

Inspired

Woman

August / September 2014

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**Mary Ann
Foss**

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Ambassador

The Wellness Issue

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15



18



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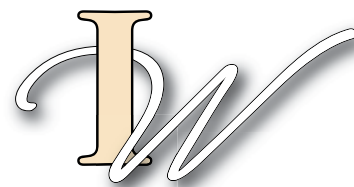
Editor's Notes

Wow, putting together this issue was an eye opener. Part of me wants to try all of the products and services that are talked about in the articles (I did score some free samples) and part of me wants to just accept the aging process and what it is doing to my face and body (and hair). While I agree that we need to be happy with the way we look, do we take it too far sometimes? Would it be better for our mental health to spend a little money to improve some things? I don't like wrinkles, gray hair or fat bulges. But, they are a part of who I am right now. And, if I decide to get rid of a few wrinkles or a fat bulge, that's ok, too. It's my decision.

Here's to our physical and mental wellness. Be inspired to take care of both.

Deb

~Be Inspired~



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

Blog
inspiredwomanonline.com

Email
inspired@theprinters.info

Publisher
Larry and Judy Berget
Publishing

Editor
Deb Seminary

Cover Photography
d'Joyce Photography

Photography
Deb Seminary

Graphic Designer
Kitty Perry

Advertising
Callie Bjork
Dan Hildebrand
Deb Seminary

Advisory Board
Melanie Carvell
Linda Christman
Rhonda Jolliffe
Paula Graner



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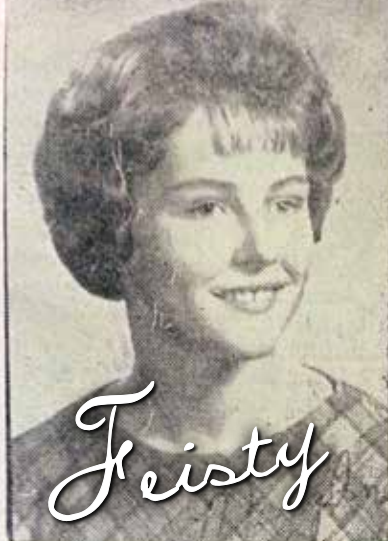


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Our Mission

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

May 1963 Mott Pioneer Press



Salutatorian

Mary Ann Griffin

The 1963 salutatorian of M. L. H. S., Mary Ann Griffin, chose literature and government as her favorite subjects. Her pet peeve is, "Somebody mocking my laugh." Her greatest enjoyment of high school was the chance to learn. "The teacher-student relationships could be improved," said Mary Ann when asked about the school's disciplinary actions. Mary Ann hopes to attend Dickinson State College or do post-graduate work in elementary education by correspondence. Her views about continued education were, "In today's world, it is necessary to insure oneself an income." Mary Ann advises the juniors to make the most of their last year.



Mary Ann wore this in 1961 when Mott won the Class B Basketball Tournament – and was still wearing it 50 years later! (Her mother sewed the dress too!)



PS: Mary Ann loves the color green!

Mary Ann Foss

Feisty and Fabulous

by Deb Seminary

Growing up on a farm two miles southeast of Mott, Mary Ann Foss learned a lot, especially the essence of hard work. "I was just a little girl and already out in the barn helping milk the cows," she said. "It was my job to get the eggs, help weed the garden, dust the furniture, there was no end to the work. Since I was the first girl after four older brothers, my mother thought she would finally have help in the kitchen. She was SO wrong. I was a first class tom boy and was out stacking bales before I boiled water. The kitchen is still not my favorite place."

That upbringing is something she can't replace. "We didn't have any money. We raised everything we ate. I didn't have a store-bought dress until I was in the sixth grade, my mother sewed all of my clothes sometimes using fabric from my brothers' old shirts. I didn't have a bicycle growing up, I had a horse. Like all my brothers before me, Cherry was my mode of transportation. I rode her back and forth to town for band and cheerleading practice, even to go swimming."

Foss had big dreams. She grew up wanting to be a teacher and her life time goal was to get to college. "I was an achiever and I wanted to do so much," she said. "My maternal grandmother had been a country school teacher and was a major influence on me. She loved trivia, and up until her dying day in her mid-nineties she could recite all of the presidents and vice-presidents in

order. She ended up living with us and after school I would read to her and we would play trivia."

Her dreams were put on hold when Foss was a sophomore in high school and she became "in trouble." In 1961 "in trouble" meant she was pregnant. The school board verified the town rumor and expelled her with only one week of school left before summer vacation.

Determined to get her high school diploma, Mary Ann began correspondent courses as she waited for her baby to be born. She finished two eighteen-week courses in four weeks. Her son was born in late August, and she finished two more before Thanksgiving.

Just taking the courses proved to be a challenge. The state required a certified teacher to monitor her progress. The first four (teachers) she asked said 'no' because she was a "bad" girl. "There I was, just barely sixteen years old. It would have been so easy to quit," she recalled.

Right before the second semester of her junior year began she walked to the school, burst into the superintendents' office, knelt down in front of his desk and begged him to let her come back to school and finish with her classmates. After much deliberation (because they feared she would be a bad influence on the other students), the school board let her come back and take classes, but not participate in any extracurricular activities.

That was hard for Mary Ann, because she had been in several activities. But, she didn't have time anyway. She had a part time job and had to take care of her baby and husband. She did, however have time for her studies, and she graduated as salutatorian.

The couple stayed in Mott, two more babies were born and Foss worked to help make ends meet. "I never planned out each step of my life, but I know I have always been where I needed to be," she said. "I worked as a legal secretary for Charles Crane, at a time which turned out to be very traumatic and critical in my life. I turned 25, and over the next couple years, my dad died, my mother died a year and two weeks later, and I also lost two grandmas and four close aunts and uncles. Well, Charles Crane was our family attorney and since I did almost all of the estate work, he never charged my family attorney's fees.

"Later when I worked at Hettinger County Social Services, I was able to help two of my brother's families because I could refer them to available programs which helped them through their tragedies."

When her teen-age marriage ended after almost 20 years, Mary Ann moved to Dickinson and finally fulfilled her life-long dream of going to college. "I never planned on being a nurse, but my niece was going into the nursing program and kept asking me why I wasn't doing that, it only took two years," she said. "I was



Mary Ann's family in 2008. Several more grandchildren have been added since this picture was taken. Now it's a big challenge to get them all in the same spot at the same time for a new picture because of busy careers and long distances.

35 years old and when I walked into the school to register, I thought, 'if I take the 2-year RN program I can have a job in 2 years.' So I did it! Cassie (her niece) and I graduated in 1982."

While attending college in Dickinson, she started dating Jim Foss, an old friend. They got married and she moved back to Mott. "I worked as Jim's secretary and at a doctor's clinic for awhile, then got a job at the Hettinger Hospital and drove 80 miles back and forth for eight years," she said. "I loved all the great people I worked with and each patient I cared for. I also volunteered on the Mott ambulance crew and was an EMT and CPR instructor. Any chance I had to do teaching, I would work it in."

In 1992, Jim and Mary Ann moved to Bismarck. Shortly after, Mary Ann went to the Medcenter One School of Nursing to catch up with her old friend Connie Kalanek. Thanks to Connie, she came home enrolled in their two-year BSN program. "I told Jim if we could make it on just his salary, I would finish in a year and a half and be ready to go to work. I finished in a year and a half."

Mary Ann went to work in the Emergency Room at Medcenter One and had a wide range of experiences, including flight nursing. Then a job opened up at the North Dakota Department of Health, working in the

Women's Way program. She was hired as the *Women's Way* nurse consultant and was responsible for professional and public education on breast and cervical cancer. Another teaching opportunity!

She became the *Women's Way* Program Director in 2003, continuing nurse consultant duties for several months. In 2005 she became the Director of the Division of Cancer Prevention and Control, as well as the *Women's Way* Program Director.

"I have loved every job I've ever had," she said. "The experience I had in each previous job helped with the one I currently was doing. When I brought all my life's experiences to my position at the North Dakota Department of Health, I was convinced it was where I was meant to be."

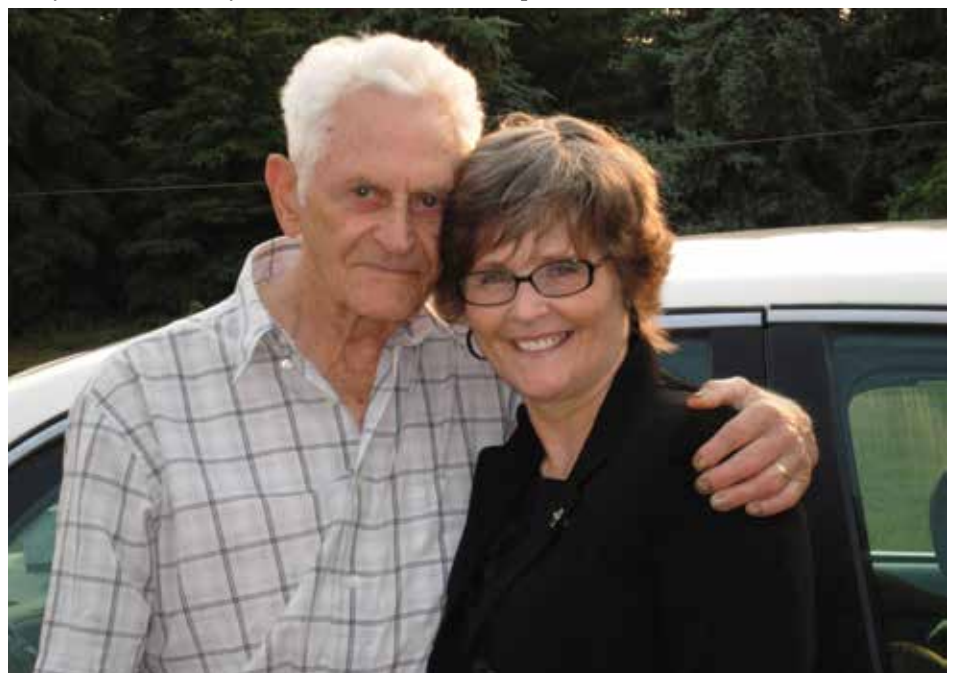
Medical Issues

For years Mary Ann suffered from stomach pains, diarrhea and migraines. She was told it was related to stress. "In 2001 I went in for my annual mammogram and Pap test and asked if something could be done," she said. "My doctor referred me to a gastroenterologist and after a couple tests, it was determined I had celiac disease. The villi in my small intestine were completely destroyed, I was not absorbing any nutrients. My body was literally starving."

