Truspired Wyllyly



A CHILDHOOD HOME UP FOR AUCTION

MIENOPAUSE: A POSITIVE TRANSITION

TRENDING: CAPSULE WARDROBE

AUGUST 2018 COMPLIMENTARY COPY



ROOTED & REVOLUTIONARY



When patients see Dr. Steven Yearsley, the first thing they will notice is how carefully he listens to them. From the moment a patient contacts Dr. Yearsley, whether it's through his "Ask Dr. Yearsley" feature on the Mid Dakota Clinic website or whether it's during a consultation in his office, it is clear how important the patient's interests, goals and concerns are to him.

And it doesn't stop there. "We want to make sure that we've brought people from the beginning to the end," Yearsley says. "We are their advocates. It's not just seeing them in the office, doing the operation and saying 'thank you very much.' There's none of that here."

Dr. Yearsley is a board-certified plastic surgeon with extensive training and experience in plastic and reconstructive surgery. He joined Mid Dakota Clinic in 2008 after spending 10 years in the southwestern United States.

"We were looking for a family-friendly place to raise our seven children, and I was looking for a clinic where values were important and the atmosphere among surgeons and medical professionals was great." he says. "All of the things we looked into turned out to be true here."

From the hair on their heads to the toes on their feet, Dr. Yearsley offers solutions for all kinds of problems for every type of patient, from the pediatric to the geriatric population. "Plastic surgery has become more common," Yearsley says. "It doesn't have to be a deformity; it can simply be a confidence builder – an improvement."

Dr. Yearsley is pleased to say that he's seen many people whose lives have changed for the better after plastic surgery. "It's not a matter of being vain; they just want to be the best they can be," he says. "If you've got some area of your body that's bothering you, that's limiting you in your social interactions, and this helps you in some small way to improve that part of your life, I say, why not? Why not do that?"

With communication being key in the decision process, he encourages patients to come in and talk to him. "If they want to achieve something, I will help them through the process," he says. "We'll lay it all out, so they know they're in the right place. If it's the right thing to do, I will tell them. If it's not the right thing to do, I will tell them that, too."

Dr. Yearsley provides a full range of surgical services and has also developed a following as a "fixer" of complex cosmetic surgery problems with patient referrals from across the country. He cites examples that range from repairing breast implants that have deteriorated with a procedure that he was one of the first to do, to a complex facial reconstruction of a gunshot victim that turned her life around.

Advancements in plastic surgery have changed the field, and Dr. Yearsley is on the cutting edge. He is in the three percent of surgeons who are doing breast reconstruction using fat transfers. "You simply take fat from one area of the body and move it to another area," he says. "When everything's said and done, you have used the patient's own skin and fat to recreate a natural breast. I think this will increase at a pretty brisk rate. We've







got to get more insurance companies to back patients on that reconstructive effort."

Endoscopic procedures, particularly hand surgery, have also seen significant progress. "Endoscopic carpal tunnel surgery is really a slick method," he says. "We get patients back to work sooner, and they don't have the longer incision on the palm. We just close it with a drop of glue on the wrist. That's how I'd have it done."

Dr. Yearsley says he enjoys every aspect of his practice and helping patients reach their goals. "Whether it's reconstructive or cosmetic, I feel it is all meaningful work," he says. "Patients who have gone through this process have come through something important and special, and I find it very rewarding that they have placed their trust in us on their journey."



Steven G. Yearsley, MD Board-certified plastic surgeon

Beauty is our Practice

Learn more at middakotaclinicplasticsurgery.com

MID DAKOTA CLINIC
The doctors you know and trust

(701) 530-5850 1-800-472-2113 ext. 5850 Bismarck, ND

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

Our Philosophy

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

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

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

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

Our Purpose

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

Our Objective

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

"She believed she could, so she did."



Volume 18, Number 8

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

PUBLISHER

Inspired Woman Enterprises, LLP

EDITORS

Jody Kerzman Marci Narum

DESIGNER

Tiahna Kirsch

PHOTOGRAPHY

Photos by Jacy Rachael Neva Photo

ADVISORY BOARD

Beth Anderson Tracie Bettenhausen **Kylie Blanchard** Melanie Carvell Jamie Christensen Amber (Schatz) Danks Michelle Farnsworth Stephanie Fong Noreen Keesey Jeanne Masseth Paula Redmann Roxane Romanick Pam Vukelic

We proudly support local business. Printed by:



Inspired Woman magazine is published monthly by Inspired Woman Enterprises, LLP. Mailed copies are available by subscription. Subscription information is available on our website, inspiredwomanonline.com.

Contact us at jody@inspiredwomanonline.com or marci@inspiredwomanonline.com.

© 2017 Inspired Woman Enterprises LLP. All rights reserved. No part of this publication may be reproduced without written permission from the publisher. Inspired Woman assumes no responsibility for unsolicited manuscripts or photographs. Find submission quidelines on our website. Inspired Woman magazine does not necessarily endorse or agree with content of articles or advertising presented.

Disclaimer regarding magazine content and advertising
Advertising is purchased by organizations solely based on the desire to connect
the reader to the products or services offered by the organization.

In keeping with journalistic integrity, Inspired Woman magazine does not provide recompense by
way of written content within the articles to those who purchase ads in the publication.





What's all this talk about Essential Oils?

Can they help my family be more healthy?

What are some natural solutions to home cleaners?

How do I learn more about them?

Call us to schedule a free 1-on-1 visit or to attend a class!

doTERRA Wellness Advocates Jacy & Jerad Voglewede 701-371-7327 701-367-6726





10	Four Steps to Tackle Transitions by Noreen Keesey
12	Then & Now: A Childhood Home up for Auction by Tracie Bettenhausen
14	Look What She Did
16	Tinkergarten: Where the Classroom and Nature Meet <i>by Paula Redmann</i>
18	Leaving Home & Finding Independence Through Opportunity by Nicole Thom-Arens
22	COVER STORY: Kathy Neset Rooted & Revolutionary
28	Women of Medora: Joslyn Reichert by Stephanie Fong
34	When The Cookie Crumbles: There is Still Hope
38	Oh Man: Dan Mimnaugh Because Guys Inspire Too!
41	Gather at the Table Readers' Recipes
42	Waffle Irons: Not Just for Waffles by Pam Vukelic
44	Kaye Burian: Western Beauty Captured on Canvas by David Borlaug
46	Trending: Capsule Wardrobe by Michelle Farnsworth
48	Community Contributor Rebuilding Together
50	Menopause: A Positive Transition by Rhonda Jolliffe
52	1,203 Miles to Transformation by Carole Hemingway

WONDERING WHY YOU SHOULD REGISTER NOW FOR THE ELEVATE WOMEN'S CONFERENCE?

THE LIST OF REASONS IS LONG, BUT HERE ARE THE TOP TEN:

02

 $\mathbf{04}$

06

07

08

Know a guy who's a Minnesota Vikings fan? Get this—our keynote speaker, Dr. Cindra Kamphoff, is the mindset trainer for the players. Think about that. She helps professional athletes perform at the top of their game. Imagine what she can do for **you!** It's a limited-seating event: 200 maximum. It will be no fun without **you.** Just sayin'.

Wait. You're going to miss the kids and spouse (and you're worried they might destroy the house while you're away). No problem! Have them join you after the conference and catch the final weekend of the 2018 Medora Musical, September 7 and 8. Did someone say girls' getaway? No kids, no spouse—for a full 24 hours!

Make a whole weekend of it (the house is probably fine)—stay for the 15th Annual Hot Air Balloon Rally and Kite Fest September 7-9! Don't have tickets? Get 15% off tickets good for the musical that weekend when you register for the conference. Boom.

FUN! Two words: Cashman Auctionisters. If you know them, you know what we mean. If you don't know them, please—just trust us. If Fun were a person, she would beg to hang out with these two wildly entertaining sisters!

FREE STUFF! We have many amazing door prizes to give away! Don't you want one? Not even \$200 in hair products? Or an AstroStart™ remote car starter worth up to \$500? (Just for starters!)

EVEN MORE merchandise for you

Finally, we will reveal a brand new oops, no, that one's a surprise. But ladies who attend the conference will be the first to know about it! at our scholarship fundraiser. In case the kids and husband do wreck the house while you're gone, you could take home a house cleaning services package—or even your own Roomba®—for as little as \$20! Best of all, every dollar goes toward the Inspired Woman scholarship fund for journalism students.

Why are you still here?

We thought you would have been registering after you read number 3. Or 7 for sure. Visit inspiredwomanonline.com for details and register today!

Editors' Motes



This summer has been full of transitions at my house—some scary, some exciting, and some just brand new experiences. We welcomed our oldest daughter home from college for the summer, and now we're helping her pack once again. At the same time, we're planning college visits with our son, who is preparing for his senior year of high school. Another daughter is ready for the changes that await her as she starts her first year of middle school. My husband is dreaming about and planning for retirement (it's still 10 years away, but it's fun to dream!) and as my parents heal from some recent health issues, I've transitioned into a different role in my relationship with them.

But change is good. As our cover girl, Kathy Neset, told me when we visited, "When someone tells me they do something because 'that's the way we've always

done it'—that is a red flag in my book." Kathy is an inspiring woman whose willingness to accept and embrace change has made her a leader in her field and an inspiration to others. Carole Hemingway shares the story of her recent move, as well as some words of wisdom for all of us facing transitions: "Life is good. You just have to sometimes go out of your own way, and allow God to lead the way and help you turn the page of a new chapter in your life."

In the midst of all of life's changes, we've also been working hard to bring you our first-ever women's conference. We've put together a great list of speakers and activities for our ELEVATE conference, and there's still time to join us. We've scattered information about the conference throughout this issue. You can also visit our website for all the details and to register.

We hope to see you in Medora next month!



This issue has conjured memories of my days as a television news producer and anchor. I enjoyed the challenge and creative freedom of writing segues within stories and between stories or segments to keep a newscast flowing smoothly. But the purest of these transitions happen without being scripted, during live interviews, for example. And only one thing is really required: listening. Maintaining presence and awareness in the moment—not planning the next question—can mean the difference between an awkward moment or the opportunity to have a comfortable and meaningful seque.

If only life's segues could be artfully scripted; if only we possessed the skills to be "in the moment," even when faced with unexpected transitions. As you turn the pages of our August issue, you might just find those aren't "ifs." They are possibilities.

Noreen Keesey starts us off with some tips to help you during transitions, and Rhonda Jolliffe has good news if you are dreading one of life's biggest transitions: menopause (I love good news!). Tracie Bettenhausen's beautifully written piece about her family farm auction might strike close to home for you and cause some tears to fall. I speak from experience. Our "Trending" feature could have you taking a second (or third or fourth) look at your closet. And the story of Annie (Hummel) Iron Necklace is full of hope and encouragement for those looking to escape their addictions.

