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PUBLISHER

Inspired Woman Enterprises, LLP

EDITORS

Jody Kerzman Marci Narum

DESIGNER

Tiahna Wagner

PHOTOGRAPHY

Photos by Jacy

ADVISORY BOARD

Beth Anderson Melanie Carvell Jamie Christensen Noreen Keesey Jeanne Masseth Roxane Romanick

PRINTED BY

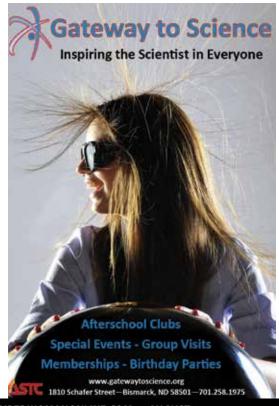


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hotography:
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by Jacy

GRAND OPENING CELEBRATION

A big heartfelt thank you to everyone who helped with our Grand Opening celebration. It was everything we imagined, and more. The cupcakes were delicious, the company was fantastic, and the excitement about the newly designed magazine was contagious. We are still smiling!

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Matthew 5:16

For more photos from our Grand Opening celebration, visit our website.

Editors' Motes



I come from a family of teachers: both my grandmothers and my mom were teachers, and my sister followed their footsteps. I was quite the rebel when I chose a totally different career path. But I've realized that while I might not be a student or a teacher, that doesn't mean I should stop learning. Whether it's learning to use the latest app on my smartphone or learning how to bake a soufflé (I haven't quite mastered that one yet), there are opportunities to learn new things each day. In the past few months, I've had the opportunity to learn about the magazine business—and I have learned I still have a lot to learn!

We think this issue of Inspired Woman magazine is full of lessons of life: from menopause, to speech, helping kids fit in, and the crucial role science plays in our lives. Every story is inspiring to me, and I'm so grateful to be given

the chance to share these stories.

One of my favorite pages of this issue is the page full of pictures from our Grand Opening celebration. What an amazing event! Thanks to everyone who attended, and special thanks to Karmin and Tina at Karmin's Kitchen Table, our advisory board, our contributors, our photographer Jacy, and our designer Tiah. We wouldn't have had such a fun event without your help. And to my husband and kids, thanks for being patient, and not complaining when I get so wrapped up in this magazine work I forget to make supper.

So while I may not be a teacher, I do hope that I am teaching my children some important life lessons about hard work. And those are lessons that, one day, will help them

make their dreams come true.



"A living tree never stops growing until the day it dies."

I heard this quote a few years ago; its truth for me as an active learner struck deep. While it might seem glib to say "I learn something new every day," it is true. Life presents us all with opportunities to learn at every stage of life.

Sometimes the lessons are forced through difficult yet transformative life experiences. Other times, learning happens with gentle purpose as in the classroom or in the arms of our family. Those lessons are the basis for this issue.

I hope you will find the stories here to be impactful. We are covering everything from the importance of continually reading to your kids and grandkids, to navigating the changes that come with menopause. And a new contribut-

ing writer, Noreen Keesey, a leadership coach and trainer, helps us find inspiration in the ordinary.

The last several months have been anything but ordinary. I frequently get goosebumps as people tell me about a possible story for our magazine and from the positive feedback from readers—thank you!

Thank you to everyone who joined us for the Grand Opening Celebration on June 30th. Karmin and Tina at Karmin's Kitchen Table were terrific hosts, Stella and her team from MagiCandle Cakery whipped up delicious cupcakes, and we were surrounded by our families, advisory board members, contributing writers, advertisers, and friends, all who support us in this wonderful endeavor. We are so grateful!

The lessons of life surround us in the stories of our journeys. Stories have meaning when you discover, learn, grow, and then share with others so that they can do the same in their journey. Enjoy these lessons of life.

FOR THEIR LIVES

by Marci Narum

Lacing up a pair of running shoes and hitting the pavement or a stretch of gravel every day is a way of life for many people. It might be a healthy lifestyle, or part of a weight-loss plan. Some people just love to run; others train for marathons.

Kate Gartner runs for all of those reasons—plus one more. She runs to raise money that helps save lives.

Kate was a runner in high school and ran casually in college, but she says marriage, kids, and life in general put running on hold for several years. In 2009 Kate started running again.

"I just felt like I needed to do something for myself, to get back in shape. I was out at the Misty Waters Triathlon watching my brother-in-law compete," Kate remembers. "And a couple of really big guys got out of the water and jumped onto their bikes. I thought, 'Okay, if these guys can do triathlons, I can do something."

Kate set her sights on running a marathon and never looked back. She has completed six full marathons, more than 20 half marathons, and some 5K races too.

But only part of her motivation was her own health and fitness. Kate was the only person in Bismarck, at the time, to join Team in Training, a fundraising group for the Leukemia and Lymphoma Society.

"I knew that if I was going to do some-

thing like a marathon, I was going to do it for something bigger than myself. I've done ten events with them now."

As a Team in Training participant, Kate agrees to raise money for each race she joins, and is required to raise anywhere from \$2,500 to \$5,000 for each event. The money provides funding for research, patient services, and education.

"Patients benefit from it. They can get co-pay assistance and travel assistance from it. It also goes right into research which is really exciting. There are a lot of cool things on the horizon for leukemia and lymphoma treatment and a lot of that has been funded by efforts of Team in Training and the Leukemia and Lymphoma Society."

Kate gets excited about the research and cares so much about the possibility of it saving lives because she gets to see it happen. She is a Certified Pediatric Hematology Oncology nurse at Sanford Health in Bismarck, where she says an average of three to five patients are diagnosed every year. They are typically age three and up.

"One of our patients actually had relapsed for the third time and had a brand new treatment, and he is doing so well from it. And it was a short treatment."

Kate says the treatment for the patient was developed within the last five years,









and the research for it was funded by the efforts of Team in Training and other groups.

"We saved his life, which is exciting to know, when you see the new treatments out there and how well kids are doing with it. It makes it all worth it. It makes the miles go by even easier."

All of Kate's patients have a way of helping her finish every race. She wears a Team in Training jersey bearing the names of her pediatric patients.

"I put little ribbons with all the kids' names, and I always throw one on for the kids I take care of that don't have leukemia and lymphoma, just to keep them in my thoughts while I run. I keep adding kids to it. Every season I have to add a couple more ribbons. And then I have the little angel wings on top, the kids that haven't won the fight.

"It's a good reason to run. When you feel like you're hitting the wall, at about mile 17, 18, or 19, I think about the kids on the back of my jersey and it gives me a little extra oomph to get through those miles."

Team in Training has given Kate the chance to see several cities up-close, and at her own pace. She has run the Marine Corps marathon in Washington, D.C. and the Chicago marathon; she ran the Nike Women's marathon three years in a row. She also ran the New York City Marathon which Kate says wouldn't have been possible without Team in Training because runners must qualify for the race. It was her slowest—but best—race ever, all because one of her teammates was considering dropping out of the race the night before. Kate convinced the woman to do the race by walking it, and Kate joined her.

Kate considers that race her proudest because she helped someone else get across the finish line, and she crossed the finish line too.

"I'm a non-conforming runner. I don't look like your average marathoner. I'm a little overweight and pretty slow. But I love to do it, it's just fun to get out there. I don't train as much as I probably should. I finish every race. I've never had to drop out of a race I started."

Kate says she believes anyone can do a marathon.

"You just have to listen to your body, get out there. Don't set a huge goal for yourself other than to finish. That's always my goal. Just finish. Have fun. Keep putting one foot in front of the other until you cross that finish line."

That strategy is working—for Kate, and for the lives she impacts through Team in Training. And the impact is growing. Two other local women have joined the team: Theresa Addison of Bismarck and Kendra Miller of Dickinson.

Kate has raised nearly \$30,000 for the Leukemia and Lymphoma Society. And she is still running for their lives. \mathcal{W}

BISMARCK MARATHON SEPTEMBER 17 By Marnie Walth

Kate Gartner has also participated in the Kroll's Diner Bismarck Marathon six times. She says it is a great training event for her.

Introduced in 1981 by the Missouri Valley YMCA, Bismarck's marathon has evolved into one of the state's premiere running events. Race management was turned over to a volunteer committee of community-minded runners in 2007. The committee added new race divisions and grew participation from 250 in 2006 to more than 1 700 runners in 2015.

The 2016 Bismarck Marathon is Saturday, September 17. Events include the marathon, half marathon, marathon relay, 10K run, 5K run/walk races, and the BNSF Kids' Mini Marathon the evening before the

Runners are treated to a scenic, fast, flat course that includes views of the Missouri River from both sides of the river. The course is USATF-certified, meaning marathoners hoping to qualify for the Boston Marathon and New York City Marathon may do so here.

