

Inspired Woman

TECHNOLOGY



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TECHNOLOGY:
GOOD OR BAD?

**YOU HAVE HOW MANY
APPS ON YOUR PHONE?**

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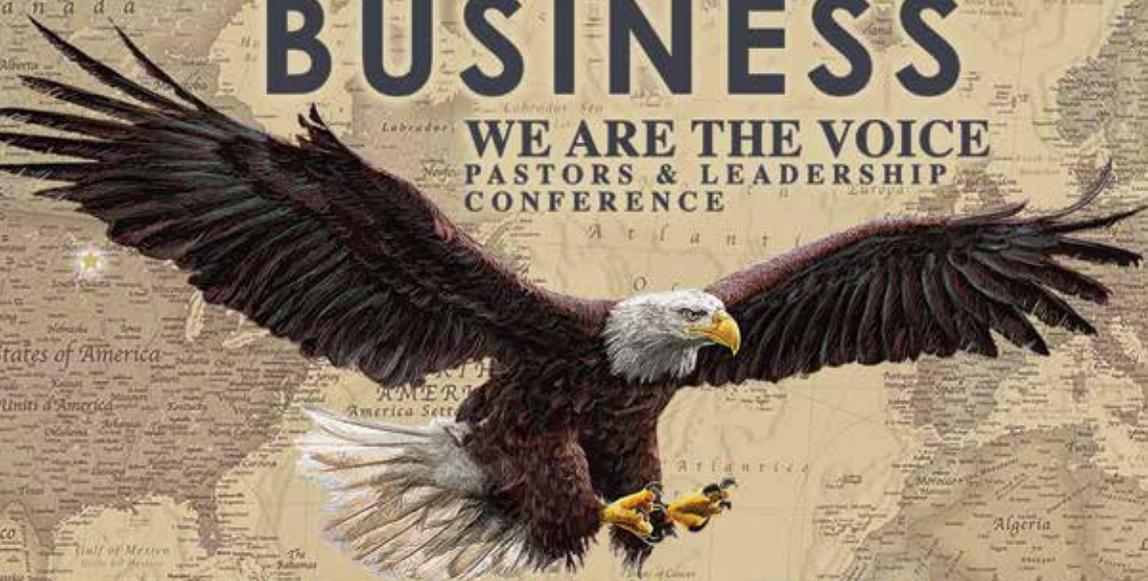
Mandy
& Raychel

TECH-SAVVY BESTIES

"ALSO, I HEARD THE VOICE OF THE LORD, SAYING: "WHOM SHALL I SEND, AND WHO WILL GO FOR US?" THEN I SAID, "HERE AM I! SEND ME." – ISAIAH 6:8

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Contents

"And we know that in all things God works for the good of those who love him,
who have been called according to his purpose." Romans 8:28

- 8** **Coming Soon: Flying Cars & Home Robots**
by Marlo Anderson
- 10** **You Have *How Many* Apps on Your Phone?**
by Noreen Keesey
- 12** **Click, Post, Share: Help Solve a Crime**
- 14** **Look What She Did**
- 16** **Health & Fitness: Tech Style**
by Melanie Carvell
- 18** **Wearable Technology:
The Personal Trainer at Hand**
by Stephanie Fong
- 20** **Revolutionizing Heart Surgery**
by Jon Berg
- 24** **COVER STORY:
Mandy B. Anderson & Raychel Chumley**
Tech-Savvy Besties
- 30** **Technology: Good or Bad?**
by Jeremy Olson
- 32** **Bright Kids, Bright Ideas:
Ideas for the Age of Technology**
by Tanna Kincaid
- 34** **Full STEAM Ahead: Robotics, Legos, & Coding**
by Nicole Thoms-Arens
- 36** **uCodeGirl:**
Inspiring Girls to Give Tech a Try
- 38** **Oh Man**
Because Guys Inspire Too!
- 40** **Nurturing Online: Social Media Support for Moms**
by Amber (Schatz) Danks
- 42** **Virtual Classroom: Life & Home Skills Reality**
by Pam Vukelic
- 44** **Trending: Unplug, Revisit, Remember**
by Michelle Farnsworth
- 46** **Sew Easy:
Technology Advances Crafting Potential**
by Kylie Blanchard
- 48** **The African Clap & Cooper's Law**
by Patrick Atkinson
- 50** **Community Contributor**
Strengthen ND
- 52** **The Value of Beauty**
by Carole Hemingway



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Editors' Notes



There are 10 years between my oldest daughter and my youngest. A lot changed in the world during those 10 years, including how we shared the news of their births. In 1999, when our first daughter was born, we took a sheet of paper with a few important phone numbers with us to the hospital. When she was born, we called those people one at a time, using a calling card to pay for long distance calls. Two years later, our son was born and we made those calls on our fancy new cell phone (after 9 p.m. of course, so the calls were free). Baby number three came in 2007. We texted people the news of her arrival. And in 2009, when our youngest was born, we shared the news with a Facebook status, typed from a laptop, with no photos because smartphones weren't quite a thing yet.

Now, we're talking about flying cars, online classes, and Facebook lives. Technology is changing and improving every day; I can't imagine how my children will tell me the news of their babies' births. Augmented Reality is one of the neatest things we have incorporated into this issue. Check out the page to the left for instructions on how to literally bring certain pages of this magazine to life.

The stories in this issue are amazing. Whether you're reading this on your smartphone, or you're holding the paper copy in your hands, I hope you find inspiration to try something new when it comes to technology. I will tell you that I am ready to fully embrace it—it helps knowing I have an eight-year-old at home who can help me if I get stumped!

Jody



I was intimidated by the idea of having an email account back in 1998. For some reason, it didn't feel safe. But a good friend with more online experience convinced me there was nothing to worry about and showed me how to set up a Hotmail account. Twenty years later, Jody Kerzman is still giving me tech advice and support on a weekly basis. She is also the person I text, email, call, and message on Facebook the most—but that's now on a daily basis.

Love technology or hate it, our lives would be incredibly—and dare I say, painfully—different without the technology we have now. In this issue, we examine the past, present, and future of our lives as technology evolves. Drip coffee makers? *They're back!* Flying cars? *I can't wait.* Girls learning to write computer code in junior high and even as young as five? *Exciting!* On top of all that, technology gives us new, minimally-invasive heart surgery, easy ways to help police catch criminals, and Augmented Reality, which brings our print ads and stories to life. (Keep your smartphone handy!)

We rely on technology-based tools in our lives every day. Can you imagine life without them? I'm grateful to have the conveniences, but I still like to connect with people in person whenever I can. American composer, Libby Larsen was once quoted as saying, "The myth of our times is that technology is communication."

I'd better send Jody a text. I need to meet her for coffee—and see if she can help me figure out this new app I downloaded.

Marci

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



COMING

SOON:

FLYING CARS

& HOME ROBOTS

by Marlo Anderson | Submitted Photo

Founder of National Day Calendar, Marlo Anderson, declaring National Autonomous Vehicle Day along with North Dakota Governor Doug Burgum, US Secretary of Transportation Elaine Chao, and Senator John Hoeven

Have you ever reflected on just how much technology has changed our lives over the past decade? We now carry devices that can tell us where to go and how long it will take. They allow us to order everything from a car to pick us up or toilet paper to be delivered to our homes. Some people even use them for their original intention: making a phone call.

Robots are vacuuming our homes, 3D printers are creating parts, and cars are marching toward not even needing us behind the wheel. We talk to our TVs to change a channel and ask a little round device for the weather forecast or to play the latest song from Lady Gaga. With all the change we have experienced, are things going to slow down a little so we can catch a breath, or are we about to accelerate at a pace never before experienced?

Well, you better buckle your seat belt and hold on tight, as we are about to take the technology roller coaster ride of all time!

SELF-DRIVING CARS

There is so much buzz about self-driving cars right now. We are already seeing advanced features being introduced into many new models, such as adaptive cruise control that will automatically slow down or stop, depending on obstacles and traffic conditions. Many are now stating that we may see fully autonomous vehicles ready for us to purchase by 2021 or 2022. One major hurdle is our wireless infrastructure and its ability to handle the massive amounts of data that need to be transmitted for a self-driving fleet. 5G data plans will begin to emerge in the next year or two, which will provide internet speeds 10 to 20 times faster than our current 4G capabilities.

FLYING CARS

What is even more exciting is the possibility of flying cars. You read that right; FLYING CARS. We really are about to enter the age of the Jetsons. These are

basically drones that fly people here and there at over 100 mph. Since it is totally autonomous, you will not be required to have a pilot's license. Just tell your phone where you want to go and your flying car will take you there. Even better is the price. You should be able to get a flying car starting at \$15,000. Yes, much less than a new, ground-based vehicle.

ROBOTS

So what about robots? They will soon be cooking our food at many fast-food restaurants. Robots will be mowing our yards, cleaning our houses, doing our laundry, protecting our property, and taking our pets for a walk.

We spend 45 percent of our time driving to chase after things like bread, pizza, and packages. In the future, many of us will send our drone to pick up those items, saving us time and money. Our drones will also patrol the perimeter of our homes, keeping us safe.

3D PRINTERS

3D printers are about to rock our world. In medicine, 3D printers will create perfect knee and hip replacements at a fraction of the cost. The time it takes to recover from these types of surgeries will also be significantly reduced. The impact of this technology will go much further in medicine as well. It is possible that they will be able to create living organs for our bodies. The day may come very soon that a person will not have to wait for someone else to die to get the organ transplant they need. The printing of custom prosthetics for people missing limbs is already happening and will become more widespread as we adopt this technology in medical centers across the country.

At home, your 3D printer will print replacement parts for your appliances or your vehicle. If you are hosting a get-together at your house, print the plates you need to fit the theme for your event. You will also be able to print clothing, art, furniture, tools, cookware, and toys. The 3D printer in your home will become one of the most valuable and useful items you own.

Even our homes will be constructed with 3D printers. There are dozens of homes that have already been printed and usually average about half of the cost of building a new home the traditional way.

FLAT SCREEN TVS

Flat screen TVs as thin as a couple of pieces of paper will start to emerge in the next few years. Some of this technology can be folded, meaning you can easily take a screen with you to meetings or the next room.

Your smart device will simply become your computer. You will carry it with you and then dock it when you get home or at work and use it with a traditional monitor, keyboard, and mouse.

