

Inspired Woman

CAREERS



REJUVENATING
THE VAGINA

THE CASHMAN
AUCTIONISTERS

INSPIRED BY JOY

MAY 2017
COMPLIMENTARY COPY

Donna
Hardt
THROUGH THE LENS

WELLNESS **mats**[®]
A Healthy Way of Life

SPRING HAS SPRUNG!



*Happy Mother's Day
from
Karmin's Kitchen Table*

Give the Gift of Comfort this
Mother's Day!

SAVE 20%

On All Wellnessmats

~ Now Through May 14th ~

KITN

KARMIN'S
kitchen table

**4401 Coleman St
Bismarck
751-8040**

**MON-FRI 10-6PM
SAT 10-4PM
CLOSED SUNDAYS**



Volume 17, Number 5

Inspired Woman magazine
3801 Memorial Highway
Suite A, PMB 108
Mandan, ND 58554

PUBLISHER

Inspired Woman Enterprises, LLP

EDITORS

Jody Kerzman
Marcy Narum

DESIGNER

Tiahna Kirsch

PHOTOGRAPHY

Photos by Jacy

ADVISORY BOARD

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

PRINTED BY



Inspired Woman magazine is published monthly by Inspired Woman Enterprises, LLP. Mailed copies are available by subscription. Subscriptions are \$25 for 12 issues. Send check to:
Inspired Woman Enterprises, LLP, 3801 Memorial Highway, Suite A, PMB 108, Mandan, ND 58554.
Contact us at jody@inspiredwomanonline.com or marci@inspiredwomanonline.com.

© 2017 Inspired Woman Enterprises LLP. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Inspired Woman assumes no responsibility for unsolicited manuscripts or photographs. Materials will be returned only if accompanied by a stamped, self-addressed envelope. Inspired Woman magazine does not necessarily endorse or agree with content of articles or advertising presented.

Disclaimer regarding magazine content and advertising

In the interest of transparency and respect for our readers, Inspired Woman abides by a strict separation between content writers and advertisers.

Advertising is purchased by organizations solely based on the desire to connect the reader to the products or services offered by the organization. Nothing more.

A contributing writer or a subject of one of the magazine articles may purchase advertising when the theme of the issue fits the market served by the organization. In keeping with journalistic integrity, Inspired Woman magazine does not provide recompense by way of written content within the articles to those who purchase ads in the publication.

DAILY FUN, ENTERTAINMENT,
FOOD, MUSIC AND MORE!



North Dakota
TODAY

WEEKDAYS AT 9:00AM



**MONICA
HANNAN**

**KEVIN
STANFIELD**

 @ND Today



Contents

For I know the plans I have for you, declares the Lord,
plans to prosper you and not to harm you, plans to
give you hope and a future.

Jeremiah 29:11



08 **The Cashman Auctioneers**
Two Sisters & a Little Bid of Fun



10 **Sara & The Troubadour**
by Patrick Atkinson

12 **Turn Baby Blues Into Workout Cues**
by Lisa Dingeman

14 **Look What She Did**

18 **Choosing a Career**
by Lexi Kerzman

20 **COVER STORY:**
Donna Hardt
Through the Lens

24 **Donna and the Photo Pioneer**

26 **Inspired by Joy**
by Stephanie Fong

30 **Success on the Soccer Field**
by Kylie Blanchard

32 **Lt. Lori Flaten**
by Paula Redmann

34 **Oh Man**
Because Guys Inspire Too!

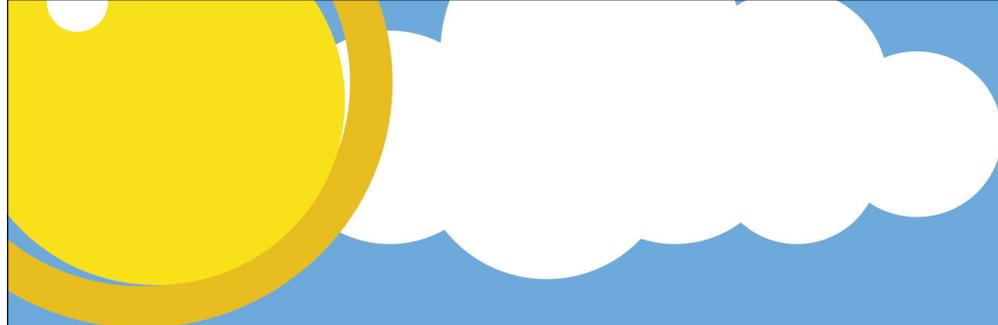
36 **Travel Jobs**
By The Numbers

40 **Rejuvenating The Vagina**
The Treatment Improving Women's Quality of Life

42 **Community Contributor**
Lemonade Day

44 **Women's Work**
by Betty Mills





EXPANDED WALK-IN CARE

**NOW WALK IN TO ANY OF OUR FAMILY MEDICINE
CLINICS WITHOUT AN APPOINTMENT.**

Receive care where and when it's convenient for you. Walk in and be seen for minor injuries and illnesses like cuts, sprains, flus and fevers.

Find a complete list of walk-in locations,
hours and wait times at
sanfordhealth.org/bismarckwalkin.

SameDay
at SANFORD

Editors' Notes



I moved to Bismarck in 1997 for my first “real” job. I was hired as a photographer and reporter at KFYR-TV and thought I’d hit the lottery—it was the career I had gone to college for in the city where I wanted to live. I spent 14 years at KFYR-TV and met people who forever impacted my life. How fun to reconnect with two of them for this issue! I have always admired Donna Hardt. I treasure the stories we did together as coworkers and the life lessons she taught me (the picture to the left is proof she even taught me how to hold a news camera). The woman is one of a kind and her story is pretty remarkable. And you can’t write a story about Donna’s television career without including her childhood friend, Dwayne Walker. I am so honored to tell their stories and to get them out from behind the camera for once.

Donna and Dwayne have impacted countless people in their years as journalists, my own daughter included. On page 18, Lexi writes about her decision to pursue a career in journalism. As much as I’d like to take credit for that, I’m pretty sure people like Donna, Dwayne, and Marci had just as much of a role. She’s been blessed with some amazing role models.

We all have influences that shape our lives and our careers. In this issue, you’ll find stories about a coach, a police officer, and a nurse who all chose their careers based on role models in their lives. It reminds me how important it is to be a good role model to others. We may not know it at the time, but by working hard and doing our best at our chosen career, we may just influence someone to follow in our footsteps. And that’s pretty cool.

Jody



I ran into someone recently who asked me what I’m doing now. When I explained happily that Jody and I work together to publish this magazine, the person stared back at me and replied, “But what are you doing for your job-job?”

Thinking about that makes me smile because this is the most demanding yet rewarding “job-job” I have ever had. The demanding part has challenged me and helped me grow in ways I didn’t expect. It’s rewarding because I am spending time with a friend on a shared vision and goal that results in something people love and look forward to. It’s more than a “job.” It’s fun, creative, and empowering. It gives me purpose and it is positively influencing others.

Choosing a career is different for everyone. We found stories this month of people who “never knew” they would be doing what they are still doing decades later and others who have found their passion at an early age. And there are those who were inspired to do something out of love and honor for someone else. I hope you will find inspiration in what they share. I know I do.

I also know that sometimes a career decision comes from the encouraging and supportive voices of other people. Or we might clearly recognize our calling from our own self-awareness; it comes from inside our being. In either case, you know you’ve found what you are meant to do when it doesn’t seem like work. I’m grateful to have a career I love. And not a “job-job.”

Marci

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



THE CASHMAN AUCTIONISTERS

TWO SISTERS & A LITTLE BID OF FUN

by Marci Narum | Submitted Photos

(ABOVE)
Missy and Katie

It's safe to say that Cashman sisters, Missy and Katie (Fitzsimmons) have the 'gift of gab.' Both women are at ease, graceful, and witty in front of any size audience. The sisters are the middle two of six children. They grew up working together in the family business, Cashman Nursery and Landscaping in Bismarck, North Dakota, and appeared in TV commercials together. All of the Cashman kids took turns promoting the business in front of the camera over the years, along with their parents, Dan and Carol Cashman. Their mother worked diligently with them to hone their speaking skills.

"Our mom was a speech teacher," Missy says. "We grew up watching the Oscars and grading the actors' speeches because our mom made us do it. Mom had us dialed in to speech and grammar at very young ages. So when it comes to trying to command that presence on a microphone, it's just something we Cashman kids have been able to do."

The Cashman "kids" still make appearances in commercials from time to time. But Missy and Katie are back together on the microphone for a whole different reason: helping raise money for charities at fundraising events and galas. This sister duo is becoming known as the Cashman Auctionisters.

HOW IT HAPPENED

"It's all Missy's fault," laughs Katie. "She is a 'Jill-of-all-trades.' She is a radio DJ, a wedding DJ, and she officiates weddings. She's kind

of this catch-all, filler-inner, woman-about-town in Bozeman, Montana."

Missy's persona is Missy O'Malley—the DJ, radio personality, TV news anchor, and auctioneer. She was working a DJ gig for a charity event when she discovered her interest in auctioneering. It happened the moment she saw auctioneer Johnna Wells in action.

"She is super classy. She has her own auction company out in Portland, Oregon and does all this philanthropic work. She is a smokin' hot, cool babe. When she got on the mic, she commanded the attention of the entire room. She was unbelievable. When it was all said and done she had raised \$350,000. In Bozeman! In 40 minutes! It's unheard of. I wanted to be her. I thought, 'I could do that.'"

"Missy called me and said, 'We've got to go to auctioneering school. This would be a good life skill to have,'" Katie says, laughing. "I said, 'learning how to play golf is a life skill, Missy.'"

But the dream was born and Katie soon became the one committed to making it reality. The sisters attended Missouri Auction School—"The Harvard of Auctioneering"—in St. Louis, Missouri last June. There were 76 students in the class. Seven of them were women, but none of them were like Missy and Katie.