The mission of the group planning the marathon is to build a healthier community by engaging as many people as possible to incorporate running and walking into their daily lifestyles.

One of my own favorite measures of success is to see a new runner who came to one of our running workshops show up on race day. Or, a runner who did the 5K one year, then the 10K, and is now signed up to run the half marathon.

The Bismarck Marathon is also committed to supporting local charities. This year's donation recipients include Dakota Boys and Girls Ranch, Special Olympics of North Dakota, Bismarck Library Foundation, Inc., Bismarck Parkinson's Support Group, and

Donald Mc-Donald Care Mobile of ND. For more information, to register, or





SOUND ADVICE

IMPROVING YOUR CHILD'S SPEECH REQUIRES PRACTICE & PARENTS

by Jody Kerzman

Practice makes perfect, even when it comes to how we speak.

That's the motto of Speech Language Pathologist Cindy Neff.

"Producing speech sounds accurately is similar to learning the skills of playing piano, shooting a free throw, or even riding a bike," explains Cindy. "So saying speech sounds accurately takes a lot of practice, over and over."

During her half-hour sessions with kids, Cindy emphasizes repetition, having children repeat the correct sounds time and time again. She admits this can get boring for kids, but she says keeping kids motivated is key. Her secret: attaching speech to privileges, like watching television and playing outside.

"It helps to hold kids accountable," she says. "If there's nothing at stake, kids often think close enough is good enough. The fact of the matter is that there is nothing more important than the ability to communicate. Kids don't understand that, but we as adults can show them."

Cindy is quick to point out that speech therapy must go beyond a 30-minute session once a week.

"One of the major components of successful therapy is parental involvement and reinforcement of the therapy lessons and exercises," says Cindy. "I urge parents to make on-the-spot corrections and to repeat and reinforce the therapy lessons. It is not just the child in therapy that needs to work in order for therapy to be successful, it also requires the parents to work too."

Cindy has been working with kids for 24 years at the Scottish Rite Speech Therapy Center in Bismarck. Her students range in age from two to seven years old.

"Lots of kids have speech delays, and we don't always know what causes that," says Cindy. "Sometimes there are physical things like, ear problems or tonsils. Many kids don't have any physical reason for a speech delay. But speech issues affect kids socially and emotionally, and kids and parents can get frustrated if there is a communication issue. I feel so passionately about helping kids communicate better."

Sometimes it takes years to get a child's speech on the right track. Other times, it takes only a few months. Cindy says each child is different, which means each therapy session is different too.

If you think your child might need speech therapy, Cindy recommends getting him in for a screening.

"Parents should not wait and hope a child will outgrow a communication problem," says Cindy. "Early language disorders can create problems with reading, writing, and learning when they get to school. Early detection leads to early treatment and the earlier you get help for your child, the better."

There are lots of places kids can get speech therapy, including schools, hospitals, and private clinics. The Scottish Rite Speech Therapy Center, where Cindy works, is a bit different than other therapy centers, because services are offered at no cost. The center is a Freemasonry charity. The group's mission is to diagnose communication challenges of preschool and early elementary children and help them develop speech and language skills. You can learn more about the Scottish Rite Speech Therapy Center at www.scottishritespeech.org. W

There are some signs that might signal a child could benefit from speech therapy. They include:

- Babies age 4-7 months that don't babble
- Makes only a few sounds or gestures, like pointing by 7-12 months old
- Says only a few words by 12-18 months
- Words are not easy to understand at 18 months to two years old
- Has trouble playing and talking with other children by ages 2-3 years
- Speech is unclear, even to familiar people (2-3 years)

Common sounds that are mispronounced include:

- s •ch v
- •z •sh •k
- r j g
- •I •f





Register today at NorthernPlainsDance.org

LIVING TREASURES Marion Schadewald

A Teacher Sees Her Lessons Come Full Circle

by Marci Narum

A person is always bound to learn a thing or two, when sitting down with someone who is 90-something. I visited Marion Schadewald at Edgewood Vista on Dominion in Bismarck and learned that kids have not changed much since her time as a teacher. They all need some self-discipline, appreciation, and encouragement.

Stories. Marion Schadewald is full of them. And at age 94, she remembers names and details remarkably well, including the names of all the students she knew when she was a teacher. Granted, she taught back when the state was much smaller and so were the classrooms, but Marion taught kindergarten children and high school students, and grades in-between. Third and fourth grade students were her favorite.

"They're so loveable at that age," Marion says with a smile.

Marion recalls one particularly feisty little boy named Marty. She says Marty was the only boy in a family of seven girls.

"The girls came in after recess and said, 'Marty's fighting in the bathroom!' So I got up and walked out to the hallway and stood at the stairs where he would have to come, and Marty came running, wiping his hands."

Marion chuckles as she recalls, "He'd washed them at least. And he looked

up at me and stopped and said, 'Oh, I decided to be good now.' Because one of the things I told them at the beginning of school was that I didn't like to discipline them. That was their job. They had to make their decisions, and discipline themselves. And I did say that as a last resort I would sometimes get the parents involved. His mother appreciated that."

It seems Marion's students knew she appreciated them, too. She taught school in Barton and Cando, but most of her teaching years were spent in Sykeston, where she taught for almost 20 years. There, Marion was invited to the Senior Tea each year, to share memories of her students.

"There are so many things you notice. Like one little guy that got 100 in his spelling and I said, 'A-ha, you did it!' The next time he got 100, he said, 'Aren't you going to say A-ha again?' Imagine! How happy it makes them."

Marion remembers the satisfaction she felt just knowing her students were

making a connection to what they were learning. She smiles as she recalls teaching one of her classrooms the four characteristics of mammals. Afterward, one of her students—Marcy—looking a bit confused, approached her to try to reason with her.

"She said, 'My mother,' and then she starting naming the characteristics, has hair on her body, and so forth, 'but she doesn't produce eggs.' She was thinking, wasn't she? It wasn't just something she had to learn. She was connecting it to a mammal because mammals are people, and parents, and so on."

Marion loves to learn. She watches the news faithfully, and when her husband, Paul, was still alive, they spent time learning together in Elderhostels at Dickinson State, NDSU, University of Mary, and the University of Minnesota in Crookston. They also traveled extensively, to Europe, China, and Japan. When she retired, Marion decided she wanted to learn how to guilt.

"Quilting was never my hobby. It was after I retired, when I went to the church group and learned to make the denim quilts."

And now Marion is known for her denim quilts and other quilting projects. She has two sewing machines in her apartment, and donates many of her quilts to various charities in need. Marion also operates a side business selling the quilts she makes. Her customers? Many of those students whose names she remembers...also remember her. And they come to visit often.

It seems the self-discipline, appreciation, and encouragement Marion offered may have been some of the greatest lessons she taught. \mathcal{W}









JANE HALVERSON & MICHELLE CHARVAT

Talk about a fashion statement. You are probably going to be seeing a lot of people sporting tee-shirts, caps, and sweatshirts with the words North Dakota Girl. It's the new trademarked line of apparel born from a Mandan-based business. Jane Halverson owns Dakota Promotions & Printing, a promotional products and printing business. Jane and her staff—who all happen to be North Dakota girls—are helping design and create new items for the line of products, including baby onesies, bibs, and shirts for toddlers, youth, and adults. All of the apparel and other products can be customized. So if you like horses, your shirt can have a horse stitched onto it. Dogs? Got that covered too. Butterflies, flowers, flags. You name it.

The idea was hatched when Jane's marketing expert, Michelle Charvat, suggested her business offer something more than the stan-

dard promotional products.

"I told Jane, 'You have access to all this equipment, you should come up with a line of apparel, like Farm Girl does," explains Michelle. "So I started looking at other ideas. We registered it before a Pride of Dakota event."

The apparel made its debut at Mandan's Art in the Park in July, and according to Michelle, was trending on Snapchat. North Dakota Girl products are being distributed through Dakota Sunrise Brokers of Minot, but the Dakota Promotions team can customize any piece at the showroom and office at 105 3rd Avenue NW in Mandan. Jane is expanding the idea to include apparel for men too. She has trademarked North Dakota Tough for the men's clothing and hats, and has also trademarked South Dakota Girl.

Watch for South Dakota Girl at the Sturgis Bike Rally.



JULIE NEIDLINGER

Julie Neidlinger's list of accomplishments is long: she's been a school teacher, pastry chef, graphic designer, postal worker, cook, church pianist, newspaper reporter, pilot, blogger, and a copy writer. And now she can add book author to her resume.