There is no escaping this fact: life is all about transitions. You can have a rough script prepared in anticipation of some, while others will happen "live." Listen—you've got this.

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



FOUR STEPS TO TACKLE TRANSITIONS

by Noreen Keesey

of the definitions for One transitions in the Merriam-Webster dictionary is: "a passage from one state, stage, subject, or place to another." So, it's a gentler word for change. Some of us love it, some tolerate it, and some would prefer it never happen. But change happens whether we like it or not. Professional baseball player Willie Stargell went so far as to say, "Life is one big transition." But even though it's a normal part of life, change can negatively impact our well-being.

Regardless of whether transition is perceived as positive or negative, we are likely to have feelings about it. These can include a sense of loss, grief, fear, worry, or excitement. They may even be all mixed up together and take turns on center stage. If the event was not your choice, there may also be anger and resentment involved. My own transitions have included graduations, marriages, motherhood, divorces, deaths of loved ones, empty nesting, and retirement. Each came with its own set of challenges to navigate, and new realities to inhabit. I have found four ways to make these transitions easier.

- Engage in extreme self-care. Be kind to yourself, particularly if the change was not of your choosing, or if you are going through multiple changes within a short timeframe. Changes have a compounding effect, and the more of them going on at the same time, the more stress you experience, even if the changes are positive. So be sure to take care of yourself. Do some exercise that you enjoy, take a few minutes each day to sit and just breathe, enjoy a warm bubble bath, or get a massage. Try to eat nourishing food and schedule something fun—maybe rent that movie you've been meaning to see. You are experiencing extra stress, so paying extra attention to self-care is critical.
- 2. Set your intent. This is easier to do if you have chosen the upcoming change, but it is important regardless. We cannot always choose what happens to us, but we can choose how we think about it. Think beyond today, beyond next week or next month and decide how you would like your situation resolved. How would you

describe it? What do you want to maintain? What would you like to eliminate? How would you like to feel? In addition to the outcome, think about how you would like to be during the change process. It may be helpful to pick a word to describe your intent such as calm, kind, or optimistic.

- 3. Take time to connect with people whose company you enjoy. You might have to push yourself a little, as you may not feel like it, but make time to talk to a trusted friend. Go to lunch and just talk. Supportive relationships are proven to be good for us, so call the people who care about you. Let them know what you need and allow them to help you. Someday, you may do the same for them.
- **4. Finally, pay attention to what other people need.** We all have different styles and needs when it comes to managing change.

Keep lines of communication open, talk about what's going on and the intent you have chosen, and provide reassurance that you'll all get through the current circumstances. You may even find that things are better than you ever expected on the other side of the change.

I have a big transition coming up, and you can bet I'll be implementing these strategies. I'IIalso be remembering this wisdom from Phil Schiller, senior vice president of worldwide marketing at Apple, Inc.: "There's a little bit of pain in every transition, but we can't let that stop us from making it. If we did, we'd never make any progress at all." \mathcal{W}



Noreen Keesey is a Gallup Certified Clifton-Strenths® coach who helps people create positive change.







by Tracie Bettenhausen | Submitted Photos

I was pumping my skinny knob knees up and down, one then the other, messy brown hair flapping like a cape. The pink-and-white bicycle my steed, and the narrow bit of sky ahead my ring of fire. I don't remember ever riding so fast, hurtling toward the space between the corner of my dad's shop and a big wooden pole. I don't know what made me want to slip through that chute, but I remember the exhilaration that must've lasted less than 10 seconds and ended with a zap-zap, zap-zap.

I forgot there was a wire electric fence stretched across that space. I raced full speed into it. I panicked, shocks of light surging through my seven-year old muscles. My dad must've seen what would happen just as I was about to hit, because he was there in a flash. He pulled me in a bear hug away from the wire, chuckling a little, "whoa whoa."

Standing in front of my dad's shop, five feet and 30 years away from that memory, my dad was hauling stuff for sale. The way this farm auction worked, the initial 30 minutes were for the little items to be sold to the folks who made the drive to this farm on the highway west of Wishek, North Dakota. The rest of the auction would occur both live on-site and online. A modern marvel for farm auctions, when farms are growing larger and farm families spaced farther apart.

My parents were auctioning the stuff on the farmstead. The house and land it sat on were already sold to a young neighbor excited to start his life. He had even agreed to care for the cats who sat on the porch and in a backyard tree, like birds.

Later, Dad would tell me it was strange the way those first items were sold; some of it was valuable, but not like that, and not to that crowd. Who wants a five gallon bucket full of wrenches? I agreed, as I looked around at a shop that still seemed full of tools collected over 40 years of farming.

"Girls, come look at this. You guys, look." Mom was staring wide-eyed to the east of our farmstead at the neighboring open field. The 1988 drought had shriveled crops where they stood, but weeds like thistles were gifted a survival instinct for harsh conditions. When those thistles grew bulbous, woody, and proud, and tumbled in a strong North Dakota wind like they were born to do, the effect was surreal. Tumbleweeds were rolling across the prairie in unison, covering every foot we could see to the horizon. "I wish I could get video," my mom said. The shelter belt behind our house was packed full of tumbleweeds.

The tumbleweeds were 10 feet high, and it took more than a decade for them to fully crumble down to the ground.

Standing in front of that shelterbelt many drought years and wet years later, a line-up of John Deere tractors, sprayers, semi trucks, and tire kickers packed down the snow. The auctioneer had started selling items online for a crowd that spanned the state and beyond. A major snowfall meant lots of standing water, and the air was cool and damp. "Could be worse," we all agreed. My mom came outside for this part. She wanted to see off her favorite pick-up, a red 1990 Chevy, and the funny little Spra-Coupe.

I was sitting in the driver's seat of that red pickup when it was less than 10 years old, laughing so hard I couldn't push the gas pedal. My brother was in the passenger's seat, telling me to stop. My dad, standing beside the Spra-Coupe, was getting madder and madder that I couldn't stop laughing.

For a glimpse into the auction at the Bettenhausen farm, visit our website—we've shared a video of the R John Deere being auctioned.



This was one of those summers where my job for a few weeks was to wait by the side of the field and read while my dad sprayed the crops. When he hit a patch of mud the Spra-Coupe couldn't conquer, he'd call me on the two-way radio, "Lyle to Tracie," and give directions for how to get to him in a way so that I wouldn't get stuck and could pull him out. Sometimes, the giggles were an additional natural disaster.

Dad had to climb up into each piece of equipment to start it, so the crowd could see if it ran. Eventually, he had my brother do this job, because he thought "everybody was looking at him weird." I couldn't blame him. It was a bit of a spectacle; a series of motions he was so used to doing in the shop, in a field, on a section line, spectator-free.

To take that first high knee step, swing up the second leg, and keep climbing, then swing open the door and slide into the bouncy seat, it's like a dance you know to perfection but have never done on stage.



"Do you think you'll miss farming?" I ask Dad weeks later.

"Tracie, it's just a job like every other job," he answered.

It seems like this can't be true, when a family's memories are so wound around the place and way of life.

But a young neighbor told me on auction day that my parents were serving as good role models.

"They're showing us you don't need to work until you can't work any more," he said.

The farm will remain in that spot, along the highway, possibly for the rest of all of our earthly lives. There is room at the end of a life well-farmed for more: routines to develop new dances, time to see new marvels, space to race toward new adventure. W



The 1952 R John

(RIGHT)
The Bettenhausen family takes
a "groupie," as
Tracie's dad called
it. Pictured: (foreground) Tracie
Bettenhausen,
(background)
Jessica Just, Casey
Bettenhausen,
Karen and Lyle
Bettenhausen.



Tracie Bettenhausen is a senior staff writer/editor at Basin Electric. She has generously opened her home to two once-foster, now-adopted kitties, Basil and Sweet Pea.



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

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

North Clinic (701) 483-1000 448 21st St W Ste D-1 therapy-solutions.net Dickinson, ND South Clinic (701) 483-1021 446 3rd Ave W





BECKY FREIDT

Becky Freidt believes all women should be able to shop the racks and find a few items of clothing they love and that make them feel beautiful and confident. The only problem is, for plus-size women that can be a hard to find experience. Until now.

In July, Becky opened a new boutique in Mandan called Curvy Flamingo Boutique. The store is filled with clothes for women sizes XL to 3X. Opening a storefront was the next logical step for Becky, who has been operating the Curvy Flamingo Boutique online since 2016.

"I have been running my online store and doing vendor shows and pop-up events in Bismarck, Mandan, Dickinson, and Minot for two years, and I had a lot of customers locally who wanted to try things on before buying, so when the space became available on Mandan's Main Street, I decided it was time to open a store," says Becky.

"Everyone deserves to be comfortable, to feel good in their clothes, and to wear cute clothes. I love to shop, and I love clothes, so opening this boutique just makes sense for me," explains Becky.

The boutique is a side business for Becky; she still works a full time job. You can find the Curvy Flamingo Boutique at 500 Main Street West in Mandan; the store is open Fridays from noon to 7 p.m., Saturdays from 10 a.m. to 4 p.m., and by appointment. Becky also posts inventory on her Facebook page, Curvy Flamingo Boutique.



SUE HAMILTON

Sue Hamilton is quick to tell people she is not a writer. But the reviews of her book "Carried by Faith: From Substance Abuse to a Life Filled with Miracles" tell a different story.

"It's getting reviews like a fiction book. People are writing things like, 'I couldn't put it down.' To me, that's not a review of a nonfiction memoir, which is what my book is," says Sue. "I always tell people this was God telling my story the way He wants to because I am not a writer."

"Carried by Faith: From Substance Abuse to a Life Filled with Miracles" shares the personal and candid story of the desperate and dangerous journey into drugs and alcohol. The book begins and ends with the story of Sue's motorcycle accident, which she says should have taken her life. Instead, the accident changed her life and set her free. Sue says her story is for everyone.

"I shared my story in this book with the hopes that people who are substance abusers will relate and see that there is hope and that their families will see that too. Family members can feel so hopeless. I want them to know there is hope."

You can purchase Sue's book on her website, www.suelhamilton. com, on Amazon, Barnes and Noble online, as well as in stores in Minot, Bottineau, and Garrison. Sue will be sharing more of her story at the TEDx Talks in Bismarck on August 16.



JOELEAN LOWMAN

Joelean Lowman's HOSA Future Health Professional students from Legacy High School in Bismarck have done something no other group of North Dakota students has ever done: they are the first in the state to receive the Outstanding HOSA Chapter award. HOSA is a student organization for future health professionals.

"To even be eligible for the award the students had to meet certain criteria and do activities throughout the school year. Then they had to document all those activities in a scrapbook that was judged at the national meeting in Dallas, Texas," explains Joelean.

