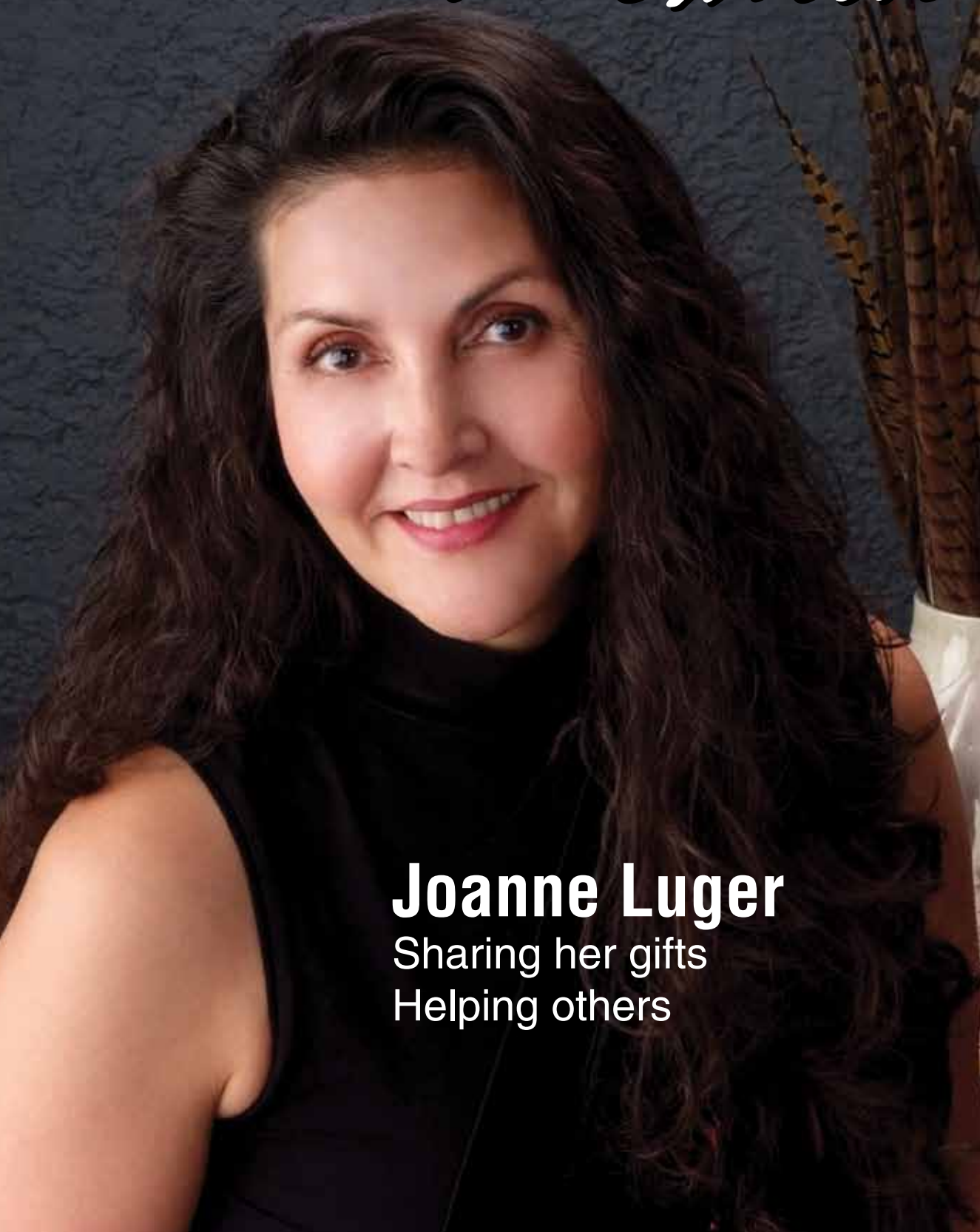


Inspired *Woman*

August / September 2012
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The mission of **Inspired Woman** is to use our
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empower, educate and entertain women.



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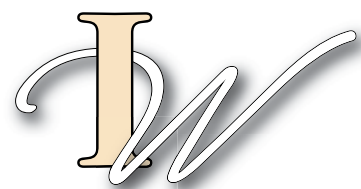
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Editor's Notes

This was a fun issue to put together. It gave me the opportunity to meet a lot of new people, catch up with old friends and take some fun photos.

I had briefly met Joanne Luger years ago, at an art show, but had no clue about her other interests. After hearing about Bridging the Dental Gap and traveling over to Five Nations Arts to photograph some of her artwork, I can tell she lives a full, rich life.

The overall theme is about kids and Eva Ridenhour offers some tips on how young people can follow their passion. I really enjoyed reading Pam Vukelic's traffic light tips on snacks for children, plus I can't wait to try those kale chips!

Deb

~Be Inspired~

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A sampling of Joanne's art



Joanne Luger

An Artist in Many Forms

by Deb Seminary

Joanne Luger is an artist in many forms. You may be familiar with her drawings or pottery, but you may also have been the recipient of the work of one of her other crafts - dentistry!

Joanne Luger was born and raised in the Yukon Territory, Canada. She is a member of the Northern Tutchone, a First Nations Tribe. She left home when she was eighteen and went into the Northwest Territories where she attended the School of Dental Therapy. "It was a three year program that trained us to do fillings and some extractions," said Joanne. "The dental therapy program was designed to increase access to dental care to remote areas of northern Canada that did not have a dentist."

"The dental equipment was a mobile unit," she noted. "We would fly into remote communities on float planes or, in the winter, go by snowmobiles. I have worked in areas as far north as Inuvik, NWT as well as numerous communities of Northern Manitoba. I provided dental care to these remote areas for two years but decided that living in the middle of nowhere with no family and few friends was not for me. I couldn't see myself doing that for the rest of my life."

At the time, the University of Manitoba was looking for students that were from Northern communities to enter their medical/dental program.

The idea was to educate professionals from these areas in a hope they would some day return. Joanne took the opportunity and started the journey toward dental school. While on this journey, she met someone from North Dakota and moved to Bismarck. "When I first moved to Bismarck I had to find something to do until I transferred to a US dental school so I decided to try something fun for a change. I had always been interested in art but never had the opportunity to participate, so I started going to Bismarck State College," she said. "I didn't even know I **could** draw!"

"I have this hand-eye coordination that I now realize is a God-given talent," she continued. "I enjoy working with my hands, I like to make stuff. People often ask me how I do it and I find it difficult to explain because sometimes it feels like the drawing simply comes out of the paper. Most people think drawing is mostly about your hands but it's not. It's about what you see and how you interpret what you see. It is the ability to transfer what your eye sees onto paper."

She noted, despite her strong hand-eye coordination, one of her other artistic passions didn't come as easily. "Pottery is more difficult. I have to work harder at it because there are so many things that can go wrong. Clay can be fickle and difficult to handle.

There are many variables that can affect the final outcome. The clay may be too wet, too dry or not aged enough. Most of the time I have a mental plan about what I want to make but rarely, if ever, does it turn out the way I intended. Glazing pottery is unpredictable in most cases because the glaze can vary depending on how thick or thin the pot is, how thick or thin the mixture is, where the pot is placed in the kiln or how the planets are aligned. I think that's why I like it, I can't control it. The process of creating pottery is all part of the art."

Learning pottery took a little more effort and, at first, she didn't really like the craft. "I was curious about pottery when I first started doing it but I also hated it," she said. "It is not as easy as it looks. After dental school, I returned to Bismarck and decided to give pottery another chance. I went back to BSC and started doing pottery. This time it all clicked into place. Pottery has evolved into a form of meditation for me. It helps me center my awareness and stay connected to the earth both literally and figuratively."

Joanne said she works with a group of ladies that get together to "throw clay around." "These women are my support group," she said. "There are about ten of us ranging in age from 28 to 75 and we are all potters. We all have our own studios, with wheels and



Joanne's daughters created these drawings of each other.



kilns, but we prefer to do pottery at the BSC art department."

The potters enjoy a good relationship with Brian Hushagen, an associate professor of art at BSC. "It is a nice communal place where we can try different glazes, different types of clay, and different ways of firing," said Joanne. "He is very dynamic and always trying different things. It keeps us up to date on new techniques. We help him, too by sharing what we have learned with other students. The advantage of being in this kind of studio is we teach and inspire each other."

Joanne has also artistically influenced her daughters in the same way her mother and aunts had influenced her. "I come from a long line of incredibly talented women. Both of my daughters are unbelievably talented," she said. "They both draw and specialize in anime. My thirteen-year-old does comic strips. My nineteen-year-old is very interested in cinematography."