Neidlinger's book, There are Dinosaurs in The Fields, brings together some of her favorite poems and non-fiction stories, along with full color original art and photography, to help illustrate what life on the Great Plains is really about and why it matters. Through humor, conversations, and thoughtful philosophy, readers will identify with stories that capture the broader themes of life. You'll find stories from her time as a newspaper reporter in Cavalier County, life in Bismarck, crop circles and UFOs, hilarious dinner party conversations, life on the farm, observations on nature, and many more. The towns of Hampden, Edmore, Langdon, Cando, Bismarck, Devils Lake, Harvey, Nekoma, and Starkweather all get a mention.

"There are a lot of books out there by North Dakota authors," she said. "I didn't want to add another memoir to the stack. This is a book for anyone who prefers a more thoughtful life, whether they have an interest in North Dakota or not."

For more information, including where to buy Neidlinger's book, visit www.loneprairie.net.



KARI WARBERG BLOCK

This month's Olympic games have one Bismarck woman busier than ever.

Kari Warberg Block's "Stay Away Mosquitoes" patches are being given to athletes competing at the Games in Brazil.

"The patch is such a great option for the athletes. They don't want to spray chemicals on their skin," explains Kari.

The "Stay Away Mosquitoes" patches look like a Band-Aid and stick on your clothes. Kari says you can wear two to six at a time, depending on your size. They're made from lemon eucalyptus and citronella. Lemon eucalyptus is a CDC approved mosquito repellant and parallels DEET in effectiveness.

"The lemon eucalyptus creates a vapor and the mosquitoes can't smell the body's CO2, which is what attracts mosquitoes to humans," she says. "The patches are good for up to six hours and will be the only repellent patch to meet federal EPA standards for public risk mosquitoes and use by children and pregnant women."

Kari has been working on developing this patch for the past two years, but this project was pushed to the top of her to-do list when it caught the attention of Olympic officials. She is also working to provide the patches free to refugees, through a percentage of the sales.

Menopause:

EDUCATION, NOT MEDICATION

by Jody Kerzman

Hot flashes. Night sweats. Dryness.

All symptoms of menopause, and all miserable.

But two local women are working to make all of the symptoms of menopause a little more tolerable. And they're doing it online.

Rhonda Joliffe and Chris Dockter are building a business to educate women about menopause, and to help those suffering with this change of life.

"We are all women, we're all going to go through this," says Chris. "But we can provide women with tools to make it more manageable."

"A few years ago I started looking into doing an online program, but I just never got it done the way I wanted it to be. I put it on the backburner," says Rhonda, who has been a nurse practitioner for more than 20 years. "In my work with patients over the last two decades I've realized that what women need is education, not medication."

When Chris and her husband, Rhonda's brother, moved to Bismarck a few months ago, Rhonda mentioned her idea to Chris. Chris immediately put her marketing skills to work on Rhonda's website, RhondaNp.com.

"This is a powerful concept. We're helping women regain control, which is so important because you feel out of control when this starts happening to you," explains Chris. "Our ideal client is someone who is successful, educated, and really has control over her life and all of a sudden the wheels start to come off. We want to be there when the wheels start to come off, or even a little before that because it's going to be a little bit of a bumpy ride. If you're more educated, you know what's going on, you won't panic as much."

Rhonda blogs on various menopause-related topics, like exercise, meditation, herbs and supplements, stress management, and more. The next step is adding an online program.

"It will be a comprehensive program. I'll walk students through menopause step by step and make



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Is Menopause Rocking Your World?

I'm a nurse practitioner, hormone expert and menopause guide Let me help you achieve balance and regain control.

Get my 100 100 16 Top 10 Solutions to Balance Hormones Naturally".

Rhonda tolliffe, MSN, FNP-BC



"This is a powerful concept. We're helping women regain control, which is so important because you feel out of control when this starts happening to you." —Chris Dockter



sure they have an action plan. We'll talk about the most important part of diet, exercise, and sleep. Those things all change when you hit menopause," explains Rhonda.

It is something these sisters-in-law turned business partners know first hand. They say their personal experiences, teamed with Rhonda's medical knowledge, have helped them design an all natural program that really helps women, something that hasn't been offered before.

"I remember panicking when my hot flashes started. I was super moody, had a foggy brain, and couldn't sleep," remembers Chris. "I thought I would go to the doctor she would give me meds and I'd be fine. But when she gave me a prescription for Prozac and said I should put a fan under my desk, I thought 'This is not good, this is not how I want to live my life.""

But what is good, is the program these women are developing. And because it's an online program, they'll be able to reach women around the globe.

And Rhonda says there are some positives that come with menopause.

"Women become more creative

when they reach menopause, and we also gain valuable perspective," she explains. "By the time we reach menopause, we've gone through that period of raising kids and caring for everyone else. Menopause is actually a time we can be a little selfish, and do what makes us happy. Women also become more community-minded and want to give back when we hit this stage of life."

For Rhonda and Chris, that is exactly the case. They're building this program because they have a deep desire to help others.

"We talk all the time about how us teaming up is the work of a higher power," says Chris with a smile. "I felt drawn to come back to Bismarck, and this is why. This business is so exciting. We are building something from the ground up and it's something that is truly going to help others. It is exciting.

"We want to turn the idea of menopause being something awful into something that's not so bad. We want to help women be fierce and take control of this thing that is controlling them." W





What comes to mind when you think about the word inspired? When I first thought about it, I considered things that made me feel uplifted. I focused on things that moved me emotionally. And the list of examples I came up with was pretty long, covering things both big and little. The young girl on the news who started a non-profit to help other children of service members whose parent had been injured or killed. The best advice listed by the actor interviewed in a magazine I read regularly. I'd be remiss not to mention the main character in the recent Disney movie who ignores the odds and obstacles in order to live her dream.

When I looked up the definition of *inspire* (I look up words infrequently enough that I don't feel weird about it, but often enough to occasionally annoy people), I found that the definition of *inspire* is to fill someone with the urge to do or feel something (especially something creative). This changed my perspective a bit; rather

than simply evoking feeling, being inspired involves an urge to take action.

Inspiration can be used as an impetus to action or as an excuse for inaction. Have you ever found it difficult to get started on a project, report, or event because you weren't feeling it? The inspiration just hadn't hit?

Willem Dafoe said, "Action breeds inspiration more than inspiration breeds action." Sometimes, being inspired is hard work. It comes from action, not from waiting.

If you've waited, and waited (and waited!) for inspiration to strike, then perhaps it's time to try taking action. It's ok to make it a small action. Just get some momentum. See what happens.

Maybe what would help is to shake things up a bit. Do you have the time and resources to take a vacation? Perhaps now is the time. If a stay-cation fits better into your lifestyle, then plan some changes of scenery while staying at home. Take a drive around an unfamiliar part of town or visit a new shop or two. Try a different coffee shop or lunch stop. While engaged in these new activities and surroundings, watch what's going on around you. What are people doing? What music is on in the background? What little surprises do you run across? Become an observer and engage all of your senses in your exploration.

If time off just won't work for you right now, here are a few of my favorite sources of inspiration:

- Movies
- Books
- Ted Talks
- Blogs (find a good one written by someone doing something you're interested in; limit it so that you are not filling up your e-mail inbox and your time)
- Small locally-owned shops
- Nature (the sunset, ocean and mountain variety...not the lawn mowing, weeds with splinters, and creepy crawly bug variety!)

Inspiration may need a little space in order to show up. Are you feeling a little overwhelmed or stressed by even the thought of time off, trying something new, or opening your awareness to inspiration? If so, perhaps now is the time to be very kind to yourself and create some space in your life, environment, and calendar. Identify what no longer serves who you are and let it go. Make some room for inspiration.

I'm looking forward to enjoying the coming issues of Inspired Woman magazine and learning about the many people in our communities who have been inspired and are inspiring others.

For now ask yourself, when was the last time you were inspired? What steps are you going to take to find (or create space for!) more inspiration in your life? \mathcal{W}



Noreen is a leadership coach and trainer who believes deeply in the Army leadership principle "Know yourself and seek self-improvement." She enjoys reading, watching movies, and laughing with friends over a good cocktail. She is uncomfortable with small talk and is scared of moths.



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BISMARCK MOTORCOMPANY. COM

OUT OF THE CLASSROOM, INTO THE OUTDOORS

by Renae Hoffmann Walker Photography: Photos by Jacy

A way to stay busy, time outdoors, and a chance to earn extra income—these are some reasons teachers work outside of the classroom during the summer.

Brad Leingang and Brieanne Schmidt have found their summer callings in jobs that involve people and nature. Brad's job as a Park Ranger at Fort







Abraham Lincoln State Park in Mandan revolves more around landscape, while Bree works with animals at the Dakota Zoo in Bismarck.

