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# INSPIRED WOMAN

M A G A Z I N E

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MARCH 2019

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*Renewal: Ruth Kuntson*  
THE FORGIVENESS FACTOR

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Take Lessons From  
Tulips

The Way to Wellness:  
Together

Merle Bennett, The  
Monarch Man

COMPLIMENTARY COPY



# INSPIRED WOMAN

## M A G A Z I N E

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VOLUME 19, NUMBER 1

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[Marci@InspiredWomanOnline.com](mailto:Marci@InspiredWomanOnline.com)

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**PUBLISHER**  
Inspired Woman, LLC

**EDITOR**  
Marci Narum

**ASSISTANT EDITOR**  
Nicole Thom-Arens

**DESIGNER**  
Blue Eyed Marketing & Media — Amy Steinert

**PHOTOGRAPHY**  
Photos by Jacy — Jacy Voglewede  
Rachael Neva Photo — Rachael Neva

**SOCIAL MEDIA MANAGER**  
Amber Schatz

**VIDEO FEATURE STORIES**  
Amber Schatz

**CINEMATOGRAPHER & DIGITAL  
CONTENT PRODUCER**  
Quantum Productions — Nolan Johnson

**WRITING TEAM**  
Beth Anderson, Bismarck  
Carrie Bentley, Bottineau  
Tracie Bettenhausen, Bismarck  
Kylie Blanchard, Bismarck  
Melanie Carvell, Bismarck  
Stephanie Fong, Dickinson  
Betty Mills, Bismarck  
Marci Narum, Mandan  
Paula Redmann, Bismarck  
Amber Schatz, Mandan  
Jan Schultz, Bismarck  
Nicole Thom-Arens, Minot  
Pam Vukelic, Bismarck

**CONTRIBUTING WRITERS**  
David Borlaug, Bismarck  
Sandy Thompson, Bismarck



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# EDITOR'S

# notes

My brother Jeff is nearing retirement from the military, but he already has a hobby to fill his extra time when he joins the civilian sector: antique restoration. Jeff has an eye for heirloom treasures — furniture pieces once well-loved, now relics in need of renewal. When Jeff finds a table, armoire, or chairs worth saving, he will spend weeks and even months reclaiming their beauty. He strips down each piece to its natural wood. He repairs damaged areas or parts if possible, sands the wood, and applies fresh stain and sealer. The renewed piece is always stunning and something new to treasure.

You might consider this issue of Inspired Woman a restoration project. Treasures await you on the pages ahead — stories of renewal to go with the changing season.

Beth Anderson reflects on images of the prairie and the search for new life emerging from the ground. Her thoughts about tulips and what they teach us prompts one to think about what's next — when the snow finally does melt!

Our cover story sheds light on the beauty and renewing power of forgiveness. And there are beautiful images of renewal and restoration on the pages of Inspired Woman this month including mosaic artwork and butterflies. And just like holidays, funerals have their traditional foods, as Pam Vukelic shares with us.

There is much more to come this month beyond the magazine. You will find even more at [InspiredWomanOnline.com](http://InspiredWomanOnline.com) — podcasts and additional content, including a new video feature story with Amber Schatz.

It's not quite like one of Jeff's antique restoration projects, but I hope this new issue of Inspired Woman magazine is something you treasure for the stories of renewal you read here. May they give you hope and inspiration.

Marci



The Lord, your God, is  
in your midst, a warrior  
who gives victory; He  
will rejoice over you with  
gladness, He will **renew**  
you in His love; He will  
exult over you with loud  
singing as on a day of  
festival.

Zephaniah 3:17

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**believed**  
she could, so  
she did. 」

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## Welcome to the fresh look of Inspired Woman! The magazine is the same — but it's also new in many ways:

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### THE VISION

Inspired Woman will reach multitudes of women — across North Dakota and beyond.

### THE MISSION

The mission of Inspired Woman has always been to celebrate, encourage, empower, educate, and entertain women. In 2019, we are adding the word “connect” to our mission statement. We connect when we find common ground. Our hope is that you will do more than read the magazine — that you will identify with the stories and find hope, possibilities, strength, and encouragement in them. And, we will connect women again at the second annual ELEVATE Women's Conference this fall.

### PUBLICATION

Find six printed issues on newsstands in March, May, July, September, October, and December. Subscribe for \$27 at [InspiredWomanOnline.Com](http://InspiredWomanOnline.Com) or mail a check to 3801 Memorial Highway, Suite A, #108, Mandan, ND 58554.

You will find extra stories online and on our social media every month — plus a new cover girl and all new stories in April, June, August, and November. And watch exclusive video feature stories!



### THE INSPIRED WOMAN PODCAST

Enjoy interviews with people featured in the magazine, cover girls, Inspired Woman team members, and guests who discuss topics of interest that fit the IW mission.

Get a preview of what the IW team is working on each month — themes, articles, topics — plus insights from writers.

The 30-minute show is available at [InspiredWomanOnline.Com](http://InspiredWomanOnline.Com), the Inspired Woman YouTube channel, iTunes, and Soundcloud beginning March 6.

It's more than a magazine. The mission of Inspired Woman holds great possibilities. Thank you for being one of them. Enjoy, subscribe, and share!

A real estate advertisement for Century 21 Morrison Realty. The top half features a large, faint '21' in the background with the text 'It's your move. We can help.' in white. Below this, two women are smiling: Sue Jacobson on the left, wearing a red scarf, and Jamie Christensen on the right, wearing a black top. The bottom half of the ad is a dark grey box with white text providing contact information for both agents.

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# Renewal

## Take Lessons From Tulips

By Beth Anderson

My calendar says it's March. To "march" conveys purpose — a marching toward something. Imagine a marching band, stepping in crisp syncopation, knees lifted high, the drum major's baton keeping perfect time. There's energy in a march. In our little corner of geography, however, the month of March rarely lives up to its name. We are still trudging through snow as the calendar announces the first day of spring. The yellow snouts of daffodils and colorful shouts of tulips are nowhere to be seen.

