

# Inspired *Woman*

March/April 2011  
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Inspires  
You?

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Scotfield



Jessie Veeder Scotfield, Walnut Creek, CA, 1982. by Thomas Bachmann, David Parker

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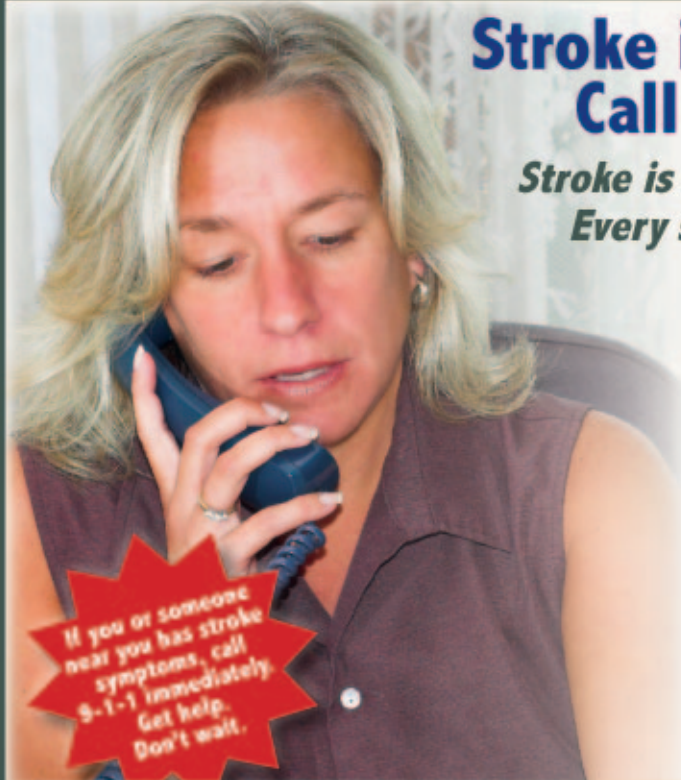


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Volume 10, Number 2

# Inspired Woman

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**Inspired Woman** is published six times a year by Berget Publishing.

Mailed copies available by **subscription** for \$18 per six issues. Send check to:  
Berget Publishing, 311 S. 8th Street, Bismarck, ND 58504.

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Printed by



*The Printers, Inc.*

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

# Who Inspires You?

1st  
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2nd  
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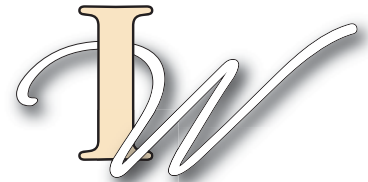


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# Editor's Notes

Welcome to the first **"Who Inspires You"** issue. A few months ago, readers were invited to submit their inspirational stories and they rose to the occasion.

My first thank you goes to Rob Taylor. He sent me the idea a while back and I took it from there.

A huge thank you to all of the judges who read and re-read each of the 17 entries. It was not easy coming up with a 'top three' list.

And finally, thank you to all of you who shared your stories. I hope to be able to publish each and every one in the coming months, as I know our readers will love your inspirational words.

Who did they write about? Mothers, aunts, acquaintances and grandmothers – quite a few grandmothers in fact!

The way our first place winner, Jessie Veeder Scofield, wrote about her grandmother, I could picture her on the ranch cooking, gardening and riding.

Beverly Everett, our second place winner, penned a story about a relatively new (and inspiring) relationship.

And, I'm sure every woman will appreciate Jeff Eslinger's third place submission about his lovely wife, Kim.

Should we do this again next year? Read, then let me know at [deb@theprinters.info](mailto:deb@theprinters.info).

*Deb*

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# The Way She Lived

by Jessie Veeder Scofield



I am living in my grandmother's house, between walls where her pictures once hung, beneath a roof her husband built with his own hands, within a mere 600 square feet of lumber and steel and bricks, still standing humbly like a glimmer of life on 3,000 acres of ranch land on the edge of the Badlands in western North Dakota.

I am living in my grandmother's house and have never been more inspired by a woman who once called this place home.

And I was blessed to have lived here before, because when I was 6 years old my grandfather died and left my grandmother alone in a world that was supposed to be theirs together forever. But there she stood with four horses, one hundred head of cattle, a cow-dog, a cat, and her hands on her hips in her blue jeans and wool cap on a landscape that held her heart.

She was only 58 years old.

And she wasn't moving.

I'm not sure how the conversation went, but it was agreed that my father would be the one to help run the ranch. And when he sprung to action, packed up his things, kissed my mother goodbye for now and knocked on my grandmother's door, I was standing right behind him when she opened it.

So it was here I lived, in this very house while my father made plans to move the rest of the family to the ranch. It was here my grandmother taught me how to make homemade bubbles and bread dough and how to ride a horse and weed and care for a garden. It was here she showed me all of the things a six or seven-year-old ranch kid should know.

Oh I loved this woman with silver hair and wide hips that swayed as she hummed old songs in the kitchen at the end of a day. I remember watching her brown, worn hands as she worked, either on the back of a horse or in her yard. And I would glance down at mine, comparing, studying, as if I was looking for a sign that we were connected, that I would indeed grow up to have her heart, her passion, her beauty and her zeal for a life lived on a landscape that captivated me—captivated her.

As I grew a bit older and moved into a house down the road with my family, it was by her side on this landscape where I learned to chase cattle and care for my first bottle calf and how to drive the feed pickup as my dad shoveled grain out the back for the hungry animals in the winter.

And for five years I watched as my grandmother lived her life as the rock of her world, hosting huge family dinners in this very house, forgetting the Jell-O salad in the fridge amongst the wonderful chaos that her three grown children brought along on their coat-

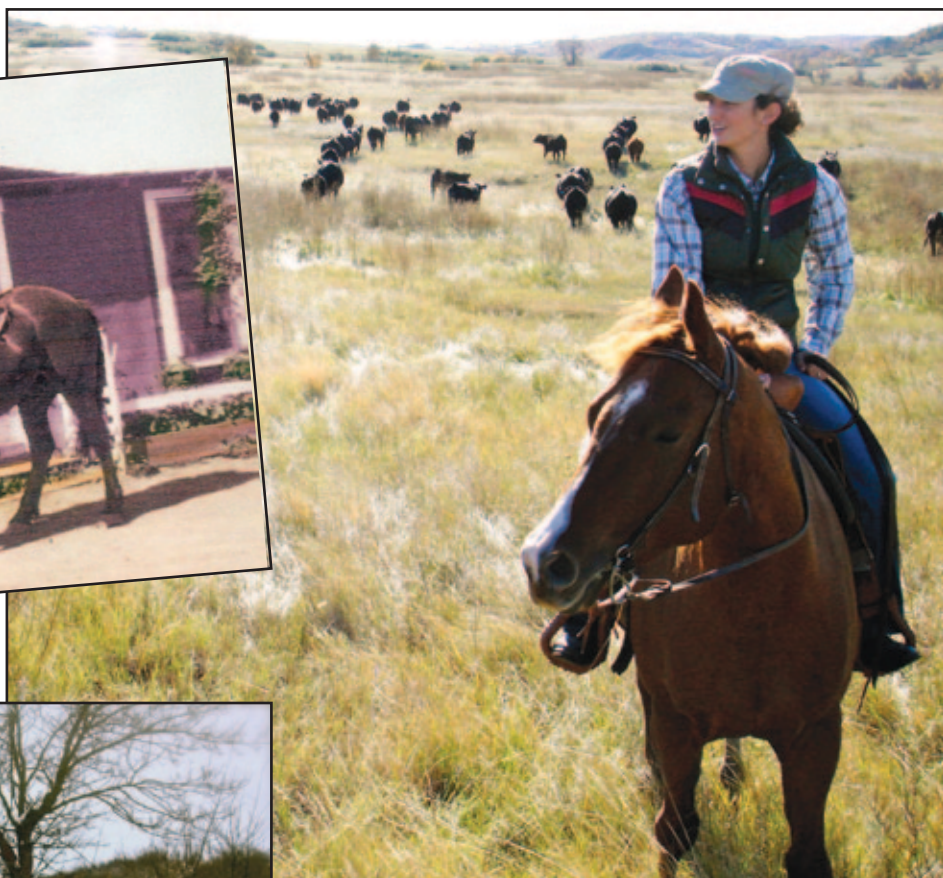
tails, laughing until tears streamed out of her eyes as my cousins and I put on plays and dressed in the old dresses, shirts, hats and costume jewelry she saved for us. I helped her string cranberries for the cedar Christmas tree she cut from her land and sat next to her in our small country church as her steady voice carried the hymns out of the open windows and into the prairie air.

