



INSPIRED WOMAN

The Travel Issue



*Cynthia
Feland*

*Gail
Hagerty*

*Sonna
Anderson*

LADIES OF THE LAW

OCTOBER/NOVEMBER 2015
COMPLIMENTARY COPY

Women in Business

Support these local professionals!

3D Lash Mascara



Jo Marie Holm
701-471-3069 / jo.holm@bis.midco.net
yuniqueproducts.com/JoMarieHolm

Interior Design



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

Cake Decorating



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

Boutique Owner



Loni Bienek
751-6018 / apricotlanebismarck.com
Pinehurst Square (across from Kohl's)

Glass Specialists



Paula Haider & Courtney Meier
1717 Commerce St., Suite A • Bismarck
250-6787 • www.haiderglass.com

Real Estate Agent



Judy Maslowski, Realtor
400-7516 / 224-1100
judysbismarckhomes.com

Internet Sales Manager



Britta Burbach
701-258-1944 / 1100 57th Ave, NE
bburbach@bismarckmotorcompany.com

Business Services Officer



Melissa Yackley
701-355-7748 / 204 W. Thayer Ave.
melissa.yackley@capcu.org

Pedicurist Extraordinaire



Bertie Knell
425-0990
100 West Broadway / Bismarck

Family Chiropractor



Dr. Mandy Jo Dietz
4207 Boulder Ridge Rd., Ste 175
701-223-8413 • DrMandy@DrMandyChiro.com

Therapeutic Massage



Desiree F. Bourgois van Oosting, LMT
Life Therapeutic Massage Center / 1424 W. Century Ave., #104
222-4591 / www.youngliving.org/lavenderhorse

Aromatherapist



Cathy Breiner
120 N. 3rd St., Ste 25/Bismarck
www.prairiezenbotanicals.com

Real Estate Agent



Fran Joersz
220-4008 / 224-1100
franjoersz@gmail.com

Co-Owners



**Nicole Morrison-Mathern
Stacy Sturm**
www.urlradio.net/322 E. Broadway, Bismarck

Our wealth planning process is centered around you.

Women have unique financial needs. At Bremer Wealth Management, we understand that planning for your future consists of more than just sophisticated products and services. We work with you to define your short and long-term goals and partner with you to find the best solutions for:

- Investment Management
- Retirement Planning
- Estate, Gift and Charitable Planning
- Tax Planning
- Insurance Planning
- Business Succession Planning

Contact Jesse today to begin planning for the future with confidence.



Jesse Sailer
Wealth Management Advisor
701-221-8549
jrsailer@bremer.com

Bismarck • 258-8005
Bremer.com

 **Bremer**
Wealth Management

Bremer Bank Member FDIC. Products and services offered through Bremer Trust are not insured by FDIC, are not a deposit or other obligation of, or guaranteed by, the depository institution, and are subject to investment risks including possible loss of the principal amount invested. © 2015 Bremer Financial Corporation. All rights reserved.



Volume 14, Number 5

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



facebook.com/inspiredwoman

Website

inspiredwomanonline.com

Email

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.

©2015 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

Deb Seminary
Jody Kerzman

PHOTOGRAPHY

Deb Seminary

GRAPHIC DESIGNER

Crystal Harrington

ADVERTISING

Dan Hildebrand
Deb Seminary
Dustin Engelstad

ADVISORY BOARD

Melanie Carvell
Linda Christman
Rhonda Jolliffe
Paula Graner

Our Mission

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

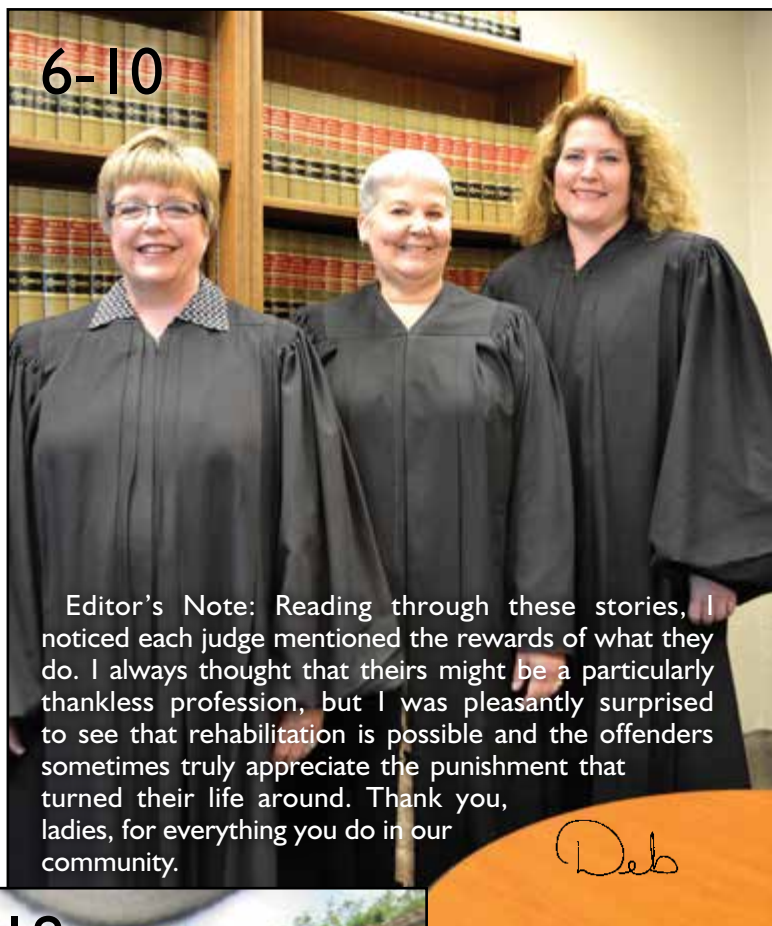
Printed by



The Printers, Inc.

©GCC/IBT 250-C

6-10



Editor's Note: Reading through these stories, I noticed each judge mentioned the rewards of what they do. I always thought that theirs might be a particularly thankless profession, but I was pleasantly surprised to see that rehabilitation is possible and the offenders sometimes truly appreciate the punishment that turned their life around. Thank you, ladies, for everything you do in our community.

18



22



26



INSPIRED WOMAN
OCTOBER/NOVEMBER 2015

THE TRAVEL ISSUE

- 6 South Central District Judge Cynthia Feland
- 8 South Central District Judge Sonna Anderson
- 10 South Central District Judge Gail Hagerty
- 12 Catching the Travel Bug
- 14 Experience the "Thrill of the Hunt" in North Dakota
- 16 I Remember
- 18 Traveling for Good
- 20 *Advertorial*
MonaLisa Touch
- 22 Turkey Trot
- 24 Playground Plague, Bullying
- 26 *He Said She Said*
Travel Enriches and Terrifies You
- 27 Paint the Town Pink
- 28 *Western North Dakota Woman*
Planting Positive Seeds
- 30 *Community Contributor*
Carrie's Kids
- 31 Calendar of Events

editors' notes

~ Be Inspired ~



All good things must come to an end. This will be my last issue as co-editor of Inspired Woman. I had no idea, a little over seven years ago, how much this publication would impact my life. From the amazing women I had the pleasure of writing about, to the new friends I have made and the fabulous opportunities it has given me, Inspired Woman Magazine has been a gift for me.

I want to thank: Larry Berget for putting his trust in me; Kitty, for putting up with me and anticipating my likes and dislikes; everyone else at The Printers for all of their help in making sure Inspired Woman looked good and got delivered; all of our advertisers - we wouldn't have a magazine without you; my advisory board - you have no idea how much you helped when I would ask for a recommendation or advice; our readers - for your support, suggestions and ideas over the years.

I am excited to announce that Marci Narum will be joining Jody as co-editor. I can't wait to see what these two will bring to the pages of Inspired Woman. Their years of interviewing expertise and involvement in our community will bring a whole new experience to readers.

I have shared some of my favorite memories, beginning on page 16. Be inspired to remember with me.

Deb



I don't get out much. It's been almost five years since my husband and I took a vacation alone, and this summer, the farthest the kids and I ventured was the 180-mile trip to my parents' house. Right now, our family trips are planned around basketball and hunting seasons. But I dream about traveling. This issue, and especially Renee Loh's story, has made me dream of traveling. One day, I will be like Renee and travel to places like Italy

and France. First, I need to see all 50 states; maybe I can convince my husband to spend our retirement driving across the country in an RV. Until then, I will squeeze in short trips right here in North Dakota to satisfy my desire to travel (check out the fun ideas from the North Dakota Tourism Department on page 14). I am confident this issue of Inspired Woman will give you the itch to see the world, or at least the state.

But, while I haven't seen the world, I have been blessed to meet some really great people right here in Bismarck. Deb is one of them. I am so happy for the chance to get to know her, as a co-editor and as a friend. I will miss our sometimes (ok, mostly always) unorganized meetings, her funny texts, and always appropriate emoji use. But I'm also super excited about my new co-editor. Marci Narum was my first friend when I moved to Bismarck in 1997. I can't wait for the chance to work with her again and for all of you to read her stories. They're going to be great!

Jody

CELEBRATING

75 YEARS
WORKING WITH YOU
AND FOR YOU

It all adds up to Choice

North Dakotans want options. When you choose coverage from Blue Cross Blue Shield of North Dakota you're giving unmatched access to health care at home and away, plus award winning service from fellow North Dakotans.

99.6% | **DOCTORS** Nearly every one in North Dakota

99% | **HOSPITALS** Rural and urban, across the state

50 | **STATES** Broad coverage across the country

200 | **COUNTRIES** Worldwide acceptance of BCBSND coverage

10 | **LOCATIONS** Service centers across North Dakota

1K | **EMPLOYEES** Working with you and for you



ND

www.BCBSND.com

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

Horidian Mutual Insurance Company

District Judge

Growing up on a farm near Almont, Cynthia Feland always knew one day she'd be a lawyer.

"I knew when I was in middle school that I was going to be a lawyer," she recalls.