"They had never met women like us before. We were this enigma they had never seen," Katie says. We started a Facebook group to keep up with all these people and they post pictures and videos of themselves at auctions they're doing with chickens and hogs and estate sales.

And then we'll post pictures of ourselves at some fancy gala dressed up in evening gowns wearing pearls with our hair done up," she laughs. "It's very different and very fun."

START THE BIDDING

The Auctioneers had their first fundraising event together on September 29. Since then, they have auctioneered for 10 events, raising more \$200,000 for charities—sometimes together, sometimes solo.

"Katie and I are so much better together because not only does it give the other person a break, you can look ahead to the next item you're going to sell. You can catch your breath, and the audience isn't hearing the same voice all night. Every time you start it kind of picks up the crowd a bit and gets the energy up in the room," says Missy.

"That is what we're good at," Katie shares. "We're good at working with audiences and telling jokes and telling stories and endearing them to us so we can endear them to the cause that they are there for. And who doesn't want to help out charities and foundations that need money?"

The twist? Earning money is not the first priority for the Cashman Auctioneers. At least not right now.

"We're in this for the fun of it. We're not exactly starting to be auctioneers to make our first million dollars," Missy says, laughing. "But you never know where it's going to take you or network you into the next thing and that's the beauty of it and that's why we love to do it."

"Everybody's trying to find 'that thing' that gets them excited," Katie continues. "So even if I do this and only make a couple hundred bucks a year but just have fun doing it, that's fine by me. But if I could make a career out of this and really do something with it, this could really be a true calling and a fulfilling occupation. Especially if I could do it side-by-side with my sister. That would be the absolute gravy." *M*

Contact the Auctioneers for your event:
Missy: 701-226-4687; Katie: 503-853-5063;
Email: theauctioneers@gmail.com

Follow them on Facebook, Twitter, and Instagram

To read the extended version of this article,
please visit inspiredwomanonline.com



“

"We're in this for the fun of it. We're not exactly starting to be auctioneers to make our first million dollars. But you never know where it's going to take you or network you into the next thing and that's the beauty of it and that's why we love to do it."

—Missy O'Malley





& SARA THE TROUBADOUR

By Patrick Atkinson | Submitted Photo

What was I supposed to say when Sara asked me, "What do you do for a living?"

She was, after all, barely seven years old. How much could I tell her?

Sara was a beautiful girl. Found on the streets totally alone, she had been physically abused and injured by the beatings her mother endured in the months before Sara was even born.

Sometime around age three, Sara was sent into the streets to beg for money where she became lost in her wanderings. She slept alone in alleys for weeks unknown. Eventually a stranger led her to a woman known to have a good heart.

Even then, Sara wasn't wanted at first. "The child is too sick," this woman told me. "I can't be responsible if she dies on me."

I convinced this woman to take Sara in and with her motherly love, Sara grew to be a beautiful young girl.

So how should I respond when Sara asked me what I did for a living?

I could tell her I chase demons during

the day and bonk them on the head when they try to scare her.

And that I call upon the angels at night, and ask them to sit by her bed to keep her safe and hold her tight.

If she were older, I could say I educate kids and keep them from committing suicide.

If she became even more serious, as sometimes she does, I would tell her that I started my adulthood as a missionary and, in turn, became an educator, health worker, builder, writer, troubadour, and businessman. Like her, I have begged.

"You must be wonderfully rich having done all that," I can imagine Sara saying.

Without hesitation and holding her hand in mine, I would say the treasures I've held are among the most beautiful on earth.

When we meet someone, and ask them what they do, they almost always tell us the title of their job. While interesting and insightful, this isn't what we asked. Wikipedia defines career as "an individual's journey through learning, work and other aspects of life." Ah, therein lies the information I want to know when I meet you.

Students and reporters frequently ask what someone should study if they want to get ahead. I tell them to go home, lie in bed, and stare at the ceiling while they imagine themselves doing something they love.

"Start from there and work backwards," I say. "You will learn what you need to know to get there."

Career—our journey through learning, work, and other aspects of life—needs to start with our dreams.

Our world works because people have dreamt their dreams, and many have chosen to follow them through. Not just in their work, but with their "individual journey through learning, work, and other aspects of life." *M*

(ABOVE)
Sara as a
little girl

To read the
extended version
of this article,
please visit our
website.



Bismarck-native Patrick Atkinson is the Founder and Executive Director of the international GOD'S CHILD Project and the Institute for Trafficked, Exploited & Missing Persons. He is a national award-winning author and the recipient of numerous human rights awards.

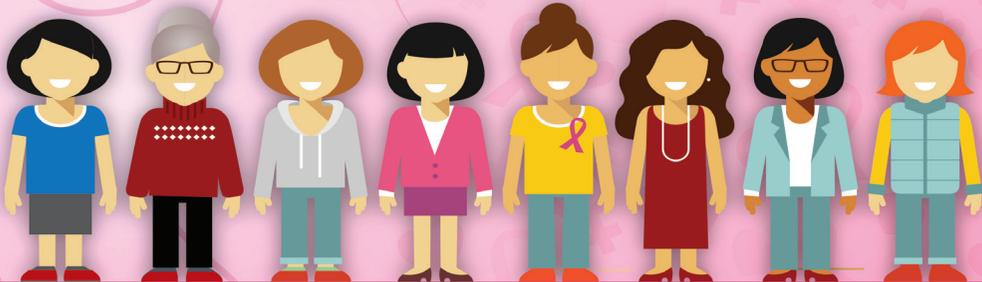
Services Covered

**Qualification required*

- Mammograms
- Pap Tests
- Pelvic Exams

 NORTH DAKOTA
DEPARTMENT of HEALTH

1 IN 8 Women WILL DEVELOP Breast Cancer




WOMEN'S WAY
a breast and cervical cancer early detection program
ndhealth.gov/womensway

Women's Way provides a way to pay for most breast and cervical cancer screenings for eligible North Dakota women

Call 701.355.1577
today to see if you are eligible

OTW©2017

WW_012617 A HS BE

JOIN "INSPIRED WOMAN" EDITORS MARCI NARUM AND JODY KERZMAN ON AN EXCITING TOUR TO CHICAGO SEPTEMBER 27 - OCTOBER 1

Enjoy a variety of activities including tea at the famous Drake Hotel, theater, The Chicago Architectural Foundation's River Cruise, Gospel Brunch at the House of Blues, Chicago Art Institute, and so much more! It will be inspiring!

Brochures available from our travel partner,
Satrom Travel & Tour,
258-5000 (next to Barnes & Noble).

TURN BABY BLUES INTO WORKOUT CUES

by Lisa Dingeman



Postpartum depression (PPD) and anxiety are nothing to shrug about. In fact, 80% of women will battle with a mild form of anxiety and PPD, also known as baby blues. They are common in the first few days and weeks after baby is born, but sometimes the baby blues don't hit until a year later. One in seven new moms will experience a longer, more severe form of PPD. Symptoms can include confusion, hallucinations, delusions, decreased sense of happiness, and feelings of inadequacy.

The real cause of PPD is unknown, but the drastic drop of hormones in a woman's body during pregnancy and shortly after childbirth can produce chemical imbalances in the brain that can affect emotional health.

These monsters can take a serious, destructive toll on your marriage and parenting abilities. What's worse: sometimes they don't go away on their own, leaving women seeking professional help and medication. But what if you don't like having to rely on a medication to get you through and enjoy your day? It is important to know that your mental health cannot be put on the back burner. But if medication

doesn't work for you, or you want to try to combat PPD and anxiety naturally, you have some options.

TAKE TIME FOR YOU. Whether you meditate, take a bubble bath, or go for a walk without the usual distractions, spending time alone gives your brain a rest from its constant state of unravel. Removing distractions and giving your mind a chance to replenish itself will help you think more clearly. Take at least 15 minutes a day doing something that will benefit your mental health.

SOCIALIZE WITH OTHERS LIKE YOURSELF. Spending time with others who have common interests and struggles can greatly benefit your well-being and self-esteem. Surround yourself with others who push you to succeed and want to see you happy. In contrast, do the same for them—as helping others will give you a sense of worthiness. As motivational speaker Jim Rohn famously said, “we are the average of the five people we spend the most time with.” Make your friends excellent sidekicks.

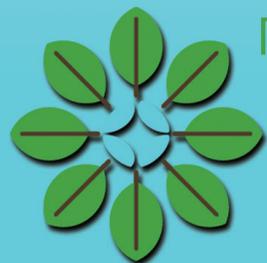


EXERCISE. Endorphins released during exercise trigger a pleasant feeling in your body, much like that of morphine. Not only does exercise make you feel good physically, it boosts your self-esteem and gives you a reason to get up, out of bed, and kick some major butt. Feeling good about yourself will positively affect your self-confidence—which will lower the dissatisfaction and doubts you have about yourself.

Getting and staying mentally healthy is the best feeling in the world, aside from becoming a mom, of course! Let nothing stand in the way of your relationships, your parenting, and your happiness. *W*



Lisa Dingeman is a devoted wife and the proud mother of two boys. She is a personal trainer at Family Wellness in Mandan and also participates in fitness competitions. Lisa has devoted her life to faith, family, and wellness.



Presented by:

earthkind[®]
preserve the good, prevent the rest

Looks What She Did

SPONSORED BY BIG BLUE COUCH® COACHING



CHELLY BOSCH

Armed with a Cricut cutting machine and 20 years of graphic design experience, Chelly Bosch has been making personalized gifts for friends and family since 2004.

"I got my first Cricut machine and went a little crazy with teacher gifts, Christmas gifts, and the walls and door of my house. I think I cut vinyl words for every room and surface in my house," confesses Chelly with a laugh.

And now everyone is crazy about Chelly's creations. She started selling a few items on bismanonline.com and started a Facebook page, Wall Words by Chelly.

