

# Women in Business

# Support these local professionals!



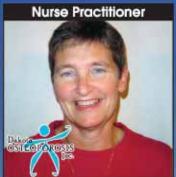
Paula Haider & Courtney Meier 1535 Park Ave. • Bismarck\ 250-6787 • www.haiderglass.com



Judy Maslowski 400-7516 / 224-1100 www.judysbismanhomes.com



Kelly Kay Johnsrud Independent Sales Director • 667-0872 www.marykay.com/kkelvrum



Kris Todd 701-258-9418 www.dakotaosteo.com



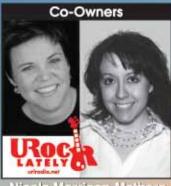
Geris Hopfauf 701-663-7691 www.hopfaufcustomhomes.com



Robin A. Schmidt 200 N 3rd St., Suite 201 / 258-7899 www.vogellaw.com



Jane Grabs / Marilee Toman 224,1902 / www.bit.hr illforlsh.com REW address 11,91 K. (817 St., Bismarck



Nicole Morrison-Mathern Stacy Sturm www.adado.ed/1915 E. Front Ava, Stanczek



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



Donna Hartze, PT 701-258-7730 2945 N. 11th - just across from Century HS



Volume 9, Number 3



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

#### **Publisher**

Larry and Judy Berget Publishing

#### **Editor**

**Deb Seminary** 

#### **Production Manager**

Dan Hildebrand

#### **Photography**

**Deb Seminary** 

#### **Graphic Designer**

Kitty Perry

#### **Advertising**

Dan Hildebrand Andrea Johnson Terry Messmer **Deb Seminary** 

#### **Advisory Board**

Melanie Carvell Linda Christman Rhonda Jolliffe Marnie Piehl

#### Our Mission

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

#### email inspired@theprinters.info



#### facebook.com/inspiredwoman

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.

©2009 Berget Publishing All rights reserved. No part of this publication may be reproduced without written permission from the publisher.

**Inspired Woman** assumes no responsibility for unsolicited manuscripts or photographs. Materials will be returned only if accompanied by a stamped, selfaddressed envelope.

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

Printed by











# What's Inside

May / June 2010

# INSPIRING WOMEN FOCUS ON - SISTERS

6 The Buresh Sisters

**R** The Horner Sisters

10 The Dvorak Sisters

12 The Knudsen Sisters

#### **HOME**

Gardening Feeds the Soul, the Senses and Your Family

18 Redford Signature Homes on South Bay

#### **STYLE**

20 Hot Trends for the Summer Styles and trend tips by Dressbarn

#### **COMMUNITY**

22 What's the Occasion?

#### **MALE PERSPECTIVE**

24 Self-Exams for Men
A Business Fraught with Peril

#### LIVING WELL

25 Sibling Rivalry

26 Chiropractic

28 Cleanse, Exfoliate, Moisturize, Protect and Repeat
Skin care is important at every age

#### **CULINARY CORNER**

30 Stone Fruit "Sisters"

31 FEMAILS IN FOOD Fried's Family Restaurant

32 Recipes from Gerridee

A sister will always notice her sister's first gray hairs with glee.

## **Editor's Notes**



Deb with her little sister Sherri

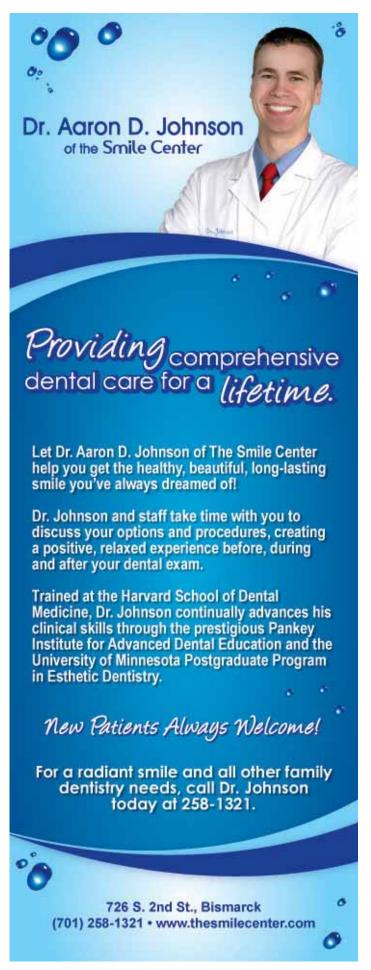
Once again, the Sister Issue was a ton of fun to put together. I met some great women and heard many wonderful stories.

Thank you to everyone who submitted photos for our cover. It was like arranging photos on my wallboard at home making sure we can see all the faces!

Our next issue is all about making a difference. The story ideas already collected are a true testament to the caring community we live in. We will also introduce our 'Who Inspires You' contest. It is going to be great!









Pictured left to right: Michelle Antenucci, Leslie Lee, Linda Meschke, Karen Sabrosky, Anita Twardoski, LaVonne Reis and Mary Buresh

by Deb Seminary

Editor's note: There are seven Buresh sisters. I met with Anita Twardoski, the middle and only sister who lives in Bismarck. I was able to reach the others by phone and chat for a few minutes. Here is the result of those conversations...

The Buresh sisters grew up on a dairy farm 18 miles north of South Heart. Along with their parents, the family also included two boys. "We are very fond of our brothers, even though they always got out of milking the cows," said Linda. The family's house was located along the Green River, which offered the siblings activities during every season. "We had more fun in that river – swimming in the summer and skating in the winter," said Anita.

Karen remembered the river also causing trouble when the whole yard flooded in the spring. "The chicken coop floated away," she said. "Dad opened the door and the chicks floated out." She also recalled something her parents still may not know. "Whenever we knew Mom and Dad would be gone for a long time, we would jump in the river," said Karen. "We would

pull the bloodsuckers off, dry off and get dressed before they came home."

Having a large family had many advantages, especially when playing games. "We had enough kids for a game of basketball, football, baseball – whatever we wanted to play," said Anita. "Our dad would play with us, too. Whenever we weren't working we would be outside. In the winter after dinner, if all the chores were done, we would get all bundled up and go snowmobiling."

LaVonne reminisced about how much fun it was to live on the farm. "Four kids would ride to school on the motorcycle," she said. "Dad would take us on the tractor if there was too much snow."

Of course, life on the farm was not all fun and games. "Our parents brought us up to respect others and work hard," said Anita. "Every one of us has a very, very good work ethic. The girls milked the cows and the boys worked in the field."

"We had to limit our sports and extracurricular activities because someone had to milk the cows," recalled LaVonne. "Our parents sold the cows when we all left because there was no one to milk them!"

The siblings were always busy on the farm. "Saturday was cleaning day," said LaVonne. "The house would get cleaned from top to bottom. I also remember no one ever wanted to do dishes – we would rather feed the pigs."

The sisters remain extremely close, and more than one gave most of the credit to their mother. "Our mom prays for us every day," said Karen. "She is our rock. She always has a good attitude and keeps in touch with us.

## Focus on SISTERS

"Our mother is our rock," echoed Mary.
"She has always been there for each of us.
When I was in third grade I got a bladder infection and had to be in the hospital for a week. My mom never left my side."

And the sisters know they are still missed at home. "I think my mom would still rather have us all at home," said Anita. "They can't get enough of us!"

There was always excitement at the Buresh home and even a bit of trouble, according to the sisters. Mary's arm was broken in an interesting accident that was hidden from their parents for many years "We were on the three-wheeler and my youngest sister, Michelle, wanted to drive," recalled Anita. "I put her in the front of me and Mary was in the back. Michelle gave it some gas and the next thing we knew, we were balancing on the back tires and of course we all fell off. I fell onto Mary and when we got her back on, her arm was just hanging. We hid her in the barn until Mom and Dad left for dinner. She suffered the whole night and the next morning we told them she got her arm caught in the head gate. We didn't tell Mom (the real story) for years."

"We were always supposed to be working," explained Mary of the circumstances surrounding the accident. "Dad would have been so mad if he would have known we were just playing around."

"There was never a dull moment," said Leslie of life with her sisters.

Recently all the siblings were in Las Vegas for a family wedding. They shared two adjoining rooms and had a blast. "My brother Allen, who I am really close to, even bunked with us girls," said Anita. "When we were younger, people used to think we were twins and I still talk to him every day, even though he lives in Minneapolis. He always wants to go on our girl trips, too."

The Buresh sisters try to do an annual 'girls-only' trip, but it is getting harder as their own families grow.

"When we get together, there can be ten conversations going on and you get in on every one of them," said Anita. "Everybody talks at once. Our husbands just shake their heads." Anita said there was a time of adjustment when the sisters' spouses joined the family. "When I first got married, I remember my husband felt left out," she continued. "There was a part of me that had to break away (from my sisters) and realize I had a husband. There were times he had to remind me I should discuss things with him and not just my sisters."

LaVonne agrees. "My husband's standing joke is: 'Don't tell the Buresh girls you're going on vacation, because you'll have to take a few of them along!"

The Buresh sisters realize they are lucky to have such a close family. "It is so amazing to be from such a large family," said Michelle. "We didn't have a lot of time for relationships outside of family, so we were all each other's best friend. We are best friends for life."

