

# Inspired Woman

CELEBRATIONS



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**RETHINK THAT DRINK**

APRIL 2017  
COMPLIMENTARY COPY

*Stella  
Baetsch*  
SWEET SLICE  
OF LIFE

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

## *Our Philosophy*

Our philosophy reflects our core beliefs and values. It reveals what we believe and value most about people and organizations, as well as the kind of organization we are and desire to be.

We believe every woman is created in God's image, with value and with purpose. We believe women should be celebrated and valued for their uniqueness, talent, and beauty. We believe women should be honored for the contributions they make to their families, careers, and communities.

We value the vast differences, backgrounds, and beliefs that make each woman special, and the possibility that these can unite us rather than divide us.

We aspire to breathe life into those who read and hear the stories we share.

## *Our Purpose*

Our purpose is to enrich the lives we touch, to share inspiring stories, and to educate our readers, as well as ourselves. Inspired Woman is a journey—we are inspired every day, and we grow and learn with each issue we produce. We feel called to use our talents and time to inspire others.

## *Our Objective*

Our objective is to provide a print magazine and an interactive website where women can go to read about other women doing great things, to find hope, inspiration, laughter, and maybe even a new recipe. We strive to enrich every life we touch through Inspired Woman.

**"She believed she could,  
so she did."**



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This is the day the Lord has made. We will rejoice and be glad in it.

Psalm 118:24



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# In the Driver's Seat

With Britta

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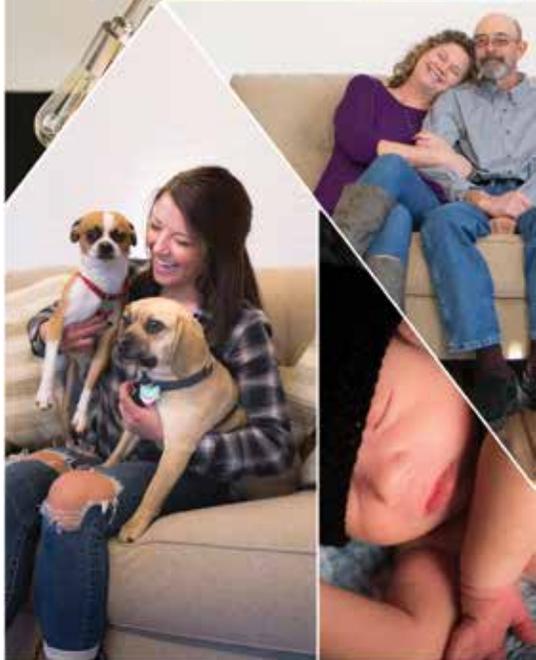
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# Editors' Notes



This is prime “cake for breakfast” season at my house. From March 20 to May 6, four of the six people in our family have birthdays. Birthdays are a very big deal in our house. We’re talking streamers across bedroom doors, balloons in the hallway, cake for breakfast type of big deal.

Cake for breakfast is a fun tradition carried over from my childhood. It means waking up super early on birthdays, but it’s one of those traditions that’s worth sacrificing 30 minutes of sleep. I do feel bad for sending my kids to school on a sugar-high, but it’s such a great way to start the day! While we make an effort to eat supper together, breakfast together happens only six times a year. That extra family time is worth celebrating. There are other ways to get more family time (with or without the cake); check out Tracie Betten-

hausen’s story on page 32.

But back to cake....celebrations and cake go hand in hand, and if you’ve lived in this area for any amount of time, you’ve probably had a cake made by our cover girl. Stella Baetsch has been helping people celebrate life’s biggest moments for decades and now she’s getting ready for her own big celebration. When I went to visit with Stella, I took my nine-year-old daughter with me, because she is fascinated with baking and decorating cakes. She did part of the interview, which of course I recorded and have posted on our website. Make sure you take a few minutes to watch that!

I leave you with this piece of advice from Paris Hilton: “Live every day like it’s your birthday.” Celebrate life, the big moments, the small moments, the ordinary moments. Life is a gift, and that’s worth celebrating.

*Jody*



We celebrate women in every issue of Inspired Woman magazine. It’s part of our mission. But this month’s issue is all about celebrations and remembering to celebrate life in all its moments.

There are many things to celebrate as we greet the month of April. We will soon be finding graduation and confirmation announcements in the mailbox. Mother’s day, Father’s day, and the biggest wedding season are all around the corner. What’s a celebration without cake? Our cover story celebrates a lady who has been decorating cakes for generations of families. Maybe even yours. Now Stella Baetsch has her own celebrations to look forward to. And she will be the life of the party!

If you are hosting a party, you’ll want to read about the party food ideas Pam Vukelic shares this month. She has some great ideas to feed and entertain your guests while you get to enjoy the fun too.

Why wait for the traditional celebrations to get together with friends and family? Our “Oh Man” this month features the very guy who created the National Day Calendar, Marlo Anderson of Mandan. He shares the inspiration behind his hobby-turned-wildly-successful business.

And Sister Nancy Gunderson teaches University of Mary students how to create their own story quilts and embrace the value of uncovering their own natural creativity.

Those are just a few highlights. As you enjoy the stories we share with you this issue, remember that your own story is something to celebrate too.

*Marci*



# STORY QUILTS

## WHAT THEY UNCOVER

By Marci Narum | Photography: Photos by Jacy

Last summer Janell Finkbeiner wrote a short story that she hopes will someday be published as a children's book.

"It's about a tugboat and a lighthouse. The tugboat's light has gone out and it's afraid of the dark and has to find a way to the lighthouse. I wrote it as part of a Bible study," Janell says. "It's based on the verse John 8:12, and the light represents Jesus."

For now Janell's short story is being preserved on a story quilt. Janell has drawn and painted the tugboat and lighthouse on plain white fabric and she's using a gel pen for fabric to write parts of the story on the background.

"I related it to Split Rock Lighthouse (Duluth, Minnesota) because I have a lot of memories there as a child. We would go there as a family and it was my grandparent's favorite spot."

Janell is one of 14 students creating story quilts during an evening class at University of Mary. Sister Nancy Gunderson of Annunciation Monastery teaches this contemporary form of quilting. She offered her "Creating a Story Quilt" class for the first time last fall and to her delight it was extremely popular.

"The students would come into my office and say, 'Sister, are you really going to teach us how to sew?' I said, 'absolutely!'" Sister Nancy explains. "They learn to draw, paint, write on cloth, and then quilt it. So they are learning a lot of

skills in this class."

### ART CELEBRATES LIFE

If art imitates life, creating a story quilt does even more. It preserves and celebrates life and its fond—and sometimes bittersweet—memories. And since life isn't perfect, the students' story quilts aren't expected to be either.

"We make a quilt sandwich where we lay the painted piece on top of a piece of fabric and sew it onto that," Sister Nancy says. "It looks like a quilt but there are no corners to miter; there is nothing that has to match or butt up against something else."

"Basically they are learning how to run a sewing machine. One of my rules is: their lines can't be straight. I'm taking all the stress out that I can. They won't be afraid of a sewing machine. They put the pedal to the metal and just go. They are finding that it's great fun."

"It has been a relaxing class I look forward to every Tuesday night," says Matthew Gallegos. "We can paint and get to know each other on a more personal level and hear everyone else's stories. This class was a blessing in disguise."

Sister Nancy says two students who are engaged to be married this summer took her class last fall. She says they have since put a sewing machine on their wedding gift registry.

"They know that they could mend a seam," she says. "People who had never sat at a sewing machine before can

(ABOVE)  
Sister Nancy  
Gunderson  
shows one of her  
student's story  
quilts



actually do something practical with it.”

And students who believed they didn't have a single stitch of artistic ability are surprising themselves.

“I'm not good at drawing,” explains Seriann Berchem. “I never thought I could make anything like this. So I'm actually kind of amazed at myself. It just started coming. You can't force it.”