"All of my designs are original; you won't find them anywhere else. I may use a font that others have, but I always change it to make it a unique design," she says. "This is a natural fit to my graphic design business too. I've done some logos on vinyl for client's windows and cars. This has given me a whole new creative outlet. I love to scrapbook but that got overwhelming and I didn't know where to start. With this, I can go create an item and have something to show for it in an hour or so. There's a sense of accomplishment there."

Chelly's latest project is a blog, wecanmakethat.me. She shares designs there, and even offers free downloads for your cutting machine. There are also DIY instructions for many craft things along with the files needed for projects. She's planning to add more scrapbook page templates soon.



SANDY THOMPSON

Sandy Thompson hates addiction.

"It robs from all of us. There's all this buzz and news about addiction rates, opioid overdoses, meth labs, and big drugs busts; 50 pounds of marijuana," Sandy says. "But nothing ever puts the focus on families. For one addict there could be 10 family members suffering."

Sandy says services have not been available to help those family members. But now she's changing that with her new business, Path to Pono. Sandy has been a licensed addiction counselor for 25 years. Path to Pono offers a brand new concept in North Dakota: family recovery coaching.

"Too many times family members or people close to those that are addicted are the forgotten victims. My goal is to help people get their life back after having their life impacted by somebody else's addiction."

Sandy says her coaching sessions are convenient and flexible because they are done over the phone. But she stresses that family recovery coaching is not therapy.

"It's actual coaching to get some results. I feel good that I'm a trained clinician and that I'll stay in my coaching lane, but I am trained so that if there is something else going on with this family member that I'm working with, I know the resources to make referrals, whether I'm in their town or not."

Path to Pono also offers business consulting services. Learn more at pathtono.com.



Photography: Katie Pinke

EMILY ST. AUBIN

by Katie Pinke

With second-hand clubs, Emily St. Aubin, an 8th grader at Ashley Public School, competed at the National Drive, Chip, and Putt competition in early April ahead of the Masters at Augusta National Golf Course in Augusta, Georgia. St. Aubin finished 10th place overall. Her parents, Jeremy and Lisa and 12-year-old brother Zachary were there to cheer her on. Jeremy is Emily's coach and Emily is the defending state medalist in North Dakota Class B girls' golf and her team—the South Border Mustangs—are the defending state champions.

The road that led St. Aubin to Augusta started with 100 rounds of golf in an infant seat, riding along with her parents before she was a year old. In the summer months she golfs daily with the “1 p.m. golfers” in Ashley. The 1 p.m. golfers are mostly older men, a few women, and St.

Aubin, who hopes to recruit younger golfers to join them.

“They teach me to be a better person and to golf for fun,” St. Aubin says.

In Augusta, St. Aubin met golfing greats Nancy Lopez, Annika Sörenstam, and former U.S. Secretary of State Condoleezza Rice. While St. Aubin raises the bar for the game of golf in North Dakota, she does not dream of a professional golf career. She can see herself golfing in college possibly, but hopes for a career in sports broadcasting.

Wherever life leads her St. Aubin is loyal to her community and her home course.

“My best friends are here. I golf here to golf with the elders,” St. Aubin says.

With her recent success, she isn't interested in new golf clubs either.

“They're my lucky clubs now,” St. Aubin says with a sincere smile.



big blue couch[®]
coaching

Live Beautifully Whole

Life Coaching for Women

Private Coaching | Online Group Coaching | Books & Resources | Events & Speaking

www.bigbluecouchcoaching.com

In the Driver's Seat

With Britta

BISMARCK
MOTOR COMPANY
HONDA • NISSAN • HYUNDAI • Volkswagen

Stop in to see me & I'll buy you a specialty drink from our in-store cafe, Perks!



Cell: 701.202.9405

bburbach@bismarckmotorcompany.com

You can't buy the wrong vehicle.

At Kupper Automotive, you'll have comfort in knowing you can't buy the wrong vehicle, because we offer a

5-Day Money-Back Guarantee & **30-Day Pre-Owned Exchange!**
(wholesale units not included)

This will ensure you are getting the right vehicle that works for you!

1100 NE 57th Ave | 701-258-1944

1 FREE Specialty Drink
Courtesy of Britta



BISMARCKMOTORCOMPANY.COM

polished
dental 
healthy smiles for the entire family

Crystal D. Overby, DDS
James A. Nelson, DDS
Kristin R. Schoch, DDS



1700 E Interstate Ave
Bismarck, ND

701-222-4746

www.polished-dental.net



For Arts Sake!

Flea Market

May 26 • Noon - 5 p.m. • May 27 • 10 a.m. - 2 p.m.

Treasures found here!

www.Bismarck-Art.org • 422 E. Front Avenue, Bismarck

Indoor Sale!



Bert Knell
Pedicures/Manicures

For Appointments:
702-460-5500

Bella Vante Salon
701-222-3658
1425 Mapleton Ave
Bismarck, ND

GIFT CERTIFICATES AVAILABLE

BISMARCK CANCER CENTER FOUNDATION

CALENDAR OF EVENTS

- June 2-4** Rug Rat Softball Tournament
- June 3** Tractor Trek
- June 3** Carz-N-Cures
- June 10** Volkowitsch Golf Open
- June 11** Tenth Ave North Christian Concert
- June 17** Harleywood Night Motorcycle Run
- June 22** BCC Night at the Bismarck Larks
- July 4** Mandan 4th of July Road Race



BISMARCK CANCER CENTER FOUNDATION

For more information visit bismarckcancercenter.com

500 N 8th St, Bismarck, ND 58501
701-222-6100

Turning visions into reality, one property at a time.



www.DeniseAmy.com

Denise Ziegler
REALTOR®

701-391-4566
denise@dakotafreelance.com

Amy Helpfrey
REALTOR®

701-527-6874
amyhelpfrey@me.com



1022 E Divide Ave.
Bismarck, ND 58501
Office: 701-222-2217

CHOOSING A CAREER

FIND YOUR PASSION

by Lexi Kerzman
Submitted Photos

You could say I grew up in a newsroom. My mom worked as a reporter and an anchor for the local NBC station until I was in middle school. She tells stories about having to pick me up from daycare and then taking me back to work with her. Her former coworkers still talk about feeding me dry cereal in an edit bay while my mom did her live shot. When I got older, I loved going to work with my mom because it meant I could get a treat from the vending machine and play on her computer.

My mom left her television news career when my youngest sister was born. She said it was just too hard to work crazy news hours and raise four kids. But she never stopped writing; she's taken writing jobs that allow her to be home with us while still using her talents and contributing to our family's finances.

My mom passed her love of writing onto me and showed me that it is possible to make a living being a writer. I have always loved to write and I've been developing my writing skills by being involved with my school newspaper, the Hiherald. I've been on the Hiherald staff for the past three years and each year I fall a bit more in love with it and with a future in journalism.

My first two years on the Hiherald staff I stuck to mainly opinion columns. Both my sophomore and junior years I was editor of the opinion section. This was a huge step for me. Despite growing up around news people, I was very shy. In fact, I was so shy it was hard for me to say what I truly felt to anyone. But writing was different. Writing my opinion for everyone in school to read

was easier than saying it. Writing a monthly column gave me confidence and taught me to stand up for myself and my beliefs. That is something I will always be grateful for.

Last year, my journalism advisor told me about the Al Neuharth Free Spirit scholarship. When she first talked to me about it I had very low expectations for myself. I applied anyway thinking it would be good practice for future scholarships. I had a tiny thread of hope that I might actually receive the award. To my surprise I won and had the opportunity to represent the state of North Dakota at the week long convention in Washington, D.C. last June.

Talk about a life-changing week. Prior to my trip to D.C., I knew I liked to write but I never thought I would be able to make a career out of it. Talking to successful journalists, like ESPN SportsCenter anchor Chris Berman, made me realize a journalism career is not some far off dream. I soaked up every bit of information given and learned so much about journalism during my time as a Free Spirit Scholar. But the best part is that I discovered my true self that week. By day three of the convention I knew I was destined for a career as a journalist.

I knew before I went to D.C. that I would be editor of the Hiherald this year. I had known since sophomore year that it was a job I wanted as a senior, but I wasn't confident I would be a good editor. My Free Spirit experience gave me a new found confidence in my writing and in my job as editor. I had big ideas, starting with a Hiherald makeover. Over the summer I



“

"They say the secret to choosing a job is to find something you're passionate about and then it won't feel like work. I feel that way about writing and about journalism. I dream about a career in journalism. It truly is my passion."

met with my design editor and advisor and together we created a whole new look for our paper. We stripped down the previous templates and created ones that we could be truly proud of.

Besides changing the look of the paper, I also brought back a monthly letter from the editor.

I had been watching my mom, who over the summer took over a magazine with one of her old TV news friends, and listening to them talk about how much they loved writing their editors' notes every month. I did not want to miss out on the fun, so the letter from the editor returned. My mom was right; writing my letter is my favorite part of each

issue. I love being able to write about the stories my staff members write each month. They deserve recognition for their writing and I've learned part of being a good leader is giving credit where it is due.

My job as editor consumes my life. I work on it before, during and after school, at school, and at home. My dad just shakes his head and tells me I'm just like my mom. Some of my friends think it is weird that I spend so much time worrying about a school newspaper, but to me it is so much more than just a school newspaper. I consider the Hiherald my job. As editor I feel responsible for any mistake or error printed. I am a perfectionist and I want every issue to be perfect. My friends and my dad don't get it, but I have learned not to let that bother me. I am passionate about my job as editor and I'm willing to spend extra time making the Hiherald something worth reading.

They say the secret to choosing a job is to find something you're passionate about and then it won't feel like work. I feel that way about writing and about journalism. I dream about a career in journalism. It truly is my passion.

(LEFT) Budding journalist, Lexi Kerzman, one day old, in the arms of her mom's old TV news friend, Marci.

