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JUNE/JULY 2015

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# *The Teen Issue*



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

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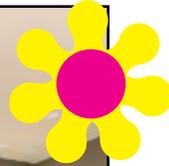
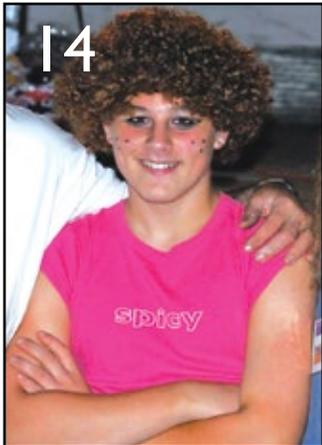
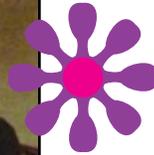
INSPIRED WOMAN  
JUNE/JULY 2015

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### ON THE COVER

Front Row (l to r): Erin DeMaria, Zoe Randazzo, Katie Mastel, Rachael De Maria

Middle Row (l to r): Abby Wolfe, Christina Feland, Mattie Shirley-Fairbairn, Amanda Davidson, Lauren Sayler

Back Row (l to r): Kelsey Koester, Lexus Davidson, Megan Davidson, Olivia Richter, Miranda Lowman, Courtney Leben



Not pictured:  
Naomi Heywood



*~Be Inspired~*



When Jody suggested a teen issue, I was really excited. I thought it would be fun to highlight a few area teens that have made a difference in our community. They weren't hard to find. The young people you will read about do great things locally and around the world. I thank them for sharing their stories.

I have a teen, and she is pretty awesome. She coaches young kids in figure skating, plays a pretty mean saxophone, is a member of the Century Spirit of '76 Color Guard, plays bass in the worship team when she has time and is also on the nationally ranked synchronized skating team, the Capital Ice Chips. Oh yes, she had three AP classes this year and made the honor roll. I'm proud of her and don't tell her enough.

Another person I don't appreciate enough is our graphic artist, Kitty Perry. And now she is leaving. Thank you, Kitty, for putting up with me all of these years. Thank you for your patience and sense of humor. Thank you for editing when you knew I couldn't edit anymore. Thank you for tweaking and searching and perfecting to make this magazine the best it can be. Whoever hires you will be blessed. I know I was.

*Deb*



In my nearly 14 years as a television news reporter, I had the chance to cover all kinds of stories: crimes, trials, politics, and education. My favorites were the stories about kids doing good things. Still, you're more likely to hear about a teenager who stole a car than a teenager who spent her free time tutoring younger kids. That seems backwards to me, but it explains

why so many people have such a negative image of "teens these days."

As a mom of two teenagers, that stereotype drives me crazy. Obviously I'm a bit biased, but I think my 16-year-old and 14-year-old are pretty great and I tell them all the time how cool it is to be their mom. I am truly proud of them and the people they are becoming. And after meeting the girls featured in this issue, I'm convinced that most "teens these days" are good kids, doing good things. It was so fun meeting so many of amazing and inspiring teens. And we only scratched the surface – there are many more teenagers not featured here who are doing great things every day. Please remember that and next time you see a group of teens, don't assume they're up to no good. Chances are, they're doing something great.

*Jody*



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# TEENS

Erin

Naomi

Katie

Mattie

Lexus

Meagan

Abby

Courtney

Zoe

Kelsey

Miranda

Lauren

Christina

Amanda

Olivia

Rachael



## Abby Wolfe



Abby Wolfe has been involved with pageants, for a very specific reason, since sixth grade. "My cousin had cerebral palsy and was wheelchair bound her entire life. Even though she couldn't do a lot of the things 'normal' kids do she was always smiling and very generous with her love, said Wolfe. "I wanted to participate in the pageant in her honor after she passed away."

A lot of her dance team members were involved with the Miss America Scholarship Organization pageant. Since it is a scholarship pageant there is no score based on appearance, but there is a talent and interview portion. "It tends to help promote more well-rounded girls," explained Wolfe. "It has helped me develop a better sense of self and more self confidence."



Going into her junior year she won the title of Miss North Dakota's Outstanding Teen. She was able to travel to Orlando and compete in the national pageant. "It was one of the most amazing experiences of my life. I made some great friends and got some scholarship dollars as well."

Once a pageant participant reaches the Outstanding Teen Category, they are required to have a platform. Wolfe's platform was centered around helping people with special needs, like her cousin, and she used her title to promote the start up of 'Horizon Buddies.'

Wolfe explained the program: "I work very closely with Mrs. Mortiz at Horizon Middle School. 'Horizon Buddies' is a club for all of the Special Education students. Students volunteer to buddy up with a special needs student and we do things like ability awareness projects - where they educate their classmates on different disabilities. We also go bowling or to the movies. They have a lot of fun and look forward to hanging out together. The goal is to promote acceptance and be more comfortable around kids with special needs."

'Horizon Buddies' began last year, and has grown to about 60 kids. Wolfe was pleasantly surprised because she didn't think many sixth - eighth graders were going to want to sign up to hang out with special needs kids on the weekends. "Middle school youth are developing critical relationships going into high school," she said. "I hope this can change some lives."



## Christina Feland



The Girl Scout Gold Award is the highest achievement in Girl Scouts. When Christina Feland was a Daisy (pre-school-kindergarten) she was inspired by her troop leaders to reach that goal, and this year she did.

"I had to come up with a project that would benefit my community, the state, and be replicated nationally," she said. "The whole purpose is to better the community. In school we had been hearing about how underage drinking has increased in teenagers, so I wondered how I could do something."

"I learned that a lot of my friends did not know how to ice skate, something I have always loved to do. I ended up teaching some of them and realized I could do this for my gold award."

The gold award requires a minimum of 80 hours. By the time Feland finished, she had over 900 hours into her project. It took three years - finding time to fit it in and finding ice time.

"I started with the hockey cheerleaders from Bismarck High and Century. A lot of them were not really comfortable on skates," she said.

She helped close to 20 kids, ages 12-17 learn to skate. "The kids that can skate can now teach others to skate. Now they all have something different to do seven months out of the year. I really think this has helped create a positive outlet, instead of making risky decisions."

Feland is now an ambassador scout, and is helping younger troops retain their members. After she graduates she will become a life scout and it will be her duty to regularly help with camps and younger girls.

## Courtney Leben



You could say law enforcement is in Courtney Leben's blood. Her dad is a Burleigh County Sheriff's Deputy. Her maternal grandfather and his two brothers had long careers in law enforcement, and her mom was in the military police while serving the North Dakota National Guard.

So, it should come as no surprise to learn that Courtney will spend a week this summer at the FBI National Academy Youth Leadership Program. She will represent the northwest region, which includes North and South Dakota, Minnesota, and Manitoba.

"I am super excited, and a little nervous, to go," says Courtney.

The Youth Leadership Program is open to teens ages 14-16 who are the child or grandchild of an FBI National Academy graduate. Courtney's dad, Kelly, attended the three-month version for law enforcement when Courtney was just a toddler.

"I'm not really sure I'm following in his footsteps. I'm not sure I want to go into law enforcement, but I do like the human service areas of work, and this is the opportunity of a lifetime," she says.

Courtney has been quick to join any and all organizations that teach leadership skills. She's been a student council representative since 9th grade and was recently elected public relations rep for Bismarck High's Student Council. She is also President of the school's Family Career and Community Leaders of America (FCCLA) chapter. She's a member of Fellowship of Christian Athletes (FCA), National Honor Society, and Key Club. She also

plays volleyball and attends Young Life activities.

"I like to be busy," Courtney says with a smile.

Turns out that staying busy has also taught this 16-year-old some important leadership skills that will come in handy in whatever career path she chooses.

## Katie Mastel



When Katie Mastel was a high school freshman, she found her voice, and that changed her life.

"My sister is just one year older than me, so I always kind of felt like I was stuck in her shadow," says Katie, a 2015 St. Mary's Central High School graduate. "Then, my freshman year my English teacher convinced me to join the speech team. I loved it. I placed at regionals that year and went to state."

As a senior, Katie brought home a state speech championship in the entertainment category and her school brought home the team championship for the fifth year in a row. But for Katie, speech was about more than just winning trophies.

"It helped me learn to communicate better, to speak in front of people I don't know, and to feel comfortable doing that," she says.

Katie credits her speech experience with helping her run a successful campaign for state student council president.

"I've been in student council every single year since fourth grade, the first year you can join," says Katie. "I learned about leadership and service through student council."

Katie wrapped up her student council career with a giant service project. She teamed up with the student council presidents from Bismarck High School and Century High School to "Pack the Pantry" last fall.

"That was so fun. We all went to elementary school together but ended up at different high schools. It was a blast to organize something so good with old friends," says Katie. "We got donations from elementary schools and all the high schools in town and we were able to donate a trailer full of food to different organizations in town."

For Katie, "Pack the Pantry" was the perfect way to combine her passion for service and leadership, and to prove that everyone can make a difference.

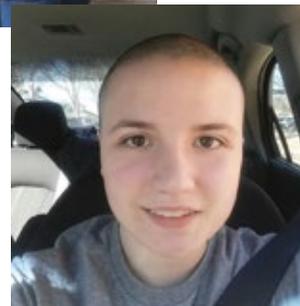
"I've been so lucky to develop leadership skills and make connections with lots of people. Now, it's up to me to use those skills and connections to make a positive difference in the world."