Wireless electricity will continue to expand. There is even some speculation that wireless electricity will eventually

Most of these changes described will be seen over the next decade. With machines doing most of our tedious work, that will leave more time to pursue our passions in life.

power all things. That would mean no need for a battery in your smartphone or plugging in your electric vehicle.

Most of these changes described will be seen over the next decade. With machines doing most of our tedious work, that will leave more time to pursue our passions in life. With robots cleaning our homes and cooking our food, we may even return to a time where families will enjoy meals together again. *M*



Known as the "Guru of Geek," Marlo Anderson of Mandan hosts his own talk show, "The Tech Ranch." He also owns several tech companies, including Awesome 2 Products, Zoovio, Inc., Pakkage, 3sixty5, and National Day Calendar.

YOU HAVE How Many APPS ON YOUR PHONE?

by Noreen Keesey



Many friends have asked, and I have decided that now is the time to answer their question, "Just how many apps DO you have on your phone, Norrie?" Gulp. It's 125. Is that a lot?

Though it sometimes baffles me, I have a soft spot for technology. I once read that this is because I'm an Aquarius, but I don't know much about astrology, so cannot say for sure whether that is true. I attribute it to the fact that Input is in my top five on the CliftonStrengths assessment. I love to learn about things and share tidbits of information with people who could benefit from them. In honor of the magazine's theme this month, I'll share with you a couple of favorites from my app collection. I have no affiliate agreement with these businesses, so will not profit if you choose to use any of these products. I just like them, and I hope you will too.

EVERNOTE

Everyone can benefit from Evernote. It's a productivity app that I think is amazing. I am creeping my way toward a paperless home for the purposes of simplicity and easy access. It is important for me to be able to get my hands on information that I want quickly and easily—that Input strength at work again. Evernote makes it possible. It stores information—documents, photos, notes, business cards, emails, voice recordings, web clippings, web bookmarks, and more. If there is something you want to remember, Evernote helps you do that. You can organize your notes using folders, tags, or both, and find your information using its powerful search tool. It can even recognize your handwriting. You can set alerts to remind you about important notes when you need them and can also recommend content related to the topic of your notes. Evernote integrates with many other apps, and you can access it online, as well as on your desktop, tablet, and phone. Two of my favorite ways to use it are trip planning and storing recipes that I may decide to cook someday. If you are curious about how Evernote could help you, there is a blog where people share how they have used it to make them more productive. There is a fee if you want some of the advanced

features, but you can do a great deal with Evernote using the free version.

MOVIEPASS

MoviePass is very new to me but it holds the potential to become my favorite entertainment app. For a monthly fee that is less than going to one movie at the theater, you can go to a different 2D movie every day of the month. There are limitations; some showings may not be eligible, and you have to be near the theater to check in. It isn't the smoothest process either; you must use a credit card that they send you in conjunction with the app, but it is a great value. If you rarely go to movies this may not be for you, but for movie lovers it's a smart choice.

HEADSPACE

Although I no longer have a paid subscription to Headspace, I credit it with transforming my meditation interest into a regular practice. I still have the app and use it occasionally, though I have added other methods to my routine. One of the

creators of Headspace, Andy Puddicombe, is a Buddhist monk who has a fun style and a soothing voice. The program combines education, inspiration, and guided meditations in an easy-to-use app where you can choose sessions according to your interests, such as sleep, anxiety, pain management, or patience. If you would like a little more calm in your day, I recommend giving Headspace a try.

Having 125 apps on my phone takes up a lot of digital space. I recently upgraded to a phone with more storage rather than deleting any of my apps, so there is a downside to my curiosity about what other wonders of technology there are to discover in the app store. Thankfully, for the time being, I still have some space available to explore. *M*



Noreen Keesey is a leadership development coach and trainer who has a love/hate relationship with technology.



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CLICK, POST, SHARE:

HELP SOLVE A CRIME

by Jody Kerzman | Photography: Photos by Jacy



Not all social media pages are created equally. There are some that serve a purpose—perhaps it is to inform people of an upcoming meeting or a volunteer opportunity. And then there are those pages that we find ourselves anxiously awaiting a post. The Bismarck Police Department's Facebook page is one of those pages.

Officer Lynn Wanner is the brains behind the department's Facebook page.

"Deputy Chief Draovitch approached me in February 2014 and said, 'I think we need to get on this Facebook thing.' He was right. Most people don't pick up a newspaper when they wake up in the morning. They check their phone and their Facebook. It's an easy way to interact and we knew we had to embrace it as a department."

Lynn is a crime analyst for the department, but in mid-April 2014, she also became the social media manager. Her work began long before the department launched its Facebook page.

"We had to do a lot of research as far as policy and procedures to make sure we were in compliance with our accreditation standards. We were extremely cautious about everything," recalls Lynn. "It took awhile for the page to catch on. I remember I was super excited when we had 1,000 likes on our page. I told my co-workers they had to

give me a donut party for every thousand likes we got. We are now at more than 22,000 likes, and I think I've only had one donut party."

Speaking of donuts, it's not unusual for donuts to be mentioned on the department's Facebook page. Lynn especially likes including Chief Dan Donlin on the donut jokes she shares.

"I can go into the Chief's office and have him pretend to eat a donut for a Facebook post, and he will do it, no questions asked," says Lynn. "He's very community oriented, and I think that's important."

"Social media allows us as a department and me as the chief, to really connect with the public. It is a great platform for positive PR," says Chief Dan Donlin. "We are police officers, but we are also human beings. We show that on social media."

"My goal from day one has been to show the human side of law enforcement. Some people don't like it when I try to be funny, but I think I am hilarious," Lynn says with a laugh. "But seriously, I think the funny stuff—the donut jokes—get people looking at our page and interacting. Then, when we have important information to get out, they're already following us. Plus, I don't think people want to read bad stuff all the time. You need some happy, light-hearted stuff too."



Follow the Bismarck Police Department on social media: search Bismarck Police Department on Facebook, Twitter, Instagram, and Pinterest.

SOCIAL MEDIA SUCCESS

In the four years since launching the Bismarck Police Department's Facebook page, Lynn has witnessed the power of social media. Runaways have been located, shoplifters arrested, and cases that may have otherwise gone unsolved have been closed.

"We have a 40 percent success rate identifying suspects when we share surveillance photos on our page. That's 40 percent of cases that might not have been solved if we didn't have social media," explains Lynn. "People like to help, and there are cases where we have posted a photo to our page and the suspect has been identified within minutes."

Chief Donlin says Facebook allows the department to share up-to-date, accurate information, especially during an ongoing situation.

"It's where people get their information in this day and age, but unfortunately, much of the information on Facebook is not correct," he explains. "We've been able to establish our page as a trusted source, and we can correct that misinformation before it gets out of control."

EXPANDING BPD'S SOCIAL MEDIA PRESENCE

Lynn has attended numerous social media trainings across the country and

has expanded the department's social media presence beyond Facebook. The department is now on Twitter, Instagram, and even Pinterest. Lynn says each platform serves a specific purpose and each reaches a different group of followers.

"Twitter is a good way for us to reach the media and college age people," explains Lynn. "Pinterest is a great way to organize our information that people want. We have boards for Police Youth Bureau information, parent tool kits, drug information, and more. We use Instagram to reach the high school and middle school kids. The content is different on all our pages, but it works for the audience we have on each page."

In 2016 the Bismarck Police Department was nominated for a social media award for excellence in a small agency by ConnectedCOPS, an organization that helps law enforcement use social media effectively. The award is given to a law enforcement agency of 150 sworn officers or fewer that has demonstrated overall excellence in the use of social media and has shown leadership, creativity, and innovation in its use of social media. The Bismarck Police Department finished in the top three in the world. While Lynn is proud of that accomplishment, it's also been motivation to make the department's social media presence even stronger. *M*

To see some of the craziest photos Lynn has shared on the BPD's Facebook page, visit our website.

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AMANDA EL-DWEEK

As a little girl, Amanda El-Dweek dreamed of being a cartoonist. Now, as an adult, she is living that dream. Amanda has a syndicated online comic strip on gocomics.com.

"I provide seven comic strips for them every week. It is intense, but it's really fun, so I can't complain."

Amanda's comic strip, "Amanda the Great," is based on her life in Watford City, North Dakota.

"It includes my husband, me, my parents; even my grandpa, friends and co-workers have made appearances in my comic strip. I always keep a notebook with me so I can remember funny things that happen. I feature North Dakota in my script. Sometimes I get comments when I use a North Dakota word like 'uffda' in a strip. People don't know what that means outside of our state, I guess! I think that makes it unique, and it also gives me a chance to teach people from other parts of the country a little about North Dakota."

Getting her comic strip syndicated wasn't easy. Amanda had to submit her work and be open to criticism.

"I first submitted when I was in high school and that was a total disaster, but I learned from it. I took several years off and in 2016 submitted again. This time an editor contacted me with some suggestions. I made the changes and submitted again. That time they offered me a contract. I've been submitting my work ever since."

You can check out "Amanda the Great" at gocomics.com/amanda-the-great. By the way, GoComics is the same company that syndicates "Calvin and Hobbes."



LINDSAY TURNBOW

A Bismarck mom hopes she has come up with a solid idea to continue raising awareness of autism and to create acceptance.

"My daughter Isabella was diagnosed with autism when she was three and a half years old. She is seven now," says Lindsay Turnbow. "As a mom, I'm always looking for ways to increase acceptance and awareness of Isabella and others like her."

She has embraced the rock painting and hiding craze and is asking others to join her. Lindsay believes the rocks could be stepping stones to understanding.

"My hope is that we can get lots of autism awareness rocks hidden around the community, and when kids find these rocks they'll ask their parents about autism. I hope these rocks can spark a conversation about what autism is and lead to a better understanding. Awareness is starting to improve in our community, so now it's time to work on acceptance. Some of my daughter's behaviors may seem odd to other children, but once they get to know her and understand why she does certain things, they don't seem so strange."

Lindsay is a board member of the local nonprofit BisMan Autism Families and is working to organize the group's third annual Light It Up Blue Autism Awareness event. The event will be held Saturday, April 7 from 1 - 4 p.m. at Horizon Middle School in Bismarck. You can paint your own rock at the event. Learn more about the event on Facebook; search BisMan Autism Families.



PAULA ANDERSON

Many kids save up their money to buy a new toy or a treat. But three-year-old Paula Anderson of Washburn recently gave all the money she had raised to help those battling cancer.

