



INSPIRED WOMAN

---

# THE AWARENESS ISSUE

---

# Lori Yarbrough

Helping All Victims of Abuse

FEBRUARY/MARCH 2016  
COMPLIMENTARY COPY

# Women in Business

Support these local professionals!

## Glass Specialists



**Paula Haider & Courtney Meier**  
1717 Commerce St., Suite A • Bismarck  
250-6787 • [www.haiderglass.com](http://www.haiderglass.com)

## Co-Owners



**Nicole Morrison-Mathern  
Stacy Sturm**  
[www.urradio.net/322](http://www.urradio.net/322) E. Broadway, Bismarck

## Real Estate Agent



**Judy Maslowski, Realtor**  
400-7516 / 224-1100  
[judysbismarckhomes.com](http://judysbismarckhomes.com)

## Cake Decorating



**Stella Baetsch**  
701-223-6242  
2304 E. Broadway Avenue

## Therapeutic Massage



**Desiree F. Bourgois van Oosting, LMT**  
Life Therapeutic Massage Center / 1424 W. Century Ave. #104  
222-4591 / [www.youngliving.org/lavenderhorse](http://www.youngliving.org/lavenderhorse)

## Real Estate Agent



**Fran Joersz**  
220-4008 / 224-1100  
[franjoersz@gmail.com](mailto:franjoersz@gmail.com)

## Aromatherapist



**Cathy Breiner**  
120 N. 3rd St., Ste 25/Bismarck  
[www.prairiezenbotanicals.com](http://www.prairiezenbotanicals.com)

## Independent Consultant



**Jo Marie Holm**  
701-471-3069 / [jo.holm@bis.midco.net](mailto:jo.holm@bis.midco.net)  
[jholm2@marykay.com](mailto:jholm2@marykay.com)

## Boutique Owner



**Loni Bienek**  
751-6018 / [apricotlanebismarck.com](http://apricotlanebismarck.com)  
Pinehurst Square (across from Kohl's)

## Interior Design



**Lisa Bohrer**  
701-223-9922  
Corner of 2nd Street & Main Avenue

## Business Services Officer



**Melissa Yackley**  
701-355-7748 / 204 W. Thayer Ave.  
[melissa.yackley@capcu.org](mailto:melissa.yackley@capcu.org)

## Family Chiropractor



**Dr. Mandy Jo Dietz**  
4207 Boulder Ridge Rd., Ste 175  
701-223-8413 • [DrMandyChiro.com](http://DrMandyChiro.com)



*~ Be Inspired ~*



Volume 15, Number 1

311 South 8th Street  
Bismarck, ND 58504  
701-255-3422  
Fax 701-223-9613



[facebook.com/inspiredwoman](https://facebook.com/inspiredwoman)

*Website*

[inspiredwomanonline.com](http://inspiredwomanonline.com)

*Email*

[inspired@theprinters.info](mailto:inspired@theprinters.info)

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.

©2016 Berget Publishing All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Inspired Woman assumes no responsibility for unsolicited manuscripts or photographs. Materials will be returned only if accompanied by a stamped, self-addressed envelope. The Inspired Woman magazine does not necessarily endorse or agree with content of articles or advertising presented.

**PUBLISHER**

Larry and Judy Berget  
Publishing

**EDITORS**

Jody Kerzman  
Marci Narum

**PHOTOGRAPHY**

MaBelle Photography

**GRAPHIC DESIGNER**

Crystal Harrington

**ADVERTISING**

Dan Hildebrand  
Tina M. Morell

***Our Mission***

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

Printed by



*The Printers, Inc.*





INSPIRED WOMAN

FEBRUARY / MARCH 2016

## THE AWARENESS ISSUE

**6** Lori Yarbrough - Helping All Victims of Abuse

**9** 7 Legendary Places For A Romantic Getaway In North Dakota

**10** Play It Safe At Any Age

**12** Active Shooter: How To Respond

**14** Living Treasures

**16** Predator Awareness

**18** Vitamin D: Protecting and Promoting A Healthy Body With The "Sunshine" Vitamin

**20** The Value of Healthy Self-Esteem: Priceless

**21** The Well Armed Woman

**22** *He Said She Said*  
Be Safe and Don't Share Too Much On The Internet

**24** *Western North Dakota Woman*  
"I'll Be There" A Famous Singer Gives This Woman A Reason To Smile

**26** *Community Contributor*  
Abused Adult Resource Center

**27** Texting & Driving

**28** Calendar of Events

**30** Aging, Wisdom & Candles On The Cake



## editors' notes

I often have the best conversations with my kids while driving across town. Here's a snippet of a recent conversation with my six-year-old:

Morgan: "We have lock-down practices at school."

Me: "What does that mean?"

Morgan: "We have to shut off all the lights and be really quiet."

Me: "Why?"

Morgan: "We're practicing in case a bad guy ever comes into our school. We have to be quiet so he doesn't find us."

Talk about a sign of the times. When I was in kindergarten I was only concerned about what I'd bring for show and tell and if I'd miss the bus home. Kids today have a lot on their minds. My teenagers have had to shelter in place because of a potential threat at their school, and several of their friends were in lock down at BSC in January while police searched for a possible active shooter.

Those kinds of things scare me. But, as I worked on this issue, I realized instead of being scared, we should be aware. I'm guilty of texting as I walk across the parking lot instead of checking out my surroundings. I've vowed to stop doing that, and have had conversations with my kids about why that's not a good idea. There are so many other ways we need to be aware as well, from our online habits, to texting and driving, and even how we treat ourselves.

As always, I hope you enjoy this issue, but most of all, I hope you take away some important lessons that will make you more aware. And perhaps you'll read something that will spark a conversation with your loved ones to help them be a little more aware and a little safer too.



I have what I consider to be a healthy sense of awareness. I'm also a voracious learner. As I worked on this issue of Inspired Woman, I had dozens of conversations with people who shared stories and examples that stirred up this reality: sometimes I take my safety for granted, and there is always room for more awareness.

Along with hearing stories, I had my own experience, making this issue even more personal. I had just wrapped up a speaking engagement at Bismarck State College on

January 14th, when the school went into lockdown. Law enforcement officers were searching for a possible active shooter. I was grateful to the staff members who calmly but swiftly directed about 20 of us to a classroom where the door was locked, the lights were turned off, and we were all instructed to stay away from windows, and be quiet. We texted our family members and quietly scrolled through social media sites for updates.

It occurred to me later—the potential for this kind of threat has become far more real, even here. How to respond, though, is really not common knowledge. Would you know how to respond if there was an active shooter at the mall or the movie theater? What should you do and not do? How would you get out alive?

It's worth your time to read what Officer Preston McKay with the Bismarck Police Department has to say about these questions and more, on page 21.



On another note, I love the Western North Dakota Woman story, about a woman whose admiration for Tony Orlando comes full circle. And be sure to check out this issue's Living Treasures to learn about a centenarian's beauty secret. You probably have it in your fridge.

Blessings,



# The Pursuit of Health

THE GOAL SETTING THAT LED TO THE NEW JOB THAT ALLOWED FOR A HEALTHIER ROUTINE THAT INSPIRED THE RESOLVE TO DIG INTO NEW CHALLENGES—TO GET THAT NEXT PROMOTION.

  | **ND**

Introducing

**Be BlueElements**

The six health dimensions that affect well-being

A more holistic approach to health and well-being.

[www.BCBSND.com/BE](http://www.BCBSND.com/BE)

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

# Lori Yarbrough

## Helping All Victims of Abuse

By Jody Kerzman

After working in the banking industry for 15 years, Lori Yarbrough decided it was time for a change.

"I just knew it was time to do something I was truly passionate about," explains Yarbrough. "That led me here, to the Abused Adult Resource Center. I am a domestic violence crisis advocate."

It's a far cry from her job at the bank, and her banker's hours. Lori works with women, and occasionally men, who have experienced domestic violence.

"Sometimes they've experienced the domestic violence just that day. Sometimes it happened the day before, and often, it was something that happened a long time ago, but they're just now seeking help, whether that's resources or counseling."

Yarbrough is not a counselor, or even a social worker. What she is, is a good listener and a people person.

"It's kind of strange, most of the people who do this job are social workers or counselors. I have a degree in business management. I did not go back to college when I changed careers," she says. "I have just always been able to relate to people and different situations. I never judge people. I'm open and understanding, and I think that makes me good at this job."

The seed for this career change was first planted in 2009, when Lori took a self defense class that, at the time, was called Impact (it's now been renamed AWARE ND). She took the class as a favor to a friend.

"I actually did not want to take it," she remembers. "I felt obligated to take it because one of the instructors was a very good friend. Talk about the things we do for our friends! But, once I got to the class, I fell in love. It wasn't even so much the physical part of the class that I loved. I loved the self confidence you gain by taking a class like that. I've always been a confident person, but this class made me even more confident and I just wanted to share that with everyone I met."

*Photos by MaBelle Photography*



So when Lori was approached about becoming an instructor, she whole-heartedly said yes and started the training in 2009. She's been teaching ever since.

"We changed the name to AWARE ND, which I think is such a great name. We are teaching women to be more aware of their surroundings," explains Lori.

The 20-hour class typically starts on a Friday evening and runs through Sunday afternoon. It is an intense 20 hours. There is physical training; students learn how to get out of rape scenarios, what to do if someone grabs you from behind, or even if you're being strangled.

"We also teach about boundaries," says Lori. "I think people just don't think about setting those boundaries. We teach students to be aware of your surroundings and to look confident, how to use your voice before things get physical."

And there is plenty of time to share experiences. Lori says these conversations are helpful to everyone, even to the instructors.

"Everyone handles situations differently and each situation is different," says Lori. "There really isn't a right or a wrong way to handle the situation. Hearing how others would react, or have reacted, is helpful."

The class is open to anyone over age 18. There is a \$150 registration fee, but scholarships are available. Classes range in size from six people up to 20 people. Lori and her fellow instructors all donate their time. "We don't do it to make money. We do it to teach people how to protect themselves," says Lori.

"Every time I do a class I'm blown away by how awesome it is," she adds. "We often have younger gals who are going off to college. It feels so good to give them that confidence boost so that they can safely go to their college campus and walk to their dorm and to class without being scared. That's rewarding. But the most impactful stories are the ones where the students have a history of violence, domestic or sexual. They weren't able to do anything then, but now they're ready to do something and this class is the first step for them. Our class gives them a chance to create a different ending for themselves. That gets very emotional."

## Help for Everyone

There is more to Lori's work than just teaching the AWARE ND class. She works around the clock to help victims in Bismarck and Mandan.

She also partners with the police departments. They give Lori all domestic violence incidence reports. She tries to make contact with the victims and offer them help, though it is rare that a victim is ready for her help.

"They're usually a little standoffish, and I don't blame them. All of a sudden there's this person calling and asking personal questions," says Lori. "But once they realize I'm calling to help them, they are usually a little more receptive. Quite often though, victims are not ready to file charges or get out of an abusive situation. That's part of this job. You have to learn patience."

In fact, patience is key when it comes to working with victims of domestic violence. Studies find that it takes an average of eight to ten times of trying to leave an abusive situation before a victim is actually able to leave.

"Domestic violence is usually physical, but there's always something that leads up to that physical abuse," she explains. "The things that lead up to that are huge. Often it's control. Control is a big reason you can't get a person to leave a relationship. If a stranger assaulted you, you'd be willing to press charges, but when it's someone you have a relationship with, maybe you have kids and a house. That changes things. If you leave that abuser, you may no longer have a roof over your head or food on the table. And if you have kids, it gets even harder to leave."

It's Lori's job to understand this control, and unwillingness to leave an abusive situation. Her goal is simple: make sure victims know she is there when they're ready to leave.