## Kelsey Koester

After seeing a story in the school newspaper about one of her teachers (Mrs. McKenzie) shaving her head for St. Baldrick's in 2014, Kelsey Koester decided she would like to participate this year. "I didn't tell my parents right away because (I knew) my mom would freak out," she said. "I waited



Before



After

until February and then started raising money. I mainly did it because my grandpa had cancer, and if I could help prevent one person from losing their life to cancer it would be worth it.”

Her goal was to raise \$650 and her final total came to \$800. The St. Baldrick’s Foundation makes it easy to raise money by allowing participants to register on their website and set up an account to collect the donations. Koester shared the link on Facebook and Twitter so family and friends could donate in her name.

The 2015 St. Baldrick’s event in Bismarck raised a total of \$402,799 and had 363 shaves. Some of Koester’s classmates raised money but did not shave their heads. “A lot of people do that,” she said.

The decision to shave it all off did not come easy. Especially because of the amount of hair Koester had. “I had considered just cutting off a little bit, I really have not cut my hair since I was a sophomore. But, after deciding to shave it all off, I have no regrets. It was a really rewarding experience.”

For more information about the St. Baldrick foundation, visit [stbaldricks.org](http://stbaldricks.org). Koester has already inspired someone to shave their head in the future, “One of my sisters said she is going to do it her senior year, too.”

## Lauren Saylor

Bismarck High School is a big, intimidating building.

“There are eight stairways!” says recent BHS graduate Lauren Saylor. “I was scared when I started at BHS.”

But thanks to Lauren and the rest of the members of Bismarck High’s Sources of Strength group, it’s become a little less scary for freshmen. One of the biggest projects Lauren was involved with was welcoming students to BHS and helping them find their way.

That’s not all Lauren accomplished during her time in the group. This spring, the group joined forces with other student groups at BHS to help a teacher’s family. Medical Related



Careers teacher Heather Frey’s husband, Jason, was diagnosed with Acute Myeloid Leukemia (AML). He was immediately taken to Mayo Clinic for treatment. Heather went with him, leaving their three boys, ages 10, 6, and 4, home with family.

“Mrs. Frey has given so much to me. She’s a great teacher and an amazing person. Her family is amazing too and if there’s something I can do to help, I want to do it.”

*continued*

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<b>July 4</b> Mandan 4th of July Road Race	<b>Sept 26-27</b> Applefest

*For more details about these events, visit [bismarckcancercenter.com](http://bismarckcancercenter.com)*

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So Lauren and her fellow students have stepped in to help the Frey family. They have been hanging out with the kids and raising money. The biggest fundraiser to date has been the school's monthly "Cappuccino for a Cause," which brought in more than \$1,200. Different groups at BHS do the monthly coffee fundraiser, but the most they've ever raised until now is about \$300.

"It brings tears to my eyes. Our school is so good. It's a big school, but it's full of good and generous people."

## Mattie Shirley-Fairbairn



Mattie Shirley-Fairbairn is a girl on the run. Literally. The Wachter Middle School eighth grader just finished her second year running varsity cross-country and track. As a seventh grader, Mattie took second in the South Dakota state cross-country meet. She was 12 years old at the time, running varsity, running against seniors in high school.

"I got moved up to varsity at the end of my seventh grade year. I ran a couple of varsity meets, then took second



at state," Mattie remembers. "I was so nervous!"

She was also nervous when her family moved to Bismarck last summer; she didn't know anyone and the thought of making all new friends was scary.

"Moving was hard. But running helped me meet people," says Mattie.

Mattie ran with the Bismarck High Cross Country team over the summer. Last fall, she ran varsity cross-country for BHS. She once again took second place at the state meet. This spring, she was a star for the Demons on the track.

"I run the 800 meter, 1,600 meter, and the 3,200 meter races," says Mattie. "But the 3,200 is my favorite because it's longer so if you don't have the best start, there's lots of time to recover."

She is her own worst critic; Mattie rarely has a bad race. In fact, this spring she broke the record for the fastest 3200m in North Dakota history. She also took first in the 1,600 meter and the 3,200 meter runs at the state track meet, second, by one-hundredth of a second, in the 800 meter run, and seventh in the 4x800 meter relay.

She did all that while also playing soccer for the Wachter Wildcats and maintaining a perfect 4.0 grade point average.

## Miranda Lowman



It's difficult for Miranda Lowman to go anywhere without seeing someone she knows.

"I meet a lot of people through sports," Miranda explains. The

17-year-old junior plays volleyball, basketball, and tennis at Mandan High School. But her favorite extra curricular activity is Young Life, something that has absolutely nothing to do with sports.



"Young Life makes me a happier person," says Miranda.

Young Life is a non-denominational teen youth group that Miranda says has helped her grow in her faith and see others in a different light.

"I know a lot of people from sports, but Young Life has helped me realize that who they are on the court is usually totally different than who they are in real life," she explains. "Sometimes people who are the most competitive on the court turn out to be the nicest people in real life. I'm so glad I've gotten to know some of my competitors off the court."

Young Life meetings are held every other Monday night for teens in Bismarck and Mandan. As a busy student athlete, Miranda can't always make those meetings, but she makes it a priority to attend as many as possible. In the summer, Miranda schedules her other summer activities around the week-long Young Life camp.

"Camp changes you. Literally. They take your phones away, but that's ok. It forces you to talk to others and really enjoy their company," she explains. "It's made me a better person and I've met people who have the same beliefs, values, and morals as I do. It's made me stronger in my faith."

For more information on Young Life in Bismarck and Mandan, visit <http://bismarck.younglife.org/> and follow them on Twitter: @BisManYL.



# MY INSPIRED SMILE

When my dentist first told my mom “She should try Warford,” I thought he was talking about toothpaste. Little did I know, “Warford” was an orthodontist who was going to change my life. When I was little, my teeth were a mess. They were crooked and jutting out in the most awkward places so my smile was not a pretty one. As a child I smiled quite often, but somewhat hesitantly because of the way my teeth looked. I was very excited when I found out that “Warford” was not a brand of toothpaste; instead they were an elite orthodontic office that was going to fix my teeth.

I got braces in fourth grade and it only took a few months for my teeth to begin to look better. Once they did I felt a confidence boost! When I started the life milestone known as seventh grade, I felt no shame when it came to my smile and my self-esteem was high. Now, starting my senior year in high school, I look back and know that I would have been on a different path had I not had my smile transformed when I was younger. I do not hesitate to smile for pictures with my friends and family, I face the world with more confidence, and I looked extra awesome at prom thanks to my great smile.

Dr. John has been known to say “orthodontics is about more than the teeth” and my experience has been just that. It’s about what having a great smile does for your self-esteem, confidence, and possibilities in life. My teeth look beautiful, therefore I feel beautiful as well. Thanks Mom and Dad, and thanks to the great team at Warford Orthodontics for enhancing my life more than you’ll ever know!

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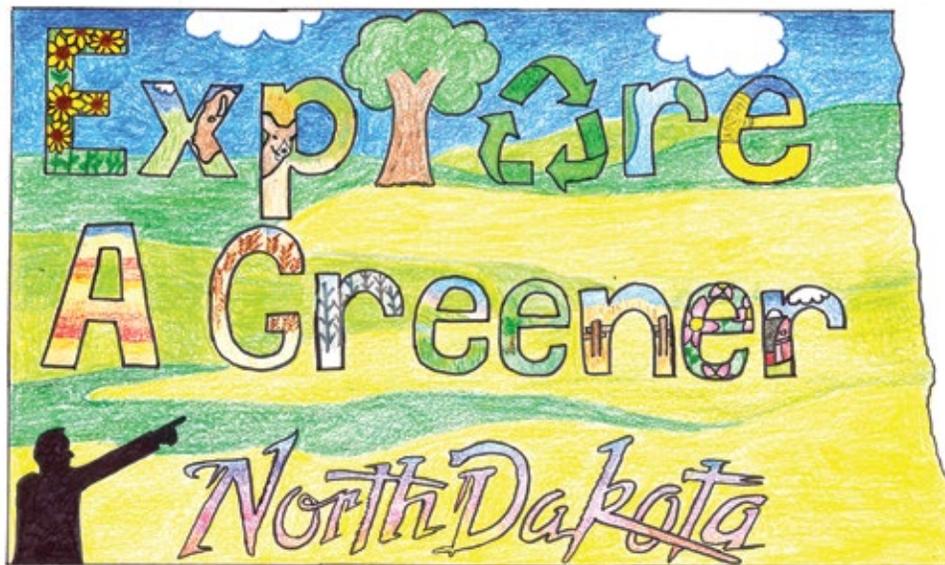
## Naomi Hegwood



For 47 years, students have been designing posters for the annual Keep North Dakota Clean poster contest, with the hopes of having their poster made into a billboard. But in all those 47 years, there has likely not been a winner as enthusiastic as Naomi Hegwood.

"We were given the assignment in home base one day," says Naomi, an eighth grader at Wachter Middle School. "I love art, so coming up with a design was easy for me. It took me only a few hours to do. I never really thought I'd actually win."

