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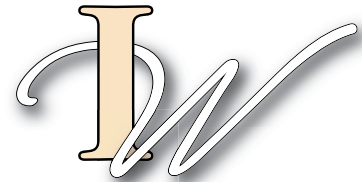
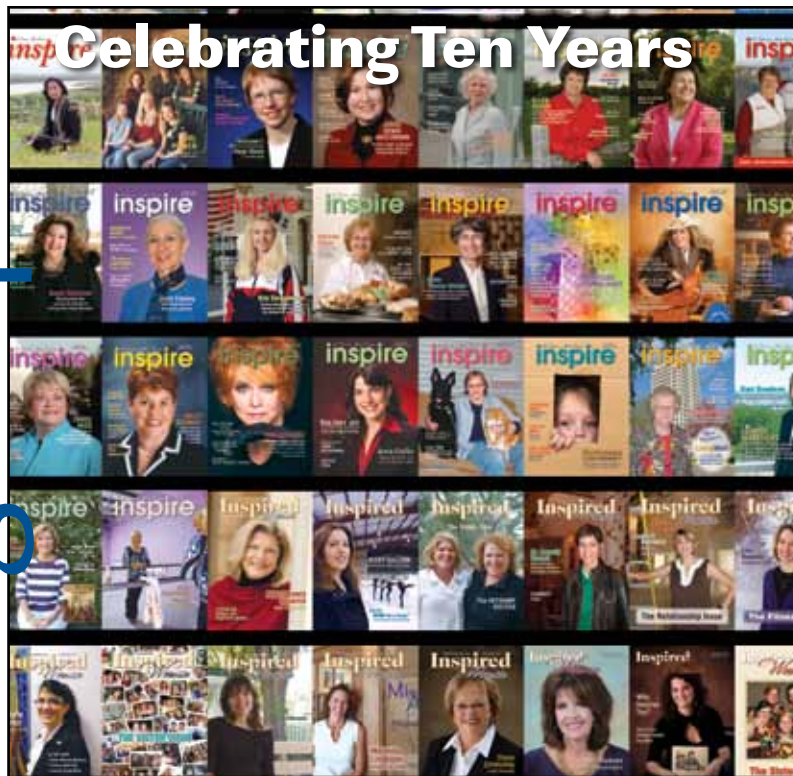
The mission of **Inspired Woman** is to use our community presence to celebrate, encourage, empower, educate and entertain women.

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Editor's Notes

Welcome to our 10th Anniversary Issue! It was so fun for me to catch up with some of our past 'cover girls', and I hope you enjoy it, too.

I am celebrating my third year as editor, so I had never met most of these fabulous women. As you will see, they continue to inspire and make a difference in the communities they live in.

I am grateful to Kim Jondahl for taking the time to reminisce about her years as editor. She is responsible for getting this magazine off the ground and running.

This has been a summer to forget and one we will always remember. We have a great article on how to deal with stress and a list of resources to use if you just can't make sense of the past few months. You can also read my interview with Amy Grant. I am really looking forward to the '2 Friends Tour' coming October 5th.

Watch our facebook page for possible news about a fall fashion show. We are still working on some details, so we will announce them on facebook.

Thanks for reading!

Deb

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Deborah Ness

February/March 2002

Her Story: Deborah Ness was named Bismarck's first female Chief of Police in 1997. During her time in the position she met several challenges head on: a rise in the methamphetamine drug problem, implementation of new and better security measures after the September 11th attacks and her personal battle with breast cancer.

IW: *You retired from the Bismarck Police Department in 2007 and opened the Quilt Haus. Was that always a dream of yours, to own your own business?*

DN: Opening "The Quilt Haus" has been a dream come true for both Ken and I. It has indeed been a wonderful adventure that has given us new friends and wonderful memories. We have thoroughly enjoyed our time at the Quilt Haus as well as our time in Bismarck. But now we both agree it is time for us to make some new adventures. God created a pretty big world and I think he would like us to see a bit more of it.

IW: *You are now leaving Bismarck and your business behind. What are your plans?*

DN: Ken and I will be retiring and moving to Bella Vista Arkansas. At least that is where we will begin our new adventure. We are leaving our options open so I can't really say where we will end up – but I do believe we will have a great time finding our next destination.

IW: *You created a lot of awareness for breast cancer during your personal battle. Do you still do public speaking on the subject?*

DN: I have done some public speaking – but not as much as I used to. I prefer to speak with others on a one on one basis. The Quilt Haus provides a venue in which many stories are shared. Some of those stories make us laugh, some make us reflect and some make us cry. However, all provide an opportunity to emotionally connect with others. I think I can confidently say that The Quilt Haus has been a house of healing in more ways than one.

IW: *What is the one thing most people would be surprised to learn about you?*

DN: I have no surprises – I am pretty much an open book! When you lead a public life, as long as I have, there doesn't tend to be any secrets.

IW: *What is the best piece of advice you can give to women?*

DN: Never be afraid to open up to others. Never be afraid to experience new adventures. Never use the words "I am too old." And never forget to eat at least one good piece of chocolate a day.

IW: *Who inspires you and why?*

DN: I heard the story of Irena Sendler back in 2007 when she was nominated

for the Nobel Peace Prize. Her story is utterly fascinating. Much has been written about this very courageous and compassionate woman. If you want to know why I am so inspired by her, I would encourage you to read her story. I am confident that Irena Sendler will inspire you also.

Deb's Favorites

Movie: I love movies that make me laugh, I love movies that make me cry, I love movies that make me think. I love any movie that evokes emotion and allows me to escape into a make-believe-world for a couple of hours. But most of all I love the movie house popcorn. (Do you notice a food theme developing here?)

Book: This week my favorite book is *The Shack*. But considering how much I love to read and listen to books – my favorite changes from week to week.

Quote: "Remember; we work for God." ~ Lt. Cmdr. Vernon J. Geberth, NYPD

Debi Rogers

August/September 2002

Her Story: Debi Rogers has been blessing the Bismarck-Mandan area with her many musical talents for years. Referencing her article: she plays a rare form of Gaelic harp, teaches music at Ft. Lincoln Elementary, directs church choir and theater productions, gives private music lessons and wants to make jewelry, paint more and explore space.

IW: *Have you accomplished any of the last three?*

DR: Yes to all three!

At the time of the first article, I envisioned painting being "fine art", but instead, with the help of paint, I turned my home into an artist's studio. White walls and beige carpet were eliminated and the walls and woodwork blossomed into fire engine red, field of daisies yellow, and pool blue - with slashes of lime green and orange.

"Tinkers" is the name of my jewelry studio, where I lovingly make jewelry. Primarily self taught, I'd been beading and such for years, but decided two summers ago to take a class at BSC to learn the "proper" method of jewelry construction. Most of my creations thus far have been gifts.

As for exploring space, traveling is one of my great loves. Since 2002 I've: served as an artistic ambassador for North Dakota in Iceland through an artist exchange program of the North Dakota Council on the Arts (NDCA); sat in on music sessions in Kenmare, Skerries, and Dublin, Ireland; spent three weeks in Japan (thanks to the Fulbright Memorial Fund); visited Turkey, Greece and the Islands; attended the Summer Summer School of Irish Harp (Scoil na gCláirseach) in Kilkenny, Ireland; celebrated my 30th anniversary with my husband in the highlands of Scotland; and just returned from my third trip to Ireland.

IW: *Are you still teaching at Ft. Lincoln?*

DR: No, I was fortunate to retire early from public school teaching three years ago and am now a full time performing artist. My husband once said, "If there's a stage, she'll perform!" So true.

But I still visit classrooms across the state as an rostered Art-in-Education traditional folk artist for the NDCA, sharing and learning from kids.

IW: *Do you still get to share your Gaelic stories and harp playing with others?*

DR: Absolutely! Performing with Brigid (my harp) is so wonderful and I share all things Celtic in public performance and during residencies - songs, stories and dance! Also, I'm continuing an apprenticeship learning Irish (Gaelic) singing with my amazing teacher, Irishman Dáithí Sproule.

IW: *Is there someplace we can see you perform soon?*

DR: August 13th brings my friend Sue Bicknell, Brigid and myself to the Chuck Suchy Bohemian Hall venue and a booking at Frontier Village in Jamestown on the 25th. I'm very pleased to be at WomanSong again this year September 10-11.

IW: *What advice do you have for aspiring musicians and performers?*

DR: I know it sounds really corny, but follow your heart and be true to your dreams. Don't worry about money, or



what others think, but instead, listen to that unique light deep inside and sing fearlessly, even if you're off key. Spend more time dancing in broad daylight, create something original each day and - no matter how strange it seems - do what brings you joy. Oh...and practice always helps!

IW: *Who inspires you and why?*

DR: Ethnic musicians and art, children, nature, the Otherworld, my family and friends, and of course, bright shiny things.

Debi's Favorites

Movie: *The Secret of Roan Inish, Polansky's MacBeth, The Whale Rider, The Red Violin, Ever After, A Knight's Tale* and as a child, *Swiss Family Robinson*

Book: *The Velveteen Rabbit, Cwinna, The Three Musketeers, Shakespeare*

Quote: (to paraphrase) "Life is far too important to be taken seriously." ~ Oscar Wilde
AND "We are such stuff as dreams are made on; and our little life is rounded with a sleep."
~ Shakespeare

Read Debi's complete Q&A at inspiredwomanonline.com



Mary Van Sickle

January/February 2004

Her Story: Mary Van Sickle has been the Executive Director of Dakota Media Access (DMA) for the past eleven years. She has brought the organization into the 21st century and improved local programming and services, making DMA truly a community medium.

IW: *You held a couple marketing positions before you became Executive Director of DMA. Do you get to draw on that experience?*

MVS: Yes, because DMA is, among other things, a "marketing tool" for the entire community. By providing equipment, training, cable channels and webstreaming to individuals and organizations, schools, arts groups, churches and government agencies we serve the community in a unique way.

IW: *Is it easy to keep up with the latest technological advances in media production and distribution?*

MVS: Let's say it's manageable, not necessarily easy. And it's manageable for me only because DMA has an amazing staff of techie "geeks" who love technology and are excited to learn about the next big thing. We're also fortunate to have numerous volunteers and a network of area production specialists who generously share their knowledge, talents and passion for what we do.