Paula and her mom, Haley, did an Usborne Books fundraiser—they earned money from each box of greeting cards sold. Paula's fundraiser totaled \$626, all of which she donated to the Bismarck Cancer Center Foundation. She says her grandma was her inspiration.

"I don't want people to die from cancer," says Paula.

Paula went to the Bismarck Cancer Center every day with her grandma, Nicki Daub, for almost two months when she was going through radiation treatment for lung cancer. Unfortunately, Nicki lost her battle with cancer, but the memories are still there for Paula. Her

mom says even though Paula was very young during her grandmother's cancer treatment, she knows that her daughter still remembers her experience at the Bismarck Cancer Center.

"She just said today when we drove down State Street, 'Remember when we went to eat at the Woodhouse with Grandma Nicki, when we were here for her cancer?'"

Paula's donation will help fund patient housing, gas cards, dietary counseling, massage therapy, spiritual therapy, survivorship counseling, and much more. When Paula isn't fundraising for a purpose, she enjoys things that most three year olds do, including playing with her little sister, Sarah.

"I like riding bike, playing with my kitties, and playing with my 'Mr. Bucket' game," Paula says.

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Personal & Professional Development



HEALTH & FITNESS: TECH-STYLE

by Melanie Carvell

We all know the downside to spending too much time on our phones, iPads, and computers, but what about capitalizing on the benefits technology can have for our health?

There has been an explosion of fitness technology options in the last decade. Twenty-one percent of Americans use fitness trackers—tracking metrics such as steps, sleep habits, heart rate, and nutrition. Some scientific studies show that these trackers are not particularly effective at helping users lose weight; but other studies show that users are much more likely to accumulate at least 30 minutes of physical activity daily, leading to a long list of health benefits. Many people find that tracking activity is helpful in boosting motivation, and anything that helps us get up and moving is a good thing!

The options for health and wellness technology are endless, but some of my favorites include:

NETFLIX

Who doesn't love getting immersed in a television series without commercial interruption? My non-negotiable rule: I

can't watch the next episode of "Call the Midwife" or "Doc Martin" unless I am in motion—doing some sort of strength or cardio at the same time.

FITNESSBLENDER.COM

This impressive online workout company was developed by a registered dietician and her personal trainer husband. Together, they coach participants through over 500 challenging—but easy to follow—free workout videos, most requiring very little fitness equipment. I appreciate their down-to-earth style, the modifications that provide for all fitness levels, and the fact that they don't sell any nutritional supplements.

JENNYHADFIELD.COM

Join this online fitness challenge anytime for about \$5 a month. This group is ultra-supportive and positive with tons of resources to improve your running, swimming, and cycling. Health focuses also include strength training, nutrition, and mindfulness. One of my pals was able to dump added sugars from her diet (including her Dr. Pepper habit) as a

result of this nurturing, supportive, and educational group.

MEDITATION & MINDFULNESS APPS

In our busy, stressed-out, divisive world, we could likely all benefit from a personal meditation practice more than ever. Taking some quiet time—even just five minutes—to take some deep breaths can do wonders for our physical and mental health. Easy-to-use apps can demystify meditation techniques and help guide us on the way to making it a part of our day. Insight Timer, Breathe2Relax, and Meditation for Fidgety Skeptics are helpful meditation apps that have a wealth of free guided meditations and they are easy to follow. The Gratitude Journal app is an easy way to take note daily of the many things you are thankful for—a proven technique to add more peace and joy into your day.

FITNESS GAMIFICATION APPS

Working together in either virtual or face-to-face fitness challenges can make our workouts fly by while we are having

fun chasing our goals. Research shows that we are likely to work 50 percent harder when we workout with others rather than when we exercise alone. New technology has made its way to our local indoor cycling classes, helping us to collectively work harder to meet group goals and individual goals that are visible and energizing, while improving our fitness level in measurable—and fun—ways.

And of course, don't forget to take technology breaks as well. Head out on your own without your headphones or grab a pal or a furry friend to enjoy the fresh air and the many health benefits to just spending some time in nature, no matter the season. Hopefully we will be able hear the meadowlarks sing on a hike or run soon! *M*



Melanie lives in Bismarck with her husband, Charles, and her dog, Case. She is an author, health and wellness speaker, and grandmother of six. She loves sharing her fitness enthusiasm with others and hopes to see you in one of her cycling classes soon.

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WEARABLE TECHNOLOGY:

The Personal Trainer at Hand

by Stephanie Fong

Technology can be a double-edged sword: technological advances that make one part of our lives easier can actually create problems in other areas of our lives.

For example, in today's world, technology has cut out so much of the physical work faced by generations past that—unless we are purposeful about a fitness routine—many of us don't naturally get the exercise we need to stay fit and healthy.

Luckily, technology also affords us great tools to help combat sedentary lifestyles. Fitness trackers such as the Fitbit or the Apple Watch are forms of technology that can have a positive effect on our health.

MEASURING PROGRESS & MEETING GOALS

Sara Rhode, registered respiratory therapist in the cardio & pulmonary rehab program at CHI St. Alexius Health Dickinson, uses a fitness tracker daily.

"I started out with the simple Fitbit that clipped onto your pants just to make sure I was getting 10,000 steps a day. I've had updated versions of Fitbit until I got my Apple Watch last summer."

Sara uses her Apple Watch to track her workouts, from walking her dogs to doing high-intensity interval training (HIIT) classes, and everything in between.

"I used to focus on getting 10,000 steps a day; now with the Apple Watch

I focus more on meeting my exercise minute goal, calorie goal, and active goal (standing every hour).

"I think fitness trackers are accurate if you have your correct information synced and calibrated, and you keep them updated. Even if they aren't spot-on at times, I feel like most people use them as motivation to meet certain goals. I've learned if you have goals or something measurable, you're more likely to hold yourself accountable to reach those goals. Fitness trackers do just that."

In the cardiac rehabilitation program, Sara finds that fitness trackers are helpful to patients who need to be aware of their target heart rate range.

"The trackers allow our patients to do a quick heart rate check to see where they are at. It's also helpful if there is a step tracker or exercise minute tracker to help them set goals. Once they reach an initial goal and they see it, it's easier to set another goal to push further."

HANDS-FREE HELPER

As a runner, Ashley Hepperle started using a Fitbit when running while pregnant, utilizing the heart rate monitor often.

"I love it for running and the constant encouragement, no matter how silly it is," Ashley explains. "I enjoy the GPS and heart rate tracking. And I am able to use some of the workouts it offers if I am in a pinch."

And when Ashley's hands are full caring for her four young children, she says her Fitbit Blaze is truly a hands-free asset.

"It allows me to leave my phone on the shelf and read text messages and only feel the need to respond to the ones that are important."

As for her choice of brand in a Fitbit, "It is really easy to use, which was important to me."

EMPLOYER SUPPORT & WORK LIFE

Many companies are embracing the need for proactive wellness initiatives for their employees, and fitness trackers can help employees tap into company-run

wellness programs.

Robyn McChesney is proud to be the "Wellness Champion" at CHI St. Alexius Health Dickinson.

"Our wellness program does encourage trackers, and the first one was the Fitbit. Employees could get a discount if they decided to purchase one," she explains.

The CHI Wellness Program has ongoing challenges for employees to meet, such as meeting goals for daily steps taken, which helps them earn financial incentives. Robyn points out that trackers make participating in the challenges even easier.

"Most trackers can now be synced to

“

"I've learned if you have goals or something measurable, you're more likely to hold yourself accountable to reach those goals. Fitness trackers do just that."

—Sara Rhode

our wellness portals so participants don't have to log in and manually track their steps anymore."

While motivating fellow employees to tap into their fitness tracker's capabilities is part of her job, Robyn also utilizes a tracker herself.

"I do love my Fitbit. One of my favorite features is that it reminds me to move every hour. I could probably sit at my desk eight hours straight, so the reminder gets me moving and using my standing desk more. I think it makes me more conscious of my lack of activity at work." *M*



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.



eligible for an innovative treatment to repair her aortic valve.

"I didn't want major surgery, but they said there was a minimally invasive procedure that I might want to consider," Darlene says. "So the more I heard about it and read about it, the more I was convinced that it was certainly the way to go."

They determined that the procedure—transcatheter aortic valve replacement, or TAVR—would be an excellent treatment option.

"I think the team is really focused on making you feel comfortable about this whole procedure so that you have confidence in doing it," Darlene adds. "I was impressed with that."

TAVR is less invasive than open heart surgery. A catheter is inserted into a patient's leg and from there is guided gently to the heart. A collapsible replacement aortic heart valve is then inserted into the catheter, moved up to the heart and opened up, providing the heart with the improved oxygen and blood flow it needs to pump more efficiently.

"Heart technology is advancing at an incredibly fast pace," Dr. Russell explains. "We can do these big procedures that were really invasive before, and now they're easier on the body, they're easier to do, and patients are having better outcomes."

After the TAVR procedure, Darlene was monitored in the hospital for three days and then continued recovery at home.

"I never did have any pain," she says. "And coming home seemed like an easy adjustment. I wasn't having the breathing problems anymore, and certainly my legs were not as swollen as they had been, and that continues to this day."

Darlene's interventional cardiologist, Andrew Carter, D.O., is confident that more patients than ever can now benefit from TAVR and other advancements.

"I'd like patients with heart disease to know that heart problems are common. They show up in many forms at all ages," Dr. Carter says. "We have a lot of resources available that can improve quality of life

Revolutionizing HEART SURGERY

by Jon Berg | Submitted Photos

For patients who need an aortic valve replacement, the traditional route of treatment is open heart surgery—an intensive operation that requires months of recovery. But not all patients are good candidates for enduring the stresses of open heart surgery, which was the case for 86-year-old Darlene Hoover of Bismarck, North Dakota.

Diagnosed with severe aortic valve stenosis, Darlene began experiencing stenosis-related breathing problems and fluid retention—all complicated by the beginnings of congestive heart failure.

"What happens with aortic stenosis is the aortic valve narrows down to the point where blood cannot get out of the heart. If blood can't get out of the heart, it can't get to the brain or the rest of the body," says Sean Russell, M.D., a cardiovascular surgeon at Sanford Health in Bismarck.

These issues began to have a profound impact on Darlene's quality of life. While keeping her stabilized, the care team at Sanford Heart did testing to identify next steps for her, and whether she might be

with any number of heart conditions.”

For patients like Darlene, the TAVR procedure offers a meaningful chance for vastly improved quality of life without facing the significant challenges of open heart surgery.