Back then, she dreamed of being a corporate lawyer; contracts and corporate litigation fascinated her. She was so anxious to begin her career she even took legal courses by correspondence while still in high school. By the last semester of her undergrad studies at the University of North Dakota, Feland took her first class that dealt with the law.

"For extra credit you could go to the law school and act as a juror for a mock trial. As I sat in that courtroom

and watched those law students trying their case and the judge rule from the bench, I knew that was where I wanted to be. From that moment, I knew I wanted to be in the courtroom."

She began that career as a

second year law student when she worked as a law clerk for a Grand Forks law firm. North Dakota allows a third year student to practice law under the supervision



Daughter Christina and Cynthia Feland

Cynthia Feland

by Jody Kerzman

of a licensed attorney. So, that's exactly what Feland did. When she passed the bar exam, she became an associate with that same firm. She worked there for approximately two years, before deciding it was time to come home to western North Dakota.

"I had looked at different positions and decided to open my own practice. In the process of doing that, I was retained to take on the duties of Assistant State's Attorney for Grant County," says Feland.

She ended up running for that position and won. In Grant County, the job of state's attorney was a part time position, so she also kept her private practice open in Mandan. In January 1999, Feland took a job as an Assistant State's Attorney for Burleigh County, a job she held until being elected a district judge in 2010.

"It has been a great career," says Feland. "I have had lots of opportunities that have really allowed me to gain a broad base of knowledge. I especially love trials. I loved them as an attorney, and I don't love them any less as a judge."

"As a prosecutor, I was very fortunate to handle some very complex and challenging cases gaining invaluable experience."

My favorite cases were the ones that involved forensic evidence because of the challenges they presented. To successfully handle cases involving forensic evidence, you have to become knowledgeable in that area. It was fascinating. I would immerse myself in it," recalls Feland.

She wondered if she'd miss that when she took

the bench. She quickly found out that being a judge brings a different kind of adrenaline, and a different set of challenges.

"You have to be paying attention to the details just as closely as you did as an attorney but you're doing it with a different eye. There is nothing better than having two worthy adversaries waging battle in a courtroom where you have to ensure everyone plays by the rules and that justice prevails, that both sides get their fair day in court. Trials are not for people who want a slow pace. The courtroom is a dynamic place, it's constantly moving, it's challenging and that's what I love about it."

Criminal cases and domestic cases make up the majority of her workload, but Feland says she's seen more guardianship cases coming through the court system. In 2013, Feland was asked by Chief Justice VandeWalle to chair a Guardianship Workgroup tasked with looking at ways to improve how those guardianships are handled. The Guardianship Workgroup successfully sought legislative change to improve and strengthen procedures in guardianship and conservatorship cases, developed self-help forms that are available on the North Dakota Supreme Court website and is in the process of creating an online training program for guardians. It is just another one of the challenges she is happy to tackle.

Feland knows that a generation ago, her career path may have taken a different turn, simply because she's a woman.

"There were not very many female defense attorneys when I first started. There were some female prosecutors, and we're beginning to

see more, just as we're seeing more female judges. It's good to see gender roles disappearing. But for me, gender has never been a factor. For me it's always been about having the skills to be able to do a job, not about gender."

That's a lesson she's worked hard to pass onto her 18-year-old daughter, Christina.

"I always pushed her to try things she was interested in, despite stereotypes about who should and shouldn't be in an activity. There's an old adage, 'where there's a will, there's a way' and while you might not take the path most traveled, if it's something you really want to do, you work until you find a way to make it happen."

Feland's eyes light up when she talks about her daughter, now a freshman at UND.

"I couldn't be more proud of her. I'd like to take all the credit for the fabulous person I think she's become, but I can't. She's had a lot of very positive influences in her life, including my parents," says Feland. "My parents are the hardest working people you'll ever meet. My dad still works six days a week, and honestly, I don't know that he will ever retire. They are hardworking people, and I have tried to instill that work ethic in Christina."

That's just one of many other life lessons she's worked hard to teach her daughter, lessons that she keeps in her mind each time she puts on her robe and hears a case. It is there that Cynthia Feland is making a difference in the world, one case at a time.

"I love that I'm in a position where I can really make a difference. People battling in a courtroom may not see that in the short term, but I always hope that in the future the decisions will change their lives for the better."

District Judge

When Sonna Anderson went to the University of North Dakota, she thought it would be fun to get into international business and travel the world. "I then went to Norway for a year of college and realized it was a really long way from home," she said. "I came back, finished my business degree and at the end of my senior year I was already thinking I might want to go to law school."

She worked for Bob Wefald at the Attorney General's office for a year, then made the decision. "My dad was an attorney, and had been States Attorney," she explained. "I grew up with the law. Plus, he told me, 'every day is different, it's never boring.'"

"I went to law school in Denver and

found out I did not like the big city. After law school I moved back to North Dakota. My first job was with Judge Conmy. I was one of his first law clerks when he became a federal judge. After that my dad, Harold, and I had a practice together for 17 years."

They had a general civil practice, working on wills, estates, contracts, title opinions and more. "We really had a variety of cases," said Anderson. "I think firms specialize a lot more now. Back then we did anything our clients needed us to do if we thought we were qualified. We also did a lot of lobbying during the legislative sessions. I did not get into the court room very often."

Anderson began thinking becoming a judge around the turn of the century. Her father died in 2001 and after

practicing alone for a few years, knowing she did not want to work for a bigger firm, she decided to take action. "I knew Judge Graff was reaching retirement age, so I positioned myself to run (for his seat)," she said. "Then he retired early, so it prompted that decision a bit sooner than I had planned."

She was appointed to the position in December 2003 by Governor John Hoeven.

She has always had a lot of interest in public service, serving on the Bismarck School Board for 10 years, and running for the House of Representatives. "I felt that being a judge would be a wonderful way to do public service."

As for being a female judge? "I have never felt there has been a gender issue," she



Jerry, Sonna, Sigurd, Bjorn

Sonna Anderson

by Deb Seminary

said. "There have been so many other women appointed to the bench, it has been nice. There has been an increase in female lawyers and it seems there is a majority of females in the jury box. The men might feel outnumbered!"

The South Central District Judges are busy. They cover nine counties and take turns traveling to the various courts. And, it has gotten busier over the years. "With the addition of Judge Grinsteiner, I hope it will go back to the way it was," said Anderson. "It was busy and manageable, then it became busy and almost unmanageable. I work after 5:00 most evenings. I get most of my work done between 5:00 and 7:00. There are times I have been there until the wee hours of the morning, when I get on a roll. You work until the job is done, and try to balance family life, too."

She met her husband, Jerry Saude, when she was teaching a Norwegian class and he was one of her students. The Scandinavian couple has two sons, Sigurd and Bjorn.

Anderson talked about some of the changes she has seen over the years: "We try primarily criminal cases, the most prevalent being a DUI. The changes in the law have made some of those cases go to trial that otherwise might have settled. The drug charges have definitely changed over the years. When I started, meth was really big and meth labs were prevalent. There was a definite decrease when the legislature put in the new laws regarding buying cold medicine. We are seeing an increase (in meth) again, not from necessarily making it here; criminals are bringing it in and bringing in many other street drugs that we didn't really see a lot of before. There is also an increase in personal crimes, such as assaults. I don't think people are becoming more violent, there has just been an increase in population."

Anderson said it may be harder for someone to get a civil trial scheduled because there are so many criminal trials going on. It could be 12 to 15 months before a divorce trial or child custody case gets to trial. That is a difficult thing because families need resolution. But, for the most part, civil matters get bumped for criminal matters.

If a judge does not agree with the jury's verdict, she may have the option of overturning the verdict. It does not happen very often, since the system is set up for the jury to decide the cases. "I trust the jurors to make a good decision, but there was one time when I overturned a verdict on a criminal case," said Anderson. "At the end of the trial I felt there was an element the state did not prove. It was appealed and I was affirmed. Lawyers can also ask a judge to overturn a jury verdict, called a 'motion for judgement notwithstanding the verdict.'

"There are times when a trial can be like a CSI episode and I don't know what the outcome is going to be. I don't know how the witness is going to testify, and sometimes the trial can just take a 180 degree turn, and I think, 'wow, I didn't see that coming!'"

Anderson said that people come into the court room with different expectations. Sometimes when she talks to jurors after a trial, they are surprised the evidence isn't laid out like it is on television. "Most of the time jurors have liked the process, it can be challenging but rewarding."

There are many rewards for Anderson, as well. One day, after filling her car with gas, the person behind the counter asked Anderson if she remembered him. He explained she had sent him to prison and it was the best thing that happened to him. He went through treatment, is in recovery, got married, went to college and reconnected with his family, but told her he wouldn't have done any of it if she had not sent him to prison.

"Imposing an appropriate sentence can be a challenge. Drugs can take hold of a good person and lead them into a criminal episode, which may result in prison time."

While she is 'just doing her job,' she is making a big difference in our communities and in the lives of many.



Deb Seminary is co-editor of Inspired Woman.

MEZZO HEAT&GLO
Direct Vent Gas Fireplace 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

District Judge

To Gail Hagerty, nowhere feels like home more than a courtroom. She's spent most of her life in a courtroom, first as an attorney, and for the past 28 years as a judge. It is a career path she credits to good timing.

"A big part of life is being in the right place at the right time, and then recognizing it," says South Central Judge Gail Hagerty. "That has been a great gift to me."

After graduating from the University of North Dakota Law School in 1978, Hagerty worked in the Attorney General's office for a year and a half. While she enjoyed working for

Al Olson, she says her heart was in the courtroom and she really wanted to be a prosecutor. So in 1980, she went to work for the Burleigh County State's Attorney as an Assistant State's Attorney. Two years later, she ran for and was elected Burleigh County State's Attorney, a position she held until 1987.