Yes, I was her sidekick, her shadow, until one clear summer morning I woke to find that my grandmother's laughter would no longer echo off the buttes and the floors of her house would never again creak under her bare feet. Her house would no longer smell of cinnamon and warm butter. And it may remain that way forever.

Now, at 27, I realize I have lived without my grandmother longer than I have lived with her in my life. But in those years spent in her shadow I learned more than how to grow plump tomatoes and saddle a horse. My grandmother showed me what it was like to live a life with heart, hard work and a little play splashed in.

So I took her voice with me as I moved off of the ranch and on to college and adulthood and tried to do





things she would be proud of. I have sung my songs, rode horses, fell in love, rescued animals, had my heart broken, learned a few things the hard way and moved away to find myself somewhere, knowing full well where I would end up.

Home.

Home in her house working to build a life on a landscape that shaped me, standing in her doorway, scrubbing her floors, cooking dinner on her stove, stubbing my toe on the coffee table and complaining while trying to find space for my ridiculous shoe collection and oversized sofa. And as I am coming into my own in a house I know so well, with each day I am learning more about this woman and who she really was.

Because as I cuss the worn linoleum and search for a place to store my

Tupperware collection, I wonder if this could really be the same house that held my childhood memories of dress-up and kitten rescuing? Could this be the same basement where my grandmother helped drag abandoned calves to shelter during a blizzard and stood by the wood-burning stove helping my grandfather to dry the newborns and keep them alive through the storm?

The stories I hear about how she raised three children and countless foster children between the small spaces of these walls awaken something inside of me and urge me to do better, to be stronger. I cling to the image of my grandmother as a young wife and mother who would take off riding over the hills to gather cattle with her husband during a time when most women

stayed in the house to tend to the housework. I long to be as light hearted, to put coffee filters in the pancakes on April Fools Day and laugh with the delight and zest for fun she possessed. I envy her free spirit when I hear about the way she would throw her shirt aside as she worked in the garden to let the sun soak in her skin, to feel the wild air and work and live under this big blue sky like she belonged nowhere else.

When I tuck myself into bed in the very room where my grandmother used to sleep after a day of chores and living in the sun and wind, I wonder if she ever cursed the small stove or wished she had room for a bigger table.

And in the middle of a Saturday morning when I'm straightening a photograph or taking a ride on the back of a good horse in the saddle she left behind, I miss her.

I miss the things she didn't have a chance to teach me, I miss her voice, her laugh, her hands, her smell, her bread dough and homemade pickles. Because when I grew up, I wanted to ask her things and compare our features and understand why I may have turned out like her.





*My husband, Chad and I*

But then, sometimes, in the quiet moments in this house spent scrubbing the floor or dusting the shelves, I feel like her. I feel her smile spread across my face, her kink in my back and I

wonder if this house held her the way it is holding me. I wonder if these walls closed in on her family the way they have on us, urging us to break down, to touch, to hold on tight to each other.

I wonder if she stood in the kitchen making dinner for her husband and if he felt moved to come up behind her and gently kiss her cheek. I wonder if she danced in the living room. I wonder if she tripped over her coffee table.

So here I am, the fourth generation on my family's ranch still listening, still learning how to exist here, the only place I've ever called home, long after my grandmother's death. And I find myself wanting, so bad, to keep the bricks and mortar intact, but more so I long to fill this house the way she filled it. I want people to sit close, eat my cooking and drink my bad coffee. I want our laughter and kitchen light to flood the farmyard late into the night and bounce off the buttes and make the landscape ring with life.

Just like her. Just the way she lived.

---

*Jessie Veeder, singer/songwriter, lives on her family's ranch in Western North Dakota with her husband. She plans to open a ranch vacation business this summer.*

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# From the Belle to the Badlands

## The Inspiration of Sheila Schafer

by Beverly Everett

"Inspiration" is a word often used in close association with music. People refer to music as being inspiring, or a particular performance's being inspiring. Artists are known for "inspiring" the audience and conductors for "inspiring" the musicians they conduct. But for a conductor herself, who inspires me?

This past weekend, November 19-20, the Bismarck-Mandan Symphony presented its annual holiday concerts. As I stood backstage awaiting my entrance for the second of the two concerts, I didn't feel especially inspired. Fatigued from a busy fall season and a full concert the night before, I felt a little lacking in my usual energy. As I walked past the first violins, into view of the audience, I heard above the applause a familiar "whoop!" and suddenly that changed everything. Because I knew that whoop came from one of the most inspirational people I have ever met. It was as though that whoop—and all of the love and energy and charisma from that person suddenly flew from the balcony of the Belle Mehus straight to my heart and not only was I inspired, I was walking on air. And I conducted the rest of the entire concert with a renewed passion in my heart that even the musicians and other audience members later told me they noticed.

I knew that whoop came from my friend; that whoop came from someone we nearly lost recently; and for a special holiday concert, that whoop came from someone who admittedly was married to Santa Claus. That whoop came from Sheila Schafer.





I met Sheila in August of 2009. I know many have known her much longer than I have. But Sheila has that special ability of making you think you've always known her. Sheila first inspired me with her strength of character that I only know to describe as a "life force." She has an uncanny sense of spirit, self and other people and uses this sense to inspire others. When I first met Sheila I had the opportunity to sit next to her for the last performance of the Medora Musical that summer. That was when I first became aware of her concert "whooping" and I knew that my dream would be for her to some day whoop in our orchestra concerts. Watching her watch the musical was magical in itself. Her connection to all of the performers, the music, and the place of Medora, has a powerful effect on those around her. It is, I think, love in its purest and most generous form, and it is inspirational because few possess the freedom to love people and place like that. Watching her hold her heart, cry, and cheer in victory for those Medora Musical performers inspires me to always remember that we never know how what we do might touch a person.

Sheila inspires me with her personal, spiritual strength and her will to live. Struggling with some serious medical concerns, Sheila never lets life get her down. Earlier this fall I spent part of an afternoon visiting her in the hospital. She was only recently released from ICU. Yet what struck me about that

afternoon was how much laughter there was. I was there with two members of her family and I have never experienced that much laughter, usually instigated by Sheila, in a hospital. She did not pity herself. She focused on the future. And her recovery was what some might deem a true miracle.

Sheila inspires me with her generosity of spirit. I have met few people as spiritually, personally, and materially generous as Sheila. One word that I think is true to her essence is "giving." Sheila inspires me with her friendship. She is a true friend with a kind of friendship that transcends age, any differences, and is not affected by how long or short of time that you've known her. Somehow Sheila is able to "be there" for all of her family and friends, making each person feel special, loved, and valued. She gives so much to people just through her presence. She is a great listener, she is funny, and she had the gift of understanding. She understands people without their having to explain themselves. She remembers everything and in this makes people feel so special and important because she knows the details of their stories.

I began this essay with a narrative about my walking onstage with Sheila in the audience. I will end with the opposite. Last May 14, 2010, I sat with a heart full of joy and pride as I watched Sheila Schafer walk the stage at the Bismarck Civic Center to receive her college degree. This was just three days from Sheila's 85th birthday. With the strong

statement that told us all in no uncertain terms that one is never too old to learn and never too old to achieve ones dreams, Sheila addressed the audience, representing her class as one of the outstanding graduates. Throughout the year I had prayed for Sheila that she would pass her chemistry test. I had listened to her stories about all of the different things she was learning—one about the hermit crab sticks in my mind! I had heard the word "no" at invitations to go out because she had to study. Sheila was focused, dedicated, and very serious about her studies. She insisted on earning a degree from an institution with which she had a long relationship. It is inspirational when anyone achieves his or her academic goals. But Sheila's goal was especially inspirational because she personified a student with a pure passion for learning and growth.

