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June / July 2012
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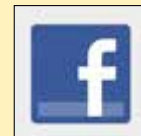
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The mission of **Inspired Woman** is to use our community presence to celebrate, encourage, empower, educate and entertain women.

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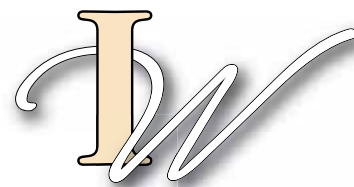
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Editor's Notes

Every so often we are asked to include a calendar of events in the magazine. I have always resisted, not wanting to take the time to put one together. Plus, there is always the risk of leaving something important off.

Then, Eileen Walsh, Executive Director of Dakota West Arts Council, posted a little note on the Inspired Woman facebook page that started out this way, "In the City of Bismarck's Strategic Plan that was just completed, under Community Character, the number one goal is, 'To be the arts and cultural hub of North Dakota.'"

Eileen then asked if it would be possible to publish an Arts and Culture events calendar in the magazine...she has graciously agreed to provide the list and we will now be including an Arts and Culture calendar of events in every future issue! Not only that, we will also feature at least one local artist on our new 'Collage' page. I hope you will enjoy these new additions to Inspired Woman.

We have also included some ideas for summer fun, so, no excuses for not having a good time in Bismarck-Mandan over the next three months. And, after last summer, we all deserve a little extra summer fun, don't you agree?

Deb

~Be Inspired~

"Sisters — they share the agony and the exhilaration. As youngsters they may share popsicles, chewing gum, hair dryers and bedrooms. When they grow up, they share confidences, careers and children, and some even chat for hours every day."

~Roxanne Brown~

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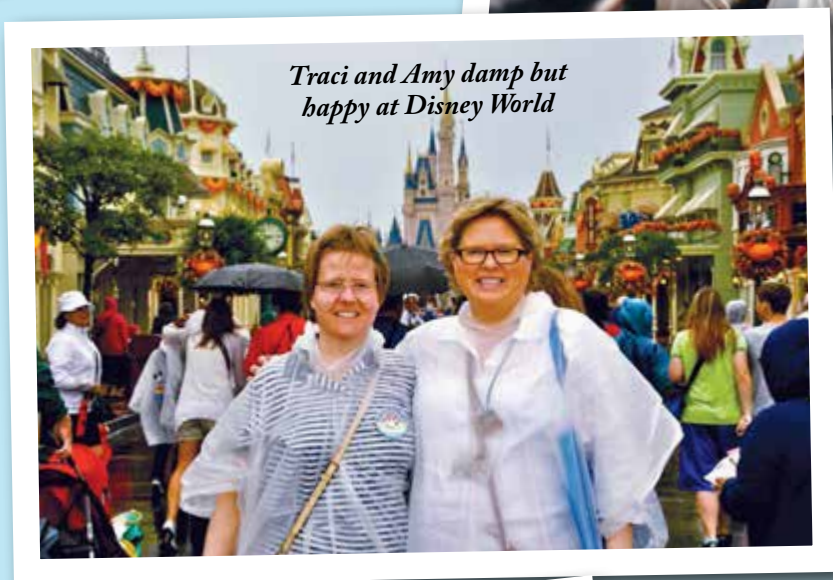
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Traci and Amy's childhood in Florida



Amy and Traci in Venetian gondola



Traci and Amy damp but happy at Disney World



Traci and Amy at Springbank (whisky) Distillery in Campbeltown, Scotland



Traci and Amy pause at Epcot Center

Renaissance Women

The Juhala Sisters

by Rhonda Gowen



Traci and Amy at Urquhart Castle on shores of Loch Ness.

Imagine you love books, music, travel and learning about your heritage, and you'd like to parlay your interests into a paying job in your hometown. Nice work if you can get it. Two local women did just that, pursuing their curiosity and, in turn, enriching our viewpoints.

Amy and Traci Juhala recently returned from a BSC travel tour to Scotland. Amy, Associate Professor of English at Bismarck State College, planned and arranged the trip, and her sister Traci, Head of Children's Services at Bismarck Public Library, accompanied her as tour guide in Edinburgh. Both women have spent significant time in Europe working on advanced degrees. How they came to share their experiences with fellow North Dakotans is really about doing the things they love.

Books, books, books. Amy and Traci's parents were readers. Their homes in Bismarck always had rooms dedicated as libraries filled, floor to ceiling, with books. Their mom, who has a Master's degree in Reading,

always had about eight books piled up at her bedside. She read to the girls every night. The only downside of bedtime reading was if their mom should fall asleep during the telling. If she started making up words, it meant she was floating away. Traci would complain, she'd wake up and they would continue. Maybe simply to stay alert, their mom would also recount stories from her own childhood.

Amy and Traci are fourth generation Scandinavians. Their mother is Norwegian and Swedish; their Dad, Finnish. On lillejulaften (Little Christmas Eve, December 23), family traditions abound: They have gløgg (spiced wine) and risengrynsgrøt (rice porridge); On Christmas Eve after early church service, they come home to Finnish oyster stew, cold meats, smoked salmon, herring, a cheese board, a selection of Norwegian cookies, beer and aquavit; A reading of the Christmas story in English and Norwegian precedes opening presents.

Early on, the girls had a healthy amount of sibling rivalry. Amy, who

is two and a half years older, relates, "Traci wanted to be able to do whatever I did. I was the first one through the school system, so Traci always encountered 'You must be Amy's sister.'"

Traci concurs. "When I was a senior in high school and choosing a college, I was determined to go someplace where no one knew Amy or me," she said. "So I went halfway across the country to the University of New Hampshire."

The idea of getting an education overseas grew out of early family trips. The sisters had traveled to medical conferences around the U.S. and Canada with their parents from a young age. Their first overseas travel was to Fiji, New Zealand, and Australia when they were in high school. Over the next few years they took family and school trips to Scandinavia, Great Britain, France and Italy. "[I just had] a desire to know a place better than a one-week visit could allow," Traci explained.

"I was horribly shy as a child," Amy recalls. "I NEVER saw myself in any-



Amy and Traci on the edge of the volcanic caldera in Oia, Santorini, Greece

thing that required speaking in front of people. Living and studying in Scotland led to more confidence and a greater desire to take a leadership role . . . I want to see BSC develop more study abroad options. Experiencing life in a foreign country is one step toward preparing the global citizens today's world needs."

Amy and Traci are grateful for their careers in Bismarck. "I never imagined I would be a librarian," Traci acknowledges. "I did, however, as a child, think I might want to be a teacher. The reason I became a librarian stems from college experiences doing research at the library. I absolutely loved it. I loved just hanging out at the library, in the stacks, searching for stuff. Suddenly, I realized I might like to be a librarian."

Amy is intrigued by the energy of college students. "They are, for the first time, pursuing an education on their

own, away from the supervision of parents," she said. "They have so much drive. They are not afraid to ask questions or to challenge assumptions."