“Especially for somebody that’s older,” says Darlene. “I was 85, so if there’s an older person, I think this is certainly less of a trauma to their body, and it’s much easier to recover from this procedure.

“I would tell patients to consider

this procedure and not to be afraid of it because it’s not that difficult. Even somebody like me was able to tolerate it very easily, and I would think anybody would be able to, whatever age,” Darlene says. *M*

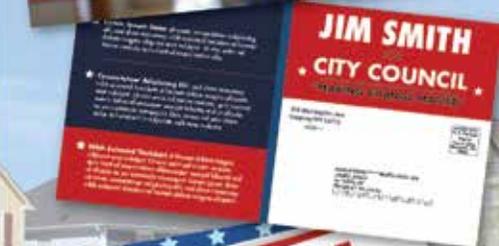


Jon Berg is a senior media relations specialist at Sanford Health in Bismarck. He works with local reporters and shares many great stories happening within the Bismarck health system.

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Mandy B. Anderson & Raychee Chumley

TECH-SAVVY BESTIES

by Jody Kerzman | Photography: Photos by Jacy



The offices at Big Blue Couch® Coaching in downtown Bismarck, North Dakota are buzzing with activity. There are podcasts to record, Facebook live videos to do, and online orders to fill. To say that this business thrives because of technology would be an understatement.

"I don't think we'd exist if technology wasn't a thing," says Mandy B. Anderson, about the business she and best friend Raychel Chumley founded together in 2014.

"We didn't have a well thought out business plan when we started. We literally jumped in with a bottle of wine and an ounce of courage," Mandy smiles.

Their original idea was to combine their two separate life coaching businesses and manage Big Blue Couch Coaching together.

"We realized we are stronger together than we are apart," says Raychel.

"We originally thought Big Blue Couch was a ministry, but we soon realized it was actually a business. Being a business has allowed us to get into schools and businesses. We've been able to reach women in all walks of life and faith," adds Mandy.

REACHING WOMEN

They reach those women in many ways—through in-person events, coaching sessions, and online. As technology changes, so does their business.

"When we first started Big Blue Couch four years ago, there were not a lot of options for technology," says Raychel. "Facebook live didn't exist in 2014. So we recorded our videos, uploaded them to Vimeo, sent them to a private site, then put a link in a members only area on our website, and then we created a Facebook group to try and create a community. It was a lot of steps!

"Facebook live really opened up a whole new world for us to use technology without spending money we didn't have. Facebook live is free so we embraced it and figured out how to use that tool with our groups we already had. It was amazing technology for us, and it was

so new at the time that nobody else was really doing it. We had to do a lot of trial and error, but it definitely changed our business format of how we reached people."

Now, the girls on the Big Blue Couch reach people around the world. They have clients from around North Dakota, as well as from far away places such as California, Georgia, New York, and Pennsylvania. Their social media pages and online bookstore reach people worldwide.

"We did a Black Friday sale last Thanksgiving and we shipped products to Hawaii and New Zealand during the same week. We literally had products flying over two oceans," says Mandy with a smile.

Those products are unique to Big Blue Couch. Mandy and Raychel write all the material they use.

"We always wanted to be writers!" says Mandy.

"Our clients needed materials, and I remember not being able to find the right books to help them. We realized that was because we hadn't written those books yet," says Raychel. "Our clients needed materials immediately, and going through a publisher takes years. So we decided to self-publish. It was a way to use technology to keep up with demand."

BUILDING COMMUNITY

Technology has allowed them to reach women who before wouldn't have had access to programs like theirs. They find women from rural areas are searching for a community like what they find at the Big Blue Couch.

"Sometimes it's not necessarily what we're teaching material-wise, but we help them find that sense of community they've been searching for," says Raychel. "It's hard to have a problem in a small town because everyone knows your business. Our online groups have become a safe place for women who don't have anyone else. I don't think we saw that as part of it when we started."

They explain the secret to reaching those women and to building that sense of community lies in the use of the one-

to-many model. It allows them to share one message with a group of people instead of just one client at a time.

"The one-to-many model really isn't taught in traditional coaching and counseling. The focus is on the one-to-one model, but that leads to a lot of burn out and discouragement a lot quicker. You feel like you're not making the impact you want to. When you start adding technology you can reach 10 people in an hour instead of one. That's something we tell beginning coaches too. You absolutely have to do one-on-one right away, but think of technology and what you can do from the beginning to start building that one-to-many."

"We've done group programs from the get-go," adds Mandy.

NOBODY'S PERFECT

Mandy and Raychel are happy to share their secrets with other business women. In fact, they offer a 30-day online bootcamp for business women called Virtually Savvy. In Virtually Savvy, Mandy

and Raychel provide hands-on training and encouragement. The whole program is done online; there are no in-person sessions.

"We only let 10 women in, and every day we give them a challenge; we ask them to post a video to the group page. We critique and coach them so they get better each time," explains Mandy. "Really what we see is women getting more comfortable with their videos and their confidence growing in all parts of their lives."

"Teaching that confidence and teaching women to be authentic and to be okay with who they are is huge," Raychel adds.

Mandy and Raychel radiate confidence in their videos; they say the secret is throwing perfectionism out the window. They admit they don't own any fancy camera equipment—all their videos are recorded on iPhones and iPads. They strive to be real. It's not uncommon to catch them doing a Facebook live in pajamas and no makeup.



(TOP RIGHT)
Mandy B.
Anderson



"If we're teaching confidence, then we need to be able to go on camera not looking like we just walked out of a magazine," says Raychel.

"And sometimes, our ideas just don't work," adds Mandy. "We're not afraid to make mistakes and then quickly delete them!"

"You have to be okay with failing if you're going to try new things. We've gotten really good at failure," Raychel says.

"But we've succeeded because we've learned from those failures," Mandy explains.

"And we've learned what not to do, which sometimes when it comes to a business, learning what doesn't work is just as valuable as learning what does work," says Raychel.

FOREVER FRIENDS

What *does work* is Mandy and Raychel working together. It's a dream that has been decades in the making. It all started at Crystal Springs Bible camp in 1994.

"It was the summer before sixth

grade," recalls Raychel.

"We became friends when we were put in the same cabin. We didn't know each other before that. There were two other girls in our cabin, and they became our good friends too," Mandy remembers. "We called ourselves the 'Forever Friends' and sang together at camp. In my brain, we were going to grow up to be very famous singers together."

"That wasn't my dream," laughs Raychel, shaking her head.

The "Forever Friends" would spend one glorious week together at Bible camp every year and then go their separate ways. They worked hard to stay in touch year-round.

"My mom recently found three shoeboxes of my old letters and photos, some from camp friends like Raychel, others from old boyfriends," says Mandy. "The best love story I found in the boxes is the story of my friendship with Raychel. One of us was always going through something. We were coaching each other through life before we even knew



(BOTTOM LEFT)
Raychel Chumley



what coaching was. We've been Big Blue Couching it since our camp days!"

In 1994 there were no podcasts, Facebook lives, or Facetime sessions to help the friends stay in touch. They relied on handwritten letters and cassette tapes.

"We really loved writing 'roundabout' letters to each other," recalls Mandy. "A roundabout letter is a letter that one person starts, then sends to the next person who adds a paragraph or two before sending it onto the next person. The letters go around the group, much like our text messages do today. And every year at the end of camp we would record our voices on a cassette tape so we could hear each other's voices all year long. We refused to let each other go through life without each other.

"Those cassettes were like the precursor to today's podcasts. I'm sad that the tapes don't work anymore; some eroded and just don't work, and some got recorded over by Britney Spears songs," Mandy says, giving Raychel a dirty look like only a best friend can.

TECHNICALLY A DREAM

The chemistry between these long-time best friends is infectious. They finish each other's sentences, laugh at inside jokes, and share the same excitement when asked about Big Blue Couch Coaching.

"While Raychel didn't share my dream of becoming famous singers, she did share the dream of doing something together someday. As we all grew up and got married, we drifted apart. But Raychel and I stayed close, even though we lived on different sides of the state."

Now they admit this is their dream, the one they first started planning in that cabin more than 20 years ago. They know embracing technology, and changing with it, has helped them make that dream a reality.

"We've never been afraid to use technology," says Raychel.

Not even when the newest technology was a cassette tape recorder, a microphone, and a blank tape. *W*



THE GENEROSITY EFFECT: WHAT YOU GET BACK FROM GIVING

You know that feel-good boost you get from volunteering? It's one of many benefits linked to living generously.

Researchers have associated volunteering with a number of positive outcomes, including lowered blood pressure and stress. Volunteering has also been shown to increase social connections, self-esteem and brain function.^{1,2}

Healthy habits, happy hearts

Volunteering may make our hearts function better—on physical and emotional levels.

- After two years of volunteering, female volunteers walked an average of 1,500 more steps per day than women who didn't volunteer.³
- Older adults who volunteered at least 200 hours in the previous year were less likely to develop high blood pressure, a condition that can lead to heart attacks or strokes.⁴
- And the more people volunteer, the happier they are. Compared with those who never volunteer, the odds of being very happy rose.⁵

Find your generosity opportunities

People of all ages can benefit from donating time, talents and treasures. If you're looking for a new volunteer opportunity, visit volunteermatch.org. You can also learn about ways to get involved in your community at Thrivent.com/livegenerously.

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¹"Is Volunteering a Public Health Intervention? A Systematic Review and Meta-analysis of the Health and Survival of Volunteers," Aug. 23, 2013, *BMC Public Health*.

²"Volunteering May Be Good for Body and Mind," June 26, 2013, *Harvard Health Blog*.

³"Effect of Community Volunteering on Physical Activity: A Randomized Controlled Trial," January 2016, *American Journal of Preventive Medicine*.

⁴"A Prospective Study of Volunteerism and Hypertension Risk in Older Adults," June 2013, *Psychology and Aging*.

⁵"Doing Well by Doing Good: The Relationship Between Formal Volunteering and Self-reported Health and Happiness," June 2008, *Social Science & Medicine*.