I know that one of Sheila's favorite songs is "You Raise me Up." For all of us who know Sheila, and call her friend, we know that it is she who raises us up with her cheering, generosity, friendship, vision and strength. Long after the last strains of music have been heard, the Belle's lights turned out, and many other concerts passed, Sheila's "whoop" will remain in my heart and feed my soul. For me, that is inspiration.

---

*Beverly Everett is Music Director of the Bismarck-Mandan Symphony and the Bemidji Symphony Orchestras.*



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# Who Inspires Me?

## My wife, Kim Eslinger

*by Jeff Eslinger*



### Art & Soul

My wife, Kim Eslinger, is an artist. I don't simply mean that she creates works of art, which she does, but she is an artist because of how art is in her and how she sees art all around her and how her many expressions of art come from a place so deep inside her soul. Her passion for art and for life and for love simply spills out of her and is absolutely, irresistibly contagious. She's like the Pied Piper, but with brushes and pencils and crayons, rather than a pipe.

Kim's passion for art comes with a price, which she is more than willing to pay, and I have to tell you about that to help you understand why she is so inspiring to me.

As I am writing this, she is doing homework. Or maybe she's correcting someone else's homework. She is a full-time teacher and nearly a full-time student. For several years, she has been working to finish a degree that will make her a better teacher. The scene in our living room right now is a replay of hundreds of similar evenings: I'm watching football; she's doing homework. I'm watching golf; she's correcting homework. I'm watching the news, folding laundry, reading, fixing something, breaking something...and she's doing homework AND correcting homework,

and maybe developing some new curriculum. I'm going to bed, she's "almost finished" with the homework. Midnight is an early bedtime for her. This is Kim at home.

Kim at work is no less resolute. Until recently, she was teaching three different classes at two different schools: an art careers class and a technology class at the middle school, and a digital design class at the high school technical center. That meant three sets of lesson plans, three bundles of homework to correct, and an "office" in the trunk of our car (then our living room, then back to the trunk). I often thought that if her art career students had any idea how hard she worked, they would never choose a career in art! This year, she feels like she's catching a major break because she's teaching in only one classroom.

It's easy to question whether anything that requires this much work is worth it, but she gives it little thought. It's just something that has to be done to keep her job. I know better, though. Nothing as mundane as job security can account for such a determined, tenacious pursuit of her goals. This is her calling. She's always had a gift for teaching, even though I don't think she

recognized it as readily as everyone else.

In the earlier days of our marriage, Kim worked from our home as a freelance illustrator and graphic designer. She's a very talented artist, and in those days, she also entered art shows regularly. She typically made a good showing with her illustrations of horses, carousel horses and wildlife. She misses that part of her creative expression, and hopes to return to it when she finishes this degree. We both look forward to that, yet I can't help but wonder if she would have discovered her teaching gift if not for the need of a steady paycheck.

Which brings me to my next point of inspiration: how teaching just naturally flows from her. One day, she started a summer art camp in our barn. Sounds logical, doesn't it? No? Well, it's not like it just popped into her head. She was temporarily working for the after school "BLAST" program, doing arts and crafts with kids until their parents came to take them home. She created a problem, however, when the kids didn't want to go home. Their parents recognized the value of what was going on there. They liked what they saw, and asked for more, not after the school day, but after the school year. Thus was born the



Art Barn Art Camp, a successful little business she's been running for several summers. By "successful," I don't mean that it makes much money. It makes her happy.

It would be a mistake to view Kim simply as a driven career woman, although she certainly is driven. For her, the late hours and extra workloads are not the kind of recipe for success you see in motivational books, or magazines for career women. It just comes down to her incredible passion. If she's going to teach, she's going to learn all the tools. If she has to drive all over town to find her students, well, fill 'er up and let's go. If she's going to invite dozens of little kids to learn about art in a barn, she's going to drag them through the woods to hunt out "art supplies" and she's going to turn the slope in our backyard into a water slide (and be the first one to slide down it) and she's going to inspire a slew of volunteer teenage staffers to become artists and teachers just like her. It's all pretty much by accident; the by-product of her passion for life, for art and for kids.

So now, as I finally get around to finishing this little writing project a month after starting it, she has completed the last of her classes and aced the last of her tests. She's ready for the cap and gown. REALLY ready. And this time, she is determined to walk up to the podium and accept her diploma in person. I made her miss her last graduation (25 years ago) by scheduling our wedding that day. (Hey, she didn't tell me!)

My wife inspires me. She inspires me to recognize art in the world and people around me...even in myself. And now, with the burden of college coursework lifted, I get to see what comes next. I don't have a clue what it will be, but it's a good bet that it will be another inspiring work of art.

---

*Jeff Eslinger is a Bismarck native entertaining a career in communications. His hobbies are: a hobby farm, golfing, hunting, cross-country skiing and anything else that gets him outside.*



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# A Slice of Inspiration Go! Find Adventure!

by Karen K. Ehrens

I bet you knew that Bismarck and Mandan have great parks systems. But, did you know that families who have access to parks and playgrounds and use them are more active than those who don't? The Go! Bismarck Mandan coalition is partnering with local parks to help get the word out about our local parks and recreation treasures so that more people are out enjoying them and being active.

**Adventure Walks** kick off this spring to help bring excitement and novelty to walking together as a family and being outdoors. The Go! Coalition is partnering with the Dakota Zoo and Mandan Parks and Recreation to host walks with clues that can be discovered through the use of global positioning system (GPS) devices. But you don't need a GPS machine to take an adventure walk; you can find adventure by walking right outside your back door and around your neighborhood.

Says Wendy Anderson-Berg, Chair of the Go! Coalition and Park Planner at Bismarck Parks and Recreation, "It's easy these days for kids to become disconnected from nature and from being outdoors. By taking the time to pay attention to the changes in your outdoor surround-



ings as the seasons change, you can better enjoy a simple walk, be more active and connect with nature."

The Go! Coalition will also provide pediatricians and family practice physicians, childcare providers, and families written materials with ideas for **Adventure Walks** to take with their children, locations of neighborhood parks and community fitness centers and walking trails, and importance of daily physical activity.

The Go! Bismarck Mandan coalition, with nearly 20 organization partners, has a mission to measurably

improve the health, fitness and quality of life of all people in Bismarck and Mandan by creating a supportive culture and environment through a coordinated approach.

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**Bourbon Street Penne Pasta**



**includes Coffee, Tea, Soda  
or one Mimosa**

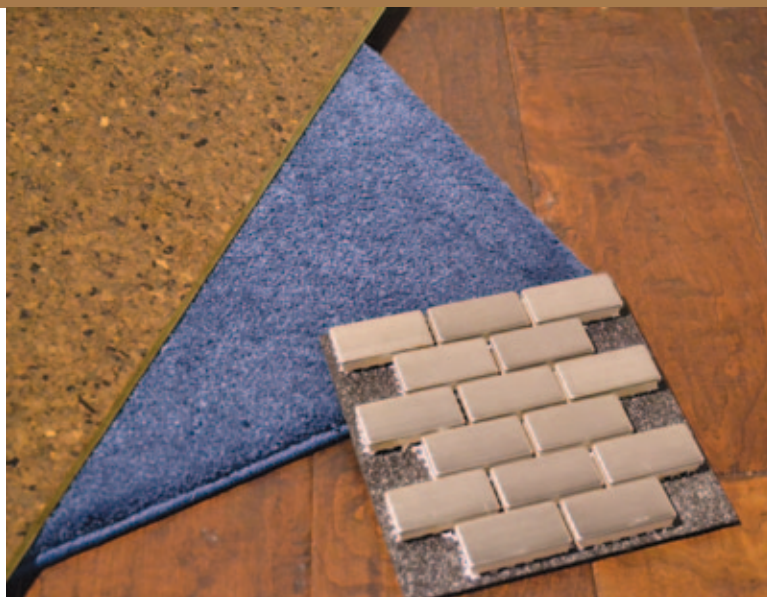


Hunter Douglas Window Dressing: These shades deliver more than just radiant color and muted light – their special design offers energy savings with exceptional value. Check out the wide variety of colors.

