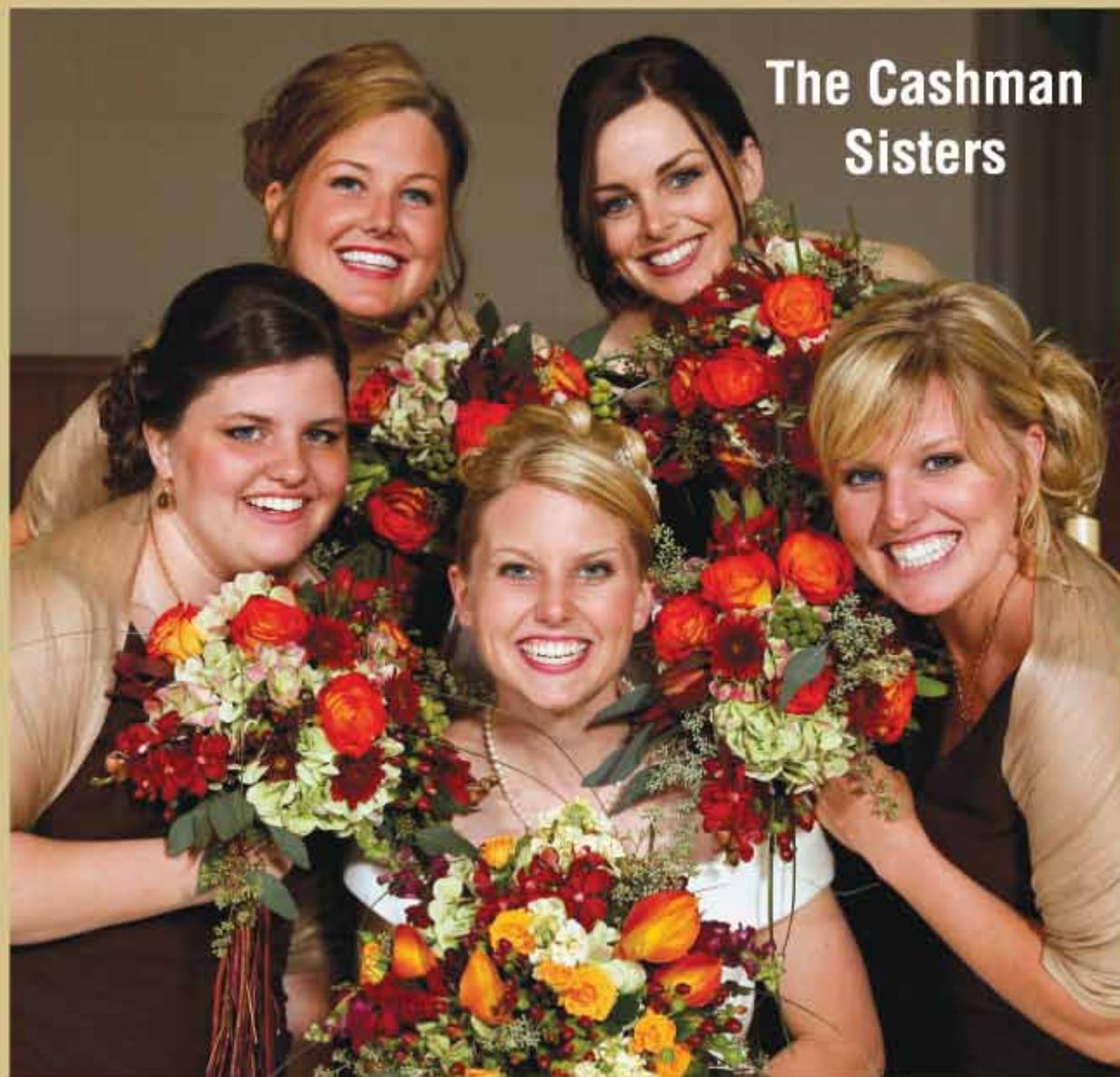


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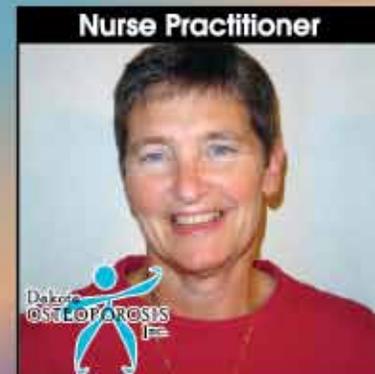
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Volume 10, Number 3

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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

Welcome to our third Sister Issue. A big thank you to all of the sisters who shared some of their family stories with us.

This issue also includes information on summer attractions and events. Visit the Dakota Zoo as it celebrates 50 years. The Shade Tree Players and Sleepy Hollow Summer Theatre presents many young, local talents in numerous plays and musicals. Stroll downtown Bismarck during Urban Harvest and enjoy homegrown produce, music and art.

Thank you for reading Inspired Woman.

Deb

~ Be Inspired ~



Sisters Wendy Ruud and Diane Anderson in their Easter finery.

It was nice growing up with someone like you - someone to lean on, someone to count on... someone to tell on!

—unknown

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A Fresh Look at Life

In 2008, I was diagnosed with a rare eye tumor that caused me to lose part of my vision. I was lucky that the Bismarck Cancer Center had state-of-the-art equipment and staff to treat my condition.

I can't say enough about the staff. They were so kind and made me feel comfortable and welcome.

I was glad when the last day of treatment came about, but I was sad to leave my new friends. Because of the Bismarck Cancer Center, I have my vision back, and I view life in a new way.



— Cindy Domagala, Bowman First North Dakota patient treated with a specialized fractionated SRS radiation therapy to eliminate her rare tumor.


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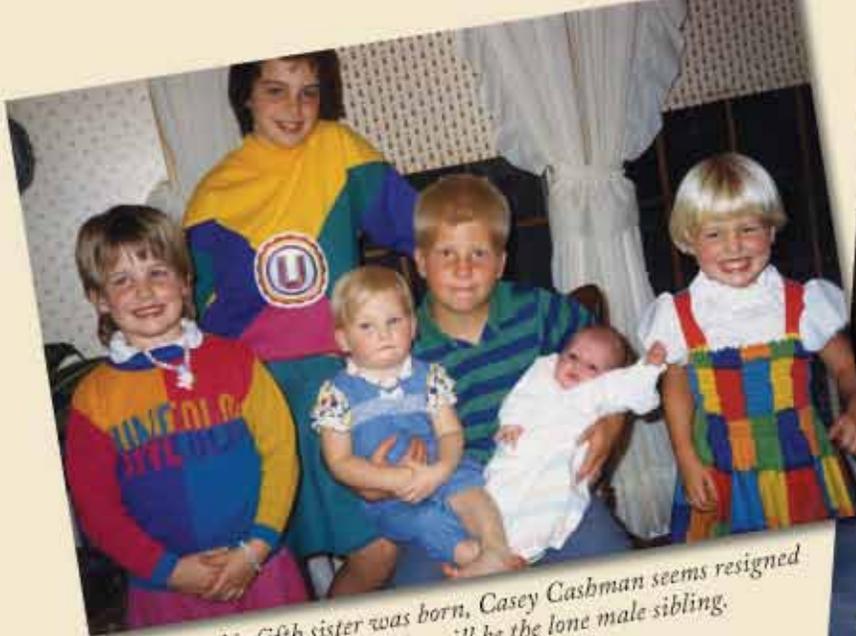
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After his fifth sister was born, Casey Cashman seems resigned to the fact he will be the lone male sibling.



Carol Cashman, second from left, is pictured with (L to R) her Aunt Nancy, and sisters Ditta, Nancy and Peanut.



Celebrating Sisterhood

The Cashman Sisters

by *Kylie Blanchard*

Each year the Cashman sisters come together for an event they proudly call CashWoman Weekend. It is a time for Nancy Cashman, Katie Cashman, Missy Cashman, Genny Giese, Amanda Cashman, their sister-in-law, Dina Cashman, and their mom, Carol Cashman, to reconnect and celebrate their sisterhood.

"We really celebrate being sisters," says Amanda. "We love to make a big deal out of CashWoman Weekend, because it is something we really value."

The event started in 2007 in Portland and has since changed cities, activities and t-shirts designs, but the purpose remains the same. "The weekend focuses on getting us all together," says Nancy. "But sometimes we have to be creative and piggyback it on to a holiday or big event."

The CashWoman weekend was held in Minneapolis in 2008, where the group ran a 5k, and again in 2009, where the sisters shopped for Genny's wedding dress. In 2010, the weekend took place in Bismarck in conjunction with Genny's bachelorette party.

"With all of the pulls on our time, we decided we just needed to make the time to get together," says Katie. The sisters now live throughout the Midwest and are frequently in contact, but it's the time together they treasure.

"Phone, text, and emails are good, but there is something so electric about when we all get together," says Nancy. "My sisters are some of the funniest people I know and when we get together there is this explosive energy."

They are quick to note Dina, their sister-in-law, has also found her niche as a CashWoman as well. "She adds such a unique dynamic," say Missy. "She just rolls with us and she is so genuine."

