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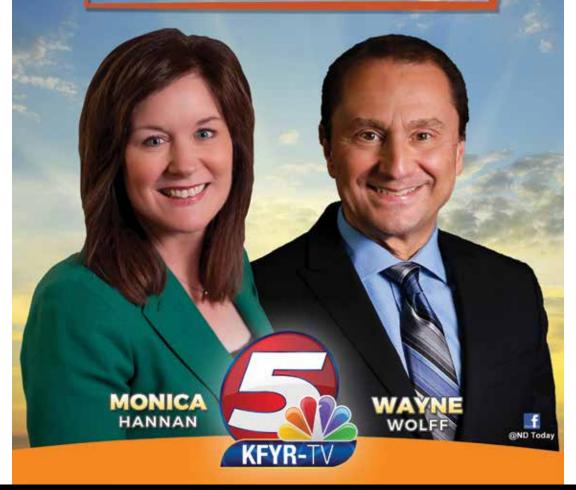
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NDToday

WEEKDAYS AT 9:00AM







or we are God's masterpiece..." Ephesians 2:10





10 Beauty Deeper Than Skin

14 Look What She Did

16 Finding Beauty in Every Medium by Nicole Thom-Arens

Gather at the Table *Readers' Recipes*

The Beautiful Gift of Mindfulness by Melanie Carvell

COVER STORY:
Chelsea Berler
The Blue Bag Movement

31 Celebrate Beauty

40 Oh Man: Mike LaLonde Because Guys Inspire Too!

42 Maureen Wanner's Mission Field: Pampering Promised by Paula Redmann

44 Trending: Less is More Makeup by Michelle Farnsworth

46 Beauty 101: Beauty on a College Budget by Lexi Kerzman

48 Give Your Meal a Makeover by Pam Vukelic

50 Community Contributor The Mercy Box

52 Beauty Defined: What do the Books Tell Us? by Betty Mills









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Editors' Motes



It's been seven years since I worked in television news, but there are still things about the job that I miss—the people, the adrenaline rush of meeting a deadline every day, the creative process of editing video. There are also a few things I don't miss, especially the letters, emails, and phone calls about my appearance. There was one letter in particular that I'll never forget—an anonymous viewer sent me a handwritten letter to tell me I should get a new hairstyle and cover my "elephant ears." Twenty-two-year-old me was devastated. I remember my boss telling me anyone who doesn't sign their name to a letter doesn't get say and then reassuring me that my ears were not unusually large. Twenty years later, I still think of that letter everytime I push my hair back behind my ears.

I wish I would have had this month's magazine to turn to back then. It's filled with stories of beauty, confidence, and acceptance. The Rychlick sisters radiate confidence and happiness, and you'll never catch them feeling less than beautiful. Stephanie Fong offers some great advice about finding the beauty in others, and our cover story will have you searching for a tissue.

Back to that letter, 43-year-old me wouldn't give that letter a second thought. I'm older, wiser, and more confident. But I'll never forget how awful that letter made me feel. Still something good did come from those nasty words—it's a good reminder to me of the impact our words can have. Use them for good, be nice, and look for the beauty in everyone. It is there. I promise.



After attending a women's conference in February, I realized that as women, we have even more in common that we believe. During one exercise, we were asked to write down any negative words we think or say about ourselves. "Ugly," worthless," and "stupid," were among dozens of words the conference leaders quickly scribbled onto poster board. Some of the answers were even worse. Many of the words were familiar to me, and other women said the same was true for them. When we were asked what we thought this commonality might reveal, one woman said, "I think it means Satan isn't very creative. He's telling all of us the same lies."

God is creative, and we are His masterpieces. This issue is packed with masterpieces. Our cover story reminds us how fragile life is. It also shows us how in the midst of something so ugly, a woman chose to make something beautiful. The

Blue Bag Movement is already touching lives everywhere, and it will be Chelsea Berler's legacy.

What woman doesn't want to be beautiful? Of course, we all want to feel good about how we look, but as we are reminded by Melanie Carvell and Betty Mills this month, true beauty shines from within. Skin color, hair color, makeup—it's all covered in this issue, along with reasons for making your food more attractive and the essence of beauty in photography and art.

On that note, here's what I took away from that women's conference: no more negative self-talk. I wouldn't look at an artist's work (their masterpiece) and call it ugly, stupid, or worthless. To do so would dishonor, insult, and berate the artist. Speak kindly to yourself. You are the beautiful work of a loving artist; one of God's masterpieces.

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

Jearfully AND Wonderfully MADE

by Stephanie Fong

Part of my work in the communications field requires me to carry around a camera, snapping photos of people receiving awards, celebrating milestones, or simply doing their jobs.

More often than not, someone will see me walking down the hallway with my camera and panic—they didn't do their hair that day, they'd rather take the photo once they've lost 20 pounds, or they half joke that the camera might break when I hit the shutter button.

We've all felt that way (or even said those things). We fear an unflattering photo will confirm our biggest insecurities, and who wants that? Especially in a world of flawless Snapchat filters and perfectly-angled selfies, having someone else in charge of taking our photo can feel like a dice roll.

As the photographer—amateur though I may be—I've learned it's my job to calm those insecurities and get a great photo. Sometimes all

the worried subject of a photograph needs to hear is, "Don't worry, I'll make sure you look good."

And then, I try my best to make sure they do look good, whether that is having them rearrange how they are standing, or moving myself to make the best angle, or finding better lighting.

Putting people in the best light and at the right angle can bring out the beauty in us all, and if you think about it, that can apply to more than just photography.

ZOOMING IN

A few years ago, I decided to start taking headshots for staff in our organization who needed an official portrait done. I purchased a backdrop and a few lights and started studying videos online in search of tips.

I am still learning how to do this better and not every headshot turns out perfectly. But one thing I have noticed through taking portraits of a variety of people is that everyone truly has beauty to offer.

Through the months of meeting new faces in need of a photo, visiting with them, posing them, picking their favorite shot, and editing the photo to highlight their best features, I started to see how each person really is "fearfully & wonderfully made." As I zoomed in on each photo on my computer screen, I noticed how one person's eyes naturally twinkled or how another's smile transformed their countenance. Some symmetrical and some less so, each person's facial features stood out as unique and interesting. That uniqueness—the fact that there is only one person who looks like this in the world-made every person beautiful.

SOMETHING TO SMILE ABOUT

The best photos during each headshot sitting are almost always some of the last I snap. By that time, I have figured out where to move my lighting, and the person being photographed has narrowed down the angle that looks best when we stop and review what's been taken so far. And, after sitting together for 15 minutes, we have simply gotten to know each other better; we both have more to smile about.

In visiting about their kids or their summer plans or their upcoming wedding, the person in front of the camera is more relaxed and more themselves than when we started, and their personal beauty shines through, regardless of how well I did or did not

"That uniqueness—the fact that there is only one person who looks like this in the world—made every person beautiful." —Stephanie Fong

run the camera that day.

I always hope the people I photograph are happy with the end result—that they feel beautiful or handsome when they look at their photo.

A few months after having her headshot taken for an award she had won, a wonderful nurse caught up with me at the cafeteria, beaming.

"I just wanted to tell you that photo turned out so nice! I got so many compliments on it. I never thought I was very photogenic, but the photo was a good one."

For that person to see her best self in her own photo made my day, and it renewed my determination to try to make every photo a beautiful one. *W*



Stephanie Fong has worked in marketing and communications for CHI St. Alexius Health in Dickinson for six years. She has learned to not mind being photographed, because life is too short not to be in the photo.

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July 4 July 14 Mandan Road Race

August 2

Blue Grass Goes Pink Beer and Boutiques

August 17

Drive to Survive

August 18
August 18

Saddle Up Against Cancer

Camt 22 22

Courage Against Cancer

Sept. 22-23

Applefest



by Jody Kerzman | Photography: Photos by Jacy

When Karen Rychlik gave birth to her daughter Tessa in 1982, she had a feeling that her baby was different.

"I remember asking the doctor if she was albino," recalls the Mandan, North Dakota mother. "But the doctor told me, 'No. She's just a good Scandinavian babv.""

But at her one month checkup, Tessa's doctor noticed what Karen had seen

immediately. It was then, he told her parents that Tessa did indeed have albinism.

"I said, 'So now what?' And he handed me a medical dictionary with a very small paragraph about albinism. I wasn't going to learn anything from that!" laughs Karen.

LEARNING & PREPARING

Karen took matters into her own



(TOP LEFT)

Sisters Trista

Rychlik (left) and

(TOP MIDDLE)

Tessa Monzelowsky (right)











hands, reading everything she could about albinism. She says Tessa was the first albino that doctors in the area had seen. That made her somewhat of an attraction in the medical community; there were dozens of tests to run, many of which Karen says now were probably not necessary. Tessa and her parents eventually went to the University of Minnesota to see a team of genetic specialists. It was there that Karen finally realized her daughter was going to be okay. It also helped prepare her for second daughter's arrival.