She tells of the time writer Max Brooks, son of Mel Brooks and the late Anne Bancroft, was on BSC campus to talk about his zombie books. "It was so rewarding to watch the students engage with Brooks. They asked a wide array of questions and kept him on his toes. There was never a lack of hands in the air. Students stood in line for up to an hour to get books signed at the evening event. A week later, one of my students was sitting in the hallway reading Brooks's World War Z."

With summer and time for reading in full bloom Amy recommends Australian author Colleen McCullough, the most influential writer in her life. Other favorites are Diana Gabaldon, author of the Outlander series, Kathleen Woodiwiss

and Jude Deveraux. She is excited to see Pixar's Brave, with Scottish heroine Merida. Traci enjoys Scottish author Alexander McCall Smith, Madeleine L'Engle, and for children the Flicker Tale Award winners through the North Dakota Library Association.

The pair also give their travel advice. "The most striking place I've ever been is Santorini, Greece," said Traci. "The most visually appealing city, Venice, Italy, the most magnificent nature, Norway, the most hospitable people, the Irish." Amy, of course, recommends visiting Scotland, but in the U.S., likes Kauai, Hawaii and California's Central Coast.

Both sisters are or have been involved in the arts, Traci as cellist, and Amy as violinist. Traci's favorite composer is Beethoven. "He is fun to play and full of passion," she said. "I also love to polka, waltz and folk dance. My dream is to learn how to Irish step dance."

Amy loves Mozart, Chopin and Andrew Lloyd Webber musicals she has seen on her travels, and photography.

Amy and Traci seem to flow in the groove set out by journalist Elizabeth Fishel:

"We are sisters. We will always be sisters. Our differences may never go away, but neither, for me, will our song."

Editor's note: You may find some of the Bismarck Public Library's Summer Children's Activities listed on page 30.



Rhonda Gowen has two sisters whose tenacious tunes play on in her heart.

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Sisters in Snooping

30 years and counting of sisterhood fun



The Snoop Sisters with their mom, trying not to squint too much.

by Julie Fedorchak

The idea was innocent enough – a mother-daughter trip to Minneapolis with a typical line-up of girlish activities: shopping, dining, and shows.

I was 12 at the time, barely in need of a training bra and at the peak of adolescent awkwardness. My four sisters were in very different stages of life. Two were in college. Two were married with young kids. I eagerly anticipated this journey to the city. Our brothers frequently went on hunting trips with dad, but this was our first “girl getaway.”

Mom – a frugal woman – splurged on this trip. She treated us to grilled turkey legs from the Renaissance Festival and tickets to the Chanhassen Dinner Theater. I still have the cartoon caricature mom bought for each of us, capturing our most quirky features and recording forever this momentous occasion.

As it turned out, that trip had real historic significance. It spawned the creation of an important Liffbrig family institution: The Snoop Sisters.

The Snoop Sisters – a.k.a. The Snoops – are a rather “elite” bunch. Membership is like the mafia – birth or marriage. If you’re crazy enough to join the family, you’re good enough for the Snoops.

Our original group of six grew to nine once all our brothers married. There’s no such thing as “Snoop Sisters-in-Law.” We’re all sisters. And last summer we officially welcomed 11 second-generation women into Snoop Sisterhood. The initiation, complete with secret handshake and recitation of the Snoop motto, is humbling – as it should be. Good Snoops can have no shame.



The founding of the Snoop Sisters 1980, Minneapolis. From left: Mary Jean Dehue, Jackie Uthus, Deb Kaul, Sherla Hoffman (back) and Julie Fedorchak (front)



Second generation Snoop Sisters

The most noteworthy feature of the Snoop Sisters is our unique mission: Your business is our business. The "you" in that "your" is reserved for the men in our family – brothers, husbands and especially nephews. Their business is our favorite business. Nothing brings more pleasure to the heart of a Snoop than meddling into the love life of an unsuspecting nephew.

This mission is the key to our longevity. Snooping opens the door to all kinds of silliness – which is pretty much the point of the Snoops. We like to jump on beds and pretend to smoke. Some members have been known to drive around town wearing a clown nose. One of our most popular traditions is the Silly Shower. (See photo of my husband and I for a visual explanation of this weird custom.)

Despite this childish behavior, the Snoops are a fairly handy bunch. We can be florists, caterers, wedding planners, baby whisperers, nurses, funeral arrangers, photographers, counselors and more. After all, hard work is a great way to disguise serious snooping.

We've been gathering for 30 years at farms, campsites, family weddings, graduations and crummy North Dakota beaches. In recent years, we've started snooping over bottles of wine. This adds a whole new dimension to our gatherings.

One of our retiring members recently bought a condo in Florida. That's quite an upgrade for us. I suspect it will be a new Snoop hot spot.

Her husband is a pretty good sport too, so we might even let him be an honorary Snoop on special occasions. Only after we get tired of snooping on him though – he's a great target. Previous Snoop missions revealed he has a secret fondness for watching Baywatch re-runs. That was juicy Snoop intelligence.

Florida will provide a nice new retreat center for our work, but we aren't very fussy about when or where we gather. Just about any place is a good place to snoop.

That's the other secret to our success. Escapes are great, but sisterhood doesn't have to wait for fancy annual trips or all-girl getaways. Some of our best memories have been made driving across town or goofing off in our own living rooms.

Being together and sharing our bizarre sense of humor is all snoops – or any sisters – need.

I can still get by with a training bra, but everything else has changed since the initial gathering of the Snoop Sisters in Minneapolis. Our caricatures would look much different now – quirky in new ways and sweetened by memories of 30 years of snooping.



Snoop Sister tradition – the Silly Shower – Mike and Julie Fedorchak

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The Sisterhood of Scrapbooking

Editor's Note - I was invited to the Scrap Attics-N-More gathering Saturday, April 21st. It was their last get together of the season and the women were busy with scrap books, cards, albums and more. What follows are some of my thoughts, comments made by the women as I wandered around the room and an interview with Angela Plante, the instigator of it all.

I am not a scrapbooker. I used to glue stuff into big scrapbooks just like my mom did, but now everything gets thrown into a box. Today scrapbookers have Cricuts (pronounced crickets), Cricut minis and Cypsys. They have E-Z runner tape dispensers and machines that can turn anything into a sticker, provided it fits through the slot.

"I have seven scrapbooks I am working on right now. I have seven nieces and nephews and each of them will get a scrapbook when they graduate."

The number of supplies and accessories at each person's space was overwhelming. Someone demonstrated a sticker maker. Then, I got to see a Cricut in action. Fascinating.

"You don't scrapbook? You will by the time you leave here!"

Sister-in-laws, mothers and daughters, and friends were spending time together. Some of the women met while scrapbooking. They even go on scrapbooking retreats!



Cricut



Sticker Maker

"Usually we leave on Thursday, come home on Sunday. We scrap, eat and sleep for three days."

"I started out doing a book for each child (she has two) and it was too much, so now I just do one family album."