Students Sydney Seamands and Megan Anderson put together the scrapbook and presented it to judges at the national meeting.

"We stood in line for a long time, and then just had to hand over our book to the judges and hope we did everything right," says Sydney. "It was fun putting the scrapbook together because we got to look back at photos of all the activities we did throughout the school year. We had to show several different things we did throughout the year, including community service, publicity, career awareness, presentations, and more."

More than 10,000 students from around the world attended the conference. Legacy's HOSA chapter was one of just 67 chapters to receive the Outstanding HOSA Chapter award. This was the first year the Legacy HOSA chapter entered the competition, but they say now that they know they can do it, they'll be entering again.



TINKERGARTEN:

WHERE THE

CLASSROOM AND

NATURE MEET

by Paula Redmann | Submitted Photos





The classroom isn't a traditional one. In fact, it's far from it. There are no desks or pencil sharpeners. You won't find a folder or a pile of papers. There's nary a notebook.

That's because this is Tinkergarten, and the classroom is nature. Tinkergarten is a national organization that is just starting to sprout in the child enrichment scene in Bismarck. Trained leaders, like Nikki Bushaw, Beth Heyne, and Bri Weisbeck, provide the framework and guidance for the 18-month to eight-year-old students, called "explorers," and their parents, called "quides."

It's not a drop-off-see-you-later program, explains Bri. Tinkergarten is very much a child centered, parent—or grandparent or caregiver—participation experience. A recent Tinkergarten class was meeting in an open, green space in Sertoma Park in Bismarck. There were wee ones, mid-size wee ones, and bigger wee ones, each ready to dig in and get busy. There was painting involved. Some of the paint went on cardboard boxes. Some of the paint strayed to skin, or maybe a sibling's sock.

Even with an open and creative setting, there's still a structure to the program.

"There are five parts to each hour and 15-minute class," says Bri. "We have an opening activity, circle time, the main activity, guided play, and a celebratory/snack time at the end. We're good stewards of the land and we leave without a trace of us being here."

One of the main objectives of Tinkergarten is to get kids creating and exploring.

"Kids are surrounded by technology," says Bri. "Sometimes they are forgetting how to play, how to create, how to socialize with other children or adults, and how to collaborate and work with others. Tinkergarten is a way to let kids explore, learn, and have fun."

Here's how Tinkergarten works:

The Tinkergarten leaders go through a four-week, 16-hour rigorous training and interview process as well as a background check before they can officially lead a group. All the classroom materials are supplied by the Tinkergarten program and by nature. The leaders provide the guidance, but they also step back to let each child's imagination run wild, and to let the adults both observe and engage, not only with their child, but with

other kids—and adults—in the program. Once the leaders complete their training, classes can begin.

"Each of the eight sessions Tinkergarten has a theme and a purpose," explains Bri. "The part I like as a parent is that I don't have to plan, set up, or take down an activity for my child. That's all done for me, so I can just show up and join in. It allows me to engage with other kids and other parents. Tinkergarten is very much evidence based, play focused, and available for children with varying abilities."

Brittany Kerzman enrolled her three children in Tinkergarten. Five-year-old Cora, three-year-old Thatcher, and 18-month-old Judah were busy with the paint that was provided. But they also had sticks, leaves, grass, mud, and pieces of airborne cotton at their disposal.

"I love it that I can have all of my kids in one activity, in one place, at one time. There's nothing else like this, and it fits in well with what we like to do as a family. My kids love to sing songs and love to be outside, so this was an automatic win for us. I've made new friends, met other parents and grandparents. Hike seeing the kids interact with other adults besides me," says Brittany. "I signed up for a free class and now we're hooked."

Tinkergarten participants—both the kids and the adults—gather and spend time together in nature to explore, learn, laugh, and get a bit messy. \mathcal{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.



Registration for fall Tinkergarten classes is now open in Bismarck. Visit tinkergarten.com to sign up for more information and to see if Tinkergarten is available where you live.





Purchase original art for \$150!











Representing over 100 artists from 23 states.

August 7-31, 2018

Bismarck Art & Galleries Association • 422 E. Front Avenue • (701) 223-5986







LEAVING HOME

E FINDING INDEPENDENCE THROUGH OPPORTUNITY

by Nicole Thom-Arens | Submitted Photos

Liz Romanick is like many recent high school graduates: she recently voted in her first statewide election, she loves music, dancing, nachos, and she's anxious to leave home and carve her own path. Unlike most of her peers, though, Liz has Down syndrome, so it hasn't always been easy being like everyone else. But her mom, Roxane, knew from the time Liz was born that she wasn't going to tiptoe around Liz having Down syndrome.

"I didn't want anybody feeling sorry for us or her . . . so the first thing we did was just announce it to the world that she had Down syndrome, and we've just always lived that way," Roxane says. "I always felt she should try to learn it the same way as anybody else, and then if that doesn't work, we add to it versus right away thinking she can't learn that way. That's really paid off."

In high school, Liz went on a choir trip to Universal Studios in Orlando with her peers. She cheered for hockey and football, and participated in bowling and track and field. This fall Liz will attend college at Minot State University through the ASTEP program. While she is sentimental about leaving her childhood home, Liz says she is excited, not nervous, about going to

college.

"I can't wait to see what my future holds for me," Liz says. "I kind of have multiple majors—I want to go into music education, early childhood, and a little bit of public speaking."

ASTEP—short for Advancing Students Toward Education and Employment Program—is coordinated by the North Dakota Center for Persons with Disabilities and offers two- to three-year programs for adults with intellectual disabilities. The program offers an opportunity to attend college and live on campus while emphasizing careers, academics, social and community goals, and independent living.

Liz is looking forward to learning independence through ASTEP and learning how to do things without her parents.

"I need that right now," Liz says, with a laugh, about getting the opportunity to learn away from her parents.

"It's very scary, but I think she has to do it because I don't think you can learn without experience," Roxane says in agreement. "I think it bothers me that I can't anticipate what could happen. If something goes wrong, how's it going to be okay? Even things that aren't wrong, how are you (she says to Liz) going to negotiate coming home? What's going to happen after ASTEP? Is this the right thing to do?"

For Liz, ASTEP is the key to her future. She yearns to be independent—she has her permit and is hoping to earn her driver's license this fall. While ASTEP will provide supports to ensure Liz is grasping everything she needs in the classroom, both Liz and Roxane wonder if all the built-in supports are necessary. Roxane admits special education has evolved immensely since she began in the field in 1981, and when Liz was born 19 years ago, college wasn't an option for a person with Down syndrome, but there's still room for higher education to evolve and be more inclusive.

"It's kind of a double-edged sword... but they don't want people to not be successful," Roxane says. "I heard this quote when she (Liz) was little from an African American: 'You have to remember I'm black and forget that I'm black at the same time.' That's really applicable. You have to remember you have a disability and forget it at the same time, and that's the dance."

"My disability doesn't come first," Liz adds.

Both Roxane and Liz appreciate the availability of ASTEP, the most inclusive program in the four-state region, but both want more opportunities and more options.

"This year I will try it (college) with ASTEP, and next year I will try it without," Liz says.

"We've (the field of special education)

ABOUT ASTEP:

Advancing Students Toward Education and Employment Program

- Started at Minot State University in 2010
- For students between ages 18-26
- Students audit or take classes for credit at Minot State University or Dakota College in Bottineau
- ASTEP is a grant funded through the U.S. Department of Education
- 17 students are signed up for fall 2018

Learn more at ndcpd.org/astep

always had to have structured programs to break the mold, to challenge the status quo, so maybe that's what ASTEP is," Roxane says. "It's the way to get on campus. Otherwise we wouldn't be here today, but maybe in 15 years, we won't need the federal grants because it'll be the norm to figure out how to teach to everybody."



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.



DAILY FUN, ENTERTAINMENT, FOOD, MUSIC AND MORE! WEEKDAYS AT 9:00AM MONICA



- Full Color Printing
- Large Format Printing
- Architectural/ Construction Plans
- Promotional Products
- Mailing Services
- Binding
- Custom Roll Labels
- Foil Stamping
- In-House Graphic Design

info@theprinters.info | 311 S 8th St | Bismarck, ND 58504

A Union Label Facility



CLOTHES

FOR ALL WOMEN sizes 0-26 & maternity

Shop all of your favorite brands at about 70% less than mall store prices. We also pay you CASH on-the-Spot for your gently used clothing, shoes, handbags, accessories & more!

BISMARCK 100 W Front Ave • 701-323-7171

clothesmentor.com • find us on find us



ROOTED & REVOLUTIONARY

by Jody Kerzman | Photography: Photos by Jacy





Listening to Kathy Neset talk about her love for North Dakota, it's easy to assume she was born and raised in the Peace Garden State. But Kathy grew up nearly 2,000 miles away in Washington, New Jersey. It may as well have been a different world.

"I graduated from Brown University in Providence, Rhode Island. That's a far cry from North Dakota. I started as a math major but changed my major to geology, but still took classes in math and education," Kathy recalls.

After graduating from college in 1978, Kathy took a job as a seismologist in Gaylord, Michigan.

"There were not a lot of women in my field, and I hadn't a clue what I was getting into."

She stayed there for just three months.

"Turns out, it wasn't what a young girl from New England was ready for," Kathy says.

Kathy took a job in New York City with Core Laboratories and was once again sent to the oil fields as a mudlogger, this time to Dallas, Texas.

"I worked in east Texas in 1979, and I remember it was so hot. I begged them to send me somewhere cooler. I loved the work, I had found what my passion was. I asked to be sent north, so that's what they did. My next position was in Casper, Wyoming."

From there, she was sent to a well southeast of Bismarck, North Dakota. It was the summer of 1979, and Kathy fell in love—with North Dakota and with a man.

"In the summer of 1979 I met this good looking guy named Roy Neset. He was the core hand on that rig," recalls Kathy.

But by that winter, she was reassigned again, this time to a rig outside Tioga, North Dakota. Oil was booming in northwestern North Dakota, and Kathy was on her own.

"There I was, a young, single girl from New Jersey living in Williston. It was a different world than where I came from," she says. "I am the middle daughter of nine children—I have eight brothers, yet I'm the one who ends up in the oilfields of North Dakota. I think back now, and I wonder why they let me come here. My brothers were all doing nice, normal jobs like joining the military, law school, air force academy, and then there's me—working in the oil fields in North Dakota."

SETTING ROOTS

It wasn't long before Kathy and Roy reunited. Roy's family homestead was near Tioga, and he heard rumors of a woman working on the a rig there.

"He happened to hear there was a 'girl' working on the rig. Not a geologist or a mudlogger. Just a girl. So he came and looked me up, and we started dating. We got married in September 1980 and moved onto his family's homestead outside Tioga. The rest is history."