Trista, born in 1983, also has albinism. The sisters share the same long, white hair and pale skin. They also share a vision impairment. According to the Mayo Clinic, people with albinism produce little or none of the pigment melanin. The type and amount of melanin your body produces determines the color of your skin, hair, and eyes. Melanin also plays a role in the development of optic nerves, so people with albinism have vision problems. The severeness of the vision problems varies from case to case. For example, Trista is legally blind. Tessa's vision isn't as bad, in fact, she even has her driver's license

POSITIVE PERSPECTIVES

The sisters say despite their vision problems, they never felt like they had a disability.

"We didn't make the vision impairment an obstacle and we didn't dwell on it," says Karen.

"We knew we were different, but because people told us we were," says Tessa. "But when I was a kid playing with my friends, I didn't think about how I was different. We rode bike, and I was a cheerleader. Yes, I have a visual disability. But we learned early on not to let it affect us. We were taught to adapt."

"It was beneficial having a sister with albinism," adds Trista. "We were each other's support. But the most amazing person in my life is my mom. She raised us to believe we could do anything we put our minds to, regardless of our disability. She always used to tell us that we are God's true angels because we are all white."

But, as happens often when kids are different, the sisters were teased.

"I had a broken heart a lot of times when they came home and talked about something that happened at school," says Karen. "It was tough for them to have to experience that."













STRONG BY EXPERIENCE

Trista remembers being bullied, not because of her vision, but because of her skin color and her weight.

"I was very overweight as a kid and I will never forget there was a boy who, whenever I came down the hallway, would say, 'Look out! Albino rhino is coming!' That was the first time I realized maybe I was overweight."

After high school, Trista changed her eating habits and started exercising.

"I was born with albinism. That wasn't a choice of mine. I can either accept the fact that I have albinism and that my hair is white, my skin is white, and I have a visual disability, or I can hide behind it. I chose to accept it."—Trista

She lost 60 pounds and has never looked back. She earned her associate degree from Bismarck State College and her massage degree from Williston State College. After college, she started taekwondo.

"My goal when I joined was to become a black belt. But I knew I had to get into shape first. So I joined a gym and started working out and realized, I liked this fitness thing."

Trista is now a runner; she's run half

marathons, full marathons, and mud runs. She has traveled to South Korea twice for taekwondo training and has earned her third degree black belt. Her next goal is to compete in a bodybuilding competition.

"I'm not sure there are any albino bodybuilders out there," says Trista. "Of course female bodybuilders are always tan. I'd be willing to do a spray tan if it meant I could compete. I'd like to see how funny I look with a tan!"

While she trains for her first competition, Trista is busy finishing up her bachelor's degree in exercise science and running her own massage business, Trista's Therapeutic Techniques.

"I always thought she would be great at massage," says Karen. "Trista is a tactile person. When she was a kid, and we'd visit my sister, I'd always tell her not to touch things in my sister's house. But Trista couldn't help herself. She had to touch everything. That was how she saw it. She's learned so much through her hands."

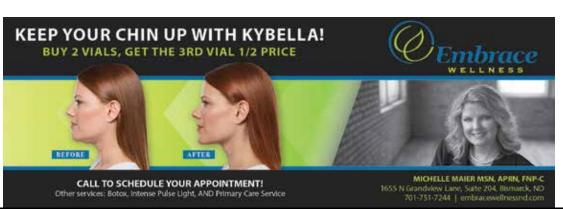
Meantime, Tessa and her husband, Cory Monzelowsky, have two young children. Tessa runs an in-home daycare. Both Tessa and Trista are happy and radiate positivity.

"I was born with albinism. That wasn't a choice of mine. I can either accept the fact that I have albinism and that my hair is white, my skin is white, and I have a visual disability, or I can hide behind it. I chose to accept it," says Trista.

"I have always thought my girls were beautiful," says Karen.

Beautiful and confident in their own skin, no matter the color. \mathcal{W}

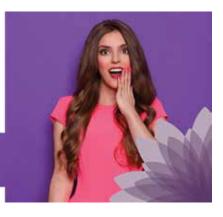
To see more photos of Karen, Tessa, and Trista, visit photosbyjacy.com



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AMBER CUMMINGS

Amber Cummings' life has been touched by autism. Her 12-year-old son, Dacotah, doesn't have an official diagnosis, but Amber knows he's on the spectrum. Her four-year-old daughter, MiKynna, was diagnosed at 15 months old.

"MiKynna doesn't look autistic, and truly, there is no 'look' to autism," says Amber. "That prompted me to show people what autism looks like, and show them that in a picture, you'd never know someone has autism."

So three years ago, she started a project called "Faces of Autism." Amber photographs kids with autism and shares their photos and stories on her blog, Dear Me Photography. The first year, she featured 12 kids, as well as siblings and therapists. This year, she featured 28 kids on her blog and the project has grown beyond Bismarck and Mandan. This year Amber photographed a subject from Minot, and her blog has readers across the world.

"My goal started with awareness, now it's about acceptance. This project is an outlet for families to tell others what their life is like and it gives them a chance to highlight their child's strengths, their hobbies; to show others that they're really just kids."

Amber starts planning for the Faces of Autism project in January, and the blog posts run each April. Learn more on her blog, dearmephotography.com/blog.



APRIL SCHMIDT

April Schmidt's home yoga studio is small and intimate, just the way she likes it. That's because the Bismarck woman is certified in Yin yoga, and she caters to a niche audience: pregnant women and new moms.

"Yin yoga is extremely relaxing; it's to reduce stress and ease depression. I don't just want to teach people how to keep in shape, I want them to be healthy in their minds, too," April explains. "That's my motivation in yoga."

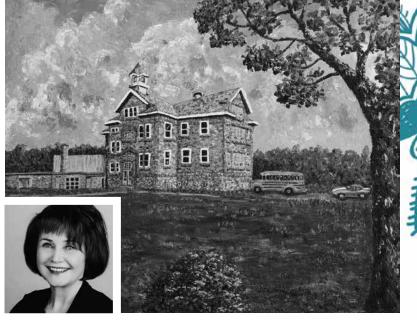
April's own experience inspired her to become a yoga instructor. After the birth of her second child two years ago, April was diagnosed with severe anxiety and postpartum depression.

"When I went in for help, the first thing the doctor said I should try is yoga. At that point I wasn't even eating or drinking water; I was just taking care of the baby and not myself."

April says yoga helped her get through the hardest time in her life. She was going to a class nearly every day.

"It wasn't so much for my body, it was for my mind. When you can take your focus away from all your anxiety and yourself and do yoga and balance poses where you have to concentrate to stay in a pose, you forget about anything that harmed you."

April leads yoga classes five days a week at various times. She recently added yoga for emotional balance to help fight anxiety, depression, and emotional trauma. April is also certified to teach yoga for children. Follow her on Facebook and save a spot in one of her classes at LiveWellYoga.



LINDA DONLIN

After many years as a public relations executive in energy, healthcare, and higher education, Linda Donlin of Bismarck is preparing for her next adventure. She recently launched a professional artist website, and has created four paintings of her hometown of Sykeston, North Dakota to honor the town's 135th anniversary.

"I'm looking forward to the next chapter of my life as an artist," she says. "I've always painted, but I will soon be able to concentrate on this passion. I have many paintings in my head waiting to get out onto the canvas. Working on these paintings of my hometown has been a great way to begin a new adventure."

The paintings are of Lake Hiawatha, St. Elizabeth's Catholic School, Sykeston High School, and Old Downtown.

"I got a lot of suggestions from people about how to make the paintings part of the town's anniversary celebration. I contacted my brother Jon Polries, who's on the committee, and we settled on having note cards printed from the paintings for souvenirs."

Linda is preparing for a show at The Capital Gallery in Bismarck in 2019. For more information about Linda's paintings and her artistic journey, visit her website: lindadonlinfineart.com.



FINDING

BEAUTY IN

EVERY MEDIUM

by Nicole Thom-Arens | Submitted Photos



Candace Brekke's contemporary artwork has been on display in boutiques, cafes, and businesses in Minot for several years, but it took the artist years to find her peace on the canvas.

"In college, Walter Piehl was one of my professors, and I remember him saying I was too commercial—that I had to not only be more open and free with the medium, but with my mind—but I had just graduated from a technical program at Bismarck State College, where design and detail were ingrained in me. Realistic drawing was all I knew," Candace recalls. "It wasn't until after I graduated from Minot State University that I began relaxing a bit and really experimenting with paint and freedom of expression—it took me away from the computer."

Candace's career began as a website designer in the late 1990s while she studied commercial art at Bismarck State College. Despite always loving art, Candace didn't initially know how to apply her passion toward a career.

"I was trying to decide what to do for a living when I hit college and couldn't. I was thinking nursing. I was a CNA for a very, very, very brief period," Candace remembers with a laugh. "Then my friend showed me graphic design. He went to BSC, and I was like, 'Oh, yeah. Duh,' art and making a living."

As a child and while in college, Candace's passion was realistic drawing.