Dina admits learning her husband, Casey, the only Cashman brother, had sisters was intimidating. "The first time I met him he said, 'I have five sisters.' That was scary because I knew I would have to pass the test with all of them. But the girls are lovely women. All of us are different, but we still adore each other."

CashWoman Weekend was inspired by the sisters' mom and aunts, says Katie. "Part of the motivation for this event was emulating my mom and her sisters. They have always made a deliberate effort to say, 'This is going to be time for us.'"

Carol says she has always stressed the importance of sisters to her daughters. "I explained to my girls you absolutely have to have sisters in your life. When you have sisters you have someone very special that understands you better than almost anyone."

Growing Up

"My parents really instilled in us that family connection," says Missy of Dan and Carol Cashman's focus on fostering a strong family bond.

Despite the Bismarck family's busy schedule, everyone was expected to eat dinner and go to church together. "I think that is why we have such a tight relationship, because we always had that check-in time," says Nancy. "Plus, all the funniest things that happened growing up were around the dinner table."

Growing up, the siblings didn't fall into the stereotypical sister relationships, notes Katie. "People assume if you have all these sisters you go shopping and do a lot of girly stuff, but our closeness was really based on being a family unit. You were always identified as someone's sister."

And each sister had unique experiences growing up. "I think all of us had a very different experience because of where we were in the sibling order and who was in the house at the time," says Katie, the second oldest sister. "I think Missy and I definitely saw everyone the most."

"I was definitely in the thick of it," adds Missy, the middle sister. "I could run around with the older kids but still play the 'little kid' card."

The Cashman Sisters Garden

Celebrating their differences is as much a part of the Cashman sisterhood as celebrating their similarities. To highlight each of the Cashman sister's unique personalities and traits, Carol compares each of her daughters to a flower:

Nancy – The American Beauty Rose

"She is tall and lovely, but has a few thorns and is very protective. Like most roses, she is a little high maintenance but well worth it. She is outstanding in every way."

Katie – The Petunia

"A favorite, but sometimes taken for granted. Petunias keep thriving and working, and are a flower you can always depend on to be a bright and beautiful spot in your garden."

Missy – The Sunflower

"Always making a big and bold statement, and adding warmth, sparkle and excitement to the garden. No one can 'miss' her, she is unforgettable."

Genny – The Pansy

"She has a quiet charm. Pansies look sweet and delicate but they are strong and resilient and always seem to have a smiling face."

Amanda – The Daisy

"A happy, carefree flower that welcomes everyone. They seem to bend in the wind but they are just going out of their way to say 'Hi!' Daisies mix well with all kinds of flowers and they are a constant favorite."



The Cashman sisters from left to right: Nancy, Katie, Missy, Genny and Amanda.

Nancy, the oldest sister, says she felt a strong need to be a good example for her siblings. "At first, it was hard because I was the oldest sister and they all wanted to use my stuff. But I was really protective of them."

Amanda, the youngest, says her sisters were her role models growing up. "I watched literally everything they did. When people tell me they don't have any sisters, I wonder how they learned things."

Carol says all of the siblings helped to raise each other. "I knew I couldn't be there for every kid, every hour of the day, so they had to step in and help take care of each other."

The siblings also worked together at the family's business, Cashman Nursery, which helped to strengthen their close bond. "Being at the nursery, we all learned how to work together," says Genny, the fourth sister.

"Everybody had to pull their weight and there were no free rides," says Carol. "That really pulls people together."

Genny says one of the greatest advantages of having four sisters was always having friends around. "The best part was having your built in best friends," she notes. "And I loved that

we all had the same friends. I think we shared more friends than anything."

Carol says a house with five girls was dramatic at times, but the sisters learned from each other. "At various times, the drama made a soap opera look tame," she notes. "But they were always watching each other, learning from each other, imitating, arguing, playing and supporting each other."

The sisters also looked to each other for encouragement. "After someone tested the water and it was great, someone else tried it," says Katie. As a result the sisters were confident in taking on new challenges and adventures; including studying or traveling abroad, which each of the sisters did during college. "We all pushed each other," adds Genny. "I think sisters do that for each other."

Amanda says her sisters played a large role in many of the decisions she made. "I mimicked a lot of the decisions my sisters made because of the good that came out of them," says Amanda.

However, the older sisters have a different perspective. "We always say Amanda is the coolest because she got to learn the most from our mistakes," says Missy.

Casey, the only brother, also had a unique experience growing up with five younger sisters. "When I was younger, my dad just kept telling me, 'Be a gentleman even if it hurts.' They would gang up on me, but I couldn't cause any tears."

He says he had hoped for a brother, but that changed with time. "By the time Amanda was born, I just knew she was going to be a girl," he says. "But now, instead of having one brother then, I'd rather have five sisters. It was a great experience that I wouldn't trade for anything." (And Casey finally got a brother in the summer of 2010 when Genny married her husband, Mark Giese.)

Growing Close

As the sisters have grown older, their relationships have changed and grown closer. "When I was growing up my number one priority was my friends," says Nancy. "Now when I go home I can't wait to see my family. I missed

out on a lot because I was the oldest sister, but now we have all grown tighter."

Genny says they have also enjoyed discovering the common ground they now share. "We are starting to see the similarities between us that maybe weren't so evident when we were younger."

"Our ability to be very upfront with each other really makes our relationship special," Katie says of the sisters' close bond. "Our opinions matter to each other and I know I'm not going to do something, or I am going to do something, based on what my sisters will think. It's really a positive peer pressure situation because my sisters won't let me do less than my best."

The sisters also know they always have a support system. "I can get all these different opinions from all these smart, down-to-earth people," says Nancy. "I know they are all on my side."

"Today, my sisters are pretty much the only people I call for advice," adds

Missy. "They each have a different niche."

And Amanda still knows she has her siblings to look out for her. "I have a ton of advice coming to me anytime I need it," she says. "Whether I want it or not."

This type of honesty is something the sisters know is a benefit to their relationship.

"I think this keeps them in line and true to themselves," says Carol. "They are finding out how important it is to have people in their life that share a history together."

And with sisters, they are also learning, there are always a few guarantees, says Nancy. "You always have bridesmaids and they are your friends for life."



Kylie Blanchard is a local writer.

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The Erickson Sisters Put Them In Order

by Deb Seminary



The Erickson sisters recently celebrated their 11th 'Running O' the Green' in Jamestown. It is a way for them to connect and have some fun. "We don't really run," explained Michelle. "And, when people learn we are sisters we ask them to put us in order according to age!"

Michelle is the oldest and when her mom started working, she was responsible for babysitting after school. "I remember someone calling Social Services when I was 10 or 11 and complaining that I wasn't old enough to be babysitting," she said. "After that we had to stay in the backyard when we were outside."

At one point, their dad decided the girls had to cook dinner so their mom did not have to. "The only thing I knew how to make at that time was a can of spam with fruit cocktail over it and then I would bake it," said Michelle. "We would have that once a week."

"Michelle is now the best cook in the family," noted Stephanie. "She trades out household chores for a pan of lasagna."

Dawn remembers some of those meals, as well. "We were always so worried about what dad was going to cook," she said. "Stephanie used to always just eat cold hot dogs."

The girls have their own distinct personalities. Michelle is the organizer, making sure the family is on the same page. "I am like the caretaker," she said. "I am like my mom that way. She thought if it was sunny today, it would be sunnier tomorrow."

Stephanie is the tomboy of the family and always seems to be living on the edge. She is on the local Roller Derby team and her nickname is 'Deathproof Déjà vu'.

"Stephanie has been Deathproof Déjà vu from the beginning," said Michelle. "She has had her share of stitches."

Stephanie agreed she may be kind of a rebel. "I have always done things my way, but I have managed to succeed," she said. "I love being on the roller derby team. I have been a mom since I was 18, and now she is 18 and it's the first opportunity for me to have something to do."

Dawn is very social, independent and put together. She describes herself as 'kind of a nerd.'

"I would curl up in a ball in front of the heat register and read a book," she said. "I always wore two polo shirts and matching socks. Matching was very important to me, I was definitely the preppy one."

The baby of the family, Jessica, hates confrontation, loves everyone, and is the best mom in the whole world. "She does everything by that book, 'What to Expect when you're Expecting'," said Michelle.

"I think Michelle and I are a lot alike," said Jessica. "We all have equal parts of Mom and Dad in us."

All of the sisters inherited their parent's work ethic. "That is probably why we are all successful in our positions," said Stephanie. "When we grew up, Mom and Dad worked and worked and worked. That is one thing they would say about all of us, one thing we definitely got right is our work ethic"

Memories

A favorite memory for everyone is camping. "Our mom would have the camper packed and ready to go at 6:00 every single Friday evening," said Stephanie. "Dad would get home from work, we would hop in the truck and go camping. That was huge for us growing up."

"It was one of those campers that cranked up with the queen bed over the pickup," said Dawn. "Michelle and I would sleep in a tent. Mom and Dad would get up early and go fishing and we had the run of the campground."

"That was a great camper," recalled Jessica. "I remember my dad snoring all night, fishing, dropping us off at an island so they could fish all day."