Winter may stubbornly hold its grip, but it can't stop our hearts from reaching toward the promise of renewal that comes with spring. This time of year, I start scanning melting snow drifts for any sign of emerging green. As a kid, I scoured the pastures in search of the very first crocus, one brave enough to defiantly proclaim spring's arrival. This issue of

Inspired Woman is much like that crocus, breaking through with stories of renewal that are just what our souls need.

Whether spiritual renewal, urban renewal, or renewal of relationships, witnessing the energy, change, momentum, and blossoming of renewal inspires. Renewal conveys a NEW new — a sloughing off of what has died away and a reemergence into a revised and hope-filled future.

Part of the power of renewal, though, is the blossoming contrasts so much with what comes before. Renewal often follows what seems to be a period of inactivity or even decline. We forget that a field must lay fallow in order to bring forth a new crop. The grain must rest deep in the darkness of the ground before bursting forth. Renewal is always the end result of a much longer process.



When I was young, I never understood why we planted the tulip bulbs in the fall. All the other seeds were planted in the spring with results just a few weeks later. Why did tulips take so long? Seeing their joyful early spring bloom was always something to celebrate, but then I wanted to prune away the boring leaves as soon as the flowers had faded to make room for flowers of other kinds. The wise women in my life always made me wait. They reminded me that the leaves were busy working, soaking up the sun, nourishing the bulb hidden beneath the surface. The tulip bulb needed both this time of nourishment and the season of rest so it could bloom again the next spring.

What kind of renewal are you hoping to see in your life this spring? Are you hoping for a renewed relationship? Are you ready to make a renewed commitment to a personal or professional goal? Are you praying for a renewed spirit? A renewed outlook? Renewed energy? Or perhaps renewed passion for your work?

Whatever renewal you are hoping for, this is the perfect time to take a few lessons from the tulips:

**Soak up the sun.** Take time to identify the bright spots in your life. What

activities fill your soul and give you the energy to move forward? Who are the people who not only affirm you, but inspire you and challenge you to grow? Make time for these people and activities. Remember, it is only when the earth soaks up the warmth and energy of the sun that beauty blooms forth.

**Nourish the seed.** What new ideas or learnings might help bring about the renewal you hope for? Take time now to absorb the knowledge or skills you might need. Read a book. Listen to a podcast. Take a class. Talk with others. Take time to learn, rest, reflect, and process life. We all need nourishment so growth can happen.

**Keep what's necessary. Prune what's not.** Renewal isn't starting from scratch. Renewal involves making choices about what is worthy of being carried forward

and what needs to be laid aside to make space for something new.

**Prepare to sprout.** Plan your strategy for renewal. What results do you want to see? Set a goal and list the steps you need to take to get there. Then, start working your plan step by step, looking forward to the change ahead.

The work we put in now makes the blossoming to come all the more reason to celebrate.

Maybe March will live up to its name after all. By the time spring really arrives, we inspired women may have moved from trudging through snow to high kicks in the name of renewal!



Beth Anderson is a deacon in the ELCA (Evangelical Lutheran Church in America). The joys in her life include her husband, Dallas, and their two beautiful girls. Beth loves cooking and getting lost in a good novel.



# Life *after* a stillborn

By Amber Schatz  
Submitted photos

*Editor's note: Katie is the author's cousin.*

Many pregnant women get to 37 weeks and can feel the finish line ahead. They've gone so long carrying their baby and can only imagine how amazing it will be to meet the little bundle that's been rolling and kicking around inside them.

"James and I were so excited to meet our little man, and we loved him more and more every day," first-time mom Katie Thiele recalls.

She and her husband, James, had found out they were having a boy and named him Elijah.

"James and I chose the name Elijah when I was about 23 or 24 weeks pregnant," Katie shares. "We both love the name; it is such a powerful name."

Elijah is a Hebrew name for "prophet," but there was no predicting what would happen before Katie and James could celebrate their first child.

"This name is perfect for our baby boy up in heaven," Katie says.

In April 2016, at 37 weeks pregnant, Katie became concerned that she hadn't felt Elijah moving around like usual.

"James tried to reassure me that Elijah's probably just sleeping, and everything is probably just fine," Katie remembers.

But Katie knew something wasn't right. The couple went to the hospital. A nurse tried to find Elijah's heartbeat, but she couldn't. The nurse got the doctor.

"When the doctor couldn't find a heartbeat, she ordered an ultrasound. It was determined during the ultrasound that Elijah's heart was no longer beating," Katie says. "They induced me that night. On April 13, 2016, I gave birth to our stillborn little angel. After many tests, the doctors could not come up with an explanation of what happened."

## 1 IN 100

According to the March of Dimes, stillbirth is when a baby dies in the womb after 20 weeks of pregnancy. Stillbirth affects about one in 100 pregnancies — about 24,000 babies — each year in the United States.

“The most difficult part of losing Elijah is simply the fact that he is not here,” Katie shares. “I just want so badly to see him smile, to show him my love, to take care of him and to watch him grow. But I know he’s in a better place with Jesus in heaven, and I will see him again someday; that is what has helped me cope.”

Katie says her faith has helped her the most during recovery. She was also overwhelmed by families and loved ones sending texts, delivering flowers, gifts, meals, and groceries.

She says exercising with earphones helped keep any negative thoughts at bay, and she and James have leaned on each other to get through the heartache.

“When a couple has to go through the pain of losing a child, I think it’s very important for him and for her to know that the grief process of their partner may not be the same as their own grief process and to keep in mind that they are both hurting,” Katie says. “James was so good about this and so compassionate and caring through this whole process of recovery. Our relationship grew stronger.

“This might sound crazy, but talking to Elijah has helped me as well. James and I have always loved to be outdoors, so we would try to get outdoors a lot which was helpful. We went camping, just him and I for a couple of days, and that was true therapy for both of us.”

A woman’s postpartum care is essential after childbirth. The new mom is advised to check in regularly as her body heals. It’s true when a woman has experienced a stillbirth too.

### GOOD RESOURCES:

- National Stillbirth Society
- March of Dimes
- Pregnancy and Infant Loss Support, Inc.



