



INSPIRED WOMAN

APRIL/MAY 2015

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**Kari
Warberg
Block**

No mouse in her house

*The Green
Issue*



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Inspired Woman is published six times a year by Berget Publishing. Mailed copies available by subscription for \$18 per six issues. Send check to: Berget Publishing, 311 S. 8th Street, Bismarck, ND 58504.

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

Printed by



The Printers, Inc.





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INSPIRED WOMAN

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~ Be Inspired ~



Green can mean a lot of things. To me, it is being conscious of our resources and a good steward of the environment. It means recycling what we can and picking up litter, even if it's not ours. It also means I really love the 53 mpg I get from my Prius.

Our cover girl, Kari Warberg Block, has a lofty green goal – get chemicals off store shelves and out of our homes. She is inventing products that make it easy for everyone to do just that.

How about you? I hope you will find some great green ideas in these pages and do your part to make our world just a little greener.

Deb

P.S. - I am a proud mom.



Congratulations Capital Ice Chips - National Pewter Medalists, U.S. Synchronized Skating Championships



My mom always says her parents were able to retire because her mom saved the wax paper from the cereal boxes. I know grandma did that because she was frugal; as most people in her generation were. The Great Depression made quite an impact on her; Grandma did not waste anything. But what my grandma didn't realize is that she was living green before living green was cool.

I think about that every time we polish off a box of cereal. I make sure to put the boxes into the recycling bin, but I often throw the wax paper bag away. After working on this green issue of Inspired Woman, I won't be doing that anymore.

I've learned the importance of reducing, reusing, and recycling. Things I had heard about dozens of time before, but things that finally "clicked" for me. Turns out, living green isn't really that much work and small things, like reusing the wax paper from the cereal box, really can make a difference. As you read through this issue, I challenge you to find one new idea that you and your family can start doing. Maybe it's taking shorter showers, running the dishwasher less, turning off the light when you leave a room, or like me, saving the wax paper from the cereal box.

Jody

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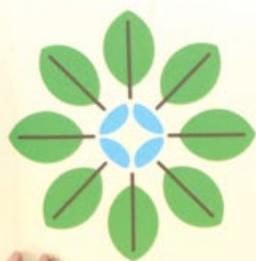
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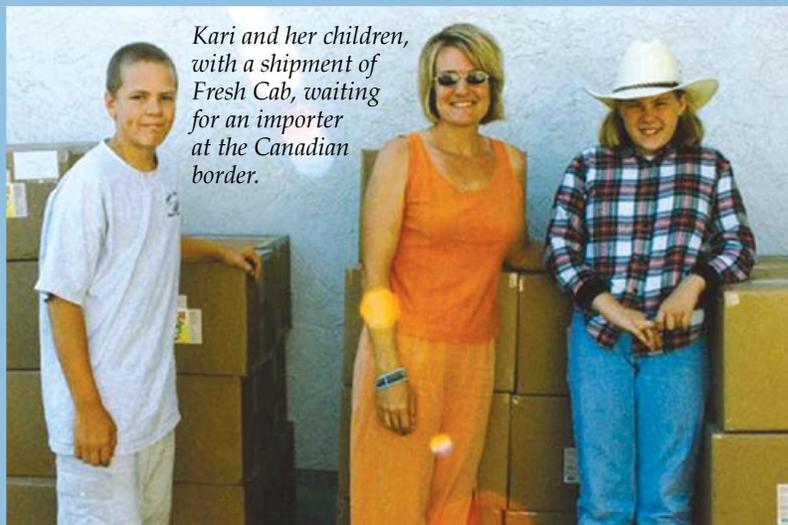
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Kari and her husband, Jim



Ernst & Young Winning Women, 2012



Kari and her children,
with a shipment of
Fresh Cab, waiting
for an importer
at the Canadian
border.

Kari Warberg Block

A Leader for Change

by Deb Seminary

Kari Warberg Block has been inventing things since she was very young. “I started making my own lotions and shampoos about the time I was five years old,” she said. “It made no sense to me to throw a plastic bottle away, so I started figuring out ways to fill them. Since I did not know what I was doing, I developed a sensitivity to certain chemicals. My skin got burned, my hair started to fall out. That is how I started making natural and organic products and I have been doing it basically my whole life.”

Born in Logan, Utah, Block attended a different school every year of her life, until high school. Both of her parents had grown up in North Dakota and when her mother passed away, her dad brought the family back to live in Williston.

Unfortunately, because there was no consistency in her schooling, she developed a learning disability and was always behind (kids her age). In high school she was told she would never go to college. But, she did not give up, and graduated from University of Mary with a Magna Cum Laude when she was 39, eventually receiving a Mary Bell Banner Award for distinguished alumni modeling the Benedictine Values.

After high school Block left North Dakota as quickly as she could. “It was different, so quiet,” she explained. “I moved back to Minneapolis and it

wasn’t like I remembered it, so I came back and have been here ever since. I married a farmer and really grew to love the peace and solitude. Raising kids on the farm was amazing to me. I got the opportunity to have long term relationships and be involved in the community, church and FFA. My kids have life-long friends from those days.”

She had an organic garden on the farm and, in 1993, she founded Crane Creek Gardens to sell the produce and a potpourri she had developed. “It was beautiful potpourri with essential oils,” she said. “Then the market fell when Yankee Candles came out.”

She had also been working on a solution for a problem that wouldn’t go away. “On the farm it was a constant barrage of rodents getting into things. It was expensive. It never made sense to lure them in with baits, poison them, wait until they die and then clean them up,” she said.

An accident left her on her back for almost a year and gave her a lot of time to think and research what was going to KEEP the rodents away. “Growing up with a father that was an entomologist helped,” said Block. “I had a behavioral aspect to pest control, not just a chemistry of what is going to take them out.

She developed Fresh Cab™, a natural, chemical-free botanical rodent repellent, that keeps mice out from the start. “I knew it was a problem on the farm,

but I had no idea it would take off with all of the people that owned campers, motor homes, boats, cabins, the list goes on and on!”

Like most women entrepreneurs, Block found it hard to get a loan and had to use her credit card. “Back then, as a woman with nothing, they didn’t want to take the chance,” she said. “I have since learned that women usually start out with six times less capital than men, and take a less bold, more cautious approach.”

She got a patent, and went through all of the hoops to get it EPA registered. It was a difficult process, because it had never been done before. She said it is very exciting now, because back then Fresh Cab™ was the only natural rodent product on the shelf. “This year, the EPA is removing eight of the most toxic rodent products on the market. Since our product is available, affordable and effective, it has changed the dynamics. It opened the door for other people and now ten percent of the products are non toxic. Our goal is to reduce the sale of poisons in our category to 50% by 2020.”

It proved to be harder to get Fresh Cab™ to consumers than to invent the product. “Invention for me is intuitive,” she explained. “It is second nature to figure out how to solve a problem and do it in a way that does not create more waste. Taking the steps



Kari serves as a mentor to Lauren Meiers – Owner, Designer, Marketing Guru of Fat Cat Marketing.

to commercialize it is really difficult and complex. There is the patent process, the regulatory hoops, setting up an organization, hiring the right people, figuring out a business model – and as it grows, it changes. Being creative and good at organizing chaos really helps in that process. I have to be flexible, and have an adaptive leadership process, because as the business grows, it requires different leadership styles. It was a huge transition when we got to one million in sales and then again when we got to five million.”

Along the way she became a Woman-Owned Certified Business. She learned from the Women’s Business Center, Vistage – a local CEO group, the Small Business Development Center and gained a wealth of knowledge while she was getting her degree from the University of Mary.

Block’s company, earthkind, currently has distribution in about 55,000 stores. Her product line now includes pest prevention solutions and air fresheners. Stores are asking for more products and ways to partner in promotions and campaigns.

Mentors

One of Kari’s first mentors was Bill Isaacson, an inventor and entrepreneur who had retired in Stanley. “I knocked on his door one day and told him I needed help,” she said. “I said, ‘I have this stuff that really works, but I don’t know what to do with it!’ ”

Isaacson connected her with the Center for Innovation in Grand Forks and her product was a tough sell to the group of men running the program, initially developed for engineers. Isaacson convinced her to keep at it and use her passion for the product to get into the program. She persisted and was actually the only one in her program to succeed.

Tara Holt was also a valuable person in Kari’s entrepreneurial life. “She got me on a bus to Minneapolis to the gift mart and by the time we arrived, I had sold about fifteen stores my potpourri, just on the bus. I couldn’t afford the exhibit space, so I stood outside the door with the product in my arms and eventually got into over 250 stores.”

Another mentor was Sister Thomas Welder. “Bill Isaacson was on the Board of Higher Education and had to speak for something (at the University of

Mary),” explained Block. “He brought me with him and asked me to get up on stage and talk about being an entrepreneur. I talked about being tech savvy and how scary it was when you don’t know anything.

“Although I didn’t know it, I also touched on some of the Benedictine Values and later Sister Thomas told me how clever it was for me to plan ahead and use them in my talk. I was so embarrassed to tell her I didn’t even know them. She later sent me a card and I ended up going to school there, getting a BS in Management.

“As a kid growing up I would see Mr. Bubble. I couldn’t use it because it was tough on my skin, but I would see the boxes and my dad told me the inventor was from North Dakota. I thought that was the coolest thing in the world – put bubbles in a box and sell millions of them! So, I count Harold Schafer as one of my early mentors. He was quite a marketer and I use one of his brilliant selling techniques in my presentations – telling retailers how many people will buy the product and how much money they will make when they sell it in their stores.

“There is a lot of North Dakota influence in our company’s roots and



Serial Entrepreneur

Block's many entrepreneurial ventures:

- Lemonade stand that sold lemonade made from fresh squeezed lemons
- Created necklaces and sold them in the halls of her New Jersey apartment building
- Cleaned houses while in high school and college
- Balloon delivery and singing telegram service in Williston
- Appliance and furniture delivery service in Bismarck
- Kari's Critters - buying and selling cows and calves
- Crane Creek Gardens, which became earthkind in 2000

culture. I feel strongly about keeping our headquarters here.”

