maybe the invitation of all days is to let the prophetic Word of God form and free us; to not only be "alert" to the signs of the times but "aroused" as was Gertrud by the God of Passionate Love to reach upward, outward, and deep within.

For Reflection

- When and where do you take the leisure to be available to God's love?
- Write a love letter to God, expressing your dreams for the future, gratitude for the past, and inner experience of the present.
- There are hundreds of images and names for God in the Bible. Make a list of the ways you have addressed God over the years; what does this teach you about the nature of your relationship?

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Successful Treatments for Incontinence

by Kylie Blanchard

Incontinence impacts people of all ages and many suffer in silence, believing the symptoms are a permanent part of their lives. “Incontinence affects women and men, as well as children,” says Melanie Schlittenhardt, nurse practitioner at the Mid Dakota Clinic Center for Women. “Incontinence is the inability to control bladder or bowel contents. Bladder loss, also referred to as urinary incontinence, is very common. Most studies report that 25 to 45 percent of women experience urine loss. In addition, some sources report that 15 percent of women leak stool.”

“Some people think urine or fecal loss is a normal part of aging and there is little to offer for treatment, but there have been a lot of advancements,” she adds.

There are many causes of bladder and bowel incontinence including neurological conditions, injuries, genetics, pregnancy and childbirth. A majority of the time, however, incontinence is idiopathic or without an identifiable cause. “Traditionally we start with Kegel exercises and bio-feedback treatments and, dependent on the type of incontinence, we may also use medication or surgical repair,” Schlittenhardt notes.

There are different experiences and types of urinary incontinence, including stress incontinence, marked by the loss of urine with exertion, and urge incontinence, which is urine loss secondary to an urge. “If other treatments have failed or if the patient is intolerant

of the treatments, we can now use an implantable device called InterStim®, which is often called a pacemaker for the bladder,” she says.

InterStim® targets the communication between the brain and the nerves that control the bladder and helps patients regain control of their lives. “We have been offering the treatment for five years for urge incontinence, urinary frequency, fecal incontinence and incomplete bladder emptying. We have tested 100 women for the treatment and implanted 85 devices,” Schlittenhardt says.

She notes, although incontinence is not life threatening, it has significant impacts on a person’s quality of life. “Incontinence increases the rate of depression, it is a financial burden, often costing individuals up to \$3,500 a year for protective undergarments, and it affects activities of daily living and intimate relationships. It often takes women seven years to ask for help from a provider,” says Schlittenhardt. “This deserves treatment and we can offer hope and improve the lives of many people.”

Darlene Danielson, 72, lived with the symptoms of incontinence for many years. “As I got older it got worse. I tried every medication that was available and did all the exercises and therapies,” she says. “I was just hoping it was working and I started to think, ‘this is as good as

it is going to get.’ The longest I could hold my urge was 30 seconds, and that was never long enough to get to the bathroom. I had many embarrassing moments.”

Danielson was using the bathroom up to 15 times a day and getting up two to three times each night, as well as leaking frequently. “I tried changing what I was eating and drinking and I always had a change of clothes on hand.”

In the spring of 2007, she was told about the InterStim® device. “I said ‘tell me when and where.’ I just wanted help.”

Danielson had to travel out of the state to have the device implanted in April 2007. “It changed my life and I would do it again in a heartbeat,” she says. “I no longer have to look where the bathroom is when I go places. I was always living around my bladder and I no longer have those issues.”

Danielson is now a patient ambassador for Medtronic, the company that created the InterStim® device, and has talked to over 300 people about the device and its impact. “A lot more people have this problem than we realize,” she says. “I want them to know they don’t have to live like that.”

Roberta Brown, 52, says her earliest memory of experiencing incontinence symptoms was when she was nine-years-old. The symptoms led to feelings

of depression and hopelessness. "I felt like there wasn't really anything I could do about it," she says.

In 1997, she began a series of medications, therapies and Kegel exercises, and, in 2009, after moving to Bismarck, she was referred to the Center for Women. "The staff was so understanding and approachable, which made a big difference dealing with something I didn't want to talk about. They gave me some options to try and I said I would go with any treatment they suggested."