"In elementary school, I liked to draw. I liked to try to draw realistic, so I'd just stay up at night and draw until my mom told me to go to bed, and then I'd still stay up later and draw," Candace says.

That specialty in the realistic served her well in graphic design, but painting on canvas allowed her to get her hands dirty—something she really enjoyed.

"I finally found the freedom of the medium," Candace says. "It didn't have to be perfect. That drip, or that whatever, creates a cool texture or a cool pattern or what shows up underneath it once it's dripping—it's like it plays off of each other and I'm finally just able to let it go and just let it be what it wants to be."

"I love the colors that she uses and the layering and the textures that you can see on the paintings," Jessica Ackerman, a collector of EyeCandy, says. "If she













doesn't explain the meaning of it from her interpretation, I feel like I can come up with it on my own, and neither is really ever wrong. They bring meaning to a room."

Last summer, Candace, who works as a designer for an engineering firm in Minot, returned to the details and intricacies she enjoyed as a child and teen when a group in town started The Kindness Rocks Project where community members decorated rocks to hide with the goal of bringing joy to people finding the special rocks.

"It was a good thing to do with the kids. It was a really good lesson, obviously. We'd go camping and sit and do rocks. We talked a lot about the lesson of the kindness project, so that was part of it," Candace says. "The other part of it was that I found myself going back into detail again, which was funny—being able to take a rock, my paint pens, and my markers and go sit for a half-hour and just create. I'm never looking at anything for reference. I'm simply letting it come to me; it became therapeutic for me and still is."

She describes her ability to see shapes

and images in blank rocks or paint on a canvas as being similar to seeing shapes in the clouds. While there is certainly a debate among artists and consumers about what constitutes art, Candace believes the answer is in the eye of the beholder.

"Who's to say what beauty is or how it got there?" she asks. "I've come to call myself a visual communicator instead of a graphic designer because that's what it is. It's visually telling a story no matter what medium you're working with. That's what I want to do. In advertising, you're trying to convince. In photography, you're trying to capture and tell a story through the emotions of that visual. Painting, you're just trying to evoke some kind of emotion and speak to whomever you want to speak. It's never just one thing for me and that's okay. If someone finds beauty in my work, then that makes me happy."



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.









JULY HOME CARE TIPS

- Trim shrubbery around walls, trim tree limbs away from roof.
 - Check siding for damage, warping, or rot. Check painting surfaces for damage or flaking.
 - Check for damage, loose, or missing shingles.
- Check window and door screens, replace or patch if needed.
 - Check driveway, walkway, and patios for cracks or deterioration and reseal or repair.

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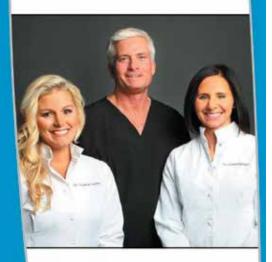
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GREEN & FRUITY SALAD

Start to finish: 1 hour Servings: 16-18

Submitted by LaDonna Loerhke New Salem, ND

This salad is a favorite at every gathering I take it to. The original recipe called for two to three times as much sugar and twice the amount of oil. I changed the recipe to make it my own with a natural sweetener and less oil, and I think now it's even better. I take this salad to Thanksgiving, Christmas, Easter, birthdays, and potlucks, and I always bring home an empty bow!!

- ½ cup almond oil, high oleic sunflower oil, or olive oil
- ½ cup lemon juice
- 2 Tablespoons Lakanto Monkfruit Sweetener (Truvia natural sweetener is another option; or use regular cane sugar)
- 2 teaspoons green onions, chopped
- ½ teaspoon sea salt
- 1 teaspoon poppy seeds

- 5 cups spring mix greens
- 5 cups Romaine lettuce, torn into pieces
- 1 medium red apple, chopped
- 1 medium pear, chopped
- 1 cup pecans, toasted and chopped (I soak them for six hours and then drain and rinse before toasting in a pan on the stovetop.)
- ¼ cup dried cranberries*

Prepare the salad ingredients as the pecans are toasting. In a jar with a tight-fitting lid, combine the oil, lemon juice, sugar, onions, salt, and poppy seeds; shake well. In a large bowl, combine the remaining ingredients. Drizzle with dressing and toss to coat. Serve immediately.

*Blueberry or cherry flavored Craisins would be a great alternative to try! \mathcal{W}

In August, gather at the table with your favorite apple desserts! Share your recipe with Karmin's Kitchen Table or Inspired Woman on Facebook.



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THE BEAUTIFUL GIFT OF MINCHESS

by Melanie Carvell

What does it mean to be a "beautiful" person?

We often say a person is "beautiful, inside and out" or "beauty is only skin deep" or "beauty is in the eye of the beholder." When we have a particularly positive interchange with another person, we sometimes walk away wondering what it was that they brought to that interaction that left us feeling uplifted. Was it charisma? Beauty? Peace? Kindness?

When I think of people who leave me feeling inspired, one person who rises to the top is Sister Thomas Welder, past president of the University of Mary. She brings an amazing sense of presence to every interaction she is a part of. Sister Welder has the superpower of remembering names and—legend has it—knew by name all 2,000 or so students on campus. My guess is that every one of those students can tell a story about at least one encounter with Sister Welder that occurred on a campus sidewalk or at a campus event that left them with their chin higher and back straighter. Do you think Sister Welder is simply more skilled at remembering people? Her ability to be mindfully engaged and present in her interactions is a superpower we can all work toward in our encounters and relationships. Even if we get a little better at being mindful, our relationships and our personal health can benefit in significant ways. We are much more likely to be an empathetic listener, better able to hear, comprehend, relate, and remember.

Mindfulness can simply mean setting down our juggling balls (and our phones!)

for a moment and taking a few deep breaths when we are feeling anxious or overwhelmed. Mindfulness techniques, including meditation and deep breathing, are some of the best tools to manage stress, improve sleep, and avoid illness. The American Psychological Association recommends mindfulness and meditation as ways to decrease depression, anxiety, pain, migraines, and panic attacks. Mindfulness is "paying attention in a particular way; on purpose, in the present moment, and non-judgmentally," according to Jon Kabat-Zinn, a Professor Emeritus of Medicine and the creator of the Center for Mindfulness Medicine at the University of Massachusetts Medical School. Being mindful means staying in the present moment, so we don't get caught up in replaying yesterday or worrying about tomorrow. Hanging onto the past saps our energy and worrying about tomorrow steals precious time from today. Being mindful helps us enjoy life while it's happening, rather than missing out because of worry and busyness.

How do you leave others feeling after they have crossed your path? Are you fully present in your daily interactions? Not being able to experience the present because you are running wild to the next moment is not the kind of energy that others enjoy being around. Mindful people bring a measure of peace to their relationships and are less likely to try to get the last word in, be reactive, or take things too personally. They understand all things come and go, and in tough times are likely to have a broader perspective that life

does not revolve around themselves.

Do you share your beauty in a way to uplift and inspire others? Of all the 43 people honored with the North Dakota Roughrider Award—the writers, the artists, the athletes, the giants in business—Sister Welder, the humble woman who made uplifting others her life's work, may be the most beautiful. Being fully present and engaged with others is a gift that makes a lasting impression. The beauty of that gift is that

when we are compassionate, forgiving, empathetic, and grateful, it changes us. And, as a result, people in our lives will very likely reflect those positive changes back to us, leading to a life that truly can be beautiful. **W**



Melanie Carvell 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.







Chelsen Berlev

THE BLUE BAG MOVEMENT

by Marci Narum | Submitted Photos Cover Photo: Sidiqqi Soul Ray





Editors' notes: We began planning this article in February. At that time, Chelsea was eager to share her story with Inspired Woman. She had received good news from her doctors and had a new reason to celebrate life. Since then, Chelsea's circumstances have changed, and in May, she published a book detailing the last nine months of her life and what dying young has taught her about living. The italicized lines in this article are excerpts from her book, "The Yellow House on the Left."

The face of breast cancer is often presented in the media by models with beautiful bodies and fake scars. Well, I know what breast cancer really looks like. It's CTs, surgeries, amputations, biopsies, MRIs, X-rays, radiation, chemo, IVs, blood tests, medications, check-ups, fear, worry, hate, anger, confusion, sadness, loneliness, anxiety, depression, insomnia and pain. Breast cancer is not pretty. And it's no pink ribbon. No offense to the pink ribbons people wear for breast cancer and all the money that's been raised because of them. But if breast cancer is a color, I'm pretty sure it's blue. Because it makes you feel blue to the very core.

Chelsea Berler was determined to beat breast cancer, despite the scary news she received in October 2017. The Bowman, North Dakota native was diagnosed with triple negative breast cancer—a very aggressive form of the disease. Chelsea could admit that cancer made her feel blue, but it was not going to break her.

