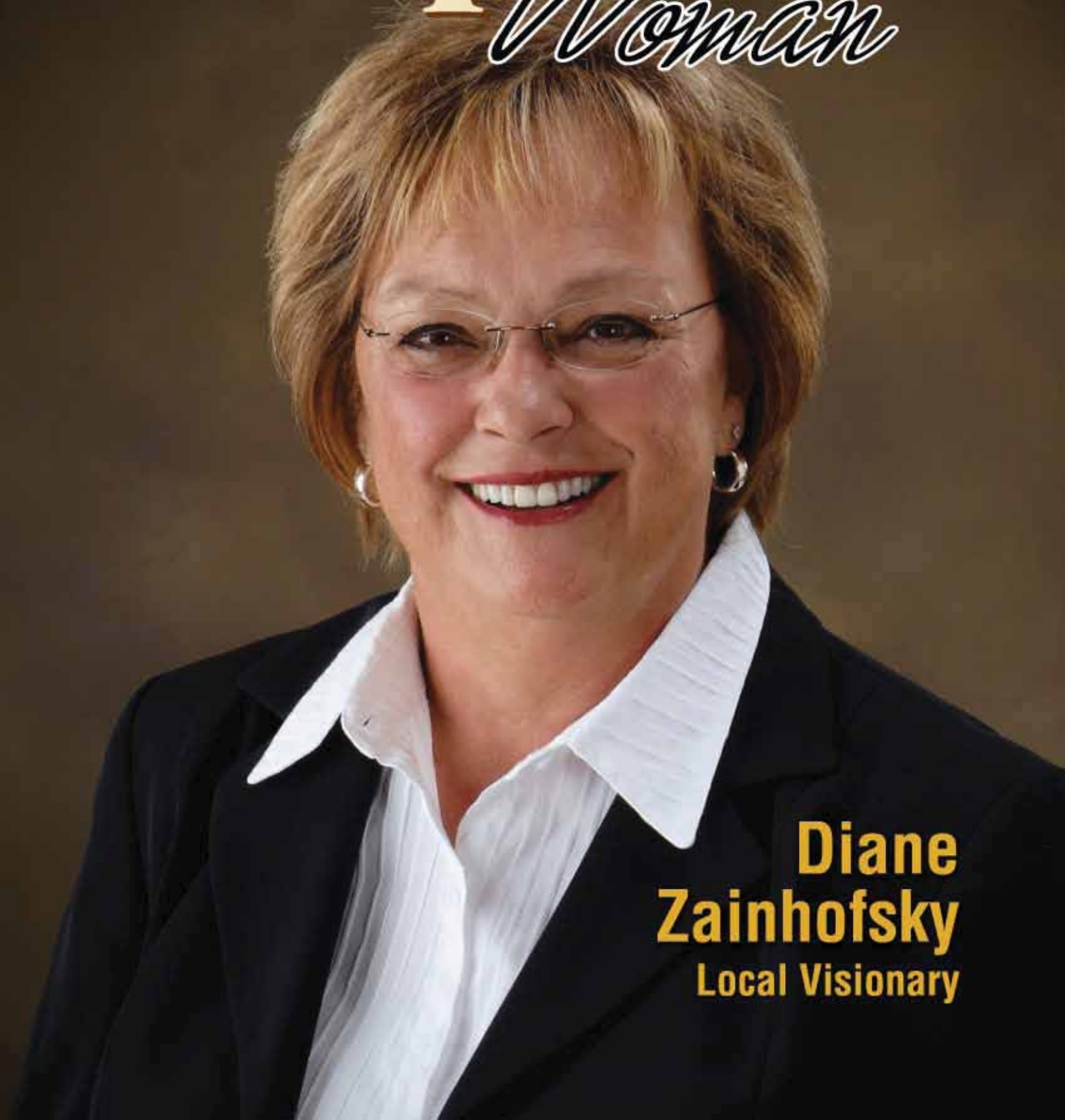


November/December 2010

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# Inspired *Woman*



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# Ready for a Bracelift?



Beth, Warford Orthodontics Patient, CFO and Mom.

Volume 9, Number 6

## Inspired Woman

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

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

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### *Our Mission*

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



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# Editor's Notes

A few months ago I mentioned I would like to find a way to make a difference. Well, I recently turned 50 and turned the occasion into a party for a cause. I am extremely happy to announce we raised over \$1700 for Carrie's Kids and my vehicle was packed with donations of clothing, toiletries and more. We had so much fun we may have to do it again next year!

This holiday issue is a potpourri of stories. I almost thought we should call it the Vanity Issue – you'll see why as you make your way through the magazine.

We are gearing up to read a lot of 'Who Inspires You' entries. Check out the details of our contest on page 14, then get busy writing. There are a lot of inspirations out there!

Blessings throughout this holiday season.

Deb

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*Diane with her husband, children, their spouses, grandchildren and her 100-year-old mother*



*Diane and her supportive husband Mike*

*18th Annual "Take Back the Night"  
event honoring victims of domestic  
violence, October 4th, 2010*

We are all about wanting people to be able to love someone without being afraid of them. To be able to love without fear. That is our motto here.



# Diane Zainhofsky

## Amazing Vision Creates Amazing Community Resources

by Deb Seminary

On June 16th, 1980, Diane Zainhofsky began a journey that changed her life. “I got a call from someone asking if I would be interested in working at the Abused Women’s Resource Closet,” said Zainhofsky. “I found out later it was called the ‘Closet’ because of the small area we worked out of above Sioux Sporting Goods.”

Zainhofsky met with then director, Pearl Lowman; Myrt Armstrong, Executive Director of the Mental Health Association; and Bonnie Palacek, a former executive director of the Closet. “They told me it would only be for four hours per day,” said Zainhofsky. “I was pretty protective of my time and thought that was great! I could still go to my kids’ activities, give rides and be the mom.”

Zainhofsky took the position as an advocate doing direct service and found that she loved it. “I learned a lot,” she said. “In 1979 the legislature passed the first statute that gave women relief from a perpetrator that was abusing them in their own home behind closed doors. That was exciting for me, knowing we were right on top in the nation in having good protection laws for women.”

Zainhofsky recalls her first day on the job, picking up a woman and going to the Mandan courthouse. “I had heard this Judge Hodny was pretty tough and I had all of this paperwork that needed to be done,” she explained.

Zainhofsky asked to see the judge alone prior to the meeting, and explained to him it was her first day, first protection order, and she was scared to death. Then she asked for his help. “He was so wonderful,” explained Zainhofsky. “He swung his chair around, pulled out his Century Code and said, ‘Mrs. Zainhofsky, this is the first protection

order I’ve done!’ Last year we gave him the **Love Without Fear** award. He has just been a special person over the last 30 years.”

The legislation passed in 1979 to protect victims of abuse has required strengthening over the years. The initial language in the protection order only covered married women. Today, the law covers all family members or people that have had a relationship with the accused. North Dakota now has one of the best protection orders statutes in the country.

Born in Strasburg, Zainhofsky moved to Bismarck in 1956. She went to St. Anne school and St. Mary’s High School, and still has friends from those days. “I am blessed to have very supportive, nurturing women friends,” said Zainhofsky. “They are lifetime friends – friends from school and from working in the domestic violence field.

After she married her husband, Mike, Zainhofsky was blessed to be able to stay home with their three children. She did work as the Head Page in the House during the legislative session for several years because the schedule allowed her to still be home with her children. This experience may also have started her career as an advocate, in that she helped other pages by building their self esteem in their work with legislators.

### The Advocate

And what happened with that four hour-a-day job at the Abused Women’s Resource Closet? Zainhofsky will tell you it ended up being more like 16 hours a day. “I am so blessed to have the family support I had,” she said. “Mike and my three children knew if I was gone I was where I needed to be. I have always been very grateful to my family.”

The name of the agency was changed

to the Abused Adult Resource Center (AARC) in 1984. The AARC does see male victims. “About five percent of our victims are male,” said Zainhofsky. “The pain and the fear are all the same and we give them the same services we offer to women.”

When Zainhofsky became the Executive Director of the Abused Adult Resource Center in 1986, one of the first things she asked her board for was a part-time fund raiser. “Not until we actually learned to write grants and work with funders could we hire any additional people,” she explained.

And, once able to hire additional staff, she was ready to train those people. “When I trained advocates, I would tell them this can be hard or it can be easy,” said Zainhofsky. “It can be easy if you just become a listener and listen to that person on the other side of the table. And then you need to believe in what she is saying and then you need the resources.”