"It takes a lot of courage to leave a relationship, no matter how abusive and unhealthy it is."

While as many as 95 percent of victims are women, men can be victims of domestic violence too. Lori and the rest of the staff at the AARC are equipped to help all victims, male and female.

**MAR. 17-27**

**NEXT TO NORMAL**

MUSIC BY Tom Kitt  
BOOK AND LYRICS BY Brian Yorkey  
DIRECTED AND MUSICAL DIRECTED BY Rusty Bender

412 East Main Ave, Bismarck  
[www.dakotastageltd.com](http://www.dakotastageltd.com)  
(701) 258-4998

**DAKOTA STAGE**

**MEZZO**  
Direct Vent Gas Fireplace

**HEAT & GLO**  
No one builds a better fire

Luxurious  
Modern  
Design

**keller hearth'n home** Products

663-7902  
Located on the Strip in Mandan  
[www.kellerhnp.com](http://www.kellerhnp.com)

"We're not just a woman's organization. We are here to help anyone who needs help," says Lori. "Typically, it is women. I don't know if there are more men out there who are victims. We are open to anyone who needs help. We're working with our gay and lesbian community. Elder abuse is an issue and we have recently gotten some funds to work on that. AARC is definitely not just a women's organization."

### **Staying Safe in a Changing Community**

Yarbrough has lived in Bismarck her entire life, and says she's seen the community change. Although she says it's still a safe place to live, it's not the same as it was ten years ago.

"There has always been a lot of things happen that you don't hear about, but I think more things are being reported now than years ago. But the public still doesn't hear about most of the stuff that happens in the community," says Lori. "I worry about my kids going to the mall alone or walking down the street. I worry about my nieces going out to the bars. There are just so many things that we didn't worry about when we were their age that we have to worry about now. The city has changed."

So, Lori says, it's important that we raise our awareness, and take steps to protect ourselves.

"It's important to know when you're walking across a parking lot to your car, you are aware of who is around you. I can always say who is walking this way and that way," says Lori. "I tell people not to stare, but it's important to be aware. So often I see people walking across parking lots with their heads down, texting, completely oblivious about what's going on around them. If someone robbed them, do you think they could identify the suspect?"

Lori says no matter what time of day, it's important know your surroundings.

"If someone were to grab you, the best advice I can give you is to scream. Nine times out of ten they'll let you go and back away. They don't want any attention," says Lori. "If they don't, I tell women to use their elbows and knees. Your natural reaction is to hit with your hands and fists, but that can actually hurt you instead of your attacker. Use the strong parts of your body, like your elbows and knees so you don't hurt yourself."

She adds, don't be afraid to call 911. "If you feel uncomfortable, call 911 and get the police involved. Even if they can't make an arrest, they can at least split the parties up and resolve the situation somewhat."

Lori says it's also important to look for signs a woman might need help, and don't be afraid to get involved.

"I've read police reports where people have heard a couple fighting for an hour and then finally called the cops," says Lori. "People just want to mind their own business and figure what happens behind closed doors isn't their business. It actually is. I hear people say 'I always hear

them fighting. They fight every night so I just quit calling the police.' When you talk about the struggles of why a victim can't leave, that is huge. As a community, we need to be involved, whether that means calling the police or just being there for her when she decides it's time to leave the relationship."

Lori says education may be the secret; education for both the victim and those who may one day help a victim escape and build a new life. Meantime, Lori will continue plugging away, finding her way in this new career that has given her a new purpose in her own life.



# 7 Legendary Places For A Romantic Getaway In North Dakota

*By ND Tourism*

Rekindle the romance during February at one of North Dakota's romantic getaways. Choose from the classic dinner date to a weekend escape at a secluded lodge or cabin. A variety of special trips are available to choose from right here in North Dakota. For more ideas on romantic getaways in North Dakota go to [www.NDTourism.com](http://www.NDTourism.com) or call 800-435-5663 or 701-328-2525.

## 1. Romance in the Badlands

The romantic history of the West lives on in the historic, frontier town of Medora. As one of the incredibly irresistible romantic getaways, it is filled with natural treasures and places of historical importance. Take a spin around the ice skating rink then head to Cedar Canyon Spa for a relaxing treat. Plan an evening at Theodore's for a unique dining experience and cuddle up in the cozy rooms at the Rough Riders Hotel.

## 2. Rustic relaxation

Escape to the prairie for a one-of-a-kind getaway experience and treat that special someone to a relaxing weekend at the Coteau des Prairies Lodge, near Havana. Find yourself at home at this rustic, yet refined lodge, constructed with native North Dakota pine with custom log and steel architecture. You will be awed at every turn, from the magnificent great room to the signature lookout.

## 3. Unwind in the spirit of the Old West

Get some much needed rest and relaxation in one of the unique handcrafted log cabins at Lone Butte Ranch in the Badlands near Grassy Butte. Each cabin is completely private and tastefully furnished to provide modern conveniences without losing the rustic flavor of the West. The generous deck, with an inspiring view, summons guests to slow down and tune in to nature's gentle harmony. And, nothing is more relaxing than a soak in the hot tub under the North Dakota sky.

## 4. A sweet suite deal

Leave the kids with the grandparents and spend some alone time at the HoDo in Fargo. Tempt your taste buds with a seven-course Valentine's Prix Fixe meal at the HoDo restaurant, and spend the night in one of Hotel Donaldson's 17 suites. The Valentine's suite special includes chocolate covered strawberries and wine delivered to your room.

## 5. Moose Creek Lodge Getaway

Moose Creek Lodge near Langdon offers the perfect combination of rustic charm and cozy comfort. Located in the heart of the Rendezvous Region of northeastern North Dakota, Moose Creek is ideal for both recreation and relaxation. Enjoy breathtaking views and leisurely winter walks. The wildlife in the area includes moose, of course, as well as deer, elk, fox, coyote, eagles and turkeys. The outdoor spa overlooks the Tongue River for a scenic daytime view, and at night you can soak under the stars.

## 6. Romantic lake experience

Lake Metigoshe State Park, nestled in the Turtle Mountains is a peaceful, natural setting with pristine views and unspoiled wilderness. For a new adventure, stay in a yurt and fill your day with fun winter activities including snowmobiling, cross-country skiing and snowshoeing. Nearby Bottineau Winter Park is home to downhill skiing and tubing hills.

## 7. Give her a Dakotah Rose

Giving roses is a Valentine's Day tradition. So stick with what works and experience a night of premier lodging in a century-old home that has all the charm of yesterday at the Dakotah Rose Bed and Breakfast in Minot. Guests are welcomed warmly by their hosts, Jim and Carol Carr, along with many amenities including sweet homemade treats, wine, champagne or sparkling juice. With a number of different romance packages to choose from, you're sure to come away smelling like a rose.





# Play It Safe At Any Age

By Marci Narum

**Lt. Lori Flaten** has seen it all. As a member of the Mandan Police department for 39 years, she can spot a dangerous situation, and predict the outcome. And it's not always for the best, unfortunately. She would love more than anything to change that. And so she keeps trying--talking to parents, kids, and teens about safety and crime prevention.

While she says there are trends in behaviors and choices that put particular age groups at higher risk for potential harm, there are things we can all do to help each other become more aware and ultimately safe in our own communities and neighborhoods. Here are Lt. Flaten's tips for your children, teens, Millennials, elderly family members, and women in general:

## **Children: Arm them with information**

"Parents, if I can tell you one thing, as early as your kid can start doing this, teach them their first and last name, Mom and Dad's real name, phone number, and address. If they're too young to know their address and phone number, then where you work. This will help us a law enforcement get your child to you in case of an emergency situation; the child can tell us, 'Mommy works at'..."

## **Teens: Keep talking about social media dangers**

"The biggest thing with teens is they keep doing things on the internet that they shouldn't. More and more, we are getting notified by the National Center for Missing and Exploited Children. One girl thought she was talking to a kid about her age, 15 or 16, locally. But she wasn't. She was talking to an adult predator out of state. This is happening more, and more, and more. We do presentations in the schools but it seems like they just don't get it. It seems like they get sucked in so deep before they realize who this person really is. And some don't understand how to get out or they're too ashamed or too afraid to tell somebody. There's been a lot of that lately.

"Here's one of the biggest issues--you, as a parent take away all of their devices, but they go to school and their friend has a phone or a tablet. Parents shut down an account, but it doesn't matter. Off we go with somebody else's device.

"I thought the more it's been out there in the press and presentations it would stop but it hasn't. It has gotten worse, because more of these kids are on social media and nobody is monitoring them. They know so much more than their parents, and there are just so many predators out there."

## Millennials: Listen to your gut

Lt. Flaten says “North Dakota Nice” gets us into trouble sometimes. Young adults on the dating scene, especially, may be too quick to believe that people are who they say they are. Flaten says a woman should trust her instinct.

“If you’re a young woman, I would tell you to trust your instincts. If something doesn’t feel right, it’s not feeling right for a reason. Maybe you can’t logically process exactly why, but we do still have some survival instincts in us. Trust your instinct. I don’t know how many times I’ve talked to victims of something and they said, ‘you know, I was getting this weird feeling. But then I thought, that wouldn’t be polite to think this guy is creepy.’ NO! Trust your instinct!”

If you’re at a bar, don’t take drinks you didn’t order, and don’t leave your drink somewhere for long periods of time unattended. On first dates, Flaten suggests you drive separately so you have a way out, and always tell someone where you’re going, and with whom. Flaten says it’s all common sense.

“If you think you’re getting such a creepy vibe and you did come together, call or text your friend, ‘Can you pop in here?’ Until you really get to know someone, meet them somewhere instead of having them pick you up.”

## Elderly Family Members: Report suspicions

Lt. Flaten says senior citizens are especially vulnerable to predators in our communities. People in their 70s, 80s, and 90s are becoming victims of not just scams, but abuse.

“If you think something is happening, report it. There are so many elderly people being victimized. Depending on the situation, we can help. If someone says, ‘I know this lady, her grandson is over there ripping her off,’ there could be criminal charges. Report it. Even if something may not be a police issue, we usually know where it should go.”

## Women: Pay attention

“As people get older, they don’t believe bad things happen here and they don’t prepare like they should and that’s simple things like locking doors. Lock the door from your garage into your house. People need to think about these things. Don’t leave your keys in your car. Don’t leave valuables. That’s why someone breaks into vehicles.

“Pay attention. So many people are looking at the ground or texting on their phone. And that’s who someone’s going to target.

“Let’s say you’re alone. You come out of a building and you’re alone or it’s dark. First look before you even leave that building. Look around. When you step out, scan the area. And pay attention to what you’re doing. Have your keys ready before you even leave. Be looking around. Most criminals size up their potential victim. They are looking for that distracted victim and they’re going to be there before that person even realizes it. So be aware of your surroundings. And if anything gives you a creepy feeling or doesn’t feel right, then go back into that building or don’t leave that building. And then call us. We’ll come and check the parking lot. We will walk you to your vehicle. That’s what the police are there for.”

Finally, Lt. Flaten says be assertive in defending yourself.


“Through the years I’ve had people say, ‘I didn’t want to hurt them.’ It’s that’s politeness again. Why did you not want to hurt the person who was trying to hurt you? No,

you don’t have to be nice to people who are being really, really, mean and trying to hurt you. If someone wants to hurt you, hurt them worse.

“And scream! Kick them, hit them, and poke your fingers in their eyes. Think about the places on your body that hurt the worst. That’s what you go for. If somebody is attacking you, you are not going to get charged for breaking their arm or scratching their arm. If somebody is attacking you, defend yourself and don’t be polite.”

