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through Christ who strengthens me."
-Philippians 4:13

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DAILY FUN, ENTERTAINMENT,
FOOD, MUSIC AND MORE!



North Dakota TODAY

WEEKDAYS AT 9:00AM



Editors' Notes



I'll never forget a phone conversation I had with long-time KUMV-TV sports director Jon Cole in the early 2000s. I was working at KFVR and I had called him for help with a story when Jon suddenly said, "You played sports didn't you?"

Not sure where he was going with this, I told him I had. I played basketball throughout high school and two years of college.

"I could tell," he responded.

He went on to tell me about how he can tell right away whether a co-worker has been a part of team sports. He told me about how being a part of a team makes us better employees; we know how to work together, get along with everyone, and respect others.

I'd never thought about it like that, but I knew he was right. I am grateful for my many years I was able to be a part of a team. I wasn't the best player, but I definitely learned some great lessons that have helped me as an adult. I made lifelong friends and had some great coaches who I still talk to today. They helped shape me, and helped me realize what's really important in life (hint: it has nothing to do with winning a state championship, which I never did).

As we worked on this issue it hit me: coaches are not just a sports thing. There are coaches and mentors in all parts of our lives. So, even if you're not an athlete, I challenge you to find someone to help you reach your goals, to coach you to success. And then return the favor and become a mentor to someone else.

Jody



"A year from now you will wish you had started today." –Karen Lamb

I still remember the moment I saw this post on a friend's Facebook wall in December 2013. It was the same time I was making plans to leave my career in television news to be an entrepreneur. That friend, who is also a business coach, had no way of knowing the impact or timing of this quote for me, but I let her know.

Those words caused me to take a good hard look inside myself and begin to face any remaining fear and doubt about my future. That friend did the same when she became my coach a short time later.

That's what a coach or mentor does. She doesn't attempt to turn you into something you aren't or someone you "wish" you could be. Women who coach and mentor others help uncover and nurture what is already inside of you; your natural gifts and strengths. A coach is in the passenger seat—not the driver's seat—asking you where you want to go and how you want to get there, all in pursuit of your greatest potential. A coach helps you become more of who you already are.

"Coach" has typically been a word that we think of when we talk about sports. But in this issue we introduce the many ways women coach and mentor people in life; in finances and business, health and wellness, and life in general. Isn't it great to watch women helping each other become better?

I hope you find something helpful in this "Thanks, Coach" issue; perhaps an article worth sharing with a friend. Maybe there is something you don't want to wait one more year...to get started today.

Marci

BIG GIRL PANTIES

Athletes Return Coach's Inspiration

by Renae Hoffmann Walker

Put your big girl panties on.

That's what Century High School cross country coach Julie Stavn has told her team members for years. Now they are telling her the same thing.

Rewind to Harvey, ND where Julie was number five of 10 children. A self-professed tomboy, Julie used to play baseball with her five brothers.

"When I was in high school, Title IX wasn't signed into proclamation yet so all there was for girls was track, which I competed in as a long sprinter," she recalls.

Julie's love of sports took her to Minot State where she got an undergraduate degree to teach physical education. Her first teaching job was at Simle Middle School in 1977, where she also coached girls' basketball, gymnastics, and track. She also taught adaptive PE at Richholt. From 1978-81 Julie taught PE and coached volleyball, swimming, and track for Bismarck High. She took a leave of absence for a year to complete her Master's degree. She has been coaching at Century High since 1982.

"In 2013 I retired from the classroom but I still wanted to coach. It's a rewarding gig!"

Julie has coached most of her career. She wonders now how she did it after

she got married (to teacher/coach Rockie Stavn) and had three sons (Thad, Rockie II, and Tanner).

"There are so many more female athletes now, but when I go to coaches' conventions, it's mostly men. It's a big commitment and these days, with camps, open gyms, workouts, and weightlifting; sports are practically year round."

Julie has coached cross country at CHS for 33 years and track and field for 27.

"I've enjoyed everything I've coached but cross country is a different culture. You don't 'play' cross country like you play volleyball or basketball. It takes a different person to run cross country because it's hard work," Julie explains. "The team becomes your family. When you run distance with someone day after day, you develop a relationship; you talk about things you wouldn't share with others."

INSPIRING TRADITIONS

Julie values every member of her team. She says the girls she admires most are those who show up every day, work hard, and are good to everyone. They may not win or even place, but they are doing their best, they are dedicated, and they don't give up. That's what inspires Julie. In turn, she inspires her athletes with affirmations and personal notes for each girl before every meet. She also started a tradition of putting dots on the notes that the girls could remove and put someplace as a reminder— like their cell phones or rear view mirrors. One girl wanted to put them on a teammate's back as motivation, so now they are known as speed



(LEFT) Coach Stavn and Cael Stenehem - 2014 Cross Country Meet
(RIGHT) CHS Cross Country team at 2014 Wilmar Meet

dots. Another runner said, "Don't answer the phone," which means don't listen to the negative voices in your head when you are running. That was her legacy to the team.

COACHING MEMORIES

Forced to pick a memorable moment in her long career, Julie says it was Century High School's first state champion track team in 1999.

"We had a remarkable group of girls who told me as freshmen that they'd be state champs their senior year. On the bus to state, they said they'd break the school and state records in the 4x800 and they did. They had a goal and a mission; it was truly inspiring to me."

She also remembers the first time CHS won state cross country in 2014.

"We had a really passionate and dedicated group of seniors that year that led us to the state championship win."

On one memorable bus trip to the state track meet in 2007, Julie recalls it was pouring rain.

"Before we got off the bus, I said, 'Today is a good day if you are a duck. There are going to be kids who aren't going to perform today but it won't be us because we are tough and we are mudders and we will let them know Patriots came to compete no matter what the weather. So today it's time to put your big girl panties on and compete. Go out and show me what you're made of. 'Who wants to win the big girl panty award today?' We had an amazing first day," remembers Julie. "So many of our athletes stepped up and it was a

hard decision choosing just one girl to win those panties!"

CANCER DIAGNOSIS

This spring, when Julie shared her cancer diagnosis with her team, she knew she'd have to put on her big girl panties to get through this battle, which she likens to a marathon. Since then, she's gotten several pairs of her own big girl panties, as well as cards, flowers, well wishes, and home cooked meals.

"They have surrounded me with so much love and goodness. Kids ask me every day how I'm doing. They know that I feel the most important thing to bring to practice every day is a positive attitude. I'm a very positive person."

Julie is back coaching girls' cross country at CHS, as well as being an assistant coach for spring track.

"Julie is passionate about giving kids an opportunity to participate and stresses the importance of being on a team. She still has great energy at each and every practice and competition," says Bismarck Public Schools Activities Director Dave Zittleman.

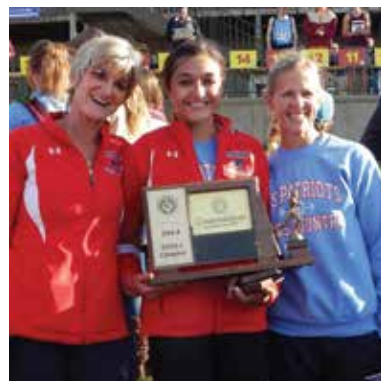
Despite battling cancer, Julie is still there for her girls. That "distraction," she says, is the best medicine.

"I feel blessed to be able to do something I love that's so fun and rewarding."



Renae Hoffmann Walker is a Bismarck native and has enjoyed many years as Community Relations Director at Bismarck Public Schools. She and her husband Dwayne are river rats, empty nesters, and seasoned travelers.

(LEFT) Coach Stavn and seniors at Anderson/Stavn Meet 2015
(RIGHT) Coach Stavn, Jaiden Schuette and Coach Hansen at 2014 State Cross Country Meet



HAPPINESS IN THE BLEACHERS

It's Just a Game

by Paula Redmann



We've all been there. You're happily attending your child's sporting event. You're thinking you are—once again—the WGM (World's Greatest Mom) because you got your child to the event on time, with the right shirt, the right equipment, two matching shoes, a snack, a change of clothes, a coupon for a treat afterward, AND (double bonus) other relatives in the stands. Yes!