Block is also a mentor to many, offering advice to up and coming entrepreneurs. “That is the cool thing, as a leader,” she said. “When I look back, I don’t realize how much I have done, except when I see the people around me and the impact I have had on them. It is a responsibility, but I know what I do is not for me, but for others. I am always asking, ‘what is the great-

est impact I can have in this situation?’ It is really nothing more than serving others.”

Awards and Accolades

Besides being named the North Dakota Small Business Person of the Year in 2013 and 2nd Runner-up in the National competition, Block writes for ‘Huffington Post’, ‘entrepreneur’ and serves on many boards and advisory panels including the Startup Weekend for Women in Fargo.

She was recently accepted into the Ernst & Young Entrepreneurial Winning Women’s program, which serves market-leading entrepreneurs. “They take companies public, do advisory services and provide networking opportunities,” she said. “I applied for that program in 2012, was accepted and it has been very helpful.”

The latest ‘honor’ to come her way is the appointment to the National Women’s Business Council (NWBC) by Senator Heidi Heitkamp. NWBC serves in an advisory role to the White House, Congress and SBA on policy

recommendations that will help women in business.

More To Come

Since stores are asking for more products, that is what they will get. “I still have inventions I thought of years ago that I will be developing,” said Block. “We will be expanding and continuing to educate consumers about the use of natural products to help them reduce their need for chemicals in the home.”

Her children are involved in the business on a limited basis. Her daughter writes the ‘Martha the Mouse Detective’ blog, which can be found at earthkind.com/blog. Her son is a design engineer who helps with some designs for earthkind in his spare time.

Kari Warberg Block’s goal is to get chemicals off store shelves and out of homes. She is well on her way, as a leader for change.



Deb Seminary is co-editor of Inspired Woman.

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green

Learning to Save the Earth

by Jody Kerzman

Earth Day may be officially celebrated in April, but everyday is Earth Day in Kaia Hart's first grade classroom. She starts teaching her students the importance of the three Rs (reduce, reuse, recycle) on the very first day of school.

"I actually teach the three Rs more in the first month of school than I do all year long," said Hart, who teaches first grade at Bismarck's Solheim Elementary. "We talk about how to make our classroom an environmentally kind classroom right from the get-go. It's hard for six and seven year olds to think beyond their own lives, so we talk about how being good to our environment starts right where we are and extends out."

Hart has several lessons on recycling, which she saves for the month of April, but reduce and reuse are words her students learn to live by all year long.

"I teach my students to reduce by keeping their desks organized and our classroom tidy. This way they won't lose their papers and supplies and, therefore, won't need more," explained Hart. "We only keep what we absolutely need in our desks. No extras! We share our resources like glue and crayons instead of getting new. Basically, we simplify, which is reducing the need for more."

"As for reusing, we often use scratch paper whenever possible and we always try to use the other side of our papers," Hart said. "Our rule for reusing construction paper is if it is as big as your hand, it is reusable. If it is not, it goes into the recycling bin."

As with many lessons in first grade, Hart has found a book that helps her students better understand the idea of living green. Written and illustrated by

an Oklahoma kindergarten class, the book, "Our Class is Going Green" helps Hart start a conversation with her students about what they can do to save the earth.

"We read that book and then we brainstorm all the things we can do to reduce, reuse and recycle in our classroom, home, and neighborhood. Each student takes his or her idea and we put a book of our own together. We can all learn from each other."

Hart hopes that while her students learn from each other, they'll also teach others to take care of the earth.

"First grade really is the perfect time to teach kids these lessons, like using scratch paper, because they're so excited to learn and to tell everyone what they're doing and why. They are small lessons that maybe don't seem like they actually make a difference, but they do. Just think if we all used scratch paper instead of taking a new sheet every time. And if you can convince a six-year-old he's saving the earth by using the backside of his paper, you can bet he's going to do it, and tell everyone else to do the same! And that just might be the secret to getting everyone to go green!"

The Best Lessons

Sometimes the best lessons aren't learned in the classroom. In fact, one Bismarck first grade teacher has learned that sometimes students pick up the best habits while picking up other people's trash. That's why every spring, a few times a week, Beth Anderson takes her first grade class outside their classroom at Bismarck's Centennial Elementary to pick up garbage.

"Our school is surrounded by some busy streets, houses, and apartment



First grade student Gianna Eberle uses her hand to decide if this piece of construction paper should be reused or recycled.

complexes," explained Mrs. Anderson. "We spend a few minutes a few times a week picking up the garbage that blows out of garbage cans or that someone may have thrown on the ground. We also talk about the importance of not littering, and taking care of the earth."

But that lesson doesn't end when the garbage is collected. It's something Mrs. Anderson talks about with her students all year long.

"If we start teaching kids about taking care of the earth when they're young, they're more apt to take it to heart and to do it," said Anderson. "Kids are so compassionate in first grade. It's the perfect age to talk about taking care of the earth, whether that's recycling, not littering, or reusing a plastic bottle."

And as every parent knows, six and seven year old kids can be pretty persistent. So teaching them these lessons now is a great way to get parents on board too.



Beth Anderson's class shows off the trash they collected.

"We want them to be so used to recycling that it seems strange not to do it," said Anderson. "And kids this age can be great role models. They're not afraid to call out someone who throws an aluminum can into the garbage instead of recycling it. They're happy to tell everyone they know why they should be recycling. And who can say no to a kid?"

They also talk about other ways to conserve, like shutting off the water while you brush your teeth and turn-

ing off the lights when you leave the room. They are small things these students are learning can make a very big difference.

But Anderson's lessons go beyond the ways kids can physically change the world. She also spends time talking about ways they can have an emotional impact. They learn about Martin Luther King Jr. and the change he dreamed of.

"Kids are horrified to learn that people were treated differently because of

the color of their skin," she said. "They just can't imagine such a thing. And that's great. They're learning at a very young age about how to treat people and how to treat our earth. They're so empathetic at this age. I wish I could keep them this age forever!"

The lessons all lead up to a big project on Earth Day. All of the first grade classes at Centennial Elementary do a recycling project, which they complete at home and present to parents and other students at an open house. Anderson says it's the perfect way for students to share their newly discovered passion for recycling with others.

"I want them to realize they can be the change they want to see in the world. And I want them to know that even though they're small, they can still make a big difference, one piece of trash at a time."



Jody Kerzman is co-editor of *Inspired Woman*. Jody lives in Bismarck with her husband, Brad, and their four kids.



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Bismarck Recycling Program

The First Year

by Deb Seminary

Editor's Note: March 31, 2015 marked the first year anniversary of the curbside recycling program in Bismarck. Inspired Woman sat down with Jeff Heintz, Director of Public Works – Service Operations for the City of Bismarck, to hear how the program is going. You will also learn a little about the landfill.

“The people that are using the program are happy with it,” said Heintz. “The die-hard recyclers are thrilled and the people who didn’t recycle before are happy because it is simple and they don’t have to sort. Some have suggested they get garbage picked up every other week and recyclables picked up every week, since they have reduced the amount of trash they throw out.”

Waste Management, the company contracted to manage the recycling program, is happy, too. Heintz said there is not a lot of contamination (of food, other non-recyclable materials) and they are taking a semi load of materials to their Materials Recovery Facility (MRF, pronounced murf) in Minneapolis daily, so their volume is good. The MRF then uses an automated process to separate the materials.

The city does not receive any revenue from the recycled waste because of the distance it must travel to be processed. If a facility is built within 200 miles, then Bismarck could begin to see some revenue. “We are taking material out of the waste stream that is being reused,” stressed Heintz. “And, the ultimate goal is saving space in the landfill.”

Currently it is not possible to measure exactly how much space is being saved in the Bismarck landfill. The City will be doing some engineering studies in the future to monitor volumes. The success of the single-sort recycling program shows that there was a 267% increase (in recycling) with the addition of the curbside containers. In 2013,

1138 tons were collected (in the old drop off trailers) and in 2014, 3057 tons were collected.

“Our goal is to reduce the volumes going out to the landfill, in whatever way we can,” said Heintz. “Recycling is just one of the spokes in the wheel. We do a lot of separation as things come out to the landfill: construction and demolition debris; trees and branches – which get ground up and used for landscaping or as bio mass to heat one of our buildings. We also sell some to Parks & Rec for the Aquatics Center; grass and leaves; metal; concrete and asphalt – which gets crushed and reused for road base; appliances.

“We pull as much as we can to keep it from going into the municipal solid waste cell, because that is the most expensive cell out there. It has a thick, plastic liner and a Leachate Collection System that collects the liquids and takes them all the way to the water treatment plant where they are cleaned up and released back into the environment. It is a very expensive process.”

Of course, the Public Works Department is looking ahead – planning 60-100 years out. The landfill does not do any methane collection now, but is setting itself up with vent wells to do so in the future. Heintz would like to use methane for the garbage fleet, as a fuel source, so they can be totally off the grid. Any extra methane would be sold to an industrial user. He is also optimistic about a better process for disposing of waste. “It boggles my mind that we have

been sticking garbage in the ground and covering it up for the last 10,000 years. There have to be better processes that will become affordable.”

In the near future Heintz said there will be a volume based fee structure for garbage disposal. “There will be a real reward for people that recycle,” he explained. “People will pay for how much they are disposing, which will be monitored through the size of the container needed. Recycling is now part of the garbage collection for the City of Bismarck. We think the people of Bismarck are proud of their city and we want to keep providing that service at the most economical price possible.”

...

Helpful Hint: Please do not put your recyclables in plastic bags. When they get to the MRF, plastic bags become tangled in the equipment.

Another Helpful Hint for windy days: If you have a cardboard box to put in the recycle bin, save it for last, flatten and cover everything with the box so it acts like a cap, just in case the bin blows over.

...

The City of Bismarck provides single-sort drop sites throughout the city. Visit bismarcknd.gov/recycling for more information.



