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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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Editor's Notes



Here I am on a YOLO board. My husband thought it would be a good photo for the magazine. Maybe he thought it was inspiring for a nearly 50-year-old lady to paddle around and not fall off! All I know is, I sure had fun.

While putting this issue together, there were more challenges than usual. As the days went by, I wasn't sure how things would come together. But, it all fell into place and you will be inspired by each and every page.

I especially enjoyed Jeff Eslinger's essay on marriage. It's one of those articles that will make you laugh and cry. Thanks, Jeff!

~Be Inspired~ Deb

Some of the biggest challenges in relationships come from the fact that most people enter a relationship in order to get something. They're trying to find someone who's going to make them feel good. In reality, the only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take.

- Anthony Robbins



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Michelle Lindblom

Finding Her Niche

by Deb Seminary

Michelle Lindblom had a tough time deciding what she wanted to be when she grew up.

"I was a perpetual student," said Lindblom. "I graduated from Bismarck State College (BSC), Bismarck Junior College at the time, and the practical side of me said 'you really can't do anything with art, you've got to try something else.' So I went to the University of Mary for special education. I enjoyed the classes, but I think I was compromising because I just didn't know what I wanted to do."

Then Lindblom got a little help from one of her friends, who introduced her to Doug Eggert. "One of my friends worked at the office where he was doing a medical school rotation and thought we'd make a good couple," she said. "We dated for three months, then he asked me to marry him."

Lindblom had a desire to leave the area, and the opportunity arose during the couple's engagement. "Doug had to put in his choices for residency," she said. "There was an opening in Fargo, then something came up in New Orleans. If I wouldn't have been in the picture, he would have gone to Fargo, but because of who I am, I said 'let's go to New Orleans.' I know he cursed me a few times when we were down there, but what a great experience. My eyes were opened to so many new and interesting things."

New Orleans was the opportunity Lindblom needed to figure out what she really wanted to do. She went to the University of New Orleans and finished her four year degree in visual art. "It was the best thing I ever did," she explained. "I still was not sure where the degree

would lead me, but I knew I was on the right track."

And Lindblom grew a lot through her experiences in New Orleans. "Doug and I didn't have much money, but we explored a lot. We would go to some of the cool little restaurants that looked like dives, but had great food. There were so many sensual experiences for me."

The couple eventually moved to Chicago so Eggert could finish his residency and Lindblom spent her first summer there watching a great deal of television and applying for jobs. "It was very depressing," she said. "I was granted a few interviews, then a placement service helped me find a position teaching first through eighth grade art at two Catholic schools. I was hired about two weeks before school started, and I am amazed at what I was able to put together. That was a huge growth experience as well."

She taught for two years in Chicago before Eggert's residency ended. "I really enjoyed Chicago," Lindblom added. "It was a whole different experience from New Orleans. It felt more Midwest, especially the suburban setting we lived in. I broadened my horizons in the art world. Teaching was exhausting, but those kids were so inspiring to me, in so many different ways."

The Artist

Art was something in which Lindblom was always 'pretty good,' she said. "I wasn't exposed to any art classes until I got into junior high. I would buy drawing books and work from those. Even when I took art classes, I didn't feel I was very good, but I still enjoyed them, mainly because I was fairly successful. I

knew there was more inside of me, but that takes awhile to come out, as you mature and gain confidence."

However, Lindblom said she always knew art would play a role in her life, "There wasn't a point where I said 'I'm going to be an artist.' It was always just something I knew would have to be a part of my life. I looked at my environment differently. I knew my destiny would be to do something different with my life, but never felt confident enough to talk about it," she explained. "It's like a musician. You don't just decide one day to become a musician, it's part of who you are. I tried to get away from it several times because it didn't seem practical."

She is not sure what drew her to painting, but Lindblom feels she has always preferred expressing herself on canvas or paper. "I took ceramics and sculpture in college, but I couldn't express myself in those mediums with color," she explained. "It's about the color, which is such a big part of what I do. It's not always about the images, it's the color."

Lindblom doesn't like to categorize her painting style with a certain word. "To me, it's my reality, a contemporary reality," said Lindblom. "I don't necessarily want my work to be categorized as abstract. I, myself have called it abstract and it is in a sense. I prefer to describe my work as an interpretation of my environment using color, texture, shape and movement. It is frustrating when others feel the need to describe you or what you do with one word."

Some of Lindblom's works are her reactions to places she has been in her travels; others are reactions to the



Lindblom's studio

environment and landscape in North Dakota. "It's all in my subconscious and reveals itself naturally," she explained. "I'm very thankful I have this ability."

Coming Home

While her husband was winding down his Chicago residency, a call came from Medcenter One offering him a job. "I still wasn't to the point where I wanted to move back to Bismarck," explained Lindblom. "I wasn't going to tell him they called, but I felt so guilty! I told him I would give it five years and then we're going someplace else." The couple moved back to Bismarck in 1989 and have been here to stay. "I realized it was a great opportunity for us," she said. "What was my problem?"

They soon found a house with space for a studio and she spent the next six months re-arranging furniture, not knowing what to do with herself. "The last time I had done any painting was in college, with all of the resources and inspiration around me," Lindblom explained. "I decided to go up to BSC, take a class and do some independent study, just so I could get back into it. That made all the difference in the world."

She eventually earned a Masters in Education Administration through a University of North Dakota program at BSC. "I missed taking classes," said

Lindblom. "I felt taking some education classes would be a good opportunity for me."

Lindblom was able to paint at BSC and in her home studio. She started teaching part-time and exhibiting her work as well. "So now I am often heard saying, 'it's not where you are, it's what you're doing where you are,' she explained. "I didn't have to be in a big city where I would have been one of many artists. Sometimes the opportunities just fall in our laps and we can take them, or not."

The Teacher

Lindblom believes there is a little artist in everyone, and individuals just have to be open to developing that part of themselves. "Everybody has the ability to learn some basic skills," she said. "A lot of it is just learning how to observe your surroundings and then learn skills to transfer what you see into whatever medium you are working. We have strategies that assist students in acquiring skills to help them express themselves. It requires patience and a willingness to learn and take some constructive criticism along the way. You have to be open and willing to put the time in."

As the art department grew, Lindblom's part-time teaching at BSC eventually transitioned to full-time. When she started at the school, there

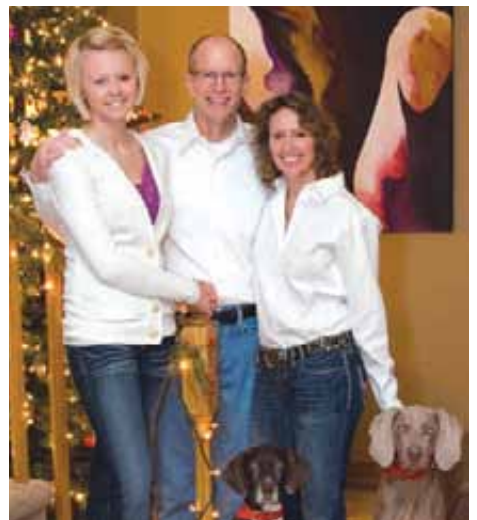
was only one other art instructor, she notes, now six people are on staff in the Arts Department. "It has grown that much and we offer more sections and more diversity in our discipline," she said. "We get quite a range (of students). We get folks coming back after retiring, or just taking a class for some kind of release. We like having that mix – it is good for all students and creates an environment of diverse discussion, perspectives and artwork."

