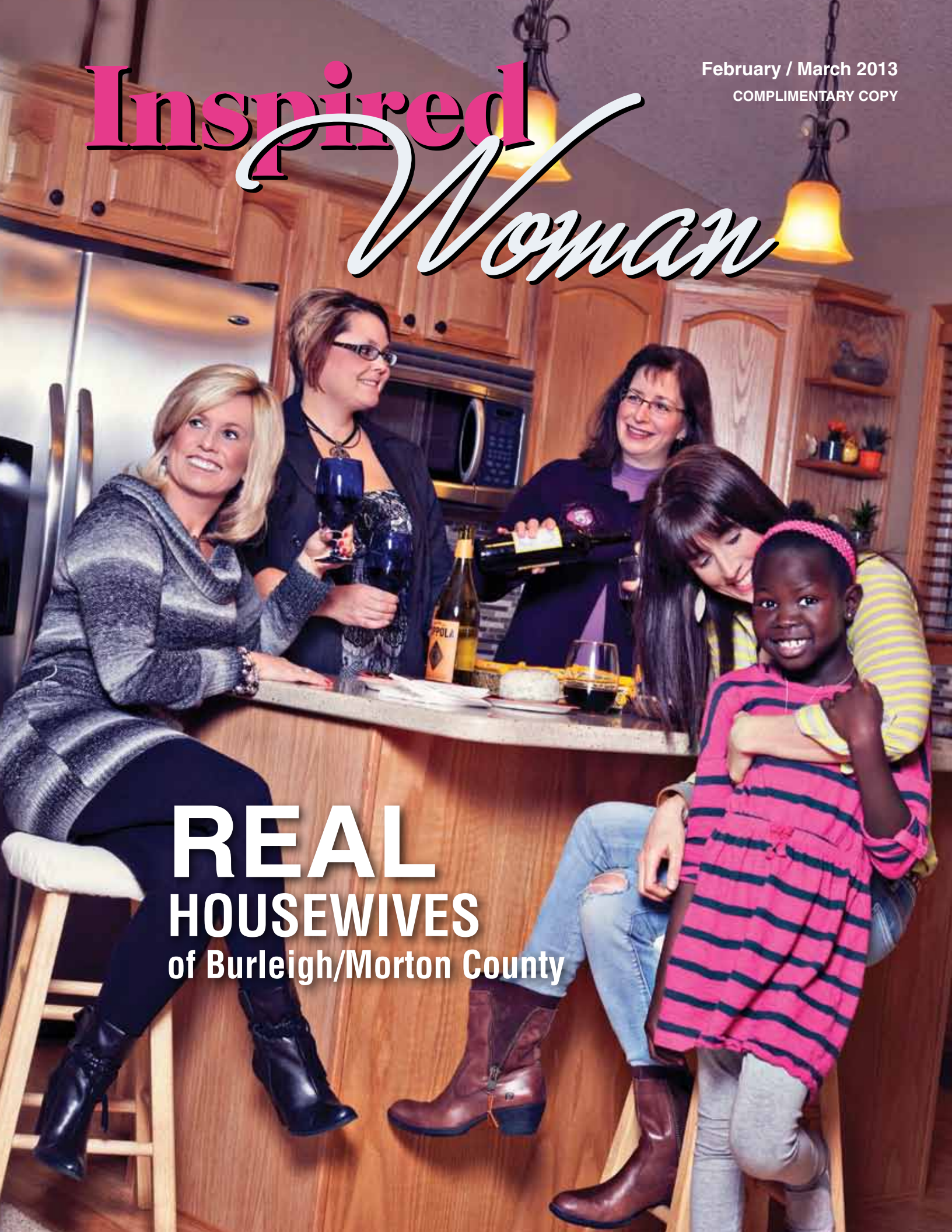


# Inspired Woman

February / March 2013

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# Inspired Woman

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

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

## Publisher

Larry and Judy Berget  
Publishing

## Editor

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## Cover Photography

Studio Elliott

## Graphic Designer

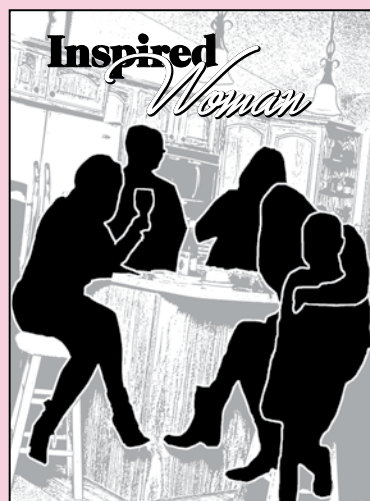
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Michelle Tait

Karen Ehrens

Kristen Gilliss

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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.

**Inspired Woman** is published six times a year by Berget Publishing.

Mailed copies available by **subscription** for \$18 per six issues. Send check to: Berget Publishing, 311 S. 8th Street, Bismarck, ND 58504.

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The **Inspired Woman** magazine does not necessarily endorse or agree with content of articles or advertising presented.

Printed by



The **Printers, Inc.**

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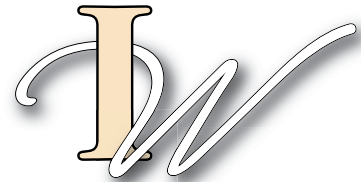
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## Editor's Notes

So many inspiring women, so little time. That is one of the reasons you may see more than one woman on the cover in some of this year's issues. I receive so many ideas and suggestions from people, it is hard to know where to fit everyone in. Lots of women on the cover is one solution.

**house.wife** *n* : a married woman in charge of a household

I feel I need full disclosure on the theme for this issue: I have never seen an episode of "Housewives". I have no idea what they do, what they look like or how they act. I do know they are not "Real".

Real housewives work their butts off trying to keep their homes somewhat clean and chaos-free. They help with homework, do laundry, make dinner, sew on buttons and prepare tomorrow's lunches - all at the same time.

Many years ago, the majority of housewives were stay-at-home moms. Today, most of them work outside the home. I gathered a nice cross-section of real housewives to hear how they find balance in their busy lives: Michelle, a business owner, volunteer and non-profit employee; Jennifer, a para educator; Karen, a self-employed consultant who works out of her home; Kristen, a stay-at-home mom and home-school teacher.

Deb

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The yearly salary a 2012 stay-at-home mom would earn (that is, if she were paid), as determined by the career-advice website Salary.com, is \$112,962. The income was calculated by combining the average wages, plus overtime, for the jobs a mom typically performs, including laundress, janitor, driver, cook, facilities manager, psychologist and CEO (of the household). The results also showed that the average stay-at-home mom works a grueling 94.7 hour week and would make an average of \$22.94 an hour.

Photo by Studio Elliott

# Real Housewives of Burleigh Morton County

## Finding Balance, Helping Others Putting Family First

by Deb Seminary

### Meet the Housewives...

#### KAREN EHRENS

**All about me:** I connect people to better health and wellness through communication, coordination, and advocacy. By being open to paths that have opened up to me, I currently: work to build awareness and donations for the North Dakota Hunger Free Garden Project with the ND Department of Agriculture; coordinate the Creating a Hunger Free North Dakota Coalition with Healthy North Dakota; work to increase access to healthier food and improved health for people in the United States as Chair of the Legislative and Public Policy Committee of the Academy of Nutrition and Dietetics;

serve on the transition team at First Presbyterian Church, where I also share my flute music; teach cooking classes with my husband; am a public media supporter and Past Chair of the Board Chair for Prairie Public; and have wonderful friends in the community and across the country.

**Married to:** Duane Ehrens

**Children:** One daughter, Emily.

**What is your biggest challenge every day?** Focusing in on one priority; there is so much to address in working to make our state a place where people can make healthier choices.

\*\*

Karen was working for the Department of Public Instruction (DPI) and her husband was a traveling food salesman when their daughter was born. Both jobs involved travel and it was not working out at all. Within just a few months Karen quit her job and began doing projects for the DPI, as an independent consultant, teaching classes and then got more project opportunities through the Department of Health.

As a result, Karen took her daughter along to many meetings, gardening, cooking classes and volunteer opportunities when she was young. "Every year my business is growing," she said. "I am really grateful for being able to do what I do from my home, because I can be there for my daughter when she gets home from school."



*The Gilliss family*

#### KRISTEN GILLISS

**All about me:** I'm a mom to 5 precious kids and a wife to one amazing guy, living our lives for Christ.

**Married to:** Kasey

**Number of Children:** 5

**What is your biggest challenge every day?** Homeschooling our children well.

\*\*

Kristen and her husband Kasey have two biological and three adopted

Photo by Lyra Lee Photography





*The Tait family*

children. They had talked about home schooling for several years and last fall made the decision to jump in. "It is challenging, but rewarding, too," said Kristen. "We are using a Christian curriculum and everything is intertwined with God's word. We all love it."

## JENNIFER PLADSEN

**All about me:** Even though I was born in Grand Rapids, MN and attended the University of MN, I feel that I am a native North Dakota gal, after living in Bismarck for almost 10 years. My professional background is in sales but I "turned in my pumps" to stay at home with our two boys before they started school. Once they went to school, so did I. I have been with the Bismarck Public Schools since 2005 as an Instructional Aide. My current job at Solheim Elementary allows me to work with children with special needs. In addition to my "day job", my husband and I are also licensed foster parents and have had the opportunity to have some wonderful children share our home over the last four years. My life is not all about me, it's what I can do for other people.

**Married to:** Glenn Pladsen

**Number of Children:** Two boys, Isaac (15) and Eric (14)

**What is your biggest challenge every day?** Managing my time so that everything that needs to be done, gets done.

\*\*

Jennifer and Glenn have been married for sixteen years. "We have a very busy house, people are coming and going all the time," Jennifer said. "We have two dogs and a cat. My husband teases me about trying to save the world one kitty at a time, because I have been known to take in a stray cat or two."

Both of their boys are in hockey, so they split up a lot of weekends, with one parent going with one boy and vice versa. When the

Pladsen's are caring for foster children, they just tag along!