The 34-year old lives Santa Rosa Beach, Florida, where she met her husband, Mark, and started her boutique marketing agency 12 years ago. Chelsea and her team help businesses and nonprofit organizations with branding, design, and marketing. Solomar Agency has been wildly successful because

Chelsea has a passion and a knack for helping people leave their mark on the world. Her experience with cancer inspired her to do something that will mostly like leave a mark for generations to come.

Cancer is ugly. But Chelsea chose to embrace her cancer journey and share it with others in a way that can only be described as beautiful.

FOYE BELLE FOUNDATION

Chelsea has two older sisters—Jessica Petrick and Alicia Kulseth—who both live in Mandan, North Dakota. Jessica says her sister is one of the most selfless people she knows.

"When Chelsea was first diagnosed with breast cancer and was sitting getting chemo in the chemo rooms, she was getting gifts from so many people from all over the country," Jessica shares. "She would take this stuff to the chemo room and give it all away because there were so many people that didn't have anything or were there by themselves or

didn't have the simple things that made chemo more comfortable."

I knew, even though I was miserable as hell, I had so much to be thankful for, I had Mark and was surrounded by so much love and support from friends and family. A lot of the time, they'd pack me a bag of goodies to take to chemo that brightened my day stuff to help keep me comfortable and pass the time during the six hours I spent getting poison pumped into my body. Just basic stuff like really nice hand lotion and lip balm for when my skin felt dry and adult coloring books and crayons for when I got bored and herbal tea to sip and hard candy to suck on to help fight the nausea. So, I'd come in with my bag full of all this cool stuff, stuff that really helped. And I'd look around the room and see so many people suffering alone, with nothing. So I ended up giving most of my stuff away.

And that's when Chelsea found a way to turn the ugliest thing she had experienced into something beautiful for anyone else facing the same fate. She established the Foye Belle Foundation.

GG

"There's a place to raise money for research, but not a lot of organizations that affect people directly. This is one way to affect one person directly going through something so awful."——Jessica Petrick



(ABOVE) Chelsea & her husband Mark (LEFT) Chelsea's

grandmother Foye Belle





"Our grandma Foye Belle died of breast cancer in her early 60s," Jessica explains. "She always had bright red lipstick on and high heels and always dressed like the fanciest lady in Baker, Montana. And she *loved* her grandkids."

From the moment I was diagnosed with breast cancer, I thought about my grandma and the suffering and pain she endured. Did she have the support she needed? When I realized that I could actually do something to help provide support to other people who were suffering, naming the foundation after her was a no-brainer.

And don't forget—Chelsea is the CEO of a marketing agency. She knows the strategies and has the skills and tools to help a brand take off.

"Alicia, Chelsea, and I talked about starting this nonprofit where we'll raise money to come up with these blue bags and anyone going through chemo can receive a free blue bag. We send them a blue bag that has Queasy pops, crossword puzzles, hats, blankets, books; just stuff to make a horrible situation a little better."

BLUE BAG MOVEMENT BEGINS

The idea became the Blue Bag Movement, and Jessica says in three short months, the foundation raised nearly \$50,000 and gifted 150 people with Blue Bags. Jessica says Chelsea would raise enough to assemble 50 bags at a time.

"It's called a blue bag because it's a blue time of your life, but it's hopefully something that can make your experience a little better."

Sadly, Chelsea's condition took a turn for the worse. In February, doctors told her the treatments had worked—her cancer was not gone, but it had shrunk enough that surgeons could remove the tumors. Chelsea thought she had indeed beat cancer. Everyone celebrated. But in March, Chelsea began having severe headaches. The cancer had spread. After doing multiple tests on Chelsea, her doctors told her she had terminal brain cancer.

I never thought I wouldn't beat cancer.
I thought I had it and I was good to kick







Chelsea's book, "The Yellow House on the Left" can be purchased on Amazon. All proceeds from her book support the Foye Belle Foundation. its ass. NEVER did I think it would win. But cancer is kicking my ass, not the other way around.

"As much as she was going through, she wanted to make sure everybody else was okay. She never really complained, never really cared that she lost her hair or didn't have eyebrows. It was always a funny joke. She'd joke about how she looked like Mr. Clean. She took it all by stride and in the most graceful way possible," Jessica says.

"She didn't lose her spirit in this entire process. It's amazing. There are days we get really mad and upset, and we're not sure why we're losing her. But she's made peace with it."

MARK OF BEAUTY

Jessica says losing her younger sister means she will have to find a new "normal." She is the owner of BREA, a clothing boutique in Mandan. She says the best part of her work is helping people find a reason to smile and feel confident.

"Beauty to me is not the outside appearance at all. It's more who you are as a person. It's what you give to others; the difference you make in other people's lives and seeing the lives that are affected in my volunteer work, and seeing the lives Chelsea has affected through her life. Making people truly feel you've impacted their life is the true definition of beauty.

"I didn't realize the depth of the people she has affected until I read the posts daily on her Facebook page, of how she's affected so many people nationwide. It brings comfort to me because I know she's made such a huge impact."

Chelsea will continue to leave her mark of beauty on the world after she's gone. Jessica says she and her sister Alicia and Chelsea's husband, Mark, will help run the Foye Belle Foundation. The work Chelsea started caught attention in the nation's capital, and it was officially recognized by Congress in February.

The Blue Bag Movement has only begun. ${\it TW}$

JOIN THE BLUE BAG MOVEMENT:

Visit FoyeBelle.org — watch and listen to Chelsea share her story and her inspiration for the Blue Bag Movement

Send a message via Facebook: The Foye Belle Foundation

Contact Jessica: jessica@jessicapetrick.com

Jessica carries a charity line of retail items at BREA called "Be REAL." She also sells Foye Belle Foundation T-shirts. All proceeds go to The Foye Belle Foundation.

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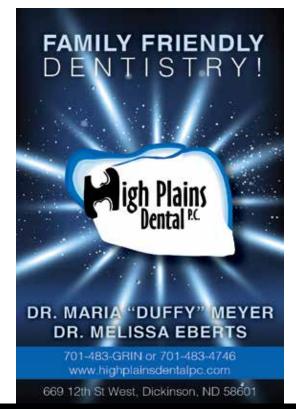
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CELEBRATE

To celebrate beauty with you this month, we are sharing client success stories from professionals whose work helps women discover or regain their confidence. The following section is a showcase of four professionals in the weight loss, cosmetic, dental, and microblading industries. Their work is helping women appreciate and love who they see in the mirror. You will be inspired by the clients' words as they share the life-changing results they experienced.

This is a sponsored section by these professionals and their businesses. We thank them and their clients for participating. We hope you enjoy these compelling success stories. Celebrate Beauty!









CELEBRATE

earty

WITH MEDICAL WEIGHTLOSS SPECIALTISTS OF BISMARCK

When Bev joined Medical Weight Loss Specialists of Bismarck in May 2017, she didn't want to just lose weight. She had been battling high blood pressure, joint pain, and tiredness. Unbeknownst to her, blood tests revealed that she also had Type II Diabetes and the beginning signs of non-alcoholic fatty liver disease.

"We understand that overweight/obesity is a chronic disease, and we individualize our nutrition plan for each patient to treat the underlying cause," says Katie Horner, the Nurse Practitioner in charge of the program.

In Bev's case, they wanted her to not only be successful in her weight loss, but also help her manage or reverse the health problems she was having through dietary interventions.

We've been told for decades to eat less, move more, count calories, and go to the gym—that's as easy as weight loss is. We've been told it's our fault for not caring, being lazy, or not disciplined enough. With three out of four adults in the U.S. being overweight, it's pretty obvious that this advice and the current dietary guidelines have failed. MWLS of Bismarck takes a different approach to weight loss: fixing the root cause.

"The most recent medical research is showing that it's actually different hormones that drive weight gain, not purely the overconsumption of calories as so commonly believed," says Katie. "Our ultimate goal is to fix the underlying hormonal problems through dietary changes, and give patients the tools they need for long-term success."

The program focuses heavily on nutritional education, giving patients the knowledge and support they need to make a lifestyle change and not view the program as "just another diet." Bev loved being able to eat real food.

"It is quite different than a lot of programs out there as you're not drinking shakes, counting calories, or starving yourself. This is not a temporary fix. Weight management is now so doable for me; through MWLS, I've discovered a whole new way of eating—for a lifetime."

After shedding 120 pounds in less than a year, Bev has experienced countless benefits, both physically and mentally.

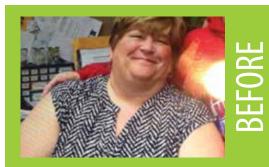
"There are really no words to fully express my feelings having lost this weight. I am now able to bend over and tie my shoes, walk without a limp, jump, and even run; all things I couldn't do before."

Losing weight has had an impact at work for her too; Bev teaches 7th and 8th grade and used to sit at her desk a lot.

"Now, I am walking around the room genuinely enjoying my students and my job. Everything becomes easier when you are not carrying that extra weight around. I am a better (and happier) mother, wife, and teacher."

The health benefits were numerous as well. Bev successfully reversed her high blood pressure, Type II diabetes, fatty liver disease, arthritis pain, and decreased her risk for heart disease. "Mentally, I am the confident person I always wished I could be," she says.