"For a big family, we all get along so well," agreed Leslie. "Mom and Dad were always so busy, it was nice to have sisters to confide in and ask questions."

"When I look back and think of the time I most appreciated having six sisters, is when I was 39, pregnant, had two wonderful little boys, working fulltime and taking college classes at night, plus we had an exchange student for the school year," said LaVonne. "Without me crying out for help (because I'm German!), my sisters picked up on how overwhelmed I was and they came for a weekend, helped me get the baby's room ready, cleaned and arranged my whole house and Linda and Dennis asked our exchange student to come live with them for the last few months. Now that's what sisters are all about!

I thank God for them."

The family has continued to grow closer and appreciate each other more with each passing year. "As we grow older, we seem to be getting closer – like having conversations about our parents," said Anita. "The challenge right now is

getting used to the fact our dad is slowing down a bit. He had a series of ministrokes last year and can't run alongside us anymore. Our parents did everything for us kids and never did anything for themselves. It is hard when you have aging parents."

The many games of childhood base-ball and basketball continue to influence the family's activities. "When we go to Dickinson to visit Mom and Dad, we head to the Rec Center," said Anita. "The kids go swimming and we'll get a game of basketball together. Whenever we get together, there is a group of us that go for a morning run. Someone once mentioned, wouldn't it be neat if the seven sisters ran a marathon and went on Oprah!"

The Buresh sisters truely enjoy a relationship many others envy. "For every problem you have, there is a sister you can call," said LaVonne. "Everyone has their different gifts they can give."

"We are so blessed to have been raised by such wonderful Christian parents with great family values and always enough love to go around. A lot of our friends will ask if they can be our sisters, they are envious of our closeness," added Anita. "I have a lot of wonderful girlfriends. As wonderful as they are, it is not like having a sister, my sisters."



Deb Seminary is the editor of Inspired Woman.



## Focus on SISTERS \_\_\_\_\_



Back Row left to right: Pam Bitz, Marlene Flores, Trish Levinson, Janet Sand. Front Row left to right: Kathy Zahn, Mary Lou Balerud, Monica Benzinger.



# The Horner Sisters

by Trish Pritchard Levinson

Editor's note: I was very disappointed I was unable to meet with these sisters during a birthday luncheon. They were kind enough to answer a list of questions and Trish sent the following:

#### Where did you grow up?

We grew up on a farm southeast of Napoleon, ND in the Burnstad area and our parents were Anton and Johanna Horner. Our father built our modest home in 1951. It had five bedrooms and only 1 1/2 bathrooms. This was challenging at times with seven girls (and seven boys) under one roof. At one time 12 of the 14 children lived in the same house. The oldest sibling moved out in 1963 and the youngest sibling was born in 1969.

#### What was your life like growing up?

Our life was full of responsibilities and chores. We milked cows, hauled hay bales, picked rocks from fields, fed cattle, cooked, cleaned the house and let's not forgot the ever-loving task of butchering chickens. Because of birth order, some of us are better at cooking and some of us are better at milking cows but we were all experts at butchering chickens.

Our parents trusted us to do our chores and we always did them. The farm and the work we did shaped us into the adults we are and the work ethic we have now.

Our parents also passed on many values to us – the importance of family, faith and the ability to lean on each other. We never missed going to church and we always communicate with each other.

There were never really any big fights, just small ones like whose turn is it to scrub the floors, who gets to wash the dishes and who has to dry. Mary Lou always wanted to wash. Marlene is the best cook because she didn't have to do any milking until her senior year. Trish is the worst cook because she did do the milking and spent little time in the kitchen, and of course, Janet is spoiled because she was the baby and moved into town with Mom and Dad when she was in the 10th grade. Needless to say we all had chores to do whether in the house or outside on the farm.

### Have you stayed close/get together often?

We are very close. After our mother passed away in 2007, Marlene and Pam moved back to Bismarck to be closer to the family. All seven sisters are now in the Bismarck/Mandan area. We communicate on a weekly basis and see each other at least once a week. We have birthday lunches and when one of the brothers comes to Bismarck, we try to get together for lunch or dinner with them. As a family, we

## Focus on SISTERS.

get together at least once a year at a reunion or family wedding.

And, our families get along. Our children hang out together and are great cousins.

When our kids were little, we all helped each other by babysitting each other's kids. Now that both our parents have passed away, the older sisters are sort of pseudo-grandmas to Pam and Janet's little girls.

# Are there any traditions you had when you were younger that you carry on to this day?

We have many traditions – soup and chicken gravy, homemade dumplings, and in general good old fashioned German food that Mom always made. We prayed the rosary every day during Lent and every day in October (rosary month). We never missed church, we played pinochle and we danced polkas at every wedding with high kicking heels, Napoleon style.

The biggest tradition for us sisters started 23 years ago when Marlene lived in Cheyenne, Wyoming. We wanted to surprise her for her 25th birthday, so we took a road trip in our parent's van and spent the weekend in Cheyenne for her birthday. Since she worked in a department store, we shopped, and shopped, and shopped some more! Hence, the annual shopping trips with Mom and Dad began. It doesn't matter where we go, as long as we are together. We shop, drink wine, play cards and bingo, and just laugh with each other. We take this trip every May and the 2010 trip will mark 23 years. Although, Mom and Dad aren't with us anymore, we cherish how much fun we had with them. Our funniest stories are from these trips.

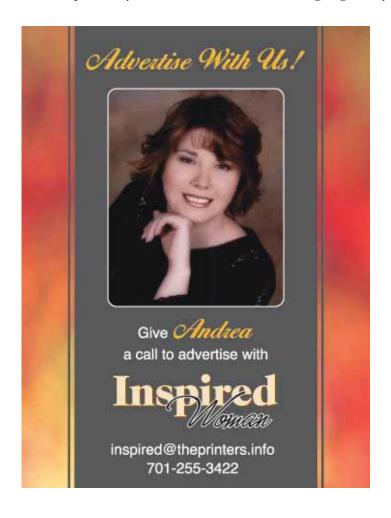
## How have your relationships changed over the years?

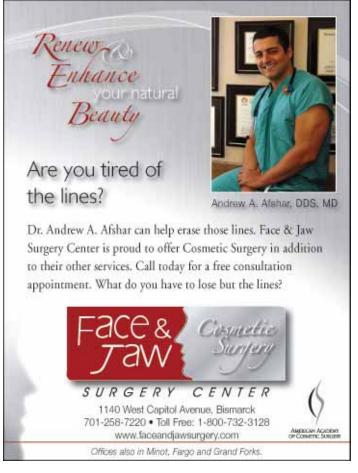
We are all close, but depending on what is going on in your life, you might

be closer to the sister whose kids are the same age as yours because you can relate to each other with raising toddlers or raising teenagers. But the one thing that remains constant, is the love we have for one another. When Monica's husband, Gary, died, we were all there with her helping her cope and supporting her and her kids.

That is what we Horner girls, do. We shop, we eat, we help other through good times and bad.

Our parents passed on many values to us — the importance of family, faith and the ability to lean on each other.





## Focus on SISTERS



Tina Bakke and Denice Roller are pictured in their salon.

# The Dvorak Sisters

by Deb Seminary

Editor's note: When I went to interview Tina and Denice, I had no idea they came from such a big family. I had the opportunity to talk with some of their siblings by phone and get a few more details. Read on, about life with the Dvorak's.

Tina Bakke and Denice Roller, who own Identity Salon in Bismarck, are the youngest girls of fourteen children. The family has three boys and eleven girls, all born and raised in Dickinson.

The younger siblings did not get to know the older ones very well, as there is a 25-year difference between the oldest and the youngest. "Can you imagine - 14 kids in 25 years," said Denice. "By the time Tina was born, a couple of the older sisters were out of the house having children of their own. Our mom had children with her children. When Tina was born, she was already an aunt four times."

"Our mom and our second oldest sister actually shared a hospital room," said Tina.

Darlene remembers that very well, because she was the sister having the baby. "Dallas (her son) was born September 4th and Tina was born September 7th," she said. "My dad walked into the room after Tina was born and said she was the prettiest one yet."

Life in this large family was full of compromises, sharing and cleaning. "We cleaned the basement Thursdays,

the upstairs on Fridays," said Denice. "Mom went to the grocery store Saturdays and when she got home, this and this and this better be done."

Their mother even let them skip school a couple times - if they cleaned first. "We begged to stay home on hot days so we could lay in the sun," recalled Denice. "As long as the cleaning was done, she let us."

"And, we were really good at sharing," she continued. "We slept three to a bed, had hand-me-down clothes and shared bikes.

Mary Jean agrees. "We never got our own Easter outfit," she said. "If there was a pair of shoes in the closet that fit, we had to wear them. It was a big surprise to me that I could buy new clothes after I got married. My sister and I had to have a double wedding, because Dad said we had to double up. There were three of us that got engaged at the same time."

The Dvorak's did not have a dishwasher, and apparently the girls did all of the dishes. "The boys never had to do the dishes," said DeLayne Dvorak. "After we turned six, we were put to work at our Dad's car dealership."