June and Jim Thompson (who owned Sioux Sporting Goods) never asked for rent from the agency and they are just two of the countless people that have assisted the AARC over the years. “I will never forget the people in my life that gave us a kick start to keep this agency going,” said Zainhofsky. “There were women who would come in with a box of Pampers, one stopped by with a check after she heard me speak. The community believed in the work we were doing. That is what has kept me going the last thirty years.”

It was Zainhofsky’s vision that the organization would someday have a shelter for women, and in 1990 AARC bought their first shelter and moved the office to the building’s lower level. “We used safe homes before we had a shelter,”

said Zainhofsky. "But the women usually ended up going back into the abusive relationship because they could only stay in those safe homes for three days. On March 19, 1990 we had our first family move in, and to this day, we have not ever been without a family in our shelter. When you look at a needs assessment for a community that is a testimony in itself that the need is there."

A few years ago, Zainhofsky got a call about a house for sale with a lot of common space for families. That house, now called Pam's House, is the organization's new shelter and sleeps 38. It is a temporary community living arrangement providing a secure environment and 24-hour support services to women and children who are victims of domestic violence and/or sexual assault.

The staff at Pam's House works with the shelter residents to find permanent housing, assists with education and employment, offers children's activities and coordinates many other services. "The staff is really nice, just like family," said one resident.

The AARC has expanded its programs as needs arise and funding becomes available. "The first year we were providing services we thought we were busy," said Zainhofsky. "We had 17 victims of domestic violence that year. Last year we had almost 1,200 new victims that had never been here before. Over the years, our numbers just get larger and larger."

Zainhofsky is always looking for ways to expand the AARC's services and

one program came about from someone coming into the office explaining she had some extra time on her hands. "I had a vision to develop support groups for the children that had witnessed violence in their homes," said Zainhofsky. "I wanted to break that cycle. Kids learn what they live. So this woman got some training and started a children's support group."

Zainhofsky is quick to give credit for the organization's growth and success to the staff and supportive board members she has had throughout the years. "No one person built this agency," she said. "The first child advocate we hired established a lot of our protocol on our programming. Many times, because of the salary ranges we have, our staff will go on to better paying jobs, but they will take a lot of experience with them. I can't say enough about my staff, they are just amazing. They do the work and make my job so easy. It feels good."

Zainhofsky and her staff continually examine which individuals are falling through the cracks and try to figure out ways to further protect women, strengthen our community and increase awareness. One of the newer developments is a task force called People United For Safe Environments (PULSE) that is focused on preventing violence in our community. One aspect of PULSE is to help employers recognize and address issues with employees that may prevent further abuse.

Some of the people she got to know during her days working at the leg-

**"I am a visionary. If I have the vision, our staff has been able to be successful in achieving that goal."**

islative sessions have proven to be valuable contacts over the years. "I met Wayne Stenehjem (now North Dakota Attorney General) when he was a young legislator," said Zainhofsky. "We have developed a respect for one another, and a valuable connection. I am so lucky I can call him when I see a need for some legislation that should be introduced."

## More Programs

Zainhofsky said there is an ongoing need for additional programs and services. "When we started sheltering people in 1990, no one planned on this agency growing to what it is today. But when you touch people, you learn their needs and we knew we had to provide services to women with regards to safety."

She further explained one of the programs offered by the AARC. "The Family Safety Center came about when we were working with exchanging children down at the police department. Once the parents saw each other it was name calling and yelling; not a good environment for the children.

Senator Wellstone from Minnesota was instrumental in getting federal



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The Abused Adult Resource Center provided programs and services for over 14,000 adults in 2009. There were 1178 new victims of domestic violence and over 1500 children were also affected.

The AARC supplied over 10,000 nights of shelter to these victims and served them almost 25,000 meals.

The AARC appreciates donations of time and money. Volunteers are critical and contributed 24,039 hours in 2009.

To donate money or time, please contact the Abused Adult Resource Center.

Phone: 701.222.8370  
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money for visitation centers. I asked an intern to do some research, and ended up finding funding to hire her as a child advocate. Our first visitation room was a big room with a window in the door so we could monitor. Now a quarter of our office building is the Family Safety Center. There are three rooms with electronic screen monitors. Kids love both parents, no matter what they've done. This provides a safe environment for the children. It was very expensive to start, but it currently serves over 50 families on an ongoing basis," said Zainhofsky.

## Additional AARC programs include:

Established in 1995, **The Seeds of Hope Thrift and Gift Store** has gone through many transitions, and locations, since its inception and currently provides 28 percent of the AARC total operating budget. Through a fortunate series of events, AARC received a \$100,000 grant from UPS to buy its current home on the corner of 6th and Main in Downtown Bismarck.

The Seeds of Hope is also the center of the **New Directions** education program which trains women in sales skills, how to write a resume, prepares them for interviews and more. Women attend the program for nine weeks, eight hours per week. It develops their personal and professional lives and even provides income as an employment and job-training site.

The Seeds of Hope Thrift and Gift Store also gives over fifty thousand dollars worth of merchandise every year to the women and children who are in the AARC shelters or being provided other services through the agency. The women can pick out clothes from the Career Closet as well as clothes for their children and household items when it is time for them to go out on their own.

A relatively new shelter is the **Diane Zainhofsky Hope House**. Opened in early 2010, this transitional shelter was formally dedicated October 1st, honoring Zainhofsky for her 30 years of service. The Hope House is where some of the women will stay after they leave

Pam's House as they search for their own independent living arrangements.

The AARC staff handles their tough daily work with communication and teamwork. They take everything day-by-day and don't take situations personally. "We have an amazing leader," said one staff member.

When asked about the most difficult part of *her* day Zainhofsky said it is thinking about the future. "The thought that we won't have enough money and community support to keep our programs going," she said. "We are always working on a shoestring budget and our budget is built like a giant puzzle. It has never been about the thousand dollar check; it has always been the five and ten dollar ones that keep us going."

But Zainhofsky adds she is able to end her days on an encouraging note. "I have a very caring, nurturing husband," she explained. "He cooks and has a meal on the table every night."

She also finds time to keep track of her mother, who recently turned 100 and lives in the Baptist Home, play some bridge and entertain family and friends in her backyard in the summer.

"It has been a wonderful journey," Zainhofsky said, summing up her 30 years with the AARC. "I have grown and my family has grown. I think I have been a mentor and a teacher to a lot of women that have been wonderful advocates." *W*

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# Handel's "Messiah"

## at Trinity Lutheran Church



Just imagine for a moment the debut performance that took place in Dublin, Ireland, on April 13, 1742. Seven hundred men and women squeezing into a concert hall anticipating a world premiere performance. Women wearing dresses without hoops in order to make room for the men, who stand beside them in white powdered wigs. The air buzzes with excitement as the soloists, choir, and orchestra assemble on stage. With the raising of the baton there is a second of silence and the counter-tenor lifts his voice with "Comfort Ye My People". Then Susannah Cibber, sister of the composer Thomas Arne, sings the contralto solo "If God Be for Us". What is this great performance?

First, Charles Jennens' compiled text from the Bible: Isaiah, Psalms, Job, Luke, I Corinthians, and the Book of Revelations. After three weeks of quick diligent writing, these words were set to music, known to us as the famous Oratorio, "Messiah" composed by George Frideric Handel.

This tradition continues in Bismarck, North Dakota joining in with 250 years of known performances in countries

worldwide. The oratorio is in three parts. The entire work is two hours in length. The first section is the prophecy of the coming of Jesus Christ, the Messiah. Part two chronicles His sufferings and death followed by the third section, which is the Resurrection. Trinity Lutheran Church has been sponsoring the production of "Messiah" for 81 consecutive years.

Vicky R. Boechler is in her seventh season as conductor.

"For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace." Isaiah 9:6

Originally an alto soloist, inspired by the poignant arias, Boechler is not only able to choose which portions to perform but hand-picks the orchestra and the soloists. It has been tradition in the Bismarck-Mandan community to sing the Christmas portion along with additional choruses from parts two and three. In 1995 the community choir and orchestra

performed in December and then again in April to do the full work which was meant to be sung at Easter.

The 2010 performance will highlight young talent, giving them precious exposure. In the last eight years, these works introduced ten young soloists to the community. There are no sets or costumes, unlike opera, the focus is on the text



and the music. The soloists communicate through recitative and aria while the choir sends a message to the audience in big, bold sound. During the 80th production, the audience joined the musicians singing the "Hallelujah Chorus" from the seats. This again will be the case.

