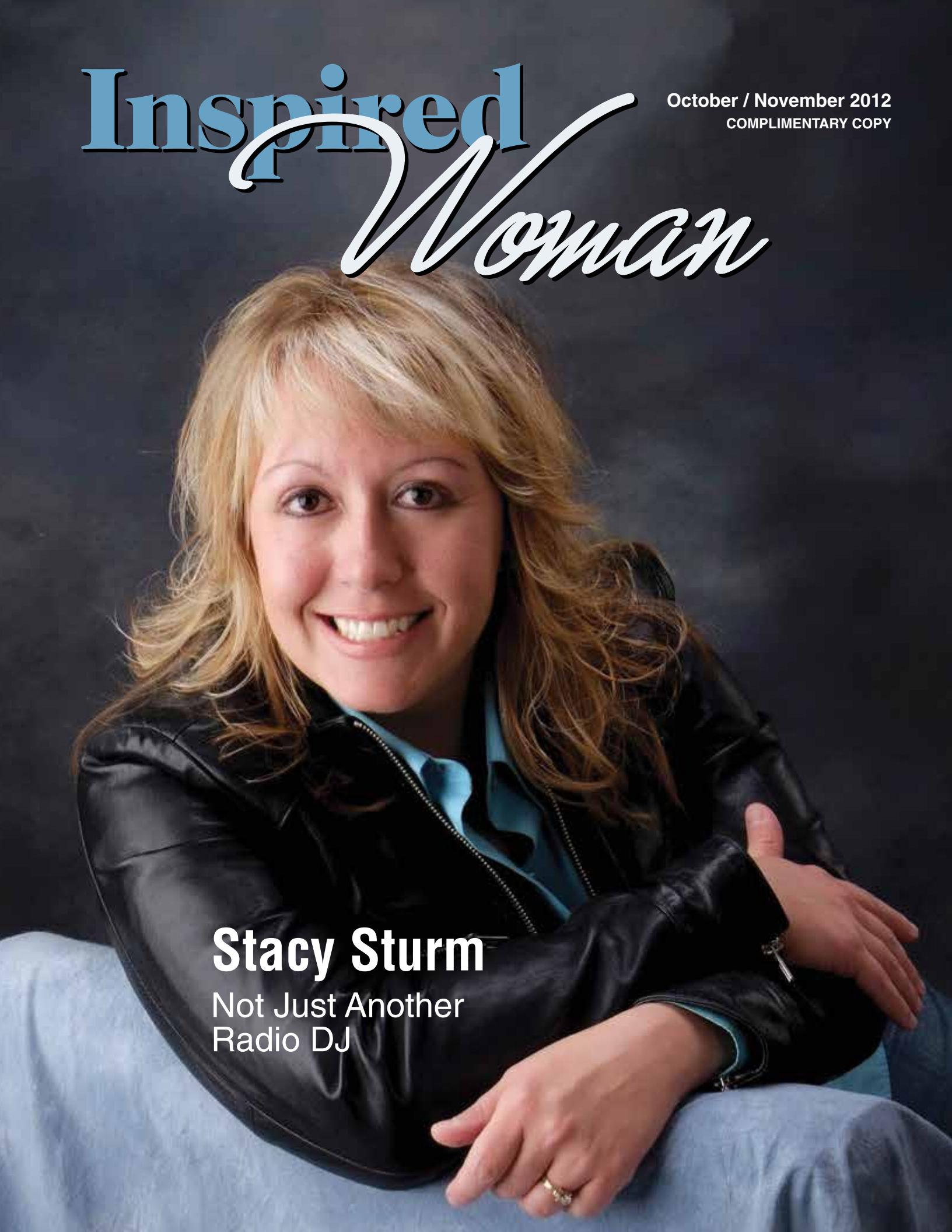


Inspired *Woman*

October / November 2012
COMPLIMENTARY COPY

A portrait of Stacy Sturm, a woman with blonde hair, smiling and wearing a black leather jacket over a blue shirt. She is sitting on a light blue surface.

Stacy Sturm

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Our Mission

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



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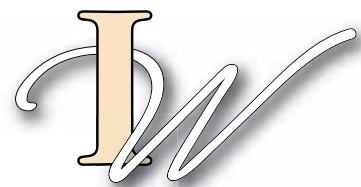
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Editor's Notes

When I decided to do an issue focusing on aging, I had several ideas. I wanted to feature some options for anti-aging, talk about how people are dealing with aging parents and offer solutions to some of the issues women deal with as we grow older. I hope you will enjoy what our writers have put together for you.

There are also some ideas to get you into the holiday spirit, delicious recipes from local foodies Karen and Duane Ehrens and more 'Who Inspires You' stories.

Deb
~Be Inspired~

*"There is a fountain of youth: it is your mind,
your talents, the creativity you bring to
your life and the lives of people you love.
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you will truly have defeated age."*

~ Sophia Loren

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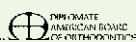
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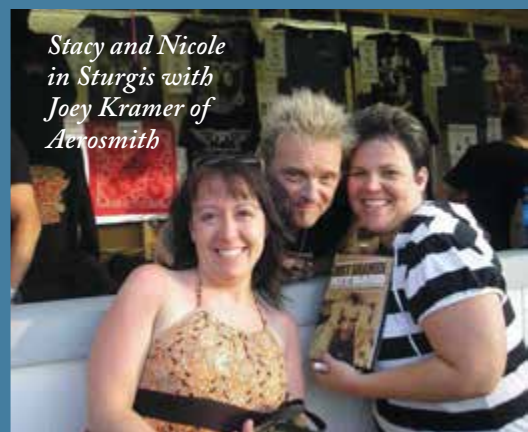
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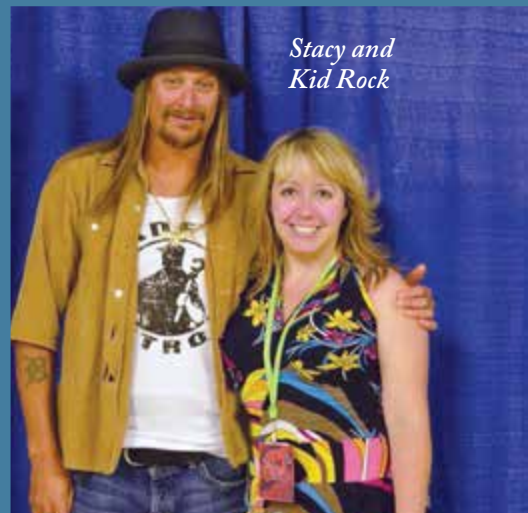
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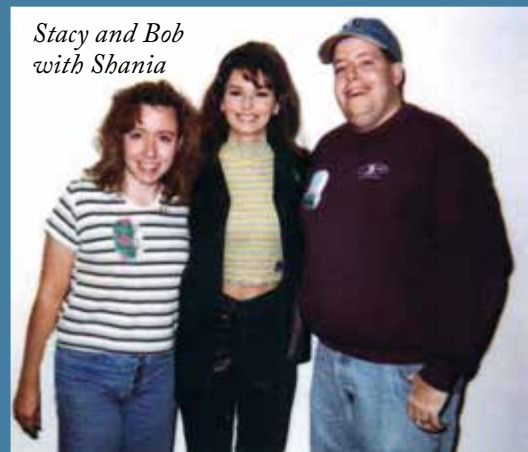
“The nice part about the radio station (URL radio) is that I have been able to help out a lot of community groups and work with so many people on projects. I have been so lucky, met so many people and been a part of so many great events.”



*Stacy and Nicole
in Sturgis with
Joey Kramer of
Aerosmith*



*Stacy and
Kid Rock*



*Stacy and Bob
with Shania*



Guatemala

Stacy Sturm

Turn Up The Radio

by Deb Seminary

Growing up in Glendive, Montana, Stacy Sturm knew she wanted to go into radio. "It seemed like such a preposterous thing," said Sturm. "Kids don't normally grow up dreaming THAT, but when I was four my parents gave me a record player and my first records were 'Snoopy and the Red Baron' and 'Lucille' by Kenny Rogers. I loved music and my dad played in a band on the weekends. I would hear radio stations around town and think, 'how great is that - they get to be around music all day, how much fun would that be!' I didn't realize that was only about 10% of what a DJ actually does."

When Sturm was eleven, her dad, who worked for MDU, was transferred to Bismarck. She has lived here ever since. She went to Bismarck High, then University of Mary, where she met her husband, Greg. Since she was still thinking about going into radio, she majored in English and Communications. "The nice thing about the program out there is, you can figure out your niche," explained Sturm. "I got to do radio, newspaper, television and public relations. By my junior year I knew I wanted to do radio. I didn't end up doing that at first, but that is what I wanted to do."

During her senior year she worked part time at a radio station in Bismarck and continued on weekends after she graduated. Her first 'real' job was as a newspaper editor and she realized quickly she was not a 'newspaper girl'.

"My heart was in radio," she said. "So I bought time until I got a full time job in radio and that was when 'Brady and Stacy in the Morning' started on Y93 in 1998."

After doing the morning show for awhile Sturm realized this was what she wanted to do forever! "That was my niche, I really loved it," she said. "I think there is something really special when you get into a job and you can be your authentic self. Once you find that, it is so rewarding. In radio, you're so vulnerable, because people know so much about you. So, when people like you, you think, 'they really like me, not just my job, but me!' which is really nice to know. But I also understood that not everybody does like me and they are very vocal about it. You learn to take the good with the bad."

When she left Y93 in 2005, Sturm worked in public relations for the state. "I realized I didn't miss the radio so much, it had changed so much from the radio I had fallen in love with, I really missed the community involvement and helping organizations," she said. "I did volunteer work, but even that just wasn't the same." So besides public relations, she got back into radio part-time doing mornings with Bob Beck on Cool 98.7.

URL

In 2009, her friend, Nicole Morrison Mathern, began pestering her with business ideas. "Finally when she

came to me with the idea of starting a radio station, I was interested," said Sturm. "But I knew, if there is one thing tougher than working in radio, it's running a station, especially going up against corporate radio."

Sturm said Mathern made a pretty good pitch, "She said there is this thing people are listening to, internet radio - why can't we have a local Pandora? So I said, 'sure, go crunch some numbers on that' and figured that would be the last I heard of *that* idea. Not only did she crunch the numbers, she found most of the equipment! University of Mary wanted to use their radio lab for something else so they offered us the equipment. Part of the deal was we would also take some students for their radio practicum. Teach them the ropes, let them do shows to get experience."