She was instructed to begin a strict gluten free diet. Grocery shopping took a lot longer and after about a year her symptoms completely disappeared. "It feels so good to feel good," she said. "Over the years, it has become easier to live this life style. Food labeling laws have helped and there is more awareness."

Foss never ingests gluten on purpose, but if something is cross-

Mary Ann and her 96 year old Uncle, Leonard Thompson



contaminated she is sick for two weeks or longer. Some people have a sensitivity to gluten and some, like Foss, are full blown celiac. Foss explained: "Some can eat a bun without any repercussion. All I need to do is touch the bun. lick my finger and the next two weeks will be totally miserable."

Celiac disease is an autoimmune disorder, which impacts a lot of other systems in the body and in 2008 Mary Ann was diagnosed with diabetes. That year she was also diagnosed with Idiopathic Pulmonary Fibrosis (IPF), which is caused by an unknown injury to the lining of the lung that causes progressive scarring. "When I was first diagnosed I went online and did some research. I found that after IPF diagnosis, 66% of people die within two-three years. There is no treatment or cure. I have been very lucky so far. It is like having cancer, kind of a black cloud hanging over my head, but last year when I went in, my doctor felt I was stable, it didn't seem to have gotten worse. I cried all the way home."

She uses her diagnoses to educate others about celiac disease, diabetes and IPF by sharing and giving presentations for various organizations and other events.

Living with multiple chronic conditions, for which there is no cure, could cause some to put on a pity party. A member of Charity Lutheran Church, Mary Ann's Christian faith holds her together – she knows where she is going to spend eternity. Because of this, Mary Ann chooses to continue to live her life as she always has, as an enthusiastic go-getter.

Together she and Jim have six married children and 16 grandchildren, including two great-grandchildren. In addition she has several "adopted" sons and daughters which she considers to be part of her family. Their house is small, but she loves it when they are all there. "Families staying personally connected is so important, there is nothing better than a warm, loving hug," she said.



Women's Health Conference

The Women's Health Conference (WHC) evolved from a *Women's Way* event in 1997. "We had several hundred *Women's Way* volunteers throughout the state and we wanted to do something special for them," said Foss. "First Lady Nancy Schafer hosted a gathering for the *Women's Way* and American Cancer Society volunteers at the Governor's Residence, we had a couple speakers and everyone just loved it. The next year we held it at the Seven Seas and everyone asked if they could bring a friend or relative. So, the third year Nancy and the committee decided to open it up to the public and called it the Healthy Aging Summit."

After John Hoeven was elected to the governor's office, Mikey graciously agreed to serve as hostess and chair, building it to be the fantastic event that is now held annually in both Bismarck and Fargo. Mikey, Mary Ann and the conference committee have worked closely for the past 15 years to create an event to inspire women of all ages to a lifetime of healthy living for themselves and their families. Accepting Mikey's invitation back in 2001, Mary Ann loved serving as emcee until 2013. Mikey is still on the planning committee and Mary Ann has taken over as the chair. The name has changed over the years: Women's Health Summit, Mikey's Wellness Expo, and now Women's Health Conference. Foss said, "I love seeing the women enjoying the day - connecting and learning. It is important for women to stay informed because they are the caretakers. It makes all the hard work so worth it."

The next Bismarck Women's Health Conference will be held Monday, September 29th at the Bismarck Ramkota Hotel. The conference is celebrating North Dakota women and the three keynote speakers are all North Dakota natives. Anne Mahlum, Melanie Carvell and Kat Perkins will share stories. To register visit womens-health-conference.com and stay connected at [facebook.com/womenshealthconference](https://www.facebook.com/womenshealthconference) and @WomensHealthCon on twitter.

Retirement

Foss retired from the ND Dept. of Health on December 31, 2012. "I worked until I was almost 68. It was a difficult decision because I loved what I was doing and I love being busy," she said.

And how is she spending her time? Her dedication and passion for the Women's Health Conference will keep her busy for years to come. She attends weekly Bible Study at Charity. She has been updating their house and has finally cleaned closets and cupboards. There was no time for these projects when she was working. "Jim and I like movies and once a week we have date night here at home. We have popcorn and string cheese for dinner and watch a couple movies," she said. "I like to sew and cross stitch and I want to get back into oil painting. Several people have said I should write a book, especially our kids. I don't know if writing a book is relaxing, but it could mean I'd have to sit still. I'm not sure I can do that," she said, with a big grin.

Everyone tells Mary Ann she needs to slow down, so she is trying to live by a quote her 96-year-old uncle taught her: 'When I get up in the morning I have nothing to do and when I go to bed at night I'm only half done.' Since her uncle started writing poetry a year ago, it looks like Mary Ann will never have nothing to do.



Deb Seminary is the editor of Inspired Woman.

Inspired by Women



When Brent Voorhees moved to North Dakota after meeting his soul mate, he had no idea he would soon be immersed in the health and beauty industry, and he is now the owner of Athena's Touch.

Athena's Touch was originally created as a soap and candle label. Brent has taken it to a new level, developing and distributing products women need on a daily basis - skin care, makeup, accessories and more. And it is all because he is inspired by women.

Inspirations

Brent talked about some of the women who have inspired him: "First of all, my mom was a huge inspiration. She died from breast cancer after fighting it for three years. They are finding some of the things women are putting in and on their bodies could be causing some cancers, so that made me think about the ingredients in skin care, makeup and other similar products.

"Another inspiration is Mary Hawkins Butler, the mayor of Madison, Mississippi, where I'm from. She is currently serving her ninth four-year term. She is honest, she doesn't back down from anybody and she does what is hard, not what is easy.

"And then, there is JillMari, my better half with an infectious smile, who owns Spa D' Athena. She is, of course, concerned with the products she uses and wants to make sure the products used in the spa and salon are safe and actually perform as labeled."

Distribution

When Brent started looking at skin care, he wanted something produced in the U.S. that would really turn the clock back. He found AQ Skin Solutions (AQ).

"Dr. Ahmed Al-Qahtani developed his patented GF-Technology® while researching solutions for burn and wound care," said Brent. "During his work in Growth Factors for healing and regeneration of wounded tissue, Al-Qahtani began looking at other applications."

AQ, the highest quality Growth Factor media available, transforms skin cells to a younger state and fortifies the skin's ability to repair, including post-procedure skin. It also promotes longer, thicker eyelashes and eyebrows, helps restore hair follicle function – encouraging hair growth and aids in vaginal rejuvenation.



Brent Voorhees

AQ has a full line of products that address each of these conditions, and women (and men) are experiencing fantastic results. It is available worldwide, and Athena's Touch is now placing it with plastic surgeons, OBGYNs, dermatologists, hair specialists and estheticians in spas and salons across the United States and Canada. Dr. Al-Qahtani is in line for a Nobel prize and will be visiting Bismarck this August on his book tour.

One way to see that the AQ products are working is to have a Visia® Complexion Analysis. Athena's Touch will offer free consultations with the exclusive Visia® system which can provide 3D, surface, and subsurface images of the skin and lashes for informative evaluations of the skin and track the progress of treatments. The Visia® System is one of only two registered in North Dakota and Athena's Touch will be part of a national study.

"We are also the distributor for Footlogix out of Canada," said Brent. "They approached us to distribute their products and it is a good fit for Athena's Touch. It is the only PEDICEUTICAL® product in the world. Dermal Infusion Technology® is effective on fungus, calluses, cracked heels and rough and peeling skin on feet and is safe for diabetics."

Another new Athena's Touch distribution line is a tinted, oil & chemical-free moisturizing sunscreen. It doesn't leave a white residue, goes on smooth and has no odor. SOL defense active ingredients are titanium dioxide and zinc oxide – strong, proven sun protection.

Athena's Touch just signed an exclusive agreement to distribute Éminence Organic Skin Care® in North and South Dakota as well.

Development

Brent is especially proud of Athena's Touch makeup line. It is North Dakota's first and only makeup line, introduced in October 2013.

"We started looking at the makeup that was out there and most of it is just horrible for the face," he said. "We worked with manufactures and chemists to develop the best ingredients for the German/Russian/Norwegian skin that is so prevalent in this part of the country. The makeup line is manufactured on the same line as MAC, so customers can be sure they are buying a quality product. We offer the line to the public at Spa D' Athena and distribute it to professionals from Hollywood to Paris."

Brent explained how important it is to have good, quality ingredients that don't cause damage: "We started looking at the products that were out there and realized a lot of them can be harmful to women. Unfortunately there is not a lot of regulation in the salon and spa industry. For example, a product can say 'gets rid of wrinkles' and all it does is cause swelling. Of course the wrinkles are going to disappear! We wanted to create products that were safe, and beneficial."

Another Athena's Touch product is Aeros Eyewear - North Dakota's first line of eyewear, created for women. Brent was inspired to design some of the sunglasses after some of the specific personalities and styles of the women he works with. "They are painstakingly hand enhanced with genuine Swarovski Crystals in the United States," he said. "Using an unsurpassed technique, one crystal at a time, we create our own unique designs on the latest frames. These are sunglasses* that will get you compliments wherever you go!"

There are also Aeros readers that are available in fun designs, with cases to match. They are super-durable, designed with lenses that pop out to put your own prescription in. Aeros Sunglasses are available locally at Branded Envy and both Aeros Eyewear lines are available at Spa D' Athena and in spas, and eye care specialists nation wide.

Voorhees continues to look for products that will complement a woman's lifestyle. One area of interest is Mesotherapy, an injectable, non-surgical cosmetic solution for cellulite, body contouring, neck rejuvenation and more. A topical alternative is under development and may soon be available. Another line he is looking into is sun free, dye free tanning solutions.

Athena's Touch is continuing to grow, developing and distributing products inspired by women. They are expanding within the Athena's Property building at 1500 Interchange Avenue in Bismarck, and there are employment opportunities, not only in North Dakota, but across the United States and Canada. Visit athenastouch.com to learn more.

*Aeros sunglasses comply with US and European regulations and feature UV400 protection. Maximum UV400 protection blocks 100% UVA and UVB rays, FDA impact resistance lenses ANSI Z80.3 and European 89/686/EEC standards. Produced with quality nickel steel, designed in the USA. Each pair of Aeros sunglasses comes with a durable hard case.



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Profile® by Sanford

by Courtney Davidson

Changing your lifestyle isn't easy ...it takes determination and guidance. Profile® by Sanford is the perfect path. Their integrated weight management program puts the research of physicians and scientists into action by helping clients overcome stressful self-dieting and poor results. They use a strong emphasis on personalized coaching, tracking solutions to monitor progress and customized plans to help members not only lose weight, but maintain that weight loss.