The community choir membership is open to those who love to sing. In today's society, while we establish communities online through face book, virtual and augmented reality, and even singing in virtual choirs, these emerging and veteran musicians continue to come together to communicate with each other through music. This connection is something to experience face to face. According to a new study by Chorus America, an estimated 32.5 million adults regularly sing in choruses today.

This year's "Messiah" will be held on December 5th and features soloists Jennifer Brown (soprano), Claire Hoselton (alto), Jordan Roll (tenor), and Adam Frank (bass). The evening performance begins with a prelude at 7:00 PM by well-known Celtic harpist Debi Rogers.

The "Messiah" performance begins at 7:30 PM. Trinity Lutheran Church is located at Third Street & Avenue A, downtown Bismarck. For more information, contact conductor Vicky R. Boechler at 223-4113 ext. 20 or via e-mail: unavoce@smchs.org or visit our website at [www.messiahbismarck.org](http://www.messiahbismarck.org)



*Vicky Boechler is the fifth conductor in the history of the Messiah productions in Bismarck. Boechler is a graduate of the University of Mary. She is the Director of Vocal Music at St. Mary's Central High School and conducts the Cathedral of the Holy Spirit Special Events Choir. She is on the staff of the International*

*Music Camp as an educator of vocal jazz choirs. Boechler resides in Bismarck with her husband, Patrick, and two sons, Christian, a Senior at St. Mary's Central High School, also singing in the Messiah choir, & Nicholas, an eighth grader at Cathedral of the Holy Spirit.*

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# To Date or Not to Date in the Golden Years

by Jan Schultz



This is a typical newspaper advertisement in a find-a-friend column. Every day thousands of older women browse these pages in search of a male companion. And many go online looking for the same thing finding websites like these:

- \*Hottest Senior Singles
- \*Mature Singles
- \*Dating Over 50
- \*Dating Services for Baby Boomers
- \*Date a Cougar
- \*Suddenly Senior Singles

If you are considering taking such a step, consider several things before moving forward. First, determine what type of relationship you are seeking. Some seniors just want someone to talk to, some want to have a partner to go with to movies, theaters and parties. The majority of seniors who advertise online have been married and lost their partners through illness or divorce and would like to be married again.

If you do decide to try online dating, keep in mind the following fair warnings. Be wary of senior dating sites that charge large sums of money or high membership fees, as there are many sites that would be glad to have you as a member for free. Never give your email address, home address or telephone

number to a stranger you meet online. When you enlist as a member, create an alias and a free email account so you can maintain your anonymity. The same rules apply to newspaper and magazine dating sites.

"I always laughed at the idea of advertising to meet a man," said Linda\*, aged 62 but one day I just thought 'what have I got to lose?' and signed up on a couple of services. While I haven't met Mr. Right yet I've had several interesting responses and might meet one of them for coffee."

Maybe you've already met Mr. Right. Social networking sites such as Facebook, My Space and Twitter provide the platform to reconnect with old friends. People across the country are making thousands of new (and old) connections simply by logging on to one of these websites. The same rules apply in terms of safety but may be more difficult to maintain due to the personal aspect of these sites. One local woman was "found" by a former classmate on a social site and has been enjoying a relationship with him for the past two years.

Not everyone is computer-oriented. If you are one of the many older folks who hasn't learned or does not care to get involved in the world of computers there are other avenues for meeting people.

Many local churches have singles groups, which meet periodically for lunches and/or dinners and offer a chance to become acquainted with like-minded people. Or you can take a class at one of the local colleges, join a book group at the library, join a health club or become a volunteer at one of the many organizations that need help. Serving on boards also offers exposure

for seniors since these groups are usually made up of older people.

"I'm still amazed every time I remember back when I met Harry at my volunteer organization," said Laura, aged 65. "Neither one of us was really looking to meet someone so it just happened naturally. One night he walked me to my car since it was late and we just got to talking. Well one thing led to another and now we're wonderful friends."

"I didn't have the guts to look for a boyfriend online," said Carol, aged 62. She met her boyfriend at a wedding dance two years ago and now they're inseparable. Her relationship is the typical May-December romance since her boyfriend is considerably older than she.

"Age is only a number," said Carol. "It's attitude that counts."

How important is it to meet someone? Answers vary. Jane, a 75-year-old widow says that she isn't really looking for a man. Her life is very full with friends, family and organizations. "Besides," she added, "I worry that someone would ask me out that I'm not interested in and I wouldn't know how to handle that."

But Carol thinks that it's wonderful to have someone to love. "Intimacy is important in a relationship," she said, "and that comes in many forms like cuddling and holding hands." She adds that "Love conquers all! When you feel in your heart that you're loved, you can face anything."

*\*All names used in this article are fictitious.*



Jan Schultz is an adjunct English instructor at Bismarck State College and a freelance writer.



# A Slice of Inspiration

## Backpack Designer Morghan Selzler

When Morghan Selzler decided to enter the Pottery Barn Teen (PB Teen) backpack design contest, she only had to look to her bedroom wall for inspiration. "I have a mural of a tree on my wall," explained Selzler. "I like the way the branches are swirled."

Selzler's design includes some of the hottest colors for teens and tweens: aqua blue, lime green and hot pink. The hot pink is incorporated as a peacock sitting in the tree. She submitted her design on the PB Teen facebook page. The winner was decided through a combination of facebook 'likes' and votes from PB Teen employees.

On September 1st, Selzler was notified that her design was a winner! "I got a \$150 gift card from PB Teen," she said. "I'm not sure if they will send me a backpack, but my mom said she would buy me one if they didn't."

The backpack will be available in 2011, probably in June.

Morghan is 14 years old and attends Mandan Middle School. Although winning this contest could have been the launching pad for a career in graphic design, she still wants to be a Marine Biologist. *W*



SUBMITTED PHOTO

*Morghan is pictured with the inspiration for her backpack design.*

**This slice of inspiration is brought to you by...**

An advertisement for Sonnets Sandwich Shop. On the left is a logo featuring a stylized sun rising over hills, with the text "SONNETS sandwich shop" and "by BREAD PEOPLE" below it. To the right is a photograph of a large salad with various vegetables and a piece of bread. Below the photo, the address "1001 W Interstate Ave • Pinehurst Square" and hours "Mon-Fri 10:30 am to 8 pm • Sat 10:30 am to 6 pm" are listed.

**SONNETS**  
sandwich shop  
by BREAD PEOPLE

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Mon-Fri 10:30 am to 8 pm • Sat 10:30 am to 6 pm

# Introducing the “WHO INSPIRES YOU” Contest

Sponsored by Inspired Woman Magazine and Lifeways

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

## Here are the contest rules:

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

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

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

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## Judges:

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

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

Inspired  
Woman



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# “WHO INSPIRES YOU”