A few years ago, Lindblom became Department Chair of Arts and Communication at BSC. "That added a whole other dimension to my life," she said. "I felt the position would be a great new challenge. There are six different disciplines in my department which offer up some unique experiences and issues. It's always interesting."

One of the ways she works through issues and balances everything is painting. Lindblom was able to lease space from her brother and his business partners in a downtown building three years ago, and Mick Art found a home.

The name for Lindblom's business comes from a nickname her dad and grandma used for her when she was young. "For my 40th birthday, my dad had someone design a website for me," said Lindblom. "I had to come up with a name and that's what I chose."

She maintains limited studio hours and her family enjoys the studio space as well. "My husband is so supportive," said Lindblom. "I will call and ask him to come down and give me his opinion on a piece I'm working on. And my daughter, McKenzie, has been an inspiration over



McKenzie, Doug and Michelle

the years. She'll bring her friends down and they'll hang out. They think it's cool!"

Every summer Lindblom also leads travels for inspiration. She said she predicted this aspect of her life in high school when she participated in a Miss Bismarck pageant. Answering one of the questions, she said, 'I would love to travel and then paint what I've seen.' At the time, she hadn't done a whole lot of traveling, Lindblom noted, so she surprised herself when she answered that way.

Lindblom's first trip overseas was in 1984. "The idea came out of the blue, and several students and I put together a group from BSC that traveled for two weeks to five different countries," she explained. "It exposed me to places I had only read about in books. The opportunity to travel creates an appreciation of other cultures, food, history and art"

Now BSC Study Tour students can earn credits by participating in the school's annual trip. Students are required to keep an evaluative journal, do research and write a report on the art and architecture of the area visited.

Sometimes it is hard to convince parents Art can be a good field of study. "I am frequently frustrated when I have students come to me and want to go into Art, but their parents discourage that path," said Lindblom. "I have a list of potential careers in art and careers that involve art or creativity. I explain the education students will need and potential salaries. And, I have my passionate speech! I tell them to look around and notice all the things that have to do with art or that someone has created. The clothes you wear, the chair you sit in, the house you live in, the park you go to, the food you eat. All of those items have something to do with a creative person in the background, whether it is marketing, creating the packaging, coming up with the idea. It's not necessarily about art per se, it's developing that creative part of the brain. And let me tell you, in the 21st century, our society and economy is going to suffer if we don't start developing that creativity among our citizenry as a way to view the world, solve its problems and ensure progress. It's about problem solving and creativity."

Michelle Lindblom wears many hats as the Department Chair of Arts and Communication at Bismarck State College, an Associate Professor of Art and Artist, a wife and a mother. But she wears them all well and, most importantly, is wearing them doing what she loves.

The Mick Art Studio is located at 116 North 5th Street in downtown

Bismarck and is usually open Tuesday and Thursday afternoons, Saturdays and select Sundays. Additional information is available at Mick-art.com



Deb Seminary is the editor of Inspired Woman.

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Focus on RELATIONSHIPS



Jeff and his better half

My Better Half

An Exploration of the Five Stages of Marriage

by Jeff Eslinger

In a short while, I will have been married exactly half of my life. Both numbers – my age and my marriage – are pretty big: 50 and 25. To make me feel REALLY old, that's a half-century of life and a quarter-century of marriage.

Does that make me an expert on life and marriage? Yes. Of course it does. Why not? There are people on FOX and CNN every day claiming to be experts who are clearly clueless. Why not me?

It's important for me to begin with a disclaimer: these thoughts are from my uniquely male perspective. My wife may see things differently. (If you're paying attention, you have just learned something about my secret to marital bliss. I never attempt to speak for my wife. In fact, it's good advice to avoid speaking for yourself, too, but I'm going out on a limb here for the sake of helping others. I will undoubtedly regret it.)

That said, I think it's important to understand marriage as a series of stages, rather than go down the typical "tips and tricks" route you might find in a dog training article. There are five stages of every long-lasting marriage. This was scientifically proven in a scientific marriage laboratory. At least, I think it was marriage they studied. Anyway, it's important to know which stage you are currently in so you know what to do and

what to expect in the future. Kind of like the way Lance Armstrong can keep pushing through his intense physical pain while climbing mountains because he knows the mountain stage will end soon and he can move on to the intense physical pain of a different stage.

Stage One: Denial

Technically, this is the pre-marriage stage. I've seen commercials on TV in which a young woman announces to her friends that she is engaged, and they all scream, giggle and cry. Men just cry. Guy friends don't take engagement news as good news. As they see it, they're losing a buddy. That's why we generally don't tell our friends we've popped the question, and deny it when accused. Women, beginning minutes after they are born, dream in great detail of their perfect wedding day and the white-picket-fenced bliss to follow. With men, it's more like just a haunting feeling we'll end up painting a damned fence someday.

Women do not experience this stage. Contrary to denying, the average woman will announce her engagement to everyone she knows and several people she does not know, sometimes before telling her future husband. This stage has a definitive ending: the wedding day. I have no advice for men in this stage. Just survive it.

Stage Two: Anger

This is an excellent stage, despite the negative sounding name. She gets angry at him for his lack of passion about such important details as choosing linens and silverware. He gets angry at her for expecting him to read her mind. Then they both realize how silly they are being and then the excellent part of this stage happens. I can't describe that because this is a family magazine. This is definitely the most passionate, exciting stage, and typically takes place in the first few years of the marriage, or in some cases, several decades. My advice: don't fight it...enjoy it. The most important thing to know, however, is that you must have a short memory. No grudges...making up needs to be truly making up, and marks the absolute end of the anger. Period.

Stage Three: Bargaining

Marriage gets complicated when kids show up and you have to deal with house and car payments and distractions of that nature. Successful couples are successful bargainers. "I'll wash the car if you'll do the laundry" is not a good bargain. "I'll do the laundry and wash the car, you go relax" is a great bargain. You should never strive for balance, because when the bargain is fair, both sides feel shorted. Better that each person feel smugly "ahead" of the other.

Focus on RELATIONSHIPS

Of equal importance is to feel and express appreciation for the other person fulfilling their end of every bargain. A word of caution, though: if you get too good at this and begin to experience something like total bliss, you risk losing the spark from Stage Two, which can be running concurrently with any stage. You never want to get TOO good at getting along.

Stage Four: Depression

I wish I could tell you there will never be a sad day in your marriage. (Fortunately for me, I've never had a sad day or any reason to be depressed during my own marriage, but I've heard it is quite common to experience low times.) I think the important thing is to commit yourselves to be depressed together. As you face the fact that "6-pack" now describes your diet more than your abs, you realize how lucky you are to have a spouse who

loves you despite the fact that you are no longer appealing to anyone, including them. My advice for this stage is to begin a new diet and exercise plan based on an unrealistic expectation of regaining your youthful beauty. That won't help, but it will keep you busy until you move on to the final stage of marriage.

Stage Five: Acceptance

All couples BELIEVE that they start with this stage. Almost immediately, they accept that they have made the right choice in a life partner and that they will live happily ever after. In fact, this stage comes much later. When you accept that you are not perfect and your life is not perfect, yet things are pretty darned good anyway, you have reached Stage Five. You accept her, she accepts you, and you each accept yourselves. Combining this stage with some of the better elements of the Anger stage is a great recipe for success.