*Naomi's award-winning Keep North Dakota Clean poster*



In fact, Naomi got busy with other things (she's also in track, Math Counts, and Science Olympiad) and forgot all about the contest. That is, until the day the letter arrived in the mail.

"I got the mail after school and saw there was a letter from Keep North Dakota Clean addressed to me, so I ripped it open, read the letter, and immediately started screaming," says Naomi. "My mom thought something was wrong, but when I showed her the letter, she started screaming too."

Naomi's poster took first place in the eighth grade division. That means it will be made into a billboard, which will go up on the Bismarck Expressway. Naomi also received a \$100 cash prize, a certificate, and a medallion. But for Naomi, the best part is knowing that her art is good.

"I really love art, and I guess winning this contest proves I'm good at it," she says with a smile. "Maybe someday I'll make a living with art."

Happy girls  
are the  
prettiest.

— Audrey Hepburn

## Olivia Richter



If you ask Olivia Richter to list the groups she's been involved with during her high school career, you better not be in a hurry. Olivia's list is long; here are a few highlights:

*Saints for Life*  
*Assistant Chaplains*  
*Ambassadors*  
*Future Business Leaders of America*  
*Reader for mass*  
*CCD teacher*  
*Cheerleader*

In addition, she managed to take more than a full load of courses during high school. She will start college in the fall with 30 college credits already complete.

In July, Olivia will add mission trip to the list, when she and 13 other students head to Lima, Peru. The ten-day mission trip is something she's been dreaming of for a long time.

"I went on a pilgrimage to Rome last year, and that was awesome, but I'm really, really looking forward to Peru," says Olivia. "Rome was about you, helping you grow as a person. This trip to Peru is going to be about others, and about helping others. I am excited to give back. I'm in a situation where I can give back. I have a good life. I am happy to be able to help and bring joy to others."

The group will have a little sightseeing time, but the majority of their time in Peru will be spent working. They'll build houses, basketball courts, and play with the children.

"I think it will change me, you know, force me to be more appreciative of what I have and not to dwell on the negative," she says.

As for that list, Olivia says it may never be complete. She's already looking forward to all the new experiences and opportunities that college will bring.

## Erin & Rachael DeMaria



Charity Lutheran Church plans a trip to The GOD'S CHILD Project every other year, and last summer Erin and Rachael De Maria decided they wanted to be a part of the adventure.

The sisters needed to each raise \$2,100, and after sending out letters asking for prayers and financial support they raised enough for three people to go. It was only after they got to Guatemala they found out the extra money was used to buy bunk beds and water filters to put in the houses they helped build.

"We built a house for a family of three boys, one girl, two parents, and two grandparents," said Erin. "We got really close to them, it was hard for us to leave. We don't know much Spanish, but we really connected to them. When we were doing the ceremony to

give the house over to them, everyone was crying and they gave us gifts, they were so grateful. At the end I told the translator to tell them we would come back to see them."

Luckily there was such an interest that Charity is planning another trip this year and the De Marias are headed to Guatemala again.

This trip will be especially meaningful for the girls. Their father, Bob De Maria, was a big supporter of The GOD'S CHILD Project and unfortunately he passed away from complications of cancer treatment in March. This is one way they can honor him.

The sisters visited many of the The GOD'S CHILD Project facilities in Guatemala, went to a homeless shelter and served a meal, and participated in a clothing distribution. "We saw how

much they are in need," said Rachael. "We actually left some of our clothes down there."

They also got to have a little fun on a zip line and did a little bartering in a market in Panajachel. "It was a fun activity, but yet hard because we knew that is what the families live on," said Erin.

There are a lot of reasons the girls want to go back, and they encourage others to consider a mission trip. "It was one of the best experiences, everyone is so happy and thankful for the little things we did for them," said Rachael.

"It is not a small undertaking, think and pray about it, make sure the timing is right," suggested Erin. "I think everyone should have an opportunity to go, it definitely changes your point of view of the world."



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## Zoe Randazzo



It would be a generalization to say that teens these days show too much skin. Nonetheless, it is a generalization a group of girls at St. Mary's Central High School is working to change. They're doing that through a group called Forma Veritas.

"The idea is to help girls grow in their relationship with God and with people around them," explains recent SMCHS grad Zoe Randazzo. "We help each other become true women of Christ. We talk about modesty, chastity, virtue, and prayer."

Not exactly topics you'd expect high school girls to talk about, but they are very much discussed and demonstrated among the Forma Veritas girls.

Forma Veritas is a girls only group, but is just one of four small groups students at SMCHS are encouraged to join. Knights of Virtue is a boys only group, Saints for Life and Catholic Athletes for Christ are open to both girls and boys. Zoe says while Forma Veritas has been life-changing, her favorite group is Catholic Athletes for Christ, and her favorite event is that group's annual homeless night.

"It's sort of a camp out, but we can't eat the whole night and you're only allowed to bring one thing with you," she explains. "We do it every spring, and it's really a great night of fellowship and it sort of becomes a social event. But when you get cold and hungry, it really makes you think about how lucky you are. I know that I can go home in the morning, and I'll be able to eat and warm up. Not everyone is that lucky. It really makes you realize how blessed you are."

## Lexus, Meagan & Amanda Davidson



*The Davidson triplets with their sister, Petra*

Every parent wants a 'good' kid: a child who has dreams and goals, and works to achieve them; one who works hard in school, goes the extra mile and gets recognized for their achievements; an all around great kid.

The Davidson triplets are terrific examples of some 'good' kids that their parents, and teachers, are proud of.

Lexus is interested in journalism and will be the editor of the year book next

*Meagan won first place in the local VFW art contest and is heading to the state competition.*



year. She recently was the only student from Legacy asked to travel to a journalism convention to learn more about her passion. She has a dream to experience a different part of the world as a nanny, then become a teacher.

Amanda enjoys her contemporary foods class and would like to own her own coffee shop someday. Even though she is not actually a huge coffee drinker, she wants to create an atmosphere that people will want to hang out in - a safe, family-friendly place.

Meagan prefers 'artsy' stuff, like her graphic design class. She enjoys sewing and drawing and one of her colored pencil drawings recently won first place in the local VFW art contest and is heading to the state competition. Meagan also has dreams to be a teacher.

They are all excited to attend Legacy next fall. They will be a part of the first graduating class and look forward to the new technology, schedules and classes they get to take advantage of in the new building.



# It's Five O'clock Somewhere

by Shelly Preszler



*Morgan and Katie, rock climbing in their younger years*

It's five o'clock somewhere and my phone doesn't ring. It's perched quietly on the kitchen counter buried beneath today's newspaper and yesterday's cookie crumbs. It will remain silent because she's moved on to bigger and better things.

She used to call many evenings around five, and when I'd answer, a perky little voice on the other end would ask, "Whatcha cooking for supper?" Like a short order cook at a local diner I'd rattle off tonight's specials: roast beef, leftovers, or on desperate evenings, cold cereal.

When my daughter was home they used to play her mom and I against one another. They'd call each home and then decide who offered the better meal. While my meat loaf was no match to her mother's lamb chops, if I was making chicken alfredo, we all knew who would be setting the extra spot at the table.

We moved in to the neighborhood seven years ago and were delighted to find another girl the same age as our daughter, Katie, right around the corner. We met Morgan and her mom, Kellie, in their driveway that summer. Since our 12-year-olds were wearing matching t-shirts, albeit in different colors, they hit it off immediately. Soon enough they were running back and forth all summer

long, trading clothes, baking cookies, having sleepovers, and floating on the river.

I knew Morgan felt comfortable at our home during one summer evening when we called a Preszler family meeting about the chaotic conduct of our kids. Without missing a beat, Morgan slid

her chair up to the table too. I smiled to myself and laughed; too amused to tell her to go home.

My daughter felt just as at home at the Pierce residence too. Growing up in a noisy home of six kids she could actually find peace and solace there. Morgan was somewhat of an only child as her two older siblings had left the nest years ago. Their family took our daughter on vacations that were fabulous and quieter than a Suburban packed with peanut butter sandwiches, sticky fingers, and wet wipes. Expanding her palate and horizons at the same time...

During those tough teenage years my daughter would lament on how Kellie actually understood her and made her feel loved. In one moment of shopping she even declared, "For goodness sake! At least Morgan's mom has some fashion sense."

When Morgan's house became too quiet she would meander around the corner to watch our youngest kids fight and have my son, Joseph, pester her as only an annoying little brother could do. Many late night games of Monopoly were pursued over our kitchen table with our daughter mysteriously winning them all, hmmm?

Katie left for college a year before Morgan. Imagine how heart warming it

was for me to discover that Morgan still wanted to come over and study with our daughter Elizabeth, bug Joseph, and bake cookies.

It's been a joy being a part of her life as a confirmation sponsor and praying for as if she was one of my own. I guess the term I've heard people use for this is "bonus child."

One day I was visiting with another mom about how we were going to miss Morgan this next year and she remarked, "Oh you have a "bonus kid" too?" She talked about how she truly missed some of her kid's friends now that they moved on to college. Then she said it, "You know, they almost become like one of your own." How true!

I remember attending the girls' first cross-country meet four years ago in Dickinson. We were all watching the runners come over the hill one by one and everyone tried to guess whom the front-runner in the race was. A young girl with a long ponytail was running way out ahead. When we realized it was Morgan, her mom and I turned to each other and yelled, "It's Morgan!" I screamed for that kid as if she was my own! Then I couldn't help but wipe away a tear, as I was so darn proud of that girl.