BRAD LEINGANG

Brad is a social studies teacher and coaches football and track at Bismarck High. He teaches summer school in the morning and works at Fort Lincoln three days a week "to stay young and keep in shape" and because the job is anything but routine. During the week Brad does maintenance, weed whacking, tree pruning, and collects fees at the entrance station. Closer to the weekend, he helps with visitor services and park rule enforcement.

"One summer, a brother attacked another with a roofing hammer. A few years ago I caught someone driving through the park with an open container; the guy was pretty hostile," says Brad. "We also inform visitors that Fort Lincoln is a no fly zone for drones."

As a Mandan native and social studies teacher Brad loves the park's history.

"I uncovered a Civilian Conservation Corps (CCC) pathway about six years ago. I noticed some sandstone and removed the sod revealing work that was done about 80 years ago. I also found the 1860 Brass Officer Shoulder Scales that officers wore; they are currently on display in the museum."

Brad enjoys seeing current and former students, parents, and co-workers come through Fort Lincoln. He also works alongside some students and school employees and is known as a practical jokester.

When he is not working, Brad takes his wife and kids to popular North Dakota destinations. He starts his 16th year with Bismarck Public Schools later this month. He will work at Fort Lincoln through Labor Day and loves to help at the Haunted Fort in October.

BRIEANNE SCHMIDT:

Brieanne is a school psychologist for Bismarck Public Schools. She works at Miller and Murphy Elementary Schools, as well as St. Mary's Grade School, and Shiloh Christian School.

Bree was born and raised in Bismarck; she attended Riverside and Moses Elementary Schools, Wachter Middle School, and St. Mary's Central High School. When a friend told her about a job at Dakota Zoo, she says, "It put my two passions together—kids and animals—so I couldn't pass it up!"

During her interview, when asked why she wanted to work at the zoo, Bree said everyone from Bismarck knows what a great place it is. She started in the admissions area and gift shop and within two weeks was asked if she was interested in working in the education department. Bree says she loves all three of her roles at the zoo.

"In admissions, it's fun to see how excited people are to come to the zoo. I see other school employees come through, as well as students. In the gift shop, children are excited when they get to pick out a stuffed animal. If we have that animal at the zoo, I tell the child its name," says Bree. "In the education department, I supervised a fiveday junior zookeeper camp and really got to know the participants, as well as the middle school students who work as Junior Docents and high school students who are part of the Zoo Crew."

Bree says she loves learning new







things about the zoo from the experienced zookeepers. She likes the behind the scenes work and handling small animals like domestic rabbits and hedgehogs. Bree says Dakota Zoo is working hard to bring in new exhibits and hopes by 2020 that they can raise enough money for red pandas, penquins, and meerkats.

Bree says she will probably stay on at Dakota Zoo through the winter because it's only open weekends. In the meantime, she is busy with her two dogs, a cat, a fish, and a bird—most of which are rescue animals. Bree will start her 7th year with Bismarck Public Schools this fall and is engaged to be married in September 2017, so she's hoping to work at the zoo again next summer to help with wedding expenses. 7W



Renae Hoffmann Walker has worked for Bismarck Public Schools since November 1988. As the Community Relations Director her summer job is very similar to her job during the school year! She and her husband Dwayne are river rats, empty nesters, and seasoned travelers.



My mother was 21 when she voted for the first time after the constitutional amendment granted women the same voting rights as men in this centuries old democracy of ours. The year was 1921!

In retrospect I find that startling. Granted I'm no spring chicken, but that was my mother, not my great grandmother. So I add that to my list of "Why Didn't I?" Why didn't I ask her how she felt that first momentous occasion? Where did she vote? Printed ballot? Did she discuss voting with anyone first?

Ah, yes, the "Why Didn't I" list. I am reminded of the admonition of Omar Khayyam, "What boots it to repeat that time is slipping underneath our feet?" But how else are we reminded to ask the questions while there is still time?

For instance, there was my Uncle Otto, the bachelor Swedish rancher, who came to this country when he was a teenager, homesteaded near Carson, North Dakota, and raised Black Angus cattle. He lived with us one winter when I was a teenager and he was in his seventies.

Did I ask him what made him leave Sweden? Who did he leave behind? How was the boat trip over? Was he frightened when he landed in New York? Was he ever sorry he left Sweden? Why? One of my daughters just sent a sample of my spit to one of those genealogy organizations that may eventually tell me whether I'm related to the king of Sweden, or maybe Norway. Personally I'd still like to know the answer to a question I once asked my mother: "How come every one in the family, including a lively roster of aunts and uncles, have blue eyes except for you and me?"

She rattled on about the Vikings and those French girls they probably kidnapped on one of their raids. I've just been reading a book, *The Vikings*, by Howard La Fay, and I rather hope my spit doesn't reveal any such kinship since those bad boy Norwegians terrorized Europe for 250 years—not anyone to invite to a family reunion.

Perhaps we should all keep a "Why Didn't I?" list handy. Not the one about cleaning the storage room, but about collecting the family lore while there are still relatives alive and thinking. For many second generation North Dakotans there are fascinating stories lurking in those hardy early immigrants, many of whom arrived with nothing much but determination to "make a go of it."

I went to a one room rural school in western North Dakota. But even the gateposts are gone, and yellow buses pick up the rural children now and bring them into town. So what do they know of a school with no electric lights and no water?

When the school house caught on fire—easily the most exciting day of my eight year sojourn in that building—there was no rural fire department, or a telephone to call for help. And it was in mid-winter, when often the roads were hazardous.

We, the pupils, thought it was a lark. Escaping arithmetic and getting to throw snowballs inside the school? And praised for our efforts? What was the state of the teacher's well-being during all of this? She was my cousin Ruth. I could have asked her.

Many of us have in some odd box in the attic one of those old black photograph albums filled with pictures of people in outdated outfits, in various poses, and we don't have a clue about their identity.

Going through one such album one day I recognized my mother and my Aunt Millie, sitting on a picnic bench in a wooded area, entirely surrounded by young men in pants and vests, cigarettes in hand. Aunt Millie was still alive, so I took the picture to the nursing home where she was living.

"Tell me about this picture," I said, and she broke into a big grin, and said gleefully, "Those were the Finn boys." I knew my mother had taught school in a Minnesota Finnish community, so I said, "And?" She broke out an even grander grin and said, "We had such a good time!"

More details I could not elicit from her, but I left her still smiling while I had a previously unknown glimpse into my mother's life before she met my father.

Obviously history is more than a dissertation on events in the public arena. It is also worth pursuing in our private lives. So here's to keeping an active "Why Didn't I" list that has to be continually revised. "W"



Betty Mills was a Bismarck Tribune political columnist for 25 years. She belongs to three book clubs, and at age 90, can share a story of her own when she isn't reading. Betty is currently writing her family's history.



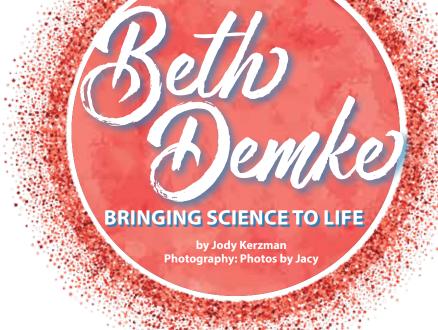


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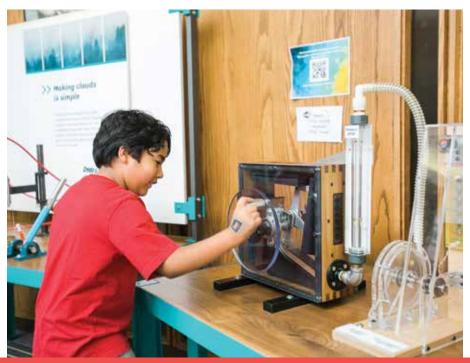
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eth Demke's office sits just off the gallery at Gateway to Science, just close enough to the exhibits that when she's there, she can hear the sounds of kids discovering how science works. She can't keep herself away from the sounds

of learning.

"I love seeing the kids. You'll often find me on the floor, just watching," she says with a smile. "There are times I step out because I'll hear someone talking about an exhibit and wondering how it works.



I'll offer to help and it's so great when you see the light go on for that child. I see that all the time. It's great. I just love it."

This is a job she has loved for more than 20 years. When Gateway to Science opened in November of 1994, Beth was a volunteer. The entire staff was volunteers back then.

"It is amazing to think we started all of this with volunteers," says Beth. "It took so many volunteers, and they were all so willing to work."

Gateway to Science started all because Frank Koch, a chemistry professor at Bismarck State College, had an idea.