(MIDDLE) Lexi with her journalist mother. The eight-year-old apparently had no idea she would one day be inspired to become a journalist herself.

(RIGHT) Lexi, 17, inspired journalist and proud editor of the Hiherald.



Lexi Kerzman is fighting a bad case of senioritis as she prepares to graduate from Bismarck High School at the end of May. Lexi will pursue her career as a journalist by furthering her education at the University of South Dakota next fall.



Photography: Photos by Jacy

Donna Hardt

THROUGH THE LENS

by Jody Kerzman | Submitted Photos

Name a significant news event to happen during the past 40 years in North Dakota, and chances are, Donna Hardt was there capturing the news with her camera. Donna has been a television news photographer since 1976, give or take a few years.

"I took a few years off to try different things, but I kept coming back to news," Donna explains.

It is a career Donna never intended on having. She married in 1968, quickly had two daughters, and expected she would be home with them while her husband worked. But in 1972, her marriage ended and Donna was left to raise her two young daughters, Michelle and Kaja, by herself.

"I went to live with my parents. I was not going to go on welfare. I knew that for sure and when I realized my marriage was truly over, that my

husband was not coming back, I decided to get a job."

Donna's sisters, Carolee and Gloria, were living near Seattle, Washington and invited Donna and her girls to move there. Donna found work as an apartment manager and sold Avon. After a year, she returned home to Bismarck, where she has been ever since. She found employment at Kirkwood Office Supply, JC Penney, and Daytons. She also helped her dad with his handyman business. Those jobs included everything from shingling to fixing dishwashers. Donna also did the bookwork for her dad's business.

"I had to take care of my kids, and I didn't have time to feel sorry for myself. My parents saved us. They let us live



with them and they babysat the girls a lot for me while I worked.”

HARD WORKING ROLE MODELS

Donna's parents taught her about hard work. Her dad, Arnold Engstrand, was a handyman/housebuilder/jack-of-all-trades. She remembers his stories about climbing the KFJR radio and television towers to change lightbulbs during North Dakota blizzards. Her mom, Florence, was a pastor in the Assembly of God church. Her mother's job took the family from Wilton to Selfridge and finally to Bismarck.

“My mom came from a family of preachers. Her dad, uncles, and brother were all preachers.”

So even in the 1950s when there weren't many female pastors, Florence Engstrand felt right at home in the male-dominated career. Perhaps that's why Donna never blinked an eye at the idea that television news photographer was not a job for a woman.

“I started my career as a news photographer at KXMB in 1977. I even did the weather there a few times, but I wasn't very good, so they didn't let me keep doing that, which was just fine with me,” Donna remembers with a laugh. “My good childhood friend from Selfridge, Dwayne Walker, was doing the same job at KFJR-TV and he kept asking me to come to KFJR but I didn't want to

leave my friends at KX. Finally the news director at KXMB set up an interview for me at KFJR. He even drove me to the interview, and convinced me to take the job.”

NO JOB—OR CAMERA—TOO BIG

Donna is a petite woman, and in those days, the camera gear was heavy, bulky, and nearly as big as she. Never one to ask for help, Donna figured out how to carry the gear and keep up with fast-moving stories.

“I always balanced my camera on my hip. I still do that even though the cameras today are much smaller and lighter,” Donna says with a smile.

The hours were long, not ideal for a single mom, but Donna made it work.

“I was taught that if you have a job, you do that job, no matter what. You don't make excuses or feel sorry for yourself. You just do what you were hired to do,” she says matter-of-factly. “There were times I would take my daughters, and later their children, with me on stories. It was just what we had to do. It was hard as they got older, sometimes I had to miss their events, but that's also the neat thing about news; sometimes you have a few hours off at random times and can make it to lunch at school or to an afternoon program.”

In 1988, Donna married local radio personality Sid Hardt. Shortly after that she left the news business for a few years to care for her grandkids.
But she



missed the news. So in 1999 she returned to KFYR.

"There isn't another job where you can go from a feedlot to the Governor's office in the same day. There are so many great stories and I'm so lucky to be trusted to capture those stories. It's an honor for me to go into people's homes and tell their story. It is very humbling. I do my very best to make them feel comfortable and to look their best on TV. I will tell someone if they have lipstick on their teeth, or a hair sticking straight up. I've been known to adjust a U.S. Senator's tie if it's crooked. I'll move plants so they're not distracting in the background. It's so important to me that people look good. I just want my work to look the very best it can look."

And when she looks back at her career as a television news photographer, there isn't one big story that sticks out. When asked to name the top four stories of her career, she lists the 2011 flood, the 1983 shootout between Gordon Kahl and police officers near Medina, North Dakota, a marijuana bust in South Dakota, and the Dakota Access Pipeline protests of 2016. There have been Presidential visits, Army National Guard trips, helicopter rides, police ride-alongs, legislative sessions, and school visits. All hold a special place in Donna's heart, but what's most memorable to her are the people she's met, both those she's worked beside and those she's photographed.

"I feel like this job has helped me meet so many people.
I love

people, and I love when they remember me from a story I did with them years ago. That's so neat that they remember little old me. I've lost track of how many reporters I've worked with. It's got to be hundreds."

But those reporters have not lost track of Donna. She has taken many a young reporter under her wing, taught them how to write to the video she captured, introduced them to the movers and shakers in the community, and helped them build their reporting skills. Many have moved on to bigger markets, thanks in part to the training Donna gave them at KFYR.

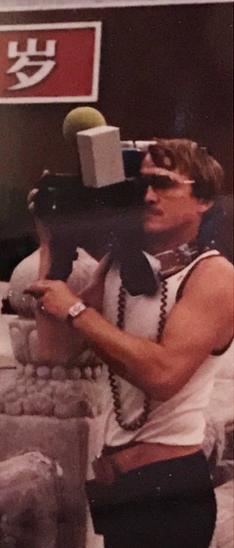
WHAT RETIREMENT?

This summer Donna will celebrate her 70th birthday. For many, it seems like the perfect time to put the camera away and see what retirement has to offer. But Donna has no plans to retire anytime soon.

"People ask me all the time when I'm going to retire. I just smile and say 'not yet.' I have too much to do. I don't want to stop working. I love this job. It is so interesting. I would miss seeing all the people and meeting new people if I quit. And this job helps me keep things in perspective. There are days I feel sorry for myself, days that my arm hurts, or my back hurts and then I get assigned a story that makes me realize just how lucky I am." *W*

To see more photos of Donna taken by Photos by Jacy, please visit our website.





DONNA AND THE PHOTO PIONEER

by Jody Kerzman | Submitted Photos

One of the people instrumental in Donna Hardt's success as a television news photographer has been Dwayne Walker. The two were childhood friends in Selfridge and their paths continued to cross even after Donna's family moved to Bismarck.

Dwayne started his career as a news photographer at Bismarck's KXMB-TV in 1966. He was just 20 years old.

"I was in college and needed a part time job. I had been flipping burgers at the Auto Dine restaurant, and I wanted something else. I had no intentions of being a news photographer my whole life though."

Dwayne's father was a self-taught photographer and Dwayne learned the skill by watching him. In fact, his dad's interest in photography helped Dwayne land his first job at KXMB.

"I was in Dave Blackstead's office for a job interview at KXMB when his phone rang. It was Art May, who ran a photography store in Bismarck at the time. Dave mentioned he had me in his office and Art told him to hire me. Art knew my dad and figured I must be a good photographer too."

Dwayne took the job and began his career shooting news on 16mm film, which he also developed and edited for the newscasts. When the station was sold a few years later, Dwayne was laid off.

"I was in the National Guard and they basically created a job for me. I worked as a clerk in the public affairs office until my friend Al Gustin, who was acting news

director at KFYZ, offered me a part time position as a news photographer at KFYZ-TV."

That was in 1972; Dwayne still works at KFYZ-TV as chief photographer. He's traveled to the Great Wall of China, Saudi Arabia, Germany, and Guatemala for stories. He's flown in military helicopters, B-17 and B-52 bombers, covered floods, fires, and shaken hands with Presidents Reagan, Carter, Ford, Obama, Bush (H.W.), Trump, and First Lady Laura Bush. He's covered politics, and was recently honored by the North Dakota House of Representatives for covering his 25th legislative session. There have been numerous other awards over the years and in August, Dwayne will receive the North Dakota Broadcasters Association's Pioneer award, a prestigious award given annually to a true icon and legend in the broadcast industry.

It has been 50 years since Dwayne took off the apron at the Auto Dine for what he thought would be another part-time job, a decision that developed into a career capturing North Dakota's news and preserving memories for others. He plans to retire from KFYZ-TV at the end of May, but Dwayne says photography defines him so he won't be putting away the camera or pushing the stop button. He is currently working to get his commercial drone license so he can do even more photo projects through his business, Dwayne Walker Photography. *W*



**THRIVENT
FINANCIAL®**

Connecting faith & finances for good.®

TALK TO YOUR AGING PARENTS

BEFORE IT'S TOO LATE

Talking with your parents about caregiving, end-of-life decisions and their estate is important—and often difficult. Having those conversations now can reduce everyone's stress later. A first step may be to simply ask your parents where documents are kept:

Start by taking a financial inventory, which should be updated annually, that includes:

- **Legal documents**—property deeds, wills, trusts, living wills, health care and financial directives, and birth, marriage and military discharge certificates.
- **Contact information**—attorneys, accountants, financial representatives, physicians and others who provide advice and care.
- **Current account information**—all financial accounts, including checking, savings, retirement, investment, plus loans, credit and insurance contracts.

Contact your Thrivent Financial representative today for guidance.

BE PART OF **THE THRIVENT STORY**

Thrivent is a
**membership organization
of Christians ...**

We help members be
wise with money ...

And
live generously.