Go ahead Morgan, keep on running on ahead to bigger and better things, but as you graduate and move on, always remember there will be one more pair of hands cheering for you back at home.



*Shelly Preszler resides in Mandan with her family where there's always an extra spot at the table.*

# Taking a Modern Approach



Photo credit: Dana Middleton Photography

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# “Mr. Relay” in a Relay for Life

by Kathleen Donahue



## Survivors' Dinner

June 12, 2015, 6 p.m., Aero Center, call 250-1022 to register.

## Relay for Life

June 13, 2015, 5 p.m., Opening Ceremony, 9:30 p.m., Luminaria Ceremony, Century High School, open to the public.

When teenager Trace Moravec jams his size 12 feet into a teetering pair of high heels and allows his sister, Tessa, to apply his makeup, he steps closer to a cure for cancer.

Trace, 18, has braved the laughter of friends to compete for the title of “Mr. Relay,” dressed as a bride, gypsy, genie, Wonder Woman, a World Wrestling Entertainment diva, and even Strawberry Shortcake. In the process, he’s raised thousands of dollars for the American Cancer Society (ACS).

Trace will compete for the seventh time during ACS’s Relay for Life on June 13, 2015 at Century High School. His friends support both him and the fight against cancer. As his mother Theresa, a Relay organizer and past event chair, said, “Our youth are the future of Relay.”

For Trace, who has “relayed” since he was two, it’s an opportunity to honor his grandmother, Bonnie Pazdernik, a lymphoma survivor, and his cousin Kasey Pazdernik, who, as a toddler, won his fight against a rare form of cancer, primitive neuroectodermal.

Relay brings the Bismarck-Mandan community together to celebrate survivors, remember loved ones who lost the battle to cancer, and fight back against a virulent disease. Relay is a family event, from its solemn luminaria ceremony to its spirited contests and games. Family and friends walk through the night to raise dollars for services and research funded through ACS.

This year, Relay reunites Adult Relay Ambassadors Sheila Geffre and Deb Leingang. As a teenager, Sheila babysat Deb’s children, Mike, Joey, and Katie.

“My husband Joe and I always said Sheila was going places,” Deb remembered.

Sheila and Deb of CHI St. Alexius Health share a passion for nursing and a commitment to helping their fellow cancer survivors. Sheila, an emergency room nurse, survived a brain cancer 13 years ago. Deb, a home care and hospice nurse, is a two-year survivor of breast cancer. They will share their stories during the Survivors’ Dinner at 6 p.m., Friday, June 12, and the following day when Relay for Life kicks off with opening ceremony at 5 p.m. at Century High School.

Their message to survivors is clear – cherish each and every day. As Sheila said, “There are no shortcuts, there are no expiration dates. There are only moments to celebrate.”

Sheila was 27, a bride of two years and a new homeowner when she began experiencing a hypersensitivity and a heaviness on the left side of her body. An MRI revealed a spot on her brain that doctors monitored for six months until Sheila finally decided, “I needed to move on with my life, I needed answers.” She underwent surgery to remove the spot – an anaplastic astrocytoma – and then radiation.

The diagnosis disrupted Sheila’s and husband Craig’s plan to start a family as she endured the emotional rollercoaster ride of cancer and the debilitating physical side effects. “I would visit my sadness, but I wouldn’t stay,” Sheila said. “To live in that sadness is too consuming.”

Sheila found herself in uncharted territory as a young brain cancer survivor



Sheila Geffre (left) and Deb Leingang (right)

On her way to treatment at the Bismarck Cancer Center, Deb Leingang and her husband Joe encountered a dead sparrow. Deb felt reassured as she remembered the verse from the Bible, "Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care."

– there was little precedent for survivors her age since the fellow patients she met were years older. Instead of asking her doctor how long she had to live, she decided the better question would be "will I retire?" The doctor shook his head and told her, "Probably not."

Each year brings her one year further away or one year closer to a recurrence of a brain cancer. Despite the uncertainty, Sheila and Craig decided to have a family, even if it meant Craig could become a single dad. They remain positive about the future with their intuitive and insightful 6-year-old son, Ethan. "We are creating good memories together," Sheila said. "It takes courage to plan ahead."

Her friend Deb knows the courage it takes to look toward the future when battling the specter of cancer. "I have never been so sick, Deb said. "I was exhausted day and night." Like Sheila, Deb found solace in her faith. When friends asked if she was angry at God, Deb replied, "There is enough suffering in the world to ask who am I that I would not expect that I would never have my share."

Deb's journey began in 2013 when she first noticed a thickening of breast tissue. A mammogram, an ultrasound, and a diagnostic biopsy preliminarily indicated Deb had ductal breast cancer.

Initially told she would only experience a bump in the road, instead "the road washed out in front of me," Deb

said. Further diagnosis and surgery revealed Deb actually had lobular cancer, a stunning diagnosis, particularly since the cancer may have been growing for at least a decade. Lobular cancer grows in a line, and for Deb, it stealthily grew on her Cooper's ligaments, the connective tissue in her breast.

Deb fought back – and hard – researching cancer at ACS's website, cancer.org, and undergoing surgeries that included double mastectomy and reconstruction, six months of chemotherapy, and radiation treatment. Deb found the medical care she received uplifting and reassuring. "I saw very intentional care provided by intentional people," Deb recalled.

Just as two wise breast cancer survivors told her, Deb encourages cancer patients to listen to their bodies, to take time for themselves and to accept there will be days when lifting their heads off their pillows will be a challenge. As she said, "You don't have to be a hero to get through it."

Deb urges cancer survivors and their supporters to join Relay and stand up against cancer. "Relay puts a face on cancer and makes it less scary," Deb said. "It gives people a chance to stand by those who are undergoing treatment, and to honor those who lost the fight."

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*Relay for Life volunteer Kathleen Donahue survived cancer eight years ago. She and her husband, Ryan Thompson, live in Bismarck. Kathleen is the Deputy Chief for Mitigation and Recovery at the N.D. Department of Emergency Services.*

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# Faith, Family and FCA



Back L to R: Gabriel, Jacob, Glory, and Maren Schettler. Front center: little brother, Noah

When the Schettler family moved to Bismarck from Minnesota three years ago, they had never heard of the Fellowship of Christian Athletes (FCA), an interdenominational Christian sports ministry that meets at schools across the Bismarck-Mandan community. However, hearing about the organization at their new schools soon piqued the interests of siblings Jacob, 18, Glory, 17, and Gabriel, 15. Jacob started attending the Century High School FCA huddle and Glory and Gabriel joined the FCA huddle at Horizon Middle School.

Three years later, Jacob, Glory, and Gabriel are all active members of the Century High School FCA huddle and their younger sister, Maren, 12, is now an active member at Horizon Middle School.

The Schettler siblings say FCA has become an important part of their week and, below, share the impact it has had on their lives.

## Finding Fellowship

“When I moved to Bismarck, FCA was a new thing,” says Jacob. “We had gone to private school where we had devotions and the Word of God every day. When I heard about FCA, there was no question about joining it because I wanted to keep God in my day.”

Glory and Gabriel soon followed suit and attended their first meeting together at Horizon Middle School, and in the years since, they have all become active members of their huddles. Maren says hearing about FCA from her siblings played an important role in her decision to join the Horizon Middle School huddle when she reached the sixth grade. “They did have a big influence on me,” she says.

The siblings agree their involvement in FCA has helped to create important opportunities for fellowship. “I love the fellowship,” says Glory. “You can get together with your friends, and talk

by Kylie Blanchard

about anything, and it is always relevant to what is happening or I am thinking about that week.”

The weekly meetings are also a reminder of how the siblings want to live their lives. “Once you get there and are talking to other people, it serves as a reminder you should be representing God wherever you go,” says Gabriel.

“In school it is easy to be misdirected and a lot of things can get you down,” adds Jacob. “FCA helps to keep my thoughts on more important things like His mission, spreading the Gospel, and to be loving and encouraging to other people.”

Gabriel says FCA also creates a fun way to begin a conversation about God. “You don’t have to know a lot about the Bible, it is there to learn,” he says. “Doing that in FCA helps you to bring God up in everyday conversations.”

## Creating Fellowship

Encouraging others to join FCA is also important to the siblings. “If you invite people, they will meet new people,” says Glory. “Just one meeting can change their perspective and they will want to come again.”

Maren says she has enjoyed getting more friends involved in FCA, and leading the group’s meetings. “I really like seeing all my friends there. I have invited some and there is a sense of pride that they have come.”

"If you are having trouble finding a 'place,' this is where your people are at," adds Jacob. "You meet people who are just great and it is so nice to have that weekly reminder."

Both the Century and Horizon FCA huddles meet at 7:30 a.m. each Wednesday during the school year, and although the siblings admit early mornings can be a challenge, it is always worth it to be there. "Even if it is hard, if you can just get yourself there, it is always worth it," says Glory.

"Not only do I feel good at FCA," adds Maren. "It carries on throughout my day and my week."