What really appealed to Sturm was, not only was it internet radio, but it would be local. They could have local talent and focus on the community. "I felt like local radio was getting pushed aside for national talent and national topics. When we started (the station) we knew we wanted to have some key shows that would be on every day that people would build a rapport with and grow to love," explained Sturm. "We knew we wanted a morning show, and I wanted to bring back Brady and Stacy, we knew we wanted a show for men and women (which became Woman Power Hour and Man Power Hour) and

we developed One-Hit-Wonders-at-One, just because it's fun to say!"

They went on the air with URL Radio on April 1st, 2009. "Bob (Brady and Stacy) and I were notorious for April Fools Day pranks, so we thought it would be good publicity and just fun to start up as a morning team on a new station on April Fools Day," said Sturm. "People will tune in to see if it is a hoax or if it is real. We had a huge first day! Brady and Stacy were on in the morning again."

The morning show has changed since Bob got a different job. Sturm



The dress was made of dried apricots, cranberries, raisins, almonds and chilies! Andrea Ficek, model and designer

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now has several different hosts; Kevin Kyes, Brian Matthews, Kameran Ali, even her mother! "People have their favorite days, they tune in every morning, but they just really identify with specific people for some reason," she said. "We have added a lot of other shows - a teen show, a blues show, local music show. I have someone pitch me a new show at least once a week. I love that, because I am willing to try anything. You never know what is going to work. The main reason most shows come and go is because people don't realize how much work it is to put together. It's not just talking on the radio. That is only about ten percent of it. The rest is prep, organizing, educating yourself and dedicating the time to make it good."

One advantage of internet radio is they can be heard around the world. Although most of their listeners are from North Dakota, they now have listeners from all 50 states and 90 different countries. They can also go anywhere and broadcast. They have broadcast from Sturgis, the North Dakota State Fair, and GOD'S CHILD Project in Guatemala. "The possibilities are endless - we did our morning and afternoon shows live in Guatemala," said Sturm. "Some of the things we got to bring to the people that were listening was some of the best radio I've ever done. There were so many times when it was so raw and real. It definitely changes you as a person."

URL Radio helps many organizations and non profits throughout the year. "The nice part about the radio station is that I have been able to help out a lot of community groups and work with so many people on projects," said Sturm. "I have been so lucky, met so many people and been a part of so many great events."

One of their successful fundraisers, 'Playing With Food' is an edible style show scheduled for Sunday, October 21st at the Amvets and it benefits the Missouri Valley Optimist Club. "We are looking for people that want to put together outfits, edible art pieces, or just come and watch," said Sturm. "I was blown away by the outfits people put together last year."

Sturm is also putting together a ghost hunt. "We are doing a haunted Bismarck Mandan tour," she explained. "Some paranormal investigators are going to come and do tours with their equipment, then we will do a little party after. Tour locations so far will be Dakota Stage, Peacock Alley and Fort Lincoln. It will be ghost hunting 101!!"

The Radio Life

When Sturm began her radio career, she quickly learned her life was no longer her own. "When you are on the radio, your whole life is literally lived out for everybody to watch," she said. "People still bring up things (from Y93 days) and I think, 'I can't believe I really talked about that on the air.'"

Her daughter, Summer was born two years after 'Brady and Stacy in the Morning' started. "I went into labor on the air with Summer," said Sturm. "I even told Greg that morning, 'I think today might be it', but I had never had contractions, so I wasn't sure. As the morning progressed my contractions were getting stronger and closer together. Finally around 9:00, Bob asked me to run upstairs and I said, 'I don't think I can. I'm in a lot of pain and I think I'm going to have my baby today!' He thought that was super, so he had to announce it on the air. We decided to call the hospital and my doctor on the air, but my doctor already knew because a listener was a patient of his and had told him at their appointment!"

Her husband has had to get used to this very public life. "It was very hard for him at first, because Greg is a very private person," she explained. "He worries about what people think and I rarely do. We had a lot of talks about, 'I can't believe you said that on the air.' After awhile he saw that is what people liked about our show, so he got used to it."

Her children have had to 'get used to it', also. "When we go out people always want to talk to me about the station, they have a very public mommy," said Sturm. "They have had to learn to share me. I have always tried to make sure they come first and I can tell when they are starting to get a little frustrated, like when we were going through the flood. Everywhere we went



Stacy and her family

people wanted to talk about the flood, so they had to relive it over and over and over. But it's like everything I get involved in, they get sucked into it, too. We make private family times at home really great and Greg balances me out with that."

Sturm wears many hats at URL Radio. She is the morning person, station manager, program director and for the

majority of the last three years was the primary advertising salesperson. She now has a full time and a part time salesperson and is always looking for more. "I would like to get off the street and do more long term planning instead of short term troubleshooting," she said. "I want to focus more on the future of the station. I have some great ideas and want to get to the next level. I'm proud of where we've been; we've brought real inter-

net marketing to the area. But I know with our creative minds we're capable of so much more."

She went on to explain her vision for the station, and herself: "This will **probably** be my last career. I am hoping someday that this is running really well and I can back off and turn the reins over to someone who really has a passion for this. There are so many people

who would love to get into radio. Then I can dedicate myself to other projects. That is the way of the entrepreneur - you start up a business you love with their whole heart, you make it a success, and then you start up a totally different business. I'm already thinking how much I would love to open a restaurant or food truck, make jewelry with gps devices so people can track their kids... I have a new business idea every week! I would also love to bring a roller rink back to Bismarck. I think we need a place where teens and families can hang out, have birthday parties, just a fun place for all ages!"

Wherever her ideas lead her, Stacy Sturm will stay committed to helping her community in any way she can.

For more information on the haunted Bismarck Mandan tour, visit urlradio.net.



Deb Seminary is the editor of *Inspired Woman*.

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Personal Experiences with Menopause

Editor's note: Guys - this is serious girl talk, you may not want to read any further. Every woman experiences something different as they go through perimenopause and menopause. The following are just two different examples of some things that could happen.

Best (or worst) Laid Plans

by Deb Hanson

Being a late menopause bloomer, I had years to consider how I would handle "the change." At 55, when my period abruptly stopped, I followed my plan to go on a hormone replacement. With a family history of heart disease and a desire to stay healthy, I decided to try hormones. My mother had developed heart disease and other health problems after a hysterectomy, which may or may not have been related.

I was somewhat concerned I might have a problem with taking hormones. After I was married, I went on birth control pills, which caused me to gain weight, and was a major grump. When I quit taking the pills, within days my weight dropped and my mood improved, prompting my husband to say, "You're back."

With hormone replacement, I realized I was gaining weight but did not connect it directly to the hormones. When I went to the doctor for my annual physical, all of my numbers were up - my weight, blood pressure and cholesterol. My cholesterol was above 300 and my blood pressure was high enough that they put me on medicine.

At my doctor's suggestion, I went off the hormones and began to lose weight as well as feel better. At my next check-up, all of my tests improved. My cholesterol was back to a healthy level, but I had to stay on the blood pressure medicine until I lost weight.

I must say that all hormones and individual reactions to them are different. I could have done well with a different hormone, but I chose not to continue experimenting. Today, I am healthy and feel great, probably largely because I eat healthy, maintain a good weight and exercise. I am experiencing my post-menopausal years with some issues but not any that would prompt me to take hormones again.

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Menopause and Random Thoughts on Aging

by *Anonymous*

When I was told, at the age of 40, that I was losing my hormones, I was shocked. I had been experiencing irregular periods and decided to get that checked out. The doctor recommended hormones, but I decided to ride it out. That is, until everything started drying up. EVERYTHING. (I recommend vagifem along with premarin cream or estradiol alone for the vaginal dryness).

The irregular periods lasted for five years until finally, I was free! What a great feeling to not worry about that anymore. However, my body was changing. I couldn't eat as much as I used to, and my hips were bigger, even though I hadn't gained any weight. I have always been careful about exercising and eating right, but I had to buy new clothes. (I really didn't mind the shopping part, just the why).

I did not experience hot flashes, only night sweats. I was instructed to get a bone density scan. I was a little below average at the hip and significantly low at the spine. How does this happen??? I have since improved my score with calcium supplements and just watching what I eat. My cholesterol numbers have been increasing every year, statins have been recommended but I just don't want to go there. With the heart disease in my family, I may not have a choice soon.

Ten years later, more body changes. As one of my friends said, "It's like someone put a spare tire around your middle and adds a little air now and then." Love the Boho look with all the flowing shirts! Especially now that my breasts are bigger. Not saggy, bigger. Yes, it happens. I checked. Nowhere did I read about the loss of a buttocks. Not sure what happened there. Oh, another friend just reminded me about the memory loss. I had forgotten.

Thinning skin, check. Spider veins, check. Increased facial hair, check. Change in fat to muscle ratio, check, check & check. This isn't meant to be depressing, after awhile you can joke about it and just accept it. Everyone is different, but the more I visit with other women, a lot of us are the same.

**"I want to grow old without facelifts...
I want to have the courage to be loyal
to the face I've made. Sometimes
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never complete your life, would you?
You'd never wholly know you."**

~ Marilyn Monroe

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*Doris and
Jim Fischer*

The Eldercare Puzzle

Making the Pieces Fit

by Rhonda Gowen

*Geri Albert with her daughters
Leslie Julie and Roberta*

"I retired from nursing," says Doris Fischer, veteran of twenty-six years as Bismarck Burleigh Public Health Nursing Director. "I never thought I'd have to keep on doing it. And caretaking is harder when it's your own family."

Many women are faced with the need to care for elderly family members, spouses or neighbors, sometimes while tending their own children. They can feel overwhelmed. Problems such as caretaker stress, finding in-home care, deciding whether to take away the car, choosing an assisted living facility, or making a smooth transition to new living arrangements can loom large. Several local women have forged their own answers to these and other questions.

Twice a day, Doris had coffee with and "looked in" on her elderly neighbor Alma. She helped Alma with groceries and other tasks. They had a good relationship until Alma transitioned to assisted living farther away. Doris could no longer maintain the contact as closely as she would have liked. She felt badly but took comfort in the memory of the

quality time they did enjoy together. Then recently, Doris's husband developed medical problems resulting in many surgeries. Seeking specialized care, they traveled to Mayo Clinic in Rochester, MN. Even with a nursing background, it's been a roller coaster ride for her, keeping up with the medical visits, travel and the home care of her husband. She relies on her family to lend a helping hand.