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TECHNOLOGY:

When I was in grade school I had a friend whose family didn't have a TV because "there was too much garbage on there." Fast forward 35 years and you will hear the same statement about the internet, social media, news, etc. I had the same question then that I do now: is there any more garbage in technology than in regular life? The short answer is no. The real question is how do we consume information, and what do we teach others about how to use technology? Here are three principles that I live by and use to teach my kids about life and technology:

FIND BALANCE

First is balance. Whatever you are doing in life, balance is a principle that will not only make things better, it will keep a lot of things from going wrong. When it comes to technology, people want to vilify it, worship it, and everything in-between. The reality is anything you do in excess is bad. A friend asked the other day how much time my wife and I let our kids play video games each

week. Our answer shocked her: eight to 10 hours a month on average, and the kids choose when to play. Because they were raised to understand the importance of balance, they choose to play outside, hang out with friends, and participate in other activities. As parents, we understand that the skills our kids will need in their careers will most likely require technology that has a direct correlation to the video games they are playing today and the relationship skills they are learning while hanging out with people. It's not about choosing; it's about balancing.

PUT OTHERS FIRST

Putting others first is a principle that seems to get lost today. Part of the problem is the lack of balance in life and technology. This doesn't mean we should get rid of technology; it means putting others first. Think of how much better Facebook would be if everyone thought about what the other person is going through and the context of their life before typing



Good or Bad?

by **Jeremy Olson**

a comment. How about stopping by for a cup of coffee instead of sending a text message? One place this lack of balance is evident is in our cars. We rely on technology to find where we are going, keep us safe with air bags and seat belts, and even to help us stop. None of this technology is bad; however, a majority of accidents could be avoided if people drove in a way that put others first.

WHAT IS THE WISE THING TO DO?

This is a question that seems simple, but will drastically change your use of technology. I recently needed a new computer for work travel, and as you know, there are more than a few options out there. Some co-workers and I looked at all the options we wanted and then we checked out all the wise options. I ended up buying a four-year-old, refurbished computer because it was the wise option. This wasn't because of cost, it was all about connectivity in the field, lack of functional software options, and

durability. To determine whether a choice is wise, you need to look at the needs and consequences. Is the decision filling a need or taking away from a need? Are the consequences positive or negative? When it comes to kids, ask, "Are they learning a positive lesson or learning a bad habit?"

Technology is not bad or good. It is a tool. How we use it is what can be bad or good. Technology saves lives in hospitals every day, helps us make new scientific discoveries, and can make learning easier wherever you are. We need to remember to make a conscious effort to make wise decisions, put others first, and live a life of balance. If we live our lives with technology using these principles, our lives—and the world—will be a better place. *W*



Jeremy Olson is an outdoorsman, a producer, firefighter, and public speaker. He lives in Washburn, North Dakota with his wife, Kirsten, and their four children. Learn more about his work at 241ink.org.





BRIGHT KIDS, BRIGHT IDEAS: IDEAS FOR THE AGE OF TECHNOLOGY

by Tanna Kincaid | Submitted Photos

(LEFT)
Students at Sunrise Elementary in Bismarck work on their energy projects

(RIGHT)
Students at Prairie Rose elementary present their ideas to their classmates

If you overlook their size and adorable child voices, third and fourth graders in three classrooms at Bismarck Public Schools could be mistaken for professional entrepreneurs and business think-tank teams. Teachers across the district are seeing rewards in student passion, deep thinking, creativity, and collaboration through their implementation of more inquiry-based challenges.

Kerry Mosset, a third grade teacher at Prairie Rose Elementary School, challenged her third graders to come up with an idea they felt would benefit society. Students took their idea and formed it into a “pitch” that was presented to their class and others (similar to the television show “Shark Tank”). Students identified a topic, determined why it was important and what they would need to know to further develop their idea, and then how they would measure success. Student topics included a robotic hat that helps with everyday tasks, a website that connects orphans to forever families, a culinary goal to make donuts both delicious and healthy, and a design goal to make gymnastics more accessible to those with disabilities. As students presented, the “audience” provided feedback on the pitch and what they liked or thought could be improved.

Across town at Sunrise Elementary School, fourth grade teachers Andrea Frovarp and Katie Babcock engaged students in a challenge to create original, innovative energy prototypes that would save money on energy cost and use. The idea generation, research skills, energy science knowledge, and teamwork of these students makes the future look bright. The teams pictured were designing prototypes that leveraged wind energy and solar energy.

The students in these classes and others across the district are learning to apply a variety of academic skills as well as skills in collaboration, critical thinking, and creativity to solve complex problems. These students use technology as a tool throughout the projects and with seamless competence. Whether they are researching, collaborating on a digital presentation, or preparing a multimedia product to present, they access and use the technology when it is helpful to their goal. *TM*



Tanna Kincaid is the Director of Technology for Bismarck Public Schools. She holds a Ph.D. from Syracuse University and has been involved in educational technology most of her career. She and her husband have two children.

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Full STEAM Ahead: Robotics, Legos, & Coding

by Nicole Thom-Arens | Submitted Photos

Allison Auch works with a young T-ball player

When Allison Auch sees a need for youth programming in the Minot community, she doesn't wait for someone else to take the lead. After founding the Make a Scene Kids Theatre two years ago, she led the expansion of the community arts programming into the tech world forming the new venture Full STEAM Ahead, which combines science, technology, engineering, the arts, and mathematics. In January, through Minot Robotics, Allison coordinated the first-ever First Lego League regional competition in Minot—hosting 11 teams at Minot State University.

"My husband always says, 'Why can't you just do it for your kid?' Because we easily could have just had our team and done nothing more," Allison explains. "When I looked into the program and saw what First Lego League offered, I thought it was just phenomenal, and then I reached out to a couple of funders and they were on board 100 percent, so when I saw that was going to be easy, I said, 'Why wouldn't we open it up to everybody?'"

"I think Alli's been fantastic for our community," says Janna McKenchnie, whose daughter competed on Allison's robotics team. "Whatever need Alli can find that she can fill, then she's all on board."

Funding for the project came in the form of 11 robotics kits teams were able to borrow from Mid Dakota Education Cooperative, while the Minot Area Community Foundation



and United Way covered the \$300 fee for each team to acquire the Lego mission sets and mats.

Each First Lego League team had to compete in four areas—robot design, project presentation, core values presentation, and a robot run through several challenges predetermined by First Lego League.

"As a coach you really are there to guide the team. You're guiding the kids—helping them when they get stuck and guiding them through those processes," Allison explains.

Allison, who is a nurse practitioner by trade and raising two young girls, knew she wanted to organize an all-girls team from the beginning.

"With the research, statistically, they say if you don't introduce girls specifically to technology in the third or fourth grade level, by sixth grade, they're already developing those thoughts that they're inferior," says Allison. "I wanted to give them (the team of five girls ranging in age from 9 to 14) an opportunity to just meld together and really develop a strong feeling that they could do this."



Allison's team, The Masked Waterbots, advanced to the state competition and took first place out of 40 teams in the project round where the team presented a solution to a water problem.

"They decided to create an app that would tell consumers how much water was used in clothing creation," Janna explains. "As it stands right now, it needs work, but they met with a computer science student at Minot State and he showed them how to create this app and how to write the code for the different things that they were doing. It was a wonderful learning experience."

"When you look at where the world is going and the number of computer science jobs that are going to be needed—just how it is going to infiltrate into every aspect of the world—we cannot allow them to fall behind," Allison stresses. "They have to be comfortable with it no matter what field they're going into." *M*



Nicole Thom-Arens is a writer and an assistant professor of communication arts at Minot State University where she teaches journalism and communication theory courses and advises the student newspaper the Red & Green.

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uCodeGirl:

INSPIRING GIRLS TO GIVE TECH A TRY

by Marci Narum | Submitted Photos

Anyone who's had experience with kids knows—they don't miss anything. And let's face it, who needs to call tech support if you know a teenager (or even a fourth grader) who will have your technology problem solved before you can say the words, "tech support." But even being masters of all things smart and gadgetry in this age of technology, kids—specifically girls—*could* miss something as they begin to consider their careers.

"North Dakota job opportunities in technology increased from 576 in 2016 to 935 in 2017," Betty Gronneberg cites statistics. "The jobs have increased but the number of graduates has stayed the same and even decreased."

Betty is the founder and CEO of uCodeGirl, a STEM (science, technology, engineering, and math) enrichment program for girls in the Fargo area. She says research has shown that when girls reach middle school, they begin to shy away from STEM-centered activities. She says girls need to be given opportunities and encouraged to explore their tech abilities.

"They react to social pressure, gender stereotype, as well as not having access to opportunities, especially in the rural areas," Betty explains. "We believe girls are curious, creative, and capable; when they are confident in their abilities and when they are equipped with the

right skills and knowledge, they can do whatever they put their minds to—including coding."

Betty started uCodeGirl to encourage and instill confidence in young girls, as well as equip them with technical skills. It began with a three-day summer camp in 2016. It's now a three-week camp.

"We are demystifying technical skills and what it means to be a nerd by making the learning and technology fun. At summer camp the girls dive into coding, design, web development, and robotics projects. They made a light-up scarf and T-shirt by combining art, electrical engineering, and computer programming," Betty recalls. "Their T-shirts light up to the beat of their heart."

uCodeGirl sparked enough interest with girls that it also became a year-round skill-based mentorship program. Each girl is paired with a mentor—a professional woman who is a leader in her field. Betty's next goal is to expand uCodeGirl beyond Fargo. She was in Bismarck in February to visit with business members. She sees the potential for sponsors and partnerships in the business community.

"Tech companies and programmers are excited about having something like this going on in our community," says Lesley Icenogle, Gateway to Science



development director. “uCodeGirl has formed great corporate partnerships in Fargo. It would be great for the entrepreneurial community here to get in on that and be mentors.”

“When we hear that someone is presenting technology and focusing it on girls in particular, that certainly gets our attention,” shares Beth Demke, executive director. “Gateway to Science is all about STEM and offering opportunities to students who maybe don’t see it in other forms.”

Kids are very young when they are introduced to computer programming at Gateway to Science. Educational outreach coordinator, Courtney Stoltz says she teaches coding to five-year-olds.

“We do a lot of Scratch programming. We have Ozobot robots you can write code for on a computer; or you can simply draw paths and color the lines on paper to make them do something,” Courtney describes. “Little preschoolers and first graders can handle that. That’s coding and they can do it. It’s just a visual way.”

“One of the areas I see as a good collaboration is that uCodeGirl focuses on middle and high school students. Our efforts—with limited resources so far—have been at the elementary level,” says Lesley. “We think it’s important to reach them right away. We have

babies and toddlers in here; we want to get young scientists excited and feed the pipeline into middle school, high school, and onto higher ed.”