Neysa Schettler says she is glad her children have made FCA a part of their lives. "They prioritize it on Wednesday mornings and work their schedules around making it to FCA," she says. "I hope they continue to focus on God as much as possible and I am so thankful for the leaders who are there every Wednesday morning."

Jacob says FCA has provided him and his siblings with a great way to "stay in the faith." "My weeks go a lot better when I go to FCA on Wednesdays."

For more information on FCA visit [www.fcand.org](http://www.fcand.org).



*Kylie Blanchard is a local writer.*



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# The World's Oldest Profession

## Not a glamorous job

by Patrick Atkinson

When God created the world, He first invented time, space, land, and the seas. After that came animals and people and God decided to rest. Left to our own devices, we mortals almost immediately discovered sex.

That arrangement worked great until, one day, someone noticed a nearby apple tree and wondered if they could trade a bite of one of those for a kiss. That didn't settle well with God. Within a few years, brothers were fighting brothers to see who could make money off the other.

Human Trafficking has existed for as long as humanity has existed. It is recorded in the earliest writings of the Old Testament, ancient Sanskrit, and native legends worldwide. Look back as far as you can and you'll find the three facets of human trafficking: Prostitution, Slave Labor, and the Trade in Body Parts. The common element in these is that someone is being made to do something they don't want to do for the financial gain of another person; the victim... the slave... is forced or tricked into a situation they feel they can't escape.

Let's focus on prostitution, or as Rudyard Kipling labeled it in his 1888 short story, 'On the City Wall,' "the world's oldest profession."

Quite simply, prostitution is the exchange of money or something of value for sex. It can involve sex acts, fantasy role playing, strip clubs, or the making of pornography.

While Julia Roberts is one of my favorite actresses, she did no favors in her 1990 movie, *Pretty Woman*, in which she portrays a happy, healthy and financially-successful prostitute who meets and marries a wealthy, compassionate and well-balanced businessman, played by Richard Gere.

As you watch the movie, you think, "Heck yeah," and cheer them on in their discovery of true love. Girls nationwide wanted to become just like Julia Roberts in *Pretty Woman*.

In reality, prostitution is a dirty and violence-filled lifestyle. With an estimated 3,000,000 adult prostitutes in the United

States, in addition to 100,000 child prostitutes, the world of prostitution is riddled with mental illness, violence, disease, rape, and drug addiction. The average age of 'induction' into prostitution in the United States is 13, with the average prostitute forced to have sex with up to 20 different people each day.

No mentally healthy woman or man, girl or boy, freely wants the lifestyle of a prostitute. The guys are not charming and Richard Gere-clean; in reality they are usually dirty, sweaty, drunk, and sometimes enjoy biting, cutting, scratching,

branding the prostitute with cigarettes, and forcing odd and unusual things to which the prostitute didn't agree.

Sexually transmitted diseases are rampant, as are hepatitis and

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The average age of 'induction'  
into prostitution in the  
United States is 13.

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tuberculosis. "Why would someone want this lifestyle?" you ask. The answer is, they don't.

Children, teens and young adults are driven down "Welcome to Hell Highway" and into "Prostitutionland" in one of three ways. The first is through abuse, manipulation, and the creation of false indebtedness, which begins when a relative or trusted friend rapes or abuses the victim and manipulates them into thinking they were at fault. The abuser may create the false impression that the victim is in emotional or material debt to the abuser and 'owes' them the sexual activity. This is never true.

The abuse happens and the abuser uses shame, trust distortion, or threats of violence to convince the victim they now share a 'secret.' The sexual activity continues and escalates into prostitution when the abuser convinces, or forces, the victim to let someone else also abuse them sexually. Very likely the victim doesn't know that the abuser charged for the sex act and kept the money for himself.

The victim's body has begun its descent into becoming an object for profit. It is first sold to one buyer, then to another, and then to yet another. The 'secret' becomes a living nightmare; if pictures or video were taken, and in today's digital age they almost always are, the blackmail potential is heightened and the control made more complete.

A second path into the terrible world of prostitution comes packaged as true love. What child, teenager or adult hasn't felt, at one time or another, isolated, misunderstood, and socially rejected?

Predators are skilled at spotting children and adults going through these awkward life phases and pounce on opportunities to manipulate these moments, especially in rebelling teenagers, to their financial advantage.

They troll online and pretend to look for friends. False acceptance and understanding are offered to the targeted victim. Their jokes are laughed at; the eye contact shared is steady and beautiful. The future victim feels, for the first time in their life, that they are loved and understood.

The seductive turns sexual and the predator moves to exploit. Intimate photographs are taken, supposedly to share love and trust but really to build blackmail inventory, and trade and sell to others.

Inevitably a financial crisis appears in the predator-boy-friend's life, and the predator begs the targeted victim to help him out by having sex with a friend for money. To show her love and commitment, the victim agrees. More money is needed, it happens again. Photos are taken, violence is threatened, and mind games are played. The downward spiral has begun.

The third road into prostitution is driven by mental illness. Because of the violence, filth, and disease inherent with prostitution, no mentally healthy person wants the prostitute lifestyle. Unfortunately some people are not mentally healthy; they suffer psychiatric disorders, drug or alcohol-addictions,

and self-loathing or hatred. They are ill; these people need help and not to be exploited.

Once involved in prostitution, children, teens and adults often incorrectly feel that they have no way out. Every day they are reminded of their shame, of the blackmail photos, and of the threats of violence to themselves and their parents, friends and siblings if they try to break free.

Be safe as you learn to live a healthy, positive, and enjoyable journey through the wonderful world of human sexuality. Here are some tips to stay safe:

- Don't post your personal information online. Not only is intrigue and little bit of mystery more interesting, you don't want just anyone knowing where you live, go to school, or how old you are. Your friends already know this information.
- Don't take or share pictures you wouldn't want your grandmother to see. Once you share an intimate photo, you have lost control of that forever; nothing digital ever completely disappears.
- If you meet someone online or in person who gives you the creeps, listen to your feelings. Walk away and tell a responsible adult.
- If someone wants to hurt you, run away fast, and call 911. The police are extremely well trained; put them to work helping you.
- If you know of a friend or family member who is being exploited, tell a responsible adult. If nothing happens, tell someone else.

Today's world is crazy with both the good and the bad. Help others find good. Together we can fight the bad.



Bismarck-native Patrick Atkinson is the founder and CEO of The GOD'S CHILD Project's international network of award-winning charities, which includes the 'Institute for Trafficked, Exploited & Missing Persons', which assist an average of 13,700 people each day. For more information, visit [www.GodsChild.org](http://www.GodsChild.org) and [www.ITEMP.org](http://www.ITEMP.org).

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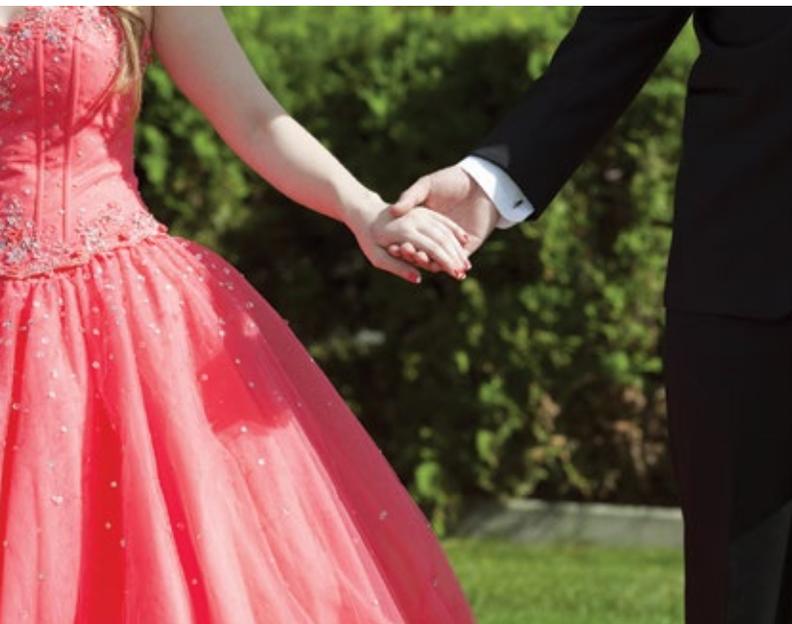
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he said  
she said

# Times Have Certainly Changed for Teens and Their Proms

by Annette Martel and Kelly Hagen



## *She Said:*

In early May, when everyone was posting photos of their sons and daughters at prom, I marvelled at how they all looked so grown up and beautiful. Seconds later, panic struck when I thought to myself, “I’m going to blink, and that’s going to be my children.”

Babydoodle Cutiebug (not his real name) is still a baby, so it’s a little difficult for me to imagine him in a tux standing next to his date with his flying car in the background. (We will have flying cars by then, right? Back to the Future promised us that much.)

However, Fashionista Sparklepants (not her real name) is four, going on 14, and she pretty much wears a prom dress to preschool every day, so I don’t have to have much of an imagination to envision her future as a teenager. It has been said that kids grow up much faster these days, and I am feeling the effects of that. When I was a teenager, I dreamed of New Kids on the Block and acid-washed jeans. When I was

four, I refused to wear a dress and dumped dirt in my hair for fun.