Brown was told she was a candidate for the InterStim® implant and she opted for the device. "It changed every aspect of my life – my personal life, my work, everything," she says. "I don't have the depression or the embarrassment, and I am able to do a lot of things I couldn't before."

Brown says she would recommend the InterStim® treatment to anyone who is experiencing the symptoms of incontinence. "It is something they definitely need to consider. I would tell them it will just make a world of difference," she notes. "It's like you are able to

start living again. It's a wonderful feeling to have control again over an area of your life that you haven't had control of for so long."

Marcy Alyea, 36, gave birth to her second daughter in the spring of 2004 and began experience symptoms of incontinence in the following months. "At first, I thought I just had to pee all the time, but it got to the point where there was constant leaking and irritation," she says. "That's when I thought, 'I need to get this checked out.'"

Alyea's first course of treatment was a bladder sling, done through a surgical procedure, followed by incontinence medications, but she was met with minimal results.

She says she got to the point where she was constantly looking for a bathroom. "We had tickets to go to a concert and I didn't even want to go. I avoided everything because I always had to go to the bathroom."

"I was so young and thought, 'this can't be incontinence. It will get better.' But it doesn't get better," she adds.

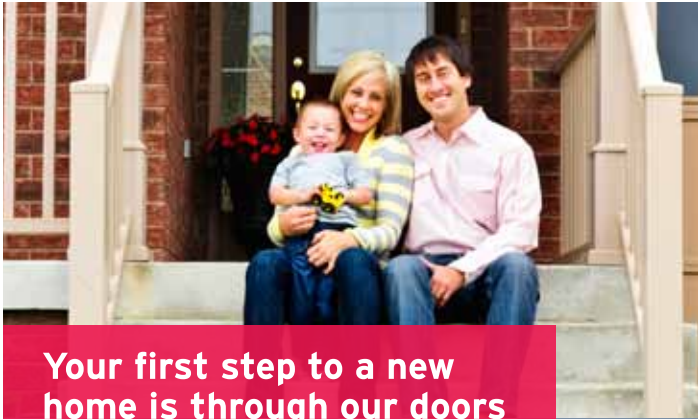
In December 2010, Alyea received the InterStim® implant. "Incontinence literally affected my life so much and I didn't even realize it until I got the InterStim® device. It was a life saver," she says.

She says it is important individuals experiencing the symptoms of incontinence contact their doctor. "If you are experiencing any of the symptoms you know it's irritating, it makes your life uncomfortable," says Alyea. "It's frustrating and depressing, and it's not a way to live."

For additional information on the InterStim® device and the treatment of incontinence contact Continence Management at Mid Dakota Clinic Center for Women at 1-800-472-2113 or 530-6186.




Kylie Blanchard is a local writer.




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A Home Investment Made Simple

Buying or building a home is a big financial investment, but it doesn't have to be a big time investment. Working with a mortgage banker can help make the buying or building process less intimidating and less complicated for future home owners.

A mortgage banker does more than simply loan you money. They are a partner who helps ensure that your needs as a home buyer are covered. For those choosing to build a home, there are some additional requirements and added expenses that typical consumers may not think about. Are you going to have to put in a lawn or install sprinklers? Will your monthly payment go up after property tax exemptions? Or will you have increased special assessments when building in a new development? When home buyers don't prepare for these added expenses, it can lead to financial trouble down the road. An experienced mortgage banker will know various loans options to offer you so that your payment is in line with your budget.

If you're still in the house hunting stage, choose a mortgage banker who will refer you to a Realtor who can help make this process faster and easier. It's also useful to work with a mortgage banker from an organization that offers other services that you need, or will potentially need. Are you going to need home owners insurance? Or a checking/savings account to make automatic mortgage payments? Work with someone who will make sure that no important detail is overlooked and can connect you with the right people to take care of your needs. Your financial business is very personal, so the fewer people who have access to your information, the more peace of mind you'll have that your information is safe.

We know that mortgages can be confusing, and it doesn't help when your

Meet Bismarck-Mandan's Mortgage Banking Expert

Lindsey Matter is a mortgage banking expert at Starion Financial. Ranked in the top 1% of mortgage originators in America in 2012 by Mortgage Executive magazine, she does a large amount of the construction financing in the area.