As a part of the Profile® membership, customers are matched up with a Certified Profile® Coach and have access to weekly consultations throughout the year. Coaches collaborate with members to develop an individualized plan that is designed to focus on nutrition, activity and lifestyle. They create a meal plan that is right for each member using many of their tasty bars, shakes, soups and other products. In addition, coaches work with members on ways to make smart decisions in order to sustain their weight loss; ultimately helping them maintain this new lifestyle once their weight loss goals have been reached.

Members also receive the latest technology helping to monitor their progress in reaching their goals. Smart wireless technology devices are used to automatically upload data to profileplan.net. These smart devices track member's blood pressure, body measurement, weight, BMI, percentage of body fat, hydration level and more. In addition, the Profile® App allows members to track their personal plan and automatically share results with their Profile® Coach, right from the palm of their hand. Through the

use of the smart wireless technology and the Profile® app, staying connected to Profile® is fast and simple for members.

Profile® has impacted the lives of over 7,000 members, with 13 current locations and more locations coming

soon. Profile® by Sanford in Bismarck is located in the Eckroth Plaza at 1655 N Grandview Lane, Suite 104. Call them at 1.877.373.6069 or visit ProfilePlan.net to learn how they can help you at in-store locations or through virtual membership opportunities.

Profile® by Sanford loves to share the successes of their members and here is just one of the many success stories:

Before Profile® I was unhealthy, out of shape, and very unhappy. This program has been amazing for me and I don't know what I would have done without it. The coaches are so helpful and keep you motivated every step of the way. I have tried dieting and exercising on my own before but I wasn't seeing the results I wanted to, and that's why I turned to Profile® by Sanford. I figured I didn't have anything to lose and it was worth a shot. I came to find out that choosing Profile® and sticking to it has been the best decision I have ever made. I am thrilled with the results I have seen so far and am excited to keep continuing on with the program. I have lost 51 pounds since October 2013. I now have so much more energy and am getting healthier every step of the way. I honestly couldn't have done it without Profile® and the great coaches and products they have to offer.

Brittany M, Profile Member and nurse in Bismarck

Courtney Davidson is Director of Marketing for Profile® Sanford in Sioux Falls.

Oct. 12-13

Women's Business Summit

for the strategic and savvy business woman!



JOIN US at the Bismarck Civic Center in celebration of National Women's Small Business Month for outstanding personal and professional development opportunities; including the always popular Breakfast with Entrepreneurs Panel, our fabulous Keynote Kristen Hadeed, your choice of 18 amazing breakout sessions, and an opening night Wine, Women & Chocolate reception at Sixteen03 Main Events.

This is an event you don't want to miss! Register by September 1 for Early Bird Pricing!

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DAKOTA CDC
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Freeze the Fat Away with CoolSculpting



Most women and men find that bulges of fat show up, almost overnight, when they reach a certain age. Abdominal fat, love handles, back fat, jiggly arms, inner and outer thighs, it just happens. People are getting rid of it and finding wonderful results with CoolSculpting.

Both men and women are enjoying the benefits of CoolSculpting, a non surgical procedure so quick and easy to perform, a person can return to work after the one - two hour procedure.

According to the CoolSculpting website, when the controlled cooling targets the fat cells under the skin, they crystalize (freeze), then die. Over time, the body naturally eliminates them.

Advanced Surgical Arts Center (ASAC) is offering CoolSculpting in Bismarck. Three employees traveled to CoolSculpting University for training. A representative from the company also travels to the facility throughout the year for additional training.

During the initial consultation at ASAC, BMI and the areas to be tar-

geted are determined. The best candidates are people who are close to their goal weight and are generally happy with their body. They may just have a few stubborn areas they want fixed.

Crystal, with ASAC, does the initial consultation and wellness coaching. The procedure isn't for everyone, and they may turn some people down if they are not good candidates. Sometimes a person may need to get healthier before they consider the procedure.

During the procedure the device pulls the fat bulge up between two cooling panels. There may be slight discomfort at the beginning, but after the initial pull, it feels more like a spa treatment. Most people nap during the procedure. Although it only takes an hour to two for each procedure, some people make a day of it and do more than one body part.

People will see results after just 20-30 days, but it does take two treatments per area. People are asked to return for the second treatment about

60 days after the first. The best results are seen about 90 days after the first treatment.

Side effects may include redness, slight soreness or bruising, numbing, tingling or swelling, but there is no down time, and patients can return to work immediately after the procedure. When compared to liposuction, which can be painful, involves down time, garments and more money, CoolSculpting's benefits win most people over immediately.

Fat cells won't return if the patient maintains their weight, which is why the wellness consultation is so important. CoolSculpting is not a weight loss program, but can be very beneficial for the overall mental health of someone who just needs to get rid of a few stubborn bulges.

For more information, visit advanced-surgicalarts.com or call 701.530.8450 or 888.430.3223.



Salt Cave

Promotes Wellness and Relaxation

Agata Zidon has been answering a lot of questions about her new venture, Salt Cave Wellness Relaxation Center. She opened the business, along with her husband, Pat, because she wanted a spa that was unique. "I actually used salt caves when I lived in Poland, where I'm from, so that is how I decided to do this," she said. "The main purpose of the salt cave is relaxation, but there are also health benefits. People who suffer from respiratory issues like allergies, asthma and sinus problems almost always feel better after being in the salt cave. Those with psoriasis and excema have also seen improvements. The salt cave has anti-inflammatory properties and is good for hangovers."

The actual salt cave at Zidon's spa is a room about 300 square feet covered with about 6 tons of Himalayan Salt, on the floors and walls. Clients receive passive therapy by reclining in zero gravity chairs, listening to music and breathing in the air that is filled with particles of salt. The salt cave is a microclimate – the temperature is 70 to 72 degrees and the floor is heated.

All sessions are 45 minutes. There may be others in the salt cave, (up to ten people) but there is a strict no talking and no electronics rule. The salt cave session's purpose is relaxation and they do not want people to be disturbed, so once the session starts no additional clients are let in. If someone

feels the need to leave the cave before the session ends, they certainly can.

Agata explained how the healing properties of salt were discovered: "In Poland, there are a lot of salt mines. In the 19th century, they realized the miners in the salt mines were not suffering respiratory issues, like their coal mining counterparts. After some research, they realized it was the salt itself that was helping them. In the Wieliczka Salt Mine they opened a respiratory clinic and later a hotel so others can experience the benefits of the salt. After more research, they found they could artificially create the underground microclimate above ground with salt caves."

Himalayan Salt is a superior salt which includes 84 different minerals, including iron and copper which gives it the pink color. Most of these minerals are essential for a person's well being. The salt is deep mined, by hand, delivered to the surface by mules, in the Himalayan mountains, where it has been for millions of years, keeping it free from impurities and pollutants.

Popular overseas, salt caves are just beginning to gain awareness in America. "I believe this is the 18th salt cave in the United States," said Agata. "The closest one is in Minneapolis."

There is really no reason not to try the relaxation therapy of the salt cave. Claustrophobia may be an issue, but Agata said they have only had one cli-



ent that has had to leave. Others with claustrophobia have not had problems. "We have had clients tell us they have never felt so relaxed before," she said. "Most people are surprised by how well they can relax."

Salt Cave Wellness Relaxation Center has Himalayan Salt products for sale, also. Lamps, which produce negative ions that can alleviate indoor pollutants and purify the air, are a popular item. They also feature edible salt, salt cooking tiles, salt inhalers, salt scrub, bath salts and more. The spa has a sauna and will have massage services soon.

The salt cave sessions are \$25 each, or packages can be purchased. There are also private sessions, for up to 10 people, for \$200. Gift certificates are available.

Salt Cave Wellness Relaxation Center is located at 1001 West Interstate Avenue, Suite 120. Find them on facebook - Salt Cave Wellness Relaxation Center, visit saltcavend.com, or phone at 701.751.7258.



Bridging the Dental Gap

Dr. Sarah Mertz, Dr. Joanne Luger, Dr. Bethany Schuetzle

by Marcia Olson

Bridging the Dental Gap (BDG) is a little known non-profit dental clinic located in south Bismarck offering dental services to low income and Medicaid patients. It fills a niche in the Bismarck-Mandan area for those needing dental access for care.

The program is unique to North Dakota and nationwide it is one of just a handful of private non-profits with a stand-alone dental clinic. It is also unique in staffing, utilizing an all woman staff including the dentists at its core. Dr. Luger, Dr. Mertz and Dr. Schuetzle lead a dental team of 4 assistants, 2 hygienists, 2 front staff and 1 administrative assistant. Executive Director, Marcia Olson, serves as clinic manager, community outreach person and liaison to the managing volunteer Board of Directors. The Board of Directors establishes a budget, policy guidance and strategic planning.

Dr. Joanne Luger has served as the Dental Director since its opening in 2004. She has a varied background

in public health dentistry. "Serving this population is very rewarding. The need is evident every day. There are frustrations at times, but the value and appreciation for what we do outweigh those moments," states Dr. Luger.

The clinic was established through grants and donations. A major Bush grant was the funding source for the facility remodeling and initial equipment purchases. Community Development Block grants were made available to expand services and clinic space. BDG is not federally funded except thru Medicaid payments and occasional grants for specific projects. Medicaid payments, donations, private grants and patient fees remain the primary operational funding. Non Medicaid patients pay for services on a sliding fee scale based on gross income and federal poverty guidelines. BDG can provide services to anyone. For those individuals that do not qualify for a discount, BDG offers payment plan options for dental services.

Basic care services are provided, consisting of: fillings, extractions, some root canals, cleanings, root planning and scaling, minimal crowns, dentures – full and partials etc. Services are limited to those who live within a 100 mile radius of Bismarck.

Dr. Sarah Mertz and Dr. Bethany Schuetzle joined the clinic last summer. Dr. Mertz is constantly amazed at what she sees. "Each day is so different and the number of people with tooth pain is surprising," she said. "If Bridging the Dental Gap was not here, most of these people would have no place to go."

Currently BDG handles 600 appointments per month and at least 15% are tooth pain emergencies. The patient mix is 44% Medicaid and 36% sliding fee and 20% full pay patients. There were 14,000 patients of record at the end of 2013. Patients range in age from 2 to 100. There are 24.81% age 2 thru 20; 59.25% are adults ages 21-62 and 15.9% are over age 62. Over 6 mil-



lion dollars has been discounted since opening in the summer of 2004.