Joanne Swonger, married mother of two, shares her home with her 93-year-old mother Martha. Her mother enjoys doing her part to make the household run, such as food preparation, folding laundry and other practical matters. She also strives to preserve a zone of 'personal space,' saying to Joanne's family, "You go do that together as a family – I don't need to go." Joanne feels that a sense of mutual respect and a willingness to talk about concerns have made their live-in relationship work. Joanne is available to drive her mom, who no longer feels comfortable driving in the bustling city traffic. When the Minot flood overtook Martha's house and she had to deal with recovery through FEMA, she gave power of attorney to Joanne to help her bear the business end of the cleanup.

When meeting with agencies or health professionals, Joanne and her mother have found there is a temptation not to listen to an elderly person if a younger person is present to communicate for them. "It's important that the younger companion focus the attention on the older individual so they can be genuinely heard," said Joanne.

Juggling a distance care situation, Judy Nabben and her husband have

increasingly been helping her 90+-year-old parents who live in Rugby. Her father has some hearing loss, making it difficult to arrange for Bismarck medical appointments over the phone. "Dad agreed to include my name on the 'release of information' form so I could make appointments on his behalf," said Judy. "It is so much easier for me to call and arrange doctor visits and checkups so we can plan his travel."

When it became necessary to select an assisted living facility for their mother, Cheryl Langei and her sister chose The Terrace, a 40-room Bismarck care center. Since her mother suffered from dementia, they thought she would have less trouble recognizing the modest number of staff and residents. She liked the way her mother was included in appropriate activities such as folding towels or decorating. It made her feel a part of the residence family. The staff was very understanding. "In one instance my mom thought the dining room was a restaurant, so she would leave a small tip after she finished eating," said Cheryl. "The wait staff would

*Martha,
Joanne's
Mom*

place the tip money back in my mom's purse for use the next time she came to eat."

For Cheryl, placing her mother into assisted living was ultimately a great relief. She no longer worried about her mom's safety around the stove and stairs, that she would take too many pills, or that she would wander out in the winter and get frostbite. Her mother realized she needed care because six months earlier she had become lost and frightened while driving. By living in the care facility, Cheryl's mom eliminated the stress of tasks like mowing, shoveling, repairs and buying groceries. It was a simpler life. "The biggest thing for the family – they feel guilty, like they're sending their child to school for the first time, into the unknown," said Cheryl. "I think they should just try it. Placing Mom in assisted care turned out well for us. Loneliness can turn to depression. We all need companionship."

Leslie Peterson's brother would check in on their mother Geri who had lived on the family farm her whole life. One day their mother began cooking a hamburger, left to pay a bill, and forgot the hamburger. She realized something was not normal and the potential existed for danger. Together the family consulted a doctor and a neuropsychologist who conducted several vitamin deficiency and memory tests. Geri was already experiencing the moderate stages of Alzheimer's disease.

When she entered assisted living, Geri made a big adjustment from living alone on the farm to the active social environment. As she lost memory capacity, even simple things she did to pass the time became difficult. She

Five Ways to Make a Smooth Transition to Nursing Care

- 1) Get the whole family involved in going to the care center that day
- 2) Clear your schedule to be free for the move
- 3) Have one person stay with the elderly person and have a meal with them before leaving to relax him/her
- 4) Walk around the facility as much as possible so the resident becomes more familiar with the surroundings
- 5) Speak to the nurses and staff in the presence of your loved one about his/her habits and medical issues

From ezinearticles.com (Moving Loved Ones Into Nursing Homes – How to Make the Transition Easy)

couldn't remember the steps to her needlework and couldn't remember the content of previous chapters she had read in her books.

Leslie's mother had two long-term care insurance policies which together should have covered the cost of her assisted living. However, one of the companies did not want to cover her mother's situation even though the doctor said she could not pass certain memory tests. After five or six months of struggling to get the company to cooperate, Leslie found out that if the insured person was unable to perform

certain daily living tasks such as being able to feed, clothe and bathe herself, then the insurer would pay her assisted living bill. Even though her mother was able to bathe herself and wanted to be as independent as possible, Leslie waited for a moment when her mother was most cooperative and convinced her to let the nurses help her bathe. Only then, when Geri accepted help in that and one other area, would the insurance company pay for her residency. Leslie says, "Here was someone who had planned for long-term care, and yet when the time came, could not collect on the insurance because of a technicality. My advice is to double-check the criteria your long-term care insurers use for payment to dementia and Alzheimer's patients."

Leslie's mom has passed on, but Leslie reflects, "I feel greatly relieved and glad that she no longer suffers. She left us before her body left us. Somehow she remembered we were her family, even if she didn't remember our names."

For further answers on assisted living facilities, qualified service providers for such needs as adult daycare and homemaker service, and for caregiver support, check the North Dakota Department of Human Services—Adult and Aging Services website. <http://www.nd.gov/dhs/services/adultsaging/>



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

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Retirement – Ready or Not?

by Heather Welle

I work as a Financial Services Professional at Solid Rock Financial. I have lived in Bismarck for nearly 10 years, am married to a wonderful man and we have three sons. Like most families we are busy balancing work, school and activities. One area of many families' lives that may not get enough attention is financial planning. I spend most of my week speaking with people about growing and protecting their wealth. The majority of my clients are married couples. I do encourage both the husband and wife to be present for all of our meetings but all too often I only meet with the husband. The reasons I get are: she isn't interested, she wouldn't understand or she just doesn't care.

It is crucial that women be involved in financial decisions and retirement planning. What if there is a divorce, separation, or death of a spouse? These are very emotional situations, but could be financially devastating if women are not prepared. What bills should be paid? What debts are owed? Do we even have a retirement account?

Following are reasons why women should be saving for retirement, what type of accounts are right for you, and the importance of being protected if you are left alone.

Women's financial responsibilities are growing faster than their knowledge. There is a big problem with women feeling insecure about their finances, not knowing where to get help, being too conservative and facing retirement alone and underfunded. Women are gaining financial independence to an unprecedented

degree - they now make up the majority of college graduates, are nearly half of the labor force and are becoming the primary earners in many households. Yet most remain uneasy or uninvolved when it comes to talking about and managing money.

Most people are so busy trying to make money in the moment, they don't think about their financial future. There is a pretty slim chance social security benefits will be around in 20 to 30 years, at least not the full benefit. The national debt will have an impact on many of the government programs that are heavily reliant on our tax dollars, meaning taxes will most likely go up. With Baby Boomers retiring, about 40% of people will be removed from the workforce in the next 15 to 18 years. This means less tax payers and more people on government programs (Social Security and Medicaid). They will also be pulling their money out of the stock market, which may have a detrimental effect.

I encourage you to explore your options for retirement planning to ensure what you are doing matches with what you are trying to accomplish. Some of the traditional financial products include Roth Ira, Traditional Ira and 401k. Things you may want to consider when choosing retirement accounts are stock market risk (how much are you willing to take on) and tax implications. Do you think taxes are going up in the future? If so, do you want your money in an account that you will pay higher taxes on when you pull it out? Many accounts are also subject to stock market risk and do you want your money subject to the "mood" of the market? Where is the safest place to park your money so you can also enjoy some ben-

efits along the way? Ask yourself these questions and determine what is important to you.

Women need to prepare for financial independence. Many women do not have a personal savings. Others have set aside a little in a savings account, which is fine for the short term but doesn't really offer a chance for the money to grow into a worthwhile sum.

Women typically live longer than men, so protection is very important. Questions you should ask yourself: Do we have life insurance? Who is my agent? I recommend having the following "must have documents" in place: a will, a living revocable trust, an advance directive and a durable power of attorney for healthcare.

We all dream of being financially free, but most of us don't know where to start or don't believe it's truly possible. Whatever you decide to do about your financial security, do something. At Solid Rock Financial we offer an education based approach where we look at entire financial portfolios and find where people may be losing money unknowingly. Many are losing funds every day in areas like taxes, mortgages, qualified plans and debt. I find this money, bring it back to the table and put it to work. We can verify that being more efficient with your money is the safest method for building a solid foundation of protection and wealth. There is more to be gained by avoiding losses than picking the apparent winners. It makes little sense to have a million dollars only to discover you lost a million on the way.

*Solid Rock Financial, 2525 E Rosser Ave, Suite 4,
Bismarck, ND 58501, www.srfinancial.net,
Heather@srfinancial.net, Cell 701.226.5065*

A Slice of Inspiration

My Friend, Ann

by Deb Seminary



Ann decorates treats for her daughter's birthday.

I met Ann Bortke at gymnastics. Our daughters were in the same class and we soon realized they would be starting Safety Village and Kindergarten together later that summer.

I found out Ann is one of those moms that does everything. She was totally involved in her daughters' lives, making sure there were fresh baked cookies in the house and craft projects to keep them busy. Her house was the place to hang out, there was always something fun to do.

Our girls went to elementary school together and it was mainly because of Ann I became involved in the PAC. If there was a committee, she was on it. Need something done? Call Ann!

She was always sewing, baking, filling in, decorating, fundraising, popping corn, dropping off and picking up.

Stop by her house and she is never sitting down. She may be gardening, mowing, baking, washing the car or the dog, working on a project. When everything is done at home, she may

call, "Let's go fly a kite! It's a great day to go skiing!"

Even during times of personal adversity, she is always thinking of what she can do for others. She is one of the most unselfish people I have ever met.

A few years ago, Ann started working as a Teacher's Aid at Will-Moore Elementary. That cut into her volunteering time, but only added to what she contributes to kids in our community. She makes sure the special kids at Will-Moore learn their math, take their medicine and basically get through the day. She does things for these kids I know I could never do.

There are so many fabulous women in our community like Ann, who give of themselves without asking anything in return. They do it because they love their children and other people's children. They care about making this community a better place and we all benefit because of them.

Yes, there are so many women like Ann, but she is the one I know. My friend, Ann.

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Where to Live?

Tired of mowing the lawn, shoveling snow and all of that other general upkeep associated with home ownership? Looking for a place that a parent, friend or relative will feel comfortable living? This is a partial list of facilities, and the services they offer, available for seniors (and others) in the Bismarck-Mandan area.



Patterson Place is a ten story building offering 117 one-bedroom apartments. It is a government subsidized facility where a resident pays thirty percent of their adjusted net income as rent. This secure building is conveniently located in downtown Bismarck, close to hospitals and clinics. Residents may use the laundry, community room and library, which features exercise equipment. The first floor lounge includes a pool table and cable television. Amenities include elevators, emergency call system, secure entry, storage lockers.

420 East Main Avenue Bismarck • 255.6067

Valley View Heights offers 64 one and two bedroom assisted-living apartments with a common dining room and several gathering areas throughout the building. Caring staff are available to assist with housekeeping, meal preparation, laundry, medication, bathing and dressing. There are many activities to enjoy: card parties, exercise classes, book club, musical entertainment, worship services, Bible study, craft classes, cooking classes, poetry readings, movies, cultural activities, outings in the community, etc.