Well, there you have it. Proof that 25 years is not nearly enough to make an expert of me. Chances are, you'll forget all this (if you're lucky, anyway) so let me just say one thing you really should remember: Whatever stage of marriage you're in, keep going. It's a journey that's worth every step, including the painful ones. Keep putting one foot in front of the other. Fight for it at all costs.

I've lived half a life married and half a life on my own, and while I have no complaints about the unmarried half, there's no doubt in my mind that the married half has been my better half. *W*



Jeff Eslinger is a Bismarck writer. His articles are posted at <http://blog.360.yahoo.com/jeffeslinger>.

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Focus on RELATIONSHIPS



Clayton and Joseph

Parking Lot Friends

By Shelly Preszler

"Come on Mom, it's time to get up and make friends!" My six year-old son's voice pleaded with a sense of urgency. Oh yes, that's right. I had promised Joseph the night before we would get up early to make friends in our new neighborhood. I had forgotten how literal kids take everything. If it could only be that easy, I thought to myself. My hair was tussled, my eyes matted shut, and I was feeling a little like Dorothy from the Wizard of Oz as we had actually traveled through a tornado the night before to reach our new home in Mandan, North Dakota.

The only thing I knew for sure at that moment was that this mom needed a cup of coffee!

Our family of eight had moved several times over the past ten years for my husband's career and those moves had taken a toll on me.

I had become very attached to many of our friends and old neighbors over the years and saying goodbye so many times had left a sour taste in my mouth.

No worries though, as I was always able to fill that hole in my heart. I baked myself into a little corner of loneliness with every pie and cupcake I made. With every move came a good five pounds of heartache for the friends we had left behind.

I vowed this time would be different. We prayed the night before about our friend situation, and, little did I know, what blessing awaited us both.

My mom was along on this move and she called me to the front door just as I grabbed my cup of coffee. As I looked across the street I couldn't believe my eyes! A little brown haired boy about six, stood holding his mom's hand unwilling to cross the street; and there my son stood in our driveway too timid to cross the street also. They just stood there for a moment taking it all in when they finally met in the middle and the rest is history. Clayton and Joseph have been inseparable since that day. They were both six at the time and neither of them had ever had a boy the same age

in their neighborhood. What fun! His mother had also been anxiously awaiting the arrival of our family as she had heard through the grapevine that her new neighbors had six kids!!

I also got a bonus out of the deal, as Clayton turned out to be a '2 for 1 special' as they say. His mom, Diana, has become a dear friend to me as well.

It seems school dismissal time at 3:00 can be a great way for moms to make friends as well. I had met several friends by chance in the school parking lot, by just taking the time to say, "Hi" and asking them about their lives and kids. I have got to know so many wonderful women this way that we actually started a Bible study group. One day when my mom was visiting, she stayed for our study and asked the ladies how we had met and almost all of them said, "Why, in the parking lot!"

It has become our standard joke and we now call ourselves the "Parking Lot Friends." All joking aside, those ladies were there for me our first fall in our

Let us be grateful to people who make us happy,
they are the charming gardeners who make our souls blossom. ~ Marcel Proust

Focus on RELATIONSHIPS



Shelly with her Bible study group

new town when my mom was diagnosed with cancer. They would also be the ones to comfort our family in the days ahead when we lost one precious nephew to cancer, and another beautiful family member to a lengthy illness.

I have come to the conclusion that we all need "Parking Lot Friends." Not just acquaintances, but friends, who will be there for tough times and for happy ones as well. We need friends who are willing to celebrate with us and also share our sorrow.

So, if you have recently moved, or just want to get to know the other mom in the mini-van this year; take some advice from my son and I. The street can be a pretty good place to make a friend. *W*



Shelly Preszler resides in Mandan where the West begins and friendly folk are plentiful.

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Focus on RELATIONSHIPS

This Dynamic Duo Thrives on Directness

by Marnie Piehl

Audrey Scronce is a ball of energy. She exudes a level of vigor that makes it seem as if she is zipping around her sunny sitting room. Dressed in bright yellow, she speaks colorfully, warmly, using her hands and conveying motion. But, she's actually seated, near her walker, her oxygen and, most importantly, her granddaughter.

This 73-year-old is never far from her granddaughter, Sarah Dehaan. Poised, serene, lovely, Sarah, 20, seems the elder, with her calm manner and her composure. But these two women, with their differences in age and opinion are reaping the benefits of an incredibly close relationship.

"We have spats," Audrey says.

"Lots of them," Sarah adds.

They are surprisingly frank with each other but never disrespectful. When Sarah disagrees with Audrey, she stops short of rolling her eyes. Her response is more loving ... but no less expressive. They relay a recent disagreement, overlapping in the telling.

"She and her mother were fussing," Audrey begins.

"She doesn't like that," Sarah interjects.

"I don't, and I strode in with both feet and told her not to yell at my daughter," Audrey continues. She looks meaningfully at Sarah.

"And I told her to go back to the Waterford if she doesn't like it," Sarah admits.

"And rot there!" her grandmother hoots.

"I was not that mean!"



Audrey and Sarah

Audrey looks at her granddaughter with a doting smile, "It was okay. We had to clear the air."

No subject is taboo between these two; nothing is off-limits. Audrey has opinions about the boyfriend as well as Sarah's future plans. "I don't ever want her to get hurt," she confesses.

Sarah says her grandmother is a strong influence. "I still have my own choices. But I think of her in my head."

Raised in a strict home, Audrey married at 18. Her husband Jack was with the U.S. Army. The Sronces lived every-

where from Guam to Newfoundland, settling in Lincoln, Neb., once Jack left the military. Audrey worked as an administrative nurse and Jack as an engineer at the Lincoln Veterans Hospital. She says her profession honed her straightforward manner and losing her husband and oldest son sharpened her focus.

"It is important for me to spend as much time as possible with the people I love and to never have regrets. Tomorrow is not a given, and I need to use my time wisely," she says.

Focus on RELATIONSHIPS

Audrey says military life also “allowed me to become Audrey.”

And now, Audrey is making sure that Sarah can become Sarah. A desire to see her granddaughter thrive is obvious in Audrey’s beaming face as she urges Sarah to talk about her plans for the future. Sarah will be enrolling at Rasmussen College in the fall to pursue a bachelor’s degree in criminal justice.

“I’m so ecstatic about it, I’m just beside myself,” Audrey enthuses. “That’s been one of our spats.” She turns to Sarah and shakes her finger. “I want you to have the piece of paper to open doors.”

The two are aware that their relationship is exceptionally close. “We’ve always had a real good bond. I think it’s because [Sarah’s mother] gave us the freedom to be that,” Audrey says. Sarah and her brother often traveled with their mother to spend time with the grandparents.

Those visits had a big girly element. “We’d go shopping together and buy matching dresses and shoes,” Audrey reminisces. “Lincoln had this exclusive dress shop and Miss Sarah would ride the escalators. She was just a little thing, but she knew her size and what she wanted. Then she’d have to have the shoes to match. She loved gold and red shoes and jewelry to match.”

Audrey moved to Bismarck about one year ago to be closer to her daughter, Kim Dehaan, as well as Sarah and her brother Nick.

The move has deepened their relationship. These days, Sarah visits Audrey regularly, serves as her grandmother’s driver and chief companion for their regular Girls’ Days Out, which includes manicures, pedicures, lunch, shopping, naps and cookie time.

And now, Sarah shops for her grandmother. “She bought grandma a whole new wardrobe a while back; she knows what I like. Not many grandkids are going to do that!” Audrey says.