In 1980, Roy and Kathy formed Neset Enterprises; Roy worked as a wellsite supervisor and Kathy as a wellsite geologist. Thirty-eight years later, the company is now known as Neset. Kathy explains the mission of Neset is soundly rooted in wellsite geology and mudlogging, but has continued to meet the needs of

the industry—adding engineering, completion, workover, project management, and many geology and engineering services to meet the industry needs. Neset continues to expand and reinvent itself to stay at the forefront of current technology.

REVOLUTIONARY WOMAN

"I was never planning to build an entire company. But I saw there was a need for the work Roy and I did, and we met that need. We kept building and innovating and keeping up with the demands of the industry," explains Kathy.

Her secret to success? Kathy says it's likely her willingness to accept change, and her unwillingness to say no to any challenge.

"People say, 'Why fix it if it's not broken?' I have been in this business for 38 years and have done just fine, but you know what? That's the worst thing to say. If I've been doing the same thing for the last 38 years, something is wrong with that picture. I need to be looking ahead, I need to be reinventing. When someone tells me they do something because 'that's the way we've always done it'—that is a red flag in my book. That is actually a marker to say we need to look at this

"If I've been doing the same thing for the last 38 years, something is wrong with that picture. I need to be looking ahead, I need to be reinventing."



and see if there's a better way. I am learning there is always a better way."

EVEN BETTER

While Kathy Neset is not one to stop looking for ways to do better, in 2016, when a client suggested she become a certified woman-owned business, Kathy hesitated.

"I said, 'I haven't been certified for the last three decades and we've been okay. Why do I need to do that?' But here we are, two years later, and I'm a certified woman-owned business. Still, my initial take was that it wasn't significant, and it wasn't something that was worth my time and effort. It was a rigorous process financially and legally."

There was also documentation that had to be provided, and Kathy had to host a team for onsite interviews at her business. The team visits in person to make sure applicants truly are a woman-owned business and not in name only.

"You have to talk the talk, and you have to be able to show them hands-on, face to face, I am the owner and the principal of this company," explains Kathy.

There is a non-refundable \$1,500 fee just to apply for the certification.

And that's not a guarantee of certification.

"They could come and do all the interviews and then decide not to certify you. They'll just say, 'Sorry. You didn't meet our standards.""

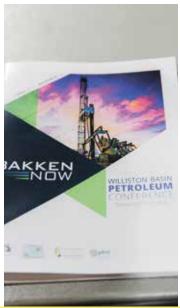
NO LOOKING BACK

Kathy's company did meet the standards and in May 2016 became certified as a woman-owned business. Kathy spent the next year attending trainings and conferences, learning everything she could about the Women's Business Enterprise National Council (WBENC).

"The first course I signed up for was a training program at the Shell training facility in Roberts, Louisiana. I was so excited. I thought it sounded fabulous. When I got there I realized it wasn't really about oil and gas at all, but rather a business school. We got a crash course in economics and finance. I did get some oil field training in, but I was in the minority of women there who work in this business. Most were there because they work in careers like medicine and IT."

The more she learned about the certification she'd received, the happier Kathy was she had gone through the process.







"There is a shift in how I do business. I have completely embraced this certification, and I see so many benefits. It's a huge advantage to a business owner like me. For example, let's say you are Shell Oil and you put out a bid for a military fuel oil contract. Shell's diversity and inclusion score will play a role in whether or not they get that contract. That score determined by the company's diversity and inclusion, meaning how many minorities, veterans, women, racial diversity, ethnic diversity that company employs. The more diverse they are, the bigger their competitive advantage. So having a certified woman-owned business like mine working for them increases their score and increases their chances of getting that contract."

WOMAN TO WOMAN

Although the contracts are important, they are not Kathy's only motivation to succeed. For nearly 40 years she has strived to not only be the best, but also to keep improving and to help others.

"If I could be a mentor to one woman it would absolutely make it worthwhile to me. I would love to give a hand to the next gal in line because

I just think it's so important that we work together and help one another as professionals and especially as women. There are enough tough things that come with being a woman in this world and in this oil and gas business. As a certified womanowned business, I want those bright, talented young ladies to come and work at Neset.

"You have an engineer or a geologist and their mom and dad and brothers are saying to them, 'Are you safe in that oil field, are you okay?' And I can look them in the eye and tell them, 'Yes, you are young lady, you are very safe.' I tell them it's up to us women to prove ourselves. I ask them, 'How do you present yourself in the work environment? Are you professional?' It's important to take the job seriously. I truly believe the same thing is true for young men. If you want to be taken seriously in that new job, then show it."

FACE THE FACTS

Kathy has faced the controversy in the oil business head on, and has made it her personal mission to educate the public about some of those controversial topics, including fracking, salt water disposal, and





AUGUST 2018 • INSPIREDV

pipeline placement.

"It's important to educate people about the facts and then let them make up their own minds as to whether they want to embrace it or not. North Dakotans are well-educated about oil and gas. We do events with the North Dakota Petroleum Council, and people are always there listening, learning, and asking great questions."

As oil once again picks up in the Bakken, Kathy says this is an exciting time. But she's been here before.

"We need to look not just at the needs of our state or the needs of our nation, but at the global energy needs, in whatever form that might be. The United States, and specifically North Dakota, is the perfect place to do this energy development. We are so well regulated here. We need to do it right, and that means doing it here at home."

FIRMLY ESTABLISHED

While oil and gas has been a huge part of Kathy's life, there is more to her than just her business. She and Roy raised two sons, farmed the family homestead, and Kathy even spent a year teaching science at Tioga High School. She served on the school board for 10 years. In 2012, she

was appointed to the North Dakota State Board of Higher Educationshe served as chairperson. She is also a member of the North Dakota Petroleum Council Executive Board, the Williston API, Dickinson API, Bismarck State College Petroleum Technology Advisory Committee, University of North Dakota Petroleum Engineering Advisory Committee, Lewis Clark Fort Mandan Foundation, Minneapolis Federal Reserve Bank Board of Directors, Tioga Golf & Country Club board, and St. Thomas Parish council secretary. There has been talk of Kathy one day making a run for political office.

"It is something I'm interested in. I love the entire concept of trying to do something bigger, better, for our state—number one, for our nation—of course. Yes, it absolutely interests me, but the time has not been right yet. I certainly think we have a fabulous look ahead in the political landscape here in North Dakota."

Kathy's beloved North Dakota has been her home for nearly 40 years, and she can't imagine living anywhere else.

"I go back east and visit and love it, but my home is Tioga, North Dakota." \mathcal{W}



To learn more about Neset, visit nesetconsulting.com.

And to see more photos of Kathy by Photos by Jacy, visit photosbyjacy.com.





WOMEN OF MEDORA:

Sponsored by the Theodore Roosevelt Medora Foundation

Joslyn Reichert

by Stephanie Fong | Submitted Photos

Women of Medora features inspiring women who have made an impact on the world through their time living and working in Medora.

Life sometimes has a funny way of putting the right opportunity in front of you at just the right time.

Dickinson native Joslyn Reichert had built a career in the food and beverage industry, attending culinary school at Le Cordon Bleu in San Francisco, holding various chef positions on the west coast, and then transitioning to food and beverage management roles at mountain resorts in Wyoming and Montana.

But six years ago, her parents had a chance grocery store encounter with Mike Beaudoin, who worked as the operations manager for the Theodore Roosevelt Medora Foundation in Medora. He asked if Joslyn was looking to move closer to home, knowing she'd be an asset to the hospitality team in North Dakota's top tourism destination.

"At the time North Dakota was booming, and I thought maybe it

A full-time opening in Medora's Group and Event Sales office was the perfect fit for Joslyn.

"I thought that was awesome! I was just so excited to do something new."

Joslyn was no stranger to working in Medora—she had been employed by the Theodore Roosevelt National Park's Medora entrance during her college years. Now instead of simply greeting guests and helping them purchase national park passes, Joslyn was tasked with coordinating groups coming to Medora for family reunions, bus tours, major conventions, and weddings.

"On the second day I was on my own and I thought, 'I just will figure it out.' If someone called and had a question I didn't know the answer to, I simply took a message, found the answer, and called them back. I don't think I've ever been ready for a job that I've taken, but it has always worked out."

On the transition back to working in Medora, Joslyn says, "I loved it. Being in North Dakota, I made so many connections because it's such a small state. And you get to know a lot of the groups and companies that come back year after year for tours and conferences, which was so fun."

Joslyn not only loved the job, but she loved the idea of working in Medora, where she had strong family ties. She's part of the Tescher family, known for their deep rodeo roots in the Medora area. Her great uncle was even the mayor of Medora in 1939.

So, when she became engaged, and her fiance, TJTooz, was relocating his business in Bismarck, she was keen to find a way to continue working for a place she loved. For a while, she commuted back and forth, splitting her time between TRMF's Bismarck and Medora offices.

Then last summer, after being with TRMF for six years, TRMF President Randy Hatzenbuhler approached Joslyn about moving to the development team, a transition Joslyn has loved.

"I love being a host; connecting people to Medora, making sure they have a good time, acting like a concierge of sorts for our donors and board members."

Joslyn recognizes the ways she has grown during her years and roles in Medora.

"Personally, the management training over the years, and being on the leadership team has been invaluable. I've just gained so much work experience."

And though she never dreamed she'd be working in a fundraising role, she finds it to be a natural fit.

"One thing I love about working in the development department is that I get to travel all across the state and hear different people's Medora stories. It's amazing how Medora touches people in different ways.

"Maybe it's working for a nonprofit, that I'm a little bit more humbled by my work. I feel like I'm doing good—not just doing my job, but doing a good thing for North Dakota."

When asked what inspires her about her work in Medora, Joslyn explains, "Just watching the wonderful things people across the state do for Medora is really inspiring. I feel as happy as the people that are giving money do. How cool and what a great experience that I get to witness some of the wonderful things people do, not only themselves, but their entire families. Their legacies are really amazing." W



Stephanie (Tinjum) Fong worked in Medora during her college summer breaks and then had the privilege to work as the personnel manager for the Theodore Roosevelt Medora Foundation for seven years. Background Photo: Rachael Neva Photo

ELEVATE

an Inspired Woman Conference

SEPTEMBER 6 & 7, 2018 | MEDORA, ND

ELEVATE YOUR PURPOSE, INFLUENCE, & SKILLS



FEATURING KEYNOTE SPEAKER, DR. CINDRA KAMPHOFF

High-performance coach and author of "Beyond Grit"

Cindra trains the Minnesota Vikings and other professionals in mental strength.

You'll gain strategies for high performance in your work and life.