## MICHELLE TAIT

**All about me:** I work full time at The God's Child Project. I am honored to utilize my previous experience running Toys for Tots and working at AARC as a Special Event and Volunteer Coordinator to become part of this team. Together we not only help families locally but worldwide. I also own a small business, the Memory Shack. My cousin Maranda and I had scrapbooked in a little "shack" in my backyard for years. With a passion for working with photography, we put together several custom scrapbooks for family and friends. As word spread, the need for a more convenient location grew. The Memory Shack was born! I also do alphabet photography. I take pictures of things that look like letters so people can spell their first name, last name, business name or sometimes something inspirational like, 'believe'. We are now located at 311 East Broadway, downtown Bismarck.

**Married to:** Unfortunately divorced, which hasn't made any of this easier.

**Number of Children:** Two, unless you count my dogs then the number jumps to four. (They are family, too!)

**What is your biggest challenge every day?** Every day I wake up thinking I need to help whoever I can, however and wherever I can. There are only so many hours in the day. Sometimes it breaks my heart to not be able to help everyone. However, you have to prioritize to make sure you are not putting you and your family behind the needs of someone else.

\*\*

Michelle calls herself the 'Queen of Busy' and said it is all about balance and prioritizing. She explained how hard it was when she was tied to a desk job until a couple years ago. "My son has always struggled with asthma. I almost lost my job a few times, but what do you do when your kids call, especially when my son would have an asthma problem. You have to work to put food on the table, but you have to be there for your kids, too."

Michelle has been told she has 'Save The World Syndrome'. "I decided I am going to embrace that and help everyone I can," she said.



*The Pladsen family*



# Conversations ...

**Editor's Note:** *These four women had never met before we sat down to chat. Watching the interaction and networking that happened in thirty minutes was amazing. They connected through mom stuff, business opportunities and household challenges.*

*And, I did not realize it until we sat down together, that all of these women really put an emphasis on 'family first'. They have made career and life choices that allow them to be there when their children need them.*

*These questions were answered via email and expanded upon during our time together.*

## How do you balance work, family, husband time?

Kristen: Well, most of our days consist of family time...we are a pretty close knit family, which we love, but it's also important to take the time to spend one on one time with your spouse. We definitely look forward to a night out once in awhile.

Jennifer: I feel like I wing it a bit each day. We look at our calendars and kid's activity schedules the night before and plan a strategy for the next day. Sometimes it works as planned, sometimes it doesn't. We try to do as many things as possible as a family as the time before our boys head off to college is becoming short. My husband and I get whatever time is left over, which isn't always as much as we would like.

Michelle: I include my kids in every aspect of my life. My nine-year-old daughter knows how to do almost everything down at "The Shack" and I bring her to all the work-related events I can. She was an infant when I started coordinating Toys for Tots and was there each and every year while we were sorting toys, getting donations, and distributing them to the families. My son, who is 17 now, was also there. He may not have enjoyed it quite as much, but was there and helping others nonetheless. I feel that I have spent

quality time with my kids to teach them the value of helping others while being together as a family as well. I have tried to teach them that if you can help, then you should.

Karen: By working from home, waking and working in the early morning, when my energy is at its peak. Since I start early, I can most days finish by the time my daughter is done with school. My husband, Duane and I discuss food and cook together nearly every day, and we teach cooking classes. Sometimes our daughter helps with cooking classes, too.

## Do you make time for yourself every day/week?

Jennifer: I try to take time for myself but it is dependent on family and work obligations. I tend to have a difficult time saying "No", so I get pulled into volunteer work frequently. I try to get to the gym at 5:00 am, because that is the only time I have, but it is hard.

Michelle: Yes, I have learned that you have to stop and take time for yourself. You must take time to recharge your mind, body, and soul.

Karen: Walking outdoors with my dog is where I find time for myself each day.

Kristen: Each night after the kids are down for the night, I take time to read, relax in the hot tub, visit with Kasey about each other's day and we hope, dream and wish together.

## What do you do for yourself, or what do you wish you could make time for?

Michelle: A good friend of mine says that there are two kinds of people in life – apple givers and apple takers. I am an apple giver. We often don't realize our apple bucket is running empty because we are so busy giving them away to people who need them. I make

sure that my social circle includes other apple givers to refill my bucket. Of course I take the time to refill theirs whenever I can. It also shows how important it is to surround yourself with friends and family that are a positive influence in your life.

The other thing that is food for my soul is music. I love all kinds. I can sit down and listen to some good tunes or strum a few songs on my guitar and feel totally at peace in my own world. My kids love music as well and this often ends with my daughter singing and dancing around the living room, in some outlandish outfit with a pair of my shoes that are much too large for her.

Karen: I have long-time friends from Minot and more recent friends in Bismarck. Spending time with friends is something really wonderful that I have in my life. I wish I had time for dance classes.

Kristen: As I mentioned before, I love reading a good book...the latest was "Love Does" by Bob Goff. If you want an encouraging, inspiring, real read, I highly recommend it!!

Jennifer: I exercise and stay in touch with my girlfriends. I have high school friends, the Grand Rapids Girls, (the GR girls) and we get together once a year. If I could find more time, I would like to get good at photography since I love taking pictures.





*The Ehrens family*

## If you had a magic wand, what is the one thing you would wish for that would make your life easier?

Karen: Someone to help keep my house clean!

Kristen: Oh gosh...this is a hard one for me. Hmmm...easier. I don't want easier.

Jennifer: I would wave the wand and make each day longer. This would give me more time to do both what I have to do and what I would like to do.

Michelle: I would wish that I could instill my positive attitude and hard work ethic in as many other people as I could. This would be a great way to "pay it forward" as they say. If I was to be selfish but only for a moment, I

would wish for financial freedom. As a small business owner in today's world every day is a constant struggle wondering if you can pay your bills and then yourself. I would buy a home for my family so we could have a place to really call our own. And then, you guessed it, I would continue helping whoever I can, however I can, wherever I can.

## Do you see yourself doing the same thing in five years?

Kristen: I do. I love being a wife & mother. Obviously, in 5 years my days might look a bit different, kids growing up, more activities. If I'm still doing what I do now in 5 years, I would consider myself a pretty lucky woman.

Jennifer: In five years, our youngest son will be graduating from high school so I see my life changing. Right now I am focused on enjoying the next few years with them both in the house.

Michelle: Absolutely, I believe I was put on the earth to help others so I will always be doing that in some way, shape or form. Business wise, I love photography in all aspects. I love to take the photos and put them into a book to preserve memories. I love the alphabet photography. Taking these photos has brought on a new challenge to my business that has grown and become very successful.

Karen: My work is constantly evolving, but I think I will still be working toward my mission... "Connecting people to health & wellness through communication, coordination, advocacy, and food & nutrition."

## Are you planning for an empty nest, in other words, will you have something to do when your kids leave the house?

Jennifer: Today we travel with our kids for their sporting activities, once they leave, we plan on continuing to travel, but to the destinations of our choosing.

Michelle: When my kids leave the house I will still be actively involved and supporting them in whatever it is they are doing. I hope to be able to travel more, as I love to do that.

Karen: Definitely! I am a life-long learner, so I look forward to continuing to read and learn. I look forward to continued public service and volunteer opportunities.

Kristen: That hasn't even entered my radar yet...ha!! Maybe I should start thinking about this!!!



*Deb Seminary is the editor of Inspired Woman.*

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# Women Connect in Western North Dakota

by Jessie Veeder

Kristi Casazza gets up from the table to rock her 6-month-old son. It's 2:00 on a Monday afternoon and it's time for his nap.

"Just give him a moment, he'll fall asleep," she says softly as her friend Sandi Sanford offers her help and I ask her what it's been like to be a new family in Boomtown. We're in Sandi's home and outside her window the street is quiet and the sun is warming up a blanket of snow in her front yard. As Kristi talks, Sandi pours her a cup of coffee and warms up some water for MaryAnn Minatra, an Alaska native who is embarking on her second winter as a resident of Watford City. "Everybody's heard about this," said MaryAnn. "As soon as I say, 'North Dakota,' everybody knows what I'm talking about."

Kristi, the mother of four young boys, knew what it meant when her husband, Luke, the owner of a concrete construction company, suggested moving the family from their hometown of Kalispell, Montana east to North Dakota. It meant work. And it meant prayers for strength to help make the right decision for their family "I prayed for joy," said Kristi. "Three days later I woke up and I felt ready. I said, 'let's do it. Let's go to North Dakota.'"

Kristi's prayers for clarity were answered when her husband crossed the Montana/North Dakota border



*Women gather to sing before the Women's Connect Meeting*

and he received three different phone calls regarding job leads. Two years later the Casazza's are settled into a new home and finding their way in a community bursting at the seams. And while Kristi admits it wasn't an easy transition at first, she says the warmth and caring of other women helped her find her place.

MaryAnn nods her head as she remembers her own struggle to feel connected in a new community. With four grown daughters and a home in Alaska, MaryAnn moved with her husband to North Dakota hoping they would soon return to their home state, but the wave of employment opportunity has kept the couple in Watford City, first in an RV, and now in a mobile home in a man camp that MaryAnn's husband co-manages. "I spent eight to ten months just waiting and biding my time until we left," said MaryAnn. "It was a bad attitude and it was wasteful." But MaryAnn, an author with 15 years of experience in ministry,

had much to offer her new community and she looked to her church for inspiration. "I would go to church on Sunday and wonder how long am I going to sit here," she recalls. "I knew there were all of these men here and that they had wives and girlfriends with them. There were women coming here to work too and I wondered, what is going on for them?" It was from that question that MaryAnn approached other women in her church to form Women Connect, a group dedicated to helping women find fellowship, encouragement and support within the community.

The non-denominational organization was founded in September and although it's new, it has blossomed, with anywhere from 12 to 25 women meeting on Wednesday evenings in the Assembly of God church. "We have women of all ages and all walks of life," said Sandi, who grew up in the area and moved back with her husband and Watford City native, Brent, eight years



ago to raise her family and help their community deal with changes. "This group really gets down to the nuts and bolts of the heart."

The women of Women Connect understand that the isolation of raising children or starting a new job miles away from family can be harrowing, so the group reaches out by providing childcare during their meetings and a safe and open spot where friendships can be formed and confidence can be restored. "Women can make a home, find the Laundromat, go to the grocery store and care for their family, but it's not enough," said Sandi. "Women need friends."

Beyond the meetings that focus on devotion and spiritual health, Women Connect is invested in nurturing the community as well.