Things are different now. I hear a song on the radio and think, “Ugh, this is horrible,” and Fashionista chides me for trying to change the channel. “I love this song,” she’ll insist. Then, when I find out that it’s by someone with a ridiculous name like, “Iggy,” I think, “Well, that does sound like someone that should be singing children’s music.” Trust me; it’s not.

Perhaps if she’s this ahead of herself in growing up, she’ll be getting into Miles Davis and John Coltrane when she is seven, indie music when she’s 10, and, oh dear, old-timey polkas when she’s a teenager?! Huh. Prom could be interesting. Mental note, learn to polka by the mid-2020s.

At least I’ve got some time before Fashionista and Babydoodle (not their real names) are teenagers. It’s a good reminder to enjoy your kiddos at every age, even if you don’t enjoy their taste in music, because before you know it, you’ll be lending them your flying car for prom.

## *He Said:*

Our daughter is dangerously close to being five years old. Also, she’s kind of a teenager.

She’s already perfecting the “Yeah right, Dad” glances, the sighing, the rolling of the eyes. She somehow enjoys Taylor Swift songs. She knows more about current pop music than her old man. “I love this song, Daddy,” she’ll say about some song playing on the radio, and I’ll be like, “Everything sounds like Prince. You remember Prince? He’s this tiny, little dude from Minnesota who wears puffy pirate shirts and tight pants, and he’s incredibly rad.” And she’ll tell me to please be quiet; she can’t hear the song.

Her real teen years are still just shy of a decade away, and I just have no idea what to expect. The lives of teenagers currently is so far away from my own experiences back in the '90s, and I'm sure everything will change another four or five times before Fashionista (not her real name) enters her teen years.

Let's talk about them old days.

When I was a teenager, if someone wanted to contact you, they had to call your phone. At your house. It was a telephone plugged into the wall, and it didn't go anywhere. It was a rite of passage when your parents let you get a phone in your room, so you could talk in privacy.

I didn't have a phone in my room. No one wanted to talk to me. That's still kind of the case.

The buttons on the phone didn't send messages of text to your friends when you pressed them. If you pressed the hashtag button, it didn't tweet anything. It just made a droning beep noise.

There was no Facebook. There was no Internet. We had a computer lab in my high school, but the only kinds of webs connected to them were spider's, not the World Wide variety. We learned how to type on word processors. There was a Typing Hall of Fame poster that you got your name written onto when you successfully achieved 70 words per minute on a test without an error. I got my name on that poster. I assume it's still hanging up in that classroom, because that's

a hell of an achievement. Hopefully they at least put it into the trophy case.

As my sweet Annette mentioned earlier, kids are still going to the prom. I didn't, but I don't talk to people, so that's to be expected. What is also to be expected is that, someday, our daughter will come out of her room wearing a sparkly prom dress, and I won't notice because that's just how she dresses all the time. But she'll say she's on her way to prom, and I should probably take her picture with my smart watch, because I'm pretty sure wristwatches are going to be doing everything for us by that time. And then some guy in a powder-blue tuxedo, puffy pirate shirt and too-tight pants (looking all like Prince) will show up at my door to pick up our little girl. And I'll make vague threats to his well-being if he brings her home past curfew or drives recklessly through the air in his flying car.

And then they'll leave, and I'll be left there, playing Oregon Trail on my wristwatch, angrily muttering about how good music used to be.



Columnists Annette Martel and Kelly Hagen are married, have two kids, live in Bismarck, and would have gone to prom together, if only they'd known each other back then and didn't live 200 miles away from each other. They can be reached at [shesaidhesaidcolumn@gmail.com](mailto:shesaidhesaidcolumn@gmail.com).

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# “The New Kid”

## Learning to fit in

by Jessie Veeder

How does it feel to come to an unfamiliar place during your most vulnerable time as an adolescent?

When it comes to telling the story of the constant growth and change occurring in western North Dakota it seems all eyes are on the community leaders. The result often leads to a snapshot of a community told in numbers, facts, figures, and results.

But among those facts and figures are the town's youth, some who have lived here their entire lives, watching new storefronts pop up and new kids flood in from all corners of the world. But even more have experienced being “the new kid” trying to find their place in a town that's searching for an identity itself.

How does it feel to come to an unfamiliar place during your most vulnerable time as an adolescent? How do you make friends and succeed?

What does it mean to be a teenager on the brink of adulthood in a boomtown?

Listening to our youth helps us understand the story of our community beyond the facts and figures. Because the heart of a community is in the families that live here, the families who are busy raising the next generation of community leaders.

I wanted to know what's on the minds of the next generation of leaders, so I sat down with Emily Segneri, who moved here with her family from Illinois when she was in ninth grade.

Emily's guidance counselor said this about the well adjusted, outgoing student.

“Emily is a natural leader involved in volleyball, speech, and choir. Usually she is one of the students who goes

to state or as part of an all-state team. She works at the hospital in the emergency department as an aid and is accumulating service hours to go towards her medical requirements to be a doctor. She will be going to Ball State next year to pursue a medical degree and is graduating this year at the top of her class.”

Here, in her own words, Emily tells us how she adjusted and came to understand and even love her new home in Watford City.

### **Where are you originally from?**

I came here from DeKalb, Illinois and I've been here since the second semester of my freshman year in high school.

### **Why did your family come to Western North Dakota?**

My dad was working by himself as a radon inspector, but that wasn't working out so well. So he found a job up here at the school. He's head of maintenance. My mom is a school bus driver and the secretary of school transportation. So both my parents work in the school district.

### **Did your family find housing right away?**

We lived in a trailer house for freshman and sophomore year. Then my



Emily Segneri

sophomore summer my family bought a house north of town. Finding housing is very hard here.

### **What were some of the fears and challenges that came with moving to a community like this?**

The town I grew up in was Malta, Illinois and it was not very big. It was smaller than Watford. But DeKalb was fairly large. It was a college town. And moving to Watford was very different. In DeKalb I had everything right there at my fingertips. But here in Watford you had to travel three hours to Bismarck or two hours to Minot just to go to Walmart.

**Were you worried about fitting in to a new school?**

Oh yeah, because I was doing my first year here as a freshman. And I skipped 8th grade, so I went from 7th grade to a freshman. So that was already different. And it's like, oh, I'm already doing one huge transition, let's just throw another huge one in there to make me more socially awkward.

**How did you handle it?**

Well I hung around my family for a long time. Since my brother (Josh) is in the same grade, I would talk to him in the hallway. But then I met people that were like me, and everyone here is just so genuinely friendly, it's easy. They helped with the transition.

**What made it easier to adjust?**

Just having my friends. They are totally the kind of people that are nice to everybody and they won't single someone out or be cliquey.

**What do you think the common misconceptions are about what's happening in this community right now?**

I feel like everybody thinks that oil people are out to get you. I used to work at Meyers (a clothing store in town) and a lot of oil workers came in and they were very nice. They respected everyone. They called me ma'am and I was only 16 (laughs). Some of them are crazy but you can't judge them all based on that.

**This is a different sort of community with a big melting pot of students and people in general. Do you see any unique challenges for teenagers here?**

I feel like the people who have been in Watford all their life kind of have a hard time accepting everybody, but the people coming in just want to fit in. They're like, 'I just want one friend because I'm leaving everything behind and moving so far away.'

Now there's so many new people here that those who were new last year are the people who know what's going on. But those kids have to remember

there are more new people coming so we have to be nice to them.

**So you're working at the McKenzie County Hospital through the school's VOE program at a time when the hospital is really busy as the community grows. Tell me about the VOE program and how your job fits into your schedule.**

When you're a senior you can take VOE as a class, which takes up the last two periods of the day. And for those two periods you go to your job that's in a business field where you get paid and learn the ropes of the business. It's hard sometimes because you feel like you need the time to do homework or study for a final but you need to go to work.

And since I'm working at the hospital and I want to be a doctor I know this experience will help me somehow.

**Tell me about a typical afternoon in the hospital.**

I'll get there at 1:30 and normally stay until 4:00. There are some afternoons it's very slow. Then there are days when it's really busy and I want to sit down and just can't.

I'm a nurse aid. I clean the ER rooms and when patients come in I help take their vitals. So it's cool to learn how to take their blood pressure, pulse, respirations, and temperature.

**What had you heard about North Dakota before you moved up here?**

Nothing. Absolutely nothing. I knew it was a state and I knew the capitol, but that was just something I had learned. Like I've never been to Russia, but I know it exists! (laughs)

**What do you think about it now?**

Oh, I'm so glad we moved here. I have met my best friends. I don't know how I would have survived without them. They are so supportive of what I do. Everyone in this community is always looking on the bright side of everything.

There's always going to be the people who complain and want it to go back to how it was, but, you know, if

it wasn't like this, I would not be here and I would have never met my best friends.

**What do you think some of the biggest challenges teenage girls face growing up today?**

I think teenage girls worry a lot about fitting in - they want everyone around them to like them and then they lose themselves and create this big huge mask. It becomes part of them but it's really nothing like them. Fitting in is hard, but learning to be yourself is probably the best way you can fit in.

**It seems it would be more challenging in this environment. Do you think that's true?**

Fitting in is a big thing about being here. If you grew up in the same area your whole life, you're still going to try to fit in as much as you can. But being brand new, not knowing how people act, dress or talk, it's like "Oh, I have to change everything." But really you don't. You just have to go say hi.