Lindsey enjoys working at Starion Financial because its dedication to its communities mirrors her own passion for community development. "I love helping people make their dream of owning a home become a reality," she emphasizes. "I'm proud to work for an organization that not only finances my customers' future homes, but helps to finance our community's ongoing development."

A native of Bismarck-Mandan, Lindsey's knowledge of the community is a big advantage to her customers. "I grew up here so I know this area and the different



Lindsey Matter

developments and neighborhoods," says Lindsey. "This has helped me to offer my customers good advice and pointers to help them finance a lot or home to suit their needs."

"Being a mortgage banker is about more than just getting my customers into a new home," Lindsey says. "It's about taking care of their every need, even those they didn't anticipate." Lindsey feels that working at Starion Financial has allowed her to do this with ease because of the variety of services offered under one roof. "I can quickly get a quote for homeowners insurance, or help them set up a savings account so they are prepared to inject money into their escrow account after a possible period of property tax relief has ended," Lindsey says. "I'm able to ensure that my clients get the very best products and services that they desire."

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mortgage banker is using industry jargon that you don't understand. Work with someone who's going to explain things in a way that's easy for you to grasp, and who you feel comfortable approaching with any questions.

For most of us, three very important things in our life are our family, our

money and our home. Selecting the right person to partner with during the home buying process can make what is an overwhelming process more seamless. Choose a mortgage banker who has your best interest in mind, and will be with you from the initial application process through the closing table.

A close-up photograph of a grill with several pieces of food. In the foreground, a large, thick cut of beef (likely a brisket or tri-tip) is being grilled, showing prominent dark, charred grill marks. To its left and right are several red onions, cut in half and threaded onto wooden skewers, also showing grill marks. In the background, there are more pieces of food, including what looks like corn on the cob and possibly more meat. The grill itself is made of dark metal bars, and the overall lighting is warm, emphasizing the textures and colors of the grilled food.

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Bondye Bon by Britney

Personalized sterling silver rings with a mission

Photo Credit: Bethany Platter Photography



During her junior year of college, Bismarck native Britney Daniel felt she was being led to do missions. “I had signed up for a trip to Haiti, but there was a huge cholera outbreak and our school cancelled the trip,” she said. “Ever since then I have wanted to go to Haiti. After graduation I started working full time and decided to do my own research. I found an organization and just went!”

She was in Haiti last August when Hurricane Isaac hit. Her seven day mission trip turned into ten. “That is one of the reasons I want to go back to Haiti,” she said. “The last couple days I was there, I saw the devastation first hand and felt God telling me there was more work to be done.”

She did explore other options for missionary work and went to Swaziland for ten days in December with a group from her church. Daniel has been in Minneapolis since 2007. She went to University of St. Thomas after graduating from Century High School and now works at an advertising agency doing client management.

One of the things that drew Daniel to Haiti was the language and the culture. She studied French and they speak Haitian Creole, which is based on French. “I could actually communicate with the locals which made me feel like I had a bigger impact,” she said.

She explained how her adventure into art began: “At my church there was a sermon one day about letting God use your talent and creativity for his will. At the time I didn’t feel I had anything extraordinary to offer. But one day I was looking up some jewelry classes to take, I have always liked silver message bands. I found a class at Quench Jewelry Arts. I showed up and I was the only student, so I got a private lesson. I told the instructor it would be cool to sell these

to raise money for my mission trip and she jumped on board right away.

Daniel is able to get her materials at cost from the instructor, and ever since she launched her website, on Easter Sunday, she is busy with the orders coming in from her website.

Translated from Haitian Creole, Bondye Bon [Boneday-bone] means “God is good”

To view Britney’s work and order your rings, go to BondyeBon.com or [facebook.com/BondyeBonByBritney](https://www.facebook.com/BondyeBonByBritney)





Save the Dates



Sleepy Hollow Theatre & Arts Park

People attending the Sleepy Hollow Theatre & Arts Park (SHTAP) this year will notice a major change. The 3000 square foot, 50x60' Tom and Frances Leach Foundation Stage has been constructed, which includes the David E. Davis Orchestra Pit, a basement and passarelle. The passarelle is a walkway around the orchestra pit which enables the actors to get very close to the audience.