Curbside Recycling Ahead for Mandan

Curbside Recycling could be coming to Mandan. City Administrator, Jim Neubauer said Mandan is moving closer to implementing a program and a request for proposal will go out soon. "Single sort seems the way to go," he said. "We will see what type of proposals we get."

Currently, Mandan's trash is taken to a transfer station outside of town, then transferred to a Waste Management facility in Wishek. This contract expires in June.

Neubauer said the city should have more information the beginning of May so residents will not have to wait long to hear what plans are being made for recycling in their community.

There is a site to recycle newspapers, telephone books and cardboard at the Mandan Dog Town Park, 810 8th Avenue South in Mandan. To keep up to date, visit cityofmandan.com.



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GOING GREEN, LIVING GREEN

by Jody Kerzman

The idea of living “green” can be overwhelming. Families are busy, and adopting a green lifestyle might seem like just another chore to add to the already too long list of things to do. But it doesn’t have to be.

“We are all busy,” said Amelia Doll, NDSU Extension Agent and mother of two. “That’s why it is so important we teach our kids at a young age how to help live a little greener. Kids can, and should, help. We grew up with a healthy earth and we want our kids to have a healthy earth too. It is important we teach them to leave it better than how we found it.”

Doll says simple things like wearing the same pajamas a few nights in a row instead of wearing a new pair every night can make a big difference.

“You’re doing less laundry, using less water, and using less energy,” she said. “Plus, do your kids really get their pajamas dirty? Probably not.”

Doll suggests getting kids involved in recycling as well. Teach them to identify the recycle logo and encourage them to look for items that have that symbol.

“Collecting recyclable items and taking those items to the recycling bin is a great way to get kids involved and to start the conversation about the importance of reducing, reusing, and recycling,” Doll said. “A compost bin is another great thing to do with kids. They love seeing how their orange peels turn into dirt they can use in the garden.”

Doll says the first step is talking to your kids about the three Rs: reduce, reuse, and recycle. She says talking about these steps in passing, as you’re cooking supper or driving to school is a great way to plant the seed in your child’s brain. “First, we need to reduce the amount of waste we are creating. This can be as



simple as getting a reusable travel mug so you’re not throwing away a paper coffee cup every morning. Next, look for ways to reuse what you can. For example, turn an empty milk jug into a bird feeder,” said Doll. “And finally, if there’s nothing you can do with that aluminum can, recycle it.”

“The earth is a natural resource,” said Shaundra Ziemann-Bolinske, NDSU Extension Agent. “That is not something we can replace. We need to minimize our footprint. It’s not just ‘going green.’ We need to live an environmentally responsible life.”

She emphasizes that choosing to live an environmentally responsible life doesn’t have to be difficult. It might just be a matter of looking at your life in categories, and finding simple ways to can make each category a little greener. Here are some examples that even the busiest family can incorporate into their daily routine that will not only help the environment, but also your pocketbook.

↗ Use a circulating fan, such as a ceiling or floor fan. During the summer, ceiling fans allow you to increase your thermostat temperature by about

4-degrees while maintaining the same level of comfort. However, turn off the ceiling fan when you leave the room. Ceiling fans cool people, not rooms, by producing a wind-chill effect.

↗ Place furniture, such as reading chairs and desks, in areas that allow to take advantage of natural light.

↗ Consider a light color on the walls. Lighter paint colors minimize the need for artificial lighting.

↗ Instead of turning up the thermostat on a chilly night, add another blanket.

↗ Don’t run the dishwasher until you have a full load and don’t use the dry cycle.

↗ Use a clothesline or drying rack instead of the dryer. If you do use the dryer, take advantage of a heated dryer by drying two or more loads in a row.

↗ Turn the water off when brushing your teeth, washing your face, or shaving.

↗ Limit showers to three or four minutes.

↗ Think before you print; use both sides of the paper if you do print a document. Email documents whenever possible.

↗ Pay bills online.

↗ Recycle printer and toner cartridges.

↗ Carpool to work or to run errands.

For more ideas on helping your family go green visit www.ag.ndsu.edu/burleighcountyextension.

Going Green The Healthy Way

Add extra green vegetables and fruits to your diet to improve your health.

You may have heard a lot of buzz about going green for the environment, but can you go green for your health? Of course you can! NDSU Extension Family and Consumer Science Agent Shaundra Ziemann-Bolinske in Burleigh County suggests adding more green vegetables and fruits to make a powerful impact on your health.

Green vegetables pack a powerful punch in terms of nutrition. They have a low amount of calories and are full of vitamins, minerals, fiber, water, and phytochemicals.

Here are some suggestions on ways to add green into your routine:

➤ Add green leafy vegetables, like spinach, romaine lettuce or green cabbage to the top of your sandwich.

➤ Add cucumbers, green onions, green peppers and kale to a variety of foods. This allows you to pack in the ingredients without packing on the calories.

➤ Add some slices of avocado to a salad or wrap.

➤ Top your egg sandwich with some spinach or avocado slices.

➤ Stuff your omelet with green pepper and spinach.

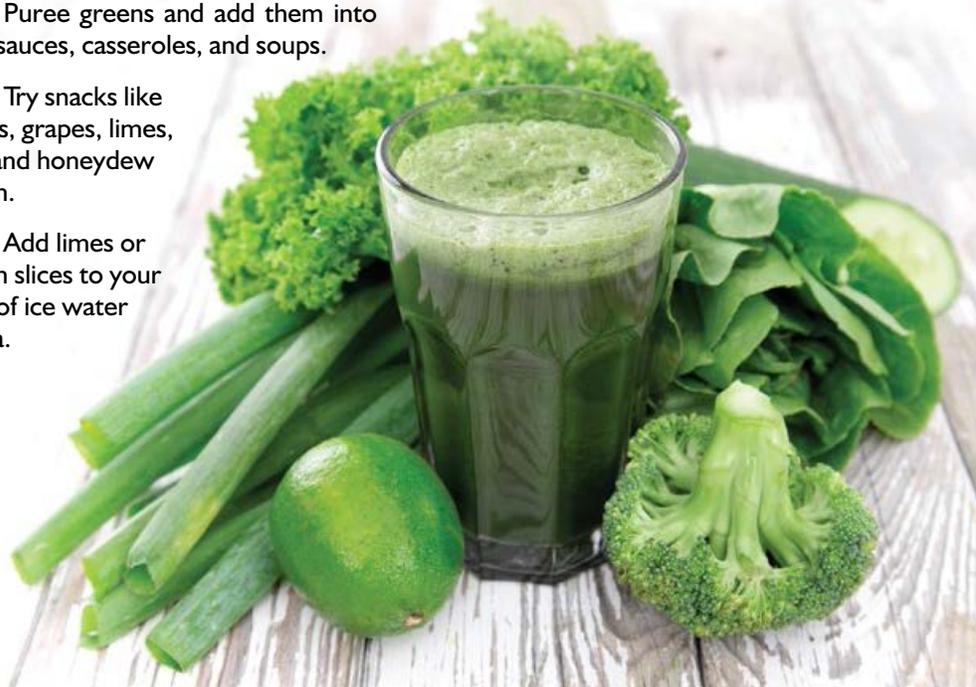
➤ Add some spinach or kale to your breakfast smoothie

➤ Puree greens and add them into your sauces, casseroles, and soups.

➤ Try snacks like apples, grapes, limes, kiwi and honeydew melon.

➤ Add limes or lemon slices to your glass of ice water or tea.

For more ideas on going green for your health, check out the Michigan State University Extension article at www.ag.ndsu.edu/burleighcountyextension.



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The advertisement features a stone fireplace with a copper crescent moon decoration on the wall above it. The fireplace is lit, and the overall aesthetic is modern and luxurious.

Ali Arndorfer
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The advertisement shows a living room with a patterned armchair, a lamp, and decorative wall art. The overall style is modern and artistic.

home

Green Trends in Home Building

by Jody Kerzman

When it comes to building your dream home, there is a lot to consider.

There are the countertops, the light fixtures, the paint colors. Perhaps the biggest questions some homebuilders are posing these days have to do with making their homes more energy efficient and more environmentally friendly.

"A lot of people don't think about building green until we bring it up," said Mike Hopfauf of Hopfauf Custom Builders. "It is nice to build homes as green as possible and while it might cost a little more upfront, the end result will save homeowners money. We want

to build homes that are good for the homeowner and good for the earth."

Hopfauf is a certified green builder and says the most popular green trend in homebuilding right now is geothermal heating and cooling.

"Geothermal is easy to sell," he said. "The payback is good for homeowners. It costs 35-40 percent more to install than a regular furnace, but homeowners save much more than that in the first year."

The earth absorbs 46 percent of the sun's energy. Geothermal energy puts that energy to work; geothermal heat pumps transfer heat from the ground to heat and cool homes. It costs less to move heat than to make it, which means it costs less to heat and cool your home with geothermal energy than with conventional systems.

"Lots of people who are building a home are looking for products that are more energy efficient," said Andra Miller, broker and owner of M3 Design Homes. "The fact that those products might also be environmentally friendly is a bonus."

Miller says low flow faucets and toilets are pretty standard these days, and so are energy efficient furnaces. Reusing salvaged wood is becoming a popular trend as more and more people are choosing to use old, worn wood to finish the insides of their homes. Miller says cork and bamboo flooring are common options among the green-minded.

"Cork and bamboo flooring appeals to people who are environmentally conscious because they don't hurt the environment," she explained. "Cork has more sustainable qualities than other materials. It is a rapidly renewable resource. Cork flooring is made of bark from the cork-oak tree, which regenerates. Bamboo grows fast so it's replenished quickly. But it comes with a hefty price tag: nearly two times the price of other flooring options, like laminate."

Many other green options simply aren't available to North Dakota homebuilders. Hopfauf says solar energy is not a feasible option for North Dakota's climate and recycled lumber isn't readily available in North Dakota, which makes it an expensive option for homeowners. But both Hopfauf and Miller are confident the trends growing in popularity in other states will make their way to North Dakota eventually. Meantime, here's a tip for all homeowners: check the insulation in your home. If your walls aren't properly insulated, keeping your house cool in the summer and warm in the winter is impossible.