The event begins. There is applause and encouragement spilling forth from the stands. This is America. Life is good. Smiles abound. And then, you hear it: that one ugly comment from another parent. A derogatory remark. You're not sure who the target of the remark was. Was it meant for the official? The coach? Oh, no. NOT a child. Not your child. Not anyone's child. You feel a group cringe and a bit of a turn in your stomach. And you do your best to clap louder, so that the target of the remark is not hit again.

DON'T BE "THAT" PARENT

What can you do to make sure you are not that parent in the crowd, to show your support for your child—in whatever activity—in a positive and encouraging way?

The list of recreational opportunities for kids in Bismarck-Mandan is very long and very diversified.

What does your child like to do? Is it cheerleading, dance, football, or basketball? Cross country or lacrosse? Flag football or swimming? Volleyball, archery, hockey, or track? Perhaps it's fencing,

swimming, figure skating, or tennis? Baseball or softball?

No matter what your child's recreational interest is, as a parent, you're involved. You're in it, all the way from the point of registration and fees, to transportation and fundraising, and then to the competition. From the get go, parents should know their role in the big picture. You're not the coach. You're not the official. You're not your kid. You're the parent. Your role is support staff, actually, to be there and be positive, with a capital P.

KEEP PERSPECTIVE

Randy Bina, Bismarck Parks and Recreation District's Executive Director, says parents should keep in mind that recreational activities provide valuable life skills for their child, like listening to the coach, supporting your teammates, respecting the officials, and being a good sport.

"Parents should keep it all in perspective, and keep it all positive," says Bina.

The scoreboard might show a loss, but did your child learn something new? Perform a difficult skill? Take their turn? When a parent focuses on outcomes and lessons beyond the score, the parent is instilling and modeling behaviors that go far beyond the game outcome. Positive and supportive parents focus on learning skills, playing the game and having fun, not on a "win or nothing" mindset.

Sports media would like us all to believe that sports are larger than life. What

gets lost in translation is the fact that it IS just a game. Doing your best and coming in last is still worth celebrating. It's interesting to note that even if a game is lost, the sun still comes up the next day.

BOTTOM LINE: KEEP IT FUN

"We should all want our kids to be busy, to try a variety of activities, and perhaps most importantly, to have fun," says Kevin Klipfel, Bismarck Parks and Recreation District's Facilities and Programs Director. "Recreational activities provide all those things."

According to the National Recreation and Park Association, the more your child is having fun, the more relaxed he or she will be, and the more they'll look forward to the activity. No fun means your child could burn out and even drop out of that activity.

Did you listen to some of the post-event athlete interviews at the recent Olympics in Rio? More than one elite athlete, who possibly trained for four years for their sport, said, "Well, that was FUN!"

What's the biggest motivation for kids to participate in activities? So they can have fun.

What role will you choose? Will you be the parent who yells at the official? Yells at the coach? Yells at other parents? Belittles your child's teammates?

How about choosing a different path? Why not instill confidence, leave the coaching to the coach and the enforcement of rules to the officials, make your child feel good, learn from losses, and let your kid be a kid? Why not facilitate some happiness in the bleachers?

It's really ok to be passionate and competitive, but it's even more ok to be supportive, positive and understanding. At the end of the day, are you trying to raise an athlete, or are you trying to raise a good human with a good heart? *mw*



Paula Redmann is the Community Relations Manager for Bismarck Parks and Recreation District. She likes to run, walk, play, sing, putter in her yard, laugh with family and friends, and count her blessings. She married her high school sweetheart, Tom. They have two grown sons, Alex and Max.

Find out more about how to support your kids in their activities at bisparks.org.

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THROUGH YOUR TRAINER'S EYES

As a personal trainer, I have met a very diverse group of female clientele. I've trained elderly women with a prescription to improve their strength and balance. I've helped athletes gain extra endurance to get them higher marks. And of course, I've worked with the young ladies that want to look their absolute best for their wedding day they have spent countless years envisioning a certain way.

Although these women are diverse in what they're looking to get from a trainer, most of them share one thing: they don't recognize their true potential.

I witness these same women giving it all they have during a training session, without complaining and showing up week after week. Yet, they lack self confidence when it comes to other areas of their lives. I hear complaints about their weight, the daily stresses over their diets, and questions about why they can't fit into the clothes they once wore in high school—afterall, the styles are coming back around!

If there is one thing I could show these women, it would be what I—and others—see in them. Their beauty, their resilience, and their worth are not measured by a number on a scale, or the shrinking numbers of a dress size. They are strong women that I (and others) be-

lieve in.

As a woman, I can totally relate to the “off” days. There are mornings that I look in the mirror and realize the outfit I liked so much on the hanger doesn't look nearly as good on me, (I like to blame it on the mirror, personally) which sends me back to try on the next item in line.

There are days that my motivation is completely drained, and I get down on myself for not weighing the perfect number that I made up in my head, or not looking like those perfectly photo-shopped models in a fitness magazine. When this happens, I've learned how to catch it quickly and retrain my brain.

MENTAL CHECKS:

- *Emphasize your good qualities.* Repeatedly tell yourself how great you are, and believe it! Wear the cute but daring outfit and confidently embrace the compliments that come pouring in. Afterall, people are telling you because they mean it!
- *Shed the negativity.* If there's somebody or something (like a bad habit) that erodes your confidence, kick it out! There is only enough room in your life for the things that uplift you, whether it's body, mind, or spirit. It's remarkable how easily one's day mimics a smile or a frown.
- *Do things that make you feel good.*

Are you an ice cream fanatic like me? If so, treat yourself once in awhile. (Be careful not to overdo it though, as guilt and low confidence are step-sisters.) Do your hair, smile at a stranger, get your car washed, help somebody who needs it. You've got all the tools to boost your confidence within your reach every single morning. Don't let them go to waste.

EMBRACE YOUR CONFIDENCE

Don't spend any more time trying to please others, or worrying about what someone thinks when they see you for the first time in 10 years, and for goodness sake STOP doubting yourself! The real meaning of self confidence has very little to do with its actual dictionary defi-

nition. Be confident in your uniqueness, what makes you who you are—whatever that may look like. That is what you were given, so instead of trying to tuck it away in self doubt, rock the heck out of it!

There is no better feeling in the world for a personal trainer than that of helping a client reach a goal. Women are unstoppable and when we put our minds to something, we will darn sure achieve it! If we as trainers have confidence and belief in you, you should too! *™*



Lisa Dingeman is a devoted wife and the proud mother of two boys. She is a personal trainer in Bismarck and is working on doing her third fitness competition. Lisa has devoted her life to faith, family, and wellness.



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STACY LEE

Stay-at-home mom of four Stacy Lee never dreamed she'd be running a successful business from her garage. But a quick glance around her Bismarck garage proves it is very much the heart of her business, The Little Things.

"I have always loved crafty stuff," says Stacy. "I started with furniture, but I really wanted to do signs. I'd see these cool wood signs in stores and I just knew I could make them."

In 2013, she invested in a machine to cut stencils. She used it once in the first year. Finally, she learned how to use the machine, and started making wood signs. At first they were just gifts for family and friends.

"They kept telling me I should sell them but I didn't think anyone would buy them," she remembers. "They really encouraged me to try, so I did, and they were right! I set up a Facebook page and got an order, then another, and the orders just kept coming."

Now, two years into her business, Stacy has started offering in-home painting parties.

"It's perfect for people who want to craft, but maybe don't have the supplies, or don't know where to start. I bring everything and guests go home with a wood sign ready to hang."

Stacy plans to start offering kids' parties soon. Her signs are available by custom order on her Facebook page, [facebook.com/stacyslittlethings](https://www.facebook.com/stacyslittlethings). You can also contact her about parties there.



LEIGH KAEDING

You might have one on your refrigerator: a photo strip of pictures taken from inside a photo booth with family, friends, or co-workers, all wearing goofy hats, oversized glasses, and feather boas. And one of you is holding a sign that reads, "I'm here for the beer!"

It's thanks to the photo booth craze which took off in North Dakota after Leigh Kaeding started the first local operation of its kind, in the fall of 2011. Leigh says she added DY Photo-booth to her digital video production business when she learned local hotels were bringing photo booths from out of state for weddings, holiday parties, and corporate events.

"That really lit a fire under me to say, 'really Bismarck? We can do this,'" Leigh says.

Leigh's fire caught on quickly. After only a few months of operation, her business was booked almost every weekend. Leigh has since added two photo booths and six staff members. After capturing moments with too many people to count, Leigh and her husband Kevin, who works alongside her most weekends, have marked their own milestone, celebrating DY Photobooth's 500th event in August.