This Christmas the group got together to bake, decorate and deliver over 100 plates of cookies to residents in need of a little holiday cheer. "The idea was to deliver cookie plates to women with families," said Sandi, who made phone calls to area man-camps, local companies and other housing facilities to get the proper contacts. She was surprised when her conversations revealed that their Christmas gift might better serve working men struggling through the holiday spent away from their families. "One manager of a crew-camp told me, 'You know, I have some men that are really struggling here. One just lost his wife, another his daughter. They would really appreciate something like this,'" said Sandi. "When I delivered those cookies, they were overwhelmed. One man had tears in his eyes as he thanked me."

It's the simple acts of taking care of one another that is the heart of Women Connect, and MaryAnn hopes that with a little creativity they can spread their wings further. "My hope is that a ministry comes from this," said MaryAnn, who is throwing around the idea of hosting a book club in the local Laundromat, an activity that will help women bond with one another in the hustle and bustle of their every day lives. "When you look at all that needs to be done you can get overwhelmed, but there are so many opportunities

to do our little bit." However, Women Connect is not the only women's group doing their part in Watford City.

The local branch of Mothers of Preschoolers, or MOPS, focuses on encouraging mothers and building female relationships while taking care of their community. Recently the organization has been collecting donations of winter clothing to be distributed to children and families who arrived in the area unprepared for the harsh winters. "We do it quietly," said Sandi, who is also involved in MOPS. "It seems to be a natural fit." Kristi's baby has finally fallen asleep and the conversation between three friends winds down with a few laughs and hugs. "You know, when I first arrived here I admit, I was homesick," said Kristi as she places her baby in his car seat. "But I thought, I have to put myself out there."

Tears form in the corners of her eyes as she explains how she took her baby down to the main street restaurant for lunch alone where her waitress visited with her and the hostess invited her

over for coffee and cookies. "I went to church that Wednesday, I saw that waitress and she remembered my kids' names," said Kristi. "I decided right then that I was going to go upstairs and invite every woman to my house for soup. If I was going to live in this community I wasn't going to wait for it to serve me, I was going to serve it." And so she's followed through with her mission to pay it forward, inviting families living in campers and men working away from home to stay with her family on the weekends or join them for holidays.

Because she feels she has been blessed. Because she feels at home in Boomtown.



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

A large rectangular advertisement with a blue background. On the left is a portrait of a man, Dr. Daniel J. Keith, smiling. To his right, the text reads: "Brace Yourself for a Beautiful Smile!" in large white letters. Below that, in smaller white letters: "Jespersion Orthodontics is proud to welcome Dr. Daniel J. Keith, DDS, MS". Further down: "Originally from Bismarck, Dr. Keith is excited to return home to North Dakota." Then: "To schedule your free consultation, call 701-224-1558." At the bottom, a dark blue banner says "Now open for Friday appointments". Below the banner, the website "BraceYourselfND.com" is on the left and "JESPERSION ORTHODONTICS BISMARCK | DICKINSON" is on the right.

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# The Women of the Frances Leach High Prairie Arts and Science Complex



L to R: Karen, Beth, Liliana and Amber Rae

## Liliana Norby THEO Art School

When Liliana Norby retired from the government she decided it was time for her to play. "I needed something that would allow me to drop off my daughter, Sarah, pick her up and just be a mom," she said.

The Frances had become an outlet for Sarah to go to Gateway to Science and THEO classes; she became a member of one of the choirs. Initially Norby worked part time at Gateway to Science as the communications coordinator. When Eileen Walsh left as Executive Director of THEO, she asked Norby to fill in until they could find someone to fill the position.

In early 2011 Norby was offered the job as Executive Director. She initially gave herself a year with a mission and a goal. One of the first things she did was meet with her partners at The Frances and principals at the elementary schools where THEO holds classes to see if there were any issues that needed to be resolved. There were a few, and she resolved them. "For me, it's about customer service, the kids are my customers," she said. "I love art, I want to share the love of art. I

want THEO Art School to be a nurturing environment. My priority is the kids. Every time I get an idea for a new class, camp or workshop I think, 'what would the kids like?' I also want to make sure they are learning all about art and the artists."

Then, Norby was inspired to start the THEO Art School Art Attack Camps. She decided to take advantage of Spring Break and give kids something to do. She thought maybe ten kids would sign up and ended up with thirty-five!

Then she started weekly art camps in the summer. Over 300 kids showed up. In 2012 the Art Attack Summer Camps attracted 560 kids. "They don't do art all day," explained Norby. "We have field trips and do other activities as well."

She has also started classes for adults. 'Art Uncorked' is one of the newest and very popular for ladies night out. (See more on page 25)

THEO's annual fundraiser is the Garden Walk. Norby tripled the attendance last summer by making it an actual walk – instead of driving around town looking at individual gardens, she designed the event around a neighborhood.

**Editor's note:** Every organization housed at The Frances is run by a female Executive Director. Our children and our community benefit greatly from the countless hours they put in each week. I had the opportunity to sit down with all of the women and hear about their passion for what they accomplish each day.

My favorite quote from the session: "We don't make any money, but we're happy"

Every Friday you will find Norby at Seeds of Hope, looking for all kinds of art supplies. She accepts a wide variety of donations, even old record albums. (Used to make bowls).

"I breathe THEO Art School," said Norby. "I wake up in the morning thinking, 'what am I going to do next?' My whole journey with THEO Art School has been very humbling and rewarding. I am not tired yet, I have a long ways to go."

For more information or to donate, contact Liliana at 222.6452, [theo\\_art\\_school@hotmail.com](mailto:theo_art_school@hotmail.com) or visit [highprairiecomplex.com/theo](http://highprairiecomplex.com/theo).



Submitted photos



## Karen Traeholt Central Dakota Children's Choir

Karen Traeholt was a choir director for fifteen years, and while attending regional and national conventions she would see youth choirs performing. "I always thought Bismarck would be the perfect size community to have something like that," she said.

She came up with the idea for Central Dakota Children's Choir (CDCC) when she was participating in the Chamber of Commerce Leadership program in 1998. "I took the class when I was president-elect for the Junior Service League," she explained. "Every participant had to have their own project. I planned to put together a blueprint and just hand it in."

However, while Traeholt was working on the project, surveying and contacting people, she was repeatedly asked, 'when is it starting?' She decided if she could get a board of directors together, she would take it and run. She did, she ran and CDCC was born. That whole process was an awakening for Traeholt, who admits it was not typical for her to jump right into something. "I have broken through my comfort zone many times over the years (with CDCC)," she said. "And, my daughter teases me – 'Gee mom, I never knew anyone who created a job for themselves.'"

In July of 1998 CDCC hired their first director, Teri Fay, who is currently

the program's Artistic Director and conducts the Bel Canto and Angelica choirs. The first choir consisted of 65 members, grades four through six. Today CDCC has five choirs, second through twelfth grade, with 350 students in Bismarck and recently started a choir in Dickinson for grades four through six.

Traeholt's main responsibility, and biggest challenge, is fund raising. "The challenge to raise the kind of income I have to for the choir every year is a constant battle, but it is also like a big puzzle that I like to figure out," she said. "A lot of people do a lot of good things for us."

The most rewarding part of her job is seeing the doors CDCC opens. "I can think of a girl that was accepted, one of the last to make the 5th & 6th grade choir. By the time she graduated high school she was getting many of the solos, went to college on a music scholarship and has performed some

opera. We have had a couple students that have gone into opera and we had four students from CDCC in the group Six Appeal (two currently), and they just performed at the Sugar Bowl!"

Traeholt also plays alto saxophone with the Community Band, the Wind Ensemble and helps out the Symphony when they need one. She said performing keeps the juices flowing and makes her motivated to do the best for the kids. "I have expanded my horizons far beyond what I ever expected."

To celebrate their fifteenth year, CDCC had commissioned Tom Porter to write a commemorative piece for their Spring Concert, May 17 & 18 at the Belle Mehus Auditorium.

For more information, contact Karen at: [karent@aboutcdcc.org](mailto:karent@aboutcdcc.org) or 701.258.6516. To donate to CDCC, visit their website: [aboutcdcc.org](http://aboutcdcc.org) or mail to 1810 Schafer Street, Suite 4, Bismarck, ND 58501.



## PHOTOGRAPHY WORKSHOPS *for moms!* BY studio elliott PHOTOGRAPHY

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## Amber Rae Bernhardt Dakota Stage/ Shade Tree Players

While Amber Rae Bernhardt was growing up in Bismarck she had absolutely no interest in the performing arts. In college she enrolled in theatre because she disliked sitting in lectures. "I took an acting class and realized I could go to school, have these really cool experiences, learn this craft and I never had to sit in a desk," she said. "Theatre changed me."

After college, Bernhardt co-founded Theatre B in Fargo and spent a few seasons with them. She then moved to Chicago, working in arts and entertainment PR/marketing for many years. "I came back to Bismarck to spend the summer with my grandparents before starting grad school at the University of Chicago for social work," she said. "I stayed here and got this job instead. It is fun to bring some of what I got to see and experience in Chicago, to this world."

One of the things Bernhardt has tried to do is pull Dakota Stage/Shade Tree back into a collaborative. "I didn't want to just 'get by,'" she explained. "It was more effective to open conversation and work together, to see Dakota Stage/Shade Tree as a tandem organization. The result has been cool, creative growth."

Bernhardt has also pushed to have new people involved, eliminating some of the burn out factor while bringing new ideas, new talent, and new energy to the organization.

She talked about Shade Tree: "One of the great things Shade Tree has done is to open the doors to any kid that wants to participate. We give kids a chance to grow and learn with the experience. I wish I would have known about it when I was a kid because I think I would have benefited sooner from the opportunities – as far as my confidence, teamwork and friendships. Just come and be yourself and we will accept you."

We incorporated a technical theatre program three years ago, that we hoped would attract more of the



Submitted photos

'shy' kids. There is no production at the end, but they get to design a set, paint scenery, pick out costuming, design make-up and lighting, play with the light and sound board. It has been successful, attracting boys and girls of all ages."

Funding is always a challenge but Bernhardt feels what is more important is community support. She said it is a huge challenge to encourage people to take a risk on something new.

And the rewards are many. "Getting to play for a living is its own reward,"

she said. "It is always exciting. I play for a living, I create art. And, watching people – whether it is the parents, audience members, or the performers producing the play – watching their faces and seeing that it moves them in a real way is incredibly rewarding."