Some of the women are consultants for scrapbook supply companies like Creative Memories or Stampin' Up. These companies provide a variety of supplies, like coordinating



packs with paper and stickers that match. Those who don't feel very creative appreciate these sources, and it helps beginners as well.

It seemed to be a badge of honor to be months behind...

"My daughter was eight months old on Monday. and I am just scrapping her first days."

"You never get caught up because you always take more pictures."

"If someone gets caught up, we kick them out!"

Scrapbooking can be more than just a hobby. Some people make money putting scrapbooks together for others, and some sell the cards they make. Others make cards as gifts to give to co-workers, friends and family, while others may donate them to organizations to sell.

"There are 33 employees where I work, so I put together five or six cards in a pack for Christmas gifts for each of them."

Project Life

Project Life is a photo album kit that comes with everything you need to document every day for a whole year. (or however long it takes you to finish it!) It comes with a binder, color coordinating cards and stickers. "Becky Higgins, one of the leaders in our industry, created Project Life," said Angela Plante, Scrap Attics-n-More coordinator. "There are now twenty in our group that do it, so I wrote Becky Higgins to tell her what we were doing and she donated one to our group."

"It really makes you stop and be in the moment. My son and my husband have gotten involved, too. They ask me what Project Life is today, or make a suggestion."



“Scrap Attics n More is more than just a scrapping thing – it’s an inspirational way of life.”

~Angela Plante

Plante has been scrapbooking for fifteen years. Her children now scrapbook with her. “My daughter is right there beside me,” she said. “She has her own stickers and markers. We have a lot of mothers and daughters that come in.”

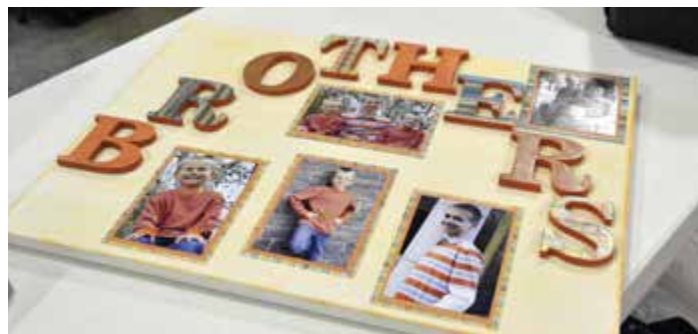
She started Scrap Attics-n-More three years ago. “I was looking for a place to scrap after Scrap Haven closed,” Plante explained. “I asked the owner of DJ’s (in Lincoln) if I could use her back room. I started by myself and now there are over 100 ladies (in the group) that come and stamp, scrap, crochet and make quilts. About 40 show up each month.”

The group has moved to a church and meets on the third Saturday of every month - October, November and January through April. They kick off ‘scrap season’ with a retreat in Medora each fall. Plante sets up and tears down all of the chairs, tables and dishes and to make sure the women have a comfortable place to create each month. She has a theme for every Saturday; deer widow weekend, ugly sweaters, the 80’s and more. There is no charge to attend, Plante stressed, “it is not a business.”

The women really look forward to these Saturdays. It may be especially beneficial for someone who is new to scrap-
ping or even the community. Some may feel overwhelmed or hesitant when they are considering starting. They may feel they aren’t creative or it is too expensive. Attending Scrap Attics-n-More will help new scrappers get ideas and see the many options available to them.

“There is no right or wrong, it’s however you want to do it. That’s what I like about it. Everybody has their own style.”

Plante said there have never been any males join the group, but husbands are usually very supportive of their wives scrap-
booking hobby. “They are the ones building the organizers, shelves, or the rooms, because most women have a space in their homes set aside for scrapping,” she said. “Some husbands have stood in line to get Cricuts on Black Friday.”



Plante emphasized the importance of preserving memories. “Everything we create is our legacy to our family members,” she said. “They may not understand it now, but someday they will appreciate all of the time and love we put into our projects.”

For more information on Scrap Attics-n-More, contact Angela at scrapatticsnmore@yahoo.com.

Project Life information: beckyhiggins.com



Deb Seminary is the editor of Inspired Woman.

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WHO INSPIRES YOU?



Coralyn and Ramona

Coming Full Circle

by Ramona Sorneson

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

If only everyone, just once in their life, could experience the blessing of a special woman named Coralyn. Coralyn Hoovestol has inspired so many people in a multitude of ways. She has a unique manner that is always so gracious, so giving, so thoughtful and insightful. She knows just what people need at the right time, and is always there to lend a helping hand.

Our families knew each other as I was growing up in Almont, ND. We were a few years apart in school, but I

knew her family. Her parents were the custodians at the school I attended. After we moved to Bismarck in 2000, I was so surprised to see my former "school cook" at church one day – along with her daughter, Coralyn. We embraced; it was so good to see each other again after so many years.

This chance meeting led to a number of coffee get-togethers, giving us a chance to catch up. Over fifty years had passed, our families were now grown, the affects of time had become a little more pronounced on our once

youthful bodies. In 2005, I was diagnosed with Parkinson's Disease. What started with a tremor in my left lower leg progressed to where I must use a cane or a walker about half of the day. Osteoarthritis has taken hold of most of the joints in my body. I've had both knees replaced, as well as a spinal fusion. My hands are starting to be affected as well.

My sewing hobby is my salvation on days when I can't get out because of my disease. Coralyn is my hero. She comes over and cheers me up when I'm down. She sends me cards to let me know she's thinking of me. She drives me to church or takes me to errands when I need help with transportation.

Because of Coralyn, I am able to minister to others in my own way. I was inspired to start a new program with some friends called "Heavenly Angel Babies." We make soft baby blankets, gowns and caps for stillborn babies, and donate these items to the hospital. Coralyn knows just what I need, and will bring me fabric, batting, thread and supplies so I can continue this ministry.

I've seen Coralyn in action with many others in the community, reaching out to others who are in need - offering a ride to a doctor's appointment, delivering supper, or maybe just spending the afternoon playing a board game with them. She is a very active church member and volunteers as a wedding coordinator and funeral worker.



This amazing woman raised her family of five girls as a single mother after her husband died of cancer when they were in their early 50's. She is a breast cancer survivor, and as some people become bitter over life's tragedies, her setbacks only made her faith stronger, her relationships better, and her willingness to survive and thrive more important than ever.

After her treatment and recovery, Coralyn volunteered for Women's Way, and diligently worked to help educate others in seeking treatment for cancer. She also works with a group through church to distribute prayer shawls to those who are entering treatment, who may need a little extra TLC to get them through the process. She is a regular participant in the local Relay for Life. She is one of the oldest survivors and serves as a role model to many survivors and their families.

After she became a widow, she helped others by doing grievance counseling and continues to reach out to those who've lost a spouse or family member.

She's not only caring, but "cool", too. Her grandkids can often be found hanging out at her house just because they love spending time with "Grandma Cory".