"Every year Frank had his chemistry students each develop an activity for kids. They presented them at Gateway Mall during National Chemistry Week every October," remembers Beth. "It was basically a big science fair. It started Frank thinking we should go beyond one week a year. He wanted it to be much bigger than that."

And soon it was, thanks to the formation of a perfect relationship. Frank's lab assistant, Tina Stroh, was a Junior Service League member. She brought Frank and his idea to the group.

"There was a hunger in this commu-

nity for something like this," says Beth. "It was the perfect blend. We had a group of science professionals who really understood what it was we were trying to do with exhibits and programs and the learning. Our Junior Service League members knew how to organize—we knew bookkeeping, staffing, making sure everything was done correctly."

That's where Beth stepped in. Her business and human resources background helped get the science center off the ground. Although she was not in charge at the beginning, by December 1, 1995, Beth was hired as the full time director of Gateway to Science.

A DESTINATION

From 1994 until 2005, Gateway to Science was housed at the Gateway Mall. The name similarity was purely coincidental.

"The name 'Gateway to Science' came before we got space at Gateway Mall," explains Beth. "Gateway to Science was Frank's idea. He wanted the center to be a welcoming introduction, a gateway if you will, to science.

"Gateway Mall was a great place for us to start. It was a place where the pub-





"The name 'Gateway to Science' came before we got space at Gateway Mall. Gateway to Science was Frank's idea. He wanted the center to be a welcoming introduction, a gateway if you will, to science."

Beth Demke

lic was already going. We got a lot of initial interest and people that would stop in as part of a shopping trip. It was easy to find."

But Beth and her team soon realized they were outgrowing the space at Gateway Mall. They needed more space to branch out and to become a destination, not just a place where families stopped for a few minutes after a day of shopping. In January 2005, Gateway to Science opened in its new location at the Frances Leach High Prairie Arts and Science Complex.

"This space seems larger, but at 3,200 square feet, it is exactly the same as what we had at Gateway Mall. The difference is in how the space is divided," explains Beth. "The high ceilings and skylights also make it seem bigger. But the gallery space is the same."

Beth says this space has served a purpose, and allowed Gateway to Science to attract more visitors. In the last five years, attendance at Gateway to Science has increased 106%.

"We were serving about 7,500 people a year when we were at the mall. In 2015, we served 27,928 people," says Beth. "We need more space so we can serve those people better. Right now we have bigger groups than the space really allows. We are not breaking any fire codes, but we are not giving the best experience to our guests either. We have to limit field trips to an hour, because we've got another group coming in."

Visitors to Gateway to Science are not just from Bismarck. During the 2015-16 school year, 54% of the field trips to Gateway to Science were groups from outside of Bismarck and Mandan. Gate-





way to Science is the only science center of its kind in North Dakota. Students come here from all over the state, including Grand Forks, Jamestown, Dickinson, Williston, Minot, and all the small towns in between. Groups from Montana and South Dakota have also made Gateway to Science a field trip destination. It is an especially popular destination for groups from smaller, rural communities.

"The smaller towns really make good use of us as a resource," Beth explains. "There's nothing like it in their town, or even in their school. We do everything hands-on so to do what we do here in a classroom setting, especially in a rural school, is just not possible."

OFFERING MORE

But "doing what they do" at Gateway to Science is becoming more difficult in this space. That's why plans are in the works to build a brand new science center.

"We have plans and we are in the process of raising money to build a new building near the Community Bowl," says Beth.

That new building would be 65,000 square feet; 27,000 square feet of that

would be gallery space for hands-on learning. To put that into perspective: the entire High Prairie Arts and Science Complex is 23,000 square feet.

Every inch of space in the new building will have a purpose. Beth's eyes twinkle when she shows the model of the proposed center. The staff at Gateway to Science is working with the Science Museum of Minnesota to develop new exhibits; there are several prototypes of new exhibits currently on display at Gateway to Science. Many of the current exhibits will be used in the new building as well. All the exhibits will revolve around the science happening in North Dakota.

"We want to help kids connect their interest in science with potential career opportunities right here in North Dakota," she says. "We want to do it in a subtle way, of course. For example, our agriculture exhibits will show visitors how hightech farming is and how you could have a number of different ag-related careers. We also want to show kids basic science and what they could do with that."

The new center also includes a laboratory classroom, named after Gateway to Science's founding scientist Frank



To learn more about Gateway to Science, upcoming events, and the building plans, visit gatewaytoscience.org. You can also donate at that website.

Koch, who passed away earlier this summer. The laboratory classroom will be equipped to serve high school and college level classes. Elementary students will also get lab experience in this new facility, something that's not possible now.

"Naming the laboratory classroom is just one way we are honoring Frank's memory, legacy, and dreams," says Beth. "Frank dreamed big, and we are so grateful for his big dreams and vision."

When it comes to dreams, there is no question that Beth dreams big too. She knows her dreams carry a hefty price tag; a \$36 million price tag, to be exact. That's actually down from the original \$40 million estimate.

"The goal is shifting a little because of a change in local market conditions. We are also doing a value engineering exercise. Everything about this project is science. We are looking at the whole building and changing materials and processes to save money where we can."

But Beth has no doubt the funding will come. Half the money needs to be secured before construction can begin. Then, construction will take about 18 months.

BRINGING SCIENCE TO LIFE

Beth's dream extends far beyond a new building. She dreams of instilling a love of science in every child and in their parents too.

"Learning needs to be lifelong, and it's important for kids to see that their parents are still learning. And I think it's important for parents to see what their kids are learning in a setting like this so they can continue the learning when they go home," explains Beth. "Science is all about discovery. It's asking questions and finding out the answers. If you come

into a place like this where you're asking questions, those questions don't stop when you leave. They should continue. I know we're not going to raise every kid to be a scientist, but we can instill a curiosity and an interest in the world in every kid."

As for her own children, Beth did raise a scientist. Her oldest daughter, Sarah, is a biologist living and working in Minnesota. Katharine, her second daughter, is an artist, but also working to raise money for an arts and science pavilion in Sioux Falls, South Dakota, where she lives. Her daughters grew up at Gateway to Science.

"Katharine was in kindergarten when we started Gateway to Science. She used to come to work with me," says Beth with a smile. "Sarah worked here when she was in high school. I really think Gateway to Science helped shape their lives."

In much the same way, seeing science through her daughters' eyes helped shape Beth, and inspires her still today to help others see the value of science in everyday lives.

"I really feel strongly about raising science literacy in the community. It's not just something for kids. Everyone should understand basic science, because when you do, things just make sense. If you understand chemistry, your cakes taste better. If you understand how to mix colors and how light refraction works, your art projects will look more beautiful. There is a lot of science that goes into everything we do."

Beth feels fortunate to spend her days here, surrounded by science.

"I am not a scientist. I would have loved to have been one. I always enjoyed science and I was good at it. Here I get to be a scientist." \mathcal{W}



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WEEKDAYS AT 9:00AM





Photo submitted by Carol Land. Women from her MOPS group. Back row: Kacie Thompson, Bethany Boehm, Ann Whiddon. Seated: Nataliya Nychyporuk, Carol Land



Thrivent Financial Celebrates Women of Generosity

Carol Land: MOPS Mentor

by Marci Narum

Carol Land has that sometimes rare gift of really being in tune with people. As a former music teacher who now gives private voice lessons part-time in her home, Carol listens passionately. Her goal is to help her students develop their voices.

She does the same thing with young mothers. She listens to them for several hours each week, as they share the joys and challenges of motherhood. And then Carol encourages those young women.

The moms are in the Mothers of Pre-Schoolers (MOPS) group that meets at Evangel in Bismarck, and Carol is a MOPS mentor, one of ten in the group.

MOPS is an organization that started about 40 years ago. It's for any mom that has a child, newborn up to kindergarten. MOPS chapters have formed around the world. Three groups meet in Bismarck, at Evangel, Grace Point Church, and Charity Lutheran; and one meets in Mandan, at Messiah Lutheran Church. The moms get together a couple times a month to share their motherhood journeys, have breakfast, and pray together.

Carol has been part of her MOPS group since 1990, when she was a young mom, and she has been a MOPS mentor for about 12 years. As a mentor, Carol shares her time and experience with young moms whenever they need it—in a quiet meeting, a phone call, or text message.

"Some of these young moms have family in town and have pretty stable marriages and good situations," Carol says. "Others don't come from a good parenting model, or they're struggling, or they're new in town. Whatever point they're at, they need encouragement."

Carol says she feels very strongly that mothering is an important job especially when a woman is parenting young children. She says it can be a lonely time.

"So it's rewarding for me to encourage those moms and remind them that what they're doing is important." Carol adds, "They might not feel like they're getting a lot of thanks at that point in their life, but what they're doing is important and their kids need them."