**What do you and your friends do for fun out here?**

We go to the park, play ultimate Frisbee on Sundays. We go out to eat and chat. There's not much to do day to day. But in the summer there becomes all this new stuff to do. Homefest and Ribfest and the street dances are fun.

**How is your family doing here? Do you think they are going to stay?**

I think they like it. I hope they like it because I really like it here and I would love to come back and visit.

**What keeps you motivated?**

I'm totally not sure if I'm supposed be a doctor. I have to remember that God has it. I'm just going to go this way and put my trust in Him. I just have to start and something will click.



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.



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](mailto: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](http://dakotawestarts.org).

## June 2015

Northern Plains Dance | Classes for students 3-11 years of age | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

Art Gallerie on Main Art Classes | Wine and Design - 2nd Wednesday and Thursday | Weaving: Tradition and Storytelling - 3rd Thursday | Metal Embossing - 4th Wednesday and Thursday | Create a Journal - Saturdays 2-4 Ages 9 to adult | 701-425-8439

### June 1, 8, 15, 22, 29

West River Winds Community Band Performance (FREE) | Dykshoorn Park Band Shell, Main Street, Mandan | 7:30 pm | [westriverwinds.org](mailto:westriverwinds.org), [contactus@westriverwinds.org](mailto:contactus@westriverwinds.org)

### June 1

Legacy High School "Spring Choir Concert" | Simle Auditorium | 7:30 pm

Artists in the Evening | (Three artists, three hour-long sets) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 2

Frog Holler String Band (Texas swing, blues) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 2-26

Andrew Knudson Exhibit | Bismarck Art & Gallery Association (BAGA)

### June 3

Chameleon Moonflower Explosion (Local mind expansion) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 4

1st Thursdays | Downtown Bismarck | [www.downtownbismarck.com](http://www.downtownbismarck.com) | Downtown businesses stay open until 8 pm | Great specials and deals!

Wild Hands (Awesome folk/rock from Minot!) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 4-25

Wedding Dance Workshop (Adults) | Northern Plains Dance | 6:00-7:00 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

### June 5-27

Art Exchange | Bismarck Downtown Artist Co-op | Opening June 5 - 5:30 pm

Dakota Noot Exhibit | Bismarck Downtown Artist Co-op | Opening June 5 - 5:30 pm

### June 6

Kat Perkins Concert (FREE) | 4-5:30 pm | Prairie Amphitheater at the North Dakota Heritage Center | 701-328-2666

Trail Trek (FREE) | 9 am | Sertoma Park Shelter number 10 | Sponsored by Bismarck Parks and Recreation District | 222-6455 for more info

2015 Muddy River Blues Revival | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 6, 9, 13, 16, 20, 23, 27, 30

BisMarket | Every Saturday (10 am-1pm) and Tuesday (4-7 pm) in June and July | Sertoma Park by Shelter 5 | [info@bismarket.com](mailto:info@bismarket.com)

### June 6-7

Buggies-n-Blues | 4 pm-midnight | Mandan Main Street (411 West Main) | [dwetsch@mandanprogress.org](mailto:dwetsch@mandanprogress.org)

### June 7

BHS Band/Choir/Orchestra—BHS Commencement | Bismarck Event Center | 1:00 pm

CHS Band/Choir/Orchestra—CHS Commencement | Bismarck Event Center | 5:00 pm

Hillfolk Noir (Boise, ID junkerdash) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 8

Artists in the Evening (Three artists, three hour-long sets) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 8-29

Tap Boot Camp (Adults) | Northern Plains Dance | 5:30-6:30 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

### June 8 - August 20

Mandan Summer Bandshell Concerts (FREE) | Monday - Thursday | 7:30 pm | Dykshoorn Park, Mandan | [dwetsch@mandanprogress.org](mailto:dwetsch@mandanprogress.org)

### June 9

Frog Holler String Band (Texas swing, blues) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 11

Family Fun Night --Hip Hop (Adults) | Northern Plains Dance | 5:30-6:15 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

Jamie Lynn (South Dakota singer/songwriter) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 13

Boreal Gardens (Bismarck's best new thing!) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

Junk'n at the Junction | Buckstop Junction | (corner of East Main Street and Bismarck Expressway) | Facebook

### June 15

You Knew Me When (Durango, CO indie duo) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 16

Frog Holler String Band (Texas swing, blues) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

The Great Outdoors Band | Lonesome Dove | 8:30 pm

### June 16, 23, 30

Kids Music Days in the Park (FREE) | Custer Park | 12 Noon-1:00 pm | Sponsored by Dakota West Arts Council and Bismarck Parks & Rec | [dwc4arts@hotmail.com](mailto:dwc4arts@hotmail.com)

### June 18

Family Rocket Day | Gateway to Science | 12:30 pm | High Prairie Arts & Science Complex | [gscience@gscience.org](mailto:gscience@gscience.org)

McMahon Brothers (Beautiful harmonies from Jim and Phil!) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 19

Anonymous Phenomenon (The funk returns!!!) | Laughing Sun Brewing Co. | [laughingsunbrewing.com](http://laughingsunbrewing.com)

### June 19-20

Cody Charles & The Law | Corral Bar | 9 pm

PBR Bull Riding Challenge | Bismarck Event Center | 7:30 pm | [Bismarckeventcenter.com](http://Bismarckeventcenter.com)

Missouri River Bluegrass Festival | Cross Ranch State Park | Facebook

### June 19 - July 1

"NewBeginnings" | Multi Artist Exhibit | Art Gallerie on Main | Opening Reception Friday June 19th - 5:30-8:30 pm

## June 20

Midsummer Festival | Celebrating the longest day of the year | family activities and an evening with live music | at the Gazebo | [www.shtap.org](http://www.shtap.org)

"Weather You Want To Know" | Gateway to Science | 1:00 | High Prairie Arts & Science Complex | [gscience@gscience.org](mailto:gscience@gscience.org)

Lost Horses (I'm in a Cowboy band) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## June 20-21

Dakota Divas & Capital Pride Drag Show | Bismarck Event Center | 8 pm | [Bismarckeventcenter.com](http://Bismarckeventcenter.com)

## June 21

"Saving Able" | Bismarck Ramada | 7 pm

## June 22

Artist in the Evening (Three artists, three hour-long sets) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

Cody Charles & The Law | Silver Dollar Bar | 9 pm

## June 23

Frog Holler String Band (Texas swing, blues) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## June 24-25

Kaleidoscope Variety Show | Mandan High School Auditorium | [dwetsch@mandanprogress.org](mailto:dwetsch@mandanprogress.org)

## June 25

4th Annual Downtowners' Art & Wine Walk | Downtown Bismarck | 4:30-9:30 pm | [Downtownbismarck.com](http://Downtownbismarck.com)

Jim Keaveny (Minneapolis singer/songwriter return engagement) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## June 26

Dan Tedesco (Pub favorite singer/songwriter from Iowa) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## June 27

Black Cat Rumble (Local hot blues band) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

Comedians of Chelsea Lately | Belle Mehus Auditorium | 8 pm | [Bismarckeventcenter.com](http://Bismarckeventcenter.com)

## June 29

Artists in the Evening (Three artists, three hour-long sets) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## June 30

Family Fun Night - Family Ballet (Adults) | Northern Plains Dance | 6:30-7:15 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

## June 30 - July 24

Trish Stevenson Exhibit and Mary Quintus, Member Artist Exhibit | Bismarck Art & Galleries Association (BAGA)

## July 2015

July Celebration! | An entire month of fun brought to you by Bismarck Parks and Recreation | [bisparcs.org](http://bisparcs.org)

Art Gallerie on Main Art Classes | Wine and Design - 2nd Wednesday and Thursday | Weaving: Tradition and Storytelling - 3rd Thursday | Metal Embossing - 4th Wednesday and Thursday | Create a Journal - Saturdays 2-4 Ages 9 to adult | 701-425-8439

Northern Plains Dance | Classes for students 3-11 years of age | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

## July 4, 7, 11, 14, 18, 21, 25, 28

BisMarket | Every Saturday (10am-1pm) and Tuesday (4-7pm) in June and July | Sertoma Park by Shelter 5 | [info@bismarket.com](mailto:info@bismarket.com)

## July 1

West River Winds Community Band Performance (FREE) | Heritage Center Outdoor Amphitheater | 7:30 pm | In collaboration with the ND State Historical Society to celebrate VJ Day and the end of WWII with special recognition of WWII Veterans and families | [westriverwinds.org](http://westriverwinds.org) | [contactus@westriverwinds.org](mailto:contactus@westriverwinds.org)

Erik Koskinen (Great band from Minneapolis, MN) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## July 2

1st Thursdays | Downtown Bismarck | [www.downtownbismarck.com](http://www.downtownbismarck.com) | Downtown businesses stay open until 8 pm | Great specials and deals!