For more information or to donate, contact Amber at 258.4998, [execdir@dakotastageltd.com](mailto:execdir@dakotastageltd.com) or visit [dakotastageltd.com](http://dakotastageltd.com).





## Beth Demke Gateway to Science

Beth Demke has been with Gateway to Science since the beginning. Frank Koch, an associate professor of Chemistry at BSC was the brain child behind having a hands-on science center. He started having family chemistry days and it was the positive response from those events that was the catalyst for opening up at Gateway Mall in November of 1994. "He brought together a group of scientists, one of whom was in Junior Service League," Demke explained. "The scientists put together the exhibits, sometimes literally drawing the plans out on napkins, and the Junior Service League figured out how to staff it, what hours we should be open and set up accounting – the administrative types of things. All of us were volunteers at the beginning and I was hired in December of 1995."

Gateway to Science was the first group to move to The Frances, in January of 2005. "We were kind of the lead organization in putting together a combined arts and science center," Demke said. "We knew we couldn't be in the mall for very long."

They develop most of their exhibits in-house. Some are put together in the garages of their developers, who are all volunteers. Others are purchased. Demke gets grant money and looks for retiring, traveling exhibits. When they get older, they are more affordable.

Demke wears a lots of hats, but probably the two biggest things she does are promotion and fund raising. "When Frank comes in with his plan on a napkin, I've got to know where the money is going to come from," she said.

Her position has gradually worked into full time and right now it is officially 35 hours a week. "I work more than that," said Demke. "That is the nature of non-profits. You have to have a passion for what you do, and I do, I have a passion for this. It's important to me and to our community that we raise science literacy. We need more

kids to get involved in science, math and technology and engineering. They are the problem solvers. What we do is pretty important, we are helping to train the problem solvers. Take a look at the problems we have had in our community in the past few years: the growth, the flood, road conditions. Who do they call first? They call the engineers - the men and women who know how to solve the problems."

The center hosts a lot of field trips and Demke had seen an increase in groups from out of town. "We have had groups from as far away as Minot, Dickinson and Williston," she said. "We now have 16,000 visitors a year. When we were in the mall we had about 7,000 and it is in the same amount of square footage. The plan has always been to get physically bigger. There are a lot of things we don't have in the gallery. We have real brains, but we don't have anything on oil or energy development, the science that goes on in our community. We also want something on river management, so people can try some of the theories they think might work."

And don't let the name frighten you. "Sometimes I worry with science in our name it scares people away," said Demke. "It is really all about discovery,

learning how the world works. And it's fun! The most rewarding part of my job is seeing the light bulb go on, you've seen the cartoon with the 'ah-ha'...I get to see that everytime kids are in here, and I love that. And, it's not just kids, I get to see that with adults, too."

For more information contact Beth at 258.1975 or [beth@gscience.org](mailto:beth@gscience.org). You can contribute online at <http://gatewaytoscience.org> or send donations to Attn: Beth at 1810 Schafer Street, Suite 1, Bismarck, ND 58501-1218.

**Gateway to Science and Central Dakota Children's Choir will participate in Giving Hearts Day on February 14. This is a one-day, online opportunity for donors to contribute to their favorite charities. The event is administered by Dakota Medical Foundation, and this is only the second year that Bismarck charities were invited to participate. More information can be found at [www.impactgiveback.org](http://www.impactgiveback.org).**



# Jespersion Orthodontics

## 13,000 Smiles Straightened and Counting



*Dr. Daniel Keith (left) joins Dr. Brian Jespersen at Jespersen Orthodontics, with offices in Bismarck and Dickinson.*

## JESPERSON ORTHODONTICS

BISMARCK | DICKINSON



In 2003, Daniel Keith was a student at the University of Mary and undecided about his career path. When he walked into Jespersen Orthodontics for an appointment to get his teeth aligned, he had no idea that 10 years later he would be working with Dr. Jespersen as an orthodontist himself.

"I had just started undergrad classes at University of Mary, not really sure about my major. I came in for braces and Dr. Jespersen and I started talking. He said, 'You know, you should consider orthodontics.'"

That discussion turned into a decade-long mentorship. "Really, I feel like part of his family. He has helped guide me through school and through life. It's great to be able to work with one of your best friends."

Dr. Jespersen echoes that sentiment. "Dan has worked extremely hard to get where he is today. Although he gives me credit as a mentor, he really put in the work, succeeding with many personal recognitions and achievements along the way. I'm proud of his accomplishments and glad to be working together."

Dr. Daniel Keith, DDS, MS has recently joined Jespersen Orthodontics and is helping Dr. Jespersen straighten smiles, 13,000 and counting. Originally from Bismarck, Dr. Keith was a high school and college tennis player, graduating from Century High School and the University of Mary. He attended dental school at the University of Colorado earning his Doctor of Dental Surgery degree. Following that, Dr. Keith received his Master's Degree in Orthodontics from Seton Hill University in Pennsylvania.

"It's exciting to be back home in North Dakota," says Dr. Keith. With offices in both Dickinson and Bismarck, Jespersen Orthodontics will now offer more flexible appointment scheduling options, including Friday appointments.

Dr. Brian Jespersen started Jespersen Orthodontics in 1982. Since then dental alignment has evolved with new options. "Orthodontics is not just teenagers with metal braces anymore," says Dr. Jespersen. "We have many adult patients. In fact, we've had the entire family come in for treatment, both the parents and their children."

Metal braces are still quite common and now more comfortable than ever; however, clear ceramic braces are an increasingly popular option, especially among adults. Jespersen Orthodontics also offers Invisalign™ and ClearCorrect™ aligners, which consist of removable clear trays customized to each patient's teeth.



*Dr. Keith smiles with Abby, a Jespersen patient who just got her braces removed.*

"We encourage anyone who is thinking about orthodontics to stop in and discuss options with us," says Dr. Keith, noting that all initial consultations are free of charge.

Dr. Keith takes a moment to reflect on his education and path to becoming an orthodontist himself. "I really believe people come into your life for a reason," says Dr. Keith. "I had no idea 10 years ago that I'd meet someone like Dr. Jespersen, who would give me advice and guidance that ultimately would change my career vision. I am very grateful that happened. I love my job and there's nothing better than seeing patient's lives enhanced through orthodontics."

For more information on Jespersen Orthodontics, visit [BraceYourselfND.com](http://BraceYourselfND.com) or call 701-224-1558 to schedule a free consultation.

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This gorgeous, knotty alder cabinetry blends perfectly with the flooring. The contrasting custom stain on the island makes a bold statement.

# Kitchen Envy



The black stain on this knotty alder cabinetry has been rubbed and distressed to give it a somewhat antique finish.

Kitchen design by  
Kathy Well, Well Built Homes





The rich, custom stain on these cherry cabinets gives this kitchen a warm feeling. Note the detail of the Onlay Acanthus on the hood.



Cabinetry created by Klemetson Woodworks,  
3203 East Broadway Avenue, Bismarck.  
701.223.8474. [klemetsonwoodworks.com](http://klemetsonwoodworks.com).

Photos provided by Klemetson Woodworks

# Crossing It Off Her Bucket List

by Paulette Bullinger



Paulette

The story of “the story” all begins in 2011 with a fundraiser for the American Red Cross. I was given the opportunity to attend the Red Cross Ruby Force fundraiser by a “drawing” at my place of employment, Odney. My generous employer, Pat Finken, purchased several tickets for the fundraiser which went into a “hat” to see who would have the opportunity to attend. I was one of the fortunate ticketholders!

That evening, women were given the chance to put their tickets into cleverly decorated “buckets” to win a chance to do something on their bucket list, in addition to enjoying a lovely evening of food, music and camaraderie, all in the setting of the beautiful Bank of North Dakota.

There were many great opportunities of buckets to choose from, but there was one I zeroed in on. I had a story I always thought would be the basis for a great local mystery, and had, twice, tried to give the story to other authors, but to no avail. So, I placed my ticket in a bucket titled “Express Yourself”, and I won! The bucket contained an unbelievable opportunity. I was given one year to work with Jamieson Ridenhour, a professor at the University of Mary and author of *Barking Mad* (Typecast, 2011).

I set up the first meeting with Ridenhour and explained my idea. He liked the story and told me to just start writing and he would review what I came up with. Subsequent meetings involved coaching on techniques such

as point of view and dialogue between characters. His review of the material and expert advice kept me encouraged and writing for the year.

The tale I had in mind involved a newspaper clipping from a relative I received when I was a teenager. It was from the 1912 Bismarck Daily Tribune telling of a young woman who crossed the river to a dance in a small town, but mysteriously dies there. She is just eighteen years old. The article goes on to say although there was no proof of foul play; it was suspicious that her beau did not show up at her funeral.

This was my starting point. I began thinking about all the possible suspects in such a crime. I love history, especially North Dakota history and wanted to give the reader an idea of the “way it was” in the Bismarck-Mandan and rural area from 1910-1912. I spent many hours at the North Dakota Historical Society archives reading old newspapers on microfilm. I gathered stories about local problems, such as bootlegging, prostitution, questionable politics, hardships, socializing, religion etc. to give me an idea of what my characters may have been exposed to or involved in.

I also studied newspaper ads from that time to see what kind of vehicles, clothing, medicines, farm equipment and such was in use to add descriptive narrative. I talked my husband Bob into drives along the river at sunset so I could take pictures to add descriptive detail.

I was also fortunate to have many boxes of antique pictures, an old autograph book and other old newspaper clippings that were left by family who had long ago passed away.

When I had a good amount of information gathered, I started to hand-write the story out. That got tiresome really fast. I turned to my laptop and with a folder full of articles, I just began writing. I researched common first names of the early 1900’s, for my characters, or sometimes the names would just be right in front of me. Walking downtown Bismarck one day, there was a shop named Lillian’s and across the street, a shop called Roses Forever. Lillian and Rose became my main character’s names! I also walked through old cemeteries reading headstones for dates and names.

Wandering through old cemeteries is how I decided on the title for the book. In one cemetery, there was a stone with those very words.

The story itself sprang from the newspaper clipping, but is totally fictitious. I did use many memories and hearsay tales from growing up in a small town (Huff) to enhance the story.