Two outreach programs were established from 2011-2012. Dentists and supporting staff provide dental services at four long term care facilities each month (two days at each location). A separate hygienist also helps with regular cleanings for patients on a quarterly basis. Additionally, in collaboration with Ronald McDonald House Charities, BDC has partnered to provide staffing and operations of a Dental Caremobile that brings services to children throughout the western half of North Dakota. This program addresses access issues for a vulnerable population and allows BDC to step outside its primary service area. The Caremobile is a state-of-the-art dental clinic on wheels. BDC supplies a dentist – Dr. Christine Peterson, an assistant and hygienist to manage this operation. The Caremobile runs 40 weeks of the year and is outbased two-thirds of that time.

As Bridging the Dental Gap prepares to celebrate a 10 year anniversary, they also celebrate the dedicated women whose empathy and expertise have guided the growth and maintained the level of care at this unique dental clinic.

Contact: dentalgap@yahoo.com
phone 701.221.0518
1223 S. 12th St., Bismarck

Marcia Olson is Executive Director of Bridging the Dental Gap.

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Cornering Broadway

BROADWAY CENTRE

Three new businesses that women (and men) will love - all in the same corner of Broadway Centre. Inspired Woman wanted to know all about them.

The Studios at CC's

CC's Physical Therapy and Feminine Fitness is currently located a couple blocks east on Broadway, but they are busting at the seams. "We are out of room at our current space, so this will be a very timely move," said owner April Mettler. "We will still do physical therapy, but are diving more into health and wellness. We want to offer fitness classes in a more intimate setting and are going back to functional movement based activities. You'll never see dumbbells or bars, it is just using your body to get a good strengthening, cardio or stretch workout."

The Studios at CC's is introducing several new classes to the area, including Barre Bliss™. "It defines your body in such a different way," explained Mettler. It gives you that long, lean muscle strengthening and stretching, and gets your heart rate up at the same time. It is a great, challenging workout for those who are 25, 70 or eight months pregnant."

Another new class will be BUTI Yoga™, which has been growing in popularity around the country. "From a group fitness standpoint, I think it is the most physically challenging thing I have ever done in my life," said Mettler. "It is yoga poses laced with plyometrics to increase your heart rate. You will be dripping sweat during this yoga class. It also has a touch of sensual and tribal dance in it, so there is some arm waving and shaking it all out, all without leaving your yoga mat!"

The Studios at CC's will also offer hot yoga and several high-intensity interval training (HIIT) classes will be on the schedule. Most of the classes will not be limited to women, however there will be certain things, such as pole classes and BUTI Yoga™ that will be female-exclusive. On Saturday they will be running longer classes, kind of

"make-up" times for people who may have missed a class or two during the week. More exclusive classes will be added in the future.

"I want people to feel they can get it all at our gym, we are going to make sure you get all of the fundamentals you need to have a healthy body," said Mettler. "Enough strengthening to help with your bones, and increase strength and muscle definition. Enough stretch to maintain or improve joint mobility and at the same time get enough cardio to keep your heart healthy. All in under 60 minutes during the week."

The target opening date is end of September. For more information, call 701.751.0994



Pure Skin Aesthetic & Laser Center

Pure Skin recently relocated to the Broadway Centre from North Bismarck. Owner Shelly Botsford, NP, is very excited about the close proximity to two other women-owned businesses. "We were so excited when we found out we were all going into this space," she said. "We can do so many

fun events for women and really compliment each others services."

She is also excited about the newest addition to her list of services - Vanquish, a fat reduction treatment. "Vanquish, I believe, is the latest and most exciting thing for women because it is non-invasive, non-contact and FDA approved," said Botsford. "And, since it is heat, we are not only melting that fat, we are tightening the skin. Just as I do with the lasers, it is heat-based and permanent."

Prospective Vanquish clients go through a consultation with Stacy, the RN at Pure Skin. She does a complete medical history, explains it is not a weight loss program and sets real expectations. They have to be ready to maintain their healthy lifestyle or make modifications. "Yes, the procedure gets rid of the fat permanently, but it will return in other areas if there is weight gain," said Botsford. "Stacy will also work with them on weekly goals, if desired."

Vanquish treats problematic areas like the abdomen, or smaller areas such as hips, thighs or arms. There are different size applicators used depending on the size of the area being treated. Each area requires four treatments which are forty-five minute sessions done one week apart.

The best results will be seen four to six weeks after the last treatment.

"I did a lot of research and this method has almost no side effects," Botsford explained. "The fat cells may clump, which cause lumps, and gentle massage clears those up. And there are really no contraindications other than if someone has metal in their body or a defibrillator."

Pure Skin has always seen men, mainly for hair removal and lately has been seeing more for Botox. And now, they are treating men with Vanquish.

Previously Botsford worked in women's health and the biggest complaints were: 'I'm overweight, I'm tired all the time and I don't like my wrinkles'. "So, I tackled all of those problems," she said. "Most women just don't like how they look as they age. There does have to be some self-acceptance and realistic expectations, but I can help with some of it."

For facial lines and wrinkles Botsford made a significant investment in the top of the line CO2 laser. She revitalizes and resurfaces the face - taking out fine lines and wrinkles, deep wrinkles and pigment irregularities. The laser tones the skin and tackle years of damage. "This keeps a lot of women from having to go in for face lifts," she said. "I also do the injectables and I prefer Dysport."

She also offers pulse light therapy and a non-fractionated laser. She can treat flushing, rosacea, stretch marks, scars and hair reduction.

After 35-40 years of age Botsford recommends going multi-modality, with the laser and injectables because of volume loss, resurfacing issues and deeper wrinkles. She offers free consults, finds out what is bothering a prospective client the most and recommends from there.

Sometimes women come in and say they feel guilty spending the money on these procedures. "I think we need to move out of that mindset," said Botsford. "If we like the

way we look, we're going to feel better. And, you don't have to do a lot to make a big difference. Audrey Hepburn said, 'Happy girls are the prettiest.' I think that is so true."

Visit them at pureskinnow.com or phone 701.751.4140



Broadway Centre Spa & Salon

A Spa and Salon experience like no other. That is the concept behind the opening of this very special business in Broadway Centre. They have hired some of the most experienced personnel from around the area to provide exceptional services - from nails to hair, massages, body wraps, facials, even top notch grooming for men, including the art of shaving. "We want the experiences to speak for themselves so people will tell others about their visit to our spa and salon," said Tom Wold. "We want our guests to have the best experience they can have."

The staff includes: Gina Norton, who specializes in facials and skin care; Bertie Knell, pedicure expert; Hannah Jirges, hair cutting; Ginger Keller, men's cuts and shaves; Andrea Weller, massage; Jenna Rippinger, make-up, waxing and lash extension; Jess Schaff, all nail services; Miranda Kuntz, Hair Extensions; Lil Steiner, hair replacement for men and women.

Their training and experience speak volumes and allow for a one of a kind spa experience. "We want people that are dedicated to the industry," said Wold. "People who keep up on the newest technology and what is happening in their area of expertise. There is a difference in the way they perform their services."

Broadway Centre Spa & Salon also plans to be open early (6:30 am shave anyone?) and stay open late to accommodate professionals. They may even be open Sundays in the fall and winter.

While they are still tweaking the decor and getting everything up and running, they are open for business and taking appointments. To schedule at the newest full service Spa and Salon in town, call 701.425.0990.

Warm and Cool Elements Create Appealing “Spaces”

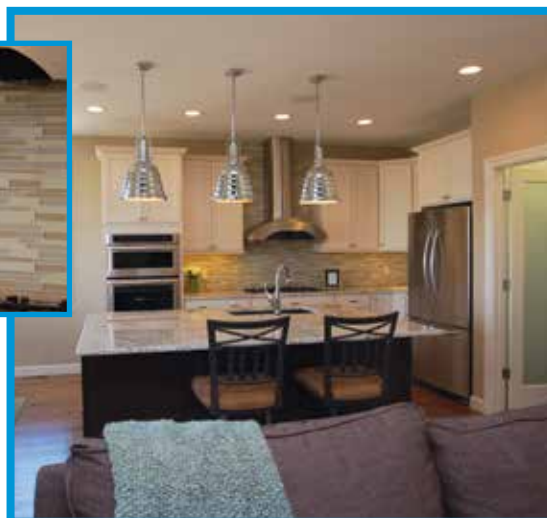


This open concept is perfect for family living and entertaining. The warm brown maple hardwood floors really do add warmth to the space. The transitional cut/loop carpet is by Masland Carpet.

This gorgeous home was built by Stoneshire Builders and was the Judge's Choice winner in its category during the 2014 Spring Parade of Homes. The interior design, flooring and furniture was provided by Lisa Bohrer of Spaces, Inc.

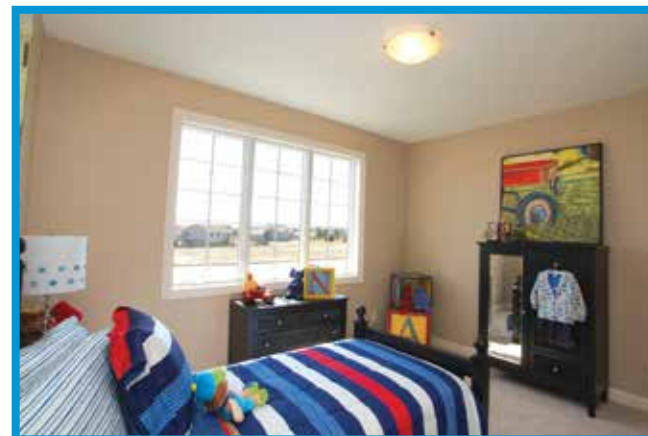


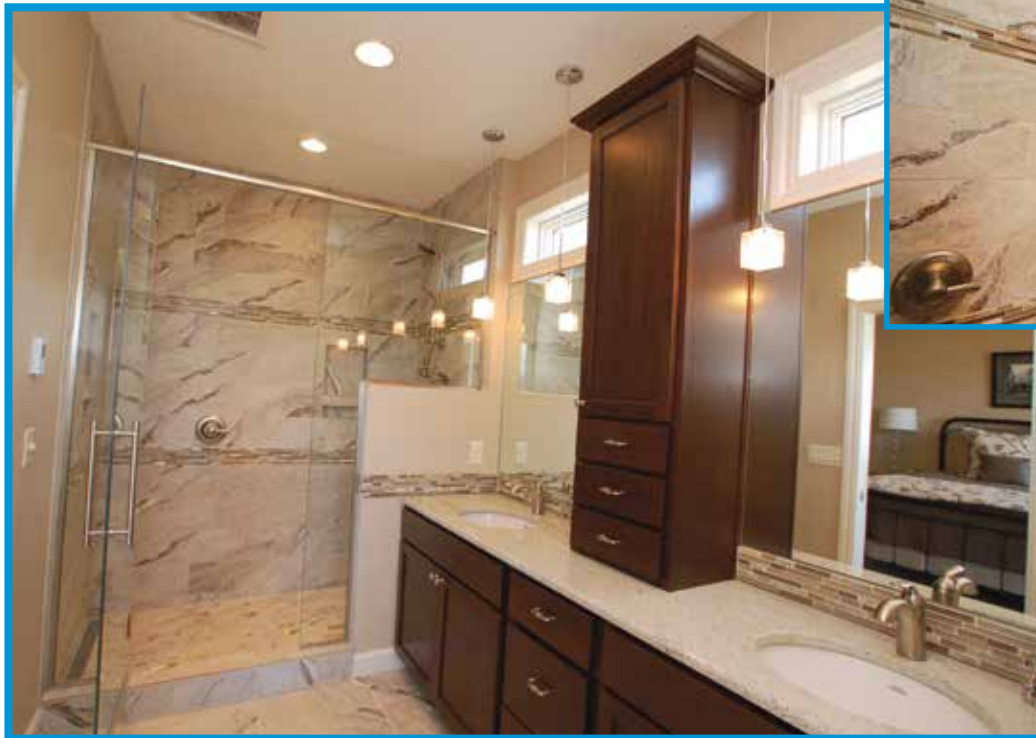
▲ The transitional kitchen backsplash of glass tiles are placed in a linear, random blend of neutral colors for just the right effect.