Her final comments about the program? "I have never experienced a weight loss program where I was not hungry and wasn't constantly thinking about what I was and wasn't eating. This program has changed my life-mentally, emotionally, and physically. The biggest reason for my success on this program is the staff. They are just what their name states: Medical Weight Loss Specialists. They are health professionals that are extremely knowledgeable and take the time to educate about a healthy diet. They genuinely care about their patients and want to see them succeed. I always felt that weight loss was hard. It's really not hard if you understand how it all works. Getting educated from people who are professionals in this field is the key. Katie and MWLS of Bismarck were my key." *W*







Medical Weight Loss Specialists of Bismarck Katie J. Horner, FNP-C 4503 Coleman St Ste 208, Bismarck, ND 58503 www.bismarckmedicalweightloss.com Phone: 701-354-0964

WITH MERLE NORMAN COSMETICS

Many customers travel in and out of our lives, but certain ones seem to leave an impact. People like Diane Offerdahl. At Merle Norman, we have left an impact on her life, and she has left one on ours.

Diane experienced moderate, but persistent skin problems and was living in Minneapolis at the time. She started teaching first grade and remembers the embarrassment she felt when one of the students asked her if "she had the chickenpox, too."

> Diane tried many different products, including medical advice. Nothing worked. Doctor's advice was the guilt diet, no soda, no greasy food. Still nothing worked.

> In desperation, she visited her local Merle Norman Studio in Bloomington, Minnesota. They told her to start using the Three Steps to Beauty and within a month she would see results.

> > Diane was skeptical, but she stuck with it and after a month: SUCCESS.

> > In 1979 Diane moved to Bismarck and was worried about the availability of her

products in her new city. I had opened just my studio in Gateway Mall when she and I met.

Believing that there more to "selling the product," Diane and I worked together give her the appropriate



products for her skin type and what would give her the best results. The program we offer can be as simple as a customer may want or as comprehensive as she may need.

Through the years, Diane has always felt she could count on us to recommend the most beneficial skin care and color products that meet her needs. When her youngest daughter became of age and began to have problem skin, Sam was introduced to Merle Norman. That was 14 years ago.

Diane's sister Karen was so impressed with Diane's flawless complexion, she became a customer.

Diane's dermatologist compliments her every year on how well she is taking care of her face.

Diane feels she can always count on us to recommend the right products that will be the most beneficial.

A lot of things have changed in skin care. Diane was open and receptive to changes. As you can see, she is proud of her age and her complexion. Diane turned 74 in June.

We don't simply take orders for the sale, we take TIME. If we recommend something and she is feeling less than 100 percent satisfied, she can return the product for an exchange or a refund.

Learning the customer's concerns and needs, the customer can leave the store feeling confident and assured that her appearance is the best it can be.

Diane appreciates getting advice both on skin care and makeup. Our friendship has also blossomed through the years. We love sharing stories with each other, whether they make us laugh or cry. No visit ever ends without a hug.

It's been a pleasure serving all of my clients through the years. Stop by and see me in the Kirkwood Mall in Bismarck, I would love to serve you! W







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WITH POLISHED DENTAL

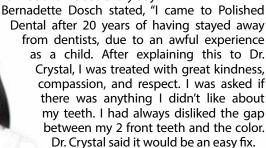
"A smile is the prettiest thing you can wear

Your smile is one of the first things people notice. A genuine smile is warm, inviting, and shows confidence. It's a huge asset—socially and professionally. When you are happy with your smile, you feel good about yourself. A smile can brighten not only your day, but someone else's as well.

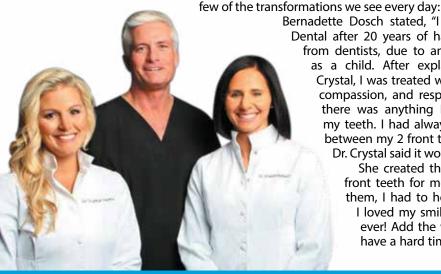
Occasionally, our patients tell us they are not satisfied with their smiles; not only women, but many men as well. We listen to each concern and provide a comfortable experience and dental home for them. There are so many small things that we can do to enhance a patient's smile. Often, smile makeovers can be achieved by minor enhancements to compliment our patient's natural beauty. We evaluate and then offer treatment options that determine the best outcome for them.

Depending on the service that we are providing, it can be as simple as a one day whitening procedure, or it can be a longer plan in conjunction with an orthodontist, periodontist, or oral surgeon. Additional services offered include Cerec same day crowns, dental implants, white fillings, Zoom or at home whitening, porcelain crowns, veneers, Botox and dermal fillers.

Each situation is different and unique. Esthetic concerns can be achieved in one appointment or in stages over time. To help us achieve these results we use the newest and best technology and materials. These are just a



She created the most beautiful 2 front teeth for me. When I first saw them, I had to hold back the tears! I loved my smile for the first time ever! Add the whitening in, and I have a hard time not smiling with



confidence these days! It has honestly been life changing! Dr. Crystal and the staff have helped empower me to find confidence in my smile and within myself...who knew?"

Dr. Crystal recommended Zoom! Whitening and bonding to close the spacing.

When Mike came in, he commented "I am really self-conscious of my teeth and want them to look better." After Mike finished his treatment, he stated "I'm so happy that I did it, I feel much more confident in my day-to-day interaction with people."

Dr. Jim was able to create Mike's amazing transition with porcelain crowns.

Julie presented to our office with the complaint of a fractured molar tooth. The tooth was previously restored with a large silver filling, and now with the fractured cusp, a crown was recommended. Preparing a tooth for a crown usually requires two visits, however, with Cerec computerized imaging, Dr. Kristin was able to design, fabricate, and place the crown in less than two hours in our office. The patient is very happy with how pretty her new tooth looks and says that now the sensitivity and sharpness are gone, and she can chew on that side again!

A beautiful smile not only involves the teeth but also the surrounding facial structures. Because of our desire to create the best possible esthetic outcome for our patients, we are also trained with the American Academy of Facial Esthetics to provide Botox and dermal fillers into our practice to further enhance your smile. Botox can also help relieve symptoms of temporomandibular disorders (tmj), headaches, and orofacial pain caused by clenching and grinding of the teeth.

There is nothing like seeing a patient look in the mirror to see their new smile for the first time. That's the best part of our job, having someone leave with a smile, feeling happier and more confident than when they came in! Our team is committed to providing exceptional and gentle patient care. W









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CELEBRATE

WITH BROW ME

The eyes are "the windows to the soul." What does that make the eyebrows? In many cases, your routine salon waxing treatments or regular tweezing at home over the years has made them look too thin and unnatural. You look at your brows, and you want to close your "windows."

What if there were another solution? I'm Lindsy Rae Myhre Berg, and after spending 18 years in the beauty industry, I have found my passion in eyebrows, specifically microblading. Welcome to Brow Me by Lindsy Rae.

What is microblading? It's a technique I specialize in; it is similar to tattooing, but the fine lines are drawn in with a microblading needle. It is the trend in eyebrows! If you are unhappy with your brows, I can help you get back your natural look with microblading. Let me fill them

in, reshape them, and create the eyebrows you want!

Microblading has been the answer for dozens of my clients.

Like many of us have done over the years, Kaylan Bradner of Bismarck had been overplucking. Kaylan wanted a more flattering shape to enhance her beautiful face, so she decided to try microblading.

I started by drawing on a much more flattering shape for Kaylan. She was so excited at the possibility of her new look, she scheduled an appointment immediately.

"I was initially scared at the thought of getting my brows basically tattooed on my face," Kaylan shared. "I knew I had to find someone I fully trusted before I would make the final decision.





Lindsy has been in the beauty industry for 18 years, so I knew she would be a perfect fit for me. She is very passionate about brows and is a total perfectionist! Going to her was the best decision I made. I love the new shape, and I finally have the brows I always wanted!"

Kaylan said the process was comfortable and pain-free. She travels constantly for work and lives out of her suitcase, so now when she needs to catch a plane but doesn't have time for makeup, she feels confident and put together because her brows always look perfect. Kaylan returned for her one-year touch-up and couldn't believe how good they still looked. She wishes she would have done it a long time ago!

Mandy Senske from Beulah needed a frame that would make her beautiful green eyes pop. She came to me wanting her brows to look more even and full.

"When I looked into microblading my brows, I chose Lindsy. Her before and afters blew me away," Mandy said. "I'm really happy with my results and feel that they frame my face so much better and are a lot more even. I've been happy with how long they've held up, as well. Additionally, Lindsy was really laid back, and made the whole process really comfortable."

Mandy is a busy mom of three, and choosing microblading for her brows has cut down on her time getting ready in the morning. She loves the outcome and looks fresh and natural. Mandy was very impressed with the process as it was very comfortable and no pain.

Microblading is semipermanent. The results look very natural and can be attained in one appointment, which can last up to two hours. A second appointment, four to six weeks later, completes the process and the look of your new eyebrows.