Ultimately, Betty’s dream is for that pipeline of girls to lead straight to rewarding and high-paying careers in the field of computer science; the

(MIDDLE)
Betty Gronneberg

Learn more about uCodeGirl and Betty Gronneberg’s story at ucodegirl.org

Follow uCodeGirl on Twitter, Facebook, and Instagram

upward trend for the foreseeable future. And as young women, they won’t miss out—because they have been encouraged, and they are confident about their intelligence and ability.

“I think it is important to compliment young girls with specific phrases like, ‘I see you are good at math,’” Betty adds. “I am here because of people seeing my potential.” *M*

OH MAN

DR. DENVER FOWLER

by Marci Narum | Submitted Photos

We are not likely to see the extinction of video games in our lifetimes, but one game being developed is going the way of the dinosaurs in the sense that the players participate as dinosaurs. "Saurian" is a simulation game; the goal is to survive.

"It amazes me every day when they put out these videos of the models jumping around and running about. Their dedication to scientific accuracy is incredible," shares Dr. Denver Fowler, Curator of Paleontology at the Dickinson Museum Center.

Nick Turinetti is the mind behind "Saurian." The 30-year-old is operations manager of the North Shore Scenic Railroad in Duluth, Minnesota. But in his spare time, he works on developing the game with 11 other dinosaur enthusiasts who are also designers, programmers, and 3D artists. Dr. Fowler serves as one of the team's consultants.

"Dr. Fowler is very confident in what he knows," says Nick. "He also has data and real-world experience to back up what he knows. Many people don't seem to realize that we actually know this much."

"I was so thrilled to be contacted by them," Dr. Fowler says. "The idea that they take it seriously and they actually have read some of the work I've done and thought I was worth contacting, that was a real kick."

A native of England, Dr. Fowler worked as a researcher for Impossible Pictures, London—the production team that made the BBC's original television series, "Walking with Dinosaurs."

"The models that "Saurian" is doing are absolutely top-notch. They are better than what you see on TV, better than what you see in movies. It's really quite incredible,"

he says.

The game takes place 66 million years ago in the Hell Creek Formation.

"That's the rock formation where you get *T. rex*, *Triceratops*, and many of your favorite dinosaurs. It also happens to be the dinosaur-bearing rocks we get here in North Dakota and across Montana, South Dakota, and Wyoming," says Dr. Fowler.

"We discovered and published in 2014 that if you're at the bottom of the Hell Creek Formation, *Triceratops* has a small nose horn, but if you're at the top of the Hell Creek Formation, *Triceratops* has evolved a big nose horn. "Saurian" wanted to make sure they got that right in the game, so they're using the *Triceratops* species with the big nose horn."

Dr. Fowler's wife, Liz, is also a dinosaur paleontologist, and teaches at Dickinson State University.

"One of the main things ["Saurian"] got in touch with me for was a piece of research Liz and I did together in 2011. This focused on how raptor dinosaurs kill their prey. You may have seen a *Velociraptor* in a movie; it has a big claw on each of its feet, and they talk about *Velociraptor* slashing prey with this claw. Well, that's not how it works. Our new research showed that raptor dinosaurs probably used their big foot claw more like a modern bird of prey: for keeping its victim pinned down, while the predator feeds. Playing a raptor dinosaur is a big part of the game. So how they show the claw being used is based on the behavior model that we presented in 2011."

Despite some early skepticism from colleagues, Dr. Fowler says many more scientists are taking an interest in "Saurian" as they see the game's quality

and accuracy. He hopes "Saurian" will stir up interest in a way that brings more museum visitors.

"Children have a natural fascination with dinosaurs. But that sort of teenage through young adult demographic is really hard to hit. There's a great deal of enthusiasm for this game. Even if you don't want to play the game, even if you're not into that, it's still sort of on the radar."

"Saurian" is in the late alpha stages of production. Nick says the development team is still adding significant aspects of what players will experience, including smell. The game is on schedule to be complete in August 2019, along with a field guide. Until then, you can try out the current version online at sauriangame.squarespace.com.

"I'm hoping when the full version of the game is available that we can do an opening event here at the museum," says Dr. Fowler. "And the development team is enthusiastic about it. How often do you get a video game launched in Dickinson, North Dakota?"

In the meantime, a new exhibit based on the Fowlers' *Velociraptor* research is in the works for the Dickinson Museum Center. "Claws" will be open in time for Memorial Day. *M*



Dr. Denver Fowler excavating the skeleton of what he says will probably be a new species of armored dinosaur



The Dickinson Museum Center field crew excavating the new nodosaur skeleton in Montana



The big nose horn species Triceratops (*Triceratops prorsus*) on display at the Dickinson Museum Center

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New moms can question absolutely everything they're doing. Why is the baby crying? Is the baby sick? Is the baby developing properly? Is the baby getting enough to eat? How can so much come out of someone so little?

The barrage of questions and uncertainty can strike at all hours of the night and there's not always an expert around to help. Instead of texting your mother at 3 a.m. or checking WebMD for the fiftieth time that day, there's an option that moms have found incredibly helpful: the Professional Lactation Support of Bismarck. The closed group is one of several Facebook support groups for moms. The idea is to give moms a safe place to post questions and get advice, answers, and support from trained lactation professionals.

Nurturing Online: **SOCIAL MEDIA SUPPORT FOR MOMS** by Amber (Schatz) Danks | Submitted Photos

Becky Kuss
with daughter,
MaKayla, and
daughter-in-law,
Mariah



"The experts on the page range from an Internationally Board-Certified Lactation Counselor (IBCLC—the Gold standard in lactation support), Certified Lactation Counselors (CLC's), Registered nurses, and doulas," explains Becky. "Through our passion for breastfeeding we have all come to know each other over the years."

Becky started the group in the summer of 2014.

"It really came about because people were tagging Cindy (Berglund) and me on other local mom Facebook groups to answer breastfeeding questions," she says. "Many times, we noticed those questions were not correctly answered by other members, or false information was being given. Sometimes there was shaming of a breastfeeding or supplementing mom. There was a huge need for professional, evidence-based support in our community, but in a safe, non-biased, or threatening atmosphere."

The Facebook group has more than 1,300 members now, and Becky says that number continues to grow.

"More and more women are turning to social media for support and encouragement when it comes to many aspects of child rearing. As a new mother 23 years ago, if I wouldn't have had the support of my mom, sisters, and friends, I would not have continued to breastfeed," explains Becky. "With the trend of fewer live support groups and more social media groups geared toward support, it seemed only fitting to start a group on Facebook. It is my way of giving back to the community and using a gift God has given me."

Questions on the page run the gamut: everything from pumping and storing breastmilk, diagnosing and dealing with acid reflux in babies, and getting a baby to latch to a bottle. While new mothers can research and prepare for baby feedings, Becky admits it's much different going through it when it's your first time.

"I am a mom of four—my kids range in age from 23 to 14. Even though I was a nurse and had helped countless women breastfeed before I had my first child, I still had no clue what I was doing! My son's birth was difficult, and he and I were separated for at least the first two hours," recalls Becky. "In those days we didn't do skin to skin; we gave sugar water until mom could 'try' and nurse or if mom wanted to sleep. But something inside of me said, 'Keep him with you all the time, don't let him be away from you,' so I roomed in with him. He was only away from me initially. Those first few days I spent a lot of hours crying, not sure why he wouldn't latch or asking, 'Why

does he want to eat again?' Thankfully, my mom was there to guide me and assure me that I could feed him; she helped me to relax enough to get him to latch and nurse well. Without her help those first weeks, I would not have nursed him as long as I did. In addition to my mom and my sisters who had also breastfed their children, I was blessed to work with another new mom who was breastfeeding, so we really supported each other. Plus, our other co-workers at the hospital were very supportive. We didn't have the internet; we only had each other."

Becky says her one major piece of advice to new moms is to relax and be patient. She and the other administrators offer professional lactation support in their free time and get paid in thank yous.

"What do I get out of it? The satisfaction

The Professional Lactation Support of Bismarck is a closed Facebook group. You must be approved before you can join. Part of the approval process involves answering a few questions. Search "Professional Lactation Support of Bismarck" on Facebook to learn more.

of knowing that I am doing all I can to support moms on their breastfeeding journeys, no matter how long it lasts. I'm here to help in any way I can." *M*



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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VIRTUAL Classroom

Life & Home Skills REALITY by Pam Vukelic | Submitted Photos

For those of us who have been around for a while, the technological changes that have occurred in our world are mind-boggling. I remember when my father was approaching the end of his life, he was in a hospital bed, and he had not met Mollie. Mollie lived in Kentucky and was engaged to be married to our son, Reed. We arranged for Mollie and Grandpa to chat via laptop and thus they met. After we logged off, Grandpa said, "Can we rewind and replay that?" He must have been so amazed at our evolution from telephone party lines to Skype.

In my own experience, I'm amazed at the opportunity I've had to evolve from being a classroom teacher to a virtual instructor. Courses I taught in the classroom, such as child development, parenting, independent living, and family living, I now teach through the Missouri River Area Career and Technical Center (MRACTC) to students in member schools across North Dakota.

The mission of the MRACTC is "to provide career and technical educational opportunities to our member schools' students, in the most economical fashion, where every student has the same

educational opportunity regardless of the size or location of the school." Courses in agriculture, aviation, electronics, information tech, health science careers, family and consumer sciences, graphic arts, and STEM (Science, Technology, Engineering, and Math) are offered.

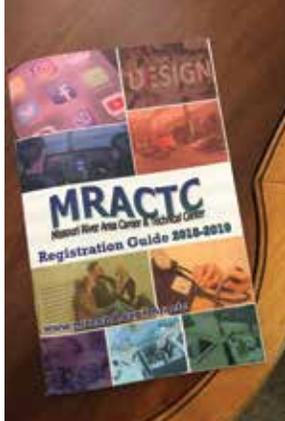
My students are high school kids. A typical class consists of 20-30 students from 10-12 schools. We work together through a learning platform called Moodle. These are strictly online classes. We do not meet at a set time of day, nor do we see each other through a television-like link.

The students can log on any time of the day or night to find information I post in one-week blocks. They will find assignments, announcements, quizzes, and forums. Their textbooks are electronic versions of regular textbooks. Augmenting content with current and relevant material is just an easy link away.

One important component of each semester class, and the only element that is not online, is our "Day in Bismarck," when the students all come together to meet with me and their classmates at the Bismarck Public Schools Career Academy. This gives us the opportunity



Photography: Realityworks, Inc.