The fact that their dad owned a car dealership didn't affect their transportation options. "We had to walk everywhere," said Tina. "We would walk to church every Sunday and fill up a couple pews. Even though our dad had a dealership, we all had to buy our own cars."

But the dealership did affect other areas of their life. "We thought to get to heaven, you had to be Catholic and drive a Mercury," said Darlene.

Their father taught them all to be hard workers. "My dad always said 'you'll never be poor if you can sell ice to an Eskimo," said Darlene. "We were taught to succeed and couldn't go anywhere unless the chores were done."

And how did their mother handle everything that came with having four-teen children? "She had faith," said Mary Jean. "She would always say, 'what good does worry do me?"

Their mother also knew how to deal with bad behavior. "When we were naughty we had to sit in the corner," said Denice.

Besides learning there were consequences for their actions, the girls were taught to be independent. "We all

## Focus on SISTERS\_

had to find jobs and get working," said Denice. "We didn't get to participate in school activities much, because we would have to get to our jobs."

There was some time to relax, though. "The neighbor ladies would come over for coffee and we would have to go downstairs so they could watch 'The Young and Restless," said Denice.

There are five hair stylists in the family and Darlene was the first. "My mother wanted to be a hairdresser," said Darlene. "I did it in her honor."

Darlene was a big influence on her younger sisters. "We got into the hair business because of our sister Darlene," said Tina. "She did hair in Dickinson for twenty years, then Denice bought the salon from her."

"We grew up watching our mom give the neighbor ladies perms," said Denice. "We would go to Darlene's salon and clean the stations. That is how we found our passion."

After Tina and Denice moved to Bismarck, they worked together at several area salons, then decided to go into business together. They opened Identity Salon four years ago and were recently awarded their second consecutive "Best of the Best Hair Salon" award.

"We have a great staff," said Denice. "Tina and I support each other. We get along and work together really well."

"We also have wonderful, supportive husbands," said Tina.

The Dvorak hard work ethic has paid off for these sisters.

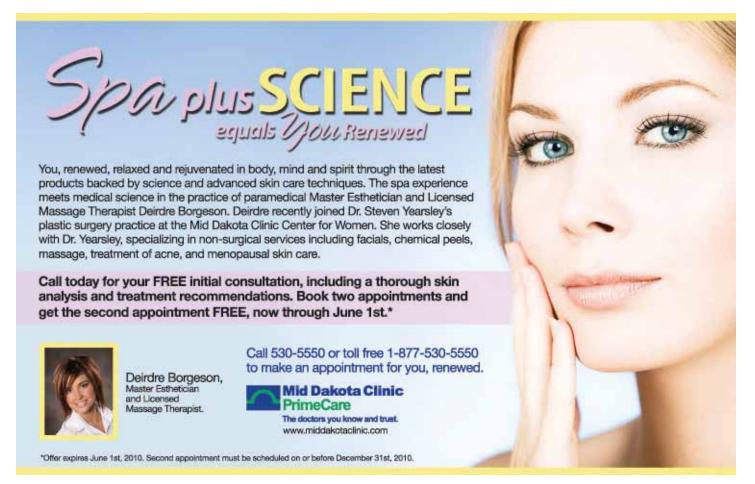
Never let an angry sister brush your hair.



Deb Seminary is the editor of Inspired Woman.



The Dvorak sisters



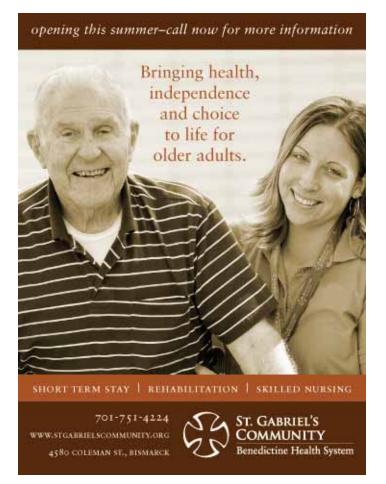
## Focus on SISTERS\_\_\_\_\_

# The Knudsen Sisters



by Laura Knudsen

Sisters, they can drive you crazy, but they can also be the greatest comfort in the world.



My sisters and I grew up three miles north of Bismarck on a small farm beside the Missouri River. Our father, Dann Knudsen, grew several acres of vegetables that he sold at local farmers markets each fall. However, his business, "River Road Gardens," is more often remembered for its annual and perennial flowers.

Ellen, Ruth and I spent the majority of our childhood "helping dad" in the greenhouse or playing outside on our family's nine acres of land. We did not always get along, but because we lived outside of town we were often each other's only playmates. Usually we distracted ourselves by building hideouts in the forest, pretending we lived in the wilderness and exploring the riverbed with our dogs. One of our favorite activities, to the chagrin of our busy and hard working mother, was rolling around in the mud puddles after a good, hard rain.

We are each two years apart in age – I am the oldest at 25. Ellen, 23, is the middle sister, and Ruth, 21, is the youngest. We have an older brother, Travis, who is 36, and a younger brother, Michael, who is 18. As sisters, our relationships with each other have gone through many stages over the years. Sometimes they were strengthened by our closeness in age, and other times our ages were the cause of our quarrels.

Ruth often felt left out when we were very young, and with good reason. We often left her out simply because she was the youngest. Her usually quiet disposition contrasted by a tendency to whine made teasing her to the point of eruption very tempting to me as an older sister.

When our mother called us in, often by her unusually loud whistle, we knew we were in trouble. Her whistle pierced the air one bright, hot summer day, and I broke into a run toward home. Ellen, who was maybe six at the time, tripped somewhere on the dirt road behind me, and I kept running, yelling over my shoulder something like, "I'll get help." I was genuinely concerned, but I was also afraid that we had stayed out too long. Ellen doesn't seem to remember the part of the

## Focus on SISTERS

story where I bravely ran for help, but she does remember me leaving her alone on the road. Sisters.

They can drive you crazy, but they can also be the greatest comfort in the world. Our father passed away from cancer when we were young. Ruth was seven, Ellen was eight, and I was ten. Death is an almost impossible thing to comprehend, even for many adults. But the presence of someone who truly understands, without having to tell you of the fact, is irreplaceable. We didn't talk about it very much at the time, but as life went on (as it always does) I knew that if we could come out of that stronger, we could do anything.

During our teenage years we didn't spend as much time together. We were growing up and searching out our separate identities, and life began to teach us about ourselves through very different lessons. We had different social circles and different priorities – obviously ourselves, as we were teenagers. And we were all using the entrepreneurial spirit our father and mother had given us in different ways.

But after all of the turmoil that adolescence naturally brings, we've come full circle and truly are each other's best friends. We have many similar interests and passions, which have allowed us to spend more time together.

All of our different life experiences have made it possible for us to graduate together from Bismarck State College this May. I don't think any of us would have guessed that our lives would have allowed us to spend our early 20s together. But I know that we will always cherish this time in our lives because we have become so close.

Education has become very important to all of us, and after graduation, the three of us have made plans that will take us farther away from each other than we've ever been.

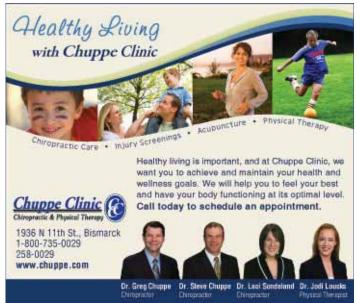
Ruth will move to Berkeley, California this summer and work as a nanny until she gains residency in the state. Then she plans to attend the University of California, Berkeley, where she will pursue her Musical Education degree.

Ellen's love of the outdoors influenced her decision to move to Bozeman, Montana this fall where she has found a job as a waitress close to Big Sky. After working hard to complete her studies at BSC, she plans to spend her days off skiing and enjoying the outdoors. When she returns to school, she will pursue a degree in Landscape Architecture and Design, which will allow her to use her artistic ability and feed her desire to work outside.

My passion for writing, information and communication lead me to pursue an education in Journalism. To increase my understanding and ability in the Spanish language, I am currently planning to spend a semester abroad studying Journalism in Antofagasta, Chile this fall. When I return to the U.S. I will continue my education at the University of Minnesota in Minneapolis.

The physical distance that will separate my sisters and me will drastically change our relationships. But looking back at all of the things we've already overcome, I know that this will be just another chance to strengthen the love, appreciation and respect that we have for each other.









# EDGEWOOD

There is a saying within the Senior Living industry that states, "if you've seen one Senior Living Community, you've still only seen one Senior Living community."

Needless to say, there is great variation between different senior housing providers. In fact, most people believe that senior living is a service concept rather than an actual place or experience. Edgewood Village and Vista is transforming how people in Bismarck think about senior living, by providing the combination of services and amenities all within one neighborhood — making senior living a wonderful experience where residents are active and involved in their community.

In 1998, Edgewood Vista opened its first Bismarck senior living community, Edgewood Vista on Dominion, which provides assisted living and memory care services to area seniors. On August 1, 2009, due to an increased need, Edgewood opened Edgewood Village, its second community in Bismarck.

