

Inspired Woman

TIME

**TIME FOR FUN
AT THE GYM**

**5 TIPS TO HELP
YOU SLEEP BETTER**

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DECEMBER 2018
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*Sigrid
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Volume 18, Number 12

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

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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.

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Contents

"To everything there is a season, and a time for every purpose under heaven." Ecclesiastes 3:1

- 08** **The Bullet Journal Craze**
by Noreen Keesey
- 10** **5 Tips to Help You Sleep Better**
by Annie Schlecht
- 12** **When There's Time to Spare**
by Paula Redmann
- 14** **Look What She Did**
- 18** **COVER STORY:**
Sigrid Strebe
Wasting No Time
- 24** **Women of Medora: Candice Lively Wollan**
by Stephanie Fong
- 26** **Time For Fun at the Gym**
by Amber (Schatz) Danks
- 28** **Jodi Hendrickson**
Sticking Her Neck Out
- 30** **Holidays: The Perfect Time for Traditions**
by Pam Vukelic
- 32** **Find Your Happy Place: The Gift Closet**
by Deb Seminary
- 34** **Oh Man: John Lopez**
Because Guys Inspire Too!
- 36** **A Family Affair: Generations of Caregivers**
by Kathrin Youngberg
- 38** **First Responders**
Lasting Friendships
- 40** **Community Contributor**
Best Friends Mentoring Program
- 42** **Mary Latham**
More Good
- 44** **Follow the Horse from Midway, Kentucky**
by Carole Hemingway
- 47** **Gather at the Table**
Readers' Recipes



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Editors' Notes



*"Ain't it funny how life changes.
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You can't stop it, just hop on the train and
You never know what's gonna happen
You make your plans and you hear God laughing
Life changes, and I wouldn't change it for the world."*

Everytime I hear that Thomas Rhett song, I smile because it pretty much describes my life right now. I've made the very difficult decision to leave Inspired Woman magazine. This will be my last issue as co-editor. In my years with the magazine I have met many inspiring people, challenged myself to try new things, and learned a lot about myself. But it is time for me to step away. I can only describe it as raising a child—you work really, really hard to make that kid the best she can be, and then you let go and watch her do her own thing. But you're still there on the sidelines, cheering her on. That's exactly how I feel about Inspired Woman magazine. I'm sad to let it go, but I'm excited to see what happens next.

But enough about me. Let's talk about all the great stuff in this issue! Our cover girl, Sigrid Strebe, is simply amazing, using her mess to share an important message. Mary Latham will have you looking for "more good," and Jodi Hendrickson's beautiful scarves are so much more than just a fashion statement. We've also got some great tips to help you sleep better and to use a bullet journal to get more organized. I'm anxious to implement ideas from both of those articles.

Finally, thank you to everyone who has made this job so fun: Marci, the Printers, the advisory board, writers, photographers, delivery helpers, and readers. It has been a pleasure to bring you inspiring stories each month.

Jody



I value time much differently in my 40s than I did during the last two decades of my life. The word "bored" is not part of my vocabulary. My husband loves it when I sit down to watch a Vikings game with him. But I get antsy. I always feel like I should be doing something with my time. There is always a task to complete, a project to accomplish, or a gift to create.

Creating Inspired Woman magazine with Jody and our amazing team over the past two and a half years has honestly made time seem to vanish. It's been a whirlwind of ideas shared over text, phone calls, and emails. Time really does fly when you're having fun. It won't be the same without Jody; I'm grateful to have shared with her this creative platform and important mission.

Here is yet another issue that was fun to prepare for you, just in time for the season when time truly is fleeting. You'll enjoy reading Pam Vukelic's piece as she reminisces about family and neighbors, and Paula Redmann's suggestions on sharing your valuable time. I marveled at hearing how three women who are first responders from different emergency services crossed paths on the job, became friends, and still make time to be together—even to watch football (I can hear my husband now).

One of the ways I value time is making more time for my husband, my family, and my closest friends. What tomorrow holds really is unknown. Hold onto the ones you love, cherish your time together, and be grateful.

Marci

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



THE BULLET JOURNAL CRAZE

by Noreen Keesey

I love journals, notebooks, planners, and pens. I can lose hours happily wandering in office supply stores. I get a rush of excitement seeing a display of beautiful, empty books just waiting for the smooth strokes of the perfect pen.

This adoration comes with a downside. Even when I make the difficult choice of which lovely items come home with me, I tend not to use them well. The journals with motivating quotes on the cover sit waiting for a spark of inspiration on the best use for them. The planners ended up with days, sometimes weeks, without a single ink mark. Those empty wasted pages filling me with regret.

I hoped that finding the right planner would bring organization and productivity to my life. I could say goodbye to all the sticky notes and scraps of paper with phone numbers and cryptic messages on them, and give my brain a rest. Perhaps you know someone like me.

I'm happy to share that my search for the perfect planner is over. A couple of years ago, I ran across "The Bullet Journal Method" created by Ryder Carroll. I checked into it and was intrigued. Due to the disappointments of so many planners that failed me, I was cautious. I decided to try out the system using the unused last half of an old notebook. One wasn't hard to find.

I got a little caught up in the online overwhelm, reading blogs and watching YouTube videos of people crafting beautiful pages. This caused me to buy some washi tape, stencils, and more markers than one person needs. Through practice, I found that I spent far too much time putting pages together and was never happy with the result. My bullet journal was starting to become more of a failed art project than a planner.

My reaction was equally unhelpful, with my use becoming more of a notebook than a planner. This

was progress, as I could reference important information quickly and easily when needed. What was lacking was the intentional use of the system to support my productivity. This is the beauty of the bullet journal system, and why I love it. As I learn what works for me and what doesn't, I change it. In that notebook. On the very next page.

I recently filled my first full notebook and migrated to my second. I followed the recommended review process and am implementing my lessons learned, which include:

- Allow more white space to remain on the page.
- Reflect on undone tasks to see if they deserve to be rescheduled or if striking them out is a better use of my time.
- Consider my priorities and whether they are getting the attention they deserve. Am I using my time and energy on the things that I deem most important?

I finally found the perfect planner for me. I expect it to change as I do, and become an even better tool as I gain skill in its use. I will continue to occasionally use my fancy colored markers and add a bit of washi tape here and there; they add just the right touch of flair to my productivity partner. *W*



Noreen Keesey is a leadership trainer and life coach living in Bismarck. To learn more about creating your own bullet journal, visit www.bulletjournal.com.

“

“...where mindfulness meets productivity to help you design a life you want to live.”
—“The Bullet Journal Method,” Ryder Carroll



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5 tips

TO HELP YOU SLEEP BETTER

by Annie Schlecht | Submitted Photos

As women, we have a lot of titles—wife, mother, sister, daughter, friend, employee, volunteer, etc.—and each one of those titles comes with a to-do list. We are becoming busier and busier, constantly giving, doing, running, especially around the holiday season. As much as we enjoy giving to others, I want to take some time to make sure you are taking care of yourself in the most basic way possible: your sleep.

Did you know that 30 percent of Americans are sleep deprived? On average, women are getting six hours and 41 minutes of sleep per night, when the recommended number is seven to eight hours. Why are we shorting ourselves, ladies?

Everything about our physical, mental, emotional, and spiritual being is impacted when we are sleep deprived. I remember trying to function on a nightly average of six hours of sleep. Let me tell you, it was not pretty. I would roll my eyes at the thought of going to the gym. Take-out always sounded tastier than whipping up a healthy meal for my fam. I was snappy with my husband, and our sex life was nonexistent. I didn't have the energy to play with my children and was

constantly turning on Mickey Mouse, so I could lay on the couch. I was making numerous mistakes at work and almost fell asleep at the wheel on my way home from a late night at the office.