### HEARTFELT STORIES

Sister Nancy says it's also important that the stories come just as naturally.

“They choose what they want the story to be,” she explains. “Where they write it and how they write it is up to them. I only require that all the lettering is not the same height; that there are several different styles of lettering. But the stories are very heartfelt.

“One student made her quilt for her mom who is being deployed. She said it was a way for her to work out the sadness and the shock that her mom is going to the Middle East for months and months.”

Seriann Birchem's quilt story is a depiction of many quilts. It's a gift for her grandmother—who made a quilt for each grandchild in the family.

### REVEALING AND COMFORTING

As a contemporary form of quilting, the story quilts are small; they do not cover a bed. They are meant to be hung on a wall. Instead of covering, they uncover, revealing something

meaningful for the students.

“My quilt is about how I interpret my life. You have to keep going and picking your head back up,” Amanda Mohr shares.

Like any quilt, though, each story quilt is comforting in its own way.

“One student said, ‘this is going to hang in my classroom,’” Sister Nancy says. “Another student who is getting married this summer said, ‘this is going to be at our reception and it's going to hang in our bedroom.’ It's a picture of her and her future husband kneeling before the altar.”

Story quilts don't require cutting and sewing together pieces of fabric. But in the end, students leave with an important piece of their life preserved in the artwork they created.

“I didn't share this story with a lot of people,” explains Janell Finkbeiner. “And now I'm able to write it down and see how it fits together with my life.” *W*

(LEFT)  
Seriann Berchem  
talks about her  
story quilt

(MIDDLE)  
Anna Lacek  
(Submitted  
Photo)

To see more photos visit [jacy.shootproof.com](http://jacy.shootproof.com)

**Website exclusive video:** Sister Nancy Gunderson uses her own story quilts as teaching tools in the classroom and to raise social consciousness. She gives many as gifts. Sister Nancy will travel to Uganda in July to teach at a school for AIDS orphans and has created story quilts to take along as gifts. Watch the video of her showing us these quilts—and others—in detail at [inspiredwomanonline.com](http://inspiredwomanonline.com)



## SOME SEE WEEDS, OTHERS SEE WISHES

by Monica Hannan | Photography: Cliff Naylor

When you look out on your lawn, or perhaps your neighbor's lawn, and see dandelions, your response is probably the same as my husband's. "Weeds." He goes after them with chemicals, and when that doesn't work, he digs them up with a screwdriver, muttering the entire time. In those moments, he likely doesn't remember how he viewed them in childhood.

Back then they were pretty yellow flowers. If he was like me, he went out to gather them up in his grubby little fist and presented them, slightly wilted, to his mother, who admired them, then put them in a jelly jar on the windowsill until he went to bed. And when they went to seed in the yard, does he also remember how he would pick them carefully, hold them up to the sky, make a wish and blow? He wasn't scattering weed seeds back then; he was sending his fondest

hopes up to heaven.

When our children were little, we called these weeds "wishing stars." Cliff took the whole family on adventures to find them, and when we ran across a perfect one it was cause for celebration. I'd like to think that the wishes our kids made on those feathery plants all came true. But even when they didn't, those excursions provided important lessons on life. Sometimes wishing and dreaming aren't as important as the journeys we take.

That's true of life, and it's certainly true as we approach the end of life. I once had a neighbor who I didn't meet until he was elderly. We became good friends. Our families camped in the Idaho Sawtooths together and he taught me some great tricks for getting out of trouble. For instance, conventional wisdom says if you're lost in the wilderness, find a stream and fol-

low it. He told me that works in theory because streams flow downhill. So, he reasoned, don't waste your time and energy looking for the water. Just head downhill and eventually you'll find the stream, and the way out.

Bill was an interesting guy. As a baby during the Depression his family could no longer afford to care for him, so he ended up on an orphan train headed west. He was one of the lucky kids, because the people who adopted him treated him like one of their own. That he was well loved was clear, because he knew how to give that love back. What he inherited from his birth parents, though, was heart disease, so the potential for death was always there through much of his adult life. His wife, Laura, took excellent care of him, keeping a close eye on what he ate and how much rest he got. When the end finally came, he approached it peacefully but reluctantly because he didn't want to leave her in grief and sadness. It was her loving gesture

that paved the way for him. As he lay there, suspended between this world and the next, she took his hand and whispered in his ear that it was okay, he should go toward the light. Peace settled over his face and he breathed his last. It was an unselfish gesture, because she thought she'd be bereft without him.

He comes to mind now, because I once saw him reach out and pluck a dandelion that had gone to seed, then hand it to Laura, who closed her eyes, made a wish and blew. All of the wishes in the world couldn't bring him back to her after he died, but for the rest of her life, every time she saw a wishing star I know it brought a smile to her face, and the feel of his enveloping love. So much value in one little weed. *M*



Monica Hannan is an Emmy-Award-winning television news manager, anchor, and talk show host at KFVR-TV in Bismarck, North Dakota. Her latest book, "Gift of Death—A Message of Comfort and Hope," tells of her father's journey toward death, interlaced with personal, uplifting and amazing stories of people's final moments on earth.

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# ALWAYS SOMETHING TO CELEBRATE

## with flowers

by Marci Narum

Celebrating life's big and "just because" moments with flowers will never go out of style, but the selections and trends change along with the seasons. On the heels of Mother's Day, graduation, and prom season, we asked two local experts—Melanie Lennie from Bismarck Floral and Greenhouse and Marilee Toman from Dutch Mill Florist—to share a few tips and ideas to help plan your next order of flowers.

### SHOP LOCAL

"It's so easy to go online and place your order from one of the many sites available day or night. But did you know that when you shop at your locally-owned brick and mortar store, you receive better customer service, better quality, and pay less in fees? The online call centers take your order and send it to a local store in your community. When they do that, they charge you an extra \$20 to \$40. So bypass the middleman. Call or shop a locally-owned shop's website. You'll be much happier with the end result."

—Melanie

### POPULAR FLOWER TYPES CHANGE WITH THE SEASON

"Right now tulips, iris ranunculus, pussy willow, and other spring flowers are vogue. Roses are always a best seller when it comes to guys buying flowers. They tend to know roses, but more and more men are

breaking out of sending the traditional red and choosing other colors, which women seem to appreciate a lot! Our most unusual and exotic flowers come from Hawaii, Holland, and even Africa. Ginger, birds of paradise, heliconia, orchids, protea, and anthurium top this list."

—Marilee

### A BOUQUET DOESN'T HAVE TO COST A BUNCH

"Bringing home a well put together bunch of bright colorful flowers doesn't have to be expensive. Pick flowers that are in season and have them hand-tied to put into a container you already have at home. Re-using a vase you have at home allows you to spend more on the flowers themselves. Sending someone flowers puts a smile on their face. Whether it is a surprise or a planned event, everyone loves to receive flowers."

—Melanie

"There is just something magical about flowers. They lend themselves to elevate moods and bring joy. They really are an affordable luxury that everyone appreciates. Regardless of the season or reason for sending flowers we love what we do. Bringing joy and happiness to people is the best thing ever. The flowers themselves don't last forever, but the memories of them do!"

—Marilee *M*



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# Looks What She Did

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## STACY VOEGELE

The winter of 2017 was not only tough on humans, it was also hard on our furry friends. Stacy Voegelé's wiener dog, Charles Jerome, wouldn't even go outside.

"He will not go outside when it's freezing."

Stacy saw an ad for a balm she thought might help and decided to make her own.

"It's just four ingredients: pure Shea butter, beeswax, coconut oil, and sunflower or avocado oil. We made our first batch and tested it on Charles Jerome and a pitbull named Thea Louise. They hate being outside, but once we put the balm on them, they were outside forever in the cold."

Stacy, who many may know as The Critter Sitter, turned to her friends on Facebook for ideas to name this magic product. Her friend Kacey Rask came up with the name Paddy Wax. Stacy soon started offering Paddy Wax to all The Critter Sitter clients. A Facebook live video brought in 80 orders in two weeks.