Sponsored by Century 21 Morrison Realty



NOREEN KEESEY
"Elevate Your Success"



MELANIE CARVELL

"Mindfulness, Meditation, and the Chemistry of Kindness"



JEANNE MASSETH "Uplevel & Elevate Your Five"

COVER GIRL PANEL

Sponsored by Basin Electric Power Cooperative











You'll have fun, be entertained, and support the mission of Inspired Woman, too! Scholarship Fundraiser with the Cashman Auctionisters

Sponsored by Cottingham Insurance

IN PARTNERSHIP WITH:







My Personal Brand PHOTOGRAPHY by Rachael

SPONSORED BY:

CENTURY 21

Morrison Realty









REGISTER EARLY! LIMITED TO 200 ATTENDEES \$250 Registration. Includes conference, meals, and lodging

Receive a discount on Medora Musical tickets good for September 7 & 8 when you register. And stay for the 15th Annual Medora Hot Air Balloon Rally & Kite Fest, September 7-9!

FOR DETAILS AND REGISTRATION VISIT INSPIREDWOMANONLINE.COM OR MEDORA.COM AND FOLLOW US ON







THE NITTY GRITTY ON DR. CINDRA KAMPHOFF:

ELEVATE Women's Conference Keynote Speaker

Dr. Cindra Kamphoff, author of "Beyond Grit: Ten Powerful Practices to Gain the High Performance Edge," is a certified mental performance consultant and go-to high performance coach from Mankato, Minnesota. We visited with Cindra and asked her to share a little about herself. She also gave us a sneak peek of the high value tools and knowledge you'll gain when you attend the ELEVATE women's conference in Medora.

INSPIRED WOMAN: HIGH PERFORMANCE COACHING OR MINDSET TRAINING MIGHT BE A NEW CONCEPT TO SOME PEOPLE. WHAT IS IT?

Cindra: High performance means to me a daily pursuit of your excellence, a quest to reach your potential. It's not about comparing yourself to anyone else, it's about you being your best every day. I think the people who really want to reach their potential and know they have something in them know that their mindset can hold them back. We have to have the mental tools and skills to protect ourselves from ourselves. If we don't, because of our human nature, we can easily get off track and just go through the motions instead of living a really meaningful and purposeful, inspired life.

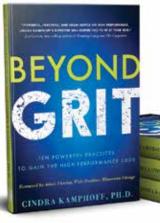
IW: HOW DOES A PERSON GET BACK ON TRACK?

C: The first step of high performance is that you master your emotions, thoughts, and actions. It's a continual process. It never ends.

IW: WHAT LED YOU TO THIS PROFESSION?

C: I grew up in Iowa and was a really good runner. My senior year in high school, I ran the fastest mile in the state of Iowa. Then I got a college scholarship to run at the University of Northern Iowa. I had all the talent in the world, but my mind held me back. So I became interested in psychology and how to really help myself; how to protect myself from myself. I got an undergrad degree in psychology and a masters and Ph.D. in performance psychology.





Ready to be elevated in your purpose, influence, and skills?
Cindra's book is a 300-page hard-cover containing more than 50 strategies to help you increase your performance in work and life. Attend the conference and you could win a copy of her book. Or take one home for 50% off the regular price.

REGISTER AT INSPIREDWOMANONLINE.COM

IW: WHO ARE YOUR CLIENTS?

C: I work with NFL players, Division II football players, major league baseball players, elite runners, adventure racers, elite archers; it's quite a variety. I work with CEOs and do a lot of work with sales positions such as realtors and insurance agents. In those positions you can see the ways you're holding yourself back by your habits or something related to your mindset.

IW: AND YOU'RE THE MINDSET TRAINER FOR THE MINNESOTA VIKINGS—TELL US HOW THAT HAPPENED!

C: It's a perfect example of grit. It happened because of perseverance and staying passionate and knowing what I wanted. I work with a Division II

college football team. One of our star players, Adam Thielen, went on to play for the Vikings, and he recommended me when a player was struggling. It just took off from there. Most of my work is with individual players.

IW: WHAT WOULD YOU SAY TO OUR READERS ABOUT ATTENDING THE ELEVATE WOMEN'S CONFERENCE?

C: You have so much more inside of you than you know is possible, and by coming to an event like this, you are going to gain the tools and the skills you need to continue to live a big life; living on purpose and inspired, and doing the good work that you're intended to do. Sometimes we forget that we are here for a reason. Coming to this conference will help you reconnect with that.

WHEN THE COOKIE CRUMBLES: There is Stub Hope

by Marci Narum | Photography: Photos by Jacy

It's supposed to be her day off, but Annie (Hummel) Iron Necklace is at her bakery on a Monday afternoon baking 1,500 cookies. She will prepare two more of these weekly special orders for the Bismarck Larks baseball games—on top of her daily baking and lunch menu at Sweet Treats Bakery in downtown Bismarck. Good thing Annie has good employees and good friends to help her on days like this. Her tears reflect her gratitude.

Unassuming, humble, and earnest, Annie says despite the hard work and long hours that come with owning a bakery, it has always been her dream. She points to the words on the T-shirt she's wearing: *Don't Quit Your Daydream*.

"I knew at a very young age what I wanted to do, that I wanted to be a chef," Annie shares. "I went to culinary school in Scottsdale, Arizona when I was 18. It's a Le Cordon Bleu school now. Right out of school, I was hired by chef Christopher Gross, who at the time was one of the top 10 chefs in the nation. He still has a restaurant in the Phoenix area, and he is basically a household name. He's an amazing chef. I worked for him for about six years."

When Chris had taught her everything he knew about pastries, he encouraged Annie to advance her skills by working alongside a pastry chef. Annie found JoAnne Berg, a pastry chef with a wholesale bakery in







Tempe, Arizona.

"She did everything from little mini pastries up to big wedding cakes, everything. And I learned a ton of stuff from her. Ever since then, I've just been baking."

Preparing sweets had become Annie's specialty. Life was good for her in Phoenix, so the 24-year-old wasn't prepared to taste the bitterness it was about to serve her: the death of her father in January of 1994.

It was the first major loss Annie had experienced, and when she returned to Phoenix after the funeral, she didn't know how to cope.

"I felt lonely and abandoned. I didn't have anyone, and I found comfort in substances. I did okay I think for a couple of years, but then I started dabbling a little bit in meth and other drugs."

Annie became addicted to meth, and she was involved with a man who was dealing drugs. He was violent, controlling, and abusive. Annie finally reached out to her family for help.

"For the next three years I was in and out of treatment centers and stopped working in the restaurant business. I was just bartending, and I kept relapsing. I kept going back to that guy, and nothing really got better."

Annie moved back to Bismarck in 1999 to live with her mom, hoping to escape her lifestyle and addiction. Instead, she began the next long, painful chapter of her life: arrests, drug charges, and prison.

"I kept getting out and going back to it. I would do okay for a couple of months and then go back to it. I had a really hard time staying clean."

Between 2000 and 2013, Annie served 11 years in state and federal prisons in North Dakota, Texas, and Minnesota. While serving time at the Federal Medical Center, Carswell in Fort Worth, Texas, Annie reached a turning point. She attended worship for the first time in several years.

"I went to Catholic church, and they started singing. I started crying, and I think I cried through the whole service. All that ugliness came out of me," Annie says, tears rolling down her face. "Everything I kept bottled up—all that toxic, gross poison came out of my body. That's how it felt."

(BOTTOM LEFT) Annie says her employee, Elizabeth Roubideaux is on a similar path she was on. Just like Mo Schmidt believed in her and gave her a chance, Annie is doing the same for others. Annie says Elizabeth is an amazing worker.







"There actually was a time in my life when I had accepted my fate. I was always going to be a junkie and that's how my life was going to be, and it really wasn't that big of a deal; I could live like that."

Until then, Annie thought she would always be a junkie, and she accepted it as her fate. But being back in church gave her the clarity she needed to believe she could turn her life around.

"I started exercising and eating better. I started going to church faithfully and reading my Bible and talking to God more. Having a strong faith really helped me."

Annie says while she was locked up, she also attended programs that would help her get better—selfawareness, abuse, and grief classes.

"I was just sick of it. I was so tired of living that way. My mom. I put her through a lot." Annie wipes tears from her face.

"She did put me through a lot," says Mary Ann Carlson, as she recalls those difficult years. "There was a time I turned her in, and she was very angry with me, which is understandable in

her situation at the time. But I never gave up hope. Your child is your child. And there is always hope. I just always prayed and hoped, and there were so many people praying for Annie. I think that's part of the blessing of her life.

Mary Ann considers Mo Schmidt another one of her daughter's blessings. Owner of the Bistro in Bismarck, Mo hired Annie to be his pastry chef, and he gave Annie a second chance—many times over.

"When I got in trouble, every time I got out, he would hire me back," Annie shares. "He really liked the work I did. Mo let me write my own recipes and put my own items on the menu and do my own specials. Some people would call and see what the dessert specials were and just come in for desserts sometimes. This last time I got out, having been gone for eight or nine years, he hired me back again. But he told me I couldn't mess up this time, or I would be gone. I told him that I really changed this time."

Annie became the owner of Sweet Treats in October 2016. Working long hours and baking 125 dozen cookies on her days off have been tough, but she wouldn't trade those hours for what were her toughest years.

"I definitely want people to know there is such an amazing life out here, and it's worth living. Don't give up. I know a lot of hopeless addicts out there who think there is nothing better for them, but there is. I know how hard it is. I've been there. But it's not impossible." "W"

See more photos of Annie and her sweet treats at photosbyjacy.com



A place to call home

From Assisted/Independent Living to Basic Care to Skilled Nursing, we provide a sense of comfort, security and independence where seniors can age in place gracefully.

Call today for a tour. 701-751-5678

4580 COLEMAN ST. | BISMARCK, ND 58503 www.stgabrielscommunity.org







Jill Krueger
Associate VP
jill.krueger@rate.com

O: (701) 204-0706 C: (701) 429-1181 311 North Washington Street Bismarck, ND 58501

NMLS ID: 936973; ND - NDML0936973

☐ ROWL HOUSING LENGER NMLS ID #2611. (Nationwide Mortgage Licensing System www.nmlsconsumeraccess.org) • ND - Lic #MB101818





122 E MAIN AVE STE 102

BISMARCK, ND

701.223.9922



Improve Your Quality of Life

Michael P. Martire, MD • Tony Neameyer, MPT Heidi Folk, MPT

Specializing in:

Neck & Back Pain • Hip, Knee, & Foot Pain/ Injury

Muscle & Nerve Injury/Pain

Extremity Numbness & Weakness

Carpal Tunnel Syndrome

Myofascial Pain/Fibromyalgia

Spine Rehabilitation • Whiplash/Soft Tissue Injuries

Sports Injuries • Chronic Pain

701.751.7750 | 121 W Century Ave, Bismarck, ND

Board Certified in Physical Medicine and Rehabilitation, Pain Medicine, and Electrodiagnosis

BECAUSE GUYS INSPIRE TOO!