"In 1987 they added a county judgeship in Burleigh County so I ran for that position and was a county judge for eight years," recalls Hagerty. "Then I ran for district judge, and that's where I have been since 1994. I never thought



Carrie Sandstrom, Anne Sandstrom, Gail Hagerty, Jack Golden, Dale Sandstrom

Gail Hagerty

by Jody Kerzman

that 35 years later I'd still be working in the same building and parking in the same parking spot!

"I really enjoy being a judge. It is a challenging job and is definitely never boring," says Hagerty. "Judges in North Dakota don't specialize, which means we see different kinds of cases everyday. There are times we really get to help people or to resolve things that they just can't resolve on their own. For a lot of people, coming to court is something they only do once or twice in their lives and it can be really terrifying. We get to, in a sense, help them through those situations. Sometimes they don't get the results they want, but they will always get results. Often, when I sentence someone to prison they don't see it as a helpful thing, but many people have come back and told me later that the sentence I gave them was exactly what they needed."

Hagerty has five-and-a-half years remaining on her current term. She says that means it is just about time to try something else.

"I am practicing saying, and trying to convince myself, that this is my last term of office," she says. "I've been doing this a long time. I'm 62 years old so it makes sense in terms of age."

But retirement won't last long.

"When I retire from the bench, I'll move on to my next calling."

In fact, she's already started working toward that calling. Hagerty is currently serving as a Pastoral Minister at Grace Lutheran Church in Driscoll and she's enrolled in Wartburg Theological Seminary, training for her next career as a pastor.

"It all makes sense to me," she explains. "The Old Testament is more law and the New Testament is more gospel. So if you think of it from a career perspective, it works together. I feel like I have been preparing and moving toward this direction for a long time. It's not a big shift in direction though. I look at it as more of a progression."

Another similarity between her two career paths: both are traditionally male dominated careers.

"When I was starting out in the state's attorney's office there were just a handful of women state's attorneys in the state and just a handful of women who were judges. And when I was in law school, women were in the minority. It was pretty unusual to see a woman in class, but now it's very common that women make up at least half the class. We've seen the number of women increase in the courtroom as well over the years, and that's very exciting."

There have been other changes in her 28 years on the bench as well. Most recently, another judgeship was added in Bismarck, bringing the number of judges in the South Central Judicial District to nine. The district itself has

changed too; a few years ago, three counties were moved to a different district, which has cut down on travel time for the judges, but not on workload. In fact, over the years, Hagerty has seen a steady increase in the number of cases that land on her desk.


"We have not only seen a change in the number of criminal cases we see, but also in the nature of those cases," says Hagerty. "Addiction is the biggest issue we deal with; often the cases that come to us are the direct result of addiction, whether it's alcohol or drugs. And the controlled substances are a stronger version of what they were 20 years ago, which means many of the people we see are more dangerous and more violent than those in the past. We're seeing more people who are transient and that impacts not only criminal law, but also family law."

Hagerty's own family and her role as wife and mother have also helped shape her into the woman she is on the bench. Her three children (Jack, 25; Carrie, 21; and Anne, 19) and her husband (North Dakota Supreme Court Justice Dale Sandstrom) have encouraged her and inspired her in her job as a judge, as well in her preparation for her next career as a pastor. A career she plans to hold for many years, because she says, retirement just isn't something her family does.

"My mother is 89 years old and still works full time, so I think I've got a few years left in me," Hagerty says with a smile. Her mother is Marilyn Hagerty, the newspaper columnist for the Grand Forks Herald who became a household name after her 2012 review of that city's new Olive Garden restaurant.

As for Gail, she is looking forward to the last few years of her time in the courtroom and hopeful she will soon feel as comfortable behind the pulpit as she is behind the bench.

"I will continue to do something. I think it's really healthy to have something you want to do."



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

Catching the Travel Bug

by Jody Kerzman



Ten years ago, Renee Loh caught the travel bug. She's been busy seeing the world ever since.

"I've been to most of the major cities in the United States and I've been to Europe twice. The first trip I went to Rome, Florence, and Venice. The second time I visited London, Paris, and Nice," says Renee. "I would go back to Europe in a heartbeat. It is so beautiful. I especially love Italy."

She has the photographs and the stories to prove that. Renee smiles when she talks about the places she's been and the things she's seen.

"You can't visit Europe and not think of God. There are buildings there that were there before Christ and they are just gorgeous. It is so inspiring to see those buildings."

Renee's first trips were business trips to places like Washington, DC and Portland, OR. Then a group of friends decided to book a trip to Europe. That's when Renee fell in love with traveling for fun.

"I just realized that life is a journey and an adventure, and if I didn't travel outside of my home state, and outside of my comfort zone, I'd be missing out on a lot," she says.

Renee has a group of friends she calls her "travel group." The travel group plans vacations together, with help from a travel agency. Renee says their travel agent has been key in making their trips go smoothly.

"Travel agents take care of so many details for you. We've had drivers waiting for us at the airport when we land, we've enjoyed meals at five-star restaurants, and other perks, thanks to our agent.

"Other tips that I'd offer, many that I've learned the hard way, include keeping your passport and some cash in a fanny pack. That way you always have those things with you and they are so much less likely to get stolen or misplaced," advises Renee. "Always be early to the airport. I've

seen people get left behind because they were one minute late for their flight. And, when it comes to packing, use travel size bottles, and don't over pack. I always leave a little room in my suitcase so I have room to bring home treasures from my travels."

The American Society of Travel Agents has other helpful tips for travelers. They advise making two sets of important travel documents – one set for the trip and a second set for a friend or family member to keep at home. It's also a good idea to do your homework before you arrive at your destination, especially if you're traveling to a foreign country. Know the customs and have an idea of what you want to see when you arrive. And there's another reason for packing light – the ASTA says if you over pack, you'll look weighed down, which could make you an easy target for pickpockets.

"I always recommend traveling with two credit cards," says Cheryl Fenster, travel consultant at Northland Travel, Inc. "That way if one card isn't working, you have a backup. It's a good idea to call your credit card company prior to your trip. Let them know where you're going and how long you'll be gone. Otherwise they may suspect fraud and could put a block on your account."

Fenster has helped Renee and her travel group plan many of their adventures. Renee is already planning her next journey.

"I haven't been to Hawaii yet, so I might go there," she says with a smile. "But I think I'd really like to go back to Europe. One thing I know for sure, wherever I do go next, it will be an adventure and I'll have memories that will last forever. Traveling has been such a great way to make new friends, meet new people, and just love life."

You can find more travel tips at www.travelsense.org.



**Get your
legs back into
circulation.**



Mid Dakota Clinic
Vein Center
PrimeCare

middakotaclinic.com

Stop living with the pain and embarrassment of leg veins. Vein expert, Dr. Steven Hamar, has your treatment options — from conservative, non-invasive treatments to minimally invasive surgical procedures that achieve a more complete removal of problem veins. Call the Vein Center today to learn more and to schedule an appointment with Dr. Hamar, one of the doctors you know and trust at Mid Dakota Clinic.

For appointments call 701.530.6162 or 1.800.472.2113 ext. 6162



7 LEGENDARY WAYS TO EXPERIENCE THE “THRILL OF THE HUNT” IN NORTH DAKOTA

by North Dakota Tourism

For those hunting birds, fish, ghosts or the Great Pumpkin, you’ve come to the right place. North Dakota abounds with ghosts, ghouls, gourds and waterfowl in October. Do a little hunting early in the day, then take the family to one of the state’s many Halloween activities in the evening. Try these spine-tingling activities or contact North Dakota Tourism for additional ideas at www.NDtourism.com or call 800-435-5663 or 701-328-2525.

1 Hunting for Pumpkins

Two things are synonymous with Halloween: ghosts and pumpkins. You may not find the Great Pumpkin, but you’re sure to have a great time looking for him at some of the pumpkin patches in North Dakota. Begin your search at Papa’s Pumpkin Patch in Bismarck, Berry Acres in Minot or Nelson’s Pumpkin Patch and Corn Maze in Grand Forks.

2 Treasure hunting

Take your sense of adventure around the state and hunt for deals, steals and gifts galore! Start off at Prairie Fire Pottery in Beach, Michele F in Velva or Badman Design in Grand Forks for “uniquely North Dakota” items.

It’s also craft show season! Scout the upcoming shows and hunt for the perfect gift or must-have treasure.

3 A “foodie” hunt

This is the perfect season to taste some of North Dakota’s feel-good foods, and you might start with knoepla soup from Webo’s Restaurant in Linton or fleischkuechle at the Country Café in Napoleon. Don’t forget the dessert; try the kuchen from Grandma’s Kuchen in Ashley or fresh pie at the Tower City Cafe. If you would prefer to make some of the German favorites at home, Germans from Russia has a number of feel-good food recipes for the entire family.

4 Ghost hunt

The chill in the fall air is nothing like that tickling your spine as you work your way through a haunted fort, a haunted cemetery and a haunted house. ’Tis the season for a full moon (October 27) and the ghostly haunts that follow as we head toward Halloween. Get your thrills and chills at Fort Abraham Lincoln’s Haunted Fort, Fort Buford’s Cemetery Walk and Grand Forks’ Legend of Terror Haunted House.

5 Hunting for cache

Geocaching can provide an hour, day, or weekend of entertainment. Join the fun of this real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Numerous fun caches can be found at North Dakota State parks or in your own outdoor neighborhood. Round up the kids and let the hunt begin!

6 Hunting for a good run?

Get your thrills or your chills by participating in a festive jaunt like the Full Moon 5K run in Fargo or the Monster Dash in Bismarck. Wear your costume for a chance to win some spooktacular prizes. Looking for the extreme? Try the Extreme North Dakota END-TOMBED mountain bike race in Grand Forks.

7 Hunter’s paradise

North Dakota is a waterfowler’s paradise. There’s nothing “daffy” about duck hunting here, as a large fall flight of ducks is expected to make its way through the state. The Central Flyway through the middle and eastern parts of the state routes vast flights of geese through the area on their trek south. Meanwhile, pheasant hunters from far and wide await that season opener on October 10.