*James, Katie, and son Wyatt*

## HONORING ELIJAH’S MEMORY

“To honor Elijah’s memory, James and I have a blooming tree in our front yard. We also have a bench in front of our house that we received from our families as a gift. It says ‘Elijah James Thiele’ with some cute little woodland animals on it which was going to be the theme for his room,” Katie says. “We also like to go to visit his grave and stop by a nearby lake on our way home and fish and just spend peaceful time outdoors.

“There is also a plant that we have in our house that we got at his funeral. I love to watch it grow and think about how far we have come since that day. We also buy a Christmas ornament every year for Elijah, and someday we will have a whole tree with just Elijah ornaments for Christmas. And most importantly, we think about him, how special he is, and how much we love him every day.”

Katie’s motherly love has since doubled. The couple welcomed new baby boy, Wyatt James Thiele February 22, 2017.

“Wyatt has helped so much in our recovery,” Katie says. “He has brought so much joy to James’ and my life. Wyatt did not replace Elijah, but he has brought so much happiness to our lives. We love both of our sons unconditionally.”



Amber Schatz is the executive director of the Bismarck Library Foundation. She has more than 11 years experience working in broadcast news and is excited to utilize her storytelling skills for Inspired Woman magazine!



Ruth Kautson

RE  
NEW  
AL



THE FORGIVENESS FACTOR



by Paula Redmann  
Photography: Photos by Jacy

If you met Ruth Knutson for coffee and sat across the table from her, you would see a calm, beautiful woman with soulful eyes. Within moments, after just a few sips, you would feel her sense of peace and grace, and would never know she came from — and came through — a very unsettling past, and that she is living proof of the power of forgiveness.

Ruth grew up in an alcoholic home with five siblings in a small North Dakota town. Her mother had four of her siblings with different fathers who were not present in their lives. When Ruth was 4 years old, her mother married an alcoholic who was extremely violent.

As children, they experienced physical, emotional, verbal, and sexual abuse.

Their home life was complete chaos. Heat got turned off, neither clothes nor children were washed, strangers arrived in the middle of the night for parties, and moving was common since rent didn't get paid. During one period without

As a second grader, she did the cooking and cleaning, and her mother called her “Cinderella.”

heat in their home, Ruth and her siblings stayed with their grandmother. It was here that Ruth began to going to church every Sunday.

“I enjoyed the feeling I felt being at church. I could talk to Jesus, and I felt safe and loved,” she says.

There was no steady income or sense of order for Ruth and her siblings. They didn't know a schedule, bedtime, nap time, meal time, or peace. Neglect was the norm. Any financial assistance received went to purchase alcohol; food stamps were abused. Ruth became the parent and caregiver for her siblings. As a second grader, she did the cooking and cleaning, and her mother called her “Cinderella.” Ruth worked hard to please her mother and stepfather, hoping her efforts would make them happy and the abuse would stop. It didn't.



*Submitted photo*

*Left to right: Ruth and her sister Sandra and brother Jerry*

Another place of refuge, besides church, was school. Ruth could have a hot meal, be with friends, and be a child. She hoped for a Saturday sleepover with a friend because she knew it was bath night and she could not only have a bath, but there would be a meal. She could also wear her friend's clean clothes and go to church with them on Sunday. She looked at the families in church and prayed that she could one day have such peace and such a family.

Refuge finally came in the form of law enforcement when in a drunken rage, Ruth's stepfather threatened Ruth's grandmother with a knife and the police were called. As a Canadian citizen, he was forced to leave the United States for five years. Ruth was 7 years old the last time she saw him.

### **FINDING A NORMAL LIFE**

Ruth's mother's priority was not her children; it was alcohol. The family was certainly familiar to the social services system, and between first and fourth grades, Ruth lived in three different foster homes. One of the homes was that of her aunt and uncle in Williston, North Dakota. Ruth thrived.

"I loved the schedule, the boundaries, the rules, and the proper way of doing things. We learned table manners and respect and kindness. We went to church on Sundays. I could play outside like all the other kids and not have a care in the world. I was filled with gratitude and thanked Jesus

that I could finally be a normal kid and have a normal life," she explains.

Ruth's mother went through treatment, and when Ruth was in the sixth grade, she and her siblings had an opportunity to move back home. Ruth told the social worker she never wanted to go back.

"I wanted out, I got out, and I never wanted to return," Ruth says.

Her taste of a happy life with order and church and school had filled her, for the first time, with hope for the future. She stayed away from her mother, kept in touch with her siblings — who were in and out of foster care — as best as she could, and Ruth was happy.

"I'm forever grateful to the foster families that took me in. I learned a lot about life and have incorporated that into my own family," Ruth says.

### **FORGIVING vs FIXING**

During her senior year of high school, Ruth married Ron. They moved to Grand Forks where Ron started college and the two of them started a family. While Ron and Ruth raised their five children and made a life together in Bismarck, Ruth was ever the student.

"I read books on alcoholism and families and dysfunction. I wanted so much to try to understand where the road could have been different. I learned about shame and vulnerability and that if you can't forgive, you're already dying. I learned that it wasn't my fault and that I couldn't "fix" my mother. I absorbed everything I read, and when my youngest son started kindergarten, I went to school to realize my dream of a college education."

Ruth graduated from the University of Mary with a social work degree. She became a licensed addiction counselor and learned again and again how addiction can ravage individuals and rob families.



## INCREDIBLE PEACE

Ruth has experienced several “light bulb moments” in her life. A big one was when an aunt told her that her mother was dying of lung cancer and was only given months to live. This aunt knew Ruth wanted to reconnect with her mother one day in the hope of working toward forgiveness. Ruth volunteered to drive her mother to a doctor’s appointment. She envisioned the drive with her mother and the BIG apology; the one where her mother would ask Ruth to forgive her for all the terrible things that had happened to Ruth and her siblings. The apology never came. Ruth asked her mother about those years of her childhood, but her mother had no recollection of the horrors that Ruth and her siblings went through.

“She had no clue. Her alcoholism had robbed her of the ability to be present in my life. She didn’t know the traumatic affect her actions had on me and my siblings,” Ruth says. “And suddenly, I felt this incredible peace.”