The daughter you always wanted to have? Check. The mother you always dreamed of? Check. The friend you always wished you could be like? Check. The grandmother everybody

wants to adopt? Check. The wife who always supported her husband and family every step of the way? Double check.

Coralyn brings out the best in all of us that know her. As she turns 80 this year, I can only pray that she is around for many more, as she continues to inspire us all. She received over 50 birthday cards on her last birthday, a

testament that she inspires so many. What a gift she is to us all!

Ramona Sorneson lives in Bismarck with her husband, Clay. Ramona spends her free time sewing, working with the Parkinson Support Group and most recently, working on a special sewing project called, "Heavenly Angel Babies."

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Loving Without Limits

by Holly Kohler



Holly Kohler and sister Heather Frey with their mom, Sharon Rooney

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

I remember being asked as I grew up, "Who is your hero?" I was always quick to name my dad, James "Jim" Rooney. I gave many reasons, including the fact he valiantly served three tours of duty on the front lines in Vietnam beginning at the young age of 19. I would talk about the way he supported us four children at school and sporting events with his quiet words of wisdom. Most important was the way he not only loved all of us, but also our mother, with every fiber of his being.

Webster's Dictionary defines the word "inspire" as "to fill with courage or strength of purpose" or "to draw out." I had really never been asked "Who INSPIRES you?" until recently. The answer was obvious; the woman of my hero's affection, my mother.

Sharon Rooney met my father when she was 16. She figured out quickly he would be the man she would spend the rest of her life loving, and they married one month after she graduated from high school. One year later, she began the role she was born to play, being a

mother. Heidi is their first born, I am second, Heather, third, and the family was rounded out with my brother TJ.

Having four children in six years made for a hectic schedule of diapers, bottles, and bedtime stories, but Mom did it with grace and the utmost love. At our home

in Dolliver, Iowa, Mom also cared for one of her friend's four children on a daily basis and became like another mother to them. I learned then my mom's heart seemed to be built for loving without limits, and I admired her for that ability. She seemed to be able to not only love her own children and my father, but her extended family, friends, and every person she encountered.

Changes marked our lives as we moved to Sioux Falls, South Dakota. Mom went to work outside of the home, and Dad went back to college. After Mom got us off to school each morning and completed the household tasks, she headed to her evening shift at Raven and Company where she was an industrial seamstress. She was soon promoted to shift supervisor. She would get home after 11 pm, sneak in and kiss each of us good night, finish a few chores, then sleep a few hours herself.

I remember occasions when Dad would ask us if we wanted to take dinner to Mom. He would make his famous hamburgers, wrap one in aluminum foil and write "McJimbo's" on it. We would pile into the station wagon

and head to Raven. Mom loved seeing us come, and she would show us off to her co-workers as she enjoyed her "homemade takeout."

You could see the pride in her eyes as she spoke about us to her friends. Despite the challenges of that year, one thing remained constant for us kids - the knowledge Mom loved us beyond measure. It was apparent in every hug we received, every piece of clothing she sewed for us, and every kiss goodnight when she thought we were sleeping.

Dad finished his technical degree in less than a year and found a job in Bismarck. We moved to Mandan in 1984. Not long after we arrived, Mom found a job working for the Mandan Public School Transportation Department as an aide on one of the buses for intellectually and physically handicapped children.

Aside from her amazing roles as wife and mother, she found the job God put her on this earth to do - helping those children get to and from school safely. She was an aide for a few years before becoming a bus driver. She has been driving for more than 25 years, so has seen many children start school and graduate.

She tells everyone she feels "at home" on her bus and doesn't think she could work anywhere else as these kids become like family. Again, finding a way to love without limits. All the years she has been helping her bus kids, she and Dad raised the four of us, watched us compete in sporting events, attended our musical performances, high school and college graduations, and walked us down the aisle.

After each wedding, one of the first things Mom said after the vows were spoken was, "I cannot wait for grandkids, lots and lots of grandkids!" She always told people she wanted a dozen of them. As each of her grandchildren

was born, I heard her whisper to them, "You are my favorite."

Her wish came to fruition on October 16, 2011, when her 12th grandchild was born. Six girls and six boys, and she couldn't be happier, except the love of her life is no longer here to share her joy.

Life changed in an instant for our family on July 28, 2010, when my sister Heidi suffered a massive brain stem stroke at the age of 37. Specialists on the case told us she would not survive. One of the first things my mom told each doctor was, "You don't know my Heidi."

After the first week, Heidi's treating neurologist told us he had been researching her condition, and there was, in fact, a possibility she could survive, but she would probably have "Locked In Syndrome." Further tests confirmed the syndrome. Since the day of her stroke, Heidi is mentally aware and capable but cannot move any part of her body purposefully, except her eyes to communicate with us. She is trapped inside her own body.

Despite this, the love and care she shares with Mom is phenomenal. Again, Mom shows love without limits by spending her free time at Heidi's side. When she is not driving her bus, she is reading Heidi a book, watching a movie with her, giving her a manicure or pedicure, or telling jokes to make her laugh. It is beautiful to see the love that radiates from Mom when she is with Heidi, like watching two best friends enjoy each other's company, without limits.

Shortly after Heidi's diagnosis, Dad fell into a deep depression and nothing

could bring him out of it, not the love of his life, not the love of his children and grandchildren, not even his unwavering faith. He couldn't enjoy things he used to take great pleasure in, such as a few rounds of golf, fishing, going on a date with Mom, or playing with his grandkids. On January 10, 2011, he ended his own life. Mom lost her best friend that day, the only man she ever truly loved.

I didn't know how she would go on. In the days following Dad's death, I don't think she knew how she would live without him either, until she said, "I know he would want me to live my life and be as happy as I can be." She has done just that. She puts one foot in front of the other, smiles a lot, and tells everyone, "I am pretty darned good today," even when we know how brokenhearted she must be.

She inspires each person she encounters by her ability to not only love without limits, but to hold her head up and survive insurmountable events with a smile. Her inner beauty radiates even on the days when her heart must hurt beyond measure.

I once saw a plaque that read "For a mother is the only person on earth who can divide her love among her children, and each child can still have all her love." My mom is the epitome of this. I have overheard her say she doesn't have four children, she has eight, and she treats our spouses as if she had



Grandma Sharon with one of her "favorites"

given birth to them herself - she loves them without limits. Her twelve grandchildren feel as if each one is indeed her favorite and that she loves them with her whole heart, because she does, without limits.

Who inspires me to be a better wife, mother, sister and aunt, a better friend and person in general? That is easy - the woman who gave me life; the woman who loves without limits, my mom.

Holly Kohler lives in Kenmare with her husband, Allan and children Haley and Abbey. She is a part time receptionist and aide, plus likes to make jewelry on the side. Holly would like to thank her sister, Heather and friend, Caroline for their help in editing this story.

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Custom Design Creates a Custom Home



The arched windows are a gorgeous feature in this room, but since they sometimes need to be covered for privacy, the homeowner chose Hunter Douglas Luminette Privacy Sheers.