I was miserable and felt like I was drowning. I knew I needed to change my life, but I was overwhelmed with where to start. Once I started breaking down all of the problem areas, it all boiled down to the fact that I was exhausted and had no energy. The good news is that there is a way out of this vicious cycle. Here are a few tips to help get you started:

1. **Aim for seven to eight hours of sleep a night.** Figure out what time you need to be awake in the morning and count backwards by seven or eight hours. If you need to be up at 6 a.m., your butt needs to be in bed and ASLEEP by 10 p.m. Make sure you factor in the time (hopefully no more than 20 minutes) it takes for you to fall asleep.
2. **Save the bed for sleep and intimacy.** Nothing should take place in your bed but sleep and sex. If you read, work on your laptop, or watch TV in bed your brain is going

to have a hard time breaking those associations and shutting down to relax once you hit the sheets. Create a sanctuary, and don't allow the other distractions to come in. I also recommend removing any décor or photos from your bedroom that don't make you feel Zen, sexual, or sleepy. (Put that old photo of your grandmother in a different room, please!)

3. No screen time one hour before bed. I get it. We love technology. But this is what is suppressing our natural melatonin levels. The blue light that is emitted from screens is so alerting to our central nervous systems that it makes it hard for us to fall asleep and maintain sleep. Before you rush out and buy some melatonin, STOP! Our bodies are capable of producing it, we just need to make sure that the environments are conducive. If you have to be on your computer or you just can't give up the TV before bed, then get yourself some blue light blocking glasses. This will decrease the amount of blue light that is entering the optic nerve.

4. Read a fiction book before bed. We are using the logical/analytical side of our brain all day long. And just like any muscle, it gets tired. Give the left side of your brain a break, and tune into the right/creative half to help

Learn more sleep tips from Annie on her website ZenSleepConsulting.com

you relax and shut down before bed.

5. Make sure your room is cool. Our bodies naturally decrease in body temperature when we sleep, so if it's too warm you will find that your sleep quality will be impacted. Most sleep experts recommend between 65-69 degrees for sleep. Use some kind of fan to circulate the air and wear loose fitting pjs. If you are a colder person, try wearing socks to bed. This will increase your circulation and naturally keep your body warmer without a pile of blankets.

This is just a handful of tips that you can implement and can help you and sleep become BFFs. Ladies, take time to prioritize your sleep, your health, and yourself! *M*



Annie Schlecht is an occupational therapist, certified sleep consultant, Reiki practitioner, and infant massage instructor. She lives in Wimbledon, North Dakota with her husband and two daughters.

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WHEN THERE'S TIME TO SPARE

by Paula Redmann

Time is fleeting. Time is precious. There's only so much of it. Even the changing of our clocks to "spring forward" or "fall back" can be unnerving, knowing we're losing (boo) or gaining (yay) an hour of time.

Time dictates our lives and we are bound to it. There are kid's schedules to meet, errands to run, families to see, friends to greet, and then there's that thing called work. Yet there's a tug in our souls to lend a hand, share a skill, and pitch in. Volunteers make the world a better place; and organizations, nonprofits, schools, and churches rely on additional hands and feet to help with both big and little tasks.

Do you have time to spare? Before you commit yourself to a group, an organization, or a board, consider these tips in sharing your valuable time.

1. **Match your interests.** What puts a smile on your face? Do you love working with children, older adults, animals? Why not pair your interests with your passion? Be a volunteer reader at a school. Check out options to help at any assisted living

residence or nursing home. Walk a dog at an animal shelter or foster one in your home. Pair your interest with something that speaks to your heart so that it's a delightful time for both you and the recipient. You're sure to be more committed if you believe in the cause. There are organizations all around waiting for you.

2. **Match your availability.** Just exactly how much time do you have to give? Are you willing to commit one to two hours a week for a nonprofit organization? Be sure that the hours you want to give fit into your schedule. Maybe you're thinking about the leadership side of sharing your time and want to be on a board of directors or leadership team for an organization you admire. Heads up: you may be committing yourself to a three-year term, or even longer if you choose to become a board officer. It would be wise to seek a defined role for yourself and be fully aware of what is expected of you as a board member. Knowing these things before you get too far down the volunteer path will

alleviate any misunderstandings. You don't want to overcommit, whether it's two hours or two years, or both parties could end up disappointed.

3. **Match your talents.** Are you a wizard with a spreadsheet? Can you organize an event in your sleep? Can you sell ice cubes in Alaska? Consider your skills and gifts and put them to work so it really doesn't seem like work at all. There are organizations always looking for help in budgeting and finance, and many groups are raising funds for a worthy project. It's a win-win to pair your skills with community involvement. Maybe you can be a virtual volunteer and do good works directly from home, on your own time and schedule. On the flip side of this, perhaps you'd like to share your valuable time and learn something new, gain practical experience, and add a new skill to your repertoire. Many organizations are willing to train a volunteer. It might be nice to spice up your everyday routine and try some tasks outside your comfort zone. It forces you to learn and adjust. Scary, perhaps, but the good scary, not the bad scary.

4. **Match your friends and family.** If you've determined that any ounce of time you have should be circled back and devoted to your family, there are plenty of opportunities in front of you. Do you have a sports kid? Be a coach. Do you have a theater kid? Sew some costumes (or hot glue that ribbon on the hat; whatever works) or hand out programs on the night of the big

show. Do you have a kitchen kid? Bake cookies for the nurses working on Christmas. Do you long for more time with girlfriends, guy friends, other couples, or your own kids? Talk about common interests (see tip number one), and go help as a group. Being a volunteer has its own reward, but it shouldn't feel like a chore, either. It's okay to have some fun when you're sharing your time. The experience can bring everyone together, pull people in the same direction, create memories, and teach your children the value of sharing and caring.

5. **Match expectations.** Don't be offended if your willingness to share time takes time. Many organizations need to be very careful in accepting volunteers. Sometimes applications, interviews, and background checks need to be completed. Organizations dealing with children and other at-risk populations have legal considerations with volunteers. And finally, remember to know your place as a volunteer. You may have your own ideas on how things should REALLY be done but respect the process and your role in it. You don't necessarily have to volunteer your opinion. You want to share your time cheerfully and sensibly. The only required tools are your heart and your enthusiasm. *W*



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



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PAM BURCH

When Pam Burch moved to Hettinger, North Dakota in the fall of 2017, she immediately started thinking of ways to keep herself busy.

"I moved here so my kids could be closer to their dad. We share custody, and I was worried I'd be bored when they were at their dad's house."

Her search led her to purchase and remodel a building on Hettinger's main street. She opened The Peacock Mercantile on June 1.

"In the old days, mercantiles were the social hubs of the community. That's my bigger vision for The Peacock Mercantile. Right now we serve coffee, breakfast, and lunch. We have had a few musical performances and have brought in different boutiques to offer some shopping."

She's also created jobs; The Peacock Mercantile has four full-time employees and one part-time employee.

"This store is really a gift that God gave me to keep me where I feel I still have a mission and a purpose," explains Pam. "My passion is for the youth. I want to get them off their cell phones and away from technology. I want them to sit together, play board games, and have face to face conversations with each other."

The Peacock Mercantile is open Monday through Saturday. Learn more on their Facebook page, The Peacock Mercantile: Artisan Coffee, Tea and Gifts.



MELANIE LENNIE

The holiday season began one day after trick-or-treaters got their fill of candy, and Melanie Lennie was ready to give Mandan shoppers a treat for the eyes. She opened a new gift and flower shop, Beyond the Blooms.

"I decided that if I was going to do this, it had to be now, or I would never do it," Melanie shares. "The timing probably isn't great, though, considering I have a son graduating next spring!"

As it turns out, the timing was perfect. Melanie has been doing floral arrangements for 30 years and was the manager of Bismarck Floral. The store closed at the end of September, though, so Melanie, her husband, Shannon, and son Noah rolled up their sleeves and started remodeling the former Bill's Liquor store in Mandan. Their goal was to have Beyond the Blooms ready to open November 1, and they achieved it.

"They put together the shelving and helped set up everything. My daughter Madison designed the logo. Noah will help with deliveries after school. It's really a family business. And I think it will be nice to have a gift shop in Mandan again."