**1<sup>ST</sup>  
PLACE**

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

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

**Massage**, courtesy of Medcenter One Women's Health Center

**2<sup>ND</sup>  
PLACE**

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

**3<sup>RD</sup>  
PLACE**

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

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



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## A Fresh Look at Life

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

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

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



—Cindy Domagala, Bowman  
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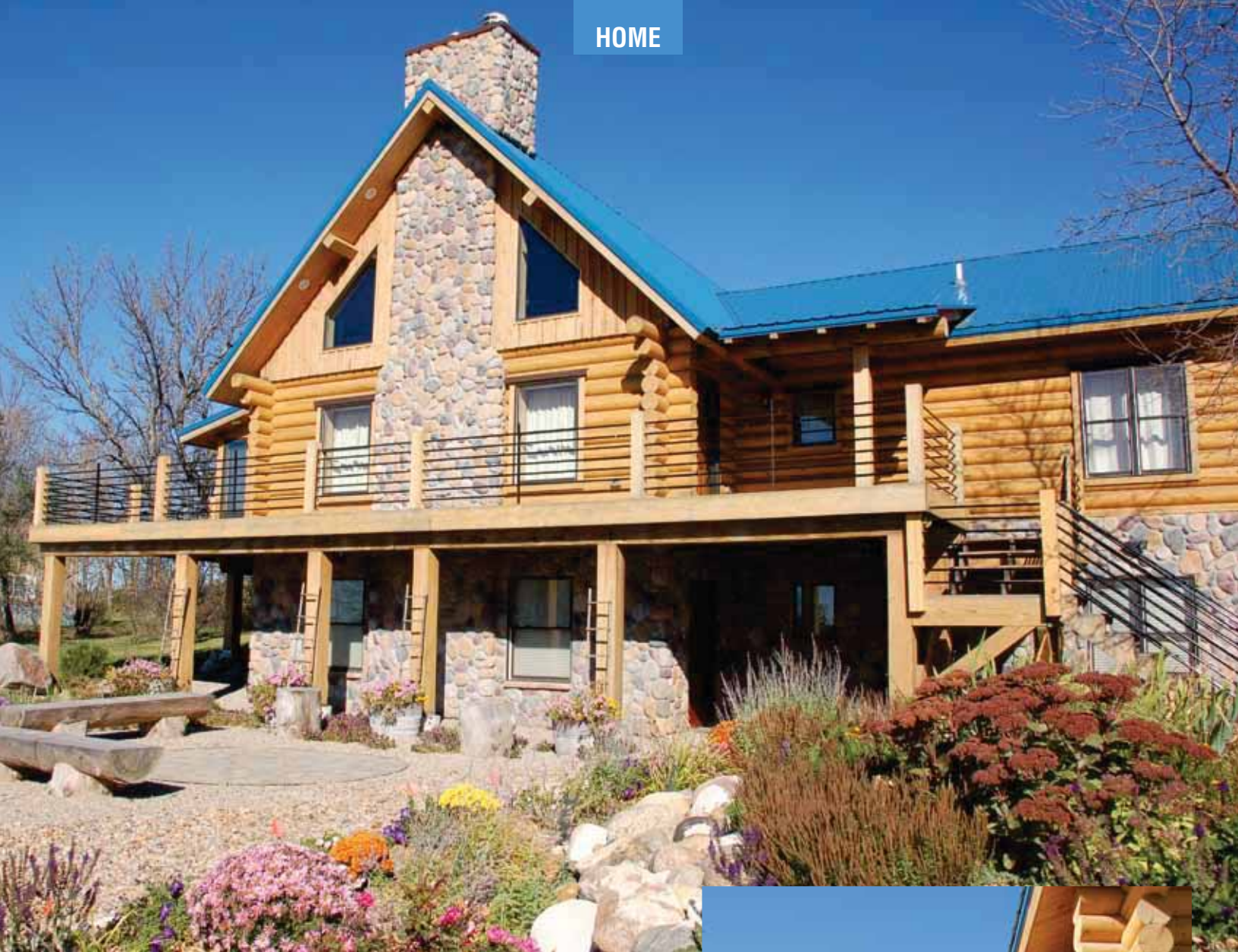
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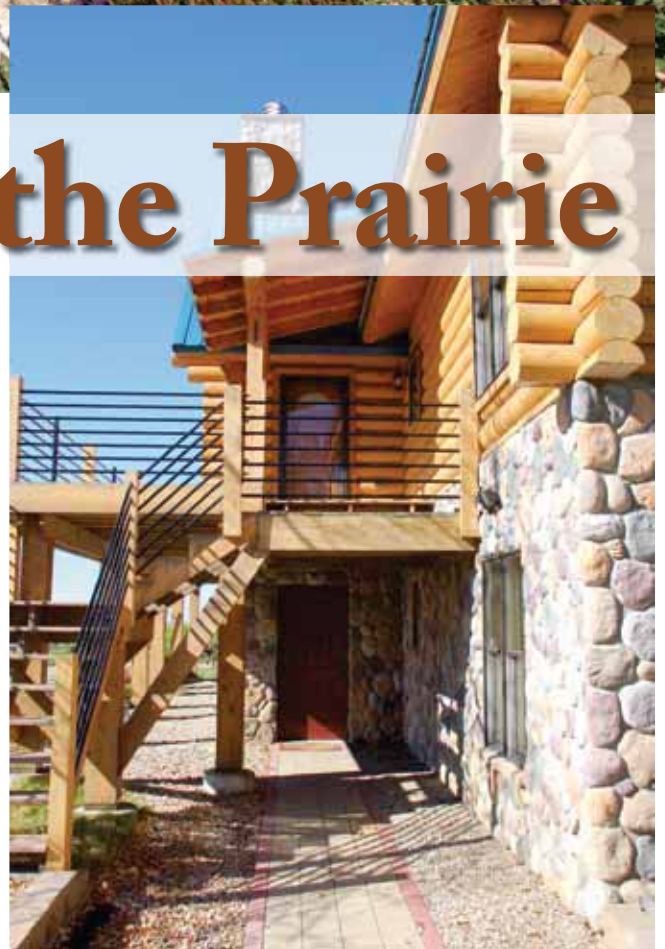


# At Home on the Prairie

This log home blends in perfectly with its surroundings in rural North Dakota. On a clear day it is very hard to tell where the sky ends and the roofline begins.

The builder, Holly Dickson of Prairie Outpost Log Homes, said log and timber frame homes are increasing in popularity. “It is a sustainable way to build,” said Dickson. “This is the way all buildings used to be constructed.”

Log homes have many advantages. They are very energy efficient because they are naturally insulated from the heat and cold. Logs provide a shield from sound and may also keep a house healthier.







*This is a very cozy corner in the bedroom.*



The homeowners requested the black metal braces at the joints. Not only do they serve a purpose, they add character and prevent a wood 'overload'.

The furnishings compliment the log walls and bring a totally different feeling to the interior as you enter from the prairie outside.

The ambiance inside a log home is unmatched. There is a feeling of calm and protection.

For more information, contact Prairie Outpost Log Homes, Inc. at 701.667.2123, 877.697.5357 or visit them at [www.polh.com](http://www.polh.com)



Dr. Everett E Heringer

Bismarck's Center  
for Laser and  
Cosmetic Dentistry

# Love your Smile. Live your Life.

**Behind every smile there's a story...** Dr. Heringer believes that creating a beautiful smile begins with understanding each patient's unique concerns and expectations. The first step to a new smile and restored self-confidence begins with a comprehensive exam and a personal consultation. This important time gives the patient the opportunity to explain what they dislike about their smile, to tell their story, and look at various smile designs helping them determine how their new smile could look.

Dr. Heringer is artistic, compassionate and detail oriented. He views a smile as a fine piece of art: the lips are the frame, the gums are the matting and the teeth are the masterpiece. "When you smile, people see more than your front teeth, they also see you from each side," explained Dr. Heringer. Depending on an individual's needs and desires, treatment can be as simple as Zoom® Whitening, removing surface stain, cosmetic reshaping, laser gum lifting, or bonding to close spaces. More advanced services could involve crowns, veneers, or full mouth reconstruction.

Dr. Heringer is one of a few dentists in the world who is a certified Master in Laser Dentistry. He routinely uses this modern, advanced technology for cosmetic and other dental procedures. The Waterlase® instrument resembles a dental hand piece and uses water at a high pressure to properly sculpt gum tissue, exfoliating one layer at a time. Laser therapy, used in combination with routine preparation of the teeth, assures the patient of more

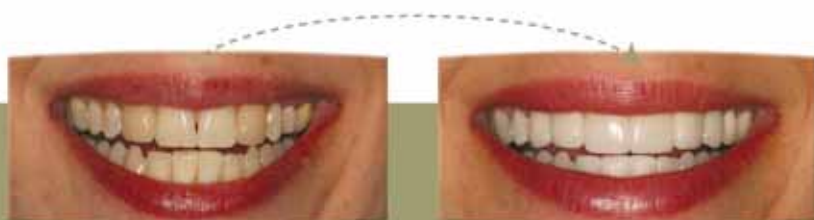


comfortable treatment with much less anesthetic and a quicker healing time. When veneers or crowns are part of a treatment plan, temporaries that closely resemble the patient's end result are a very important step. They allow the patient to analyze their smile. Most importantly, it allows the patient to be in control, making any changes (color, size, shape) they desire before their dental models are sent to one of the best dental labs in the United States.

When it is time to reveal the patient's dream smile, the first glance in the mirror often brings tears of joy. "Once my patient is freed from the bondage of their former smile, they are so excited with their beautiful, more youthful smile," said Dr. Heringer. "I always tell them when they leave my office with their new smile, not to glance at themselves too much in the rear view mirror.....we don't want any accidents on their way home!"

Dr. Heringer has been practicing dentistry for many years and has always enjoyed cosmetic dentistry, earning gold, silver and bronze medals for cosmetic cases submitted to the American Academy of Cosmetic Dentistry. The daVinci Dental Studios located in Hollywood, CA, also thinks highly of Dr. Heringer's final results and has included photos of his cosmetic patients in their national advertising campaigns and new website.

Bringing his patients the latest in the field requires a great deal of ongoing education. Dr. Heringer is involved with the learning process as well as mentoring and teaching at the Scottsdale Center for Dentistry, which is considered the "Harvard" of continuing education in dentistry.