IW: *How has DMA changed over the years? Do you see more young people wanting to become involved?*

MVS: We've seen an increased involvement from people of all ages due primarily to our effective outreach efforts and the talents of our staff. But we've made, and continue to make, significant improvements including:

- online distribution of local programs and government meetings at freetv.org
- the establishment of Government Access, channel 2
- support from the City of Mandan and access to their Commission, School and Park District Boards and Morton County meetings.
- increasing coverage of LIVE Government meetings – over 250 meetings will be covered LIVE this year.
- expanded partnerships resulting in new program series such as "this is...Public Health Central Dakota," "Capability Chronicles," with the Arc of Bismarck and "Dakota Growing," produced with local gardening groups and horticulturists.

IW: *What are you most proud of accomplishing over the past eleven years?*

MVS: I'm proud of providing a place where organizations can deliver their message, people can tell their stories and citizens can access government activity and election information. It makes our work rewarding to know we can encourage community involvement and help create an awareness of local views, art and cultures.

IW: *What is the one thing most people would be surprised to learn about you?*

MVS: No surprises - I'm pretty much an open book.

IW: *What is the best piece of advice you can give to women?*

MVS: My advice is to be passionate about what you do and when you have an opportunity to make a positive change, embrace it. Don't worry about who gets credit, just get it done.

IW: *Who inspires you and why?*

MVS: About 75% of our time at DMA is spent working with area non-profits, churches, arts groups, teachers, etc. The people who work for these organizations, especially those who work in human services, inspire me. They work behind the scenes, (often underpaid and overworked) making a positive difference in our community.

Mary's Favorites

Movie: *Rebecca*, a "gothic" thriller set in the 1940's and directed by Alfred Hitchcock.

Book: *A Fine Balance* by Rohinton Mistry. Heartbreaking, yet thought provoking book about society, poverty and government corruption of India in the 1970s.

Quote: "One day at a time – this is enough. Do not look back and grieve over the past, for it is gone; and do not be troubled about the future, for it has not yet come. Live in the present and make it so beautiful that it will be worth remembering." ~Ida Scott Taylor, Author 1820 -1915

Abbey Effertz

September/October 2004

Her Story: Abbey, a high school senior, was successful in track and balanced many duties: student council president, student manager of Century football team, Girls State and more. She was also responsible for helping out on her family's ranch.

IW: *Your track coach described you as a great leader. Have you continued to use your leadership skills in college and beyond?*

AE: I think my leadership skills have remained important to me since high school. In college I was a member of the University of Montana (U of M) track and field team where I was a three year captain. Having the coaches select me to be the captain as a sophomore over several seniors on my team was a test of my leadership. I had to delicately balance being younger and less experienced, with leading the team vocally and by example.

I also developed my skill as a senator for the Associated Students of the University of Montana which is the student government at U of M. It was a great way for me to learn how governing bodies really work and gave me a new understanding of what it would be like to be in public office.

IW: *So you continued participating in track at the U of M?*

AE: Yes. I went to the U of M on a track scholarship and was unsure if it was something I really wanted to do, but decided I better give it a try. I absolutely loved it. It gave me purpose, drive, and a family. I spent so much time with my teammates and coaches they truly became my second family. I also met my fiancé there. He was a football player and I was on the track team; I always tell people it was a weight room romance! So I am very thankful for my years of the track team.

IW: *You are currently working on your masters degree. Tell us about that.*

AE: I am currently working toward my Masters of Physician Assistant Studies at the University of Nebraska Medical Center in Omaha, Nebraska. It is an intense 28 month program with 13 months of classroom work and 15 months of clinical rotations. I will start rotations in September and I am so excited! My goal is to survive school and eventually get a job in North Dakota. I also want to get back to my agriculture roots. I hope to move close to my parents and help with the ranch. It has been fun living in different states but it has made me realize how great North Dakota is and how lucky I was to grow up in Bismarck.

IW: *Do you have any advice for young girls on how to balance school work, part time jobs and athletics?*

AE: My advise for young girls, or anyone for that matter, is do what makes you happy. Set your goals high and live up to your own expectations. Get rid of the "I can't" state of mind because YOU CAN and negative thoughts will just get in your way. Working hard and being busy with work, school, sports and hobbies is part of life, make it fun. I firmly believe that hard work is fun and gratifying. With the right attitude and motivation anything is possible. I also encourage people to make a difference everyday, whether it's your own life or impacting someone else, at the end of the day you can say you did some good.

IW: *Who inspires you and why?*

AE: My parents inspire me. I am amazed by them. I think about the courage my parents must have had to start a ranch halfway through their lives and it blows



me away. They moved to the ranch with five kids and began a journey that would change our lives.

My mom is the best mom ever, I am sure most kids say that but I mean it, she just raised us the right way and as I get a little older and begin to think about having a family of my own I hope I can be half the mother she has been. I don't know how it happened but all of us kids are best friends.

My dad is the smartest man I know, he is incredibly brave and is not afraid to fight for what he believes in, even if it is against the grain. He works harder and longer hours than any man half his age and never complains. One thing I admire most is that his passion for his work and his love of family is unwavering. He is my role model and someday I hope I can be just like him.

Abbey's Favorites

Movie: This is way to hard to pick, I love pretty much all movies!

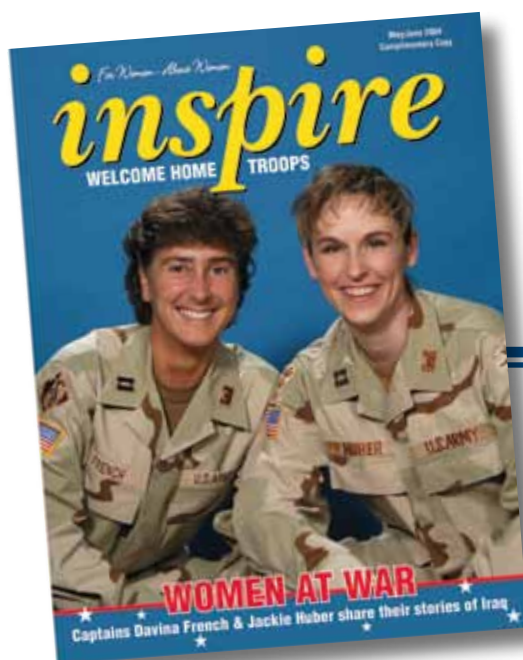
Book: I just read *The Help* and *Water for Elephants*, both were great, but I am always looking for my new favorite book.

Quote: "Life is not about waiting for the storm to pass, it's about learning to dance in the rain."

Read Abbey's complete Q&A at inspiredwomanonline.com

Jackie Huber & Davina French

May/June 2004



Their Stories: **French**, former commander of the 957th Multi-Role Bridge Company, led a unit into Operation Iraqi Freedom in 2003-2004. Her Bismarck-based unit returned from Iraq, minus three Soldiers who lost their lives. **Huber**, a Bismarck native who served in Desert Storm with the military police, was stationed in Iraq with the 142nd Engineer Combat Battalion. She left her husband and two young children behind to fulfill her service to country.

IW: *Are you both still full time with the National Guard? Any changes in rank, position, etc.?*

DF: I continue to work full time for the North Dakota National Guard and now work as the Government Affairs Officer providing interface between state and federal governmental entities and the National Guard. I was promoted to Lieutenant Colonel in August of 2010.

JH: Yes, my full time position is the Director of Human Resources. I am responsible for the management of the NDNG's 1,000+ fulltime employees. My current rank is Lieutenant Colonel; I was promoted to this rank in August of 2009. My military unit is the 164th Regimental Training Institute (RTI) in Devils Lake, ND, where I am currently assigned as the 1st Engineer Training Battalion Commander. Our mission is to conduct engineer skills training for Soldiers across the United States. I am thoroughly enjoying both positions, as I love the interaction with people from such diverse backgrounds and life experiences.

IW: *Have either of you been deployed since 2004?*

JH: No.

DF: Adding to my previous deployment experiences, I was fortunate enough to serve on the Kosovo KFOR 12 mission from July 2009 to July 2010. I served as the Logistics Planning Officer for the Multi-National Task Force headquartered at Camp Bondsteel, Kosovo. This was a rewarding opportunity to work with 24 countries that supported the peace keeping mission.

IW: *What was the most difficult part of transitioning back into 'civilian' life?*

DF: As much as I tried, it was not business as usual when I returned back to my life after serving in Iraq. I tried to transition back to my "normal" life but the continued flashbacks, anger issues and a sustained hyper vigilance proved to be challenging and I sought assistance with one of the many veteran outreach avenues provided by the National Guard. I understood that my war was over, but it continued to replay in my head. It took time, a commitment to wellness and many changes in my lifestyle to learn how to manage the secret struggle from within. I currently share my experiences with others who may be dealing with similar feelings as well as family members dealing with loved ones who have deployed.

JH: I think for me, it was the guilty feeling for all the family events or even the normal everyday life events that I was not there for during my 16-month deployment. At the time, I left behind my husband (Lane) and our two boys (Jacob and Joey), who were 5 and 18-months. I missed out on a lot! Today, I still think about the time that I lost that I will never get back. Time is a precious commodity that can never be replaced.

I also think many people in our American society today take their basic liberties and freedoms for granted. As Americans, we have so many things to be thankful and grateful for, yet many people in our county today just expect our way of life without realizing that our way of life is a gift. Our gift has not come without pain, heartbreak, and loss from our military members and their families. We are so lucky to be in this country and live our lives. There are so many people in this world that will never get to experience life as we know life.

IW: *What do you like most about your job?*

JH: I love working with people and trying to help them out. Since I do work with people, my "plan" for the day can change in a moment. I like having that spontaneity and change. I also love the fact that I am working in my career field (Human Resources) and that I have a skill and experience that is applicable outside the military.

DF: I most definitely like having the chance to work with the community on a daily basis. As a military member, it is a privilege to be able to represent the National Guard at community events, to speak about military issues at a public venue or to bring military issues to the forefront with elected officials. Maybe I just love to chat with people, and for that reason, I love my job!

IW: *What advice do you have for women who may be interested in a career with the National Guard?*

DF: Women have been active in the military back to the American Revolution, and the role of women in the military has grown, most notably

during the wars in Iraq and Afghanistan. Obviously, the military offers many advantages to those who enlist; tuition assistance programs, steady income opportunities and the invaluable skills gained through military training which are priceless when applying for a career in the civilian sector. But most importantly, my advice would be to follow your dreams and set your goals high because the opportunities are "endless" in the National Guard. Think about this...why wouldn't you want to be a great example of being a extraordinary hometown hero who has the chance to be a part of the current events around the world?