2500 Valleyview Ave. Bismarck • 221.3018 • valleyviewheights.com

Primrose Retirement Community is known for its tight knit small town feel. They offer Assisted & Independent living in a friendly home environment. Residents of Primrose enjoy several activities daily, including entertainment, card games, crafts, bingo, informational speakers, day trips, church services, bible study, movies in their theater, fitness classes,

and many special events. Primrose offers three meals daily in one of two beautifully appointed dining rooms. Services available include; housekeeping, laundry, assistance with dressing, bathing, and medication administration, on-site Physical and Occupational Therapy services, and transportation. Primrose Retirement Community, This is living.

1144 College Dr. Bismarck • 222.8183 • primroseretirement.com

Edgewood Vista on Dominion St, Bismarck, behind Menards, offers Assisted Living and Basic Care apartments and a Memory Care Community. Monthly rent includes daily noon meal, emergency pendant, all utilities and cable TV service. Amenities include chapel, activity rooms, library, and hair salon. Schedule transportation provided. Assisted Living services can be chosen ala cart which may include housekeeping, laundry, medication administration, bathing, dressing and other personal cares.



Edgewood Vista at Edgewood Village, Bismarck offers Independent living, Assisted living and Basic Care apartments. Located right east of Pebble Creek Golf Course in NE Bismarck. Monthly rent includes daily noon meal, emergency pendant, all utilities, as well as telephone and cable TV service. Amenities include 2 dining rooms, chapel, coffee shop, movie theater, fitness center, library, many game and activity rooms. Partners inside the building include a pharmacy, hair salon, physical therapy, weekly banking services. Schedule transportation provided. Assisted Living services can be chosen ala cart which may include housekeeping,

**“The really frightening thing
about middle age is that you know
you’ll grow out of it.”**

~ Doris Day

laundry, medication administration, bathing, dressing and other personal cares.

Near by people can purchase Carefree Homes where their association fee covers outside maintenance, lawn care, and snow removal.

Future site coming in 2013: Edgewood Vista

Mandan located 3 blocks west of Mandan’s Water Park at the end of McKenzie Drive, will offer assisted living apartments with monthly rent. Amenities include chapel, movie theater, fitness center, library, many game and activity rooms. Schedule transportation provided. Assisted Living services can be chosen ala cart which may include housekeeping, laundry, medication administration, bathing, dressing and other personal cares.

*Edgewood Vista and Village, 3124 Colorado Lane, Bismarck
751.5304 • edgewoodvista.com*

St. Gabriel’s Community is the newest option in the Bismarck/Mandan area for short or long-term skilled nursing care. Their campus offers private rooms and showers, state-of-the-art rehabilitation center and a caring atmosphere. Each guest enjoys their own household model of care within a small neighborhood. The neighborhoods consist of a living, dining and family space, creating a comforting, warm environment that feels like home. With the latest technology in rehabilitation, St. Gabriel’s care partners focus on helping each guest reach their own level of wellness.

*4580 Coleman Street, Bismarck
751.4224 • stgabrielscommunity.org*

Maple View Memory Care understands the progress of Alzheimer’s disease, dementia and related memory impairments. They understand that each person experiences its progression differently. If your loved one suffers from wandering, forgetfulness, confusion, or related behaviors, you may think that a nursing home is the only option. However, the smaller, quiet environment at Maple View may provide a more appropriate level of care and promote independent living.

If you have any questions, or would like to visit their communities, please contact Maple View Memory Care at 701-223-4133 and they will schedule a tour. They are here to help.

*Maple View East – 19th Street next to Fore Seasons Golf Dome
Maple View North – 43rd Avenue & Montreal Street, Bismarck
lifeatmapleview.com*

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Touchmark on West Century is an award-winning retirement community offering people 55+ a full life. Opened in 2000 and situated on a ridge overlooking Bismarck, Touchmark is recognized as one of the area's most sought-after communities. Residents enjoy fun activities, friendships, and on-site health and fitness club with heated pool. (The club is open to anyone age 40+.) Through the Full Life Wellness & Life Enrichment Program, residents fulfill their dreams, passions, and unique talents. Homes include cottages and apartments, and there's a full range of services (independent living, assisted living, and memory care). For more information, visit Touchmark.com.

1000 West Century, Bismarck • 323.7000

Good Samaritan Society The mission at Good Samaritan Society – Bismarck is to share God's love in word and deed by providing shelter and supportive services to those in need, believing that "In Christ's Love, Everyone is Someone." "We believe in creating an environment where family is valued and care is given with love and understanding," says Administrator Corinne White.

The campus in north Bismarck provides a continuum of care, offering twinhomes, assisted living, basic care and rehabilitation/skilled nursing care.

The Good Samaritan Society-Bismarck is part of The Evangelical Lutheran Good Samaritan Society, the nation's largest non-for-profit provider of senior care and services.

316 Versailles Avenue, Bismarck • 323.3263 • good-sam.com

Sanford Health Continuing Care Center off Collins is a 64-bed skilled nursing facility with large private and semi-private rooms located in a quiet area of north Mandan.

They accept residents with a wide variety of needs ranging from basic care to complex medical conditions requiring such accommodations as IV therapy, port access or feeding tubes. They also provide onsite rehabilitation services for both short-term stays and long-term care residents. Amenities include: transportation to and from appointments in local areas, beauty shop, library

201 14th St. N.W., Mandan • 663-4274

Sanford Health St. Vincent's Continuing Care Center has been participating in Jesus' ministry of healing by providing quality compassionate care since 1941. Services at St. Vincent's are patient-focused with the goal of meeting the needs of the whole person: physical, spiritual, mental and psychosocial. St. Vincent's current license of 101 beds is organized into three distinct, smaller communities:

Emmanuel Place, a 41-bed unit, handles a majority of residents with the most acute medical needs. The unit has 33 private and four semi-private rooms. The north wing of this unit has piped-in oxygen and suctioning equipment.

Sacred Heart Place, centrally located, is a 40-bed unit featuring 32 private rooms and four semi-private rooms.

Benedict Place is our special care unit specifically designed to meet the needs of residents with a dementia or Alzheimer's diagnosis.

Amenities: Chapel with daily Mass, Rosary and/or worship service, pet visits, gift shop, beauty shop, activity room

1021 N. 26th St., Bismarck • 323-1999

Sanford Health Marillac Manor was founded by the Benedictine Sisters of Richardton in 1977. Marillac Manor is a 77 unit independent living apartment complex. Residents must be able to live independently and/or direct their own cares.

Marillac Manor I has 28 studio/efficiency apartments and 13 single-bedroom apartments. The main floor apartments have a sliding door with a patio and a small garden plot.

In 1989, Marillac II was constructed with 36 additional apartments. This newer building features a sky-lighted atrium that offers an attractive gathering place for activities for the residents. A large chapel, which is always open, provides a quiet, sacred place for daily Mass, rosary and private prayer.

1016 N. 28th St., Bismarck • 258-8702

Sanford Health Sunset Drive Continuing Care Center opened in December 2008 and was designed to meet the needs and wants of baby boomers and beyond. This beautifully landscaped facility consists of four 32-bed neighborhoods. Privacy and dignity are accommodated with 120 private rooms and four double rooms. Spacious common areas provide families and residents inviting areas for events and visiting.

Amenities include: chapel, beauty shop, gift shop, connected to Sanford North Mandan Clinic, which offers physician services as well as lab and X-ray services, beautiful rolling hills views.

1011 Boundary St. N.W., Mandan • 323-1411

Sanford Health Underwood Continuing Care Center was a welcomed addition to the Underwood community. The 50-bed facility opened in July 1968. In addition, it features 11 semi-private rooms with shared bathrooms and 28 private rooms. It was the first continuing care center on Highway 83 between Bismarck and Minot.

Amenities include: chapel, activities room, dining room, beauty shop, van service to all medical appointments. Attached to Underwood Clinic for convenient services.

83 Lincoln Ave., Underwood • (701) 442-3222

“As you get older; you’ve probably noticed that you tend to forget things. You’ll be talking with somebody at a party, and you’ll know that you know this person, but no matter how hard you try, you can’t remember his or her name. This can be very embarrassing, especially if he or she turns out to be your spouse.”

~ Dave Barry

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The Master List



This side of the bath features a coat rack as a towel rack – clever!



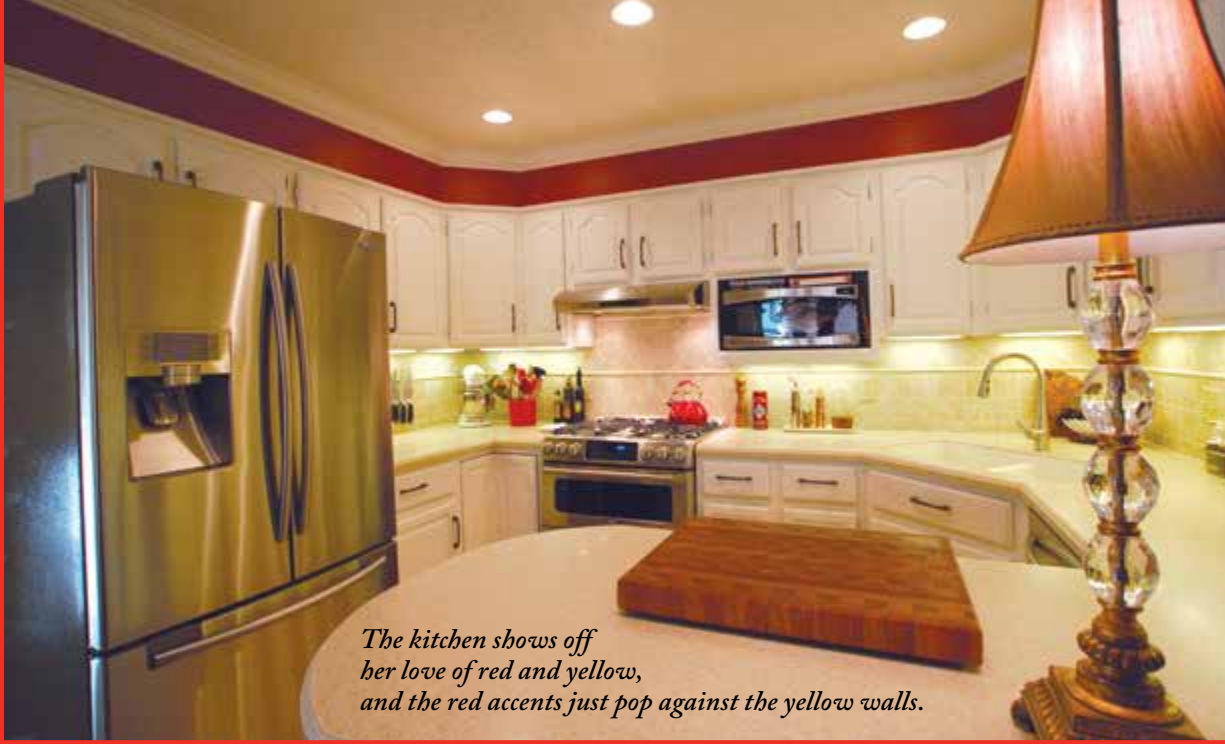
Editor's note: When I arrived, I began removing my shoes in the entry, but homeowner Bonnie Staiger stopped me, saying, "I don't ask people to undress when they come into my home."