◀ The sleek yet sophisticated backsplash adds a bit of bling in the kitchen area where the cabinets are two toned with warm white and ebony woods. Granite countertops in warm whites and greys compliment the contrasting cabinetry. Note the handy pantry on the right.

This boy's bedroom pops with color and, with the current furnishings, will work from preschool to high school, just change out the accessories. ▶





▲ The glass accent unifies the bathroom vanity with the shower with the glass backsplash wrapping into the shower.

▲ This master baths' jaw-dropping walk-in shower almost sells the house itself with its large scale porcelain tiles with glass and natural stone accents. The tile is installed in a brick-lay pattern.

▼ The dark sectional balances with the dark tiles on the fireplace and the dark stain of the kitchen island. The granite countertops, walls (Sherwin Williams Pavilion Beige) and farm house style pendants ("Elliot Pendent", a combination of Chrome and Glass) offer a nice compliment to the dark elements.



▲ Tile on the fireplace is also installed in a linear brick lay pattern.



Stoneshire Builders: stoneshirebuilders.com or call 701.471.6935
Spaces, Inc.: 122 East Main, Bismarck, spaces4you.com or call 701.223.9922

Area Businesses Focus on Mental Wellness and Life Coaching

by Kylie Blanchard

Mental wellness is an important component of overall health, and services such as counseling and life coaching can help individuals develop the necessary tools to cope with life's demands. Two area businesses are placing an emphasis on mental wellness and life coaching and, in the process, are helping individuals find balance, happiness and wellbeing.

Saint Sophie's

Saint Sophie's opened in Bismarck in 2012 and offers mental health counseling for individuals three years and older. With a clinic location also in Fargo, the decision was made to open a location in Bismarck due to a growing need for mental health services in

western North Dakota, says Rebecca Madeen, mental health therapist at Saint Sophie's in Bismarck. The facility is now one of the few clinics in the area to offer mental health telemedicine services.

Madeen says she treats individuals struggling with anxiety and depression, and also provides children's play therapy, as well as marital and family counseling. "Most of my patients are women who are presenting issues that align with their different life phases," she notes.

Nearly 90 percent of the individuals seeking her counseling services are women and she adds this is likely because women are more apt to seek help for mental health issues. "Women are most in tune to themselves and

don't have as much of a stigma related to seeking mental health services."

She says many women struggle with anxiety and depression, often because of today's fast-paced society, which places many demands on individuals. "Women get pressure from all different places in their life," says Madeen. "They are moms, wives, and are often in a workplace and that demand, coming from all parts of life, can cause anxiety and depression."

She encourages individuals to seek help for mental health issues, because it will benefit their overall health. "Mental health can impact your physical health and can show in physical symptoms such as not sleeping, headaches and stomach aches."



The overall stigma attached to mental health services is lessening, notes Madeen, but this still prevents some individuals from seeking counseling. "Society is becoming more accepting of mental health issues and treatments," she says.

Appointment at St. Sophie's, located at 3000 N 14th Street, can be made without a doctor's referral and most health insurance plans are accepted. For additional information on Saint Sophie's and its services call 701-751-8008.

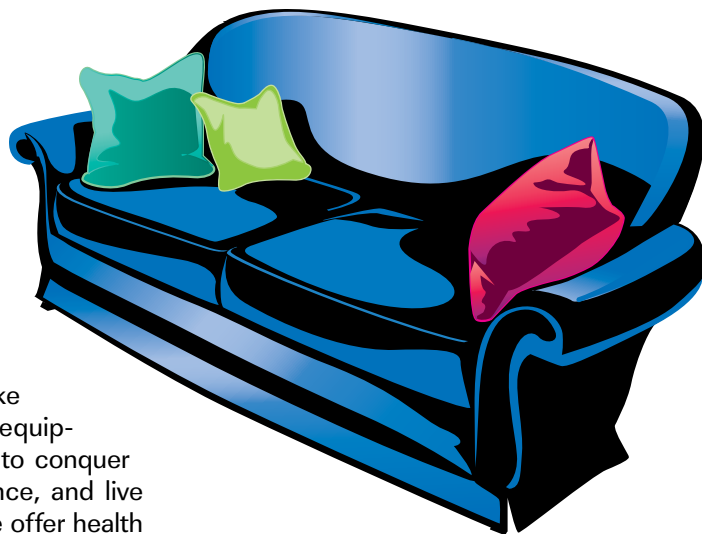
Big Blue Couch Coaching

Big Blue Couch Coaching was opened in March 2014 by best friends and Certified Life Coaches Mandy B. Anderson and Raychel Chumley. The facility offers life coaching services, which Anderson explains is different from traditional counseling services. "Counseling focuses on healing the past, whereas life coaching focuses on the future and getting results toward goals," she says. "We will work in partnership with a client who is going to a counselor as long as the counselor agrees the client is ready. If at any point we feel the client needs deeper counseling care, we will postpone coaching until a later date when the client feels ready for the accountability and growth that coaching provides."

Anderson says Big Blue Couch life coaching services focus on women ages 22 to 55, and emphasize topics such as health and finances; marriage and relationships; and life transitions and divorce recovery. "Our focus is to help women take control of their lives by equipping them with the skills to conquer obstacles, build confidence, and live vibrantly," she notes. "We offer health coaching workshops, financial coaching workshops, marriage workshops, and confidence building workshops throughout the year at our office," she notes.

Big Blue Couch Coaching is offering two conferences this fall that are open to women of all ages. The Celebrate Your Man™ Conference is scheduled for September 13th and the Beautiful Wholeness Conference is being held on November 8th. "We also offer free training each week via a podcast that can be found on our website and on iTunes. It's called the Girls on the Big Blue Couch Show. Each episode has a specific coaching focus to help women continue growing," says Anderson, adding Big Blue Couch Coaching will also be launching life coaching books by year's end.

The majority of life coaching deals with a person's mindset and set-



ting individuals up for future success in every area of their lives, notes Anderson. "The way we think about ourselves and the world around us creates the reality that we experience. Feeding your mind with truth and positivity on a daily basis can help prevent mental health issues and, at the very least, make it easier to heal should mental health issues arise."

Big Blue Couch Coaching is located in the IDEA Center at 2720 East Broadway Avenue. Additional information on its services and conferences is available at www.bigbluecouchcoaching.com.



Kylie Blanchard is a local writer.

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You are Invited

Women Inspiring Women Luncheon

The first annual Women Inspiring Women Luncheon will be held in conjunction with the United Tribes Tribal Leaders Summit Friday, September 5th at 12:30 pm at the Bismarck Civic Center Arena. Summit organizer Janet Thomas, and Marlo Hunte-Beaubrun, who is involved with Women Inspiring Women on a national level, are collaborating on this luncheon. They have assembled an extraordinary panel of women who will cover a wide range of topics.

The public is invited to attend and take advantage of this unique opportunity to learn from others, network, meet other women and take advantage of the United Tribes Tribal Leaders Summit cultural experience.

Each woman on the panel was chosen for a specific area of expertise or experience they can bring to the table. Make plans to attend this educational and inspiring luncheon.



Bennae Calac
San Diego

Bennae is from Pauma Valley, California and a member of Pauma Band of Luiseno Indians.

She is a former council woman for her tribe, business woman, entrepreneur, mom and a real feisty lady.

She is currently the owner of Native American Marketing, Inc., a unique partnership between herself, and Catalyst Marketing Company. Native American Marketing was created to serve the distinct and specialized marketing needs of Native American owned businesses and those doing business in Indian Country.



Deb Eslinger
Bismarck

Deb Eslinger was born and raised in Bismarck, ND and resides here with her husband and two beautiful girls. She currently holds the position of Executive Director for the Center for Technology & Business, which acts as the Women's Business Center for ND. She is an entrepreneurial and visionary leader, driven to employ innovative techniques to explore potential, obliterate boundaries, and push the outer edge of what can be accomplished.

Deb has been involved with business development for the past 16 years. Owning her own business for 10 years, she knows what it takes to start and run a successful operation. After selling that company in 2007, she followed her



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passions of wanting to help others achieve success through business development and leadership development. Being in the trenches with the entrepreneurs celebrating their 1st or 100th sale brings a smile to her face.

As a certified John Maxwell Trainer, Speaker and Coach; Deb is a passionate entrepreneur who uses her skill sets to help others launch and grow their dreams.



Deborah Parker
Tulalip, WA

Deborah is the Vice-chair of Tulalip Tribe in Washington state. She is a women's advocate for women's rights and violence against women. She played a key role testifying to Congress during the Violence

Against Women Act (VAWA) debate. Parker joined U.S. Senators Patty Murray, Barbara Boxer and Amy Klobuchar in advocating the passage of the reauthorization of the VAWA in 2012. She delivered a firsthand account of her own abuse, and the importance of VAWA.

Heather Demery from Bismarck will also be on the panel. She is a single mom and a student at United Tribes.

Tickets are \$15.00 and are available in advance from Janet Thomas, jthomas@uttc.edu or Marlo Hunte-Beaubrun, marlo@gpeca.com / 701.425.1980. Tickets will be sold at the door, if not sold out in advance.