Call me for a consultation today!

Brow Me By Lindsy Rae 701-400-0562



Lindsy Rae

BECAUSE GUYS INSPIRE TOO!



Mike LaLonde is a regular at Bismarck's Dakota Zoo. It's where he finds his favorite subjects of his photographs.

"I'm not much of a people photographer. I prefer taking photos of wildlife," says Mike. "The animals have personalities. You can see it in their faces, in their eyes. They're not all cute though, but are all good photo subjects."

Over the years Mike has snapped thousands of pictures of the wildlife

"The otters are fantastic. I could watch them all day," says Mike. "If you can get good shots of their eyes, you've got a great photograph."

at Dakota Zoo. His favorite animal subjects are the foxes.

"They're so animated," he says. "I also really like taking photos of the raptors, the wolves, the primates, and all of the cats."

It's not uncommon to find Mike strolling the paths at the zoo before the gates open in the morning, always with a camera in hand.

"I never come to the zoo without my camera. I even bring it to board meetings because I might have time to capture something great something great after the meetings." Some of his favorites hang on the walls of the Cass-Clay Ice Cream Parlor. There are prints of snow leopards, geese, camels, racoons, turkeys, otters, and more.

"The otters are fantastic. I could watch them all day," says Mike. "If you can get good shots of their eyes, you've got a great photograph."

And each December, Mike gives his time to photograph the annual Santa at the Zoo event with other volunteers. Proceeds from the popular event help fund children's events at the zoo throughout the year. They are long days for this photographer who would really rather be taking photos of animals than children, but the smiles from the kids and the gratitude from the parents make it worthwhile.

"It's fun to see the same families year after year. We've seen some of the same kids as babies all the way through junior high."

Mike grew up with a camera in his hand. His dad, Leo LaLonde, was a long-time photographer for the Bismarck Tribune, and during high school and college, Mike always found work at camera stores and photo studios.

"I was always around cameras."

Mike spent 35 years as an adjunct professor at Bismarck State College where he taught photography classes and inspired hundreds of young people to take better photographs. Now retired, Mike stays busy volunteering.

"I'm a full-time volunteer," he says with a smile.

He has served on the board of directors for several nonprofit organizations in the past: the United

Visit our website to hear more from Mike about some of his favorite photographs Way, the Bismarck Rotary Club, and the North Dakota Wildlife Federation. He presently serves on the Dakota Zoo board, Bismarck Library Foundation Board, Lewis and Clark Wildlife Club, and the Bismarck Historical Society. He graciously shares his talent for taking great photos with all these organizations.

"I take photos of annual meetings, events, and other things. They're all nonprofit organizations so they don't have a lot of money to spend on photographs for their websites and marketing. I'm happy to do it for them. It's my way of helping the community. This is a wonderful community and we're really lucky to live here."

His photographs have graced the covers of many magazines, including the North Dakota Outdoors magazine several times. Mike's photos are real, with little to no editing.

"I guess I'm old school. I don't use Photoshop and I don't really edit my photos more than just some minor color corrections sometimes," he says. "I figure if I shoot the photo correctly in the first place, I shouldn't need to edit it."

Always the teacher, Mike offers some advice to amateur photographers who want to get a good photo from the zoo.

"Some of the animals at the zoo are tough to photograph because of the mesh screen," he explains. "The secret is to get close, use a long lens, and open your aperture as wide as you can. That will blur out the mesh screen."

He adds, it's okay to take more than one photograph. Digital cameras make it easy to keep trying for that perfect picture. And Mike says the zoo is a great place to practice your photography.

"The Dakota Zoo is a community treasure," Mike says. "It is an affordable, relaxing place to go and the whole family can have fun."

For Mike LaLonde, it's the perfect place to capture the beauty of God's creatures. ${\it W}$















MAUREEN WANNER'S MISSION FIELD: Pampering Promised

Article and Photos by Paula Redmann

Maureen Wanner has been making people feel beautiful for 27 years.

She entered the world of hair and skin in 1991, fresh out of a Bismarck beauty college. All paths crisscrossed to where she is today, to Homestead Salon and Spa—her salon and spa—inside of Edgewood in Mandan, home to assisted living and memory care residents.

"It's so interesting. All the people I've met along the way have all lead me to this point. My salon is my mission field. Things happen for a reason, don't you think?" asks Maureen.

Her years of providing skin care expertise for plastic surgeons and dermatologists, combined with years of owning her own salons in Beulah, Dickinson, New Rockford, and Bismarck, weave into raising three children with her husband, Sherwin, in Mandan. Add in years of evenings working as a Certified Nursing Assistant, the next acquaintance, the next connection, all leading her to Edgewood, and her next client, waiting for her weekly shampoo and set.

"Miss Dorothy sees me every week. It's a treat from her daughter, and I get her all decked out for her husband," says Maureen.

Miss Dorothy is Dorothy Ward. She and her husband, Milan, live at Edgewood. Dorothy says Maureen does a good job.

"She gives me a good scrubbin," says Dorothy, "And it feels delicious."

Maureen gently helps Dorothy lie back onto the sink, as if she's releasing a sleeping infant. After a relaxing shampoo, Maureen applies a product called "Black Rage," to Dorothy's hair, which Maureen says is "a little color without the color." The name of the product doesn't match Maureen's demeanor or Miss Dorothy's

grace. Follow that with a little gel, a rainbow of curlers, and Dorothy goes under the dryer for a little nap.

"This is her spa time," says Maureen.
"These people are just the best. They're leaders in technology, skills, and mothering. And they're so full of history. I love hearing about their travels, crops, families, and faith."

While Miss Dorothy rests, Maureen grabs the tub of curlers and moves to her next client, Miss Laverne.

"Look at her hair!" exclaims Maureen. "What most of us wouldn't give for this thickness and these curls?"

Miss Laverne is Laverne Parkin. Maureen knows of Laverne's first marriage of 51 years and her second marriage of 18 years.

"Both good men," says Laverne. "My second husband and I spent every day together, fishing and hunting and then going dancing on Saturday nights. We had a real good time."

"I get great advice every day," says Maureen. "I get marriage advice and parenting tips. They tell me what to spend money on and how they saved money."

Miss Laverne pipes in with, "I saved money by not going to the casino this week!"

Maureen knows her customers. She knows how many children they have. She knows what their grandchildren do. She knows all about their special occasions and comes in to do their hair and make them feel beautiful. She knows the weekly—and popular—shampoos and sets. She knows haircuts are every six weeks and perms are every 12.

Although a majority of her clients are women, Maureen also takes care of men.

"I schedule a 'Men's Day' and just do





guy haircuts that day. I introduced them to something special, something they never experienced from years of going to a barber; the treat of having someone wash their hair."

Maureen hums along with her customers when they sing, appreciates the prayers they offer her, right from their chair, "and when they move their toes in the chair, well, we call that dancing."

Years of standing have had an impact on Maureen's health. She has some back issues, and knows she needs to rest more, slow down, relax and do some stretching.

"I'm working on that. My youngest son will ask me, 'Mom, are you relaxed?""

Maureen turned 50 recently and celebrated the only way she knew how; by throwing a party at Edgewood and inviting all the residents.





"My sister and I love to bake, so we had all kinds of goodies, ice cream, and balloons. It was so much fun. That's why I put cupcake ornaments on my Christmas tree, turned Easter tree, turned birthday tree!"

Looking back on her career, Maureen says she feels more successful today than at any previous point in her profession.

"I love this generation. I love doing something to help them maintain their beauty and their wellness. I truly believe that beauty began with this generation. They are an inspiration to me." $\mathcal{T}W$



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

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LESS IS MORE MAKEUP

by Michelle Farnsworth | Submitted Photos



all the latest makeup trends, techniques, colors, and do's and don'ts. When I started my own makeup and skincare business, I went from thinking my makeup looked up to par to feeling like I knew nothing and should throw in the brushes.

But daily life doesn't always dictate the perfect "smoky eye" or "winged liner" or even perfectly arched eyebrows. Women are juggling careers, family, and life in general. Makeup needs to be easy, efficient, and add to your natural beauty.

Here's what I've learned in my makeup journey:

LESS IS DEFINITELY MORE

Although I love a good, bold lippie,



and I receive many a compliment, I find that when my makeup is natural, light, and wearable, I look like me. My authentic self. No over-the-top makeup. No crazy eyeshadow colors. Just the blue eyes that Jesus and my mama gave me.

NATURAL BEAUTY TRENDS

You probably witnessed video or photos from the recent royal wedding of Prince Harry and Meghan Markle. One of the most stunning aspects of the now Duchess of Sussex on her global wedding event was her obvious choice to showcase a minimal makeup look. Some critics complain it wasn't enough, but really it made a bold statement to women around the globe: embrace your authentic self. Don't cover, enhance. Light. Pretty. Feminine. You.