"We just feel so blessed. It's one of those things you think you're going to try, and think maybe it's going to work. And the community just keeps wanting more and more and more."



LYNDSEY SCHEURER

Lyndsey Scheurer, a senior at Century High School, is Miss North Dakota's Outstanding Teen. She went to Orlando, Florida in August to compete at Miss America's Outstanding Teen pageant. She says the experience was "fun, but exhausting."

As part of her year of service, Lyndsey partnered with the North Dakota Homeless Coalition and Mid Dakota Clinic to start a Mercy Box project. She worked with businesses to collect over 2,000 pounds of travel size toiletries that were put together in "blessing bags" at a local church and given to people in the community who were in need of such everyday items. She has also participated in food drives to donate non-perishable items to charities like Carrie's Kids, and she's collected Beanie Babies for children at the Ruth Meiers Hospitality House.

Lyndsey says pageants have helped her gain confidence, poise, and stage presence. She's also met many lifelong friends.

If you know of a girl who would be interested in being in the Bismarck-Mandan Scholarship Pageant on Sunday, October 9, at 4 pm at Simle Middle School in Bismarck, please email bismanscholarship@gmail.com or visit bismanscholarship.org. The registration deadline is October 3. Contestants range in age from 5 to 24 years old and participate in a private interview, talent competition, lifestyle and fitness, evening gown, and on-stage question. Winners will compete in the state pageant in Williston in June 2017.



ERICA HAGER

Breastfeeding moms often feel isolated and uncomfortable feeding their babies in public. Mandan mom Erica Hager remembers the feeling well.

"A few times when I was nursing my babies in public someone would look my way and smile. I felt like they were offering support, but maybe they were just staring at me," says Erica.

Erica figured other moms probably felt the same way, so she designed "normalize breastfeeding" cards to help people offer quiet support to a mother without startling a nursing baby. The message on the card reads:

I am giving you this card to tell you how much I appreciate seeing a mother breastfeed in public. Thank you for doing what is best for your baby, and helping to normalize something that should already be normal. By breastfeeding in public, you are giving other moms the confidence to do the same.

Since her Facebook post about the #NormalizeBreastfeeding cards, Erica has sent them around the world. They are now available as a free download on her website, bisonbooties.com, or as a free add-on to all website orders. To learn more, or to get larger quantities of the cards, contact Erica at erica@bisonbooties.com.

By the way, Erica is expecting her third baby in November. She plans to nurse this baby, just as she did her first two. But this time, she says she'll do so with a little extra confidence, thanks in part to this project.

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Lorraine Davis

SHARING A VISION

by Marci Narum | Photography: Photos by Jacy



“Where there is no vision, the people perish.” —Proverbs 29:18



Without a vision for the future, Lorraine Davis fears that Native American people—and non-natives who share similar struggles—will continue to suffer hardships that have become the norm and part of the culture. A member of the Sisseton-Wahpeton Sioux Tribe in South Dakota, a descendant of the Three Affiliated Tribes, and a graduate of United Tribes Technical College (UTTC), Lorraine shares her own vision with Native Americans transitioning into the Bismarck-Mandan community. She is determined to help them break the cycle of poverty and homelessness which are often the result of lacking higher education, and struggling to overcome addiction and repetitive incarceration.

In fact, she has already started. Lorraine is the founder and executive director of the Native American Development Center (NADC) in Bismarck. Its mission:

To strengthen and advance Native American individuals and families by providing supportive services and resources designed to preserve culture and promote economic security.

Lorraine incorporated the center as a non-profit organization in 2012. She began offering workshops, referrals, and outreach in early 2014 and has been developing additional programs, all from a tiny rented office in south Bismarck.

The NADC recently received its first major funding to expand. Lorraine says this fall the center will launch more supportive services, including life and financial coaching. She says the overall purpose of the NADC is to address clients' socioeconomic struggles—the same ones she experienced in 2001, when she moved from the Sisseton-Wahpeton Reservation to Bismarck to attend UTTC.

“I came here a single parent with all kinds of challenges and lack of skills,” Lorraine says. “It’s the social challenges of my own life that I see being repeated by others. Challenges that are not specific to Native Americans—alcoholism, drugs, abuse, domestic violence, child neglect, and youth drinking. It all leads to the breakdown of the family. Addic-

tion brings instability. I use socioeconomic as the broad umbrella—your income and job, your house, car, anything you need for survival is impacted because of social challenges.”

Lorraine has spent countless hours explaining the dream and concept of the NADC to community leaders, agency partners, and lawmakers. But as she begins to launch more services, Lorraine hopes she can move from her 200 square-foot office into a larger space to accommodate clients. Her ultimate dream is a community center and affordable housing for families.

“In other urban areas they are called Indian Centers. Basically, that’s what we are building, an Indian Community Center. But we want programs staffed and funded sufficiently. And right now it’s in the early building blocks phase. It takes time.”

DESTINED FOR MORE

Lorraine has spent most of her life thinking about and planning this dream. Her motivation comes from her own experiences and having a vision for a better life and future. Because, you name it—this strong, beautiful, and determined wife and mother has experienced it:

Homelessness.

Physical abuse.

Substance abuse.

Trauma.

Even incarceration.

Throughout those dark times, Lorraine clung to a vision; she could get herself to a better place. She had a keen sense of awareness and faith that however difficult her circumstances, she would overcome them.

“That’s how my whole life transformed. If I had not been visionary, living by faith and not by sight, I wouldn’t have been able to break the chains of poverty, addiction, and homelessness.”

Even at her lowest points, Lorraine believed she was destined for more. She says remembering her roots saved her life; her family values, a mother who was honorable and took her to powwows,



“And you can’t give up. You can’t accept poverty or the social ills as a way of life.”

— Lorraine Davis

and grandparents who raised her in the church.

“You can only go so far going downhill before you realize, ‘Wow, I’m downhill!’”

Lorraine recalls one of her darkest moments, while living on the Sisseton-Wahpeton Sioux Reservation. She described a cloudy haze lifting, allowing her to finally see how badly her life had spun out of control.

“There I was, looking out the window of an old beat up apartment with my seven-year old son. His dad is going to prison again. I have nothing. I’m lucky to just have shelter. But I could see for myself that this is not how I want my life to be. I refuse to feel defeated. I’m going to college. I’m getting out of here. At that moment I took the first major step toward taking control of my life and my

son’s life.”

BREAKING THE CHAINS

Lorraine says choosing higher education is the first step for someone trying to break the chains of poverty, violence, and substance abuse.

“You are halfway there if you make it to college. And you can’t give up. You can’t accept poverty or the social ills as a way of life. Even if you’ve been beaten to the ground and feel hopeless, stay committed that, ‘This is it, I’m going to have a better life.’

“I see it at UTTC. I know students go through it. They’re developing. They’re gaining confidence because they know they’re going forward. They’re doing something good. So many people come to UTTC from reservations all around the country. They come to have a better life.

But what I’ve learned over the years is you can keep going to college and striving to break the chains of poverty, but it takes work. You don’t just go to college and all the social ills go away. You have to develop spiritually, mentally, emotionally, culturally, and economically.”

MENTORING WITH A PURPOSE

Lorraine collaborates with UTTC, as well as dozens of other community partners, and she says the services of the NADC help fill the gaps individuals experience during life transitions. The center has core focus areas which Lorraine identified as needs based on her own experiences: Housing and Jobs Placement, Financial Literacy, Homeownership and Career Development, and Mentoring.

“Mentoring would have really helped me expedite my personal and professional development. So we want the NADC to have a mentor network for clients, supportive people to call who have values they share and desire. It might be more than one mentor. Some might have the professional background you desire. Another might have a spiritual background you’re seeking.

“That’s a primary reason the center is here,” Lorraine says. “Another is financial coaching services to help a person navigate and build their credit score, understand banking, economics, tribal land ownership, and home buying.

“Traditionally, you’re expected to get a job, go to work, make money, and pay your bills. Today, a person needs a good credit score and clean criminal record. And if you want to give your children a good start, you need to build equity commonly achieved through homeownership. But first you need a good credit score. Your personal value is dependent on your credit score, not so much on cash at hand.