Melanie designs floral arrangements for all occasions, plus Beyond the Blooms carries plants, greeting cards, candy, coffee, Precious Moments collectibles, and seasonal and year-round gifts. The store is located at 111 4th Ave. NW in Mandan. You can follow them on Facebook.



DELORA KAUTZMANN

As the mother of former Miss America Cara Mund, DeLora Kautzmann is happy to let others shine in the spotlight. But last month, the spotlight was turned, and DeLora found herself the center of attention when she was named North Dakota School Psychologist of the Year at the fall conference of the North Dakota Association of School Psychologists. DeLora is the first winner of the award.

"I was stunned to receive the North Dakota School Psychologist of the Year, and I was truly touched to read the recommendation letters from colleagues, parents, and even former students," says DeLora. "The impact you make today lasts a lifetime."

DeLora has been a school psychologist for 34 years and a nationally certified school

psychologist for 29 years. Over the years, she has written grants to implement many different programs for students, including the "STARS" program which provided academic assistance to high risk students. She has served on countless committees during her time as a school psychologist. DeLora says her motivation for all her extra work comes from the kids she helps everyday as a psychologist with Bismarck Public Schools.

"The job of a school psychologist is very challenging; however, it's also one of the most rewarding. I'm so grateful to work with people who are so dedicated and committed to making a difference in a child's life."

DeLora was nominated for the award by her daughter, Cara.



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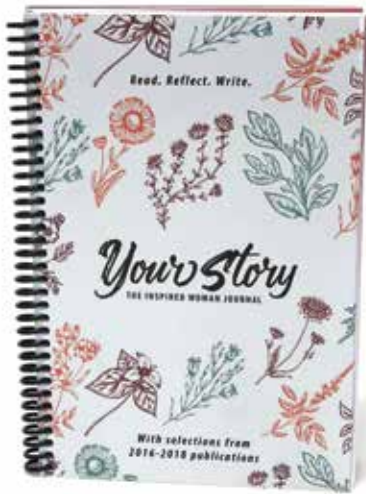


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The intent purpose of the fund is to assist students with their higher education expenses. \$500 or more will be awarded to students pursuing careers in print, broadcast, online, and visual journalism. Second year college undergraduates and graduate students with a GPA of 3.0 or higher are eligible. Applications will be accepted January 1 - April 1 and will be available on our website and at the NDCF website.

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Sigrid Strehle

WASTING NO TIME

by Jody Kerzman | Photography: Photos by Jacy





Armed with a college degree in accounting and having worked in sales and marketing for years, Sigrid Strebe never dreamed she'd make her living as a yoga instructor. Yet that is exactly the job she felt called to do. Sigrid taught yoga in Minnesota and Virginia, and by the time she and her husband moved to North Dakota in 2015, she'd been teaching yoga for more than a decade.

"I like to work with people, especially those who think they are too old, too inflexible, or too broken to be helped. Yoga can help them change the way they see themselves."

Sigrid opened Transitions Yoga in Bismarck in October 2015, and by August 2016, she had outgrown her space. So she moved to a bigger space. Now, she employs 13 teachers, many of those are teachers that she has trained. Sigrid wants everyone to experience the power of yoga—she teaches yoga in the park every summer for free and has been known to give out passes for a free yoga class to everyone she meets.

"I just want to expose people to yoga, and I don't want cost to keep anyone from trying it, so I always give people a chance to try it for free," she explains. "Yoga changes lives and helps us get to a calm and quiet place. That can be scary at first, because we hear the voices in our heads. We are so mean to ourselves. If we spoke to others the way we speak to ourselves, well, that would be just awful."

Sigrid knows there are other health benefits to yoga as well, including increased flexibility, weight loss, cardio health, increased energy, and improved muscle tone. Those are all benefits that led her to yoga in the first place. After practicing yoga for over a decade, and living a healthy lifestyle, Sigrid felt invincible.

So when she had a heart attack earlier this year, no one was more surprised than Sigrid.

SYMPTOMS

"I had a complete blockage of my right coronary artery. I had to have two stents put in," she recalls.

Sigrid says there were symptoms leading up to her heart attack, warning signs even. But she ignored them.

"I live a healthy lifestyle. I eat right and I get lots of exercise. I don't have any of the risk factors associated with heart disease. I never thought I would have a heart attack," Sigrid says. "Looking back, I should have realized what was happening."

Sigrid says the symptoms started five days prior, when she remembers feeling "icky." But she had an explanation for each symptom.

"On that Wednesday, I had a pain on my left side. I figured I just slept wrong. We were going to the lake, so I ignored it," she recalls. "We were waterskiing and I felt nauseous so we decided to call it quits. I had friends and a friend's son with me, and I didn't want to get sick on the water."

Sigrid and her friends returned to shore, and she took some Tylenol and rested. She remembers feeling better, but still not great.

"I remember joking that it was either heartburn or a heart attack," Sigrid says.

Sigrid continued her active lifestyle. On Saturday, she and a friend biked 21 miles as her friend trained for a race.

"I felt tired, but who wouldn't be tired after biking 21 miles on hilly terrain? I felt nauseous at lunch, and my hand hurt, but I figured it was from holding onto my bike and again probably just heartburn. And my son came home to visit that night, and I was not going to waste any time going to the doctor when I could be enjoying his company.

"I slept in until about 9 a.m. the next day. Anyone that knows me, knows I'm an early riser and 9 a.m. is the middle of the day. When I woke up I still had pressure in my chest. I tried to shake it off. I reminded myself that I was not a candidate for

“

"Yoga changes lives and helps us get to a calm and quiet place. That can be scary at first, because we hear the voices in our heads. We are so mean to ourselves." —Sigrid Strebe



a heart attack. I told myself I must just be tired from work and the bike ride the previous day."

Later that day, Sigrid and her husband, Arnie, went to the rifle range, 15 miles from Bismarck.

"I walked at least a mile out there. I was tired, had pressure in my chest, and was warm. I think my temperature was 101 degrees. Still, I told myself I must just have the summer flu and if I sat down maybe the nausea will subside."

But a few hours later, Sigrid had changed her mind.

The chest pressure, tightness in the throat, pain in the back, headache, and extreme nausea weren't enough symptoms, but when the lightning bolt shock went down both arms she knew it was more than just the flu and something more serious. Sigrid thought this could be a heart attack.

"MAKE YOUR MESS YOUR MESSAGE"

Sigrid was right. She was having a heart attack. Doctors told her she

had 100 percent blockage in her right coronary artery. They inserted two stents, kept her hospitalized for two nights, and ordered her to cardiac rehab three times a week for 12 weeks. Sigrid went to cardiac rehab, eager to get back to her old self and her old lifestyle. She took two weeks off of work and then was back teaching yoga.

But her lifestyle was already healthy. What caused her heart attack?

"No one in my family admits to having any heart issues, but doctors say it is probably hereditary or a spontaneous coronary artery dissection (SCAD)," says Sigrid. "I don't have high blood pressure, my cholesterol is healthy, my BMI is normal. I live a healthy lifestyle. Why did this happen to me? I know it could have been much worse, but I still wondered, 'Why me?'"

"I felt like a fraud. I preach to others the importance of being healthy, and I own my own yoga studio where we are all about



healthy lifestyles. And then here I am, having a heart attack. I guess that proves it can happen to anyone. I decided since I'm still here, I cannot be quiet about this. I've always had the motto, 'Make your mess your message' and that's what I intend to do with this mess."

On August 11, just over a month after her heart attack, Sigrid was a speaker at the Heart Walk in Bismarck.

RAISING AWARENESS

It is the first of many awareness events Sigrid plans to be involved with. By sharing her story—by making her mess her message—she hopes she can save a life. Her "mess" has been a reminder to her of the importance of gratitude.

"We need to be grateful for big and small events. I think of three things every single day that I am thankful for; sometimes those are big events, and sometimes they are small events. But there is always something to be grateful for. We

have to be able to see that."

At the top of Sigrid's gratitude list every day, is her health.