Michelle spoke about another favorite family story. "My parents were all about



Left to right: Dawn Sistad, Stephanie Hildebrand, Michelle Erickson, Jessica Resendahl

honesty and following the law. I had this little frog I had made, you squeeze its cheeks and put a little Hershey kiss in it. We hung it on the wall in the house. One day I walked by, squeezed its cheeks and the kiss was gone. I think I was about 13 at the time. Nobody would admit to taking it, so Dad called us all into the living room. He wants to know who stole the Hershey kiss, but nobody would admit it. I think the older girls were grounded and everything.

At Christmas a couple years ago, Jessie decides that she should probably fess up, that she took it. 'I have to tell the truth. I took that Hershey Kiss,' she said. She got out of everything," said Michelle.

A similar Christmas confession came from Dawn a few years ago. "Before we lived in Bismarck, we lived in a very rural subdivision of Mandan. There were drainage ditches on both sides of our driveway. My dad wanted to make sure

mom stayed on the driveway, so he put up some posts with reflective tape so she wouldn't drive in the ditch. I broke one and my dad was so mad, but I wouldn't confess, so both Michelle and I were grounded for two weeks," said Dawn.

Parents are Important

Alan and Jeanette (Dolly) Erickson were very influential in their daughters' lives. "I was always amazed at my mom," said Dawn. "I always felt she was never paid enough for what she did. My dad, too...he cared so much about what he did. My mom put him through college. She was a teacher and worked while he finished college. (When he started working) she would go out on jobs with him and hold the flags."

Their dad was a registered land surveyor and worked for the same company for 33 years. He encouraged his

daughters and never compared them to each other. "He talks to each of us individually," said Dawn. "He knows what is important to us."

"Our mom taught us it's ok to get emotional," said Jessica. "she also taught us not to go to bed mad at each other."

All of the sisters agree they are closer now than when they were younger. "I love to come back home and hang out with the family," said Jessica, who lives in Fargo. "I didn't spend a lot of time with Michelle and Dawn when I was little, so I am trying to make up for that."

Michelle lives across the street from her parents and her sisters call her 'Dad's other wife'. "When mom goes bowling or somewhere else, Michelle steps up and makes dinner or just hangs out with him," explained Stephanie.

"We do have boundaries," said Michelle. "But it is handy if I need an egg or something!"

Growing up, the girls were not perfect. "Our parents are not happy with some of the decisions we have made in our lives, but they supported us and let us find our own way," said Michelle.

Stephanie agreed. "I think Mom and Dad are proud of where we have all ended up now, because it could have easily gone another way."



Deb Seminary is the editor of Inspired Woman.

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Finally, Sisters

Redefining their relationship

by Deb Seminary



Annette Hedstrom and Missy Munson



Annette Hedstrom moved to Bismarck at the urging of her sister, Missy Munson. "She would always say, 'just move here,'" said Hedstrom. "I came to help with a graduation in 2009, and I said 'does your offer still stand?' She said 'yep' and I said 'ok, I'll be back in two weeks'. That was a little over a year ago."

"And then she moved in with us," said Munson. "We lasted about six months together in the same house. We hadn't lived together since she was 13 and I was 18."

The two girls had an interesting upbringing. They have the same mother, but different fathers. "Our mom got divorced when I was about two," said Munson. "I went to live with my grandparents for about a year, because my grandpa didn't think it was good for a single mom to have a child and go to work."

She was able to move back after her mother remarried. "I remember when Annette was born," she said. "We were so excited to have a baby in the house. I would push her in my little toy buggy."

Unfortunately, their mother's marriage only lasted a few years. "She had to work two jobs to support us," said Munson. "When I got older it was just the two of us after school. I was responsible for her and mothered her a lot."

"After I moved here, she finally stopped trying to play her mother role and I've stopped treating her like a mom," said Hedstrom. "It is developing into a healthy sister relationship."

"We are learning how to be sisters," agreed Munson.

Before Hedstrom moved to Bismarck, the sisters would go long stretches without seeing each other and have marathon phone sessions.

"Now she comes over and I say, 'hey, want to go to Hobby Lobby with me'," said Munson.

"Yes, every other Saturday we go to Hobby Lobby," said Hedstrom. "She likes Hobby Lobby. I just go so I can spend quality time with her."

The sisters might not have a lot in common, but they are working hard at getting along. "I have my way of doing things (in food service) in the most efficient way," said Hedstrom. "When she was making a hot dish a couple weeks ago, she had such a mess with her cutting board, it took a lot for me not to say anything. I wanted to get in there with a knife and start chopping, but I just sat back and watched."

And Munson is curbing her desire to voice her opinion. "We see things differently," she said. "I get pushy and let people know what I think they should do."

"Yes," agreed Hedstrom. "She will say, 'I really think you should be doing this.' But it has become more suggestive, instead of just telling me what to do."

Their differences showed up in many ways over the years. Their mother owned a restaurant and Hedstrom was the cook. Munson would come in to help 'when they were desperate'. "She would write up an order like this, 'cheeseburger, no cheese,'" recalls Annette. "Or I would step out to have a cigarette and come back in to find the wheel full of tickets. I would freak out, and then find out they were blank."

It took me a long time to get to the point where I could take her humor."

Their mother was very particular about keeping house. The girls shared in housekeeping duties and apparently, one was better than the other. "Mom would always know if I dusted," said Annette. "I never put anything back in the right place."

The girls were your typical shake-up-pop-cans-and-spray-them-all-over-each-other children. Annette was also something of a pyromaniac, starting fires behind their playhouse, on rooftops and even in the house. "Mom did get a new floor, though," she said.

Their mother has always been supportive, especially during difficult times. She told the girls they can always come home. "But we weren't sure we wanted to stay there anyway," joked Missy. "I think it's good to go home and figure out where you came from. Within a couple days you know why you left."

She continued: "We saw mom in each other when we were living together. We would say, 'you just did a mom look' or 'that's something mom would do'. I think it's hard on mom when we're together because we do pick on her a little bit."

They really are starting to act like sisters.



Deb Seminary is the editor of Inspired Woman.

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Sam holds the music so Nate can practice.

Brothers

Unanswered prayer brings unexpected blessings

by Julie Fedorchak

After two successful baby deliveries, my husband and I had the “All American” family – one girl and one boy. Since our house was tastefully accessorized with nursing pillows, puke rags and exer-saucers, we decided to pull the trigger on a third.

I secretly wanted another girl. Not just because women rock, or because girl clothes are impossibly cute, or even because I wanted to increase the odds of replacing myself as organizer of all things family.

All of these are compelling reasons for wanting a girl, but they were not my motivation. The singular source of my pink-colored prayers was my first daughter, Elizabeth. I desperately wanted her to have a sister.

As the youngest in a line of children, I am blessed with four amazing older sisters. These women protected, mentored and counseled me growing up. They housed me in their basement, used me shamelessly for free childcare and then readily returned the care when I needed it most as a hormonal new mom.

My sisters make me laugh and cry and are fountains of wisdom. We don’t talk every day or even every week, but they are like the moon, always there even when you can’t see it.

I really can’t imagine how different my life would be without my sisters. Oh how I wanted that for my little girl.

Yet, when number three bellowed into this world, one look at the plumbing told us God had other plans. Elizabeth, Nathan: meet your brother Sam.

For the last 6 years, we’ve had a front row seat on brotherhood. I asked my husband if he ever wished he had a brother. “Of course,” he said quickly. When I asked why, I expected some deep insights into male relationships.

“Oh my gosh! Do you have any idea how many balls I threw up in the air and caught by myself,” he responded.

As simple as that sounds, being a goalie, receiver or pitching machine are among the chief functions of a brother. “Reliable sidekick” is one of the great roles of siblings, especially of the same sex. As soon as Sam could chase a ball, he and Nathan became a team.

They share everything – friends, favorite teams, a bedroom, a love for sports, and a fiercely competitive spirit. They aren’t conjoined, but for younger Sam, life would be just about perfect if they were.

They spend hours playing and making up games. Indoor hockey was a favorite this winter. Our couches were the nets,

football helmets served as facemasks and baseball mitts functioned as goalie gloves.

On a recent trip to Central Market, they played a pickup game of hoops through the aisles with basketballs store managers foolishly displayed within reach of any child. "That's what they get for having balls in the store," I consoled myself while shopping in peace.

Last Sunday, Nate and Sam were uncharacteristically quiet in their room for a couple hours, then they suddenly tumbled into the living room wearing shorts and my husbands tube socks pulled up to their thighs. This was their new game – "long sock wrestling."

That lasted about 3 minutes until Nathan, who outweighs Sam by about 50 percent, pushed him face-first into a wooden rocking chair. A brief cooling off period in their respective corners and the tussle was ancient history. The fighters came out conspiring over their next activity.

Siblings don't universally relate. Even the Bible is filled with examples of toxic sibling rivalries – Cain and Able, Rachel and Leah, Joseph and his brothers. Family relationships gone sour can make for festering, painful wounds.

Unlike friends, we don't get to choose our family. So, to have a brother or sister who is also a friend is a real blessing.

"A faithful friend is a sturdy shelter; he who finds one finds a treasure." Sirach 6: 14

It's too early to tell if our boys will be best friends throughout life. They will likely have periods of closeness as well as distance. I'm very grateful they have each other, and Elizabeth too, always there, like the moon, even when they are invisible.