“For example, someone has mineral rights for their land. There are so many Native Americans getting royalties and big checks; it’s life-changing for those who were low to middle income. They get these big checks and don’t know how to manage that money, because, for many of us, we weren’t taught the concept of economics, or banking, or equity. How do I build an investment? How do I think forward? We want our clients to take ownership of their situations. That’s the whole purpose of pro-





"When your parents haven't broken the cycle for you, then it's up to you. You're the change-maker for your kids."
— Lorraine Davis

viding financial literacy coaching."

FAITH AND VISION

Lorraine believes when a person takes ownership of their situation and the choices they've made, it's the beginning of embracing a vision for the future. They also become an agent of change for their life, and the lives of their children and others; beginning the process of breaking the chains of social ills.

"When your parents haven't broken the cycle for you, then it's up to you. You're the change-maker for your kids."

Lorraine and her husband, Scott Davis, the Indian Affairs Commissioner for North Dakota, are doing that for their adult son, and three young children.

"Everything we do to succeed is for them. We want to have something to offer them and not put them in a situation

like I was in, alone, trying to make it."

Meanwhile, Lorraine's oldest son, who was with her during her most difficult years, is now 22, and struggles.

"He's figuring out life right now. It hurts because we're trying to break the cycle and I can't help him until he wants it."

Lorraine knows from experience that it will take time to see a transformation. Part of her own effort to be the change for her family, the community, and her people is the Native American Development Center. Lorraine is relying now on not only her vision, but the vision of others—and her faith—to make it happen.

"I used faith to build my own life. Don't pay attention to nay-sayers. Don't let them into your inner circle. Faith and vision have been the core of this whole process. It's not for me. It's for them." *M*



To learn more about the Native American Development Center visit nativeamericandevcenter.com

Angelina Davis 11
Santana Davis 9
Scotty Davis, Jr. 3
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WOMEN & MONEY:

Making Money Management Unmistakable

The U.S. consumer is awash in financial information and tools in preparing for their financial future. An Internet search of the words "financial planning" generates millions of web hits. With all this financial know-how at Americans' fingertips, it's reasonable to believe they are doing the things to put their financial house in order. Right?

Wrong. Americans tend to avoid financial goal setting. If they do set goals, they focus on a specific one such as saving for college or retirement. However, they often fail to look at the entire picture, including weaving their personal values into the equation, which can be critical to building a personalized financial program. A holistic approach to managing your finances links decisions about money with matters of the heart.

Another common mistake is making a financial decision without understanding its effect on other financial issues. One's choices do not operate independently from one another. Attention to estate protection, for instance, will affect the resources available to address other needs and desires, such as vacations or giving to charity. Financial professionals can help you with decisions to fit within a universe of other money matters.

What are some other areas to consider? Here are some ideas from Thrivent Financial:

- **Confusing full-throttle financial strategizing with just investing.** The consideration of mutual funds and other investment products in money decisions is only one option in a sea of other financial tools.
- **Thinking that only the rich should pay time and attention to managing their finances.** Monetary worth should in no way sway whether or not one hones financial skills and adopts a financial philosophy.
- **Believing that it can wait.** Time generally can help a well-developed financial program, so getting a jumpstart on retirement planning at a young age is a good idea. Also, crises can happen at any age, and financial preparation will help a person be better prepared to deal with those unexpected ruts.
- **Neglecting to re-evaluate financial decisions periodically.** Reviews should be done on at least an annual basis. Life events—like marriage, childbirth, job changes, home ownership—should also be signals to revisit financial goals.

Financial information is out there, and the more Americans can learn about financial matters, the better. Building financial knowledge, getting started early, seeking help when needed—these actions will help make personal money management unmistakable for potential long-term success.

Thrivent Financial is represented in the local area by a number of financial representatives. This column was prepared by Thrivent Financial for local distribution. Individuals interested in contacting a local Thrivent Financial representative can find more information at Thrivent.com.

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BUSINESS COACHING:

Digging Deeper and Creating Success by Kylie Blanchard

"There's more to business coaching than just business," says Mary Jo Van Horn, business coach and owner of Van Horn Media Inc. "Business coaching helps business owners and entrepreneurs grow their business. It helps them to shift from the reality of where they are to where they want to be."

Mary Jo, who has owned Van Horn Media for more than a decade, has also been coaching business owners in recent years. She says she was drawn to business coaching through her own experiences.

"When I started Van Horn Media 13 years ago, offering media planning and buying services, it was a fast success, but I kept feeling like there was something bigger I should be doing."

In 2009, Mary Jo co-founded a software company with her best friend.

"It wasn't a fast success. Within 18 months the friendship was over, I bought out her shares, and threw myself into the work," she recalls. "On the outside, I put on a brave face. But on the inside, I felt like a failure. And eventually, I hit the wall of total exhaustion. When I hit rock bottom and admitted I needed help, and accepted help, I started this journey to build myself back up. I invested in coaching and saw how much it helped."

"Through this experience I was so drawn to this impact and path I started getting my coaching certifications," she continues. "I feel called to help others, and I am also doing something that is fulfilling to me."

Mary Jo focuses on one-on-one coaching with clients.

"It's not cookie cutter by any means," she notes. "We start with where a client feels stuck and then focus on where the client wants to be. Everyone's version of success is different, and we look at how we want their business to look."

Her business coaching is also focused on a client's thoughts and energy.

"Business building is around 90 percent thoughts and energy and only 10 percent strategy. If you are stuck, it's almost always a thought process or limiting belief."

"Ninety-five percent of problems individuals think are business problems are really personal problems in disguise," Mary Jo adds.

Sommer Jacob, owner of Studio North, which specializes in helping women entrepreneurs transform and grow their business by designing an authentic, magnetic brand, was a client of Mary Jo's and quickly realized the benefits of business coaching.

"Business building is around 90 percent thoughts and energy and only 10 percent strategy. If you are stuck, it's almost always a thought process or limiting belief."

—Mary Jo Van Horn



"I believe we learn from others and we grow through our connections," she says. "I've worked with many coaches over the years on both personal and professional levels and find so much value in coaching."

Sommer says she was first drawn to Mary Jo as a mentor.

"She was successful in her businesses, I was just starting mine, and I wanted to know how she got there," Sommer notes. "When she shared with me that she was going to become a coach, I was thrilled! I was fortunate enough to be one of her first clients. Like most people, having someone to help keep me accountable to my own promises, helps me to achieve my goals."

Sommer invested in several of Mary Jo's programs. The Soulmate Client® Intensive and Clarity, Confidence & Sales program were her favorites.

"The top three points, which have given me the biggest return on investment, are: developing a sales conversation; creating clarity around my soulmate client; and focusing my marketing based on my soulmate client."

"With the clarity I have now, I'm able to spend my time working with clients who energize me and give me so much

satisfaction," Sommer continues. "They are ready to take their business to the next level, which excites me. I work less, make more money and am happy."

Sommer says she'd recommend coaching services to other women wanting to grow their business with ease and spend their time doing what they love.

"Some people believe they have to work really hard and struggle to become successful. Mary Jo challenges those self-limiting beliefs and gives you guidance to create a life of abundance, balance and richness."

Mary Jo says she uses a business coach herself, a practice she plans to continue.

"I'll never be without some type of coaching support," she says. "With the right coach, you get a new perspective and faster and better results instead of trying to figure it out on your own. It's never too late as a woman to create or transform your own business in a way that feels authentic to you." *M*



Kylie Blanchard is a local writer and a busy mom and wife who loves being active, but also enjoys sitting down to read a great book.



Inspired Woman Magazine

KIM JONDAHL: INSPIRE MAGAZINE'S FIRST EDITOR



Look at a collection of old *Inspired Woman* magazines, and you get a snapshot of local and North Dakota history. Women whose faces grace the cover of the magazine have come from all walks of life. There are non-profit founders and directors, a rodeo queen, and a bakery owner. Occasionally, you even see the man on the cover.

Kim Jondahl was writing and helping design those cover stories and pages of history from the beginning. She was the first editor of this magazine, which began as *Inspire* in 2002.

"It was a great opportunity to dive into something I was passionate about," remembers Kim. "We're all here to make the world a better place. And through *Inspire*, the team working on this and I could help do that in Bismarck-Mandan. I had seen a couple of women's magazines when I traveled, but a women's magazine was new to North Dakota. So it was such a great opportunity to take this concept and make it something really wonderful for women."