"Having a house that's properly insulated is good for the earth, and for your pocketbook," said Miller. "You'll save money on heating and cooling, and you'll save energy too. It's a win-win."



Spacious master bath in K&L twin home



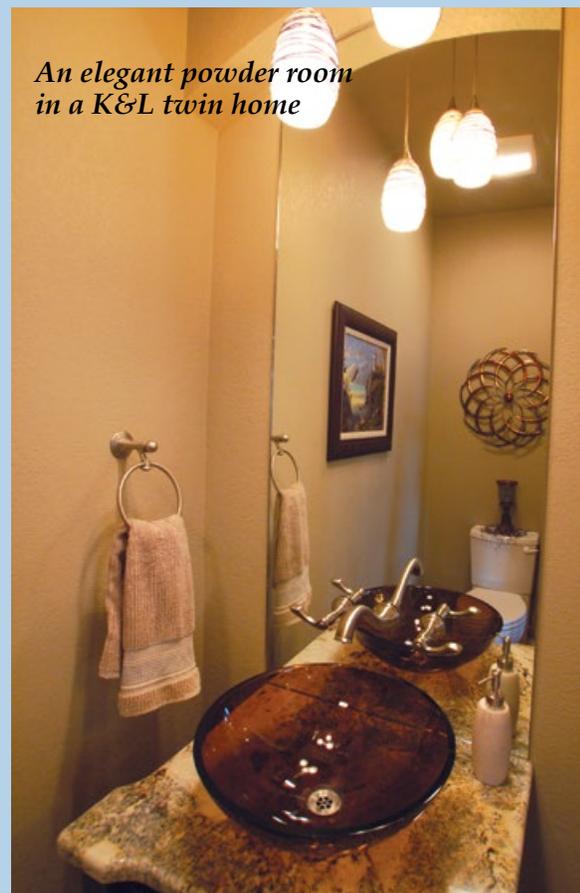
Reflecting on the Bathroom

Farm touches for this bath vanity

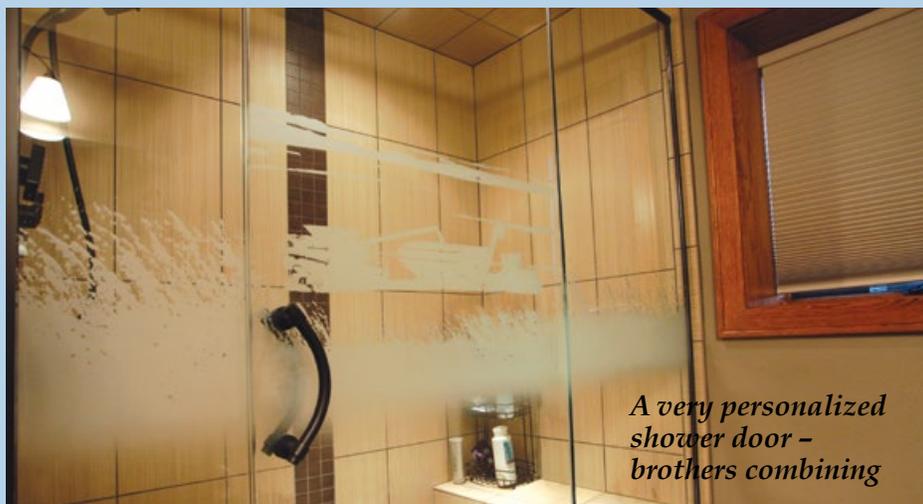


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An elegant powder room in a K&L twin home



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RRR

The Holy Trinity of Living Cheaply

by Patrick Atkinson

I love to save money. I'll never buy clothes that aren't on sale, and unless I decide to become a Prepper, which is highly unlikely, and prepare for apocalyptic war, I won't ever buy canned fruit.

So why is it that every time I try to be good to Mother Earth, it feels like I've gone on vacation to Vegas; I start off giddy and filled with excitement, only to feel a few days later broke, disoriented, and wondering what happened to the Big Dream?

Still, since on any given day 13,700 extremely poor people walk through a GOD'S CHILD Project door somewhere in the world and 13,698 of them are hungry, I have to do whatever I can to feed them. This means stretching our Dollars (and Quetzals, Kwachas, Rupees, and Centavos) as far as possible. Hence the Sacred "R's" – Reduce, Reuse, Recycle – the Holy Trio of Living Cheaply.

Actually, *it is easy* to be green. With a little practice, everyone can do it, especially if you make a game out of it; a self-challenge much like doing a crossword puzzle. You might just be surprised how much folding green you'll also save.

REDUCE

The leading philosophy about dieting is that it doesn't matter *what* you eat as it does *how much* you eat. My girlfriend puts me on diets all the time, in fact,

every time she feels like she's gained a pound or two. Then it's time we diet. Her mantra is that we need to stop eating when we feel 70% full; for me, this is when I first think, "My, that was a great meal." At that point, says the GF, everything else gets wrapped up and put away for tomorrow's lunch.

The same principal holds true in daily living. Save \$ by reducing, stopping when you've had enough, or not taking what you don't need.

Use cloth napkins. Not only are they more durable than paper ones, they will reduce your trash output and save you a lot of money. Since you have to wash clothes anyway, you're not really increasing your laundry load.

Use a pressure cooker, and cook with residual heat. Pressure cookers take 70% less time (and less energy) to prepare a meal, and can be used for soups, meats, breads, and even desserts. Also, by turning off the oven or stovetop five minutes early, the food continues to cook with residual heat while saving energy.

Forty (40%) of all food in America gets thrown away. Ouch! This not only hurts our homeless and hungry right here in America, but plugs up chemically-controlled landfills where food is not allowed to decompose. Be realistic in how much food people will really eat, and save or freeze the

leftovers for snacks or to add to later meals. Ask me sometime and I'll tell you how I fed an entire generation of the Project's children on Big Mac Soup.

Water. The H₂O that comes out of most faucets is much purer and better than the factory-produced stuff that comes in sparkly plastic bottles with pictures of mountains. When the day is done, wash your reusable water bottle with your other dirty dishes and tomorrow start new and fresh...and add lemon or cucumber to it. Or Tobasco® sauce. Everything tastes better with Tobasco®. Okay, maybe not water.

REUSE

Way back when, people bought beverages in glass bottles which they threw away. Now there is money to be made searching for and reselling glass bottles and aluminum cans. Likewise:

Spring is in the air and those **egg cartons** make perfect seed starters. Everyone loves this project, and children particularly love when their seedlings are transplanted into newly turned gardens.

Coffee grounds (after you've made your coffee, or course) make a great exfoliator and hand scrub. Mix it with a little hand soap and, voila! You're going to look great and save a fortune in the process. Pure used coffee grounds make great garden fertilizer, too.

Gift wrap, gift tissue, and even old maps can be used to rewrap casual gifts. I was recently at a boutique Gift Shoppe where wrapping paper printed to look like newspaper funny pages was being sold for \$17 a roll. Seriously? Shopping and grocery bags can be used dozens of times before they wear out...

RECYCLE

Eventually I learned that a great way to save \$\$ by not buying more stuff than we need is to repurpose, or recycle, the stuff that we already have. It's not hard...

Wonderful websites like **IFixIt.com** and **HowToRepairYourStuff.com** give

great instructions on how to fix everyday things that get broken around the house. At the same time, **ShoutItOut.com** and **Clorox.com** have saved me from the most awkward of stained clothing situations, at home and when I'm on the road.

When something comes to its eventual end, remember the old adage that "One person's junk is another person's treasure." What we can't use, we trade. What we can't trade, we sell outright or attach to someone else's garage sale.

There are thousands of web-sites dedicated to helping us Reduce, Reuse, and Recycle. They present countless, fascinating ways to save hundreds or

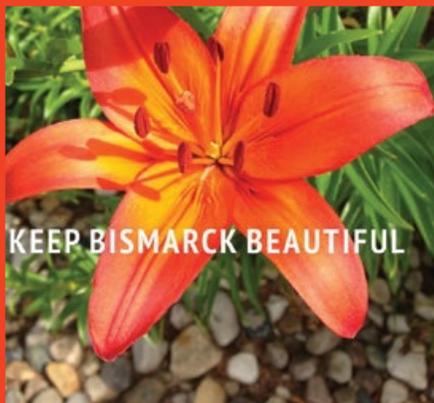
thousands of dollars each year, with very little effort.

And, what do you know? While saving our hard earned \$\$, we're also being good to the planet our children will inherit from us one day.



Bismarck-native Patrick Atkinson is the founder and CEO of The GOD'S CHILD Project (www.GodsChild.org), a Bismarck-founded international charity that operates schools, clinics, malnourished infant centers, and anti-human trafficking efforts in the United States, Central America, India and Africa.

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Keeping our Communities Beautiful, Part 2



Second Annual Keep Bismarck Beautiful Clean Up Day

Saturday, May 2nd (Rain date, May 9th)

9:00 am to Noon – Sertoma Park Shelter #6

Thank you: Sertoma Club, Bismarck Parks & Rec, City of Bismarck

Second Annual Keep Mandan Beautiful Clean Up Day

Saturday, May 2nd

9:00 am to Noon – Dykshoorn Park on west Main Street

Thank you: City of Mandan Community Beautification Committee, Mandan Progress Organization

Organizers will have specific locations for volunteers to clean up, or litter may be picked up in a neighborhood of choice. Please wear long pants, sturdy walking shoes and bring gloves. Leaf bags and safety vests will be provided.

If you can't join us, please plan another day and/or time to pick up litter around town.



Find us on Facebook – Keep Bismarck Beautiful • Keep Mandan Beautiful

Commuting Benefits Rider, Community and Environment

by Kylie Blanchard

Whether biking for exercise, leisure or transportation, pedaling down the pavement can provide a variety of benefits. According to those who commute by bike, riding regularly provides a means to get outdoors, get some exercise, and make a positive impact on the environment and even the pocketbook.