Sigrid has been given a clean bill of health. She has returned to most of her normal routine but has learned to stop when she's tired, fully enjoy the company of those around her, and to spread the word about the signs and symptoms of a heart attack. In the months since her heart attack, Sigrid has learned that the symptoms of heart attack can be different in women than in men, and are often misunderstood. And, according to the American Heart Association, cardiovascular diseases and stroke lead to death in one out of every three women each year; that's approximately one woman every 80 seconds. Those are statistics Sigrid has taken to heart.

"I never want the one in three to be someone I know. That might be living in a world shaded by rose colored glasses, but I will continue to stay focused on prevention and informing others of the risks." *W*

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Tyler Godfrey Photography



WOMEN OF MEDORA:

Sponsored by the Theodore Roosevelt Medora Foundation

Candice Lively Wollan

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.

Candice Lively Wollan may be a Tennessee girl at heart, but North Dakotans have warmly claimed her as one of their own since she began performing as a Burning Hills Singer in the Medora Musical in 2009. (In fact, when the Musical rolled out a newly penned song about North Dakota in 2011, Candice was chosen to sing the ballad night after night—if every single North Dakotan who heard her sing “Always North Dakota” didn’t get a little

choked up and want to invite her home for a hotdish dinner, then I don’t know what’s wrong with them...)

A performer starting at a young age, Candice always knew she was destined for the stage.

“I started singing and dancing before I can even remember—in church, and school plays. I also was a part of the Knoxville Performing Arts Institute when I was very young, so this is just something I have always done.

I grew up knowing I wanted to be in shows in the Pigeon Forge (Tennessee) area. I started singing for a living there, and I haven't stopped since!"

Audiences are drawn to Candice's natural stage presence and soaring voice, which she brings to the Medora Musical stage for 100 nights every summer.

"I will never forget a moment from my first year, when I walked onto that expansive stage, and looked around at the backdrop. I was so excited to perform in that beautiful amphitheater. Definite butterflies! And now, that stage feels more at home to me than any other I have worked on!"

Along with performing her heart out all summer long, behind the scenes Candice is also the company manager, dance captain, and assistant choreographer.

While the Medora Musical has dominated her time during spring and summer months, Candice gets to showcase her talents in other productions across the country during the Musical's off season, a challenge she relishes.

"Every show has its different challenges. For instance, last fall, our music director for Ring of Fire emailed me and said, 'We would like for you to play the mandolin.' I said, 'Great! Sounds fun!' Having never touched a mandolin in my life, I knew I had to get to work, but things like that always keep you growing. AND now I have a mandolin!"

Whether she's learning the mandolin for a role or doing the Medora clog for the 85th time, Candice's goal for each performance is the same.

"I hope that for any audience anywhere, that they get a little escape from the real world for a bit. That is what live theater is all about! I am very lucky to be able to sing for a living, and I never take that for granted. I hope that comes across in my performances."

Candice has become part of the Medora family in more ways than one. Three years ago when Candice married

Chet Wollan, she joined a family with deep ties to the Medora—husband Chet Wollan (host of the Musical), father-in-law Curt Wollan (director/producer), and sister-in-law Lexie Wollan Swenson (choreographer and former performer) have all played integral roles in the Medora Musical for years.

Of her husband Chet, she smiles, "He is so talented. Every summer, I watch Chet go through the stress of an ever-changing script, and watching him turn what is written on the page into the "Cowboy Chet" persona you see on that stage is a pretty incredible thing to watch."

With Candice's little brother Jacob cast as a horse rider and trick roper in the show this past summer, she was able to bring part of her family to Medora.

"Let me tell you, it was something very special to share the stage with him. I was so proud," says Candice. "As you can tell, this show is definitely a family affair for me."

Each year, Candice and her fellow cast members make an impression on thousands of visitors who see the Medora Musical under a North Dakota sky—transporting them, entertaining them, and hopefully inspiring them.

Medora has in turn made an impression on Candice.

"Medora has made such a huge impact on my life. It has been the place where I have lived, spring through summer, for most of my adult life. It's where my relationship with my husband has grown. It's where I have been able to hone my craft, and become a better singer, dancer, and performer. It's a place where I have made irreplaceable friends who are more like family." *M*



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.



by: Amber (Schatz) Danks | Photography: Photos by Jacy

Some people say the hardest part of working out is getting to the gym. Well, when it comes to FunFit LLC in Mandan, owner Miranda Klatt wants to make it harder for you to leave than to arrive.

"I worked out at the parks a lot with my kids, and the best workouts I got were at parks. And I'm like, 'There should be a playground for adults, like that's what we need.' A place where we can come and have fun working out. Utilize monkey bars and climbing walls and balls and whatever we can use and dance and whatever, so FunFit was born!"

After years working as a personal trainer going to people's homes or renting out spaces, she decided to open her own space in Mandan.

FunFit had its grand opening in June 2018.

"It's like a family, a family that plays together."

There are no machines.

"It's a concept people have to get comfortable with. A lot of people walk in and say, 'There's not a treadmill in here?'"

Nope! But we do have an awesome sled. I tell them push the sled back and forth two times and tell me if you still need a treadmill!"

Instead of traditional equipment, you are challenged to think outside the box in group fitness classes and boot camps. Like playing drums during Drum Cardio. Or using your toddler as a kettlebell during Mom'n Tot class.

"We play tic-tac-toe relay, we have a cone game where one side flips them up, one side flips them down. And they actually get points, so when they play the game they get points and then they get money back onto their account also, once they get 10 points; that's a dollar. That idea came from the arcade, when you play games, get tickets, and then get a prize. That's kind of what I wanted. Adults should get prizes too!"

Another thing Miranda says her gym offers, is all types of people. Although most of her clientele is moms, she wants people to know that everyone is welcome, and they keep it real.

See more by
Photos by Jacy at
photosbyjacy.com.





"We have stretch marks, we have kids, the people that have lost the most weight, still don't have a six-pack, some have extra skin, stretch marks, wrinkles. We're not perfect bodies here and that's okay."

The single mom of three boys—ages 18 months, eight, and 14 years old—has a lot on her plate, but wants her boys to realize something from her journey.

"You can always accomplish greatness, and your past doesn't define you. And that it takes hard work. It doesn't just get handed to you."

The business owner, personal trainer, and fitness instructor says she is also the cleaning lady and receptionist working all hours of the day to grow her business.

"It's worth it to me every time I feel like I've helped somebody."

She's hoping to inspire even more people through her new Sweat and Support classes.

"I feel after a workout there's a place of both vulnerability and empowerment at the same time. Which is a feeling I don't think you get very often."

The goal of Sweat and Support classes is to work out and hear from a speaker afterward that may help others. Miranda was the first speaker. She shared her story of surviving domestic abuse.

"We've all been through something. Either a financial difficulty, or a relationship that sucked, or some sort of abuse, or death in the family. Those are huge things people struggle with, so whether you're in it, you're coming out of it, you can help somebody."

The Sweat and Support classes are free for anyone going through struggles, although you are encouraged to leave a donation or donate items to a mercy box.

She says this is one example of how FunFit focuses on whole wellness, meaning mind, body, soul, and of course, fun. *M*



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

For more information, check out FunFit LLC on Facebook or see funfitllc.com.



Jodi Hendrickson

STICKING HER NECK OUT

by Jody Kerzman | Submitted Photos

Jodi (Weishaar)
Hendrickson



Jodi (Weishaar) Hendrickson has always loved fashion. It's been a part of every career she's ever had, and every place she's ever lived. Jodi grew up on a ranch near Reva, South Dakota. After college at South Dakota State University, she moved to Texas for work.

"I worked at Western Horseman magazine for about 10 years. While I was there, I worked on the Western Lifestyle Retail publication. When I left there, I started my own online magazine called Finge magazine. It was the first magazine for the cowgirl."

Then, Jodi got sick. After seeing doctor after doctor, she was finally diagnosed with Lyme disease in 2008. The treatment was almost worse than the disease.