This recently completed home is a showcase of what thoughtful design can do. All of the flooring, tile and window treatments are from Bridget's Room, as well as some of the furniture. "Bridget was so helpful and when I didn't like something, she did not pressure me," said the homeowner.



The very solid dining table is a 3-inch slab of acacia hardwood and looks fabulous with the leather chairs. The hardwood floor throughout the main floor is hand stained and sculpted. The gray color on the walls is a custom color, created by Bridget.



◀ The glossy ceramic bead board backsplash contrasts nicely with the subway tiles




▲ The bar backsplash is a mixed polished and pressed marble. Bridget's Room did a custom treatment on the laminate countertop to create the thick look and add dimension.

The ceramic tile provides an appealing palate of color ▼



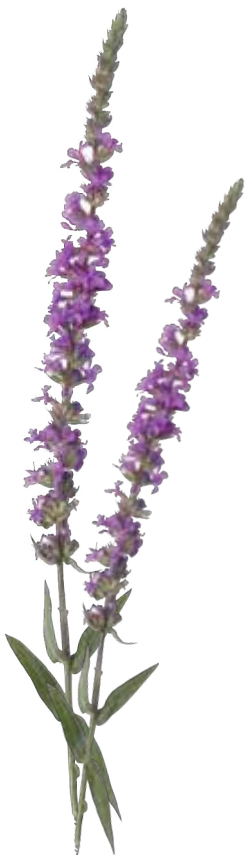
The linen textured tile in and around the steam shower creates a masculine effect in the master bath and balances nicely with the sparkly quartz countertop on the vanities. A perfect his and her spot!



The Bridget's Room staff provides a wealth of knowledge to clients during a new build or remodel. They will explain where your money will make the most difference and ensure your personality shines through in your home. They also offer new build specials. 3250 Rock Island Place, #2, Bismarck, 250.9600, bridgetsroom.com 

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Growing a Legacy



Angie with their new horsepower

by Deb Seminary

Angie McGinness loves farming. "Farming is so empowering," she said. "I feel mentally, physically and emotionally challenged all the time. I have to work hard physically, I have to deal with our crops being wiped out by hail, and maintain a really strong working relationship with my husband."

McGinness, along with her husband Brian, operates Riverbound Farm south of Mandan. They grow certified organic vegetables for their family and CSA members or share holders. CSA stands for Community Supported Agriculture. When people become members they share in the risk and the bounty of the farm. CSA has been around for about 30 years and was developed as a way to reinvigorate smaller farms.

The couple met when they were both in Arizona. Brian worked for a CSA there and then they moved to Vermont to be closer to his family. "Vermont is kind of the epicenter for small, diversified farms," explained McGinness. "We educated ourselves there, then this opportunity came up to move back home."

Home is the land they are now farming. "My great grandparents homesteaded this land," she said. "My uncle owns it and we are leasing it from him. He had a vegetable operation here and a roadside vegetable stand for about 20 years. I worked for him for three years after I graduated from high school and that is when I fell in love with farming. Bismarck-Mandan has almost 100,000 people and no CSAs around, so it seemed like a good opportunity for us."

This is the third year Riverbound Farm is in operation. The first year they grew for 50 shares, last year was 100 and this year they will grow for 150. "At 150 shares we will be a sustainable business," said McGinness. "With 150 members we believe we will be able to buy this farm, or another one, have life and health insurance, retirement, all of those things careers provide people. That is the plan."

Angie's thoughts

Why Food Matters:

You are what you eat. We have all heard it. But you know what? It's true. The human body is a complex and beautiful piece of machinery. Trillions of atoms, making up trillions of cells every day reproducing and working towards one common goal: the function of the human body. We all understand this basic concept and how it is fueled, but I think it can easily be taken for granted. Put something in your mouth, chew it, and then poof, it is gone. Our miraculous system breaks down that food to a molecular level and distributes it throughout our body, fuel for this, medicine for that, storage for later. A simple concept, yet an extremely complicated process.

So why does this mean food matters?

Well I for one can appreciate the fleeting, somewhat tantalizing taste of a Twinkie for oh maybe 30 seconds. But once you stop and think about that Twinkie, which is about as far from whole food as you can get, breaking down in your system, being distributed and delivered to various organs, muscles and glands for use, you might not want that packaged, over-produced food-porn to enter your body at all. You might just maybe stop and think "hey, I deserve better. I am a system of complex organs and trillions of cells, I want to be strong, I deserve a functioning immune system, I want to taste real food again. That's it, I quit!"

Eat your Vegetables

McGinness compared becoming a CSA member to joining a gym. "All of a sudden you have all of this stuff you don't know what to do with. We want to help people use all of the vegetables they get from us."

This year local foodies Karen and Duane Ehrens will be providing members with a 'How To' guide every week. It will feature recipes and tips, like how to prepare and store



How to become a CSA member

Regular share - 12 items* per week \$750.00 (\$4.11/day)

Small share - 7 items* per week \$600.00 (\$3.29/day)

Members receive vegetables every week, for 26 weeks, June - December.

phone: 701.202.9834

website: riverboundfarm.com

email: info@riverboundfarm.com

**an item could be a bag of baby mixed greens or a bunch of carrots*

vegetables. This will help CSA members, who usually find they have to adjust their diets. All of a sudden they have three grocery bags full of vegetables. McGinness said she has had a lot of members tell her they have lost weight throughout the season and they feel so much better.

"I like for people to think about the fact the we have the power to change ourselves and society," she said. "Buying a share in our farm could cause people to change their diet, the way they cook, even what they cook. They are supporting a local farmer and getting healthy food."

This year they will be using horses to plow, plant and cultivate. They have a new team and new equipment. "We just ordered a transplanter," said McGinness. "Brian will drive and our intern and I will sit in these seats dropping plants in divots made by the machine. I'm so excited because up until now it has been us, on our hands and knees, transplanting thousands of plants. This is our big mechanization!"

Angie's thoughts

I can appreciate junk food as an occasional part of my diet. I can definitely dig in on a doughnut, chow down some cookies, and fight over the pint of ice cream. But you know what I think we all could use a little more of? The appreciation of real food. Reintroduction to the kitchen. Remembrance of farm fresh milk and eggs. A re-acquaintance with the divine pleasure of a healthy whole-foods-based diet. And, the empowerment of community-supplied, local food chains. We can grow a healthier community through food. Local artisan

food producers are like artists. They master the art of baking a loaf of bread, or creating the perfect cheese, or producing the highest quality grass-fed beef steaks. A farmer who puts their heart and soul into their work means that we as customers are eating food prepared with heart and soul, food of the highest quality. High quality food also satiates more than just our ideals, it is more nourishing and can help us stop over-eating and start paying more heed to the value of each bite and each meal. Local food is produced by our neighbors. It actually creates and grows jobs. It helps incubate beginning farm enterprises. Local food is food security, job security, and economic security for the communities that feed these systems through consumer purchases and entrepreneurial ambitions. I love local food production and I believe that we as a community can become what we eat through local foods: healthier, more secure, and vibrant.