# New Trends For Your Home

What's new in home décor?  
Roxanne, Interior Designer  
for Magi-Touch, talks about  
a few new trends for 2011...

Colors: Blue is still 'in', but leans toward more of a 'peacock' shade. You will also be seeing brighter colors paired with neutrals. For instance, using vibrant pillows, vases and other accessories to liven up a room.



Flooring: Locally, people are asking for a wider plank when choosing wood or laminate flooring. The darker, distressed look has been most popular. Cork and Bamboo materials are popular sustainable choices as well as carpet made from corn. Carpets come in a wide variety of shades and textures, some with patterns woven in.



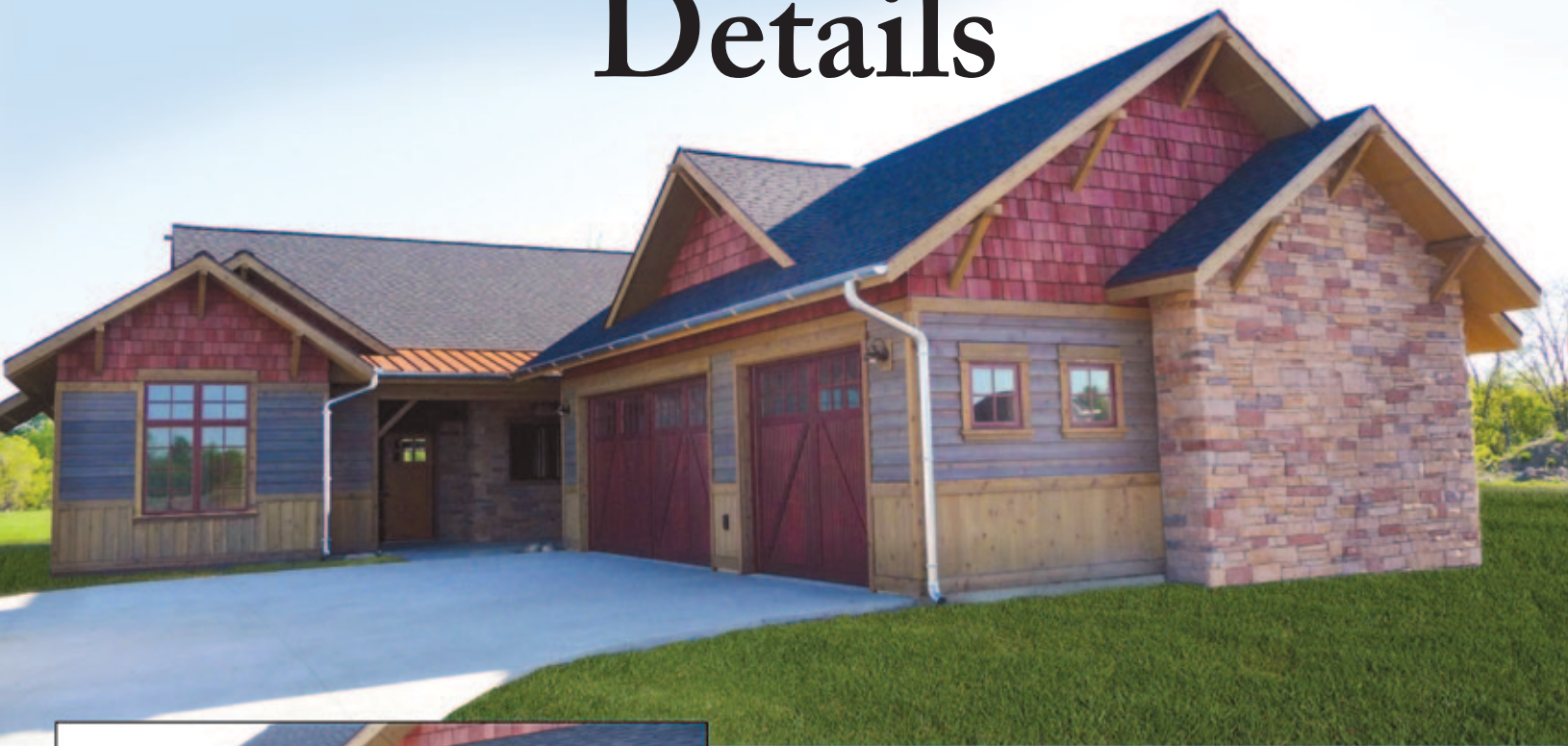


Tile: This is an easy way to personalize a kitchen or bath. Even a simple backsplash will change the look, and feel of the room. The possibilities are endless with metallic hues, gorgeous glass colors, and a wide variety of shapes and sizes.





# Montana-Inspired Details



*The garage doors are just plain cool!*

*A very private back yard features a patio with outdoor gas fireplace.*

*This home features hand stained cedar siding and cedar shakes for accents.*

*Check out the old-style galvanized half round rain gutters.*

This rustic home defines energy-efficiency. The 2x6 walls are foamed with urethane, which prevents heat loss from the walls, and increases the R value as well as overall strength. Even the interior walls are insulated, adding to the home's overall cozy feeling and quietness. The heating and cooling system is geothermal.

Something else setting this home apart is its size. The ranch-style, three bedroom home is only 2200 square feet, bringing the national 'small home' trend to Bismarck.

Having a small home does not mean compromising on quality. For instance, Nelson Builders custom builds all of its own woodwork and this home features knotty alder doors, cabinetry and trim.







*The wall treatment in each room is quite attractive and must be viewed up close and personal to see the attention to detail.*

The master bed and bath connect to the laundry room for extra convenience. The master bath features a walk-in shower with body sprays and the floors are heated with a 12 volt car mat under the tile!

This home is for sale.  
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# Red Cross Ruby Force Bucket List Event

Designed to harness and  
celebrate the power of women

by Marnie Piehl



**The West Dakota** Chapter of the Red Cross is kicking off its women's philanthropic group, the Ruby Force, with an event designed to celebrate women's friendships and philanthropic power.

The Bucket List Event is a dressy, women's only party on April 7 from 7-10 p.m. in the atrium of the Bank of North Dakota. In addition to a cash bar and free hors d'oeuvres sponsored by Peacock Alley, partygoers will have a chance to win one of ten bucket list items. Each item is a dream activity, one of those "do it before-you-kick-the-bucket experiences" that we talk about for milestone birthdays, but rarely act on, says Red Cross Executive Director Janel Schmitz.

Each woman will receive a ticket to place in the Bucket List of her choice, with a chance to win that item at the end

of the night. Winners may walk away with a \$1,000 His-and-Hers Closet Tune-Up sponsored by Hellman Brothers and Hellman Brothers for Her, a sailing outing on Lake Sakakawea while dining on a gourmet lunch, or a skydiving experience, among others.

Women can join the Ruby Force for \$250 (event tickets are included). The idea is that by coming together as a powerful philanthropic force, women will begin to realize their potential, personally and philanthropically. "Whether dreaming ourselves beyond our fears by completing a bucket list item or becoming involved with the Red Cross by volunteering and donating monetarily, every woman has something to give," Schmitz says.

Schmitz cites Red Cross founder Clara Barton and her work tending wounded soldiers on the Civil War battlefield as

the inspiration for the Ruby Force. "As women, we are driven to change our communities in positive ways. Women have a unique understanding of the needs of others and meeting those needs. The American Red Cross is hoping to ignite that spirit in women for Bismarck-Mandan and surrounding communities through the Ruby Force and Bucket List Event.

"This event will give women a chance to gather, not as a circle or a group, but as a force with a Clara Barton mentality that can truly change our communities," Schmitz says. "And we are going to have a great time too!"

The potential of the group will be up to those who join it. The Ruby Force members will decide together how to take their power to the next level. "Some may come for an annual event which is wonderful, but others will see this as an opportunity for something bigger for themselves and their community."