Join us for an Open House

Thursday, October 15
4:00-8:00pm



Spaces



Design Services



Flooring for all of your 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

Nelson

Family Dentistry, PC
"Gentle Dental Care"

1700 E. Interstate Ave • Bismarck, ND 58503
www.nelsonfamilydentistry.net



222-GRIN
(222-4746)
800-600-4746

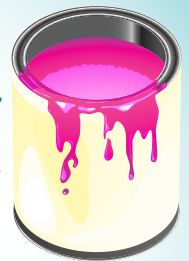
We Welcome New Patients!

JOIN DOWNTOWN BUSINESSES FOR...

Paint the Town Pink!



or blue, purple,
yellow, green...



Shop Local Downtown
Saturday, October 10th
10am - 5pm

Local downtown businesses will donate a portion of sales to Bismarck Cancer Center Foundation

In honor of all the brave and courageous people fighting or who have fought a battle with any form of cancer.



See Vivian the Firetruck!

Join us at Broadway Grill & Tavern
for a Paint the Town Pink Party from 4-6!
Enjoy Appetizers and Pink Michelob Ultra!

Sponsored by Broadway Grill & Tavern and McQuades Distributing

I Remember



I included friends a few times

by Deb Seminary

When I was hired as Editor of Inspire, we did not have a lot of time to put the September/October 2008 issue together. Since it was back to school time I thought it would be nice to focus on education and that made it easy to put the articles together. Coming up with themes and/or a focus became a great way to put every issue together.

My first cover girl was Barb Evanson. I talked her into it by explaining we would be promoting one of her passions, Neighbors Network. The program received some very nice donations after the article ran and I realized the magazine could be a promoter and educator, as well as inspirational.

One of the first things I did was change the name from 'Inspire' to 'Inspired Woman.' A lot of people I talked to did not know the magazine was for women. Yes, men read it and that is great, but as the mission states, we are 'to use our community presence to celebrate, encourage, empower, educate and entertain women.'

The worst cover ever, without a person on it, was one of my favorite issues. I asked our readers to send stories about the best gift they ever received. The responses varied from a couple words to several paragraphs. And they were all awesome! I absolutely loved how people shared from their hearts, so that was one of many times I asked readers to share with us.

Nancy Jones Schafer graced the cover in January 2009. Her interview was one of the most memorable I ever had. I had arranged to meet her at Concordia College in Moorhead, MN, and, after a half hour of no Nancy, I decided to run and get a new phone battery. My phone had died and would not hold a charge (that was back in the day when we could put new batteries in our phones).

I had three or four messages from her - she was in the emergency room with her mother! I headed over there and while they waited for her mother to be seen, we did the interview.

The Sister Issue was my sister-in-law's idea. We did the Sister Issue for four years and it was so fun to see the different relationships and meet ALL of those women. Wow, some of them came from really big families.



One of my favorite houses



Our first Inspired Woman Trip to New York

The March/April 2010 cover was Carrie Grosz from Carrie's Kids. Her interview, done while walking around the gym at the old Hughes, was quite memorable as well. What still sticks with me, though, was the event I attended so I could get photos.

The Caring for Kids event was held at Trinity Lutheran Church, and I arrived early to take photos before the families arrived. I wandered around for a while, getting educated about what they were offering, got some photos and left. As I walked out to my car, I was met with a very long line of people waiting for the doors to open. The sheer number of people blew me away and when I got to my car I burst out crying. I couldn't believe that many people needed help in our community and when I got home I told my husband we needed to do something to help.

I was turning 50 that year, so I threw a party and asked everyone to donate something for Carrie's Kids. We raised over \$2,000 in cash and donations. That issue was also the Kids Issue, with one of my favorite articles. Again, with the help of readers, we gathered some gross and guilty mommy moments. Hilarious!!

I loved the "Who Inspired You" issue, March/April 2011. We developed a contest and asked readers to write about who inspired them. Jessie Veeder Scofield was our first place winner and she now does the Western ND Woman feature you enjoy each issue. We published the top three winners, then published each entry in the months that followed. It was inspirational to read all of the stories. I like to say that everyone is an inspiration, but not everyone's story has been told. This was a great opportunity to get a few more stories out there.



A fun afternoon with Lois

Open House Beef Balls

1 lb. ground beef
1/4 cup milk
1 egg, beaten
1 Tbsp. minced onion
2 Tbsp. ketchup
1/2 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. ground black pepper
1/2 cup finely crushed Italian style seasoned bread crumbs

Mix thoroughly and shape into small balls the size of a walnut. Line jellyroll pan with foil & spray with non-stick cooking spray. Place meatballs on prepared pan and bake in 350° oven for approximately 30 minutes or until nice and brown.

Serve warm with Tangy Sauce alongside for dipping.
Yield: 35 - 40 appetizer meatballs

Tangy Sauce:
2/3 cup ketchup
2 Tbsp. prepared yellow mustard
2 Tbsp. mayonnaise
1 Tbsp. prepared horseradish
Mix all together and refrigerate.

I started doing fashion show luncheons in April of 2011, using Inspired Woman as the vehicle to advertise and promote the event. It has evolved into a very successful Girls Night Out fundraiser that has raised over \$10,000 for local nonprofits.

The Survivor Issue, June/July 2013, touched many people. The five brave women on the cover shared their stories and received many messages of support and gratitude for doing so.

As I went through each issue, coming up with highlights for this story, I cried and laughed and cried again. The recent Teen Issue really touched my heart and right before that, the Parenting Issue featured some amazing moms.

I had fun going to events for our 'What's the Occasion' feature. I met an Olympic Gold Medalist, Sheila Taormina. I was in the White House Press Pool during Laura Bush's visit. I have been to New York, San Francisco and Boston on the Inspired Woman trips. I begged friends for photo ops and ideas. I used my daughter, and her friends, in photos in several issues. I met so many people who are still friends today. This magazine became my ministry and I am grateful for the journey. Thank you for reading.

~ Don't follow your dreams, chase them. ~



Laura Bush Visit

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

Traveling for Good



Left to right: Bill with Gloria's mom, Gloria (one of their sponsored women) with Karen and Claudia (another one of their sponsored women), Claudia's father with JoAnn, who helps Bill and Karen with letter writing to all of their sponsored people.

In 2002, Bill Schneider was attending church in upstate New York when sponsorship packets on the chairs from an organization called Christian Foundation for Children and Aging (now Unbound) piqued his interest. "A person could sponsor a child or an elderly individual and the pastor recommended that I sponsor an elderly person since the children are usually the ones that get sponsored," said Bill. "So I sponsored a 70-year old gentleman from the Dominican Republic. The Lord told me I needed to find out more about this organization, so I traveled to their headquarters in Kansas City. I found out that 93-cents out of every dollar donated goes directly to the program and they got top marks in the (non-profit) rating system."

Bill liked what he found, so he sponsored a few more people. When he met Karen in 2006, she became excited about the program as well. At their wedding they asked their guests to donate to the organization in lieu of gifts. The money they received helped to secure land for the Dumagat Tribe in the Philippines.

"A year or so later we decided we wanted to see how it was going," said Karen. "We hiked three days into the jungle. It was an experience I will never forget. We saw where they are going to build a school with some of the money we raised."

Bill said they asked some of the tribal members why it was important for them to have a school: "One lady said she wanted to read the Bible. A

teenager explained she did not want to be made fun of because she could not read and write. And the men, who grow rice for a living, said they wanted to learn how to do math, so when they go in to sell the rice they won't be taken advantage of. Education means a lot to them."

The couple now sponsors 100 people each month and 36 of them are in the Philippines. "We just got back from Columbia and we sponsor 13 there," said Karen. "It is a big deal when we go on these trips, they are so happy to meet us, they bring their families, we visit them in their homes, which is a big honor for them and us. Sometimes they have traditional celebrations for us. We spend time with them and they really appreciate it."



Unbound was founded in 1981 by three brothers, a sister and a family friend. They developed the sponsorship program to help people living in poverty and to help form real friendships between people from different cultures and economic circumstances.

They currently work with more than 300,000 children, youth and elderly people in 20 countries. They have more than 260,000 sponsors throughout the United States, with sponsors in every state.

A sponsorship directly benefits an individual and helps pay for education, skills training and livelihood programs. Unbound believes families and communities can overcome the challenges that face them when we all work together. Children go to school, elders have the nutrition and health care they need, and more mothers and fathers have the opportunity to start or grow businesses to support their families.

Traveling to visit those that are sponsored is not required. However, the trips are very affordable.

Trips to Mexico, Central America and the Caribbean cost \$500-\$650 per person. Trips to South America cost \$600-\$800, and trips to Asia and Africa cost \$800-\$1200. This covers food, lodging and most in-country transportation. Airfare is not included.

For more information, contact them at (800) 875.6564 or visit unbound.org.



In this precious moment, Genesis shows Linda, an Unbound sponsor, her family's vegetable garden.

Genesis is 5 years old and in the Unbound sponsorship program. Linda and other sponsors visited the home of Genesis and her family during the Unbound Awareness Trip to Nicaragua.


"We get asked a lot why we sponsor outside the U.S. and not here in our own country. Most of these countries have no government programs to help them, no food stamps or Medicare, no social security. One of the families had no electricity. We are able to give hope to the hopeless."

Unbound is now in 20 countries and the Schneiders have visited 13 of them. It is their goal to eventually travel to them all. When they do the Unbound trips, they usually add on another few days to visit an area close by. For instance, when they traveled to the Philippines, they visited Thailand after.

"These trips are transformational, life-changing," said Karen. "I tell people they are more important than taking your children to Disney World. If I could do it over again, I would have my kids sponsor someone, write them letters, then make a trip to visit them. Their world view will never be the same. It refocuses them to the reality that so many have so little and what we can do to make a difference."

Sponsorship starts at just 30 dollars a month. "Some people may wonder how much impact a dollar a day may have," said Bill. "It can really make a big difference in these countries where a dollar goes a long way."





Look who's
talking about it.