The Flood

It is called Riverbound Farms for a reason. Their land floods. They had a fear of flooding, hail, torrential rains. It all happened, regularly. They sump pumped their gardens, plowed up the horse pasture (to plant vegetables), and carried on.

The couple want to use their experiences to help other farmers. "I think we could travel the world giving growing advice to disaster areas," said McGinness. "Someday when our kids are grown and our physical bodies are saying, 'enough', we would like to travel and do consulting for small, diversified farms."

Their bodies get a bit of a rest in the winter, but it takes a lot of planning to run a successful farming operation. "We used to fantasize we would have a life in the winter and we do get to chill out and drink coffee casually, maybe go to town, in January for a few weeks," she said. "But, we are always learning and adjusting. Brian has a lot of paperwork to keep up with and there are things in the house that get neglected during the growing season."

McGinness admits they changed their whole lives to start farming full time. Because of their efforts with Riverbound Farms, they will change many other lives, too.



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July Dates: 5-8, 12th, 19th, 26th
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August Dates: 2-5

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Summer in the City



SLEEPY HOLLOW THEATRE SUMMER SCHEDULE

Educational Classes in the Arts, Century High School
– June 4-8, 11-15, 18-22

MIDSUMMER Festival of Light at Sleepy Hollow Arts Park
– June 23rd

GREASE at Sleepy Hollow Arts Park – July 9-13, 21-27

THE SOUND OF MUSIC at Sleepy Hollow Arts Park
– July 14-20, 28-31

FAIRY TALE THEATRE afternoon performances – July
– for more information, visit shtap.org

Gladiator Rush, Huff Hills – June 30

MANDAN

Buggies-n-Blues, Downtown Mandan – June 9-10

Frontier Army Days, Fort Abraham Lincoln State Park
– June 16-17

Mandan Rodeo Days – July 2-4

Tommy Cash & the Cash Crew Band, Dykshoorn Park
– July 7

Wild West Grill Fest, Dykshoorn Par – August 17-18

BISMARCK

Rip Roarin' Ribfest, Civic Center Parking Lot – June 14-16

McQuade Softball Tournament – June 22-24

Alan Jackson w/ Billy Currington, Civic Center – July 13

Lewis Black, Belle Mehus Auditorium – August 4

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

Boston, Civic Center – August 6

Miranda Lambert, Civic Center – August 10

Old Settlers Day & Corn Feed, Buckstop Junction
– August 19

SO MUCH MORE...

Check out dakotastageltd.com for summer theatre productions. Visit the Heritage Center and the State Capitol. Take the Trolley to Fort Lincoln. Golf, Fish, Swim, Frolf, Bike, enjoy summer in the city!

Capitol Shakespeare Society Presents a 'Midsummer Night's Dream' in Fifth Season

This summer the Capitol Shakespeare Society celebrates its fifth year with a production of "A Midsummer Night's Dream" July 18-22. Performances are outdoors on the beautiful North Dakota State Capitol grounds at 6:30 p.m. each evening.

What began as an idea by organizers Crystal Reed, Kendall Speten and Dawn Kopp in 2008 has grown into an annual summer event in the Bismarck-Mandan community. Each year attendance has grown. Last year's performance of "Romeo and Juliet" was seen by more than 2,000 people. The board is hoping to break attendance records again this year.

Artistic Director Erin Drevlow is very excited about this summer's per-

formance of "A Midsummer Night's Dream."

"It is such a fun show with lots of interaction," she said. "The audience will be captivated."

Children of all ages are invited to the Children's Renaissance Faire on Saturday, July 21, from 2 to 6 p.m. south of the Heritage Center. The faire will have a royal court, fencing demonstrations, Fairy Costume Contest and a Knighting Ceremony and other activities. This year's faire is shaping up to be the biggest and best one yet.

All play performances are free, and it is recommended to bring a blanket or lawn chairs since the seating is on the grass.



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Celebration**

August 4
**Saddle Up
Against Cancer**

July 21-22
**Rug Rat
Benefit Softball
Tournament**

August 19
**Drive to Survive
Stock Car Races**

July 28
**Bluegrass
Goes Pink
Concert**

August 25
Miles for Smiles

September 22-23
Applefest

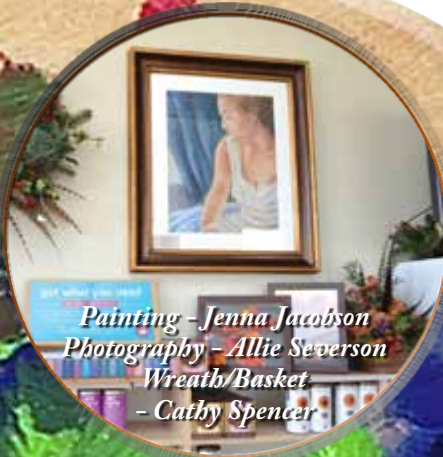
**For more details about these events,
go to bismarckcancercenter.com**

Collage

Beanies - Sara Frank

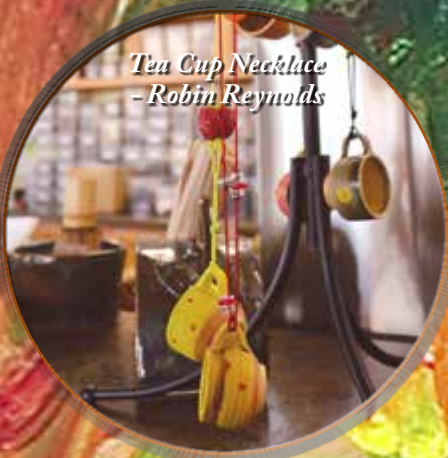


*Painting - Jenna Jacobson
Photography - Allie Severson
Wreath/Basket - Cathy Spencer*



Steep Me a Cup of Tea, located at 311 South 3rd Street in Bismarck, is not only a place to get a great cup of tea, they also offer local artists a spot to peddle their wares. So, have a spot of tea and browse away!