It was then that Ruth realized her mother was never really her mother, but she had a very short period of time where she could be a daughter.

“From that moment on, I told her I loved her every time we talked, and after a while, she started saying it back. By this time, my mom had been in recovery for 10 years and had completed her college degree. I had so

hoped that being sober would bring an apology, but it didn’t happen. I realized then that hurting people hurt [other people], and I had no idea of what her childhood was like, and I didn’t know her full story,” Ruth says.

Ruth’s mother died a few months later. Her stepfather attended the funeral, and Ruth told him she forgave him.

“I realized I was finally grieving for this little girl that wasn’t allowed a childhood. Ironically, this took place in the same church where I first accepted Jesus in my life.”

## THE FORGIVENESS FACTOR

Looking at her own story of loss, fear, and pain, Ruth could be consumed by anger or resentment, but she is filled only with gratitude and grace.

“I’ve been so blessed to have this lesson that showed me the power of forgiveness. It’s important to know that no one plans on having addiction problems. I’ve worked with amazing, beautiful people who found themselves in the grips of addiction who, through treatment and recovery, have been able to get back to rediscovering themselves. Forgiveness is a major factor in recovery.”



Having compassion for the other person is a key component to forgiveness, Ruth says.

"I know that by showing my mother kindness and compassion, I was able to understand that forgiveness is part of my story and it is my privilege to share. I'm forever an optimist. I know that everything in life is beautifully weaved with lessons and learning. I have the power to resolve the things that have happened so that the hurting stops with me. I want to love freely and understand the power of forgiveness. The story is the easy part, and the story gets embellished along the way because we've told it repeatedly. It's like a tape in our heads that we continue to play. Stop telling the story of helplessness and tell the story of recovery. The hardest thing to acknowledge is that we betrayed ourselves by holding on to the hurt.

"Being angry wastes so much time. We spend so much time on the past, on the transgression and hurt, that it prevents us from enjoying the present. It's like the hurt takes up rental space in your brain. How long do you want that hurt to stay there, rent free? Well, the rent is up, and it's time for the hurt

# Forgiveness is the

to get out. Anger and resentment can become all consuming. I used to ask myself, 'Couldn't my mother see the terrible things happening in our home?' No, she couldn't.

"It's like we have life backwards. We don't spend time thinking about all the good people in our lives and all the impact they've had. We dwell on anger and resentment and not all the beautiful pieces and people around us. I feel so blessed to have the life I've been given. I tell my husband and children and grandchildren how much I love them. There are lots of hugs and kisses. The peace I've given myself has allowed me to love generously and live freely. What a gift."



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.

# bridge between hurting and healing

Tips from Ruth Knutson, based on “Forgive for Good,” by Dr. Fred Luskin

## What Forgiveness Is

Forgiveness is the peace you learn to feel when you can let go of past hurts.

Forgiveness is for you and not the offender.

Forgiveness is taking back your power.

Forgiveness is taking responsibility for how you feel.

Forgiveness is about your healing and not about the people who hurt you.

Forgiveness is a trainable skill.

Forgiveness helps you get control over your feelings.

Forgiveness is becoming a hero instead of a victim.

Forgiveness is a choice. Everyone can learn to forgive.

## What Forgiveness is Not

Forgiveness is not condoning an unkindness.

Forgiveness is not forgetting that something painful happened.

Forgiveness is not excusing poor behavior.

Forgiveness is not denying or minimizing your hurt.

Forgiveness does not mean reconciling with the offender.

Forgiveness does not mean you give up having feelings.

## Helpful Steps in the Process of Forgiveness

- Tell the story one last time to a trusted confidant.
- Recognize that the event may not have been a deliberate attempt to hurt you. It could have simply been circumstances.
- Give the grievance story a new ending — one where you choose peace and move on from carrying the grievance with you all the time.
- Find the door that lets you out of the room where you have kept yourself. That room is called hurt. The room may not have been started by you, but it's maintained by you.
- Ask yourself, “How is holding on to this story serving me?”



# Women of Medora:

# Emily Walter

By Stephanie Fong  
Submitted photos



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

Emily Walter has spent a three-decade career traveling the world as a professional vocalist and actor. She's served as a singer in the U.S. Air Force Band, entertained in shows on cruise ships, and — among many other things — has personified the title of Medora's "Queen of the West."

Her first professional job in music materialized after enlisting in the United States Air Force.

"My position as a vocalist with The Strategic Air Command Band was my first full-time singing job. I was just out of college and I never dreamed that I would become a veteran of The Desert Band, performing for the troops in Desert Shield and Desert Storm. It was an incredible honor and my training in the SAC Band critically developed the musical, professional, and disciplinary skills I have to this day. I couldn't have had better training," Emily says.

Fast forward to the early 1990s, when Emily wowed fans of the Medora Musical as a Burning Hills Singer best known for crooning Patsy Cline tunes each night under a starry Western sky.

"I sang my first Patsy Cline song on the Burning Hills Amphitheatre stage in 1993. It was 'Sweet Dreams.' The response was so overwhelming that the following year, the producer gave me a choice between 'Crazy' and 'She's Got You.' I chose the latter," Emily recalls.



Those successful summers singing Patsy Cline in Medora led to something bigger that holds a major place on Emily's resume — the Patsy Cline estate named her one of the few entertainers approved to portray Patsy Cline, leading to performance tours across the country and internationally. She continued to perform in a variety of genres and locations, adhering to her personal formula for success: hard work, dedication to her craft, and willingness to travel.

### **SHE CAME HOME TO NORTH DAKOTA**

Emily returned to Medora in 2010 to host the Medora Musical, and the character she portrayed that year soon became a part of her identity for years to come.

"When I returned to Medora nearly two decades after my time as a Burning Hills singer, the producer Curt Wollan and I were talking about me taking the host position in the Medora Musical, and he popped out with, 'Emily Walter; Queen of the West!' I loved it from that very moment," Emily says.

Emily's "Queen of the West" character combined the elegance of a pageant queen — complete with tiara-clad cowgirl hat and sequined gowns — with

the strength of an Air Force veteran and the voice of a Broadway star. Little girls attending the Medora Musical soon started buying and wearing pink cowgirl hats with tiaras, becoming Queens of the West in their own right.