From the moment you turn into Edgewood Village, you'll know you're home. Located in northeast Bismarck overlooking Pebble Creek Golf Course, Edgewood Village and Vista literally stands out. Residents and homeowners have the option to own and build their own home, rent a carefree independent living apartment or receive services and care in assisted living and basic care. "We have so many options for seniors — we are not your typical "retirement community," said Reva Kautz, Marketing Manager for Edgewood.

#### **Carefree Living at Edgewood Village**

Edgewood Village features carefree patio and twin homes designed for active adults who are age 55 and better. Residents own their custom built home and enjoy: quality, energy-efficient construction, single-level design with no steps, nine-foot ceilings, spacious master bedroom suites, sunroom, covered porch and back patio and two-car garage. Plus all homeowners are members of the Edgewood Village Association, which oversees the long-term exterior maintenance and improvements to the home, paths, landscaping, including lawn care and snow removal and other features.

#### **ADVERTORIAL**







"Our homeowners are snow-birds, new retirees and couples who are relocating to Bismarck to be near grandchildren." said Kautz. "They are independent and still want to own their own home - but see the convenience of nearby Edgewood Vista. Homeowners see the value of easy access to the fitness center, movie theater, coffee shop and other Vista amenities. These homes are great investments and our Selection Staff do a wonderful job helping them customize their floor plan to make their home - their own."

#### **Edgewood Vista – This is Home!**

Within Edgewood Village is Edgewood Vista, and the moment you step inside you'll see the ideal combination of housing, healthcare and amenities all under one roof. "When families and community members tour Edgewood one of the first things they say is 'this isn't anything like what I expected," said Kautz. "Main Street is usually what gets them really excited about having a loved one live here."

#### **Main Street**

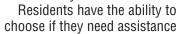
Main Street Edgewood Vista features: 2 beautiful dining rooms, 32-seat movie theater, fitness center, chapel, hair salon, Hazelnut Coffee Shop, on-site pharmacy, physical therapy, banking, billiards room, family dining room and conference room. All homeowners and residents have access to these amenities and have the ability to host their family and friends. Edgewood also features outdoor courtyards with raised flower beds, a large patio overlooking the golf course and sun-filled sitting rooms. Edgewood residents are as active as they choose with the ability to not only enjoy Main Street attractions, but also a full calendar of activities and outings.

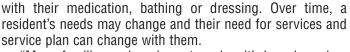
#### Reasons Why People Consider a Move

- They are tired of cooking and cleaning
- Steps are too hard in current home
- Loneliness due to living alone; isolation
- Poor eyesight causes the loss of independence due to not being able to drive any longer
- Forgetting to take or getting medication "mixed up"
- · Risk of falling when bathing or dressing

#### The Care You Need. When You Need It

There are many different levels of services available in senior living. Edgewood Vista offers four distinct living options for Bismarck seniors: Carefree Independent Living. Assisted Living, Basic Care and Memory Care.





"Many families and seniors struggle with knowing when it is the right time to move-out of one's home," said Kautz. "In fact many seniors wait until they have no choices. At Edgewood, residents are able to enjoy a carefree independent lifestyle, with the option of additional services if or when they need them, not to mention endless opportunities for socialization."

For more information, find us on the web at edgewoodvista. com or schedule your personal tour by contacting Reva Kautz, Marketing Manager, at 701-751-5300.







Elizabeth Gross has several peaceful garden areas.

by Amanda Mack

Witnessing the slow greening of the earth in spring brings a palpable mood shift for people of the northern plains. It is a soul-stirring phenomenon that spring-cleans the mind. This sense of renewal lives on through the growing season as those little seeds wondrously transform into flowers and fruit.

Whether you plant for the beauty of flowers or the bounty of edible produce, gardening is a way to connect to the earth, connect with fellow gardeners and annually witness the miracle of the long-awaited growing season.

#### A source of comfort

If you are a gardener, you likely began to fantasize about this year's garden before last fall's first frost. Living in a climate with a limited growing season, those visions get us through the winter.

"One of the things gardeners always say is 'next year I'm going to..." says Elizabeth Gross, a retired school principal from Bismarck. "I've heard that from so many people."

LoAnn Fettig, a salon owner from Bismarck, talks about how fun it is to receive gardening magazines in the depths of winter. "I get comfort knowing that somewhere things are growing."

Karen Knoop, a retired schoolteacher from Bismarck, says, "I love to order something new to have it waiting to go in the ground" as she pulls a mail order bag of bulbs out of her tote. "I enjoy researching new varieties over the winter."

Going to greenhouses in the spring is another way to wait out the long dormant season. "You don't even have to buy anything. Just seeing the container arrangements is inspiring," says Fettig.

#### Feeding the soul

Gardening has a meditative quality to it. People can be easily consumed by the stillness or focused attention it allows them.

"Gardening brings a calming balance to a hectic world," explains Marilee Toman, owner of the Dutch Mill Florist in Bismarck. "You can go into the garden and kind of go in and escape from other things that are out there. It's very peaceful."

Gina Phillips, a librarian at Bismarck High School, says, "I've come to appreciate the faith it takes to put a seed in the ground, nurture it, and believe it will come to fruition because that's how nature intended it. It helps me practice patience, and fills me with a sense of awe."

But gardening is hard work. The daily tending that needs to be done is constant during the growing season. Still, gardeners say that's what keeps them coming back for more.

"In the quiet meditative space, when you're doing redundant work, like pulling weeds, working the soil, pruning deadheads, standing with a hose, there is room to breathe," reflects Beth Nodland, an archaeologist from Bismarck.

Cissie Quinn, a retired forester from Hazen, adds, "There is definitely a Zen to gardening."

#### Feeding the senses

Just the simple act of getting one's hands dirty is a draw for many. Gross admits that she is one of those gardeners who starts out with gloves on but inevitably tosses them aside to experience the sensation of the soil on her hands.

"Gardening appeals to all of the senses," Gross surmises. "Visual, touch, you hear it in some ways – the rustle of the flowers. That's part of the renewal aspect of gardening... There is something really medicinal about that, some life giving force in it."

"It takes over your mind," Knoop offers. "The process of watching things change gets all of the senses working."

With such a short growing season, many gardeners long for the vivid colors that flower gardening brings.

According to Knoop, her preferences and those of her friends have changed over time. "I tend my vegetables better when I have flowers around. We have all evolved more into flowers. I'm into orange this year."

"That's the thing with flowers," says Toman who adores color and is primarily a flower gardener. "You can cut them, you can bring them in the house. It's so nice to share. You can give flowers to friends."

#### Feeding your family

If none of the aforementioned reasons get a person into the garden, fresh food from one's backyard may just do the trick.

Justin Data, a technology project manager from Bismarck, says, "I fairly dislike the act of gardening. But the end product is so darned good I can't resist subjecting myself to the misery of the dirty work. Ultimately, few things beat stepping outside to pick your food and then eating it within minutes."

"The joy of eating your own food and sharing it with others [compels me to garden]," says Quinn. "Going from a little seed packet to a bushel of produce is truly a miracle of life."

Vegetable gardeners also have the satisfaction of knowing how their food was grown and how it got to their table.

Jeff Tickle of Minneapolis longs for the opportunity to grow his own food. He says, "As soon as I get a house with my own yard, I will garden to have fresh organic vegetables. No chemicals or nasty stuff allowed in my garden!"

Tracy Wanek, who maintains a garden plot at the Bismarck Community Gardens off South Washington Street, says, "I want to feed my family safe, delicious, and low carbon-footprint food." She adds that one of her favorite things about gardening is "communion with other farmers - secret swapping, story sharing and good down-home problem solving."

Strike up a conversation with a long-time gardener and it's just a matter of time before the secrets begin to flow. For example, Knoop suggests adding herbs to your containers. "I throw chives or parsley in with my geraniums. Pansies can go in with your salads. Calendula is another edible flower you can grow in your garden."

#### Connecting with the past

Often gardeners can trace their introduction to gardening to a person or a place. Those memories live on in the garden.

Gross reminisces about her early years as a gardener. "As a young woman, I lived near an elderly woman who was a magnificent gardener. She taught me so much about gardening...I would suspect that everyone in this neighborhood has some of [her] anemones."

"Our neighbor Millie, who is now 95, taught me about perennials," continues Gross. "I was open to learning about [gardening] and had the good fortune of having those wise women as neighbors."

Toman remembers going to her grandparent's Minnesota farm as a child. While her siblings would be chasing the goats and the pigs, she would be in the garden with her grandma eating snap peas and chasing butterflies. She has woven wild

orchid transplants from the farm into her Bismarck garden to keep those memories alive.

It turns out, there are no garden-variety gardeners. Whatever one's reasons - meditative, economical, for color or for solace, another growing season is here and gardeners everywhere are out digging their fingers in the dirt.



Amanda Mack is a freelance writer from Bismarck.



## **WEST RIVER TRANS**

West River Transit provides public transit services for everyone, in McLean, Rural Burleigh and Grant counties, Beulah, Center, Hebron, New Salem, Almont and their surrounding areas..

We look forward to serving your transit needs.