I knew immediately I would like her.

Staiger has lived in her town house for about 15 years. She made a master list of the projects she wanted to accomplish and is always pleasantly surprised when she looks back on it and finds things to check off.



The entire lower level is now a master suite, very calming and quiet. The fireplace got a gas insert and the laundry is now discreetly located behind closet doors – very convenient.



The kitchen shows off her love of red and yellow, and the red accents just pop against the yellow walls.

Every room in this house is multi-purpose. The dining room was previously a bedroom. Staiger's office was a bedroom and her current bedroom used to be the family room.

The porch is her summer home, she even works outside sometimes. It is private, peaceful and absolutely gorgeous. "One of the things that was on my list, was to make this deck bigger and not enclosed," she said. "I designed the pergola, so it stays cool in the afternoon."



A few years ago a friend told her to get rid of the 'furniture store art' and start collecting REAL art. Staiger made the decision to collect art by North Dakota artists or art about North Dakota. One of the pieces is this photograph, by Mike Kopp. "I wanted something that seemed like you were looking out a window and could see forever," explained Staiger. "That scene is now gone. It is the 'Lost Bridge' by Killdeer."



Many Options Available for Maintaining a Youthful Appearance

by Kylie Blanchard



Maintaining a youthful appearance becomes more of a priority as individuals age. With advances in both surgical and non-surgical procedures, it is now easier to achieve desired results and maintain a fresh look.

"It is really a multidisciplinary approach of Botox or Dysport, filler and surgery. I like to present all these options to the patient and explain that they can be used in combination to get the best effects," says Dr. Andrew Afshar, DDS, MD, with the Face and Jaw Surgery Center.

Afshar is certified by the American Board of Oral and Maxillofacial Surgery and is fellowship trained in cosmetic surgery. He is a fellow of the American Academy of Cosmetic Surgery and the American Association of Oral and Maxillofacial Surgeons, and provides a full spectrum of facial and body contouring procedures in Face and Jaw Surgery Centers in Bismarck, Minot, Fargo and Grand Forks.

"Almost anyone who wants surgery will have started with injectables," notes Afshar. "There are diminishing returns with non-surgical options as individuals age, and they have limitations on what they can achieve. These are a starting point for most cosmetic patients and a certain percentage will move onto surgery."

He says fillers and injection treatments are good for prevention as well as improving the results of surgery. "I usually don't condone anti-aging surgery in very young patients, but a cosmetic intervention I would recommend in a patient's 20s is Botox or Dysport."

This course of treatment can help prevent forehead lines and crow's feet, a common name for wrinkles near the eyes. "We are seeing a lot of patients in their 20s coming in for these types of treatments," says Afshar. "Once wrinkles and folds form, they are an uphill battle to fix. This type of preventative treatment keeps patients much happier with their looks into their 30s, 40s and beyond."

Injectable treatments are often priced according to the number of units used during a session or by the area being treated. The initial applications of the treatment will also be more frequent and gradually spread out over time. "The first application lasts the least amount of time, because when injection treatments start, the muscle is at its maximum strength and thickness," says Afshar.

The second application will take place six to eight weeks after the first and routine administration of the injections will need to take place to maintain results. The injections will eventually spread out to every four to six months with less Botox or filler needed to achieve desired results.

"The treated area will become more smooth and rejuvenated in appearance as the muscle is actually weakened by the Botox and the effects of the treatment will last longer," says Afshar.

He notes injectable treatments have many applications, with the forehead and frown lines being the most commonly treated areas. It is also used on crow's feet and lines near the mouth. "It is very reliable to slow down the appearance of aging in these areas," says Afshar.

There is a point in the use of Botox or fillers when other treatments are needed to continue to achieve desired results, he notes. These options include deep dermabrasion, laser treatments and chemical peels.

Afshar says the most significant preventative measure and treatment enhancement he continually stresses to patients is the use of sun protection. "This is a key to preventing premature aging and maintaining results. We can turn back the

clock to a certain point, but the clock starts to tick again. Sun protection slows down the return of an aged appearance."

When surgery becomes the next step, the facelift and brow lift are often the next recommended options. "The facelift is really the workhorse of any rejuvenation procedure," says Afshar. "It gives you the most effect."

The facelift gives lift and tightness to the entire face and neck, while the brow lift tightens everything above the eyes and gives a more smooth appearance to the targeted area.

It is important individuals remember there is a recovery period with surgical procedures, says Afshar. "It depends on how invasive the facelift is, but recovery often involves wearing a compression dressing fulltime for a week, then removing the sutures and continuing to wear the compression dressing at night to minimize bruising and swelling, and to aid in the tightening process."

Another surgical option that targets the entire body is called Body Liposculpture. This is a procedure which removes undesirable fat, usually unresponsive to diet and exercise, from subcutaneous tissues.

Afshar says he often sees an increase in this procedure in conjunction with the holidays, upcoming nice weather and an improvement in the economy. "When the countdown to nice weather and bikini season begins, those are the times people become more self-conscious," he notes.


Although the procedure can give people a more pleasing body contour, Afshar stresses Body Liposculpture is not a weight loss tool. "The patient needs to also adopt a healthy lifestyle and a consistent exercise program."

With all procedures that help create and maintain a more youthful appearance, Afshar says it is important patients focus on their overall health as well. "It is key patients maintain a healthy lifestyle after any procedure in order to prolong their results."

For additional information contact the Face and Jaw Surgery Center at 701-258-7220 or visit www.faceandjaw-surgery.com.



Kylie Blanchard is a local writer.



"... Ann is professional, knowledgeable and enthusiastic. She has gone above and beyond anything I would have imagined an agent would do. I would not hesitate to recommend Ann to anyone who may be looking to buy or sell real estate ..."

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TRANSFORMING YOUR EVENT TO LOOK Spectacular!

Non Invasive Solutions For Skin

by Deb Seminary

When Miranda Stanley became a nurse, she started in the ICU, worrying about hearts, kidneys and lungs, not skin. Later, working at the Institute for Facial Surgery, she saw the need for skin care expertise, and after deciding to become a family nurse practitioner, she focused on the skin. "I saw a need for it in our office, but also in the community, since it can take four to six months to see a dermatologist," said Stanley. "I thought, as a nurse practitioner I can treat acne, or when a patient asks how to get rid of sun spots, we can help. I never in my wildest dreams thought that I would find it (skin care) so interesting."

Laser Platform Technology

SKIN at the Institute of Facial Technology uses a Palomar Starlux 500 Laser and Intense Pulsed Light (IPL) platform. The platform allows them to attach multiple pieces to the laser. IPL does a lot of different things: permanent hair removal, treats facial veins



Pretreatment

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and hyperpigmentation (sunspots), builds collagen, removes fine wrinkles and facial vessels and treats scars.

Most of the procedures done with the laser cause little or no down time. "We also have an actual laser hand piece which is the 1540 Erbium Fractional non-ablative Laser," said Stanley. "That does some skin resurfacing and stimulates some collagen

growth. I use it a lot for acne scars as well as for tightening fine little wrinkles on the face. Fractional means there is little or no down time, maybe a little bit of redness and swelling which may last 24-48 hours. There are ablative lasers in the community and you get better results quicker, but you have to put up with more down time, maybe up to two weeks."

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Treating acne marks is one of the most difficult things they do at SKIN. "Sometimes the laser is successful, sometimes not," said Stanley. "If the marks aren't too deep the laser is very effective. When I attend seminars on acne scarring they all say sometimes you have to use fillers or do a macrodermabrasion."

The recommendations for hair removal are four to six treatments. The light from the laser is attracted to the pigment in the hair, so for blondes, or those who have turned gray, it may not be very successful. Permanent hair removal is 90% effective, can be done all over the body and people do see a reduction after the first treatment.

Pelleve'

Continuing education is very important, and Stanley attends conferences three or four times a year to learn the latest developments and recommendations in skin care. At a recent conference, she had a specific purpose in mind; research two of the latest procedures and decide which one was right for her patients. "The laser is great for fine, little wrinkles around the eyes and mouth, but not when patients have a lot of skin laxity in the lower third of their face and you start to notice some jowling," she said. "I went on the hunt for something that was non-invasive, with minimal down time that could help with those cases."

Based on her findings, SKIN now has The Pelleve' (pell uh vay) Wrinkle Reduction System. Stanley explained the difference between the laser and the new Pelleve' system: "The laser fires a hundred different columns of heat into the skin while the Pelleve maintains the heat in the skin. It uses radio frequency waves that deliver energy deep into the skin and warms up the dermis, which stimulate it to produce collagen. It also tightens the collagen on the superficial layers so it creates a tightening on the outside of the skin as well. It takes one to three treatments and the results from one treatment may last up to six months, some research says up to eighteen months. Women will see a tightening right away from the swelling, not a bad swelling, which will go away in 24 - 48 hours. The body has been stimulated and after about 30 days a person will really start to see a difference and those changes will last up to six months."

Treatments are usually 30 days apart and they will depend on how much of a difference a person wants to see. She is cautious about the patients she will see, since a person has to have collagen to stimulate more collagen. "I don't want to let my patients down, so I may question the treatment of women in their 60s and those that smoke," she said.

Prevention

Stanley stresses that prevention is the key to any successful skin care regime. "Elastin is what makes our skin snap back, and our bodies stop producing it around the age of thirty," she said. "As we are exposed to stress, UV rays and/or cigarette smoke, our elastin breaks down. We can stimulate more if we are actively working at it. Same thing with collagen. One of the easiest ways to prevent, or slow this down is to use sunscreen."



Deb Seminary is the editor of Inspired Woman.

"I'm pretty sure that eating chocolate keeps wrinkles away because I have never seen a 10 year old with a Hershey bar and crows feet."