MonaLisa Touch

It's OK to talk about it.™

Dryness. Itching. Irritation. Painful intercourse. Stress incontinence. Women may face some or all of these issues during and after menopause, following removal of the ovaries, or during and after treatment for cancer. Vaginal changes due to aging, declining hormone levels, and some medical treatments can seriously disrupt a woman's life, causing discomfort, lack of sexual pleasure, pain during sex, and urine leakage when sneezing, coughing, or laughing.

"Women may think it's just something they have to live with," says Dr. Shannon Bradley, an OB/GYN at Mid Dakota Clinic. "As they begin to experience symptoms, they might think 'that's just the way it is' and may be reluctant to talk about it, even to their doctor. But vaginal health is an important part of a woman's overall health. When women stop producing estrogen, the vaginal walls become thinner, drier, and weaker. The resulting

symptoms can cause pain, avoidance of intimacy, and affect a woman's self-esteem as well as her physical health. But it's not something you 'just have to live with.' The first step is talking to your doctor about your symptoms and your options for treatment."

If you're experiencing menopausal or postmenopausal symptoms, you're not alone. There are approximately 64 million postmenopausal women in the U.S., and

**"...it's not something you 'just have to live with.'
The first step is talking to your doctor..."**

approximately 1.3 million women reach menopause every year. The mean age for menopause is 51. Up to 50 percent of menopausal women suffer symptoms of dryness, itching, discomfort, and/or stress incontinence.

- ADVERTORIAL -

In the past, the usual treatment has been a vaginal cream that contains estrogen. But estrogen cream has drawbacks: it's expensive, messy, and must be applied frequently. It can cost as much as \$350 every two to three months, and it's not covered by insurance. It also carries a risk of side effects, and can't be used by breast cancer survivors. With 250,000 women diagnosed with breast cancer every year, and a five-year survival rate of 90 percent, that means a substantial number of patients are left without options for their symptoms. Now Dr. Bradley is offering a new non-hormonal, non-surgical laser treatment that provides lasting benefits for menopausal women, including breast cancer survivors.

MonaLisa Touch® is a new rejuvenation treatment that involves using a laser to deliver controlled pulses of energy to vaginal tissue, creating microscopic holes in the vaginal walls. This process stimulates the body to heal the holes by producing collagen, rehydrating and restoring thickness and firmness to the vaginal tissue. It's a simple in-office procedure that takes just five minutes. It's virtually painless

and requires no anesthesia. Patients report just a slight vibration or tugging sensation. Regular activities can be resumed immediately, and sexual activity can be resumed in two to three days.

"In my medical experience, this is quite an amazing opportunity for menopausal women."

Dr. Bradley is the only OB/GYN in North Dakota or South Dakota offering this new treatment. "I'm so excited to offer my patients this option," she says. "Our experience is consistent with the extensive studies that show significant improvement in the vaginal tissue, with relief of symptoms of vaginal pain and urinary issues."

She notes that, while insurance doesn't cover the treatment, it costs less than hormonal treatment over the long run and offers long-lasting benefits. The cost of the treatment at Mid Dakota Clinic is \$500, which is substantially lower than the \$800 to \$1000 charged elsewhere. Patients usually receive an initial course of three treatments over 12 weeks. For most patients, the benefits can be maintained with annual treatments.

"In 20 years of practicing medicine, all I could offer my patients was an expensive, messy hormonal cream," says Dr. Bradley. "Now we have a procedure that is nearly 100 percent effective, non-invasive, virtually painless, and takes just a few minutes. In my medical experience, this is quite an amazing opportunity for menopausal women. This process is new and innovative now, but I think it will soon become the standard of care, and for good reason."

Patients are calling it "life-changing."



"I am a 52 year old nurse with 14 years of OB/GYN experience. I was struggling with vaginal dryness and a leaky bladder. After visiting with Dr. Bradley and researching the MonaLisa Touch® procedure, I had a treatment. I generally say, 'If it sounds too good to be true, it probably is.' Since the procedure, I have not needed to use the vaginal hormone that was costing me \$350.00 out of pocket every two to three months, and my bladder doesn't leak any more when I stand up. I can't wait to see the improvement after the next two treatments." – T. E.

"Women with these symptoms need to know that they don't 'just have to live with it,'" says Dr. Bradley. "The MonaLisa Touch® gives them a great new option for alleviating their symptoms. The first step is to talk about it."

Symptoms:

- Vaginal dryness
- Painful intercourse
- Itching and irritation
- Stress incontinence

Advantages of MonaLisa Touch®:

- Non-hormonal
- No messy creams
- Non-surgical
- Long-lasting benefits



Shannon S. Bradley, MD, FACOG

Board certified OB/GYN

Fellow, American Congress of
Obstetricians and Gynecologists

Member, American Academy of
Cosmetic Surgery

701.530.6027

1.800.472.2113 ext. 6027

middakotaclinic.com/vaginalrejuvenation

THE TURKEY TROT:

Fun, Fitness and Giving on Thanksgiving



By Kylie Blanchard

For more than a quarter of a century, runners, walkers, families and friends have gathered on Thanksgiving morning to take part in the annual Turkey Trot road race sponsored by the Cystic Fibrosis Association of North Dakota (CFA). The event, providing holiday fitness and fun, is rooted in raising funds for and supporting those in the community with cystic fibrosis (CF).

"Twenty-six years ago, a group of people banded together to raise money for a friend needing a double lung transplant due to complications from CF," says Pam Thompson, development director with the CFA. "They hosted a road race, called the Thanks for Giving Road Race, at Apple

Creek Country Club on Thanksgiving Day. They teamed up with the CFA for matching funds for their friend."

Since then, the race location and name has changed, but the heart of the race has remained the same. "To help North Dakotans living with CF breathe easier," says Thompson.

Growing and Giving

In 2001, 202 participants took part in the race, and Thompson says since then, the race has grown exponentially. "Our route has now remained unchanged over the past 10 years and we have moved from a mail-in registration with manual timing to online registration and computer chip timing. For years, most of our participants would register the day

of the race. Now most register in advance, though we are one of the few remaining races that still allow same day registration."

Record breaking participation in 2013 topped out at 1,999, and in 2014, record-breaking cold temperatures hit. "Last year's weather was brutal. At -7 degrees with wind and icy roads, our participants earned major bragging rights. Still 1,300 people registered for the race and \$47,000 was raised for CF."

Thompson says she expects this year to be another record breaking year for participation and pledges. "The money raised at the Turkey Trot stays right here in North Dakota. Funds raised go toward medical and



Ashlee Rudolf (center of the picture in the white coat) with some of her family at the race.



therapeutic equipment costs, college scholarships for people living with CF, for matching funds for lung transplants, and for support groups for families living with CF," she notes. "The Turkey Trot is one of our biggest fundraisers and we are so awed by the community support for this event."

Ashlee Rudolf, along with her family and friends, has been participating in the Turkey Trot for nearly a decade. Rudolf, who has CF, says many of the more than 20 of her family members and friends have been joining her at the race on Thanksgiving morning for years. "Every year, I would say how heartwarming and giving people are. The same family members have been trekking with me every year since I started. They don't have to give year-after-year and they just keep giving more."

She says each year the group sets a goal for the pledges they raise together and more than 100 of Rudolf's family members and friends contribute to this goal. "Last year we ended up raising close to \$10,000," she notes. "We set a goal and beat it, which was awesome."

Rudolf says living with CF has helped to mold her into the person she is today. "It's made me realize not everything is as bad as it can be sometimes, and it's made me and those around me pretty optimistic."

She says she has received funding raised from the event to help defray the cost of the medications used to treat her CF, and she encourages others to take part in the Turkey Trot and support others with CF. "If you're feeling giving on Thanksgiving Day, what a better way to give than to the CFA."

"The Turkey Trot not only raises funds and awareness for an important causes, it is also a great way for families to stay in shape together, and maybe even make room for an extra

Cystic Fibrosis is the most common fatal genetic disease in the U.S. today. It affects about 30,000 children and young adults, and occurs in approximately one in every 2,000 live births. There are more than 800 different genetic mutations causing cystic fibrosis. The most common mutation attacks the lungs and digestive system. This results in frequent, severe lung infections, which eventually kill the lungs, as well as halting the production of pancreatic enzymes necessary for digestion and nutritional absorption.

Although there is no cure, genetic research has produced several medications that have found increasing success in treating the symptoms of the disease. These medications are very expensive, and must be taken every day together with enzyme supplements, antibiotics, special vitamin supplements and mucolytics. In addition, most young people with cystic fibrosis must do chest physiotherapy and inhalation therapy several times each day in order to maintain optimum health.

Source: Cystic Fibrosis Association of North Dakota

slice of pie later on," adds Thompson. "The philanthropic spirit of our community is contagious, and the Turkey Trot is a great way for us to show thankfulness for our health and to help others achieve optimal health as well."

Thompson says the race is also a fun way to start a holiday with family and friends. "We bill ourselves as the most fun road race in Bismarck-Mandan and we love to see runners of all ages and levels show up. The most fun part has to be the costumed runners. From turkey tutus to Santa suits to ugly Christmas sweaters, the costumes really make the race," she notes. "This is a fun, quick road race, and with a 9:15 start, no one even has to miss a minute of the football game. The Turkey Trot is a wonderful way to connect with your community and to do more good."

Thompson says the race depends heavily on pledges and the entry fee is waived for any participant who raises \$100 or more in pledges. Prizes are also awarded for the top six pledge earners.

Race information, registration and pledge forms for the Turkey Trot are available at www.cfanorthdakota.com/turkey-trot.



Kylie Blanchard is a local writer.



Bismarck Art & Galleries Association
cordially invites you to attend **Festival of the Arts...**

CABARET
6:00 p.m. • Saturday
November 21st
Radisson Hotel, Bismarck

Dinner, entertainment, live and silent auction and live music.

For tickets call BAGA
(701) 223-5986.



The Playground Plague That Affects 1 in 3 Children

by Patrick Atkinson

If it's true we have a bullying epidemic in our country right now, then I've experienced the illness.