3750 E. Rosser Avenue • Bismarck, ND 58501 701-224-1876 • Fax 701-223-2572 www.westrivertransit.com











# Hot Trends/Looks

#### What's hot this summer?

• Soft and Feminine Textures and Tones: Ruffles, tiers, silks, flowy and feathery cuts that will smooth over curves. Pastels including mint green, pale pink and ivory.

• Graphic and Geometric Patterns: Designs have gone digital with computer generated patterns seen on everything from dresses and tops, to scarves and skirts.

• *Florals:* Light and soft, painterly floral patterns are blossoming. Mini-dresses, flowy tops or skirts are great floral finds.

• Shorter Lengths: Dress shorts, skirts and dresses are making the cut with volume pleated, puffed and cuffed cuts.

• Safari/Tribal: Ecoinspired prints and neutrals colors bring this look to life. Soft flowy cuts bring about feminine flair, meanwhile making this casual look dressier.

• Metallics/Soft Gray: Gray brings softness to the skin, more so than white or black. Shiny silver elicits a shimmer instead of flashiness which makes it a great out on the town color.



Styles and trend tips provided by

dressbarn

#### How can real women wear these styles?

Two B's: Balance and Body-don't overdo the look and put fit before fashion. Use the aforementioned styles in ways that flatter you.

• If you're going to wear a flowy or feathery-cut top, pair it with a tailored bottom (pencil skirt) or a tailored jacket to call attention to the detail of

the top and not overdo it.

• Don't forget your shoes! If wearing a stylized look, opt for a simpler shoe to not turn into a sensory overload. The reverse applies. If wearing a simple ensemble, go glam with the

• If the neckline is already elaborate, forgo the necklace. Less is more.

 Ask yourself how much print/ graphic you can handle and where. Prints will draw attention to your body so wear them accordingly. For some, an eye-popping shoe or bag (paired with a neutral) may be enough.

• If wearing a print dress, careful on

the accessories.

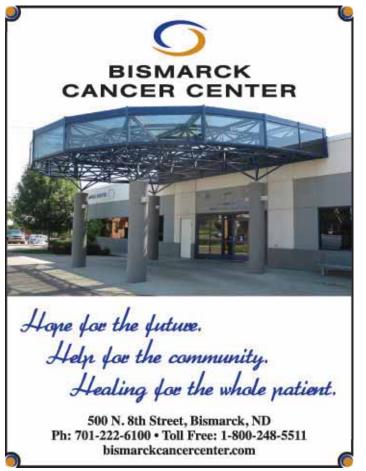
• If rocking prints/graphics, break it up with a simple solid top or bottom or pair it with a solid jacket or sweater. You don't want to get lost in vour outfit.

• Easy on the florals. If selecting an all-over floral, make sure it's something your body can handle. Otherwise, go for either the top or bottom. Too much will harken to a couch cushion rather than couture. Florals often work best in shorter lengths.

• If you don't want to reveal your legs, don't. Short looks aren't appropriate for all people or all-occasions. Longer dress shorts with wedges will add leggy-length, as will skirts/dresses that come above the knee (great for petites).

 Safari/tribal colors (khaki, ivory, camo-green) are great base colors to pair with more sun-drenched shades.









# What's the Occasion

# Choreographers' Showcase: Sinatra to Swan Lake Northern Plains Dance February 27 & 28 Photography by DeAnne D. Billings











Photo by Curt Carik

Easter Egg Hunt at the Zoo Sponsored by the Missouri Valley Optimist Club of Bismarck-Mandan March 27



Grand Opening of JZ Trend Academy/Paul Mitchell Partner Training School

April 6 Jodi Zahn, owner

John Paul DeJoria and Winn Claybaugh flew in to celebrate with Zahn.



#### **COMMUNITY**



#### Beautiful Women of North Dakota Exhibit at BAGA April 6-24

Billy Black and his wife Chris Linnares located 22 extraordinary women through ads in newspapers across the state.

The result of their research is showcased in "Beautiful Women of North Dakota", an empowering book and art exhibition. For more information visit beautifulwomenof.com.









Best of all, walk-ins are available daily. Now that's health care you can deal with.

701.751.9500 • 1.866.870.0464 • 515 E. Broadway Ave. Bismarck • www.cfmbismarck.und.edu UND Center for Family Medicine accepts a variety of insurance policies including Medicare, Medicaid and BlueCross BlueShield (including the PrimeCare network and Medcenter One network).



Self-Exams for Men: A Business Fraught with Peril

by Rob Taylor

AS a rule, words at the office are few at 6:00 a.m. on Monday mornings. We stand in line in the break room, waiting to fill our coffee cups, amazed that anything percolates before sunrise. Soon, the meetings will begin, or if there are none – if all the important people are vacationing to places none of the rest of us can afford – we will, no doubt, within the hour find ourselves three spreadsheets to the wind. I utter 'good morning' to coworkers when provoked and reciprocate plastic smiles. Typical Monday.

At least it is until the human resources gal chimes in. "Nice pants," she says, grinning, pointing at my navy

pinstripes.

Now I'm worried.

Generally speaking, in the dark polyester world of men's apparel, there is a mano-a-mano code of silence ... unless something is amiss, like the guy who tucks sweaters inside his pants. If we don't have time to punish the offender by taping him to the flagpole or giving him a wedgie, verbal abuse is in order. That's when a man hears "Is the circus in town?" or, perhaps, "Nice pants."

"Uh, thanks," I say, trying to sound unrattled.

She finds the cream and sugar, then leaves.

Second in line now, the self-examination begins in earnest. Zipper: check. No clinging fabric softener sheets. Now I look for stains – down the legs, hips, ankles. The exact moment that I crank my head around and make eye contact with my rear end – when I'm certain that no one else is paying attention – my boss materializes from nowhere.

"Everything okay?" he says, visibly amused.

I redirect quickly – mentioning the weather, inquiring about his weekend

golf outing, hoping he'll forget. I can see that he won't. He eyeballs me with a look of knowing. I know that he knows I was checking out my nether regions. I can probably kiss the idea of future promotions goodbye. Lovely.

I'm fully awake now, unnaturally stirred, even before my first sip of coffee. "Nice pants," I mumble under my breath, coffee now in hand, as I make the trek back to my office. This time, the words trigger last night's dream. I rarely remember dreams and am always surprised when they surface.

I sat in a chair, sporting a provocative leisure suit — all white, bellbottoms, a button-down flower shirt from Mr. Brady's wardrobe, nipple-length collar, white shoes. I looked like a Pat Boone regurgitation, but in the dream fashion was the last thing on my mind. I didn't care.

I remember a clock ticking loudly, too loudly, causing me squirm. I searched desperately for the chair's sweet spot, trying not to call attention to myself, trying not to give myself a wedgie on national television.

Sitting across from me, mere inches from my nose, Nipsey Russell studied me with twinkling eyes. "Stonehenge," he said, then repeated it, louder than before, with a nod, with urgency.

I stared blankly, scanning his face for a clue that wasn't there. The clock ticked louder. My mind raced. Stonehenge. Stonehenge. What did it mean? "Uh ... the U.K., rocks, circles, religious ceremonies, wonders of the world ..." I said, grasping.

Flustered, Nipsey abandoned me for 3 precious seconds, then nearly came unglued. "Women's fashion," he shrieked, shaking his hands ecstatically.

Suddenly, it clicked.

"Things a man will never understand!" I shouted.

Chaos. A bell dinged repeatedly. The clock stopped. We jumped up and down. Dick Clark shook our hands vigorously as the "\$25,000 Pyramid" theme song filled our ears. Calgon took us away to a commercial break.

Stupid dream. I won't be sharing that one with my boss, just in case (in the unlikely event) there's still a remote chance for promotion.

Not an hour later, overheard in the hallway: "Nice top." This time it's a woman-to-woman compliment. No confusion there. It's literal. They gush about her shirt for a full 60 seconds.

The thought that no one says "nice bottom" crosses my mind. Funny. Such flattery would be less ambiguous than "nice pants" in my world.

I glance at the framed "Life is like a box of chocolates ..." poster on my wall and feel the sarcasm bubbling up. With apologies to Forrest Gump and everything that is decent in this world, sometimes, life is like a box of grenades ... especially when it comes to men's fashion.



Want more? Visit http:// ifguyscouldtalk.blogspot.com. Rob Taylor is a freelance writer formerly of Bismarck.



# Sibling Rivalry

by Richard E. Bavaria, Ph.D.

# Sibling rivalry and contention can sure be a family stressor, can't it?

We know that it's common – some would say unavoidable – when your family has more than one kid. Practically "natural." But it can also be annoying and – at its worst – dangerous enough to harm sibling relationships for lengthy periods. So, what to do? Here are some tips I've discovered over the years, some from expert colleagues, some from first-hand experience.

• Try to let them work it out themselves. Our first instinct is to protect our kids, to shield them from confrontation and conflict. But allowing them to figure out how to solve problems, to become empathetic, and to avoid unnecessary arguments and ill feelings is a pretty good goal, too. They'll call on you to step in, to "make Courtney stop making fun of me," and to take sides. Avoid the urge to get involved.

• If you must step in, work with them so they learn peace-making skills. Quiet them down first by doing whatever you need to do. But when things are less tense, show them how you have developed skills in patience, persistence, and compromise over the years. Tell them how you and your siblings got over minor scrapes that seemed major at the time. Let them know you won't tolerate destructive, hateful behavior.