JH: Be true to yourself and don't try to compromise your character and/or gender. Although the military is primarily comprised of males, diversity is needed and it is what makes the military such a great organization. Be proud of who you are and what you can offer to the organization. Be confident, yet humble, and never lose sight of your goals and dreams.

IW: *Who inspires you and why?*

JH: I am inspired by our North Dakota military families that have lost a family member in Iraq or Afghanistan. They have faced an adversity that I cannot understand. I am so amazed at the strength and resolve of these special families that have given the ultimate gift in the defense our nation. These

families have a very special place in my heart!

DF: I am inspired daily by the continued "Spirit of the Soldier"! So many young men and women who consistently sacrifice their lives for the future of our country are a daily reminder of why I joined the military. Whether they are deployed afar or being tasked to keep the organization operating here in North Dakota, I am so thankful that we have people of the highest caliber involved and representing the military member across the world in such a positive light.

Read Jackie's and Davina's complete Q&A at inspiredwomanonline.com

Jackie's Favorites

Movie: Since I grew up in the 80's....I love the typical cheesy 80's flicks like *The Breakfast Club*, *Sixteen Candles*, etc. I love comedies....I thought *Hangover* was hilarious! I am currently addicted to the TV series *True Blood*.

Book: Any of the Philippa Gregory series on the 16th Century Tudors....I love these books!

Quote: "You must do the thing you think you cannot do."
~ Eleanor Roosevelt

Davina's Favorites

Movie: It's a toss up between *Toy Story* and *Monsters Inc.* Both capture the fun side of me but have deep ingrained leadership themes.

Book: The *Stephanie Plum* series by Janet Evanovich. The humorous way she writes about dangerous situations has captivated me since the deserts of Iraq.

Quote: "You've never lived until you've almost died. For those who fought for it, life has a flavor the protected will never know."
~ Unknown author

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Kris Ehrmantraut

May/June 2006

Her Story: In 2006, Kris Ehrmantraut lived a life of balance and harmony as a wife, mother of three, special education teacher and co-owner (with her husband) of Ehrmantraut's Academy for the Arts. She was also promoted to sixth degree black belt in Tae Kwon Do and preparing for a Korean tour and promotion in Seoul, South Korea.

IW: *You have had a very successful competitive career in the martial arts. Do you still compete? (if yes) What are some of your recent competitions and results?*

KE: I have continued to be actively involved in Promotions to advance my Black Belt Degrees. In October 2006, I took a team of ten, well prepared Black Belts to Seoul, South Korea. I was able to successfully complete my certified 6th Degree World TaeKwonDo Federation Black Belt Promotion. I've also earned my Masters Degree in Kumdo (the noble art of the sword) and Masters Degree in Hapkido.

In February 2010, I reached the pinnacle of my career by earning my Grand Masters title 7th Degree Black Belt (Taekwondo) in Seoul, South Korea. The successful promotion of this elite exam was based on several criteria: My degree of proficiency on all skills, techniques, patterns, terminology, 15 page theory paper (theme: my teaching philosophy and performance methodologies). For ten days, my husband Ben and I (along with our team of 10), were awarded scores based on our leadership, etiquette, manners, protocol and prowess. I was awarded the highest score ever in the International Black Belt Federation with an individual score of 100% and 98% for our team score. It was a pleasure to represent Bismarck, the state of North Dakota, USA and our International Black Belt Federation (IBBF).

IW: *Are you still teaching in the Bismarck Public School System?*

KE: Yes, I will be entering my 5th year teaching Kindergarten at Highland Acres. I continue to give my time, energy and dedication to my students, my school and our school district. Often times my "little" students are my best teachers! I truly know that, being a teacher, I am living out the calling that God has for my life.

IW: *Is there still a strong interest in the martial arts in this area? What are some of the benefits martial arts offers?*

KE: Yes, the martial arts has a vast following across the US and our 4 state region. Both my husband and I hold a triple Masters Degree in Taekwondo, Hapkido and Kumdo. We continue to offer a well-versed program in these three martial arts disciplines.

There are many far reaching benefits to being a martial arts practitioner (and instructor). To trump all is the learning and living of "life skills". Evidenced by our own three children, Benjamin-a 3rd Jr. Black Belt, Jacob-a 2nd Degree Jr. Black Belt and Blythe a Brown Belt, they are wonderful Christians, accelerated students in school, excellent musicians in vocal and instrumental music, and perform well in many other sports. What we also see in our MA students is their ability to focus and concentrate more effectively, their persevering attitude to move forward with goal orientation, and ability to successfully manage their affairs with maturity and manners whether they are age 5 or 55.

IW: *Do you have any advice for women who would like to pursue the martial arts?*

KE: There are many opportunities for you in your pursuit of the martial arts. Whether

your desire is to have a well-rounded program in mental and physical fitness, have a recreational outlet for yourself or your family, gain self-confidence, learn self-defense and personal safety skills to be used in a threatening situation, meet new people and make new friends, or enjoy the avenue of competition at all levels, our martial arts program offers these venues that may be an ideal match for you.

IW: *Who inspires you and why?*

KE: God inspires me! It is to Him that I give the glory for all of my national and international victories. It is to Him that I have been richly blessed with a wonderful family and friends. It is because of Him that I am who I am today.

My entire life is a testimony and witness to God's grace. Having lived a life with the highest of highs along with the lowest of lows...GOD has given me a Savior in Jesus Christ...I can go to Him and His Word for every answer and comfort, which clearly defines...He will never leave me nor forsake me. And best of all, when my earthly life has expired, I await an eternal life in the Kingdom of Heaven.

Kris' Favorites

Movie: *The Passion of the Christ and Fireproof*

Book: The Bible and Max Lucado's books (of inspiration)

Quote: "Don't count the days, make the days count." ~ (motto)

Read Kris' complete Q&A at inspiredwomanonline.com



Ashley (Andrews) Alderson

January/February 2007

Her Story: When Ashley Andrews was crowned Miss Rodeo America 2007, she was the second North Dakotan to win the title. The Bowman native and University of Mary alum excelled in rodeo, debate and public speaking, but she may be best known for her battle against cancer during her reign as Miss Rodeo North Dakota 2006.

IW: People may be wondering, do you still get check-ups for your cancer?

AA: I just finished my five year mark, so I don't have to go to in anymore, I am cancer free!

IW: You have a new last name, so you have had some changes in your life...

AA: I was married Sept. 27th, 2008. My daughter, Hadley, is 15 months old and I have a little boy on the way. I am also the Executive Director of the Bowman County Development Corporation.

IW: In your first article, there was a hint that politics might be in your future. Is that still a possibility?

AA: Right now I oversee many aspects of business and community development in the city of Bowman and Bowman county. I don't know if I will run for office, but I enjoy the parts of my job that allow me to be part of the policy making process.

IW: What are some of the goals you have accomplished since your reign?

AA: During and after my reign I did a lot of public and motivational speaking. I talked about real life, cancer awareness and keeping a positive attitude. Since my daughter has been born, I haven't had time to do a lot of that, but I hope to again someday.

IW: What is the best piece of advice you can give to women?

AA: A few things, in reflecting on my situation: Everything happens for a reason; God only gives us as much as we can handle; Something good comes out of every bad situation.

Being a cancer survivor, I know it is not death sentence, it is a new beginning in a lot of ways.

IW: Who inspires you and why?

AA: I have a big family, so I think my parents and older siblings, we are very close. Outside of my family, Sister Thomas Welder has always been one of my role models.

Ashley's Favorites

Movie: *P.S. I Love You* (especially if you want to bawl for 2 hours straight)

Book: I don't really have one, but I am a self-help book guru.

Quote: "Opportunity is often missed because it's dressed in overalls and disguised as work." ~Thomas Edison

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Sue Buchholz

January/February 2008

Her Story: As the executive director of the Central Dakota Humane Society (CDHS), Sue Buchholz works tirelessly to give animals a second chance. She has rescued dogs from puppy mills and cats and dogs from Hurricane Katrina. In 2008, one of her biggest challenges was lack of space.

IW: *Do you still struggle to find space for animals?*

SB: Desperately. That is an ongoing challenge. We have been here 15 years and we have four acres, which is plenty of room to expand. It was our dream to expand here, but we are on a septic system and last year we used 700,000 gallons of water.

We need to get on a city sewer system, find a place that the neighbors don't object to, that is 'industrial', but close enough to town. We want to be an asset to the community, not a detriment. It has been a long process.

We were negotiating on some land, but Burleigh County has pulled all of their land for sale for potential sand-bag recovery. We are looking at several sources and considering all options.

IW: *Your story in 2008 mentioned the start of a capital campaign. Have you met your goals?*

SB: It is still ongoing. We are interviewing architects and talking to other shelters about what works and what doesn't. We just don't know how long this property can sustain us.

IW: *What part of your job is the most rewarding?*

SB: Probably taking in an injured animal. It really doesn't matter the time or expense, if they can be fixed, we will do it. Getting them healthy and into a loving home is really rewarding for me. But, I like everyone that comes in and I like it when they go out the door, because then I can take another one.

I know I am lucky, because I look forward to coming to work every day. It is rewarding in so many ways.

I also like to hear from the families that adopt the pets. We do good things for the pets, but we impact the families as well.

IW: *If you could say one thing to the people who abandon their animals, what would you say?*

SB: Pet overpopulation is a problem we can solve. It is as simple as spay and neuter, it will take care of that animal for its lifetime. Taking an animal into your home is a big responsibility, so it does take thought. Research the breeds and pick one that fits your lifestyle.

One thing we notice, most of the strays adapt quickly. Owner surrenders do not. They are used to a home and their people. Animals have deeper emotions than people give them credit for. People need to realize the

emotional attachments that animals have with their owners.

IW: *Who inspires you and why?*

SB: My Mom, JoAnne Deringer would be my biggest inspiration. Her honesty and work ethic have molded me and been my guide as to the kind of person I want to be and to continually strive to do better. She has worked tirelessly since she was 9 years old, and still volunteers 50 plus hours a week now that she is in her 70's. Her selfless delight in caring for people and animals is genuine, stellar, and proof that compassion and caring can be instilled at a very young age.