"The response was awesome. It has slowed down a bit because it's starting to warm up, but I think when it gets really hot outside we'll see orders pick up again," says Stacy. "Paddy Wax provides a layer of protection and also helps with dry ears and noses and people can use it for dry skin too. It's a totally natural product."

You can order Paddy Wax in four and eight ounce jars on Stacy's Facebook pages: The Critter Sitter and The Critter Sitter Paddy Wax.



## BRENDA STONE

Yoga changed Brenda Stone's health and life 10 years ago—so much that she wanted to make the same happen for other people too. She opened Yoga for You, in 2011, and now she is helping people become certified yoga instructors. Last fall she began a teacher training program, the first program of its kind in Bismarck.

"I was contacted early last year by Yoga Center of Minneapolis. When they called me they had just started a program in Fargo."

Fifteen students began taking the year-long course in October. Brenda and four other yoga instructors lead the classes.

"This is one weekend a month for one year and we teach in my studio in Bismarck. The training is about 13 hours a weekend for a whole year. It adds up to 230 hours of certification through Yoga Alliance. Many of the students in the class want to become a yoga instructor in a classroom, other studios, or fitness clubs; some just want to enhance their own yoga practice."

Brenda is offering another teacher training session later this fall. It will be a nine-month program two nights each week. In the meantime, she is organizing the first ever North Dakota Yoga Conference at the Ramada Inn in Bismarck, October 6-8. Visit [ndyogaconference.com](http://ndyogaconference.com) or call 701-255-8499 for information.



## HANNAH HAYNES AND CAROLINE CRARY

At just 25 years old, college friends Hannah Haynes and Caroline Crary have already celebrated a year as business partners. The University of Mary graduates launched Bismarck Magazine in March 2016. They've published six issues.

"It went really, really fast. We can't even believe it's been a year. We were waiting for it to feel real. It finally does. It feels real," Caroline says.

"It all started over lunch one day. We were brainstorming and thought we could do something together," explains Hannah. "We knew we wanted to be in Bismarck. We had both fallen in love with this city while going to college at the University of Mary. Neither of us grew up here; I grew up in Minneapolis and Caroline in Fargo. But we loved Bismarck and

wanted to start something here."

That something ended up being a magazine, which they say has helped them learn even more about Bismarck and surrounding communities, meet some amazing people, and discover some really cool hangouts.

"My favorite find has to be Rusty's in St. Anthony," says Caroline. "It's such a fun place and so worth the 20 minute drive."

"It has been really fun to highlight people's stories. It's amazing what people are doing and the community doesn't even know," adds Hannah.

Bismarck Magazine is published bi-monthly. The next issue will hit the stands on May 1. The magazine is distributed throughout Bismarck and Mandan. Visit [bismarck-magazine.com](http://bismarck-magazine.com).

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## CHANGE OF PLANS: One Family's Journey from Heartbreak to Joy

by Jody Kerzman | Submitted Photos



*"The story isn't going how you planned, but that isn't a reason to stop trusting that the story has a plan."*

—Ann Voskamp

Jessica Evenson's story has not gone according to her plan. After two easy pregnancies, she and her husband Jeff decided to try for one more baby.

"It was 2011. Our son Rylan was born in 2006, and our daughter Jordyn in 2008, so we were ready for another baby," recalls Jessica. "But we had some infertility issues and we were told it would be nearly impossible for us to get pregnant again without in vitro. We decided to take a step back and look at adoption. A month later, we were pregnant."

Even though there were no medical reasons to believe anything was wrong with the baby, Jessica and Jeff were cautiously optimistic and didn't tell many people they were expecting. The pregnancy was uneventful, until week 37.

"I didn't feel her move one day," remembers Jessica. "But we were moving into a new house in a new town and I just figured I was busy and didn't notice."

The next day, Jessica still didn't feel the baby move, so she went to the

doctor.

"They couldn't find a heartbeat. We weren't given a reason, we were just told she was gone. It didn't matter to us anyway. We didn't need to know all the 'whys.'"

Jessica delivered baby Brynn on October 17, 2011. While they mourned her death, both Jessica and Jeff still knew their family wasn't complete.

"We knew trying to have our own was out of the question. I had a debilitating back injury with my last pregnancy, and that whole pregnancy was really hard on me. It just wasn't worth it and the chance of us even getting pregnant again was pretty impossible. Brynn was a miracle baby.

"I was kind of lost for awhile. I left my job, stayed home with the kids for awhile, and then started a different job. I just didn't know what to do."

Four years later, on the drive home from Brynn's birthday celebration in Bismarck, the subject of adoption came up.

"We weren't sure it was for us, but we did know we needed to explore it. We were very skeptical, but thought this is how we're going to complete our family. Adoption was always on the table, even before Brynn."



"Before he came into our family, we were pretty lost in terms of everything that had happened to our family. Doors just kept closing and nothing seemed to go our way. Camden brought us hope, joy, and happiness."  
—Jessica Evenson



The couple met with an agency in Sioux Falls, South Dakota and on February 23, 2016 signed the paperwork to get the adoption process started. They were told the wait for a baby would likely be at least six to 12 months.

"Over the next month we started to get all of the requirements done but we were in no rush. One month later we learned of Camden. We met his birth mother a few days later and three weeks before he was born, we were officially matched. Seventy-seven days after we started our adoption journey, on May 10, Camden entered this world screaming at 9 lbs 1 oz and 21 inches long. His birth mother invited me into the room and I watched my son being born."

From his very first breath, Camden changed Jessica's life.

"Before he came into our family, we were pretty lost in terms of everything that had happened to our family. Doors just kept closing and nothing seemed to go our way. Camden brought us hope, joy, and happiness. He didn't replace anyone. He has shown us that God is good and there can be hope and joy, even after tragedy. He is the joy of our lives. He has brought smiles back to our faces."

Camden's adoption is an open adoption and Jessica keeps in contact with his birth mom. She sends her books of pictures every month and texts her every few weeks.

"It's nice to have the communication with her, especially when there are questions about things like food allergies. We got together with her last fall and she got to see Camden. We want her to be a part of his life. He will have questions someday that I won't be able to answer, so if she wants a relationship with Camden, we are willing.

"I admire her. It's hard as a mom to understand how she could love someone so much that she chose a better life for him. It was hard when she left the hospital. I could see she loved him so much. It wasn't that she didn't want him. It was that she wanted something better for him."

That she chose Jessica to raise her son is something Jessica celebrates every day. Camden wasn't originally part of her plan, but she says he was an unexpected change of plans that has filled her heart and brought smiles to the whole family.

"Many have told Camden how lucky he is to be part of our family. I always tell them we are the lucky ones." *TW*



## YOU ARE ONE IN 33 MILLION Celebrate Your Strengths

by Noreen Keesey

You are unique; it has been proven. Don Clifton, the father of strengths psychology, posed a question during his graduate studies that would lead to years of research and the development of the CliftonStrengths™ assessment. That question was, “What would happen if we studied what is right with people versus what’s wrong with people?”

This question led to more than four decades of study on the topic of positive behaviors and success across many job roles and cultures. The result was a list of 34 clusters of behavior, or talent themes, that describe what people do that propels them to excellence in their chosen fields. (This is an important point; the research focused on how people were doing things, not what they were doing in terms of their career fields.

Different people can be successful in a given career even with quite different strengths profiles.)

These talent themes are not simply things that people do, they describe innate ways that people behave and their inherent potential for developing excellence. CliftonStrengths™ is a development tool wherein a Strength is matured through the existence of a talent and personal investment in the development of that talent. As a strength, one can consistently produce an exceptional outcome in the performance of a specific task.

Gallup® research indicates that the likelihood of you having the same signature strengths—your top five talent themes—as another is one in about 278,000. The odds of having those five in the same order as another are one in 33 million. We each bring a

“The greatest crime in the world is to not develop your potential. When you do what you do best, you are helping not only yourself, but the world.”  
—Rodger Williams, Founder of Rhode Island



unique perspective and set of talents to our experience on this earth.