# SELF-DEFENSE

PERSONAL DEFENSE CENTER



SAFE • SMART • STRONG

Within  
*Jay's Pawn Shop*  
303 Airport Rd • Bismarck  
222-2147

## THE ESCAPE AND EVASION CLASS

Feb 17, 2016 5pm, 3hrs \$75.00

**Course Topics:**

- Use of Force Human Factors
- Principles of Avoidance
- Passive Releases and Escapes
- Defensive Counter Strikes
- Disarming
- Intro to Handguns

---

- INDOOR Pistol Range
- Concealed Weapons Testing
- Private Shooting Coaches
- Ladies Night Monday
- Seniors Tuesday
- Gun Rentals
- First Aid CPR
- Firearm Sales

NORTHERN PLAINS DANCE  
PRESENTS

## CHOREOGRAPHERS' SHOWCASE: CELEBRATING 10 YEARS OF DANCE

• • • • •

### BELLE MEHUS AUDITORIUM

FEBRUARY 26, 7:30 PM | FEBRUARY 27, 2:30 & 7:30 PM



The  
moments  
you can't  
forget...

relived.

TICKETS AVAILABLE ONLINE AT  
**NORTHERNPLAINDANCE.ORG**

# Active Shooter: How to Respond



*By Marci Narum*

No one expects to be in a “lockdown” during a possible active shooter situation, much less see it happen in your own community, or watch it unfold live on social media with people you know. But the unexpected happened just a few short weeks ago, when Bismarck State College went into emergency lockdown for four-and-a-half hours on January 14th while authorities investigated the credible threat of a shooter on campus. It was a first for BSC, although the administration had trained its staff members on procedures to keep everyone safe.

Considering the times we live in, it makes sense that an institute of higher learning would plan and prepare for an active shooter scenario. But how

does the average person—you and I—respond in a situation like this? As we have seen countless times in cities across the country, it could happen anywhere.

Would you know what to do and what not to do?

We know the appropriate steps to take in the event of a fire or severe weather. But this new threat requires a new level of awareness, understanding, and training.

School Resource Officer Preston McKay coordinates school lockdown and active shooting training for Bismarck Public Schools, and has trained other agencies. He says the two worst things you can do during an active shooter situation are freeze or go into hysteria.

“During an active shooter situation you have three choices: avoid, deny, or defend. First, if you can, avoid the situation. If you are near an exit, get out immediately. Next, if you can’t escape, then get into a room where you can lock the doors, and deny the active shooter entry. Basically get into a lockdown situation. Turn off the lights, lock the door and wait for officers. Finally, defend—if the only option is to fight off an attacker, you have the legal right to defend yourself. The only option might be kill or be killed. Go ‘mama bear’ on them.”

McKay adds, “Each situation is going to be different and this is not an order that you have to go in, but choices for you if you ever find yourself in one of these incidents.”

If it's a lockdown situation—McKay says don't open the door for anyone, even if someone announces, "Police!" He says the real authorities will find a way to get in. Stay away from windows. McKay says an active shooter is going to be looking for easy targets.

"I don't know of anyone in an active shooter situation who has gotten into a locked or barricaded room.

"In Virginia Tech, someone blocked the door with their foot. The shooter never got in. In the Sandy Hook massacre, the shooter got into a classroom that was not locked."

McKay's number one piece of advice in the event of a lockdown situation involves the number one thing you will likely reach for: your cell phone.

"Put your phone on silent and stay off your cell phone as much as possible so as not to crash the cell towers. Only use your phone if it is an emergency situation. Use text messages instead, which won't affect cell towers. We understand people are going to want information, but we are going to want those lines open for emergency responders."

Bismarck Police Chief Dan Donlin urges you to not use your cell phone to post on social media while in a lockdown.

"They should not be using their Facebook page or Twitter to communicate where they are because, although it's unlikely, if the shooter knows them, is 'friends' or is 'following' them and they are posting their location, if they are a primary target of the shooter, then they'll have that info. Again, highly unlikely a shooter is going to take the time to watch their phone while actively shooting people, but if they have a single target in mind, you never know. In any case, texting is much better than certainly 'calling' where a voice can be heard."

Officer McKay says another reason to stay off your cell phone is to have

your hands free to defend yourself if necessary.

"Look around. There are everyday objects you can use to defend yourself—scissors, a computer, or there might be a vase. Anything can be used as a weapon. Think on your feet. What do I need to do to go home to my family tonight?

"Also when officers arrive to take individuals out of the area you are in you do not want anything in your hands that may be misconstrued as a weapon. When the time comes for officers to escort you out of the area follow all their commands, keep your hands free of any objects and above your head with your fingers spread, do not make any sudden movements, and don't stop to ask the officers questions. Know that until the officers can verify that you are not a suspect all precautions will be taken to insure the safety of the people in the area as well as the officers."

McKay says the last thing he wants to do is foster fear, but he says nowadays, thinking about and preparing for an active shooter situation is a smart choice wherever you go—the mall, theater, or grocery store, for example. He says it's no different than taking general safety and awareness precautions wherever you go.

He suggests playing "what-if" games. 'What-if I have to avoid, deny, or defend while I am here? Where are the closest exits if I have to escape? If I can't get to an exit, where can I hide safely? How am I going to defend myself if it comes to that?'

"We want the result to be that you come out alive and we get the bad guy."

To request information about civilian response for Active Shooter Training, contact Officer Preston McKay at the Bismarck Police Department: 707-355-1928.



Are you bothered by a double chin?

# kybella™ IS HERE!



Before After

Kybella injection is the first and only FDA-approved injectable drug that contours and improves submental fullness (double chin)

Treatment is customized to the patient's aesthetic goals for an improved chin profile.

CALL NOW!  
**701.751.4140**  
— Inside Broadway Centre —  
**Pureskinnow.com**

ONLY OFFERED AT  
**PURE**  
*aesthetic & laser center*  
**SKIN**  
SHELLY BOTSFORD, NP

Real Patients, Real Results

# Living Treasures

By Marci Narum

## Betty Maher

If you read the last issue of Inspired Woman, you might remember we introduced this new article. Living Treasures puts the spotlight on the women in our community enjoying their golden years, and inspiring all of us through their examples of healthy living, words of wit and wisdom, or leadership, and actions.



You might also remember Betty Maher. She was one of the six women featured in the debut article. She inspired me so deeply with her genuinely positive outlook on life. It turns out, Betty's attitude goes much deeper than my initial impression. She's been making an impact on the lives of people far and wide, young and old—for decades—with her keen sense of helping people care for their bodies and minds.

The day of this interview, Betty wasn't feeling well, but when I told her how she had made such an impression on me, she smiled and said, "If you're going to accomplish anything, you have to have a pretty good outlook."

So it's my pleasure to tell you more about this woman who was a pioneer of public and mental health services for people living in western North Dakota.

Betty Maher graduated from St. Alexius Hospital School of Nursing in 1945 and began working as a public health nurse in Fargo. She moved with her husband John to Bowman, where Betty worked in public health for Bowman and Slope counties for 25 years. During that time, Betty helped provide the services you typically find in public health—immunizations, dental care instruction for school kids, and nutrition basics. But she began to notice bigger issues that she believed demanded attention. She says there were serious mental health problems that weren't being addressed.

"Bowman was a small town and had problems like any place else, and more of them. So I became quite

concerned about the problems we ran into including suicide and different kinds of mental health problems, from the young to the old.

"I remember we had five suicides in a short time. I read a book by a man from San Diego. I called him and asked how I could get help having some good workshops and he said, 'If you can raise \$3000 I will come and bring a social worker with me and we'll conduct a program in Bowman and one in Dickinson and spend some time with families who were suffering so much.' That was kind of a beginning of being able to open doors."

Myrt Armstrong was the longtime director of the Mental Health Association of North Dakota. Betty says she worked closely with Myrt to host ongoing mental health workshops for counties in western North Dakota. Myrt was often one of the speakers.

"We had a big rural area and nothing that was really established as this need or that need to be put into one category or the other so finding ways to have mental health programs seemed to go very well because many people were suffering and needed help."

It seems Betty's servant heart was consistently with her. Betty's daughter, Shannon Schmit, recalls her mother coming home after a long day of work and heading straight to the basement, which housed the family business. There, Shannon says her mother would continue her work day helping her father with his. He was the publisher of The FINDER.

In 1979, Betty and John moved to Mandan. They started The FINDER there, and John took over as publisher of the Mandan News. Betty's ability to see the needs of people and meet them continued to make her a natural leader. Betty became the Executive Director of the North Dakota

Nursing Association. She served for 10 years. She was instrumental in establishing the nation's first statewide requirement for nurses to have a Bachelor of Science in Nursing degree, before entering professional practice.



Prior to that, Betty played a key role in forming the Badlands Human Service Center in Dickinson and served on the board. For her work in public health, Betty was named the Outstanding Citizen of Bowman County, the Mental Health Association's Woman of the Year, and North Dakota Nurse of the Year by the National March of Dimes Foundation.

Betty was instrumental in Heartview, a private, non-profit alcohol and drug treatment and education program. She also worked for the North Dakota Lung Association. Betty is a member of the North Dakota Nurses Association Hall of Fame, with which she travelled across the country to promote the nursing profession—lobbying for better pay. She even hosted seminars on assertiveness for nurses dealing with difficult physicians!

Shannon says despite all the accomplishments in her professional life, Betty has mentioned having doubts about her role as a mother to her four children.

"But you'll never hear that from any of her kids. She was a big beacon for the entire state."

## Freda Leno

North Dakota winter months can get long and gloomy. But not for Freda Leno. Freda says she has never been depressed. Not even when her husband was gravely ill, nor after the 12 major surgeries and multiple injuries in her lifetime.

Freda endured a broken back—twice. She's had one kidney removed, a broken collarbone, a broken shoulder, and a shoulder replacement. Freda also survived breast and colon cancer.

All of this is remarkable. But there is more to tell you about Freda Leno. Much more.

She is the oldest resident living in a basic care facility in North Dakota. Freda just celebrated her 102nd birthday on January 15th, at the Good Samaritan Society in Bismarck.

You wouldn't know it, though. Her age, I mean. To look at her and to listen to her, you might guess her age somewhere around 80. This lady is truly remarkable.

Every reporter asks the same question when interviewing a centenarian: "What's your secret?" But Freda's answer surprised me. She has two: sour cream and sewing.

The first, she explains, is the reason for her youthful glow and smooth, beautiful skin.

"I used to work in a field for my dad for four years. I would tie a red handkerchief all around my face because you don't want to have a sunburn. In the evening I would wash my face and I would take some thick sour cream—and that was my face cream."

And she would leave it on overnight.

"Real thick sour cream sinks right into your skin. My sister-in-law said, 'You put pure penicillin on your face!' But I didn't know it then. That was all we had."

While sour cream—and limited sunshine—kept Freda's skin smooth, her other secret keeps her mind sharp. She has been sewing since she was nine years old.

"I've done a lot of sewing. That's the best thing to hold your brain. I read that in a magazine recently."

Freda continues, "Think about sewing. If you don't have a pattern, all the thinking you have to do, and the different seams."

I asked her what she likes to sew.

"Ask me what I don't sew," she chuckled.

Freda and her husband Jake raised five children, so she tailored coats, suits, and dresses for all of them, from patterns she designed herself. She also stitched together many quilts and pillows, and even her daughter's wedding dress. Freda says her eyesight keeps her from sewing daily, as she did in the past. But when she does, she still uses her 60-year old Viking sewing machine to create potholders, pillows, bibs, and decorations that are cherished gifts for people who receive them, including staff members of the Good Samaritan Society.

Activities Director Lori Roehrich says Freda is an inspiration to all of them. She says Freda insists on using a walker instead of a wheelchair. And she doesn't just use it for walking.