Photography: Realityworks, Inc.

to see each other face-to-face. The students meet all of their classmates and we get to put names to faces. The agenda for the day, tailored to each specific course, might include practicing with the RealCare computerized babies (each student takes one for a weekend); learning activities that are best done in a hands-on group setting; speakers who provide personal, meaningful content; and a little bit of fun.

I have found the students really appreciate the opportunity to enroll in these online classes. They are afforded tremendous freedom and flexibility to progress at their own speed. The number of elective courses from which they can choose is huge compared to what their local—often small—schools can offer. What a student learns through taking an online class far exceeds course content. These students need to be disciplined and show initiative. The students learn to problem-solve regarding technological issues. My student might be the only student in her school in this class. She might have an access issue or a submission problem. Then invariably, in a day or so, the student gets back to me saying, “I figured it out.” This is music to my ears and builds confidence in my kids.

Online teaching offers me freedom and flexibility, too. There was a day not long ago when I messaged my students to say I was leaving Anchorage, Alaska that morning for Florida, so my ability to communicate with them would be limited. I was able to catch up with their

What a student learns through taking an online class far exceeds course content. These students need to be disciplined and show initiative.

messages in Seattle, Washington and Denver, Colorado, and then log-in again that night when I got to Florida. What classroom teacher wouldn't welcome that freedom? The reality is my students would not have even known I wasn't in Bismarck had I not told them.

There are responsibilities classroom teachers have, but don't enjoy very much. Examples are recording tardies and absences, monitoring cell phone usage, guiding students through yet another necessary (and sometimes frightening) drill, or smoothing out conflicts between a couple of students. An online teacher does not deal with any of these things.

As I visit with people from all over the country and tell them about my work, the responses I get are, “That is fascinating!” or, “Really, for high school students?” or, “That sounds so important—I wish every student could have that opportunity!” I wish every teacher could have this opportunity, too. *M*



Even though Pam rarely is face-to-face with her students, she relishes the opportunity to get to know them through various messaging techniques.

(TOP RIGHT)
Josie Blaine and
her beloved
typewriter

(BOTTOM LEFT)
Jenn Bailey and
her drip coffee
maker



UNPLUG, REVISIT, REMEMBER

by Michelle Farnsworth



Technology has made us greedy, impatient, and spoiled. Long gone are the days of waiting for film to be developed, a cup of coffee brewed drip by drop into a pot, or typing and printing a document.

Now, these are considered “retro” or “vintage.” When I was growing up they were all we had. No digital cameras. No K-Cups to pop into a Keurig for instant gratification, and certainly no computers to type up a story for Inspired Woman magazine.

My super official, scientific Facebook research on these topics led me to a conclusion: everything old is once again cool, and trending.

POLAROID CAMERAS

Anyone that knows me can testify to my love of a good photo, selfie, or documenting an event. My favorite response to the naysayers is always, “I come by it honestly.” My mother, Donna Hardt, is a television news photographer for KFYP-TV in Bismarck. I grew up in the newsroom and going on assignments with her. I look at the world through a different lens.

Everything is a potential story. Everything is worthy of photographing. And sharing is caring. Smartphone technology is a way of life for me. I believe my iPhone is attached to my wrist.

But last year at this time, I decided to delve back into my childhood and

purchase the latest version of the Polaroid camera. They are more compact. The film is one-step; pop it into the camera and you're ready to roll.

I even took the camera on a vacation to Mexico and was taking Polaroids to place into my tiny photo album. It was also entertaining to take Polaroids of locals and hand them a photograph of themselves.

And for the selfie enthusiast, a Polaroid camera is not ideal, but can be mastered. (See photo. Sorry Frankie.)

DRIP COFFEE MAKERS

Many people don't like a Keurig K-Cup for their morning jolt of java. In fact, they prefer an excellent coffee bean, ground to perfection, and brewed just like their grandpa liked it.

"I use a drip coffee maker because it's my favorite way to enjoy an entire pot of coffee," says Jenn Bailey of Bismarck. "There is nothing better than waking up to the smell of freshly made coffee in the morning."

Another fan of the old ways of brewing coffee, Erika White, says, "I switched back from a Keurig because K-Cups are expensive, filters are better for the environment than K-Cups, and I can drink an entire pot if I want."

"My husband is too cheap to have anything else. Put that in your article, Michelle," says Annie Carlson. (Well, Annie, I just did.)

After over 40 comments, shared photos and experiences, I'm wondering if I should also revert back to the good ol' days. I'm not gonna lie, I am a sucker for marketing, and I also enjoy my cute K-Cup holder, but I digress.

TYPEWRITERS

I have always loved a good typewriter. I never minded typing classes in junior high and high school. I was competitive and always wanted to type the most words per minute.

I remember the humming of the electric typewriters: the clacking and tapping on the keyboards in a room full of inexperienced students; stopping to use Wite-Out and then letting it dry before typing over the mistake.

But an old typewriter is more than a relic or a nod to the past. I think it is a handsome piece of home decor. Collectors line shelves with coveted models. And many people love to still compose on an old typewriter. Pounding each key is a workout. After a sentence, your fingers ache. It takes work to type an entire story, let alone an entire book—probably why I quickly wimped out after only typing three words on my old machine.

Local author, Josie Blaine's typewriter is more than a typewriter. Sentimental value and a personal story makes it a symbol of unending friendship.

"It's completely functional. I can use it to type special notes to my loved ones," says Josie.

I like to consider the trend of using old as new more of a challenge to step away from digital and step back in time. I may just resort to handing out Polaroids and sending typed letters, while drinking a cup of freshly brewed coffee. *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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TECHNOLOGY ADVANCES CRAFTING POTENTIAL

by Kylie Blanchard | Submitted Photos

Gone are the days of just a needle and thread to make sewn creations and simply a scissors and stamps to make cards and other paper wonders. With advancements in technology, crafting now has endless possibilities.

FANCY MACHINES

"These advances have completely changed the size of the projects people do, the ease at which they can do them, and how quickly they can get them done," says Joy Papke, owner of Bismarck Sewing & Quilting. "This means the most advanced machines are not just for retired people with lots of time. Younger people are justifying purchasing nicer machines as they can do more and do things faster."

Joy says she has been sewing her whole life and quilting and embroidering since 2000.

"I have been in the industry since 2008 and have seen huge advances in the technology of sewing and embroidery machines. The sewing and quilting

industry continues to excite me, there is always something new to learn."

She says machines now have faster processors, more memory capabilities, larger hoop sizes, larger screens and graphic programs, and range in price from \$99 to \$20,000.

"I particularly like the laser beam function on some of our machines that can act as a seam guide line. It can tell the machine where to stop sewing automatically, and it can even eliminate the need for drawing lines on the back of quilt blocks," Joy notes, adding machines also have the ability to download embroidery artwork and fonts or allow crafters to create their own artwork. "We also have long-arm quilting machines that can be computerized and can literally quilt for you."

While the technology of today's sewing and quilting machines can be intimidating, Joy says it often just takes a demonstration to ease hesitations.

"Many times, I have had customers say,



'I hope I can figure this fancy machine out,' but you show them a few things and they are amazed at how easy they are to learn and how intuitive the machines are."

Joy expects technology will continue to advance the sewing and quilting industry.

"I am always amazed at what our manufacturer comes up with. I can't even imagine what they will be able to do next."

A CUT ABOVE

When Kris Olson bought her first Cricut® cutting machine, she did so with a bit of hesitation.

"I bought it not knowing if I would like it. I had it a week and was so frustrated, I was going to return it," she says.

More than a decade later, she now owns five Cricut machines along with a Silhouette® cutting machine.

"The Cricut came out, and it had the whole craft world in the palm of its hand. You can do so many things with these machines from cutting fabric to making the pieces of a 'busy book' for a child and even etching glass."

She says the machines have evolved from using changeable cartridges loaded with designs to machines now loaded with designs. The latest models have the ability to download designs and even allow users to create designs or make changes.

"When the machines first rolled out, you could just pick a letter to cut and adjust the size," says Kris. "Now, technology allows you to do so much more. With a

software program you can take any image, pull it from its background, trace it, and cut it out."

Kris says she still enjoys testing the boundaries of the machine's abilities to make gifts and projects for family and friends and to try custom orders.

"I'm not very nice to my machine, and it hasn't broken yet," she notes. "If people only knew it's more than just cutting paper and vinyl."

She also hopes to one day hold workshops for the crafters wanting to learn more about the possibilities available with a cutting machine.

"I want people to know all the machines can do," says Kris. "The machines can do pretty much whatever people want to do. Cutting gifts and cards, quilt pieces, leather, fabric for clothes, baby blankets, Christmas stockings, and specialty decorations. The coolest thing I ever did was a 12-foot wall mural."

Owning Cricut and Silhouette machines has helped her to learn a lot about technology and expand her crafting abilities, says Kris.

"It's made crafting quicker and easier. You are able to put your own personality on what you do, and make it special!" *M*



Kylie Blanchard is a local writer and editor, and busy mom of three, who admits she's not one to sew much more than a button onto a shirt.





THE AFRICAN CLAP & COOPER'S LAW

by Patrick Atkinson | Submitted Photos



Let's go back. Way back. Back into time.

Back after the time when the only people that existed were troglodytes, but long before Apple's iPhone X Plus ruled our world.

The drums beat, beat, beat, and the people knew, knew, knew. The message conveyed. Technology won.

I was working in Africa a few years ago when I experienced a moment going back to the earliest of times. There was a devastating malaria epidemic going on. We were taking medicines collected across North Dakota to ravaged villagers across Malawi.

We loaded our Range Rover with medical bags, boxes, protein drinks, and high-nutrition crackers. We arrived at the first village unannounced and caught all the villagers by surprise.

Some people were in the fields, others were bathing at home. Just a few saw us arrive but that was enough. "Mzungus" they cried out. Dropping their hoes and wrapping themselves in towels, they ran toward our truck laughing, shouting, and clapping their hands.

At first it was a small handful, but within minutes more came in from the bush. "How do they know we're here?" I asked my colleagues. Then we heard the soft gentle drum.

A log hollowed out and hit by a stone. A clear rhythm I couldn't understand, but which brought in people running from all directions.

When we arrived at the next village several miles away, they had been readied. Women lined the road and swayed in dance. Children had washed faces and hands and still wet shirts. The village chief had set out his chairs. The medicine man wore his welcoming mask.

"How do they do that?" I again asked my associates. There again was that beat, beat, beat.