"The treatments made me sick and then there's the die off and the side effects. I had a really tough time for about six years," Jodi recalls. "There were times that just taking care of my kids was more than I could do. But I always wanted my career back, even when I felt the worst. I kept getting a little better, and then a little better than that. This year is the first year I felt consistently better."

So, she decided to restart her career, but this time with a different focus.

"I wanted to find a balance," she explains. "I didn't want to go back to an office. I wanted the flexibility that if I didn't feel well, I could lie down. I had a bunch of ideas and finally settled on scarves. Scarves are manageable in my small house—the inventory doesn't take up a lot of room and they are easy to ship. It was a manageable way to get back into the working world."

Jodi launched Fringe Scarves in June. "I live in Texas, and a good friend who is also a savvy business person asked me if I was crazy, launching scarves in the middle of a Texas summer! I told her it was time. I was ready."

Turns out, it was a great time to launch her company. Jodi was able to work out the kinks over the summer and says she was much better prepared for the busy fall and winter season. Fringe Scarves come in two sizes: the shorty is a 26 inch square and the long tall is a 35 inch square. Jodi designs each custom scarf herself.

"I like the retro-vintage feel. My western cowgirl background is an influence as well, but I'm hoping to appeal more to the hipster market. I describe my scarves as pop culture with a western twist," Jodi says. "I wanted something whimsical, fun, and bright. Fringe Scarves can replace your necklace. I love layers and telling a story when you put your clothes together. For me, Fringe Scarves is a way to do that."

Fringe Scarves has also been a way for Jodi to ease back into the working world, on her terms.

"I had so much time to think when I wasn't feeling well. I knew I wanted a balance and that I didn't want to manage other people. I was looking for something I could do alone. I can do this all from my 10x10 foot office at home."

But she's not alone. Her daughters, Scout (11) and Ollie (13), have been her biggest cheerleaders and office assistants.

"They help me fill orders and do inventory," says Jodi. "When they were little, they saw me working all the time. Then I got sick, and they saw me not working. Now they tell me how proud they are of me for doing this. That's pretty special."

As for her health, Jodi says she feels better than she has in the last eight years, but says managing lyme disease will be a lifelong task.

"I have chronic lyme disease so I will always be on medications. There is no cure for me yet, but I can manage it."

While she manages her disease and her new business, she hopes she can also help other women to follow their dreams.

"My tagline for Fringe Scarves is 'stick your neck out and tie one on.' I want women to not be afraid to try new things, whether that's in their careers, at home, or just with their fashion. Women should have fun and step out of the box. It's important to remember you don't have to look like everyone else and it doesn't matter what shape or size you are. Just have fun with your style."

In other words, don't be afraid to stick your neck out. *W*



HOLIDAYS: THE PERFECT TIME FOR TRADITIONS

Article and Photos by Pam Vukelic



One of the great joys of retirement, I've recently learned, is that I have more time to spend with my grandchildren. There is nothing quite as satisfying as doing things with them. With the holiday season approaching, it is a good time to consider the value of establishing traditions.

Traditions help form links between generations as grandparents take on the roles of historian and mentor. Some traditions link us to our ethnic backgrounds, and some have the purpose of celebration. They are a means of sharing family values.

I have fond memories of being the errand girl for my household during the Christmas season. My parents worked jointly on projects to give to friends each year. It might have been a lantern, a candle holder, or an ornament, probably learned by my mom from her homemakers' club. My folks created them together, and I had the privilege of delivering them.

This evolved into a similar tradition for our son, Reed, and his Grandpa Firemann. For many years they worked together to create a project in Grandpa's woodworking shop. They were simple at the beginning (i.e., a ceramic tile framed in wood to create a trivet) and got progressively more difficult as the years went by. They replicated each year's item for delivery to grandparents, aunts, and uncles. Reed values the skills he learned and feels fortunate to have spent that time with his grandpa. The idea that it is more fun to give than to receive was quickly learned and appreciated.

When I was very young I was invited to Mrs. Christianson's home, three houses down the street. They were a childless family. She taught me how to make

Norwegian woven heart baskets. I still have the baskets I made with her, though the blue construction paper has grayed and the aluminum foil has frayed. Since then our family has made hundreds of these using them for wedding favors, for hanging on the bottles of wine Jim makes, for holding small gifts on Valentine's Day, Mother's Day, or Easter, and, of course, for Christmas tree decorations. I taught dozens of students how to make them when we discussed the value of traditions in my parenting, family living, and child development classes.

Many families prepare traditional foods when families gather for the holidays. Lefse is much more easily done as a family project, although, history shows it might get eaten nearly as quickly as it is grilled. (Note: check last month's IW magazine for a wonderful lefse recipe.) Some families make tamales; and no doubt strudel, placinda, and fleishkuekle are prepared when families gather. Decorating sugar cookies has been another favorite activity in our family as we could count on Jim's mom to deliver ice cream buckets full of the cookies she baked for all the grandchildren. Children who help with cooking and baking learn many skills.

Playing games around the kitchen table is a favorite pastime in our family. Many raucous games of Spoons ended with everyone out of their chairs. It doesn't matter the time of year, when we gather as a family, this is a tradition. We've recently learned the game of Sevens, another card game that can be played by all ages. Many skills are acquired through

game playing—fair play, being a good loser, taking turns, and strategic thinking. Compare the value of this activity to queuing up a movie and sitting on couches with phones in hand.

The importance of reading to children cannot be over-emphasized. For many years my sister-in-law, Linda, spearheaded the reading of "Why Michael Whispered" as part of Christmas Eve festivities. As grandchildren grew older they became the reader and nativity costumes were improvised for the other grandchildren to play the various roles. This year, with all our grandchildren at our house, among the books we will read will be "The Gingerbread Man," followed, of course, by decorating gingerbread boy cookies. I've made a card game of the characters in the book—the little old woman, the little old man, the butcher, and all the others, to expand the activity for the little ones. If you're as ambitious as my dear friend and neighbor Lois, create "lumber" for gingerbread houses, a task she has already completed for this year's village.

Many online resources provide ideas for fun activities to adopt. I like crayons.com and michael's.com. Find a woven heart basket pattern and instructions at firstpalette.com. Instructions for Spoons are at howdoyouplay.net, and learn how to play Sevens at wikihow.com. *M*



It's interesting to learn of the traditions families keep. Pam encourages you to ask your friends about what practices they have in their families.

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Have kids? Fill a shelf with age-appropriate birthday gifts for that last minute 'Oh-mom-I-forgot-to-tell-you-about' party. Add a few gifts for the teachers in your child's life, and you are set.

Heading out the door for your office Christmas party and remember you were supposed to bring a white elephant gift to exchange? On your way to the neighbor's annual barbecue and forgot to pick up a bottle of wine?

Gift closet to the rescue!

But what should your gift closet contain?

Candles and wine are safe choices, as is a six-pack of craft beers or growler from a local brewer. If you know the person well, it's a nice touch to personalize your selection, but any of the following would be a welcome gift:

- Tea towels
- Note cards
- Flowering plant or potted herbs
- Diffusers
- Cookbook or the latest best seller
- Specialty coffees and teas



Out of time and stumped on what to bring? Everyone loves flowers! Stop by Crabapple Floral and make your own bouquet from their super selection of loose stems.

- Flavored balsamic vinegars and olive oil
- Photo frame
- Paper goods—party napkins or plates
- Seasonal serving platter
- Chocolate

A themed basket needs a little more thought but also shows that you put a bit more time into it. Try grouping your gifts together so you can pull this off:

- Movie Night: popcorn, bags, candy, a couple DVDs, or a list of Netflix suggestions
- Spa Package: scented lotions and soaps, masks, slippers, candles, essential oils
- Game Night: cards, cribbage board or other board games, snacks
- Fitness: water bottle, hand weights, TheraBands, energy bars

Set aside a couple hours to shop

specifically for your gift closet. Grab a friend and have fun.

How about making a few gifts? Open up Pinterest, type in 'hostess gifts,' and watch the results roll in.

Or, develop a signature gift. Maybe you're the one that always brings the killer banana bread, granola, brownies, pesto, apple jelly, or homemade limoncello.