## About the Red Cross

The West Dakota Chapter covers 16 counties in south central and southwestern North Dakota, helping thousands of people. Since July 1, the Chapter, which receives no federal assistance, has provided nearly \$30,000 of assistance locally to families. Recent assistance includes:



**"Whether dreaming ourselves beyond our fears by completing a bucket list item or becoming involved with the Red Cross by volunteering and donating monetarily, every woman has something to give." — Janel Schmitz**



- Helping victims of the Bismarck Motor Hotel fire

- Providing emotional support and financial assistance to families affected by four home fires in January

- Providing emergency communications to soldiers from their families back home – four communications in January for instance

- Started giving a new presentation called "Returning Home" to service groups that increases awareness of soldiers and their families and the impact of multiple and lengthy deployments

Relatively new to the Red Cross, Schmitz finds her work inspiring every day.

"The spirit of the organization is incredible. Gail McGovern, CEO of the American Red Cross, is a dynamic woman with strong ideas that are changing the face of this organization in very positive ways. To think that this organization can literally set up a shel-

*What:*  
**Ruby Force  
Bucket List Event**

*When:*  
**April 7, 2011 from 7-10 p.m.**

*Where:*  
**Bank of North Dakota  
Atrium**

*Who:*  
**Powerful, beautiful women  
of Bismarck-Mandan**

*Why:*  
**To dress up, be brave  
and do good**

*Tickets:*  
**\$250 donation**

**Contact Janel Schmitz  
for more information  
701-223-6700 or  
jschymitz@ndredcross.org**

ter for thousands, begin feeding, and providing emotional support within a matter of 1-3 hours after the event or find a soldier in the middle of another continent to share news of an ill relative or a baby's birth never ceases to amaze me," she says.

Through the Ruby Force and Bucket List event, Schmitz looks forward to gathering the dynamic women of this community to make a difference in the lives of the people the Red Cross serves.

To learn more or to become a member of the Ruby Force and receive a ticket to the event, contact Janel Schmitz, Executive Director at 701-223-6700 or jschmitz@ndredcross.org.



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

**April is  
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**Banana Soynut Bread**

1/2 cup margarine or shortening  
1 cup sugar  
4 egg whites  
1 1/2 cups mashed bananas  
3 Tbs vanilla soymilk  
1 1/2 cups flour  
1/2 cup soy flour  
1 tsp baking soda  
1/2 tsp salt  
1/2 cup roasted soynuts, coarsely chopped

Preheat oven to 350°F. Coat a 9" x 5" loaf pan with vegetable cooking spray. Mix shortening, sugar, egg whites, bananas and soymilk with electric mixer. Add flours, baking soda and salt. Mix well. Stir in soynuts. Pour into pan. Bake 1 hour or more, until knife inserted in middle comes out clean. Yield: One loaf cut into 14 slices.

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*The Pirate Ship nurses station with interactive games*

# Amber's Dream

## Teenager inspires community to bring kid-friendly healthcare to Bismarck

*by Kim Singer*

Amber Des Roches was just 11 years old when she was diagnosed with leukemia, and she spent four years in and out of Medcenter One Children's Hospital. While undergoing treatment, Amber envisioned a place where children could escape from their illnesses and be comfortable as opposed to a regular hospital setting.

"She had a lot of imagination, (and) could dream up a lot of ideas and stories," said John Des Roches, Amber's dad.

Despite a courageous battle with cancer, Amber died just days before Christmas in 2007. In the face of unbearable grief and sorrow, Amber's family was reminded of how the teenager often talked about transforming the Medcenter One Children's Hospital.

The Des Roches family brought Amber's journals, which outlined her plan for the hospital, to Medcenter One. It was then that the ideas Amber dreamed about were put in motion.

"The Medcenter One leadership team had a plan for the Children's Hospital, and then along came Amber and her dream and her inspiration," said Dr. Craig Lambrecht, Medcenter One president/CEO.

Amber's vision largely revolved around the story of Peter Pan, hence the pirate ship nurses' station and similar motifs in the project.

The ship, created by artists Hans Gilsdorf of Detroit Lakes and Dwight Williams of Fargo, is built so the desk is at children's eye level. Portholes dot the ship's hull, and each porthole features a different hands-on activity for children, such as a marble maze or a three-dimensional scene where children can move an alligator back and forth to sink a small ship.

"It's exciting," said Randi Schaeffer, Medcenter One Children's Hospital manager. "Amber shared with us the dream she had for all children. And thanks to her vision, it has become a children's center like no other."

Ever since Schaeffer started working as a pediatric nurse 35 years ago, she's had a vision of what the perfect environment to promote healing for children would be.

"When children's fear of the unknown is addressed and a trust relationship is developed in an environment that is developmentally appropriate, that fear turns into a positive lifetime experience. Schaeffer said

"The power of distraction can reduce pain, eliminate fear and promote healing," said Dr. Rafael Ocejo, a Medcenter One neonatologist and pediatrician. "It has been proven through research that children whose minds are occupied recover more quickly than those who are simply provided medical care in a sterile, unimaginative setting."





*Amber's parents, John and Pam DesRoches, with 'Pirate Meddy Bear'*

Being a child herself, Amber knew the importance of understanding children's needs. Her vision for how to best care for children sparked overwhelming community support for the project.

"This is exactly what fundraising should be," said Carol Meyers-Dobler, the executive director of the Medcenter One Foundation. "It's not about raising money. It's about making dreams come true."

When its transformation is completed, Medcenter One Children's Hospital will feature family centered rooms that will provide ample space for parents to stay overnight with their children, a sea-themed treatment room that will give children the illusion of swimming underwater, a large play area, a room with electronics and other activities for teenagers and the Meddy Bear Night Sky with fiber optic stars and shooting stars.

Amber's dream has brought magic to the Medcenter One Children's Hospital. Her vision will help children and their families better cope with illnesses and injuries for many generations to come.

"We all knew Amber when she was alive. We all became close to her as we do with all the children that are here," Schaeffer said. "But Amber we're getting to know more and more even after she passed away. Looking and reading the book that she was so faithful to, she's here with us because she's sharing what she wanted so badly for all children."

In total, the renovation of Medcenter One Children's Hospital will cost right around \$1 million. The Foundation still needs to raise roughly \$40,000 of that. To learn more about Amber's Dream or to make a donation, visit [medcenterone.com/ambersdream](http://medcenterone.com/ambersdream) or call the Foundation at 701-323-8450.

*Kim Singer is the public relations coordinator for community relations at Medcenter One.*

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# Spring Cleaning Tips

## De-clutter and feel better

by Tina Ding



**Do you ever** dread walking through your kitchen or laundry room? Have you misplaced bills or other important paperwork?

Junk distracts the best of us. Piles of mail or overfilled closets seem insurmountable. After de-cluttering and purging, daily housekeeping becomes manageable. Whether approaching a serious project or simply spring cleaning, make sure you make it through your entire living space. Remember to be prepared to set aside marathon-like chunks of time to really sort through the stuff.

### On your mark.

Walk through your daily routine, generating a list of cluttered, congested spaces. Pay close attention to overwhelmingly messy, unorganized drawers as well as stacks of shoes or mail at your entry. Define a starting point. If your morning routine bogs you down – start at the bathroom vanity or bedroom closet.

### Get set.

Prepare totes and bins for sorting. Include a large trash bag as well as a couple of boxes clearly marked for garage sale or donations. Grocery tote bags work well for specific donations, borrowed items or on the spot sorting: toys, periodicals, tools, books or laundry. Set up totes to cart things to particular rooms of your home, such as a tote set aside for hairbrushes, hair clips and other bathroom items. Managing and sorting one room at a time reduces running back and forth – and ensures minimal distractions.

Gather a handful of tools to keep you on task: hammer, nails, and garage sale tags. Turn the ringer off on your phone; leave the cell phone behind.

### Go!

A complete overhaul is the goal. Stand in the doorway and consider the clutter factor. Consider spots that routinely catch junk and start there. Toss broken items and quickly scan stacks of books or magazines.