But how can you achieve a freshfaced "athleisure beauty" look? Here are the products I like to use in my everyday makeup routine:

- Skincare: Very important to take care of this vital organ to lay the perfect foundation for your makeup application.
- 2. B.B. Cream: Short for blemish balm or blemish base, this is a lighter foundation that usually has a hint of color. Gives skin a dewy glow and isn't cakey looking.
- Loose Powder Foundation: A mineral based powder that can evenout skin tone, but doesn't look pasty or dried out.
- **4. Bronzer**: Use it as a natural blush, contour, all-over color, and highlighter, and even a quick eyeshadow option.
- **5. Mascara**: Must have mascara that flatters your already beautiful eyes!
- 6. Matte Lip Color: A nude lip is all the rage, but it can wash you out. Find a nice rose or lavender color to give your lips and face a bit more dimension. Lip stains are great for this.
- 7. Brow Pencil: I used to sport eyebrows like a mountain man. Some time in the 1990s I decided to overpluck them. Big mistake. So now my brow pencil is my best friend. I can fill in all the empty spaces to define my brows. Eyebrows are important. They frame your face. To do this, use a brow pencil on one eyebrow and

compare. You will see I am so right.

I always tell my makeup clients not to stress. It's just makeup. Experiment. If you don't like it, remove and try again. Pretty soon you will find your look. Try colors and techniques you are comfortable with so that when you look at yourself in the mirror, you will find yourself smiling back at your reflection.

My friend, and the woman who introduced me to the makeup scene, Jody Stein, is a great example of my number one tip to natural makeup: skincare.

"Achieving a natural makeup look first starts with proper skincare," says Jody. "After learning to take care of my skin, I only need a few products to enhance my features."

Lisa Smith, another mentor in my business really lives by a natural beauty look each day.

"People should feel comfortable in their skin. This will look different for each person," Lisa explains. "For many women, it means wearing a natural look that highlights certain features without being obvious that they're wearing makeup."

Whatever makeup products you use, take these tips and ideas and make them your own. Try the less is more experiment and see what results you achieve and perhaps the compliments you gain. But remember to always have a little sparkle in your life. \mathcal{W}



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. (TOP LEFT) Lisa Smith says makeup should allow women to feel comfortable in their own skin.

(TOP RIGHT) Jody Stein says it all begins with proper skincare.

(BOTTOM LEFT) Duchess of Sussex, Meghan Markle, made a statement when she wore minimal makeup on her wedding day.

(BOTTOM RIGHT) Michelle lets her true self show with this natural makeup look.





by Lexi Kerzman | Submitted Photos

I survived my first year of college, and I learned a lot, not only about my classes, but about budgeting, about beauty, and about loving myself.

The worst part of college life is the price tag—\$20,000 just to attend. Knowing I had to pay my own tuition, and that I couldn't just grab a \$20 from my mom's purse, I quickly learned about priorities and spending.

I have had a job since I was 15 years old. In the past, my paychecks were my "fun" money.

Now the money I make working goes to adult things like food, gas, and tuition.

Going to college has made me much more aware of my money and my spending habits; things you can't learn in a lecture. Things my mom calls "life lessons."

Before college I thought I had to spend a lot of money on clothes, makeup, and name brand items to be beautiful. I was wrong.

You don't have to change everything about your beauty routine to make it college budget friendly. I like to shop a lot, and I like makeup a lot; that didn't change when I went to college. What

how I shop.
The first important
thing to do is cut out any

did change was

unnecessarv purchases. For me that was acrylic nails. I used to spend \$75 every two weeks on a set of acrylic nails. As nice as they looked, I quickly realized they were not worth it for me. College is about budgeting and learning to decide what is a need and what is a want. I decided trips to the nail salon were a want, so I eliminated them from my budget. I started painting my own nails. My roommate and I soon made painting our nails together our Sunday night routine. We made memories that will last a lifetime, and that's something you can't put a price tag on.

When I was in high school I was convinced everything I wore had to be name brand. I wore only Victoria's Secret leggings and only Nike shorts. Now, at the wise old age of 19, and with a year of college under my belt, I realize brand names mean nothing to me. In my opinion, having shorts with a little Nike symbol doesn't make them any better quality than my clearance rack Old Navy shorts. Sometimes name brand is good, but I refuse to pay full price. My advice is to look online for

(LEFT) Lexi says another way to save money on clothes: share with your friends! You each get double the outfits!

(RIGHT) Lexi has discovered thrift store shopping. This sweatshirt was a \$1 bargain that she personalized with viryl iron on letters. deals on all name brand items or watch the sales. Everything eventually goes on sale, and if it doesn't, I probably don't need it anyway.

I have always loved makeup so going into Ulta or Sephora is always an expensive trip. I used to constantly try out the newest name brand makeup. I would even try and convince myself that it worked better than it actually did. As a broke college student, I learned that some of my favorite makeup is from the drug store and, for me, works just as well as the name brand version. When it comes to makeup, it's important to remember that what works for some might be a disaster for others. My experiences have taught me that I always need to try the makeup before I determine which is the best. Because I like to have first hand experience with all my makeup products and not rely on online reviews, it is better for me to go with drugstore options. That way, if I don't like it, I didn't waste as much money.

Makeup also expires, which is something that is often forgotten. Makeup should be thrown away and replaced regularly, so when it is name brand and twice the price, it is hard to toss it into the garbage can. If expired makeup is continued to be used it can cause break-outs or infections. If there is a name brand item you know you will love and use before the expiration date, absolutely buy it. If there is a product you love, budget for it and splurge. You deserve it! But learning to cut costs where you can is an important thing to learn.

College teaches us many skills for the future, even how to love yourself. In my first year of college I learned how to love myself for my true self; not someone obsessed with her image, but for who I am after all the makeup and clothes come off. Once you can truly say you love yourself for you, you will be so much happier, and you will find cutting out unnecessary purchases will be easy. Makeup and clothes might help make you feel beautiful on the outside, but true beauty is something that is grown inside you and is priceless. **TW



Lexi Kerzman is a sophomore at the University of South Dakota where she is studying journalism and media. She is spending the summer at home with her family, where she is enjoying homemade meals and her own bathroom.



GIVE YOUR MEAL A Pricle and Photos by Pam Vukelic

If you've heard it once, you've heard it a hundred times: the trite saying "the eyes eat first." But researchers are discovering there is a lot of truth to it. In fact, the appearance of your food—the first impression you have of your meal—is most likely the strongest determiner of your level of enjoyment. Aroma is second and taste comes in at third place.

Charles Spence, experimental psychologist at Oxford, has studied and written* about the importance of all the senses in food. His books are considered important textbooks for culinary students and valuable references for restauranteurs. He maintains the pleasures of food lie mostly in the mind, not the mouth.

I have a few suggestions for you in the food appearance arena. You may be thinking, "I'm doing a decent job of getting nutritious meals on the table; I have no time for frills. Please don't ask me to make them pretty, too." But you can dress up a dish or a plate in no time at all. It takes more forethought than it does effort. Just having food attractively arranged is a great first step.

When serving a tossed salad, group the cherry tomatoes separately from the radish and cucumber slices, and the jicama stars. Not only is it visually appealing, it allows guests to avoid ingredients that might not be high on their list of favorites. Adding some chopped fresh herbs (e.g., chives, cilantro, or mint) makes it prettier and tastier.

I recently heard Tyler Zent, culinary staff at Edgewood on Dominion in Bismarck, say they are focusing on making the food more attractive, and are not so interested in plunking a garnish on a plate. That makes sense! Imagine the difference it makes if you reserve some of the shredded cheese that would have gone into the cheddar broccoli soup and sprinkle it on top. Or set aside some small bright green broccoli flowerettes for a last minute addition to each bowl.

Spence has determined that your dinnerware makes a difference in your perceptions and responses to food, too. White round plates make foods seem sweeter. Black plates enhance the savory elements of a meal. And red plates result in us eating less. I'm thinking I should stock up on red dinnerware!

Hard-cook a couple extra eggs at breakfast time to slice and add to small pumpernickel toast slices topped with pea shoots for appetizers. Grab some edible flowers (e.g., pansies, nasturtiums, chive blossoms) to easily make an impression. Remember, not all flowers are edible. Press some into the top of a disc of Boursin cheese to take it from blah to amazing. Brush the pansies with sugared egg wash for crystalized flowers. Do the same with basil leaves.

1 large egg white 24 basil leaves ½ cup sugar (extra fine, if available)

Whisk egg white with 1 teaspoon water until frothy. Brush each leaf with egg wash. Quickly sprinkle with sugar. Let stand on wire rack until dry and firm (1 hour). Store in airtight container up to one day.

Speaking of sprinkling, a generous dose of sanding sugar atop muffins or scones adds a delightful touch. A small dose of sprinkles on frosting before the

frosting sets up makes a pan of bars more interesting.

Also, remember that anything on a plate, even a garnish, must be edible. Don't use a plastic red chili pepper to adorn your fabulous nacho platter. Grab a paring knife and cut a chile pepper into a flower for a lovely decoration. This needs to be done ahead of time as placing the cut pepper in cold water for awhile causes it to bloom. The same will happen with a green onion or celery stalk. Use your food decoration as a clue to the dish's ingredients. Placing chopped peanuts atop your kale slaw suggests peanut butter is in the dressing.