I am usually asked, ‘what was the most difficult part of the writing process?’ I answer that I wanted to be cautious of not offending



someone, but still be authentic in given situations. Spending time studying customs, beliefs and putting them into interesting dialogue was probably the most challenging. I also wanted to write a book that I would feel comfortable with my mother reading, so as much as the inference is there, I have no explicit detailed sexual content.

As I wrote I received encouragement from co-workers in my office. It seemed that both men and women enjoyed the beginnings of the manuscript.

When the 2012 RubyForce fundraiser date drew near, the book had been totally planned and near completion. A co-worker, Jeanne Nelson, had recently designed the cover using one of the old photographs from my collection. At that point, I thought I would simply self-publish locally. To promote the fundraiser, I was asked to do radio talk shows, and a television story. From the television story came a call to my home one evening. The lovely lady explained her son-in-law was a publisher, and she thought he may be interested in my book.

I got in touch with Ryan Christiansen from Knuckledown Press in Fargo and he asked to read my manuscript. He liked the story, had some ideas for editing, and the next thing I knew I had a publishing contract.

We worked together on the manuscript for approximately eight months. His expertise in final editing greatly enhanced the final draft. He also recommended I invite other authors to read the manuscript for "blurbs" to use in the book. I contacted Vernon Keel, author of *The Murdered Family* and Rodney Nelson, cowboy poet, most recently, *A Rancher's Thoughts on Dogs, Cows & Politicians* (2012). Both were kind enough to read the manuscript. They genuinely enjoyed the mystery and both wrote fine reviews. Ridenhour agreed to write the Foreward.

I started a public Facebook page called "Nothing Hidden" to begin to "tease" potential readers with the old photos and history that I had gathered. By the time the novel went live on Amazon, there was a nice sized group

of eager readers ready to download *Nothing Hidden*.

I have dedicated the book to the American Red Cross volunteers; my plan is to donate a portion of the book's profits back to the American Red Cross. My goal was never to become "rich and famous" from this, I just wanted to see if I could check it off my bucket list! I smile when someone tells me how much they enjoyed the book.

On December 10, 2012, Knuckledown Press released the book on Amazon.com. The book is available on a Kindle or e-reader with a free Kindle app download. A print version is planned for later release in 2013.

Turn the page for an excerpt.

*Paulette had no prior writing experience when she wrote **Nothing Hidden**. She has been on staff at Odneý for 13 years. She and her husband have a horse/cattle trailer business on the Strip and she is the mom/stepmom to seven children and five grandchildren. Paulette also puts many hours into taking care of her elderly mother.*

## Surviving & Thriving



Dr. John Watkins with Paula Goldman

Paula Goldman of Beulah discovered she had breast cancer on her 58th birthday. She received radiation treatment at the Bismarck Cancer Center and credits the staff and their state-of-the-art technology for enabling her to celebrate two special occasions every year.

*"The staff is knowledgeable, compassionate and professional. They put you at ease immediately and answer all your questions. The people there touched our lives and have become friends to us."*

  
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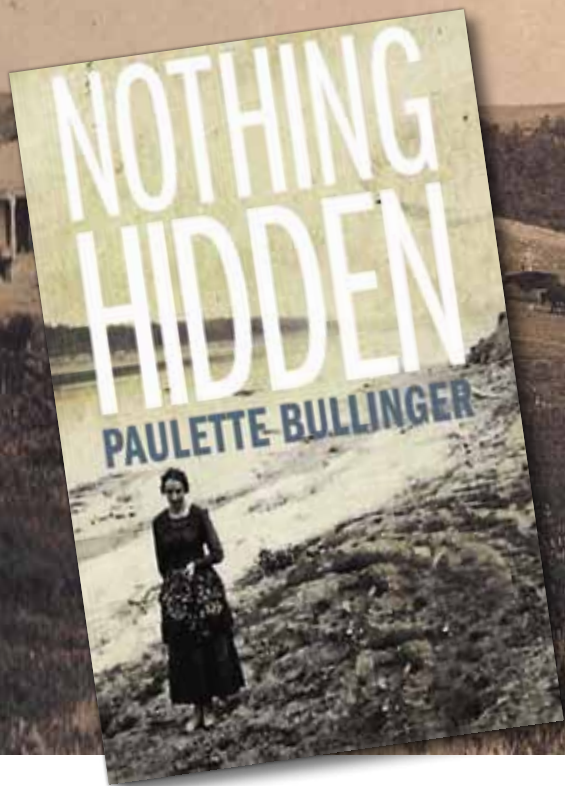


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Wedding Day  
Spring 1912



### Excerpt from *Nothing Hidden* by Paulette Bullinger

“ Lillian stepped out of the courthouse through heavy brass doors. She paused a moment to enjoy the warmth of the sun on her face. Today was the beginning of a whole new life.

She clung to Rueben's arm as they walked briskly toward the waiting black auto. The newlywed couple dodged rice thrown by their friends, and Lillian suspiciously believed that so many were in attendance only out of curiosity and for the celebration dinner to follow.

It was April 10, 1912, the Wednesday after Easter, and the date also marked the day when Lillian was supposed to be in another wedding as the Matron of Honor. Lillian was determined to make this the happiest day of her life.

However, the ceremony was far from what she had planned in her dreams. Non-existent was a lovely white wedding dress made of lace or her prayer book covered by a spray of flowers and carried in lace-gloved hands. She wore no gauzy white veil held in place by a hat with flower petals surrounding it. Gazing down at her simple black taffeta jacket and skirt, Lillian frowned at her choice of wedding dress. It was more suitable for a funeral. But remembering she

was happy, she turned her eyes toward her new husband, Rueben, who politely nodded in the direction of their guests. His mouth showed no hint of a smile, and the plain black jacket and trousers he wore were not what she had envisioned for her groom. Lillian knew he had better options to wear than what he chose. She had arranged his closet herself! And she knew that Rueben owned a wonderful formal suit with tails, pin-striped trousers, and a top hat. This vexed her, and she wanted to scowl, because she noticed Rueben hadn't even bothered with a vest.

Lillian would have preferred to have married in the church, but due to recent events, she couldn't chance waiting for a formal affair, and because of church doctrine, Fr. Logan would never marry her to a known Protestant. When all the recent scandal becomes past history, and after Rueben finishes formal religious training, they will hold a grand church wedding that will outdo any the town of St. Giles has seen in the past. She imagines her parents and Rueben's in the first pew, and her father proudly giving her away.

Shaken back to reality, Lillian agonizes about marrying without their parents' blessings or presence. The afternoon's pitiful civil ceremony was necessary to concrete her marriage and future plans. Lillian quelled thoughts of what should have been, and focused on the future. As soon as Rueben and the new Mrs. Rueben Muester would return home, they would begin to plan their family. Lillian wanted children, lots of them, and the grand, new home they'd started to build before all the trouble began was near completion. Lillian looked forward to spending their wedding night there, and she had plans for the new home, with flowers and trees and a wonderful garden.

With these thoughts, and before she would seat herself into the auto, the new Mrs. Muester turned toward Rueben for a brief kiss. He turned his head at the moment their lips would have met, and he brushed her cheek with his, whispering in her ear. Lillian prayed the flush that his words brought to her cheeks would appear to their guests as a bride's timid reaction to her lover's amorous words, instead of seething anger, which boiled inside her. ”



# Collage

# Art Uncorked

## Find the artist within

Looking for something different to do on a night out with friends? Want to make a family celebration really memorable? Paint a masterpiece!

THEO Art School has introduced a new event called Art Uncorked. Students are taught how to paint by breaking down the steps into a simple process, in a fun, friendly environment. Snacks are provided, water and soda are available for purchase or you can bring your own food and beverages to share. If alcoholic beverages are brought in, the group is limited to ages 21 and over.

Instructor Tawnya Iglehart is originally from Garrison, North Dakota. After graduating with her bachelor of fine arts degree from NDSU, Iglehart moved to Madison, Wisconsin for a year. During her time there, she became one of the instructors for Vino and Van Gogh, a program similar to Art Uncorked. Her experience has helped make the class a big success.

The class is designed for beginners. Students receive a 16x20 inch canvas plus all of the supplies they will need for the project. At the end of the night they get to take their



masterpiece home. Some of the paintings they have done to date include Van Gogh's 'Cafe' and 'Sunflowers' and Klimt's 'Tree of Life'. "Each painting is different, sometimes they are all different colors," said Iglehart. "One person even incorporated a bible verse on her Tree of Life painting (see above)."

Some of the groups that have taken advantage of the class include bachelorette parties, co-workers, a birthday party for Grandma and friends looking for a Girls Night Out alternative.

Iglehart would like to create a calendar once the classes are held on a more consistent basis and participants can choose which painting they would like to create. Right now the classes are held on Thursday evenings once or twice a month from 6:30 - 8:30 pm. Other days and times may be available upon special request. The cost is \$25 per person or \$15 per person with a group of four or more. For more information contact THEO at 701.222.6452.

*Photos by Theo Art School Staff*

# Become an Outdoors Woman

*by Nancy Boldt and Brittany Fish*



Submitted photos



If you see a group of women bundled up on a sunny, cold winter day in scarves, gloves, jackets and snow boots, you may have stumbled upon a Becoming an Outdoors-Woman winter workshop. This gathering is where women learn techniques of darkhouse spear fishing, cross country skiing, snowshoeing and tracking, winter camping, winter birding and other activities found in the North Dakota outdoors this time of year.

Each year in February, North Dakota Game and Fish's Becoming an Outdoors-Woman Program (BOW) provides the opportunity for women to participate in these winter activities through a number of one or multi-day workshops. Participants often attend with like-minded friends or they may be venturing to the workshops on their own.

As coordinators, we try to visit all of the various classes to take photographs, make sure things are going smoothly, or try to pick up a few new pointers on an activity. Many times we walk into a class and the group is laughing and smiling as they learn to take that first step on those flat, cumbersome snowshoes. The many falls in the snow remind us to let our inner child take over and just have fun.

Snowshoes are a wonderful tool to help us wander outside and see what nature is up to during North Dakota's leanest months. One may find various tracks to examine. The puzzle is trying to figure out whether they were made by an animal that hops, bounds, waddles, or walks and trots. Hoppers (rabbits) have large hind feet that are significantly longer than their front feet and leave sets of four tracks with their hind feet ahead of their front feet. Bounders (mink) have long narrow bodies and short legs, these animals crouch and jump off their hind feet. Creatures that waddle (raccoons), have short legs and heavy bodies. Lastly are the walkers and trotters (coyote), whose body length from shoulder to rump is about the length of their legs.