Reserve newly emptied baskets, totes and bins. Consider how they might be repurposed for organizing your laundry room or entry.

Purge closets. Get rid of ill-fitting or unworn items. When finished, sort remaining clothing into seasons, fold or hang appropriately. Review drawers for unmatched or missing socks and move them to your laundry room. A tip for ongoing closet maintenance: hang all hangers 'backwards', flipping them after they've been worn. After an established time lapses, pluck out unworn pieces by simply checking hanger orientation.

Sort all bathroom items into categories. Donate unwanted and unopened toiletries.

Kids' rooms tend to become cluttered with clothing, toys and other treasures. After removing unworn clothing and unused toys, reorganize closets and drawers to accommodate the child's height and their current needs. Keep appropriate seasonal items within reach, tucking others away in bins. Manage toys with bins, baskets or pails. Allow under bed storage with slim boxes or bins, closet or drawer space for treasures and place bulky items on open shelving for accessibility.

Living spaces or family rooms catch it all. Magazines and newspapers, family entertainment games or videos, as well as photo albums and collectibles quickly overwhelm a space. Keep a few inviting magazines on a table, toss the rest into one of your sorting totes. Tuck entertainment games and accessories into baskets for display – remembering to review all games, movies and books. If they're not being used, sell them or bring them to your workplace for giveaway. Replace unwanted collectibles with those family entertainment baskets.

Managing kitchen and dining spaces starts with reducing the load. Overstuffed pantries and bottomless freezers can mean overwhelming dinner preparation. Sort out unused kitchen gadgets, toss expired goods and rearrange dishes or cookware to useful locations in cupboards, creating an efficient, workable space. Review items for excess wear and discard. Donate surplus pans or kitchen appliances. Consider interior cabinet doors to hang trash collection dates, favorite recipes, school lunch schedule or phone numbers. Getting paperwork off counters into viewable spaces will instantly remove clutter.

Functional laundry rooms are a few baskets away. Provide a minimum of four labeled laundry baskets for: darks, lights, special care items along with one for unmentionables and towels. Include a few smaller bins for those unmatched socks, coins and other pocket treasures. When space allows, include a hanging space as well as baskets for folded items.

A tidy office equals efficient bookkeeping. Clear a couple of drawers or



repurpose a basket or two for incoming and outgoing paperwork items. Take time to review your virtual desktop as well. Clear clutter from your desktop; delete messages or create new folders to stash important documents.

At last, focus on your entry. This is one place worthy of spending a few dollars to reorganize. Establish a space for every family member to catch coats, scarves, backpacks and purses. A handy bucket below holds hats, mittens or gloves; an open shelf above with baskets or small buckets creates a spot for sunglasses, library cards or keys. Establish a shoe zone; allow one all weather pair of boots plus one pair of shoes each near the entry, relocating excess shoes to closet floors or another enclosed space.

## Marathon training!

Runners cross the finish line, take a break, then continue working out.

Haul out that trash bag. Finish pricing garage sale items and store them in one location. Place donation bins and totes of borrowed items in your vehicle; then deliver them. Tip: manage garage sale clutter by posting empty bins at a few strategic locations, such as in a storage closet. Include supplies to mark items on the spot for swift garage sale preparation later.

Deep clean the house, reworking last details while oiling wood surfaces and scrubbing clutter-free bathrooms. Scrub hardware and shine windows. Wash winter wear before packing away..

## Stay healthy

De-cluttering is therapeutic, however it takes time. Start small by managing a few key areas that need ongoing attention. Make beds every day. Clear the table and kitchen sink at each meal. Sort laundry into respective baskets. Be accountable and stay the course to have an uncluttered clean home, freeing time up for mindfully healthful things.



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

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# Prioritizing Wellness:

## How to advance your yoga practice

by Amanda Mack

For many, yoga is a kind of calling. It calls us to be more present in our lives, more flexible in our bodies and minds, and more interested in the pursuit of wellness. Finding the ability to justify its importance in our lives is often the limiting factor.

Several area residents made a conscious choice to advance their yoga practices by making it a priority in their lives. Each of them continually seeks out yoga experiences beyond local class offerings to further cultivate and inspire their practices.

### Taking yoga to the next level

Laura Anhalt, an avid yoga practitioner in Bismarck, found her yoga roots at the local YMCA. Her first yoga class gave her a eureka moment. Everything about it said, "This is it!"

"At first the practice [of yoga] is exciting," says Laura. "You improve relatively quickly. Then you hit a plateau after a few years. Because I live in Bismarck, I wasn't going to workshops or advanced anything. I was going to classes but it got to be the same old same old after a while."

To find inspiration, Anhalt added a home practice to her yoga mix and then she attended her first Yoga Journal conference in Colorado. She went with her husband who golfed during the day while she attended sessions. Although an incredible learning experience, it was also painful.

"I was struck by how much I didn't know. I was just totally freaked out," recalls Anhalt. "I learned what I don't know and what I can't do."



*Bismarck yoga instructor Bonnie Torrance teaches morning yoga class poolside at a recent yoga retreat she led in Dominican Republic.*

Photo credit: Stephen Crane

Anhalt has since come to embrace the great depth and breadth yoga has to offer. Prone to anxiety, she maintains a daily practice for both the physical and the mental health benefits and continues to seek out and attend workshops locally at Pinwheel Creative Movement Center and in the region. Of special interest to her is visiting White Lotus Foundation, a yoga retreat center in Santa Barbara, Calif. frequented by rock star Sting.

"I am probably a fanatic," Anhalt, a state employee, confesses. "I have a bag at work – it has blankets and a block. At break, I go and meditate for 20 minutes in an empty conference room. After I eat lunch in the afternoon, I put my legs up the wall for 20 minutes. Yoga's just in my life."

### Finding a good fit and style

Many take their next step into yoga by attending a teacher training. However, not everyone who attends a teacher training comes out a teacher. In fact, Angie Swiec Kambeitz, an ashtanga yoga practitioner and teacher new to Bismarck, wishes that teacher trainings were just called workshops arguing that they can simply serve as a great way to grow your personal practice.

Working as a volunteer at a Yoga Journal conference in Estes Park, Colo. was a great introduction for Kambeitz. She learned about different yoga styles and got unique access to a variety of top teachers. Furthermore, she was able to gain some teacher training credits.



Yoga Journal sponsors several annual conferences, but the magazine itself and its extensive website provide access to leading teachers without the travel commitment. Janis Cheney, a 28-year yoga practitioner in Bismarck, said she signed on to YJ's 21-day yoga challenge. The challenge is designed to empower yoga practitioners to maintain a daily practice. On a recent work trip to Fargo, she kept to the challenge by uploading a yoga podcast to her phone and did the class in her hotel room.

Yoga vacations offer another avenue for exploration. Bonnie Torrance, owner of Pinwheel Creative Movement Center in downtown Bismarck and Sivananda yoga instructor, just led a February yoga retreat near Puerto Plata, Dominican Republic. She is already taking reservations for next year (for more information call 701-255-8499).

A ten day experience, participants practice tai chi at sunrise on the beach and then attend a poolside yoga class later in the morning. Although participants shared most meals together at their common villa, the remainder of the day was their own.

Cheney and spouse Stephen Crane were among the 12 participants from Bismarck who attended the inaugural retreat. Crane, who began his yoga practice on the trip, says, "We waited twenty-five years to do something like this. That was stupid!" He is now one of Torrance's newest students at Pinwheel.

Cheney described the retreat as more of a vacation for the body and soul. "I would do it again in a heartbeat," she says. "What's extraordinary about that time and place...it was gloriously green and the sky was a blue – there was an intensity to the sunlight in it that we just don't get here [in Bismarck]. The breeze...it was a feast for the senses yet a break for them at the same time."

## Attaining and maintaining teacher status

Whether a yoga practitioner chooses to take her bag of tricks learned at workshops, conferences and teacher

trainings and share them with students is a personal choice. Often, yoga becomes such an integral part of a potential teacher's life that sharing that accumulated knowledge with others is a natural next step.