Audrey, Kim and Sarah are all close, but Audrey echoes the words of grandparents the world over when she points out that grandchildren are different. “They are wonderful – you leave all the responsibility to the parents and just get the good stuff.”

Audrey’s and Sarah’s spats, their straightforwardness and the honesty of their interactions affect those outside of their little circle, as well. For instance, Sarah’s boyfriend got a taste of Audrey’s frankness when he came to dinner in holey jeans. “He had the awfulest jeans. There was hardly any jean material left! So I said, ‘you in these tacky clothes ... and Sarah dressed up so nice,’” Audrey continues.

“And she yelled at my mother to change, too,” Sarah notes.

“I say just get it out. Let people know. Why harbor on it? I don’t say things in a hateful manner. I dislike the action, not the person,” she explains.

She turns to Sarah, “Now last night, he didn’t have any holes in his clothes.” “He didn’t, did he?”

They both smile. And they sound a bit surprised by their mutual effect on Sarah’s friend.

But, it’s hard to imagine anyone unaffected by this most dynamic of duos. *W*



Marnie Piehl has been writing since she learned to read. She works for Odney.

Soul-mates are people who bring out the best in you. They are not perfect but are always perfect for you.

~Author Unknown

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diamond in the rough: *Something that has hidden exceptional characteristics and/or future potential, but currently lacks the final touches that would make it truly stand out from the crowd.*
– Urbandictionary.com

A little known city gem, the entrance to the Bismarck Rotary Arboretum is located behind hole number 15 in Tom O'Leary Golf Course at the corner of Ward Road and Divide Avenue. Trail walkers who have circled the golf course hundreds of times may have never noticed the set back entrance.

A peaceful destination, the arboretum features 29 tree varieties with identification markers on ten acres of land according to the Bismarck Rotary website. Little treasures abound including a winding walking trail, a bridge standing over reeded wetlands, a tree and corresponding sign dedicated to a lost nephew, and a picnic table in an overgrown stand of trees.

The arboretum is a joint effort between Bismarck Rotary, Bismarck Parks and Recreation and the Bismarck Forestry Department. According to the Bismarck Rotary website, "In 2007 and 2008, Rotarians and Boy Scouts spent hundreds of hours revitalizing the arboretum. Club funds and a matching grant from the park district provided new plantings, new signs, and material for resurfacing pathways."

As anyone who tends a garden knows, caring for one can be incredibly time consuming. One can easily imagine then why the 10-acre arboretum's appearance is less than manicured despite the many volunteer hours that have gone into it over the years.

Walking on the path, it's easy to imagine stepping off onto a hilltop gazebo on a hot day to take in the view. The idea of showcasing native grasses and native perennials for educational purposes also comes to mind. Although not its current reality, the Bismarck Rotary Arboretum truly is a diamond in the rough that is well worth exploring. *AM*



Amanda Mack is a freelance writer from Bismarck.

A Diamond in the Rough

by Amanda Mack

A Slice of Inspiration

The Friendship Garden

When Jane Jespersen heard about the North Dakota Agricultural Commissioner's challenge to raise 500,000 pounds of food, she got busy. "My daughter has worked with the homeless in Portland," said Jespersen. "They have gardens there and I felt called to start a garden."

With the help of 15 other ladies, the Friendship Garden has thrived in its spot in the Bismarck Community Gardens. "We voted on what to plant and take turns weeding," explained Jespersen. "Two ladies take two week periods to go down and take care of the garden."

The women planted the onions, carrots and potatoes in the rain. They received many gardening tips and their plot is producing a bumper crop of vegetables.

The group plans to distribute the produce to local non-profit organizations. Jespersen already has a plan for harvest: "We will get together for Stone Soup and then all go down to harvest." *W*



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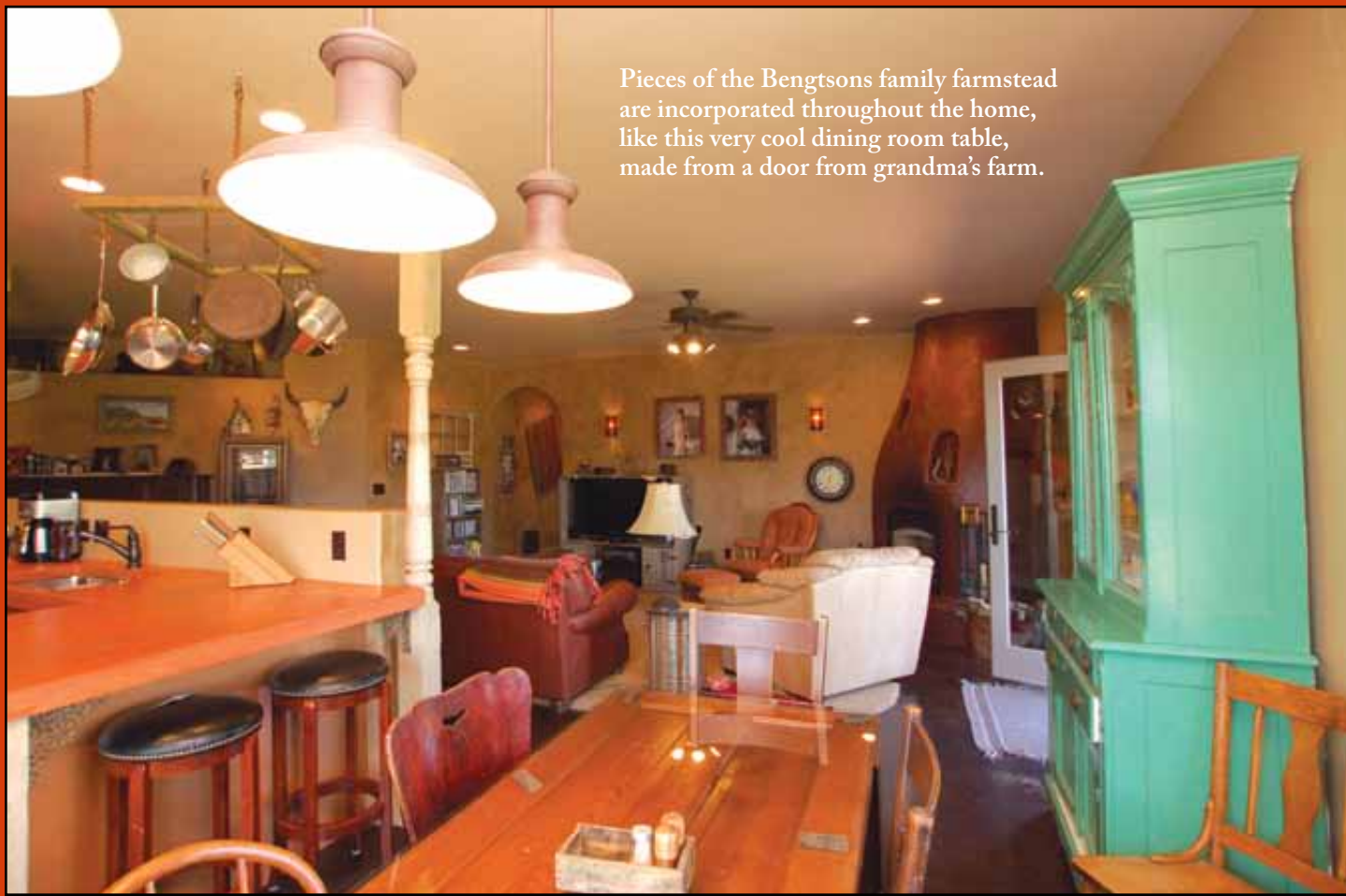
Kevin and Kelly Bengtson wanted something different when they were planning to build their home. The Bengtsons did a lot of the work themselves and had very good contractor friends to help. They both believe your home should tell your story and used many items from family farms as décor throughout the house. Grandma's wall-mounted ironing board is in the laundry room, a chicken feeder is hung in the kitchen, and even a window with BB holes (from Kevin as a small boy) is hung in their bathroom.