I was 12, maybe 13-years-old. Small and skinny and weighing in at 72 lbs wet, life overall was pretty good when, for no known reason, Jeff and Keith decided to make my life a daily nightmare.

They hid behind evergreens and crawled out from under cars. They ran at me screaming, and stealthily rode up on bikes. If I was lucky when they caught me, they knocked me to the ground and only kicked. If I wasn't, they hit much harder, tore up homework, and did stuff to embarrass me.

That was a generation ago, when one in seven American children was a victim of bullying. Today one in three children is seriously bullied sometime during their childhood life.

Ouch! Our societal corpus cries out. Enough! What can we do about it?

As with all things cumbersome, embarrassing, and hard, first we need to learn about the problem. Then we sit down with our children and talk.

On any given day, 160,000 children in America skip school to avoid being bullied. They then become truants and in trouble with their parents, teachers and sometimes the law. The problem escalates; out of every 10 students who drops out of school does so because of repeated bullying.

And while we think of bullying as being one kid slamming another kid up against a locker, there are actually four distinct forms of this social disease:

- Physical (the locker)
- Verbal (by far the most common form of bullying)
- Emotional & Relational (deliberately excluding the targeted child and encouraging others to do the same)
- Cyber (the fastest growing form; the next issue of Inspired Woman has an article dedicated to keeping our children safe from cyber-bullying)

Bullying doesn't just happen like a spontaneous playground fight; it's an intentional, aggressive and well-thought out act. It is also repetitive in nature, and always involves an unequal balance of power. Yes, the aggressor may be physically more powerful than the victim. Then again, maybe the victim is bigger or physically stronger, but his spirit or self-confidence has been broken through years of neglect or abuse at home. Their vulnerability is easily spotted by the bully.

The three parties to bullying are:

- The Victim: Like rape victims, victims of repeat bullying suffer long-term damage such as lowered self-esteem, depression, and a sense of loss of self-dominion.
- The Bully: Bullies aren't natural born leaders exploring their sense of authority, as some parents of bullies want to believe. Children who bully stand a much lower chance of succeeding in their professional and personal lives, and children who bully by age eight have a 25 percent chance of having a criminal record by age 26.
- The Witness: Eighty-five percent of all children will be a witness to bullying at some point. While naturally hesitant to become involved, studies show that The Witness can stop 57 percent of bullying incidences in less than 60 seconds just by asking the bully to stop.

Waiting for our child to tell us they are a victim of bullying isn't enough, since adults are told only 40 percent of the time because:

- Being the victim of bullying makes a child feel helpless.
- The child fears being seen as weak or a tattletale, and fears backlash from the bully.
- Bullying is a humiliating experience and kids may not want adults to know what the bully is saying about them, regardless of how untrue.
- The kids who are targeted by the bully may already be socially awkward, afraid, isolated, or emotionally hurt.

Some signs that point to a bullying problem with your child are:

- Unexplained injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches, stomach aches, or faking illness to avoid going to school
- Self-destructive behaviors such as harming themselves or talking about suicide. Childhood bully victims are two to nine times more likely to contemplate suicide.

Even if bullying isn't an issue in your house right now, your child needs to be prepared in case it ever does happen. Lovingly let your children know you are aware of bullying and that if they are bullied or harassed - or see it happening to someone else - it's important they talk to you or another adult (i.e. a teacher or counselor) about it.

If your child does tell you, listen calmly and completely, and don't immediately react. Kids often worry their parents will be disappointed or just make the problem worse.

Five smart strategies to teach your children to keep them from becoming targets are:

- To stay calm and cool. Bullies thrive on hurting others; don't get ruffled.
- Look the bully directly in the eye and say, in a solid assertive voice something like, "Come on. Don't be mean."
- Buddy up for safety. While the child is on the bully's radar screen, the child should stay close to friends while going to school, using the bathroom, etc.
- Don't fight the battle alone. Your child needs to know they can talk to you, and while sometimes talking to a bully's parents can be constructive, it's best to do this where a school official or counselor is present. It lets the bully and the bully's parents know there is a problem, and you aren't going to suffer in silence.
- Remove the bait. During my career I have to deal with death threats and other high risk moments that require me to alter my life patterns, so I understand that no one likes someone else to determine how we live. Still if it's lunch money or gadgets that the school bully is after, encourage your child to pack a lunch or go to school gadget-free until the problem passes.

Like with a grassfire, the way to respond if a persistent bully targets your child is quickly and firmly:

- Don't ignore it or think kids can work it out without adult help.

- Don't try to sort out the facts.

The issue is the violence and the bullying; the facts are secondary.

- Get police help or medical attention immediately if a weapon is involved, or if there was bodily harm or sex abuse, or threats of physical injury or sex abuse.

The more you teach your children about the dynamics of bullying, the less likely they are to become victims. They know the problem exists; we parents can make them aware that we know it too. If there's a problem, together we will find the solution.



Patrick Atkinson is director of the God's Child Project in Bismarck.

About The Author:

Bismarck-native Patrick Atkinson is the founder and Executive Director of The GOD'S CHILD Project international network of charities, which includes the 'Institute for Trafficked, Exploited, & Missing Persons'; North Dakota's oldest dedicated anti-human trafficking program which works regionally and across the globe. Atkinson is a 3x national book award winner whose writings appear in 13 languages worldwide. He currently resides in Bismarck, Minneapolis, and Antigua, Guatemala. For more information, visit www.GodsChild.org and www.ITEMP.org.



he said
she said

Travel Enriches and Terrifies You

by Annette Martel and Kelly Hagen

was broadened, as I witnessed how different (and how similar) poverty looks in different part of the country. My waistline stayed about the same, as I tried interesting food like alligator meat and crawdads. (Yuck!)

After that, I made it my goal to get to every nook and cranny of the United States, and although I certainly haven't been everywhere, man, I can sing the Johnny Cash song without leaving out too many lyrics. Living in many different parts of the country certainly made this easier to get to the proverbial "everywhere." What did I learn from all of this travel? We are indeed a diverse nation. Did you know that there are parts of the country where every kind of pop is called "Coke?"

"What kind of Coke would you like to drink with that?" Do you know how mad you sound when you say this, Texas?

Grad school introduced me to travel abroad as I spent part of my time studying the higher education system in Australia. My fellow travelers and I were immediately struck by how small the portions were at restaurants; however, we also realized that when we had finished our meals, we did not feel hungry. The most moving part of that trip was participating in "Sorry Day" events, which remember and commemorate the mistreatment of the indigenous population in Australia, in the hopes that such atrocities never happen again. I fell in love with the country, the landscapes, and the didgeridoo, but I decided to return to the U.S., nonetheless.

A few years later, I decided I needed to get to Europe. I was in much the same situation as my grandparents. Funds were short, but I decided to make it a priority, as well as figure out how to do it as inexpensively as possible. This trip is really responsible for where I am today. You see I threw three coins into the Trevi Fountain in Rome, Italy, and within less than a year, I met and began dating my eventual husband, so at least two of the coins worked. I hope the other one did, too, because that means someday I will make it back to Italy with Kelly.

It could certainly be a while, however, until we get to travel abroad, or even much at all. Young children tend to keep you close to home, which can be a good thing. It helps you to make the most of the place you are in and find and celebrate that which makes your home unique.

She Said

Growing up, I remember a cartoon hanging up in my grandparents' farmhouse that said, "Travel really broadens one." It had a picture of a couple of people sitting at a counter, eating. The punchline was that travel not only broadens the mind, but presumably the waistline, as well.

I hate to bicker with a cartoon from my youth, but in my personal experience, staying at home is what really broadens the waistline.

My grandparents lived the typical North Dakota farmer life, working endless hours, for a less than stellar financial reward. However, they somehow found the funds to do some traveling, even going abroad in their retirement. Although that cartoon made me worry a bit about the side effects, it also inspired in me a desire to explore the world outside of my own backyard.

My travels started immediately after I graduated from high school, with trips to Los Angeles and Denver. During college, I spend every spring break travelling to faraway lands to build houses with Habitat for Humanity. My mind

He Said

I have not traveled as much as our sweet Annette has. I've lived in four places, and three of them were in North Dakota. When my contemporaries were escaping North Dakota straight out of high school or college, I stayed here. Why? Because I really enjoy this box I've surrounded myself in. Also, I hate most forms of transportation.

Travel requires transportation, and vehicles do the transporting. Unless you're walking, or crawling, or doing some sort of dance that requires extensive movement from side to side, like a line dance or something.

I'd much rather be line dancing than flying, which is how most people travel.

Flying happens in the air. Very far way up in the air. So incredibly high in the air. I know; I've looked out the window while we're up there, and almost immediately started crying. Last week, I was at the playground with our daughter, Kindergartner Neversleepsin (not her real name), holding her up on the monkey bars when I happened to notice an airplane up in the sky, way up there, really high, and I almost passed out.

What are we doing up there? Seriously?

Evidently you can travel at faster speeds when you're 38,000 feet up in the sky. Or else distances are shorter up there. Maybe there's vortexes or portals up that high. I'm not really sure.

I know you can get on a plane in Minneapolis, and step off of it three or four hours later and be just about anywhere in the U.S., including Florida, but I don't know why you'd want to be in a place like Florida. Still, though, that's pretty impressive when you can be in Los Angeles or Seattle or wherever in the time it takes to watch a "Hobbit" movie.

If you try to get somewhere in a car or on a bus or train or anything involving wheels, it takes forever. Have you ever tried to drive across Montana? We did, on our honeymoon, and that was pretty much the extent of it. We kept driving, and it kept being Montana, and eventually we just gave up and went home.

But at least we're not ridiculously high up in the air. Gravity sees you up there, and it gets incredibly angry because you're essentially spitting in its eye. Sitting in a chair, watching "Paul Blart Mall Cop 2," sipping a tiny soda like nothing about this is weird and unnatural. That's what turbulence is: Gravity hating your guts. You're not supposed to be up there.