That perspective comes from experience. Carol and her husband, Tom, have three boys who are all grown and married now, and they have one grandson. Carol is generous with giving time to others, and she says she will keep being a mentor for as long as her schedule allows and as long as moms need her.

"When you find something that is a way of being generous or ministering, whether it's giving time or money, it's a joy, not a chore. You do it because you want to do it, not because you feel like you should. So I feel like I've found my place in a way of ministering that is fulfilling for me and helping others."

To learn more about mops in your community, visit: www.mops.org. ${\mathcal W}$







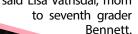
SLEEPY HOLLOW: A PLACE TO 'UNIQUELY' FIT IN

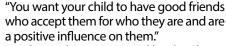
By Jamie Christensen

Oh, the angst of preteen, middle school years. Body parts growing at all different rates, chaotic hormonal surges, and the deep-seated need to fit in. Many people do not recall these years of development with fondness.

So, now as parents, navigating this period in time is an interesting twist. At this stage, parents are diving into how to let adolescents find their own way for individuality, resiliency, and resourcefulness. While at the same time, they want to provide enough structure and guidance to ensure their children will be respectful, responsible, contributing members of society. And then, there is the part about acceptance. Humans crave acceptance—and that is often painfully true in middle school.

"Middle school and beyond is the most difficult time to watch your child grow up and find 'their place' in school and society," said Lisa Vatnsdal, mom





That's where programs like The Sleepy Hollow Middle School Revue come in. Middle School Revue began in 2015 as a three-and-a-half-week program focused on the basics of acting and improvisation; dancing and singing. It is an educational experience without having the pressure of learning a full-length theater production. This year, 38 middle schoolers took part.

Middle School Revue now leads into the "Rising Stars" program Sleepy Hollow has offered for several years to allow students to gain experience on stage, and possibly prep them for joining the cast of a full musical in years to come.

Numerous times after rehearsals, firsttime Sleepy Hollow participant Kaitlynn Christensen would describe her favorite part of participating.

"No one is 'judgey," said Christensen. "In sports, everything is a competition. When you are doing theater and music, no one cares what you do. If you mess up, everyone just goes with it. In theater, they don't make fun of differences. They embrace it."

Bennett Vatnsdal, a second year Sleepy Hollow program participant, agreed. "You just get to be yourself, step outside of your box and have fun. No one looks at you



funny or judges you if you decide to do something crazy or act super silly. We all just laugh together."

This inclusive and supportive environment is a special piece, and focus, of the programs.

"It is important to instill the positive, 'non-judging' environment for kids to be themselves and express themselves in ways that everyone respects and listens to them," explained Middle School Revue and Rising Stars Director Connie Stordalen. "The middle school years are so very important as they are really building those 'confidence' foundation blocks. It is important for kids to have the chance to try something different and do so in an environment that is not judgmental or competitive."

Stordalen said that the skills and confidence learned when performing enhances everything people do in the future. The art of being able to think quickly on the spot, speak clearly, work together cooperatively, and carry yourself confidently helps in all aspects of life. But the enhanced self-esteem and friendships made in the meantime are priceless.

"I only knew two kids when I showed up on the first day, and there were a lot of eighth graders there," said sixth grader Kaitlynn. "I was scared in the beginning. But in the end, I became friends with all of them and it has just been awesome."

"I love knowing that Bennett is with kids who love the arts as much as he does and they are there to support him and laugh with him, as well as collaborate to allow everyone to be themselves while they explore and develop their talents," said Lisa Vatnsdal.

Both Kaitlynn and Bennett plan to return to the Sleepy Hollow middle school stage.

"Yes, for sure! This has been a great experience for me," said Bennett. "I hope we find more programs for me to be a part of, and I really want to be a part of the Sleepy Hollow musical within the next few years."

The Sleepy Hollow creators and directors involved with programming know that the performing arts will not be the passion of every child, but even with limited participation the basic skills and acquired confidence are universal.

"My advice is to just try it!" said Stordalen. "You don't know what your child might be best at. But in the meantime, they will be building lifelong skills that will make them confident, caring people. I'm guessing there are people who never tried singing, acting, or dancing because they were afraid of being judged or made fun of. How many stars have we missed because of this? If a child is entering sixth, seventh, or eighth grade, this is an excellent chance to try something new."

To learn more about Sleepy Hollow and its programs from kindergarten-aged students and up, visit www.shst.org. 7W



Jamie Christensen is a full-time licensed real estate agent, a communications and marketing professional, wife, and mom. She proudly supported her daughter this summer as a performer in the Sleepy Hollow Middle School





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RAHMI EIKHATIB:

EAGLE SCOUT'S STAR-SPANGLED SERVICE PROJECT

When Rahmi Eikhatib was six years old, his mom signed him up for Cub Scouts. He's been scouting ever since. Now, at age 17, he's got one last milestone to finish off his scouting career. That milestone is earning his Eagle Scout rank. There are several requirements that must be met to earn the rank of Eagle Scout, including completing a service project. Rahmi found a service project that has quickly become more than just a project.

"My old scout master gave

more that would like their flags replaced. I'm doing this free of charge, all the flags I'm giving out have been donated," he says. "The problem is my demand has exceeded my supply. That's a good problem I quess, because it means my efforts are working."

"I have heard that there are a few

Rahmi's next step is to organize a ceremony to dispose of the old flags. He has studied up on flag etiquette, and learned the proper way to dispose of the

flags he's collected.

"You're supposed to burn the flags ceremonially."

The flags will be folded in the customary manner, then placed on the fire. Etiquette suggests those disposing of the flag come to attention, salute the flag, and recite the Pledge of Allegiance. Once the flags are complete-

> fire should be safely extinguished and the ashes buried.

ly consumed, the

Rahmi will follow the etiquette to the letter. he because says it's the right thing to do. Much like replacing damaged flags is the

right thing to do.

me the idea to replace and retire damaged American flags," explains Rahmi. "People don't know that flying damaged flags is actually disrespectful. So as I replace flags for people, I try and educated them about proper flag etiquette too. I think most people do have good intentions, but they just don't know what's right because no one has ever told them. Maybe I can be that person that teaches them the proper etiquette for flying, storing, and disposing of the flag." Rahmi and his

team have replaced 15 flags and have another five lined up. That will be enough to meet his goal of 20, but Rahmi says there could be more.

"It's a small thing that can go a long way," he explains. "I'm not a veteran, but I think if a veteran sees a damaged flag, they might take offense to that, to see something they fought so hard to defend. It's a little thing, replacing flags, but it's like holding the door open for someone, it's a small thing that can go a long way for someone."

Rahmi's Eagle Scout ceremony is tentatively scheduled for mid-August. But while his project is coming to a close, Rahmi hopes the work he started will continue.

"I hope that my project has educated people about flag etiquette, and they'll remember this project and when they see flags that need repair, they'll do something about it."

As for Rahmi, once he earns his Eagle Scout rank, he'll turn his focus to his senior year of high school, and life after high school. He is considering a career in the Navy. W

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DARKESS by Jody Kerzman

137.

That's how many North Dakotans died by suicide in 2015.

Dean Leingang was one of them. His daughter, Ashley Jacobchick, wonders about the other 136.

"I am not ashamed. I have never hidden the fact that my dad died by suicide," says Ashley. "I have never hidden the fact that my dad struggled with depression. If I can help someone by telling his story, then I know I'm doing what he would have wanted me to do. He wanted to make sure others didn't suffer as he did. And if we saw it, he wanted us to make sure we helped them."

Dean's story starts in 2008, shortly after the death of his father. Dean started drinking and going to the bar, habits that Ashley says were out of character for her dad.

"My dad never drank," she says. "But in 2008, he started drinking. He and my mom ended up splitting up. They were high school sweethearts and had been together for almost 30 years. He went from being a man who would do anything for his family to being a man who couldn't do anything for himself."

Ashley quickly found herself playing the role of mother to her 45-year old dad.

"It got to the point where it was affecting me. I had anxiety. He was the last person I thought about every night when I went to bed. I thought "is he going to do it tonight? Is he ok? Is he going to drink too much?" Then every morning, the first thing I did when I woke up was text him to make sure he was ok. It was an obsession

and an extremely unhealthy thing to be doing."

Dean's battle with depression lasted seven years, from 2008 until 2015, when he ultimately took his own life. It was February 8, 2015. Ashley says the moment she woke up that morning, she knew he wasn't okay.