There are three phases to the project and a fund drive will be formally announced in the near future. The new stage will make mechanics easier for back stage personnel as well as the actors. Another nice touch is plumbing for an actual bathroom and running water to wash hands and paint brushes!

SHTAP is planning a 25th Anniversary night in 2014 with alumni entertainment.

Be sure to add the following dates to your summer schedule!

• **Classes** - Three separate weeks of classes, from June 3rd - 21st, are held at Bismarck High School. Children can explore art, tie dye, mermaid movement, Harry Potter, pirates and more. Deadline for registration was

May 27, but late registration is available at 400.2501. For complete class listing visit shst.org/education.

• **Midsummer Celebration of Light**, Saturday, June 23rd, 3 - 9 pm. This fun event features continuous entertainment including The Gefroh Brothers, excerpts from SHTAP shows, youth projects, continuous entertainment and food vendors and there is no admission charge.

• **The Little Mermaid**, July 8th - 12th / 20th - 26th (both productions may be seen in one weekend). Rising Stars will perform before each Little Mermaid production

• **Les Miserables**, July 13th - 19th / 27th - 31st (both productions may be seen in one weekend)

• **Fairy Tale Theatre**, performing Cinderella throughout the summer at Nursing Homes, Day Care Centers, Parks, etc.

Sleepy Hollow is located at 26th Street and Divide Avenue. Tickets for the productions are available at shstap.org, 866.811.4111, 701.319.0894, Eckroth Music, Satrom Travel & Tour and Subway locations (except Rosser and South Walmart).

THEO Art School 19th Annual Garden Walk

Sunday, July 21st, 11 am - 3 pm

THEO Art School's only fundraiser, the Garden Walk, will be held in the Highland Acres neighborhood this year. THEO's executive director, Lilliana Norby, tripled the attendance last year by making it an actual walk - instead of driving around town looking at gardens, she designed the event around a neighborhood. It was held in the Cathedral District in 2012.

The Suzuki School of Music will provide music, art will be on display at each garden and there will be kid's corner activities for the young ones. The proceeds from the event will help to provide art classes, summer art camps and art supplies for THEO art school participants.

Tickets will be available at all Dan's Supermarket locations, the school's art studios, online at highprairiecomplex.com/theo and at the event. The price is \$10 in advance and \$12 day of the event, children are free. For more information call 222.6452.



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To Register for a workshop or to get more info visit: www.studioelliott.com

Grill'n Time!

Grilled Onion Cheeseburgers

Total Recipe Time: 35 to 40 minutes
Makes 4 servings

1 pound Ground Beef
1 tablespoon chopped fresh thyme
1-1/2 teaspoons minced garlic
1 large white or yellow onion, cut into 1/2-inch thick slices
1 tablespoon vegetable or olive oil
Salt and pepper
4 white or whole wheat hamburger buns or Kaiser rolls, split
3 ounces crumbled or shredded cheese (such as smoked mozzarella, goat cheese, feta, blue cheese)

1. Combine Ground Beef, thyme and garlic in medium bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch thick patties. Brush both sides of onion slices with oil.

2. Place patties in center of grid over medium, ash-covered coals; arrange onion slices around patties. Grill, covered, 8 to 10 (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Grill onions 15 to 20 minutes or until tender, turning occasionally and brushing with oil. (Grilling times for onions remain the same on gas grill.) Season burgers with salt and pepper, as desired.

3. Place 1 burger on bottom of each bun; top evenly with cheese and grilled onions. Close sandwiches.

Cook's Tips: Any type of sliced cheese may also be used to top burgers, including Cheddar, Swiss, provolone and Gouda.

Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

If using 95% lean ground beef, add 1/4 cup soft bread crumbs and 1 egg white to ingredients in step 1.

Nutrition information per serving, using 80% lean Ground Beef: 473 calories; 26 g fat (11 g saturated fat; 11 g monounsaturated fat); 93 mg cholesterol; 568 mg sodium; 26 g carbohydrate; 1.6 g fiber; 31 g protein; 6.4 mg niacin; 0.4 mg vitamin B6; 2.7 mcg vitamin B12; 3.8 mg iron; 30.1 mcg selenium; 6.2 mg zinc.