Commuting in the Community

Katie Knoll's love of biking began nearly a decade ago when she entered a few races for fun. This eventually led to her racing and training competitively and commuting by bike on a regular basis. "Commuting really takes the stress out of going places," she says. "It has also saved me a lot of money on gas."

"For four years, I consistently used my bike to commute around the community, and, for a few summers, I never drove unless I was getting groceries," she continues.

Her commuting season lasted as long as North Dakota's weather would permit, she says. "I think I made it through November one year, but my typical commuting year was March through October."

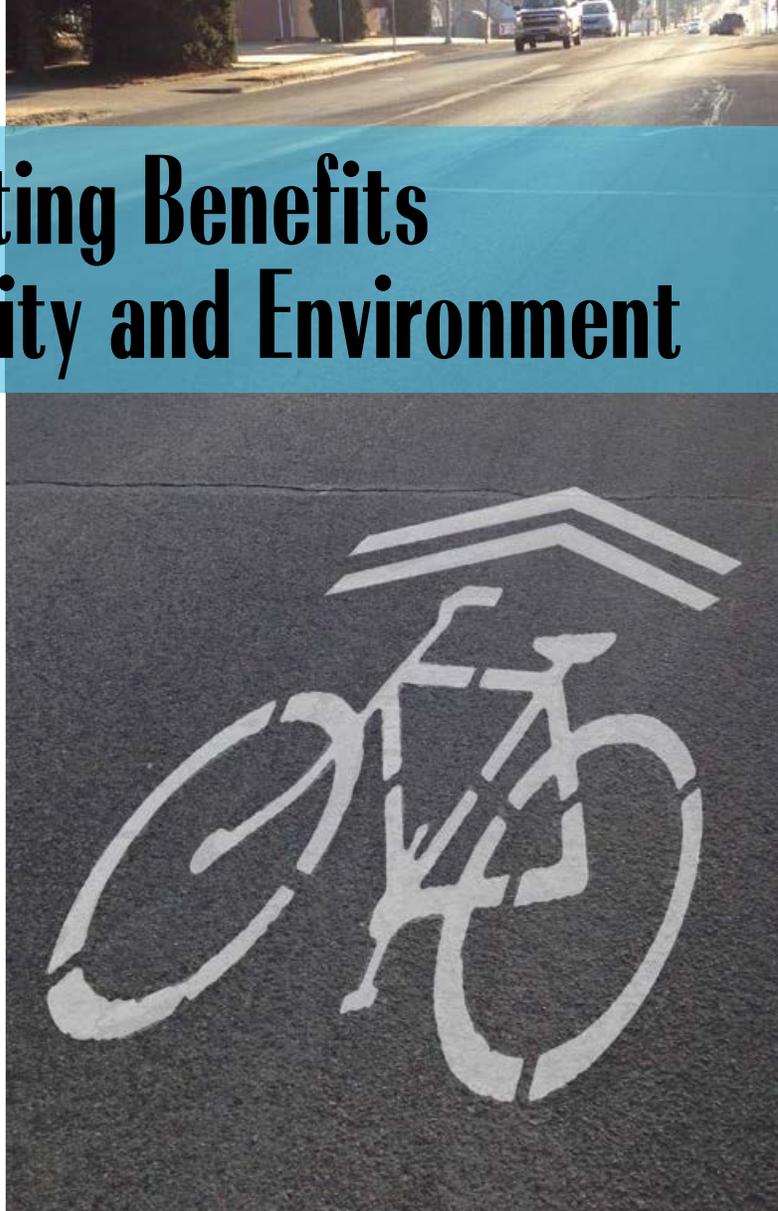
For the last year-and-a-half, Knoll has taken some time off of commuting, but with good reason; she now has an infant son. She says she does have plans to resume training and racing this summer, and commuting when possible.

Knoll notes she and her husband also plan to make biking a family affair. "We definitely plan to incorporate our children into our biking and ride with our son," she notes. "I'm a big believer in teaching kids to ride their bike so they have that independence too."

Laura Boehm says she enjoys seeing the community from a different perspective when she is on her bike. "I choose to commute by bike to save money on gas and because I like being outside in the fresh air," she says.

She has been biking competitively for 15 years and commuting for the better part of a decade. "Even if I don't have time that day to work out, I know I will at least get some exercise. It is also my time of reflection," says Boehm. "Another advantage is saving money. I live fairly close to wherever I need to go, so it is more economical to bike instead."

Boehm bikes as much as possible year-round, but says the weather can hamper her plans. "It can be quite cold sometimes, but if you have the proper layers on, it isn't bad."



She notes traffic can also be a challenge during her commutes. "I use the bike lanes if they are provided where I am going and welcome knowing there is a designated space for me to more safely use."

Sharing the Road

The discussion for implementing bike lanes in Bismarck began in 2010, and after extensive research and planning the community entered a Share the Road pilot project in 2012. "May 10, 2012, marked the kickoff of the Bike Lane Pilot project, coinciding with Bike to Work Week," says Jeff Heintz, director of Public Works – Service Operation.

Select streets were identified in the community for on-street bicycle lanes, Share the Road signs and arrow markings on the pavement called "sharrows." Heintz says the chosen streets help to link the community's existing multi-use trails to employment, retail, and recreation centers. "We started the pilot program to provide multiple forms of mobility for residents to use while traveling in Bismarck. Bikes are one form of transportation that is convenient, cost effective, and a healthy alternative to driving," he says.

The bike lanes have made commuting easier and safer in the community, says Boehm. "I wish there were more bike lanes available in Bismarck," she notes. "They allow cyclists to be safe while traveling, and it might even help promote more cycling in the community."

Heintz says feedback from bike lane users has been positive. "They like the designation of a lane for their safety, and the Share the Road signing brings public awareness about all forms of transportation that drivers may encounter who are using our roadways."

Knoll says she prefers using the bike lanes over the community's multi-use trails, and notes the lanes are helping to educate drivers on sharing the road with bicyclists. "Drivers need to be educated on allowing bikes to be on the road," she notes. "This is evolving in the right direction, but it's a slow process because it is a new thing in Bismarck."

Commuting Advice

Boehm says she encourages other commuters to always ride defensively. "Never assume drivers see you," she says. "If you are on the road, try and be as visible as possible by wearing colorful clothing, try not to impede on traffic as much as possible and follow the road rules."

Boehm notes the responsibility for safety falls to everyone on the road. "Drivers really do need to pay more attention to what is going on around them, and give cyclists a little bit more room when passing."

Knoll encourages bicyclists to always wear a helmet and says commuting doesn't have to be a daily commitment to experience the benefits. "Take it slow, just commute a couple of times a week," she says. "Or drive part of the way and bike the rest. Ease your way into it."



Kylie Blanchard is a local writer.



**"Use it up,
wear it out, make it do,
or do without."**

~ New England proverb



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Kadie Sorenson with her family

by Jessie Veeder

“You just throw another potato in the pot,” shrugged Jennifer Sorenson and the five women sitting at the table with her, drinking coffee and picking at the cookies on napkins in front of them all nodded their heads and chimed in with a story of their own about unexpected company, cooking for a crew and bringing food out to their husbands working in the field when there was no time for a break.

But how to cook for a big crew and unexpected company is just one small skill to cover when trying to get to the bottom of what it takes to be a ranch woman out here in Western North Dakota.

Because when it comes to running a family business, these women all agree

that you’ve got to be flexible, in schedule and in skill.

“There’s no rhyme or reason to a schedule,” said Kadie Sorenson, Jennifer’s daughter-in-law who is currently raising three kids and cattle with Jennifer’s son Jarvis on a ranch down the road from where he was raised. “You just don’t quit what you’re doing to sit down to eat at the table. If your husband can’t get in from the field, you pack a picnic and bring it to them.”

That flexibility, that “throw another potato in the pot,” ready for anything attitude is something these ladies have in common, either because they were raised understanding the importance, or because they have learned their lessons the hard way.

“Once you know how to do something, it becomes your job,” laughed Jennifer who remembers a summer spent in the swather while the kids played nearby, and feeling overwhelmed when she broke a sickle. Her dad found her out in the field and offered a piece of advice that’s stayed with her through the years. “He said, ‘you know Jennifer, you don’t have to work like a man. There is only so much you can do.’”

These sort of revelations were exactly the reason I gathered these women together that afternoon, women who spanned three generations of ranching and farming families in McKenzie County, families who have been undoubtedly impacted by oil activity

throughout the years, but who are here because of agriculture.

What does it mean to be those women raising children, crops and cattle in rural western North Dakota?

I didn't know how the answer was going to unfold, but I did know that we needed to have it. Agriculture, even out in the middle of the busy oil play in the Bakken, has remained North Dakota's number one industry since statehood. And while new roads are being built, new storefronts and houses are popping up and new residents make their homes out in Western North Dakota, digging into the details of the community's foundation has become increasingly relevant.

As a girl who grew up in cow pastures and along the back roads of this community, I've been witness to how these women have a special way of rolling up their sleeves and getting things done, for their families and their community.

Get it done, no matter what

"There wasn't a piece of equipment I couldn't run or fix," said Ellinor Sorenson, Jennifer's mother-in-law, who's mother homesteaded the family's ranch near Keene, ND in 1906, where Ellinor was born and raised. Ellinor met her husband Elmo, a Watford City graduate, when they both attended Dickinson State University. They married and began ranching on her mother's homestead, where they raised four kids.

"I drug him out to the country," laughed Ellinor, whose love for the lifestyle is evident in the stories she's eager to tell and the light in her eyes while doing so.

The former teacher is a wealth of information on witnessing the innovations that were created in the industry and in the home that made her life easier.

She remembers hauling horses to a farm they managed in Minnesota in the back of a two-wheel drive pickup with a stock rack.

"I don't even think we had back lights on that truck," she remembers, adding "But you just do what you have to do. The purpose was to get it done, no matter what."