~Amy Neftzger

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Improving Smiles and Changing Lives through Adult Orthodontics

by Kylie Blanchard

If you're noticing braces on more adults, you're not alone. According to the American Association of Orthodontists, adults now make up about one in every five orthodontic patients. With orthodontic treatment more common and more advanced than when many adults of today were children, more smiles are being improved and lives changed through orthodontic treatment in adulthood.

Dr. Dustin Hollevoet of Hollevoet Orthodontics says approximately 20 to 25 percent of his patients are adults and a variety of concerns bring them to his office. "Often they have had previous treatment and notice changes or experience relapse as they age," he says. "People are also keeping their teeth

all their life now. Aligning teeth and correcting bite issues can reduce wear and tear on the dentition and allow for better oral hygiene."

Casey Johs, 32, pursued orthodontic care with Dr. Hollevoet to correct issues with her jaw. "I decided to fix my jaw because its misalignment was giving me headaches," she says, adding her treatment includes wearing braces to align her teeth followed by jaw surgery in the next year. "This is my second time with braces, but I know this will help to prevent future problems."

She first wore braces in her teens to correct the crowding of her teeth and again began orthodontic treatment in January. Johs says she did have some reservations

about wearing braces again. "I'm a 32-year-old with braces and it's kind of hard to go down that road again, but I know I am going to be happier with the results when I am done."

Johs chose clear, ceramic braces on her top teeth, which help to make them less noticeable. This is just one of the options available for making orthodontic treatment more discreet. "There are still the traditional metal brackets, as well as the clear ceramic brackets; but there is also Invisalign®, a series of clear aligners, and Lingual braces, which actually go behind the teeth," says Hollevoet.

Hollevoet says adults often ask if they are too old for braces and question if orthodontics is right for them. "You need to get patients past the idea that they are 'too old' for braces," he notes. "Some adults have dealt with severe crowding their entire lives. The excitement most adults show as treatment progresses is great to see."

"I wanted braces my entire life," says Michelle Fischer, 35, who wore braces for two years before having them removed this past spring. "I wasn't able to get braces as a child and not having straight teeth created a lot of issues growing up, including being bullied and self-conscious, which carried into adulthood."

Fischer is a patient of Dr. John Warford, Jr., known as Dr. John to his patients, at Warford Orthodontics.



Warford says 25 percent of his patients are adults. "In some cases, they have always wanted and needed braces, but didn't have the opportunity as a child and sometimes, my adult patients are parents finally seeking treatment for themselves after their kids are done."

Warford says he enjoys watching people evolve through their orthodontic treatment. "Getting a great smile builds self-confidence at any age. One of the best things is watching adults transform their lives because their smiles are something they're now proud of," he notes. "They smile more, talk more, and stand straighter. It is an amazing journey to watch."

Fischer says she is very happy with the results of her treatment. "I am happy with the results as far as how my teeth look, and I am happy with how I feel like I can be myself a bit more now."

"I had very crooked teeth which made my teen years difficult, but I love to share my story with others and hope that I can make a difference in someone's life," she continues. "I'd wear braces for two more years if I needed to. The confidence I have gained in myself is worth it."

The treatment time for adults is between 12 to 24 months and the average cost for full braces can range between \$4,800 and \$5,600,

says Hollevoet. Payment plans and financial options are available and he says orthodontic clinics don't want cost to be a deterrent to treatment. "We all do our best to accommodate each patient and assure they are comfortable prior to beginning orthodontic care."

Warford Orthodontics also offers the B.R.A.C.E.S. project (Building Relationships And Creating Endless Smiles), a volunteer program that gives patients credit for community volunteer work and allows patients to earn up to \$1000 off of their treatment investment.

Hollevoet says he treats adult patients ranging in age from 18 to beyond 70. "If an adult is healthy enough to receive orthodontic care, they are entitled to it," he notes. "They often look past the eighteen month time commitment once they begin seeing results early in treatment."

"We have had patients in their 70s that have always wanted braces and were finally doing something for themselves and very excited about it," adds Warford. "With all the new technology in orthodontics, treatment has the potential to be short and comfortable and the results can be life changing."

Orthodontic treatment doesn't differ much between adults and children, says Warford. "Children tend to reach their results faster, and

results are usually not compromised in any way," he notes. "With adults, more choices can be made, but essentially the results can be just as good if the individual is motivated to use all that dentistry has to offer to get that result. Some big changes can happen very quickly, within weeks even, that really get adults excited about the final result."

Fischer encourages adults to look into orthodontic care, not only for the improvements in their smiles but also for the improvements in their lives. "If someone is in any way letting their smile hold them back or if they are in fear of being judged because of their teeth they should seek orthodontic care," says Fischer. "Orthodontics is not just for kids."

Both Hollevoet Orthodontics and Warford Orthodontics offers complimentary initial exams and no referrals are needed for orthodontic services. For additional information contact Hollevoet Orthodontics at 701-751-1981 or visit www.hollevoetorthodontics.com, or contact Warford Orthodontics at 701-255-1311 or visit www.warfordorthodontics.com.



Kylie Blanchard is a local writer as well as an adult with a smile full of braces.



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Before

After

Spider veins or telangiectasis are small superficial veins that are formed because vessels dilate. This happens as valves in the vessels become incompetent and are unable to maintain blood flow back to the heart. Most occur on the legs and face.

They can be caused by injury, pregnancy, family history, obesity, being female and a standing occupation. Prevention is difficult in most people, and compression hose or support stockings may be the best option.

Procedures for treatment of spider veins include: sclerotherapy, compression, laser and intense pulsed light. This article is all about sclerotherapy. In this procedure a chemical solution is injected into the vein which causes irreversible damage and vein closure. It may take several sessions to alleviate the veins, depending on the number to be treated. Time between treatments is 1-3 months and each session usually lasts 30-45 minutes.

Unfortunately sclerotherapy is not covered by insurance as it is considered an elective treatment. Each provider has different charges but a patient should be able to have their veins treated for under \$1,000. It is important to remember that this treatment is not effective for everyone, there are no guarantees.

As with any medical procedure there are potential risks and side effects. The veins may be tender to the touch after treatment and an uncomfortable sensation may run along the vein route. This discomfort is usually temporary. Bruising is very common and to be expected. Some patients complain of an itchy sensation after treatment, which is also very normal.

Patients may experience slight discomfort such as aching or throbbing for the first day or two after initial treatment. Walking will help to relieve this sensation. If discomfort continues, ibuprofen or tylenol may be

taken. The vessels may also appear to turn dark in color and/or be slightly tender. This could be entrapment of blood in the closed vessels, a normal response to the procedure. This blood may be flushed at the next treatment session, although this may leave hyperpigmentation for up to one year.

After treatments, it is recommended that a person wear compression stockings for 48 hours to prevent the veins from refilling with blood. Hot tubs, saunas or long hot baths are not recommended for one week. Shaving should be postponed for two days. Sun exposure and tanning are not recommended for ten days after treat-

ment. Areas that have been treated will be more likely to burn.

Bruising should start resolving in approximately 2 weeks. The spider veins should also begin fading and lightening. Patience is important! It has taken years for these veins to develop and they will not disappear overnight.

The majority of persons who have sclerotherapy performed have satisfying results.



Kris Todd Reinsour is a Family Nurse Practitioner with Baker Family Medicine.



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A Heart of Inspiration

by Cari Bousfield

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

One of the things I find most inspiring about Fran Dwelle is that she finds herself "pretty uninspiring." Even after all she has gone through and all she has done, she claims to be an average, ordinary, everyday woman. But whether she admits it or not, she has inspiration written all over her.

I became aware of the name, Fran Dwelle, after attending a JOY breakfast. Though I had never met her, I was in awe of her and the ministry that she had founded in Vienna, Austria and had begun here in Bismarck. I didn't ever think that I would actually meet her, let alone become friends with her. I first met her at a JOY writer's group and after discovering we lived in the same neighborhood, Fran very kindly offered me rides to JOY events and even doctor's appointments. As I got to know her, I admired her more and more for her strong leadership, her dedication and her heart for women. But it was

during one particular ride home that I truly connected with her – we both had physical issues with our hearts. While a congenital heart defect has caused me to undergo four open heart surgeries – a rare blood disorder caused Fran to have a complete heart transplant.

A Heart for Missions

Since she was eleven years old, Fran knew she wanted to be a missionary. She didn't know where or when, but it was a desire of hers from a young age to share the love of God with other cultures. After eight years of pastoral ministry in Wisconsin, Fran and her husband, Arland applied for overseas missions. Her excitement waned, however, when she realized their potentially appointed country was a communist one.

It was 1983. Eastern Europe, including Yugoslavia, was still under communist rule. Fran said she was ini-

tially resistant to move there, especially since she and Arland had three young girls with the youngest being just two months old.

After much prayer, God changed her heart and gave her peace. It was under His protection and by His strength that she and her family dealt with a new language and culture, food shortages, blackouts and the ever-watchful eye of the government. In the end, Fran enjoyed her time living in Yugoslavia. They made good friends, lived in a comfortable apartment, and even though they had to climb 71 concrete steps to get to their front door, they were thankful for God's provision. Fran and her husband and three daughters remained in Yugoslavia until their residence visas were revoked which then forced them to relocate to Vienna, Austria.

A Heart for Women

It was in Vienna that Fran and her husband took part in starting an International Christian fellowship. It was also in Vienna that Fran founded JOY International as a way to help women in their search for a life of purpose and a deep, practical faith in God. The flagship event, the JOY Breakfast, brought together women from many nations and walks of life and gave them a place to find encouragement, inspiration, and hope. The first breakfast yielded 120 attendees and eventually 350 ladies attended the biannual event.

While their work and ministry were going well, neither Fran nor anyone in her family were prepared for a near-tragic turn of events.

A Hurting Heart

One day, after coming home from her daily walk, Fran blacked out.

The author (left) with Fran Dwelle



Thankfully, her husband was there and she fell right into his arms. An ambulance rushed her to the hospital; two days later, the doctors sent her home after finding nothing wrong. Ten days later, she suffered a major heart attack. This time, she did not return home so quickly. During a four-week stay in the Intensive Care Unit, doctors told her that she might not live. On the third night of her stay in the ICU, her family gathered around and prepared to say goodbye. Even her eldest daughter, who was attending college back in the United States, flew to Vienna to be by Fran's side. But Fran knew it was not time for her to go. She felt God tell her, "You shall not die but live and declare the works of the Lord." (Psalm 118:17)

The doctors in Vienna discovered that a rare blood disorder caused Fran to have two heart attacks and a stroke, ultimately destroying the front wall of her heart. The only thing that saved her was that her heart had been healthy. Besides the severe damage to her heart, Fran's lungs began filling up with fluid and her kidneys were shutting down. Although Fran became a candidate for a heart transplant, her doctors did not think she would survive the nine-month wait to get a new heart. Miraculously, a perfectly-matched heart became available within 24 hours of going on the transplant list.