Freda grins as she adds, "I can run with it just as easy as walk with it."

Before I arrived on the day we visited, she had slipped off the black two-inch pumps she was wearing to run back to her room to get one of the pillows she had sewn.

Freda also does yoga once a week, and to the amazement of staff and other residents, can lift her leg straight up while standing. Did I mention—she's 102?

Lori says Freda refuses to live in the nursing home. But after she lost her balance and fell, injuring herself, she was transferred from Basic Care to the facility's nursing home while she recovered. Lori says Freda wondered at first why this would have happened to her, but then she made the best of it, and even found a purpose in it.

"The next day, I found her in the dining room helping feed another resident who couldn't see. And Freda helped feed her until the day that lady died."

Maybe it was her own nursing experience kicking in—Freda did tell me she worked for 15 years at the Sheyenne Manor, the nursing home in Valley City. But more likely, it would stand to reason that a woman who has never let life or loss get her down for more than 100 years would spend her days showing compassion, kindness, and love to another in her final days.

# Predator Awareness

By Marci Narum

You have just put in another extra-long day of work, and it's already getting dark. But as you lock your office door, you remember: the kids drank all the milk at breakfast, plus, you're out of eggs, and you need veggies for dinner tonight. So you make a quick stop at the grocery store before heading home for the night.

Familiar?

How about this:

You finish the grocery shopping and hurry back to your car. You have three plastic bags of groceries cutting off the blood supply in one hand; in the other, you're texting your kids to let them know you will be home in ten minutes to start dinner.

Now—where did you put your car keys? You get to your car and dump everything on the ground so you can dig around in your coat pockets and purse. Found them. And you're on your way home.

If this is familiar, count yourself lucky. According to safety experts, doing all of this makes you the ideal target for any would-be predator.

*But this is North Dakota. The Peace Garden State. People here are "so nice!" We don't have to worry about that kind of thing happening here. Right?*

The point of this article isn't to make you worry. It's to raise your personal awareness. Because that is the first step to avoiding a threatening situation.

Don Moseman is the Program Director for the North Dakota Safety Council (NDSC). He says the fastest growing trend in crime—especially in North Dakota—is sexual assaults.

According to the North Dakota Attorney General's 2014 Crime Report, the most recent statistics available, "Crimes against Persons" increased 6.8 percent with 42,968 offenses reported by local law enforcement, compared to the 40,245 reported in 2013. These include rapes and assaults. Offenders who are convicted are ordered to register as sex offenders. They are required to notify law enforcement of their current address, and any change of address.

The number of registered sex offenders in the state changes daily, as offenders move into and out of North Dakota. But on January 12, 2016, the North Dakota Attorney General's office reported 1,763 registered sex offenders in the state. 1,356 of them were not incarcerated. The total number also does not include Tribal members, who must register in their own system.

But citing figures from the U.S. Department of Justice, Moseman says only 31 percent of rapes are reported to the police, and of those, 18 percent are convicted. Moseman says that means when you check the list of registered sex offenders to see

if one is living in your neighborhood, 82 percent of them are not on the list. 69 percent are never caught.

Moseman stresses the importance of having women know these numbers: to be educated and empowered.

"We don't want them to live in fear with all the disturbing statistics and examples we give them. We want them to live in confidence because they now have the knowledge to protect themselves and be safe."

In 2011 Moseman began teaching a four-hour course called "Self-Protection and Predator Awareness." Since then, nearly 1,200 women, men and teenagers in five states have taken the course, with 98.6 percent rating it as "excellent."

Karen Selensky agrees. Karen, a training coordinator with NDSC, took the course with her daughter, 15-year old Katelyn. Selensky hopes her older daughter will be able to take the course before heading to college next fall.

"I said I'm doing this for awareness for them. They are both in sports and on busses late at night and in parking lots, so there is a lot for them to be aware of. We live in Bismarck and it's a safe place, but we open the paper and every day something has happened."

Moseman says the course focuses on safety issues specific to the community and the state.



Photo courtesy: North Dakota Safety Council

"Our economy has slowed some, but most of the people who moved here stayed here. They're just not working right now. Many of them made a lot of money. They can afford to wait until the jobs are back. Unfortunately a large percentage of them are offenders."

Moseman points out that some women are at higher risk because of their professions, such as women working in the energy industry. He has trained female employees of some companies in the Bakken, and he recommends training and awareness for women in the healthcare and education industries.

"We know there has been a lot more assaults on teachers in the last ten years."

Moseman says women in real estate also face higher risk of assault. Sue Jacobson with Century 21-Morrison has been a realtor for 13 years. She admits there have been times she has felt unsafe, but she takes precautions, inviting another agent or her husband to a property showing when it's late, or the property is out of town. Jacobson says Century 21 Brokers also provide safety training programs, and the Bismarck-Mandan Board of Realtors keeps all agents informed of suspicious individuals known to prey on realtors.

Jacobson also periodically carries a Taser. She knows other agents who have a concealed weapons license, and carry a small firearm for self-protection.

"Most people are good and honorable. We don't like to look at people with a

suspicious view, but there are times you do feel uncomfortable. We put ourselves out there. We take phone calls and agree to meet with perfect strangers, and invite them to get into our vehicles to go look at properties that are, in some cases, vacant. We just have to be smart and protect ourselves."

Real estate agents earn continuing education credits when they take the Self-Protection and Predator Awareness course. The course combines two hours of classroom teaching with two hours of hands-on physical training designed to help you avoid being a victim. Moseman shares tips such as identifying potential predators, and where abductions are likely to occur.

Selensky says that's one of the biggest lessons she learned in the course: "They recommend you never park beside a van, no matter what type of van it is, because vans are so often used for abductions. Just little awareness tips that people don't realize."

"We talk about the different types of stalkers and predators," says Moseman. "We spend a lot of time on observation—the 'what and how.' Everything from their daily routines, and when to get law enforcement involved. I tell them that if you pay real close attention in the classroom portion, you won't need the hands on part because it's all about awareness."

NDSC Home and Community Coordinator, Peter Pomonis says the course is for anyone 13 and older, and your body size and strength don't matter.

"In the hands-on part we show them what to do if they find themselves in a situation. They learn moves to escape without harm.

"It's not overly physical, but we encourage attendees to dress in loose clothing because they will be punching a dummy, and rolling around on the ground. It's not too intense

but we try to make it as realistic as possible. It's all about improving your personal safety and avoiding these situations if possible."

Moseman adds, "We don't call our program 'self-defense' we call it 'self-protection' because you don't need to know how to beat someone to a pulp, you just need to know how to get away."

And one more tip to take away for those nights after work when you're heading back to your car after picking up groceries: keep your phone in your purse, opt for pushing your groceries out in a shopping cart instead of carrying bags, have your keys in your hand, pay attention to your surroundings, and be prepared for anything out of the ordinary. Your chances of getting home safely to make dinner for the kids will increase significantly.

**"We don't want them to live in fear with all the disturbing statistic and examples we give them. We want them to live in confidence because they now have the knowledge to protect themselves and be safe."**



### **Self-Protection & Predator Awareness**

[www.ndsc.org](http://www.ndsc.org) • 701-223-6372

Course cost: \$50 member • \$55 non-member • \$40 group rate (six or more)

Private Rates: Call for a quote for your business

# VITAMIN D: *Protecting And Promoting A Healthy Body With The “Sunshine” Vitamin*

By Kylie Blanchard

Commonly called the “Sunshine” vitamin, Vitamin D plays a key role in the body’s bone-building process through aiding in the absorption of calcium. However, the vitamin is also important in building the body’s immunity and protecting against a variety of diseases.

“Vitamin D is a fat soluble vitamin that is important to our body as it can break down into a steroid hormone,” says Amanda Allmaras, NP-C at Lifeways Clinic. “Steroid hormones are important for skeletal and non-skeletal health.”

She says there is also evidence that adequate amounts of Vitamin D play a role in preventing chronic illnesses such as kidney disease, lung disorders, diabetes, stomach and intestinal problems, and heart disease. “The Food and Nutrition Board recommends males and females from the ages of 19 to 70 consume at least 600 IU per day,” says Allmaras. “However, dosing varies on patients’ risks, levels and absorption rates.”

The body produces Vitamin D naturally when the sun’s ultraviolet rays penetrate bare skin, but getting enough sunshine can be hampered by a colder climate, more time indoors, or the use of UV-blocking sunscreen. Allmaras notes there are many dietary sources, such as seafood, egg yolks, beef, liver, and Swiss cheese that contain Vitamin D naturally. “Also foods or beverages that state they are fortified with Vitamin D, such as milks, orange juices, yogurts, or cereals,” she notes.

“In addition to dietary support, supplementation or prescription Vitamin D is also available to prevent or treat Vitamin D deficiency,” Allmaras continues. “It is best to take Vitamin D with a fatty meal to promote the most absorption due to the fat soluble properties of the vitamin.”

Factors inhibiting the absorption of Vitamin D include darker skin, which has higher levels of melatonin, the pigment that gives skin its color, and can block the needed sun to produce Vitamin D. Certain health conditions, such as cystic fibrosis and inflammatory bowel disease, impact how the body absorbs nutrients. Obesity can also impact levels of Vitamin D, as the fat soluble vitamin is stored in the body’s fat cells and not absorbed by the body.

“Symptoms of Vitamin D deficiency vary vastly and can be vague at times,” says Allmaras. “Some common symptoms we see clinically include bone pain, myalgia or muscle aches, generalized weakness, as well chronic

fatigue, depression, and fibromyalgia-like symptoms. In addition, we see osteoporosis, cancers, infections, and cardiovascular disease linked with Vitamin D deficiency."

She notes the best way to ensure adequate levels of vitamin D is through blood work. "We prefer to run a Vitamin D, 25-Hydroxy test through serum or blood-work. Normal adult ranges run between 20-100 depending on the testing facility. Our goal is for patients to be about mid-range at 50-60."

Allmaras says a 2012 study assessed 634 healthy individuals ages 18 to 50 in each of the year's seasons, and many of those included in the study were Vitamin D deficient. Results showed 73 percent of those studied were below 30ng/mL of Vitamin D in the spring, 50 percent were below 30ng/mL in the summer, 65 percent were below 30ng/mL in the fall and 69 percent were below 30ng/mL in the winter months. "I would expect these numbers to rise in the elderly or in those living in nursing homes as well," she notes.

JoAnn Neu, 81, discovered she was Vitamin D deficient after she moved to Bismarck from Tennessee in 2011. "I never had my Vitamin D levels checked in Tennessee, but after I moved up here, my doctor checked my Vitamin D level and she was concerned with how low it was."

Neu was placed on a high dosage supplement for three months to bring her Vitamin D levels back into an acceptable range. "I was surprised with how low it was as well," she says, stating she didn't feel any of the side effects that can indicate a deficiency. "I didn't even know about Vitamin D deficiency until I was checked."

If a deficiency is found, Vitamin D levels are rechecked three months after starting any interventions to prevent toxicity or too much Vitamin D being stored by fat cells. Since her Vitamin D level returned to an acceptable range, Neu's doctor continued to have her take a calcium supplement with Vitamin D, as well as a lower dose Vitamin D supplement.

She says she believes the change in climate after she moved to North Dakota may have contributed to her Vitamin D deficiency. Another factor that also likely contributed was not drinking milk, she notes.

"We definitely had more sunshine down in Tennessee and I think we were out more," Neu says, adding her husband was recently put on the same course of treatment for Vitamin D deficiency. "I heard at one time everyone who lives in North Dakota should take Vitamin D. I think it does make a difference, with all the cold, cloudy days we have here, that we aren't getting sunshine or getting outside."