However, she has yet to convince them to market their artistic abilities and take advantage of their talents. "I grew up in a place where access to professional careers was unreachable," she said. "How I got to this place in my life feels like a dream. As a child I was economically disadvantaged and lived in a shack with no running water and a wood stove. If someone had said to me that I was going to be a dentist someday, I would have laughed because that was too far beyond the realm of possibility. As my life evolved, however, I happened to be in the right place at the right time and had enough sense to take advantage of the opportunities that came my way."

Joanne is now the Clinical Director of Bridging the Dental Gap, a public health dental clinic based in Bismarck. "As a child I was a public health recipient and now I am a public health provider and have been my entire adult life," she said.

In 1998 she became involved with a group of like-minded individuals,

and they started talking about a public health dental clinic in Bismarck, ND. It took until 2004 before they were finally able to put the clinic together. "It is a very unique dental program," explained Joanne. "Most public health facilities offer medical, dental and mental health services. These facilities qualify for Federal and State funding. We are an independent Public Health Dental Clinic, therefore we do not receive any State or Federal assistance."

The clinic does qualify for a few grants, but mainly operates on funds it can generate and donations. The clinic opened in August 2004 with several volunteers and Joanne as the only dentist.

"I am very proud of this clinic," she said. "There are two dentists working with me right now, a business manager, two hygienists and four dental assistants. I am concerned that with the expanding population in the Bismarck/Mandan area we will not have the staff or funding to accommodate the number of people that will need dental care in the near future. We purchased two mobile dental units and now provide care in local nursing homes two days a month. We also oversee the Ronald McDonald Care Mobile that travels around the state offering free dental services to children. We are committed to increasing access to dental care for everyone."

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In addition to working at the clinic, Joanne is the North Dakota State Dental Consultant for Medicaid, Workforce Safety Dental Consultant and does Peer Review for the North Dakota State Prison. She has also worked for Indian Health Services on the Standing Rock Reservation in Fort Yates ND for 10 years. "I keep myself busy," she agreed. "Sometimes it is hard to squeeze time in for art. I also try to stay physically fit. As my elders reach a more advanced age, I have become increasingly aware of how important it is to keep your body strong so when you get to be 80 and 90 years of age your body can still have mobility."



Joanne also travels back to the Yukon at least once a year to visit her family. "I grew up with very strong women," she said. "The kind that shoot moose, process the meat, tan the hide and make moccassins, hats, mittens and jackets out of it. My mom and aunties still do beadwork and tan the hides. They sell their wares at local festivals, so I try to coordinate my visits around those events. These women taught me to work hard and to help take care of others that are less fortunate."

Joanne's prints and pottery are for sale at Five Nations Arts, 401 West Main in Mandan.

Donations to help support Bridging the Dental Gap can be sent to 1223 South 12th Street, Suite 1, Bismarck 58504.



Deb Seminary is the editor of Inspired Woman.



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Finding Balance

Activities keep both kids and parents busy and balancing

by Kylie Blanchard

Sports, clubs, organizations, oh my! The list of activities for kids to participate in today seems to be growing, and more families find themselves running through the week and weekend for practices, performances, games and tournaments. While there are concerns of the impacts of overscheduling, there are also many benefits for kids and families who are active and involved.

"Kids like to be social and do what their friends are doing, and parents want their kids to experience as much as possible, as well as keep them busy and out of trouble," says Dr. Katherine Knoll, pediatrician at Medcenter One's Q&R Clinic. "There is also a push to keep kids active due to the growing obesity rate in the country."

She says activities are also very important to kids' development. "Besides being fun and entertaining, they teach kids several things including teamwork, sportsmanship, responsibility, and social skills, as well as physical skills. They also keep kids fit and active."

"On the other hand, being in too many activities that consume all their time, kids can become too tired and stressed out," Dr. Knoll notes. "This can lead to anxiety and depression symptoms. It can also affect other aspects of their life, and they can fall behind on other duties such as schoolwork which can impact their grades. It can also affect family life and relationships with their family and friends."

Dr. Knoll says finding a balance of activities and time will best benefit kids and families. "Find as much information about the activities beforehand, including how much time is involved. Set priorities and know when to say no," she says. "Also make a calendar and pencil in time to have downtime and family time."

Active Families, Active Lives

Shari Zeis has two very active daughters, Alexis, 16, and Mikayla, 11, with full schedules including figure skating year-round and other activities including soccer, volleyball, cross-country, track and band. But she says her family makes it all work with organization.

"If you have kids in multiple activities, you have to be a planner or things just get lost in the shuffle and you miss where you need to be," she says, adding it is also important to go over schedules with the kids as well.

"There have been times when we've had three different things going on with both kids," says Zeis. "It can get to be a bit hectic, but we just schedule it and make sure we know who is going where."

Allowing her girls to participate in a variety of activities has been an essential part of their growing up, Zeis says, but it has also been important to have them make decisions about their priorities. "We have tried to stress to them the importance of making a decision when there are conflicting activities. But the older the kids get, the tougher this gets."

There have been many benefits to participating in activities, she notes. "It really keeps them on track and grounded," says Zeis. "Being involved in activities, they also meet different people and, more importantly, they are not sitting around."

But Zeis notes parents need to be mindful of how schedules are impacting their children. "Being involved in too many things, kids may start to look at activities as not being fun anymore," she says. "Families really have to look at themselves in order to know what they can handle."

Although Judy Boger's four kids, Chad, 23, Jasmin, 21, Chelsea, 19, and Carly, 18, are out of high school, she looks back fondly on the busy schedule of activities the whole family took part in and the time it allowed them to spend together. "We ran like crazy," she says. "We had a mini-van and in the back we had bags packed for all the activities and a cooler packed with snacks. I don't know how we did it, but it was always fun."

The family started participating in Tae Kwon Do when Chad was four and the other children soon followed in joining the sport. In addition, there was also gymnastics and swimming lessons. As the kids entered elementary school and middle school they

played soccer, basketball, tennis and volleyball and participated in orchestra and band. In high school, they also took part in cross country and track, as well as other school organizations.

"The kids tried everything," says Boger. "But once they got to high school they really did have to pick their activities because it was harder to do it all at once."

She says having an active schedule was really important to their family. "Being in activities was our family entertainment and with the kids being so close in age, they never knew anything different," notes Boger. "We traveled all over for tournaments and it was our family time. This is what we wanted to have as our time with our kids."

There were many benefits to the active lifestyle, she says. "They have all become well-rounded kids, lettering in their sports and being on honor roll, and have made us very proud," says Boger. "There is absolutely no doubt we would do this all again."

Making It All Work

Dr. Knoll says active schedules do often benefit children, but if the activities get overwhelming, communication is the key to finding a solution. "It would be a good idea for parents to sit down and talk with their children about their activities," she says. "They need to be supportive of cutting back, and they need to prioritize activities based on skill, enjoyment, age, and the time involved."

But she also stresses the importance of active kids and families. "Activity and exercise is extremely important and every child should be active in something," says Dr. Knoll. "Finding a middle ground will benefit both the child and the family as a whole."



Kylie Blanchard is a local writer.

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Out of the Darkness

Support for Survivors of Suicide

by Tina Ding

Brenda Bergan awakened to probing questions from her husband. He wondered where their son was; wanted to know why his car wasn't home at that time of morning. Rational explanations faded quickly when they determined his pistol was missing.

"I somehow knew," surviving parent Brenda Bergan said. "Brandon represents the type of kid who works to get friends on the straight and narrow when considering smoking or drinking. This time he'd done something, we knew it was different."

Phone calls to close friends resulted in her overhearing a background comment. Apparently he'd been considering suicide the previous night. Bergan hung up and phoned the police, requesting help to locate her missing son. While her husband and eldest son searched for him, she turned to prayer. "I'll never forget that moment...the moment police pulled into our driveway," she said. "They were coming to the door and I couldn't go there. I just knew they were going to tell me something I didn't want to hear. The news he'd died by suicide shocked us."

Athletic and charming, their middle child, Brandon (16), seemed to have it all together, never struggling with anything. And their family was a loving, functional family. To Bergan, nothing made sense. There were no warning signs.

"Prior to losing Brandon, I lived life like a bird – flying in whichever direction life took me. No worries, no challenges I couldn't overcome," Bergan said. "And then I learned he was gone. It was like I'd suddenly crashed into a tree. My world became dark and black. I just wanted to stay in my nest."



Out of the Darkness Community Walk

Saturday, October 6, 2012

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She didn't go quietly in her grief, however. Family and friends encouraged her, coaxed her into attending support groups for loss. After years of attending grief groups and finding connections with suicide survivors, she eventually chose to facilitate a group specific to

suicide survivors to help others facing what she had. Meeting twice each month on the 1st and 3rd Tuesdays, SOS (Sounds of Silence) provides a safe, non-judgmental atmosphere for survivors to gather and share, as well as receive support.