Tea Cup Necklace - Robin Reynolds



Honey Sticks and Lotion - A Touch of Honey, Linton



Texting Mittens and Cup Cozies - Deb Richardson



Pottery - Nance Bower



Arts & Culture Events

For event details, go to CulturePulse.org/Bismarck

JUNE

- Art Attack Weekly Summer Camps, Theo Art School, June - July
- "How Does Your Garden Grow" Exhibit, State Historical Society of ND, June - July
- Bismarck Art Gallery Association Exhibits, Bismarck Art Gallery Assoc., June - July
- Studio de la Lune Gallery Exhibits, Studio de la Lune, June 1 - August 22
- 43 Classes in the Arts, Sleepy Hollow Theatre & Art Park, June 4 - June 22
- The Sound of Science, Gateway to Science, June 9
- Wednesday "Lunch on the Lawn" with live music, Trinity Lutheran Church, June 13 - June 27
- "The Trivoke Classic," Central Dakota Children's Choir, June 19
- Midsummer Festival of Light, Sleepy Hollow Theatre & Art Park, June 23
- Birds of North Dakota with Paul Noot & Sherry Niesar, Bismarck Art Gallery Assoc., June 27 - June 28

JULY

- 4th of July Celebration, Bismarck Symphony, July 4
- Brown Bag Lunch & Performing Arts, Dakota West Arts Council & Bismarck Parks & Rec, July 11 - August 15
- Downtown, Urban Harvest, Thursdays
- Japanese Culture Enrichment with Rebecca Y. Sletten, Bismarck Art Gallery Assoc., July 17 - July 18
- Saturday Morning Market with Music and More, Dakota West Arts Council & Go Bismarck!, July 21
- Garden Walk, Theo Art School, July 22
- Downtowners Art & Wine Walk, Downtowners, July 28

A big thank you to Eileen Walsh, Executive Director of Dakota West Arts Council for getting the ball rolling on this calendar. Dakota West Arts Council is the umbrella organization for the arts in Bismarck, Mandan and beyond. They promote the arts, create and implement many events, such as Brown Bag Lunch in the Park. Dakota West Arts Council is membership driven and receives money from the city to regrant to local arts organizations.

For more information visit dakotawestarts.org or call Eileen at 222.6640. Visit culturepulse.org for statewide arts and culture information.

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Keeping Children Safe in the Summer

by Tina Ding



Kids in North Dakota know their summer season won't last. As snow melts into slush each spring, winter gear swaps out for summer bikes, scooters, skateboards, strollers and more. Tank tops and shorts hide beneath jackets until the temps allow full summer apparel, flip-flops and bare feet.

Treks to the zoo, area parks and outdoor swimming pools are required, add in nature trails, geocaching, golfing and summer sports.

Bismarck Cancer Center Oncology Program Coordinator and Nurse Manager Tara Schilke encourages sunscreen use for the prevention of melanoma. Since the sun's rays energize and nourish the human body, we crave being outdoors, yet we need to exercise caution and protect against too much exposure to the sun's harmful ultraviolet (UV) rays.

"Since melanoma is seen as one of the fastest growing cancers worldwide, it's important to stay protected," Schilke said. "Melanoma is curable if caught early, with over 90% survival rate."

Sunscreen

Parents should be certain their children are protecting their skin and eyes as well as the tops of their heads. Ways to reduce the risk of melanoma and protect skin from UV rays:

- Use sunscreen with SPF of 30 or higher, covering entire body (include top of head, ears, nose, chin, neck, tops of feet hands).
- Use waterproof sunscreen when swimming or sweating.
- Ensure label indicates 'broad spectrum' coverage (for both UV-A and UV-B rays).

- Avoid UV exposure via tanning salons.
- Wear long-sleeved, loose fitting clothing as well as wear either wrap-around sunglasses or a wide brimmed hat for head and facial coverage.

Children playing outdoors should also be encouraged to avoid peak sun exposure by offering outdoor time during early mornings or late afternoons and evenings. Caution should be exercised when swimming or hanging out around water and sand where harmful rays are reflected.

Schilke said it's important to reapply sunscreen every two hours while in the sun.

"Remember you are your children's role model, let them see you protecting yourself, also," Schilke said. "Babies under six months should never be exposed to sun. Older babies can be kept under wide brimmed hats, canopies or hoods while outdoors."

Schilke also said to make sunscreen available at all times. "It's so important to offer outdoor activities to kids, it's vital to their physical health," she said. "Pack sunscreen in a sports bag or carry it in a purse."

Bike Helmets & Wheeled Activity Safety

Outdoor activities often include toys on wheels: bikes, scooters, skateboards and inline skates. Head protection is critical to ensure safety in case of a fall. When parents make it a rule, every single time, wearing helmets becomes a habit. The helmet should fit securely and rest in a level position on the head.

Kids on bikes or other wheeled devices need to be sure to follow the rules of the road and parents need to be aware:



- Make sure bicycles and sports equipment fit children correctly.
- Children grow quickly; helmets should be checked frequently for accurate fitting.
- Clothing should be reflective; however children should not ride in the dark.
- Always include hand signals and ride on the right side of the road, with traffic.
- Be sure children are aware of traffic signals and how to cross intersections.

Water Safety

Hot summer excursions to water activities are a given, and kids can make a certain amount of decisions on their own. However parents and/or other supervising adults need to be completely responsible and keep a watchful eye on children.

Drowning can happen in the blink of an eye. It can be prevented by sticking to a few simple water rules.

- Children should be supervised at all times around water. This means no reading, cell phone usage or other distractions
- Make sure there is a supervising adult who is CPR trained and prepared to administer CPR if needed.
- Children should be given swimming lessons or taught to swim.

When swimming, sunscreen should be applied and a life jacket used every time while boating, or when using water sport equipment, such as when water skiing or rafting.

Keeping kids safe while enjoying sunshine takes very little time – yet the benefits certainly outweigh the disadvantages. Managing or organizing a catch-all space near the door most frequently used may help to encourage the use of sunscreen application and helmet use.

- Busy schedules demand a quick option for grabbing outdoor gear. Hang a 'traveling' bag near the door. Include sunscreen, bug spray, first aid items as well as spare hats and sunglasses. Light jackets or long sleeve shirts may be rolled inside, as well.

- Manage bike helmets and pads by hanging them in a visible location near bike storage for a visual reminder to all.

- Keep enough life jackets on board boats for all family members and an equal number of guests, just in case.

- Designate a swimming supervisor whenever children are in the water.

Enjoy every minute of outdoor opportunity. Unpredictable North Dakotan climate could mean snow in September. In the meantime, keep children protected while enjoying and rejuvenating in the sun.



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

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Story Times



Toddler Tales*

Tuesdays —
9:30, 10:15, 11:00 a.m.

Story Time for children
18 months-3 years of age

Join us for books, finger plays
and songs.

Location: Story Room

Dates:

June— 5, 12, 19, 26

July—10, 17, 24



Preschool Adventures*

Wednesdays —
9:30, 10:15 a.m.

or

Thursdays —
10:15 a.m.

Story Time for children
4, 5, and 6 years old

Location: Story Room

Dates:

June—6/7, 13/14, 20/21, 27/28

July—11/*, 18/19, 25/26



B.A.R.K.*

Bismarck Animals Reading with Kids

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For more information, contact

Traci at 355-1489 or
tjuhala@cdln.info.

Registration begins June 4

* Name used with permission.



Baby and Me*

Thursdays — 9:30 a.m.

Story Time for infants
up to 24 months

Children are held in caregiver laps
for rhymes, songs and
simple books.

Location: Story Room

Dates:

June— 7, 14, 21, 28

July— *, 19, 26



*Urban Harvest Story Time

Thursday, July 12—10:00 a.m.