With a list of 34 themes, it is inevitable that there will be talents at the bottom of our list. Though it is unrealistic to ignore our areas of lesser talent, it is not in our best interests to prioritize “fixing” those areas. A study conducted on reading improvement found that far greater improvements were made by those who were already good readers than by those whose reading speeds were not as strong before training. In terms of strengths, that means focusing our attention on honing our top talents is more productive than trying to develop our areas of lesser talent. We are not meant to be well rounded; we are far better off shining in our areas of unique ability.

What does this mean for us in our day to day tasks, duties, and responsibilities? First, we must recognize when we are at our best. We need to understand those things that come as naturally to us as breathing. The challenge here lies in the fact that identifying our talents can be like seeing the nose on our face. Without a mirror, we cannot get a clear view of our nose. It is too close to us. Spend some time considering what you love, when you excel, and how that excellence shows up. It can also be helpful to ask others who know us well what they see when we are at our best. Ask them to describe what they see you do well, and try not to argue with them when they point it out. Our talents are so natural to us that they can seem insignificant when they are pointed out to us.

Now, about those areas of lesser

strength. Though we cannot, and should not, deny them it is important to realize that what we have is much more important than what we do not. Gallup has outlined four domains of talent. They are executing, influencing, relationship building, and strategic thinking. It is uncommon to have signature talents across all five domains; most people’s top talents are clustered in one or two domains. Focusing on presence of talent and using them may mean using strengths in the relationship building domain in order to achieve the influencing results that are desired. Are there ways to apply our strengths to doing what needs to be done? Rather than focusing on a perceived lack, determine how to accomplish what you want using your gifts. This may mean partnering with others who can provide balance to your own themes while expressing their own.

You are unique and your development and growth is a lifelong process. Identify your talents, invest in them, and apply your strengths to enjoy greater success and life satisfaction. *N*



*Noreen is a leadership coach and trainer who values time for reflection (Intellection), loves to provide helpful resources (Input), and is willing to go with the flow (Adaptability). She enjoys one-to-one interactions (Relator) and believes in continuous improvement (Maximizer).*

Those interested in more information about CliftonStrengths™ can contact Noreen at [noreen@noreenkeesey.com](mailto:noreen@noreenkeesey.com) or go to [gallupstrengthscenter.com](http://gallupstrengthscenter.com) (scroll to the bottom of the page) to find a directory of certified strengths coaches.



## SOMETHING OLD INTO SOMETHING NEW

by Marci Narum  
Photography: Glasser Images



(MIDDLE)  
Hannah's  
mom in her  
wedding dress

Every woman has a reason for choosing the perfect gown for her wedding day. Hannah Cahoon's reason was her mother, Judy Sagaser.

"My mom died in February 2009 after a short battle with stomach cancer," Hannah says. "I'm the youngest of five. Everyone else is married and has kids. It was always in the back of my mind what would I do for the wedding without Mom."

Hannah got engaged to her fiancé Dan in January 2016 and started her search for the perfect wedding dress. It's traditionally something a mother looks forward to doing with her daughter, but Hannah still had some help from a big sister.

"When we started looking for dresses, my oldest sister, Heather, suggested to somehow incorporate Mom's dress."

Hannah's mother had sewn her own wedding dress with her grandmother, Marlys Muilenburg, in 1971.

"Mom was always a really crafty person. She made clothes for all of my siblings and me, especially when we were younger. She got into quilting. She had projects going on all the time."

This project was going to be extra special. Hannah and her sisters met with Kari Wagner and Diana Greff, owners of

Brides on a Dime in Bismarck.

"If the mom, a sister, or aunt is there when the bride comes in, we ask if there is anything special they are going to give the bride so they can have a piece of them going down the aisle," Diana explains. "We wanted Hannah to feel like her mom was there."

"They found us a couple of dresses but we weren't sure how to incorporate my mom's dress," Hannah says. "They found this gorgeous, really simple, basic, two-piece dress that turned out would be perfect to put an overlay of my mom's dress on it."

"They brought in a seamstress, Katy Beler, who worked her magic and did a phenomenal job. We ended up using almost all of my mom's dress in various parts. We added a halter strap that was a little belt thing from her dress. We added some satin panels, and Katy stitched together all the lace she could use all the way around the base of the skirt. A basic gorgeous dress ended up being a really cool lace and satin taffeta skirt for the gown."

Hannah says when her father walked her down the aisle on her wedding day, October 22, 2016, her mother was there too, and part of the memory of her entire



wedding day.

"It was like being wrapped up in my mom even though she wasn't there physically with us."

"When you're talking about a wedding it's not just about the bride," says Kari. "It's about becoming a family, and remembering those who have passed away. It's part of your history and who you are."

"I can't even really put a price on what it means to say, 'I wore my mom's wedding dress on my wedding day and I was also able to add my own personal flare to it,'" says Hannah. "That's one of the best parts of it, just feeling like Mom was hugging me throughout the day and being able to have that memory." *M*



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# MY CHECKLIST FOR *breastfeeding and working*

## TIPS FOR SUCCESS

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- Prior to returning to work, talk with my supervisor about my needs for time and space for pumping breaks.
- Talk with my family about how they can support me.
- Ask questions of a lactation professional.
- Breastfeed exclusively when I am home with my baby.
- Express milk 2-3 times during the work day, even if the pumping sessions are not evenly spaced throughout the day.
- Return to work proudly!



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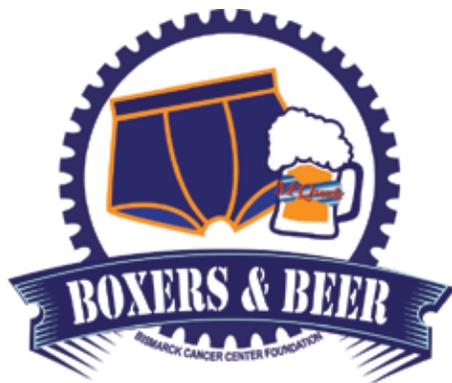
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"I've got frosting in my blood," laughs Stella Baetsch as she wipes frosting from her face.

Stella's frosting has been helping people in Bismarck and Mandan celebrate life's special moments for more than two decades. Her busiest time of year is just starting; orders are already stacking up for graduations, confirmations, and first communions. Stella knows she will be just as busy come summer.

"In the summer, the weekends are full always. There is never a weekend that we don't have cakes. But I love it. I get the happy times," says Stella, owner of MagiCandle Cakery. "Cakes go with happy

# Stella Baetsch

## SWEET SLICE OF LIFE

by Jody Kerzman | Photography: Photos by Jacy



celebrations: birthdays, weddings, new babies, anniversaries, graduations."

Stella has a few of her own happy times coming up: on June 18, she'll celebrate her 80th birthday and on May 5, MagiCandle Cakery turns 24. Stella opened the store in 1993, when her cake decorating supplies outgrew her home.

"The dining room was full, the downstairs hallway was full, underneath my foyer where I have storage was full," Stella recalls. "I was making cakes all the time, as people called me. It got to the point where it was overwhelming after

awhile. So I decided to open a store, and get my stuff out of the house."

### **SHE TAKES THE CAKE**

She never dreamed she'd still be here, at her little store on Bismarck's East Broadway Avenue, 24 years later. But here she is, working six days a week, teaching cake decorating classes, and still decorating every cake that is ordered.

"I do the decorating. You know why? When I first started teaching classes, I thought I'd find someone that would like to decorate too and I could have a day off," Stella explains. "And then I realized my name goes out on every one of them. It came from here, and my name is on it so I jolly well better do it myself."

She does have help; Stella fondly refers to her three employees as her "girls." And then there's her husband, Weldee, who has been beside her since day one.