Pamela Palmater
Toronto

Dr. Pamela D. Palmater is a Mi'kmaq citizen and member of the Eel River Bar First Nation in northern New Brunswick. She is a mother of two boys, Mitchell and Jeremy ages 20 and 18 and comes from a large

family of 8 sisters and 3 brothers. She has been a practicing lawyer for 14 years and she holds the position of Associate Professor and Chair in Indigenous Governance in the Department of Politics and Public Administration, and heads the Centre for Indigenous Governance at Ryerson University. Pam's area of expertise is in Indigenous law, politics, and governance. She was the first woman to run for National Chief in Canada.

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Wellness When You're Not Well

by Annette Martel and Kelly Hagen

She Said:

"So, how are you feeling?" This is something I hear on a near daily basis, now that I'm getting closer to the end of my pregnancy. My answer is always, "Good ... good ... good," as my voice trails off. I quickly run through my brain, thinking, "Does this person seriously want to hear about my discomforts? What kind of sick game are they playing? Should I tell them about my cankles? The near constant back aches? Perhaps, they'd enjoy hearing the messy details of just what morning sickness is like four weeks before full-term?"

Before I have a chance to launch into any of these things, the other person will usually say, "Well, at least it hasn't been a hot summer!" I try not to let my eyeballs pop too far out of their sockets and think to myself, "What, did you used to live on the Equator or something?!" And then I say with a smile, "Anything over 68 degrees feels hot to me."

This is inevitably followed by awkward laughter and the other person leaving the room and grabbing their phone out of their pocket to do some calculations on how expensive it must be to run the air-conditioning in my house. I'm not clear on why people are so hung up on our utility bills.

But I use my cell-phone calculator at times, too, and try to estimate how

much this baby will weigh. Let's see, I weighed 7 pounds. Kelly weighed 8-something. Easy enough. But, oh, yeah, Kelly is a twin – an 8-pound twin, which is equivalent to a 16-pound single baby, so that means, oh, I probably should have checked myself into the hospital a week ago.

Well, I'll probably just stick it out until I'm supposed to, just in case. In the meantime, I'll try not to focus on exhaustion, the stretch marks, or the pregnancy brain. Wait. What was I talking about, again? I wasn't talking about Wacky Mac again, was I?

Instead, I'll try my best to focus on the fact that there's a little guy in my belly who is relying on me for everything right now, and that until he's born, I'm

the only one who gets to spend every waking – and sleeping – moment with him. The next time I feel like he's using all of my resources at the expense of my comfort, I'll think about the great gift that I'm giving him and know how I will fall instantly in love with him the moment he is born.

I expect that I'll say to myself, "You know what? I feel good, good, good!" James Brown style.



He Said:

So our daughter's teacher told us one day that she'd heard from Letsnamemybrother Devin (not her real name ... or his) that her mommy was going to the doctor that day. "Oh, is she OK?" the teacher asked her. "No, she's sick with a baby in her tummy," was my daughter's response.

I mean this not to sound callous, but pregnancy kind of, sort of, maybe resembles an illness, to us outside observers sharing the same house as our wildly pregnant Annette. So I understand why the kid is confused. I get confused, too.

The trouble with me is I'm a hypochondriac. So when someone around me gets sick with some insane ailment, I am convinced it will happen to me, too.

If I could only recall the number of times I've come home from work and

announced that I probably just caught lupus.

So I'm not the best caretaker for anyone in my family when they're sick or with child. Just the other night, my beautiful wife was vomiting loudly in our bathroom. And I wanted to help her; I really did. But the closest I could get to her was the hallway before I was struck by the dry heaves, and so I spun around and screamed, "I CAN'T DO IT!" and, I don't know, I don't remember anything for the next couple hours but they caught me running south on Washington, jabbering a language they could only best describe as a mixture of Latin and drowning noises.

Very soon, we're going to be in a delivery room, again. And I don't have the greatest track record in those places. Last time we were there, delivering life to the world, I was on the couch, moaning and groaning about my

migraine headache. "Oh God, honey! It's the worst pain in the world! You wouldn't understand!" I yelled over to my nearly fully dilated wife, who does not find me amusing in some situations.

So, anyway, stop asking her how she feels. She's already dealing with my nonsense.



Columnists Annette Martel and Kelly Hagen are married, they've got the one daughter and another baby boy on the way, and they need a name for this child. Send your best suggestions to shesaidhesaidcolumn@gmail.com.

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WESTERN ND WOMAN

Beauty Oasis in Keene

L to R: Ashley Puffe and Lisa Thompson

by Jessie Veeder

In Western North Dakota, these days there's no such thing as a quiet, sleepy town.

If there is a house, it has a resident. If there is a street, it has traffic.

If there is a business, it is bustling.

And so that's the case in Keene, North Dakota, a dot on the map along Highway 23, about 30 miles northwest of Watford City, with city limits stretched only a half mile or so, touching the edges of wheat fields and canola fields, smack dab in the middle of the oil fields.

Twenty-five years ago if you stopped in Keene you could mail a letter at the post office, fill up your truck at the small gas station, take your kids to the park, attend a fireman's social and maybe get your lawnmower repaired at a small shop along one of the few short streets.

And twenty-five years ago you would be happy to learn about local woman Lisa Thompson's plans to open a small beauty shop within the borders of the little town.

You might have even offered to help her paint a wall or two because her business plan meant that there would be no more driving thirty miles or more to Watford City for a cut and color. You

could now stop in for a chat with your neighbor and come out with a new look.

Because Keene might be small, but it wears the badge with pride, standing mighty as a community center and meeting place for farmers, ranchers and rural residents residing in the miles of field and pasture surrounding its borders.

It's that small town pride, the sense of community support that Lisa grew up with, just twenty-some miles down the road from Keene, a girl raised on a farm, who fell in love with a local neighbor boy.

"I didn't think of anything else but coming back here," Lisa says of attending cosmetology school in Bismarck, marrying her high school love, Travis, and moving with him to his family farm eight miles from Keene. "I love that we know one another here. I love that we're close to family and the sense of community we have."

In the early years of her marriage and her career, Lisa worked as a beautician both in New Town and in Watford City, at one point both at the same time, while her husband farmed and ran a small oil field repair business. The miles she traveled for her job, approximately thirty miles in both directions,

took their toll, and when the couple's first child, Arial, was born, Lisa decided she wanted to stay closer to home.

"It was a scary time," said Lisa of her decision to purchase an old house and move it in to a lot in Keene next to the fire hall. "There was a limited population, limited clients."

But Lisa, with the help of her husband and her father, transformed that little 25 x 14 foot house into Keene Kuts, a welcoming environment and an unexpected beauty oasis for her customers in rural western North Dakota, featuring two salon chairs and a small separate room where she recently started offering manicures and pedicures.

And soon the phone started ringing, friends and family, neighbors and clients she met in Watford City and New Town who were willing to make the drive to Keene to get their hair done by Lisa.

"In this job you see people at their best and at their worst," said Lisa who explains that connecting with clients, and making them look and feel their best, is her favorite part about the job.

And opening a business only eight miles from her farm home meant that she was able to be there for her two children, Arial, who now works as a



police officer in Bismarck and Derek, who helps on the farm and with Travis' now booming oil field repair business.

"I've always enjoyed working independently, and owning this shop meant I could go to the kids' activities and plan my appointments around their schedule," said Lisa.

When Lisa opened her business she and her friend and neighbor Gayle Mogen would work separate, three day a week shifts, because there weren't enough clients to keep both chairs full each day.

If you asked her then if in twenty-some years she would be thinking of expanding Keene Kuts today, she would have laughed and called you crazy.

"Never would I have guessed that in this job, in little Keene, North Dakota, that there would be new people in my door every day," said Lisa about the buzz the oil activity has brought to

live and work in her small town. "My daughter says, 'Mom, remember when you used to be able to read or cross stitch at the shop between clients?' Well, there's no cross-stitching now."

These days Lisa is booked days in advance with regular and new clients from all over the country, carrying with them their own stories, unique accents and opinions about life in oil country.

Last February, after years of running the shop solo, Lisa hired Ashley Puffe, a beautician just out of school who moved to western North Dakota from Bemidji, Minnesota with her five year old son for a change, called up Lisa at her little shop in Keene and asked her if she was hiring.

Ashley met a local man who works on his family farm near Keene and she has fallen in love with the community and her job at Keene Kuts.

"I'm so glad to get to do what I was trained to do here. I like that I can work independently and this community has been so welcoming," said Ashley. "I hope to be here forever. My son loves it here."

In all that has changed along the back roads and highways and inside the small towns of Western North Dakota, it seems it's unique businesses like Keene Kuts that remain the heartbeat of the community.

And as a woman who grew up along those roads, wheat fields and cow pastures, some days Lisa admits that it's tough to see the landscape change.

"What were once little trails have turned to big roads and some days I don't feel like I recognize the place," Lisa admits.

Perhaps that makes Lisa's business all the more important to the residents of Keene, old and new.

"Ten years ago there were houses sitting empty here, maybe there were 25 residents?" said Lisa of Keene. "Today, you might still be able to count the people, but the houses are full. And then there's the little RV park behind the gas station. Maybe we're at a 100 people now. I don't know."

The numbers don't matter as much to Lisa as the stories and lives of the people coming through her door to sit in her chair, some finally making it well enough out here that they can splurge on a manicure or pedicure.

And in all that we are out here, farmers and oil men, mothers, wives, business owners, accountants, writers and kids running wild and growing as tall and fast as the clover, Lisa's shop still stands tiny and true, a breath, a woman's good and scary idea, a unique stop, the same sort of oasis it has always been in a time that's moving as fast as the trucks along Hwy 23.



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.

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Did You Know Lefse is a Flatbread?



by Pam Vukelic

Our modus operandi in finding restaurants while traveling is to avoid the chains we can access at home and seek out those establishments that are popular with the locals or feature local ingredients. When we were in North Carolina recently our smart-phone search (most stars and fewest dollar signs) yielded a couple of great finds – The House of Fish and Neomonde.

At The House of Fish the chef/owner calls out through the kitchen window to his regulars and delivers to the tables more than you order. He solicits your input on items he is considering adding to the menu. You get

the impression, though, that a menu isn't really necessary. Just walk in, say "feed me," and you'll be happy with the results.

We also found Neomonde, a Lebanese restaurant, with so many choices on the line that making your selection was a daunting mental exercise. Fortunate to have been tipped off by a regular customer who was going through the parking lot the same time we were, I ordered a lunchbox, which consisted of three items. I chose a falafel sandwich (in a pita with shocking pink pickled turnips), tabouli, and pistachio baklava. It was the variety of pitas they

offered and the versatility of the pocket bread that inspired this Inspired Woman article.