Nutrition information per serving, using 95% lean Ground Beef: 399 calories; 17 g fat (7 g saturated fat; 7 g monounsaturated fat); 80 mg cholesterol; 592 mg sodium; 27 g carbohydrate; 1.7 g fiber; 33 g protein; 7.2 mg niacin; 0.5 mg vitamin B6; 2.4 mcg vitamin B12; 4.2 mg iron; 32.4 mcg selenium; 6.4 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.



Caribbean Ribeye Steaks with Grilled Pineapple Salad

Total Recipe Time: 25 to 35 minutes
Makes 4 servings

2 beef ribeye steaks, cut 1 inch thick
(about 12 ounces each)
3 tablespoons chopped fresh cilantro, divided
2 teaspoons ground cumin
1/4 to 1/2 teaspoon ground red pepper
4 fresh pineapple slices, cut 1/2 inch thick
1 medium red bell peppers, cut in half lengthwise
1 medium lime
Salt



- 1 Combine 2 tablespoons cilantro, cumin and ground red pepper, as desired; press evenly onto beef steaks.
2. Place steaks on grid over medium, ash-covered coals; arrange pineapple slices and bell pepper halves around steaks. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill pineapple 8 minutes or until heated through, turning once. Grill bell pepper 6 to 8 minutes or until tender, turning occasionally.
3. Meanwhile, grate 2 teaspoons peel and squeeze juice from lime. Set aside.
4. Chop pineapple and bell pepper into 1-inch pieces. Combine remaining 1 tablespoon cilantro, 2 teaspoons lime peel and lime juice in medium bowl; stir in pineapple and

bell pepper. Season with salt, as desired. Carve steaks into slices; season with salt, as desired. Serve with salad.

Cook's Tip: Four to six canned pineapple slices may be substituted for fresh pineapple.

Nutrition information per serving: 219 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 91 mg cholesterol; 64 mg sodium; 11 g carbohydrate; 1.9 g fiber; 29 g protein; 12.2 mg niacin; 0.8 mg vitamin B6; 1.4 mcg vitamin B12; 2.4 mg iron; 35.8 mcg selenium; 5.4 mg zinc; 5.4 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.

Recipes and photos
courtesy of the
ND Beef Commission
and The Beef Checkoff



**North Dakota
Beef Commission**
4023 State Street • Bismarck, ND 58503

Caribbean Beef Burgers with Mango Salsa

Total Recipe Time: 30 minutes
Makes 4 servings

1-1/2 pounds Ground Beef
2 tablespoons Caribbean jerk seasoning
Salt

Mango Salsa:

1 large mango, peeled, coarsely
chopped (about 1 cup)
1 tablespoon chopped fresh cilantro
1 tablespoon chopped green onion
1 tablespoon finely chopped seeded
jalapeño pepper
1 tablespoon fresh lime juice

1. Combine Ground Beef and jerk seasoning in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 14 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt, as desired.
3. Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Serve burgers with salsa.

Cook's Tips: If using 95% Lean Ground Beef, combine Ground Beef with 1/4 cup soft bread crumbs, 1 egg white and ingredients as directed in step 1.

Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

Burgers may be served open-faced on thick slices of Hawaiian or Challah bread, if desired. Toast bread on the grill.

Nutrition information per serving, using 80% lean Ground Beef: 374 calories; 23 g fat (9 g saturated fat; 1 g monounsaturated fat); 116 mg cholesterol; 517 mg sodium; 8 g carbohydrate; 0.8 g fiber; 33 g protein; 6.8 mg niacin; 0.5 mg vitamin B6; 3.5 mcg vitamin B12; 3.3 mg iron; 27.7 mcg selenium; 8 mg zinc.

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, selenium and zinc; and a good source of iron.



Please go to myNDarts.com for more details on these and other events. myNDarts.com is a free website for those listing events and for those looking for something to do. It's North Dakota's guide to Arts and Culture. If you have questions, please contact Eileen at dwac4arts@hotmail.com.