As editor, Kim wrote many of the

articles for the magazine, and even did most of the photography.

"I was seeking out everything from crafts to recipes, and usually making the craft or recipe and taking a picture," Kim laughs.

She worked closely with the magazine's graphic designer, Kitty Perry.

"Kitty was fabulous. We used to sit down and lay it out together. She is extremely creative and fun and kind. I couldn't have worked with a better designer."

Paging through copies of the magazine, Kim remembers fondly the interviews, photo shoots, and stories.

"The magazine started in 2002, but many of those same key topics are still relevant to women today. We were talking about health and wellness and career and how to make your dreams come true and home decorating and recipes, and all those things are still important to people."

"I learned a great deal from everyone I interviewed. Local women were changing the world, then and now, through large and small actions. Our cover women inspired others to think,

"It was gratifying to help some women recognize their own amazing spirit, and to be able to inspire other local women in their own life journeys through this publication."



"Wow, if she can do that, maybe I can do that or I can do something similar to make a difference."

Kim is making a difference in her own work, as the Communications and Education Director for the State Historical Society of North Dakota. She was the magazine editor until 2008, and has held various other jobs since then. But she has always continued to follow *Inspired Woman* magazine.

"I love seeing the magazine and read through every issue. There were friendships and connections made through this magazine that I wouldn't have had the opportunity to form without this editorial work. Those relationships have continued through the years as a valuable part of life."

"I was very honored and blessed to serve as the first editor and wouldn't change a thing about that entire experience. It was a great way to promote women's remarkable journeys."

I couldn't be more pleased that the magazine is still here today in a fresh format. I think it's important for our community and our state to recognize the amazing things that women are accomplishing every day." *W*



Peer Advisors INSPIRE Leaders

by Jeanne Masseth

I remember the day vividly. During a typical meeting with my mentor came the Best. Career Advice. Ever. Her solid wisdom and industry tips were hallmarks but this conversation was priceless. She explained details of two peer advisory boards she launched years ago. In these groups, peer advisors met formally to discuss opportunities, declare goals, and hold each other accountable. "WOW! I would jump at the chance to join that circle of leaders," I said. To my surprise, she responded, "You should start a peer advisory board to hold you accountable and challenge your thinking. Who will you invite?" (I admit my first thought was "OMG!")

Although I'd worked in learning and development for 20 years, the concept of facilitated meetings among peers to solve real challenges was...different and bold. Challenge accepted! As intimidating as it sounded, the decision ultimately pivoted my thinking about how leaders develop. Within a few months, colleagues and I formed our version of a Peer Advisory Board. We carved ground rules, our mission, and published meeting dates through eternity, literally! The development I've experienced through collaboration with peer advisors has changed the trajectory of my business and catapulted my career satisfaction!

Recently I was asked to launch a Peer Advisory Board for local high-caliber, like-minded professionals and business owners. Here's how this platform is inspiring leaders and elevating success:

WHAT IS A PEER ADVISORY BOARD?

A group of successful peers who ad-

vised. The purpose is to help solve specific problems. Members meet monthly with other highly successful like-minded professionals. A trained facilitator guides board meetings to keep them focused. From dialoging specific business challenges, to offering feedback and best practices, peer boards tackle real issues happening now.

PEER ADVISORY BOARD VALUE

We learn faster and better from one another. Period. These boards bring out the group's "genius." Collaborative learning draws on insight and wisdom of each member, resulting in a mix of ideas that benefits everyone.

Accountability packs a trifecta advantage. First, there's power in a public declaration of goals and having to report back! Secondly, no one wants to disappoint his or her peer advisors. Lastly, because confidentiality is paramount, peers commit to truly elevating one another. Members become trusted friends. They share challenges and celebrate successes together.

VULNERABILITY IS ESSENTIAL

Board effectiveness is dependent on members' willingness to share. When members are open about failures, challenges, and other sensitive issues, the group ultimately benefits. "A-ha" learning experiences come when members have respect for each other, as well as the patience and understanding to really listen. Having fun together, sharing good laughs and stories are important!

LOOK OUTSIDE YOUR INDUSTRY

Most leaders join professional orga-

"Try never to be the smartest person in the room. And if you are, I suggest you invite smarter people...or find a different room."
-Michael Dell



nizations and attend conferences within their industries. Peer Advisory Boards offer contrast. They include professionals from noncompeting industries. Members often find there is no substitute for developing strong bonds with peer advisors outside their industry space.

WHY JOIN A PEER ADVISORY BOARD?

Peer advisory boards give members advice, knowledge and support leaders often can't get from their team or mentors. Unbiased advice is difficult to receive because, typically, anyone a leader talks with is connected to them somehow. The truth is no matter how successful you are, nothing can substitute for

hanging out with peers who know from experience what you are faced with. Peer Advisory Boards offer wisdom and support!

"It's lonely at the top." You've heard the cliché; but as a leader, you've felt it.

READY TO LEARN MORE?

Learn more about the benefits of peer advisory boards and connect with Jeanne at inspiredwomanonline.com. *M*



Jeanne Masseth is not only a peer advisor, she is also the CEO of Legacy Talent Development, wife to Brian, and mom to Carson and Emma. Jeanne is an avid runner and loves anything on the water—paddle boarding and pontooning are some of her favorite water activities.

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MUSIC AS MEDICINE

by Marci Narum | Photography: OhFer Creative, Grand Forks



SB Photography

Music.

It makes us sing, sometimes at the top of our lungs. It can cause us to dance, whether it's pretty or not. And a tune or words to the right melody can move us to tears.

But there is scientific evidence that music can do much more for us. It can provide therapeutic healing for the mind and body.

"Music affects us before we are born, in utero and to our last breath," says Emily Wangen, a Board Certified and Licensed Music Therapist from Grand Forks and owner of Music Therapy in Motion, LLC.

Emily explains, "Because music affects the whole brain, it has the ability and power to build new neuro pathways and increase neuroplasticity in one's brain."

Speech, for example, is processed in the left hemisphere. For someone who has suffered a brain injury, music therapy can assist in the process of rebuilding the neuro pathways from both sides of the brain. This is what doctors refer to as neuroplasticity.

Emily says one of the most notable examples of this is U.S. congresswoman, Gabrielle Giffords of Arizona. In January 2011, Giffords survived a gunshot wound to the head. The injury to the left hemisphere of her brain initially paralyzed the right side of her body and her rehabilitation included learning to speak again. Giffords has been very open with the public and the media about her recovery and the use of music therapy.

"Gabby attributed a great deal of her rehabilitation to music therapy," Emily says. "Neurologic Music Therapy techniques such as Melodic Intonation Training, facilitated by a music therapist was significant to her speech rehabilitation. Melodic Intonation Training requires the individual to sing the desired phrase through prompting of speech rhythm, which is tapped on the left knee of the patient to stimulate the left hemisphere of the brain. Music innately stimulates Broca's speech area of the brain, which as a result conditions building new neuro pathways from the speech center to the right side of the brain, where music is processed."

Music Therapy is gaining momentum in North Dakota thanks in part, to Emily. After finishing college, she went on to pioneer music therapy in the state, helping North Dakota become the first in the U.S. to obtain a state licensure for the profession. Emily became the 4th licensed therapist in the state, and is one of 15.

"I have two passions: music and helping people. I am blessed to have the opportunity to be able to use both passions every day. Whether it be helping a child speak or walk for the first time with the use of music, or helping a loved one take their last breath with ease; music therapy is an incredible profession. I have seen many individuals improve, increase communication and social functioning, decrease pain, and much more. My mission is helping individuals one beat at a time," Emily explains.

"Music therapists work in a variety of settings—schools, nursing homes, memory care centers, and early childhood education programs. We work in private practice with individuals who have autism, parkinson's, and traumatic brain injuries. We also work in psychiatric care, mental health, substance abuse, eating disorders, hospitals, pediatrics, and oncology."

Emily and her team of five other music therapists work with groups and individuals in their homes, in facilities and clinic settings. Emily opened her first clinic in Grand Forks in July 2015. She opened a second in Fargo in April 2016.

This month, Emily will bring music therapy to Bismarck, where she will lead a breakout session for the Women's Health Conference on Monday, September 19. Her session is called "Drum with Your Heart." She says drumming induces relaxation, lowers blood pressure and reduces stress.