Because, Ellinor added with a smile, maybe they had somewhere they wanted to go that day, like a rodeo or the river to go fishing. But work came first.

That is a piece of advice these women will repeat again and again. To just get it done.

And to understand that you're part of a team.

"But oh, how it changed everything when we got our first crock pot," laughed Cleo Kirkland, who raised her family almost thirty miles down the road from Ellinor, a distance that is still considered neighbors in this community.

Cleo's daughter, Jan Dodge (and her husband Cameron), have taken over the operation of the ranch where she was raised. She runs the museum in Watford City, where I gathered the women that afternoon, and is responsible for the popular "Pioneering Women" display, that features a kitchen, and lifestyle displays from the early 1900s, and a tribute to the women who homesteaded in McKenzie County over 100 years ago.

But the pioneering women's stories aren't just preserved between the walls of the museum. The landscape itself serves as a reminder to generations of farming and ranching women about the struggles and sacrifices that were made in settling and establishing this community.

"All of our pastures are named after the homesteaders that once owned the land," lamented Jennifer as Ellinor added that her land is also home to tee pee rings, another reminder of prior lives lived and fought for on the landscape.

"It's fun to picture what that might have been like. Think of all those kids that were born and raised on every quarter of land out here. There's such a sense of history."

And so it seems within every discussion about history, the future materializes.

Because leaving a legacy, a plan, a way of life and a lesson for their children is a mission that carries through women of every generation.

"The connection to the land is what I want to pass along to my children," said Jan.

The women all nodded in agreement, as the conversation shifted from memories, to the important life skills children learn from being raised in an environment where you are responsible for caring for the livestock and the land.

My own mother, Beth, who was born and raised in Grand Forks and had never driven on a hill before coming to live with her husband out west, recalled the culture shock and the awe she had for the women she met when she first moved out here.

"I never became a ranch girl," she admits. "But I knew I was raising my children in the best possible place."

Kadie, who recently hosted a group of elementary school students at her ranch, is passionate about exposing children to agriculture, the animals and teaching them about how their food is raised. She believes her children are developing character and responsibility in their daily chores on the ranch and finding an appreciation for the history in the relationships they have established with their grandparent, aunts and uncles who live nearby.

"Deep down, I'll admit, we raise our kids wanting them to come back," added Jennifer. "Jarvis's connection to land and family is deep and he's passing it on to his children. It's so important."

And, it's a big deal to Jennifer, who admits that the ranching and farming lifestyle isn't always as romantic as people think. While it's hard to explain, most in the industry don't do it for the money, but for the passion of lifestyle and the pride in feeding the world.

"No, you can't count your time," adds Ellinor. "But you get something priceless in the end."

They can only hope that through the generations and changes that come with time passing, that the refrain will repeat...just do what you have to do, and throw another potato in the pot.



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

Waste Not, Want Not, Recycle Lots

he said
she said



by Annette Martel and Kelly Hagen

He Said:

Part of the allure of a column co-written by husband and wife would be in the comparison of how differently we might see the different parts of this world, as a man and a woman. However, no such allure will exist in this instance, as we both agree on recycling: We like it. Do it all the time. Can't get enough of it.

The day we got our curbside recycling bin (with wheels!) was one of the happiest and proudest days of our lives together. So beautiful. So green. So wheel-y. We were taking pictures of it with the family for our Christmas card.

I don't know if you fellow recyclers have noticed this, but it's really easy to fill that bin in less than two weeks. Every thing recycles! Plastic products, paper products, glass, tin, newspapers, mail I haven't opened, cereal boxes, milk cartons, other containers of breakfast, voodoo dolls of my enemies. You know, the standard stuff.

I notice neighbors who don't use the recycling program, because (a) they don't have the green containers out on the curb next to their black garbage containers, and (b) their black garbage containers are filled beyond capacity with appropriated junk.

To each their own. You're missing out, though.

I recycle because I'm lazy. And with the advent of recycling, we can justify the existence of two garbage cans in our kitchen: one for trash, and one for recycling.

If we didn't recycle and had two garbage cans in our kitchen, that would just be madness. First off, it's just sending a message to any houseguests that these people make a lot of trash, and they can't be bothered to empty the trash as often as it takes to fill one can. Secondly, how would I decide which of my two garbage cans to throw one burrito wrapper into? Left can or right can? The only rational behavior would be to cut the

wrapper into halves, then throw a half of a burrito wrapper into each can, so that they're nice and evenly proportioned.

And that would be a lot of work.

But when the difference between Can A and Can B is trash and recyclable goods – every thing makes sense. And I don't have to take out the trash/recyclable goods as often.

You think I could get away with four cans? Still evenly distributed, less taking out of the trash, but the added work of cutting all refuse into halves. I don't know. I'll think about it. Stay green.

She Said:

It was about one year ago that we got our shiny, new recycling bin, and probably six months since my husband tried to ride it down the hill like a go-cart. But we've been filling that thing to the brim every single fortnight. Beyond the brim. It's obscenely full. I wonder what the neighbors think of us.

Last week, as I rolled the regular, old, black trash bin to the curb, it felt a little light, so I popped the lid and looked inside.

I looked in disbelief at one tiny, little bag of trash sat all alone at the bottom of the bin. "Shenanigans!" I thought to myself, as I stopped in my tracks and my pointer finger popped up and pointed at the heavens, indicating an idea. Not sure if the neighbors were watching at that moment.

How on earth could a family of four have only created one bag's worth of trash for the week? When I got back in the house, I looked around. No, there wasn't a heap of trash sitting in the middle of the living room. We had just generated a very small amount of trash that week. It was one of those weeks where it wasn't anyone's birthday, so no present wrapping paper. It wasn't Christmas or Easter or Flag Day.

However, our recycling bin runneth over with various plastics and cardboards and ... Is that a voodoo doll? There's a lot of them here. Huh, that's on the official list from the city of recyclable things, too.

What a great day to be alive. I know what you're thinking. "Wow. These people need to get out more. Their neighbors must be extremely tolerant." You're not wrong. However, we do get kind of excited about recycling.

It's nice to think of the things that we so cavalierly throw away as having a new life after we're finished with them. It also makes you think, "Hey, maybe this recycled cardboard that's in this box of Fruity Pebbles is made of out of cardboard that Al Roker put into his recycle bin." What a small world. It's like I'm on the "Today Show" right now. Look, Ma! I'm famous!

It's never easy being green. But I'm glad we are.



Columnists Annette Martel and Kelly Hagen are married, have two kids, live in Bismarck, and tried to recycle a VCR one time. They can be reached at shesaidhesaidcolumn@gmail.com.

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recipes

International Sauces

Dramatically
enhance the flavor
of an ordinary recipe

by Pam Vukelic

I've seen books with titles along the lines of "One Thousand Foods to Eat Before You Die" or "Eat Your Way Around the World." The tasks seem quite daunting to me! But, I do like the idea of experiencing international cuisine, and want to propose an easy way to accomplish it.

Our supermarkets and specialty grocery store shelves are stocked with wonderful prepared sauces, pastes, and condiments that can easily transform a starch such as a baked potato, rice, or noodles into a very tasty ethnic dish. Incorporated in soups, meat items, or vegetable dishes these ingredients dramatically change the flavor of an ordinary recipe. In addition, many "sauces" are easily prepared in your own kitchen.

Miso (Japanese) is fermented soybean paste. It provides a slightly salty umami flavor. Available in different colors (white, yellow, red, and black) depending on length of fermentation and added ingredients, the yellow is the most versatile. One of the common uses of miso is in soup where you would use it just as you would concentrated chicken bouillon. It can be added to stir fry dishes and I've seen it on many restaurant menus as a glaze, for example, for salmon. Miso is considered a highly nutritious food.

Sriracha (Thai) hot chili sauce has, in recent years, become very popular. In our neck of the woods we are most likely to see it in a plastic bottle with a green cap and a rooster drawing as artwork. This brand, created by Huy Fong Foods in California, is a derivative of the original, which came from Sri Racha, Thailand. The sauce packs quite a punch, but is different from other hot chili sauces in that there is also a bit of sweetness. It is the consistency of ketchup, but uses are much more diverse. It is commonly found as a drink ingredient, in soups and marinades, and used straight, as a dipping sauce.

Gochujang (Korean) has been described as the "new" Sriracha. It's a hot pepper paste that, when combined with soy, rice wine, and brown sugar, makes a terrific dipping sauce

(as for pot stickers). Its consistency, which is similar to miso, contributes to its versatility. Since the degree of heat varies by brand, check the label to see if there is a heat indicator so you know it will be to your liking. Gochujang is also a common ingredient in marinades and soups.

Chimchurri (Argentinian) is most often associated with meat. This green sauce typically features parsley, garlic, oregano, and vinegar. It is easy to make at home and is a good way to use extra parsley growing in your herb garden. As always, reserve your curly-leaf parsley for garnishes and use flat-leaf parsley as an ingredient.

Pesto (Italian) is another herb sauce readily available at your grocery store but it is very easy to prepare at home. Basil is the primary ingredient and it is a terrific way to take advantage of zealous basil plants. Pesto can be frozen, so the shelf life of your basil can be dramatically extended. Pesto also typically includes parmesan, pine nuts, and garlic. Pesto can transform "blah" pasta into something special. Stir in a bit to create a sauce for your favorite hot pasta with the added benefit of adding tons of flavor with few calories. We were recently served pesto at a tapas restaurant as a dipping sauce for hard rolls.

Mole (Mexican) typically contains so many ingredients, including the signature chocolate, I recommend buying it ready-made. Other ingredients are chiles, garlic, cinnamon, and sometimes raisins and almonds, along with many other spices and aromatics. A locally available brand is Dona Maria. Mole Poblano (a chicken recipe) is the classic mole dish. Other uses are in chili and slow cooker meat recipes.