"He had been having a tough week. We had been doing some serious counseling and I was really worried about him. He kept telling me he was fine, but that morning I remember I told my sister and my husband I just knew he wasn't okay," remembers Ashley. "He wasn't answering my texts or calls that morning, his phone was shut off, which was unlike him. My sister and I ended up going to his house. He didn't answer our knocks, and the door was unlocked. He always locked his house. So we called the police. It was kind of cold out that morning, so we sat in my sister's car while two officers went into check on our dad. Only one came out and he couldn't look at us. He walked over to the car and said he was sorry, that our dad was gone. A piece of me died that day."

It is a moment that forever changed Ashlev.

"It has made me more compassionate, more understanding to what people are going through. I've always been a fixer and a nurturer. It's hard for me to realize I can't fix everything."

But Ashley has discovered a new purpose for her life.

"I just knew when it happened, when I lost my dad, that I wanted to be able to



save lives," she says.

Ashley is doing that by participating in the Out of the Darkness walk. The walk is to remember those who have gone, to help those struggling, and to heal. For Ashley, it is good therapy.

"The support for the walk is amazing," explains Ashley. "It is amazing to hear other people's stories and to know that I am not alone."

This year's walk will be the tenth annual Out of the Darkness Walk in Bismarck. Brenda Bergan was one of the driving forces that got the first walk organized. Brenda lost her 16-year-old son to suicide in 1993.

"When you lose someone to suicide, you feel like you're the only one going through it. The walk shows us we are not alone. It's an important part of the healing process," says Brenda.

"We need to educate and raise awareness about suicide," says Susan Wagner, co-chair of the event. "It's important to reduce the stigma about suicide. We need to talk about why it happens, what the warning signs are, and how to help people who are on the verge of suicide."

For many, including Ashley's dad, depression is the underlying issue.

"My dad left a 12-page note and in one of his first paragraphs he talked about depression. He said depression is a disease that had a hold on him, one he wasn't sure would ever let go," says Ashley. "He talked about the times he knew he should have been happy, but instead he would cry."

Stories like that keep Brenda and Susan working toward education and support. In addition to the suicide support group she runs, Brenda would like to get a depression support group started as well.

"For people who struggle with depression, every day is a battle. This is not a choice they want. No one wants to feel sad, and for some, the only answer is suicide. We need to change that," says Brenda. "Someone told me shortly after my son's death if you can bring some good out of the death of your son, you'll be honoring the life he lived. That's become my motivation."

Ashley has a similar motivation.

"If I can help one person, then his death by suicide will not be in vain. I have had many people reach out to me in the months since he passed—some I know and some I've never met before—and tell me their stories. I feel I've already made a difference, and my dad would be proud of me for that."

To learn more about the warning signs of suicide and depression, visit inspiredwomanonline.com. \mathcal{M}



The educational degree I admire the most in people cannot be earned in a classroom. Nor can it be learned on the streets. Still, you know when you are talking with a graduate.

Young or old, their eyes are deeper and their words more thoughtful. Their need to command is softer too, because they already know they are in full control.

I met my first of these graduates 34 years ago, when I began to work overseas. His name is Mateo.

Like children everywhere, Mateo one day heard the soft cry of a frightened animal. First he stopped to listen, then he lay down his school books and crawled on hands and knees through thick knotted bushes and inches-deep mud. Eventually he pulled a scratching, clawing little beast to safety.

Placing the trembling kitten warmly under his coat, Mateo ruined a brand new white shirt. He gained forever, though, the knowledge of what it means to have charity, compassion, and love.

It would be great if the story ended there but, of course, it doesn't.

T w e n t y
minutes later, 12
boys and girls rushed
loudly through a group
home I founded, ran into
the shower, grabbed soap and
shampoo, and shouted out the kitten's new name.

"Pfeifer," they said. In honor of actress Michelle Pfeifer's role as Catwoman in the Batman movie.

The children were clearly content to let me sit speechless at my desk.

They were watching the kitten. I was watching them.

These were a dozen orphaned children who just months ago had lived in garbage dumps and slept wherever they could.

They were boys and girls who had known abuse and neglect since the day they were born. Many had already learned to distrust the world.

And since they knew first-hand the bitterness of violent, alcoholic homes, only now were some beginning to have a sense of security.

They could have kept all of this to

themselves. Instead, they decided to make room to accept into it yet another one of God's suffering crea- tures.

Coming from the shacks and slums that surrounded our small home, these were beautiful kids trying desperately hard not to go insane. I

wished they would all make it but knew some who would not.

In much of our world today boys and girls grow up to be 18 years old without having ever spent a day in school, simply because no one takes the time to enroll them there. No one asks these children how they spend their days or where they are at night. They are surrounded by friends who become sexually active at 12, and get tempted into drugs and gang life about a year later.

Mateo and a few others knew this and even as tiny children didn't want any part of it. They desperately wanted to run away and hide from this reality, but had nowhere else to go.

So they dreamed of a different place where their world was safe and they didn't have to grow up alone.

They erected castles on the fertile grounds of their imagination, and planned to escape from the fetid soils of torn childhoods. Their ship to freedom was going to be school, they knew.

I made the children lunch one day and when I served Mateo his lunch he said, "Gracias, Papa."

Thank you, Dad.

There was a moment of silence and then the other kids broke into laughter. Over these past 34 years, hundreds of boys and girls have slipped and said those very same words, but seldom when they're surrounded by 20 of their friends. Mateo started to cry.

After lunch, Mateo came up to me and apologized for having called me Papa. He would understand, he said, if I was mad and wanted him to leave.

After we talked, I wrote Mateo this short note which he still has to this

For the love of God, Mateo, keep coming back.
Come and be a part of us, and please keep dreaming.

"Dream of what you want to be and dream of what you will not.

If your dreams die, Mateo, you too will die because your doors will close in front of you.

So keep them alive, son, and let yourself grow. Learn. Stay free. P.S. Call me Papa anytime you like.

Mateo, like others you may know, is a graduate of a deliberately thoughtful life. He's also now a very wise man. \mathcal{M}



Bismarck-native Patrick Atkinson is the founder and CEO of The GOD'S CHILD Project's international network of award-winning charities, which includes the 'Institute for Trafficked, Exploited & Missing Persons'. For more information, visit www.GodsChild. ora and www.ITEMPora.



We are all familiar with Dr. Seuss's comments on reading, with perhaps the most familiar being:

"The more that you read, The more things that you'll know. The more that you learn, The more places you'll go."

Dr. Seuss

These words of wisdom apply to children as well as adults. The value of reading aloud to children has been well-researched and the evidence is compelling. Perhaps less well-known, but equally important, is the value of reading to infants and even to babies before they are born.

I've read that a great deal of brain development occurs during the first three years of life. What a missed opportunity it is if we don't make reading a habit during those first few years. Children who are read to become better readers. Waiting for the school years, for the teachers to do it, is waiting too long.

Since 2004, pediatricians have made a concerted effort to encourage new parents to read to their children to foster early learning and create connections in the brain that promote language development. In their document titled "Why It Is Never Too Early to Read With Your Baby" they list these tips:

Cuddle up and read with emotion.
 Babies are happiest in your arms and

older children appreciate the one-onone attention.

- Choose colorful and sturdy books.
 Our eight-month-old granddaughter ditches her pacifier to chew on the flaps in lift-and-learn books. Her current favorite is Toes. Ears. & Nose!
- Plan a special reading time. Give your baby something to handle while you read to help lengthen her attention span.
- Read together every day. Make it a ritual. Let the child choose and be prepared for repetition.
- Make time to talk about feelings. This provides avenues for children to talk about their own reactions.
- Ask questions as you read. With older children encourage them to make predictions before you turn the page.
- Keep reading together, even when your child can read. "A child who reads will be an adult who thinks."

Despite several programs dedicated to promoting reading and much shared research about the value of reading, not all of the children in our country are read to daily. The numbers, however, are increasing.

It's free. It's easy. It's fun. It's worth making the time to do.

It's also a wonderful activity for grandparents to engage in with the grandchildren. A neighbor has a cabinet full of children's books upstairs though the original users have been gone for years! How fun for the grandchildren to find mommy's or daddy's favorite childhood book, perhaps with some crayon or teeth markings to make them personal.

I was recently sorting books upstairs, going through the books I used to keep in my Child Development classroom at Bismarck High School and our own children's books. Although some have been slowly drifting to new homes, many remain, all the better to entertain wee ones who come for a visit. The old-time favorites like The Little Engine that Could, Curious George, Madeline, and Hooway for Wodney Wat are still good stories. I remember being enthralled with Pollyanna, The Boxcar Children, and Nancy Drew books when I was young; now we have the American Girl books and The Babysitters Club books on the shelves. I recently mailed one of Giada de Laurentiis's cooking adventure books to our grand-niece in New Jersey. I hope it arrives before she goes to cooking camp.