And ... I'm still praying for pink!

Julie Fedorchak is a Bismarck writer. Reach her at jfedorchak@bis.midco.net.



Sisters Kristin and Lacey

To have a loving relationship with a sister is not simply to have a buddy or a confident- it is to have a soul mate for life. —Victoria Secunda

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Without a Sister, Yet Never Alone

by Tina Ding

Little sisters look up to big sisters and admire their presence. Big sisters hold little sister's hands, cherishing the bond.

A sister to one younger brother, I grew up without that sisterly influence. Truth is, I held his pudgy little hand and completely understood his baby gibberish when others could not. We shared chicken pox as well as the stomach flu. We shared conversation, toys and friends. As a newborn, his crib shared my purple bedroom. He agreed to play 'house' with me and stood up for me in a pinch. He was better than a sister in so many ways - he never took my dolls or girlie things.

Still, I longed for a sister to share innermost thoughts; a gal who knew me as well as I know myself. Growing up without a sister, I enjoyed the sister relationships of friends and paid close attention. These gals seemed to have a language of their own and often finished one another's conversations easily. To me, every day appeared to be a slumber party at their homes. They talked about clothing, hair and accessories, sharing (or taking) all from one another.

Automatically, these gals turned to family for comfort when in a crisis and knew their sister 'had their back'. When I spent the night, I gained two friends at once - enjoying the attention from the two.

Although I've always enjoyed close friendships of a friend or two at once, I often wonder how a sister relationship may have differed - in a long term way. Despite having a number of great friends through the years - few



Alivia (6) & Geneva Ding (4)

of them weathered all seasons with me. Dating relationships in high school eliminated those blocks of time otherwise spent with girlfriends, changing the course of our friendships permanently. Later, moving to attend different colleges demanded an entire new palette of social settings, again disrupting those girl-girl relationships from high school days. When my first marriage fell apart shortly after graduation, I was devastated to stand alone in my mess of emotions, to wonder which direction to turn first. Realizing the precious gift of sisterhood, I longed for a special woman to hear my cries and to help plant my feet on the ground.

Time healed and deeper girlfriend relationships developed. Friends and

family celebrated with me as I married my best friend - then rejoiced with us as our children were born. Girlfriends mourned the loss of multiple pregnancies as well as our stillborn daughter, encouraging us to stay the course until we eventually grew our family to five.

I know these gals will never be biological sisters - but are truly sisters in every other sense of the word. They are a midnight phone call away, a morning scrapbooking time shared over coffee, or a conversation and prayer after heartbreaking news or a victory celebration. Sisters in Christ, a few friends pray and worship together with me or our family. What a blessing they are! Additionally, I know a special oneness with my dear grandmother and value my own mother's role in my life. I've learned sisters possess a bond that I'll never fully understand - I'll never know, yet I'm grateful for the sisters in my life, who are merely clicks, taps or a dial tone away.

Today, I enjoy knowing my daughters will share a lifelong bond with one another that is envied by their older brother and any of their friends who are single daughters. Already, they share a language communicable with a single word or gesture. One knows how to praise when the other wins and remembers important moments. They share a little, share a lot. Envious.



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

What's the Occasion?



**American Red Cross
Ruby Force Evening,
April 7th
Bank of
North Dakota**

**Bismarck Arts & Galleries
25th Anniversary
Wine Tasting,
March 4th
Municipal Country Club**



**Inspired Woman
Fashion Show,
April 9th
Bistro**

New SPACES



Spaces is a new Interior Design and Home Décor Studio located on the corner of Main and 2nd Street in downtown Bismarck. Lisa Bohrer, interior designer, created Spaces to be a one-stop design source for residential and commercial projects. She will custom design each project to the clients' tastes and wishes.

Spaces is an industrial-style store with a touch of bling. In addition to design services, they offer stylish home accessories, furniture, area rugs, artwork, flooring, baby gifts and women's fragrances.



and ROOMS to Shop



bridget's room recently celebrated their grand opening at 3250 Rock Island Place, northeast of Sam's Club. Their showroom features flooring, window treatments, countertops, furniture and décor for your home or business. The inventory features many one-of-a-kind items, so it is not a bad idea to shop often!

Sometimes it is nice to get assistance to pull everything together during a remodeling or redecorating project. Bridget Gerhardt, proprietor, encourages appointments for personalized design services, call 250-9600.





Warm and Inviting



The best room in this house may be the walk-in closet adjacent to the garage entry. It is the perfect spot to hide the boots, jackets and other paraphernalia a family drags in on a daily basis.

This 1 ½ story home, built by Pearson Home Builders, was recently featured in the Spring Parade of Homes. It is a little over 2600 square feet with an additional 1500 square feet of storage in the crawl space.

The home features warm colors throughout, stately cathedral ceilings, a gas fireplace and open floor plan.

For more information, visit terrypearsonhomes.com.



The master suite features this cozy bath with soaking tub and double sink vanity.



The upper level of the house features a large bonus room and full bath. This darling bedroom is also on the upper level of the house



A Slice of Inspiration

GETNDTHINNY

"Thinny" is an exciting term many people in North Dakota are using. GETNDTHINNY is a "pay it forward" health movement that began January 5th 2011, with a goal for ND to lose 25,000 pounds!!

GETNDTHINNY started with a group of people on the Monavie RVL Weight Management System. This group started making healthy nutritional choices, exercising, and increasing their daily water intake to ½ their body weight in oz. of water. They committed to "take control of their health instead of allowing their health to take control of them." GETNDTHINNY is similar to a hit movie in 2000 about a child who does random acts of kindness for three people and encourages them to pay it forward instead of paying it back. Once individuals gain control of their health, they pay it forward by helping others do the same. Since January 5th, GETNDTHINNY has helped North Dakota lose over 3,300 pounds and over 30,000 inches of fat!



Renita Braman leads an exercise class at The Element.

Losing 25,000 pounds is a hefty goal that involves many people working together toward a vision of a healthier state. Shaun Ahlgren with Armor Interactive has donated www.getndthinny.com so our community can view upcoming events. Evangel Assembly of God is graciously allowing us to use The Element for free workout classes. People throughout our state are opening their homes for weighing, measuring, and motivation. URL Radio is bringing the cause to a nation-wide internet radio audience. Who knows, maybe it will start a movement throughout America!!

- Tuesdays 5:45 am and Saturdays 8:00 am - FREE Exercise - The Element 3220 N 19th St.
- May 5th, GETNDTHINNY event – 6:30 pm – Century High School Free for guests
- May 11th, Grocery Label Reading – 7:00 pm – CashWise (Meet in the produce section)
- May 14th, GETNDTHINNY event at 1:00 pm – Century High School Free for guests (4 X Olympian Henry Marsh will discuss benefits of health, attitude, and the RVL Weight Management System!!)
- May 28th, Grocery Label Reading – 10:00 am – CashWise (Meet in the produce section)

Questions to getndthinny@yahoo.com or contact Renita Brannan 701-400-5277

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Jacey Enget

Liking the challenge of having a disability

by Cari Bousfield

Editor's note: This was an entry in the 'Who Inspires You' contest.

One of Jacey Enget's favorite activities is horseback riding. She also loves to bow hunt, bowl, swim, water ski, snow ski, attend Wizard's basketball games, and go to concerts. In fact, she has even gotten to go backstage to meet Christian artist, Michael W. Smith and country music superstar, Carrie Underwood. She sounds like a typical 20-year old. And that is how she tries to live her life, even though she has cerebral palsy and spends much of her day in a wheelchair.

Jacey's birth was anything but typical. She was born six weeks premature with the umbilical cord wrapped around her neck. Twenty-four hours after she was born, she suffered a seizure. She spent her first two weeks of life in the neonatal intensive care unit. Due to some bleeding on her brain, the doctors knew right away she would have some kind of disability.

Jacey has known no other kind of life and she would not have it any other way. "I like the challenge," she says.

One of Jacey's favorite annual events is the Great American Bike Race (GABR). In fact, she has been involved in every GABR since its inception in 1996 when it was held at the Northbrook Mall. "It's just like Christmas!" she says. "The whole family gets together!"

Jacey is not only a cheerleader for those who ride in the race, she is also a participant. One year she rode bike seven different times! She loves raising money because she knows it is for a good cause – for people like her who need medical supplies, adaptable equipment, therapy sessions or other necessities that neither insurance nor Medicaid covers.

Recently, funds from GABR enabled Jacey to acquire an adaptable saddle

that makes it possible for her to ride her horse all on her own. Riding horse has proven to be very good emotional and physical therapy for those with special needs.

Jacey calls herself an avid outdoors person and belongs to the group Sporting Chance, which gives people with disabilities the opportunity to take part in outdoor activities such as hunting, skiing and fishing. She has also been a day camp counselor for the Bismarck Parks and Recreation and has helped to take care of other kids with disabilities. "I have plenty of experience," she says.

Currently, while looking for a job, she tries to stay active. She says she doesn't like sitting around the house. When she's not doing her regular therapy, she can be found at the YMCA working out on the weight machines, walking, stretching and doing other forms of exercise. Another getaway for her is the mall.