The home is built for the Bengtson's retirement (which is years away) - no basement, no steps.

The walls are concrete and very energy efficient. Kevin's business, Wall Sensations, did the stucco application. Kevin specializes in texturing applications, fireplaces and barn wood furniture and photo frames. Various pieces are displayed throughout the home.

The Bengtsons love to show their home to potential clients. Contact Kevin at 400-3119.

Pieces of the Bengtsons family farmstead are incorporated throughout the home, like this very cool dining room table, made from a door from grandma's farm.



Kevin textured the bathroom incorporating straw to add to the character of the home.



Bridget's Room

Bridget Gerhardt's basement has been transformed into a showroom. Gerhardt owns Bridget's Room, a custom interior design business she operates out of her home. "I carry a full line of flooring and window treatments," said Gerhardt. "In the last three years I have expanded to include furniture and décor pieces.

In fact, visitors to Gerhardt's home may notice price tags hanging from her wall décor and furniture. "We leave the price tags on so I don't have to run and look up the price," explained Gerhardt. "Everything in the showroom and almost everything on the main floor is for sale."

Gerhardt started her business eight years ago by offering faux painting and hand texturing. Her clients began to ask for other interior design advice and Bridget's Room grew to meet the demand. Gerhardt continues to provide the painting services and the walls in her home showcase her talent.

Bridget's Room holds an open house twice a year – right before Thanksgiving and in the spring. "I invite all of my clients, and they are encouraged to bring their friends," said Gerhardt. "We have had almost 500 people show up and it is a lot of fun."

Gift certificates are available and make great gifts. Visits to the showroom are available by appointment only. To contact Bridget's Room: phone 250.9600 or 226.5073.





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IMPACT

Self Defense

Changing the Way Women Walk in the World

by Deb Seminary



Photo by Hybrid Studios

IMPACT is a highly specialized self-defense program, for women, that teaches participants to successfully knock out an assailant of any size. It was recently launched in Bismarck and the program is poised for growth.

Beth Bakke Stenehjelm and Melissa Yackley are two of the local instructors who were both introduced to the class through UND. Yackley took the class in 2003 as a student and Stenehjelm enrolled in the spring of 2005 because of a friend who was an instructor. "She encouraged me to take the class and introduce it to Bismarck," said Stenehjelm.

After Stenehjelm graduated, she began searching for funding to train people and hooked up with Yackley, who had the same goal. "We both found out we were trying to do the same thing," said Stenehjelm. "Finally UND said they would train us at no charge. That was the breakthrough for us."

The pair traveled to UND in January of 2009 to become instructors, and then it was time to recruit instructors. "We asked people we knew personally," said Yackley. "Instructors from UND came down to lead a twelve hour class. It was just an introduction for them."

The prospective instructors then traveled to UND several times for training and participation in the actual classes so they could learn how to teach the course. "They learned how to deal with different scenarios," said Stenehjelm. "The only way to do that is to see a class."

The IMPACT program in Bismarck now has eight instructors, all volunteers.

IMPACT was started in the 80's by a martial arts instructor. "This instructor had a student who was a black belt and was raped," said Stenehjelm. "He decided 'we probably need to put together something for women that is different from men.'"

This prompted a group of martial artists, survivors, law enforcement officials, educators, psychologists and others to study the different ways in which women and men are assaulted and to seek out the most effective means of real-life defense.

The IMPACT class is a weekend course and runs Friday evening, all day Saturday and most of Sunday. A graduation is held Sunday. "We don't allow anyone under 18 to go to graduation because of the language and the scenarios we go through," said Stenehjelm. "It is very hard for some people to watch."

Graduation allows people to bring in their friends and family in to see how much they have learned and grown over the weekend. Maybe it's a husband or boyfriend who knows that his wife or girlfriend travels a lot and feels uncomfortable with her being alone. Or maybe it's a parent whose daughter is going off to college.

A participant gets detailed instructions once they have made the decision to register for the weekend class. "We are pretty up front with everyone on what to expect," said Yackley. "We send an email with all of the guidelines and details."

Some of the details include what they will encounter during the emotionally packed weekend. "They are usually nervous, because we tell them there are scenarios, such as rape," explained Stenehjelm. "We tell them the language is very harsh and that it is very physical. Language for some people is very tough, but it is one of the ways to get the adrenaline going and get them angry enough to fight back."

It may be hard for a woman to comprehend why she would need to take a class like IMPACT.

"There are so many different reasons women should take this class," explained Stenehjelm. "Whether or not you have a physical confrontation (someone attacks you) women have to stand up for themselves everyday and this class gives that confidence."

Women need to be assertive enough to speak up and let someone know if a comment or gesture is unsuitable for that



(Left to Right) Michelle Hamm, Lori Yarbrough, Melissa Yackley, Beth Bakke Stenehjelm

situation. "We also have them go through face-to-face scenarios where someone might just say something inappropriate," said Yackley. "Those things that happen to women every day, at work or while they're out at night."

The class doesn't just promote physical skills. "We do a lot in a sitting circle, just talking about confidence and how to use your skills to get out of a situation," said Stenehjelm. "Fighting is a last resort. The first line of defense is being aware of your surroundings and avoiding situations which could get you into trouble."

The program obtained funds through grants, corporate and smaller donations here and there. "That helped us pay for the men's suits," said Stenehjelm. "They are our biggest expense. They are custom fit to each person and cost about \$1800. We will eventually try to raise money for some new, thicker mats."

They have been fortunate to partner with organizations who help them. "We are administering this through ND Women's Network and they have not charged us anything," said Yackley. "We are able to use Medcenter's facility for free."

Two of the instructors work in security at Medcenter One and it is a great fit for IMPACT. "They already have a facility where they train their own people," said Stenehjelm. "They have been really good to us. We needed to find a place that was private, because of the language and shouting."

The instructors are key to the class. Without them, there would be no fights. "We have unbelievable male instructors," said Stenehjelm. "They work hard all weekend and don't even get paid."

The first IMPACT class in Bismarck was held in April of this year. The goal is to hold seven classes throughout the year. "We hope the demand will rise which will require us to train more people," said Melissa.

When women see another woman stand up for herself, it is very effective. "Women don't realize how much power they have," said Stenehjelm. "To be able to walk with confidence and feel 'I can take care of myself' it is so empowering."

The IMPACT weekend course costs \$150.00. For more information go to ndimpact.org. Fall classes are scheduled for October 8-10 and November 19-21. *W*



Deb Seminary is the editor of *Inspired Woman*.

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Photos by Mike Johnson

Mental Health Key to Overall Wellness

Awareness brings understanding

by Kylie Blanchard

Nearly half of all Americans, 46 percent, will suffer from a mental illness during their lifetime. While this statistic highlights the significant number of people affected by mental health problems, statistics also show only two in every five Americans suffering from mental illness will seek medical attention.