When Bergan learned of Diana Schick's loss, she didn't hesitate. She went directly to Schick's home to be there for her. "It was so important to me to reach out to her. She had lost her son to suicide, like I had," she said.

"The moment I saw Brenda walk into my home, I knew I would eventually be ok," parent survivor Diana Schick said. "She was wearing makeup and seemed composed. Seeing another mom who'd somehow endured this tragic loss helped me to gain the strength I needed to move forward."

Like Bergan, Schick had no warning signs. In hindsight, perhaps, she recognizes what may have been clues to his thoughts in those last days. "Everything was so 'normal' at our home," Schick said. "We communicated well and really had a great family. Tucker could do everything and do it very well."

"He simply had an undiagnosed mental illness that caused him to take his life," she said. "The devastating piece is that we had no idea. Without knowing he was hurting, we couldn't help him. He had been internalizing everything. To us he seemed so put together, so 'normal'."

Schick sought answers, resolution to her loss. She threw herself into helping others – forming a sisterhood with moms of loss. "Our (surviving) children suffer. Not only do they lose a sibling, they lose their parents," Schick said. "As parents, we temporarily lose our

path while in the storm, then find ourselves forced onto a new road. And when that happens, we all change. All of us change and grow and develop into new people."

Suicidal tendencies can run in a family; depression is genetic. When Schick's family found they weren't recovering from the loss of Tucker, they eventually decided to turn to medical professionals for help in their journey. Turned out both children and their father have depression and needed both medical attention and (talk) therapy.

Schick depends upon helping others as she continues to heal, yet is no longer burdened with grief. "I chose to live life to its fullest. Tucker didn't have peace on earth, I couldn't consider he'd be looking down on me while seeing me unhappy, lacking peace myself," she said. "When I realized that, I chose to take care of myself. I began walking, lost weight and got back into life."

Today, she misses his socks crumpled on the floor, his stacks of shoes at the entry. "Gifts I'd been given. I wish I'd have had one more day, just one

more time. We need to live more, laugh more, love more," Schick said.

Bergan would give anything to see her son once more - to hold him tightly, although he's been gone eight years. "We need to keep talking about this. Suicide is not unlike other diseases. Cancer, heart disease, high blood pressure," Bergan said. "Our society accepts medicating those sorts of illnesses and shares sorrow or grief when lives are taken as a result. Yet mental illness is an unspoken topic. We're trying to change that."

Schick said appropriate language regarding suicide no longer includes the term 'commit', since it conjures up the image of being locked up or condemned. It is correctly addressed as 'by suicide', 'due to suicide', or 'took his own life'.

Kursten Deinert's baby brother exhibited some classic suicidal warning signs, yet when combined with his otherwise great disposition and attitude toward life, she never once considered suicide tormented his mind. "He hid his struggle with depression very well,"

Deinert said. "Curt (27) fought a silent battle with drugs and alcohol. We knew he spiraled downward when drinking, but didn't put everything together until after he'd been taken by suicide. He suffered mood swings, grumpiness and had times of disconnectedness."

As his protector, his keeper, she took it hard when she learned he was gone. "How could I have missed this," she wondered. "It's time to make others aware of the warning signs and urge others to talk about suicide. We need to recognize ways to help our loved ones as they cry out for help, even if in very, very subtle ways."

She said those considering suicide might converse about dying, hopelessness or helplessness, or feel they are no longer contributing to society or begin giving away possessions. Any talk of being a burden or in an ending relationship can indicate frustration and anguish. Even when suicide is the farthest from our mind, taking time to ask others how they are doing when facing tough stuff can open the door for conversation. And when noticing a friend or

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"The hotline is a great option, as are medical facilities," Deinert said. "The hard part is locating an open mental health clinic or physician after hours." In those cases, she said the emergency room or phoning police are excellent options.

Suicide claims more than 36,000 lives in the United States each year. Non-discriminating by age, gender, ethnicity or socio-economic status, suicide is the fourth leading cause of death among adults ages 18 – 65 and the second leading cause of death among young adults and teens.

To raise awareness and improve our understanding, fundraising efforts are aimed at prevention and education, specifically to address warning signs and to define the mental illnesses contributing to suicide.

Bergan sought a way to honor her son in addition to reaching other moms, other survivors. She joined a team with

Dorcas Kunkel to bring the Out of the Darkness Walk to Bismarck. When Kunkel moved away from the area, Bergan and Susan Wagner, with the Department of Human Services Mental Health & Substance Abuse, began co-chairing the Walk. Now in its fifth year locally, the event is held at the Bismarck Capitol Grounds Loop. Survivors gather for camaraderie, share stories and honor their loved ones lost by suicide. Friends and families rally together, walking 1½ miles together while carrying signs, banners or pictures. "We begin the walk with an opening ceremony, then end with an open mic opportunity," Bergan said. "It's such an amazing chance for us to share our stories."

Wagner initially supported the walk as a result of working on the statewide suicide prevention coalition. Asked to join the committee, she found she truly felt a 'perfect fit' in working with those attending the walk. "As committee members, we wear red shirts to identify our position at the event," she said. "We roam among the crowd to ensure

people we are there for them. We support survivors as well as those who've contemplated suicide as an option for themselves."

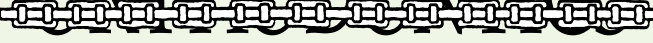
She described how those attending wear beads to signify the loss they've endured: white for a child's loss to suicide; orange/sibling; red/spouse or partner; purple/relative or friend; gold/parent; blue to support the cause; green for self. "It's a powerful thing," she said. "People gravitating to others of same colored beads. They know one another's pain, one another's grief. It's an amazing thing to see."

Visit afsp.org for suicide warning signs and other information.




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

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A Slice of Inspiration

Bismarck Emergency Food Pantry



A volunteer stocks the shelves at the Pantry.

For over 30 years the Bismarck Emergency Food Pantry has been filling a need in the community. Churches, businesses, scouting groups, individuals, local organizations and the Postal Service all make sure the shelves remained stocked by providing food and/or monetary donations. "Some people will go shopping and buy one or two hundred dollars worth of groceries and just bring them in," said Shirley Fox, co-chair. "The postal drive is our biggest contribution."

The Food Pantry is run strictly by volunteers. "Our only expense is rent and phone," explained Theresa Scheetz, co-chair.

Some of the items the pantry always needs are: toilet paper, peanut butter, pancake mix, syrup, tuna, macaroni and cheese, cereal, sugar and ketchup. They buy what they need to make sure they are providing a good balance. A family of four probably gets around \$130 worth of groceries, including meat and dairy products.

The pantry does receive fresh produce in the summer from the North Dakota Department of Agriculture's Hunger Free ND Garden Project, otherwise they always have apples and carrots on hand. "There is also a farmer up by Garrison that sends us corn and squash," said Fox.

When someone comes into the Food Pantry, they must go through an interview to determine their need. Sometimes there are people who aren't always honest, but they don't turn very many away. "We encourage people to do something for themselves and not become dependent on us," explained Fox. "We are here to help them through a bad patch."

They have seen quite an increase in need over the past few years. "In 2006 we averaged about 30 families a month and now we serve around 150," said Scheetz. "We see a lot of people who have relocated and don't have jobs yet."

If you are interested in volunteering or donating, please contact Shirley or Theresa at the Pantry, information is below.

Bismarck Emergency Food Pantry:

- 258.9188 / 725 Memorial Highway, Bismarck 58504
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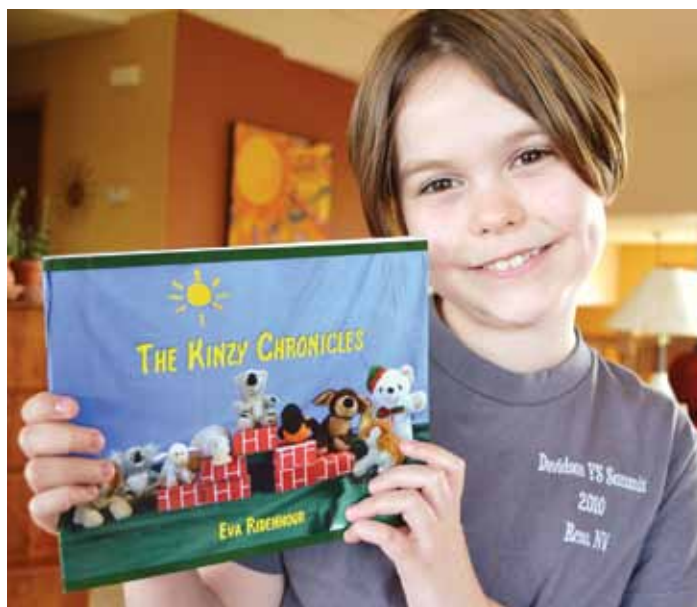
*Eva built and photographed the sets for her illustrations of *The Kinzy Chronicles*.*



Presenting at the 6th grade Career Day event Spring 2012



Eva presenting to a 3rd grade classroom at Saxvik Elementary



Eva with her latest book

Hi. I am Eva Ridenhour, and I've been writing books for a third of my life. I am nine years old now, and I have just released my third book, *The Kinzy Chronicles*. I love writing and I want to share my passion with the world by reminding you that you can do this too. Not just writing, but whatever you want to do. I am very glad I have found my talent so early in life. It's never too early or too late to find your passion.