While it may sound like her life with a disability is not all that bad, it comes with many challenges. She has had numerous surgeries to give her some walking ability as well as try to alleviate some of her chronic pain. She has also had three eye surgeries.

Last year Jacey traveled to Gillette Children's Hospital in St. Paul, Minnesota so surgeons could implant a device called a baclofen pump. The pump, which was placed just under her skin above her right hip, administers medicine to her spine and spreads to her muscles to help lessen the pain and



Jacey Enget and Faith Bousfield (7) at the Great American Bike Race.

tension. The surgery required a six-day hospital stay.

Besides medical issues, she has also experienced the loss of loved ones. In 2007, her cousins were in a car accident where one died and one has a permanent disability as a result. One year later, she lost her 27-year old sister, Lindsay, very suddenly and unexpectedly. Jacey says that her older sister was like a second mother to her and her younger brother. But, just as her disability has taught her, she knows her life must go on, no matter how hard the challenge or difficult the situation.

Watching this young woman take on her life with such a positive attitude is truly an inspiration to all of those around her – from those with disabilities of their own to the parents of a special needs child. Without having to say a word her message is loud and clear, 'Never let a disability get in your way.'

Cari and her husband Robert are special needs parents to their daughter, Faith. Cari invites you to follow along in their journey at www.faithsmomsblog.blogspot.com

The Definition of Inspiration

by Robyn Hanson

Editor's note:

This was an entry in the 'Who Inspires You' contest.



Robyn Hanson and Arlene Melarvie

As a young girl, my mother inspired me. I looked up to her as all young girls do. Then as a teenager, I was inspired by anything but my mother. My teen years were tumultuous, but she was still my biggest fan. I am glad we are past those days, but it has made us very close.

When I moved to Moorhead over 20 years ago, she sent me a monthly packet of inspirational reading, faith based articles, cartoons, and clippings from our hometown newspaper. I still get those packets. She has been feeding me positive correspondence my whole life.

It wasn't until I grew into adulthood that I realized what a gift I had in my mother. She also grew by cultivating her faith and her need to continually learn new things. I remember as a child my mom was deathly afraid of water and could not swim. She forced herself to take swimming lessons and would cry because she was so scared. She conquered that obstacle like so many other obstacles in her life, gracefully. Watching my mom in the swimming pool now, wrestling and playing with my two boys I sometimes wonder how it would have been if she wasn't so strong willed and open to self-improvement.

My mother worked for Governors Guy and Link and was promoted into an important position in the banking world, despite being a woman without a college degree. She dealt with more than a few naysayers along the way, but fought her way through with her head held high.

"Knowledge is power" is a motto she has passed on to me. My mother believes this and lives it. She is constantly taking on new projects. They may be uncomfortable but she is always up for the challenge. She is currently involved with Toastmasters and can give a very inspiring speech.

The most important thing to my mother is her unwavering faith. She is a true believer that all things are possible with the help and guidance of the Lord. She is not afraid to tell anyone how great life is with God in it. My friends think that my mom has a direct line, so anytime they need prayers they always call on her.

My mother's name, Arlene Melarvie (born Arlene Stein) should also be included in this definition. She truly is an inspiration to me and all who know her.

"She doesn't walk, she floats." That is how someone once described my mother and I have been using it ever since. When I see the definition of inspire in black and white, my mother comes to mind instantly because the words influence, to guide by divine, communication, bring out, enlivening, and exalting are a perfect description of her.

She has **influenced** many people to be more positive and to make the choice to look on the bright side. She would say tragedy and conflict are part of life but how you choose to handle them defines you.

To **guide by divine** is her unconditional love and guidance she gets from the Holy Spirit and her faith.

My mother always wants to talk things through, in, out, around, under, and over — **communicate**. It can get irritating, but when she wants answers, look out! She has this gentle, yet strong way of dealing with people and after talking with her, a person just feels more at peace.

To **spread by indirect means** would be the way my mother lives her life. She practices what she preaches. She spreads happiness and joy to those around her. My mother is driven by her belief in the Lord and Holy Spirit. Her faith is infectious to all those around her and her belief is unwavering. She has a permanent glow and positive energy about her. It is hard not to be happy when she is around.

I believe in the power of prayer because I have seen it work through her and it is truly amazing. The one incident that will always be with me was when I was in the Army. I left North Dakota for New Jersey after high school graduation for basic training. The marching was endless. We had a 15-mile march coming up and I had shin splints so bad I had a hard time walking. I thought there was no way I was going to be able to do it. I remember calling my mom crying the night before. I was in so much pain. She calmed me and encouraged me like she always does and asked me what time the march was the next day. She and her friends were going to pray for me. I told her we would be into our march around 10:00 and said goodbye. I remember thinking to myself 'yeah whatever, like that's going to make a difference.'

The next day we started out our 15-mile trek through the New Jersey sandy forest. Who would have thought New Jersey had sand? Half an hour into it I had tears streaming down my face. I was in so much pain, then instantly it was gone. I mean really gone. Nothing. Zip. Zilch. I couldn't believe it. I looked at the time, it was 10:00 central time, and that was my first of many ways I have seen the Lord work through my mother.

I have had many obstacles in my life but I truly believe I turned out the way I did is because I have been prayed for all of my life. My mother has been and is a constant inspiration – a one of a kind definition of inspiration.

Robyn Hanson lives in Moorhead, MN with her sons Logan (11) and Leo (9)



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A Canoe Trip to Remember

by Shelly Preszler

To celebrate our 20th wedding anniversary five years ago, my husband, Todd, and I decided to take a little overnight trip to Lanesboro, Minnesota. We were living near Rochester at the time while Todd was completing his Residency at the Mayo Clinic. It seemed like a great idea for a night away.

I couldn't wait to finally have a little peace from the chaos that had ensued our family over the years. Lanesboro is well known for its quaint shops, bed and breakfasts and miles of breathtaking biking trails that meander along the Root River. After much cajoling, my good friend Sue came through for us and watched our lively crew for the night. Todd and I were thrilled at the thought of getting away; I remember literally jumping into the pickup complete

with camping gear, bikes, and our canoe. One of the B&B's would have surely seemed nice but I'm partial to tents. As my brother Joe would say, "There's two ways to do things: the easy way and the Preszler way!"

It had been raining heavily all spring, but on May 17th there wasn't a cloud in the sky. We had a lovely meal at one of those cozy restaurants. I vividly recall the waitress commenting on how she couldn't believe it was our 20th anniversary, and we couldn't possibly have six children. I loved that waitress, and needless to say, I left her a hefty tip! We ended the night with a relaxing campfire as we gazed at the stars, overcome by both the stillness and quiet of the night.

We woke up bright and early to begin our canoe trip. The riverbanks were

bursting at the seams as my jeans do after one too many cupcakes, and I remember being a little more than apprehensive about getting into that boat! We started out the canoe ride much as we did our marriage, giddy with excitement and not really sure where this journey would take us.

As with marriage, once a couple gets in, there's really no way of turning back. The couple just has to hang on for the ride!

The trip went well at first. It was easy as long as we worked as a team. Todd would paddle and my rowing would rhythmically fall into place. But, then there were choices to be made. My husband yelled, "Shelly, right or left?" I couldn't see what lay ahead of us. Both paths looked a little treacherous.

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It reminded me of all the choices we had made during our marriage: Where should we live? Which house should we buy? Should Todd take this job or that one? Finally, there was always the ultimate question neither of us was ever good at saying no to: Should we have another baby?

I never realized all of the similarities between marriage and canoeing until I made that little trek down the river with "the love of my life."

The paddles reminded me of all the loved ones in our life who offered us advice along the way and tried to steer us away from bad decisions. They coun-

seled and encouraged us to make the best choices in our marriage.

The life jackets reminded me of faith, family and friends who threw us a rope when we were sinking in over our heads! They lifted us up and carried us when the river became too deep and problems and daily life weighed us down. They help us see clearly when the water became a bit too murky.

Finally, the canoe is our home. It has taken both of us working together to keep it stable and from tipping over. Let's face it, life gets rocky and there's always turbulence. But as long as we are in it for the long haul and paddle like

crazy, we won't wind up the proverbial creek without any paddles!

So, I have learned over the years, it's best not to rock the boat. Remember to always alert the other spouse when making a sudden movement or change. Otherwise, one could wind up wet, cold and miserable. Sorry, honey, and Happy Anniversary! I'm looking forward to another 25 with you.



Shelly Preszler resides with her family in Mandan; where she barely keeps her head above water.