While many factors contribute to the causes of mental illness and barriers to treatment, awareness plays a key role in helping people understand symptoms and receive timely help.

"Some people are ashamed, others don't recognize mental health problems are real, and some just don't know where to receive treatment," says Susan Helgeland, executive director of Mental Health America of North Dakota. "Sometimes people forget the brain is part of the body."

Mental Health America of North Dakota, a non-profit organization in the state for 58 years, promotes mental health through education, advocacy, understanding and access to quality care for all individuals.

"We want mental illness to be treated in the same way as diabetes, hypertension, and heart disease," says Helgeland, a professional in mental health advocacy for 40 years. "Education is very important to us."

Overcoming Mental Health Myths

Helgeland says it is important to break the stigma attached to mental illness and encourage people to seek help. "When it comes to mental health disorders and mood disorders that is when people say 'it will just get better.'"

Depression is the second most common disease in the country behind heart disease, notes Helgeland, but when treated, depression shows higher improvement outcomes. Although awareness of mental health disorders has improved, she says, there are still many myths associated with mental illness.

Myth #1: If a person could just pull themselves together, they could get over their mental health problem. "People seem to feel since the problem lays primarily in behavior, they can just get over it," says Helgeland. "They don't treat it as a real illness and I think that is the biggest problem." She says because of this, many with mental illness feel blame or guilt.

Myth #2: Those suffering from mental illness can't work or function in life.

"Treatment is very effective," says Helgeland, adding with diagnosis and treatment people can enjoy a full life, including employment.

Myth #3: When people talk about suicide, they are just seeking attention. "We know depression can be fatal," says Helgeland. "All suicide threats should be taken seriously, because the alternative of not doing something is worse." She stresses asking questions and getting immediate help at an emergency room or by calling 911.

Mental Health and Women

"One of the leading reasons women seek medical attention is depression," says Helgeland. "All of the years I have been in this profession, that hasn't changed."

She notes there are significantly different rates of mental illness between men and women. Women have higher rates of anxiety disorders, 36 percent versus 25 percent in men; phobia disorders, 16 percent versus 9 percent in men; and major depression, 20 percent versus 13 percent of men. Women also have higher rates of panic disorders, post-traumatic stress disorders, and obsessive compulsive disorders.

Helgeland says many factors contribute to higher rates in women including hormones, birth control, child-birth, infertility issues, and thyroid conditions. "When a woman seeks help for depression, they need

a physical exam to assess the whole body and get at the root of the problem."

Symptoms of depression include:

- Depressed or irritable mood
- Loss of interest in activities once enjoyed
- Feelings of guilt, hopelessness, and worthlessness
- Difficulty sleeping or sleeping too much
- Change in appetite/weight loss or weight gain
- Difficulty maintaining concentration
- Lack of energy or constant fatigue
- Recurrent suicidal thoughts

"Pay attention to your moods and behaviors, just like you would to the health of your body," says Helgeland. If symptoms interfere with your life for two weeks straight, she says, it is time to seek help.

"The first step is talking openly and honestly about your feelings with someone you trust," says Helgeland. Additional resources, including a depression screening test, are available on the Mental Health America of North Dakota website www.mhand.org.

"Be aware of your brain and what is happening with your behavior. Don't be ashamed or afraid to get help," says Helgeland. "You need a balance of mental health, along with spiritual and physical health to promote overall wellness."

Mental Health America of North Dakota has offices in Bismarck and Fargo. For additional information contact Helgeland at 701-391-8824 or visit www.mhand.org. *W*



Kylie Blanchard is a local writer.



When a Baby Dies

by Tina Ding

At a tender young age, little girls cuddle baby dolls playing 'momma'. Eventually, the dolls are stashed for youth and teen years – but thoughts of motherhood remain at the back of their minds – as memories of swaddled babies warm their hearts. Dating followed by serious relationships nurture a 'someday' thought of parenthood.

For many, a positive pregnancy test rekindles a desire, embedded deep – to become a momma. A woman carries this baby, envisioning holding and providing for a newborn. And as her belly swells, a unique bond develops.

When the baby dies...

Far too often, a baby is taken too soon. Miscarriages and stillbirths shatter emotions and hearts, and if it happens prior to the 20th week, the mother may endure quietly, without a support system. Some may not have known about the pregnancy. Others may recognize a lack of baby movement. Unsuspecting mothers may learn their baby's heart

stopped beating at a routine prenatal visit. Confirmation of baby's death results in labor and delivery. Family and friends may not know what to do or say.

"Nursing staff are affected as they coach moms through labor," said Jackie Wilke-Feland, St. Alexius Clinical Coordinator for Women's Services. "They bathe and dress baby for photos, and prepare handprints, footprints and a lock of baby's hair – then encourage mom to hold baby."

"We know we can't take her pain away, but we can be there to help her through these first moments," St. Alexius Director of Spiritual Services Sr. Renee Zastoupil said. "We offer deep respect and reverence for this dream that's been lost."

Her life forever changed, she leaves the clinic or hospital without her baby, going home with an empty car seat. Her body reacts cruelly as her milk comes in and dries up. And she faces a six-week checkup at the clinic, amidst a waiting room of pregnant, hopeful women.

Some mothers lose babies to SIDS or for medical reasons. All the same, each woman plans a funeral. She quickly discovers ways to commemorate baby by preparing a scrapbook or by bringing flowers to baby's grave. She later considers if a balloon release is enough for her child's anticipated birthday.

And she grieves.

The grief must find a way out. "The natural order of life has been broken," said Candy McVicar, Missing Grace Founder and Director. "This child should have outlived the parents and to honor the child's legacy, parents need to create memories – so baby doesn't vanish." McVicar said it's helpful to encourage moms to do something with their grief: join a support group, journal, blog.

Many milestones pass. Her due date, first holidays, first birthday and the anniversary of baby's death. When she runs out of calendar days – she moves to the first day of kindergarten or high



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school graduation. The mom is parenting her child without her child. She has emotional ups and downs through the years as she faces events she'd otherwise have celebrated with her baby.

"What feels good today may very well not feel good tomorrow," McVicar said of grief. "Today, she handles a baby shower and tomorrow she's in pieces about another one. That is normal in grief. We need to listen, affirm and respect their needs."

Eastgate & Parkway Funeral Services Grief Coordinator Carleen Hennenfent concurs. "Grief may end, but certain things or events can make one pass back into the feelings or emotions of that time." She described the process of grief to be like a 'dance' we sort of 'edge' our way through.

Hennenfent explained everyone grieves differently. Some grieve deeply, others can't muster tears at all. She tells them to do what seems unconventional, at first. "I tell them to laugh or to moan," she said. "I tell them to hear their own voice."

And she encourages every person going through a grief experience to ensure they are coping by talking, reading, writing, praying or other activities. "It's very important to get sunshine, to laugh, to get exercise," she said.

How can we help?

Be sure to validate mom and offer to be there for her. Tell her you don't have a clue how she feels. Remember to phone now and then. Let her know she's on your mind. Help her to make connections with others who've lost a baby. Show her she's not alone. Angel Babies Pregnancy & Infant Loss Support Group began eight years ago at Spirit of Life Church in Mandan. Held the second Thursday of each month, the group dynamics have changed from a steady group of four moms growing and changing – to include fathers and extended family.