I am going to tell you a bit about myself... well actually I am going to tell you about the third of my life that was writing books.

When I was six years old, my dad and my brother decided that they would write a first draft of a book. My mom, (my teacher) said that I should do this as well. My brother and I are homeschooled so that was actually a school assignment. We used a program called National Novel Writing Month, Or NaNoWriMo for short.

NaNoWriMo is a program on the internet that challenges kids and adults to write a first draft of a book in the thirty days of November. For adults, you have to write 50,000 words. For kids, you pick a word count goal and ready, set, go! It's non-stop writing through November and at the end, if you reached your goal, you get an online banner, a winning certificate, etc.

After NaNoWriMo, I decided that I would take it another step forward. I edited my book. And then I edited it again. And again. Next, I illustrated. For my first book, I drew with colored markers. I watched my mom scan my pictures on to the computer and even learned a bit about it myself. And then, the very last thing that we did was upload the PDF file onto a self-publishing company called lulu.com.

I did NaNoWriMo and the writing process two more times. And that is where I am now. My first book is called *Birds on the Run!* My second, *Attack of the Reptiles!* And last but not least, *The Kinzy Chronicles*, which is a book of short stories about my stuffed koala named Kinzy and his friends.

But I didn't stop there. I marketed. I now have a website and a Facebook page. Teachers across North Dakota have

invited me into their classrooms to tell their students about writing. In Devils Lake, a classroom invited me to Skype them there. It was a lot of fun. In 2011, I did a variety of things to help me get started, including a book tour, and having a booth at a teacher's conference called the North Dakota Educators Association.

On the book tour, I met some teachers in Georgia who said that it would be really cool if I could tell other kids across the country about my writing. I thought about that a lot on the way home. Finally I came up with a plan. In August 2011, my mom and I made five two-minute writing lecture videos. They teach other kids across the country how to write. They have been a huge success. Bigger than I had expected anyway. They have been used in classrooms all across the US and even in other countries. I am very proud of what I have done.

That is what I have done so far. What I plan to do next is to write another book, and do more presentations. As I said in the beginning, you can do this too. Just do what you want, be what you want, and do it no matter what age you are. I have really enjoyed writing, and I hope you enjoy what you do too. Please show this to others you care about, your kids, your friends. I hope you enjoyed this article and good luck finding your passion.

Visit Eva's website to watch her videos on writing, to purchase her books, or to invite her as a guest speaker into your classroom.
www.evaridenhour.com



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A Kitchen Renewal



This cramped, out-dated kitchen needed a breath of fresh air. And why open the windows when you can knock down a wall?

The difference is staggering and homeowner Diane Rath is very pleased. "I love the colors," she said. "I chose them because they remind me of nature and I am an outdoor girl. This kitchen is about being natural, finding balance."



From start to finish, including negotiating with contractors, the whole process took six months. Rath doesn't need a lot of cupboard space, but wanted a functional kitchen. The new details include a corner pantry, easy close drawers, quartz countertops, a farmhouse sink, new light fixtures with dimmer switches and a microwave/convection oven. All windows, doors and appliances were also upgraded.

The arch in top cabinet matches arches in ceiling.



Cork provides a warmer floor covering option.

The cabinetry is quarter sawn oak.



BEFORE



Gurholt Construction, Seifert Electric and Interior Woodworks were extremely helpful with suggesting during the construction process.

Point Click Shoot

Females in Photography

by Deb Seminary



Nancy feels going digital and being able to photoshop has been a blessing and a curse. "When you were shooting film, you knew you had to get it," she said. "Now, a lot of people may say, 'I can fix it later.' That is not our philosophy. We want to capture it correctly. We use photoshop mainly to enhance photos, not manipulate them."

She went on to explain how her schooling makes a difference in her photography: "We still shoot a lot in the studio, because there it's all about light. In film days, if you didn't have light, you didn't have an image. Cameras can do so much now and most people shoot outdoors, because it is forgiving. It's amazing the photos you can get off your phone! Even after school I took week-long courses just on lighting. The hardest thing to learn in photography is the lighting. Some photographers never see the light."

Nancy's tips for photographing children:

Determine the best time of day for them, not close to nap or meal times.

Get down to their level, shoot at eye level and speak to them on their level.

Dress them in clothes that they feel comfortable in.

d'Joyce Photography: djoyce.info • 701.255.0175

Nancy

Nancy Joyce grew up in photography. Her father opened d'Joyce in 1963 over the Woolworth's store in downtown Bismarck. "I worked there in high school and when I graduated I was given the opportunity to go to photography school in Santa Barbara, California," explained Nancy. "At the time I didn't want to be a photographer, but living in California sounded intriguing!"

She fell in love with photography after just a couple weeks in school and came home to Bismarck after she graduated. Nancy and her brother Mike now run the studio and have built quite a following in the area. They have won numerous Kodak Gallery and Fuji Masterpiece Awards, and been named North Dakota Photographer of the Year eight times.

Depending on the subjects, Nancy may be the artist behind the scenes (working with lighting and props) or the actual photographer. She also does all of the computer work at the studio. "Digital changed things," she said. "There is a lot more work flow, so I am not doing photography all of the time now."

Megan

Megan Milbradt of Everyday Art Photography has been in business for a little over four years, but she has been taking photographs a lot longer. "I just started out as someone who



likes photography and am lucky it developed into a business," she said.

Megan specializes in newborns, children and families. "I love working with kids of all ages and watching families interact," she said. "I love to hear what clients say when they see their photos."

All of her shoots are done on location, since she does not have a studio. She considers herself a custom photographer and consults with families on what to wear, the best place(s) to take the shots, even how they should display their finished photos.

If anyone reading this has aspirations about turning their love for photography into a business, Megan has this advice: "Don't rush into anything. Being a professional photographer is much more than just taking pictures. There is so much work to the business side of it than one would expect. If you don't take all the right steps, you won't be able to build a successful and sustainable business."

Everyday Art Photography: everydayartphotography.com • facebook.com/everydayartphotography

Lyra

Lyra Lee bought her first SLR (single-lens reflex camera) about four years ago. She took a lot of photos of her three children, then friends started asking her to take pictures for them. She did it for free for awhile, just to learn and get experience. "We moved in 2010 and I set up a website," she said. "I decided if I was going to have time to do it, I had to charge, because my time was too valuable."

Lyra's specialty is families and children, along with maternity and newborns. She feels one of the things that sets her apart from other photographers is her passion for the craft. "I'm not doing it for the money," she said. "It is nice to make a little money on the side, but really is a way that I can learn more and express my creativity."

She is totally self-taught and in the beginning would pick one thing about her camera, or an aspect of photography and read as much as she could about it. Then, she would go out and take photos based on what she had learned. As she grows her business, she would like to do more custom photography. "So many times people will buy a CD and just print out 4x6's," she said. "I think that is a shame. I would like to help people order their photos, frame them and hang them on their walls."

Another thing Lyra would like to do is 'Lifestyle' photography where she would go into someone's home, be a part of their day and follow them for two or three hours as mom (or dad) fixes lunch or tucks their kids in for a nap, just showing what goes on at home. "I have seen other photographers do that and I really like it," she said. "I would also love to go into the hospital to photograph a birth. I am open to a lot of things."

Lyra Lee Photography: lyraleephoto.com • facebook.com/lyraleephoto



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Chiropractic Care for Mom and Baby

by Dr. Mandy Jo Dietz



Dr. Mandy adjusts one of her 14 month old twins.

When you find out you're expecting a baby (or two), there is a sudden urgency to know everything you can about pregnancy, birth and caring for your baby. At least that was my experience. As a chiropractor, mother of thirteen-month-old twin girls, and a woman who experienced an extremely high risk pregnancy, I can share with you the most important information you may ever hear about chiropractic, pregnancy, birth and caring for your baby.

Most people hear "chiropractor" and think neck and back pain. That's not exactly right. Chiropractic care ensures that your nervous system is function-

ing at full capacity which means your body is functioning at full capacity. Your nervous system controls absolutely everything in your body. It communicates by sending messages from your brain, down your spinal cord, through nerves that exit between the vertebrae (bones) in your spine going to every organ, muscle and cell in your body and back again. There are 24 moveable bones in your spine, all connected, between your skull and your sacrum or tail bone. When the bones in your spine are misaligned or unable to move correctly, it puts pressure on nerves and causes interference in the com-

munication of your nervous system. This condition is called subluxation, and is caused by physical, chemical and emotional stress. Simply put, your body is not working as well as it could!