"That was my favorite tie to the show... seeing a child walking downtown in their 'Queen of the West' hat! I can't tell you how many photos were taken in those hats. Sometimes they would show up with one they'd had for five years, and it looked so loved," Emily says.

### **HER OWN LOVE STORY**

And at the current point in her incredible journey, Emily has found herself planting deeper roots in Medora, explaining: "I fell in love with Medora in 1993. I fell in love in Medora in 2011."

Of her own Medora love story, Emily puts it simply.

"I enjoyed (the traveling performer) life very much, and it enabled me to see the entire world doing what I loved, but when I met Rolf (Sletten) in 2011, I was ready to slow down. The result was that I truly 'came home to Medora,'" Emily says.

After hosting the Medora Musical for several seasons, Emily took on new

challenges as part of the Medora team — helping launch and grow Medora's popular Gospel Brunch and the Magical Medora Christmas Tour.

In addition these popular Medora productions, Emily continues to pursue other favorite projects including Patsy Cline and Karen Carpenter Tribute shows and performances with the Bismarck/Mandan and Bemidji (Minnesota) Symphony Orchestras.

Whatever musical project she is dedicated to, and wherever travels with Rolf take her, Emily continues to embody the Queen of West role.

"It's just me, that Queen of the West persona," Emily says. "Me, with close ties to the town, the music, the people, the history, and the legacy that Harold and Sheila Schafer built. Rolf wrote two books about Medora and Theodore Roosevelt. This stunning place is deeply embedded in both of us and it's great to share that passion together."



Stephanie (Tinjum) Fong had the privilege to work as the personnel manager for the Theodore Roosevelt Medora Foundation for seven years. She now lives in Dickinson with her husband and two children, and they love to visit Medora several times each summer.



# Comfort Food

By Pam Vukelic

Part of the recovery process after the death of a loved one involves the gathering of friends and family for a meal. This is a time for people to reminisce and share stories, and it is a healthy step in moving forward.

Religion and ethnicity impact the process. For some, a wake is held before the funeral — wakes are generally joyful occasions. Jewish people sit shiva for seven days after the burial, usually in the home of the deceased. Visitors bring food and will probably find family members sitting on less-than-comfortable seats in a home where mirrors are covered. This is no time for comfort or vanity.

Food has been associated with funerals for thousands of years. In ancient Greece and Egypt, eating utensils were found on many grave sites. They believed that the journey to a final resting place might take some time so food was left for travel. Some coffins were fixed with a feeding tube so food could be delivered to the deceased from above-ground.

The practice I am most familiar with involves a reception at the church following the service. After the deaths of my parents, the women of the church did a phenomenal job of feeding all guests and accommodating our requests. The ladies' circles at North Viking Lutheran Church took turns shouldering the responsibility.

Researchers have found that much more food is consumed at funeral receptions than at wedding receptions. Perhaps the desire to eat after a funeral is a subconscious display of gratitude for our own survival.

And then there is the practice of bringing prepared food to the home of the family. At a time when family members find their energy sapped and are sometimes overwhelmed by the many visitors, gifts of food (and also some non-food items) from friends and neighbors are most welcome.



*Bert Knell*

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After research and discussion with friends, Pam recommends sharing these items to support those who are grieving:

- Comfort foods such as casseroles, soups, and potato dishes
- Mac and cheese, chicken nuggets, and small applesauce cups for children
- Substantial salads, such as potato salad, that will keep for several days
- Dried fruit, chocolate, nuts, and raw vegetables
- Cold cuts such as meat and cheese with crackers and bread, or maybe a nice ham
- Deviled eggs would go well with the cold cuts
- Beverages, such as sodas, iced tea, and milk to stock the refrigerator, and maybe a bag of ice
- Coffee with creamer and sugar
- A basket of bagels, cream cheese, and orange juice brought to the front step for breakfast
- An item that was a favorite of the loved one
- Freezer containers to help ensure food doesn't go to waste and perhaps offer freezer space
- Disposable utensils and paper plates as well as other consumables the extra guests are using
- Food delivered in disposable containers or clearly labeled if you want an item returned
- A note with your food to help people remember who brought what
- Although not food, a roll of stamps, to defray the expense of sending thank you notes



To prevent overburdening a family with too much food at one time, work with someone close to the family to develop a schedule for delivery and to learn the likes and dislikes of the people involved.

If you are a member of the family who lost a loved one, please don't hesitate to accept offers of help. It is a gift to the giver when you welcome their contribution.

Some cultures have a specific dish that is typically part of the funeral food ritual. I found recipes for Funeral Pie (Amish), Funeral Cake (Norwegian), Funeral Jambalaya (New Orleans), Funeral Goulash (Hungary), and Funeral Potatoes (Colonial America). These comfort foods travel easily and take little or no preparation to serve.

“Death Warmed Over” by Lisa Rogak (2004) includes many recipes and descriptions of rituals around the world.

On another note not related to food, when we were planning my dad's funeral, I arranged to have men's handkerchiefs embroidered with a monogram of his initials and the years of his birth and death. I distributed them to all family members gathered for prayers prior to the service. Each time that hanky comes through the laundry it offers me another occasion to reminisce about my wonderful father.



One of Pam's New Year's resolutions was to spend time learning. She recently had the opportunity to learn to Zentangle (art form) from a certified instructor. There is way more to it than she expected!

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# Myths about Recovery

## PEANUT BUTTER & JELLY VS *Steak and Lobster*

By Sandy Thompson

The words “alcoholic” or “drug addict” can conjure images of a person who is scruffy looking, poor, underemployed, homeless, or in poor health. I have worked with hundreds of people in recovery and their family members, and very few individuals I have assisted fit that description. Those who don’t understand the dynamics of addiction may ask, “So why doesn’t he or she just quit?” or “Can’t they see what their alcohol or drug use is doing to their relationships, career, health, etc.?”

Not one person who is addicted intended to have an addiction. Re-read that statement. It’s that important!