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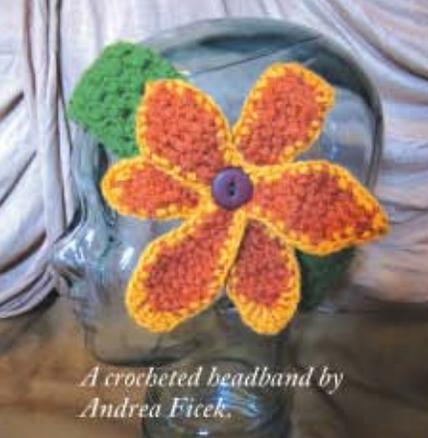
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Handcrafted Just for You

Women vendors dish on the Urban Harvest experience

by Amanda Mack



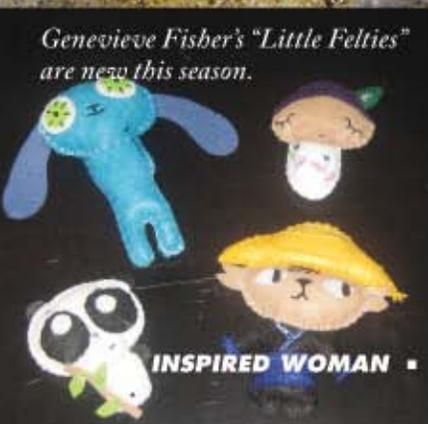
A crocheted headband by
Andrea Ficek.



Ficek models her own
handmade halter top design.



Upcycled orange chair with
retro fabric by Pam Berge.



Genevieve Fisher's "Little Felties"
are new this season.

What is the difference between an artist and a crafter? A debate lies therein. Some might say that an artist creates what you put on your walls to decorate your home or workplace whereas a crafter creates functional art, something handmade that you can wear like a skirt or a handbag.

Genevieve Fisher, who owns Diva Dimensions and will vend for her fourth season at Urban Harvest this summer, believes that we are all artists. We just need the confidence to find and do our art.

About vending at Urban Harvest, Fisher says, "Everyone is afraid that their stuff isn't good enough or thinks their stuff won't sell. Don't give up. Just jump in and do it."

An open-air street market in downtown Bismarck, Urban Harvest is held six consecutive Thursdays beginning July 14. The market features the work of local artists, crafters, food vendors and service providers and is currently accepting vendor applications.

The goods

While many Urban Harvest vendors are continuing traditions passed down over several generations, others are entrepreneurial HGTV junkies. What they have in common is you won't find any idle hands among them.

Andrea Ficek has been vending at Urban Harvest since its inception in 2005. She describes her style as "hip granny" and for good reason. Her grandma, who lived on a farm near New England, N.D., taught her how to sew. A quilter, she would set Ficek up with small sewing projects like working on a quilt square, embroidering a dishtowel or doing cross-stitch.

"After I learned how to sew, I wanted to put my own spin on it. I started making A-line skirts and handbags. I make pouches, jewelry, hats and headbands."

Ficek continues, "I also like to create functional things like bags or things to keep you warm. My signature things are probably hats. I'm getting more familiar with knitting and lettering which is fun because you can make it more personalized."

In the same vein, Fisher says she attended her first arts and craft show with her parents, who were tending their booth, when she was one month old. Over the years, Fisher's mother taught her various handiworks such as sewing and embroidery and her father taught her how to paint.

Integral to Fisher's art is upcycling, a national trend that gives new life to otherwise discarded items. One of her signature items is a project bag, a trendy duffle bag with lots of pockets for carting scrapbooking supplies, knitting projects or craft items from site to site. For one bag, she used an old necktie, an outdated sweater and several fabric remnants inherited from her grandmother to complete the project.

Another of Fisher's signature items is a one-size-fits-all wrap skirt that can be worn as a dress or a skirt. Primarily using silk saris brought back from India and given to her by a craft show friend, each wrap skirt is a one of a kind.

Pam Berge owns P.S. Retro, a furniture upcycling business. A self-described HGTV and garage sale junkie, ideas are not the problem, it's time! Berge is also co-owner of Nightlife Music with her husband Rick, works at the Waterford retirement community and DJs on the weekend. A grandmother to boot, this woman does not like sitting still. Vending at Urban Harvest is a great fit for her.

"My hobbies got me into [upcycling furniture]. I love rummage sales. I found this cute little side table. I painted it light blue and put a new knob on it. I used a little wallpaper. It turned out so cute!"

Berge retrofits weathered benches and can turn a forgotten end table into a dog bed. She'll dress up a chair with a fresh coat of paint and use a funky fabric as a seat cushion. One of her specialties is transforming old coffee tables into ottomans.

"It's so easy!" says Berge. "The key to my stuff is that people could do it on their own, but they don't have time and they don't want to. It's like baking. I don't like to bake. That's why you have bakeries!"

The experience

Working on Medcenter One's oncology floor is Fisher's full-time job, doing alterations on the side brings in extra income, and Urban Harvest she says, "is just fun." Even better, Fisher makes good money at it. "It's lucrative for me," she says.

Ficek looks forward to the Urban Harvest feeling. "I really like being downtown," she says. "It just feels special. You just get to sit in the middle of the street all day. I usually bring a little project to work on while I'm there. The music and the people...the feeling of community is really nice."

"It's a really great community experience," concurs Alice Ospovat, a tie-dyed clothing vendor at Urban Harvest since 2007 and co-owner of Parallax Computer and Games in Bismarck. "I am kind of a shy person and I wasn't sure I'd be good at selling. It's been really good for me."

Berge got a consignment deal with One World Boutique on her first day vending at the market. The owner, Monte Schmidt, who has stores in Bismarck, Fargo and St. Paul, came up to her and said, "I want, that, that, that and that. And the rest of it, when you're done, I want you to bring down to my store."

"What store?!" was my response and 'who is this guy?!' she laughs. With consignment items in Schmidt's Bismarck and Fargo stores with plans to get into his St. Paul store, vending at Urban Harvest provided Berge with a valuable connection. "Unless you have your own store, how else do you get this out to the public?" she adds.

Furthermore, despite drawing smaller crowds than the Downtowner's annual street fair or Mandan's Art in the Park, Berge says that Urban Harvest is just as lucrative for her.

"I did better [at Urban Harvest]. I gave out so many business cards. I had such a good response from the people who came to look. I got so many calls. Everyone was so positive."

How to prepare

Getting ready for the market is about finding time to create. Berge produces slowly during the winter one piece at a time in her basement and then mass-produces when she can work barefoot in her yard not having to worry about paint fumes. Ospovat finds time in the evening after her kids are in bed or on weekends when they can help.

Ficek says she tries to build up a stock at least a few months before hand. "One summer I actually just vended at Urban Harvest and was able to live on that."

According to Ospovat, "Urban Harvest is how we got the tie-dye business started in the first place. Urban Harvest is the main thing I do every year."

Even though Ospovat sells a lot, she is still learning the business. For example, she's learned not to buy too much inventory because fashions change. She says,

"The things I think are going to sell don't necessarily sell. I've also learned that I always sell out of 4T dresses."

About getting ready for market, Ospovat shares, "One of the advantages of tie-dye is you can do it in a short time. In one evening, three to four hours of work, I can make 20 to 30 items. In five to 10 evenings, I'm ready."

Berge says she brings about 30 pieces to each market because that is how much she can fit under her tent. She explains she notices patterns from week to week and prepares for each market accordingly. "The things that sold, I'd run with that. Oranges and purples – the retro colors – were big sellers."

Ficek, who was 20 when she started vending at Urban Harvest, is committed for her seventh season. A loyal participant, she says, "As long as I live in Bismarck, I will vend at Urban Harvest. An all-local market is such a good idea. I just want to see it continue."



Amanda Mack is a local writer who perpetually buys 4T tie-dye dresses at Urban Harvest each summer.



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Aging & Disability Resource LINK

Helps family explore alternatives to nursing home care



Options Counselor Katie Halloran, LSW, visits with a client about in-home services and programs that can help meet the client's needs.

Lori Laschkewitsch feels fortunate to live in the same community as her parents and to be able to lend a hand when needed – especially after several strokes affected her father's mobility and vision.

"It is important to my parents that Dad is able to stay living at home," Laschkewitsch said. "Mom cares for Dad, and it is physically demanding and exhausting. It is difficult for Mom to run errands or to just take a break. This is especially true during weekdays when family members are less available to help."

Laschkewitsch's demanding full-time job as a management and fiscal analyst for the state of North Dakota left limited time to call around and research support and service options. Then she decided to contact the Aging & Disability Resource LINK – a newer service the Department of Human Services provides in the Bismarck region to help older adults, adults with physical disabilities, and their family members explore and access care options.

"The Aging & Disability Resource LINK is a new approach to serving people," said Jan Engan, Director of the department's Aging Services Division. "The goal is to provide reliable information about options and to link people to in-home and other long-term supports and services. The LINK is funded through the Older Americans Act and can serve people who do not qualify for publicly-funded services, as well as those who do."

Laschkewitsch's parents are average North Dakotans who live on a modest fixed retirement income. "They just need a little help keeping Dad at home," she said.

Her parents were initially helped when they learned about the Family Caregiver Support Program from their church. The caregiver support program, offered through the department's West Central Human Service Center, makes it possible for a paid in-home caregiver, called a qualified service provider, to come in several times a week for a few hours to relieve Laschkewitsch's mom Carol. This allows her to run errands, go to appointments, or take a little time for herself.

Because her Dad's abilities continue to change, Laschkewitsch wanted to explore additional service options and called Katie Halloran, the options counselor at the Aging & Disability Resource LINK.