Learn more about the benefits of music therapy at musictherapyinmotion.com and musictherapy.org

And read more about Emily's story at inspiredwomanonline.com. *M*

2016 WOMEN'S HEALTH CONFERENCE

Quick, look at the calendar.

Is it Monday, September 19 yet? If you answered, "No"—that's terrific! Because it means you haven't missed out on attending the Women's Health Conference in Bismarck.

The annual event gathers hundreds of women for an entire day of focusing on themselves and their overall health—mind, body, and spirit. It features keynote speakers, health and wellness exhibitors, breakout sessions, and meals. And the best part: It is FUN!

Mandi Wimer is the chairwoman of the conference planning committee. She calls it a "one-size-fits-all" conference. How often can we say that about something designed for women?

"Whether you want to go to a breakout session on food and nutrition or you're more excited about figuring out your next workout, there is something for every woman," Mandi says. "We've done financial planning sessions and caring for your elderly parents. It's a wide gamut. There is always something new, fresh, and exiting."

A light breakfast and lively keynote speaker, Amy Dee, will kick off the day. You will attend breakout sessions twice, (five speakers to choose from), have lunch with Tigirlily, and then keynote speaker Zonya Foco will round out the day. Visit www.womens-health-conference.com for details and registration.

So check the calendar. Even if it's Sunday night, September 18 as you're reading this, set your alarm and come to the Bismarck Events Center for a day you won't forget nor regret. Registration begins at 7:30 a.m.



OH MAN

by Jody Kerzman

JON RAISEN: INSPIRING OTHERS ON STAGE

You may know him best for his role as a dancing beer mug in Sleepy Hollow's recent production of Beauty and the Beast. It's a role that earned 21-year-old Jonathan Raisen an award—his peers voted him "Best Dancing Beer Mug." It may not sound like a big deal, but it is a very big deal, for a number of reasons. First, this was Jon's first ever formal theater production. That's pretty remarkable, but even more remarkable is the fact that Jon has autism. He is the first person with special needs to have a part in a Sleepy Hollow production.

"It's amazing to me, because when we first started, we didn't know what to expect," recalls director Job Christenson. "We had a meeting with Jon's dad and decided our goal with this was just to help Jon become a little more independent. Our expectations were pretty low; he was really shy initially so we thought maybe he would just watch, but after the first week he was up on stage, moving and dancing.

He loved dancing so we thought, 'let's put him in a number. Then we put him in another, and another, and by the time we were done, he was in four numbers!'"

Maggie Haynes is an occupational therapy student at the University of Mary, and through her job at Pride, was one of several Pride mentors matched up with Jonathan for the play this summer. Maggie and Jon had never met until play practice in late June.

"I didn't know what to expect," says Maggie. "Jon was pretty quiet around me at first. He wouldn't really talk that much or leave my side. I encouraged him to get involved, and to work on his social skills. Once he got more comfortable with me, I encouraged him to talk to the other actors. They were so welcoming and kind to him. They would talk with him and invite him to dance with them. That made him so much more comfortable and he opened up to them. His social skills grew; he went from being quiet and shy and



barely talking to when we'd get to practice he'd walk right up to groups of people and start talking. He danced back stage, gave hugs, laughed with the others, and remembered inside jokes they had. It was such a beautiful thing to see."

Jon's theater experience was not just limited to performing—he also helped build and tear down the set. He admits he might actually like that better than being on stage.

"I like to help," says Jon.

Jon helped with set work, but he helped in other ways too. Maggie says Jon helped the rest of the cast learn about acceptance, and helped change stereotypes about autism and people with special needs.

"He brings out the goodness in other people. Sometimes people get uncomfortable around people with special needs because they don't know how to act around them," says Maggie. "It is impossible to be uncomfortable around Jon. He is so happy all the time and he's always smiling. You can't help but love him. He's helping people grow, he's helping me grow. He just brings me such joy."

"You never know what someone can

do. It's never our responsibility to limit the possibilities of what can happen. That's something I learned, he learned. He exceeded my expectations wildly," says Job. "When I look at Jonathan, I see so many changes. He's become independent, social, and even his coordination has improved."

Jon's success in Beauty and the Beast has inspired Job and the rest of the staff at Sleepy Hollow Theater to do more for people like Jon. They're planning a whole program for kids with special needs next year. They'll perform their own show, and have parts in the other performances as well.

"Jon and his dad had tremendous courage to come to us with this idea. We had never even thought of this before and now it's like 'Why weren't we doing this years ago?' It makes perfect sense," says Job. "We are indebted to Jon. He opened up our eyes and our hearts. He's a great kid and he does great things."

Jon isn't done doing great things yet. He started college this fall, where he is taking a theater class. He plans to be back for another season at Sleepy Hollow next summer. *M*



Jon (left) dances on stage.

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REMEMBERING OUR MENTORS

by Betty Mills

P.O. Box 275
2-30-Prince of Wales 97828
Oct 25 2006

Dear Betty -

We're sorry we couldn't make it for your birthday celebration. However, I did send a book to you - about the project John Munsey was involved in the first time he was in France. He helped build the Chambon, where many Jewish children were saved during the war. And when we went over after we were married he wanted me to meet Rev. Troene, who was the minister who was responsible for carrying out the program that saved the young people. Troene was a very vibrant man even in his later years, and once, when he was arrested by the German police for his activities, he managed to convert so many of the prisoners that the Germans let him out & jail!

Anyway, I thought that if you never received the book, "Lost Innocent Blood Be Shed" I'd send you another copy. The story is fascinating.

Truthfully, we had expected that we might get there, but when you're pushing 80, you slow down a bit. I know John Munsey would have made it - he was so fond of you and proud of your accomplishments.

Things are a bit with me - I'm older than John Reister so he does most of the work - I'd like you to meet him sometime. Hope you had a great celebration.

Love - Eunice

Aware that the theme of this issue of *Inspired Woman* would be about the women who had coached and mentored us, I wondered, "Who coached me?" That put me in a reflective mood, coupled with a sentimental journey through the refuse which lingers in my storage room under the guise of family treasures.

In a probably futile attempt to sort through the accumulation of several lifetimes—my own, my husband's, my in-laws, my mother's—I found a letter written years ago by the widow of the minister who served our church when I was a teenager full of the doubts and questions that today might be labeled teenage angst.

He was on summer leave from Yale Divinity School when he showed up in our small town in the middle of rural North Dakota. "What were they thinking back in Yale?" must have occurred to the church elders. He was young and single. He spoke fluent French—now there's a vital talent in the middle of rural and western North Dakota. His background was strictly urban—Boston, New Haven.

In those inexplicable currents which flow through human lives, he fell in love with North Dakota, with its rural beauty and lifestyle, its rolling hills, and, most of all, with us, we, his parishioners and their families, the community. Supposedly he was there on a summer assignment, but he stayed for nearly five years. If you, like me, get weary of explaining to people why you are happy to be a North Dakotan, he was a gift.

Immersing himself in the life he found so appealing, he

worked for a day on my dad's thrashing crew, persuaded my once Lutheran mother to join the church and put her on the committee to remodel the church basement, started the first youth group in the church, and answered any question we threw at him. When the Boy Scout Troop needed a summer camp leader, he volunteered. When the high school history teacher quit mid-term, he took her place.

He persuaded me to take him and his visiting Divinity School roommate rattlesnake hunting—a challenge to qualify me to lead an African safari. The roommate fired his rifle point blank at the rock by which the snakes were sunning, and I witnessed my first view of ministerial outrage along with the recognition that Rev. Munsey had become one of us.

When he and our high school coach, who had once been a Minneapolis newspaper reporter, created a weekly advertising publication, they hired me to type the stencils. I was a junior in high school by then, and for several hours a week I fell under their conversational spell, and in retrospect realize they had very subtly set themselves up as my personal advisors.

And what did I learn from them? In addition to diligence on the job and commitment to agreement, I listened to fascinating discussions of literature,

history, politics, the value of a college education—and the merits of adult wisdom. Even at the time I recognized the privilege of being taken under such wise wings.

When World War II ended, Rev. Munsey left to go to France under the auspices of a Quaker and Congregational church organization to assist in refugee aid. He was sent to a small village at the edge of the Swiss border, a community that has subsequently had two books written about it because under the leadership of a Lutheran minister, the community's organized efforts saved thousands of Jewish refugees from being murdered by the Nazis, especially the children.