June 2013

BisMarket

Every Tuesday evening (4-7 pm) & Saturday morning (9am-1pm), Farm Fresh Foods | Kid's Stuff | Local Foods | Local Music & Dance | Sertoma Park

June 1

Midnight Noise Orchestra
Fiesta Villa Patio | 21+

Ben Suchy | Laughing Sun Brewing | 21+

Digger's Delight Fundraiser

Quilter's Fabric & Notion Sale | Marillac Manor | Capital Quilters

Sportin' Wood Live on the Patio

The Bistro | 21+

June 3-7

Art Attack Camp | Theo Town Superheros – Comics and Cartooning | Theo Art School

Sleepy Hollow Summer Theatre & Art Classes | Sleepy Hollow Theatre & Arts Park | class list: shst.org

June 4

BSC Free Writing Workshop – Memoir
Bismarck State College

Frog Holler String Band

Laughing Sun Brewing | 21+

June 4-28

Quilter Exhibit, Madonna Guethner Exhibit | Bismarck Art Gallery Association

June 4-25

Wedding Dance Workshop
Northern Plains Dance | Tuesdays only

June 5

Anthony Williams & NU Collective
Laughing Sun Brewing | 21+

June 6

Art Uncorked
Open Session | 21+ | Theo Art School

Powerful Happening (Jazz)

Laughing Sun Brewing | 21+

Open Mic Night

Rhythm, Records & Café

June 7

Rhonda Vincent & the Rage
Cotton Wood Bluegrass Band Opens Belle Mehus Auditorium

Gefroh Brothers Live on the Patio

The Bistro | 21+

June 8

Ben Suchy | Laughing Sun Brewing | 21+

Charlie Horse | Fiesta Villa Patio | 21+

Jay Heinz & Bob Davis Live on the Patio
The Bistro | 21+

June 10

PreSchool Mini Art Camps
Start Date | Check website for details | Theo Art School

Clay Co-op Studio Open House

Theo Art School

BSC Free Writing Workshop – Memoir
Bismarck State College

June 10-14

Sleepy Hollow Summer Theatre & Art Classes | Sleepy Hollow Theatre & Arts Park | class list: shst.org

Art Attack Camp

Cloudy with a Chance of Color | Theo Art School

June 11-13

Tinker Bell's Pixie Dust Dance Camp
Northern Plains Dance

Flower Fairy Camp | Northern Plains Dance

Big Top Circus Dance Camp
Northern Plains Dance

June 11

Frog Holler String Band
Laughing Sun Brewing | 21+

June 12

Anonymous Phenomenon
Laughing Sun Brewing | 21+

June 13

Andra Suchy; Falcon Brothers
Laughing Sun Brewing | 21+

June 13-15

Downtown's Rip Roarin' Ribfest
Downtown Bismarck | Near Civic Center

June 14-15

Mathias Live on the Patio | The Bistro | 21+

Mixed Media Painting Class with Walter Piehl | Bismarck Art Gallery Association

June 15

John Heinrich Quartet
Laughing Sun Brewing | 21+

Harbor Hills | Fiesta Villa Patio | 21+

June 16-29

Northern Plains Dance Experience
Northern Plains Dance

June 17-21

Art Attack Camp | Passport Palooza | Theo Art School

Sleepy Hollow Summer Theatre & Art Classes | Sleepy Hollow Theatre & Arts Park | class list: shst.org

June 17

BSC Free Writing Workshop – Poetry
Bismarck State College

June 17-28

Northern Plains Dance Experience Jr.
Northern Plains Dance

June 18, 25

Kid's Music Days at Custer Park – Free!
North Dakota Songs with KittyKo | Tuesdays at noon | New performances each week | Dakota West Arts Council

June 18-20

Project Tutu | Northern Plains Dance

June 18

Frog Holler String Band
Laughing Sun Brewing | 21+

June 19

Anonymous Phenomenon
Laughing Sun Brewing | 21+

June 19, 26

Brown Bag Lunch Series – Free!
New Performances Each Week | Wednesdays at noon | Dakota West Arts Council | performer list: dakotawestarts.org