What is the dearest camp you know? For hundreds of former counselors, staff, volunteers, and campers, the answer is Elks Camp Grassick—and those very lyrics are sung each morning during the wake-up song around the camp flag pole.

Dan Mimnaugh has been singing that song for 45 years.

What began as a fun-sounding summer job for the Valley City State

"Elks Camp Grassick is a magical place where children and adults with various disabilities and special needs can just be themselves," explains Dan. "I have seen tears of rejection turn into tears of happiness because they are finally accepted, without being bullied, teased, or ridiculed because of their special needs.

For more information about opportunities for campers, employment, or contributing, visit www.elkscampgrassick.com. student, became a life-long passion. In fact, after his first summer at camp, Dan went back to school and changed his major to elementary education. For the next seven summers while he finished college and taught school, he spent his summers as a counselor at the camp.

In 1978 he met another counselor, Kim Pladson, who became his wife the very next year. Then in 1980 the camp governing board combined the camp director and the superintendent positions, and they brought Dan on board full time. Living and working at the camp year-round "was a dream come true" for Dan. He and Kim raised their two daughters at camp.

THE DEAREST CAMP HE KNOWS by Jamie Christensen | Submitted Photos

"I couldn't have asked for a better place to raise a family and instill in my girls the values of kindness, compassion, empathy, and treating all people with the utmost of respect and dignity," Dan says.

The camp first began in 1928 an anti-tuberculosis camp undernourished children. ln the North Dakota Elks Association purchased and ran the camp with several other organizations until the Elks took over sole operation in 1968. Elks Camp Grassick is a nonprofit organization that survives through charitable contributions and donations. Its mission is to provide therapeutic and recreational camp experiences for children and adults with special needs.

"Elks Camp Grassick is a magical place where children and adults with various disabilities and special needs can just be themselves," explains Dan. "I have seen tears of rejection turn into tears of happiness because they are finally accepted, without being bullied, teased, or ridiculed because of their special needs. Out here they make true friends with the other campers and staff, and they learn and practice skills that will help them be less dependent on others for their daily needs."

The campers grow in self-confidence, pride, and skill in almost a magical way.

"Camp Grassick has never professed to be a miracle camp, but we know through the years that small miracles have happened out here," says Dan. "They happen because the staff loves and works relentlessly with the campers. The consistency with how we work with them and the great results we see year after year is one of the camp's greatest accomplishments."

This is the only camp of its kind in North Dakota, and campers and families are grateful for it. For many who have experienced camp in any way, shape or form, it has been a life changing experience.

As for Dan, he says it has been a humbling experience.

"I have met hundreds of individuals and gained lasting friendships through the years with campers, staff, and families. I don't know of too many other jobs that give you such great personal rewards as this one has for me," he says. "I thank the good Lord every day for the blessings He has given me and my family, and I have learned never to take anything for granted."

And while it's true for so many others who have spent time there, Elks Camp Grassick truly will always be the dearest camp he knows. W



Jamie Christensen is full-time licensed real estate agent, a communications and marketing professional, wife to Kai, and mom to Kaitlynn, Grady, and Cooper.



Dan and Grady Christensen



Reading instructor Kate, camper Adam, and Dan



Dan with some of his fellow camp counselors in 1977.









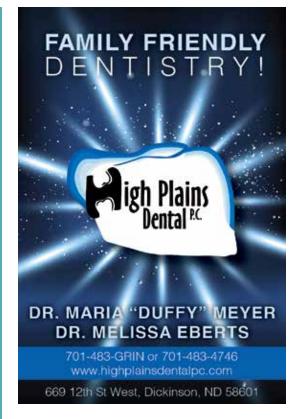
All of these controlled by this.



Call for your free hearing evaluation

Bismarck: 701.222.2484 Dickinson: 701.483.3588







MAPLE AND PECAN APPLE PIE WITH BLOOD ORANGE OLIVE OIL CRUST

Prep time: 30 minutes Chill time: at least 1 hour Cook time: 20 minutes

Servings: 6-8

Submitted by: Karmin's Kitchen Table

This recipe originally called for pears, but we adapted it to apple, and it quickly has become a FAVORITE to make and enjoy.

For the pie dough:

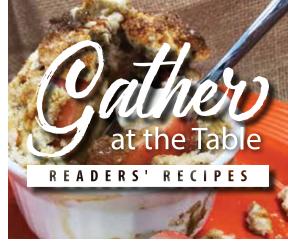
- 3-4 cups all purpose flour
- ½ teaspoon vanilla bean sea salt*
- ½ teaspoon baking powder
- ½ cup blood orange olive oil*
- 1 tablespoon prosecco wine vinegar

For the apples:

- 1 tablespoon avocado oil*
- 4 Honeycrisp apples
- 4 teaspoons sugar & spice dipper
- 1 teaspoon vanilla bean sea salt
- ¼ cup brown sugar
- ¼ cup maple sugar
- ¼ cup pecans finely chopped
- 2 tablespoons candied ginger, finely chopped
- 1 egg
- 2 tablespoons milk
- sugar & spice dipper

*Available at Karmin's Kitchen Table

Instructions: In a bowl, combine three cups flour, salt, and baking powder. Mix in blood orange olive oil and vinegar, mixing into coarse crumbs. Turn the dough out onto a lightly floured surface. With your hands, gently but quickly,



knead the dough just until combined, adding more flour if dough feels too soft or ice water (one tablespoon at a time) if dough is too dry. Roll out into a disk shape and wrap with plastic wrap. Chill for at least one hour.

Preheat oven to 425 F. Lightly coat four ramekins with avocado oil.

Cut apples in half. With a spoon, core the seeded area out to create a well for filling. In a bowl, combine the dipper, salt, brown sugar, maple syrup, pecans, and ginger for filling.

Spoon the filling mix into both halves of each apple and place back together. Place each apple on the center of a dough disk. Wrap the dough up and around the apple to enclose. Place each pastry-wrapped apple into the prepared ramekin. Decoratively cut leaves out of the extra piece of dough and place atop the apples to finish. Using a paring knife, cut a few small slots around the top for air to escape while baking. In a small bowl, whisk together the egg and milk. Brush the egg wash on each of the pies. Finish with a sprinkle of sugar & spice dipper.

Bake until the crust is golden brown, about 15-20 minutes. Enjoy warm or at room temperature. *W*



"Inspiring your inner Chef"

Hours:

Monday-Friday 10-6pm Saturday 10-4pm



4401 Coleman St, Bismarck ~ 751.8040 www.kktable.com ~ Find us on Facebook: @kktable

Waffle Irons:

NOT JUST FOR WAFFLES

Article and Photo by Pam Vukelic



Our microwave recently crashed and I thought, "Oh well, I won't miss it that much." Then I wanted to make popcorn, heat frozen vegetables, melt butter, and warm up frozen taco meat. I ended up scrapping the popcorn idea, prepared a salad instead of frozen peas, melted butter in a preheating oven, and used a saucepan to heat up the taco meat. Having the microwave on the fritz was a bigger inconvenience than I anticipated.

It made me think about other kitchen appliances I have and how much I (don't) use them. Many of them are nestled in the back of a cupboard in a state of hibernation. I found it was easy, however, to transition my waffle irons into versatile pieces of equipment with just a little online research.

Puff pastry browned in a Belgian waffle iron is simply delightful! I cut one sheet, which had been thawed overnight in the refrigerator, into nine squares and toasted one square at a time. The toasted pastry, called a Puffle, can be a base for creamed chicken, which is a little reminiscent of southern chicken and waffles. It also was delicious topped with a little syrup and eaten as French toast. Imagine it with a scoop of ice cream and drizzled with caramel. Yum! It's a great way to use up leftover puff pastry.

Gadettes are cookies made in a waffle iron. If you use a flavored brandy, such as the Slivovitz I mention in the recipe on the next page, the flavor comes through beautifully.

Not as far back in the cupboard, but not routinely used, is my Norwegian heart-shaped waffle iron. I remember the first time I ate these waffles. Gerd Tønjum had invited several of her friends to her backyard for coffee. She served the waffles with cream and berries. At the time, I was an employee of Gerd's at Fleischer's Hotel in Voss, Norway, where I had a summer job in the dining room. It was 1977. Much more recently, when Gunnar and Feli were here from Oslo for Meredith's wedding, Gunnar mixed up a batch of the waffles for breakfast, no recipe needed.

This time I "baked" brownies in that waffle iron. I found the batter needs to be quite thick to work well. They are delicious simply topped with a dusting of powdered sugar, but they, too, could accommodate ice cream, whipped cream, berries, mini chocolate chips, or chopped pecans.

A few years ago, at the Høstfest in Minot, I purchased the recipe book "We 'Love' Waffles" by Stine Aasland. A quick online search revealed dozens of cookbooks devoted to the humble waffle.

I also found it appealing to use my standard waffle iron as a panini press. Grilled cheese sandwiches are delicious.

Why a waffle iron? There is approximately three times as much surface area, which adds a whole bunch of extra crispy texture. All the little indentations are perfect for collecting sauces and holding cheeses. You don't have to heat up your oven.

A few waffle iron tips: Be sure to preheat it. Most recipes for cookies, brownies, and puff pastry call for medium heat. Do NOT spray the grids with cooking spray, but do rub lightly with an unflavored oil as needed.

You can transition other appliances, too. Use your panini press to grill chicken breasts. A pizzelle iron can make cookies, but the cookie can be turned into a bowl or cone if molded while still warm. This is true of krumkake, too. Spiced nuts can be made in a slow cooker. In fact, you can make Play Doh in your slow cooker, or you can heat scented towels for a soothing break after a run or long bike ride.

I'm determined to revamp my kitchen cabinets in order to have easier access to the small appliances tucked inside them. Quick internet searches will yield all kinds of suggestions for you to transition some of those not-so-often-used tools into frequently-used favorites. \mathcal{W}



Pam Vukelic and her husband, Jim, have attended two class reunions this summer, which reminded them how fortunate they are to have grown up in small town North Dakota. Pam says catching up with classmates is a study in transitions.

Waffle Iron Brownies

½ cup butter
¼ cup unsweetened cocoa powder
¾ cup white sugar
2 eggs
1 tablespoon water
1 ¼ cup flour
¼ teaspoon salt

Preheat waffle iron. Melt butter in saucepan, remove from heat and stir in cocoa. Mix in the sugar, eggs, and water. Add the flour and salt, beating well. In each segment of the waffle iron, add one well-rounded spoonful of batter. Cook as you would a waffle. Dust with powdered sugar.