Flatbreads, such as the middle eastern pita, seem to be a part of every culture. Think of the places these breads and crackers will take you on a gastronomic world tour – tortillas, lefse, flatbread, fry bread, naan, roti, focaccia, lavosh, pizza, kisra, and cheese straws are just some of the examples.

Preparation of these flatbreads can nurture family traditions. I have fond memories of lefse-making, recipe sharing, and tip-swapping. Lefse is one of those flatbreads that is best

prepared as a family project, probably in large part due to the peeling of potatoes, and thus its preparation is often associated with a holiday when lots of people gather.

Other flatbreads, such as tortillas, are quick and easy, and consequently prepared in the home kitchen every day. Use of a tortilla press and comal greatly facilitate this process. A comal is basically a cast iron skillet without sides.

The pieces of equipment associated with making these items often acquire the status of family heirlooms and as such are passed along to the most-deserving in the next generation. My lefse stick was made by my father. My rolling pin was hand-crafted by an elderly Norwegian woodworker, and gifted to me by one of my mother's best friends. These items would both make the list of things I would grab if I had to leave my burning house in a hurry.

Flatbreads also connect us with cultures not our own. The ubiquitous pizza is a prime example. Lynne Rosetto Kasper, host of NPR's *The Splendid Table*, says the thinner and crispier the pizza crust, the better. In other words, the more like a flatbread it is, the better. Pizza Margherita, consisting of fresh mozzarella, basil, and tomatoes, is named after Queen Margherita and replicates the red,

green and white colors of the Italian flag. Dimpled focaccia bread topped with rosemary and olives is another Italian favorite flatbread.

Closer to home, what would a street fair or powwow be without fry bread or Indian Tacos? Fry bread, according to *Smithsonian Magazine*, "connects the present to the painful narrative of Native American history." Fry bread probably originated about 150 years ago when Indians were forced to relocate to reservations, leaving behind the land that had supported their staples of vegetables and beans. The government provided rations, chief among them flour, sugar, and lard, which were used to make fry bread. Because of the lack of nutritional value, along with high calorie and fat content, there are those who would like to see less emphasis on fry bread. When Heid Erdrich was writing her 2013 cookbook *"Original Local"* she considered not including any fry bread recipes. They represent an unwelcome transition to a colonial diet. But, she acknowledged, "we love fry bread" and ultimately included a recipe for Pumpkin Bangs. Bangs are the Turtle Mountain version of fry bread which she remembered her mother making for special occasions. The addition of pumpkin puree as an ingredient provides a "slightly decolonized" recipe.

I've written before in this column about my fondness for using Indian naan bread as the base for pizzas on the grill. This remains a summer staple for us. I'll stock my freezer this summer with pizza sauce using the fresh basil, oregano, and Italian parsley growing off my back patio. The naan bread pizzas can easily be prepared under the broiler in the oven all year.

My new grill favorite, however, is roti. This flatbread is from northern India and resembles a potsticker wrapper except that it is about eight inches in diameter. I've found they cook up wonderfully on a preheated grill pan (or Mexican comal!) on the grill. Only a minute or two on each side yields a slightly golden and gently puffed bread. It is the perfect wrapping for a brat as it holds your condiments without adding all the bulk, calories, and carbohydrates of a typical bun.

Many flatbreads are made from grains other than wheat providing options for those who have gluten sensitivities or intolerance. A little thinking outside the box in terms of their uses will provide many interesting options.



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

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Sweet and Sour Meatballs

Meatballs

- 1 egg
- 1 C dry bread crumbs or cubes or 3 slices white bread torn in small pieces and 1C milk
- 1½ lbs ground beef
- ¼ minced onion
- 1 tsp salt
- ½ tsp dry mustard
- ½ tsp celery salt
- ¼ tsp pepper
- ¼ tsp sage
- ⅛ tsp garlic (optional)
- 1 Tbsp Worcestershire sauce

Prepare and cook meat balls; remove from skillet and keep warm . Drain off fat.

Stir reserved pineapple syrup, vinegar and soy sauce into skillet. Mix cornstarch and sugar; stir into syrup mixture. Cook, stirring constantly, over medium heat until mixture thickens and boils. Boil and stir 1 minute. Add pineapple tidbits, green pepper and meatballs; heat through.
(6-8 servings)

From the Kitchen of Mary Ann Foss

Sweet and Sour Sauce

- 1 can (13-14 oz) pineapple tidbits
- ⅓ C vinegar
- 1 Tbsp soy sauce
- 1 Tbsp cornstarch
- ½ C brown sugar (packed)
- ⅓ C chopped green pepper

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TOUCH





A few minutes with **Kristen Hadeed** 2014 Women's Business Summit Keynote Speaker

by Laurie Morse Dell

For Kristen Hadeed, entrepreneurship started with a pair of jeans – the desire for a pair of jeans that is. Eyeing some expensive denim as a young college junior, Kristen asked her parents for a loan, but they laughed and told her to get a job.

Instead, she started her own company. Everyone around her told her that it was impossible but she was determined to prove them wrong. And she did.

Just five years later Kristen now has two locations of Student Maid and more than 400 employees during peak seasons.

Kristen is the keynote speaker for the 2014 Women's Business Summit so we asked her for a sneak peek into the rest of her story.

Q. The last thing on the minds of most college students is cleaning or running a business, how did this all come about?

A. I put an ad on Craigslist, cleaned one house, and bought the jeans. I thought that would be the end of the story but it was just the beginning! That client ended up telling her neighbor about me and that neighbor told a friend and so on and so forth. It wasn't until my college graduation--when I had 75 employees--that it hit me this was a "real business."

Q. Did you seek out any mentors?

A. Absolutely. Mentors are so important when it comes to growing personally and professionally. A mentor doesn't have to be in your industry but it's important that they value the same things you do. My mentors have all built companies where people and the culture are #1--something that I value very much and make a priority in my own company.

Q. What was the biggest obstacle for you to overcome?

A. My age. One time in particular someone said to me "Can you pass this along to your boss?" His reaction when I said "I am the boss!" was priceless. I also had to work a lot on my self confidence. I learned that in order to overcome any obstacle you have to get comfortable being uncomfortable. That's the only way you will grow and overcome it.

Q. We know jeans were your initial motivation, but what motivates you today?

A. Believe it or not I am not inspired by dusting! I am motivated by creating a culture that impacts our employees and gives them an opportunity to grow and become better people. I love our culture at Student Maid because it really empowers our employees and gives them the tools to transform into a real leader at work, on campus, and in our community.

Q. What are you most proud of?

A. I base our success on our employee retention rate. People are what make a company. If you don't have happy and engaged employees, you definitely won't have happy customers. Student Maid has an average employee retention rate of 2.5 years, compared to the industry average of only a couple of months. I am very proud of this number.

Q. What's your secret weapon to help run your business?

A. This might be a little biased, but it's an app that we actually created ourselves! It's called MaidSuite and it streamlines everything from scheduling and invoicing to customer and employee management. We are excited to offer it to other companies and help them grow and run more efficiently.

Q. This issue is about wellness, what is your philosophy on wellness and how does that play a role in your business?

A. I think that in order to be your best at work, you have to be your best at home. If you have time to go to a meeting, you should have time to go to the gym for 30 minutes. You just have to schedule it. I also pick a cut off time each night and after that time I don't check emails. It's very important to stay balanced and healthy in order to be your best.

Q. What can attendees of the Women's Business Summit expect to hear from you?

A. I will be sharing my story and my failures, but there are four very important lessons that I learned along the way: Vision, Values, Tough Love, and Relationships. I believe that if we can master and truly understand these four things we can be hugely successful in our personal lives and in the work that we do.

The Women's Business Summit is October 12-13 in Bismarck, visit ndwomensbusinesssummit.com for more information on attending.

Laurie Morse Dell is the Marketing Coordinator at the Center for Technology and Business.

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Please go to myNDarts.com for more details on these and other events. myNDarts.com is a free website for those listing events and for those looking for something to do. It's North Dakota's guide to Arts and Culture. If you have questions, please contact Eileen at dwac4arts@hotmail.com.

August 2014

August 1

Traveling Troup: "The Merry Wives of Windsor"
| Eckroth Plaza | 7 pm

Arch Allies with ZZ-3
| Bismarck Civic Center

Capital A'Fair | Sponsored by Bismarck Art Gallery Association (BAGA) | 130 Art & Craft booths | North Dakota State Capitol Grounds

Nigel Egg (Minneapolis, MN)
| Laughing Sun Brewery

August 2

Tribute to Lawrence Welk Benefit Concert | Bismarck Civic Center

Firehouse and SteelHeart
| Bismarck Civic Center

Traveling Troup: "The Merry Wives of Windsor"
| Capital A'Fair | Heritage Center Auditorium | 2 pm

The Levvee (local blues powerhouse) | Laughing Sun Brewing Co.

August 3

Traveling Troup: "The Merry Wives of Windsor" August 4-8
Capital A'Fair | Heritage Center Auditorium | 2 pm

August 4-8

"FRANCE" | Theo Art School Camp (701-222-6452)
| Sign up for ALL DAY (Mon-Fri, 8:00 am - 5:30 pm) | Half Day (1:00 am - 5:30 pm) or Half Day Horse Camp

"FRANCE A LA' MADELAINE"
| Theo Art School Preschool Mini Art | Ages 3-5 | Weekly Morning Session 9am-11:30am | Weekly Afternoon Session 1:30pm-4:00pm

August 5

Traveling Troup: "The Merry Wives of Windsor"
| Lincoln School | 7 pm

"Soufly" | Mysteria Theater
| Mandan

Kid's Music Days at Custer Park
| With Kittyko and Northern Plains Dance | 12 noon - 1 pm
| Custer Park

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

August 5-7

Prima Ballerina Dance Camp
| Ages 3-5 | Northern Plains Dance

Break it Down: Hip-Hop Dance Camp
| Ages 7-10 | Northern Plains Dance

TinkerBell's Pixie Dust Dance Camp
| Ages 3-5 | Northern Plains Dance

August 5-29

Third Annual Square Foot Exhibit | Bismarck Art Gallery Association (BAGA) | Entries from 22 states | Audrey Bauer Exhibit in Member Gallery

August 6

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

Traveling Troup: "The Merry Wives of Windsor"
| Mandan High School | 7 pm

August 7

Brian McCraw (local singer/songwriter extraordinaire)
| Laughing Sun Brewing Co.