"He is the backbone of this business," Stella says lovingly. "He is my sidekick, and most important, my accountant. Without him, I wouldn't be able to do this. We spend all our time together, at work and at home, and it just works out perfect for us."

In fact, Weldee is sort of the reason Stella first got started decorating cakes.

"My parents-in-law were having an anniversary. My husband is an only child and there was no one else to do their cake. I begged the instructor of the one class offered in town to let me in. I talked myself up to get into the class, and she did let me in. But I was out of my league! Others in the class were already doing wedding cakes. I was in awe. Total awe. The first thing our instructor asked us to do was to make a rose. I had no idea how to do that and she knew it. When I finally had a rose that I thought was pretty good, she walked by and said 'that looks like a beginner's rose' and kept walking. I went home and took out every book I had, which wasn't very many at that time, but I found an article by a lady who taught her beginners to put a mini marshmallow on a toothpick and build the rose around the marshmallow. So that's what I did. I taught myself how to do roses around marshmallows. Since then I have learned how to make a rose. I'll make



a rose for you anywhere you want a rose, I'll make a rose."

That class was only the beginning of the classes Stella would take. She won her instructor over, and the two of them traveled to Minneapolis to take The Comprehensive Course at Maid of Scandinavia. Again, Stella found herself in over her head and thought about quitting.

"I thought I kept up pretty well, but I got the impression that the teacher didn't like people from North Dakota. She made a couple of comments and I thought I would never go back," remembers Stella. "When I got home, Weldee asked me how it went and I said it was fine, but that I was never going back because I didn't really like the teacher. He told me if he would have thought that, he never would have gotten his master's degree. I thought, darn it. He's right. So I went back. I completed all of the classes and I have 11 certificates from the Maid of Scandinavia store in Minneapolis. I took all their classes, and even some foreign ones (British and Australian). After that many classes, the teacher did become a friend."

Stella also went to Chicago to the Wilton Cake Decorator School. There she took the Wilton Master's Class and the Pulled Sugar Class.

"My picture is hanging on a wall there. They call it the 'Hall of Fame,'" Stella explains with a giggle.

### TEACHER AND ENCOURAGER

Maid of Scandinavia is no longer in business, but Stella has continued to share what she learned there nearly 40 years ago. Stella has been teaching Wilton method cake decorating classes in Bismarck for 33 years.

"To date, I have taught about 3,000 students."

She offers three levels: course one covers buttercream decorating skills, course two focuses on royal icing, and course three is all about gum paste and fondant. Stella relies on her experiences—both as a beginner and as a master decorator—to help her better teach her students.

"From when I started until now, I could

write a few books. When I first started, I had the uncertainty of a beginner, of not knowing how to go about things. Because of that, I went about them the very hardest way in the world. I eventually ended up with what I know now and I can decorate a cake much quicker. I know the shortcuts. So in my classes I try to teach the shortcuts," explains Stella. "I tell my students I've been there and I know all the mistakes. I've already made them. I hope to keep them from making the same ones I made. Helping them progress is the best. I love it. Hearing them say 'oh yeah, that makes it better' is music to my ears."

Even after nearly 40 years of decorating,



While Stella is famous for her cakes, she also enjoys making peanut brittle and caramels. She says making candy is a nice break from decorating.

"If you haven't tasted a caramel from MagiCandle, you're missing out. Our caramels are to die for," says Stella. "A dear friend shared the basic recipe with me and we have since tweaked it a little."

Stella is quick to point out she still makes mistakes.

"I make mistakes," she says with a laugh. "Sometimes I can just clean off the mistake with the tip of a knife or a pin. Sometimes I have to undecorate the whole cake and start over. But that's okay. It's just a cake. It's not a big catastrophe in the grand scheme of things. It's just a cake. There are times I have put the entirely wrong image on a cake and not realized it until I was all done. So then I have to take it off and start over. It makes me mad that I made that mistake, but it happens. Sometimes we freeze the



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mistakes or send them to the business next door.”

And when it comes to other businesses, Stella is the first to welcome them to town, even those that could be competition.

“My advice for others who are starting a business is simple: just go for it. I encourage anyone. There are people who have started businesses in town and I’ve encouraged every one of them. I’m here to help them.”

### **THE FUTURE**

But while she’s eager to welcome new businesses to town, Stella knows she needs to think about the future of her own business.

“I’m not getting any younger.”

As she nears her 80th birthday, she also can’t imagine not spending her days here, where the laughter and the decorating are frequently interrupted by the sound of a ringing telephone or a curious customer.

“We are sort of the go-to place for advice. The phone rings a lot.”

And Stella is happy to share her knowledge with anyone who asks. She’s also happy to share her creations—whether it’s a perfectly decorated cake, cookie, or her famous homemade caramels.

“I’ve always loved working with my hands. I have done a lot of crafts. Cake decorating is an extension of that. I call it a ‘sugar craft.’”

As for her birthday coming up in June, Stella has decided to throw herself a party. Weldee, their two grown children, and three grandchildren will be there and Stella says there will be cupcakes, caramels, and lots of hot pink party decorations.

“I decided all these years I’ve been helping other people celebrate their big days. It’s time I celebrate my own big day. I’m thankful to the good Lord for every year He can give me and 80 years calls for a party.” *M*

Visit our website for an exclusive interview with a young baker. And visit [jacy.shootproof.com/gallery/stella/](http://jacy.shootproof.com/gallery/stella/) for a gallery by Photos by Jacy.

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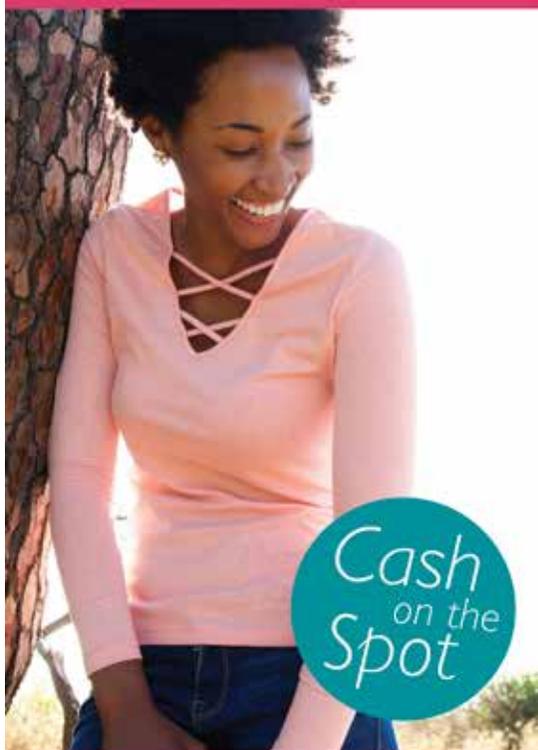


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## THRIVENT CELEBRATES WOMEN OF GENEROSITY: Kelsey Zottnick

by Marci Narum | Submitted Photos

*"Honor your father and your mother, so that you may live long in the land the Lord your God is giving you." Exodus 20:6*

Kelsey Zottnick says she never imagined herself as the executive director of Tracy's Sanctuary House. But it's been her full-time job since July 2016. Even before that Kelsey assumed responsibility of a long list of duties at the nonprofit.

"I took on everything from operations, volunteering, and fundraising, all on top of my full-time job. That was a huge learning curve and I didn't really know what I was getting myself into at the time. It became a calling to me. I was checking people in, I was on call 24/7 as I am now, and doing everything I am now. It really became a passion of mine."

Tracy's Sanctuary House is a five-bedroom home in the heart of Bismarck. It provides short-term housing for people from out of town needing a place to stay when a family member is in an emergency medical situation or when receiving outpatient cancer or dialysis treatments.

"People can stay 24 hours up to six weeks and we ask for a free will donation. It does cost us \$250 a day to keep the doors open."