Rev. Munsey returned to finish his Divinity degree, married, and served churches on the west coast. But he never lost his love of North Dakota and had signed on to serve a church in Medina when he suffered a fatal heart attack.

By the time we recognize who the mentors were in our lives, it is often too late to thank them, but here's to the wise ones who taught us how to turn on the lights in our lives. *W*



Betty Mills was a weekly political columnist for the Bismarck Tribune for 25 years. She grew up on a farm near Glen Ullin, where she learned to drive tractor and hunt rattlesnakes. At 90, she has been a mentor to an untold number of people.

"Losing Mom was difficult, but thankfully she had planned ahead for her family's future."



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FROM GYMNASTICS COACH TO DOCTOR

Prognosis: Sports Can Guide Success

by Jody Kerzman



Kopper Frick Photography



Dr. Marisa Albertson credits her success as a family practice physician to many things, but at the top of that list: her years as an athlete and a coach.

"My experiences in sports help me be a better doctor," says Marisa. "I learned time management, the importance of being a team player, and the impact hard work and dedication have on success."

Marisa was a stand out athlete at Minot Bishop Ryan during the early 1990s. She was part of a gymnastics team that won four state championships. As a senior, she was also point guard for Minot Bishop Ryan's state championship basketball team. She went on to play three years of college ball at the University of Mary.

"I was going into physical therapy when I started at the University of Mary. I had one of those life changing moments after three years in that program; I decided I didn't want to be a physical therapist. I moved to Seattle, had my son, and got married."

CHALLENGED

In 1999, she moved back to Minot and decided it was time to go back to school. With a young son, that proved to be a little harder than her first three years of college. She graduated from Minot State University in 2002 with a biology major and a minor in chemistry. She had planned to go onto medical school, but didn't get accepted.

"I guess it was another test in tenacity," says Marisa. "There was an opening at Bishop Ryan for a science teacher. I decided to try it, just in case I wasn't able to go to medical school."

She taught everything from physical science to anatomy. She also got her first taste of coaching.

"My little sister was a senior when I moved back in 1999 and was one of the top gymnasts in the state," remembers Marisa. "Her coach had left, and she was without a coach, so I got to step in and coach my sister. It was so fun, but also a bit intimidating. She and her teammates were very high level gymnasts so I had to learn very quickly and show confidence, even though I didn't always feel very confident. I had no experience as a gymnastics coach. Being a coach and being a gymnast are very different, but I needed them to believe in me like I believed in them, and they stepped up to the challenge."

"That year, my first year of coaching, was my most memorable year for a lot of reasons," she remembers. "My sister was a big part of that. She was a leader and believed in me, and that helped her teammates believe in me too. That first year of coaching was

"I want them to learn the importance of hard work and self belief, no matter what obstacles might be in the way."
— Dr. Marisa Albertson



another turning point in my life. Had my sister not needed a coach, I never would have considered coaching gymnastics. I'm so grateful for that, for the opportunity to coach, for the challenges that came with that job, and for the amazing girls I had the privilege of coaching. Those girls made a huge impact on my life."

THE DREAM REALIZED

As much as she loved teaching and coaching, after two years, she couldn't stop thinking about going to medical school. But by then, Marisa had two children to think about – her son was seven, and her daughter was just one-year-old. It was Marisa's mother who convinced her to follow her dream.

"My mom is the strongest woman I know. She never for one second thought I wasn't capable of something. She helped me get through med school with two babies."

After medical school, Marisa moved back home to Minot. She's been a family practice doctor at Trinity ever since.

"I love everything about it. I see pediatrics, geriatrics and everything in between. Skin conditions, basic stuff, internal medicine. A little of everything. I like the variety, and I like seeing all ages. It is the perfect fit for me."

When she's not busy with patients, Marisa fills her time coaching. She coached gymnastics in some form or fashion for the past 18 years, and spent six years as the director of the Minot gymnastics program.

"Gymnastics has always been a passion of mine."

And her passion shows – she gets excited talking about all the girls she's coached.

"Girls start at age six or seven and many of them I was able to coach all through high school. You get so bonded and so

connected with them by being their coach. I loved watching their progress, on and off the mat."

INFLUENCE

One of her proudest moments as a coach, has been seeing her gymnasts follow her footsteps, and go to medical school; one graduated last year, one will graduate this year, and a third is currently working on getting into medical school. She hopes even more will choose a similar career path.

"When you are a coach, you're a role model. Seeing two of my girls follow in my footsteps makes me incredibly proud. I can't help but think their time as gymnasts helped them tackle medical school as well. My goal as a coach was to use gymnastics as a vehicle to teach kids skills for life," she says. "As a coach of course I emphasized the fundamentals of gymnastics, but I also stressed to my girls that nothing that is worth it comes easy."

"So many young girls start gymnastics with a dream of being an Olympic gymnast. No one in their right mind would ever crush those dreams, but while it's probably not going to happen for most gymnasts, there are still so many life lessons to learn by trying. I want them to learn the importance of hard work and self belief, no matter what obstacles might be in the way."

Marisa is no longer coaching gymnastics, but she is still coaching, and influencing young girls. She's now a volunteer coach for her daughter's basketball and fast pitch softball teams. And although the sports are different her lessons and her approach remain the same: work hard and have fun. Lessons that she knows will help her girls succeed long after their days of athletics are over. *M*

BILLIE JO LORIUS

Mentor in Combat Boots

by Spc. Jess Raasch

In a world where women are often taught to wear dresses and follow the norms, Sgt. 1st Class Billie Jo Lorius decided to wear combat boots and follow her dreams. A Lemmon, South Dakota native, Lorius joined the South Dakota National Guard at just 17 and has been motivating women to become the best version of themselves in the 21 years since.

As Lorius approaches her military retirement, the family she has built during her service to her country celebrates her success and reflects on the void that they say will be felt with her absence.

ONLY FEMALE

Lorius began her military career working as a heavy equipment operator with the 854th Engineer Company, based out of Lemmon, South Dakota, prior to its disassembly. Entering the 854th meant surrounding herself with a unit comprised entirely of men.

Not only did Lorius adapt to the unique lifestyle of serving in the military, she exuded a level of confidence that made her stand out and excel in a male-dominated unit. Rather than view it as a setback or disadvantage, Lorius viewed it as an opportunity to show her unit just how much she was capable of.

"Positivity is a tool for growth, and in every situation there is opportunity for

growth," Lorius says. "Life is meant to be lived, to have adventures, and to leave every situation and every person better than I first found it."

STRONG LEADER

In 1999, Lorius transferred to the 116th Public Affairs Detachment in Bismarck, North Dakota. It is with the 116th PAD that Lorius spent more than 15 years inspiring those around her to be stronger leaders and positive community influences.

"She doesn't place limitations on herself, and it's easier for the rest of us because of that," says 2nd Lt. Jennifer Joyce, public affairs specialist/editor for the NDNG.

Prior to accepting her commission as an officer, Joyce served several years in the 116th PAD as a Soldier under Lorius' leadership.

"When you have a strong leader, you have more confidence in your own abilities," Joyce says. "When you have a leader who believes in you, you want to work harder for them."

Lorius has worked on numerous projects to support the larger military community, including helping coordinate youth activities and supporting families of fallen service members. Soldiers who have served with her say one of her greatest strengths as a leader is her dedication to the military mission and to her fellow Soldiers.

"The hardest thing about leaving the NDNG is by far the people," Lorius says as she reflects on her upcoming retirement. "What I will miss most is the sense of camaraderie that ties us all together, but helping people both in the National Guard and the fallen families have been the highlight of my career. I am so lucky to have had the adventures I've had across the world, but it's the people that have made my journey the most satisfying experience of my life."

Capt. Kristi Blair, 116th PAD command-

er, served both as a Soldier under Lorius' leadership and as Lorius' commander. The two have been part of the unit's command team of all females for the past two years.

"When I was young and serving as an enlisted Soldier, Billie Jo was a sergeant in my leadership chain," Blair says. "She took care of us and looked out for the young Soldiers. She took us under her wing because she truly cares about people. That's something amazing you try to take away when you become a leader. You see someone like her, and you try to exude that same level of care and knowledge."

Blair and Lorius were part of an all-female overseas training in Germany in April 2015, the first time a North Dakota unit made up of all females went on an overseas training together. It was unique, but much of her career has been made of unique missions across the nation and around the globe.