Allmaras says the National Health and Nutrition Examination also identified those with no college education, obesity, poor health, hypertension, low high-density lipoprotein cholesterol levels (HDL), and those not consuming milk were significantly deficient. "In addition, individuals most at risk include people with limited sun exposure, mal-absorption or gastrointestinal issues, decreased liver or kidney function, as well as those with inadequate oral intake," says Allmaras. "It is not clear if more women or men are vitamin D deficient; however, African Americans and Hispanics are at greater risk."

Vitamin D is especially important for women due to the calcium and phosphate absorption that is needed to prevent bone breakdown and promote bone remodeling appropriately, she notes. "It provides skeletal support as it aids with the absorption of calcium and phosphate in our bones. It helps to promote bone remodeling and is an important aspect to be monitored in post-menopausal women."

"Women that are post-menopausal lose the estrogen that helps to protect their bones," continues Allmaras. "So it is important they have adequate calcium intake as well as Vitamin D so they are absorbed and utilized properly in the body to avoid osteoporosis and decrease their risk of fractures."



*Kylie Blanchard is a local writer.*

# WEST RIVER TRANSIT

**Public Transit Buses for Everyone!**

West River Transit provides public transit for people of all ages, in McLean, Rural Burleigh, Grant and Dunn counties, Beulah, Center, Hebron, New Salem, Almont and their surrounding areas.

**3750 E. Rosser Avenue • Bismarck, ND 58501**  
**701-224-1876 • Fax 701-223-2572**  
**[www.westrivertransit.com](http://www.westrivertransit.com)**



*Bismarck Art & Galleries Association's 30<sup>th</sup> Annual*

# A Wine Tasting

March 11, 2016 ■ 7-10p.m.  
Lady J's Catering at  
Bismarck Municipal Country Club

Tickets available after February 15th at...

Sponsored by  



# The Value of Healthy Self-Esteem: PRICELESS

By Jody Kerzman

If there's one thing I remember my mom drilling into my head like only a mom can, it's the importance of having a high self-esteem. I think I was probably the only 11-year-old in the state that actually knew what "self-esteem" even was. Her lectures continued through high school, college, and even into my adult life. They used to completely annoy me, but as I get older, and raise my own daughters, I finally get it. Self-esteem is important, especially for women and young girls.

As women, we are hard on ourselves. We never think we are smart enough, thin enough, crafty enough, and so on. It's easy to get wrapped up in the comparison game – how does the woman down the street work full time, raise five kids, volunteer at her kids' school, and still find time to run marathons and make a healthy homemade meal every night? In comparison, those three loads of laundry you washed, dried, and folded, but still haven't managed to put away, make you feel like a complete slacker.

Dr. Marie Schaaf Gallagher is a psychologist at Sanford Health in Bismarck. She defines self-esteem as the value we place on ourselves. If you have a high self-esteem, you feel pretty good about yourself. If your self-esteem is low, you may think you can't do anything right (Remember those piles of laundry?). Comparing yourself to the mom down the street is a dangerous habit, because often, you only see one side of the story. You may see a woman who appears to have the perfect life, but you might not see that she's actually struggling to keep it all together.

"Balance is so important. None of us are going to be the best at everything, but we're not going to be the worst at everything either."

She says figuring out what you're good at and what you like about yourself does wonders for that balance and for your self-esteem, which improves your overall health.

"If we don't value ourselves we're not going to do things to take care of ourselves. Eventually we get run down and run into all sorts of problems physically and mentally," Dr. Schaaf Gallagher explains. "It spirals, and it can spiral very quickly. Low self-esteem is very much a part of depression, anxiety, can lead to physical problems, and health issues. Taking care of ourselves physically – getting proper rest, eating a healthy diet, making time for exercise and things we enjoy – is important. There are lots of people who don't even take five minutes in the day to just take a moment, take a break. The more time we can dedicate to self-care the more we show that we are valuable."

Because feeling like you're not valuable can lead to depression. Schaaf Gallagher warns that it is important to know the difference between low self-esteem and depression and to realize when you need to seek additional help. There are some signs to look for that often signal a low self-esteem has sunk into a depression. They include:

Check bullet indentation/spacing

- missing a lot of work or school,
- not keeping up on hygiene,
- quitting activities, you enjoy,
- a drop in grades or work performance, and
- crying for no reason.

"If anyone ever says life is not worth living that is a huge red flag that we need to get them help," she adds. "Low self-esteem can be part of depression and just because you have low self-esteem doesn't mean you have depression, but we need to know the difference so we can get people the help that they need."

She says depression is usually very treatable. Addressing low self-esteem before it becomes depression is ideal, though. Dr. Schaaf Gallagher says the first step is lowering our external expectations of ourselves.

"Our external self-esteem is based on how we look, our weight, or how other people respond to us. Anytime we don't get that external positive feedback, our self-esteem suffers," she explains.

While the world is very focused on what's on the outside, she recommends shifting your focus to what's on the inside, because when we focus more on internal self-esteem and what we say to ourselves, we become more resistant to how the world might see us. Remember, it really is what's on the inside that matters most.

That's an important message for all women to remember, and especially for moms. Schaaf Gallagher says moms play a crucial role in their children's self-esteem. Her advice: practice what you preach.

"You have to model for them, show them how to have a high self-esteem," she explains. "Kids are very good at seeing what we do, and knowing the difference between what we say and what we do. We need to be really careful about the messages we give our daughters. If say 'I'm fat,' she will hear that and think if she doesn't look a certain way you won't love her. Instead, comment on how good she looks, or on the effort they put into an assignment."

Finally, while my mom was right about the importance of having a high self-esteem, Schaaf Gallagher cautions against bringing others down to make yourself feel better. Words hurt, so it's important to be careful what you say, to others as well as to yourself.



Dr. Marie Schaaf Gallagher

# THE WELL ARMED WOMAN

By Marci Narum



Josette Severson

Josette Severson considers herself a 'girly girl.' Like many women, she enjoys slipping into high heels and a dress to look professional. She speaks with a sweet confidence. But fair warning: Severson knows how to handle herself. And her firearms.

"I have felt threatened. A few times when I've been running, I have turned around and said, 'you do NOT want to mess with me.' My goal is that if I'm ever in a situation I don't want to my firearm. I am also a third-degree black-belt in traditional Taekwondo and have 20-plus years of training."

Severson owns Prairie Patriot Firearms Training in Bismarck. She started the business with her husband, Robert three years ago. Both are certified instructors with the National Rifle Association (NRA), trained

in basic pistol, range safety, and FIRST-Firearms Instruction Responsibility Safety Training. They host private shooting lessons, and Severson has developed her own training programs, including a Handgun Handling course, and the popular "Try a Gun" course.

"I heard many new shooters say, 'I wish I understood the difference in "feel" between different calibers.' That inspired me to create the course. Now many of my students that have taken it are able to decide which firearm they will purchase."

The course gives you some basics on six different firearms five pistols and one revolver—starting with a .22 caliber and working up to a .45 caliber. Students are given the opportunity to try each gun with one bullet, then shoot several more if they choose to.

"When you're shooting, you're not only feeling the size of the gun, you feel how your fingers wrap around the handle, the weight of the gun, and the weight of the bullet. A lot of people like the big bullet in a big gun because it doesn't have the recoil kick back that a smaller-framed gun does."

You might wonder why a "girly girl" would be so into guns. It all started nine years ago, when Severson worked for the USDA Wildlife Services Division as a budget analyst. Part of her

job was purchasing firearms and explosives for the trappers. Each year the field staff is trained and re-certified in the field. During the fall 2007 training, someone encouraged Severson to shoot one of the firearms, so that she could have a better understanding of the product she was purchasing. It was a Ruger Mark II .22 caliber pistol.

"And that kind of started it. That day, I got to shoot my first handgun, first rifle, and first shotgun. And I remember coming home and telling my husband, Rob, 'I did this today, and the empowerment, the feeling I got, I want to keep learning more!'"

Severson says she started to enjoy shooting with her husband, also a gun enthusiast. Going to the shooting range even became date night. Smiling, she shows me the earrings her husband had made for her—the bullet casings from the first firearm she owned. But Severson says she also found it to be a very male-dominated activity.

"I started to think, there's got to be a group of women out there who are like-minded, who enjoy shooting. They've got to be out there. It can't be just me. But I couldn't find anything in the area. That's when we were introduced to Nic Couture, the owner of the Personal Defense Center. I told him I wanted to start my own firearms training company. He said he heard other ladies wanting to learn from a female instructor.

"From there, Rob and I went home and talked, and Prairie Patriot Firearms Training was born. That was three years ago."

And now...

"A lot of women are saying 'yes, I want a handgun to protect myself.' They go home and say, 'okay now what do I do with this?' We learn way differently than guys."

Severson has started the first North Dakota chapter of The Well Armed Woman, with 23 members and growing. Its mission is to educate, equip and empower women for self-defense and to expand the world of firearms to women. The group meets the second Monday of every month at the Personal Defense Center in Bismarck.

"You can check out the first meeting for free. After that it's \$50 for the year. It's all volunteer-led.

"It truly does warm my heart that I'm able to help another female feel comfortable shooting a gun, to conceal carry, and get them together with other like-minded women."

**To learn more about The Well Armed Woman and courses available at Prairie Patriot Firearms Training:**

josette@prairiepatriot.com    www.prairiepatriot.com

701-214-1786

Also find them on Facebook





he said  
she said

# Be Safe and Don't Share Too Much on the Internet

by Annette Martel and Kelly Hagen

## He Said:

Have you heard of this term, “sharenting”?

I know, on first blush, it looks kind of pleasant. Like a little baby unicorn! Because it's combination of the words “parenting” and “share,” and both of those things are good, and even better if done together. Annette and I share the tasks of parenting. We both cook, we both clean, we both pick up and drop off the kids at school and daycare, we both stay home with the kids when they're sick, we both sit by their beds at night, reading them stories, and helping them get to sleep, and we both bribe the kids to do things we want them to do with tiny trinkets.

We do these things in turns, by the way. If we were to both be attending to one child at the same time, that

would confuse the child, and the other one would be unsupervised and would likely figure out how to use the credit card to order sleds off of Amazon.com.

Anyway, sharenting isn't about that. It's about sharing too much about your child's life on social media.

So the revulsion is probably kicking in, right about now. Because we all know we shouldn't be sharing private information about our children online. You risk giving them a computer virus. My kids already get plenty of viruses; they don't need assistance from the Internet.

Medical history is one of those subjects that are supposed to be kept private. So pretend I didn't just tell you my children catch colds.

Regular readers know that my wife and I regularly refer to our kids by names such as Chatterbox

Stickfingers (not his/her real name), and those, of course, are made-up identities. Also, pretty much every story we share about our children's experiences in life have been only a little bit true. Yup, I make things up for comedic effect. And I'm so sorry that I've breached your trust in us by lying. I feel bad. Sleeping is very difficult for us both, if that makes anyone feel any better.

So we take that same approach to social media. Sure, we post pictures of the kids, but we also post stock photos we find off the Internet and refer to these fake children by names such as Bobby and Baxter and Joanna Sue. They're adorable, and they aren't real.

Keep the world guessing, that's my best suggestion. Instagram can't handle your truth! Now, here's my wife, Annette, who may or may not be a real person.

## She Said:

Um ... thank you? What a kind introduction.

Another thing my supposedly real husband was less than truthful about is what we don't always share. I usually end up being the serious one in our relationship, as well as in this column. Kelly gets the funnies; I get the real, and sometimes, all the feels.

Which is for the best, because I'm not sure that he experiences feelings quite the same way as you or I do. But he's pretty docile, and I enjoy having him around.