The result is
**stronger members, families
and communities.**



Thrivent Financial and its representatives and employees cannot provide legal, accounting, or tax advice or services. Work with your Thrivent Financial representative and, as appropriate, your attorney and tax professional for additional information.

Insurance products issued or offered by Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. Not all products are available in all states. Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent. Thrivent Financial representatives are registered representatives of Thrivent Investment Management Inc. They are also licensed insurance agents/producers of Thrivent. For additional important information, visit Thrivent.com/disclosures.

Jackie Hoff and her mother Barb Dohrmann always dreamed of owning a gift shop together. They had crafted and attended numerous craft fairs and running a store in Dickinson was a hoped-for project they both looked forward to.

As Barb battled cancer for six years, the dream was pushed to the back burner. When Barb passed away last June, the family all



INSPIRED BY *Joy*

Article and photos
by Stephanie Fong



felt a deep hole where Barb used to be.

Then, a few months after losing Barb, things started falling in place to make their dream a reality.

Jackie is the business manager for The Real Estate Co., the Hoff's family-owned realty company. She saw a listing for the former Emmanuel Baptist Church location in downtown Dickinson. After stepping into the church, Jackie knew within a couple of hours that the dream of a shop was meant to happen.

"It just came to me—this is something I've got to do. It was just a feeling."

Joy: Inspired Gifting was underway.

Jackie and her daughter, Amber Kuntz, dove into the project, involving their entire family along the way. A fast and furious couple of months ensued.

"From closing on the building to our first day of business, it was a just over two months," Jackie laughs.

Amber's husband, Kyle, supervised a total remodel of the building. Family members of all ages pitched in to get



the project done.

Jackie spent long hours searching for vendors, building a product line from scratch. Many of the items carried at Joy not only fit the style of the shop but also are companies with a cause that give back.

"The vendor and product choices were totally intentional," they explain. "It's important to be able to find things that make a difference."

Amber's writing style shows through in the unique branding and social media marketing for Joy.

And the name?

"Joy was Grandma's word. She was



always saying, 'joy, joy, joy.'" She was such an inspiration to all of us and to anyone she met. This was a way to spread her joy even though she's not here anymore," Amber shares. "Working on Joy became sort of a healing process. It was all something we could all work on together and do for her. It just feels like she's here. And Mom [Jackie] really put in so much heart and dedication to this project. She's such an amazing woman."

The former church is fresh and full of light, housing a gift shop stocked with décor, greeting cards, candles,

purses, accessories, baby items, a literal sleigh full of pillows, and more.

And there's coffee, too.

"Grandma [Barb] loved fellowship and offering ways for people to come and have conversation, and have Bible studies, and the coffee shop serves a backdrop for that," Amber points out.

Eight•0•Four: Inspired Sipping was named after Barb's birthday—August 4. It boasts all homemade items, from the syrups used in specialty drinks to the baked goods available each day. Jackie and Amber are happy to bring in local talent and products, utilizing a roaster from Fargo and getting their tea out of Bismarck.

Jackie continues to do part-time bookkeeping at the realty office, but most of her time is now spent at Joy. Amber, a realtor alongside her dad and husband, and mother of four, tries to be at Joy as much as time allows.

"Find something you are passionate about," Amber says when asked for advice to others thinking about launching their dream. "Because when it is a heart-driven business, you want to devote that time and energy to it. It means a lot. That's the driving force behind Joy."

The mother-daughter team says their goal is for Joy to become a long-term staple in the Dickinson community, noting they already are dreaming of future community events and involvement.

"Stay tuned!" Jackie smiles. *W*

*Joy: Inspired Gifting & Eight•0•Four:
Inspired Sipping
229 3rd Street West,
Dickinson, ND 58601*

*Hours: Tuesday-Friday: 9am-5pm,
Saturday: 9am-3pm*



Stephanie Fong lives in Dickinson with her husband and two busy toddlers. She holds degrees in English, Communications, and Education from Concordia College in Moorhead, Minnesota. In rare spurts of free time, she enjoys trips to Medora, reading cookbooks, and channeling her inner Pioneer Woman.

GET FIRED UP

IT'S GRILLING SEASON!

FOR TIPS ON GRILLING THE PERFECT BURGER VISIT BUTCHERBLOCKMEATS.NET



BUTCHER BLOCK
MEATS IN MANDAN

BUTCHERBLOCK_ND



CLOTHES MENTOR

Why pay mall prices when you can pay our "gently used" prices?

The most sought-after brands "gently-used," in like-new condition for about 70% off of mall store prices.

SOME OF THE BRANDS WE LOVE:

ann taylor | anthropologie | athleta | avenue | banana republic
calvin klein | chicos | dooney & bourke | express | gap | jcrew
lane bryant | loft | louis vuitton | lululemon talbots
vince camuto | white house black market | and many more...

Celebrate Mom

& GET HER A
CLOTHES MENTOR
GIFT CARD!

100 W FRONT AVE, BISMARCK | 701-323-7171
clothesmentor.com | find us on &



30% off
any Specialty Coffee Drink
with the purchase of a
flatbread or sandwich!

4524 Memorial Hwy. Mandan, ND 58554
(701)354-1844

TEXT CRCC to 51660 to receive additional rewards



**WEST RIVER
TRANSIT**
Public Transit Buses for Everyone!

West River Transit provides public transit for people of all ages, in McLean, Rural Burleigh, Grant and Dunn counties, Beulah, Center, Hebron, New Salem, Almont and their surrounding areas.

3750 E. Rosser Avenue • Bismarck, ND 58501
701-224-1876 • Fax 701-223-2572

Dutch Mill Florist



1731 North 13th Street • Bismarck, ND 58501 | 701-224-1902 • 800-346-1902 | dutchmillflorist.com



Dr. Maria "Duffy" Meyer
Dr. Melissa Eberts

701-483-GRIN or 701-483-4746
www.highplainsdentalpc.com



669 12th St West
Dickinson, ND 58601

Family Friendly Dentistry!

SUCCESS ON THE SOCCER FIELD

A COACHING CAREER

by Kylie Blanchard

Photos courtesy U-Mary Athletic Department



Soccer has been a part of Sarah Cook's life since her early elementary school days. From her start playing in the Bismarck Soccer League to her current position as head women's soccer coach at the University of Mary, she has found success on the pitch.

When the opportunity arose to take the coaching helm at her alma mater in 2012, it was a move she felt was right.

"I put a lot of thought into it. It was a professional move I wanted to make," she says. "The school was the right fit for me, so I went for it."

SOCCER SUCCESS

Sarah was a member of the 2001 Century High School girls state champion soccer team, and the following year she began playing at the University of Mary. She was team captain from 2002 to 2004 and earned All-American honors in three of those years. Sarah and the University of Mary squad also competed in the NAIA national tournament in 2002, 2003, and 2004, and she was named 2003 Region II player of the year.

She began coaching junior varsity soccer at Century High School and club soccer while in college. In 2007, she became head girls soccer coach at Century High School, leading the team to state titles in 2007 and 2011. She also served as assistant women's soccer coach at the University of Mary from 2009 to 2011 before becoming head coach. In 2016, Sarah was inducted into the University of Mary Athletics Hall of Fame. She says many influenced her to pursue a career in coaching.

"My former high school and college coach, Brock Thompson, pushed me onto the path of coaching education and got me into coaching with him. Levi Evans, the former head coach at University of Mary, was an assistant coach at both my high school and college, and Dave Ripley, basically the founder of soccer in Bismarck, has

been a great mentor. They all helped to push me in this direction,” Sarah says, adding Jill Ellis, head coach of the US Women’s National Team, has also been an inspiration.

LIFE AS A COLLEGE COACH

While the official season for women’s college soccer runs August through November, Sarah remains busy year-round. She begins recruiting in December. January through February is the “off-season,” but the team continues to meet for conditioning and skill sessions. March and April mark the spring season, with the team training regularly. Sarah says the summer is the best recruiting time frame, so she is often traveling, while planning for the upcoming season.

“I enjoy the competition, I enjoy mentoring young women, and I enjoy recruiting and getting to travel the world to compete, recruit, and meet families.”

MAKING AN IMPACT

Sarah says mentoring young women through college is one of the greatest rewards of her career.

“The most rewarding is seeing players graduate and move on in their next path strong, confident young women who go after their dreams.”

She notes the school’s women’s soccer community has become a family to her and the players.

“I love hearing from former players and seeing them come back and share their love for the program and also their experiences. We are one big family, and the family doesn’t stop after you finish your playing eligibility.”

Inspired to still learn more about the game, Sarah says she continues to focus on her education as a coach.

“The game has evolved so much, and I have to as a coach, just as I expect my players to,” she notes. “My advice is to get involved as much as you can. Help promote and grow the game. Get educated through soccer



coaching courses.”

Sarah holds a United States Soccer Federation (USSF) “A” license, the highest license in the USA, as well as the USSF goalkeeping license and USSF National youth license. She currently also serves as a head coach in the Region II Olympic Development Program (ODP) and coaches State ODP and club soccer.

“I love coaching, and love what I’m doing. I’m focusing on soaking up as many opportunities as I can in coaching at the highest level I can.”

THE FUTURE

Sarah is married to University of Mary men’s soccer head coach, Dave Cook, and together they have a one-year-old daughter.

“My husband has been very supportive of my coaching and continuing in this career,” Sarah says. “Regardless of what I do in life, I know I want to always be surrounded by the game. I want to teach my daughter, along with my players, that you go for what you want and desire. Although it may be hard, you always fight for what you want.” *M*



Kylie Blanchard is a local writer and busy mom of three, including a new, very cute baby boy. She played soccer back in the day, too, and was a member of the Hughes Junior High Huskies 9th grade city championship team with Coach Cook.

LT. LORI FLATEN

A LIFETIME IN LAW ENFORCEMENT

by Paula Redmann
Photography: Photos by Jacy



Lieutenant Lori Flaten didn't really plan on having a career in law enforcement. But here she is, 40 years later, finding herself in a career she still enjoys as the longest serving employee in the Mandan Police Department.