Don't forget to keep gift bags, baskets, tissue paper, ribbon, and cards on hand, as well.

If you don't have a gift closet in your home, hopefully this has given you inspiration to stock a couple shelves for the next time you need a last-minute gift. *M*



Deb Seminary is a Senior Account Executive at Odney and the executive director of DisruptWell Summit. She enjoys meeting challenges head-on, learning new things, and a good IPA.



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BECAUSE GUYS INSPIRE TOO!

OH MAN

JOHN LOPEZ

Article and Photos by David Borlaug



Submitted Photo



Hazen artist
Lauren
Donovan visits
with sculptor
John Lopez of
Lemmon, South
Dakota in front of
his iconic statues
of fighting bison
on display in
his Kokomo Inn
Gallery

Sitting with visitors in a downtown café over lunch, Lemmon, South Dakota sculptor John Lopez reflects on time. The time spent growing up with rural values instilled in him. The time since returning home 10 years ago and how quickly he has become an internationally-recognized artist. The time he has left to continue his creativity, especially pieces that endure through time.

Making use of what would appear to be metal junk to most, John has created a collection of sculptures including full-size bison, longhorn steers, horses, people, and yes, how about a cowboy riding a walleye? You'll find them all ensconced in interesting places, from the Dakotas to Texas and soon in Europe.

Diners at Bismarck's McKenzie River Pizza, Grill & Pub are familiar with his

dramatic standing grizzly bear at the restaurant's front entrance. In the next few months, another of his popular bison will make its way to the French countryside in an American Old West-themed park. And he will personally deliver a large scale-replica of the Academy Awards' "Oscar," to be included in a tribute to Grace Kelly in Monaco. His version of the bear attack on fur trapper Hugh Glass, made famous in the movie "The Revenant," is on display in Lemmon, becoming a popular tourist attraction.

In the back shop of his Kokomo Inn Gallery in downtown Lemmon (open daily in summer months, and just call ahead in the off-season and he will likely meet you there: 605-209-0954), John is currently fashioning clay models for two area college and high school mascots—a wolf and tiger. Each of his pieces, depending upon size and complexity, typically takes up to six months to complete.

Born into a horse-raising family deeply rooted in the hills and grasses of the Grand River, John maintains a humble demeanor that invades his work. As dramatic as his pieces become, they are born of a gentle soul, who is grateful to be back home among his people and the legends that stir in the wind. While he continues the family tradition of breeding exquisite horses on his ranch outside of town, just past the rodeo grounds, his talented hands mold and shape equally beautiful horses in clay and later metal sculptures.

Never satisfied with the body of his impressive work, John is always looking to the next project, including creating a

“

"I'm grateful that work now seems to come to me, allowing me the freedom to grow mentally and spiritually with my creativity." —John Lopez



John Lopez in his Kokomo Inn Gallery, in Lemmon, South Dakota

sculpture garden adjacent to his historic gallery building. Hearing of another park project in North Dakota, his interest immediately set in motion a myriad of ideas.

"I'm grateful that work now seems to come to me, allowing me the freedom to grow mentally and spiritually with my creativity," he says. *W*



David Borlaug is president of the Lewis & Clark Fort Mandan Foundation and director of The Capital Gallery in downtown Bismarck. After a long career in newspaper and magazine publishing, he has devoted himself to nonprofit work the past 20 years.

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Joanne with
her daughter
Marcia's photo



When Joanne Faulhaber began working at the Dickinson Nursing Center (now called St. Benedict's Health Center) in December 1968, she had no idea that decades later, she'd still call the place home.

"December 1 marks the 50th anniversary of the day I started working. I was hired at age 16 as an aide and was one of the first employees when the center moved to

A FAMILY AFFAIR: Generations of Caregivers

by Kathrin Youngberg | Submitted Photos

Joanne Faulhaber
and family



the location it's in now," Joanne recalls.

"There have been a lot of changes over the years. It's hard to believe 50 years have gone by. It's like family here. St. Benedict's has been my home."

Joanne began working with seniors when she was a child.

"Our mother taught us values. Respect for the elderly was very important. We had many elderly neighbors growing up, and we spent a lot of time helping them clean house, hang the laundry, and do other chores."

That dedication to caring runs in the family. Nearly 20 of Joanne's relatives have worked at St. Benedict's over the years. This includes Joanne's mother, sisters, husband, five daughters, aunts, cousins, several nieces, and other relatives.

"The staff makes sure loved ones are taken care of," says Joanne, who received the Team Leader of the Year Award from the National Association of Geriatric Nursing Assistants in 2003. "The residents teach you so

(LEFT)
Joanne
Faulhaber's mom,
Barbara Weiler,
celebrates her
retirement



(RIGHT)
Joanne Faulhaber
and her daughter,
Marcia



much. They deserve care, respect, and compassion. This is their home.”

The center’s roots trace back to the early days of senior care in Dickinson, when St. Benedict’s Home for the Aged opened in 1946.

“We have a long tradition of caring for our seniors. Many of our employees have been here 15, 20, 30 years or more,” explains Jon Frantsvog, who has been the administrator at St. Benedict’s for 20 years. “We take great pride in the care we provide. We’re grateful for our staff’s ongoing commitment to our residents and to quality healthcare in the Dickinson community.”

Joanne’s niece Amy Harris, who volunteered at St. Benedict’s as a girl and later worked as a helper and CNA, is now an RN who helps train staff.

“It’s the growth opportunities that have kept us here, including education, mentoring, and training,” Amy states. “My 12-year-old daughter volunteers here now—she’s the third generation. Middle school can be an adjustment. She loves it here. She can be herself, and the residents accept her for who she is. She’s already making plans to work here someday.”

The family-like environment has stayed the same over the years, says Joanne’s sister Sharon Privratsky, who has worked at the center for 44 years.

“It’s a very friendly, welcoming environment with great teamwork. Co-workers are supportive and understanding. Everyone is willing to help out.”

Life took an unexpected turn when Joanne’s daughter Marcia, who also worked at St. Benedict’s, was diagnosed with cancer in September 2017. The family of caregivers now had to care for one of their own.

“Marcia was the rock of our family. She was a very caring, compassionate person. Everybody said her smile was genuine and it was true. She was a good friend and always there to help you out,” explains Joanne. “She was a fighter. Even during her struggle, she

still had her smile. It’s amazing to see how many people’s lives she touched.”

In May, Marcia passed away at the age of 40. Shortly before, she was recognized for her 25 years of service at St. Benedict’s.

“Marcia loved her job. She loved our residents, and the residents loved her. She is greatly missed,” Joanne says.

As the holiday season nears, the

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“Live one day at a time, and try not to look too far ahead. Enjoy today and what it brings. Take time to do things you didn’t do before.”—Amy Harris

family has a new appreciation for time and togetherness that others might take for granted.

“Live one day at a time, and try not to look too far ahead. Enjoy today and what it brings. Take time to do things you didn’t do before,” says Amy.

“Take care of yourself and your family. Life is short. Enjoy every minute,” adds Sharon.

Joanne sometimes looks ahead toward retirement but makes sure to enjoy the gift that each day brings.

“It reminds you that life is unpredictable. You never know what’s going to happen. I cherish time more now than before and appreciate every minute,” explains Joanne. “Marcia would encourage you to live life to the fullest, and take each day as if it’s your last. I hope others do the same.” *M*



Kathrin Youngberg works for the Benedictine Health System. She dedicates this article to her wonderful father and all families affected by cancer.



FIRST RESPONDERS: LASTING FRIENDSHIPS

by Marci Narum
Photography: Callie Wachendorf

(LEFT TO RIGHT)
Sam Grand,
Scarlett Vetter,
Darci Mitchum

For the first time in 13 years, Bismarck police officer Scarlett Vetter has a job with regular hours. She's a school resource officer at South Central High School and Wachter Middle School in Bismarck, North Dakota.

"When I go into the schools, I wear my uniform," Scarlett shares, "and the little girls are all like, 'You're really a girl cop?' And I tell them, yes, I'm really a girl cop, and you can be one too."