As we venture into another class, participants might be trying to manage the first few feet of gliding with cross country skis and learning how to make that curve in the trail without falling. Once they get in the rhythm, the women can visit on the trails and listen for birds and other animals that may be venturing nearby. Occasionally, you'll hear some laughing and giggling after a participant lost control and is trying to pull herself upright.

Other classes offered during winter months include winter camping, ice fishing, wild game cooking, pine needle beginners, winter birding, and darkhouse spearfishing. Women learn a multitude of skills they can take home for use in everyday life; continuing to participate in these outdoor activities, while passing these new skills on to family members.

Being outdoors in winter is a very different experience from being outside during summer. The weather is usually brisk, but peaceful as you walk through dormant woods or patiently sit atop the ice waiting for a fish to bite your



bait. Learning and listening for the different sounds made by wildlife that tough out North Dakota's winters remind us of their amazing ability to survive the frigid temperatures and blanket of snow.

BOW offers various one-day events throughout the year. In January we offer a darkhouse spearfishing event. Participants experience a more primitive type of winter fishing in this class. After learning the basics on how to drill holes and set up a fish house, participants get to look through a "window" in the ice that provides a wonderful view into the fish world.

Through that "window," participants deploy a fish decoy under the water to lure a predator within spearing range. It is very easy to tell when a fish swims into view as you will hear squeals of joy and cheering as they quickly unzip the door of the house and try to get the fish out onto the ice before it gets away. You may hear even more squeals if a wayward, curious muskrat suddenly appears in the ice hole, sending surprised women scrambling out of the fish house. The experience offers so many fun memories for the women to take home and share with their families.

The 2013 Winter Program is February 22-24 for the winter weekend program at Lake Metigoshe State Park. Darkhouse spearfishing was held January 26.

BOW also offers a multitude of summer and fall programs for women to get outdoors. We hold an annual weekend workshop the second weekend in August each year. This event holds many opportunities to introduce women to outdoor activities. Throughout the weekend the ladies take four sessions of classes of their choice, meet other women that enjoy similar activities, and make lasting friendships. Options are endless at this workshop as there are at least 24 different classes including: basic firearms, beginning archery, basic fishing, intro to fly-fishing, kayaking, navigation, plant identification, tracking and trapping, basic boating skills, backpacking, butterflies and dragonflies, the list goes on. In the evenings, women can choose to hike, take advantage of the equipment used during the day or just relax by a campfire.

The one or two-day events vary from year to year and are an in-depth experience of one outdoor activity. Some of the events we've tackled in the past include waterfowl hunting, fishing for catfish on the Red River, hiking and camping on the Maah Daah Hey Trail, and archery hunting.

All BOW events and registration information can be found on our website: <http://gf.nd.gov/education/becoming-outdoors-woman>. This website is updated with current programs. Winter programs usually appear mid-December and summer and fall programs are posted around mid-April.

We invite you to join us as we learn how to build a snow shelter, start a fire, or snowshoe through the woods. Come make lasting memories and have a few laughs with us this winter or summer!

*Nancy Boldt is the coordinator and Brittany Fish is the assistant coordinator of the Becoming an Outdoors Woman Program through the ND Game and Fish Department*

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# Maintaining Motivation in the Winter Months

by Kylie Blanchard

For some, the winter months hold short days, cold temps, and an exercise slump. The freshness of the New Year offers another chance to renew healthy habits, but resolutions often quickly become a thing of the past.

"The most common statement I hear is life gets in the way or something unexpected comes up at work or home that makes people fall off track," says Emily Vasey, certified personal trainer at Sanford Women's Health Center.

"I think resolutions get broken because people get bored or simply don't know what to do for exercise, or they do the same routine over and over again and simply lose interest," adds Kat VanLishout, also a certified personal trainer at the Women's Health Center. "People need to develop exercise and healthy habits into their lifestyle routine."

There are many ways to keep healthy habits growing and moving through the

New Year, and below are some tips Vasey and VanLishout shared for getting back on track and finding a way to stay active in the winter months.

## Making Healthy Habits Work

- make small changes
- develop a few healthy habits, then add more
- don't panic if you miss a workout
- have a back-up plan
- preplan meals and snacks
- always carry a water bottle
- find a workout partner
- hold each other accountable
- set goals throughout the year

"It should never be an all-or-nothing approach. It's ok to hit a speed bump along the way to health. Just remember to get right back on track and continue to make healthy changes," says Vasey.

"When it comes to exercise and nutrition think of your overall health. You want to make this a lifestyle change, not a temporary change."

The choice to live a healthier lifestyle can also impact more than the individual, notes VanLishout. "It is important to look at the big picture and not only be healthy for yourself, but also for your children and your family."

## Winter Exercise Fun

"If the weather cooperates take your workouts outside for some fresh air and fun. Enjoy the winter sports the season offers," says Vasey "I believe enjoying all the fun activities winter offers makes it easier to deal with the cold and shorter days."

She suggests winter activities for the whole family:

- snow shoeing and cross-country skiing (a cardiovascular and strength workout)



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"One of the biggest factors when playing in the cold is to dress appropriately," notes Vasey. She recommends layering a dry/wicking material with a fleece or windbreaker on top. The outdoor outfit should also include warm socks, mittens, ears or head cover, and good boots or shoes.

## Indoor Alternatives

If a person prefers to keep their workouts indoors, a gym also provides many options to stay healthy and active. "A gym membership is a great way to have accountability and a support system. Most gyms, like the Women's Health Center, offer different programs to stay active and fit during the winter months," says Vasey.

In addition, gyms provide the opportunity to:

- attend a variety of aerobic classes
- join a boot camp program
- set up one-on-one personal training sessions
- participate in an incentive program
- find a fellow member with which to be fitness partners

## Exercising at Home

"Initially, you don't have to have exercise equipment to get a good workout. You can get a high-intensity workout through body exercises such as squats, push-ups, and lunges," says VanLishout.

But, she notes, there is a variety of inexpensive equipment to use at home that takes up minimal space. These include an exercise band, stability ball, medicine ball, kettle ball, and free weights. "You can do both cardio and strength moves with each of these pieces to get a great full body workout," adds Vasey.

The trainers also offer additional tips to stay active at home:

- make exercise equipment accessible
- keep equipment in a room you use frequently
- commit to exercising while watching your favorite program.
- schedule a personal training session for an individualized home program
- purchase exercise videos

With beginning or maintaining any exercise program or activity, both Vasey and VanLishout stress the importance of starting small and sticking with the efforts to create a routine. "Life consistently changes, which means you might need to follow your backup plan," says Vasey. "Look at your schedule and decide the best time to work out for one week. After you successfully finish that week, then plan the next week."

For additional information on winter workout motivation and opportunities contact Vasey or VanLishout at the Women's Health Center at 323-6376.



*Kylie Blanchard is a local writer.*

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by Dr. Mandy Jo Dietz

I hear a lot of reasons why people may or may not get adjusted. For me, getting adjusted means I'm able to run after my almost two year old twin daughters. It means I'm sick less often, I can move without pain and sleep better, I'm medication free and I have more patience with my family. I also have better concentration, so I can keep up with coordinating five separate schedules and recover from those 5:30 am spin classes faster. Life is better and I can care for my patients better.

You might be wondering how chiropractic care can do all of this. How could getting your spine adjusted possibly affect your whole life? Simply by allowing your brain and body to communicate the way it is supposed to, by allowing your body to heal from the inside out and by giving you the advantage you need so you too, can have a healthier, happier life.

### Some common misconceptions:

#### *Spinal surgery prevents me from getting adjusted.*

Your specific circumstances will determine if you can be adjusted in that specific area. Surgery doesn't mean the rest of your spine can't be adjusted. In fact, it's actually more important to have your spine checked after surgery because it can increase your risk of degenerative diseases. A licensed chiropractor will be able to give you specific recommendations based on your medical history.

#### *It didn't work, so I won't go back.*

Getting adjusted once is like doing one sit up and expecting a six pack. If you're having pain or a health problem, it's probably been there a while, even if you just noticed it. Everyone heals differently, so your chiropractic care will be tailored to you. You don't always have pain when your spine is misaligned, so you may need to get adjusted even after the pain is gone.

#### *Once is enough.*

Getting adjusted is like brushing your teeth, showering, going to the gym or eating healthy. You do it regularly because you know what will happen if you don't. The only difference is that other people can tell if you stop brushing your teeth or bathing. If you stop getting your spine adjusted, people aren't going to smell you, but your health will decline. A chiropractor can tell you how frequently you need to be adjusted.

#### *I don't want to get addicted.*

Chiropractic care is not a luxury; it is essential to have a fully functioning nervous system. It's even more important

# Well Adjusted

## The Advantages of Chiropractic Care



than being physically active, eating healthy foods, and sleeping. When our body knows the difference, it will always crave a higher level of health. We're healthier and function better when we are doing things that are good for us, including chiropractic care.

#### *I go to my regular doctor.*

Great! While all primary health care physicians are licensed by a licensing board and required to pass national board examinations, they have different specialties. Only chiropractors evaluate the spine, identify subluxations and perform adjustments so the body can function at a higher level. It is a good idea to see both in order to fully identify any health concerns.

#### *I'm too sick for chiropractic care to help.*

When your body is experiencing various health problems, this is the most important time to get checked and adjusted. You will increase your ability to get better, faster. No health condition is too advanced to see improvement. Your body will thank you!

## How does chiropractic care work?

The brain controls everything by sending messages down your spinal cord, through nerves going to every organ, muscle and cell and back again. We live every experience through this system – the nervous system.

Chiropractic care can play a large role in our health. Chiropractors evaluate the spine, determining if subluxations (misalignments) are present. Subluxations cause pressure on nerves, altering messages and creating miscommunication between the brain and body. Having a structural shift in the spine can lead to permanent damage in as little as two weeks. This damage leads to arthritis and degenerative disc and joint disease, which can all be prevented through chiropractic care.

Adjustments are performed, moving bones back into the correct position, removing pressure on nerves and allowing the brain and body to communicate again.