Jim Trelease, a well-known read-aloud advocate, has written several books devoted to reading aloud and to providing extensive categorized listings of books. Emma Walton Hamilton, in *Raising Bookworms*, also provides excellent lists and great support for the read-aloud movement. She and her mom, Julie Andrews, have a series of books about Dumpy, the

cast-off dump truck who gets another chance.

Consider registering your child with the Dolly Parton Imagination Library, a program supported by our local United Way. Once your little one is registered, she will receive a book in the mail each month. Don't hesitate to check out the local thrift stores for inexpensive books. I recently found like-new books, even some classics, for \$.99 apiece. Garage sales are another great source of inexpensive books that previous owners have outgrown.

In our community, there are numerous story times at the Veterans Memorial Public Library, even for babies, with Miss Sparkles. Watch for announcements regarding story time, beginning this fall, in the attic at the Former Governors' Mansion. Expect to hear older stories (1800s to 1960) and maybe even see some rarely shown cartoons.

You can find magic wherever you look. Sit back and relax, all you need is a book.

Dr. Seuss \mathcal{W}



Pam Vukelic is an online FACS (Family and Consumer Sciences) instructor for the Missouri River Educational Consortium. As Grandma to Connor, Eivin, and Claire, she is familiar with the values and joys of reading to children! Pam splits her time between Bismarck and The Villages in Florida.





COMMUNITY CONTRIBUTOR



NORTH DAKOTA READING CORPS

WHAT SERVICES DO YOU OFFER?

North Dakota Reading Corps is designed to improve reading abilities for students in grades K-3. Third grade is a critical point in a child's education, as this is the point in which students go from learning how to read to "reading to learn." Therefore, students with deficient reading skills in third grade will often struggle throughout the rest of their school experience. The goal of the North Dakota Reading Corps is to ensure that students have sufficient reading skills by the time that

they leave third grade. North Dakota Reading Corps program combines the people power of AmeriCorps with the science of how children learn to read. Reading Corps tutors are individuals who have committed to a year of national service as AmeriCorps members. A wide variety of individuals serve with North Dakota Reading Corps including college students, retirees, and parents. In exchange for their service, AmeriCorps members receive a \$600 a month living allowance and an education award to be used for qualified tuition expenses or student loans when they successfully complete their term of service. Tutors serve 20 hours per week with the students and must commit to a 10-month time commitment. During the school

day, students are scheduled to spend 20 minutes one on one time with tutors to take part in a structured reading program. We currently serve 10 schools in Bismarck, one school in Mandan, and one school in Hazen.

' HOW LONG HAVE YOU BEEN AROUND?

The Reading Corps model was developed in Minnesota over 11 years ago and is now replicated in 12 states and Washington, D.C. North Dakota Reading Corps formally begin in 2012 and the program came to the Bismarck and Mandan area through



the Missouri River Education Cooperative (MREC) in 2014.

WHO DO YOU HELP?

We help students in grades K-3 who are just below reading proficiency for their grade level. Students are selected for service based on their reading scores because they fall into a set eligibility range. We also help our AmeriCorps tutors by providing them with experience that they can apply toward future career plans. This is especially helpful for those planning to go into education or community and public service.

HOW ARE YOU DIFFERENT THAN OTHER AGENCIES?

North Dakota Reading Corps is unique in that it is a collaborative effort between school districts, regional education associations, federal and state government agencies, and community foundations focused on eliminating the literacy gap in North Dakota. Reading Corps is a data-driven program which uses research-based interventions to work toward this goal.

74% of students that completed the program exceeded the target rate of growth for their grade level to catch up with their peers.

HOW CAN PEOPLE CONTACT YOU FOR HELP?

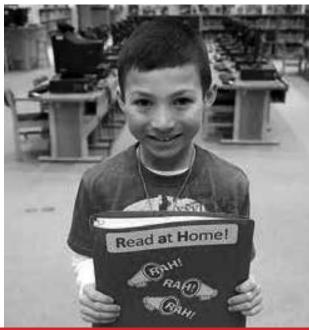
To get involved, call 701-751-4041 or email jim.upgren@mrecnd.org.

HOW CAN PEOPLE SUPPORT YOUR ORGANIZATION?

Without individuals to commit to serving as AmeriCorps tutors, we will be unable to help all of the students in Bismarck and Mandan who need extra support learning to read. We are currently in need of tutors for the upcoming school year and would encourage anyone interested in making an impact on the lives of children to visit www.ndseec.com/readingcorps to apply to become a Reading Corps tutor. *W*









This list of Capital City Arts & Culture events is provided by Dakota West Arts Council. If you have questions or would like to have an event listed, please contact Eileen at Dakota West Arts Council (DWCA) dwac4arts@hotmail.com. Dakota West Arts Council is a non-profit organization that leads, advocates and advances arts and culture in Bismarck and the capital region. Learn more at dakotawestarts.org.

For even more events happening during August, please visit our website: www.inspiredwomanonline.com. You'll find links to other lists of events, as well as our top five events each week. If you've got an event coming up that you'd like us to include, please share it on our website!

August 2016

O3 Capitol Shakespeare Traveling Troupe

Eckroth Music, Time TBA Performing scenes from Shakespeare's First Folio

04, 11 Urban Harvest Downtown Bismarck

04-06, 11-13 "Magical Pied Piper"

Shade Tree Players Frances Leach High Prairie Arts & Science Complex

06 Breakfast at the Zoo Dakota Zoo

06 Capitol Shakespeare Traveling Troupe Former Governors' Mansion at 7 p.m.

Performing scenes from Shakespeare's First Folio

06-07 42nd Annual Capital A'Fair Arts & Crafts Festival Capitol Mall

06-07 Flickertail Woodcarvers Carving Demo Capital Art A'Fair

06-10 CABARET

Sleepy Hollow Theatre & Arts Park Pre-production ND Humanities Council

10 Jennifer Lyn Elks Lodge

11 TEDxBismarck North Dakota Heritage Center

11 STARLIGHT CINEMA – LABYRINTH Sleepy Hollow Theatre & Arts Park (at dusk) In cooperation with D & N Cinematics

13 The Muddy Puddles Mess Fest Bismarck Parks and Recreation District

16 Flickertail Woodcarvers Whittle-In Sertoma Park Shelter

19 Dan Tedesco Lucky Ducks Pond

19-20 Wild West Grill Fest Dykshoorn Park

21 Buckstop Junction Corn Feed and Flickertail Woodcarvers Carving Demo Buckstop Junction

26-27 Unleashed Broken Oar, Mandan



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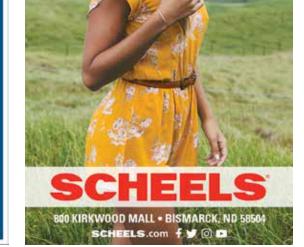


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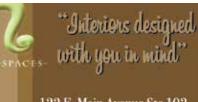


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For even more on the stories in this issue – including photo galleries with Beth Demke, Brad Leingang, and Brieanne Schmidt – visit our website:

Inspiredwomanonline.com



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COMING IN SEPTEMBER:

"Put me in coach!"

It applies to more than just athletics. There are many ways coaches are making an impact on people's lives, both on and off the playing field. Here are a few stories we're already working on for the September issue:

- One woman is using her own life experiences—both positive and negative—to help others develop skills to succeed.
- We'll have some advice to help parents be a positive voice in the bleachers.
 - Say cheese! September means it's school picture time. We've got tips to help make this year's school picture one for the scrapbook.

THIS IS SOMEONE'S CHILD. THAT'S WHY IT MATTERS.



Something wonderful about your Bismarck-founded international charity, The GOD'S CHILD Project, is that it cares for, educates, cures, and clothes 13,700 impoverished people each day; locally, regionally, and around the world.

Something incredible is how much fun and satisfaction YOU get by helping others too.

HAVE FUN. SAVE LIVES. COME TO THESE:

Partial List of Upcoming GOD'S CHILD Events to benefit the children...

Aug 5 - 7 - Morton County Fair, New Salem

Aug 9, 6pm - 8pm - GOD'S CHILD Project Reception, Bismarck Municipal Country Club

Aug 20, 10am - 4pm - Festival on Main, Minot

Sep 16 - 17 – Downtowner's Street Fair, Bismarck

Sep 30, 12pm – Power Hour Luncheon, Bismarck

Oct 1, 3pm - 7pm - Cotton Wood Bluegrass Benefit Concerts, ND Heritgage Center

Oct 20 - 21 - Fall Fest, Baptist Health Center, Bismarck

Oct 21 – Dream Maker Ball, Ramkota Hotel, Bismarck

For additional activites and more information on how you can save lives while having fun, visit: www.GodsChild.org/events