Criolla (Creole) is considered a South American version of salsa and is often used as a meat or fish sauce. The primary ingredients are usually tomatoes, bell peppers, onions, and celery, and something to provide an acidic kick, such as vine-

gar, lime juice, or even pickled beets, and various other spices. At a restaurant we visited recently I ordered pork cubes in criolla sauce and bitter oranges. Served over rice and black beans it was delicious.

Sweet Chili Sauce (Thai) is truly one of my favorites, due not only to its flavor, but also its versatility. A common brand found locally is Maggi. Exceptionally spicy food does not appeal much to my Norwegian taste buds and this is a sauce that adds flavor without heat. It can be used right out of the bottle as a dipping sauce for egg rolls, pot stickers, and spring rolls and also works well as a noodle sauce or in stir fry dishes. I've also combined it with mayonnaise for a sauce for crab cakes. Although I haven't tried it, I've read that it can be used in place of tomato sauce on a pizza. With toppings of chicken, feta, and sun dried tomatoes, this sounds like something worth a try.

Worcestershire (British) sauce has been around for nearly 200 years. Most people are familiar with it as an ingredient for foods and beverages but aren't aware that anchovies (which many people purport to hate) are one of the flavor-producing ingredients. Perhaps the biggest mystery about Worcestershire is its pronunciation – WOO ster shur. There are numerous YouTube clips addressing the pronunciation if you prefer an audio explanation. (What is NOT on YouTube!?) I pulled out an old favorite family recipe recently for Porcupine Meatballs and added twice the recommended amount of Worcestershire for the extra roundness of flavor. Lea & Perrins is one of the oldest brands. They say their product is gluten free, something that is not true for many sauces.

Tabasco (American) has been made by the McIlhenny family on Avery Island in South Louisiana since the 1860s when it was first "packaged" in perfume bottles. The main ingredient is tabasco peppers, and of course the remaining ingredients are big family secrets. The process includes aging in white oak barrels for up to three years. I've seen tiny miniatures of Tabasco included in Meals Ready to Eat (MREs) provided to soldiers. In recent years many varieties of Tabasco have been produced. They include Green Pepper, Chipotle, Buffalo, Habanero, Garlic Pepper, and Sweet and Spicy. The latter is their mildest version (perhaps 600 on the Scoville scale compared to 5000 for the original) and, as the name suggests, is the first version specifically designed to be used as a dipping sauce. For something new, look online for a Tabasco chocolate recipe, for example for brownies, sundaes, and cookies. Sounds a bit like a take-off on a mole sauce.

Many sauces are named for their place of origin (e.g., Sriracha, Worcestershire, and Buffalo). It's fun to imagine what the ingredients would be in Double Ditch or Fort Lincoln concoctions!



Pam Vukelic is an online FACS (Family and Consumer Sciences) instructor for the Missouri River Educational Consortium.

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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) dwc4arts@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.

April 2015

Registration Open | Sleepy Hollow Classes | Middle School Program | Fairy Tale Theatre and Rising Stars | shtap.org

April 1-11

"Land, Sky, Water" Exhibit | BSC Library, Gannon Gallery | Artist Reception, April 1, 4-6 pm

April 1-25

Bismarck Art & Galleries Association Exhibit | Brian Paulsen, Grand Forks | Rose Heiser, Member Artist | Reception, April 10, 5-7 pm

April 1-25

"Reuse, Upcycle, Recreate" Exhibit | Bismarck Downtown Artist Co-op

April 7-8

BSC ArtsQuest | Ceramic Artists-in-Residence | Jocelyn Howard & Perry Hass | 8-10 am, 1:30-3:30 pm | Werner Hall 212 | artsquest@bismarckstate.edu

April 9

BSC ArtsQuest | Ceramic Artists-in-Residence | Alexis Gregg & Tanner Coleman | 8-10 am, 1:30-4 pm | Werner Hall 212 | artsquest@bismarckstate.edu

BSC ArtsQuest | "Public Art: Process and Product" presentation | Alexis Gregg & Tanner Coleman | NECE Basin Auditorium | 7:30 | artsquest@bismarckstate.edu

April 10

Dakota Digital Film Festival | Day Session, 9am-3 pm | Evening Session, 6 pm | Belle Mehus Auditorium

April 12

Century High School One-Act Play | Century High School

Slavery By Another Name | free national film | ND Heritage Center & State Museum | 2 pm

April 14

BSC ArtsQuest | Collage Concert with "Figments of Imagination" readings and live painting on stage | Sidney J Lee Auditorium, BSC | 7:30 pm | artsquest@bismarckstate.edu

Bismarck High School Spring Bands Concerts | Knaak Center | 6:00 pm

Simile Middle School Orchestra Chamber Music Recital | Simile Middle School Auditorium | 7:30 pm

April 14- May 15

BSC ArtsQuest | Juried Student Art Exhibition | Gannon Gallery, BSC Library | 7:30 am - 4 pm weekdays, 3-7 pm Sunday | artsquest@bismarckstate.edu

April 15

BSC ArtsQuest | Alumni Creative Path: "The Art of Making It" | Basin Electric Auditorium, NECE at BSC | 7 pm | artsquest@bismarckstate.edu

April 16

Legacy High School Spring Concert | Simile Auditorium | 7:30 pm

April 17

BSC ArtsQuest | BSC Concert Choir Concert | Sidney J Lee Auditorium, BSC | 7:30 pm | artsquest@bismarckstate.edu

April 18

"Rhapsody in Blue" | Bismarck-Mandan Symphony | Belle Mehus Auditorium | 7:30 pm

Elementary/Middle School Music Festival | Horizon School | All Day

SMCHS Music Department's Note-Able Feast | Sixteen 03 on Main | 5:30 pm

TALK 2015: Human Rights Challenges & Solutions | ND Heritage Center & State Museum | 9 am - 1 pm | Register at history.nd.gov/talk2015

April 19

Conversations at BSC with Dr. Larry Skogen and Clay Jenkinson | "John Wilkes Booth: The Last Journey" | 3 pm | BSC National Energy Center of Excellence, Bavendick Stateroom

The Loving Story | free film | ND Heritage Center & State Museum | 2 pm

April 20

BSC ArtsQuest | BSC Wind Ensemble Concert | Sidney J Lee Auditorium, BSC | 7:30 pm | artsquest@bismarckstate.edu

Century High School Bands | Spring Concert | CHS Gym | 7 pm

April 20-24

Bismarck Public Schools Art | Show at the Capital

April 21

Wachter Middle School 7th Grade Band Concert | BHS Knaak Center | 7:30 pm

April 22

BSC ArtsQuest | BSC Student Art Exhibit Open House | Gannon Gallery, BSC Library | 4-7 pm | artsquest@bismarckstate.edu

April 23

BSC ArtsQuest | BSC Brass Ensemble, Woodwind Ensemble and String Ensemble | with art work from "Figments of Imagination" | Sidney J Lee Auditorium, BSC | 7:30 pm | artsquest@bismarckstate.edu

CHS Band Spring Jazz II Concert | CHS Auditorium | 7:30 pm

Wachter Middle School 8th Grade Band Concert | WMS Cafetorium | 6:30 pm

April 24

State Music Contest | Valley City

April 26

BSC ArtsQuest | BSC Student Recitals | Sidney J Lee Auditorium, BSC | 3:00 pm | artsquest@bismarckstate.edu

Spring BMSO Youth Orchestra Concert | CHS Auditorium | 7 pm

April 27

SMCHS Spring Band Concert | SMCHS Gym | 7:30 pm

Horizon Middle School Jazz Band Concert | HMS Cafetorium | 7:30 pm

April 27-30

BSC ArtsQuest | Graphic Design Spring Show | Kirkwood Mall | 10 am - 9 pm daily | artsquest@bismarckstate.edu

April 28

BSC ArtsQuest | BSC Guitar and Percussion Concert | Sidney J Lee Auditorium, BSC | 7:30 pm

Simile Middle School Jazz Band with Legacy Jazz Band | Simile Auditorium | 7:30 pm

April 30

BSC ArtsQuest | BSC Jazz Ensemble Concert with Big Al's Big Band | Sidney J Lee Auditorium, BSC | 7:30 pm

May 2015

May 1-30

Bismarck Downtown Artist Co-op "Supporting Member Exhibit" | Opening Reception, May 1, 5:30-8:30 pm

May 2

Kentucky Derby Party | Bismarck Art & Galleries Association (BAGA) | 4-7 pm

May 3

Cantus Unabridged | Central Dakota Children's Choir | Century Baptist Church | 7 pm | aboutdcc.org

Conversations at BSC with Dr. Larry Skogen and Clay Jenkinson | "The Idea of the National Parks with a Particular Focus on Theodore Roosevelt" | 3 pm | BSC National Energy Center of Excellence, Bavendick Stateroom

May 3-5

BSC ArtsQuest | Community Raku | West of BSC Library | 1-5 Sunday | 10-5 Monday | 10-4 Tuesday | artsquest@bismarckstate.edu

May 5-22

Bismarck Art & Galleries Association High Schools Art Show | Opening Reception, May 5, 5-7 pm

May 5

BSC ArtsQuest Campus Arts Crawl | 11-3 pm, Werner Hall 105: art and pottery sale
11:30 am Lunch, east of BSC Library
12-1 pm Student readings, BSC Library
11-2 pm Tie-dye activity outside Werner Hall
1-3 pm Enameling activity, Werner Hall
artsquest@bismarckstate.edu

May 6-7

Central Dakota Children's Choir Auditions | Frances Leach High Prairie Arts & Science Complex | 5-8 pm

BSC Festival of Short Plays for mature audiences | Sidney J. Lee Auditorium, BSC | 3:30 and 7:30 pm

May 8

Bismarck Band Night Parade | 6:00 pm

May 9

BSC Sing Appeal all-male vocal concert | 7:30 p.m. | Belle Mehus City Auditorium

May 9-10

Central Dakota Children's Choir Spring Concert | Belle Mehus Auditorium | May 9 - 7:30 pm | May 10 - 4 pm

May 12

Bismarck High School Spring Choir Concert | Karlgaard | 8 pm

Bismarck High School Band Elementary Tour | All Day

May 14

Century High School Spring Choir Concert | CHS Auditorium | 6 pm and 7:15 pm

Conversations on the Bench | free film and discussion with Brian Palecek and Bruce Wendt | ND Heritage Center & State Museum | 2 p.m.