• Separate them. Sometimes, you simply have to be a referee, try as you

might to stay out of the fray. A little alone time, away from each other may be just what the situation demands. In fact, I think it's important to build time apart into their daily routines. Disguise it as "study time" or some other name that's right for your family, but do it.

• Don't fall for the "Blame Game." They'll insist that you pronounce who's to blame, who "started" the fight, who should be punished. (A sneaky way to get you to pick a "favorite.) Stay neutral as much as possible.

• Go for a "win-win." That's an overused phrase, but it's the real goal here. It may take the wisdom of Solomon and the patience of Job, but if each kid feels as if he or she has "won," you're a peace maker. Blessed are the peace makers.

• Give one-on-one attention as much as possible. It's amazing to me – still, even after spending all these years with children – how much our kids want to be with us, how they want our undivided attention, how special they feel when we spend quality time with them. Doesn't matter if it's only a few minutes, as long as it's just the two of you and you're "there" for them. Find time to do this.

Have "family time" as much as possible. Just as important as one-on-one time is family time. Informal, enjoyable, uncompetitive, relaxed time together lets your kids know you love them, that

they're safe, and their differences make them each unique. (I'm the oldest of eight siblings, and still I marvel at our completely different talents, interests, and accomplishments. How did our parents do that?)

• Create family rules. Kids like and need to know what's right and fair. As a family, when everyone's in a good mood and not in the middle of a squabble, develop a few simple and easy rules that everyone can agree to follow. Not too many. That's why there are ten commandments and not a hundred. Review the rules when necessary.

• Don't make comparisons. It's unfair and unproductive to remind one child of the accomplishments of a sibling, or to go on at length about your pride in the other child. Recognizing and acknowledging the strengths in each child is much more helpful.

• Don't dismiss your kids' feelings or perceptions. Listen empathetically, sensitively, and try your best to understand what's behind the sibling rivalry. A regular routine of honest, relaxed communication is the best way to do this.

Dr. Rick's Blog - Richard E. Bavaria, Ph.D., has forty years of education experience, in both the public and private sectors, including more than a decade with Sylvan Learning.



# Chiropractic Care for Children and Infants

by Tina Ding

No denying it, parenting can be highly rewarding – one of life's greatest gifts. But many parents can relate to sleepless nights as a result of their child's bedwetting or crying out from ear infections.

Exhausted, parents turn to circles of friends for advice. Some turn to their medical practitioner. Others choose chiropractic care.

"One of the biggest things we treat for is ear infections," Southridge Chiropractic's Dr. Sheri TenBroek said. "By adjusting the neck, proper drainage happens."

TenBroek said parents tend to be a bit hesitant. They aren't certain how chiropractic care will work in their situation. Yet in her experience, kids do respond to treatment much quicker than adults. "Often bedwetting issues flare up as a result of an injury," TenBroek said. "Parents tell me the bedwetting came on suddenly and remained. It usually points to something that happened – and by checking the spine to see what we find, we can adjust those misalignments."

Certified in the Webster Technique, Dr. TenBroek is a graduate of Northwestern College of Chiropractic in Bloomington, Minnesota, and is a member of the North Dakota Chiropractic Association and the International Chiropractic Pediatric Association. Additionally, she was awarded a fellowship in the International Chiropractic Pediatric Association.

"Moms have told me they don't want to be here – then tell me that someone told them chiropractic care would help," Schoepp Family Chiropractic's Dr. Debra Schoepp-Erhardt said. "And directly afterward, they tell me they wish they'd come here weeks before."

She describes infant care as being very different from adult care. "You can feel where they need to be adjusted. Babies just wiggle until they find the spot and sort of fall into my hands," Dr. Schoepp-Erhardt said. "Some fall asleep right away."

She said the touch is as gentle as the slight pressure of touching your own eyeball. Babies are seen for colic, fussiness, sleeplessness or ear infections. And some newborns tend to turn their head in one direction or another and may be evaluated for torticollis. Additionally, babies born in positions other than normal should be seen after delivery, along with mom. Birth is trau-



matic for the baby, and warrants either a cranial-sacral exam or an evaluation.

Both Dr. TenBroek and Dr. Schoepp-Erhardt adjust pregnant moms for a variety of pregnancy-related aches or discomforts as well as adjust to ease both dilation and delivery. Use of the Webster Technique allows chiropractors to adjust the pelvic area – taking away constraints of the uterus. Ninety percent of the time, a baby turns into a correct position on their own. And simply lining everything up helps promote a normal dilation.

"Pregnant women come to me for general pregnancy pain," Dr. Schoepp-Erhardt said. "Normal pregnancy problems are related to the sciatica, hormones, their center of gravity changing due to weight gain and aches in backs, tailbones, necks, heads or feet."

After mom begins to recover from labor and delivery – and baby begins feeding on a regular basis, whether breastfed or bottlefed, mom tends to hunch over to cuddle and support baby, straining both upper and middle back areas. Eventually, baby grows and manages a bit more head control, helping mom out – but baby also gains weight – adding to mom's lower back crunch. Again, chiropractic care alleviates the discomforts of daily motherhood to a newborn and young baby, since there are multiple new issues that continue developing for moms and babies.

Before long, babies become toddlers

- teetering along furniture, crawling up and out of cribs and taking spills that can bring about misalignments. Although a tumble doesn't necessarily warrant an emergency room visit for a broken bone, a chiropractic evaluation may be in order.

"A medical doctor can utilize x-rays to diagnose breaks or fractures in bones," Dr. TenBroek said. "It's chiropractic care that can approach injuries from a joint immobility standpoint."

Dr. TenBroek once cared for a toddler who'd begun walking with his feet wide apart. His parents hadn't seen any reason for an injury; he hadn't fallen or been hurt. He simply could not bring his feet together when standing. He complained a bit of discomfort, so they had him seen in a clinic setting. Multiple x-rays and an ongoing barrage of questions resulted in a large doctor bill and a lot of unanswered questions. It was on their way home from the clinic that they considered chiropractic care and turned back. Dr. TenBroek remembers glancing at his gait and adjusted his hips. He stood up from the quick adjustment and walked away with his feet together. "He didn't even notice he'd been adjusted, but felt comfortable immediately," Dr. TenBroek said.

Dr. Schoepp-Erhardt said she sees repeat families, whose child is doing well after an adjustment – but in normal play tumbles from a bed or couch and needs to be re-aligned. She also

notices families who regularly bring children in will tend to automatically bring a newborn in.

"The smallest of babies can have digestive problems due to a misalignment," Dr. Schoepp-Erhardt said. "Simple, gentle adjustments can help constipation issues."

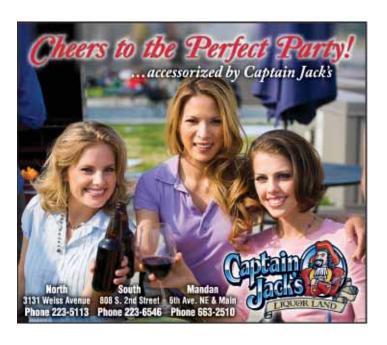
The consensus: when your child is sleeping poorly or having difficulties that could be related to a simple misalignment, have them seen by a chiropractor. Dr. Sheri TenBroek and Dr. Debra Schoepp-Erhardt both feel passionate toward working with pregnant moms, newborns and children.

Different women, different doctors with different practices – sharing a passionate interest in chiropractic care for babies, children and adults.



Tina Ding, local freelance writer, is also a wife and mother of three.

Having a sister is like having a best friend you can't get rid of. You know whatever you do, they'll still be there.





Cleanse, Exfoliate, Moisturize, Protect and Repeat

LIVING WELL

Skin care is important at every age

by Kylie Blanchard

"No matter what age you are, you need to follow four basic skin care steps," says Shelly Botsford, family nurse practitioner at the UND Center for Family Medicine in Bismarck. "You need a good cleanser that fits your skin type, you also need to exfoliate one to three times a week, moisturize and apply sunscreen every day."

Botsford stresses the importance of consistent sunscreen use. "You can have a moisturizer and sunscreen all in one, but that should go on your face every morning no matter what you are doing. The number one cause of wrinkles is sun exposure."

Healthy, smooth skin can certainly be passed from generation to generation, notes Botsford, but everyone has to do their part in keeping their skin healthy. "Genetics do play a role. If your mother and grandmother had beautiful skin, you are at an advantage," she says. "But the biggest factor is how much sun damage you have done throughout your life."

Avoiding tanning beds and direct sunlight are big steps in keeping skin healthy. "Use a broad spectrum sunscreen and avoid direct sun on the skin," says Botsford. It is important to look for a sunscreen that offers both UVA and UVB protection, she adds,



Shelly Botsford, FNP is shown with some of her favorite sun protection.

and one that also contains ingredients like titanium dioxide and zinc oxide, or some of the newest ingredients on the market, mexoryl or helioplex.

The skin near the eyes is the most sensitive to damage, she says. "The skin around the eyes is most prone to aging. Start young, it's never too early to start babying that skin around your eyes."