Speaking of peanuts on top of salad, remember that aside from its visual appeal, a garnish will often add texture to your food. This is another desirable element. Take a couple of minutes to toast any nuts or seeds to bring out their flavor and give them a bit more color. Popcorn on top of beer cheese soup, wonton strips atop your Asian salad, and almond slices baked into the top of your Swedish almond cake all create additional appeal.

Make your food special at first sight, never mind first bite! \mathcal{W}

*Gastrophysics:The New Science of Eating – 2017 The Perfect Meal: The Multi-Sensory Science of Food and Dining – 2014



Pam Vukelic recently retired from more than two decades of teaching. She says this is a wonderful time of year to use great ingredients from farmers' markets and gardens. Pam encourages you to take advantage of this to add appeal to your dishes.



COMMUNITY CONTRIBUTOR



THE MERCY BOX Submitted Photos

(TOP) Staff at First Western Bank and Trust with their Mercy Box



(MIDDLE)
Sargianna Wutzke
(Mercy Box Chair)
and Rhonda
Styles-Rohde
(Mercy Box Committee Member)
with the Mercy
Box donations
collected for
Bismarck Public
Schools



(BOTTOM)
A Mercy Box at a
drop off site



When businesses and the community team up to help those in need, great things can happen. That's the idea behind a new movement in Bismarck and Mandan called The Mercy Box. What started as a one-time collection has grown into something much more. Sargianna Wutzke is the chair of The Mercy Box. She shares about the project that's helping a different nonprofit organization each month.

TELL US A LITTLE HISTORY OF THE MERCY BOX.

The Mercy Box was started as a movement to help the homeless by collecting items for blessing bags. It was originally going to be a one-time collection. After the event, it was decided that there are many deserving nonprofits and causes in Bismarck-Mandan that are in need of donations. The Mercy Box could be a way to help impact those nonprofits and causes. The Mercy Box has grown into a movement that brings the community together to collect donations for a new nonprofit or cause each month.

HOW DOES THE MERCY BOX WORK?

Nonprofits apply to be recipients of The Mercy Box. There is a new nonprofit or cause chosen each month; the chosen group sends a list of up to four items that they would like to be collected in The Mercy Box (which are actually just red totes placed around town). We put signage

on each box that gives information about the nonprofit or cause for the month as well as their donation requests. The Mercy Box team puts all this information out on our website and Facebook page so the community is aware of what donations are needed that month. Community members drop off their donations at one of the 20 drop-off locations in Bismarck-Mandan. At the end of the month, The Mercy Box team collects the donations and then delivers them to the nonprofit.

HAVE YOU SELECTED FUTURE NONPROFITS? IF SO, WHAT ARE THEY?

We have selected nonprofits and causes for the rest of 2018. They are: Carrie's Kids (July), Will-Moore Elementary (August), Missouri Slope Areawide United Way (September), Pink it Forward (October), God's Child Project (November), and Charles Hall Youth Services (December). We are currently taking applications for 2019.

YOU MENTIONED THE RED TOTES THAT ARE PLACED AROUND TOWN FOR DONATIONS. WHERE CAN PEOPLE FIND THOSE?

Our drop-off sites in Bismarck are Boneshaker Coffee, YMCA, Luna Fusion, Bjork Dental, The Printers, First Western Bank and Trust, Fireside Office Solutions, Proforms, Roberta Storm-State Farm Agency, Bismarck Antique Mall, Bismarck Police Department, Core Chiropractic, Booming Nutrition, Surprise Church, and People Ready. In Mandan, drop-off sites are Classic Rock Coffee, BAM Nutrition, Taylor Made BBQ, Farmers Union Insurance, and Surprise Church Mandan.

HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

We are different as we are the only organization that currently collects donations throughout the year for different nonprofits and causes each

month. There are many different organizations that collect for a certain special event for a nonprofit, but not on an ongoing basis. We realize that there are so many amazing nonprofits and causes in our community that are in need of a variety of items. We want to help reach as many of them as possible through the movement of The Mercy Box.

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

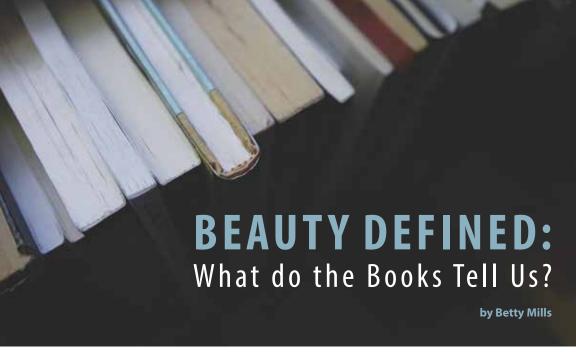
We are currently looking for more drop-off sites in the community. We're looking for businesses that are easily accessible for the public to drop off donations. We supply the red Mercy Box totes, and The Mercy Box team picks up donations at the end of the month and changes the signs to the new nonprofit or cause each month. Our team handles all social media for the boxes and checks in with each business monthly as well. It is literally hassle free for businesses to take a box and they get to impact a new nonprofit or cause each month.

HOW CAN PEOPLE CONTACT YOU?

They can call 701-319-9928 or email us at themercybox@gmail.com. We also have a website, themercybox. com. There you will find a list of all the drop-off locations as well as their business hours. Thanks to an amazing volunteer, we've got a new feature on our website—an interactive map of all our locations; you can click on the drop-off site, and it will show you where it is on the map and the hours that business is open.

HOW CAN PEOPLE DONATE OR GET INVOLVED?

People can get involved by donating to the nonprofit of the month. The drop-off sites in the community are businesses that people frequent already, so why not drop-off donations and impact those that need it. *W*



Now around my easy chair is a scattering of books of quotations in which I sought a nifty description of "beauty," only to find many of them range from incomprehensible to nearly unprintable (at least in implication), and a few of them shivered any part of my anatomy.

For example, how do you get an "aha" moment out of this questionable gem by Virginia Woolf: "The beauty of the world has two edges, one of laughter, one of anguish, cutting the heart asunder." But that leaves out potato salad, watching your child

"When I go to the beauty parlor I always use the emergency entrance. Sometimes I just go for an estimate."

— Phyllis Diller

march down the graduation aisle, sitting in your favorite chair with a good book, or watching the sun go down in a western North Dakota sky, to name a few.

Try this one by Paul Dirac, a British theoretical physicist: "It is more important to have beauty in one's equations than to have them fit experiment." While I am reasonably sure my mathematical-minded son might find that a rational statement, it merely reminds me of the educational avenues I failed to travel.

Although aware that what captivated my 18-year-old unwrinkled heart might not fly in that age group today, I still find them worth remembering. There was Keats: "A thing of beauty is a joy forever." And this by Sara Teasdale: "For beauty more than bitterness can make the heart break."

While the scattering of books may have made a mess of the living room, it did provide me with a lot of laughter and remembered joy. For instance, this by Phyllis Diller, a once popular comedian who could turn ordinary events into a good laugh: "When I go to the beauty parlor I always use the emergency entrance. Sometimes I just go for an estimate."

There were some variations on the extent of beauty. Parkers Law states: "Beauty is only skin deep, but ugly goes clear to the bone."

And this by the playwright Jean Kerr made me laugh out loud: "I'm tired of all this nonsense about beauty only being skin deep. That's deep enough. What do you want—an adorable pancreas?"

According to Sir Walter Raleigh, Socrates called beauty a shortlived tyranny; Plato, a privilege of nature; Theophrastus, a silent cheat; Theocritus, a delightful prejudice; Carneas, a solitary kingdom; and Homer, a glorious gift of nature.

The word beauty has been put to many uses. My husband could describe a walleye he caught as "a real beauty," and the same phrase is often used for a black eye or a brand new car.

There is no disputing that ultimately, beauty is truly in the eye of the beholder. Who would argue with the grandfather with his nose stuck to the hospital nursery room window proclaiming as he viewed a small, red, wailing newly born grandchild, "Isn't she just a beauty?" 7W



Betty Mills graduated with honors from Mary College in 1967 with a degree in social work. Her career has included motherhood and leadership; Betty served on many local boards and councils.



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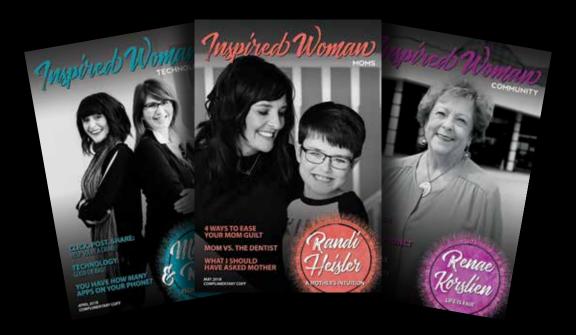
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