"Katie is terrific," said Laschkewitsch. "She came to my parent's home with the Family Caregiver Support Program coordinator, and we talked about how things were going. Katie listened and then shared information about programs and services that might be helpful. I learned that there are options."

She continued to explain the program: "She connected my parents to the Volunteer Caregiver Exchange.



Volunteers, who are University of Mary nursing students, come to my parents' home twice a week for about four hours total to help Dad with basic care needs while my Mom goes grocery shopping or takes care of other things.

Dad seems to enjoy their company. I think they remind him of his grandkids. They help him with his therapy exercises and some even bring a Wii over and get him to do physical activity.

I like to tell others about the Resource Link. This program meets a need, complementing county social services, but not copying them. When I called the county, they were very helpful explaining Medicaid long-term care, but my parents don't qualify. Katie and the Aging & Disability Resource LINK helped us find affordable services that my mom needed to keep my Dad at home.

I plan to stay in touch with Katie. She makes me feel good that there are some options and someone to help you find them."

For information about the Aging & Disability Resource LINK, which serves Burleigh, Morton, Emmons, Oliver and Kidder county residents, call 701-328-8606 or toll-free 1-855-GO2LINK (1-855-462-5465), or e-mail khalloran@nd.gov. Hearing impaired persons can call ND Relay TTY 1-800-366-6888.

Those who like to explore their options online can access the Aging & Disability Resource LINK database of services at www.carechoice.nd.gov.

Submitted by Heather Steffl, Public Information Officer, N.D. Department of Human Services

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Blowing Up in Bismarck-Mandan



Members of the BisMan Bombshellz

by Katie Moore

It started as an endurance race and 127 years later roller derby is engrained in the American culture. Taking many forms since the noted start as Leo Seltzer's Transcontinental Roller Derby in 1935, this fast-skating and hard-hitting sport has gone from rags to riches to scripted riches and back to rags. In 2002, those rags were reborn from a grassroots movement in Austin, Tex. and in the fall of 2010 roller derby skated its way into Bismarck-Mandan.

There are three teams currently practicing in the area: the BisMan Bombshellz, the Dakota Dolls of Destruction and the Capital City Roller Girls. The teams are comprised of skaters ranging in age from 18 to 45, though there are skaters in other leagues as young as 72. The skaters are all female, though coaches and refs can be male.

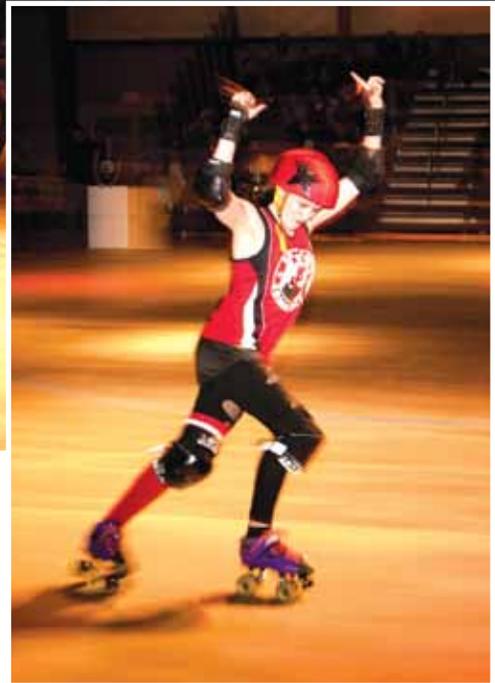
"We are a group of women from all walks of life," said Amy "Sally Stitches" Hendrickson, president of the BisMan Bombshellz league. "From professional moms to business professionals, therapists, artists, teachers, archeologists, even though we are all different, we have become a family."

"Rollergirls come from *all* backgrounds," said Christ Neer, skater with the Bombshellz and fresh meat coach. "We are not outcasts of society looking for a way to let out anger. Many of us have eight to five jobs and this is our way to get physical and have fun doing it. We are also meeting a lot of other powerful and strong women."

Neer skates under the moniker "Princess Badazz" and has embraced her derby name. With a velcro crown on her helmet and pink skates, this mother and local business manager has been skating in quad roller skates most of her life.

Not all the skaters have the background Neer has. Much of the team has spent little or no time on roller skates. Many of the skaters grew up in the rollerblade generation where quad skates were not only unfashionable, but nearly obsolete and the skill of roller skating was not second nature.

"The simple act of skating forward and stopping unaided was a struggle for most skaters in the beginning," said Rena "Anne Thrax" Mehlhoff of the Bombshellz. "Most girls wobbled while trying to maneuver and there were several



tumbles. Over time and with practice, we became more comfortable and began to skate without thinking. We're quicker, more agile and still tumble occasionally, but we get back up and continue to improve our skills. It's amazing to watch the confidence levels when a skater learns or improves on a skill. Skating backwards, turning around, and jumping are now second nature."

Liz "Mama Zoomers Revenge" Anderson is a 40-something mother, archeology tech and the current captain of the Bombshellz. Skating as a pivot, Anderson is the oldest skater on the team and has thrown herself into knowing as much as she can about the sport and the rules.

Here is her four sentence derby summary. "There are five players to a team, three blockers, one pivot (striped helmet) and a jammer (starred helmet). The blockers help their jammer get through the opposing team's blockers while at the same time trying to stop the opposing jammer. One point is scored for each opposing blocker that gets past the second time a jammer comes through the blockers. It is legal to hit/contact an opposing player in the front and side of the body from mid thigh to the shoulder, no elbows, fists or clothes-lines allowed."

As the skating and rule knowledge improves, the team begins preparing and participating in bouts. The Bombshellz skated in their first bout on April 19th at 4Bears Casino in New Town, N.D. and lost to Billing's Rimrock Mafia team.

You can see the BisMan Bombshellz in Bismarck's first roller derby event on May 21 at the VFW All Seasons arena. Doors open at 5:00 p.m. with pre-bout activities starting at 6:30. Tickets are \$12 for adults and \$10 for children, five and under are free. Purchase tickets at Savvy Skate, brownpaper-tickets.com or from your favorite Bombshell skater. Tickets are also available at the door.

For more local derby events, visit www.bismanbombshellz.com and look for the Google calendar.

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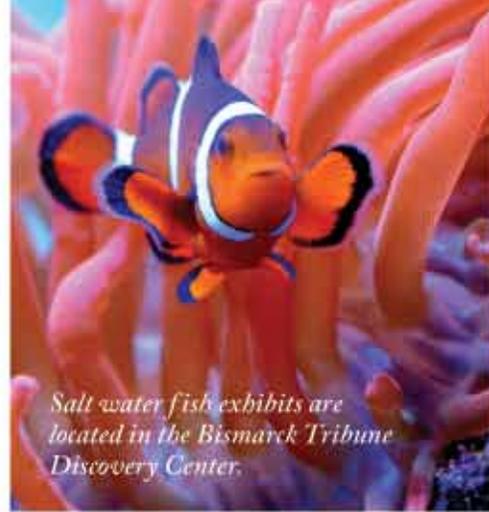


Snow leopards are one of the Dakota Zoo's endangered species.

The Dakota Zoo

Celebrating 50 Years

by Terry Lincoln

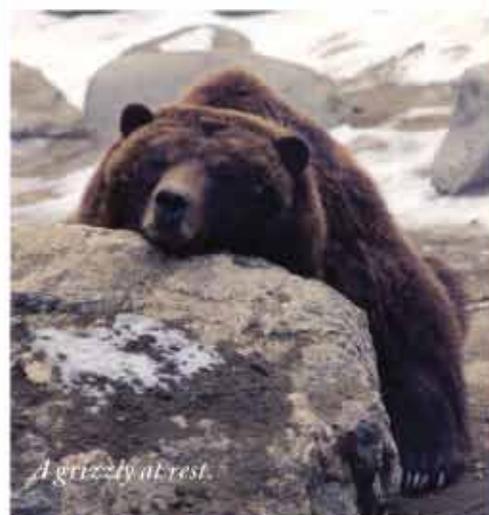


Salt water fish exhibits are located in the Bismarck Tribune Discovery Center.

Marc Christianson, Dakota Zoo Founder, with two mountain lion kittens (early 1960's).



June 3, 2011 will mark 50 years since the late zoo founders Marc and Betty Christianson, along with a host of dedicated volunteers, founded the Dakota Zoo. Prior to 1961, Marc was known by many as the "go-to guy" with anything dealing with animals...from an injured hawk or owl to an unwanted pet mountain lion. As Marc received new animals, he worked diligently to provide a comfortable home at his farm for all of his charges. Word got out about the ever-increasing collection of animals and people wanted to see them. School children were transported by the busload to the Christianson farm, as it had become the destination of choice for youngsters to visit on field trips. Marc always gave the credit for starting a zoo to his wife, Betty. As he stated, the idea was posed to him in her straightforward way with the words, "Marc, you'd better build a zoo."