Sue's Favorites

Movie: *Schindler's List*

Book: *Angela's Ashes*, by Frank McCourt

Quote: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." ~Margaret Mead

Nancy Jones Schafer

January/February 2009

Her Story: When this story published, Nancy Jones Schafer was heading home from Washington, DC. Her husband, Ed Schafer, had completed his term as Secretary of Agriculture and Nancy was looking forward to some quiet time.

IW: *Did you get that quiet time, or jump into something else right away?*

NJS: Since Ed served as the Secretary of Agriculture during President Bush's last 15 months in office, we had the incredible privilege of being included in myriad 'wrap up' events that took place. In addition to Ed's responsibilities as Secretary, we attended countless programs, ceremonies, and White House receptions, lunches and dinners. Most every day was filled from early morning to late night. And then the moment Barack Obama took the oath of office, the responsibilities ended!

Knowing it would be a huge transition to step out of that flurry of activity, I planned a road trip for us. We left 2 days after the Presidential Inauguration and traveled through 13 states – several of which I had never visited. (My goal is to visit all 50 states and after this trip, I only have two left – Missouri and Kansas.) We studied the history of the Civil War, visited state capitol buildings and Governor's mansions and mostly enjoyed unscheduled leisure travel.

When we returned to Washington DC, we took some time to visit a few significant sites we hadn't yet seen before moving back to North Dakota. We returned to our Fargo home just in time to sandbag for the 2009 flood!

Life has been full since our return, but one of the most fun and unique opportunities I have had is to play several public performances on Lawrence Welk's accordion!

IW: *You live a life of service. What ways have you found to continue being a servant leader?*

NJS: I am so grateful for the opportunities I am continually given to serve. In addition to the excitement and challenge of sitting on three corporate boards of directors,

I do motivational speaking. And, we still mentor some of the Lost Boys from Sudan who have settled in the Fargo-Moorhead community. Shortly after leaving Washington DC, I was elected to serve on the board of iKeepSafe – a non-profit organization with world-wide programs aimed at educating parents and children about internet safety. I am humbled to serve on the board of directors for the Police Officers Jail Chaplains Association. POJCA is a non-profit organization with a life-changing ministry to the inmates at the Cass County Jail. Our mission is to lead them to a saving relationship with Jesus Christ so when they are released they are better equipped to build new productive lives. And, I continue to be involved in the ministries of Campus Crusade for Christ, Young Life, and PULSE – a young adult ministry.

IW: *What are some of the biggest adjustments you made transitioning from such a public life?*

NJS: I consider it a blessing and a calling that a significant portion of our lives will always include interacting with the public. It is rare for either of us to go somewhere and not be approached with comments or conversation. We usually allow extra time for something like grocery shopping because people feel comfortable to come up and visit.

There continue to be many requests made of me, and the biggest challenge is determining how full I dare to pack my schedule so I still have time for my elderly mother and our nine grandchildren!

IW: *What is the best advice you can give to women?*

NJS: My favorite quote says it all!



IW: *Who inspires you and why?*

NJS: My husband, Ed, is forever an inspiration to me – not only for his remarkable God-given abilities, but most especially for his thoughtful, tireless and selfless efforts to continually use them to help others.

My mothers, Clarice and Sheila - for their insatiable zest for life, for the love, joy and Christ-like spirit they exude from within, and for their extraordinary ability to find the positive of every situation.

Nancy's Favorites

Movie: *John Adams*

Book: *The Lemon Tree* by Sandy Tolan. Also, I am currently reading the *Chronological Study Bible* and find it intriguing to explore God's word in historical order and fascinating to learning more about the cultures and people of Biblical times and the connections between Biblical history and world events.

Quote: "It's not how much you accomplish in life that really counts, but how much you give to others. It's not how high you build your dreams that makes a difference, but how high your Faith can climb. It's not how many goals you reach, but how many lives you touch. It's not who you know that matters, but who you are inside. Believe in the impossible, hold on to the incredible, and live each day to its fullest potential. You can make a difference in the world." ~ Rebecca Barlow Jordan

Thanks for the Memories

by Kim Jondahl

Deb Seminary graciously asked me to contribute a “Top 10” list of favorite memories from the beginnings of this magazine, initially named Inspire.

Inspired Woman continues to be a great source of pride for me as the six-year editor who helped launch this magazine. From humble beginnings, the staff helped it evolve into a respected community magazine. It wasn’t easy. Before the first issue even hit the stands, one local reporter commented that we were “gutsy but stupid. It’ll never fly.” A potential advertiser claimed we would fold within the year. Ignoring the naysayers, we kept plugging away.

Dream it. Achieve it. And we did.

Inspired Woman continues as a vibrant publication that champions women. Deb and the advisory committee are creatively growing this magazine. With every new issue, my heart does a little dance of joy.

Memories from the Early Years

1 The very best memory is the amazing local women (and men) I had the privilege to meet along the way. Our community has an abundance of vivacious, strong, sage, fun and creative souls. I never ran out of story ideas, just space to feature them. It was an honor and a blessing to share their uplifting stories.

2 The first Inspire issue came out a few months after the 9/11 tragedy. I wrote an article focusing on how that day helped some people define what is important in life, featuring comments from clinical therapist Penny Wedin-Gorden. With the 10-year anniversary of 9/11 approaching, I think it is important to note that Penny’s words still ring true: “Tragedy can either make or break us. It’s what we decide to do with events and

relationships in our lives that defines us. If we keep going, growth will have come from our loss.”

3 The majority of women I talked with felt unworthy of a feature story. I’d hear, “I haven’t done anything interesting enough to deserve magazine recognition.” But after seeing their own stories in print, they’d often say, “Wow. Maybe I do have something to share.” I loved watching a woman realize a sense of being extraordinary in some way. By continuing to embrace ideas of being worthy, gifted, and beautiful exactly as they are, women can tap into that positive energy, and life can become more fulfilling.

4 I gained something from every person I interviewed, but one who stands out is actress Ann-Margret, Inspire’s September 2007 cover person before her Hostfest appearance. Her publicist firmly insisted that I had only 15 minutes for questions. Ann-Margret was kind enough to chat for 40 minutes in her buttery purr of a voice. She was genuine, warm, and felt like an instant old friend. Ann-Margret graciously met my then



12-year-old daughter—an Elvis admirer, shared movie memories with her, then autographed a special photo of herself with Elvis from Viva Las Vegas, sending my daughter into orbit as a crazed fan of The King.

5 Patrick Atkinson, The GOD’S CHILD Project director, had written a touching story about placing a railroad tie bench atop Crying Hill in Mandan as a place to sit and meditate. I wanted a photo for the story. A friend and I climbed up the hill, snapped bench pictures, then started down another side. Our return led directly into an enormous patch of giant grasshoppers. Shrieking, we sprinted to my van. Anything but meditative, our drive home included swatting dozens of dive-bombing grasshoppers biting us.

6 I accidentally hung up on former HCTV home decorating star Christopher Lowell during our telephone interview. Christopher was in his prime (2004), launching a radio show and new furniture and paint lines. Mr. Lowell called at the appointed interview time. Somehow, during his answer to my second question, I touched “cancel” instead of the “speaker” button. Serious panic. Not only had I cut off a major celebrity in mid-sentence, but I also didn’t



have access to his private phone number. Thankfully he called again. When we met in person one month later, I apologized. Christopher gave me a blank stare, not even remembering my mortifying moment.

7 It was a true joy to know that some articles made a real difference in people's lives. When we featured a new women's shelter, the growing homelessness problem, and other charitable causes, donations poured in. Our staff

and writers were gratified to help bring about an opening of people's hearts and pocketbooks to those in need. It showcased the true spirit of North Dakota generosity.

8 In the early days, local chefs and crafters submitted ideas for publication. About one month before

each issue came out, I would bake the recipes or make the crafting ideas at home, then take photos. During a photo shoot for a Halloween article to hit the stands on October 1, I had plenty of neighbors wondering why I was placing cloth ghosts on my lawn in early September. Sometimes I had Christmas decorations set up in October for holiday issue photo shoots. Inspire pretty much solidified my status as "the eccentric neighbor."

9 A point of pride was winning first place in the magazine category of the 2008 National Federation of Press Women contest. Inspire was up against the top magazines submitted from every state. Our tiny staff showed 'em that North Dakota is right up there with the best of the best.

10 Hundreds of wise women covered important topics, from Mikey Hoeven (March 2003) sharing how faith guides her daily life to Rola Koleilat



(July 2008) explaining the importance of reaching global understanding of people and cultures. My favorite pearl of wisdom came from Sister Thomas Welder, then U-Mary president (September 2006). She commented: "It's very tempting to think about other things while you are with someone . . . But if we can be truly and fully present to each person and listen, that is the greatest gift we can give."

Thanks for the memories, Inspired Woman! Keep reaching, challenging, and connecting lives. The joy is in the journey!

Kimberly Jondahl is the marketing director of Bismarck Cancer Center and served as editor of inspire for six years.