### PB & J RECOVERY

Recovering from an addiction is as simple and as complex as stopping the use of the substance causing the problems. Most individuals find that stopping the use is the easy part. Staying stopped is what those in recovery find the most difficult. People who are in recovery will say when they initially got sober they felt great! Physically they felt better, brighter, and younger. They no longer had hangovers or wondered what they actually did or said or how they got home the night before. They had a new found sense of freedom!

These same individuals will then say that once that honeymoon phase ends (and it will) the hard work begins. When a person enters into recovery, he or she discovers that he or she can either have a peanut butter and jelly kind of recovery or a steak and lobster kind of recovery.

The PB & J kind of recovery means no drinking or using; maybe the person improves a few relationships, takes a little better care of his or her health, or maybe gets a little better paying job.

### STEAK & LOBSTER RECOVERY

If the individual sets out to have the steak and lobster kind of recovery, which everyone deserves, he or she puts the quality of sobriety before anything or anyone else. Meaning, he or she does whatever it takes to protect his or her sobriety because without it, the person ain’t got nothing.

For some, that may mean getting a recovery coach, regularly going to support group meetings, taking medication, and getting involved in the community. It may also mean going to school, improving their skills to land a new job, making amends to the important people in their life, and on a daily basis, checking in with themselves to see where they did their best and where they could do better.

Being in recovery for an alcoholic or addict or a family member of one is **HARD WORK**. Recovery is not just the absence of the alcohol or the drug. It is hard work, but not impossible!



Sandy Thompson is a ND licensed addiction counselor, Connecticut Community for Addiction Recovery trained family recovery coach, and owner of Path to Pono, specializing in business consulting and family recovery coaching. She has a passion for helping others, dreams of one day living in a tropical climate, and loves all German food.



# A Journalist's Flair Turns to Cut Glass

## Mosaic Art

Article and photos by David Borlaug



For most of her life, Lauren Donovan informed and entertained newspaper readers as a journalist and editor. After a stint as editor of The Hazen Star, she spent a long career covering stories outside of Bismarck for The Bismarck Tribune. Now semi-retired, readers miss her lively writing — each turn of a phrase not only enlightening but entertaining with its eloquence.

During her newspaper career, she often thought of writing as an art form.

“I wanted to be that kind of a writer,” she says, which showed in the pages of the daily newspaper.

Before she cut back on her daily routine of newspaper writing, Lauren had a chance encounter with the art of cut glass mosaic and was immediately taken by the art form.

“I started out simply but soon wanted to move from flat, one-dimensional to multidimensional work,” she says.

Rummaging through antique stores and garage sales, Lauren gathered interesting objects from chicken feeders to old light fixtures, transforming them with vivid colored glass, often lit from within, and grouted for drama and emphasis.





"I especially enjoy finding old light fixtures from country schools or courthouses, flipping them upside down, and giving them life."

Lauren's newfound artistry quickly caught on with admirers at art shows and displays, with one of her early works selected as a Governor's Choice award, displayed in the Governor's Residence. That got her the attention of The Capital Gallery, which has showcased her work since opening two and a half years ago.

"An artist is lonely at times and filled with self-doubt," Lauren says, "The story of any art only becomes complete through the eyes of others, so the gallery gives me that affirmation and I'm so thankful for it."

And with that validation, through sales in the gallery, comes an energy and more creativity.

"Being self-taught, I have no boundaries and so I'm not afraid of trying new approaches. If it means tearing it all apart, so be it," Lauren says.

Her current interest has been using actual cowboy hats, Justin brand, for example, and covering them with a variety of colored cut glass.

"I've grown to have a good eye for color," she says, which shows in the masculine brown and black tones of "Roughstock Rider" and the femininity of the hues of blue, green, pink, and red in "Rodeo Rose," both currently on exhibit in The Capital Gallery. The hats are mounted on Missouri River driftwood.

Since retirement, Lauren is spending more time finding the right objects for her mosaic art and enjoys traveling to seek them out in her old school camper van. A native of Mott, she graduated from the University of North Dakota. She and her husband "Pat" continue to live in Hazen, where she is active in a variety of civic and cultural organizations.



David Borlaug is president 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.

## WHEN A SNOWY DAY BECOMES A

# Winter Stanza

By Betty Mills

When confined by the frigid weather to home and hearth, I decided to reorganize my bookcase containing a lifelong accumulation of poetry, and I stumbled upon two volumes purchased but never read. They are collections of poetry subtitled with amazing accuracy, “I Wandered Lonely as a Cloud . . . and Other Poems You Half Remember From School,” and “Tyger Tyger Burning Bright: Much-Loved Poems You Half Remember.” Coupled with another volume I owned on how to read poetry (from one punctuation point to the next and reading out loud), it seemed the perfect antidote to what was going on outside my windows.

The books were published in Great Britain, and the editor, Ana Sampson, includes a very brief biography for each poet. So, I learned such disparate facts as that Robert Frost suffered from poor health and shyness, but he was a popular figure on the lecture circuit, which he did to pay the bills. He won the Pulitzer Prize four times, and by request, wrote a poem to deliver at the inauguration of John F. Kennedy. When the wind blew away his copy, he recited another poem, “The Gift Outright,” from memory. He was 86 years old.

Emma Lazarus, in 1883, wrote the poem inscribed on the Statue of Liberty.

She wrote it as a fundraiser to build a pedestal under the statue, but it has a timely message for 2019:

*“Give me your tired, your poor, your huddled masses yearning to breathe free . . . send these, the tempest tossed to me. I lift my lamp beside the golden door.”*

Poetry often gets an unfair negative vote; I suspect because of how it is originally encountered. There’s nothing like a boring piece of poetry required to be memorized to plant in a student’s mind a life-long aversion. But, I was lucky. I had several poetry-loving teachers who made the words come alive by reading them to us.

Both of my parents loved poetry, and my mother wrote a few, long ago lost in the confusion which can follow major moves. My father, with his fifth grade education, memorized many poems with me, and I was transported readily down memory lane by several quoted in the books, including Rudyard Kipling’s “If,” which for a lovely monetary stretch, he paid me one dollar if I could recite the whole thing. Presumably, he hoped some of Kipling’s admonitions would stick in my memory, too.