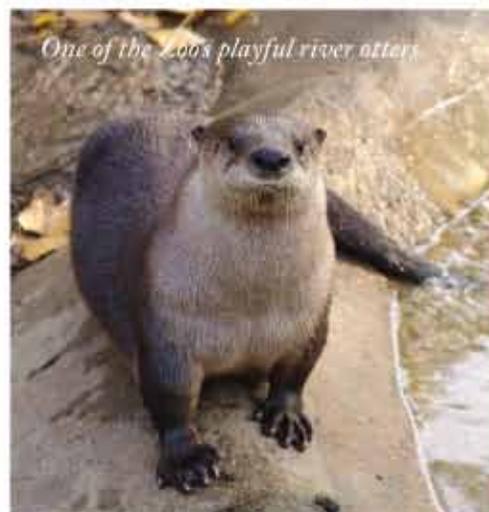


A grizzly at rest.



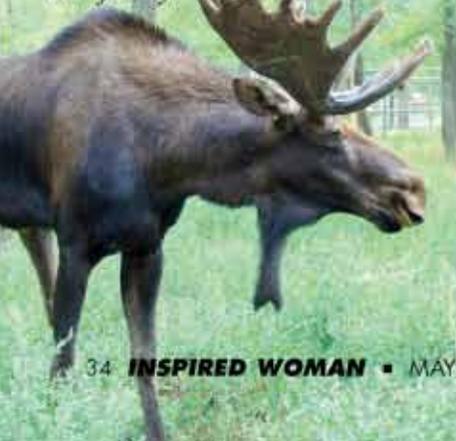
The endangered Mexican Wolf is one of the 128 species of animals which call Dakota Zoo home.

When the Dakota Zoo opened for the first time in 1961, the event was marked by a parade through downtown Bismarck, which was later named the Band Day Parade. The Dakota Zoo opened its gates to the public with 75 mammals and 23 birds on some 15 acres of developed land. Forty thousand visitors paid a ten cent admission fee that first year to visit the zoo. Visitors were treated to such animals as bison, elk, whitetail deer, mountain lions, coyotes, prairie dogs, skunks, gophers, red fox, porcupines,



One of the Zoo's playful river otters

Moose are the largest members of the deer family.



One of the Dakota Zoo's tiger residents of the Jack and Joyce Schuchart Big Cat Complex.



Terry Lincoln, Dakota Zoo Director since 1987, releasing a rehabilitated eagle in March of 2011.



badgers, woodchucks, raccoons and even some monkeys. Marc and his helpers had also worked hard on building the zoo's first train, which provided transportation around the facility for visitors for many years, before being replaced with two more modern (and dependable!) units.

In 1985, my wife and I made the decision to leave our jobs at the Sedgwick County Zoo in Wichita, Kansas to join Marc and his staff in furthering the development of the Dakota Zoo. While interviewing for the job, we were amazed at the support the zoo was receiving from the community due to the unfortunate fire that had recently destroyed the main office building. What was most impressive was the fact that within a few weeks of the fire, over \$100,000.00 had been raised to provide for the construction of a new office/admissions building. Donations came from businesses, individuals, groups and others who wanted to make sure that the zoo continued. Kids even turned over the contents of their piggy-banks to help put the zoo back on its feet. The unfortunate fire ultimately turned out to be a tribute to Marc for his vision of providing a quality facility for the region. He always spoke highly of the support that he received from people from all walks of life. It was my great fortune to work with Marc for almost two years, until his retirement in 1987. During his retirement years, Marc could often be found at the zoo with his video camera putting together interesting film clips for friends and family. Marc and Betty have both passed on, but their legacy continues with the help of many supporters. Due to this continuing support, the Dakota Zoo remains one of the few zoos in the country that operate without direct tax support. The zoo leases the 90 acre tract of land from the Bismarck Park District, which is a very supportive partner.

Since opening 50 years ago, the Dakota Zoo has benefited from the generosity of many. Three successful capital campaigns have served to fund new exhibits, the most recent being the Jack and Joyce Schuchart Big Cat Complex (featuring tigers and snow leopards) with nearly \$4 million being raised to-date. Along with new exhibits, came the shift from being just a place where people go to have fun or be entertained, to a facility that places a major emphasis on education and conservation. Many of the animal species that reside at the zoo today are endangered or threatened, and the Dakota Zoo works with other zoos across the country on Species Survival Plans that help these animals to survive.

Today, the Dakota Zoo enjoys the support of many and is recognized as an important player in the community and zoo world. Over 134,000 people visited the facility in 2010. Recently, the Dakota Zoo received the Governor's Award for Best Tourist Attraction in North Dakota for 2011, as selected by the North Dakota Travel Industry. In addition to encouraging visitors to see the animals, the zoo offers many special events ranging from Breakfast at the Zoo, Children's Day, camps for kids, and wine-tasting for adults. Check out the zoo's website at www.dakotazoo.org for a complete schedule of events. I invite you to take "a walk on the wild side" and visit the Dakota Zoo. Please consider becoming a member... it's one of the best deals around!

Terry Lincoln has been the Director of the Dakota Zoo since 1987.

Dr. Aaron D. Johnson Smile Center



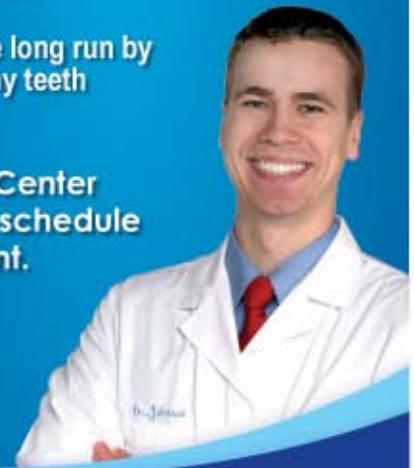
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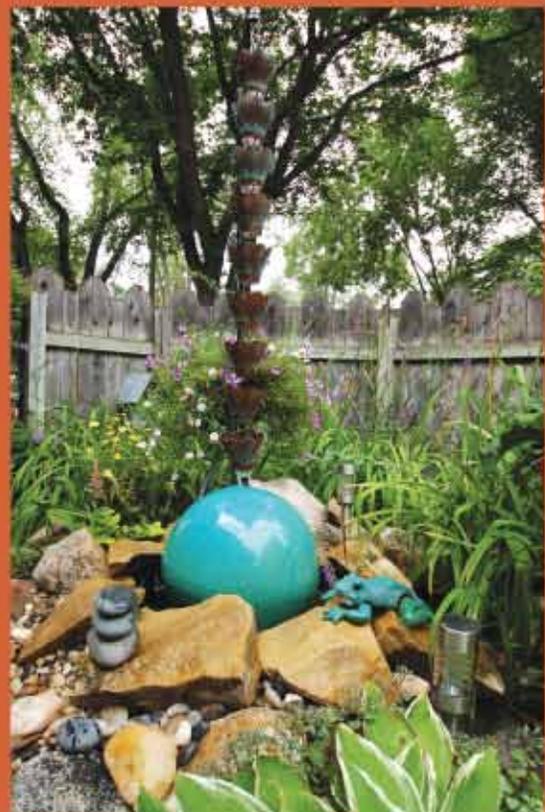
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Gardening is an Art





Flower gardens are not just about flowers anymore, some are full of whimsical creatures and fountains. Toads and toadstools, garden globes and metal art, even the containers contribute to the ambiance of a garden.

Many thanks to the gifted gardeners who tend these flowers and plants in the heart of Bismarck. Their artistry provides many pleasurable moments to those who pass by.



Readers Favorite Recipes



My Favorite Chocolate Chip Cookies

From the kitchen of Chelly Bosch

- 1 cup Margarine (soft)
- 3/4 cup Brown Sugar (packed)
- 1/4 cup White Sugar
- 1 package (3.4 oz) Instant Vanilla
(or French Vanilla) Pudding
- 2 Eggs, lightly beaten
- 1 teaspoon Vanilla
- 1 teaspoon Baking Soda
- 2 1/4 - 2 1/2 cups Flour
- 2 cups Chocolate Chips

Preheat oven at 375°. Cream margarine and sugar. Mix in remaining ingredients, adding flour then chip last. Bake 10-12 minutes on airbake cookie sheet.

24 Hour Salad

From the kitchen of Eleanor Wetsch

- 1/2 head Lettuce, torn and layered on the bottom of 9x10 dish.
- 4-5 sliced Green Onions
- 1 cup sliced Celery
- 1.5 cups frozen Peas, thawed
- 1 lb cooked, crumbled Bacon

Layer all above in pan on top of lettuce.

Mix 1.5-2 cups miracle whip and 2 tablespoons of sugar. Pour over salad.

Sprinkle top with grated cheddar cheese and Swiss cheese.



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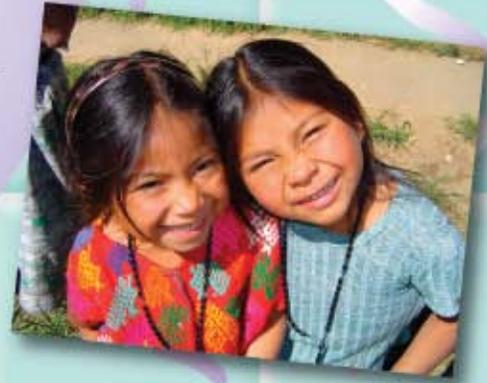


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Your love, prayers, and support mean the world to us.

Thank You

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

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