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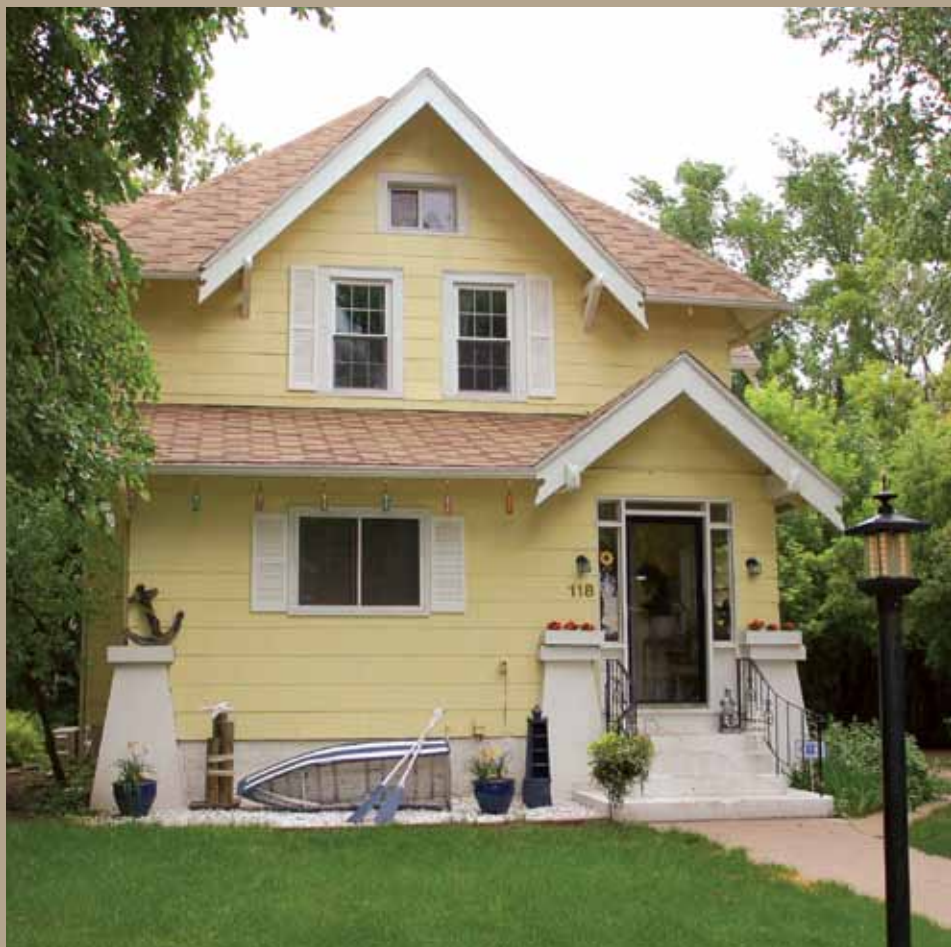


Some houses just have it — curb appeal. An inviting porch, attractive landscaping, a great paint job or the right decor all contribute to make a house pleasing to the eye.

The most interesting thing about these houses may be their age. They are not new, they have character and personality and make you look twice as you pass by.

Curb Appeal Tips to Apply to Your Own Home:

1. Keep windows and siding clean.
2. Remove weeds and any dead vegetation. Add flowers and foliage to fill in gaps.
3. Keep paint fresh, don't let chips or peeling areas get out of control.
4. Improve evening curb appeal with landscape lighting
5. Update your front door with new hardware, or even a paint job.
6. Mow regularly and keep lawn edges trimmed.
7. Store toys, tools and equipment a way when not in use.
8. Remove stains from driveway by pressure washing or special cleaner, if needed.
9. Check downspouts and gutters, replace any in need of serious repair.
10. How does your roof look? Replace any loose shingles, or perhaps the entire roof needs replacing.





Top: There is a lot of excitement around the Designer Genes Buddy Walk as Elizabeth Romanick, age 12, demonstrates so well.

Bottom: It's tough to find these two without a smile on Buddy Walk day. Sandy McMerty and Roxane Romanick are co-coordinators for the Designer Genes team that makes the Buddy Walk possible.

For the past seven years, during a certain morning in mid-September, the North Dakota State Capitol becomes a sea of support. Saturday, September 17th will be no different when the Designer Genes Buddy Walk brings over 1,000 walkers for Down syndrome awareness to the grounds.

Designer Genes has grown from a committed pool of local families advocating for Down syndrome to a sea of support through the Buddy Walk. The theme of this year's walk is "Get Involved. Be Inspired. Be A Buddy." Anyone that's been to the walk in the past will agree that it only takes a little involvement to feel inspired as you walk in support of individuals with Down syndrome and other disabilities.

Get Involved, Be Inspired...

Be A Buddy

Buddy Walk registration and activities will begin at 10:00 a.m. (CST) on Saturday, Sept. 17 at the State Capitol Grounds. The program and walk begin at 11:00 a.m. The walk is non-competitive but symbolic. Walkers circle the south lawn of the capital three times to signify Trisomy 21, the clinical diagnosis for Down syndrome. It is symbolic in that a person with Down syndrome is born with three copies of the 21st chromosome instead of two.

Besides the awareness walk, there's everything from face painting to free hot dogs. KittyKo, local children's artist, is on hand to provide music for the event. A resource tent is also provided by Family Voices of North Dakota and the Arc of Bismarck with information for families and the community on supporting individuals with disabilities.

Sandy McMerty and Roxane Romanick are co-coordinators for the Designer Genes Buddy Walk. Both women have children with Down syndrome and have been involved with the walk since the beginning in 2003. They talk about the difference in this walk from others as there is no pre-registration or required fee or donation to participate in the walk.

"While we appreciate the generous donations, it is really the show of support that is important to us. We want to be able to walk with people who believe that there is a place for people of all abilities in this community," says McMerty. "We want anyone who wants to support and advocate for inclusion to be able to do so and we just don't want to put a price on that," she continues.

In 2010, 1,300 people participated in the Buddy Walk to show their support. Some of those individuals joined together to form teams to support specific friends or family members who have a diagnosis of Down syndrome. There were over 40 teams represented last year and some of them had as many as 150 walkers. Designer Genes encourages community or workplace groups to think about joining together to

form a team even if you don't have a specific person to represent. Teams that are interested in walking together can register online at www.designergenesnd.com to be recognized at the walk.

Why is the Buddy Walk important to people with disabilities and their families?

"Historically, many people with Down syndrome and known disabilities were placed in institutions at birth. The life expectancy for someone with Down syndrome 20 years ago was 35, today it's into the 60's," Romanick says. "Because of advances in medical practices, education, family support, community services, technology, and public attitude it is now possible for persons with Down syndrome to take advantage of all of the opportunities that are available to someone without a disability. We have minimized the effects of having an extra chromosome."

"A family or a person with Down syndrome can look to the future with hope when they see how many people support them in the community. It inspires you to do more throughout the year to help those around you," states McMerty.

Jason Yeager, a self-advocate with Down syndrome, serves on Designer Genes Board of Directors. Yeager encourages everyone to start calling Down syndrome – Up syndrome because he believes that there's something to having a positive attitude and not letting a disability get in your way to living a full life.

Designer Genes is a support network for persons with Down syndrome and their families. Primarily located in the Bismarck-Mandan area, the network reaches out to over 150 families who are supporting their family member with Down syndrome. The organization collaborates with local medical providers to support families with new babies with Down syndrome. Designer Genes also organizes opportunities for families to connect with each other and distributes relevant information through a newsletter and their website: www.designergenesnd.com.

Style in Good Taste

Thursday, October 6th, at the Seven Seas in Mandan you'll have a chance to see outfits so cute you could just eat them up! No, literally, you could eat them up.

Playing With Food is an innovative fashion show featuring outfits made almost entirely out of edible items, constructed by local businesses and restaurants. Some fabric can be used underneath as undergarments to prevent any wardrobe malfunctions, otherwise, anything edible goes.

One of the event organizers, Stacy Sturm of URL Radio said, "I saw one of these fashion shows on the Food Network a couple years ago and just knew we had to bring something like this to Bismarck-Mandan! It was so fun, exciting and beautiful! I knew between all of our cool restaurants in town, we'd be able to pull together some pretty innovative outfits for this show."

So far the Walrus and Patisserie on Fourth have committed to the show. Both restaurants are known for food artistry, but there are some surprise entries said Sturm, "Dakota Dolls of

Destruction (Roller Derby Team) and LA Weightloss are also going to try to put together an outfit. My edible hats off to them for trying it."

Those in attendance will vote for their favorite outfit and a people's choice winner will be awarded \$500! There will also be edible art pieces on display and up for auction. A people's choice winner will be awarded a \$200 prize as well. "Anyone can enter the edible art contest; businesses, restaurants, bars, organizations, even your average Joe. But there are rules and requirements you'll need to follow," said Sturm. The pieces will be auctioned off in a bucket auction at the end of the night as a fundraiser.

The proceeds from the auction and ticket sales go to the Missouri Valley Optimists Club.

"It's going to be a fun event for a good cause so we hope to see everyone out there! I promise it will be nothing like you've ever seen before," said Sturm.

Playing With Food is October 6th, 7:30 p.m. at the Seven Seas in Mandan. Doors will open at 7 p.m. Tickets are



Dress made of chocolate

only \$15 and available at The Walrus, Patisserie on Fourth, and URL Radio, 322 E. Broadway. You can also call 751-0838 for tickets or to enter a dress or edible art piece.

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A Slice of Inspiration

The Front Yard

Four years ago, husband and wife, Renee Ewine and Waylon Hedegaard decided to put their front yard to better use.

"We moved from a property that had all shade, and when I realized we now had a property with all sun, I started planting flowers," explained Ewine. "My husband suggested we start a vegetable garden, but I didn't want to give up any of my flower beds!"

The couple's back yard had turned into a beautiful outdoor living space and she did not want to sacrifice it to vegetables. "Waylon is the architect, the planner," said Ewine. "We started with three beds the first year."

They have expanded their front yard garden every year. Gorgeous flowers border the yard and share space with garlic, beans, lettuce and more. A large bed of squash occupies the latest bed. Onions, dill, kale, chard, peas, cabbage, eggplant, okra, and beets fill up most of the remaining garden plots.

It has been a learning process. "I am still figuring things out," said Ewine.

She tried her hand at parsnips this year, but the cool spring weather hampered the growing process. This spring she found kale coming up in all sorts of places, so she just dug it up and transplanted it to the kale patch.

A 1500 gallon cistern in the back yard helps the couple in several ways. "We water almost all summer long with rain water," said Ewine. "It takes two or three good rains to fill it up. We also use leaf mold to mix in with soil in the spring as fertilizer. All of this saves us money and our plants are very healthy."

Ewine has found she spends a lot more time outside, and says that feels good. She may be feeling even better soon - there is a small patch of grass waiting for the next project.



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A Few Minutes With Amy Grant

Amy Grant and Michael W. Smith bring their '2 Friends Tour' to the Bismarck Civic Center Wednesday, October 5th. The pair have toured together many times over the years, beginning in 1982 when Smith was Grant's keyboard player.

IW: What is it like touring with Michael W. Smith again?

AG: It feels very familiar. Touring with Michael made me want to pull up more of the older songs, put those back in the set. He is fun loving and easy to be around. We don't have tons of time together of the road, and we're not on the same bus, but it is nice to travel with an old friend.

IW: The '2 Friends Tour' is not the only thing you are doing this year, you are also touring on your own, correct?

AG: I am touring more this year than I have in a long time, part of that was the inspiration to tour with Michael. Last summer we did a show together in Detroit and enjoyed it so much, that night we got our calendars out and said, 'how soon can we do this again?'