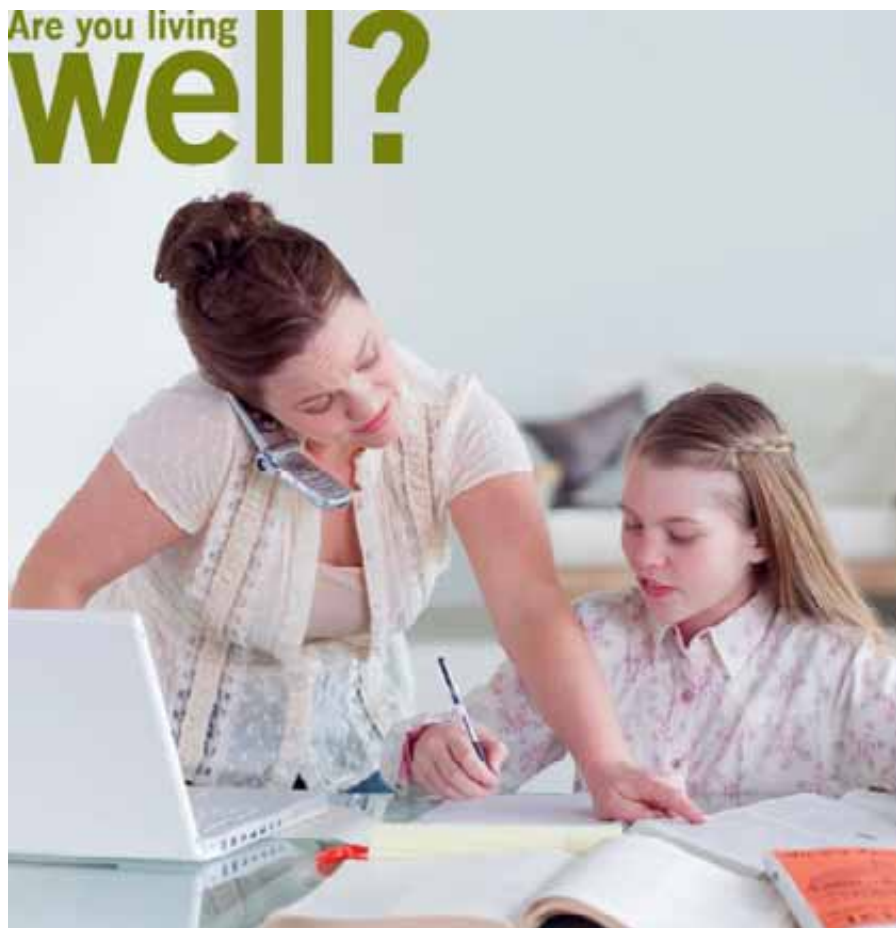
"We are carving out this space specifically for that child," Outreach Minister and Angel Babies Support Group Facilitator Alison Krumm said. "Here

we carry on healthy conversations and keep people on the journey of healing." Further, she said friendships develop naturally among those who go through this healing together.

Pregnancy & Infant Loss Remembrance Day, held on October 15 of each year symbolizes all babies lost throughout the year. St. Alexius offers an annual Service of Remembrance at St. Mary's Cemetery each October 15th. The Foundation at MedCenter One offers families an option to place baby's name on a memory pillar near a statue of the Angel of Hope at the Garden of Peace, within Fairview Cemetery. Online support groups bridge gaps as moms connect with other mothers facing what they do. Visit www.missinggrace.org for additional ways to honor baby. *W*



Tina Ding, local freelance writer, is also a wife and mother of three.



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An Opportunity to Give Back

by Judy Carson



Delorse Tschider receives her award from Judy Carson.

When I was first diagnosed with breast cancer I was working as an x-ray technologist at Merit Care Hospital in Fargo. I had no idea my journey would bring me back to Bismarck, my hometown, to work for The American Cancer Society.

This opportunity to give back has been the most rewarding experience of my life. It's funny how you can spend a good part of your life working in a career with no real personal satisfaction, the main purpose being to just bring home a paycheck. It took a major career change, moving in with my mother and finding a job I absolutely love, to realize what is truly important in life. I now work in a place that inspires me each day.

My job has allowed me to work with some pretty amazing volunteers. A lot of these volunteers have turned their retirement into a new career called 'Volunteerism'.

I am inspired by one volunteer who has devoted her retired life to local

volunteer projects. Delorse Tschider is a Reach to Recovery volunteer. Reach to Recovery is a program that offers emotional support to newly diagnosed Breast Cancer Patients.

Tschider was recently honored with the Terese Lasser Award for her dedication to the program and her faithful years of service in the community. Tschider is a 23-year breast cancer survivor who has been a Reach to Recovery volunteer for 22 years. Tschider not only volunteers for The American Cancer Society but has also been an active volunteer for Custer Family Health, Women's Way and RSVP. She also serves on the board for Kommen for the Cure ND Chapter and is active in her church activities.

The American Cancer Society in Bismarck has a variety of very generous unpaid assistants. Without them, our services would simply not be possible. They are amazing people who selflessly give their time to help others and ask for nothing in return. In exchange, we

offer them flexible hours and a whole lot of gratitude for everything they do.

The American Cancer Society has three Cancer Resource Centers in Bismarck. They are located at Dr. Addo's office, Medcenter One and Mid Dakota Clinic.


There are several other locations across the state and nationwide. At the Cancer Resource Center, patients can receive information on resources including free wigs, prosthesis, bras and any type of grants that are currently available.

The Cancer Resource Centers are always in need of volunteers. Volunteers can give as little as four hours per week and still get a free lunch!

Programs like Reach to Recovery, Look Good...Feel Better, Road to Recovery and the Lodging Program are ways the American Cancer Society offers support to cancer patients throughout the state of North Dakota.

Each program or resource offered is greatly appreciated by its recipient. Often, it is that smile or sigh of relief I hear in a patient's voice that makes coming to work everyday an absolute blessing..

Breast cancer survivors are wonderful prospects to volunteer in the Reach to Recovery program. Look Good...Feel Better is always looking for licensed cosmetologists. The American Cancer Society can use volunteers from all walks of life. I invite you to give back!

For more information about volunteering with The American Cancer Society Cancer Resource Centers or one of these programs please contact me at 701-250-1022. 

Judy Carson is the Quality of Life Manager for the Great West Division, American Cancer Society.

Females in Food

Becky Kadrmas

Rock n' 50's Café

Becky's husband, Darwin Leier bought the Rock n' 50's Café in 1991. Becky has been involved in the business for the past fifteen years.

IW Why did you decide to come and work at the restaurant?

BK I am an accountant, and I was working in the corporate world. I wanted a change and I really like the flexibility of being able to take a day off during the week. I don't mind working weekends, and I enjoy the social part of visiting with our customers. We have a lot of regular customers. I get to know them and their families. I get to watch the kids grow up, they go off to college and always have to come back for the knoepla soup.

IW What are the biggest changes you have seen over the years?

BK One of the biggest changes is the number of new restaurants in Bismarck. But more new businesses on this end of town draws more people up here.

IW How about your menu – has it seen a lot of change?

BK Not to the basic menu. We have always had some vegetarian choices on

the menu. We offer specials that vary throughout the year and some of the more popular items are added to the permanent menu.

IW What is your favorite part of the day?

BK I like it when we are in the thick of our busy time and everything is going fast and everyone is moving. If everything is going well, like a smooth machine – that's rewarding.