Chiropractors evaluate your spine and nervous system. We perform examinations and specific tests to determine if you have subluxations. If a subluxation is found, we perform chiropractic adjustments, a gentle thrust to a specific bone, to move the bone back to the correct position and remove pressure from the nerves. By removing this interference, your body will begin functioning properly and restore health. Chiropractors are the only health care professionals specifically trained to identify and correct subluxations.

For Pregnancy

So what does this have to do with pregnancy? It makes sense to have your brain, your nerves and your body all consistently communicating as clearly as possible in order to create this new life. This means your entire body is functioning better and working to develop your baby with the greatest potential. Not only does chiropractic care aid in the development of your baby, but it also keeps you healthier and stronger.

During pregnancy, your body goes through dramatic changes as your baby grows and develops. Hormonal changes as well as structural changes allow

your body to shift and adapt to accommodate a growing baby and upcoming birth, thus increasing stress to your spine and nervous system. Regular chiropractic care during pregnancy can help your body eliminate aches and pains, reduce nausea, increase energy levels, keep your immune system strong, maintain healthy sleeping patterns, increase concentration and allow your body to adapt to constant changes. Your body functions better as a whole and keeps both you and your baby as healthy as possible throughout your pregnancy.

Misalignments present during pregnancy can create space constraints and, as your baby grows, he or she might not have the necessary space to turn into the correct position. Most often, babies turn in utero to the vertex position (head down) for birth. When there is not sufficient room due to pelvic misalignments, the baby remains breech (bottom down) and this can mean a more difficult birth or a cesarean section. Specific chiropractic techniques and adjustments are used during pregnancy to keep the pelvis aligned, release tight ligaments attached to the uterus and allow the baby maximum space to turn into proper position.

For Birth

Regular chiropractic care not only makes for a better pregnancy, but it also means a better birthing experience. There are many aspects of birth that may improve by receiving chiropractic care during pregnancy. Hormones are responsible for your pelvis and joints being able to open and allow the baby to come through the birth canal and for your body to structurally adapt to carrying and birthing a full term baby. Our bodies are truly amazing! However, these changes can create structural stress that can have the potential to cause birth to be difficult.

For instance, when the bones in your spine and pelvis shift to accommodate your baby and changing weight distribution, it can cause misalignments in the pelvis and spine. Your pelvis is a group of five different bones with several joints. When they are misaligned and have restricted movement, it

means they are less able to move during birth and can create a smaller space for the baby to travel down the birth canal. Chiropractic researcher, Dr. Joan Fallon, found in her studies that first time mothers receiving chiropractic care had a 24% reduction in average labor time compared to women not receiving chiropractic care. Comparing women having subsequent births, the labor time was reduced by 39% ⁽¹⁾. Regular chiropractic care makes pregnancy and birth a better experience overall for both mother and baby. When the baby arrives, it is essential that he or she be checked for subluxations by a chiropractor.

For Baby

The birthing process is traumatic for babies as it affects them physically and emotionally. No matter how your baby is birthed, there is rotation of the head, neck and body during the process. Even though this can be a normal stress to your baby, it can cause misalignments so it is important to check the entire spine for subluxations. The most common misalignment is of the atlas, the very top bone in the spine that surrounds the brain stem. This bone is responsible for rotation of the head and is the most important and vulnerable bone in the spine.

When infants have subluxations, their bodies are not healing and functioning as well as they could be. When they are adjusted and have a fully functioning nervous system, their bodies resolve ear infections, reflux, constipation, sleep disturbances, colic, difficulty in movements such as rolling over, crawling, and walking, trouble nursing, difficulty latching to nurse, and weak immune systems. Most importantly, it ensures they are developing and growing to their full potential.

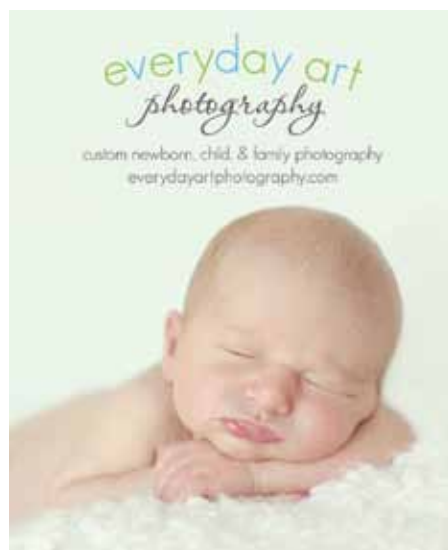
Chiropractic adjustments for infants are different than adjustments for adults. A very slight and gentle pulse is applied to the specific misaligned bone using no more than a finger tip. Sometimes, an adjusting tool called an activator is used to very delicately move the bone back into the correct position. As your baby grows, adjusting techniques change slightly, but are always very gentle and safe.

I've always known the benefits of regular chiropractic care, but it wasn't until my pregnancy and the birth of our twins that I truly experienced the power of chiropractic and how greatly it affects pregnancy, birth and infant health. I've addressed the most important aspects, but there is a great deal of additional information and research available. I gladly serve as a source for more information and additional resources.



**Contact Dr. Mandy at
Life Expressions Family Chiropractic
418 E. Broadway, Suite 222
Bismarck, ND
DrMandy@DrMandyChiro.com
701.223.8413**

⁽¹⁾ Fallon J, *The Effects of Chiropractic Treatment on Pregnancy and Labor: A comprehensive study.* World Federation of Chiropractics, 1991:24-31.



Mentoring

Is It Really Who You Know?

by Paula S Graner

Can you name ten people who have won the Nobel or Pulitzer Prize, or possibly name fifteen of the wealthiest people in America? It may be hard to come up with a list – without googling!

Can you name ten people who have made a positive impact on your life? Do you have someone to call on if you need the hard truth, no fluff, or just some validation? Hopefully this is a bit easier.

That is what mentoring means to me, someone who cares or is concerned about your well-being. A mentor falls into four categories: Advisor; Coach; Expert

development with JoAnn Falletta, Virginia Symphony Orchestra Director and Buffalo, New York Symphony Director. Falletta has been an Orchestra Director for more than 20 years.

Everett stated the most important aspect was the strong connection she established. It goes beyond a mentorship. It is now a friendship, a relationship that will last well beyond the program. Everett also thinks it works for them because there is a rarity of no ego from Falletta. She has a sense of authenticity about her, in addition to being extremely generous with her time, talents and treasures. Falletta is not a typical leader, she is soft spoken and unassuming. These are qualities that Everett appreciates and believes have made her a more effective leader.

Women are more likely than men to receive mentoring, yet the career opportunities are not as great because there are fewer women in senior executive positions, according to a study from Catalyst, a non-profit organization that focuses on women at work. The study also indicated that formal mentoring programs are more effective at improving the promotion rates of women.

Using a mentoring program along with building a strong network of peers advisors and advocates and social media can only improve your chances of advancement. The critical component seems to be a formalized program based on research. However, do not down play the informal programs. They can be very successful if the individuals are committed to the program and the progress of all individuals involved.

I interviewed several government officials with an informal program in place. The mentee and mentor are both committed and meet regularly just to catch up and bounce ideas off each other. They all feel the program is successful and very useful in advancing their knowledge and skill level.

One of the newest trends is reverse mentoring. An example of reverse mentoring can be as simple as me asking my teenage son how to use my new iPad. Senior level executives are starting to utilize this more and more. Mr. Jack Welch, former General Electric chairman is credited with popularizing the concept more than a decade ago.

Every individual I visited with stated they received more than they ever anticipated when entering a mentoring program. Find someone you enjoy being with, never stop learning and continually

Tips for finding a great mentor

- Know yourself, consider your strengths and weaknesses
- Be proactive
- Ask for referrals
- Keep an open mind
- Identify where you may find a suitable mentor
- Know what you want to achieve from the relationship
- Think about people who have been your mentors in the past

(inc.com)

on the job; and my favorite - Nurturer of Talent and Ability.

I have done some informal research regarding mentoring and it runs the gamut. Some companies have application process for mentees and mentors with set agendas and meetings, along with goals for completion. In other companies, individuals can just pick someone to job shadow.

I had the opportunity to visit with Beverly Everett, Bismarck-Mandan Symphony Orchestra Music Director and Bemidji Symphony Orchestra Music Director. Everett has had a unique opportunity for a fellowship and career

Suggestions for starting a reverse mentoring program:

- Find a compatible partner
- Set expectations up front
- Get the bosses approval
- Be open to feedback (both complimentary and otherwise)
- Make it more about things other than technical pieces
- Don't be judgemental
- Give more than you get.