Anyway, I don't really travel because I respect gravity too much. I am the gravity that has kept Annette anchored directly to N.D. soil, so you're welcome, state. She's pretty amazing, and we don't want her wandering off.

But a fountain coin is now mandating that we go to Italy, which will probably involve flying a long time, right? If you'll excuse me, I have some hyperventilating to do.



Columnists Annette Martel and Kelly Hagen are a married couple, living in Bismarck with their two children, and have never traveled abroad together, so Annette has yet to see how awful Kelly is at eating spaghetti. He makes such a mess of himself. They can be reached at shesaidhesaidcolumn@gmail.com.

JOIN DOWNTOWN BUSINESSES FOR...

Paint the Town Pink!

Downtown Bismarck businesses will be showing their support for cancer during 'Paint the Town Pink' on Saturday on October 10th.

'Paint the Town Pink' was started several years ago by Bismarck Cancer Center Foundation board member and Lillians owner, Susan Schwieters. Three businesses participated the first year in an effort to give back to the community. Last year's event had over 20 downtown businesses participating and this year there will be even more!

Participants can begin their day by shopping at participating businesses and end at Broadway Grill & Tavern for a "Paint the Town Pink Party" from 4-6, including appetizers, pink Michelob Ultra and a silent auction. The "Paint the Pink Party" is sponsored by Broadway Grill & Tavern and McQuade Distributing.

Businesses are participating in several ways: making a general donation to the Bismarck Cancer Center Foundation; giving a portion of their sales; donating an item that will be used at the Paint the Town Pink Party. For every purchase made at a participating business, each customer will receive one ticket that can be used for drawings at the party. Vivian, the pink fire truck will also be parked downtown, providing opportunities for shoppers to write their messages of hope on the truck.

"We are locally-owned businesses working together to give back to local cancer patients," said Schwieters. "It is really great to see these downtown businesses come together to support the Bismarck Cancer Center Foundation. We put on this event to honor all of the brave and courageous people fighting or who have fought a battle with any form of cancer."

All donations stay local and help make a difference by providing financial assistance to cancer patients in need. They support programs for the whole person - body, mind and spirit. Money is used to offer patients assistance with transportation, lodging, emotional and spiritual care, massage therapy, survivorship and much more. The Bismarck Cancer Center provides radiation therapy to approximately 600 patients per year.

Mark your calendars, grab some friends and come out and support local businesses while benefiting the patients at the Bismarck Cancer Center!

For more information on this event, please contact Susan at 701-258-5303, 701-214-8370 or by email at sschwieters@lilliansshoppe.com. For a list of participating businesses, visit bismarckcancercenter.com

Planting Positive Seeds

Turning Boomtown Into Hometown

by Jessie Veeder Scofield

On a cold winter night in Williston in 2011, Billie Pippinger, office manager and mother of three, found herself in the parking lot of Walmart after a shopping trip, visiting with a young man who had been living in his car. The temperature was around 30 below zero and Billie just couldn't stand the thought of him spending another night without a roof over his head.

It was at the height of the boom and the scenario wasn't uncommon as thousands of young men flocked to the Bakken region in search of high paying positions without a plan for housing. The results found hotels booked night after night and men sleeping in vehicles.

"I called every hotel in town until I found one with one room left above the bar. It was the last room in town," recalled Billie. "I gave them my credit card information and told them the young man would be there in a bit, but the hotel wouldn't allow me to pay for a room that I wasn't renting personally. They wouldn't let him stay there."

That powerless feeling Billie felt that night, having the will to help but no tools, haunted her.

"It made me crazy that I couldn't help this guy," Billie said. She went home and voiced her concerns on Facebook and was met with a reply from her friend Codi Austreim wondering if she'd like to get involved in helping to make changes in their community.

Because Codi had taken notice too.

The influx of new residents working on navigating their new home merged with native residents coping with a rapidly changing community, created what the Williston resident calls a "clash between the 'old' and



the 'new,'" noting that she would hear new residents comment that this place was 'backwards or boring' while native residents could be heard expressing their wishes that things would 'just go back to the way they were.'

"I wondered how we could help make positive change here and how we could get the new people coming here interested in staying here," said Codi.

And so she talked to her friends, Brandy LaDue and Falon Justice, reached out via social media and soon this small group of women, with a vision to maintain and create community pride founded Williston Friendly Faces with the mission of "Turning Boomtown into Hometown."

Four years later the group hasn't grown past 10 or so core members (nine of them women) but the impact their efforts have on Williston shines brighter every year.

"We had big ideas at first," said Billie who explained that most members

are busy, working women with young children. "But we scaled them down to what we can manage."

And what they can manage with the focus of "Planting Positive Seeds" is pretty remarkable because they're able to see a need, recognize their limits and partner up with other local organizations to implement change.

One of the group's first projects was digging in and helping distribute backpacks filled with school supplies to new students in the Williston School district.

Stephanie Bakken, a stay at home mom of three explained that an oil company donated the backpacks but the school didn't have the human resources to successfully distribute them fairly.

"We took it and ran with it," Stephanie said, adding the group reached out to local businesses to add coupons and a folder full of relocation information for the new students' families.

"Now every new student gets a backpack," said Stephanie. "And we continue to do it year after year."



And it was in that spirit of giving that the group began providing resources for families in need during the Christmas season via their "Santa's Elves" program where nominations are taken for people in need that might be missed or unqualified for other sources of assistance.

"Maybe there was a death in the family or unforeseen circumstances, people who wouldn't necessarily ask for help, we help them," said Codi.

Last Christmas Williston Friendly Faces was able to help almost 100 Williston residents.

And it was last Christmas that the group launched The Festival of Trees, a 21 and over dinner, auction and fundraising gala where the group secured Christmas tree sponsors responsible for donating and decorating a tree that they then put up for auction.

"The event was so well received," said Billie. "There were less than 10 tickets we didn't sell."

As part of the holiday celebration, the group also hosts the "Reindeer Games" the night before where families can bring their kids to enjoy holiday activities and photos with Santa.

With over 300 people attending the Reindeer Games and a nearly sold-out Festival of Trees event, Williston Friendly Faces relies on and appreciates the generosity of local donors and volunteers who give their time and talents to make these special events run smoothly.

In addition, Williston Friendly Faces partners with the Williston CVB who has a similar mission to create a welcoming community environment. The CVB utilizes the organization's human resources to share in the opportunities and programming where appropriate.

The success of their fundraising allowed Williston Friendly Faces to sponsor a night of Downtown Williston's new event "Summer Nights on Main" with live music, kids games, food vendors and fun for the family, a perfect example of teaming up with other organizations to create a friendly and positive environment for the entire community and a chance for the group to become more visible.

"At the downtown event I was approached by a woman who thanked us for the work we do," said Diane Nelson, group member, business owner and mother of two. "She said 'without you my son wouldn't have had a Christmas.'"

It's those impacts that keep them going, participating in other events like community clean up day and executing their Random Act of Kindness event where the members of the group hand out kindness card after performing a kind act toward a community member, encouraging them to pass it along.

But one of Billie's favorite moments of involvement is when the group participated as guest speakers during Marketplace for Kids, where they talked to fifth graders about blooming where they're planted.

"We asked how many kids have moved to Williston from somewhere else and one boy raised his hand and told us he was new, and he just kept talking and engaging with us," said

Billie. "It was like he 100% grasped the concept of finding ways to thrive in a community."

And while these women admit that it's sometimes difficult to fit in all of the responsibilities of work and family, all agree that their work with Williston Friendly Faces is an important effort and provides an excellent example for their children.

"It's a great opportunity to show our kids what it means to be a part of the community," adds Codi.

Stephanie agrees, adding that the kids outnumber the adults in the organization and they help out with their husbands, stuffing backpacks and picking up garbage.

"In the future I would like to see us get involved in teaming up with an organization to help build houses," said Billie, remembering the helpless feeling she had that cold winter night.

And so in it's fourth year of existence the women of Williston Friendly Faces move forward, adding service work to the balance of their busy lives and continuing to seek out and dive in to opportunities that align with supporting their growing community, turning Boomtown into Hometown one friendly face at a time.





Carrie Grosz is the founder of Carrie's Kids. She spoke with Inspired Woman about her ministry.

iW What is Carrie's Kids?

Carrie's Kids is a volunteer ministry that provides outreach, clubs, groups, events, and programs that promote dignity, build social and life skills, nurture potential, and instill self-sufficiency to qualified children and teens who enjoy a safe learning environment or are at risk or even homeless in the Bismarck-Mandan area. Carrie's Kids believes that all children and teens are created with a purpose. Carrie's Kids, with the help of community volunteers and support, is committed to the youth we serve through innovative problem solving, shared responsibility and a relentless focus on achieving real goals through sustainable and measurable outcomes. Carrie's Kids has a holistic focus so children/teens thrive at home, at school and in the community. I feel Carrie's Kids is a VIP Club for children and teens and their families. We are blessed to be such an amazing part of a growing community. Carrie's Kids became a 501(c)3 in January 2012. On August 1, 2012 Carrie's Kids decided to expand and leased a building on south 12th street in Bismarck. The 4,000 square foot building has a kitchen, a gym, and a place for kids to hang out.

iW How long has Carrie's Kids been around?

Carrie's Kids began in February of 2006, during Trinity Lutheran Church's 40 Days of Community worship campaign. During that campaign the congregation picked an ongoing service project that would affect the area where they live. A Carrie's Kids Task Force was formed to coordinate efforts to impact these important children/teens in the Bismarck/Mandan area of North Dakota. At that time I was working as a liaison with the Bismarck Public School District, working with kids who were in transition.

iW What makes Carrie's Kids unique?