So have you Googled the word "sharenting" yet? It will give you some feelings you probably weren't looking to experience. Shock, horror and disbelief, followed by laughter, eye-rolling and a general sense that, "Hey, maybe I'm not as bad at this parenting gig as I thought."

And for those without access to Google, "sharenting" is a term that covers all of those horrifyingly embarrassing things that people have over-shared about their children on social media. Examples include a newborn who was being photographed naked and just couldn't wait to do that natural bodily function that babies are prone to do until there was a diaper in place, or parents publicly shaming their children by sharing pictures of them on a street corner, holding a sign that confesses their indiscretions.

This may make for some LOLs around the water cooler, as everyone checks their phones instead of talking to each other, but what's not funny is that those images live forever, and those kids do eventually grow up.

I know what you're thinking. "I would never do something that silly!" That's great and I'm with you, but here's where it gets scary. A mom posted a seemingly benign photo of her son on a date night with her, and out popped 186,981 trolls to tell her why she was a bad mom in the comments, picking apart every detail of the photo and accompanying caption.

I'm going to go ahead and assume she does not possess meaningful, personal relationships with all 186,981 of those commenters. Just a wild guess. If I'm right – and you can ask Kelly about how often I am right – then the mother in question made the mistake of not setting the privacy setting on that posting properly. And if there's one thing that the public loves, it's telling people they don't know what a terrible parent/human being/grammarian they are!

Stay safe out there. Don't let your kids or yourself fall victim to sharenting, whether it's online or in real life, and don't believe anything my husband posts on the Internet.



*Columnists Annette Martel and Kelly Hagen are supposedly married, possibly have two children, and hope desperately that you have no earthly idea what their real names are. They can be reached at [shesaidhesaidcolumn@gmail.com](mailto:shesaidhesaidcolumn@gmail.com).*



Join **Inspired Woman** on this wonderful getaway! Perfect for girlfriends, sisters, mothers and daughters or just yourself.

**September 30-October 3, 2016**

Tour Price - **\$2,295** per person  
(based on double occupancy)

**CONVENIENT  
MONTHLY  
PAYMENT  
SCHEDULE**

### HIGHLIGHTS:

*Tentative itinerary, subject to modification*

- Charleston City Market
- Historic King and Church Streets
- Ft. Sumter
- French Quarter
- Cone with the Wind House
- Southern Plantation Tour
- Charleston Harbor Battery, Promenade, and Historic park
- Rainbow Row
- Free time for shopping, dining, chocolate and wine

### INCLUDES:

- Air travel Round trip
- Welcome dinner
- Ground transportation
- Breakfast Daily
- Dedicated 24-hour tour director for the duration of trip
- Hotel accommodations at double occupancy
- Convenient monthly payment schedule available

Enroll by calling Sally Cebuhar at 866-313-2577 or go to [www.globaltravelalliance.com/enrollment](http://www.globaltravelalliance.com/enrollment)

Group Leader: Woman, Group ID: 5601, Then follow steps through payment options

# “I’LL BE THERE”

## A Famous Singer Gives This Woman a Reason to Smile

by Jessie Veeder

“You know, all we have is the moment. That’s all any of us have.”

This is what Diane Defoe said when people told her she shouldn’t do it. Her 95-year-old mother was too frail to take across the state to see her favorite singer in concert.

And besides, she wouldn’t remember anyway.

But that’s the end of the story.

The story begins, actually, with a woman who loves music. Ethelyn Basol, Diane’s mother, would sit down to watch “The Tony Orlando and Dawn Show” every Tuesday night in the mid 1970s.

“I remember it was Tuesday nights,” recalls Diane. “Because I would go to call her and then think ‘Well, I can’t call her right now. She’s watching Tony Orlando and she won’t pick up the phone.’”

Tony Orlando, who is best known for his hits “Knock Three Times” and “Tie a Yellow Ribbon Round the Ole Oak Tree,” handsome and charismatic, was Ethelyn’s favorite singer.

Diane, Ethelyn’s only daughter, describes her mother, a woman who holds fond memories about being in the Harmonica Band in grade school, playing the saxophone in high school, the organ at the nursing home and who, when she moved into assisted living, in her 80s, started a band.

“She played the organ in a little band,” remembers Diane. “They would get together and have jam sessions at Hillside Court...they would tape a lot of it.”

Today Ethelyn’s organ sits in her room at the Good Shepherd Home in Watford City. Diane, who lives in town, visits her mother almost every day. She converted those tapes into CDs and when she visits, they’ll often play them and reminisce.

“She’ll say, ‘I haven’t been able to find new band members to play with here,’” says Diane. “And I’ll tell her, well, it probably wouldn’t be the same.”

And so the scene is set: an aging woman with a passion for music and a daughter who helps keep her memories afloat.

It’s a recipe that seemed to save Ethelyn’s life last spring



*Ethelyn with Tony Orlando gear*

when she fell ill with pneumonia, sending her to the hospital clinging to life, her family preparing for the end.

“I remember one night I was sitting with the nurse in mom’s room, trying to get her to eat and we were talking about our favorite singers,” recalled Diane. “I said to Lisa, the nurse, ‘Well you know who mom’s favorite singer is? It’s Tony Orlando!’ And that’s when things got started.”

Lisa looked up the singer on the Internet and printed off an 8x10 photo of Orlando and taped it to her hospital tray. Ethelyn’s eyes lit up.

“She’d point to it and say, ‘Isn’t he handsome?’” remembered Diane.

Diane went home and downloaded Orlando’s music to an iPod.

“There she was with her bright pink and blue headphones laying in her hospital bed, 80-some pounds, her little feet going to Tony Orlando,” says Diane.

After seeing Ethelyn’s reaction to the music and memories of her favorite singer, Lisa suggested to Diane that they reach out to Orlando in some way. So the nurse posted a message to Tony Orlando’s Facebook fan page about Ethelyn and Lisa got a reply from Jenny-Rose, Tony Orlando’s daughter.

“Lisa asked if she could have my phone number because Jenny-Rose was going to have her dad call me,” laughed Diane. “I was like, ‘Oh my God, Tony Orlando is going to call me?’”

And he did indeed. Diane was at the hospital with her mother when her phone rang.

“He asked if he could talk to her, wondering if she would be able to hear him,” said Diane.

So she turned up the phone volume, put it up to her mother's ear and Tony Orlando, Ethelyn's favorite singer, sang "Tie a Yellow Ribbon Round the Ole Oak Tree" just for her.

A few days later a big box of Tony Orlando memorabilia arrived in Ethelyn's hospital room, including all of his TV shows on DVD, twelve CDs of his music, ornaments, t-shirts and three 8x10 autographed photographs, one for Ethelyn, one for Diane, and one for Lisa.

"She was in heaven," recalled Diane.

And the whole hospital got in on it, dancing to Tony Orlando's music in the lab, singing to her, playing it for her and admiring his photographs, until, little by little, Ethelyn got better.

And Jenny-Rose stayed in touch, sending texts to check in on Ethelyn and requesting photos that she could send along to her dad. That spring, Diane even worked with Jenny-Rose on flying Orlando into Minot on his way to a concert in Wisconsin that spring, but a bad storm prevented the trip from taking place.

"I really think he would have come here to see her if it wasn't for the weather," said Diane. "That's the kind of man he is."

If you ask Diane she will tell you she didn't think her mother was going to recover that spring. The family gathered and plans were made.

"Oh, I know it's God and medicine, but to give her something to look forward to, a reason to smile, I know that played a big part," she said.

And so, in December, when her mother was back in the home, back to watching Tony Orlando DVDs and listening to CDs of her old band, Diane started checking to see if Orlando had any concerts in the area and discovered that he was going to be in Devils Lake.

Fifteen years ago Diane surprised her mother with a trip to see him in concert for the first time and remembers her tears of excitement. She wondered if she could pull it off again, but with her mother so fragile and suffering from disorientation and memory loss, she decided it would be too difficult.

"Then I went to visit one day...and she says, 'Oh, I wish I wasn't so old and I could see Tony Orlando one more time,'" said Diane. "I looked at the nurse and she looked at me and I said 'We're going!'"

With the help of her daughter Penny and her husband, the tickets were purchased and plans were made.

"I texted Jenny, 'We're going to see your dad!'" said Diane. Jenny-Rose replied with a promise of free tickets and plans to meet Orlando back stage.

When the day came to take the trip, Diane decided to, again, surprise her mom.

"I picked her up from the nursing home and told her 'We're busting you out of this place,'" laughed Diane.

And so they did. And when they got to the concert at Spirit Lake Casino, they sat in the front row and watched Tony Orlando take the stage and Diane watched her 95-year-old mother's mouth drop.



*Ethelyn with Tony Orlando*

After the concert Jenny-Rose arranged for the family to be taken back stage and it was there that Ethelyn finally got to meet the man whose music had her tapping her toes for decades.

"He talked to her for a half hour. He hugged her. He told her she was beautiful," said Diane. "He said, 'We're no longer fan and entertainer, we're now friends.' And then he gave her a kiss! It was unbelievable."

Afterward, the group went into the casino and Diane put \$20 in a slot machine for her mother and Ethelyn sealed that kiss by winning a sweet \$460.

And that's where this story ends, in the hotel room where a mother and a daughter, tucked into bed with the lights out, talked and reminisced into the early hours of the morning about an unbelievable and unforgettable night.

"I didn't care if she remembered it tomorrow, if she was happy in the moment, it was worth it," said Diane. "But she does. I was out at the home yesterday and it's all she can talk about."

Yes, this story ends here, but Ethelyn, with her daughter by her side, has more of her story to write.

Because when she turns 100, Tony Orlando promised to pay her a visit to help her celebrate.



*Jessie Veeder is a singer, writer and photographer who lives and works on her family's cattle ranch in Western North Dakota with her husband, Chad.*

## Working Together for Your Financial Future



**Jessica L. Weisz**  
Financial Advisor

521 E Main Ave Suite 225  
Bismarck, ND 58501  
701-258-4382

**Edward Jones**  
MAKING SENSE OF INVESTING

Member SIPC

## community contributors



A B U S E D  
A D U L T  
R E S O U R C E  
C E N T E R



By Jody Kerzman

### Give us a little history about the Abused Adult Resource Center.

The Abused Adult Resource Center (AARC) began as a citizen's task force in 1976 under the name Abused Women's Resource Closet. In March 1977, the Region VII Community Action Program and the Mental Health Association of North Dakota sponsored a CETA Project to establish a program of direct services to adult victims of domestic violence. The Abused Women's Resource Closet became the Abused Adult Resource Center in January 1984.

### Who do you help?

Founded in 1976, the Abused Adult Resource Center serves victims of domestic violence and sexual assault. We are located in Bismarck but we serve seven counties – Burleigh, Morton, Grant, Sioux, Emmons, Kidder, and Sheridan. We provide emergency support, crisis intervention, temporary shelter, food, counseling, and advocacy to victims. We work with our clients and their children to help them find a life free from abuse. We also work with the community to develop an awareness and sensitivity to the issues of domestic violence and sexual assault and to establish programs to break the cycle of abuse.

### What services do you offer?

We own and operate the Seeds of Hope Thrift Store at 520 E. Main Avenue, which serves us in several ways. Through donations and resale, the store provides about 26 percent of our operational revenue. It provides clothing and other items for victims moving into a home of their own. It serves as a training ground for victims who want to enter the retail or other job market. And finally it provides employment for people in the community.