Kelsey says that's where she comes in. A big part of her job is education and awareness about Tracy's Sanctuary House and raising money to keep the doors open. Funding a vital position like hers is a cost too, but Kelsey is willing to work hard to raise money for her salary as well as operational expenses—because

Tracy's Sanctuary House is in memory of her mother, Tracy Rittel. And it was founded by her father.

"He had this direct vision of what he wanted it to be and look like," Kelsey says of her dad, Bruce Rittel. "He wanted it to be very homey and comforting and also a very spiritual place for someone to go during a medical emergency."

Bruce envisioned a space like Tracy's Sanctuary House because it's exactly what he and his family needed but didn't have when Tracy died in a car accident near Fargo in August 2004. They were far away from home with no place to gather, grieve, and comfort each other.

"All these loved ones were there with us and there wasn't a suitable place to gather other than a waiting room in the middle of the chaos of an emergency room or the hotel lobby where we were staying," Kelsey says.

The experience planted a seed inside Bruce. In December 2005 Tracy's Sanctuary House opened and has served more than 3,400 families.

"There are hard weeks and good weeks," Kelsey explains. "Every time I get to check in a family it reminds me why I'm doing this. This is more important and I'm glad I'm able to serve others and do it in memory of my mom."

Find out more at [tracysanctuary.com](http://tracysanctuary.com) and on Facebook. *M*



(MIDDLE)  
Kelsey Zottnick of  
Tracy's Sanctuary  
House



When is the last time you sat down with your kids to have dinner? Even if the meal wasn't fancy, you're doing your family a favor in more ways than you might think.

The NDSU (North Dakota State University) Extension Service is promoting family mealtime through "The Family Table." The program, which is being championed by extension agents across the state, is unique to North Dakota, though there are similar programs in other states.

Julie Garden-Robinson, Ph. D., NDSU professor and food and nutrition



## FAMILY MEALTIME IS A CELEBRATION

EVEN WHEN IT'S SIMPLE

by Tracie Bettenhausen  
Submitted Photos

(MIDDLE)  
Julie Garden-  
Robinson

specialist, and her colleagues launched the program after several discussions. The project brings together experts in family science, nutrition, finance, and technology.

"There are just so many benefits when families eat together, it's astounding," she says. "Kids who eat with their families do better in school. The family table is where many of us learn our language skills, through conversations around the dinner table. Both kids and adults are healthier, and the family saves money when buying groceries rather than meals already prepared."

The program's goal is to have families eating together on a regular basis, or three times a week at minimum.

Garden-Robinson says the program launched in January with a website, Facebook page, e-newsletter, and monthly challenges with prizes.

"We have a group page, where we post quick meal ideas and conversation starters," she says. "For example, start mealtime conversations with a question like, 'If you could talk to anyone, living or no longer alive, for an hour, who would



## WHAT FAMILIES ARE SAYING

"My son has never eaten fruits and vegetables like this and he is discovering that he actually likes them."

- Ransom County parent

"I had a student tell me he hadn't had pop in a month because of the program."

- Grand Forks County teacher

"My daughter is more aware of better eating habits. It's even rubbed off on her five-year-old brother."

- Burleigh County parent

you talk to?' or 'Did you appreciate someone today? How did you show or tell that person that you appreciate them?'"

The program asks families to put electronic devices away and turn the televisions off.

"Families aren't used to being together just to talk, and the feedback we're hearing from families already is they're having fun," Garden-Robinson says. "By asking questions you wouldn't normally think of you'll learn things about one another that might surprise you and that's exciting."

Kids learn healthy eating habits at home.



"Surveys show that more than a third of families increase their fruit consumption, about a third eat more vegetables, and not quite a quarter eat more whole grains," Garden-Robinson says. "Those trends have an effect on promoting healthy weight among children."

Food is also a good way to introduce cultural history to children.

"You might tell your kids about the food your mom or grandma used to make and you might want to try those recipes for yourself," Garden-Robinson says.

"The Family Table" is one program in a suite of NDSU programs aimed at promoting healthy, strong families. Facebook followers of the program can even win prizes along the way, like cookbooks and spatulas. Visit [ag.ndsu.edu/familytable](http://ag.ndsu.edu/familytable) to participate in all aspects of "The Family Table." *TM*



*Tracie Bettenhausen is a senior staff writer/editor at Basin Electric. Her mealtimes vary from picking up grab-n-go smoked ribs at the local food co-op (they'll have you believing in angels) to trying out recipes a la Julia Child or Chrissy Teigen.*

**BECAUSE GUYS INSPIRE TOO!**

# OH MAN

**MARLO ANDERSON: CELEBRATE EVERY DAY!**

by Marci Narum | Submitted Photos

We all know what happened to the cat who wanted to learn more. As the proverb tells us: curiosity killed it.

For Marlo Anderson, curiosity has been much kinder. Five years ago the Mandan man wanted to learn more about National Popcorn Day.

"I'm a popcorn nut and I had heard it was National Popcorn Day so I went online. I wanted to know how the day came to be; I wanted to know the history of it."

Marlo is a self-proclaimed technology nut too, so his curiosity led him to a new hobby. He launched the National Day Calendar website—on National Popcorn Day, January 19, 2013. It's an online community where followers can learn about days that have special meaning and cause for celebration, whether random or intentional.

"Six months later we had 20,000 people coming to the website and clamoring for the information," Marlo explains. "It was mostly media. I would stay up two or three hours every night

researching and writing, and getting the posts ready for the next day."

Marlo's curiosity paid off. A little more than four years after launching his website, millions of people around the world are curious about the National Day Calendar.

"We are the number one thing trending on social media. There isn't anyone even close anymore. Last year alone we trended over 300 times on Twitter."

National Day Calendar was named startup of the year in January. It has its own popcorn sponsor, Colorado Jack Popcorn, and a Hollywood agent—C3 Entertainment, founded by The Three Stooges—to handle licensing and distribution of the printed version of National Day Calendars in the future. You can also purchase "Celebrate Every Day" tee-shirts and hoodies online and Marlo recently added "Celebrate Every Day" stickers.

"You just fill in the blank. I was curious if people would actually respond to



this idea. Everywhere I go people are pointing at the sticker on my shirt and saying, 'It's Tortilla Chip day!' The day before it was Margarita Day and people were high-fiving me and everything else," Marlo laughs. "From a sticker?"

National media outlets contact and interview Marlo regularly, including the NBC Today Show, Fox and Friends, Jimmy Kimmel, and Ellen DeGeneres. But he is extremely humble in the midst of all the attention and success of the National Day Calendar.

"I had a hard time with this right away, with all the attention around this. I thought it was extremely trivial. With all the things going on in our world, why would this be what it is?"

He says handwritten letters started arriving shortly before he made the decision to take National Day Calendar from a hobby to a business. Those letters changed his perspective.

"A couple wrote to us about their daughter who passed away. She was 12 and she followed us. Now they celebrate every day because of their daughter.

"A mother whose adult son has Down syndrome wrote us a letter. He attends an adult learning center in Virginia and the teacher has adopted National Day Calendar into their daily lives. The mom told us that we probably are not even aware of the impact we've had on them.

"I think people look for ways to celebrate and maybe even moreso now than ever before. We all live on Facebook

and Twitter and everything else, on our devices. People don't get together like they used to. I think this actually brings that back a little bit. Most of the time when people are talking about this they're talking about how they got together with their friends and family to go out for pizza. It's almost like an excuse to go out and celebrate."

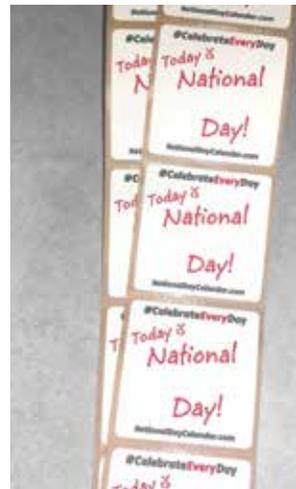
Curious about what you can celebrate today? Visit [nationaldaycalendar.com](http://nationaldaycalendar.com) or follow them on Facebook, Twitter, Google-plus, and Reddit.