(secondact.com)

seek opportunities to grow. Remember this – “A mentor is someone who sees more talent and ability within you than you see in yourself, and helps bring it out of you,” – Bob Proctor, Author, Speaker and Success Coach.



Paula S. Graner has an MBA and holds a national certification for Professional in Human Resources (PHR). She is the President of GHR Consulting. Graner is avail-

able for consulting on human resources, training, compliance and human relations in the workplace. Contact Graner at 701.319.1313 or pgraner@bis.midco.net.

Simple Gifts

A New World and Eternal Joy

by Beverly J. Everett

In his 1889 essay *The Decay of Lying*, Oscar Wilde states: "Life imitates art far more than art imitates life." This proved to be true in my own life during my recent opportunity to learn from Maestro JoAnn Falletta. In January of 2011 the Region 2 Arts Council of Minnesota in partnership with the McKnight Foundation publicized a new grant program, Career Development Fellowships for artists. I applied and was one of the first recipients. I specifically chose to study with JoAnn Falletta, Music Director of the Buffalo Philharmonic, the Virginia Symphony, and the Ulster Symphony Orchestras. I expected to gain much from these experiences, but they exceeded my expectations in profound ways.

The programs I heard in Virginia and Buffalo were varied, eclectic, and powerful, ranging from Duke Ellington to Mahler. In the first concert I heard Aaron Copland's *Appalachian Spring*, which has great personal significance to me, and also Dvorak's *New World Symphony*. I have conducted

both of these pieces before, but still gained many new perspectives from JoAnn's approach and interpretations. The last two concerts I experienced involved two gigantic symphonies by my favorite composer, Gustav Mahler: Numbers 8 and 3. *Symphony No. 8* is subtitled "Symphony of a Thousand." The Virginia performance involved over 600 musicians. The last concert I observed was the perfect culmination. It was Mahler's *Symphony No. 3*, which is about love and joy. JoAnn's performance of this epic work was deeply moving, having all of the grace, power and spirituality that only a gifted conductor can achieve. My scores to these pieces are filled with notes and markings that I learned and now as I move forward in my own career... in hopes that I may someday perform them, I have these great gifts of having learned from a master interpreter.

So how does life imitate art through this fellowship experience? *Appalachian Spring* contains the well-known Shaker tune, "Simple Gifts." I

began by finding myself, as the final words to *Simple Gifts* say, "in the place just right." Through JoAnn, I discovered a literal "new world" of music and musicians through her generosity of sharing artists, recordings and contacts with me. And my fellowship journey ended with Mahler's *Third Symphony*. The final text of the symphony (from *Das Knaben Wunderhorn*) is about eternal joy. The joy I gained from this fellowship is deep and everlasting and will feed my own artistry and leadership for many years and concerts to come.

In addition to being one of the great conductors of our time, JoAnn Falletta is one of the most gracious people I have ever known. In her I have a true mentor and friend in this field, and this is a simple, but exceedingly great gift. The fellowship may have had a specific beginning and end, but what I learned and the friendships I made, will be with me forever. I know that I am truly changed as a person, musician and leader because of this experience.

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Dr. Brent Hella

New For You



VALLEY BARIATRIC
& WELLNESS CLINIC

Valley Bariatric & Wellness Clinic is now open in the Athena Square building at 1500 Interchange Avenue in Bismarck. Based on their success over the last six years in Fargo, the team decided to expand into western North Dakota and offer their services in the Bismarck-Mandan area, since they were already seeing clients from this part of the state.

Valley Bariatric & Wellness Clinic is a medically monitored weight loss clinic. "The name can be confusing, but bariatric is basically the science of obesity, we do not do any surgeries," said Brenda Westrick, Clinic Coordinator.

Kerry Raghid, a certified nurse midwife and a bariatric specialist, will be

running the clinic in Bismarck. Dr. Brent Hella will travel between Fargo and Bismarck regularly. When Dr. Hella is not in the Bismarck clinic, Raghid will incorporate telemedicine with him and the rest of his staff at the Fargo clinic.

Since the clinic will be offering a full package as far as weight loss is concerned, they have a full staff of professionals to monitor individuals' progress. Their staff includes: a physicians assistant, two dietitians (who are also personal trainers), an exercise physiologist, a nutritionalist and a behaviorist. Each client gets a personalized program to follow, with many options, which leads to more success.

Obesity is caused by many things and causes a lot of problems. They offer solutions to help overcome of these issues, including diabetes. "We are seeing a lot of people with thyroid issues, a lot of polycystic ovarian syndrome and a lot of metabolic

syndrome," said Westrick. "We have people on insulin for diabetes and people on hypertension medicines. These clients need to be monitored by a physician while they are losing weight. Especially those on medications, which need to be tweaked as weight is being lost."

Valley Bariatric & Wellness Clinic's staff work closely with each person's primary care physician. "We are not coming in to take away other physicians' patients," stressed Westrick. "We are offering a tool or service to help their patients get and keep the weight off, and we keep in close communications with each client's primary physician."

The clinic offers a new, medically monitored option to losing weight. For more information call Valley Bariatric & Wellness Clinic at 701.751.8446 or visit their website at valleybariatric-clinic.com.

Save the Date!

Beefin' It Up
fuel for the finish



The North Dakota CattleWomen are sponsoring the 1st annual "Beefin It Up, Fuel for the Finish 5K/10K Walk/Run on Saturday, October 6th. The event will begin at The Post, 2 miles south of Mandan on Highway 1806, and follow the trail into Fort Lincoln State Park. The race begins at 9:30 am.

The goals for this event are: Provide consumers, especially health-conscious walkers and runners, with beef nutrition information; Promote heart-healthy beef nutrition and exercise; Provide new, updated books on beef/agriculture to North Dakota elementary schools.

Pre-register online at active.com. Registration forms can also be found on Facebook.com/BeefinItUpFuelForTheFinish.

Contact:

Michelle Marohl: 445-3456
Sheila Ressler: 516-4688
Sheyna Strommen: 290-3886
Kathy Tokach: 400-7390



Fostering the Future

by Paula Vogel

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

As a social worker and trainer of foster and adoptive parents, I am exposed almost daily to women, and men, who provide endless inspiration to me, as well as to the children they so selflessly care for. When I began working for Children's Home Society four years ago, I felt truly fortunate to work at a job that allowed me to provide for my family but also gave me the satisfaction of making a positive difference in the lives of others. What I did not realize at the time was how much the individuals I worked with would change my own perspective and help me redefine what truly constitutes making a difference.

I have worked with children of all ages and levels of need, the elderly, and currently with adult learners, using the PRIDE model for educating prospective foster and adoptive parents. While all of my career experiences have been rewarding, it is in my current work that I have found "the person I want to be when I grow up!" Roxann DuBois served as my PRIDE co-trainer last year, until she and her husband relocated to the Black Hills of South Dakota to manage a Christian camp for children. Prior to their move, Roxann had a houseful of children - some in foster care, some of whom are blessed to have been adopted into the DuBois family.

Roxann exemplifies the open-minded and nurturing personality that children from traumatized backgrounds need to thrive, while healing from their many losses. There is no child she would not consider helping. Special needs and skin color do not represent barriers to Roxann. She pays no attention to the pettiness of social status or what others may judge as unacceptable, in terms of who she is willing to help or how far she will go to accomplish that goal.

All children in Roxann's home experience acceptance and belonging, and quickly become part of the DuBois family. From helping to update the DuBois "Family Coat of Arms" each January, to participating in summer rock-climbing excursions

and family mission trips, each child knows they are a part of something bigger.

Roxann welcomes all children into her home and her heart and is willing to go without many things the rest of the world considers necessary, in order to provide the love and security they need. There were times when Roxann would juggle part-time jobs to help provide for her ever-growing family and many home improvement projects that took back burner to the needs of the children in her care. She is known to have limitless energy, burning the candle at both ends to balance the many roles in her busy life. Still, when asked to step into the role of PRIDE co-trainer, Roxann willingly took to that task as well, glad to share her knowledge and experience with prospective foster and adoptive families.