### How are you different from other agencies like yours?

We are different because we are the only nonprofit in this seven-county area providing shelter and support services for victims of domestic violence and sexual assault. The North Dakota Health Department designates service areas for each of the domestic violence nonprofits in the state, and these seven counties represent our service area. Also, we serve a portion of the Standing Rock Indian Reservation, and, through our rural outreach program, we maintain an office at Fort Yates and send two outreach advocates there several times a week. Typically, half of the victims in our shelters are Native Americans and about a third of the clients our advocates serve are Native American. In 2014, we served 1,186 new victims of domestic violence in cases affecting 1,437 children. We also served 146 new victims of sexual assault. Our two shelters safely sheltered 173 families, including 126 children.

### How can people contact you for help?

To get help, victims can contact us 24-hours a day, seven days a week at this toll-free number: 1-866-341-7009.

### How can people donate to your organization?

People can donate several ways. They can send donations to AARC, PO Box 5003, Bismarck, ND 58502. They can donate through our website at [www.abusedadultresourcecenter.com](http://www.abusedadultresourcecenter.com). They can call our office at 222-8370 and donate by credit card. Or they can stop at our offices at 218 W. Broadway in Bismarck.

### What are your needs right now if someone would like to donate?

Following are the needs of the families at our two shelters:

#### Women:

- |                                  |   |
|----------------------------------|---|
| • Underwear and socks sizes 5-12 | • Wash cloths   |
| • Personal hygiene items         | • Washable throw rugs (red/burgundy/green)                    |
| • Hair brushes                   | • Pillows   |
| • Shampoo                        | • Utensils  |
| • Conditioner                    | • Phone cards   |
| • Razors                         | • Gift cards to get essentials                                |
| • Shaving cream                  | • Vehicle maintenance: Oil changes, tune-ups and gas vouchers |
| • Cleaning products              |   |
| • Bath towels                    |   |
| • Hand towels                    |   |

#### Children:

- |                                     |  |
|-------------------------------------|--|
| • Durable toys (infant to teenager) | • Baby dolls                                 |
| • Tonka trucks                      | • Legos/building blocks                      |
| • Army men                          | • Cars/trucks                                |
| • Barbie dolls                      | • Size 6 diapers                             |
| • Play food/kitchen items           | • Children's socks and underwear (all sizes) |

# Texting and Driving

By Jody Kerzman



## THE STATISTICS ARE STAGGERING.

According to AT&T, 43 percent of teens text while driving, 73 percent of teens look at their phones at a stop light, and 89 percent of teens expect a response to a text within five minutes. That's despite the fact that texting and driving is against the law.

They are statistics that drive teen driver Sydney Helgeson crazy.

"We know it's not safe and there is pressure not to do it, but teens still text and drive," says Sydney.

Sydney points to one statistic that may explain that behavior: AT&T says 77 percent of teens see their parents text and drive.

"It becomes a habit, and it is hard to break that habit. Teenagers may not ever actually admit it, but we do look up to our parents, and we take cues from them about what's ok to do. So if our parents text while driving, we probably will too," she explains.

Sydney is doing something to change those statistics. At just 15-years old, she's partnered with several organizations – including AT&T, the North Dakota Safety Council, the North Dakota Department of Transportation, and AAA – to spread the word about the dangers of texting and driving. She's got the perfect avenue to do just that: in November, Sydney was crowned Miss State Capitol Outstanding Teen. Along with the crown came the chance to adopt a platform. Sydney immediately knew her platform would be texting and driving.

"I was crowned right around the same time I was getting my driver's license," she says. "I became the driver in my group of friends, and when I was driving to pick them up, I realized just how tempting it was to check my phone while driving. I figured I wasn't the only one."

Sydney started doing some research and what she found further convinced her of the importance of her platform, "Texting and Driving: It Can Wait."

"I learned that texting and driving makes you two times more likely to be in an accident. It's not just texting though. Statistics find that four out of ten drivers admit they use social media while driving. I believe that's true. I see people posting to Facebook and Instagram while driving and I get Snapchats from people all the time who are stopped at red lights or driving. It makes me so mad. I never respond to them. I know people are on other social media sites while driving too, and I hear them say all the time it's no big deal because they're at a red light. But it is a very big deal."

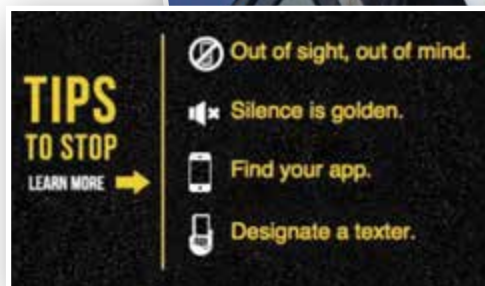
Sydney says there are ways to remove the temptation to text and drive. The easiest is simply putting your phone out of reach. She also suggests if there are others in the car with you, have a designated texter to respond to incoming texts.

"There is also an app you can download that responds to texts for you. It sends a response that says 'Sorry, can't talk. I'm driving.' It's just enough to let your friends know what's going on, which is important. I think teens expect a return text immediately, that that's not always a safe thing to do," explains Sydney.

And while teens know the dangers, they continue to text and drive. Sydney is doing her part to will spread the message. She's planning presentations for her fellow students at Bismarck High School and will speak to several other groups as well. She's set up a hashtag #itcanwait and will be asking all drivers, not just teens, to take a pledge not to text and drive. You can take the pledge at [www.itcanwait.com/pledge](http://www.itcanwait.com/pledge).

"There just isn't a text or a social media post so important that it can't wait until you're parked. I want to get that message through to my peers," says Sydney.

"I don't want my friends and classmates to get into a crash because they were texting."





This list of Capital City Arts & Culture Events is provided by Dakota West Arts Council. If you have questions or would like to have an event listed, please contact Eileen at Dakota West Arts Council (DWCA) [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com). Dakota West Arts Council is a non-profit organization that leads, advocates and advances arts and culture in Bismarck and the capital region. Learn more at [dakotawe-starts.org](http://dakotawe-starts.org).

## February 2016

### February 1

LHS/SMS Combined Orchestra's-Midwinter Concert | Legacy Auditorium—7:30pm

### February 1-29

Art Gallerie on Main Art Workshops | Start 6:00 pm on different selected days. | 402 E. Main Ave., Bismarck, ND | [lydiaarts@msn.com](mailto:lydiaarts@msn.com) | 701-425-8439

### February 5-6

NDACDA Honor Choirs & Jr. High Choirs

### February 5-March 25

Bismarck Downtown Artists Co-op Exhibit "Sketch to Skin" | Art inspired by tattoos and for tattoos. | Opening Feb 5. 5:30pm

### February 2-27

BAGA Exhibit by artist Jodi Peterson | Reception, Feb. 5, 5-7 pm | Member Artist, Carol Carlson | Contact BAGA at 223-5986 or [baga@midconet-work.com](mailto:baga@midconet-work.com)

### February 6

Flickertail Woodcarvers Meeting | 9-11 AM – Snow Snakes Project – Doug Emerson | [dale.heglund@ndsu.edu](mailto:dale.heglund@ndsu.edu)

### February 7-8

Big Muddy Band Festival | Mandan HS, All Day

### February 8-9

Horizon 6th Grade Orchestra Elementary School Tour

### February 10

Art Gallerie on Main 'Eclectic Scribes' FREE Writers Group | 402 E. Main Ave., Bismarck, ND | [Lydiaarts@msn.com](mailto:Lydiaarts@msn.com) 701-425-8439

### February 11

BHS & Wachter Orchestra Midwinter Concert | Knaak—7:30pm

### February 12

Northern Plains Dance -- The Butterfly Ball | 5:30pm -- Radisson Hotel Ballroom | Tickets on sale at [www.northernplainsdance.org/butterflyball](http://www.northernplainsdance.org/butterflyball)

### February 12-29

Art Gallerie on Main Exhibit "Art Love..." | Opening Reception Fri. Feb. 12th | 5:00 – 8:00 pm Featuring artist – Helen Campbell | 402 E. Main Ave., Bismarck ND | [lydiaarts@msn.com](mailto:lydiaarts@msn.com) 701-425-8439

### February 16

Flickertail Woodcarvers Whittle-in | 7-9 PM -- Turtle Project -- Eric Gaasland | [dale.heglund@ndsu.edu](mailto:dale.heglund@ndsu.edu)

### February 17

West State "A" Woodwind Solo & Ensemble Festival | U of Mary—All Day

### February 18-20

CHS Mid- Winter Play | CHS Auditorium—7:00pm—Sunday at 2:00pm

### February 23

CHS & Horizon Orchestra Mid-Winter Concert | Olson Gym—7:30pm

### February 25

LHS Midwinter Band Concert | Concert Band & Simle 7th Grade Band | Legacy High School Auditorium—6:00pm

LHS Midwinter Band Concert | Freshman Band & Wind Ensemble | Legacy High School Auditorium—7:30pm

### February 26-27

Northern Plains Dance | Choreographers' Showcase: Celebration 10 Years of Dance | February 26 7:30pm | February 27 2:30 and 7:30pm | Belle Mehus Auditorium | Tickets on sale at [northernplainsdance.org](http://northernplainsdance.org)

### February 27

Central Dakota Children's Choir presents "MidWinter Warmth" | Frances Leach High Prairie Arts & Science Complex, 10:00 am | [cdcc@aboutcdcc.org](mailto:cdcc@aboutcdcc.org)

### February 29

CHS Midwinter Band Concert | Prep & Concert Bands | Auditorium—6:00pm

CHS Midwinter Band Concert | Freshman Band & Wind Ensemble | Auditorium—7:30pm

## March 2016

### March 1-26

BAGA Exhibit by artist, Karman Rheault, Moorhead | Reception, March 4, 5-7 pm | Member Artist, Witney Neilsen | Contact BAGA at 223-5986 or [baga@midconet-work.com](mailto:baga@midconet-work.com)

### March 1

Horizon Jazz Band & Show Choir Concert | HMS Cafetorium, 7:00pm

### March 3

BHS Concert Band & Wachter | 6th & 8th Grade Bands Regional Concert | Kaarlgaard, 7:30pm

Wachter 6th Grade Band w/ BHS Band Concert | Knaak, 7:30pm

### March 4

Central Dakota Children's Choir Limited Concert Series | 7:30 pm and Saturday, March 5, 2016 at 3:00 pm | Legacy High School | [cdcc@aboutcdcc.org](mailto:cdcc@aboutcdcc.org)

### March 5

Flickertail Woodcarvers Meeting | 9-11 AM – Nite Light Project by Perry Cook | [dale.heglund@ndsu.edu](mailto:dale.heglund@ndsu.edu)

### March 8

BHS Midwinter Band Concert | Knaak, 7:30pm

CHS Midwinter Choral Concerts | CHS Auditorium, 6:00pm and 7:15pm

### March 9

Art Gallerie on Main 'Eclectic Scribes' FREE Writers Group | 402 E. Main Ave., Bismarck, ND | [Lydiaarts@msn.com](mailto:Lydiaarts@msn.com) | 701-425-8439

### March 10

LHS Orchestra's WDA Chamber Music Recital | LHS Auditorium, 7:30pm

Horizon Spring Choir Concerts | 6th, 7th and 8th Grades | HMS Cafetorium, 6:00, 7:00 and 8:00pm

Wachter 7th & 8th Grade Band Concert | WMS Cafetorium, 7:00pm

### March 11

BAGA Annual Wine Taste | 7-10 pm -- Bismarck Country Club | Contact BAGA at 223-5986 or [baga@midconet-work.com](mailto:baga@midconet-work.com)

### March 11-12

ND Jr. High All-State Band Festival | Mandan HS

### March 14

HS Choir Midwinter Choral Concerts | Knaak, 6:00pm & 7:30pm

CHS Orchestra Cheesecake Recital | CHS Commons, 6:30pm

LHS East Side Regional Band Concert | Wind Ensemble, Simle 6th & 8th Grades | Haussler Gym, 6:30pm

LHS Concert Choir & Simle 6th Grade Choir-Midwinter Concerts | LHS Auditorium, 5:15pm

LHS Prep Choir & Simle 7th Grade Choir-Midwinter Concerts | LHS Auditorium, 7:45pm

### March 15

Flickertail Woodcarvers Whittle-in | 7-9 PM – Eagle Feather Project (possibly) -- Troy Frieze | [dale.heglund@ndsu.edu](mailto:dale.heglund@ndsu.edu)

BHS Orchestra WDA Recital | BHS Commons, 6:00pm

CHS Northwest Regional Band Concert | Horizon Middle School, 7:30pm

LHS/Simle Choirs Midwinter Concert | LHS Auditorium, 6:00pm

Horizon /CHS Mid-Winter Concert | HMS Cafetorium, 7:30pm

Wachter 7th Grade Choir Concert | WMS Cafetorium, 6:00pm

Wachter 6th & 8th Grade Choirs Concert | WMS Cafetorium, 7:00pm

West State "A" Brass Solo and Ensemble Festival | U of Mary, All Day

Horizon 7th Grade Band and 7th Grade Choir Concert | HMS West Gym, 7:30pm

### March 18-20

Quilt Show | Capital Quilters | North Dakota Heritage Center | For more information State Historical Society of North Dakota West Arts Council | 701.328.2099.