May 15

Bismarck State College commencement | 2:30 p.m. | Bismarck Civic Center

May 16

For Arts Sake Flea Market | Bismarck Art & Gallery Association (BAGA) | 8 am - 5 pm

Jae & Jazz | Bismarck Mandan Symphony Orchestra | Mandan High School Auditorium | 7:30 pm

May 18

Century High School "9th Grade | ExtravaBANDza | CHS Auditorium | 6 pm

Century High School Spring Pops Concert | CHS Auditorium | 7:45 pm

Simile Middle School 6th and 7th Grade Choir Spring Concerts | SMS Auditorium | 6:30 and 7:30 pm

May 19

Simile Middle School 8th Grade Choir Spring Concerts | SMS Auditorium | 7:30 pm

Wachter Middle School 8th Grade Choir Concert | WMS Cafetorium | 6 pm

Wachter Middle School 6th and 7th Grade Choir Concert | WMS Cafetorium | 7 pm

May 21

Bismarck High School Cadet & Concert Bands Pops Concert | Knaak Center | 6 pm

Bismarck High School Ranger Band & Wind Ensemble Pops Concert | Knaak Center | 7:30 pm

Century High School Orchestra Spring Concert | CHS Auditorium | 7:30 pm

Legacy Spring Percussion Concert | Hughes School | 7:30 pm

Horizon Middle School Choral Concert | HMS Gym | 7 pm

Simile Middle School 6th and 7th Grade Band Concert | Simile Gym | 7:30 pm

May 23

BSC Sing Appeal | Belle Mehus | 7:30 pm

May 25-30

To Be Hung Over Art Show | Bismarck Art & Gallery Association (BAGA) | Opening Reception, March 25, 5-7 pm

May 26

Bismarck High School Orchestras Spring Concert | Knaak | 7:30 pm

Legacy High School Spring Jazz Choir Concert | Career Academy | 7:30 pm

May 28

Century High School Band Spring Jazz Ensemble Concert | CHS Auditorium | 7:30 pm

Legacy High School/Simile Middle School Orchestra Spring Concert | SMS Auditorium | 7:30 pm

Horizon Middle School Orchestra Spring Concert | HMS Cafetorium | 7:30 pm

Wachter Middle School Spring Orchestra Concert | WMS Cafetorium | 7:30 pm

community contributors

*Volunteers
Amanda Wolff,
Joanne Schwappach,
Sharon Helbling and
Leo Nagel put food
baskets together.*



Bismarck Emergency Food Pantry

iW What is the history of the Bismarck Emergency Food Pantry.

A number of local churches organized the Bismarck Emergency Food Pantry in 1979. It is registered with the state as a nonprofit agency. Its purpose is to help families and individuals in Burleigh and Morton Counties who are facing a crisis because they have little or no money to purchase food, even though many do have jobs. In 2014, about \$122,000 worth of food was given to 1696 families (4,484 people).

iW What services does the Bismarck Emergency Food Pantry offer and whom does the pantry help?

The pantry is available to those with food emergencies, but it cannot become one's monthly food source.

iW How are you different from other similar agencies?

The pantry is different from many other food banks because it is completely dependent on the generous donations of food and money from the community. It receives no government subsidies. A local television station came to do a story about the pantry last fall. At the time, the shelves were pretty bare. Other media picked up the story and our need was widely publicized, which led to a remarkable response from the community. Donations of food and cash increased dramatically!

It was wonderful that the well-stocked pantry was able to help many people over the holidays and during the winter, which is a time when the need seems to increase.

iW How can people contact you for help?

People who need food may visit the pantry without making an appointment. It is located at 725 Memorial Highway in Bismarck; there is a driveway at the west end that leads to the parking lot and entrance in the back of the building. The pantry is open Monday, Tuesday, and Thursday afternoons from 1:00-4:00. We require an ID, proof of address (such as a piece of mail), and the social security numbers of those in the household. We do not record the full social security numbers in our records. Before we fill orders, we do a short interview.

iW How can people donate to the Bismarck Emergency Food Pantry?

We always accept donations of food and cash, but another great way to donate is to volunteer at the pantry. The pantry operates with an all-volunteer staff. There are about 25 men and women who currently interview, fill orders, stock shelves, buy food, or pick up the generous donations from shoppers at Cashwise. During the winter, the "flight of snowbirds to the south," has created somewhat of a shortage of volunteers.

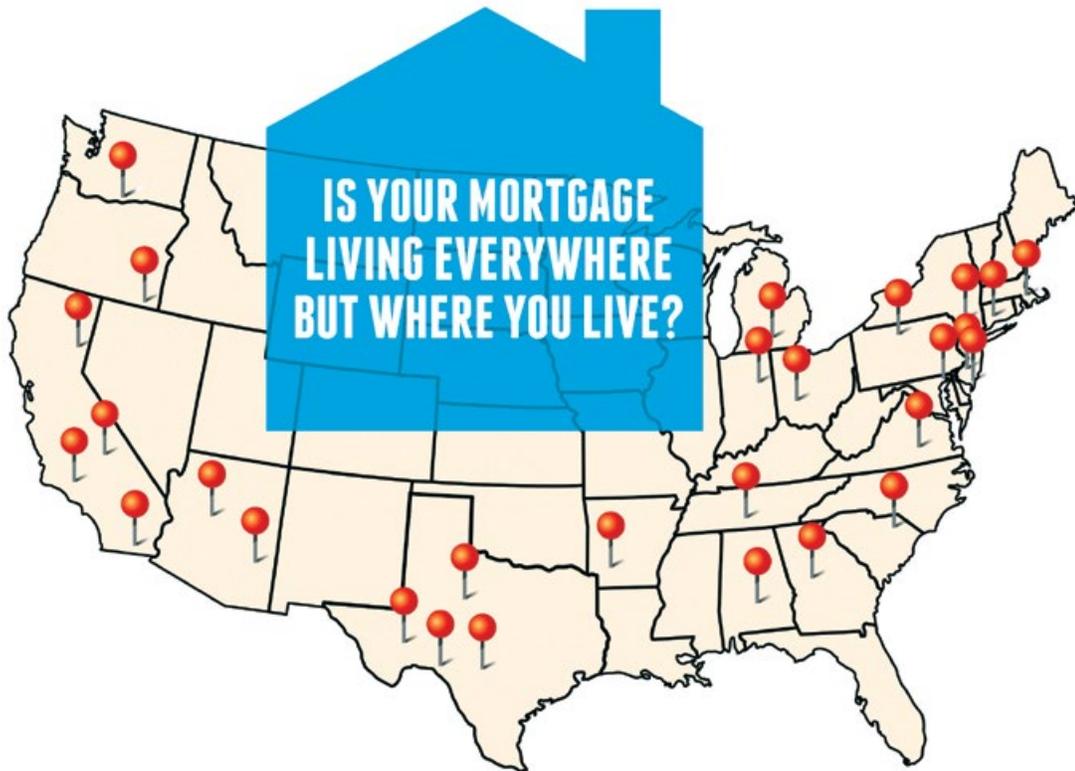
iW What are your needs right now if someone would like to donate?

Donations may be dropped off anytime the pantry is open, or, if requested, can be picked up. Suggestions for donations include canned fruit and vegetables, soup, pasta, tuna, spaghetti sauce (cans are better than breakable glass jars), rice, complete pancake mix, boxed potatoes, Hamburger Helper, macaroni and cheese, coffee, tea, powdered milk, hot or cold cereal, cake mixes, saltine crackers, granola bars, cleaning or personal hygiene products, toilet paper. During the summer and fall, garden produce is much appreciated. Please check expiration dates when donating and donate only foods that have not yet expired. We cannot separate large amounts of food into smaller packages, so please donate only appropriate sizes for individuals or families. Cash donations are always welcome, since some food is purchased. Checks may be mailed to:

Bismarck Emergency Food Pantry
725 Memorial Highway
Bismarck, ND 58504

A huge thank you goes to all the wonderful volunteers and generous donors, who provide this important service for the hungry people in our community.

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The Project's anti-human trafficking sub-program, the "Institute for Trafficked, Exploited & Missing Persons" (www.ITEMP.org), was formed in 2001 to bring awareness of this global problem to the Midwest and vulnerable populations around the world.

Today more than ever, we need your help and participation to keep North Dakota's children safe and aware.

THREE PHRASES MANY PEOPLE DON'T WANT TO SAY:

**SEXUAL ASSAULT
DATE RAPE
PRISON**

One in five women will be raped in their lifetime, as will one in 71 men. One in four women and one in six men experience an unwanted sexual experience. Most survivors know their perpetrators. While the young are more vulnerable, there is no limit to age, sexual orientation, religion, gender, education or socio-economic level.

- Reported rapes in central North Dakota are 500% higher now than they were just 10 years ago.
- Alcohol is involved in over half of all sexual assaults.
- 48% of 18-25 year old males don't consider it rape if a woman is too drunk to freely consent or object.

Remember sexual assault and rape are never a victim's fault. Not fighting during an act does not mean consent. In fact, not fighting can be a means to protect a person who is being assaulted from being harmed even more. Sexual assault and rape destroys lives and can lead to prison. Don't be that guy.

You are not alone. In an emergency, call 911.



Other Resources: The GOD'S CHILD Project's
Institute for Trafficked,
Exploited & Missing Persons
1.701.255.7956
1.888.BeA.Hero
www.NDRape.org

National Domestic Violence Hotline
1.800.799.7233
www.ndvh.org

National Suicide Prevention Lifeline
1.800.273.8255
www.suicidepreventionlifeline.org

Rape, Abuse & Incest
National Network
1.800.656.4673
www.rainn.org

National Teen Dating
Abuse Helpline
1.866.331.9474
www.loveisrespect.org

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