The Abba Show | Belle Mehus Auditorium | 8 pm

## July 2-4

Mandan Rodeo Days Celebration | Downtown Mandan and Dacotah Centennial Park

## July 6-27

Ballet Boot Camp (Adults) | Northern Plains Dance | 5:30-6:30 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

## July 6 - August 20

Mandan Summer Bandshell Concerts (FREE) | Monday-Thursday | 7:30 pm | Dykshoorn Park, Mandan | [dwetsch@mandanprogress.org](mailto:dwetsch@mandanprogress.org)

## July 7-28

Wedding Dance Workshop (Adults) | Northern Plains Dance | 6:00-7:00 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

## July 7, 14, 21, 28

Kids Music Days in the Park (FREE) | Custer Park | 12 Noon-1:00 pm | Sponsored by Dakota West Arts Council and Bismarck Parks & Rec | [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com)

## July 8, 15, 22, 29

Music in the Park (FREE) | Peace Park (400 Front Street downtown) | 6-8 pm | Sponsored by Dakota West Arts Council and Bismarck Parks & Rec | [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com)

## July 9, 16, 23, 30

Urban Harvest | 4th and Broadway, downtown Bismarck | [www.bismarckurbanharvest.org](http://www.bismarckurbanharvest.org) or [director@bismarckurbanharvest.org](mailto:director@bismarckurbanharvest.org)

## July 10-August 8

Art in Bloom | Bismarck Downtown Artist Co-op | Opening July 10 - 5:30 pm

## July 11

Nathan Kalish | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## July 14-19, 22-26, 28-Aug. 2

Mary Poppins: The Broadway Musical | Sleepy Hollow Theatre | 8:10 nightly | Sleepy Hollow Arts Park | [www.shtap.org](http://www.shtap.org)

## July 16

McMahon Brothers (Beautiful harmonies from Jim and Phil!) | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## July 17

Liz Collin | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## July 17-18

1st Annual Downtowners German Days | Historic Depot Lot | [www.downtownbismarck.com](http://www.downtownbismarck.com)

## July 18

Boreal Gardens/Karl Remus | Laughing Sun Brewing Co. | [Laughingsunbrewing.com](http://Laughingsunbrewing.com)

## July 18 and 25

Mary Poppins Tea: On Stage at Sleepy Hollow | Reservations needed | [www.shtap.org](http://www.shtap.org)

## July 21

Family Fun Night --Hip Hop (Adults) | Northern Plains Dance | 6:30-7:15 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

Chris Hamnck & The City Lights | Lonesome Dove

"I Hear Music" Cabaret Concert, Bismarck | Cabaret concert with Dr. Anne Christopherson, Director of Sleepy Hollow's Voice Division and New York based pianist and composer, Zach Redler | 7:30 pm | [www.shtap.org](http://www.shtap.org)

## July 22

Cotton Wood Bluegrass Bands | Peace Park on Front Street | 6-8pm | Cost is FREE | [dwac4arts@hotmail.com](mailto:dwac4arts@hotmail.com) | [www.cottonwoodbluegrass.com](http://www.cottonwoodbluegrass.com)

## July 22-26

Capitol Shakespeare presents "Comedy of Errors" (FREE) | Prairie Amphitheater at the North Dakota Heritage Center | Facebook

## July 25

Children's Renaissance Faire | Prairie Amphitheater at the North Dakota Heritage Center | (In conjunction with Capitol Shakespeare, check Facebook)

## July 28

Summerland Tour | Bismarck Event Center | 6:30 | [Bismarckeventcenter.com](http://Bismarckeventcenter.com)

## July 30

Family Fun Night - Family Ballet (Adults) | Northern Plains Dance | 5:30-6:15 pm | [dance@northernplainsdance.org](mailto:dance@northernplainsdance.org)

# Bridges of Hope



by Deb Seminary

What happens when a teen gets in trouble, does some time in a correctional facility, then returns to society? Do they repeat the cycle or use the skills they learned 'inside' to change their ways?

Pastor Renee Splichal Larson along with her colleague Shera Nesheim are working to ensure more successes as teens re-enter their communities across the state. Larson has been the pastor at Heart River Lutheran Church in Mandan for almost five years.

The congregation has been concerned with the lack of community support for youth leaving the North Dakota Youth Correctional Center for many years. In November of 2011 they started getting serious, developed a program named 'Heart River Bridges of Hope' and had their first mentor pairing in November, 2012.

## Mentor Power

"The mentors come from our church congregation, as well as from our community – primarily from churches, although it not a requirement they be a member of a church, just passionate about this demographic of young people," explained Larson. "They are mostly from Bismarck and Mandan, however we have been doing some trainings across the state."

Mentors help the teens in many ways, mainly by showing them that someone actually cares about them. They develop relationships and work to help the youth achieve their goals. "The primary thing people have to offer is time to

build a relationship with a teen," said Larson. "When people ask what this ministry needs most, I say we need people. Quilts and money are good, but people are great."

Mentors must go through five hours of training. There is some paperwork they must fill out, as well as two different background checks.

"We are constantly changing the training, based on training we attend," said Larson. "We heavily emphasize positive youth development and use the 40 Developmental Assets identified by the Search Institute. The whole foundation is 'youth are not problems to be solved, but rather assets to be developed.' All of them have unique gifts and when we foster assets in them, they are less likely to engage in high risk behavior."

Some of the activities include a game night, and there is a garden on the campus. There can be one-on-one mentoring relationships, or there are team mentorships available, too.

### For more information contact:

Pastor Renee Splichal Larson  
701.595.3961  
pastor.renee@heartriverlutheran.org  
or  
Shera Nesheim, Diaconal Minister  
701.595.3962  
dm.shera@heartriverlutheran.org

To donate online, visit  
heartriverhope.org

## How to Get Involved

A lot of people might not feel like they have anything to offer, or think a teen might not want to associate with them because they are too old or boring. "I like to tell people they don't care about your age, as long as they know you care about them," Larson said. "A lot of people can talk themselves out of being in a relationship with a teenager simply out of fear. There are barriers from both sides. Teens may be scared to talk with adults, as well. Both adults and teens are guilty of stereotyping and casting judgement. Once they get a chance to talk they usually find similarities and realize they are just a person. The young person has the power to change us as much as we have the power to change them."

Larson would also like congregations to discern if this could be a part of their outreach ministries. "Congregations are a powerful force in their communities," she said.

"I am really impressed with the teenagers I get to work with," said Larson. "We recently had a drive to gather things for the Lutheran Social Services Refugee Resettlement Program. One of the boys asked me if I thought they could use a lamp. He had just made one in wood shop and wanted to donate it for one of the families. That was so impressive to me. Teenagers teach me things all of the time."



Deb Seminary is co-editor of *Inspired Woman*.



**W** **What is BisMarket?**

BisMarket is a community farmers market located in Sertoma Park by Shelter #5. Our mission is to provide access to a variety of locally grown, high quality, farm-fresh products direct from local producers and be a family-friendly market that enhances community building, fosters local business development, and encourages healthy food choices in a green outdoor space.

**W** **How long has BisMarket been around?**

BisMarket is going into its third season this year. We have doubled our vendor participation and we hope to keep growing!

**W** **What makes BisMarket unique?**

BisMarket is not just a farmers market, but a fun experience for the whole family. We are located in a green space (Sertoma Park) with tons of play opportunities for kids. Not only are we by shelters and playgrounds, but we also offer musical entertainment at each market along with activities for

kids. These activities include imagination playground, treasure digs, balloon animals, face painting, and much more each season! We also expand our market four times during the season on the second Saturday of each month. These expanded Go! market days include arts and crafts vendors, which triples our regular market size. On expanded market days you also will find cooking demonstrations, fitness classes, and promotions going on at the market.

**W** **What is the schedule for this season?**

We are open on Tuesdays 4-7pm and Saturdays 10am-1pm. The grand opening will be Saturday, June 6th. We run through mid-October, weather permitting.

**W** **How can people contact you?**

People can find more information for each market on our website at [www.bismarket.com](http://www.bismarket.com) or on our facebook page, [www.facebook.com/bismarketnd](http://www.facebook.com/bismarketnd). You can also email us at [info@bismarket.com](mailto:info@bismarket.com).

**W** **Can people donate to your organization?**

Absolutely. We are constantly seeking sponsorships and donations to improve our market. We are a non-profit that depends on grants and sponsorships to keep operating. For those interested in being a sponsor or making a donation, contact us at [info@bismarket.com](mailto:info@bismarket.com) for more information.

**W** **What are your needs right now?**

We are constantly in need of volunteers, kids activity sponsors, and musicians for our markets. We also welcome any new arts and crafts and produce vendors throughout the season. If you're interested in getting involved or signing up to be a vendor, email us at [info@bismarket.com](mailto:info@bismarket.com).



It's a new world out there for our children and teenagers.



Your Bismarck, ND-founded and internationally-headquartered GOD'S CHILD Project ([www.GodsChild.org](http://www.GodsChild.org)) was born in 1991 and built on homegrown North Dakota values. We continue to grow the Project locally and worldwide based on these same North Dakota values.

The Project's anti-human trafficking sub-program, the "Institute for Trafficked, Exploited & Missing Persons" ([www.ITEMP.org](http://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](http://www.NDRape.org)

National Domestic Violence Hotline  
1.800.799.7233  
[www.ndvh.org](http://www.ndvh.org)

National Suicide Prevention Lifeline  
1.800.273.8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Rape, Abuse & Incest  
National Network  
1.800.656.4673  
[www.rainn.org](http://www.rainn.org)

National Teen Dating  
Abuse Helpline  
1.866.331.9474  
[www.loveisrespect.org](http://www.loveisrespect.org)

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