"I didn't really seek it out, but it sure seemed normal to me," explains Lori. "My father was a game warden. My uncle was a sheriff. I was around law enforcement all the time."

So, at the tender age of 19, Lori, a graduate of Mandan High School, armed with an associate's degree from Bismarck State College, started her career as a dispatcher.

"I thought I'd give that a try, but after a year, I knew I wanted to move on," she says. And move she did.

Lori's 40-year career path moved from dispatch into stints with both the patrol and investigations divisions, areas that seem to fit her thoughtful, personable, and service-minded demeanor. She is currently a supervisor in the patrol division. She feels her years of experience provide a wealth of information and background for her to do the administrative work of supervising 10 officers and providing them what they need to do their job well. Lori is also responsible for all the approval processes for Mandan's many special events.

"I really didn't ever stop to think that this was a man's field or a woman's field. I was really supported and encouraged by Chief Hugo Ternes when I first started. That meant—and still means—a lot to

me," says Lori.

She's seen the law enforcement field change in the smallest and simplest of ways.

"Like the duty gear, our clothing. You couldn't find duty gear for women. It's a good thing I have small feet. When I first started, I bought children's boots and dyed them black," she says, laughing. "You just bought men's duty gear and tailored it. No big deal."

But what about the biggest change for her field in 40 years?

"Without a doubt, it's the technology," says Lori. "It's amazing. Our cars have computers so information is right there. You can do things so much faster and get back on the street. Even the protective gear is so much more advanced now. We never had vests, and I remember that we used to get pretty excited to get new portable radios. There have been so many improvements. We have so much more now to protect ourselves and protect the public, and it's just so helpful."

Every profession has its scratchy parts, the things that just get under one's skin; and the same holds true for Lori's career choice.

"I have zero tolerance for people who are mean to kids or animals."

Lori's soft heartedness for furry ones is evident in the many hours of service and "I just thought I'd stop in" support for the Central Dakota Humane Society.

Lori's career has provided her with vivid and inerasable memories.

"I remember when a baby died in a fire.

To see more photos of Lt. Flaten taken by Photos by Jacy, please visit our website.



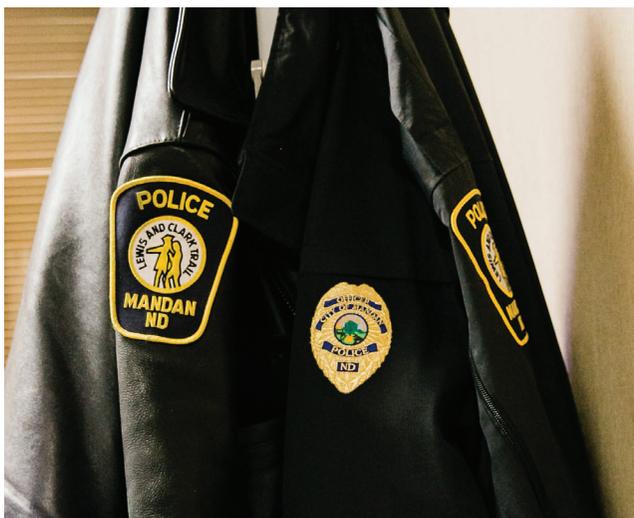
There were three children that died, but I remember the baby the most. I remember the mother sitting in my car. I had to tell her there was not going to be a rescue, and that her children were gone. And that was over 20 years ago.”

Those tragedies are balanced with many, many feel good moments for Lori.

“You’d think it might be when there is an arrest or a citation issued, but it’s not. It’s when you can help an older person, or talk to a little kid when they’re scared, to be there for a family in trouble. Those situations are always nice,” she explains.

Fast forward to today, and Lori says the most recent examples of kindness and appreciation will stay with her for a very long time.

“The support we received from the community during the Dakota Access Pipeline protests was unbelievable. Sure,” says Lori with a smile, “we received boxes of donuts. People brought water and food because they just wanted to say ‘thank you.’ But the words of encouragement made us feel so good. I’ve never seen anything to that extent. People just can’t imagine how that support made us feel in such a rotten situation. It just reinforced why we’re here, why I’m here, because all I ever wanted to do was a good job.” *M*



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.

BECAUSE GUYS INSPIRE TOO!

OH MAN

CORY ELLISON: GUARDIAN ANGEL & NURSE

by Marci Narum | Submitted Photos

Some people don't mind a North Dakota blizzard if it means not having to go to work or school.

Cory Ellison is not one of those people.

Instead of sleeping in on a storm day, Cory plows ahead. He is the guy who doesn't let blocked roads and blowing snow keep him from his duties as a Registered Nurse at St. Gabriel's Community, a faith-based, nonprofit provider of senior care services in Bismarck.

When Cory knew some staff members couldn't make it to work during a blizzard this past winter, he walked a half mile in the blinding snow from his apartment to St. Gabriel's. And then he stayed overnight.

"He knew the guests were here and they needed the care he could provide," says Kristie Schumacher, Social Wellness Team Leader at St. Gabriel's Community.

Cory, 26, is a native of Elgin, North Dakota. He has worked at St. Gabriel's since it opened in 2010, first as a CNA and

then working his way up, becoming an LPN and an RN. He is one of the primary nurses on the short-term rehabilitation neighborhood, working the 6:00 a.m. to 6:30 p.m. shift.

"The majority of guests are doing therapy so I get them up and ready for therapy, make sure they have their medications and do any treatments they need throughout the day, pain control, communicating with doctors to ensure the best care for our guests, and assisting the CNAs wherever they need it," Cory explains.

Cory says he knows how overwhelming the work can be for a CNA so he is always quick to lend a hand. His kindness does not go unnoticed. Florence Herauf has been a CNA for nearly 47 years and says Cory is the best nurse she has worked with.

"When I come to work at 7:00 a.m. one of our guests, who is 101 years young, is getting up and Cory will be in his room getting him ready for the day. He does that with everything. He is always willing

Cory and his family



to help. He was a CNA first so he knows what it's like," Florence says.

Cory also understands what it means to be appreciated by his co-workers and the guests he cares for. Several of them nominated Cory for the Sister Claudia Award, a prestigious honor given to one staff member of the St. Gabriel's Community each year.

"Sister Claudia was one of the sisters with the Benedictine Health System and she really exemplified our core values: Respect, Stewardship, Justice, and Hospitality," explains Mary Glatt, Director of Nursing. "The person who receives the award reflects those core values, and really goes above and beyond the stewardship value to serve our guests in the best way possible."

An extremely humble young man, Cory was surprised to receive the award.

"I guess it means I've done my job right. I made an impact on people and they really appreciate the work I do."

Cory says he became a nurse hoping to make a positive impact on the lives of other people

"Just being able to help people. I want to make a difference in people's lives with the career I chose."

St. Gabriel's guest, Phyllis Smith says Cory takes care of her in a way that makes her feel special. But then, it seems everyone else at St. Gabriel's is saying the same thing.

"He takes care of everybody. If I switch a call light on, he's there," says

Phyllis, matter-of-factly. "When he does something he does it perfectly. I don't have to wait. And he's kind. Everybody says that. If you ask them who they like best, they say, 'Cory.'"

"St. Gabriel's is really lucky and blessed to have Cory. We really are," says Kristie. "He's always got a positive attitude and a smile on his face."

Cory also has a desire to keep learning and growing. He is still considering getting his master's degree and applying to a Nurse Practitioner program one day. It's a safe bet to say not even a North Dakota blizzard will stop him from doing either one. *M*

“

"He takes care of everybody. If I switch a call light on, he's there. When he does something he does it perfectly. I don't have to wait. And he's kind. Everybody says that. If you ask them who they like best, they say, 'Cory.'"

—Phyllis Smith



(LEFT)
Cory and
Phyllis Smith

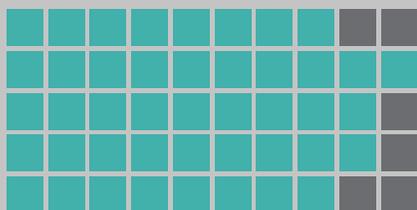
(RIGHT)
Tyler Hoemberg
(CEO/Administrator,
St. Gabriel's
Community),
Cory Ellison, and
Mary Glatt

TRAVEL JOBS BY THE NUMBERS

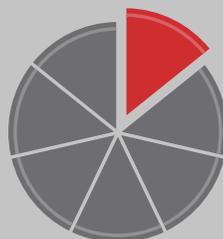
by ND Tourism

Did you know 42,614 jobs are supported by the travel and tourism industry in North Dakota? Travel impacts all 53 counties in the state. Tourism is travel for recreational, leisure, or business purposes. And it has become a popular global leisure activity. When you look at the numbers, it's easy to see why so many people are pursuing jobs in the travel and tourism industry.

To learn more about jobs in the travel industry, visit our website, inspiredwomanonline.com.



44 of 50: number of states where small businesses in travel employ a higher percentage of workers than the private sector (2007)



1 in 7: ratio of projected growth of travel jobs (3.3 million) to total U.S. job growth by 2020

BRAND YOUR BUSINESS WITH A WHOLE NEW APPROACH!

Breakthrough to your next level of success with CLEAR + AUTHENTIC energy that attracts your ideal clients on a deeper, soul level ~ like magic!

LOGOS | WEBSITES | BUSINESS CARDS | BROCHURES | PRINT + DIGITAL ADS

Call 701.595.7300 *today* to schedule your branding breakthrough session! STUDIO NORTH





#6: where travel ranks in terms of total U.S. employment



1 in 8: American jobs (private sector) supported by travel



29%: pace that travel jobs have been created—faster than the rest of the economy (March 2010 to July 2012)



48: number of states where travel is a top ten employer



(all data 2017, unless otherwise indicated) Source: U.S. Travel



**JUDY MASLOWSKI,
REALTOR, SFR, SRES**

Bianco Realty
601 E Expressway
Bismarck, ND

701-400-7516



"Whether buying or selling put my experience to work for you!"