June 20-23

Dr. Dolittle | Shade Tree Players | High Prairie Arts & Science Complex

June 20

Open Mic Night | Rhythm, Records & Café

June 21

Something Nu Live on the Patio
The Bistro | 21+

June 21 - July 27

Art in Bloom Exhibit
Bismarck Downtown Art Coop

June 22

Plein Aire Painting Days in Bismarck
Paint Spring Blooms and Lilies, BAGA

June 22

Highway 6 | Fiesta Villa Patio | 21+

The McMahon Brothers Live on the Patio
The Bistro | 21

June 23

Midsummer Celebration of Light
Sleepy Hollow | 3-9 pm

Rosa Del Duca

Laughing Sun Brewing | 8-11 pm | 21+

June 24-25

Painting in the Elementary Classroom with Paul Noot
UND Credit Available | BAGA

June 25

BSC Free Writing Workshop – Fiction | Bismarck State College

Frog Holler String Band

Laughing Sun Brewing | 21+

June 25-27

Be a Ballerina like Angelina
Northern Plains Dance

June 24-28

Art Attack Camp
It's a Jungle Out There! ECO Artventure | Horses of Course! | Theo Art School

June 26

McMahon Brothers
Laughing Sun Brewing | 21+

June 27

Falcon Brothers | Laughing Sun Brewing | 21+

Art Uncorked | Open Session | 21+ Theo Art School

June 27-28

Birds of North Dakota with Sherry Niesar & Paul Noot | UND Credit Available, BAGA

June 27-30

Over the Moon (Musical)
Shade Tree Players | High Prairie Arts & Science Complex

June 28

Gefroh Brothers Live on the Patio
The Bistro | 21+

June 29

Joey Bohlen Live on the Patio
The Bistro | 21+

Arts Roundup & Rendezvous
Dickinson State University

Jimmy McMahon Band

Laughing Sun Brewing | 21+

Black Cat Rumble

Fiesta Villa Patio | 21+

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Bismarck native Patrick Atkinson founded The GOD'S CHILD Project in 1991 to feed the hungry, house the homeless, care for the orphaned, and educate the under-educated. The Project has since grown to be an international charity with operating programs in Guatemala, El Salvador, India, Africa, and right here in North Dakota and the United States...all because of YOU, your love, and your contributions.

Be Part of Something AMAZING This Summer

One person's excess is another person's lifesaver! Join the Project's mid-June collection of clothing, medical gear, and school and personal hygiene supplies to help the poor and abandoned children, mothers, and families assisted by The GOD'S CHILD Project.

Sponsorships of \$1.00 per pound are also needed to load and send a shipping container of these supplies to those who need them the most. Make this a school, church, or club project. \$22,000 dollars is needed to send 22,000 lbs.

Start getting your excess together and watch for this mid-June event.

CLOTHING COLLECTION information and **SPONSOR A POUND** now at GCPStore.com or by calling The GOD'S CHILD Project at 255-7956.

Thursday, June 20th. **SUMMER SOLSTICE**. An exclusive evening of fine food, wine, art and musical entertainment on the University of Mary hillside. Hosted by Senator John and Mikey Hoeven and co-hosted by Monsignor James Shea, Stuart Tracy, General Dave and Connie Sprynczynatyk, Bruce Klootwyk, Michelle Lindblom, Thomas Porter, Pastor Lisa Ahlness, Cliff Naylor and Monica Hannan. All proceeds support the emergency medical efforts of the Atkinson Family Clinics at The GOD'S CHILD Project.

Summer Solstice information and tickets available at GCPStore.com and by calling The GOD'S CHILD Project, 255-7956.

Go swinging one night this July.

The GOD'S CHILD Project **NIGHTTIME GOLF TOURNAMENT** shotgun begins at 7 p.m., Mandan Municipal Golf Course, on Saturday, July 13th. Prizes, Hole Contests, Post-Tournament Feast...all included. Limited to 18 teams. All proceeds support educational programs for homeless children.

Information and sign-up now at GCPStore.com or by calling The GOD'S CHILD Project, 255-7956.

SAVE THE DATE:

Prairie West Golf Course
CHARITY GOLF TOURNAMENT
Noon, Friday August 16th



Stacy Sturm

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