Curiosity killed the cat. It's too bad the cat didn't know Marlo Anderson. *M* (MIDDLE) Marlo Anderson

“

Marlo says National Day gets about 20,000 applications for new national day proclamations each year. Of those, a committee selects 30.

The newest addition to National Day is the opportunity to vote for "Official Destination."





# PARTY FOOD

LET'S HAVE A CELEBRATION!

by Pam Vukelic

The best advice I've ever received for hosting a celebration is to keep it simple enough that you, as the host, are able to enjoy it, too. I think the way to ensure that is to do as much ahead of time as possible. Here are a few suggestions for various food "bars" that help you meet that goal and also enable your guests to fine-tune their selections to their own tastes.

## ASIAN LETTUCE WRAPS

A head of Boston butterhead lettuce, separated into individual leaves, will work great for lettuce wraps. The leaves are cup-shaped and pliable; they won't crack like a leaf of iceberg lettuce might. For fillings, cook up some ground turkey with seasonings of your choice, making it as spicy, or not, as you like. Add-ins could include small salad shrimp, shredded carrots (buy them shredded as they are more substantive than if you shred them yourself on the dreaded knuckle-buster box grater), add something a bit crunchy (chopped peanuts or water chestnuts), and offer a couple of different sauces (Thai peanut sauce, sweet chili garlic sauce, Brianna's Ginger Mandarin dressing, or soy sauce). Make the leaves into holders by first folding up the bottom then rolling in each side, like a burrito. These are delicious, light, and nutritious, however, they are a bit tricky to handle so it is best if guests are able to sit at tables when eating. Provide plenty of napkins!

## TACO BAR

When preparing your taco meat, (I usually use ground beef), add in drained and rinsed canned black beans. This stretches the meat, adds some nutritional value, and helps a bit with cohesion of the ingredients, especially if you crush some of the beans. In addition, I stir in some tortilla crumbs to serve as a binding agent and liquid absorber. They come in a shakable canister just like bread crumbs and also add a bit of a corn meal flavor, compatible with a taco mix. Offer a choice between soft and crisp shells. For ease of eating you might choose the "standable" flat bottom shells or the boats (Fiesta Flats) that are available in some stores. If you ever see blue corn taco shells on your supermarket shelves, snatch them up. They are my favorite but less readily available. A tip for easier eating is to line your crispy shell with a leaf of lettuce before adding the other fillings; it helps to keep all your taco fillings together in your shell once you have bitten into it. Buy shredded lettuce to cut down on your time commitment and, because it is quite fine, it makes building the taco easier for your guests. Grated cheese or crumbled queso fresco provides the perfect last layer. Offer a variety of sauces of different heat levels. Look for those in squeezable bottles for the easiest application.

## BAKED POTATO BAR

For a more filling alternative, scrub a bunch of baking potatoes the day before your party. Let the potatoes dry well. Prior

to baking on party day, rub them with a bit of oil and pierce at least a couple of times to avoid an explosion in the oven. The sky is the limit with toppings for baked potatoes—various meats in sauce, such as barbecued chicken, pulled pork, and creamed turkey are all possibilities. Steamed vegetables would be another option that would please guests who avoid meat. Broccoli, cauliflower, and carrots are very colorful and could be offered in a cheese sauce. Butter, sour cream, grated cheese, chopped chives, bacon bits, or crispy fried onions (from the can) would all be great toppings.

### SUNDAE BAR

If sweet is what you're looking for, a sundae bar could be so much fun! A brownie base, maybe baked in muffin pans or small individual cake pans to get delightful no-crumbs shapes, is a great start. If you're really ambitious, check online for instructions on making cookie bowls. They could easily be done ahead of time and would add a wow-factor. Two flavors of ice cream (vanilla and chocolate) are plenty because you'll have a variety of toppings. I've recently discovered Vanilla Almond cereal (Kellogg's Special K). Some of that slightly crushed provides just the right amount of crunch as a topping, and the almonds are already there. Or, finely chop up some Girl Scout cookies; Thin Mints would be my go-to choice. Then, go as wild as you like with sprinkles, various nuts, granola, and, of course, an assortment of sauces (e.g., chocolate, caramel, butterscotch, and raspberry), again in squeezable bottles.

Almost all of these preparations can be completed ahead of time and all you need to do the day of the party is put the components out. Don't hesitate to engage guests who arrive early in helping with the set-up. They'll feel useful and might even spot an omission that can be corrected at the last moment. Remember, the goal is for you to enjoy your event just as much as your guests do! Bon appétit! *M*



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*Pam Vukelic is an online FACS (Family and Consumer Sciences) instructor for the Missouri River Educational Cooperative. Pam splits her time between Bismarck and The Villages in Florida. She loves to entertain and strives to serve great party food.*

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# RETHINK THAT DRINK

by Sandy Tschosik

We could all use a girl's night out once in awhile. However, when it comes to having some cocktails with your gal pals, how much is too much? Do you think it is okay to binge once in awhile?

The Centers for Disease Control and Prevention (CDC), defines binge drinking as the consumption of four or more alcoholic beverages for women (five or more for men), during a single drinking session. The CDC reports that one in six U.S. adults binge drinks four times a month, consuming, on average, eight drinks per binge. Unfortunately, North Dakota consistently ranks high in binge drinking among both adults and high school students. According to 2015 data from the Behavioral

Risk Factor Surveillance System, North Dakota had the highest binge drinking rate in the United States. Additionally, more than 90% of the alcohol youth consume is during binge drinking.

Heavy drinking, including binge drinking, is risky behavior and is associated with the following:

- Unintentional injuries (motor vehicle accidents, falls, drowning)
- Violence against others (sexual assault, shootings, domestic violence)
- Unintended pregnancies and sexually-transmitted diseases
- Fetal alcohol syndrome and sudden infant death syndrome
- Cardiovascular diseases (high blood pressure, stroke, heart failure)
- Liver disease and cancer
- Poor control of diabetes
- Neurological damage (attention and memory problems, impaired decision making)
- Alcohol poisoning
- Alcohol dependency and withdrawal symptoms (trembling, sweating, irritability, insomnia)

Unfortunately, this behavior is a widespread problem and a serious public health issue. The good news is that there are steps we can take to help address and prevent the dangers of consuming too much alcohol.

## **CHOOSE NOT TO BINGE DRINK**

If you are going to consume alcohol, do so wisely and in moderation. "Moderation" means no more than one drink a day for women and two drinks a day for men. One drink equates to 12 oz of regular beer (5 percent alcohol content), or 5 oz of wine (12 percent alcohol content) or 1.5 oz of hard liquor (40 percent alcohol content). Try to keep this in mind when you order that cocktail and note how many ounces of alcohol are actually in it before you

order another. That one margarita may already contain more than one drink.

### **DRINK SLOWLY**

Women feel the effects of alcohol quicker than men due to our body composition and how we metabolize it. We usually weigh less, have less muscle and more body fat, and our bodies contain less water compared to men. Since fat does not absorb alcohol, and we have less water in our body to dilute it, the alcohol content remains more concentrated in our blood stream. Women also have lower levels of alcohol dehydrogenase, an enzyme that begins to metabolize alcohol in the liver before it gets into our bloodstream, resulting in a higher blood alcohol concentration. Furthermore, on average, it takes the liver one hour to metabolize the alcohol in just one drink. Consuming more than one drink an hour overwhelms the liver which can cause blood alcohol levels to rise quicker. Even hormonal swings can speed up the rate of intoxication in women. The bottom line, even if a woman weighs the same as a man, and drinks the same amount at the same rate, she will always be more "tipsy" than the man. Again, know your limit. It may be wise to switch to a non-alcoholic beverage after that one glass of wine.

### **NEVER DRINK ON AN EMPTY STOMACH**

Food helps to slow the rate of

alcohol absorption.