Ylang Ylang

Cananga odorata

Plant Part: Flower

Extraction Method: Steam distillation

Aromatic Description: Sweet, rich, spicy

KEY BENEFITS

- Apply to the back of the neck for a calming, uplifting effect
- Provides antioxidant support*
- Massage **into** your scalp to increase the appearance of healthy, shiny hair

- A Aromatic T Topical I Internal
 N Neat—Can be used topically with no dilution

Essential Oil Tip:

Add to dōTERRA Fractionated Coconut Oil for a deep hair conditioner.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Jacy Voglewede

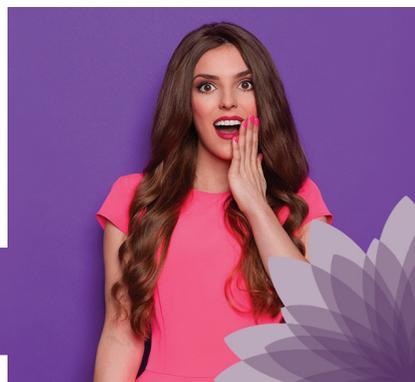
701-371-7327

www.mydoterra.com/jacy

SAY GOODBYE TO TWEEZERS AND CHIN HAIR FOREVER!

Nancy's Electrolysis
 PERMANENT HAIR REMOVAL | PROFESSIONAL | AFFORDABLE

1022 East Divide Ave. Suite M | 701.388.4818



*"Interiors designed
with you in mind"*

122 E. Main Ave Ste 102
Bismarck, ND

701.223.9922
spaces4you.com



FURNITURE | FLOORING | DESIGN CONSULTING | ARTWORK | ACCESSORIES

Romance Romance

Two musical stories of love and romance!

May 4-6 & 11-13 @ 7:30
May 14 @ 2:00

Join us for our May musical, featuring two stories about the challenges and joys of romance!

LIVE STAND UP COMEDY

Headliner
Chris Maddock

May 19 & 20 @ 8:00



Shade Tree Players

Summer Children's Theater! Space available for ages 7-18. Contact theaterdir@dakotastageltd.com for info.

Get tickets at www.dakotastageltd.com or by calling (701) 258-4998 today!

Thresholds

Coaching for Individual, Team, and Leader Development

Celebrating International Coaching Week
May 15-21, 2017



MBTI® Master Practitioner
Gallup Certified Strengths Coach
www.noreenkeesey.com

Hosted Air Tours!



IRELAND

Exciting inclusive tour from Dublin to Galway, Killarney to Blarney and so much more!

Hosted by Dave & Diane Peterson
Travel dates: Aug. 9-18



CHICAGO

...my kind of town!

Inspired Woman Chicago Tour

Hosted by Marci Narum & Jody Kerzman
Travel dates: Sept. 27-Oct. 1

Many inclusions: an inspiring trip!



NEW YORK, NEW YORK!

We've been sending groups to the Big Apple for more than 30 years!

Broadway musicals, NYC City tour, 9/11 Museum and much more! December tours include Radio City Rockettes Christmas Spectacular and "The Nutcracker Ballet" at Lincoln Center.

Oct. 19-23 & Nov. 30-Dec. 4

Hosted by Brenda Rogerson & Carol Jean Larsen

Dec. 7-11 Hosted by Joe & Katherine Satrom



Contact us:
258-5000
info@satromtravel.com
www.satromtravel.com

SNOW WHITE

NORTHERN PLAINS DANCE PRESENTS

BELLE MEHUS AUDITORIUM



May 12 | 7:30 pm
May 13 | 2:30 & 7:30 pm
May 14 | 2:30 pm

Tickets available at
NorthernPlainsDance.org



SHELLY



JANIE



RHONDA

REJUVENATING THE *vagina*

THE TREATMENT IMPROVING WOMEN'S QUALITY OF LIFE

by Jody Kerzman | Submitted Photos

Janie Brown has faced multiple medical challenges—from endometriosis to infertility, then a hysterectomy in her mid-30s, and finally breast cancer and a double mastectomy. She thought she'd had her fill of medical issues. She was wrong.

"During one of my surgeries the surgeon nicked my bladder, which led to another surgery and incontinence issues," says Janie. "And because of breast cancer and a hysterectomy, I was seriously lacking estrogen, which led to vaginal dryness. I was really praying for some answers."

Her prayers led her to a treatment called Thermiva, and to a visit with her Nurse Practitioner, Rhonda Jolliffe at Lifeways Clinic.

"Thermiva is an application that uses radio frequency energy to gently heat tissue, designed for the

vaginal anatomy. This stimulates the body's own collagen and rebuilds tissue that was lost. The rebuilding of collagen provides moisture, which is lost during menopause or other health conditions. Basically it makes it young again," explains Rhonda.

Janie decided to give Thermiva a try.

"The treatment was not painful. The dryness was much more painful than the 40-minute treatments," says Janie.

Rhonda recommends women receive three, 40-minute Thermiva treatments, one month apart.

"The collagen builds in between treatments. Women who are extremely low in estrogen may need more. As high as 88-90% of women are satisfied with the results they get after three treatments."

Rhonda says vaginal dryness is one of the most common side effects of menopause. She says there are many treatments available, including hormone creams, but those aren't an option for some women, like Janie, who have had breast cancer.

"In the case of a woman who has had breast cancer they can't use estrogen so these women really suffer. Intercourse is very painful when you have vaginal dryness, and can affect intimacy and relationships," Rhonda explains. "Thermiva is a great non-invasive, non-hormone tool that can help women feel better, and younger."

It was exactly what Kami (who asked her last name be withheld) was searching for.

"I felt like I was dry all the time. I was having pre-menopause symptoms but when I went to the doctor, they suggested I take hormones. I didn't want to do that. I wanted a more natural solution," Kami explains. "I did my research on Thermiva and decided to try it. I noticed a difference after my first treatment. It didn't hurt at all and I was able to resume my normal activities, even sexual intercourse, immediately."

Kami received her three Thermiva treatments from Shelly Botsford, Nurse Practitioner at Pure Skin Aesthetic and Laser Center. Shelly says Thermiva is a painless way to give women back their quality of life.

"It's something that women are

uncomfortable talking about, but I tell women if you have a vagina, you probably have a problem, or will have a problem one day," says Shelly. "Thermiva uses the same radio frequency technology that is used to tighten the skin on your face. It just makes sense that it can tighten the vagina as well."

Shelly says Thermiva is a good option for women of all ages.

"After giving birth, many women have stress urinary incontinence—a cough or a sneeze causes leaking or urinary urgency—when you have to go, you have to go! Thermiva can fix those issues," says Shelly. "It can also help women who suffer from vaginal dryness in menopause. We do customized treatments for each patient, because what's right for one woman may not be the best option for the next woman. But the results from Thermiva treatments are overwhelmingly positive. Most women see improvement after the first treatment, and after two treatments are well on their way to wellness. It is important to have all three treatments because each treatment builds on itself."

Kami couldn't agree more.

"I've been happily married for 20 years, and Thermiva helped me reclaim my life." *M*

To learn more about Thermiva and how it could help you, visit thermi.com or call Rhonda or Shelly at their clinics.



4535 Northern Sky Drive,
Bismarck, ND



**Accepting Appointments for
SPORTS PHYSICALS
701-712-3000**

COMMUNITY CONTRIBUTOR



LEMONADE DAY
Submitted Photos

GIVE US A LITTLE HISTORY OF LEMONADE DAY.

Celebrating 10 sweet years, Lemonade Day originated out of Houston, Texas. What started with one young lady, inspired to make money to acquire a pet turtle, has now turned into a program that has over 30,000 participants in Houston alone! Now, over 60 cities, 23 states, and three countries have the Lemonade Day program, with hundreds of thousands of young participants who are our future leaders and entrepreneurs. National Lemonade Day is held in May, however we know that isn't quite

a guarantee in North Dakota, so ours will be on June 17, 2017.

HOW IS LEMONADE DAY DIFFERENT FROM OTHER EVENTS LIKE IT?

Lemonade Day is a program-based learning experience that pairs youth with a responsible mentor and guides them through the process of starting and operating their very first official business—a lemonade stand. With the help of a lesson-planned workbook, participants set a goal, make a plan, work the plan, and achieve their dreams! After they have followed through and set up shop on Lemonade Day, each youth walks away from the program more business savvy than some adults.



BISMARCK-MANDAN

WHO BENEFITS FROM LEMONADE DAY?

The Community. This program is empowering today's youth to become tomorrow's entrepreneurs. We have entrepreneur programs in high school



and college, but those students take the skills they learn and sometimes leave "home," and we never get to see the great things they do. If we can introduce this program to third through eighth graders, we will have a better chance to witness these great things earlier, and most important in our community!

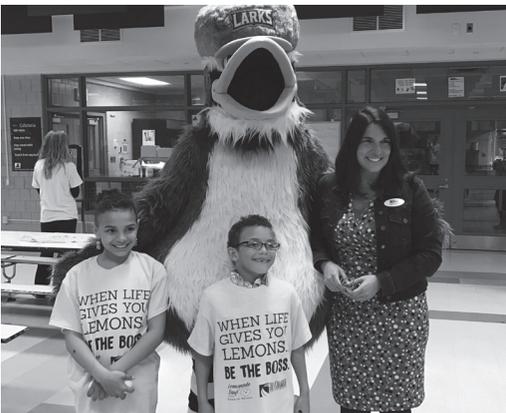
HOW CAN PEOPLE DONATE OR GET INVOLVED?