A Heart of Joy

Fran was up and around just three days after the transplant and out of the hospital in two weeks. Three months later, she became sick with a blood infection. Ten years after the transplant, her body showed signs of rejecting the heart. Despite these close calls, she recovered each time, a testament to God's continual help. Now 20 years after her heart transplant, Fran's doctors are very pleased at how well she is doing.

When reflecting back on that time, Fran knows God's grace was there in the midst. Even all of her medical bills were paid – friends and colleagues helped raise the necessary finances to help pay for the heart transplant.

Sadly, Fran had to leave their life and ministry in Eastern Europe because

she knew that her long-term medical care could not be sustained overseas. A church offered her husband a pastorate in his home state of North Dakota. Upon moving to Bismarck, Fran found new doctors, many friends, and wonderful opportunities for reaching out to women.

In 2006, Fran, along with a team of women volunteers, launched Bismarck's first JOY Breakfast. The intent of the Breakfast was to be an event where women could connect and experience spiritual life and renewal. JOY International continues to hold these Breakfasts annually. At the most recent Breakfast held in March of 2012, the attendance was nearly 700 women. More than 2,000 women have attended JOY events over the last six years. The next JOY Breakfast will take place on March 23, 2013.

JOY also takes part in serving the community by helping women at Teen Challenge and The Abused Adult Resource center. Additionally, JOY reaches out to women in the community by hosting small-group Bible studies held the first Thursday of each month called Java JOY. At this event, local speakers address topics of life and faith and women can find friendship and acceptance. None of this would have been possible without Fran's steadfast devotion to prayer and God's unique gift to her – a new heart.

A Heart for Family

Besides having a heart for the women around her, Fran also has a special place in her heart for her three delightful married daughters – Kaci, Jessica and Cambria. All three of them are thankful for the years they lived in Eastern Europe as living overseas enriched their lives in many ways. Her eldest daughter, Kaci is a research analyst who lives in Boston. Fran's middle daughter, Jessica is attaining her Master of Fine Arts in Fiction Writing.



Fran with 20 roses that were sent to her by a friend in celebrating 20 years post heart transplant.

Finally, Cambria, the youngest of the family is an editor for a food and cooking blog in New York City. Fran also has one granddaughter and two step grandsons.

When one looks at these three amazing, accomplished women who also have a heart for God, it is clear to see Fran's influence in each of their lives.

Fran's marriage to her husband Arland of 44 years is inspiring to their three married daughters too. Their daughter Cambria says, "My parents are an example of true, lifelong commitment. In sickness and in health, in good times and in bad, they are there for each other 100%."

Fran Dwelle – wife, mother, grandmother, friend, mentor, leader. But first and foremost, servant. Her heart has been spiritually, emotionally and even physically tested, but through it all she has remained faithful. As a result, she lives a life of pure joy. To me, that's true inspiration.

For information on the next JOY breakfast and other JOY events, visit www.joyintl.org or email info@joyintl.org.

Cari Bousfield is a customer service rep by day and a writer/blogger when she finds the time. Her website can be found at www.carijean.com

Tudy Fennern

Director of *The Banquet*

by Paul Ronningen

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

Over the past seven years another discovery has been made in Bismarck that has nothing to do with oil, gas or agriculture. Cooking beneath the frozen tundra is a woman who orchestrated the production and serving of over 104,000 meals during this time period. Tudy Fennern, Director of The Banquet could be found at Trinity Lutheran Church, in their basement kitchen, working with one of the 50 organizations that have been recruited to assist with THE BANQUET.

It all started about eight years ago. Steve Sathre, pastor of Trinity Lutheran, kept hearing about a feeding ministry in Sioux Falls, which had been duplicated in Yankton, SD. With some exploratory work at the church, Tudy stepped forward and indicated her interest in cooking. She had not intended on directing the operation but soon said yes to the challenge after seeing the Yankton operation and further "encouragement" by Trinity Lutheran Church.

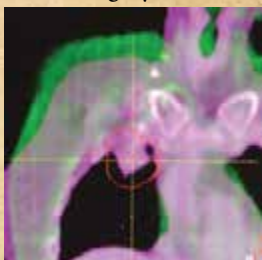


Thus, The Banquet was started in 2005, to serve Thursday evening meals to people who need a meal and companionship. The Banquet provides a complete, hot, home-cooked meal. This is not a soup kitchen – guests are seated at a table and served on real china plates. The meal is free to any-

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one – no questions asked, and anyone who wants to be at The Banquet for any reason is welcomed. To date, 104,000 guests have been served, plus take outs to those who take a meal for the next day. A total of 12,000 volunteers have donated their time to this effort and 50 organizations will be serving a Thursday evening meal this year.

As Tudy has reported, "It is hard for me to comprehend the impact we have had on Trinity Lutheran Church and the community. Yet, I know we have touched many people's lives in a way that has given them hope, and have opened their hearts to God's love, shared by all the volunteers who give of their time and faith."

As one participant reported, "I usually eat alone and really look forward to Thursdays when I can have the companionship of others as I share a meal." Another said she was coming to Bismarck for chemotherapy every Thursday and "I'm so worn out after my treatment, so I come to The Banquet for a nice hot meal and good conversation."

Tudy's organizational skills, honed by a career in the military, coupled with

faith and compassion for all people, shine brightly as one examines the success of The Banquet. Matthew 25:35 guides Tudy and The Banquet: "For I was hungry and you gave me food. I was thirsty and you gave me something to drink. I was a stranger and you welcomed me."

The Banquet has drawn statewide attention and one of the highest compliments possible - other communities are now working with Tudy to duplicate her efforts in building a strong sense of community and demonstration of compassion for their neighbors. In addition, The Banquet has also attracted national and international attention. It was featured as part of the Evangelical Lutheran Church in America's national ad campaign, "God's Work, Our Hands." It was also part of a BBC broadcast on hunger and farming issues in America.

After firmly establishing The Banquet as a part of the community, Tudy has announced her retirement from The Banquet at the end of August. Summing up her work she states, "It has been my life, my passion for seven years. It will always remain in my heart. I am looking

forward to spending time with my family and will now be able to go places and do things with them."

Yes, Tudy Fennern is a community organizer who has created a strong sense of community and is an unwavering role model for Christian values that she lives each day. Pastor Steve Sathre praises Tudy's work. "Tudy has been a blessing to our whole community," he said. "Every week she has provided a warm, caring mix of food and fellowship. Those who eat and those who serve are equally touched by the experience. Every Christian has heard Jesus' command to "feed my sheep", and Tudy has given us a practical, meaningful way to do that."

If you would like to support The Banquet and build on Tudy's outstanding work, donations can be sent to Trinity Lutheran Church, 502 N. 4th Street, Bismarck, ND 58501.

Paul Ronningen is the Board Chair on The Banquet, State Coordinator of the Children's Defense Fund-North Dakota and just began a term on the Burleigh County Social Service Board.



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Mediterranean Chopped Salad

12 servings, about 1 cup each

Ingredients

2 cups chopped red bell pepper
2 cups chopped zucchini
1 cup chopped yellow or orange bell pepper
1 cup chopped seeded tomato
1/3 cup chopped red onion
1/4 cup minced fresh flat-leaf parsley
2 tablespoons red wine vinegar
1 tablespoon extra virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon black pepper
6 cups chopped romaine lettuce if desired.

Preparation

Combine all ingredients except lettuce in a large bowl; toss well. Cover and chill up to 1 hour.

Serving

Arrange lettuce on small plates; top each serving with bell pepper mixture. Serve immediately.

Or, arrange the chopped ingredients on a bed of chopped Romaine lettuce just before serving.

Can also serve as a main dish salad; add garbanzo beans or cannellini beans and crumbled feta cheese.

Adopted from Cooking Light: September 2007 <http://www.myrecipes.com/recipe/mediterranean-chopped-salad-10000001654696/>

Thank you for the recipes Duane and Karen!

Duane and Karen Ehrens, Ehrens Consulting, www.ehrensconsulting.com

Couscous with Spiced Zucchini

Yield: Makes 4 to 6 side-dish servings

Ingredients

1 cup reduced-sodium chicken broth
3/4 cup whole wheat couscous, no flavorings added
2 tablespoons olive oil, extra-virgin, if possible
1 medium onion, chopped
1 garlic clove, finely chopped,
or 1-1/2 teaspoon minced garlic
1 lb zucchini, cut into 1/2-inch cubes
OR in winter, try 1-1/2 Cups shredded carrots
3/4 to 1-1/2 teaspoons ground coriander
1/2 to 1 teaspoon chili powder
1/4 to 1/2 teaspoon ground cumin
1/4 to 1/2 teaspoon black pepper
1/4 Cup chopped fresh mint
1 tablespoon fresh lemon juice

Preparation

Bring broth just to a boil in a small saucepan, then pour over couscous in a bowl and let stand, covered, 5 minutes. Fluff with a fork and set aside until ready to use.

Meanwhile, heat oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking. Sauté onion with 1/4 teaspoon salt, stirring occasionally, until golden, about 6 minutes. Add garlic and sauté, stirring, until fragrant, about 1 minute. Add zucchini and 1/2 teaspoon salt and sauté, stirring occasionally, until just tender, about 5 minutes.

Reduce heat to moderately low, then stir in coriander, chili powder, cumin, and pepper and cook, stirring frequently, 2 minutes.

Gently stir zucchini mixture into couscous and cool to warm or room temperature. Just before serving, stir in mint and lemon juice.

Suggestions for additions for making this an entrée dish: Add or cooked, diced chicken along with zucchini or carrots. Add feta cheese or olives along with the mint.

Modified from original recipe in Gourmet magazine, September 2005, accessed February 2010 at <http://www.epicurious.com/recipes/food/views/Couscous-with-Spiced-Zucchini-232631>



Corn, Sweet Onion and Zucchini Sauté with Fresh Mint

Ingredients

- | | |
|---|---|
| 2 Tbs. unsalted butter | 2 slightly heaping cups fresh corn kernels (from 4 medium ears) |
| 1 Tbs. extra-virgin olive oil | 2 tsp. minced garlic |
| 1-1/2 cups small-diced sweet onion, such as a Vidalia (about 7 oz. or half a large onion) | Scant 1/2 tsp. ground cumin |
| 1 tsp. kosher salt; more to taste | Scant 1/2 tsp. ground coriander |
| 1-1/4 cups small-diced zucchini (about 6 oz. or 1 medium-small zucchini) | 2 to 3 Tbs. chopped fresh mint |
| | 1/4 lemon |
| | Freshly ground black pepper |

Preparation

Melt 1 Tbs. of the butter with the olive oil in a 10-inch straight-sided sauté pan or Dutch oven over medium-low heat. Add the onions and 1/2 tsp. of the salt, cover and cook, stirring occasionally, until the onions are soft and translucent, about 5 min. Uncover, raise the heat to medium, and cook, stirring frequently, until the onions are light golden and shrunken, another 3 to 4 min.