IW Have you ever thought of expanding?

BK Yes, but we are so hands-on, it is hard to imagine right now – especially with a 12-year-old son at home!

IW Do you have a 'busiest time of the year'?

BK Our business is pretty steady throughout the year.

IW What is your favorite thing on the menu?

BK The Patty Melt is my favorite – that is what I recommend off the burger menu. Our Buddy Holly Burger is really popular and so is our Rueben Sandwich.

IW Are there other popular menu items?

BK We are known for our ham-burgers and our malts (they come in the tin container). And, of course, our knoepla soup!

IW What is the toughest part of your job?

BK Probably finding the best employees. I do all of the hiring and firing and it is hard to find good employees. We are lucky right now, we have a really good group of people. We have some that have been with us for a long time – one even came with the business!

IW What kind of advice would you give someone who wants to start a restaurant?

BK They have to be involved. They need to know the pros and cons – yes, there is some freedom, but if someone calls in sick or doesn't show up you have to be there. People think it would be fun to own a restaurant, and it is, but it is also a lot of work and a huge commitment. *W*

Recipes from a Girl's Weekend at the Lake

by Deb Seminary

Recently, my annual Margarita Party crew spent the weekend at Lake Metigoshe. We were celebrating the fact that we are now officially middle age! We spent the weekend touring the many bays, diaper diving and of course – eating.

These recipes are easy and delicious. Bon Appétit!

Lavash *Prepared by Lori Burbach*

- | | |
|---|------------------------------|
| 1 large Lavash Crust | 1 tsp. Red Pepper Flakes |
| ½ pound Bacon, fried crispy | 6 oz. Sundried Tomatoes |
| 1 jar marinated Artichoke Hearts | Red Onion, thinly sliced |
| ½ package fresh Mushrooms, sliced | 6 oz. Havarti Cheese, sliced |
| Rotisserie Chicken, cut up and skin removed | Fresh Spinach |

Layer ingredients in order listed. Bake at 350 15-20 minutes, or until cheese is melted.



Salad *Prepared by Kathy Doepfner*

- Your choice Salad Greens – *Kathy used Spring Mix and Romaine*
 6 oz. bag dried Walnuts
 1 cup toasted Walnuts, Pine Nuts or Sugared Pecans
 4 oz. pkg. Feta Cheese, crumbled
 1 Braeburn or other tart apple, sliced
 Raspberry Walnut Vinagrette, your choice

Toss and Serve

Pesto Pasta

Prepared by Lynn Dolven

8 oz. Mushrooms, sliced
8 oz. Fresh Mozzarella
1, 10 ½ oz. pkg. Cherry Tomatoes
1 Tblsp. Olive Oil

Combine ingredients, add salt and pepper to taste. Marinate in refrigerator for 30 minutes.

½ pound pasta, bowtie or similar, cooked and drained
Fresh Parmesan
½ cup Pesto

Put marinated vegetable mixture in large serving bowl. Pour hot pasta over mixture and let sit for two minutes. Toss with Parmesan and Pesto and serve.



We did not have dessert at the lake, but I was lucky enough to be invited to a dessert buffet a few days later and got the recipe for this amazing chocolate tart.

Flourless Chocolate Ganache Tart

By Laurel Kallenbach



Tart Shell: 1 cup Pecans 1 cup Walnuts
¾ cup Sugar 4 Tblsp. Butter

Preheat oven to 375. Place ingredients in food processor, pulverize and press into a 10-inch tart pan. Bake crust for 10 minutes, or until golden brown.

Filling: 16 oz. Semi-sweet Chocolate 2 cups Cream
1 Egg Yolk Powdered Sugar

Place chocolate in double boiler and melt. In another double boiler, pour in cream and heat until it's scalding hot.

Beat egg yolk into the boiler with chocolate. Then beat in hot cream. (Don't panic if the egg yolk hardens the chocolate slightly. It will soften and smooth out again when you add the cream.)

Pour mixture into shell and chill for at least 2 hours. Sprinkle with powdered sugar before serving.

Introducing the “WHO INSPIRES YOU” Contest

Sponsored by Inspired Woman Magazine and Lifeways

Inspired Woman is excited to introduce the first “WHO INSPIRES YOU” Contest. We are inviting area writers to submit a story about someone who inspires you.

Here are the contest rules:

- Stories can be written by a woman or man, but the “Inspiration” must be a woman.
- Submissions must be between 600 and 1500 words in length.
- Copy submitted must be in Word format, 12-point font, single-spaced, left justification.
- Please email all stories as an attached Word document to inspired@theprinters.info.
- Include contact information with each submission and a short bio (not more than 25 words).
- **Inspired Woman** magazine owns the first rights to published stories. They may not run in another publication until they have been published by **Inspired Woman**.
- **Inspired Woman** magazine reserves the right to change and edit all articles and publish all, part, or none of any submitted piece.
- All submissions must be received by midnight, December 31, 2010.

The first place winner will receive the cover of the March/April 2011 issue. A photo of author and “Inspiration” will appear on the cover and their story will be the cover feature. See box on next page for complete list of prizes.

Stories not chosen as winners may be published in future issues of **Inspired Woman**. If story is used in a future issue, writers will be paid 15 cents per word. For payment, writers must submit a hard copy invoice, stating date of publication, within 30 days of magazine publication to:

The Printers, Inc.
311 S. Eighth Street
Bismarck, ND 58504

Judges:

Deb Seminary, Editor
Melanie Carvell, Advisory Board
Linda Christman, Advisory Board

Rhonda Jolliffe, Advisory Board
Marnie Piehl, Advisory Board
Clay Jenkinson, Director of the Dakota Institute
of the Fort Mandan Foundation

Inspired
Woman



Lifeways, Inc.
Partners in Health

“WHO INSPIRES YOU”



1ST PLACE

First Place winner receives: **\$500 cash**, courtesy of Lifeways.

Custom Facial Rejuvenation with Intense Pulsed Light or 4-6 PCA SKIN chemical peels, courtesy of Skin at the Institute of Facial Surgery (free consultation)

Massage, courtesy of Medcenter One Women's Health Center

2ND PLACE

Second Place receives: **\$100 cash**, courtesy of McQuade Distributing
Three Pilates sessions w/personal trainer from Pilates @ Lifeways

3RD PLACE

Third Place winner receives: **\$50 cash**, courtesy of Bismarck Arts and Galleries Association

\$50 gift certificate courtesy of Identity Salon

The second and third place winners will also be featured in the March/April 2011 issue and will be paid 15 cents per word for their stories.



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Born in Bismarck Today...Changing the World



The GOD'S CHILD Project was founded by Bismarck, ND-native Patrick Atkinson in 1991.

Since then, The GOD'S CHILD Project has grown to become an international movement with dignifying sustainable education, health-care and volunteer-driven community development programs.

Today, in Central America, Africa, India and the United States, The GOD'S CHILD Project:

- Cares for and educates 5,000 orphaned and poverty-stricken children, and 8,700 widowed, abandoned and single mothers and their dependents
- Operates Central America's largest anti-human trafficking rescue and recovery network
- Runs specialized programs for malnourished infants, special needs students, former street children, and legal aide for battered women

Right here in North Dakota, The GOD'S CHILD Project is one of the largest providers of direct help to LOCAL families as well.

Call 255-7956 and visit GodsChild.org to see what you can do to help local families, and to also change the world.



Christopher Mathew, Assistant Executive Director
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