The children and teens! They are the best. We feel like one big, growing family. We are working together to help each other and make a difference every single day. Last

year we helped about 2,800 children, teens, and families. These are kids who are "at risk" for a variety of reasons. Homelessness doesn't look like what we see on television. In our area, it's not people sleeping on the streets. It's people moving around, living with different friends and family, trying to save up for their own place, but just never quite making enough to achieve that. It costs a lot to rent an apartment, and for many of the families we help, it's an expense they just can't afford. Many times mom is working three jobs but it isn't enough. Sometimes there are addiction issues, or abusive relationships. It breaks my heart to see kids in those situations. They didn't choose that life. We work with them to help them realize they have value and we teach them how to be a contributing member of society. And we also let them be kids, something that many of these at-risk kids don't often get to experience. I want them to be proud to be a part of Carrie's Kids.

iW Can people donate to your organization?

Yes! Donations keep us going! There are several ways for people to donate, including online through PayPal and by shopping Amazon Smile. Superior Silk Screen, Inc. has been so awesome in helping us collect items. If you have things to donate, just drop them off there (1030 S. 18th Street in Bismarck). I'm always looking for volunteers too. There's a place on our website where you can sign up to volunteer.

iW What are your needs right now?

Winter is coming – right now we really need snow pants, snow boots, and food.

iW If someone needs help, how can they contact you?

There are lots of ways to get in touch with us. My phone is always on and I encourage people to text me at 701-390-3201. You can also email carrie@carrieskids.com. Referrals can be made on our website, www.carrieskids.com.



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. 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 dakotawestarts.org

October 2015

BisMarket | Saturdays 10am-1pm (June-October) | Sertoma Park Near Shelter 5 | info@bismarket.com

October

Art Workshops | ART Gallerie on Main, Downtown Bismarck | 701-425-8439

October 1-24

Papas Pumpkin Patch | papaspumpkinpatch.wordpress.com/

October 2

Lewis Black | Belle Mehus, 8 pm | Bismarckeventcenter.com

October 2

Russell Ballenger Faculty Recital | Arno Gustin Hall, University of Mary, 5 pm

October 2-31

Earth, Water, Fire, Air: Clay Bodies Exhibit | Bismarck Downtown Art Co-op | bismarckdac.com

October 3

Deuces Wild Dueling Pianos | Belle Mehus, 8 pm | Bismarckeventcenter.com

October 4

Conversations at BSC, "Vietnam: History, Metaphor, Quagmire, Myth," | Bavendick Stateroom, National Energy Center of Excellence, 3 pm | More information: Vicki.Voskuil@bismarckstate.edu

October 4

DEF Leppard with Styx and Tesla | Bismarck Event Center, 7 pm | Bismarckeventcenter.com

October 6-24

Fall Art Show | Bismarck Art & Galleries Association | Bismarck-art.org or [701] 223-5986

October 8

Bismarck Sings | Community Schools concert | Bismarck Event Center, 7:30

October 8-18

Dakota Stage Ltd. Presents "The 39 Steps" | Dakotastageltd.com or [701]258-4998

October 10

Pink Out Saturday | For more information call Bismarck Cancer Center.

October 10-11

46th Annual Woodcarving Show | Flickertail Woodcarving Club | 12:15 PM- 4:30 PM | BSC – Bismarck Academy Center, FREE | dd_emerson@msn.com or 701-425-8226

October 10-31

'Healing through Art' Exhibit | Opening: Sat. October 10th | 10:30 - 5:30 Reception: 12-3 pm | ART Gallerie on Main | [701]-425-8439

October 13

Slipnot with Special Guests, Suicidal Tendencies & Beartooth | Bismarck Event Center, 7 pm | Bismarckeventcenter.com

October 14

Local Writing Group | ART Gallerie on Main, Free | 701-425-8439

October 16-17

1st Annual Food Truck Festival | Sertoma Park | mike@midwestsportstours.com

October 17

"Think Green in '15" Conference | Open to the public, 8:30 a.m. to 2:45 p.m. | North Dakota Heritage Center in Bismarck | Details and registration at history.nd.gov/conference

October 17

"Fire & Fools" | Guest Artist, Hannah Holman | Belle Mehus – 7:30 PM

October 20

Bismarck-Mandan Symphony "Rush Hour Concert" | Bismarck Veteran Memorial Library – 5:45 PM | Free Event, "Contrasts" Dr. Scott Sandberg – saxophones

October 22

Little Big Town with Drake White and Big Fire | Bismarck Event Center, 7:30 pm | Bismarckeventcenter.com

October 27

Joseph and the Amazing Technicolor Dreamcoat | Broadway in Bismarck | Bismarck Event Center, 7:30 pm | Bismarckeventcenter.com

October 30

Hairball with special guest, Unleashed | Bismarck Event Center, 7 pm | Bismarckeventcenter.com

November 2015

November

Art Workshops | ART Gallerie on Main, Downtown Bismarck | 701-425-8439

November 1

Central Dakota Children's Choir presents "Singing in Style" | Ramkota Hotel, Bismarck | cdcc@aboutcdcc.org

November 3

BSC Choir Concert | Sidney J. Lee Auditorium, 7:30 pm, Free

November 3-5

Bismarck State College symposium - The 60s: Tumult and Transformation | Register by Oct. 20 at bismarckstate.edu/community/1960s. | For more information, Vicki.Voskuil@bismarckstate.edu

November 3

Bob Eubanks ("The Newlywed Game") & Dawn Wells ("Gilligan's Island") | NECE Bavendick Stateroom, 7:30 pm | Bismarck State College Symposium: | "The 1960s: Tumult and Transformation." | Vicki.Voskuil@bismarckstate.edu

November 4

The New Christy Minstrels | Belle Mehus, 7:30 pm | Bismarck State College Symposium: | "The 1960s: Tumult and Transformation." | Vicki.Voskuil@bismarckstate.edu

November 6-7

Girls Night: The Musical | Belle Mehus, 7:30 pm | Bismarckeventcenter.com

November 6-28

"Viewpoint Through A Lens" photography exhibit | Bismarck Downtown Art Co-op | bismarckdac.com

November 6-28

"Munny for Kids" -- decorated plastic toy-like figurines exhibit | Bismarck Downtown Art Co-op | bismarckdac.com

November 8

Craig Ferguson – The New Deal Tour | Belle Mehus, 8 pm | Bismarckeventcenter.com

November 8

Disney's Beauty and the Beast | Broadway in Bismarck | Bismarck Event Center, 7 pm | Bismarckeventcenter.com

November 9

Wind Ensemble Concert | Sidney J. Lee Auditorium, 7:30 pm, Free

November 13

Art & Wine | Central Dakota Children's Choir | Frances Leach High Prairie Arts & Science Complex | cdcc@aboutcdcc.org

November 17

BSC Chamber Concert | Sidney J. Lee Auditorium, 7:30 pm, Free

November 18

Local Writing Group | ART Gallerie on Main, Free | 701-425-8439

November 20-21

"Roasting by an Open Fire: Your Holiday Favorites" | Guest artists Aaron Meyer, violin & Tim Ellis, guitar. | Belle Mehus, 7:30 | Bismarckeventcenter.com

November 21

Chris Young with Eric Paslay and Clare Dunn | Bismarck Event Center, 7:30 pm | Bismarckeventcenter.com

November 21-22

The Big One Art and Craft Fair | Bismarck Event Center | Bismarckeventcenter.com

November 21

Dakota Divas Drag Show | Bismarck Event Center | Bismarckeventcenter.com

November 22

Bismarck Mandan Symphony Youth Orchestra Concert | For more information: bismarckmandansymphony.org | or contact BMSO [701] 258-8345

November 22

36th Annual Holiday Walk | Sponsored by Bismarck Mandan Symphony Orchestra | [For more information: bismarckmandansymphony.org | or contact BMSO [701] 258-8345

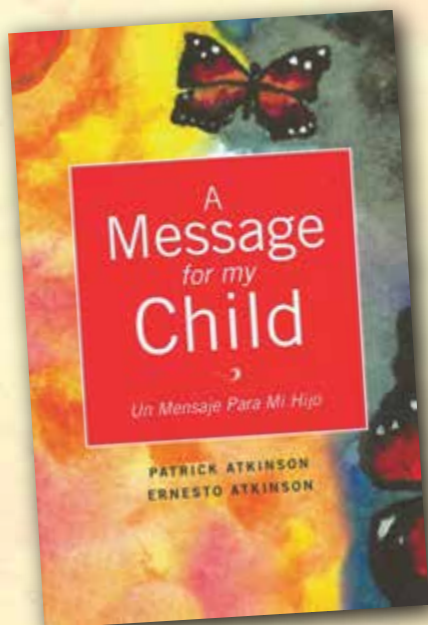
November 24

BSC Jazz Ensemble Concert | Sidney J. Lee Auditorium, 7:30 pm, Free

November 28

"Coming Home for Christmas" | Harvest Grill, Mandan | Mandanprogress.org

The international classic that has been enjoyed by millions
Now available in 14 languages worldwide



WINNER OF 3 NATIONAL AWARDS

You're growing older, your friends are changing, and your world is more challenging than ever. You are never alone but when everything is said and done, you alone make most of your decisions.

This simple, powerful and beautifully illustrated book by father-son team Patrick and Ernesto Atkinson is the perfect gift to help you:

- feel good about yourself.
- take responsibility when things go wrong so you can correct them and keep going forward in life.
- get through the tough times that will come your way.
- learn to do what's right.

"Reflective, Empowering and Character Building – Message For My Child is the perfect short book and gift for children, teens and people of all ages."

ON SALE NOW at fine bookstores everywhere and at The GOD'S CHILD Project

All proceeds from the sale of Message For My Child are used to feed, clothe, and shelter orphaned children from The GOD'S CHILD Project and ITEMP.org



The GOD'S CHILD Project is looking for short and long-term volunteers of all ages to help in our Bismarck office with fun, exciting and engaging Project-related education, child-protection, and community activities across North Dakota. Opportunities are one-time, short-term, and part- and full-time; definitely something for everyone.

To learn more, contact:

Paul Maloney, Community Engagement Director
The GOD'S CHILD Project
721 Memorial Highway • Bismarck, ND 58504
Tel: (701) 255-7956 • Info@GodsChild.org