Admittedly, with the snow piling up on my balcony and highways closed due to the bad weather, it was fun to come upon a bit of nonsense verse by Thomas



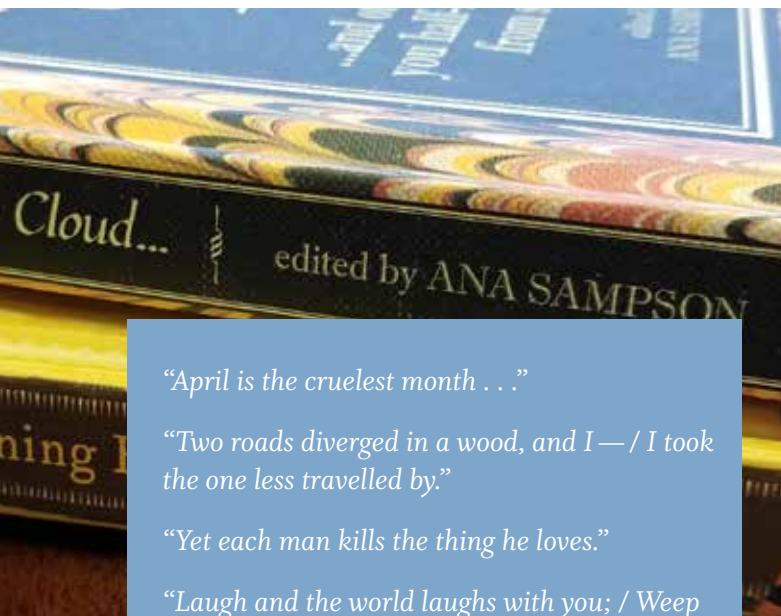
Grey, who is associated usually with the somber “Elegy Written in a Country Church Yard” — “The curfew tolls the knell of parting day . . .”

So I was suitably surprised to discover he also wrote “Ode on the Death of a Favorite Cat, Drowned in a Tub of Gold Fishes.” The final line warns, “Know one false step is ne’er retrieved . . . / Nor all that glisters, gold.” The cat belonged to his best friend who one presumes approved.

Then there’s a short bit by Oliver Goldsmith entitled “When Lovely Woman Stoops to Folly,” a piece of literature much parodied in its day with such lines as “The evening can be awf’ly jolly.”

Perhaps most surprising was the number of familiar lines I discovered, many of them not necessarily associated in my mind any longer with poetry:





*“April is the cruelest month . . .”*

*“Two roads diverged in a wood, and I — / I took  
the one less travelled by.”*

*“Yet each man kills the thing he loves.”*

*“Laugh and the world laughs with you; / Weep  
and you weep alone;”*

*“Gather ye rosebuds while ye may.”*

*“When you are old and grey and full of sleep.”*

*“If I should die, think only this of me: / That  
there’s some corner of a foreign field / That is  
forever England.”*

*In retrospect, I realize that those lines were not  
connected in my mind with a particular piece of  
poetry but stood in their own right for a memo-  
ry, a philosophy, an admonition. They were like  
old friends I hadn’t thought of for a while.*

*Perhaps I shouldn’t wait for another day of bad  
weather to revisit the poetry that has become  
part of my life.*



Betty Mills is the granddaughter of Morton county homesteaders. An avid reader, Betty’s home is filled with books, and she belongs to three book clubs. She was a political columnist for the Bismarck Tribune for 25 years and active on numerous boards and councils. At the age of 92, Betty still finds joy in writing.



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# LOOK WHAT *she* DID

## *Cara Currie-Hall*

Cara Currie-Hall is an international advocate for women. She's fought for the rights of indigenous people for 30 years. The Bismarck woman's current endeavor was inspired by God during a conversation with her husband, Ken Hall, and pastor Bob Grey Eagle.

"We said, 'We're people of faith. We need to do something...God is stirring,'" Cara recalls. "'We needed to have a conversation right away about the condition of the country and the role of the Church. Where does it lead people and how can we participate as people of faith?' Doing nothing was not an option."

That conversation led to the creation of the Kingdom Business Conference for Pastors and Leadership which Cara helps organize. After the conference, Cara helped incorporate the Kingdom Business Fellowship.

"In everything we're doing, we are leaders.

You're a mother — you're raising the next generation. You're a father, an educator; in all of our capacities, we're all leading something. We wanted everybody to be part of this and we continuously invite everyone to be part of this," Cara says.

The free event was live-streamed in 2018, and 50,000 people from 14 countries tuned in to watch and listen to the high-calibre speakers during the two-day event. Even more are expected this year.

"People will be transformed," Cara says. "I met a woman recently who told me she attended the conference last year. She told me, 'My life has never been the same since then.' That makes me glad. That's what is supposed to happen."

The conference is April 14-16 at the Bismarck Event Center. Visit [KingdomBusinessConference.com](http://KingdomBusinessConference.com) for details and registration.



## Heidi Engen

A batch of Heidi Engen's handmade gifts sprouted into a full-blown business. Therapy packs filled with flax seed — designed and sewn by Heidi — were such a hit that she began getting orders; so many orders that in February 2017, while working a part-time job, she started her own business, The Smart Seed. Interest and demand for the therapy packs exploded. The Smart Seed became Heidi's full-time gig in June 2018.

"The packs are helping a lot of people who struggle with headaches, migraines, and sinus problems," Heidi explains. "Moms have told me they love the hot and cold pack because their kids will use it as an ice pack; the fabric feels good. You can use the packs on any part of the body to ease aches and pains."

Each pack contains 100 percent flax seed produced in North Dakota. Heidi says flax seed has different qualities than other therapy pack fillers such as rice, corn, or wheat.

"Flax doesn't have a food smell; it's a smaller, smoother seed, so it conforms to the body better, and because it has a higher oil content, it will stay warm longer and retain its heat over time."

Heidi says adding essential oils to the therapy packs is an option. They come in four sizes, and Heidi makes them at her kitchen counter in Lincoln, North Dakota. You can find them at [PrideOfDakota](#), [ND.gov](#), select retail stores, and on [Etsy](#) and [Facebook](#); search The Smart Seed.