Collagen, a protein found in the connective tissues of the body, also plays an important role in youthful looking skin; but as women age, collagen breaks down and the skin's elasticity decreases. Creams such as Retin-A and Retinol can help to promote collagen growth. "Every woman over 35 should be on

Retin-A or Retinol to start promoting collagen," Botsford adds.

Botsford offers tips for every stage of a woman's life to keep skin looking young and healthy:

- 20s Focus on protecting the skin from sun damage and follow the four basic steps of skin care: cleanse, exfoliate, moisturize, and protect.
- 30s Begin using an anti-aging cream and thicker moisturizer. The use of Retin-A or Retinol can help reduce the presence of fine lines and sun spots.
- 40s Use a Retin-A or Retinol cream along with a good moisturizer and anti-aging eye cream on a daily basis. Microdermabrasion treatments

#### LIVING WELL

# Skin Care Tips for Everyone

- Regularly cleanse and moisturize your skin
- Apply a sunscreen of SPF 30 or greater at least a half-hour before going outside
- Wear protective clothing when outside, including long-sleeves and a wide-brim hat
- Don't smoke it is one of the top contributors to premature aging of the skin
- Drink water and stay well hydrated
- Eat a balanced diet, including fruit and vegetables rich in antioxidants

may also help give skin a smoother appearance.

- 50s Menopause will cause skin to lose its elasticity that is supported by estrogen. Continue using anti-aging creams and remain well hydrated. Consider pulsed light therapy if there is an increase in brown spots or skin discoloration.
- 60s and beyond Increase the thickness of moisturizing creams and stay well hydrated. Collagen will continue to decline, so a proper skin care regimen will become even more important.

Proper skin care is not just for women, notes Botsford. There are ways to get every member of the family involved in keeping their skin healthy. "For men, put a pump soap in the shower," she says, adding bar soaps can be harsh on skin. "Also put a pump moisturizer by their sink." For children, focus on reducing sun exposure by considering products like long-sleeved swimming attire and UV resistant clothing along with sunscreen.

Botsford says she sees patients at every stage of skin care and offers the SkinCeutical line of skin care products to her patients. "The reason I brought in this skin care line was because of the sunscreens that contained titanium dioxide and zinc oxide." She also offers patients other treatment options including Botox and Dermafill injections, microdermabrasions and Pulsed Light Therapy. "Pulsed Light Therapy provides treatment for acne and acne scars, sunspots, brown and uneven coloration, Rosacia or redness, red blood vessels and dark facial hair."

But ultimately, Botsford says, skin care starts with the basics. "It's basically cleansing and mosturizing. It's getting skin clean and getting a good moisturizer on that has a sunscreen in it."



Kylie Blanchard is a local writer.



#### Keep up so you can keep up.

It's easy for women to put off annual check-ups, yet the reasons to keep the appointments are more pressing. (Try fitting cancer treatment into your schedule.) Early detection helps you get the care you need so you can add years to your life. Make—and keep—your annual check-up appointment.

It pays to stay well. Find out how and take a free health risk assessment at NDWellnessCenter.com





An independent licensee of the Blue Cross & Blue Shield Association

Norther Makel Insurance Congany



by Karen K. Ehrens, LRD

The closer we move to summer the easier it gets to find delicious produce in the places we find food. Starting in May and into June, we move into cherry-apricot-peach-plum time! These are the stone fruits, called that for the pits, or stones at their center. This delicious group is like a great family of sisters, each with her own unique characteristics.

#### Meet the family!

**Cherry** will be the first to arrive – the little sister, but the one with the biggest flavor. Just wait until we can bite into a firm and glossy cherry and taste the juicy sweet heaven. This anticipation for what the seasons bring is part of the fun of eating. Fresh cherries may be best enjoyed out of your hand, but they can also make a great complement to pork dishes. Try a quick internet search for "pork and cherries" and delicious recipes for pork chops, tenderloin or roast with cherry sauces, glazes or salsas will show up. Give one a try!

Apricots, with their sweet mild flavor, are the shyest sisters. In Latin, "apricot" means "precious." Apricots, when they ripen, do not last for long so need to be enjoyed quickly. Like cherries, they taste delicious when eaten raw, but are also great on the grill. Just thread whole or halved apricots on skewers. Brush them with a little honey, and grill until semi-soft. Serve them alongside grilled chicken breast for an easy, summery meal.

Apricots and cherries are easy to freeze, too. Wash and dry fruit; slice apricots in half. Spread fruit in a thin layer on a baking sheet, place in freezer,

and then once frozen keep in a plastic freezer bag.

**Peach** is the classy older sister, while **nectarine** is the sassy sister with a great sweet-tart flavor without the fuzz of a peach. These two sisters are the closest. Peach trees sometimes produce a few nectarines, and nectarine trees a few peaches! Both peaches and nectarines come in either yellow skin or white skin varieties; those with the white skins are less tart. Always let peaches and nectarines ripen at room temperature; when they are ripe enough for you, store in the refrigerator to slow the ripening process. If you like a tart fruit, choose to eat it when it is still a bit firm. If you like sweet fruit let it ripen until a bit softer, when it will also be a bit juicier. Another sign of ripeness is that there will be no sign of green color around the stem.

**Plums** are the quirky sisters; they have the most color and variety. There are more than 200 varieties of plums grown in California. Plums are the only stone fruit with varieties that can grow here in our region. Wild plums are sweet and juicy in the middle with very tart skins, which are a sign of high levels of anti-oxidants. Plums are one of nature's great fast foods; wash and toss into your lunch bag or box for a refreshing snack or meal addition. Cooked, plums complement many meats including shrimp, lamb, pork or chicken.

This recipe, which is a delicious alternative to pie, brings the bigger sisters together for a delicious family reunion. Recipe courtesy of the California Tree Fruit Growers http:// www.caltreefruit.com/recipes/recipe\_ Detail.asp?rID=55 W

#### **Portuguese Pouches**

Cook time: 15 minutes. Makes 4 servings.

#### Ingredients

3 cup cut up fresh California peaches, plums and nectarines 1/4 to 1/3 cup sugar, depending on tartness of fruit 5 to 6 teaspoons cornstarch 1 teaspoon grated lemon peel 4 sheets phyllo dough\* butter flavor no stick cooking spray

#### **Directions**

Heat oven to 375 degrees F.

Combine fruit with mixture of sugar, cornstarch and lemon peel (use the larger amount of sugar if fruit is tart, and the larger amount of cornstarch if fruit is very juicy); set aside. For each pouch: Spray one phyllo sheet with cooking spray; cut crosswise into three equal strips.

Lay strips across each other to form a spoke pattern, crossing in the center.

Place 1/4 of the fruit filling in center; gently bring phyllo edges up to enclose fruit like a draw-string pouch.

Pinch gently at neck to seal closed. Repeat for remaining pouches. Place on baking sheet.

Spray each pouch with cooking spray and sprinkle with additional sugar.

Bake about 15 minutes, until crisp and golden and fruit is tender (cover loosely with foil as needed to prevent over browning).

Serve warm.

\*Follow instructions on package for phyllo.



Karen Ehrens is a Licensed, Registered Dietitian and consultant to Healthy North



# Fried's Family Restaurant

Three women are involved in the ownership of Fried's Family Restaurant. IW sat down with Patty Schantz, who is a partner in the establishment with her daughter Tanya Koch and niece Val Klein.

#### IW How did you get started?

**PS** We were originally out at the truck stop (west of Mandan) for about five years, beginning in 1994. It was my sister Fran, my sister-in-law and me. Everyone knew us as the Fried Sisters, so that's why we went with that name. And besides that, my folks loved it!

When the truck stop went 24 hours, we didn't want to do 24 hours, so I moved in here with my daughter. It got so busy, we asked my niece to come in with us. The three of us do all the cooking, except for the knoephla soup. Aggie, my sister, comes in two to three times a week at 2:30 in the morning and makes 35 gallons at a time.

We have been in this location since November 2nd, 1998. We were closed for four and a half months last year because of water damage. It was awful, but it gave us the chance to remodel.

The General Store has been here for about 3 years. Tanya is a decorator and decided the store would be a nice fit.

## IW What is your favorite part of the day?

PS I come in early to make the buns

and pies, so that is my favorite time of the day - when I'm baking and all by myself.

#### IW What are your responsibilities?

PS The way we (the three partners) schedule it, we have every third week off. When we are on shift, we are always on the grill. Sometimes it gets to be a lot of pressure, because we are not just cooks, we are also managers. We worry about the dishwasher, the customers, the line waiting out front, the soup cooking on the stove.

## IW How has business changed over the years?

**PS** It has gotten busier. We don't seem to feel the national downturns. Once we finished the remodeling (after the water damage), we got blasted so hard. The community has been good to us – both Bismarck and Mandan.

We also have shortened our hours and now we close on weekends.

#### IW What makes you successful?

PS We are known for our knoephla soup, especially since it was recommended in the May 2009 issue of Bon Appetit magazine. We even send the soup out of state. I think Aggie has the hardest job because she makes all the knoephlas by hand. A mother brought her little boy in for knoephla soup and he said 'you should

call this love soup, because you love to eat it.'