Urban Harvest | Downtown Bismarck | Entertainment, food, market, vendors

Traveling Troup: "The Merry Wives of Windsor"
| Eslinger Yard | 7 pm

August 7-10

"Little Red Riding Hood" | Shade Tree Players | Dakota Stage
| Downtown | Thur-Sat 7 pm
| Sunday 2 pm

August 8

Traveling Troup: "The Merry Wives of Windsor"
| Former Governor's Mansion | 7 pm

August 8-August 31

Artist Trading Cards at BDAC
| An exhibit that features work by full and supporting members in trading card size: 2 1/2 x 3 1/2 inches

August 9

Traveling Troup: "The Merry Wives of Windsor" | High Prairie Arts and Science Complex
| 3:30 pm

Cotton Wood Bluegrass Band
| Bluegrass goes PINK | Cross Ranch State Park | 3pm - 5K FUN walk/run trail race | 5pm - free-will offering supper | 7pm - concert | 315-0017 or cottonwoodbluegrass.com for more information

Prairie Meddlers (local folkies)
| Laughing Sun Brewing Co.

August 10

Jonny Lang | Bismarck Civic Center

August 11-15

"SPAIN" | Theo Art School Camp (701-222-6452)
| Sign up for ALL DAY (Mon-Fri, 8:00 am - 5:30 pm) | Half Day (1:00 am - 5:30 pm) or Half Day Horse Camp

"ART WITH 'ASH' THE PUPPY"
| Theo Art School Preschool Mini Art | Ages 3-5 | Weekly Morning Session 9am-11:30am | Weekly Afternoon Session 1:30pm-4:00pm

August 11

Tim Fast (Minnesota singer/songwriter) | Laughing Sun Brewing Co.

August 12

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

Kid's Music Days at Custer Park
| With Kittyko | 12 noon - 1 pm
| Custer Park

August 12-14

Rapunzel's Tangled Dance Camp
| Ages 3-5 | Northern Plains Dance

Monster High Dance Camp
| Ages 7-10 | Northern Plains Dance

August 13

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

August 14

McMahon Brothers (local sweet harmonies) | Laughing Sun Brewing Co.

Urban Harvest | Entertainment, food, market, vendors

August 15

"Alice in Chains with Monster Trucks" | Bismarck Civic Center

Ivory Pages (local blues trio)
| Laughing Sun Brewing Co.

"Soulja Boy" | Bismarck Civic Center

August 16

HarmonyFest | Local Bands, Food, Brew Beer and Fun
| 1-7 p.m. | Custer Park

North Dakota's 125th Celebration | Capitol grounds
| Entertainment, food, fine arts and games | Tigirlily, Chuck Suchy, The Burning Hills Singers, The Blenders, Mitch Malloy, Robby Vee, Jessie Veeder, Dakota Air, Keith Bear, Kevin Locke and Greg Hager

O'Fosho (Fargo jam and funk)
| Laughing Sun Brewing Co.

August 18-22

"ITALY" | Theo Art School Camp (701-222-6452)
| Sign up for ALL DAY (Mon-Fri, 8:00 am - 5:30 pm) | Half Day (1:00 am - 5:30 pm) or Half Day Horse Camp

August 18-22

"LET'S GET THE pARTY STARTED! | CELEBRATING WITH VINCENT VAN GOGH"
| Theo Art School Preschool Mini Art | Ages 3-5 | Weekly Morning Session 9am-11:30am | Weekly Afternoon Session 1:30pm-4:00pm

August 19

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

August 19-21

Princess Sofia's First Dance Camp | Ages 3-5 | Northern Plains Dance

Monster High Dance Camp
| Ages 3-5 | Northern Plains Dance

Back to Ballet Camp | Ages 7-10 | Northern Plains Dance

Dance Team Skill | Age 11+
| Northern Plains Dance

August 20

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

August 21

Xerxes Palomino (Minneapolis rockers) | Laughing Sun Brewing Co

August 22

Johnny Azari (Delta Blues and more from NYC) | Laughing Sun Brewing Co.

August 23

Cotton Wood Bluegrass Band
| Playing with Preston Schmidt

Dick Contino in Concert
| Opening Act - Chick Suchy
| 7:00 pm | Mandan High School Auditorium

BSC 75th Anniversary Celebration at the Bowl

August 23

Golden Ratio (local lady trio)
| Laughing Sun Brewing Co.

Bismarck State College 75th Year Celebration & All School Reunion | MDU Bowl

August 25-29

"AFRICA AND MADAGASCAR"
| Theo Art School Camp (701-222-6452) | Sign up for ALL DAY (Mon-Fri, 8:00 am - 5:30 pm) | Half Day (1:00 am - 5:30 pm) or Half Day Horse Camp

"ALL ABOARD THE ART TRAIN" | Theo Art School
Preschool Mini Art | Ages 3-5
| Weekly Morning Session 9am-11:30am | Weekly Afternoon Session 1:30pm-4:00pm

August 26

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

Roe Family Singers | w/ Falcon Brothers (Minneapolis old timey/ local family) | Laughing Sun Brewing Co.

August 28

Liza's Finger (Blues project w/ Bob Tekippe) | Laughing Sun Brewing Co.

August 30

Lost Horses (local cowboy band)
| Laughing Sun Brewing Co.

August 31

Cotton Wood Bluegrass Band
Playing with Cobbler at Cross Ranch State Park | 7 p.m.
Concert | Free cobbler served by Mark Zimmerman | ND State Park Director

September 2014**September 1**

Band of Lovers (California indie duo) | Laughing Sun Brewing Co.

September 2

Frog Holler String Band
| Laughing Sun Brewing Co.

September 2-27

New Exhibit at BAGA | Bismarck Art Gallery Association (BAGA)
| Main Gallery Exhibit: Ellen Diederich's Paintings & Robin Reynold's Pottery | Member Gallery Exhibit: Colette Wieland

September 3

Anonymous Phenomenon
| Laughing Sun Brewing Co.

September 4

Ivory Pages (local blues trio)
| Laughing Sun Brewing Co.

45th Annual United Tribes International Pow Wow
| United Tribes Technical College

September 6

Parade of Champions | The event highlights American Indian culture from those attending the United Tribes International Powwow

Awesome Antlers! Animal EdVenture | Dakota Zoo
| 2-4:30 p.m. | ages 5-7
| Pre-registration required | Contact: 701-223-7543 or visit dakotazoo.org

Boreal Gardens (local trend setters) | Laughing Sun Brewing Co.

September 7

Mark Chesnutt | Bismarck Civic Center

September 8

La Fin Absolute du Mond (San Francisco indie) | Laughing Sun Brewing Co.

September 8-October 18

Papa's Pumpkin Patch | Check their Facebook page for Details

September 9

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

September 10

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

September 11

Ben Suchy (local hero)
| Laughing Sun Brewing Co.

Pride of Dakota Day

September 12-13

North Dakota State Capitol 41st Annual Downtowner's Street Fair | Downtown Bismarck

September 13

Machine Gun Kelly & Friends
| Bismarck Civic Center

Amazing Race for Courage
| Sertoma Park | 8:30-11:30 am
| Support Dakota Children's Advocacy

The Levee (local blues) | Laughing Sun Brewing Company

September 16

Frog Holler String Band (Swing and blues every Tuesday) | Laughing Sun Brewing Co.

September 17

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

September 18

McMahon Brothers (local sweet harmonies) | Laughing Sun Brewing Co.

Five Finger Death Punch & Volbeat
| Bismarck Civic Center

September 19

Kroll's Diner Marathon
| Bismarckmarathon.com

Doc McLean (Canadian blues legend) | Laughing Sun Brewing Co.

September 20

Boreal Gardens (local trendsetters)
| Laughing Sun Brewing Co.

AutumnFest Parade
| 10:00 a.m.

September 20-21

AppleFest | BuckStop Junction
| 11 a.m. - 6 p.m. Saturday
| 11 a.m. - 4 p.m. | Benefits Bismarck Cancer Center Foundation

Fine Arts Festival
| First Presbyterian Church

September 21

Cotton Wood Bluegrass Band
| Apple Fest at Buckstop Junction | 2 - 4pm | Bismarck Cancer Center Foundation fundraiser

September 22

Zac Shaffer (Nashville singer/songwriter) | Laughing Sun Brewing Co.

September 23

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

September 24

Anonymous Phenomenon (local supergroup every Wednesday)
| Laughing Sun Brewing Co.

September 25

Br'er Rabbit (Portland folkies)
| Laughing Sun Brewing Co.

Fall Parade of Homes

September 27

Designer Genes Buddy Walk
| 10 a.m. - 1 p.m. | North Dakota State Capitol

Museum Day Live | Gateway to Science | 10 a.m.-5 p.m.

OktoberFest | Dykshoorn Park
| Mandan | 11:00 a.m. - 10 p.m.

Historic Walking Tour of Downtown Bismarck
| Camp Hancock | 1 p.m.

Ben Suchy (local hero)
| Laughing Sun Brewing Co.

Day of Percussion | University of Mary

September 30

Frog Holler String Band (Swing and blues every Tuesday)
| Laughing Sun Brewing Co.

STOP HUMAN TRAFFICKING

North Dakota's oldest dedicated anti-human trafficking program is also one of the oldest contemporary human trafficking programs in the United States.



*Just because
she isn't saying no...
doesn't mean she's
saying yes.*

The "Institute for Trafficked, Exploited & Missing Persons" (ITEMP) was founded by Bismarck-native Patrick Atkinson in 2001 as a sub-program of the North Dakota-founded GOD'S CHILD Project specifically to prevent, identify, track, rescue, and rehabilitate victims of human trafficking regionally and worldwide.

*Don't be that guy
who does it.
Don't be that woman who
doesn't report it.*

Since then, ITEMP has also expanded into assisting prosecutors in obtaining courtroom convictions against human traffickers, and training social service and emergency personnel. Patrick Atkinson has personally given human trafficking presentations to over half a million combined audience participants on four continents, and millions more through public media, as a drive-time talk-show guest on national radio, on TV, and in the press.

*Just because
you help her home...
doesn't mean you get to
help yourself.*

ITEMP and The GOD'S CHILD Project are proudly North Dakotan and internationally headquartered in Bismarck. As programs and people, we value our families...we want to keep our children safe.

Learn what you can do to help North Dakota stay safe, and our children aware. Learn how you can help. And please share your gifts of love, time and support with The GOD'S CHILD Project and ITEMP; two North Dakotan programs that are changing our world.



Kristin Clouston and Jennifer Leingang
721 Memorial Highway * Bismarck, ND 58504
PO Box 1573 • Bismarck, ND 58502
Tel: (701) 255-7956 • Info@GodsChild.org

ITEMP.org
NDRape.org
AtkinsonCenter.org
GodsChild.org
GCPStore.com

*Sex without consent
= sexual assault*