Susan Thompson, a hatha yoga and meditation teacher in Bismarck, hesitatingly turned to yoga after sustaining a knee injury while skiing. After realizing its healing benefits, she became a devoted student. Thompson's desire to become a teacher took hold after inviting her dear friend Pat Hayden, a yoga and meditation instructor in Casper, Wyo., to teach a few workshops in Bismarck. Hayden told her that she had a responsibility to her students to get training.

Thompson says it was like making the decision to go back to school. She told herself, "I am going to do this. I don't care what I have to do." With her children grown, her primary obstacle was getting a month's leave from her job as a social worker at MedCenter One. Turns out it was no problem.

Thompson attended a month-long residential teacher training at Shoshoni Yoga Retreat deep in the mountains near Boulder, Colo. Initially, she tried to convince the retreat to allow her to complete teacher training in one-week increments, an approach common to other yoga teacher training programs. However, she quickly saw that a month was necessary to learn how to accurately teach yoga, how to read her students, adjust the class to meet their specific needs, and to fully develop her meditation practice.

To keep her practice and her teaching fresh, Thompson goes to Yoga Journal conferences as often as she can. She and a group of long time yoga friends, including Hayden, go back to learn from their own teachers. She particularly likes Tias Little, founder of Prajna Yoga, a yoga training center in Santa Fe, N.M. When she spoke of a workshop he conducted on the belly and the mind a couple years ago, her reflections sounded as if she had just left the course. His words are ingrained firmly



into her memory. Thompson, who turns 70 this year, plans to attend a Tias Little workshop in Colorado in Fall 2011.

If you let it, yoga can become a way of life. When your yoga practice begins to follow you off the mat and into your day, advancing your practice may just move to the top of your priority list.

Yoga instructor contact information:

Angie Swiec Kambeitz, private teacher, 701-595-1655

Susan Thompson, Yoga for Life, 701-223-6162

Bonnie Torrance, Pinwheel Creative Movement Center, 701-255-8499



*Amanda Mack, a Bismarck-based writer, recently returned from her first yoga vacation at the Sivananda Yoga Ashram in the Bahamas. Although the ten-hour days without coffee were grueling, the bliss was contagious.*

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# Physical Therapy

## A treatment option for many injuries and conditions

by *Kylie Blanchard*

Have you been hampered by an injury that just doesn't heal? Has an ache, strain or twinge appeared in a muscle or joint causing you pain and discomfort? Have you tried treatments that just haven't made your condition better? If this sounds familiar, physical therapy may be a treatment you should consider.

"Physical therapy is a practice where we evaluate injuries or physical limitations and assess them," says Donna Hartze, MPT, physical therapist at AIM Physical Therapy. "Then we help people regain their health."

Hartze has been practicing physical therapy for 13 years and says this type of treatment is used for a wide range of people. "Physical therapy is very broad and there are a lot of different areas in which physical therapists are employed," she says. "We treat everyone from tiny babies to the elderly."

The type of conditions treated by physical therapists also varies greatly. "People often think of going to a physical therapist after a major injury requiring a lot of treatment," says Hartze. "Sometimes people don't think to go to the physical therapist for minor issues such as wrist or back pain."

Hartze says physical therapy is used to treat many orthopedic issues and sports injuries, but the practice is also used in cardiac and stroke rehabilitation and the treatment of neurological disorders, like multiple sclerosis and Parkinson's disease, and traumatic brain injuries.

At AIM Physical Therapy, the therapists treat many conditions including: low back and neck pain; sports injuries; jaw pain (TMJ); orthopedic injuries to the shoulders, elbows, wrists, hips, knees and ankles; and foot pain. In addition, the facility also provides spine rehabilitation services, hand therapy,

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custom orthotics, work injury management, work site assessments and functional capacity evaluations.

However, notes Hartzel, physical therapists often do have focus areas. "At AIM, we do mostly orthopedic out-patient therapy and neurological therapy," she says. "I also work with individuals with chronic fatigue and fibromyalgia."

She notes the reasons physical therapists can tackle a wide array of conditions is because of their broad understanding of how injuries and conditions affect the movement of the body. "Physical therapists have an extensive amount of training and extensive knowledge of how the body works," says Hartzel.

Patricia Decker suffered from severe tendonitis in her thumbs and was unable to bend them because of stiffness and swelling. "I had mentioned my problem to a couple of professionals and they told me to wrap my thumbs and not use them," she says.

Decker was slated for surgery to cut the tendons in her thumbs in the hopes of regaining their mobility. "Something in me said, 'I don't want to have surgery,'" she says. "I just could not accept they would be cutting into my thumbs."

A chance meeting with Hartzel soon changed her treatment plan and her outlook on recovery. "Donna walked into the office I worked in and she asked me about my thumbs," Decker says, adding she was encouraged by Hartzel to try physical therapy.

"What Donna told me when I started therapy was 'move it or lose it,'" she adds. "Week after week the therapist worked on my thumbs and now they move." Decker spent two months doing physical therapy at AIM and now continues the exercises she learned on her own. Most importantly, she was able to avoid surgery.

"I was very, very surprised at the treatment and very pleased with the results," says Decker. "I am so pleased with finding the right care."

Now one of the first treatments she tries when it comes to muscle and joint problems is physical therapy. "Whenever I have a problem, I call AIM and Donna works with me."

Hartzel notes depending on the type of insurance an individual carries, they may need a doctor's referral to receive physical therapy services. However, she adds, most Blue Cross Blue Shield of North Dakota plans do not require a referral. "It is important to check with your insurance provider prior to making an appointment," says Hartzel.

One of the greatest advantages of using physical therapy as a treatment method is the unique approach used for various injuries or conditions, notes Hartzel. "We can get people treated quickly. We develop goals and work with the patient to get them better in a short amount of time."

AIM Physical Therapy focuses on providing the latest and most advanced treatment options for a variety of injuries and conditions. For additional information call 701-258-7730 or visit [www.aimpt.net](http://www.aimpt.net).

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*Kylie Blanchard is a local writer.*

# What's the Occasion?



**Minnesota Twins visit  
Medcenter One Children's Hospital  
Tuesday, January 18th**



**Dream Makers Ball  
Saturday February 12th**



**Hot Fun Winter in the City  
Belle Project Concert  
Sunday, January 30th**





# Noodles

## Satisfying, Healthy and Economical

by Pam Vukelic

It's time for the heavy soups of winter to give way to lighter fare. Noodles, the most popular food in Southeast Asia, and especially popular in Japan, offer a base with endless possibilities.

Serve them warm or chilled with a few vegetables, a little protein and a crispy garnish on top. Bind all the ingredients together with a sauce. Many bottled sauces have wonderful flavor and, of course, you cannot beat the convenience. Eaten with chopsticks from a deep noodle bowl, they are satisfying, healthy and economical.

### Consider the options....

**Noodles:** Somen are very thin wheat noodles that will cook in boiling water in as little as one minute. Udon are thicker, resembling short fettuccine, and are also a wheat product. Ramen, the ubiquitous children's favorite, are easy to eat due to their curly nature. Soba, uniquely Japanese, are part buckwheat and part ordinary wheat flour. Pay close attention to the cooking time recommended on the package, and don't overcook – they'll become mushy and sticky. If serving your dish cold, rinse the noodles; if serving hot, don't bother.

**Vegetables:** Snow peas, shelled edamame (green soybeans), mini corn cobs, water chestnuts, bamboo shoots, sprouts, shredded carrots and grilled red pepper are all options. To gently heat canned vegetables, such as sliced water chestnuts, pour them into your colander to allow the liquid to drain away. Then pour your cooked noodles and pasta water through the colander. You will heat the vegetables just enough to serve. Return the cooked pasta to the pot to keep it warm while mixing in the other ingredients.

**Protein:** A little meat goes a long way in noodle dishes. Season boneless chicken breasts and grill on a grill pan on your stove. Thinly slice and place a few strips on top of each serving of noodles. The same can be done with beef steaks or boneless pork chops. Another option is to brown ground turkey, beef or pork with onion, garlic and fresh ginger. Ground meat can be mixed into the noodles along with the vegetables.