The largest of the ancient Greek galley ships had 440 rowers. They worked in perfect coordination while

sitting on three different levels and in dozens of parallel rows. For the oars to strike the water together, the human clockwork-like rhythm had to be perfect.

They had no gears or digitally-switching timers. There were only men who worked in forced or voluntary tandem, while sharing sweat, commitment, and a singular mind. Coordination kept in perfect synchronization by that omnipresent beat, beat, beat.

Technology evolves to meet the needs of those who need it to be mastered.

During America's antebellum era of the Civil War, the machinery of the voice and, again, the rhythm of song transmitted hidden messages over long distances and across dangerous ground.

The spiritualist song, "Swing Low Sweet Chariot" conveyed to slaves working in the field that a group was about to escape. The message of the harmonic "Follow the Drinking Gourd" gave instructions on how to use the Big Dipper to travel safely to the north.

Twelve years after the American Civil War ended, Alexander Graham Bell invented his telephone. His father-in-law then created Bell Telephone to take that cutting-edge technology to the masses.

Wires first carried the messages that had earlier been transmitted by that beat, beat, beat, but by 1900 wireless calls were being made. My neighbor's uncle, Martin Cooper, invented the

handheld cell phone in 1973. He's also credited with making the first-ever cell phone prank call—to his top competitor at AT&T.

Flying toward us at an ever-increasing pace, technology doubles and triples at a mind-splitting speed. Cooper's Law, formulated by Martin Cooper, states that the number of phone and data calls that can be simultaneously made doubles every 30 months. Moore's Law, by Intel founder Gordon Moore, asserts that processing capability doubles every two years.

Beat, beat, beat go the drums at their ever-faster pace. To move the ship quicker, the sweaty oars must go deeper, the fatigued arms stretch out farther, the fallen men dragged to the side quicker.

When we approached our fifth village in Africa on that hot and sunny August afternoon, there were well over a thousand excited people dancing and clapping together. In our near-empty truck, we had supplies for maybe a tenth of them.

We slowed our truck and waved. They cheered, and we cheered back. Some swayed and danced. Together with them we laughed.

And we kept on driving.

For the safety of all, we had to tell technology, "Enough." *W*



Patrick Atkinson is the founder of The GOD'S CHILD Project international charity (GodsChild.org) and is an award-winning author with six books in worldwide distribution. He lives in Bismarck, Minneapolis, and Guatemala, Central America.



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Termesphere Exhibit **March 6-April 20**

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Spring Gallery Happenings

After Taxes Martini Party **April 17**

From 5-8:00 pm we invite you to enjoy 5 delicious martinis, including dirty martini & cosmopolitan, served by guest bartenders. Heavy hors d'oeuvres served. Tickets are \$30 each from the Gallery.

To Be Hung Over Sale **April 24-28**

An opportunity for the community to buy and resell original art at an affordable price. Call or stop by to register your sale items (limit 2).

COMMUNITY CONTRIBUTOR



STRENGTHEN ND
Submitted Photos



(MIDDLE)
Megan
Laudenschlager

Running a successful nonprofit isn't easy, but there's a new organization in North Dakota that's making it a little easier. Strengthen ND focuses on building nonprofit capacity, advancing regional issues, and facilitating community solutions. The vision is to help nonprofits meet their missions most effectively. Megan Laudenschlager, the founder and executive director of Strengthen ND, shares more about the organization.

TELL US A LITTLE HISTORY OF STRENGTHEN ND.

Strengthen ND is a dynamic and multifaceted nonprofit organization; often referred to as a "nonprofit for other nonprofits." In 2015, I founded Strengthen ND in response to the growing disparities being faced by rural North Dakota communities. By focusing on providing nonprofit capacity, building opportunities, advancing regional issues, and facilitating community solutions, we have been able to support and accelerate community development through our day-to-day work.

Our efforts have specifically been focused on working throughout central and western North Dakota to aid nonprofits and rural communities with action planning, strategic planning, fundraising, project management, budgeting and financial management, succession planning, and grant writing through workshops and one-on-one coaching. Additionally, Strengthen ND has worked as an intermediary for several grantmaking organizations to facilitate proposal recruitment and development for charitable investments.

Since September 2015, Strengthen ND has generated over \$5 million of project proposals from rural communities for funding consideration from the Rural Community Grant Fund. Additionally, we have worked with Statoil and the Northwest North Dakota Community Foundation to help shape their short- and long-term community investment strategies.

Strengthen ND also supports diversity, equity, and inclusion through its work with ND Change Network, a

systems change and leadership program developed by National Arts Strategies. Most recently, Strengthen ND has supported community problem solving by facilitating grant writing processes with the community of Tuttle and Minot Mayor's Committee on Addiction. Our work with Tuttle (located in central North Dakota with a population of less than 80) involved supporting the Tuttle Rural Innovation Center to obtain a \$200,000 Bush Foundation Community Innovation grant for the development of local foods strategies for economic development and vulnerable populations support. With the Mayor's Committee on Addiction, we facilitated the grant writing process to also obtain \$200,000 from the Bush Foundation Community Innovation grant program for the development of strategy around addiction services and long-term support.

HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

Strengthen ND is different from other nonprofits across North Dakota in that we act as a catalyst to support good work in our communities. Strengthen ND isn't issue-specific or area-specific. We support anyone and anything in communities that will have a positive impact on its citizens.

WHAT ARE SOME ISSUES THAT YOU PREDICT STRENGTHEN ND WILL DIVE INTO IN THE NEXT FEW YEARS?

One of the most fun aspects of working across rural North Dakota is to

view the different community dynamics and obtain a better understanding of all the work that is being done by people with little resources, but with a big passion to make their community the best it can be. With every area of the state being so different, we do see a few commonalities that are making themselves apparent over time, specifically increased pressures due to a rapidly aging population and the urbanization of our state. Currently, we are investigating strategies around enhancing services through local foods and community coordination to better support our small towns as they continue to react to their aging populations. Additionally, we are looking into replicable models and the economic implications of repopulating rural North Dakota by creating an inventory of abandoned or vacant farmsteads and strategizing around supporting new and emerging farmers.

HOW CAN A COMMUNITY OR NONPROFIT ACCESS STRENGTHEN ND FOR CAPACITY BUILDING OR PROBLEM SOLVING SUPPORT?

With the support that we provide to nonprofit organizations, we are able to create customized plans or processes to achieve their goals. Because of the fantastic support we receive from Otto Bremer Trust, we are able to ensure that any fees we charge for support or services are affordable to each organization based on their means. We welcome phone calls and emails from anyone interested in learning more at (701) 303-0840 or megan@strengthennd.com. *M*



Register online at bismarckcancercenterfoundation.com

CELEBRATE project HOPE WITH US! WEEK OF MAY 7-11, 2018

Join area businesses in supporting project HOPE, a community wellness event providing awareness about prevalent cancers in North Dakota as well as prevention and wellness information.

project HOPE
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2018

The Value of Beauty

by Carole Hemingway | Submitted Photo



Lately, my mind has been drifting to places that touch my heart. From all my travels, the most beautiful place on earth for me is Pebble Beach, California. The first time I drove my 1991 Chevy Lumina along 17-mile Drive, even my car, 'Harry' (named after Clint Eastwood) was impressed as he hugged the rugged coastline, and my eyes opened wide seeing Carmel Bay opening her womb to the Pacific Ocean on the Southside of the Monterey Peninsula.

Pebble Beach was opened on February 22, 1919. It was developed by Samuel Findlay Brown Morse, an outspoken man who was a combination of the hardheaded New Englander and the empiric Westerner. Morse was born July 18, 1885 in Newton, Massachusetts and died on his beloved Pebble Beach personal property on May 10, 1969. Sam was an environmental conservationist, also known as the Duke of Del Monte. An African American man, he graduated from Phillips Andover Academy in 1903, and in 1907 from Yale. Shortly

afterward, he became manager of a land development project in California, then spent five years at Crocker-Huffman Land and Water Company in Merced, California.

Sam was the great-grandson of the inventor of the telegraph and Morse code family. He may have been from a prominent Boston family, but when he moved to San Francisco, he became associated with the Crocker's of the Crocker-Huffman Land and Water Co. and ended up managing it. His destiny, however, was a personal one, when he bought Pacific Improvement Co. land on the Monterey Peninsula by himself. The company that he founded was Del Monte Properties, and it became not only his personal, but very profitable baby. He took the precious land and transformed it into a valuable resort and private real estate enterprise.

He was the son of George Morse, a soldier in the American Civil War, who after his service of duty, became a lawyer in Massachusetts. Sam was a member of 'Skull and Bones,' whose research you will find turns up some

interesting information. During Sam's early years in California, he and his family visited Monterey for the first time and fell deeply in love with the area. He was not your average land developer, he saw an exquisite slice of heaven in the land he ended up purchasing. Though he was married three times, he had an instant devotion and loyalty to this land he called "Pebble Beach." He had ardent, fixed affections for Pebble, and it became "the love of his life."

I'm sure Sam was warm-hearted, outgoing with a sunny disposition; affectionate and fond of children. He was a born romantic and liked courtship to be full of drama and excitement, but he was mostly strongly loyal to Pebble Beach when it came to his priorities. He showed off his property every chance he got and who could blame him? He saw the 'value of beauty;' not to mention a good investment when he saw it!

Sam Morse created a fantasy world in Pebble Beach, then moved in, lock, stock, and barrel, perhaps in order to avoid the harsher realities of life. Pebble Beach is addictive in a good, positive way. He was the right guy to come along and preserve the land and nurture its beauty. His imagination created a kind of sexual intimacy with the beauty of the land that influenced his passions. He had, I feel, a private affair with the most beautiful place on the planet. I too, love Pebble Beach, and it's my own dream to one day live there before I bite the dust, in the time I have left on God's Green Earth.

This enchanting secret romance with Pebble Beach for Sam went on for over 50 years. 17-Mile Drive sends chills up and down my spine, tingling in places I didn't even know I had and inspires my writing. Pebble Beach has a certain rapture like a marriage, you just know when it's right and that it was ordained from the beginning of time. You have to be there to feel it and get its clarity. Thanks to Sam, Pebble Beach constitutes what it means in growing a soul with purpose. *M*



Carole Hemingway is an internationally regarded author, speaker, astrologer, and historical researcher. She lives along the coast of Maine, where she is currently writing three books on Gettysburg. The first volume is expected to be released in November 2018.

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MICHAEL RAY

Sunday, July 22



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