Jill, a cancer survivor, was once embarrassed by her smile. At long last, Jill's smile reflects the way she feels!

*"I never thought I would feel this good after I had this done. I knew it was going to be good, but not as good as I feel! Thank you Dr. Heringer, I love my smile!" Jill*



Dr. Heringer wants his patients to **love their smile and live their life** to the fullest!

"His cosmetic dentistry is life-changing; you see every kind of emotion from men and women, the old and the young. It is so much fun to watch the before and after, the glow and the confidence they get with their new smile."

Cindy - team member

"I'm just so thankful that Dr. Heringer knows how to do all this here in Bismarck, ND, and that he does such a fabulous job. He is such a kind person and makes you feel so at ease. He's just such an expert at what he does."

Peggy - patient

► For more information contact Dr. Heringer	<a href="http://www.drHeringer.com">www.drHeringer.com</a>	701.255.4850
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CREDENTIALS

- Master of the World Clinical Laser Institute
- Member of American Academy of Cosmetic Dentistry
- Visiting Faculty Member at Scottsdale Center for Dentistry
- Graduate of Northwestern University School of Dentistry







# Quilters

## *Adding Warmth to the World*

by Marcia Dorrheim

When you walk into the home of Pat Rotenberger, a sense of warmth and comfort comes over you, not from the rays of sunlight shining through her many windows though. Instead, it's the numerous quilted items found throughout, ranging from seasonal wall hangings to table toppers and coasters to, of course, the quilted blanket folded in the corner just waiting to take the chill from the evening air.

Rotenberger has been quilting for 13 years and although she considers herself to be a self-taught quilter, she credits her sister with introducing her to the hobby.

"I have been a sewer for most of my adult life but it was my younger sister, Joanne, who wasn't even a sewer when she began quilting," she says with a chuckle, "who got me started."

Rotenberger began quilting when she was in nursing school and before long she found herself addicted to her new hobby.

"It was just such a great stress reliever," she said. "I was in my sewing room every day doing something, either picking out new fabrics, or cutting the patterns, or pressing, or sewing."

Now that Rotenberger is retired and has less stress in her life, she finds her inspiration for quilting comes mostly from her family and friends.

"I am expecting a new grandchild so I'm busy making burp cloths and

swaddling blankets right now," she said. "But I always make an appointment with my quilter so I know that I have to have something ready for her in a few months."

According to Rotenberger, many quilters today will sew the quilt together but will hire a "long-arm quilter" to do the actual machine quilting on the blanket because it's more time and cost effective.

"It is expensive to make a big quilt," she said, "and hand stitching a quilt is really an art with the back and forth rocking motion of the needle and getting all those perfect tiny stitches."

Rotenberger would know, as she has made more than 40 large quilts through the years.

Many have been gifts for her children and grandchildren, but the quilts that are dearest to her remain in her own home, either folded neatly in her sitting room, covering the beds, or hanging on the walls.

Every quilt seems to have a story as she tells of one made from her grandmother's colorful hankies, and another with fabric-shaped lady's hats that are adorned with pieces of her late aunt's jewelry, and yet another that she received as a gift from the members of her quilting guild after serving her year as president of the organization.

"I have been a member of the Capital Quilters guild for more than 10 years,"

Rotenberger says. "It's just such a great way to learn from everyone, to try different things, and to meet new people. Many of my closest friends are quilters."

The Capital Quilters hosts the annual Capital Quiltfest each fall and this year Rotenberger is the Featured Quilter. She will have many examples of her work on display at the three-day event which runs from November 5-7, 2010 at the Bismarck Doublewood Inn.

"It's an honor being chosen by the committee," she said, "but it's also a wonderful time to take classes from national and regional teachers, to check out some quilting vendors, and to see the quilt show which has about 100 quilts in all different sizes."

Rotenberger said the Quiltfest is also a great place for the public to come and see what quilting is all about, especially if you're interested in getting started.

"We are so lucky in Bismarck-Mandan to have three great quilting stores and two quilting guilds," she said. "All you need is a basic sewing machine and then take a class and become a member of a guild, you learn so much there. And then, just enjoy!"

For more information visit the Capital Quilters website at [ndcapitalquilters.com](http://ndcapitalquilters.com).

*Marcia Dorrheim lives in Bismarck with her husband, Aaron, and their three young children.*



# Interview with Jodi Archambault Gillette

*President Obama appointed Jodi Gillette, an enrolled member of the Standing Rock Sioux Tribe, to the Office of Intergovernmental Affairs in February 2009. A few months later the President renamed the Office of Public Liaison as the Office of Public Engagement (OPE) and included Gillette in their outreach as well. OPE, along with the Office of Intergovernmental Affairs, serves as the front door to the White House through which ordinary Americans and governmental officials can participate and inform the work of the President.*

*Coming from more than a decade of leading the Native American Training Institute in Bismarck and leading the North Dakota Obama Campaign for Change, Gillette is up for the challenge.*

## **IW What do you like best about your job?**

**JAG** I like meeting with and hearing from the 565 distinct federally recognized tribal nations from across the United States. I think we have a wonderful team here at the White House, and it is an honor to work them.

## **IW What challenges do you face on a day-to-day basis?**

**JAG** The main challenge that I face on a regular basis is balancing my work and home life. This job is a great responsibility, and I value each day I am here. It is possible to balance, but I really don't have time for all of the activities like playing basketball or dancing at pow wows. I miss them, but my family and role at the White House are the priority right now.

## **IW How has your background/upbringing prepared you for what you are doing now?**

**JAG** The President has assembled a great team. Being raised on the reservation gives me a unique perspective that allows the dialogue with tribal leaders to begin with solutions, even as we discuss our different historical backgrounds. Since many of the Native political appointees are coming into their positions with experience in tribal government and Indian communities, education is also occurring within the federal government itself. However, being raised on the reser-

vation does not make me an expert on all Indian issues or situations. I realize every time I have a meeting with a tribe, it is important to recognize the similarities among tribes, and also their distinct differences. I am awestruck by the strength and resiliency of Indian people, and I learn something new with each encounter.

## **IW As a liaison for the nations' tribes, what are the top concerns you are hearing?**

**JAG** I hear about tribal consultation, Native American health disparities, public safety, economic development, and education for American Indian communities.

## **IW What are some of the goals you hope to achieve in your position(s)?**

**JAG** I want to ensure that the voices of Native Americans are heard in this Administration, and working with them to address their concerns is a core principal of our Administration.

## **IW Do you have advice for young women who have an interest in following in your footsteps?**

**JAG** I would recommend that young women work very hard at everything they choose to do. Life is full of challenges, and we never know what we are preparing to do later in life. My parents raised our whole family to serve our people to make a better future for our grandchildren. This value continues to



Photo courtesy of White House

*Jodi Archambault Gillette - Associate Director, White House Office of Public Engagement & Deputy Associate Director of the Office of Intergovernmental Affairs*

be my motivation because it is so consistent with how President Obama and our team view our responsibilities here at the White House.

## **IW You have three young children. Was it a difficult decision to pick up and move across the country?**

**JAG** I had the full support of my husband, Rusty Gillette, when I accepted the job. We decided together, knowing very well the challenges of relocation and the demands of this position. He and my children encourage and support me every day, so I would say, yes it was difficult, but we are all growing from the experience.

## **IW What is your favorite thing to do with your family in Washington?**

**JAG** My favorite thing to do in Washington, DC is to hike with my children on the beautiful trails found in the Chesapeake and Ohio Canal National Historical Park. We also enjoy going to various Smithsonian Museums here, and driving up to New York City for an occasional adventure. *W*

# Treat Yourself to a Younger Look at SKIN

## Minimally invasive procedures offer many options

by Kylie Blanchard

Aging is inevitable, but that doesn't mean you have to look your age. Current medical technology can slow the outward appearance of the aging process and, even better, offer minimally invasive procedures to get the job done with little or no down time.

Miranda Olson, RN, MSN, FNP, at SKIN at the Institute of Facial Surgery is working to make individuals aware of the options available to repair damaged skin and stay ahead of the aging process. She wants to get the word out it isn't always necessary to go under the scalpel to find a younger, fresher look.

"I love educating my patients on skin care and how to treat their skin as they age," says Olson. "One thing I have noticed is most people don't realize they can correct many skin conditions they didn't think they could."

Olson began working as a nurse at the Institute of Facial Surgery and was aware of the minimally invasive skin care procedures available at the facility, which specializes in maxillofacial and cosmetic surgery under the direction of Dr. John Stanley. But she also knew these procedures weren't a focus of the facility or well known by its patients at that time.