During the time I was fortunate enough to work with her, Roxann graciously shared her wisdom and insights, not only as a foster and adoptive parent, but also as a former foster child herself. One of the most moving stories she shared portrayed an all-too-common experience of prejudice in an all-too-common setting - her first grade classroom. When Roxann entered foster care at the age of six, Strawberry Shortcake dolls were all the rage with little girls. One of her classmates has gotten the coveted doll as a gift and brought it to school for Friday Show and Tell. After showing off her prized Strawberry Shortcake, the girl let everyone in class play with the doll - everyone except Roxann. Of course, Roxann was crushed to be excluded and later told her foster mother what had happened. That evening, Roxann and her foster mother went shopping. Roxann was allowed to purchase not only a Strawberry Shortcake doll, but jewelry, school supplies - anything they could find that had the Strawberry Shortcake theme. But it's what happened the next day that really shows you what kind of person Roxann is. Encouraged by her foster mother, Roxann took her purchases to school. And she let her



"Roxann is the person I want to be when I grow up!"

classmates, all of them, play with everything she had bought. As inspiring as that message is to me and to the PRIDE participants who heard it, just think of what all those kids, and maybe a few of their parents, learned that day.

Although Roxann is no longer co-training with me, her spirit continues to inspire me, along with the many PRIDE families who are lucky enough to hear her story.

PRIDE is an acronym for Parent Resources for Information, Development, and Education. It is a 30-hour training developed by the Child Welfare League of America to train foster and adoptive parents throughout the nation.



Paula has a passion for sharing her faith through writing and service to others.

My Daily Inspiration

by Susan Jelleberg

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

When I grew up, there was an unwritten affirmation given by my parents that there was nothing I couldn't do. Limits were non-existent. All I needed was hard work and dedication.

When I was six months old, I lost half my hearing to a bout of measles. The limits could have been established then, but I had the most extraordinary mother who believed in her children and our potential. And she would do anything for us.

Sadie Jelleberg, alias Mom, began working full time as a farmwife, mother, and part time as a registered nurse in nineteen fifty-four. She managed to raise four children, yearly gardens, and chickens. Although we ordered some of our dresses from the Sears and Roebuck catalogue, Mom made most of our clothes when we were young.

She was a perfectionist, a characteristic that was instilled in all of us.

The difference between Mom and other perfectionist parents, she didn't criticize us or put us down when we stumbled or fell. I always knew that my best was all she expected and usually, that's what she got.

There are two sides to everything, including life. We take the good with the bad and hopefully in the end, the good outweighs the bad.

Life was a struggle during the early years of my parents' marriage. The first year they were married they bought a farm, had my older sister Jackie, and were hauled out with no crop insurance. While we lived on the farm, Mom would work all night at the hospital. Then she would come home in the morning and with no sleep, take care of her three children and do her daily chores.

Taking dinner to the field was an event in itself. Mom would make huge meals and "haul" them to where Dad

was working. She would set up a card table and cover it with a table cloth. On the trunk of the car would be pots and pans filled with homemade food. We would use real dishes and silverware. Dad loved pie and ice cream and invariably he would be treated with some packed in a thermos.

After we ate, she would either pack everything in the car to take home for clean up or drive truck for Dad. With my brother, Bob, my sister, and I sitting next to her – usually fighting amongst ourselves – she would put in several hours in the field.

In those days, people didn't travel like they do now. For the most part, except for Saturday shopping in town and church on Sundays, Mom was home with the three of us. The North Dakota winters got mighty long. One day Mom decided she had enough of cabin fever. She bundled up and took the shovel out with her. The truck was near the house, a considerable distance from the main road. The determined Irishwoman took to shoveling anyway and after many breaks to warm up, she had cleared a path. She piled all of us in the truck and backed it up to the road. Then she drove to the neighbor's for coffee and adult company. Needless to say, Dad was more than a little curious when he came home and saw the path to the road!

My younger sister, Sally, was born when I was twelve. Mom engaged in full time work the next year at the clinic. Shortly thereafter we moved to town. It was not long after that Mom was diagnosed with rheumatoid arthritis. She was told the debilitating disease would put her in a wheelchair within ten years. She was thirty seven.

The disease didn't slow her down. If anything, it served as a challenge that she was determined to win. Today at



*Sadie Jelleberg with
granddaughter Katie Johnson*

seventy-eight, Mom is still walking on her own.

Living in town was a change for all of us. Some of the best times I remember are the parties I had in the unfinished basement of our new house. Several times a year I invited a group of my classmates over and we goofed around and danced. Jackie and I made hors d'oeuvres and served them to my guests. Mom let us entertain until we were in college. One of the last times I had company, she did ask everyone to leave at four in the morning because she had church at eight. Reluctantly, our polka lessons were over for that night!

Growing up without half my hearing was a challenge to everyone around me. I remember Mom sitting with me at the kitchen table, trying to help me understand and say the correct sounds of the alphabet. At around four years old, it was my first unofficial lesson in lip reading. The theme for that night was "sh" and "ch". Mom went over the sounds continuously, but if a person can't hear what is being said, they can't repeat it. Finally, when she was at wits end, I looked at her mouth. I could see the different shapes of her lips. I was surprised and intrigued and tried it myself. Kind of pucker with the "sh" and a position for the "ch" with the tongue behind the top teeth. It worked!

During that same time I was diagnosed with migraine headaches. Whenever I got overtired or rode

for more than a half hour in the car, I was guaranteed to have one of these vicious headaches. Mom would sit with me on my bed and rub my temples and assist me when they evolved into upset stomachs. She was there, every time. She never failed me.

Over the years her health began to deteriorate. Arthritis was her enemy, and in the end she had to give up golfing and dancing with Dad. In her fifties, she developed diabetes and with it came the complication of Peripheral Neuropathy. The coverings or coatings of her nerve endings in her feet have eroded to that point that she has pain in them every day, making walking difficult for her.

In the 1990's, my dad started having health problems. Mom was due to take her Real Estate Exam and change careers when he had a heart attack. Two months later, he had surgery and began to recuperate. It was after Dad was well on his way to recovery that she took the test and passed the first time. She sold real estate until her body couldn't handle it anymore.

One thing I learned from my mom was that no one, even doctors, can diagnose determination. Mom entertains frequently with friends and family. "Let's go to Sadie's" is a popular phrase in town for those wanting coffee or freshly baked desserts or homemade buns. Her crocheted afghans decorate many people's homes as do the wreaths and crafts she creates to fill

her time now that she is retired. You rarely see her with idle hands.

When we were kids, Mom always made things right. Whether it was fixing my hair when I had a bad hair day or drawing smiley faces on cuts with red mercuric iodine, she knew what needed to be done and did it unwaveringly. Today when I have questions regarding my writing, my children's health, or life in general, I always call her. Mom can make almost everything right now, too.

She has seen her four children grow up and have children of our own. She helped baby-sit seven grandchildren and is patiently waiting for her first great-child this summer.

There are givers and takers in our world. My mom is a class act giver. Even when she can barely make it out of bed, if someone needs her, she'll try to be there. She rarely says no. Even with all the crosses she has had to bear throughout her life, she will put them aside in a second for someone else.

Someplace in heaven there is a special place reserved for her. In the meantime, she will continue to give to others and be there for me. What could inspire me more?



*Susan Jelleberg is a self-employed artist and author of two activity books for young children from Mar*Co Products, now working on novels. She resides in Bismarck.*

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Collage

Dog Day Studio, Lila Marquart, Jewelry Designer

Carded Jewelry - Lila first designed Chakra jewelry for a chain of yoga studios in Minneapolis. Then she found glorious stories about goddesses, so she did some cards and jewelry for those. Some retail stores asked for a birthstone line. Then she started an animal line. The possibilities are endless!



1960's Go-Go Dress



Marquart met an Afghani importer who specializes in buying broken pieces of dowry jewelry. She buys little bits of beads and makes them into a modern piece.



Lauren Frohlich, Dog Day Studio employee, and Lila model some dresses from the vintage clothing line available at the store.

Lila Marquart studied Fine Art and Commercial Art when she attended college at BSC. "I couldn't throw a pot to save my life," she said. "But I learned how to cast silver and work with metal."

After college she started making jewelry from a studio, then took a break after burning that down! "I learned how to work with hot metal, but not any safety," she explained.

Around the year 2000, Marquart realized the wide variety of materials available online. "When I started back in the business I started as a wholesaler," she said. "I put together Romance Cards with necklaces and each one told a story. I also became a Pride of Dakota manufacturer. For two years all I did was wholesale."

After watching Urban Harvest from afar the first year, Marquart set up a booth for the next four years and developed a retail following. "I went from being strictly a wholesaler to strictly a retailer," she said.

Marquart is proud of the fact she makes jewelry that lasts. She lets her customers know she will fix or enhance the pieces she sells. "I had someone shut a piece in the car door and I fixed it, no charge," she said.

Vintage clothing has become a fun part of her business. "When I started doing vintage, I was thinking 40's and 50's," she said. "Then the young girls would come in and ask for 80's clothing for parties and dances."

High school girls buy formals for prom and other dances. Middle age women might need something for a wedding or rehearsal dinner. Grandmas have come in for 40's dresses to show how things were 'back in the day.'