I looked at the calendar a couple weeks ago, and realized I had 70 shows between now and the end of the year. I haven't done 70 shows in a year since Vince and I were married.

IW: Is there anything you 'never leave home without?'

AG: I think I've left everything! I would like to say my guitar, but I actually went to film a concert, got to the airport and forgot my guitar! One of the crew lived close to the airport, so he ran and got his guitar, and I borrowed his.

I figure just showing up is what matters! You can just about borrow anything else - clothes, a Bible, you can borrow a guitar, but you can't not show up.

IW: Your latest CD, 'Somewhere Down The Road', is a wonderful collection of songs that a lot of women can relate to. Was there a specific message you were trying to convey when you recorded it?

AG: My intention with this last record was to do a collection of songs that describe the journey of life. We are seeing our children grow up, celebrating good times and hard times. My mom, who passed away in April of this year, when I think about her, I think about her approach to life. It was never, 'life was going to be easy,' but during a tough time it was, 'well,



I guess now we're going to see what God's mercy looks like from this angle.'

She was always so encouraging. When I was a little girl, she would say things like, 'Amy, if you can learn to be loved by the Holy Spirit, your life will be more exciting than any secret agent you've ever seen.'

IW: What is the format of the concert, do you sing alone and together?

AG: There is no opening act. Michael and I have two different bands. I host the first half of the show and he hosts the second, but we share time together on stage.

Editor's Note: Grant said there would be mix of old and new favorites, as well as songs that have made it big on the Pop charts.

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Betty Mills Inspires Me

by Amanda Mack

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

People who live extraordinary lives often elicit strong responses from those around them. Betty Mills is no exception and she has been called a lot of things in her eighty-plus years of life.

For example, Pollyanna, daddy's girl and Saint Betty – short for Saint Betty of Glen Ullin, Patron Saint of the Prairie – are nicknames Betty bears. She's been described as unconditionally decent, ageless and naturally curious. She has also been labeled far worse things because of her nontraditional religious views. She describes herself as a professional volunteer.

I first came to know Betty through my involvement with the Unitarian Universalist Fellowship & Church in Bismarck. When I became a member a couple years ago, she told the founding story of the church in 1952. Indeed, she is a founder of the fellowship, has served as a regional and national UU leader, and continues to be central to the Bismarck-Mandan UU's organizational health.

The inspiration to start a new church came over dinner one night with friends. She and her husband and their friends discovered that they had each fallen away from their churches. They confided to each other that they didn't believe in what they were hearing any more yet they all had young children who needed a spiritual home. So they decided to found a UU church in Bismarck.

In her warm, welcoming way, this 1950s Bismarck housewife led the charge to found a new liberal church and set out to find others who might also like to attend. Together members work out their beliefs guided by UU principles that, for example, seek to affirm and promote "the inherent worth and dignity of every person" and "justice, equity and compassion in human relations." Because of Betty and fellow church founders, this spiritual inquiry continues every Sunday morning nearly sixty years after the church's founding.

The UU faith has been around since the middle of the 18th century and boasts famous devotees including Thomas Jefferson, Ralph Waldo Emerson and Susan B. Anthony. Our own U.S. Senator Kent Conrad was brought up in Bismarck's UU church. Local UU gatherings initially occurred over coffee in people's living rooms until enough funds were raised to build a church on Divide Avenue near the Capitol.

In a pamphlet Betty penned about the UU faith, she wrote, "there's no creed to sign up for, no dogma to nail your quandaries to – only a sturdy belief, rooted in history, that the freedom



Betty Mills

to search for truth in religion, and in all things, is the indispensable ingredient."

Over time, Betty emerged a respected newspaper columnist writing a liberal government and politics column in the Bismarck Tribune influencing public thought, opinion and dialogue in this community for a generation. She became a community leader through her life as a professional volunteer. Ironically, she ultimately received her college degree from the nuns at what was at the time Mary College. This woman is a thinker, a peacemaker and a speaker of her own truth.

Furthermore, Betty wrote a book called "Mind if I Differ? A Catholic-Unitarian Dialogue." The book was published in 1964, the year she turned 37. Largely unedited, it is a collection of letters written by two stay-at-home mothers about their chosen faiths.

Most women with small children often can hardly utter a cohesive sentence at the end of a long day. Yet these two women put their children to bed and then found it in themselves to dig deep and share and debate with each other about their differing religious beliefs. And the letters were so compelling; they were published as a book.

Betty will tell you, "Writing that book changed my life."

She received fan mail from far and wide. For a time, the book became required reading at Mary College where she was in an ongoing, loving and respectful dialogue with the nuns. She recalls at her first national UU meeting, she quickly became known and celebrated as "the woman who wrote the book!"

She also remembers a neighbor lady saying, "It's a shame that she'll go to hell and take those four beautiful children of hers right with her." Betty's response to such criticism is that you just have to decide to do what it is you're doing.

In addition to writing her weekly column, as it turns out, Betty was instrumental in bringing public television to Bismarck and the western part of the state. The act of bringing Sesame Street to rural kids earned her the Patron Saint of the Prairie moniker.

According to her cousin Kermit Lidstrom, former president of Bismarck State College, Betty single-handedly cobbled together the funds needed to build the World War II Veterans Memorial Library in downtown Bismarck. She's also a founding member of the League of Women Voters chapter in Bismarck.

"In her quiet way, she founded the local League chapter, started a church and built a library," Kermit respectfully reflects.

Always one to acknowledge the contributions of others, Betty would never take full credit for her many accomplishments. She says nothing in Bismarck happens without a committee.

Betty currently teaches nonviolent communication to prisoners at the North Dakota State Penitentiary. Of Betty's work there, Kermit marvels, "Betty finds the goodness in prison inmates! She'll tell you she hasn't met a bad man out there. These are murderers we're talking about...her work there has touched her soul in some special way."

Primarily because of her work at the penitentiary and with the League of Women Voters over the years, Betty was recently awarded the Liberty Bell Award by the North Dakota State Bar Association. Award recipients are chosen for their efforts to improve public understanding about the law not as a lawyer, but in the role of engaged citizen.

Betty once asked her father if he believed in hell. He replied, "I can't say I do. However, I live my life in such a way that if there is a hell, I won't end up there." If Betty admitted to having a creed, this may just be it.



Amanda Mack has been an Inspired Woman contributor for the last few years. She and her husband recently hit the road with their two kids in a 16' RV trailer for a two-year cross country adventure.

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Mother Lode: A Daughter's Inspiration

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

by Rhonda Gowen

I wasn't going to write about my mother. Nope. That would be too cliché. Perhaps I'd tell of my older mentor and fellow music teacher Nina, or my generous and entrepreneurial siblings, my perfectionist husband, or perhaps the eighty-year-old, redheaded bailiff I saw while on jury duty. When it came down to it — who could invigorate, stimulate, cheer, coddle, relieve and generally light a torch under me— Mom was the one for the job.

To begin, I know Mom values education. Raised on the mountains of southern Quebec, the daughter of a ski hill owner, she became a champion skier, often skiing to school. When she came of age, her family didn't have the resources to send her to races and also to college, so she chose to go to school. She trained as a physical and occupational therapist and worked four years before she and Dad had children. By her example, we knew education was a key factor in finding our place in this world.

More than once, Mom's resourcefulness, willingness to adapt, and inventiveness helped us all. When she



Doreen Faulconbridge

arrived in small-town North Dakota, far from the mountainous terrain she had known and on "green card" status, she tightened her bindings and dug into the community. We lived fifty miles from

a major shopping center and restaurants, so Mom became quite creative at devising ways to repair useable items and redeem lost causes. She tried new recipes to coax picky eaters, and knit scarves and sweaters to keep out the Dakota winters. Perhaps out of frustration with Dad's burgeoning collection of books and recordings and his fulltime medical practice, she became good at wielding a hammer, a paintbrush, and a circular saw. Our living room got a wall-to-wall bookcase, the house exterior got several new coats of paint in her choice of color, and the dog got a doghouse.

Never one to be left behind, Mom always had a healthy curiosity about music. All four children were involved in music lessons, a passion of my dad's. Mom would drive us — out of town, of course — to lessons. She must have either become curious or felt left out, because in her forties she began taking organ lessons and in three short years became quite competent.

Mom's grace was tested every day of the week. She worked as a receptionist at my dad's clinic. Sometimes on

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evenings or weekends we would host diabetic or emergency patients at our house since the clinic was closed and we lived in an accessible location on Main Street. Another time when I was young and hot-headed, I became argumentative with my Sunday school teacher, who started crying and quit. The next thing I knew, my mother was the new Sunday school teacher, like she needed a new venture.

In my adult years, Mom has been life support. Whenever my concert pressures mount, she offers to help with children and other household matters. Whenever she and Dad visit, she always brings food — lots of it. If we visit them, she usually asks what we would like to do. Sometimes, our response is: "Nothing. We just want to recharge."

At seventy-seven, Mom diligently keeps in physical shape and pooh-poohs her grandkids for complaining about a short walk to downtown. She and her friends take weekday morning walks and catch up on knitting trends and grandkids. I have to admit at least once a week I hear this Mom quote trot through the back of my mind: "Did ya get your exercise today?"

Raising her children, she has always been a careful listener. She encouraged me to follow my own strengths and joys even in the face of weak finances and pressure from others. Conversations with her led to pivotal questions like "Where do you want to go?", "How resourceful are you when the going is tough?", and then "Lean on me — it's my treat."

I believe the way she dealt with her children helped me be a better teacher. I learned to not presume to know a student's complete situation or what he/she really wants. She taught me to listen to the individual and address each unique person. Mom knows the importance of sharing time with people, like the boss who mingles among her employees to get a sense of what their battles are, and to pick up ideas

which might benefit the entire company. Strangely, the care she took in various household duties, such as following a recipe or matching colors in a decorating scheme, taught me to prepare for performances with great detail.

We all need inspiration, a rich vein of faith and fire. Searching for that mother lode can take us far afield. I feel lucky to have found mine close to home.



Rhonda Gowen is a piano instructor at the University of Mary and a clarinetist with the Bismarck Mandan Symphony and the Missouri Valley Chamber Orchestras.

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Staying Mentally Fit During the Flood Fight:

Dealing with the stress of natural disaster

by Kylie Blanchard

An immense number of sandbags were filled and hauled, hundreds of houses were cleared of precious belongings, and miles of protective structures were built through an enormous community effort in preparation for the Missouri River's unprecedented flooding.