During graduate school, she completed her thesis on Botox and its uses which piqued her interest in medical skin care. "I noticed there was a definite need for these services at the Institute," Olson says. After becoming a family nurse practitioner, Olson began offering the minimally invasive procedures full-time at the Institute of Facial Surgery.

"This way we can offer our patients a full spectrum of treatment from the



*Olson demonstrates Botox injection during a recent open house*

clavicle up," she notes. "For me, to be able to focus on this and give it a name through SKIN at the Institute of Facial Surgery makes everyone aware of all the services we provide."

The services provided by Olson include medical grade skin care, skin analysis and chemical peels, Botox, dermal fillers, and laser treatment of various skin disorders including acne, rosacea, facial veins, sunspots, melasma, the hyperpigmentation of the skin caused by hormones, and hair removal.

SKIN at the Institute of Facial Surgery has a Palomar Starlux 500 laser with platform and intense pulsed

light (IPL) technology. "Women are educated and know what they are looking for," says Olson regarding the type of laser she researched and chose for the facility.

The non-ablative fractional laser has some unique features included in its treatment options and recovery time. "This is the first laser that is FDA approved for the treatment of stretch marks," notes Olson. "You can also have a treatment over your lunch break and still go back to work." In addition, she says the laser "does a beautiful job" of treating acne scars.





SKIN also carries a full line of Jane Iredale Mineral Makeup, PCA Medical Skincare and Obagi Medical Skincare

"With the laser, I can help treat and manage the things people don't think they can treat," she says, adding the laser removed her own sunspots. "I thought I would have to live with them the rest of my life."

The services offered at SKIN at the Institute of Facial Surgery are not limited to a certain age or gender. Olson has treated patients with acne as young as 11 years old and has also provided Botox, rosacea and hair removal treatments to men. "Ten percent of all Botox sold in the United States goes to men," she adds.

The number of treatments required for each patient depends on the particular condition. Dermal fillers and Botox injections are often covered in one visit but conditions treated with the laser can range from four to eight treatments. Consultations are offered Monday through Friday, and the consult fee is applied to the first treatment, says Olson.

She believes it is important to provide patients with a full range of treatment options, including the

option of surgery if they are not seeing desired results. "We offer a full scope of options," Olson notes. "I can do Botox on someone for years and down the road it might not be cutting it. Dr. Stanley can then do, for instance, an eye brow lift and the patient can stay somewhere they are comfortable."

"We have a symbiotic relationship," she adds. "Dr. Stanley helps my patients and I help his patients."

The results she sees in her patients after treatment are the most rewarding aspect of her job, says Olson. "I love it when the patient gets a good outcome and they are happy with the results. It just makes me happy."

For additional information on the services offered at SKIN at the Institute of Facial Surgery or to schedule a consultation with Olson call 701-255-4000. *W*



Kylie Blanchard is a local writer.

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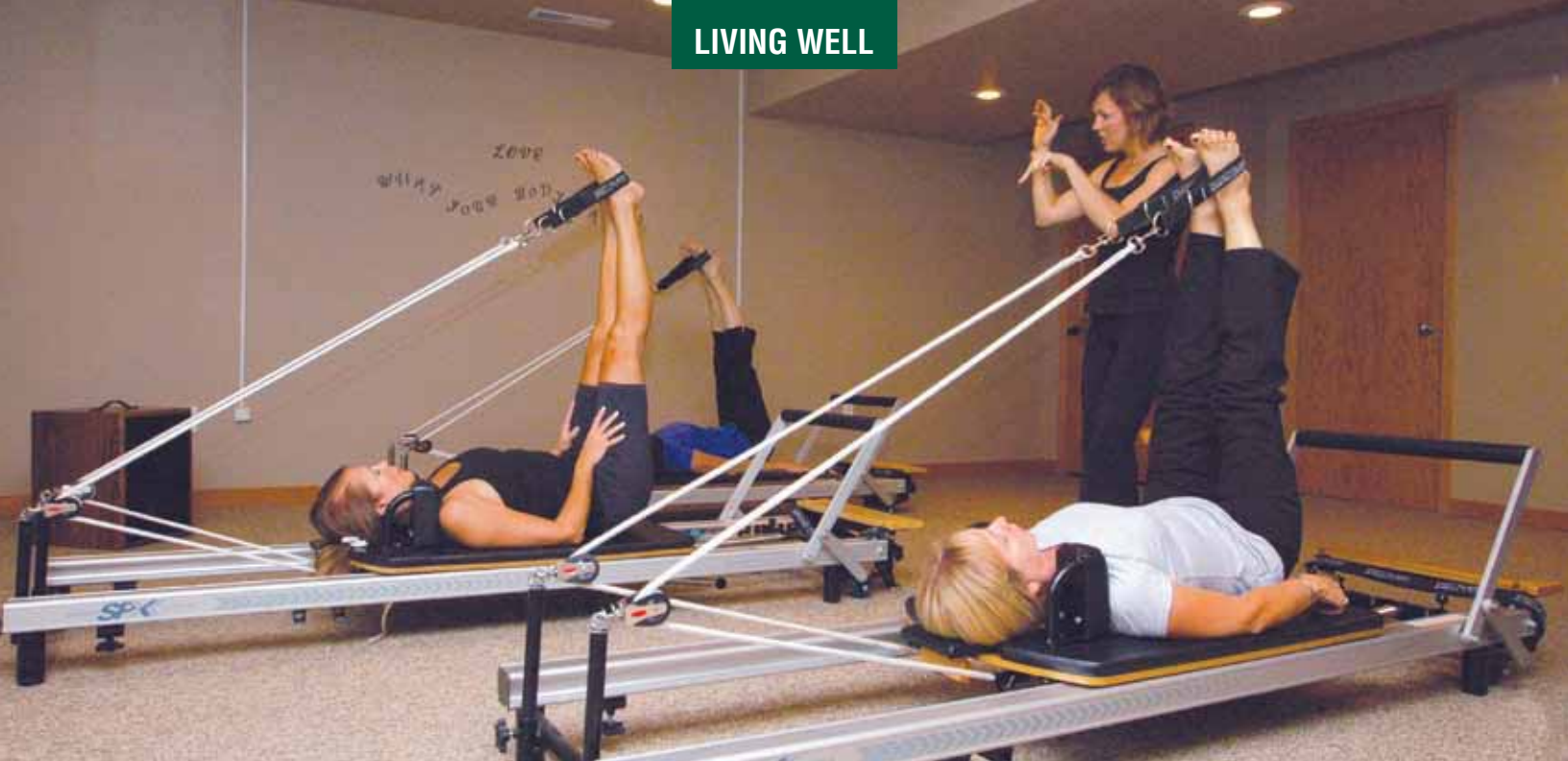
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# Pilates as a Way of Life

by Tina Ding

Working out in the comfort of your own home is one thing. Working out in a fast-paced group setting is quite another. Some love the motivation of a crowd while others find it intimidating. Bright lights and loud music while working out at a universal pace may not be for everyone.

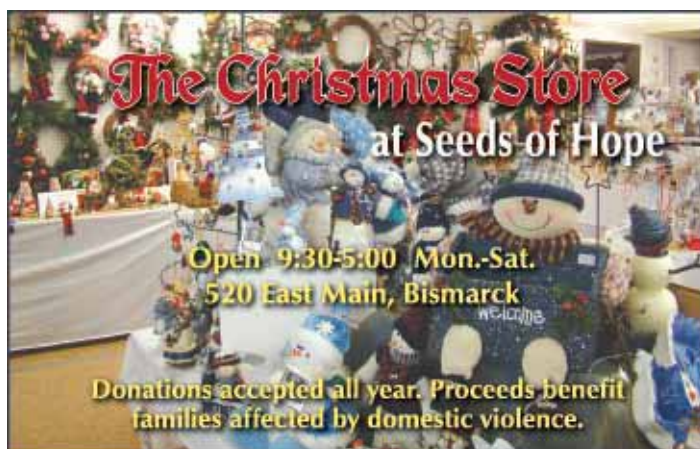
Lifeways' Stott Pilates Instructor Susan Suchy teaches clients in either a personal session or a group setting, using a calm soft voice with lights and music low in the background. The ambience is welcoming – private.

Suchy previously taught aerobics and aqua dynamics before choosing a career in exercise science, eventually becoming a registered nurse. Her background, learning about exercise and the human body, helped her to make an instant connection to pilates. "I felt as though I had had a massage after doing a shoulder stand on the reformer and rolling my spine from head to tail," Suchy said. "I was hooked."