### **TALK TO YOUR KIDS**

Tell your children about the dangers of alcohol misuse and binge drinking so that they are better able to resist peer pressure. Also, support the minimum legal drinking age.

### **NEVER DRINK AND DRIVE**

Have a designated driver or take a taxi.

### **AVOID ALCOHOL**

Do not consume alcohol if you are pregnant or trying to become pregnant, you are on medication that can interact with alcohol, you have been diagnosed with alcoholism, or you are under the legal age limit.

### **GET HELP**

If drinking is causing health, work or social/family problems please talk to your healthcare provider or counselor. Seeking help is not a sign of weakness, but rather a sign of strength.

We are given one life. It is an amazing journey that is meant to be cherished and shared with the people you love. So, celebrate all of life's blessings, but please, if you choose to consume alcohol, do so responsibly. Cheers! *W*



*Sandy Tschosik was born and raised in Winnipeg. After earning her Bachelor of Nursing degree from the University of Manitoba, she decided that Canadian winters were too cold and moved "south" to start her nursing career in Bismarck. Sandy has a passion for motherhood, wellness, and hockey.*

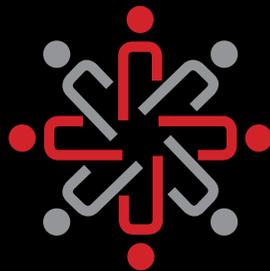


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**GREAT AMERICAN BIKE RACE**  
**Photography: Jerry Ketterling**

## **GIVE US A LITTLE HISTORY OF THE GREAT AMERICAN BIKE RACE (GABR).**

This is our 21st annual event and we will be hosting it at Legacy High School this year which is a new venue. The event began in the mall and was spearheaded by Dr. Kevin Murphy and the local Cerebral Palsy support group. With the incredible support of the community and volunteers who serve on the event planning committee, GABR has grown to be one of the largest events of its kind in the United States, with 110 teams and over 1,300 participants. We have raised over \$3 million to support children and young adults with cerebral palsy and other related childhood onset conditions permanently affecting development.

## **HOW IS GABR DIFFERENT FROM OTHER EVENTS LIKE IT?**

The Great American Bike Race is an extraordinary event that brings attention to the needs of our community from

around the nation. Thus far this year, we have donations from all 50 states, five Canadian provinces, and two branches of the Armed Forces.

## **WHO BENEFITS FROM THE GABR?**

Families throughout the region are supported with the funds raised. The majority of the funds support families from western North Dakota. These families are able to apply for funds from GABR that help pay for medical services and equipment, such as wheelchairs, communication devices, and adaptive tricycles for children with cerebral palsy or related disabilities. Requests are reviewed and disbursed quarterly.

## **HOW CAN PEOPLE CONTACT YOU ABOUT THE GABR?**

To support the event they can either contact Erin Green at the Sanford Health Foundation at 701-323-8452 or they can email us at [bikerace@sanfordhealth.org](mailto:bikerace@sanfordhealth.org).



To apply for funds, please contact Sara Haugen at the Sanford Health Foundation at 701-323-8451.

### HOW CAN PEOPLE DONATE OR GET INVOLVED?

We invite the community to come out and support the event on Saturday April 8 at Legacy High School! Anyone can contribute to help a specific team, raise funds, or make a gift to support our cause at [gabr.sanfordhealth.org](http://gabr.sanfordhealth.org).

### WHAT ARE YOUR NEEDS RIGHT NOW IF SOMEONE WOULD LIKE TO HELP?

We are always looking for volunteers to help with various activities at the event, including rider timers, set up, and clean up, but most important if you know of a family in need please let them know that there is support for them in their community through GABR for things like therapy, travel expenses, and modifications to vehicles and homes. Let's do it for the kids! *M*



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# & A HORSE NO ONE COULD CATCH, THE JOCKEY WHO RODE HIM TO A STUNNING VICTORY, THE MAGIC OF MEMORIES

by Carole Hemingway | Photography: Michael G. Seamans/Morning Sentinel

Sometimes, dynamite comes in small packages and a jockey by the name of Ron Turcotte, born July 22, 1941 came into the world in human form and was born to win. As feisty as he was small, Ron proved to be the best jockey of his generation in both Canada and the United States.

Then there was 'the horse' Secretariat, born March 30, 1970; 12:10 AM who set off a genetic explosion and whose echoes of winning the Triple Crown on June 9, 1973 at the Belmont Stakes still reverberate throughout the Hall of Fame and the rest

of the thoroughbred world.

I first laid eyes on Ron Turcotte when he gave a horse talk in Waterville, Maine, thanks to my dear, cherished friends Julie and Richard L'Heureux. Our souls met across a table he was sitting at when his hand covered mine and a bolt of lightning traveled through my entire physical body.

Between late night phone calls, loaded with conversation, laughter and pauses, in the wee small hours of the morning from Ron's native home in New Brunswick, Canada, plus a lot of reading and

(ABOVE)  
Ron and Carole,  
taken the night  
she met him back  
in August, 2011 in  
Waterville, Maine

"I thought at one point, we were going to lift off the ground, like Pegasus and that I was never going to see my family again."



extensive research, I learned a lot about horses, jockeys, and the man himself.

Ron quit school at the age of 14 to help his father support his family of 12 and like his father, he became a lumberjack in the deep woods of Canada. The actual work was difficult, dangerous, seasonal; low paying with primitive living conditions.

At one point in his early years he picked worms on a golf course for \$3 per thousand worms, in the middle of the night, wearing a mining helmet, for a bait company.

He started at the bottom in the horse world, as a 'hot walker,' cooling down horses by walking them in circles. A natural with horses, he began his riding career on June 21, 1961 on a horse called 'Whispering Wind.' By speaking to them in French, he discovered that they accelerated into another gear and won races. He knew that horses win races, not jockeys.

He married 'the love of his life' on August 25, 1965. Gae gave him four beautiful daughters. They were stronger together than they were alone.

The circumstances that brought Ron Turcotte and "Secretariat" together were simply destiny, and it played out like a movie. Actually, the true story did become the movie, Secretariat. A horse from North Dakota named Cyclone Larry played Secretariat.

Secretariat won the Triple Crown by 31 lengths. As the announcer said, "He is moving like a tremendous machine." The horse's performance was electrifying. With Turcotte in the saddle, they had stealth power.

In one of my conversations with Ron, I asked him, "How did it feel to ride him all that distance?" He paused, took a deep breath and told me: "I thought at one

point, we were going to lift off the ground, like Pegasus and that I was never going to see my family again." That must have been the closest thing to heaven, not to mention one hell of an orgasm.

By mid-1978, Ron won a total of more than \$29 million in purse money. He won more than 3,000 races. All this happened during a time of political turmoil when Nixon was being broiled alive in the Watergate scandal and finally resigned. Our world is stressed out right now, many people feel fear and anxiety living in uncertainty. I wanted to tell you 'a true story' of courage that will shift your thinking and give you hope and faith in the future.

Just before Ron's 37th birthday, July 13, 1978 his life spun severely out of control. The horse he was riding went down, and Turcotte with her. He somersaulted twice and landed on his back. He couldn't get his breath, so he pushed his stomach in. It was liked pushing in a bag of water. Then he reached down and touched his legs. An awful feeling. It was like he was touching the legs of someone else. That's when he knew the truth, that he was paralyzed.

He had a few operations but nothing could fix what was broken; yet to this day he keeps his spirit and manages to adapt to his fate. He's not bitter, cranky, but rather a joy to be around. Ron Turcotte is a much-loved man. Loved by his wife, his family and fans all over the world. He looks forward and thanks God every morning when he opens his eyes. *M*



*Carole Hemingway is an internationally regarded author, speaker, and historical researcher. She currently lives along the coast of Maine where she is writing a book about Gettysburg, and waiting to publish another book about her father, Ernest.*

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