Scarlett's new Monday through Friday post is a nice change for her, but it's been a tougher adjustment for her best friends, Darci Mitchum and Sam Grand. Darci is a critical care certified ground and flight paramedic for Metro Area Ambulance. Sam is a firefighter and EMT for the Bismarck fire department.

"Sam and I work 24 hour shifts, so it's harder now getting shifts to line up. We used to have weekdays off together," Darci explains.

"I miss those days!" Sam quips.

"Quit being so bitter!" Darci teases, and the three women burst into laughter. Their banter and amusement is nonstop.

"We will try to plan something additional with just the three of us, but it's harder now since I have a normal schedule," says Scarlett.

FRIENDSHIP THAT WORKS

The women became friends four years ago the same way many people do: on the job. Cops, firefighters, and critical care personnel are typically strong leaders, and each has her own job to do at the scene of an accident, crime, or medical emergency. So they have to share the scene, respect boundaries, and follow rules. Scarlett, Darci, and Sam each describe themselves as strong, outspoken, direct women. They won't back down when doing their jobs.

"We're not afraid to be very firm with what our responsibilities and roles are on that call. But it worked for us because we were outspoken, and we just knew how each other worked," Scarlett shares.

"My guys always say, 'I love it when those two are on calls with you. The scene goes so much smoother,'" says Sam.

"We all have our own responsibilities to take care of different issues on calls," Darci explains. "And I think because of our personalities and the respect we have for each other—knowing how good we are at our jobs—I automatically know that if one of them is there before me, the patient is going to be in a state of betterness because I know they've done their job, and I know the scene is safe."

FRIENDS IN AN EMERGENCY

People who work in law enforcement share a bond, but the bond these women share is rare, and it seems to grow stronger in emergencies.

"I think when you're outside of emergency services, you don't quite always understand the severity of the calls we deal with," says Scarlett. "All of our calls are very different. You can't just talk to anyone about that, because they don't understand it. They don't really see the impact it can have on you or your family."

Scarlett recalls a time she was chasing a suspect who was known to have weapons. Darci was on that same call.

"Darci drives by in an ambulance and sees me as I'm running into an apartment chasing this person, and she texted me: *'Text me when you're done, you better be okay!'*"

"I see her go in. I'm watching this, and all I can do is know that if something happens, I will take care of her, and vice versa," says Darci.

"If we know the call, we text each other," Sam adds. *'Are you on that? Are you okay? Are you home?'*

People are noticing the bond and friendship that Scarlett, Darci, and Sam share. The women hope it can lead to sharing training resources among their departments.

"We work together on all these calls, but when we're done, we just go back to our own little separate entities, and that's kind of the end of the day. Seeing the relationships and friendships we've made has made other people crawl out

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"We're not afraid to be very firm with what our responsibilities and roles are on that call. But it worked for us because we were outspoken, and we just knew how each other worked." —Scarlett Vetter

of those areas more than they have before," says Darci.

"A lot of officers stick within their own department, but luckily we've been able to connect three completely different fields together," says Scarlett. "As a result, it's brought everyone's coworkers together. Because you don't see a lot of police and firefighters and EMTs together."

MAKING TIME FOR EACH OTHER

Getting together as friends is the challenge they tackle on a regular basis.

"We do made time," Scarlett shares. "Whether it's meeting at my house, watching football on Sundays; or we might meet up for cocktails."

Scarlett goes on to say the three of them go camping together, watch games together, go to church together, and their kids are friends. And like all best friends, they spend a lot of time talking to each other on the phone.

"It would be easy—especially with how busy we are, whether it's for work or our lives; our lives are really busy—to not put that time and effort into keeping that friendship. It's natural to just want to focus on your family, but you still have to focus on yourself, and I think our friendship keeps us who we are. It keeps us grounded." *M*

COMMUNITY CONTRIBUTOR

BEST FRIENDS MENTORING PROGRAM
Submitted Photos



GIVE US A LITTLE HISTORY OF YOUR ORGANIZATION.

Best Friends Mentoring Program was founded in 1995 by a group of concerned counselors and community leaders who noticed that school-age youth who were unsupervised during non-school hours were spending time in negative activities that had the potential for getting them in trouble. They wanted to find a solution that would prevent problems and help youth graduate from high school, stay out of trouble, and become productive and contributing members of the community. The group decided that a mentoring program like Big Brothers/Big Sisters would work well for Dickinson and Stark County and formed a nonprofit organization, so they could receive donations and grants to build and fund the program.



HOW ARE YOU DIFFERENT FROM OTHER ORGANIZATIONS LIKE YOURS?

Best Friends Mentoring Program serves the eight counties of southwest North Dakota and is a local nonprofit organization. We have two programs: a school-based program and a community-based program. We follow mentoring best practices and have a small, highly trained staff. All funds raised here, stay here to provide mentoring services for at-risk youth.



HOW CAN PEOPLE CONTACT YOU?

There are lots of ways to contact us. Call us at 701-483-8615 or email kris@bestfriendsnd.org. You can also follow us on Facebook (search Best Friends Mentoring Program) and our website, bestfriendsnd.org.

HOW CAN PEOPLE DONATE OR GET INVOLVED?

We are always in need of mentors who can give an hour of their time each week for at least a year to a child who needs a friend, positive role model, and mentor. Right now we have more than 20 children waiting for their special friend. Volunteer applications are on our website, or call for more information. We have a donate button on our website if supporters wish to donate by credit card; cash and checks are also accepted and can be dropped off at our office at 135 W. Villard St., Dickinson, ND 58602-0542. Folks can also support mentoring in our community by attending or donating to our upcoming special events, which include:

- Photos with Santa, weekends from Santa's arrival at 11 a.m. November 17 through December 23; check our website for exact dates and times and details. Volunteers are needed throughout the holiday season to assist Santa during shifts that last two or four hours.
- Purchase Best Friends Mentoring Program sports apparel from our online store, logomagicinc.com/bestfriendsmentoring.
- Watch for information on Giving Hearts Day, February 14, an online 24-hour giving opportunity for more than 300 charities, including Best Friends Mentoring Program.

We have a qualified endowment fund for those who may be looking to make a positive impact and gain a year-end tax deduction. Contact us, or your attorney or tax preparer, for details.

Or give us a call if you have just an hour or two to help out in the office.

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

We have a particular need for male mentors who could meet during their lunch hours with their mentee at the child's school or after school, evenings, or weekends. As we approach the end of the year, we are in need of donations to help us recruit and match the children on our waiting list. We also need bottled water, sodas, or juice; cookies, granola bars, or other snacks for activities and for mentor training sessions; and postage stamps, copy paper, post-it notes, etc. *M*

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For the past two years, Mary Latham has been on the road trip of her life. Except this is more than just a road trip. Mary is on a mission, one she calls "More Good."

"I am going to visit every single state in the United States to collect stories of acts of human kindness. I plan to compile these stories into a book to donate to hospital waiting rooms," she explains.

She hit the road on October 29, 2016 and exactly two years later, she crossed North Dakota off of her list. North Dakota was state number 30 she's visited behind the wheel of her mom's old blue Subaru Outback,

families. She spent her weekends photographing weddings. On the morning of December 14, 2012 Mary was reading the horrific news about the Sandy Hook school shooting in Newtown, Connecticut when a conversation with a co-worker got her thinking.

"My co-worker walked by with a coffee from Starbucks and said I should have gone with him. I told him I couldn't afford it, and then he told me it was free."

A man had been buying gift cards for gifts and also purchased a \$100 gift card and instructed the baristas to use that to cover the next \$100 in

MARY LATHAM: MORE GOOD

By Jody Kerzman
Submitted Photos



which she affectionately calls "Old Blue."

While in North Dakota, Mary collected stories from Sister Kathleen Atkinson and Ministry on the Margins, Mark Meier from Heaven's Helpers Soup Cafe, and Jana Maher, more commonly known as Miss Sparkles at the Bismarck Public Library. Their stories of human kindness are what keep Mary going and what inspired this road trip in the first place.