Add the remaining 1 Tbs. butter and the zucchini. Cook, stirring occasionally, until the zucchini is slightly shrunken and almost tender, about 3 min. Add the corn, garlic, and the remaining 1/2 tsp. salt. Cook, stirring frequently and scraping the bottom of the pan with a wooden spoon, until the corn is tender but still slightly toothy to the bite, 3 to 4 min. (It will begin to intensify in color, glisten, and be somewhat shrunken in size, and the bottom of the pan may be slightly brown.)

Add the cumin and coriander and cook, stirring, until very fragrant, about 30 seconds. Remove the pan from the heat, add all but about 1/2 Tbs. of the mint, a good squeeze of lemon, and a few generous grinds of pepper.

Stir, let sit 2 min., and stir again, scraping up the brown bits from the bottom of the pan (moisture released from the vegetables as they sit will loosen the bits).

Season to taste with more salt, pepper, or lemon. Serve warm, sprinkled with the remaining mint.

Nutrition information (per serving, based on four servings): Calories (kcal): 180; Fat (g): 10; Fat Calories (kcal): 90; Saturated Fat (g): 4; Protein (g): 4; Monounsaturated Fat (g): 4; Carbohydrates (g): 24; Polyunsaturated Fat (g): 1; Sodium (mg): 290; Cholesterol (mg): 15; Fiber (g): 4 From Fine Cooking 87, p. 36, September 1, 2007

Mixed Greens with Honey Vinaigrette and Gorgonzola

Ingredients

- 2 tablespoons Sherry vinegar
- 2 to 3 teaspoons honey
- 1 teaspoon Worcestershire sauce
- 1 small garlic clove, minced and mashed to a paste with 1/4 teaspoon salt
- 1/2 teaspoon Dijon-style mustard
- 1/4 cup olive oil
- 8 cups torn mixed lettuce leaves
- about 1/4 pound sweet Gorgonzola or other fine-quality blue cheese, cut into 6 slices

Preparation

In a large bowl whisk together the vinegar, the honey to taste, the Worcestershire sauce, the garlic paste, the mustard, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it is emulsified. Add the lettuce, toss the salad well, and divide it among 6 salad plates.

Arrange 1 slice of the Gorgonzola at the edge of each plate.

Variation by Duane Ehrens

- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 small garlic clove
- 1/3 Cup olive oil
- Salt and pepper to taste
- 1/2 Cup Parmesan cheese, tossed in with greens

Gourmet, December 1993. Accessed at <http://www.epicurious.com/recipes/food/views/>



Chip Liebel Leather Artist

When Chip Liebel was a young girl, she received a leather kit from Santa Claus and never put it down. "I did it through high school and college, even set up booths at the street fair and paid for a lot of my college," she said.

After graduating with a degree in commercial art from BSC, Liebel traveled south and earned a degree

in saddle making from Oklahoma State Tech. She then worked her way through Texas, Oklahoma and Kansas making saddles, chaps, chinks and other cowboy gear. "I did a lot of art work on (the pieces) to learn and to pay my way," said Liebel. "Then I came back to North Dakota and started Interstate Western Works with my brother."

She is somewhat self-taught, but has also taken a lot of classes. She has learned from Peter Main, an artist from Australia, Joe Barth from Arizona and many others. One of the courses was on a ship, and the artists

were educated as they did a tour of Alaska. She now gives classes through Bismarck State College in the winter. She teaches three or four classes a session and people come out to her shop where she has a large table and the tools are readily available. "I teach three dimensional art and how to make feathers," said Liebel. "I have taught eight year olds and seventy-eight year olds. I also teach 4H kids and judge for Burleigh County 4H."

Liebel also does the painting on her leather works. She uses an airbrush and hand paints with acrylics. Some of her other artistic hobbies include photography, stained glass and violin. She also participates in the Quick Draw at Artists Celebrating Christ at the University of Mary in the spring. She, unfortunately, does not make saddles anymore. "Our retail business has kind of taken over my life," she said. "It is just phenomenal."

She finds the time to work in her studio at home, and does commissions for individuals and companies like Basin Electric and Mor Gran Sou. Her home is close enough to work that, depending on her mood, she can walk or ride - on a saddle she created, of course.



Chip with her horse Tank



This Buffalo Spirit Shield was auctioned off at the Custer Stampede in 2010. The vision for this Buffalo Spirit shield came about while exploring the buttes and bluffs of the historic Voigt Ranch along the Cannon Ball river, bordering the Standing Rock Indian Reservation. Chip has made many foot and horse back journeys through this timeless country capturing deer, antelope and buffalo on her sketch pad and camera. Many song and game birds along with the golden eagles, owls, and hawks were a special inspiration for this art piece. It took her about three weeks just to do the feathers. The Buffalo Spirit Shield is carved out of cow and deer hide, adorned with leather carved feathers, horse tail hair, buffalo hump fur, arrow heads and claws, creating a strikingly textured visual prairie art piece.

Arts & Culture Events

For event details, go to CulturePulse.org/Bismarck

October

Nutcracker tickets on sale Northern Plains Dance	October 1
Fall Art Exhibition Bismarck Art & Galleries Association	October 2 - 27
Sonorus String Quartet Bismarck Mandan Symphony Orchestra	October 2
Social Dance Workshop Northern Plains Dance	October 5-26 (Fridays Only)
Baby & Me Class Northern Plains Dance	October 5
Fall Back Into Art Camp Theo Art School	October 6
Conversations at BSC Bismarck State College	October 7
Fall Back Into Art Camp Theo Art School	October 8
Flickertail Woodcarving Show Doublewood Inn	October 13-14
Colored Pencil Workshop (4 days) Theo Art School Ages 16 and up	October 15-18
ND Women's Business Summit Center for Technology & Business	October 15-16
Harvest Moon Camp Artxtravaganza Theo Art School Ages 6 and up	October 18-19
Baby & Me Class Northern Plains Dance	October 20
Simply Genius Bismarck Mandan Symphony Orchestra	October 20
Members Free Family Event Fun Day at Theo Art School	October 21
An Evening from Broadway Job Christenson, direct from "Billy Elliot" tour 7:30 pm, Trinity Community Center, Bismarck	October 27
Dakota Zoo Boo	October 27
Artober Halloween Fest Theo Art School Ages 2-10	October 27
Haunting Arts & Spectacular Science High Prairie Arts & Science Complex	October 27
Singing in Style Central Dakota Children's Choir, Ramkota	October 28

November

Festival of The Arts A Tribute to the Tony Awards, Radisson	November 3
Colored Pencil Workshop (4 days) Theo Art School Ages 16 and up	November 5-8
Wild West Art Camp Theo Art School Ages 6 and up	November 9-12
Christmas at the Belle	November 14
Melissa Gordon Art Show Bismarck Downtown Art Coop	Nov. 9-Dec. 1
Open Studios Theo Art School	November 23
After-School Art Classes Theo Art School Every day, every week	October, November
After-School Artventure at Theo Studios Theo Art School (3 days a week)	October-November
Introduction To Watercolor - 4 Saturdays Theo Art School Ages 6 and up	October-November
Kid's Art & Yoga Classes Theo Art School Ages 8 and up	October-November
Preschool Mini Art Classes Theo Art School-Weekly Sessions Ages 3-5	October-November
Preschool Artxplore - 4 Saturdays Theo Art School-Monthly Sessions Ages 3-5	October-November
Field Trips/Buggy Art Cart - Lets Do Art Theo Art School Mon-Fri	October-November
How Does Your Garden Grow Exhibit State Historical Society of North Dakota	October-November
Art Uncorked - Uncork Your Creativity Theo Art School Ages 21 and up	October-November

For more information on the events listed, please go to southwestnd.culturepulse.org. It is time to start planning your next art pieces for the 2013 Artists Celebrating Christ, ACC, Art Show April 4-7, 2013. And, remember, art, dance and music lessons make great gifts!

Get in the Holiday Spirit

Festival of the Arts - A Tribute to the Tony Awards



The Bismarck Art & Galleries Association (BAGA) cordially invites you to attend this fun event to kick off the holiday season. Cocktails and preview of the live and silent auction items begin at 6:00 pm, Saturday, November 3rd at the Radisson. Dinner and an elegant dessert buffet will follow.

Walk the Red Carpet and have your photo taken by a professional photographer. Tables will be decorated in a Tony theme. Be entertained by Tim Homily, Deb Rogers and others, performing songs from Tony

Award-winning shows. Dance the night away to Dakota Martini immediately following the live auction.

Tickets are \$50 for members, \$55 for nonmembers, tables for eight and ten are available. Contact

BAGA at 223.5986 or stop by 422 East Front Avenue to reserve beginning October 8th.

Pride of Dakota Holiday Showcase

Be prepared for your senses to be overwhelmed! This annual event will be held at the Bismarck Civic Center November 30 - December 2nd. It is a great way to start or cap off holiday shopping with a wide variety of gift ideas, all made in North Dakota.



Gingerbread Junction

The public is invited to participate in a gingerbread house competition at Touchmark on West Century. Create a gingerbread house and deliver it to Touchmark starting November 23 (the day after Thanksgiving) through 7 p.m. on November 26 to be eligible for a cash prize. Winners of Gingerbread Junction will be announced December 7 by Touchmark.

Entries will be judged by a panel of Touchmark residents on overall appearance, originality and creativity and difficulty. A prize of \$50 will be awarded to one participant in each of the following categories: Kids ages 10 and under, Professional, Touchmark resident or family member, Touchmark staff. From the four categories, a "Best of the Best" will be chosen and will win an additional \$100. Call Amy or Tara at 323.7000 for complete details.

Christmas at the Belle

Always a special occasion, Christmas at the Belle provides just the right amount of music, decor and Christmas goodies to put you in the mood. Be entertained by some very talented Bismarck youngsters and then enjoy carols around the tree as the lights are lit. Mark your calendars for November 14th.





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To learn more or send your donation, contact:
Angela Miller, Resource Development Director
The GOD'S CHILD Project
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