She has since become overtly dedicated to Stott Pilates and is in the process of becoming fully certified,

meaning long, dedicated hours of training, learning and rigorous testing at studios as far away as Minneapolis or New York City.

"The Stott Pilates system on a reformer is so unique," Suchy said. "Your body simply cannot get this type of workout in any other way. When multiple groups of muscles move the carriage out, another group of muscles moves the carriage back in. This creates work for opposing muscles while constantly working core muscles because of the breath." Further, the reformer





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works as clients build core strength by supporting the spine with developed back, hamstring, abdominal and back muscles. Often times, working out at a gym doesn't provide that sort of in depth, targeted core training, resulting in potential injuries.

"Pilates is about flexion, extension, rotation (twisting) and lateral (side bends) of the spine, thus supporting and strengthening muscles of the spine," she said. "And once your core is strong, you work your upper and lower body with less chance of injury."

During her first visit with a client, she conducts a postural analysis. By assessing positioning of feet, neck and shoulders, she mentally determines which exercises might help strengthen, balance and correct the spine. Together, they decide upon an agreeable schedule – working out for sixty minutes 1 - 3 times per week, with three being optimal. She then applies five basic principles to her instruction:

### Breathing

Suchy instructs clients on correct breathing both by visual description and by demonstration. "According to Stott Pilates, you need to fill up sides and backs of lungs to exhale from your deepest abdominal muscles," she says.

### Pelvic Placement

Aligning the spine with the pelvis takes a bit of practice – and all beginning students practice by imprinting [dropping the top of the pelvis and lifting the lower pelvis]. All advanced students work with a neutral pelvis which works the abdominals to a greater degree.

### Rib Cage

Since the abdominal wall is connected to the lower ribs, Suchy prompts students to breathe properly. "I tell students to blow out air from deep abdominal muscles and connect to their ribs as if they are being knit together," she said.

### Scapulae

"Women tend to elevate their shoulders," Suchy described. "Our goal with pilates is to teach people to stabilize their shoulder girdle down. This eliminates stress from the back and neck. Abdominals need to engage (tighten up and pull in) and shoulders should be stabilized down, which helps us assume normal posture (with lumbar and cervical curves)."

### Head & Neck Placement

"Head and neck should always follow upper back," she said. "There is no reason to ever touch your chin to chest (hyper-flexion of cervical spine)."

Stott Pilates offers opportunities to target specific muscle groups because of the spring and pulley system of the reformer, allowing a body to work three to five muscle groups synergistically. Long lean muscles as compared to bulky muscles are formed. Additional exercises incorporate the use of a resistance ring, box and jump board.

Currently, she works with beginner, intermediate and advanced groups as she works to develop specialty training for specific workouts, such as: golf, prenatal, athletic and post cancer treatment trainings (working out lymphodema). The age group varies from youth on up to elderly clients.

"As we age, we need the resistance training," she said. "After a cardio workout, our metabolism slows back down. Resistance training keeps the metabolism increased and will continue burning fat for 48 hours."

Using a Stott Pilates reformer for working out has been a top choice for many athletes, physical therapists as well as those who have suffered a serious injury. For those who want a touch of workout at home on the mat, Suchy points them in the right direction. She coaches her students to use pilates in everyday life activities, such as in vacuuming. And there are ways to use mat pilates at home, working out between workouts. Often, students in one group have areas they need to strengthen – so Suchy will offer additional ways to achieve the same results to each, fitting the workout to their personal needs. She also recommends yoga as a complementary exercise, resulting in increased flexibility – as pilates offers strength training.

"Everything about Pilates is about being nice to your spine," Suchy said. "Pilates involves being very mindful of what your body is doing, which challenges you mentally. When you are clear and healthy on the inside, the external results will come (much faster than expected). Ideally, I hope for my clients, that they think of pilates as a way of life and not just another exercise program." *W*



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

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# Permanent Makeup

## Convenience or Vanity?

by Deb Seminary

I am not a high maintenance person, but when I saw the ad for half-price for permanent eyeliner, my interest was piqued. I called for more information, stopped in for a quick consultation and the next thing I knew, I was on the schedule.

Missee Gietzen was trained to apply permanent makeup last summer when she traveled to a one-on-one training session with Sally Hayes in California. She learned how to do permanent eyebrows, eyeliner and lips. Gietzen has had all three procedures, which is helpful, so you can see what the end result looks like.

Gietzen explained the procedure and time involved. There are actually two different appointments to be made – the initial application and the touch-up. The touch-up session is scheduled about three weeks from the initial application.

During the first part of the session a topical is applied. Then, your eyes must be closed for 20 minutes, so it's a nice chance to catch a nap. The whole procedure is finished in under an hour and a half.

Gietzen had described the process as irritating, and that is just what it was! When it got to the point where I didn't think I could take it anymore, it was over. I felt pain for about two seconds, otherwise, there was just a slightly disturbing 'thing' going on with my eyes.

My nose started to run and my eyes watered a lot. Toward the end of the procedure, I felt like I was crying and couldn't stop, and it was hard to keep my eyes open when instructed to do so. Apparently this doesn't happen to everyone.

Gietzen also does not do a line above the lashes, or connect the corners – she applies on the lash line, which really enhances the eye. It is very dark initially, for about the first week and a half. "During the healing process a part of it will peel off," said Gietzen. "Then it will fade, up to 50%. When you come in for your retouch, it resets the color in deeper. You can also put it on a little thicker on the bottom if you like."

There are several reasons women may choose to have permanent makeup applied. "Some women may have allergies and can't wear topical makeup," explained Gietzen. "Older women may not be able to see as well or apply it as easily as they used to."



*Before*



*Immediately after first application*



*Right before retouch*



*Three weeks after retouch*

When she does eyebrows, Gietzen really looks at a person's skin tone. "Usually I have them come in with their eyebrow shape drawn on so I can see what they like to wear every day," she said. "Then I will make my recommendations. I will draw on with white pencil. It is more of a sweeping motion, not a boxy-type eyebrow."





Missee Gietzen

She is also very careful when doing the lips. "I don't go bright with lip color, more of a subtle shade, so you can put on bright red on if you want, then wash it off," she explained.

The lips are done in more of a circular motion, starting with lining the lips, then filling them in with a very natural color. "I was taught to enhance what a person already has, not drastically change it," said Gietzen. "If someone wants to create a special look, they can always use topical makeup. Natural is better."

The machine Gietzen uses differs from one a tattoo artist would use. "This machine has more of a sweeping motion with the needles," explained Gietzen. "It doesn't go quite as deep as a tattoo machine would go. That is why we need to do the retouch in three weeks."

Permanent makeup lasts from four to seven years. "The darker color you go with, the longer it will last," said Gietzen.

During the four-day aftercare period, I was instructed to put A&D ointment on before washing my face or taking a shower. I ended up using Vaseline because the ointment irritated my eyes.

The top layer started to peel and flake after four or five days. I noticed most of it was gone within a week and the deep color had faded significantly.

Missee Gietzen works at Glance Spa and Salon, 407 North 4th Street, Bismarck, 751.1893. She is offering half off permanent make-up through November 15th, then \$100 off through December 15th. Regular Prices: Eyeliner: \$500, Eyebrows: \$500, Lips \$750. Gift Certificates are available. Gietzen also does some hair services. *W*



Deb Seminary is the editor of *Inspired Woman*.

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# A Marriage of Food, too



Recently we experienced the immeasurable joy of bringing a new daughter-in-law into our family. Our son, Reed, married Mollie Mullins in Louisville, Kentucky in July. In August we hosted a reception at Apple Creek Country Club in Bismarck to introduce Mollie to our friends and family members.

Our family, thanks to my mom and dad, have had us immersed in our Norwegian culture our entire lives. It's a rare holiday or special occasion when we haven't made some krumkake and rosettes. This is all totally foreign to Mollie, who as you can guess by her name, comes from a mostly Irish lineage. Her mother grew up in Ohio, but they all call Kentucky home.

So, our challenge for the wedding reception dinner was to honor and include both backgrounds. We worked with Rosie Stewart, the chef at Apple Creek, to establish the entire, delicious dinner menu and decided that through a dessert buffet, we could bring in and meld our cultural influences.

Mollie was game; indeed, it would be fair to say, excited, to learn the ins and outs of krumkake- and rosette-making. For many years, our daughter, Meredith, was her Grandpa Firemann's krumkake assistant, so she took the lead

on that project. I was in charge of the stinky job of deep-frying the rosettes.