Marquart designs a wide variety of jewelry. She may take her jewelry into a romantic direction, or an ethnic direction, she may even create men's jewelry! She also enjoys scratch board, watercolors and pen and ink.

*Dog Day Studio is located at
303 East Main, Bismarck
Hours 1:00 - 5:30 weekdays /
10:00 - 3:00 Saturdays & Holidays / Closed Sundays
Dog Day Studio participates in 1st Thursdays,
5:00 - 8:00 pm every 1st Thursday of the month.
dogdaystudio.com*

Arts & Culture Events

For event details, go to CulturePulse.org/Bismarck

AUGUST

"How does your garden grow?" Exhibit, James Sperry Gallery, State Historical Society of ND, August 1-31

BAGA - First Annual Square Foot Exhibit, representing more than 100 artists & Lori Riehl, Member Artist, August 1-25

Shade Tree Players presents, "King Lear," August 1-11

Urban Harvest Downtown, August 2, 9, 16

Theo Art School presents, "Art Attack Summer Camp," through August 17

Studio de la Lune Exhibits open, August 1-22

Bismarck Art Gallery Association presents, "Exploring Watercolor with Paul Noot," art class, August 1-2

Shade Tree Players present, "Staurt Little," August 2-5

Capital A'Fair, State Capitol Grounds, August 4-5

Northern Plains Dance presents, "Hip Hop Intensive," Ages 13-17, August 6-9

Northern Plains Dance presents, "Hip Hop Dance Camp," Ages 6-9, August 7-9

Northern Plains Dance presents, "Dance Team Skills," Ages 13-17, August 7-9

Northern Plains Dance presents, "Dance Team Skills Jr.," Ages 10-12, August 7-9

Northern Plains Dance presents, "Fancy Nancy Dance Camp," Ages 3-5, August 7-9

Bismarck Art Gallery Association presents, "Exploring American Artists" with Paul Noot," art class, August 8-9

Bismarck Downtown Art Coop presents, "Mike Paul Exhibit," August 10

BAGA Opening Reception, 5-7, August 10

Gateway to Science presents, "Bubble Bliss," August 11

Northern Plains Dance Season Registration, August 16

Northern Plains Dance First Day of Classes, August 27

SEPTEMBER

NDACA artist LA Huffman and Member Artist Carolyn Pickard Handy exhibiting at BAGA, August 28 - September 22

Bismarck State College presents an exhibit by Marla Mossman, September 1-30

BAGA Opening reception, 5-7, September 7

Bismarck Downtown Art Coop presents, "Harvest: Fall into Art," September 7

Dick Contino Concert, 2:30 @Mandan High School Auditorium, September 9

Apple Dash Run/Walk 4 Education, September 9

Bismarck State College Faculty Recital, September 16

Gateway to Science presents, "International Observe the Moon Night" at BPS Career Academy, September 22

Dakota Stage presents Henry Rollins 2012 Tour, September 28

For more information visit dakotawestarts.org or call Eileen, Executive Director of Dakota West Arts Council, at 222.6640. Visit culturepulse.org for statewide arts and culture information.

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1 10 oz can Rotel tomatoes w/green chilies
3 15.5 oz cans chili beans, or kidney if preferred
2 10.75 cans tomato soup
1 1/2 soup cans of water
2 TBSP parsley flakes
Chili powder, enough to coat the top of all these ingredients, stir in, do it again!
1 TBSP black pepper

Brown sirloin in olive oil, all the onion and garlic on medium heat. Add black pepper. Don't get too brown, just lightly. Add tomatoes, Rotel, soup and beans. Stir well together and add water, may add more water if needed. Add parsley and chili powder. Simmer on low to medium heat for 1 1/2 - 2 hours or in crockpot on low. The longer it cooks together, the better it tastes! (Sometimes I will add a beer instead of water, gives it an even better taste!) Lean hamburger may be used if sirloin is not available. Also, I have put in jalapeno peppers, or green peppers, depending on who is eating it! Top with cheese or sour cream and enjoy!

Recipes submitted by Diane Rath

Seven Layer Dip

1 16 Oz can of refried beans
1 8-10 oz container of avocado dip or Guacamole
mixture of 1 cup sour cream, 1/2 real mayo, pkg of taco mix
1 bunch of green onions, diced
2 small tomatoes, chopped
1 4 oz can black olives, sliced
1 8 oz pkg taco or mexican flavored cheese

Layer all of these ingredients and chill! My family loves it, never any left overs! Sometimes I also add jalapeno peppers, taco meat or shredded lettuce. Just use what is in the fridge! Serve with Blue organic corn chips, Yum!



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Green Light Snacks

by Pam Vukelic

Back to school! That means it is time to take stock of school supplies, purchase new backpacks and jeans, get sports physicals, and load up the snack drawer.

What child does not walk in the door after school saying, "What's to eat?" Ellyn Satter, MS, RD, noted author and speaker on childhood nutrition, suggests the parent take responsibility for the what, when, and where of feeding. The child decides how much and whether. If parents do their job when kids are very small, children will eat the amount they need, choosing from the good alternatives the parent has made available, and form lifelong habits. There should be no more demands to "clean your plate." Likewise, no foods should be totally off limits, but children should understand the concept of portion control.

Parents should add one more activity to their to-do list before school starts. Load up on sticky dots in red, yellow, and green. Go through the snack-likely items in the cupboard and refrigerator with your children so they learn from your critique. Label the item with a red dot if the food should be eaten in limited amounts – a special occasion treat. Stick a green dot on "go" foods. And those foods that are less clear, the "whoa" foods, get labeled with a yellow dot.

Keep this system in mind as you fill your grocery cart, too. Having fewer

red light foods in your home certainly helps to eliminate the temptation! And remember the tried and true shopping advice about sticking to the perimeters of the grocery store as much as possible. That is where you are most likely to find the green light foods.

Many experts use this traffic light philosophy in books, educational aids, and weight loss classes for children. They don't always agree on what foods should be considered red, yellow, and green, but each family can establish their own reasonable criteria.

Examples of red light foods includes brownies, cookies, cakes, and doughnuts, chips, sweetened cereal, soft drinks, and even fruit juice. Although juices have nutritional value, they tend to be high in calories and lack the fiber you get from whole fruit. Set a limit. You might even create a recording sheet, so your children can make wise choices with their red light foods. Some experts recommend the limit be one red light food per day; others suggest two per week.

Yellow, or "sometimes" foods, include granola bars, most starchy grains, and nuts. Unsalted almonds, cashews, and macadamia nuts provide significant nutrients but also pack plenty of calories.

Included among green light foods by most experts are vegetables, such as carrots, broccoli, and peppers; fresh fruits, such as apples, cherries, and berries; low-fat or non-fat yogurt; and water.

Appropriate eating is only part of the solution. Children need to rediscover active play. It's become so unusual to see children outside playing in the neighborhoods, that we often comment on it when we do see kids in a yard enjoying hula hoops or zipping down the sidewalk on a foot-propelled scooter.

First Lady Michelle Obama launched her "Let's Move!" initiative in February of 2010. The goal of the initiative is to help kids lead healthier lives and to include

all adults in the community in the process. In her book, "American Grown," she cites childhood obesity rates. Today nearly one in three children is overweight or obese, rates that have tripled in the last thirty years.

Experts recommend preschoolers spend at least 60 minutes in structured physical activity daily and at least 60 more minutes in unstructured physical activity each day. They also say children should not be sedentary for more than 60 minutes at a time, except when sleeping.

Older children, up to age 12, should accumulate at least 60 minutes, and up to several hours, of physical activity most days of the week. The activity should be both moderate and vigorous, and the majority of the time should be spent in intermittent activity. Extended periods (two hours or more) of inactivity are discouraged.

Mrs. Obama goes on to say, "It doesn't take some stroke of genius or feat of technology. We have everything we need, right now, to help our kids lead healthy lives. Rarely in the history of this country have we encountered a problem of such magnitude and consequence that is so eminently solvable."

Adults have recently been admonished that "sitting is the new smoking." It would behoove us all to incorporate more physical activities in our lifestyles, not only for our sakes, but as role models for the children as well.

Further reading:

"American Grown" by Michelle Obama, 2012

"Red Light, Green Light, Eat Right" by Joanna Dolgoff, MD, 2009

"Secrets of Feeding a Healthy Family" by Ellyn Satter, MS, RD, 2008



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

Kale Chips (Green Light)

Wash, dry, and remove the ribs from a head of kale. Cut into 1 ½ to 2" pieces. Coat lightly with olive oil and sprinkle with a small amount of sea salt or seasoning salt. Place on baking sheet and into an oven that has been preheated to 275 degrees F. Bake about 20 minutes, turning once, or longer if you prefer a more roasted flavor. Bet you can't eat just one!

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Patrick J. Atkinson
Founder, Executive Director
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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,
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