**Sauces:** A few of my favorites are Bangkok Padang Peanut Sauce (House of Tsang), Veri Veri Teriyaki (Soy Vay) and Light Asian Toasted Sesame Salad Dressing (Kraft). To add a little heat, put in a bit of hot chili sauce (Sriracha) or chili garlic sauce (Hoy Fung Foods). Go easy – you can always add more, but you can't take it out. Add enough sauce to the pasta pot to add flavor and serve as a binding agent for the other ingredients.

**Crispy garnish:** A variation in texture is always appealing, so top your noodle bowls off with a few chopped peanuts, some fine rice noodles (La Choy) or toasted sesame seeds.

### Even more spring-like...

Instead of serving your noodles in a bowl, wash and dry Boston Bib lettuce leaves to use as lettuce wraps. Place the leaves on a large platter with small serving bowls containing an assortment of the above-described ingredients. Have your family members or guests build their own lettuce roll with ingredients they choose. Once the leaf is loaded with ingredients it can be rolled egg-roll-style and eaten out-of-hand. Have plenty of napkins at your disposal!



*Pam Vukelic is a food and nutrition instructor with Bismarck High School.*

# Recipe Addict



*Megan Rosten and her daughter Grace*

Megan Rosten started her blog to keep track of recipes her family enjoyed. You can see all of them at [diaryofarecipeaddict.blogspot.com](http://diaryofarecipeaddict.blogspot.com). Thanks for sharing, Megan!



## Tortellini & Ham

- |  |  |
|--|--|
| 1 stick (1/2 c.) butter, softened                | 1 c. half & half   |
| 2 tsp. basil                                     | 2 c. grated Parmesan   |
| 1 tsp. garlic powder                             | 20 oz. package Cheese Tortellini (I use the ones in the freezer section but dried or refrigerated are also fine) |
| 1/2 tsp. black pepper                            | 3 c. cooked ham, diced   |
| 4 Tbsp. Mayonnaise (reduced-fat is fine)         | 16 oz. frozen broccoli florets   |
| 8 oz. Cream Cheese (I use reduced-fat), softened |  |

Cook tortellini in boiling water according to package directions. Add frozen broccoli florets during the last minute of cooking time. Drain.

Preheat oven to 350 degrees. Combine butter, seasonings, mayo, cream cheese, & half & half in a large bowl. Mix well. Fold in Parmesan cheese, tortellini, ham, & broccoli.

Spoon into a greased 9x13 inch casserole. Bake for 30 minutes.

**Make Ahead Tip:** If you would like to prepare this ahead of time, you can do everything but bake it. Cover it up and put it into the refrigerator until you are ready for dinner. At that point you can bake it at 350 for about 45 minutes.



## Wasabi and Panko-Crusted Pork with Gingered Soy Sauce

- 2/3 cup panko (Japanese breadcrumbs)
- 1 large egg white, lightly beaten  
(I used an entire egg)
- 4 (4-ounce) boneless center-cut loin pork chops  
(about 1/2 inch thick)
- 1 teaspoon peanut oil (I had to use more to get them nicely browned a couple Tbsp, I believe)
- Cooking spray
- 1/8 teaspoon salt (I like kosher)
- 1 tablespoon bottled ground fresh ginger  
(such as Spice World) – I subbed with regular ground ginger
- 1/3 cup fat-free, less-sodium chicken broth
- 2 tablespoons sake or dry sherry
- 2 tablespoons low-sodium soy sauce
- 2 teaspoons sugar
- 1 teaspoon wasabi paste
- 1/3 cup thinly sliced green onions



Place panko in a shallow dish. Place egg white in another shallow dish. Dip pork in egg white; dredge in panko.

Heat peanut oil in a large non-stick skillet coated with cooking spray over medium-high heat; add pork. Cook for 4 minutes on each side or until done. Remove pork from pan; sprinkle with salt.

Reduce heat to medium. Add ginger to pan; cook 30 seconds, stirring constantly. Combine broth and the next 4 ingredients (through wasabi) in a small bowl, stirring well with a whisk. Add broth mixture to pan, scraping pan to loosen browned bits. Stir in green onions. Spoon sauce over pork.

## Self-Filled Cupcakes

- 18 1/2 oz. box chocolate cake mix
- 8 oz. package cream cheese  
(I use reduced-fat)
- 1 egg
- 1/3 c. sugar
- pinch of salt
- 6 oz. chocolate chips (mini work the best)



### Creamy Chocolate Frosting

- 3 1/2 c. confectioners sugar
- 1/2 c. cocoa powder
- 8 Tbsp butter
- 7 Tbsp. heavy cream  
(if you are in a pinch, milk would work OK too)
- 2 tsp. vanilla extract

Prepare cake mix, using milk instead of water, per package directions. Place cupcake papers in cupcake tins.

Divide batter evenly between 24 cupcake papers.

Cream sugar and softened cream cheese; beat in egg and salt. Stir in chips.

Equally distribute the cream cheese mixture between all 24 cupcake tins, dropping it on each one, near the center.

Bake at 350 degrees for 20 minutes. Cool and frost.

In a medium sized bowl, combine the confectioners sugar and cocoa power. Set aside.

In a large bowl, cream butter until smooth, then gradually beat in sugar mixture and cream. Blend in vanilla. Beat until light and fluffy. If necessary, adjust consistency with more cream or sugar.

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*There is nothing more  
difficult for a truly creative  
painter than to paint a rose.*



*because before he can do so  
he has first to forget all the  
roses that were ever painted.*

- Henri Matisse



## From the email file:

### For Women of a Certain Age

You've no doubt heard about people who have been abducted and had their kidneys removed by black-market organ thieves. My thighs were stolen from me during the night a few years ago. I went to sleep and woke up with someone else's thighs. It was just that quick. The replacements had the texture of cooked oatmeal. Whose thighs were these and what happened to mine? I spent the entire summer looking for my thighs. Finally, hurt and angry, I resigned myself to living out my life in jeans. Then the thieves struck again.

My butt was next. I knew it was the same gang, because they took pains to match my new rear-end to the thighs they had stuck me with earlier. But my new butt was attached at least three inches lower than my original! I realized I'd have to give up my jeans in favor of long skirts.

Two years ago I realized my arms had been switched. One morning I was fixing my hair and was horrified to see the flesh of my upper arm swing to and fro with the motion of the hairbrush. This was really getting scary - my body was being replaced one section at a time. What could they do to me next?

When my poor neck suddenly disappeared and was replaced with a turkey neck, I decided to tell my story. Women of the world wake up and smell the coffee! Those 'plastic' surgeons are using REAL replacement body parts - stolen from you and me! The next time someone you know has something 'lifted', look again - was it lifted from you?

THIS IS NOT A HOAX. This is happening to women everywhere, every night.

### WARN YOUR FRIENDS!

P. S. Last year I thought someone had stolen my boobs. I was lying in bed and they were gone! But when I jumped out of bed, I was relieved to see that they had just been hiding in my armpits as I slept. Now I keep them hidden in my waistband.

P.P.S. Those same thieves just came into my closet and shrank my clothes! How do they do that????



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*-Bill Bauman,  
Cancer Survivor*

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Please include the Bismarck-founded and based GOD'S CHILD Project in your will. You can make a bequest in a specific dollar amount, or as a percentage of your estate. You can name your gift, and request how it will be used.

We'll work with you ahead of time to make your dreams a reality now.

Talk to your attorney and include The GOD'S CHILD Project in your will. Dignifying life and making the world a better place is the right thing to do.

1991 2011



Patrick J. Atkinson  
Founder, Executive Director  
The GOD'S CHILD Project  
Tel: (701) 255-7956

To learn more about Planned Giving at The GOD'S CHILD Project, please contact:  
Scott Kadlec, President, The GOD'S CHILD Project Foundation, PO Box 1573, Bismarck, ND 58502, (701) 255-7956, [www.GodsChildFoundation.net](http://www.GodsChildFoundation.net)



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