Although the physical effects of this historic event are at the forefront of the flood fight, many displaced and disrupted individuals, families and neighborhoods are also dealing with the mental strain of the flood.

"Disasters such as floods tend to increase stress levels for prolonged periods of time," says Dr. Mark Doerner, a clinical psychologist with Medcenter One's Mental Health Center. "This may first have increased when the initial predictions of the flooding started to circulate and could continue through clean-up. It could possibly last for some time afterward for those who lose property and possessions and will experience the stresses of grieving and rebuilding."

Dr. Doerner says high levels of stress can take a toll on both the mental and physical health of an individual, and people often exhibit stress in different ways. The signs of stress may include:

- difficulty sleeping
- sleeping too much
- change in appetite
- weight loss or gain
- difficulty concentrating
- feeling irritable or on edge
- feeling disorganized or overwhelmed
- feeling anxious or afraid

"Some people may feel empty, apathetic, defeated, or say they feel nothing. Others may be more angry than usual, argue more often, or stay angry longer," says Dr. Doerner. "Many people experience a combination of these signs, and sometimes the signs change over time."

He says it is important to find appropriate coping mechanisms to ensure the individual's continued well-being. "Stress is a normal response to an abnormal situation," says Dr. Doerner. "The first step to addressing a problem is to admit there is one. The next step is to identify what causes the stress and how stress affects a person mentally and physically. Then, it's time to start doing things to reduce stress."

This process is important to giving both the mind and body periodic breaks from stress. Dr. Doerner encourages those impacted by flooding to also remember to get adequate rest, continue with a routine and maintain close relationships.

Family and friends are important resources in dealing with stressful situations, says June Lehr, a home health nurse with Custer Health. "It's very important to find someone you can talk to; a non-judgmental, good listener."

Lehr herself has been displaced by the flood, having been evacuated from her home on Hoge Island. She says many people have made a difference in her coping with the flood's impact on her life. This has ranged from friends simply asking her how she is doing to strangers

Mental Health Resources

There are many mental health resources available in the Bismarck-Mandan area. The following are just a few of those in the community:

American Red Cross
West Dakota Chapter
701-223-6700

Archway Mental Health Services
701-530-7300

Bismarck-Burleigh Public Health
701-355-1540

Medcenter One Dakota
Children's Advocacy Center
701-323-5626

Mental Health America ND
701-255-3692

West Central Human Services
701-328-8888
701-328-8899 (24 hour
Crisis line)

Website Resources for Information and Support

apa.org/helpcenter
ag.ndsu.edu/flood
LiveYourLifeWell.org
medcenterone.com/flood2011
redcross.org
redriverresilience.com

offering to make her dinner in their home as a reprieve from living in a hotel.

"Sometimes we don't think our smiles or greetings are making a difference, but they can make a big difference during times of crisis," she says. "I don't know why I am still standing, but I attribute that to my faith, my family and those surrounding me."

Lehr says she has focused on keeping herself busy which, for her, means working as a nurse. "It has really been helpful to me to continue to help others."

Dr. Doerner says one of the most important steps people can take to help those impacted by flooding is to listen. "It's ok to ask if they want to talk about it," he notes. "Many of us are reluctant because we don't want to provoke any kind of pain in people we care about. Trust they will talk about it if they want to and know that talking about it, and being heard, is some of the best medicine available."

Lehr says this type of help can also be found if an individual reaches out to a primary care provider, clergy or support group. "It is just important people know they are not alone in feeling this way and there is help out there."

In addition, immediate help is available by calling 211 and asking for information about mental health counseling. "The important thing is to seek help if you or someone you know is struggling," says Dr. Doerner.

Mental health in times of crisis is just as important as physical health, he adds. "Our minds and our bodies are insepara-

ble and intertwined," Dr. Doerner notes. "Most people won't wait long to see a doctor if they have a chronic ache. Why not get some help when you're feeling uncomfortably anxious, sad, scared, or angry? Your mental health is at least as important as your physical health, maybe more so."

Children are also affected by stressful events and Dr. Doerner says the stress experienced by children is directly related to how the important adults in a child's life are being affected by their own stress.

Young children may have difficulties separating from caregivers and be more emotional or demanding. Children in elementary grades may have more anxiety, sleep problems, mood swings, and be less consistent in their behavior. Older children may exhibit many of the same signs of stress seen in adults.

"Most children can be expected to have less knowledge of and less experience with ways of coping with stress than an adult," he says. "On a positive note, most children can learn effective stress-busting strategies rather quickly."

Those in areas unaffected by the flood water may also experience what is commonly called "survivor's guilt" and deal with stress related to these feelings. "Survivors guilt is often the result of the combination of some very admirable personal qualities," says Dr. Doerner. "It is a sign of compassionate feelings, mixed with a hunger to help that cannot readily be satisfied, topped off by the confusing coexistence of feeling bad

for the flood-affected people you care about while also feeling grateful about your own situation."

It is important a balance is achieved between these feelings of gratefulness and guilt, he notes. "It's often helpful to realize you do not have to reconcile these contrasting feelings. They can co-exist," says Dr. Doerner. "Take care of negative feelings in healthy ways. Allow yourself to be grateful you have not been as adversely affected by the flood. After all, you would not have been able to help others as much."

Dr. Doerner says the ultimate goal in a time of crisis is to find and use healthy ways to manage stress. "Sometimes disasters, no matter what form they take, create opportunities for us to improve ourselves over time," he notes.

Lehr says it is also important to remember, as a community, everyone is dealing with the stress caused by the flood and needs to support each other. "We're all in this together," she says. "Although some people were not affected directly, we all need to be here together."

For additional information contact the Medcenter One Mental Health Center at 701-323-6543 or Custer Health at 701-667-3370.



Kylie Blanchard is a local writer.

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Rodeo Girls

by Tina Ding

Cowgirls Britany Fleck and Kennedi Kautzman fell in love with horses and rodeo as young girls. Scarcely five, they each sat atop horses and paid close attention to the wonders of rodeo as well as the daily chores and hard work that goes hand in hand with horse rearing.

Her love of horses encouraged Mandan cowgirl Britany Fleck to start competing early. As she moved cattle and helped out at home, she started riding in youth rodeos. Stepping through the ranks of youth rodeo through high school and college, she dreamed of one day riding professionally. Fleck also began to realize the importance of developing a strong partnership with her horse. "You have to be in sync with them to be tough in competition," she said.

While in college, Fleck trained her horse 'Rootie', fostering a strong relationship between the two of them. Stepping up to the plate to care for a horse requires dedication. In addition to riding and brushing her horses, she

waters them, feeds them and cleans up after them; all keep Fleck moving and help to keep her fit and physically prepared for this lifestyle.

"From carrying water buckets and lifting bales to cleaning stalls, cleaning the trailer and riding, horse care is hard work," Fleck said. "As we travel [to rodeo competitions], we are faced with locating and purchasing hay, which can be both challenging and expensive while we're on the road."

Horses need regular exercise and proper nutrition, particularly when competing. While Fleck works out at a gym and takes a daily vitamin, her horse relies upon her for regular workouts and supplements. Rootie has hay in front of her all the time, takes a platinum performance supplement, chomps on omelene grain and takes in ample water. Along the way, Fleck changes up the routine, ensuring Rootie is in optimal health. And she shares what she learns with cowgirl Kennedi Kautzman.

"In rodeo both the horse and rider need to be healthy," Kautzman said. "The real athlete is the horse, so as riders, we treat them like an athlete by conditioning and feeding them properly. They take nutrients and vitamins, just as we do. It's a huge team effort between rider and horse."

Kautzman knows how to work hard physically. She regularly walks out and back to catch the horses at pasture before carrying five gallon buckets of water to each of five horses. Five-mile lawn trots (daily) as well as carrying grain, exercise both the rider and horse. And she's not nearly finished with her chores.

"Kennedi goes directly to the barn after school each day," mother Jodi Kautzman said. "She cares for each horse then practices each individual event with her own. When she practices goat tying, she rides up, dismounts, runs to the goat, ties it off and keeps moving. There isn't a lot of down time for her, no time to get in trouble."

Kautzman pays attention to staying nutritionally sound as she travels. Staying hydrated is her first priority, with plenty of water and sports drinks. "We eat a lot of meals right in our living quarters instead of always eating out as we travel," she said. She works hard with her horses year round, yet enjoys swimming and hanging out with friends in the summer in addition to volleyball and basketball seasons.

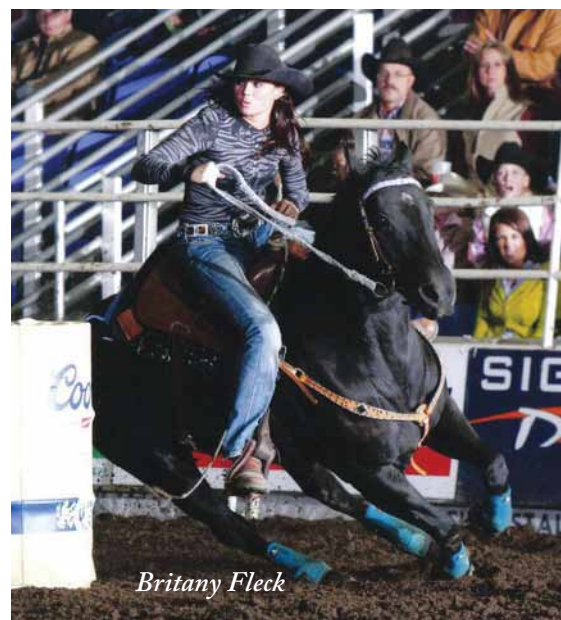
Despite the competitive nature of rodeo as a sport, Kautzman finds she has a true role model in Fleck. "She's become such a good friend to our family and we trust her to know how to best keep horses healthy and which feeds work best," Kautzman said. "She's such a great cowgirl that inspires so many cowgirls out there. I find that I'm aspiring to be like her."

Fleck and Kautzman have become friends and spend time together when at home. Fleck rides professional rodeo and currently holds the 15th position in the world for barrel racing. As a career, she's riding and traveling with Rootie year round across the nation and into

Canada, and hopes to find herself at Las Vegas for nationals.