Her life on the road is a far cry from her life back in New York.

In 2012, Mary was living in New York City, working days at a law firm and nights as a nanny for two different

orders.

"My co-worker was so happy about this free coffee. He was going through a really rough time, and that free coffee put a big smile on his face," recalls Mary. "Later I was on the phone with my mom, and I told her that story and then switched over to talk about the shooting. I was just beside myself. I asked her how this could happen. She said, 'Mary, you have to focus on the coffee story. There is always going to be tragedies and horrible things will happen in our lives, but there will always be more good if you look for it.'"

Two months later, Mary and a

Learn more about Mary's project, or send in your own story, on her website, www.moregoodtoday.com. You can also follow her on Facebook and Instagram.

friend launched a Facebook page, The Gratitude Project, where they asked people to send stories of acts of kindness they had experienced in their lives. The plan was to post a different story every day. Eleven days after the project launched, Mary's mother passed away unexpectedly of complications from a surgery.

"It was her second cancer fight, and I just thought she beat it once, she would beat it again. We knew there was a small chance she might not survive the surgery, but we really didn't think we would lose her. But we did," Mary recalls. "I remember sitting in the hospital waiting room with my

her mom's car and drive to every state to look for "more good."

"It took a few years to get the More Good project started, but here I am, almost done," says Mary. "Every so often I'll park my car and fly back to New York and shoot some weddings. Then I fly back to Old Blue and pick up where I left off."

Mary stays with different host families everywhere she goes. She's connected with some through her website, but many are friends of people she's met in another state. She says staying with strangers has shown her, and everyone following the mission, how much good is still



family, my dad, two sisters, and my brother and it was just the worst week of our lives. We were heartbroken.

"I opened my email to send a message to work, and there was a beautiful story from a friend about something good that had happened to her. So then I checked the project email, which was filled with good stories. I read them to my family, and that's why I realized how lucky I was. My family is very close, but I saw other families in that waiting room didn't have the same support and maybe these feel good stories would give them some hope."

That's when Mary decided to take

out there. It is a reminder to trust each other a little more. A reminder that people are, generally, good.

"Finding people to stay with has been the easiest part of the trip. People have just opened their doors for me," says Mary. "It seems like whenever I'm running low on cash, someone will come out of the woodwork to help me. The kindness I've been shown is another book I'd like to write."

For now, Mary will continue collecting stories for her first book, one she hopes will soon be in hospital waiting rooms around the country.

"Hearing good stories from people is like gas money for my soul." *M*

(LEFT TO RIGHT)
Mary and Old
Blue in Bismarck.

Mary and her
Bismarck hosts,
Pam and Matt.
The three had
never met before
Mary's stop in
Bismarck.

Mary and Mark
from Heaven's
Helpers

Mary and Miss
Sparkles

FOLLOW THE HORSE FROM MIDWAY, KENTUCKY

by Carole Hemingway
Submitted Photo



A few days ago, I was doing some intense meditation and praying about my situation here in Kentucky horse country. I fell in love with Smarty Jones and Midway in 2008. For years, it drew me out here from the coast of Maine like a magnet. Then early June this year, I was drawn here again and felt privileged and honored to be here again.

It has been a gift, but not only are the seasons changing, my life is changing, that's what TIME is for, you know, to look back on the past, the present, where I am now, and then look to the future, to move forward in life. I'm at that crossroad and the time for change is upon me, once again.

Torn about living in Midway, Kentucky or moving to Gettysburg, Pennsylvania has been the question burning in my mind since early June. So I had a little talk with God and my inner soul, asking for a sign of where I should be at this time in my life. The next day I Googled and asked, "Where is Smarty Jones?" Turns out he's in Uruguay. However, he is scheduled to return to a little town in Pennsylvania in 2019, not far from Hershey, the land of chocolate. Thank you for my answer.

Smarty and I were both born in Pennsylvania—he on February 28, 2001, and I on June 21, 1941. So we're both returning to our roots, though I will get there first to lay the

foundation for my new life and will welcome Smarty with an armful of carrots, mints, apples, and love.

It's been a stunning summer and fall, full of adventure and surprises. Some gentlemen by the names of Dermot and Adrian from Ashford Stud introduced me to our newest Triple Crown Winner, Justify, and I am grateful to them both; then a couple of weeks ago, I went to the yearly Secretariat Festival and met and spent time with Kate Chenery Tweedy, Penny's daughter. Penny owned Secretariat, and what a delight it was for me to share quality time with an incredible woman and get to laugh, exchange stories, and visit Claiborne Farm where Secretariat lived and died. What a day that was and will always keep my heart open, and I'm richer for the experience.

I was also caught in a deadly tornado on July 20 with what's known as a shelf cloud, which produced an adrenaline rush I won't soon forget. I've been to church suppers in Midway, while staying with a friend in Versailles and spent a lot of time in the Midway Library almost daily, which became my rehabilitation center, my sanctuary, and my safe place to go every day. Thanks to Suzanne, Stacy, Wanda, Ann, Anna, David, Jennifer, and Laura I attended so many wonderful meetings, like their book club, and the

most recent, a historical talk through the history of Midway.

Midway, Kentucky was founded on January 31, 1835; then incorporated on February 7, 1846. Both astrological charts have Neptune (ruling religion and spirituality) in Aquarius, meaning the 12 churches now standing here are of different denominations, but they all pull together in times of need. Everyone is drawn here and wants to live here because if the rest of the world were organized like Midway, what a wonderful world this would be.

Historic Midway was the first town in Kentucky founded by a railroad, but before that, the area was inhabited by Indian Mound Builders. Many of the streets here are named in honor of the surveyors/directors who laid out the land, and no one has changed them.

Electricity was introduced in 1911, passenger trains dwindled, and the old depot was closed in 1963. Horse farms were introduced in 1790, with famous stallions like Lexington and Asteroid,

and the Alexander family established Woodburn and became "the most prestigious stock farm in America." Nantura, owned by the Harper family, between 1795 and 1905 became one of the leading thoroughbred racing stables, and according to the tombstones of Ten Broeck and Longfellow, was said to be the first horses in the state. George Armstrong Custer visited the horse farms here in November, 1871 looking for horses for both his own breeding operation and for the army. This racing tradition has carried forward to today's horse farms surrounding Midway, including Parrish Hill Farms (birthplace of Derby winning Charismatic), Airdrie Stud, Waterford Farm and Three Chimneys, where I first met Smarty Jones! *TM*



Carole Hemingway is an internationally regarded author, speaker, and historical writer. She is writing three books about Gettysburg.

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Gather at the Table

READERS' RECIPES

The holidays are all about gathering with friends and family, often over a delicious meal. When we were looking for ideas for a holiday meal, we found that many families do traditional "non-traditional" meals.

SCALLOPS

Submitted by: Deidre Hillman, Bismarck, ND

- 12-15 scallops (pat dry with paper towel)
- 1 tablespoon coconut oil
- 1 tablespoon olive oil*
- 5 cloves garlic, minced
- Black truffle salt*
- Black pepper
- ¼ cup dry white wine
- 1 cup heavy cream
- 4-6 dashes of Tabasco sauce (optional)
- Juice of 1 lemon
- 2 tablespoons fresh parsley, chopped

Heat olive oil and coconut oil in pan over medium high heat. Season scallops with sprinkle of black truffle salt and black pepper.

Add half of the scallops to pan. Cook on each side, two to three minutes until golden brown in color. Remove, put in a bowl to allow the juices to gather, then repeat this step with remaining scallops. Add garlic to pan and saute for one minute. Add wine and simmer for three to four minutes. Add heavy cream (and Tabasco sauce, if desired) and let that come to a light boil (about two minutes). Add scallops, fresh lemon juice, and parsley. Serve over Risotto with a side of baked asparagus.

*The olive oil and salt used were Olivelle brand and can be found at Karmin's Kitchen Table *™*

Follow Karmin's Kitchen Table on Facebook for additional recipes!



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