Also - we cook more like my folks did - a lot of home cooking - so most of our clientele is older. We still make creamed chicken. I bet we go through three cases of cream a month. We use cream in our pies and mashed potatoes, too.

Pumpkin Blachinda goes like nuts up here. In the fall, when we can get pumpkins, we grate it and freeze it. My brother started growing the pumpkins for us. I could bake 36 of them some days and they would be gone. That is something that really goes and you can't get it anywhere else. It is something we liked as kids - just like rhubarb pie, and kuchen.

(Schantz then offers me a piece of delicious cottage cheese kuchen – how could I say no?)

We don't have very much waste here, which keeps our food costs down. Leftover meat and vegetables get put into soups. Basically everything gets used up, so not much food goes in the garbage.

## IW Any advice you would give to someone starting out?

**PS** Prepare to work hard, that's all I can say. Restaurants come and go, but if you work hard, keep after your help and stick to it, you can make it.

Sometimes we differ on things, but it is nice to have three partners, so you can call someone in if we're swamped!

# Inspiring Recipes from Gerridee

Gerridee Wheeler has never followed a recipe in her life. "I have to have my own signature," she said. "I have to either leave something out or put something (extra) in."

Wheeler has cooked dinners for 50-60 people and intimate family gatherings. Her history with food includes contributions to many cookbooks, including one with this cover and introduction:



In 1848, before the days of Transactional Analysis, Transcendental Meditation, Marsinge Encounter, Parent Effectiveness, Morat skjonity, Playpint, Playbog, Playthoot, 137 and the Joy of Sex, jossins, Yoga and attacks apposits, we baseful together for saturbut under the guine of playing baidge.

In 1980, 32 years and 34 children later, after a full measure of tife's joys and a plack of tife's sorrows, on still sorrive.

This contock is deficated to Etlandship, out

Sisters Dorothy Wiltse, Gerridee Wheeler, Gwendolyn Bond (deceased)

Here she shares the perfect menu for 'when it's 3:00 and company is coming for dinner.'

#### **Strawberry-Romaine Salad**

#### **Dressing:**

2 cups mayonnaise

2/3 cup sugar

1/3 light cream

1/3 cup raspberry vinegar

2 Tablespoons poppy seeds

2-3 Tablespoons raspberry jam

1 bunch romaine, washed and torn Red onion, sliced Fresh strawberries, sliced Slivered almonds

Combine dressing ingredients. Toss romaine, onion and strawberries. Just before serving, drizzle dressing over salad and garnish with almonds. Serves 6-8.

Dressing can be kept at least a week in refrigerator at least a week and is good on fruit, too.

#### **Popovers**

1-1/4 cup flour

2 Tablespoons unsalted butter, cut into 6 equal pieces

1/4 teaspoon salt

1 Tablespoon unsalted butter, melted

3 large eggs

1-1/4 cup milk

Spray popover pan with nonstick spray. Preheat oven to 400 degrees and place rack in middle of oven. Preheat popover pan in oven about two minutes.

Blend flour, salt, eggs, milk and melted butter until mixture is the consistency of heavy cream, about one to two minutes. (blender works well for this). Batter can be made ahead of time and stored in refrigerator, but should be brought to room temperature before baking.

Place one small piece of butter in each cup and place back in oven until butter is bubbly, about one minute. Spoon batter into cups and bake for 20 minutes at 400 degrees. Reduce heat to 325 degrees and bake for about 15 minutes, until brown and crisp. Remove and cool on wire rack.

Makes 6 popovers

#### **CULINARY CORNER**

#### **Wild Rice Casserole**

1 pound medium-hot sausage

1 pound mushrooms, sliced

1 cup onions, chopped

1/4 cup flour

1/2 cup heavy cream

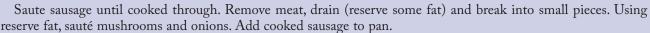
2-1/2 cups chicken broth

2 cups wild rice, cooked (about 2/3 cup raw)

1 tsp. salt

Pinch of oregano, thyme, marjoram

Macadamia nuts, chopped



Mix flour and cream together until smooth. Add to meat mixture, along with chicken broth and cook until thickened. Add rice and seasonings. Pour into buttered casserole, top with nuts and bake 30 minutes at 350.

Can make ahead and refrigerate or freeze until ready to bake.

Makes 8-10 servings.



#### Chicken Marbella

4 chickens, quartered (or chicken breasts)

1/4 cup dried oregano

1 head of garlic, peeled and finely pureed

salt and freshly ground pepper to taste

1/2 cup red wine vinegar

1/2 cup olive oil

1 cup pitted prunes

1/2 cup pitted Spanish green olives

1/2 cup capers with a bit of juice

6 bay leaves

1 cup brown sugar

1 cup white wine

1/4 cup Italian parsley or cilantro, finely chopped

In a large bowl, combine chicken, garlic, oregano, salt and pepper, vinegar, olive oil, prunes, olives, capers and juice and bay leaves. Cover and marinate.

Preheat oven to 350.

Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them.

Bake 50 – 60 minutes, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with fork at their thickest, yield clear yellow (rather than pink) juice.

With a slotted spoon, transfer chicken, prunes, olives and capers to serving platter. Moisten with a few spoonfuls of pan juices and sprinkle generously with parsley or cilantro. Pass remaining pan juices in a sauceboat.

10-12 servings.

#### Pot de Crème

4 ounces semi-sweet chocolate

2 Tablespoons butter

Juice of 1 orange

1 Tablespoon Grand Marnier

4 egg yolks, beaten

3 egg whites

Melt chocolate with butter and orange juice in the top of a double boiler. Remove from heat and stir in Grand Marnier. Cool slightly. Add beaten egg yolks to chocolate mixture and mix well. Beat egg whites until stiff but not dry. Gently fold into chocolate mixture. Pour into 8 petit pots and chill until ready to serve.

8 servings









## Sylvan = Real Results. Guaranteed.

Spending a summer at Sylvan will do more than just keep your child busy. A personalized summer learning plan can build the skills, habits and attitudes your child needs for lifelong success.

-

Sylvan will develop a program to help your child keep up over summer break.



We have flexible summer hours to accommodate your busy summer lifestyle.



It's a fun approach that inspires summer learning.

# **CALL NOW! GET \$50 OFF**

OUR SYLVAN SKILLS ASSESSMENT

701-223-0010

212 West Century Avenue Bismarck, ND 58503 www.sylvanbismarck.com

VISIT US ONLINE

www.sylvanbismarck.com

Reading, Math, Writing, Study Skills, Test-Taking, College/University Prep and More!



#### 748 JUNIPER DRIVE BISMARCK

Close to schools, updated decor throughout with over 3,500 sq. ft. Main level family room with gas fireplace and spacious entertainment center. The kitchen has updated appliances, loft ceilings, double ovens, new floor covering, and counter. The casual dining area has a patio door leading off to a large deck overlooking a beautiful fenced backyard with sprinkler system. Great for entertaining large gatherings, the spacious formal dining room adjoins the large living room. Up a few stairs to the private master bedroom suite with a master bath and a large walk-in closet. There is a total of three bedrooms and two bathrooms on this level plus a balcony view of the kitchen and dining room. The lower level has two bedrooms, a large office, full bathroom and a large family room. Heated triple garage is finished.









601 East Bismarck Expressway
Bismarck, ND 58504

For more information on this listing, please contact...

#### Darcy Fettig 400-1100

☆ darcy@BiancoRealty.com





When she was alive, Mary Walker asked her attorney, Malcolm Brown, to make just one change in her will.

Mary is now helping to save hundreds of boys and girls' lives each day.

When area resident Mary Walker decided to include The GOD'S CHILD Project in her will, she took the necessary step towards making a big difference in our world.

She had worked hard all of her life, loved her friends and family, saved what she could, and through Fred Schmidt invested with care.

Being a practical woman, Mary also realized that she wouldn't live forever. She didn't want to die without a will and have the government take it all, or leave behind an expensive legal mess. Instead she wisely looked around and chose, among others, the children of The GOD'S CHILD Project to benefit from her estate.

Now and in the future, hundreds of children worldwide and right here in North Dakota will go to school, receive an education, and break free from poverty through The GOD'S CHILD Project's Mary Walker Scholarship Fund.

At the Bismarck-founded and based GOD'S CHILD Project, you can make your bequest to the children in either a specific dollar amount or as a percentage of your estate. You can even name your gift, or designate how your bequest will be used. If I can help you with this, please let me know.



Patrick J. Atkinson Founder, Executive Director The GOD'S CHILD Project Tel: (701) 255-7956

To learn more about Planned Giving at The GOD'S CHILD Project, please contact: Scott Kadlec, President, The GOD'S CHILD Project Foundation, PO Box 1573, Bismarck, ND 58502, (701) 255-7956, www.GCPFoundation.org





# Benefits of Including The GOD'S CHILD Project in Your Will

- A charitable bequest to The GOD'S CHILD Project reduces or may eliminate federal estate taxes.
- Property, including cash, securities, jewelry, works of art, and real estate, may be given through your will.
- A gift made through your will is a realistic way for you to leave a legacy that will help others forever.