Because everyday stress can cause subluxations, it is important to get checked regularly to avoid preventable damage. Physical, chemical and emotional stresses play a very important role in our health and cause misalignments. Common stressors are accidents, repetitive movements, foods, drinks, chemicals, smoking, caffeine, sugar, alcohol, lack of sleep, finances, relationships, family dynamics and much more.

You don't have to be sick to get better. Getting checked regularly corrects misalignments before permanent damage occurs.



*Dr. Mandy Jo Dietz is a chiropractor with Life Expressions Family Chiropractic.*



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# Hammers and Heels

by Rhonda Gowen

**Editor's Note:** This was an entry in the 2012 'Who Inspires You' contest.

"G-o-o-d Morning! House of Prayer. This is Sheila." My head wants to turn on the drum machine whenever I call House of Prayer Lutheran Church to speak to Sheila Hinkel about the weekly bulletin. Our ministry coordinator came to House of Prayer in November 2007, and since then she has not stopped using her creative juices to jazz up our church life.

Our first inkling of change began as a whisper. The newsletter began to put on weight. Photos, graphics, cheerful invitations for events – it was all there. To reduce printing costs, Sheila canvassed everyone's e-mail to send out the color newsletter online. She took many of the photos herself. The staff got new head shots for the display board in the entry. She records musical events so those absent or homebound can listen at home or at a later date. To save money on a sign rental, Sheila's handmade sign broadcast the Christmas services and cantata. Jan Menge, then co-chairperson of WELCA, the church women's organization, told me Sheila's craft room has wall-to-wall fabrics and 16 sewing machines – and she knows how to use them. Beautiful banners celebrate the seasons of the church year. The children's costumes at Christmastime are rich in design and contrast. WELCA had a bridal show for its banquet, an idea of Sheila's, and the Mardi Gras-themed pastor's

appreciation banquet came with a jester in a costume created by her. The church library looks beautiful with its new window treatments as does her office, where the clutter is out of sight behind a business-like drapery. We jokingly say, "We hate people like that," and then bask in the glow of her ingenuity.

In person, Sheila is not tall (she likes to wear stilettos), but she dresses smartly. Her dark hair is often fancy, my term for hair which holds its curl for more than an hour. She was once a runner-up in the Miss North Dakota Pageant. Sewing must not be a category in the talent competition.

Sheila's roots are in Bismarck and a farm 18 miles from Linton where her parents farmed grain and raised milk cows. She began sewing when she was 10 years old, making Barbie doll clothes. Her mother sewed all her clothing until Sheila was about 14 years old. She participated in local 4-H events and pageants. Sheila says, "Being in 4-H and having good, encouraging leaders made a huge difference in my motivation." Sheila has been married to her first husband, Dwight, for 42 years and has two daughters and one grandson.



*Sheila Hinkel*

Sheila has sewn a large range of projects from wedding dresses to exterior lawn items. When WELCA prepared baby kits, she sewed dozens of diapers from recycled t-shirts. While living in Fargo, she answered an ad to do the costuming for a local children's theatre production of Alice in Wonderland, which went on to rave reviews and record-breaking attendance. Her record number of garments made "overnight" was 35 garments from 11pm to 6am for delivery the next day. She once did a commercial embroidery project for a hospital, sewing and embroidering over 600 garments in one week.

Part of Sheila's success creating inspirational surroundings comes from extensive publication experience with Tupperware, the Finder of Mandan, the Yellow Pages and her own desktop publishing business "ASAP," short



for Ads Soon As Possible. "Most of my creative ideas are planted by the graphics I use in page layout," she said. "I visualize how the graphic could be used in another form to share with people. Many of my ideas come in the middle of the night. Once the idea is clearly visualized, I get up and sketch the idea on paper, so I can remember it in the morning. I subscribe to a variety of craft magazines and tag the most exciting pages that I plan to do some day."

She continued: "Objects speak to me. I try to remember key elements that would work together. They may be objects, music lyrics, colors, or incidents that tie things together. When I feel an idea has been born, I like to make an affirmative statement, 'I've got an idea', which in some cases has gotten me into trouble! Sometimes I do NOT know how I'm going to get the job done. [I] just let my knowledge of tools, fabrics and objects figure it out."

Sheila feels strongly about having visual art in any setting. "Visual effects help cultivate understanding. Some people enjoy blank, unimpressive surroundings. It gives them peace and harmony. I, on the other hand, find my creativity screams to think up a new idea, a new way of doing something."

In her position as ministry coordinator, Sheila works with many individuals and groups. "Learning about people and their past is very important," Sheila comments. "Once I find out someone used to do something, but stepped aside from it because they 'grew up,' it's time to help them recapture that past. There is amazing energy and talent that is untapped in every business. The church is no different. By keeping my ears open for clues, knowing something about a person that would be a good fit for a situation, even a simple suggestion becomes a 'seed'. Once the person accepts the facts and grabs it as their idea, the cycle of their success can begin. I like to be their cheerleader."

Sheila has been my cheerleader. Whenever I have given Sheila a volunteer's name to insert in the bulletin for special music, since I am the church organist, I expected her

to take the name, insert the name. But it didn't stop there. She would marvel about the generosity of young people using their talents, or point out how the ladies trio inspired her to sing again. Thus, she would plant little seeds of encouragement in me for recruiting volunteers, which she knows can be a struggle akin to landing a Northern pike.

Someone who exudes an attitude of service to others, who has an eternally positive attitude and who has great openness to creativity – this is Sheila. In part, these attributes grew from her upbringing and professional training. There must be something about a youth spent corralling cows and chickens or petting kittens and puppies that develops the thick skin and gentle touch required for dealing with people. Sheila also took the Tupperware customer service and attitude training program and was the Executive Secretary in the regional Fargo office for 21 years. "There can be no down days, as negatives will not be tolerated and time cannot be

wasted," she said. "There are too many exciting things to begin and fulfill to let negatives get in the way." Lately, realizing one lifetime isn't enough to bring all her ideas to fruition, she has taken the opportunity to teach beginning craft and sewing classes.

Beyond her training and upbringing, she simply enjoys bringing joy to others and seeing their successes. A true collaborator, she has the remarkable ability to foresee a project in its finished glory and to bring together multi-colored elements for its completion. Whether the project involves people or things, getting it done would require a matchmaker of sorts. We call her Sheila Hinkel, ministry coordinator.



*Rhonda Gowen is a piano instructor at the University of Mary and a clarinetist with the Bismarck Mandan Symphony and the Missouri Valley Chamber Orchestras.*



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# From the Kitchen of Lois Gregory

**Editor's Note** - Arriving to take a few photos, I was greeted by a wonderful aroma before I even reached the door. I will personally confirm these recipes are scrumptious, since we had a little sampling after the photos were taken.

If you ever shopped at Dayton's or Marianne's Dress Shop, you may remember Lois Gregory.

Lois comes from a long line of good cooks and she shared her gift often. "I would give showers for the kids down at the store (Dayton's)," she said. "And when we would put on a fashion show at Marianne's I would have a little spread down there."

Lois was also very active at McCabe United Methodist Church. She helped cook for various dinners and fundraisers, plus she was the cook for the confirmation class.

These recipes are great to make ahead of time. "I loved to entertain," she said. "A day or two before I would get my baking and cooking done, then I would tell the girls to get their husbands

or boyfriends and come over for a little party after work."

Initially a stay-at-home mom, Lois went to work when her son was in college and her twin daughters were in junior high. It was interesting hearing her justify that decision to work outside the home: "Because I knew that I would have time," she explained. "I didn't let anything go. I still had my baking days, my ironing days. I kept it all in one piece. Chuck (her husband) would say many times, 'I just don't see how you do it,

Speed\*, I just don't see how you do it.' It was because I liked to do it!" She has passed her gift of hospitality on to her daughters and she still enjoys looking through cooking magazines and finding new recipes for 'her girls.'

Lois said these recipes are all good, fast to make and fun to serve. "Sometimes women feel it's too hard to entertain. I just say it's not too hard if you've got the right things."

*\*Speed was Chuck's nickname for his wife.*



## Cheese Ball

- 1 8-oz. pkg. Philadelphia cream cheese
- 1 3.5-oz. wedge Roquefort cheese (may substitute blue cheese)
- 1 5-oz. jar Kraft Old English cheese spread
- 1/4 cup melted butter
- Onion powder, to taste (1/8 tsp.)
- Garlic powder, to taste (1/8 tsp.)

Combine all ingredients and chill until mixture starts to get firm. Shape into ball or log and roll in chopped pecans, walnuts or pistachios.

Note: If allergic to nuts, roll in a mixture of crumbled bacon, minced green onions and chopped parsley.

Serve with assorted crackers and/or sliced apples, sliced pears, and grapes.

*Lois received this recipe from her good friend Gerry Wallum.*





## Open House Beef Balls

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

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

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

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

## Mystery Bites

Crust:  
 1/2 cup butter  
 1/2 cup brown sugar  
 1 cup sifted flour

Cream butter and sugar, beating until fluffy. Add flour and mix until crumbly. Pat into 8x8 pan. Bake 20 - 25 minutes at 300° until light brown. Remove from oven.

Increase oven temperature to 350°.

Topping:  
 2 eggs, well beaten  
 1 cup brown sugar, firmly packed  
 1/2 tsp. salt  
 1/2 cup shredded coconut  
 2 Tbsp. flour  
 1/2 tsp. baking powder  
 1 tsp. vanilla  
 1 cup chopped walnuts OR chopped pecans

Beat eggs until light and lemon colored. Stir in remaining ingredients; mix well. Spread over baked crust. Bake 25 minutes at 350°. Do not over bake. Cool and cut into small squares. Yield: 2 dozen





# A Few Minutes with Lynn Kriengkrairut

At press time Bismarck native Lynn Kriengkrairut and her ice dancing partner Logan Giuliotti-Schmitt were competing in the 2013 U.S. Figure Skating Championships in Omaha, Nebraska, hoping for a top three finish and a spot on the World Team. They finished last season with a pewter medal at the 2012 U.S. Figure Skating Championships (one placement away from making the World Team).

Lynn began her skating career at the age of six in Bismarck. She attended Century High School until her love for skating took her to Pittsburgh for her senior year. "Finding a partner and doing ice dancing was a new avenue for me, and I was curious to see how far I could take my skating career," she explained. "I decided to make the move after I found a partner to skate with me. My first partner, Jon, and I skated a year together."