Gadettes

1/3 cup butter, melted and slightly cooled
2 eggs
1 tablespoon bourbon or brandy* (optional)
1/4 teaspoon vanilla
1/2 cup granulated sugar
1/3 cup packed brown sugar
1 cup flour
dash of salt
powdered sugar (optional)

Place butter in large mixing bowl. Add eggs, one at a time, beating with electric mixer after each addition. Beat in brandy, if you like, and vanilla. Beat in sugars until well combined. Gradually add flour and salt. Cover and chill dough at least two hours or until firm enough to scoop. Preheat waffle baker. Drop dough from a small cookie scoop into center of each waffle grid. Close lid. (Make four at a time.) Bake about three minutes or until golden. Sprinkle with powdered sugar, if desired. Makes about 25. *I used the wonderful Croatian plum brandy called Slivovitz

Kaye Burian Western Beauty Captured on Canvas

Article and Photos by David Borlaug

"Now that's an artist who knows horses!"

That's a common reaction when visitors to The Capital Gallery in downtown Bismarck see Manning, North Dakota artist Kaye Burian's oil paintings on display.

And for good reason. Born and raised on a western North Dakota ranch and operating with her husband and family the Lazy 77 Ranch west of Manning, Kave need only walk outside their classic ranch

Kaye's painting, "A Sure Sign of Spring" captures the charm of a newborn baby calf



Kaye's painting, "Oh, About 30 Hundredths" depicts two ranchers discussing recent rain totals of Manning. Her earliest influences continue to talented hand and Dakota heart.

home to view her subjects. From mane to tail, she knows how every horse's strands of hair rest or rustle in the wind. Looking intently into the eyes of her equine subjects, you enter the soul of these majestic beauties.

But horses are not Kaye's only artistic interest. Her badlands and plains landscapes; ranch hands; cattle and other denizens of the West invade any gallery she fills. Her work has been shown and appreciated in Arizona, California, Montana, and Wyoming, and now, for the first time is on display in The Capital Gallery.

Kaye says her interest in art goes back as long as she can remember and that "you draw and paint the things you find around you, and I had plenty of subjects, growing up in ranch country."

Her drawings of horses, cattle, and landscapes caught the attention of a high school instructor who encouraged her to pursue art, and she later majored in art at Dickinson State University, Following graduation she and her husband both taught at Mott High School, and after six years, purchased their present ranch west

reveal themselves in her work today: Charles Russell and George Remington. Her "Oh, About 30 Hundredths," with two seasoned ranchers conversing from their sorrel and buckskin horses; and "A Sure Sign of Spring," capturing the charm of a newborn Black Baldy come from both a

Scores of rodeo trophies in her home

attest to the family's roots, embedded in a western lifestyle carved out of the rugged badlands around them. And all along the way, Kaye fulfilled more than her share of duties, helping manage a Hereford and later black and red angus cattle operation while raising two sons and increasing her artistic skills by painting all that she was experiencing first hand.

Her work has been recognized and honored throughout the American West including participation in Cheyenne Frontier Days Western Art Show and Sale along with the American Quarter Horse Association's "America's Horse in Art," which awarded her its Steel Dust Award for Best of Show in Amarillo, Texas. Her work has graced the cover of national horse magazines and hangs in prestigious homes throughout the United States. "W



David Borlaug is president of the Lewis & Clark Fort Mandan Foundation and director of The Capital Gallery in downtown Bismarck, owned and operated by the foundation



Kaye with fellow artists Johnathan Imafidor and Donut Popoola. The three are featured in The Capital Gallery's "Dakota Perspectives" exhibition through August.

Kaye's paintings are part of the current exhibition "Dakota Perspectives," at The Capital Gallery, which also includes two Nigerian artists and their contrasting views of the Dakota people and landscape. The gallery is open Monday through Saturday. For more info, call 751-1698 or go to TheCapitalGallery.com.





OUR CRITTERS WELCOME VISITORS: May-September, 10 am-7 pm daily October-April, 1-5 pm Fri-Sun wouther permitting Sertoma Park, Bismarck, ND 701-223-7543

dakotazoo.org

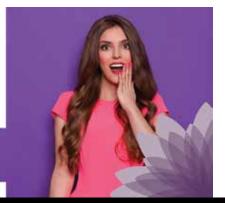




SAY GOODBYE TO TWEEZERS AND CHIN HAIR FOREVER!

Nancy's Electrolysis

1022 East Divide Ave. Suite M | 701.388.4818



(LEFT) One of Michelle's piles of clothes to give away

(MIDDLE) Gretchen Bell, stylist in Seattle, Washington

> (RIGHT) Michelle's new and improved closet







CAPSULE WARDROBE

Article and Photos by Michelle Farnsworth

What started out as a simple clean out my closet exercise, quickly morphed into changing the way I view fashion. I have always loved fashion trends and am a sucker for any kind of fashion box, latest and greatest must-have item, and bright and shiny objects.

If I won the lottery, I've always said I would rent a private plane, fly to Paris, and shut down Chanel. #ChampagneAndChanel

But since I'm a woman from Bismarck, North Dakota with no private plane, I need to plan accordingly.

I'm also a terrific impulse buyer, (I was going to say terrible, but it feels so good, so I chose terrific!) After years of impulse purchasing, my wardrobe is large and full of disposable fashions. Meaning they might be cute and trendy for one moment, but do not stand the test of time. #LatteFashions #WearOnceAndDone

What is a capsule wardrobe? When I first started discussing with friends the most common response was asking if I was going to bury clothes in a tube for someone to dig up and find in 50 years. No. But it does help your future

in many ways.

The Wikipedia definition of a capsule wardrobe: "A term coined by Susie Faux, the owner of a London boutique called 'Wardrobe' in the 1970s. According to Faux, a capsule wardrobe is a collection of a few essential items of clothing that don't go out of fashion, such as skirts, trousers, and coats, which can then be augmented with seasonal pieces."

I am in the process of selling and giving away clothes and assessing my closet. I am not a minimalist by nature, so what are my goals?

- 1. Downsize and Clean-Up My Wardrobe. This means making tough editing decisions. I actually use my editing skills as a writer when standing in my closet reviewing the pieces, like so many words on a computer screen. Haven't worn in six months? Gone. Doesn't fit at this moment? Gone. Too trendy? Gone. You see the method, right?
- **2. Donate.** Although the clothing I delete from my wardrobe doesn't fit me or this project, the clothing is good, and I want women who are in need to benefit. Donating

DNSORED BY STUDIO NORTH

clothing to the Abused Adult Resource Center (AARC) in Bismarck means clients can select items directly and remaining items get sent to the nonprofit's thrift store, Seeds of Hope, to sell.

3. Efficiency. Many capsule wardrobe experts teach people to pare down to 30 to 50 items. (I just fainted.) By my current count I have already deleted 220 items. I am simultaneously impressed and ashamed to admit those numbers, which is why I am doing something about it.

I hope to maintain a wardrobe that will be easy. Instead of standing in front of clothing that doesn't work, I will be able to quickly choose an option and get on with my day.

Much of my inspiration comes from reading online articles and my friend Gretchen Bell, a stylist in Seattle, Washington.

Michelle: I'm in the process of finally cleaning up my wardrobe. I know, I know...I can feel your eyes rolling right now.

Gretchen: (laughing) Good! These days many of us are thinking about living with less. Less stuff, less waste. We have less time and little interest in added stress. You want to be buying pieces that will last for years to come. That is where the appeal of a capsule wardrobe comes in; European women have always shopped this way.

M: I'm very European, just ask me. So does this mean no more Target runs or trendy impulse buys in my future?

G: The first step in a Capsule

Wardrobe is to clean out your closet and only keep the pieces you love and that fit you perfectly. Ideally your capsule will contain 20-35 pieces of tops, bottoms, dresses, and jackets.

For more capsule wardrobe tips,

follow Michelle's Pinterest page,

pinterest.com/

chellbellnd/cap-

sule-wardrobe/

ideas, and

inspiration,

M: Hold on! Not sure I can go that low! I was hoping to eventually get to the 100 pieces mark.

G: (Silence...then continues talking through my complaining.) It works best to stick with a color palette as well. Neutrals work great like grey, blue, ivory, white, and black. You can always add color and pattern with your accessories or jackets.

M: Yes, that's my plan. I've always admired bold accessories and will continue to add those for conversation, and to not always be that woman wearing black.

G: Great quality items with interesting details can be found reasonably. Look for fun shapes, details like pleating, zippers, snaps, and flattering seaming. A capsule wardrobe is a great challenge for all of us to try. When living with less you will find getting dressed saves you lots of time and energy every day. Buying quality clothes will also save you money in the long run.

M: I guess the old saying "You get what you pay for" is very applicable to this process?

G: Who would object to that? \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.



COMMUNITY CONTRIBUTOR



REBUILDING TOGETHER Submitted Photos

GIVE US A LITTLE HISTORY OF YOUR ORGANIZATION.

Rebuilding Together started with the simple act of neighbors helping neighbors. In 1973, a small group of people in Midland, Texas, realized a growing need in their community. Homes in their community had fallen into disrepair, and their neighbors could not afford to fix them on their own. The group volunteered their time and skills to rehabilitate the homes of their neighbors. Realizing the potential impact of this work, the group formed Christmas in April, with the intent of performing repair and rehabilitation work in their community every April.

News of the group's good work spread slowly, but eventually achieved national recognition. The mission spread beyond the idea of providing service once a year in April to bringing together partners from all walks of life to help our neighbors year-round. We became Rebuilding Together and opened the national office in 1988.

Today, Rebuilding Together has grown into a premier nonprofit community revitalization organization.

Since being chartered in 1997, Rebuilding Together Greater Bismarck/ Mandan, has become one of the leading volunteer organizations in the Capital City. The organization is dedicated to helping low-income homeowners in Bismarck and Mandan, North Dakota live in warmth, safety, and independence. Rebuilding Together works in partnership with local corporations; foundations and civic,

educational, religious, and community organizations to "rebuild" houses and communities. All of the work is performed by volunteer laborers, utilizing donated materials and resources, at no cost to the homeowner with the work being done on a one-day blitz, usually on the last Saturday in April or beginning of May.

Our local chapter has raised more than \$1,176,154 in cash and in-kind gifts, and more than 6,234 local volunteers have pitched in to help rehabilitate more than 170 homes and/or area charitable nonprofit sites throughout the Bismarck-Mandan community.

HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

Every year we hold our Annual Rebuilding Together Greater Bismarck-Mandan Area Bowling Tournament and Silent Auction at Midway Lanes. Each year we choose a different theme and 52 teams come together to raise money and raise awareness for our organization. We also collect nonperishable food items that are donated after the event to a local food pantry. We held a raffle for the first time in 2018 that was well received and very successful. All the proceeds raised at the event are used to purchase supplies or materials for our Rebuilding Day.

WHAT IS REBUILDING DAY?