After much thought and discussion with the in-laws, we determined the appropriate counter-parts from Mollie's side of the family would be Bourbon Balls and Buckeyes. Both of these items were new to us (other than the sampling of Bourbon Balls Mollie had sent to us for Christmas) but we were eager to help in preparing them.

Kentucky is well-known for its bourbon, and Bourbon Balls are as ubiquitous down there as Ginger Snaps are up here. There are many recipe variations but we settled on Mollie's favorite.

Those of you who follow college sports know the Ohio State University teams are called Buckeyes. What you probably don't know is that a buckeye is a popular nut grown in Ohio. The Buckeyes that became part of our dessert buffet are named after these nuts. The ingredients are formed into a ball and dipped in chocolate. Enough of the ball is left uncovered so that it resembles, in appearance, the nut. The end result is much like a very tasty peanut butter cup.

We had a great time working in the kitchen, preparing the items. Even Reed, the groom, turned out to be helpful in getting things accomplished. True to his "figure-things-out" nature he was soon dissecting my rosette-making process and making suggestions for stream-lining it. I must admit, the rosettes he made were pretty impressive (of course, he used the BIG iron!).

Family traditions evolve. We're happy to include Bourbon Balls and Buckeyes in family gatherings to come. *W*



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

## Krumkake

3 eggs                      1 T melted butter  
1 c sugar                ½ t salt  
½ t vanilla              2 c flour  
1 c whipping cream

Heat krumkake iron on low heat while mixing batter. Cook on medium high heat. Beat eggs. Add sugar, vanilla, whipping cream and melted butter. Stir in salt and flour; beat until smooth. Put about a teaspoon of batter on iron and bake until light brown. Roll on stick immediately while krumkake is still hot. Makes about 60.

*Recipe of Mary Lois Legreid*



## Buckeyes

2 c peanut butter  
1/4 c butter  
2 to 2 ½ c confectioners sugar

Mix the above ingredients together. Form into 1" round balls. Place on baking sheet, insert a toothpick into the center of each ball and chill for about 1 hour in the freezer.

### Chocolate for dipping:

About 1/4 bar of paraffin wax  
9 oz semi sweet chocolate chips

Melt wax over double boiler. Add chocolate and heat until melted. Dip chilled peanut butter balls in chocolate and place on waxed paper to harden. (Note: Do not cover entirely with chocolate, leaving a small circular space exposed, in order to resemble the buckeye nut.) Makes about 40.

*Recipe of Jeanne Mullins*





Bismarck Arts & Galleries Association private art showing, September 24

# What's the Occasion?



United Tribe International Powwow, September 9 – 12

bareMinerals Beauty Extravaganza, October 26th, Allure Cosmetics, Gateway Mall



*Leslie Blodgett, Creator of bareMinerals and Executive Chairman, Bare Escentuals*





## Pate'

1 lb. Braunschweiger  
¼ c chopped green onions  
1 cup sour cream  
1 tsp instant beef bouillon

Mix together and chill.  
Refrigerate left-overs.



## Mounds Bars

2 cups crushed graham crackers  
½ cup melted butter  
1 can Eagle Brand milk  
½ bag coconut  
1 (12 oz) pkg chocolate chips  
2 Tablespoons peanut butter

Mix crushed crackers with melted butter. Pat in a 9x13 pan. Bake for 10 minutes at 350 degrees. Mix Eagle Brand milk with coconut. Put on top of crust and bake 15 minutes at 350 degrees. Melt chocolate chips with peanut butter and spread on bars. Chill and cut into bars.

## Cheese Ball

3 (8 oz) cream cheese (softened)  
3 pkg dried beef  
small onion, chopped  
2 tsp Worcestershire sauce  
2 tsp Accent powder

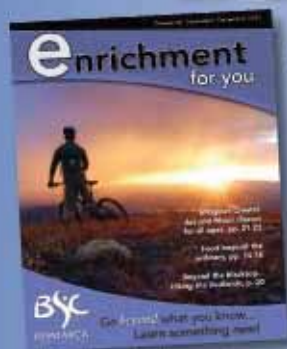
Chop 2 ½ pkgs of the dried beef. Add to cream cheese and seasonings. Form into a ball and wrap remaining beef around the ball. Chill.

*A special thank you to  
Rita Nodland for  
submitting these recipes.*





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# Real Joy Comes in Small Packages

by Rob Taylor

**Forget Holiday** Pumpkin Spice. Not long ago, Starbucks brewed cups of tea they called “Joy” and passed out samples. I had to at least give it a shot. “Didn’t take,” I informed the barista after two contemplative sips, “You must’ve slipped me a cup of Jaded.”

Fellow samplers of a certain age chuckled in agreement. That’s when it hit me – the sarcasm, the pride in using sophisticated multi-syllable words, the eagerness to sample anything free; standing there, Joy in hand, at age 40, I realized that like it or not, ready or not, middle age was suddenly upon me. Or maybe it was youth’s kiss goodbye – more of a peck really, nothing long, slow and rapturous. Whatever it was, it sounded a lot like a slurp of Joy. I discerned this rather immediately upon observing the collective raised eyebrow of non-sampling Starbucks regulars who stood in line and interrupted their regularly scheduled texting to make deer-in-headlights eye contact. I stared back, straw in mouth, unfazed, resolute. I drink Jaded now. Nothing rattles me.

I wasn’t like this a decade or so ago. Nope. I was the guy with dilated Y2K pupils, stockpiling nonperishables, going Chicken Little over crashing computers, oil spills in the North Atlantic, midnight nukes, wondering who did the math when the fateful hour had passed.

So what’s changed? My nerves, I think. They’re either shot or settled. Not sure which. Doesn’t matter. Unlike the

Roaring 20s and the Depressing 30s, I’m a new man: an emerging Gibraltar, no longer on a roller coaster carved by circumstance. Still, every so often, I have my moments – mostly related to keeping the doctor happy ... like when it’s 7 p.m. and I’m three glasses of water

short of getting my eight in for the day and know I will be spending the balance of the evening in the bathroom. Or when it suddenly dawns on me that I haven’t forced any leafy greens down my esophagus in weeks. Horror-stricken, I surrender to raw spinach, open my



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mouth and conclude that Popeye's taste buds were shot.

Though a bitter pill to swallow, I have also attained a Nirvana-like state of self-acceptance about my mid-life failed dreams: Enya won't be cutting an "Enya Face" CD, despite my suggestion; No company will ever purchase the rights to my patented That Was Stupid Button (a must-have for meetings); And, sadly, there will be no facial Rogaine for men like me who couldn't grow beards if their life depended on it. I get it now. My ship may never come in. It's okay. I don't need the spotlight. I've found something better. I found my middle-aged cup of "Joy" thanks to those magical creatures who call me daddy.

"I'm thankful for blankies, Spongebob – oh! – AND black ants!" they said as we went around the Thanksgiving table last Holiday season. Paraphrasing highly esteemed kindergarten teachers, red ants are evil, they informed me, and blank ants are larger, darker in color and our friends. And it's always good to know who your friends are.

Later, during a "Home Alone" commercial break on the eve of Black Friday, with a taxed look on his face, my 6-year-old remarked, "This buy-one-get-one-free stuff sure is getting old."

Then came Christmas.

Last Christmas, my kids and I squeezed all we could from our time together: gingerbread houses and hot chocolate, a horse and carriage ride, holiday lights, the Christmas Eve bell choir, board games, the whole nine. There was one tense moment – when shouts of "Mine!" and "No! Mine!" erupted. It seems that the kids had unevenly divided the nativity set wise men and were feuding over baby Jesus.

Parenting classes did nothing to prepare me for this. Confiscating Jesus – taking Christ right out of the Christmas scene – just didn't feel right. So there I stood, ogling the little devils, trying to figure out what parenting strategy to employ, trying to form words.

"Fighting over baby Jesus? At Christmas? This is sooo wrong ...," I said. Thankfully, before I could figure out

what came next, baby Jesus was bartered for the camel and the ox – a crooked trade according to my son.

Such things I cherish fully now, more so than I did when I was younger and knew everything – when I had a killer mullet. Suddenly, it's all about photographs and memories, but mostly the memories.

Later that night, my daughter provided two more: drawing hearts on a piece of scrap paper, handing it to me and saying, "For you, Daddy, because I love you," then adding before bed, "I think about you when I dream."

I drank from her words, feeling my 40-year-old heart grow at least three sizes. Starbucks got nothin' on my little cuppa' joy. *W*



Rob Taylor is a freelance writer who lived in North Dakota for 20+ years. Email: [ifguyscouldtalk@hotmail.com](mailto:ifguyscouldtalk@hotmail.com).

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