## Mary Logan

When Mary Logan and her husband, Jesse, decided to move from Midland, Texas, back home to Bismarck, North Dakota, Mary joked that she would only move if a Pure Barre studio was available.

"It's a low impact workout that I describe as using the muscles from the inside out. It's a mix of ballet, Pilates, and yoga where you work the body to fatigue and then stretch the muscles," Mary explains. "I fell in love with it in 2012 when I was living in Bozeman, Montana. I was going regularly for six to eight months, and it literally changed the way I thought about fitness; how it should be and could be."

It also changed how Jesse convinced Mary to move back home to North Dakota.

"When I told him there isn't a Pure Barre studio in Bismarck, he said, 'Let's open one!'"

Mary opened her studio in north Bismarck November 12, 2018.

"The workouts are hard, but if you can hold onto a ballet bar, you can absolutely do it. And you see results in a short time. It's a great culture, too — welcoming, inviting, and lots of encouragement. You will feel elated about what you accomplished after your workout," Mary says.

Classes can be scheduled online at [PureBarre.com/ND-Bismarck](#), or call 701-751-0528. You can also follow the studio on [Facebook](#); search Pure Barre Bismarck.



# THE WAY TO WELLNESS: TOGETHER

By Kylie Blanchard  
Photography: Rachel Neva Photo



Kylie Blanchard is a local writer and editor, who has worked in the communications industry for more than a decade. She is married and has three great kids who keep her busy as a mom, referee, head chef, and manager of the household laundry department.

**“Wellness is much more than just exercise, and for true change and total health you need to look at nutrition, stress, and sleep,” Katie continues.**

“We are passionate about showing people that healthy doesn’t have to involve strict diets, crazy workouts, or expensive supplements and products.”

What began as an idea to foster relationships and promote health and wellness among the staff at one elementary school blossomed into a journey of comradery and growth between participants at Bismarck’s Miller Elementary School (Miller) and Proximal 50 Life Center (P50).

“It started out with trying to find a way to help our staff connect,” Kelly Suchy, third grade teacher at Miller and member of the school’s engagement committee, says. “One way we did this was by starting an exercise group once a week. With that idea in mind, we decided to create a wellness experience that looked at different parts of a healthy lifestyle.”

Kelly decided to reach out to the experts for additional guidance.

“We wanted to give the program some legitimacy,” she says. “We reached out to Katie Kost and Tana Trotter from P50, and they were filled with ideas.”

Katie says hearing the school’s plan for a wellness program inspired the life center’s staff.

“Initially, Kelly was looking for exercise equipment, but after listening to her explain why they wanted to do a wellness program, we quickly realized we had so much more we could offer.



Thirty-six Miller staff members signed up for the program, with a \$10 buy-in going toward weekly and grand prizes.

“It says a lot when half your staff wants to take the time to better their health,” Kelly notes.

The life center provided a pre-assessment for each participant, and staff members Jamison Gray and Lex Hubbard led group fitness classes at the school and the facility’s downtown location.

“They opened their doors to us in a big way,” Kelly says.

Participants were also given access to Reset30, the center’s new online program.

“It is so cool to have this knowledge at our fingertips,” Kelly adds. “Our Reset 30 education talked about looking forward and making goals that are realistic



and measurable. It's about a growth mindset, which is perfect because that is what we try to emphasize with our students."

Many additional activities rounded out the Miller wellness program.

"We have one weekly workout after school, a walking group on Wednesday morning, and we have attended Pulse classes at P50," Kelly says. "We also have six weeks of challenges set up with three challenges each week. Two remain the same: seven to nine hours of sleep a night and 30 minutes of activity three times a week. One goal changes each week. Each time you complete a challenge, you get your name in a drawing for a weekly prize."

Participants can also earn a continuing education credit through Bismarck Public Schools and the University of Mary.

"There is a lot of our own time going into this for the online education piece and sharing our learning with our students and staff members," Kelly says.

Andrea Carson, second grade teacher at Miller, says her favorite part of the program is the comradery between the participants and trainers.

"It's great to see people working out, smiling, laughing, and having fun. We can lean on each other for support and encourage each other."

Andrea says she decided to participate in the wellness program to connect with her colleagues.

"One of my favorite activities is Wednesday mornings. We 'mall walk' Miller for 45 minutes before school. It's a fun way to start the day and to socialize with teachers you won't get to see that day.

"This whole process has really strengthened Miller as a school," Andrea continues. "It's a common thread people share."

"Simply put, healthy employees are happy employees," Katie says of the importance of workplace wellness. "They are more engaged in their work, they miss less work due to illness, they are more efficient and better at what they do. But doing it [working out] together as a staff also builds stronger teams."

Kelly says there is already talk of continuing the program's activities beyond its six-week timeline.

"People want to walk together in the mornings. We enjoy working out together after school. It helps us see each other outside of our role as teachers," she notes. "It would be really fun to make this a yearly tradition to remind each other to take care of our needs and to practice wellness."



# Oh! Man!

BECAUSE GUYS INSPIRE TOO

## Merle Bennett: Monarch Man

Article & photos by Marci Narum

On a warm, sunny Saturday afternoon in early September 2018, Merle Bennett catches the last monarch butterflies of the summer. His backyard in north Bismarck is a choice stop for the beautiful creatures; it's filled with an assortment of plants and flowers to attract birds and butterflies, including the butterfly bush, which isn't even meant to withstand North Dakota's cold climate. It survives because of the tender care Merle gives it.

With his butterfly net in the ready-to-swing position, he moves stealth-like toward some flowers where monarchs have stopped to rest, but even a veteran butterfly catcher like Merle misses from time to time.

"Oh shoot, I missed 'em. I wasn't fast enough," Merle chuckles.

Merle is catching the butterflies for research. The 87-year-old retiree once worked for conservation organizations but never had much interest in butterflies — until his grandson Lucas found the larvae on some milkweed growing near his front porch.

"I knew I had some monarchs around but I didn't pay much attention. