

Inspired Woman

MUSIC



**REMEMBERING
DANIE THOMSSSEN:**
MARCHING ON

MUSIC ON THE MENU

A LOVE STORY:
CHRIST & BERNADETTE

FEBRUARY 2018
COMPLIMENTARY COPY

*Karen
Traeholt*

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3801 Memorial Highway
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PUBLISHER

Inspired Woman
Enterprises, LLP

EDITORS

Jody Kerzman
Marc Narum

DESIGNER

Tiahna Kirsch

PHOTOGRAPHY

Photos by Jacy

ADVISORY BOARD

Beth Anderson
Tracie Bettenhausen
Kylie Blanchard
Melanie Carvell
Jamie Christensen
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Inspired Woman

PLAYLIST

PLAY

FOLLOWING

...

We're always adding to our playlist and we want to know, what's on your playlist? Share your go-to song on our Facebook page!

TITLE

ARTIST

+ River	Joni Mitchell
+ Velkommen Hjem (Welcome Home)	Sissel Kyrkjebø
+ Close to You	The Carpenters
+ Catch and Release	Matt Simons
+ Something About You	Level 42
+ Just Like Fire	Pink
+ Hello	Adele
+ Thinking Out Loud	Ed Sheeran
+ Drink a Beer	Luke Bryan
+ Whom Shall I Fear	Chris Tomlin
+ Walkin' on Sunshine	Katrina & The Waves

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for he has done marvelous things."

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DAKOTA**

FOX

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Henry Blakes
METEOROLOGIST

Molly Martinez
ANCHOR

WATCH WEEKDAYS AT 9:00PM

Editors' Notes



For the past several years my son has been in charge of the music on our road trips. Thanks to Spotify and unlimited data, his playlist has expanded, and so has his taste in music. Jake listens to everything from Elton John to Eminem, Alan Jackson, Sam Cooke, Toby Keith, and Snoop Dogg. He loves it all. Maybe it's because of the memories that come with each song: Charley Pride's "Kiss an Angel Good Morning" will always remind him of his Grandpa Kerzman; the theme song from Ghostbusters is an inside joke with his youngest sister. But Jake's appreciation of music goes beyond just being an amateur DJ; he's been playing trombone since he was 10 and I am just as proud of his musical accomplishments as I am of his athletic and academic ones.

Jake is well-rounded, and as we worked on this issue, I realized he's got music to thank for that. I nodded in agreement as I read Shawn Oban's piece about the importance of music education. I left Kendra Clark's first grade classroom with an extra bounce in my step after hearing her lead her class in song to start their day. As you read this issue, think about Jake's playlist—there is something for everyone; some of you will love every single story, just as Jake loves every single song. Perhaps this issue will give you a deeper appreciation for music or maybe it will take you back in time, as music so often does. And, if your kids are just beginning their musical journey, say yes when they ask to join the band.

Jody



Love and music often go together; the list of songs about love is endless. In this month's issue, we are taking a different spin on that notion, highlighting the love of music and its power and significance in our lives.

"Music has the power to make us smile, and bring us to all types of tears. It can carry us back in time, and inspire us to dance in the moment. For all our happiest days, there is music." –Unknown

Music is as close as one can get to time travel. I hear a song I haven't even thought about in years and I am instantly transported to another time in my life. It's almost dreamlike. As popstar Rihanna would say: "Please Don't Stop the Music."

The good feelings that come with music are among many reasons to love it. Music has the power to influence and shape lives, as you will read in the remarkable stories we have for you in this issue. Music builds character and life skills; it connects people. You might know about the Central Dakota Children's Choir. Do you know the story behind its inception? Read how and why our cover girl, Karen Traeholt, made it happen 20 years ago. It has impacted several thousand youth and their parents.

Music and food have interesting connections, as Pam Vukelic shares, and Amber (Schatz) Danks introduces us to a group learning the ukulele. Her story might inspire you to learn the little instrument, like it has me.

Happy reading—may you find the love of music and its power to make you smile, bring you to tears, carry you back in time, and dance in the moment.

Marci

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



*We're singing praises
about our team...*

(LEFT TO RIGHT) Jacy Voglewede, Stephanie Fong, Noreen Keesey, Amber (Schatz) Danks,
Michelle Farnsworth, Roxane Romanick, Melanie Carvell, Jeanne Masseth,



We are grateful for this group of women; our advisory board members help with everything from the creative process to delivering the magazine to you each month. We are blessed to have each one of these beautiful women in our lives.

Paula Redmann, Beth Anderson, Tracie Bettenhausen, Jody Kerzman, Marci Narum, Jamie Christensen, Tiahna Kirsch, Kylie Blanchard (Not pictured, Pam Vukelic)

Kendra Clark

START EACH DAY WITH A SONG

by Jody Kerzman | Photography: Photos by Jacy



If you're looking for Kendra Clark's first grade classroom at Bismarck's Liberty elementary school, just follow the music.

"Music helps us set up the day," explains Kendra. "It calms the kids down and starts the day right."

Kendra started incorporating music into her daily lesson plans five years ago, before Liberty elementary was even built.

"My first year teaching at Liberty was pretty rough," recalls Kendra. "We were in a very small classroom at Hughes while they finished building the school. I was having a hard time getting and keeping my students' attention. That's when a friend of mine suggested I add music. She told me to teach to my strengths."

Music has always been Kendra's strength. That might be because she comes from a musical family. Kendra's mom taught piano and guitar lessons for years, her sister teaches music at the Youth Correctional Center in Mandan, and her husband is the band instructor at Simle Middle School. Kendra has a minor in instrumental education and music has been a part of every job she's held, from camp counselor at Camp of the Cross to her current job as a first grade teacher.

Over the years, Kendra has made music a bigger part of the daily routine in her classroom. For the past four years, she and her students start each day with a song or two. Some favorites include "Best Day of My Life" by the American Authors and "Home" by Phillip Phillips.

"We started singing 'Home' and I discovered it really connected the kids. This is their home for much of their day. We spend a lot of time in our classroom. They need to be comfortable here."

Turns out, singing does more than just make the students feel comfortable. It's instilled a love of music in many of these kids. Kendra says every year at least three of her students get guitars for Christmas. This year, six-year-old Reese Spadgenske found a guitar under the Christmas tree.

"I like singing and I like playing my

guitar," says Reese. "I have my own guitar. I even have a strap like Mrs. Clark and a pick and a stand. My parents like when I sing."

Parents also like the other skills their kids are learning through music. Kendra knows there are academic benefits to music.

"Kids who are in music use more parts of their left and right brain," she explains. "Music is a part of our lives, from birth to death, so why shouldn't we make it a part of our daily work here in the classroom?"

Six-year-old Beckham Holen says the moment Mrs. Clark takes out her guitar is the best part of the school day. And although he's only six, Beckham knows he's benefiting from music.

"Singing songs helps me remember stuff," he says, matter-of-factly.

Kendra's former students attest to that. Ten-year-old Grace Nelson remembers her year in Mrs. Clark's class as one of her favorites. Grace is now a fourth grader; her classroom is across the hall from her former first grade classroom, and each morning she and her classmates happily head back to first grade for a few minutes to sing with their first grade buddies.

"When they hear the music, they come across to our room and we sing together," explains Kendra. "We've always had fourth grade buddies in our classroom, but music has brought them even closer I think."

"I like it because it gives us a better connection with our first grade buddies. We give each other high fives and some even have their own handshakes," agrees Grace. "It makes our mornings happy. It doesn't matter if you're a great singer or not. We all just sing!"

"It makes our days better and makes us happy," says her classmate Norah Walker. "It makes us in a good mood."

On Fridays, all the classes in the hallway join in the music. They stand outside their rooms and sing a song or two together, connected by music. It's enough to make Kendra sing a happy song. *M*



Kendra and her fellow teacher, Karen Arnold, also wrote Liberty's school song with help from Kendra's sister, Megan Holkup, who teaches music at the Youth Correctional Center in Mandan. Head to our website to see video of Kendra's class and their fourth grade buddies sing that song, as well as their favorite song, "Home" by Phillip Phillips.

To learn more about how music helps the brain, Kendra recommends this link: brainworldmagazine.com/music-rhythm-and-the-brain





Who knew when Christ (pronounced Krist) Nuss spotted a girl in Bavaria, Germany, oh so long ago, that their spark, their courtship, their marriage and move to America would result in a love that has lasted a lifetime?

First it was young love. Then mature love. Now it's simply a love of pure and endless devotion.

Christ and Bernadette Nuss live at St. Gabriel's Community in Bismarck. Christ, age 91, has a sunny, plant-filled apartment

on the assisted living side of the facility. Bernadette, 88, lives in comfort in the long term skilled care section of the same facility. Her bright eyes and shy smile do not show the Alzheimer's disease that invaded her 16 years ago.

At first, Christ took care of Bernadette in their home in Mandan.

"I wanted to do it, and I was able to do it," says the devoted groom, who cared for his beloved bride for 11 years. "Then the kids said it was enough. They wanted me to get help."

Enlisting some home support services helped for a while but Bernadette eventually needed full time care. She moved into St. Gabriel's 18 months ago. Christ continued to live in their home, making daily visits to Bernadette. When St. Gabriel's opened an assisted living facility in May 2017, Christ moved in. He's a familiar sight to staff and other residents, with his many walks, every day, to see Bernadette.

"Every day at noon I feed her. I feel good about doing it. I look forward to it," says Christ. And then he turns to Bernadette, "Right, Ma?" And Bernadette smiles. "I call her 'Ma.' I always have."

Just how long is that always part? Christ and Bernadette have surpassed that anticipated and much celebrated milestone of 50 years of marriage. Even 60

CHRIST & BERNADETTE:

A LOVE STORY

by Paula Redmann | Submitted Photos



years is in the rear view mirror. In May, they will have been married 72 years.

How does a marriage last seven decades?

You might say it's because they married young. That's partially true. Christ says that in Germany, at that time, you had to wait until you were 21 years old to get married, or have permission from your parents if you were younger. Christ had lost his parents, so wait he did. They dated for a year and a half, and then were married. Christ was 21; Bernadette was 18.

Maybe it's because they took the time to get to know each other, waiting for the arrival of Christ's 21st birthday.

"We had no bikes, and no cars, and so we walked and talked. And we walked some more."

Oh, to know the content of those conversations.

Or maybe it's simply because they married right.

In 1952, in search of a better way of life, Christ and Bernadette left all they knew, and moved to America. Christ had an aunt in Dickinson. Farm laborers were needed on the vast prairie of western North Dakota, but Christ wanted to be a stone mason. After just two weeks in Dickinson, Christ and Bernadette moved to Mandan, and Christ became a bricklayer. He and Bernadette spoke only German, so they took classes "with other people just like us" at Bismarck High School in the evening.

"We learned English together," says Christ.

Two years later, Christ opened Nuss Masonry.

He and Bernadette made a life

“

"I don't regret one minute. I want to be with her and take care of her until the end."

—Christ Nuss

together, 72 years and counting. A life with five children, with a business to run, with friends, with 14 trips to Germany, with the passing of years and the passing of children, the blur of birthdays and babies and holidays, with marriages and memories and the welcoming of grandchildren and great grandchildren, and the arrival of Bernadette's Alzheimer's diagnosis.

Bernadette knows Christ and recognizes the faces and voices of their children. She likes to look out the window in her room. She likes the chocolate that Christ brings her every day. She saw Christ coming down the hall and said to a staff member, "That's my protector."

"I don't regret one minute. I want to be with her and take care of her until the end," Christ says, "I owe it to her. She earned it. She deserves it."

There once was a young German boy who brought his wife to America, so he could be a mason, a skill in which great strength and stability are required. *M*



Paula Redmann is the Community Relations Manager for Bismarck Parks and Recreation District. She married her high school sweetheart, Tom. They have two grown sons, Alex and Max.

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JACY WALKER

Some people are just born to teach. Jacy Walker is one of them. Jacy is a choir teacher at Simle Middle School and Legacy High School in Bismarck, a job she's held for just two years. But already, Jacy is making her mark as a choir teacher.

Jacy has been selected as the 2018 North Dakota American Choral Directors Association (NDACDA) New Choral Director of the Year. The award goes to music teachers who have taught five years or less. She was nominated by several of her colleagues in Bismarck Public Schools.

"I am honored to be receiving this award and even more honored to have been nominated by many of my colleagues," says Jacy. "One of the greatest tools a young teacher can have is support and encouragement, and I have been fortunate to receive this tenfold."

She will receive this prestigious award at two concerts during the NDACDA annual conference February 2-3 in Fargo. Founded in 1959, the American Choral Directors Association's (ACDA) mission is to inspire excellence in choral music through education, performance, composition, and advocacy.



MEGAN MILBRADT

Do you have a fancy camera, but have no idea how to use it? You're not alone. Many parents invest in high-end digital cameras with good intentions of capturing their children's lives but end up taking all their photos on their smartphones because it's easier. Bismarck photographer Megan Milbradt wants to change that.

"About five years ago I was at an event where I saw a number of parents struggle to use their DSLR cameras," says Megan. "I thought it was a shame that people spend so much money on a camera but not know how to use it properly. So I decided to create a workshop to help those parents."

Megan created the Everyday Life Workshop, a DSLR camera class that helps people feel more comfortable with their cameras.

"My goal is to teach people how to shoot in manual mode. If you can learn how to do that, you can pretty much take a picture anywhere," she explains. "It's a two-part class. The first part is the technical stuff—understanding exposure, shooting in manual mode. The second part of the class teaches how to tell the story of your child's Everyday Life with photographs."

Megan created a 50-page workbook for the class. It includes technical tips to take better pictures and example photos she took as a mom, not as a professional photographer. Megan offers her Everyday Life Workshops several times throughout the year. To learn more, visit her website everydayartphotography.com. The next class will be held February 10.



DENETTE JACOB

Denette Jacob spent most of her adult life as a stay-at-home mom, raising her four kids on their farm near Linton, North Dakota. When her youngest graduated in 2015, Denette knew it was time to put herself first.

"We lost our son Jared to cancer in 2010 and I knew that with the rest of the kids gone from the house, I needed to do something for myself."

"Something for herself" turned into Boutique 23, a specialty boutique in Linton. The 23 is in memory of Jared, who wore number 23 for the Linton Lions football team. His jersey was retired after he passed away.

"I was thinking of doing something small, something I could do a couple days a week that would keep me busy," she recalls. "The space that

came up for rent was bigger than I expected it to be, but I went for it anyway."

Denette offers clothing in sizes extra small to 3XL, as well as men's clothing, home decor, accessories, cologne, shoes, and more. In December, Denette opened a second Boutique 23.

"My niece has a fashion degree and lives in Bismarck, so Bismarck seemed to be the perfect fit. She is managing the Bismarck location."

The Bismarck store is located at 201 West Main Avenue. Find the Linton store at 112 North Broadway in Linton. Learn more about Boutique 23 on their website, www.shopboutique23.com. You can shop on their website and also from their Facebook and Instagram pages.

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If you have children, you have likely already attended several music performances this school year. As you sit and watch your child perform or listen to the music they are performing, have you ever stopped and asked yourself what, exactly, are they getting from it? Why do we have music class? Why do we have pep bands? What's with show choir? I have often reflected on these questions and can provide some answers to why you should get your kids involved and run them around to these concerts.

My involvement in music really started in elementary school when my music teacher, Mrs. Traeholt, gave me the "lead" in our Christmas program. She also talked to my parents about me joining a children's choir. It is these two events that really changed the course of my life. Notice it did not change the course of my musical career but instead, my life.

The skills I learned in elementary, junior high, and finally, high school, have served me well in every aspect of life. These skills, often called soft skills, are sometimes missed in your traditional classes. As my own children begin performing I am often reminded of what I have learned from being a "band geek." My son and I have started to perform together around town which provides another opportunity to reflect on what skills are learned by participating in music

Music performance, much like life, is about people. It is learning how to work together; a skill the workforce calls collaboration and is critically important to the success of any 21st century business. Children learn to value the skills of everyone in the group, appreciating the fact that we have different skills and bring those different skills to the group. It makes the group stronger and teaches one to recognize the differences in one another. You also have the opportunity to work with every variety of human being out there, as a bandmate, club owner, audience member, or other



(TOP)
Shawn with
crowd at a
Mandan High
School dance in
1993

(BOTTOM)
Shawn preparing
to sing in a
children's choir
in 1984

The Band Geek:

IN TUNE WITH LIFE SKILLS

by Shawn Oban | Submitted Photos





roles. As a musician or performer, you learn to work with everyone. This skill translates very well into the workforce. Who likes to work with a jerk?

Another skill associated with collaborating and working with others is the ability to listen. When singing or playing with a group of musicians your ability to listen or hear others is equally as—if not more—important than playing or knowing your own part. Recognizing that the group is more valuable and powerful than any individual allows you to really listen to other sections and understand how your part fits. Again, we can't all play the lead all the time and be recognized for everything. Sometimes you will play the supporting role, which is critical to the overall success of a piece, and teaches humility.

As I got older and started playing in a variety of rock bands I discovered another skill that I learned from my participation in music: problem solving. When you are performing in a live setting, nothing ever goes exactly according to plan. You need to adapt, roll with the punches, and sometimes realize that as human beings things aren't always perfect. Over the years we have had speakers go out, power amps blow, strings break, illness, vehicle breakdowns, and the list goes on and on. As a musician you learn to adapt and roll with it. If there is a problem you will need to fix it.

Music teaches many other skills. These include the ability to commit, skills to manage your time, and realizing that practicing a skill really does make you better. I reflect on these skills when I am watching students perform and the skills that I teach as my own children have fun making music. At the end of the day it is a whole boatload of fun! *W*

(TOP)

Shawn performs with his son, Jalen, at Lucky's 13 Pub in 2017

(MIDDLE)

Shawn plays saxophone with the Bismarck High School Screamin' Demon jazz band in 1990, directed by Bob Peske

(BOTTOM)

Shawn as Santa in the 1983 production of "The North Pole Goes Rock and Roll" at Riverside Elementary, directed by Karen Traeholt



Dr. Shawn Oban has been a working musician in the area for 28 years. He currently works for the Bismarck Public Schools and serves Bismarck as a city commissioner. Dr. Oban is married to Kristin and has three children who all make music.



Karen Traeholt

ENDLESS LOVE FOR MUSIC

by Marci Narum | Photography: Photos by Jacy



How do you know when it's love? Some say, "You just know."

Karen Traeholt knew she found love in music when she was a young girl, inspired by her piano teacher and band director. She subsequently devoted her life to music education and promoting choral music. Karen has witnessed thousands of young people falling in love—with singing.

Shawn Oban, 45, was in second grade at Bismarck's Riverside elementary school when he became interested in music. He says his music teacher, Mrs. Traeholt, as he still calls her, helped him discover how much he could love singing—for the rest of his life.

"Once I got to junior high at Wachter, she was also my choir director there. I remember her talking to me one-on-one for show choir. And I don't know if I would have done that had she not asked," says Shawn. "I think back to those moments as a kid. She was encouraging me. Once I got to high school I was all-in for everything."

Like every love story, Karen's comes with heartbreak. Her teaching career in Bismarck Public Schools began in 1979. She taught band and choir, and she loved it. She loved her students and they loved her. But the job had been taking a serious toll on her vocal chords. Karen's doctor gave her two options: keep her job, or keep her voice. Karen left the classroom in 1992.

How do you know when it's love? When you can't live without it; when you refuse to let your love story end. Karen's passion for inspiring students to a lifelong love of singing had already sparked a new flame, long before she quit teaching. She and a friend had been writing a bridge—musically speaking.

LOVE'S NEXT CHAPTER

"Angie Koppang and I were teaching middle school full-time. She was at Simle, I was at Wachter," Karen explains. "We went to national conferences for the American Choral Directors

Association (ACDA). In San Antonio, we saw a children's choir perform and thought Bismarck should have one of those. Every conference we'd go to, they would feature a children's choir."

"Karen and I had started a junior high honor choir in North Dakota," says Angie. "We had learned from that experience and we made a good team. Karen is the most detail-oriented person I know. She had the list of everything that needed to be done. I'm a visionary, and remembered that when I was a kid, there was a very active community boys' choir in Bismarck. So we started having conversations, watching children's choirs, and wondering if Bismarck could support it. We did a lot of planning in the car back and forth to ACDA conferences," Angie laughs.

Those road trip planning meetings were helping lay the groundwork for the Central Dakota Children's Choir, Karen's project for the 1998 Bismarck-Mandan Chamber Leadership Program.

"A lot of people asked if I wanted to

conduct a children's choir and I said, 'No, I don't,'" Karen laughs. "I knew that somebody had to do the logistics and it needed to not be the creative person. So I did the project and one of the comments from the Chamber when I presented it was, 'don't talk about this, just do it.'"

SO SHE DID

Central Dakota Children's Choir (CDCC) was established in the summer of 1998 with one choir and one director, Teri Fay. She is still directing and has been the CDCC artistic director since 2001.

"We envisioned a choir of fourth, fifth, and sixth graders, and that would just be it," Teri shares. "But the charter kids who were with us from those grades didn't want to leave at the end of sixth grade. They wanted to keep singing."

The children were falling in love with singing.

CDCC started growing and

Central Dakota Children's Choir in 20 years:

- More than 2,000 singers
- Second grade through senior high
- Students from south-central ND
- 25-30 performances each year



Photography: Sheila Herman



(TOP)
Karen with
Teri Fay

(BOTTOM)
Jubilate singers at
annual fundraiser,
November 2017

continued to grow. It expanded to five choirs with three additional directors. The choirs have performed for countless local, regional, and international events. This year marks the 20th anniversary of CDCC. Karen says consistency has sustained the organization.

"It's the continuity of the program, especially having those key conductors, good quality educators, that truly understand the child, believe in the child, and educate the child," she says.

"Some of the children are in smaller schools and they might not find someone like them, who has this profound love of singing," says Teri. "So they network into a community of kids their age. Many of these kids graduate high school and their best friends are kids they met in CDCC. It's contagious."

And the experience is character-building.

"I remember one student who was the last to get into the choir; she was marginal that year," says Karen. "But she went on and was in opera performance.

She didn't believe in herself and was really insecure in that audition but by the time she graduated from high school, it was effortless. She still comes to concerts. She brings her kids.

"Plus it's not competitive," Karen adds. "It's not a sport; not schools against each other. They are supporting each other. They are the best singers in their schools."

A PARENT'S LOVE

Karen retired in June 2015 and CDCC maintained its stability, hiring two longtime staff members. Tammy Rector became the executive director and Amy Miller continued on as director of operations.

"I get to know the moms and dads more because they come into the office," Amy shares. "I hear them tell the stories about their kids and how they love the choir so much."

"One mother told me," Tammy adds, "from our standpoint, we see a huge change in [our son]. Every time we see



Cantus singers,
Spring Concert,
May 2017



Choir auditions: May 2 & 3

Learn more at aboutcdcc.org or
search CDCC on Facebook

him come out of rehearsal he is excited. We are just so impressed and we can't thank you enough for what [choir] has done for him."

The refrain is music to Karen's ears. It's exactly what she wanted—for kids to discover a love for singing. She frequently runs into former students, CDCC members, and parents. Her friends will attest to the showers of love, praise, and gratitude Karen receives. Her eyes filling with tears, Karen recalls a comment from one parent.

"They sent an email after their third or fourth grader had been in a concert and said, 'I thought we signed up for a children's choir. I had no idea what the whole experience would be like.'"

She smiles. It's a feeling Karen knows well and the reason she became a music educator.

"All of my [music] experiences gave me something to be passionate about; a way to express myself in a real quality way. And that was the goal with CDCC. I wanted to provide those experiences

that I had. I'm still in touch with my high school band director. He and his wife came to my last concert for CDCC. His wife was my piano teacher."

IT MUST HAVE BEEN LOVE

Shawn Oban is the school principal at Bismarck's Roosevelt and Highland Acres elementary schools. He also serves as the fine arts coordinator for Bismarck Public Schools. Shawn says Mrs. Traeholt is his inspiration; the reason he loves music. When he's not working at his schools, Shawn is a solo musician and performs with the band, Rift.

"If there was one person in the whole world that I would say is responsible for me singing to this day, it would be Karen. When I reflect back on life and think about the moments that made such a huge impact, had she not had those conversations with me, I don't think I'd be where I'm at. I owe her."

It's an endless love for music. Sometimes you just know. *W*

ONE MORE LOVE NOTE

In retirement, Karen works with the Sanford Health Auxiliary to present Miracles of Music. This free concert series, in memory of her late husband, Alan, promotes health and healing through the art of music performed by local artists and students.



Photography: Sheila Herman



Bel Canto singers,
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Say goodbye to leg pain

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Bismarck, ND

Dr. Steven Hamar, vascular surgeon at Mid Dakota Clinic in Bismarck, knows what it's like to suffer from varicose veins. "I was 16 when I had my first varicose veins, a huge clump of them, and I had my first surgery at 35," Dr. Hamar says. "I've had three other surgeries since then."

Vein problems develop in all age groups and affect about 25 percent of women and 15 percent of men for a total of about 25-40 million people in the United States. "Fifty percent of the population over the age of 50 have varicosities of some kind," Dr. Hamar says.

Patients may experience leg fatigue or heaviness, burning and swelling with more serious conditions or simply having an unsightly appearance. The good news is that there is relief for the discomfort and appearance of most unsightly veins.

The Vein Center is a one-stop center for patients where options range from conservative, non-invasive treatments to the latest minimally invasive procedures that can be performed in-office. The most common vein problems Dr. Hamar treats are varicose veins and chronic venous insufficiency, which are veins that are not functioning properly and are refluxing. Reflux is the inability of a vein to stop

blood from rushing back down the leg, thereby increasing venous pressure and creating symptoms of venous disease. The objective is to relieve the reflux that has created the problem.

The first step for anyone wanting to treat vein problems is an evaluation, which may include a venous ultrasound to determine the source of the problem. Some patients can be helped through simple, non-surgical approaches such as wearing compression stockings, while others are best helped with sclerotherapy, endovenous closure, stripping, or TRIVEX® for varicose veins.

"We want to do this right," Dr. Hamar says. "We go through the whole process with you. I spend about an hour with you the first time, going through your history and your symptoms. We'll talk about venous disease, why you have it and the best approach to treat it. We'll also discuss compression stockings, as most insurance carriers require three months of use before we can do anything definitive about your veins."

If a decision is made to proceed with further treatment, most patients are scheduled on an outpatient basis, coming in and going home the same day.

Procedures take anywhere from 15 minutes to an hour depending on the size and number of veins to be treated, and the treatment approach that is chosen.

"Most people hate to hear the term vein stripping," he says. "They remember grandma having her veins stripped, being in bed for two to three weeks, being black and blue for months, and hurting like crazy. What we do today is not like that. It's not your grandma's old vein stripping."

Dr. Hamar says that he uses the TRIVEX® system most often, which eliminates the need for multiple incisions in the leg and causes very little, if any, pain. Patients go home the same day and are encouraged to walk, but not engage in strenuous activity. Many return to work in one to two days. "It's faster, easier and more thorough. Most say their leg feels good on the first visit back. They say they didn't realize their leg was hurting that badly, and now it feels great!"

Dr. Hamar has been doing vein procedures for 40 years, and has concentrated solely on

Patient treated with the TRIVEX® system



Before treatment

Six weeks post-op

veins for the past 10 years. "Usually these are not life-threatening situations, but it can make your life miserable," he says. "You can live with it, but why? Most patients are very pleased with their outcomes."

Dr. Hamar says he really enjoys teaching others how to do these procedures and has been involved in medical education for years, even going to Canada to teach other practitioners how to use the TRIVEX® system. But what he finds the most rewarding is seeing how these procedures can impact his patients' lives. "I really enjoy making people feel better," he says. "We can prevent life-long miserable legs. Most people ask why in the world did I wait so long?"

Questions about Varicose Veins?

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Bismarck, ND



The frigid North Dakota winter is temporarily forgotten inside the warm, inviting music room of Cathedral Elementary in Bismarck. That's because Mrs. Cook can transport you to a tropical getaway with a few strums of her ukulele. She's getting ready to teach the fourth and fifth grade students their first lesson of the year on how to play the Hawaiian instrument. After playing only a few chords, students taking their seats gasp in excitement, with one young boy crying out, "Wow!" Mrs. Cook has been teaching music for 20 years, but only started playing the ukulele about three years ago.

"I love to sing, and I'm not a great piano player so accompanying myself on the ukulele is an easier and also a

"Music is an earworm. It gets inside your head and sticks there, sometimes annoyingly so. Putting music to anything helps you remember it. I taught my son his Boy Scout oath by singing it to the tune London Bridge. Our teachers use songs to remember math facts. Try it with anything."

Students also learn that you should name your ukulele. Several students share their ukulele name ideas, including Jeff, John Damon, Scott, and Bob Marley. Mrs. Cook's instrument is named "iki ali" or Little Prince. She says that's because she bought it in Minneapolis the weekend singer-songwriter Prince died. For the first lesson, students learn a couple chords that can be played to Harry Nilsson's

UKULELE LOVE

Sit Awhile, Strum, & Smile

Article and Photos by Amber (Schatz) Danks



portable way to go. I annoy my husband by playing in the car all the time," says music teacher Nicole Cook. "I started teaching my nieces at the lake and we play all the time now—campfires, Christmas carols, and pontoon songs."

For a few years, she has been sharing the benefits of playing the mini instrument with her elementary students. For their first lesson of the year, students learn the anatomy of the string instrument through song.

song, "Coconut."

"Mostly it's about fun and a love of music. My philosophy about music education is that above all else students have to enjoy it. I like to say I sneak in the actual learning; they don't even know it's happening. You put a ukulele in a boy's hand and he sing without thinking about it. These days, kids have so many opportunities on how to spend their time. The arts are important to our mind and bodies but today they're

valued by very few. Dinner and drinks are a popular night out around town but how many people attend the local ballet or symphony first? It's just not happening; the arts are struggling and so are we as a society."

Nicole encourages adults to try the instrument, too. She says it's small enough to hold comfortably, and isn't as expensive as most instruments. She is part of a Facebook group that meets on a regular basis to jam out on their ukuleles. She says you don't have to be an expert to join them and it's fun.

"It's not often as an adult you have the opportunity to just play. No stress, no cares, no judging. Think Margaritaville!"

The group will often meet at local

restaurants in Bismarck to play. You can find the schedule by searching 'ukumondays' on Facebook. Nicole says she gets a lot out of playing the instrument.

"It's a moment of relaxation in an otherwise hectic world. I have two little boys at home so things never seem to slow down. In my life right now, playing is my 'me time,' if there is such a thing. I can play in the airport, in the park while kids are playing, or during a night out with other players. When I play at home my five-year-old grabs a guitar or a violin off the wall and plays along. He has no idea what he's doing but it's fun all the same."

Having fun seems to be the core message of Mrs. Cook's lessons. Along with learning to play the ukulele and recorder, she hopes her students remember the joy of music well into adulthood.

"I want them to remember that they once loved music. I don't care if they're musicians by trade, but I want them to sing in the church choir, make their kids play piano, go to the local theatre, and perhaps have a ukulele laying on their end table. When they have just a tish of time to slow down they might remember how fun it was to make music when they were a child and decide to love it again as an adult." *M*

To hear a snippet of Nicole's class playing their ukuleles, visit our website.



Amber (Schatz) Danks spent nearly 12 years as a news reporter, producer, and anchor. She is currently tackling her toughest and most rewarding assignment yet: being a stay-home mom to her baby girl.

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Music on the Menu

by Pam Vukelic

One of the things I love best about being a teacher is that it gives me the opportunity to continue to learn. I learn from my students about books, movies, their school experiences, and trends. I even learn new language sometimes! I learn as I work to expand and keep current my course content. Since I'm an online teacher, my understanding of technology expands frequently.

Being a writer for *Inspired Woman* gives me the opportunity to learn, too. My goal is to take my typical topic, which is food, and relate it to the theme of the magazine, which this month is music. I had to dig a little for content for this article. I was not disappointed.

One logical avenue to pursue was foods named after famous musicians. Peach Melba immediately came to mind. Our dear friend, Lois, served this to us at one of her memorable dinner parties. She recalled that in years past, when Casper's East 40 was a Bismarck landmark, the chef put a North Dakota spin on Peach Melba and called it Peach Medora. Medora, an accomplished pianist, lived in the Badlands in the late 1800s. The original Peach Melba was developed by the infamous French chef Escoffier, in the late 1800s, to honor the Australian soprano Nellie Melba after her triumphant performance of Wagner's *Lohengrin*.

According to *Barron's Food Lover's Companion* (a must for any foodie's library), Peach Melba is made with two peach halves that have been poached in syrup and cooled. Each peach half is placed hollow side down on top of a scoop of vanilla ice cream, then topped with Melba sauce (a raspberry sauce), and sometimes with whipped cream and sliced almonds (toasted, I am sure).

Another dish that might be



popular in our neck of the woods is the dish common in Swedish homes on Christmas Eve called Jansson's Temptation. It's a potato casserole consisting of thinly sliced potatoes baked with onion, anchovies (maybe referred to as sprats), butter, and cream, often topped with buttered bread crumbs. It is named after a Swedish opera singer of the early 1900s who was also a gourmand.

In addition to recipes named for musicians, there are musicians named after food. Your age will determine which of these ring a bell for you. To name just a few, there are the Red Hot Chili Peppers, the Spice Girls, Salt-n-Pepa, Meat Loaf, Korn, Lovin' Spoonful, Sugar Ray, Vanilla Ice, and the Black Eyed Peas. When my son, Reed, was in high school, in the late 1990s, the Korn logo adorned many of his notebooks although their music was never much appreciated by his parents.

I also learned how important sound is as one of the non-gustatory factors related to eating. The other senses are obvious. We've all heard the saying, "The eyes eat first," and know how important the appearance of food is. Some say that smell is 90% of taste. Texture is a huge factor in food and I know is related to the fact that mushrooms and avocados are not high on my list of favorite foods.

But sound? There is an amazing amount of research available in various journals. I found a 140-page master's thesis prepared by an MIT student titled "Exploration of the Interaction

Between Music and Flavor Perception." Michigan State University professor Sungeun Cho believes that sound is the forgotten flavor sense and may not get the credit it deserves when we think about sensory evaluation. I guess we eat with our ears, too. Can you imagine a chip that doesn't crunch?

Studies have shown the pitch of a tone influences the perception of how sweet or salty a food is. Eaters also perceived saltiness and sweetness as less intense when they ate food in the presence of loud background noise, in contrast to when they ate it with no or soft background noise.

Some restaurants spend a great deal of time and money developing their background playlist in order to most positively influence their clientele. They want their music to match their food (e.g., pop, classical, ethnic). They also know if the volume of music is loud a customer will leave more quickly. Is it better that he leaves more quickly and frees up the table or lingers to order more drinks and dessert? Faster music also causes us to eat more quickly.

I encourage you to read more on the subject. It is a burgeoning science. You're likely to expand your vocabulary and, no doubt, improve your dining experiences. *W*



Pam Vukelic is an online FACS (Family and Consumer Science) instructor for the Missouri River Educational Cooperative. Unlike her husband, Jim, who sings in five different musical groups, Pam is more comfortable writing about music than performing it.





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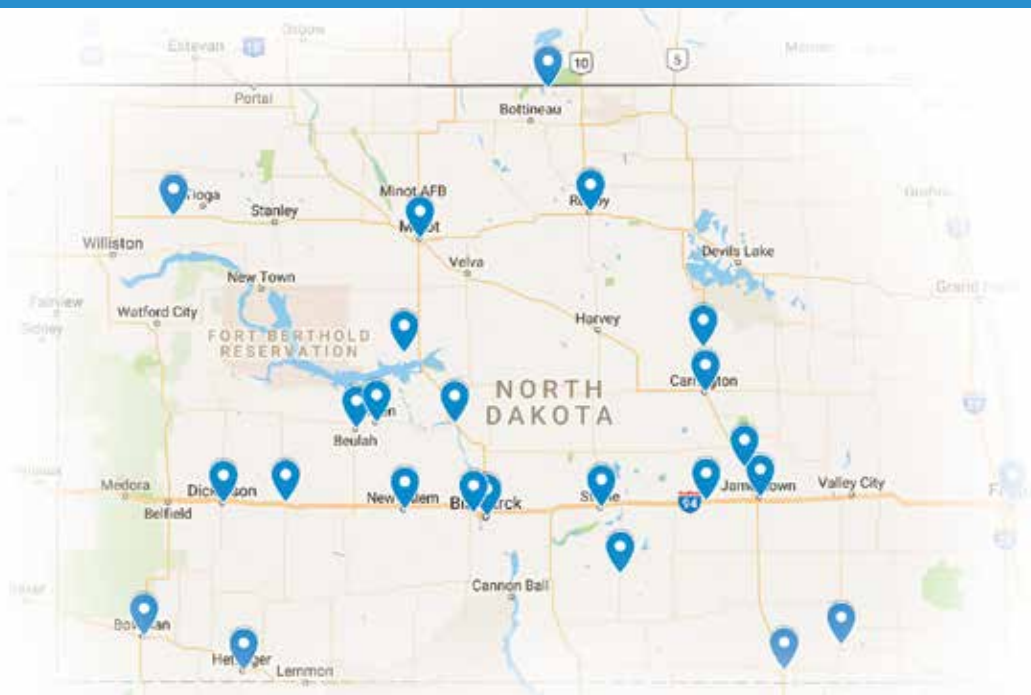
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ANDREA FICEK FALCON THE BLUE SKY IS THE LIMIT

Article and Photos by Michelle Farnsworth



Where to start? Shall I tell you about Andrea Ficek Falcon's musical talents? Perhaps her new business, Blue Sky Bismarck?

Let's take it back to the beginning: Andrea Ficek Falcon started her musical journey playing piano at age seven, followed by the trumpet at age 10.

"I wanted to play drums, but my parents wouldn't go for it," says Andrea. "I remember as a young girl feeling as a trailblazer in the fifth and sixth grades."

I asked her if she feels like a trailblazer now.

"I try to be," she says with a smile and a chuckle.

Andrea continued her trailblazing with her trumpet playing at Bismarck High School, graduating in 2002. But here's where the music maverick starts to really take on momentum. As she pursued her degree in music education at a few institutions of higher education, Andrea discovered that her early years of piano lessons and learning vicariously through her older sister gave her the ability to explore different instruments.

Marimba. No, not a dance style, the

marimba is a percussion instrument consisting of a set of wooden bars struck with mallets to produce musical tones. Yep. She played this instrument, too. Most people haven't heard of it, but again Andrea pursued music her own way.

So how many different instruments has this musical wonder conquered? Well, according to this somewhat shy and unassuming talent, "anything you would play in a band." (This is the part where I admit I was last chair flute in the Century High School Patriot Band. Andrea just grins.)

Here's a list of some of the instruments Andrea can play:

- Piano
- Trumpet
- Flute
- Bass
- Marimba
- Guitar
- Ukulele
- Accordion

And how about the accordion? Not your typical instrument. Growing up Andrea had a great uncle who encouraged her to play.

"I thought no way, how dorky. But then I grew up and wised up," laughs Andrea.

A friend happened upon an old Tiger accordion at a thrift store for only \$40, and the rest is history. The "Green Tiger," lovingly referred to as such because of its patchy, painted exterior is just another member of Andrea's jungle of instruments.

Throughout Andrea's college years

Blue Sky Bismarck is located at 311 East Thayer, #117, in the basement of the former Bismarck Tribune Building.

and beyond, she has played with several groups and bands. Her strong, sweet, and hypnotic folksy voice lends itself to all of her instruments. Once you hear and see her perform, you're left feeling good and happy; wishing for more of her music to wash over you.

Andrea is currently the music leader for the Bismarck-Mandan Unitarian Universalist Congregation, and also gives guitar and piano lessons. And if that wasn't enough to occupy her days and nights, this newlywed—married June 2017 to musician Nolyn Falcon—has opened an art studio with partner Molly McLain. Blue Sky Bismarck is an art studio, classroom, and gallery in downtown Bismarck.

"Though Blue Sky Bismarck may have more of a visual art focus, it is my hope that it becomes a hub for artists," Andrea wrote in a recent Facebook post.

When I asked Andrea if there was anything else she wishes to conquer, her answer is the epitome of what's trending: "Everything." *M*



Michelle Farnsworth is a local writer and owner of her own Younique Makeup and Skincare business. Two humans, one fur baby, and her husband, Richard, occupy her free time.

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STUDIO NORTH

OH MAN

OH MAN: EVAN MEIERS

by Stephanie Fong | Submitted Photos

At Stanley High School, being in band is the thing to do. In the nine years Evan Meiers has been the Stanley Public Schools Band Director, the band has grown from around 40 students from grades 7-12, to over 130.

The SHS band has gained a public following, enjoying support from the local community, and garnering nods from across the state and region for its excellence and entertainment factor. In 2014, the band was named the North Dakota State Governor's Band. And there's no slowing down in sight.

Evan—the band's homegrown leader—pursued music lessons all through his school years at Stanley High School. His parents supported his interests, and by the time he was a sophomore, he knew he wanted a career as a band director.

Evan is quick to explain that the band program was already in good shape when he took over as director shortly after graduating from Minot State University.

"I injected some energy, found some easy performances, and took the program upside down."

The first two years as a new teacher were difficult and Evan admits he had a few bumps in the road.

"As the years went on," he says, "I started to figure things out. I found it easy to recruit students after a relationship was built with them."

Fellow Stanley High teacher Katie Harwood witnesses that relationship-building firsthand.

"Evan makes music meaningful. Students learn not just lessons on music, but life—how to treat each other with love and respect, how to stand up for yourself, to reach out when you need help."

Katie says Evan's dedication sets him apart.

"You literally see him everywhere—as a DJ at a dance, judging a speech meet, emceeing a pep rally, playing dodgeball, even coaching a C-squad boys basketball



team. His sacrifices of time and resources do our school so much good."

Once relationships are formed and students gave band a try, they find out how much fun it can be.

"You can usually find us having a blast at local ball games," Evan shares. "We are very proud of our football performances; we play the entire game, just like at the college level."

He is known for arranging his own pep band music to some surprising song selections, another reason crowds respond to the band's unique performances. His drumming background (and love of the movie "Drumline") helped spark Stanley Drumline's dynamic performances. Evan maintains the students are truly the best part of the job.

"The most fun part of being a band teacher is seeing your students grow, play ball games, get better at whatever they have interests in. Watching students become great people is really where the meat and potatoes are."

At the core of this enthusiastic music teacher is a family man and full-time farmer.

"My wife, Erin, is my inspiration. She is my high school sweetheart and has been with me by my side for all of my professional endeavors. We have a daughter, Emery, who is the cutest, funniest, and most active three-year-old in the world. She keeps us on our toes!"

Evan acknowledges that the support

“

"I injected some energy, found some easy performances, and took the program upside down." —Evan Meiers

of his wife and extended family gets him through the busiest seasons—spring and fall—when both music and farming are at a fever pitch.

And while Evan has received calls to apply for various band director positions around the country, he explains, "My career goals have shifted over the past few years. With my passion for farming and being close to family, my career goals are to stay close to my family and to keep my daughter close to grandparents. Having a stable career between farming and teaching is what my family needs."

Lucky for Stanley, for the foreseeable future, Mr. Meiers and the SHS Band will continue making great music together. *W*



Stephanie Fong lives in Dickinson with her husband, Carter, daughter Sydney, and son, Parker. Originally from Powers Lake, North Dakota, she has lived in southwestern North Dakota for over a decade.



Marching On

by Kylie Blanchard | Submitted Photos



Danie and her family (dad Wade, sister Macie, and mom Glenda)

“

“Danie was an amazing young lady who was unfortunately taken from us much too soon. She exuded strong determination, intelligence, and a kind heart. She will forever remain an inspiration to so many, including me. In the words of her mom, Glenda, ‘Shine Bright Danie!’” —Jaime Wolf

Danie Thomssen, a Bismarck native and Century High School (CHS) graduate, was a freshman at North Dakota State University (NDSU) when she was killed in a tragic car accident in February 2017. While at CHS, she was active in the school’s band as a member of the wind ensemble and jazz ensemble #1, playing tenor, alto, and soprano saxophone. She also participated in the school’s Color Guard “Spirit of ’76.” As a student at NDSU, she continued her involvement in music as a member of the Gold Star Marching Band.

To honor her memory and love for music, her family requested memorials be given to the CHS Band or the Gold Star Marching Band. With the funds given to the CHS Band, director Chris Dasovick developed the idea to create a scholarship fund in Danie’s memory.

“Danie’s family was so touched by this. Now it is our goal to keep it alive for years to come,” says Jaime Wolf, Danie’s cousin and godmother.

A LASTING IMPACT

“Danie was a vibrant and active part of the band family at Century High School for three years. Danie was a wonderful musician, tremendous leader, positive role model, and faithful friend both in and out of the classroom. Danie Thomssen had, and will continue to have, a profound and lasting impact on her band family at Century High School,” says Chris of starting the fund in her memory.

Danie Thomssen Memorial Scholarship is presented to one senior in the CHS band program that demonstrates a strong sense of dedication to the band, leadership in the classroom, self-discipline in practice, and a high level of musical excellence.

“The first scholarship was awarded in the spring of 2017 to Emily Mizell, a senior

in the Century High School Band," Jaime notes. "The scholarship will continue to be awarded annually in the spring in the amount of \$1,000. Our hope is we can keep her scholarship going for years to come to keep Danie's memory alive."

SUPPORTING THE SCHOLARSHIP FUND

The CHS band program donated the proceeds of its annual spring ice cream social to the scholarship fund, and Jaime designed and sold wristbands and keychains. All proceeds from the sales went directly into her fund as well.

"The wristbands were a hit. Look for blue wristbands with Danie's name on them and know they were a part of supporting this fund," says Jaime.

Donations can also be made to the fund through the Bismarck Public Schools Foundation website, www.bpsfoundation.com/donate. Select the "other" option and write in "Danie Thomssen Memorial Scholarship" to direct the donations into the fund.

REMEMBERING DANIE

"Danie was in her first year at NDSU and was majoring in biological sciences, with plans to pursue dentistry or orthodontics," says Jaime. "She left an everlasting impact at NDSU and will forever be a Bison."

She notes Danie has a younger sister, Macie, who also plays the saxophone and will soon be a student at CHS.

"Danie was very close to her family," says Jaime. "The younger members of our family loved to spend any and every minute with her. They adored her. She was a wonderful role model to them and is greatly missed."

"Danie was an amazing young lady who was unfortunately taken from us much too soon," she continues. "She exuded strong determination, intelligence, and a kind heart. She will forever remain an inspiration to so many, including me. In the words of her mom, Glenda, 'Shine Bright Danie!'" *W*



Danie and her sister, Macie, at NDSU



Danie and godmother, Jaime Wolf



Danie with her cousins, Madison and Brayden Wolf (her high school graduation May, 2016)



Kylie Blanchard is a local writer and editor, and busy mom of three, who enjoys both staying active with her family and the chance to just sit and read a great book.



MOTIVATED BY

Music

by Marnie Walth

Ever notice how certain songs seem to speak to your soul so clearly that you can't help but tap your toes to the beat and hum along with the rhythm? Those songs, dear reader, are what my teenager would call your "jam."

My personal jam is fairly eclectic, but its backbone is 80s music and, more specifically, anything by Prince. Consider the opening eulogy in Prince's iconic "Let's Go Crazy:" "Dearly beloved, we are gathered here today to get through this thing called life." My brain knows that the subdued organ intro will soon explode with a drumbeat and guitar riffs I'll feel deep down in my chest, giving me a burst of energy to tackle something I might otherwise leave for later.

Because everyone's music preference is different, no two go-to playlists will be the same, but consider these fairly universally enjoyed pick-me-up tunes: "Happy" by Pharrell Williams, Hanson's "MMMBop," the Monkees' "I'm a Believer," and "Happy Together" by the Turtles. When you find the right song, it can boost your mood and motivation instantaneously, giving you the energy to both start and finish a workout or bust through a midafternoon office slump.

So what's going on here? Queen's Freddie Mercury might suggest "It's a Kind of Magic," while the band Boston would say "It's More Than a Feeling." They are both correct. Research tells us that listening to meaningful music can change the way we perceive everything from the task at hand to the world around us. Similar to the brain's flight or fight response triggered by sudden sounds, music triggers physiological arousal—accelerated heart rate, opened airways, and muscles primed to move.

To dial up motivation on demand,

make your own playlist of songs that elicit emotional responses. You might start with a melodic flashback of golden oldies connected to cherished memories: songs that poured from your junior high school boom box, summer vacation road trips, high school prom, drive-in movie theme songs, falling in love, Wheel-a-While speed skating. Then add anything that catches your ear. When my sons play music I like, I ask for the title and artist so as to make a mental note of adding it to my list.

These days my earbuds pump out my all-time favorites: Prince, Queen, Elton John, ELO; mixed in with doses of current sounds: Bruno Mars, Imagine Dragons, Rihanna; plus a few outliers: Otis Redding's "Try a Little Tenderness," Stevie Wonder's "For Once in My Life," and Elvis' "Can't Help Falling in Love." In my opinion, the more random the better. Not knowing which song is going to pop up next adds to the impact.

In conclusion, allow me to add my own anecdotal research to the mix. I am convinced the amount of weight I can lift in my Power class has a direct correlation to the music being played. If the biceps track is something I don't like, e.g. techno-pop, I struggle to lift two 10-kilogram plates. But when the song is "Are you Gonna Go My Way?" a classic rock anthem by Lenny Kravitz, I can add another 2.5 kg plate to each side of my bar, i.e. 25 percent more weight, and finish feeling strong. According to the Temptations, "It's Just My Imagination" but George Michael and I have "Faith." *M*



Music buff Marnie Walth grew up to the sounds of Johnny Cash and Elvis Presley, piano lessons, choir performances, and marching bands. She and her husband Shayne have two sons, both of whom appreciate 70s and 80s classic rock.

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Two Sisters

IN HARMONY

by Jody Kerzman | Submitted Photos



If asked to describe sisters Rachel and Allison Bleth in one word, that word would be 'musical.' The girls, ages 14 and 12, are talented musicians already, thanks in part to their mom, Kate. Music has been Kate's passion since she was a young girl growing up in Mott, North Dakota.

"I started taking piano lessons in third grade from our church organist," Kate recalls. "Mott is a small town and there weren't a lot of options for kids' activities. Plus, there were six of us kids and we lived on a farm. My parents didn't want to be making a lot of trips back and forth, so they limited us to one extra activity when we were young. But my mom must have valued music because she pushed us all to take piano lessons. Some of us stuck with it while others chose athletic activities."

Kate was one who stuck with music; she continued taking piano lessons until she was a freshman in high school. She also took up the French horn. In high school, Kate played both the French horn and the trumpet in her school's jazz band. She also sang in the choir and jazz choir and became a regular part of the music program at her church.

"I went to Catholic grade school and our principal was also the music teacher. She really took those of us who were interested in music under her wing," says Kate. "In fifth grade we started playing for Mass. It was very

scary the first time and many times after that. It still is a little scary!"

But now, when Kate plays piano for Mass, she is accompanying her daughters, who lead the music during Mass at Bismarck's St. Mary's church.

"I enjoy watching them and playing for them. At one point I used to sing but my voice isn't what it used to be. Their voices are. So I live vicariously through them."

Rachel and Allison started leading music when they were 12 and 10 years old. Now, two years later, they are a regular part of the musical rotation at St. Mary's.

"It is a little nerve-wracking! It's a very big church," says 12-year-old Allison.

"I get nervous," admits 14-year-old Rachel.

Despite their nerves, the sisters say leading music during Mass is one of their favorite things to do.

"I get excited when we get to lead the music," says Allison.

"They like to do it. In fact, they fight over who sings alone so we have to keep track of whose turn it is and make sure they both get a chance to sing solo," says Kate. "And they complement each other so well. Rachel has always had a strong voice and she has always been confident with her voice. Allison is not as strong, but she picks up harmonies easily so that's kind of her niche and they just

(LEFT TO RIGHT)

Rachel, 3,
Allison, 16
months

Rachel, 9,
Allison, 6, at a
piano recital

Rachel, 14, and
Allison, 12,
singing and
playing in the
basement of their
Bismarck home

Allison, Kate,
and Rachel Bleth
singing at St.
Mary's



work really great together. It's a cool combination."

The girls were members of the cherub choir at St. Mary's, a children's choir that gives kids the opportunity to lead the music during Mass as a group. When she saw how well the girls did in that choir, Kate signed them up to be regular music leaders.

"The whole point of me wanting them to do it was that I realized they have these gifts and talents and they should be giving back," explains Kate. "There are times they don't feel like doing it, but we know it's really important to be giving back your gifts. And what a great thing for me as a mom to share this experience with my daughters. I feel very blessed to watch them grow in this way." *M*

Rachel and Allison share their talent for music beyond their church. Both are members of the Central Dakota Children's Choir; Rachel is in Kantorei and Allison sings in Bel Canto. They're both in their school bands too; Rachel plays percussion (timpani and snare drum are her favorites). Allison plays the bassoon, an instrument she saw on a school field trip and was determined to master. Rachel has been a member of the middle school all-state choir and band. She has also won scholarships to the International Music Camp and performed in the Northwest Band Festival. She will attend a regional choir in Chicago later this month. Rachel hopes to one day be either an elementary music teacher or a music therapist. Allison dreams of a career as a photographer.

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INTERNATIONAL MUSIC CAMP
Submitted Photos



Every summer young musicians from the United States, Canada, and a few other countries pack their bags and head to the International Music Camp (IMC) in the International Peace Garden, between Manitoba and North Dakota. Campers are immersed in a rich creative culture, which encourages individual expression, group interaction, and the development of independent thinking and decision making, skills that will help them throughout their lives.



In the summer, the camp employs 65 summer staff and around 185 faculty members, but only three full time, year-round employees: camp directors (husband and wife) Tim and Christine Baumann, and an administrative assistant, Sean Sprague. Christine shares more about what makes the International Music Camp so special.

GIVE US A LITTLE HISTORY OF THE INTERNATIONAL MUSIC CAMP.



The International Music Camp is a nonprofit organization that was founded in 1956 as a summer band and baton twirling camp. We will be in our 63rd season in 2018. Over the years it has expanded from those two original programs to over 40 different programs, all in the fine arts. Band, choir, and orchestra are our biggest music programs and some of the other programs include drama, musical theatre, dance, garage band, piano, guitar, music composition, creative writing, and visual arts programs, including drawing, painting, and digital photography. There are six sessions of one week programs for students who have just completed grades 5-12, and a half week of adult camp that is programming for folks 21 and up. Adult camp includes bands, orchestras, choirs, and more! We have around 2,000 campers come to IMC each season, for a grand total of almost 138,000 over the past 62 years. Campers from the United States and Canada attend IMC and we also have international students that come every



summer. In 2017 we had 25 international students from 12 other countries. We are an accredited camp through the American Camp Association.

HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

The International Music Camp is uniquely located between the United States and Canada in the International Peace Garden. The Peace Garden is a celebration of the largest unprotected border in the world and is beautiful in the summer. Visitors come to see the gorgeous gardens, the Peace Chapel, and you can even stand in both countries without a passport—passports are not required to visit the Peace Garden.

HOW CAN PEOPLE CONTACT YOU?

The best way to reach IMC is by phone or email. 701-838-8472 will reach our winter office in Minot as well as our camp office when we move at the end of May. Email us at info@internationalmusiccamp.com. And to learn more, visit our website: internationalmusiccamp.com.

HOW CAN PEOPLE DONATE OR GET INVOLVED?

There are many ways to be involved in the International Music Camp! We wouldn't be able to do what we do each summer without the campers and their families, staff, faculty, volunteers, and donors that make our mission statement of "Enriching lives through artistic expression and personal growth." Staff is needed each summer to cook meals, move equipment, keep things clean, and

supervise campers. We have volunteers that help out at the beginning of each camp season to clean and prep all of the housing units for staff to move in as well as throughout the summer. The International Music Camp is made possible through support from the North Dakota Council on the Arts and the Province of Manitoba, but we also rely on private donors. Donors help provide scholarships for campers as well as for maintenance and items on our wish list. Our donors enable us to keep camp tuition low. Campers just pay for what it costs to hire the faculty and staff, food, and utilities. Our donors provide support to maintenance and capital purchases. Information regarding donations can be found on our website or by calling our office. Every little bit helps us continue our mission.

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

Contact us in the office! We are happy to help point you to volunteering opportunities, provide applications for work, and further explain how donations are used. The previous camp directors did a wonderful job building the 72 different buildings that are used for camp in the summer. We just completed a major re-roofing project but general building maintenance and upkeep continue to be large annual costs. We are grateful to those who have helped build IMC to what it is now and would love to have IMC continue to be in great shape for years to come. *M*



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After Hours

WITH CLINT EASTWOOD

by Carole Hemingway | Submitted Photo



Do you like jazz? Clint Eastwood introduced me to it when I lived in Carmel, California just blocks from his San Antonio address back in the 1990s. You will learn as you read on he's no stranger to jazz.

The history of jazz came from West African folk music, which then joined with European and light classical gems of the late 19th and early 20th centuries, connected with ragtime, and then the blues was born. Jazz and blues became America's greatest cultural achievements and both gave a powerful voice to the whole American experience. Jazz chronicles the history of a people.

The way Clint taught me jazz helped me understand and appreciate the music and deepened the connection to him. He broadened my character, right there in Carmel, California. I don't think I ever thanked him, but I will thank him now.

Thus began my jazz education in the fall of 1991. The true roots of jazz can be traced back to the time of slavery; slave songs were created to tell a story and pass the time after the sun went down. Their songs expressed strong religious beliefs and went hand

in hand with their desire for freedom to be found in the tobacco fields, cotton plantations, and sugar marshes that reached from Virginia to Texas. All these ingredients are part of the foundation of jazz.

America became known as the land of opportunity as many Europeans immigrated to different American cities in search of a better life. African American composer Scott Joplin combined a mix of rhythm that represented the black community, identified as ragtime. Think of Solomon Northup, taken from New York and sold into slavery in the New Orleans era. Jazz evolved from New Orleans because settlers arrived there in droves. As African Americans began migrating to places like Chicago and New York City in search of opportunity they brought the sounds of jazz and blues. Young people embraced this new style of music because it represented a new beat from old-fashioned views. Then came the "flappers." Parents were shocked at the display of "The Charleston," a favorite of Zelda and Scott Fitzgerald. Dresses were shorter. Girls cut their hair to blend with the signs of the times.

There are some great videos on YouTube of Clint Eastwood playing the piano. We've got a link to one of our favorites, on our website.

Radio and record turntables were next and sold in stores. Everyone danced in their homes and dance halls, and even started 'dancing contests.' The Big Band Swing followed in the 1930s and 1940s. Many jazz musicians were drafted into World War II and a million African Americans served in the armed forces. As a result, there was a shortage of musicians to perform in dance halls and nightclubs.

Television surfaced in the 1950s where entertainment prevailed, and dance halls, once a social network, started to close across the country. Then along came Elvis Presley. The Civil Rights movement brought jazz back to life. For me, however, it was not until the 1990s when I met Clint Eastwood, that smooth jazz enraptured me.

During his 41-year movie career, Clint has built his movies around jazz. Even before his acting career began, and before he went into the Army in the 50s during the Korean Conflict, Clint was a semi-professional jazz pianist.

Clint Eastwood will be 88 years old on May 31, 2018. He was raised in a mixed neighborhood in Oakland, California. He fit in with black, Asian, and Mexican families. His mother Ruth, whom I adored, kept jazz music sounds permeating throughout the house. She liked "Fats Waller." Clint liked him too, especially his humor. As a lanky teenager he got together with friends for jam sessions and played piano at a local club called the Omar.

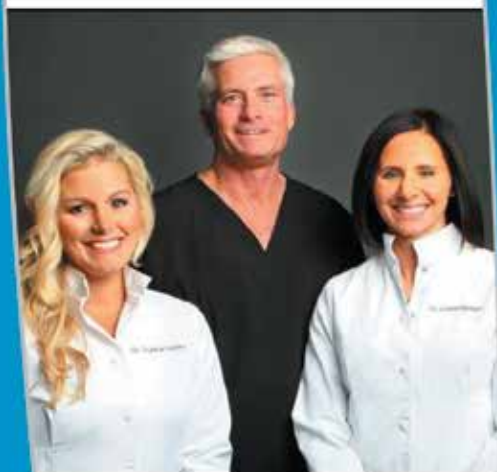
I realized while living in Carmel what a rare, sensitive man Clint Eastwood really is. Those moments became for me, precious. He had this almost mystical aura that went far beyond iconic star status. He's not the tough guy everyone thinks he is, he's painfully shy, a rugged 6' 4" man: we looked like Mutt and Jeff walking down Carmel Beach together. On one of those champagne air nights he said to me, "I've always felt that jazz and blues were true American art forms and the only really original art form we love." *M*



Carole Hemingway is an internationally regarded author, speaker, astrologer, and historical researcher. She has been living along the coast of Maine for the past 23 years, where she is currently writing three books on Gettysburg. The first volume is expected to be out in Spring 2018.

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