### March 19

National Quilters' Day | Quilt 'til You Drop! Events | North Dakota Heritage Center, 9 a.m. to 9 p.m. | State Historical Society at 701.328.2799 | or visit [www.ndcapitalquilters.com](http://www.ndcapitalquilters.com)

### March 20-22

North Dakota High School All-State Music Festival | Bismarck Event Center, All Day

### March 21

CHS Wind Ensemble | ND Music Educator's Convention | Bismarck Event Center, 2:30pm

### March 29-April 23

BAGA Exhibit by artist, Zhimin Guan | Reception, April 1, 5-7 pm | Member Artist, Barry Walcott | Contact BAGA at 223-5986 or [baga@midconet-work.com](mailto:baga@midconet-work.com)

### March 31

Wachter Chamber Orchestra Music Recital | WMS Cafetorium, 7:30pm

WDA Music Contest Choirs | McCabe Methodist



**SPACES**



**New Year  
New Spaces**

*Come  
Visit Us*

Spaces, Inc.  
122 East Main Avenue • Suite 102  
(on the corner of 2nd and Main)  
**701-223-9922**  
www.spaces4you.com • Visit us on Facebook



**BISMARCK  
CANCER CENTER**

The Bismarck Cancer Center provides world-class radiation therapy services to cancer patients. We take pride in providing exceptional cancer treatment and caring support for body, mind and spirit.


*Hope for the future.  
Help for the community.  
Healing for the whole patient.*

*Hope... Help... Healing...*


**bismarckcancercenter.com | 701-222-6100**  
**500 N 8th St | Bismarck, ND 58501**

**NEW NAME...**  
*Same Smiles!*

We may be changing names, but Nelson Family Dentistry is carrying on our legacy with the same familiar faces you have come to trust with your family's dental care. We look forward to continuing to bring you personal, professional care and the latest treatments and technology. Call us today...we look forward to seeing your smile!



Crystal D. Overby, DDS • James A. Nelson, DDS  
Kristin R. Schoch, DDS

**polished  
dental**   
healthy smiles for the entire family

1700 E Interstate Ave • Bismarck  
**701-222-4746**  
www.polished-dental.net  
Formerly 

Always fresh, never frozen.



**SKIN**  
at the INSTITUTE of FACIAL SURGERY



Miranda Stanley, FNP | phone. 701.255.4000 | instituteoffacialsurgery.biz  

# Aging, Wisdom, and Candles on the Cake

by Carole Hemingway

I think I turned the aging corner and faced down maturity when I was 56...maybe 52. I was in good shape, had just hiked the Grand Canyon twice...and on the spur of the moment decided to move to Maine. I had experienced two marriages and divorces and needed a breather from both.

I don't remember much about menopause since I quite literally flew through it, piloting bi-planes and gliders for no other reason than that I wanted to soar...and though I was getting older...my spirit was somehow getting younger. I never needed estrogen and even now don't have many wrinkles. I was not inspired to buy a gun.

My motivation was toward mastery of self...so I became a nudist for a number of years, then switched to Buddhism...there was an article written about that, about me doing that, in a national newspaper entitled FROM NUDISM TO

BUDDHISM. Through these many experiences, I found my own voice, and went from anger to forgiveness.

I watched men my age go through vanity crisis's; the aging athlete, the excess-consumed VPs of major companies, and macho men trying to hold the line. From somewhere within, I thought to myself, "Good luck. No one is bullet proof."

In gyms and fitness centers throughout these years, I saw others pour out tremendous energy and dangerously suppress their emotional needs. I knew who I was and never feared getting older. Age is a number; I knew. Passion is that really good feeling we have about oneself.

Armed with my building sense of self-worth, I wasn't interested in aggression or the struggle for control and dominance. All those things, I found, are appetites, like the sex drive. They build up, get satisfied, and then just build up again.

My ex-husband was nine years older than me and felt challenged by any younger guy whose energies he saw as raw and uncontrolled. Not for me; in my opinion, men don't reach the crossroads of life until they pass 50 because that's when they can become classy yet, silly enough, the biggest thing many worry about is losing their hair. The hair loss for men slows down at about 55 to 60 so if they're not totally bald by then, they won't be. There's hope for them.

I got my father's thick hair and his bad teeth, so my mouthful of crowns is worth a lot of money. My hair is still as thick as grass especially in summer. That's who I am.

I still look forward to 'good sex' combined with love, and if it happens, it will happen. I feel that good communication in a relationship is the exchanging of vulnerabilities. That takes trust and time to build, but it's worth it. What fun to discover that both man and woman are 'diamonds in the rough,' and can polish each other right.

Once past 50, there's a whole other side of self that can be brought to life! You don't lie down and die because of a number on your birthday cake... passion is not only possible while aging, it comes with wisdom, lots of humor, and gets better with time. Love gets better too after 50...let's be honest; for love to be great, there has to be openness and an ability to change, and that comes with maturity wisdom, and grace.

Commercials on television tell us that if we pop enough vitamins, slather on enough cream to slide out of bed, exercise enough flesh off our thighs, and lube and tune the hydraulic system, we will be armed against the invasion of age. My thought is; who really cares? When experience and



Carole Hemingway

# Mandan

## Support These Local Businesses

**ButcherBlockMeats.net**

**BUTCHER BLOCK MEATS** OPEN 7 DAYS A WEEK

**Dan Kraft**  
Owner  
(701) 663-0558  
Toll Free 1-888-695-8285

**Brian Masseth**  
Owner  
108 West Main Street  
Mandan, ND 58554

**BEST QUALITY FRESH & SMOKED MEATS IN TOWN**

**HUNTINGTON BOOKS**

**Used and New Books**  
For the reader & the collector  
*Susan Huntington, proprietor*  
huntingtonbooks@hotmail.com

**218 West Main Street  
Mandan, ND 58554**

**701-663-B00K**  
(2 6 6 5)  
[www.amazon.com/shops/esshuntington](http://www.amazon.com/shops/esshuntington)

**ADVERTISE ON THIS PAGE**

**Contact Tina M. Morell**  
Sales Representative  
311 South 8th St.  
Bismarck, ND 58504  
P: 701.255.3422  
F: 701.223.9613  
C: 701.955.2266  
E: [tina@theprinters.info](mailto:tina@theprinters.info)

surprise are lost, worrying about all that stuff doesn't mean a thing. It's what's inside the box that matters, not what paper we wrap around the outside.

If we don't occasionally march ourselves out to the end of a limb and jump in new directions, how can we celebrate the wonder of flight? And if we don't continue to learn, how can we continue to develop?

Don't regret what might have been. I don't know about you, but it takes time to learn the art of 'playfulness', especially when it's blended with curiosity. Give up some control, open your heart...and stop taking yourself so seriously.

It took me two heart attacks to realize that after my two divorces I had chosen to shut down. When the doctor said I had to go in for a triple by-pass or die, I chose the open heart surgery. Seriously, I have never met more cranky people, of all ages, than I did in rehab. One day I couldn't control it anymore and just blurted out, "What the hell is the matter with you people? We all just got a second chance at life, and you look like death warmed over." It drew applause from the nurses.

By peeling life down to the simplest of existences and allowing myself to play, by being short on expectations and especially in what I will receive from others, I am free to take risks when they arrive.

I love long daily walks when it's not 7-below zero. We are never too old to benefit from exercise. We need to be more optimistic. Never let doctors take over your life because that means you've given up fighting for it. We should all celebrate breaking the bonds of ordinary mortality; humor adds years to one's life.

The truth is I don't know what old is. I have no idea. What I do know is that I feel I've re-created myself and am making room for the love of my life. Being single and aging puts a lot of people in a blue funk, but I look at it as a gift instead. God has given you another life to live and with all your experience and wisdom you get to drive this new life to a powerful, totally unpredictable purpose.

I have found that if you view every day as an awakening, you will never grow old. You will, thank God, keep growing.

*Carole Hemingway is an internationally regarded author, speaker, and historical researcher. She currently lives along the coast of Maine where she is writing a book about Gettysburg, and waiting to publish another book about her father, Ernest.*

*Ms. Hemingway wrote this essay for Inspired Women Magazine at the encouragement of her close friend Bismarck, ND-native Patrick Atkinson.*

# STOP HUMAN TRAFFICKING

## People... Working Together... Helping Many...

In 2001, after being held at gunpoint and personally witnessing the mass kidnapping of villagers in Malawi, Africa, Bismarck, ND-native Patrick Atkinson returned home and founded the international 'Institute for Trafficked, Exploited & Missing Persons' (ITEMP), as a sub-program of The GOD'S CHILD Project. Its mission: to bring awareness to North Dakota, the Midwest, and the world to the existence and horrors of modern-day slavery.

The 150+ human trafficking awareness presentations Mr. Atkinson gave each year beginning in 2001 were the first time most North Dakotans heard about human trafficking. His message stayed simple; to teach what human trafficking is, to raise the awareness that it was coming our way, and encourage individuals and groups to work together to prepare our children and keep our communities safe for when it arrived.

Between 2001 and 2012, Mr. Atkinson's presentations reached over 200,000 North Dakotans. Additional presentations and government, military, and law-enforcement training seminars he gave in venues stretching from Boston to Los Angeles and Nairobi, Kenya to Okinawa, Japan reached an additional million participants.

Now, with human trafficking existent in our communities and in front of our children, you too can help keep your children, their friends, and our communities safe from the stain and dangers of human trafficking. ITEM P, at the request of the Episcopal Diocese of North Dakota, has prepared these easy-to-read yet sophisticated age-appropriate human trafficking brochures, including the first in the nation written specifically for pre-adolescent children, just for you and your children.

With over a million copies in print, these human trafficking brochures are already in popular demand by schools, churches of all denominations, law-enforcement and judicial districts, tribal councils, and community groups across the nation... they are here now, for you and yours, for free! Hurry - they might not last long.

To obtain your free life saving copies:  
Please visit: [www.NDEpiscopal.org](http://www.NDEpiscopal.org)  
Call: (701) 255-7956

Email: [Director@ITEMP.org](mailto:Director@ITEMP.org)

Or stop by: The GOD'S CHILD Project  
721 Memorial Highway  
Bismarck, ND 58504



The GOD'S CHILD Project  
PO Box 1573, Bismarck, ND 58502  
Tel: (701) 255-7956  
[www.GodsChild.org](http://www.GodsChild.org)