ALL FEMALE

During Lorius' time as a leader in the 116th PAD, her subordinates have created success in their civilian professional lives, ranging from public affairs specialist to substance abuse counselor to playing a major role in Bismarck-area nonprofit organizations. Many of Lorius' Soldiers say they feel her constant support and unique leadership helped them to become leaders in the community, as well.

"She is intuitive and she is genuine," Joyce says. "Those two traits combined with her interest of human nature make her a good leader because she takes the time to get to know people as individuals, and not just as Soldiers. Once she knows more about that person, she identifies their strengths. She is not a leader who focuses on weaknesses; she is a leader who focuses on building strengths."

Lorius has used her skills as a leader to instill a sense of self-worth and pride amongst her peers.

"She carries herself in such a way, she walks with a confidence that's like she is saying 'try me,'" Joyce says. "What she has done, where she is in her career, and what she has accomplished is important be-



cause she gives other females confidence."

Government Affairs Officer, Davina French says that over the span of her career, Sgt. Lorius has served in positions of responsibility that crossed gender lines. "She has always been known for her fairness and professionalism," says Lt. Col. French. "As a mentor, she leads by following the rules and her heart equally. Interestingly she started as the only female in an all-male unit 20 years ago and is finishing as the first Sergeant of an all-female unit now."

For Lorius, caring and leadership is a natural talent, many say.

"It is important for me to help people discover their strengths and, in turn, they are able to find their happiness," Lorius says. "When people are happy, I believe they can achieve the most and be the people they were always meant to be."

In short, Lorius says, she cares.

"I try my hardest to be a servant-leader because I believe true leaders are the ones who serve people," she says. "I lead others not through my position, but because they all know I will work beside them and create an environment where we achieve success together."

Lorius will retire Oct. 1, 2016. *WR*



Spc. Jess Raasch currently serves alongside Sgt. 1st Class Billie Jo Lorius in the 116th Public Affairs Detachment in Bismarck. Raasch has completed missions in Africa and Europe. Currently, Raasch is part of the historically all-female 116th, which has functioned under Lorius' leadership for the entirety of Raasch's military service.



COMMUNITY CONTRIBUTOR

BISMARCK-MANDAN BUSINESS & PROFESSIONAL WOMEN



TELL US ABOUT BPW AND ITS HISTORY:

This organization serves as a voice for working women. Our membership includes women in a multitude of professions: business owners, real estate, banking, administration, education, and non-profits. BPW began in 1920 when 20 women met at the Bismarck Public Library to discuss forming a Business and Professional Women's club. Clubs were organized throughout North Dakota and the nation.

WHAT SERVICES DO YOU OFFER?

BPW meets every month to focus on leadership development, networking, and professional and personal development. It's an opportunity for women to network, support, and kindle friendships with other women from various professions. Community service is another benefit. Each year BPW members choose a community service project such as giving to the Career Closet at the Seeds of Hope

Store or providing items for the women's shelter at the Abused Adult Resource Center. In April BPW recognizes one woman from the Bismarck-Mandan community with the "Woman of the Year" award.

WHO DO YOU HELP?

In addition to the support members give each other through networking and community service, BPW supports women who are just beginning their careers. Each year we host a golf tournament to raise funds for two college scholarships. The scholarships are given to two women, 20 or older, who have graduated from a Bismarck or Mandan high school. The purpose is to help further or jumpstart their careers. BPW members help in other ways too—volunteering when the need arises for community events and for organizations including DECA and the Miss North Dakota Scholarship program.

HOW CAN PEOPLE JOIN OR PARTICIPATE?

BPW meets the 4th Tuesday of every month at 5:30 pm (no meetings in July and December). Guests are always welcome! Meeting locations vary, so please contact Susan Beehler for details and to RSVP for an upcoming meeting: 701-220-2297 or suzybpwmembership@gmail.com *W*

Learn more about BPW at inspiredwomanonline.com



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J & J Photography

GRADUATING: to a decent school picture

by Lexi Kerzman



Kindergarten & 1st



2nd & 3rd



4th & 5th



There are a lot of things students dread: the first day of school, test days, every Monday, and picture day.

Each year in early September every student is forced to take their school picture. In all my years of school pictures, I can only think of one positive to picture day: you get to miss about five minutes of one class, which really isn't amazing, but you take what you can get.

In those five minutes, students are herded like cows to where the photographer is set up. Then they are handed their I.D. card so the photographer knows who they are and what they ordered. Everyone waits in line while fixing their hair to make this year's picture the best one yet. As if.

If you ask me, there is no amount of grooming that could actually make a school picture turn out. No matter how hard you try, never in the history of school pictures has someone liked their picture. Sure there are some years that are "better than last year," but a school picture is never a photo you would actually want people to see.

Personally, the last time I can say I actually looked decent in my school picture was kindergarten. I am now a senior, so yeah, it has been awhile. I am lucky enough to have a bad hair day every year on picture day (which isn't all that surprising because I have now given up on doing my hair forever). Besides not doing my hair, since freshman year I have also refused to spit out my gum. It started as an accident and now is an annual chance to annoy my mother.

The worst part of school pictures is

that they follow you. You can't get rid of them. I mean sure, you can always retake them, but what's the point? The angle is still going to be bad. The lighting will still make your skin look orange (or maybe that's just me?). No matter how hard you try, the picture will always be awful and will forever be showcased in the school yearbook, and if you're lucky like me, your mom will also share it on Facebook so all her friends can see.

But that all changes this year. Yes I still have to take the awful picture and it will be on my mom's Facebook wall forever, but it doesn't have to be in the yearbook. One of the many perks of being a senior: senior pictures.

You get to pick your location, the angles, they can be outside with great lighting, and you can try as many shots and outfits as you would like (as long as you have a good photographer like mine).

Senior pictures give everyone a chance to showcase their personality and feel beautiful while doing it. The experience is unreal. You get to be the center of attention, not just another kid in line. My photographer made me look and feel so beautiful. And I suppose if my mom wants to share my senior pictures on her Facebook wall, I'll let her. After all, nothing can be worse than the 5th grade school pic. *mw*



Lexi Kerzman is a senior at Bismarck High School, where she is the editor of the Hiherald and is also involved in basketball and track. In her spare time, she enjoys binge watching Netflix, dreaming of life after high school, and photography.

CONTEST!



Jody, 5th grade



Marci, 3rd grade

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6th & 7th



8th & 9th



10th & 11th



Senior Picture



J & J Photography

calendar of EVENTS

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For even more on the stories in this issue—including a photo
gallery of Lorraine Davis—visit our website:
inspiredwomanonline.com



COMING IN OCTOBER:

"Go Pink"

Here are a few stories we're already working on for the October issue:

- A high school teacher fights a silent killer of women—ovarian cancer—and shares her inspiring story.
- The bond of family is already strong with these sisters, but sharing the breast cancer gene passed on from their mother is something else.
- And meet the group of women providing the soft and comfy alternative to breast prosthetics to cancer survivors.

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Now thru Oct 15 – The Mothers' Love Campaign for Malnourished Infants

Robert Scheel and Lloyd Paulson donation match in loving memory of their wives, Joan and Beverly.

Now thru Oct 31 - Hall and Kriz Families' Online Donation Match

These families from Oregon and Washington returned home from their GCP volunteer experience committed.

Sep 15, 11:30am – 3:30pm – Papa's Pumpkin Patch Event, Bismarck

Sep 16 & 17 – Bismarck Downtowners' Street Fair craft booth

Sep 17, 10am – Dickinson Quilt Fair

Sep 30, 12noon – GOD'S CHILD Project Community Power Luncheon

Oct 1, 3pm – Cottonwood for Casa Goodwill Offering Concert, ND Heritage Center

Oct 1, 7pm – Cottonwood for Casa Full Benefit Concert, ND Heritage Center

Oct 5, 6pm – 8pm – Dickinson Reception for GCP, Fluffy Fields Vineyard

Oct 6, 8am – 10am – Patrick Atkinson keynote ND Hospital, Fargo

Oct 20, 10am – 4pm – Baptist Health Care Fall Fest, Bismarck

Oct 21, 6pm – Midnight – 25th Anniversary Dream Maker Ball, Bismarck Ramkota

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

**Or call GCP Assistant Director
Heather McFall at (701) 255-7956**