She then planned to go to NDSU and be a little closer to home, but she had also put her name on icepartnersearch.com, a search engine for skating partners, just in case something came up. Logan contacted her and plans changed. "My parents and I drove to Ann Arbor for what was intended to be a three-day tryout," Lynn explained. "However, it went so well that I stayed, since the first competition was only three weeks away. We began skating on July 11, 2006 and had quick success in our first season together as Juniors (2006-07 season), winning the Pacific Coast Sectional title and the bronze at the U.S. Championships, which conse-

quently landed us on the 2007 Junior World Team."

Their "pre-season" begins in late July/early August with the Lake Placid Ice Dance Championships. Since the pair is on Team USA, they then travel to Champs Camp in Colorado Springs for evaluations with judges and other pre-season preparations before the actual season begins around September, when international competitions start. (See box for current season results)

Lynn talked about their extensive training schedule and how they train for lifts: "We spend three to four hours on the ice each day, five days a week and another two hours on Sunday. We begin our sessions by working on stroking exercises for building a strong foundation, then we get into working on sections of our programs and doing run-throughs. Our office regimen totals about 14 hours per week. We do a 30-minute mini-workout before we go on the ice and stretch for about 30 minutes at the end of our training day. We work with a trainer twice a week for strength and conditioning, things like plyometrics and circuit training. My favorite workout is boxing – it is an amazing full body cardio workout. We also do ballet twice a week to work on our flexibility, lines and artistry and ballroom twice a week for stylization and developing characters for our programs on the ice. The off-ice routines are necessary for allowing us to do what we do on the ice. They help with injury prevention and also allow us



to perform with strength, power, and artistry on the ice. We are at the rink basically all day, especially for Logan who coaches before our training day begins and after it ends.

Right when our season ends we immediately begin looking for new music for the next season. We constantly watch dance videos and acrobatic things online, trying to get the creative juices flowing for next year's lifts. Our coach, Yuri (Chesnichenko), is very good with that. He helps with the lifts off the ice, and actually does them first with me so he can direct Logan on how to maneuver it and make sure everything is feasible. Yuri jokes around that he actually keeps a notepad on his nightstand, because sometimes he'll dream of amazing ideas and will wake up to write them down. We practice a lot off the ice first. When we get it to where it's comfortable and consistent,



we bring it on the ice with Yuri spotting me and me wearing a helmet for the first couple weeks until it is completely comfortable and we just keep practicing it everyday. All of our elements take time to create and execute, so we utilize our "off-season" time to figure out our puzzle pieces. When our coaches choreograph our programs, our elements are ready to be inserted at appropriate parts of the music, and the puzzle finally comes together."

Lynn does more than skate – she just graduated (December, 2012) from the University of Michigan with a degree in Biopsychology, Cognition, and Neuroscience. "I am planning on taking my MCATs at some point and getting some hands-on experience at the hospital as well," she said. "At the moment, it is really nice to exert all of my energy towards skating, though. The timing of my graduation is perfect so I can really focus on keeping myself in the best condition possible for training and competing for the next year and a half. I'm no longer running back and forth between skating and school and worrying about making up work and exams I miss due to competition. And it is amazing how much better I recover each day with

adequate amounts of sleep! I am looking forward to attending medical school after my skating career. I am interested in neurology, but I know there will be so many avenues in the medical field that will appeal to me. I'm a very curious person, and after all, curiosity led me to where I am now with skating! So, I am also really excited to go to medical school and find my niche."

When asked, 'what is your favorite thing about skating,' Lynn had this to say: "There are so many things I love about skating. You would think after doing it for so many years it would get old, but it really doesn't. I love that skating is a unique way to understand the beauty of learning, that the ability to learn and extend your abilities is actually limitless. Every season, I discover something new about myself, things that I would have never imagined I would be capable of, and that makes me curious and hungry for more. I love the challenges of making the impossible possible. The small amounts of improvement over time add up and catch you by surprise eventually, and after diligent hours of this learning process, what was once unrealistic becomes part of your reality, and that is something so gratifying. The whole

process of training and then getting out there at competition to show what you've been working on. It is all very exciting."

Does she have any advice for the younger generation? "Be passionate, love what you do and everything will fall into place," she said. "Success can be like a big wall, it can be very intimidating. To strive for success is great, but something that is even more valuable and creates something intrinsically beautiful is to approach each day with purpose, to execute what you do with meaning and passion because you love to do it. The hard work won't feel like hard work at all and eventually, everything will add up and whatever you dream for yourself will become part of your reality."

U.S. Figure Skating helps fund some of Lynn and Logan's expenses since they represent Team USA, but all aspects of training can add up quickly and place large financial burdens on these athletes. Fans can make tax deductible donations by visiting their website at [lynnandlogan.com](http://lynnandlogan.com). You can also find them on facebook.

U.S. International Figure Skating Classic in Salt Lake City, UT - 3rd place  
Skate America, a Grand Prix competition in Seattle, WA - 4th place  
Ice Challenge in Graz, Austria - 1st place

Lynn and Logan bring their dynamic skating programs back to Bismarck, March 22nd - 24th to perform during the Bismarck Figure Skating Club's annual Ice Show. Performances will be at 7:00 pm Friday and Saturday, 2:00 pm Sunday. Tickets available at the door.

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## February

February 1-15

**Gary Barker Art Exhibit**  
Bismarck State College

February 1-13

**Century H.S. Art Exhibit**  
Bismarck State College

February 1 - March 15

**Spring Class Registration**  
Shade Tree Players

February 1-3

**"Doubt"**  
Dakota Stage

February 2

**"Put a Bird on It" Art Class**  
Grades K, 1, 2 and Grades 3-8  
Instructors Ali LaRock & Paul Noot  
Bismarck Downtown Artist Co-op

February 2

**F-M Golden Notes New Horizons Band**  
Bismarck State College

February 7

**Barbara Nicolosi Hollywood Expertise**  
University of Mary, McDowell Activity Center

February 8-23

**"For the Love of Art" Exhibit**  
Bismarck Downtown Artist Co-op

February 9

**"Art with Heart" Kids Workshop**  
THEO Art School  
High Prairie Arts & Science Complex

February 9

**Faerie Tales**  
Bismarck-Mandan Symphony Orchestra  
Belle Mehus Auditorium

February 9

**"Cut Paper Valentines" Art Class**  
Grades 2-8 – Instructor Melissa Gordon  
Bismarck Downtown Artist Co-op

February 9

**"For the Love of Art" Art Class**  
Grades 2-8  
Instructors Ali LaRock & Paul Noot  
Bismarck Downtown Artist Co-op

February 10

**BookTalk: An Ordinary Man**  
Bismarck State College Library

February 16

**"Basic Drawing" Art Class**  
Grades 1-6 – Instructor Paul Noot  
Bismarck Downtown Artist Co-op

February 18-19

**Creek Mythology SuperHeros Art Camp**  
Grades 6+ – THEO Art School  
High Prairie Arts & Science Complex

February 22-23

**Choreographer's Showcase**  
Northern Plains Dance  
Belle Mehus Auditorium

February 22

**Dixieland Jazz Festival**  
Bismarck-Mandan Symphony Orchestra

February 23

**"INKING! Paint, Pastels and INK? Oh my!" Art Class** – THEO Art School  
High Prairie Arts & Science Complex

February 26

**"A Night in Italy"**  
Central Dakota Children's Choir  
Dickinson Elks Lodge

February 26-March 23

**Lundberg Family Exhibit**  
Member Artist: Donna King & Gang Exhibit  
Bismarck Art and Galleries Association

## March

March 1-20

**"Facing It" Exhibit**  
Featuring artists members  
Austin Schmaltz & Tyler Huber  
Bismarck Downtown Artist Co-op

March 2

**MidWinter Warmth: Coffee, Cocoa & Choir**  
Central Dakota Children's Choir  
Frances Leach High Prairie Arts & Science Complex

March 4

**Poetry Out Loud**  
State Competition  
Belle Mehus City Auditorium

March 6

**F-M Golden Notes Horizons Band**  
Bismarck State College

March 8

**"Sculpture Unleashed" Art Camp**  
THEO Art School  
High Prairie Arts & Science Complex

March 8

**Annual Wine Taste**  
Bismarck Art and Galleries Association  
Bismarck Country Club

March 8

**"Greek Gods and Mythological Creatures" Art Class**  
Grades 2-8 – Instructor Melissa Gordon  
Bismarck Downtown Artist Co-op

March 8

**"Think Big Create Small" Art Class**  
Grades 2-8 – Instructor Ali LaRock  
Bismarck Downtown Artist Co-op

March 8

**"Painting & Drawing on Non-Traditional Surfaces" Art Class**  
Grades 2-8 – Instructor Paul Noot  
Bismarck Downtown Artist Co-op

March 9

**Dream Makers Ball**  
GOD'S CHILD  
Ramkota Hotel

March 9

**Art and Lemonade Crush Art Class**  
THEO Art School  
High Prairie Arts & Science Complex

March 9

**"Quilt 'til You Drop!" Show & Classes**  
Capital Quilters  
High Prairie Arts & Science Complex

March 10

**BookTalk: Unbowed, a Memoir by Wangari Maathai**  
Bismarck State College Library

March 16

**Positively Piano**  
Bismarck-Mandan Symphony Orchestra  
Belle Mehus Auditorium

March 19

**Trio Apollo: Rush Hour Series**  
Bismarck-Mandan Symphony Orchestra  
Trinity Lutheran Church

March 26-April 20

**PR Kelly, New Salem Exhibit**  
Member Artist: Gen Metcalf Exhibit  
Bismarck Art and Galleries Association



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She also knew she wouldn't live forever, and didn't want to lose her savings to estate taxes and expensive legal fights. She wanted to help poor children instead.

Because of Betty, thousands of children worldwide and right here in North Dakota are helped to go to school, clothed, receive medical care, and are breaking free from poverty.

Please include the Bismarck-founded and based GOD'S CHILD Project in your will. You can make a bequest in a specific dollar amount, or as a percentage of your estate. You can name your gift, and request how it will be used.

We'll work with you ahead of time to make your dreams a reality now.

Talk to your attorney and include The GOD'S CHILD Project in your will. Dignifying life and making the world a better place is the right thing to do.



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Founder, Executive Director  
The GOD'S CHILD Project  
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