Kautzman is right behind her. Stepping stones take area youth from the Mandan Horse & Saddle Club to the junior high and high school levels. She's preparing to enter the North Dakota High School Rodeo Association this fall as she enters high school.

Both young women are determined to stay healthy, ride and compete at professional levels. Kautzman's hard work is paying off - she's the 2010 and 2011 Girl's All Around State Champion, 2009, 2010, 2011 Barrel Racing State Champion, 2010 Pole Bending Champion, 2011 Girl's Goat Tying State Champion and 2011 Ribbon Roping State Champion (with partner Trey Huber). As a woman in professional rodeo, Fleck is limited to barrel racing, where she is placing in world ranks. Their hard work and dedication to both their own health and that of their horses is paying off. These gals are living their dream and focusing to achieve their ultimate goals in rodeo. For Fleck, that's making it to



Britany Fleck

the National Finals Rodeo in Las Vegas; for Kautzman, it's the National High School Rodeo Association.



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

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SPACES



Flood Cookies

by Pam Vukelic

As I'm writing this, it is the middle of June. Fourteen million sandbags have been prepared and placed in and around Bismarck and Mandan. The release of water from the dam has just reached 150 cfs, and for many, the waiting begins. It is an uncertain time, to say the least, as people check sump pumps, watch for ground water, patrol dikes, and take frequent trips, sometimes by boat, to check the current status of a residence they had to leave. There is much uncertainty and much anxiety.

For others, it is not so uncertain. Water has already inundated basements and the main floor of homes, and valiant efforts proved futile. Now they wait to see what possibilities there may be regarding restoring or salvaging their homes. There is much anxiety.

We live in the middle of town and, consequently, are not in harm's way, or presumably not even in harm's way if there is a worst case scenario. We are fortunate and grateful. We did move Jim's mom, Irene, who is well into her 80s, in with us for a few days. If she has to leave her apartment suddenly, we have a trial run under our belts.

Irene has always been a motivated and ambitious person. In recent years, as her mobility has declined, she's occupied her time primarily with reading and baking treats for family members. She has a long list of favorites from which to draw and we receive frequent phone calls saying she has a pan of Brownies, a batch of Ginger Snaps, or a Tator Tot Hotdish that we should come down and pick up.

Living at our house, away from nearly everything familiar to her but her recliner, Irene was a little down in the dumps. She said, amidst the close monitoring of all the news reports regarding river levels, dike preparation, and road closings, that she "just felt so useless." I said, "Irene, I'm about to put you to work!" We baked four different kinds of cookies, making several batches of each recipe. As soon as they cooled, Irene bagged them up in pairs in sandwich bags and lined trays with neat rows of cookies. It took us hours, and I said to Irene, "You must be getting tired." She sat at the kitchen table, standing occasionally to reach a far-off tray, but neatly and carefully preparing all those little bundles of cookies, and said, "I'm so glad to be doing this, and it is good for me, too." I delivered all the cookies to the snack hut at the Raging Rivers sand bag fill site, and, hopefully, if you were working there, you were able to take a very short break and enjoy a couple cookies.

Much has been said about the community spirit that emerged when the flood preparations were in full swing. It turns out there was a job for everyone, even if you had recently celebrated your 88th birthday.

Now Grandma Irene has a few new recipes to add to her favorites list. These all came from the package of one of the ingredients in the recipe, and were chosen simply because I had the ingredients on hand. We'll remember them as "flood cookies."

Oatmeal Butterscotch Cookies

1½ c butter
1½ c sugar
1½ c brown sugar
4 eggs
2 t vanilla
2½ c flour
2 t soda
1 t cinnamon
1 t salt
6 c oatmeal
1 11oz pkg butterscotch chips



Heat oven to 375 degrees. Beat butter and sugars in large bowl until well-blended. Add eggs and vanilla; beat well. Combine flour, soda, cinnamon, and salt; gradually add to butter mixture, beating until well-blended. Stir in oatmeal and chips; mix well. Drop by heaping teaspoons onto ungreased baking sheet. Bake 8-10 minutes – until golden. Cool slightly before removing to rack.



Chirardelli Macadamia White Chip Cookies

2 c butter
3 c sugar
2 c brown sugar
1 T vanilla
2 c white "chocolate" chips
1½ c macadamia nuts, chopped

4 eggs
6 c flour
1 t soda
2 t salt

Preheat oven to 350 degrees. Cream butter and sugars until fluffy. Add vanilla and eggs, one at a time, and beat well. Blend in flour, soda, and salt. Stir in white chips and nuts. Drop by teaspoons onto ungreased sheets. Bake for 10-12 minutes.

Vanishing Oatmeal Craisin Cookies

1 c butter
1 c brown sugar
½ c sugar
2 eggs
1 t vanilla
1½ c flour
1 t soda
1 t cinnamon
½ t salt
3 c oatmeal
1 c Craisins



Preheat oven to 350 degrees. Beat together butter and sugars until creamy. Add eggs and vanilla and beat well. Add combined flour, soda, cinnamon, and salt; mix well. Stir in oats and Craisins; mix well. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Cool on pan 1 minute before removing to rack.



Oatmeal Reese's Mini Pieces Cookies

1⅓ c shortening
1 c brown sugar
⅔ c sugar
2 eggs
2 t vanilla
1⅓ c Reese's mini pieces
2 c flour
1 t soda
1 t salt
¼ c milk
3 c oatmeal

Preheat oven to 350 degrees. Lightly grease baking sheet. Beat shortening and sugars in large bowl until fluffy, beat in egg and vanilla. Stir in flour, soda and salt; add alternately with milk mixture. Stir in oatmeal and Reese's pieces. Drop by spoonfuls and bake 10-12 minutes or until lightly browned. Cool briefly on baking sheet before removing to rack.



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

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by Megan Myrdal, LRD
NDSU Extension Agent, Burleigh County

Wouldn't home-grown sweet corn, beets and strawberries taste great next January?

In North Dakota, we have limited time to enjoy fresh, locally grown fruits and vegetables. That's why we should enjoy as much delicious produce as we can now, and preserve the rest for later.

There are many options for preserving foods including freezing, canning, pickling and dehydrating. It is very important to remember that each of these techniques has certain guidelines that must be followed. While cooking is an art, food preservation is a science. That is why it is essential to only use recipes that have been tested and approved by the U.S. Department of Agriculture and follow the steps and times exactly. There are many recipes available online, in old cookbooks, and from friends and family that may not have been tested for safety.

Improper techniques and untested recipes can potentially result in the growth of bacteria and their toxins. If a person consumes a contaminated food, it can result in foodborne illness – some may even be deadly.

That's why it is essential to following canning or pickling recipes exactly. Do not alter ingredients or proportions and don't take shortcuts when it comes to recommended times.

Home food preservation is a great way to enjoy local, delicious produce all year long. There is no reason to be afraid, as long as you follow the guidelines and use tested recipes.

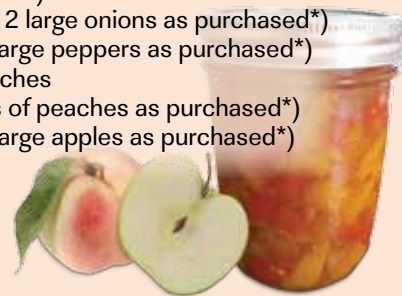
For more information about growing, preserving and preparing fruits and vegetables, visit the NDSU Extension Service website at www.ag.ndsu.edu/food

PEACH-APPLE SALSA

Yield: about 7 pint jars

- 6 c. (2¼ pounds) chopped Roma tomatoes (about 3 pounds of tomatoes as purchased*)
- 2½ c. diced yellow onions (about 1 pound or 2 large onions as purchased*)
- 2 c. chopped green bell peppers (about 1½ large peppers as purchased*)
- 10 c. (3½ pounds) chopped hard, unripe peaches (about 9 medium peaches or 4½ pounds of peaches as purchased*)
- 2 c. chopped Granny Smith apples (about 2 large apples as purchased*)
- 4 Tbsp. mixed pickling spice
- 1 Tbsp. canning salt
- 2 tsp. crushed red pepper flakes
- 3¾ c. (1¼ pound) packed light brown sugar
- 2¼ c. cider vinegar (5 percent)

*As purchased weight is the amount of what you buy or pick. The fruit or vegetable has not been trimmed or cooked.



1. Wash and rinse pint canning jars; keep hot until ready to use.

2. Prepare lids according to manufacturer's directions.

3. Place pickling spice on a clean, double-layered, 6-inch-square piece of 100 percent cheesecloth. Bring corners together and tie with a clean string. (Or use a purchased muslin spice bag).

4. Wash and peel tomatoes (place washed tomatoes in boiling water for one minute, then immediately place in cold water and slip off skins). Chop into ½-inch pieces.

5. Peel, wash and dice onions into ¼-inch pieces.

6. Wash, core and seed bell peppers; chop into ¼-inch pieces. Combine chopped tomatoes, onions and peppers in an 8- or 10-quart Dutch oven or saucepot.

7. Wash, peel and pit peaches; cut into halves and soak for 10 minutes in an ascorbic acid solution (1,500 milligrams of ascorbic acid in ½ gallon of water).

8. Wash, peel and core apples; cut into halves and soak for 10 minutes in ascorbic acid solution.

9. Quickly chop peaches and apples into ½-inch cubes to prevent browning.

10. Add chopped peaches and apples to the saucepot with the vegeta-

bles. Add the pickling spice bag to the saucepot; stir in the salt, red pepper flakes, brown sugar and vinegar. Bring to a boil, stirring gently to mix ingredients. Reduce heat and simmer 30 minutes, stirring occasionally. Remove spice bag from pan and discard.

11. With a slotted spoon, fill salsa solids into hot, clean pint jars, leaving 1¼ inches of head space (about ¾ pound of solids in each jar). Cover with cooking liquid, leaving ½ inch of head space.

12. Remove air bubbles and adjust head space if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.

13. Process in a boiling-water canner for 20 minutes (or 25 minutes in altitudes above 6,000 feet). Let cool, undisturbed, 12 to 24 hours and check for seals.

Serving Suggestion: Serve as a side with or spooned on top of grilled pork chops or any grilled meat.

Recipe source: Developed at The University of Georgia, Athens, for the National Center for Home Food Preservation. Released by Elizabeth L. Andress, Ph.D., Department of Foods and Nutrition, College of Family and Consumer Sciences. August 2003.



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Patrick J. Atkinson
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