On the corner of
4th and Broadway

Family Puppet Shows at Dakota Zoo



7:00 and 7:30 p.m.

June 20, July 18, August 1

Cost is admission to the Zoo.

Special Story Time with

Aaron Strawn and Friends

Thursday, July 19—1:00 p.m.

Saturday, July 21—11:00 a.m.

Location: Story Room

*Children must be accompanied by a
caregiver during programs.





Riverbound Farm

Sautéed Veggie Sandwich

- | | |
|-------------------------------------|-------------------|
| 1 zucchini | blue cheese |
| 1 onion | goat cheese |
| 1 bell pepper | whole wheat bread |
| 4 heaping handfuls of fresh spinach | balsamic vinegar |
| 3 cloves of garlic | |

Heat up your favorite skillet to medium heat with 2 tablespoons coconut oil or olive oil

Cut onion in large slices and add to the heated skillet

Slice garlic, and heat along with the onion for 5 minutes

Slice bell pepper, zucchini, and chop the handfuls of spinach

Now that everything is in the pan and sautéing splash some balsamic vinegar in and put the lid on. Let cook for 5 more minutes and remove from heat.

Toast or grill your bread slices or rolls on the oven until browned

Spread goat cheese on the bread and sprinkle with the blue cheese

Add heaping spoonfuls of the vegetables to the bread and enjoy a fresh served, quick, delicious sandwich.



Mojo Beef Kabobs



Total Recipe Time: 40 minutes

1 pound boneless beef top sirloin steak,
cut 1 inch thick
1 teaspoon coarse grind black pepper
1 large lime, cut into 8 wedges
1 small red onion, cut into 8 thin wedges
1 container grape or cherry tomatoes
(about 10 ounces)

Mojo Sauce:

1/4 cup fresh orange juice
1/4 cup fresh lime juice
3 tablespoons finely chopped fresh oregano
3 tablespoons olive oil
2 tablespoons finely chopped fresh parsley
1 teaspoon ground cumin
1 teaspoon minced garlic
3/4 teaspoon salt

1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, covered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once.
5. Serve kabobs drizzled with sauce.

Makes 4 servings

Recipe and photo courtesy of
the ND Beef Commission and
The Beef Checkoff

BEEF **North Dakota**
Beef Commission
4023 State Street • Bismarck, ND 58503

Grilled Southwest Steaks with Sunset Salad

Total Recipe Time: 55 to 60 minutes

Marinade Time: 6 hours or overnight

2 beef eye round steaks, cut 1 inch thick (8 ounces each)

Marinade:

1/3 cup fresh lime juice
2 teaspoons ground cumin
2 teaspoons steak seasoning blend
2 teaspoons finely chopped chipotle peppers in adobo sauce

Sunset Salad:

2 small ears corn, husked
2 large yellow, orange and/or red bell peppers, cut lengthwise in half
1 medium tomato, chopped
1 tablespoon olive oil

1. Combine Marinade ingredients in small bowl. Cover and refrigerate 2 tablespoons for Sunset Salad. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

2. Place corn and bell peppers on grid over medium, ash-covered coals; grill peppers, covered, 11 to 14 minutes (over medium heat on preheated gas grill, times remain the same) and corn 15 to 20 minutes (gas grill times remain the same) or until tender, turning occasionally. Remove; set aside to cool slightly.

3. Add 3 to 4 additional briquettes to each side of fire grate to maintain medium heat, if necessary. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, 17 to 19 minutes) for medium rare (145°F) doneness, turning occasionally.

4. Meanwhile, to prepare Sunset Salad, chop bell peppers and cut corn kernels from cobs; place in medium bowl. Add tomato. Whisk reserved marinade and oil in small bowl until blended. Pour over vegetables; toss to coat.

5. Carve steaks into thin slices. Serve with salad.

Makes 4 servings

Cook's Tip: One cup frozen corn, thawed, may be substituted for fresh corn. Heat medium skillet over medium-high heat 2 minutes or until hot; add corn. Cook 2 to 4 minutes or until corn starts to brown, stirring frequently.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons



A Slice of Inspiration

Andra Suchy



Long before *The Voice* and *American Idol*, one of the only ways to make it in the music business, was leave home and head for the big city. Andra Suchy made her way to Minneapolis and has done very well, but she has not forgotten her roots. Her recently-released CD, *Little Heart*, is named after the river near her hometown of Mandan, and showcases Suchy's singing and song-writing capabilities. "There is a full circle aspect to it," said Suchy. "The whole album is more story driven, rooted in my rural upbringing and growing up on the farm. It has a softer side."

The majority of *Little Heart* is pure Americana, which is now it's own genre of music - some folk, country, a touch of bluegrass. Suchy does a cover of Neil Young's "Helpless" and her dad (Chuck Suchy) wrote "Georgianna". "I co-wrote all (the rest) of the songs with my husband, except for the last song, "Come on In," she explained. "I co-wrote that song with Mandan native, Spencer Lovdal back when we were in our band, *Naked*, together."

Suchy sometimes travels with a band, but usually it is just her, along with her husband, Andrew Pierzina, who plays guitar. She also finds time to teach voice lessons at School of Rock in St. Paul and Eden Prairie, sing with Hookers & Blow and Billy Johnson's Roadshow, two local bands, do commercial work and make frequent appearances on *A Prairie Home Companion*.

"In our spare time we like to garden," she said. Another way she finds to connect to her roots.



See Andra at the annual Suchy Concert at The Bohemian Hall, Saturday, August 4th, 7:00 pm. Purchase *Little Heart* on itunes, amazon or visit redhouserecords.com

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**GET YOUR
GRILL ON**

Grilled Beef Tri-Tip with Salsa

1 beef Tri-Tip roast (1½ to 2 pounds)

Lime-Honey Glaze:

- 2 tablespoons honey
- 2 tablespoons fresh lime juice
- 2 teaspoons ground cumin
- 1 teaspoon dry mustard
- 1 teaspoon salt

Tropical Fruit Salsa:

- 1½ cups diced papaya or mango
- ½ cup diced plum tomatoes
- 2 jalapeño peppers, seeded, finely chopped
- 2 tablespoons sliced green onion
- 2 tablespoons fresh lime juice
- 1 tablespoon chopped fresh cilantro or parsley
- 1 tablespoon honey

1. Combine glaze ingredients in small bowl.
2. Place roast on grid over medium, ash-covered coals or over medium heat on preheated gas grill. Grill; covered 25 to 35 minutes for medium rare to medium doneness, turning occasionally. Brush with glaze twice during last 10 minutes.
3. Meanwhile, combine salsa ingredients in medium bowl. Refrigerate until ready to serve.
4. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Tent loosely with aluminum foil; let stand 10 minutes. (Temperature will continue to rise about 10°F to 145°F for medium rare; 160°F for medium.) Carve across the grain into thin slices. Serve with salsa.

Makes 6 to 8 servings



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