Many of our neighbors cannot

provide themselves with the basics we take for granted. Typical home improvements include replacing floors and carpeting, improving plumbing and heating, replacing unsafe electrical wiring, replacing kitchen appliances, installing handicap accessible devices and ramps, painting (exterior and interior), plaster repairs, replacing or repairing drafty windows and doors, and installing smoke and CO2 detectors. In addition to making a home safe, warm and dry, our volunteers also do yard work.

Homeowners must:

- Own/reside in their home
- Have current home insurance
- Owe no back taxes
- Include older persons, persons with disabilities, or be a lowincome family
- Be unable to do the repairs themselves

Applicants may refer themselves or be referred by an agency, organization, family member, neighbor, church, or others.

HOW CAN PEOPLE DONATE OR GET INVOLVED?

Anyone can donate or get involved by visiting our website, rebuildingtogetherbisman.com. Like or share our Facebook page Rebuilding Together - Bismarck/Mandan. Or email us at rebuildbisman@hotmail.com. Involvement can include serving on our board, serving on a committee, or simply by volunteering during Rebuilding Day.

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

We are super excited to have just finished seven projects during our 2018 Rebuilding Day in May. We invite any individuals interested in learning how to be a house captain or a co-captain in 2019. We also accept applications all year long if you know any individuals who would qualify next year. \mathcal{W}

















a Positive Fransition

by Rhonda Jolliffe

Life is all about transitions. Some are fun and exciting and others you could do without or even try to avoid like the plague. Transitions can be meticulously planned out while others may hit you like a brick with no warning. There is however, one transition in every woman's life that is inevitable and unavoidable, whether you are ready or not: menopause.

Now if you are 20-something, you may not even know the definition of this inevitable future that awaits you on the horizon. If you are 30-something you don't really think it exists, or you may hear your mother mentioning it briefly, but in reality, you don't think it is ever going to happen to you. Your 40s come, (quickly I might add), and you may start asking the question, "Could this be the start of it?" By the time you hit your 50s, if not before, there will be messages knocking at your

"The menopause transition should be looked at as a positive move forward in a women's life. The ancient thinking that when a woman goes through menopause means she is old—must end."—Rhonda Jolliffe

subconscious that say, "Yes! I think it is here!"

The first thing one thinks regarding menopause tends not to be pleasant or positive thoughts. It makes most women cringe at the thought of that inevitable time in their life presenting itself. Thoughts of, "Now I am going to have hot flashes or night sweats," and, "Now I am old" are more common than the positive changes awaiting you.

Yes, I said positive. We all seem to know the doom and gloom of menopause, but I am here to tell you there are positive happenings through this life transition. After working with menopausal women for the past 20 years in my clinical practice, then experiencing it myself with the love and support of my friends, family, and the 48 million other women going through the transition, I understand clearly what the positives can be.

A woman enters menopause because of a biological change in her hormones, mainly the loss of estrogen. Estrogen is the hormone of caretaking or nurturing for others, which is perfect in those childbearing years when your children and your home need nurturing. Your kids however, don't stay home forever—you raised them to become mature adults, and they leave on their own journey that requires less nurturing on your part. As you face the guieter life of no children in the home and lose estrogen, you become more into self-nurturing than nurturing of others. This may sound like a bad thing; however, learning to say no to things you really don't want to do, and topping it off with not feeling guilty for saying no is good for your health and happiness. When a woman loses estrogen,

becomes more like a man, and the tendencies to take things personally dwindles. This is liberating. And guess what? We just don't care what people think as much as we used to, so we can now live our lives the way we want and not how others think we should. How much freedom of thought is in that?

Marti Barletta, author of "Prime Time Women: How to Win the Hearts, Minds and Business of Boomer Big Spenders," says the majority of today's older women don't experience midlife as a crisis the way some men typically do; they truly feel at their peak—personally, professionally, financially, and psychologically. Barletta's research finds that older women are more content with their lives than younger women as they understand that adversity in life will come, yet they feel they now have more tools to handle what they are faced with, and things become easier.

The menopause transition should be looked at as a positive move forward in a woman's life. The ancient thinking that when a woman goes through menopause

means she is old-must end. Those thoughts were for the days when the life expectancy was age 59. Women now are living longer and healthier lives; our life expectancy is now age 84, meaning you have 30-plus years after menopause to re-create yourself. There are positive things are the horizon as your creativity increases with this biological change, and you know you can do things you have always wanted to do but never had the time. Enjoy life, get rid of things that do not serve your purpose anymore, and start something new with the creative energy you now are feeling. Barletta's research showed that 59 percent of women ages 50 to 70 feel their greatest achievements are still ahead of them, so stay positive and embrace this wonderful transition. \mathcal{W}



Rhonda Joliffe is a Functional Medicine Nurse Practitioner at Lifeways Clinic in Bismarck. She launched a website, RhondaNP.com to educate and support women through the peri and menopause transition.





On October 13, 1994, I moved from Arizona to Maine to clear my mind and write an honest book about my father, Ernest. The plan was to stay a year at most. One year turned into five, five turned into 10, and in May of 2018 I packed up my worldly possessions—and all were transported to a safe and secure storage vault while I searched for my new digs in Gettysburg, Pennsylvania.

For the most part, it's been a good, productive quarter of a century, however, there's a dark back story leading up to moving out of my coastal home in Maine. 2010 to early 2016 were perhaps the best years—so much so I thought I would stay in Maine forever. Then, the bottom fell out of my world as I knew it when two monthly retainer clients died suddenly between March of 2016 and October 2017. I lost two good friends and a sizable income.

Then in early January of 2017, I slipped on an ice-covered parking lot in the driveway of the condo I rented for the past seven years. I nearly died from my injuries and had to have a full

right knee replacement.

My condo was then sold out from under me and closed in March 2017. My lease ended just two months later, and in the meantime, I had my knee replacement. The rehabilitation took 11 months. Still, after two client deaths, it was difficult to make ends meet; the rent was steep even by Maine standards.

All of this was a stressful time and took its toll on me. Divorced since 1985, I was approaching 77 in June 2018. I should have been enjoying my golden years. All the misfortunes sidetracked my business career and my personal life.

My lease expired May 31, 2018, and I drove out of Maine on June 1. By June 5 I was in horse country in Kentucky, where my dear friend Kathy lives. She graciously invited me to spend some down time with her to get my quality of life back. Can you try to imagine what that was like? I drove 1,203 miles by myself and had a lot of time to think about how to reconstruct my life, facing the 77th summer of my life.

Kathy is blessed to be surrounded

by kind, trusting, loving neighbors with names like Mike, Lynn, Tracey, Wendy, Kelly, and Biff, and a rescued tomcat who goes by the name of "Cubby."

You can't make up fictional hospitality, it's either inside you or it isn't. These people have it in full bloom; you don't acquire it like a suntan! In plain English as someone famous recently said, "If you don't love Kentucky, you don't love life."

So far, I've been to 'a come to Jesus' personal time and have attended two Christian services complete with morning coffee, a band, and a pastor who'd had enough of the corporate world.

Recently, Kathy and I visited Old Friends Farm, where owner Michael Blowen gave us the golf cart tour we shall never forget. We were privileged to see another Triple Crown winner cross the finish line at Belmont on June 9; Justify to Rectify was brilliant in his performance and jockey, Mike Smith,

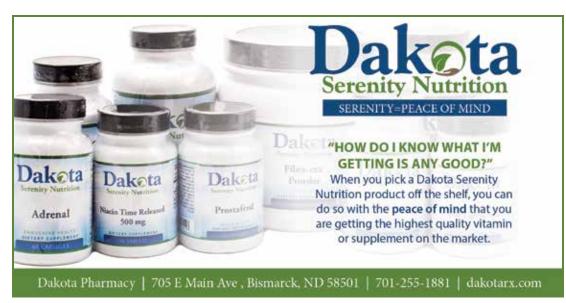
beamed with much deserved joy and blessings from above.

I met and was served 'a moveable feast' by Jason Smith, a native Kentuckian who is a Food Network star, and Kathy and I met Tommy Walters, who owns Proud Mary's Restaurant, on the edge of an enchanted river. I ended the week with a one hour Radio Show in Mt. Sterling with Danny Manley.

Life is good. You just have to sometimes get out of your own way, and allow God to lead the way and help you turn the page of a new chapter in your life. On this journey, God has taught me to get comfortable in trusting Him and my gut. I'm starting to feel as grounded and steady as a Clydesdale in the 77th summer, and I have made peace with the past.



Carole Hemingway is an internationally regarded author, speaker, and historical writer. She recently moved to a horse farm in Kentucky (dose to two Triple Crown Winners) and where she is writing three books about Gettysburg.







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

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

Turning visions into reality, one property at a time.



Denise Ziegler Amy Montgomery

701-391-4566

701-527-6874

denise@dakotafreelance.com

amy@alliancere.net





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

DAKOTA PERSPECTIVES:

Imafider - Burian - Pepeeta



Featuring artists from Nigeria and Manning, ND Exhibition runs through August



MONDAY-SATURDAY | 10AM-5PM

(AFTER HOURS BY APPOINTMENT) | 701.751.1698

109 NORTH FOURTH STREET, BISMARCK, ND

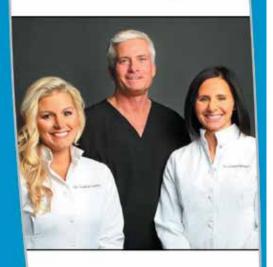
THECAPITALGALLERY.COM

OWNED AND OPERATED BY THE LEWIS & CLARK FORT

MANDAN FOUNDATION

polished dental healthy smiles for the entire family

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



Now offering Botox and Dermal Fillers to enhance your smile!

1700 E Interstate Ave Bismarck, ND

701-222-4746

www.polished-dental.net

CONNECT WITH US AT OUR UPCOMING EVENTS.

BISMARCK POLICE-AARP COMMUNITY PICNIC

August 7, 2018

GET TO KNOW SOCIAL SECURITY LUNCH & LEARN OR LOUNGE & LEARN

August 29, 2018

PASSPORT TO HEALTHY LIVING EVENTS

PICKLEBALL PRIMER

August 8, 2018

GROUP OUTING TO UTTC POWWOW

September 7, 2018

FREE DOCUMENT SHREDDING

October 6, 2018

Take on Today and every day with AARP. Learn more at aarp.org/bismarck





\$37

12 issues delivered by the first of each month

Mail checks to: Inspired Woman Enterprises, LLP 3801 Memorial Hwy Suite A PMB 108 Mandan ND 58554

"The believed she could, so she did."



At Thrivent Financial, we have a different way of looking at money—a way that's not just smart, but wise.

Our goal is to help you prepare for the future, protect the people you love, and live a more generous and fulfilling life.

We'll guide you on this journey, because life's not always about having more, it's about doing more with what you have. It's about being wise with money.

Contact your Thrivent Financial representative or visit Thrivent.com/wisdom to learn more.

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