I guarantee anyone reading this has a child, or knows someone who has a child in the third to eighth grade range who would benefit from this program. Be a mentor! The greatest investment in this program is the time the mentors put in with the youth to assist, not ensure, but assist in their success. We don't want the adults to do the work, or else the child won't truly learn how to be successful through the work of someone else.

If you own or operate a business in Bismarck or Mandan, consider being a Safe Stand Location for a Lemonade Day participant. This partnership helps both the lemonade stand as well as the business as on June 17 a lot of people will be buying lemonade!

HOW CAN PEOPLE CONTACT YOU ABOUT LEMONADE DAY?

Feel free to contact me, Dave Leingang, at the Bismarck-Mandan Chamber of Commerce, 701-223-5660, or email me at dleingang@bismarcc.com. Check out the website, bismarckmandan.lemonadeday.org and give us a "LIKE" and share our Facebook page. *TW*



To the people who enter our door,
our name evokes help and
healing. Life brings losses.
Small and big, physical and
emotional. An accident, stroke or
loss of a dream. Therapy
Solutions brings hope,
confidence and a plan to heal.



- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Occupational Health Programs
- Counseling Services (Faith Based Available)
- Rehabilitative Services



therapy-solutions.net
Dickinson, ND

North Clinic
(701) 483-1000
448 21st St W Ste D-1

South Clinic
(701) 483-1021
446 3rd Ave W

Women's Work

EXCITING POSSIBILITIES

by Betty Mills

For a young woman the question, "What do you want to be when you grow up?" had always a limited list back in those now long ago days when I was of an age to be asked that question.

"Teacher, nurse, secretary," were the usual responses with an occasional newly added "social work" showing up. Underlying those limited possibilities was the ever present "wife and mother."

Only my brother qualified for "doctor, lawyer, merchant chief" as the old rhyme put it, and never added as a potential lifework were those subsidiary occupations, "husband and father." Just to complete the circle of limitations, I'm sure my mother never taught him to cook or iron his shirts.

That view of a woman's life did not change when I entered the university, not with my friends, professors, or the vocational guidance bureau where I once squandered three days of my confused young life. The question I most remember was the counselor's query, "Would you like to be an opera singer?" Since I was notable for not being able to carry a tune, I realized on that instant I was back at the starting gate. So I married the new young lawyer in town and devoutly wished I'd signed up for home economics when I'd had the chance.

In addition to our society squandering a lot of human potential, those often wistfully referred to as "the good old days" contained hidden perils for women who had no marketable professions. I remember one winter night watching for my husband's late return from an out of town business trip when the paralyzing possibility occurred to me: what if he was killed on that ice covered highway? How could I support our family? Put four kids through college? Pay the mortgage, or buy tennis shoes?

There is much help in our current life that allows women to have careers and clean sheets, diapers in the garbage, cars remotely warmed if they are running late at the office, a paycheck to add to the family's well-being, and a man in the kitchen no longer demoted for "doing women's work."

Given my perilous professional past as chief cook and bottle washer, I revel in the sight of women pilots, physicians, truck drivers, scientists, mathematicians, chemists, politicians, executives, engineers—an ever lengthening list of professional possibilities for women. My own three daughters are respectively a lawyer, an accountant, and an occupational therapist. The occupational therapist

“The moral of my story, my practical advice to all young women, the in-case-of life insurance, is to find a profession that will support them personally and financially and keep it current.”

opted to revert to housewife and mother and now tells me unless she went back for an update and a master's degree, she would not be viable in the job market.

The moral of my story, my practical advice to all young women, the in-case-of life insurance, is to find a profession that will support them personally and financially and keep it current. There is more to it than that, of course. To limit life's possibilities for women is to chain them to a no longer useful view of women. In addition, there's the talent that goes unfulfilled, the once lively ambitions squelched by questionable choices, and the loss to society of those talents.

I was always put off by the question in surveys and from new acquaintances, "What is your occupation?" That became the conversational equivalent of running into a brick wall. Try it sometime. You're seated on an airline with a well-dressed businessman in the other seat, and he inquires into

your lifework.

"I'm a housewife," you reply, and he promptly remembers the report he has to read before his upcoming meeting. I was always tempted to say, "I'm a call girl—can I be of any service?" except at such moments of temptation my mother is back whispering in my ear.

Then I co-authored a book and began writing a weekly political column, and could reply, "I'm a writer." Even that sometimes failed to bridge the career gap which was women's fate in my day, typified by one young man's response, "On household hints?" His disbelief was obvious when I replied, "No, politics."

My chief regret in life is that I missed the exciting possibilities now available to modern American women. *M*



Betty graduated with honors from Mary College in 1967 with a degree in social work. Her career has included motherhood and leadership; Betty served on many local boards and councils. And she published a weekly political column for the Bismarck Tribune for 25 years.

**FABULOUS
Flowers
& PLANTS
FOR EVERY
Occasion**

Bismarck Floral & Greenhouse
1400 Airport Road
Bismarck, ND
701-255-3312
bismarckfloral.net

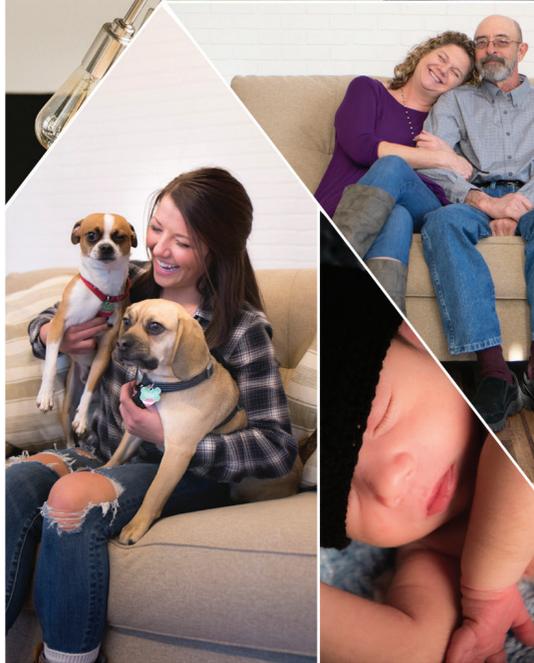
Bismarck Floral & Greenhouse

**boneshaker
coffee co.**
SINCE 2003

**boneshaker
coffee co.**

We cater coffee, lattes, ciders, hot chocolates, chais and mochas in 96 oz To Go disposable carriers along with assortments of muffins, caramel or cinnamon rolls, scones, kuchen, etc.

Boneshaker Coffee Company
1501 Mapleton Avenue, Bismarck, ND
epic.boneshaker@midconetwork.com
(701) 530-0850

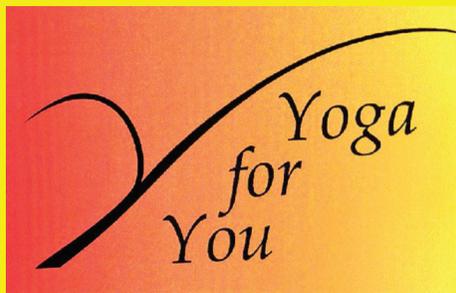


PHOTOSTUDIO

BY ARLIEN DESIGN

1207 W DIVIDE | BISMARCK

HELLO@ARLIENDESIGN.COM | WWW.ARLIENDESIGN.COM



Yoga Teacher Training Starts September 12, 2017

Earn your 230 hour yoga certification in NINE months!

Classes held at:

Yoga for You in Bismarck, ND
Yoga Alliance Certified
Training

Call 701-255-8499 or go online at
www.yogaforyoubismarck.com

YOGA CENTER

www.yogaforyoubismarck.com



**THRIVENT
FINANCIAL®**

WILL YOU HAVE THE RETIREMENT YOU ENVISION?

You worked hard to save for a secure retirement. Now that you're almost there, are you confident your plan will help you achieve the kind of retirement you want? I can help you maximize your assets and review options that can provide a stream of income throughout your retirement.

Contact me today to learn more about how I can help with your retirement planning strategy.



Katie R Brademeyer, FIC, CLTC®
Financial Associate
James River Associates
311 1st Ave S Ste 3
Jamestown, ND 58401
701-252-1160
katie.brademeyer@thrivent.com

Thrivent Financial representatives are licensed insurance agents/producers of Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. They are also registered representatives of Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415. For additional important information, visit Thrivent.com/disclosures.

Appleton, Wisconsin • Minneapolis, Minnesota
Thrivent.com • 800-847-4836

28396 N2-15



TOUCHMARK
SINCE 1980

**THE {FULL} LIFE —
— AWAITS AT TOUCHMARK!**

Discover your path to living well!

MEMORY CARE NOW OPEN!

Independent Living · Single-family Homes & Apartments
Assisted Living · Memory Support · Memory Care

Learn more or schedule a tour:

701-557-9289 · TouchmarkBismarck.com

TOUCHMARK ON WEST CENTURY

Full-service Retirement Community

1000 West Century Avenue • Bismarck, ND 58503

1714447 © Touchmark, LLC, all rights reserved   



**In The GOD'S CHILD Project, we
LOVE and APPRECIATE all mothers!**

MAY IS INTERNATIONAL MOTHERS' MONTH

And in your Bismarck ND-founded international GOD'S CHILD Project, mothers are the core of what we do:

- Project fostered and assisted natural mothers care for the Project's 5,000 children in their homes

- 8,700 widowed, single, and abandoned mothers and their dependents are in our Mothers Clubs, receiving education, health-care, legal aide, job training, and support.

- Mothers who bring their malnourished children to Casa Jackson Hospital for Malnourished Children are encouraged to stay with their children, breast-feed when possible, and hold their children tight.

Thank You, Mothers. You Make Life Possible.

Please help us help them by becoming a sponsor.



The GOD'S CHILD Project | Patrick Atkinson, Founder
721 Memorial Highway, Bismarck, ND 58504
701-255-7956 | www.GodsChild.org | www.ITEMP.org

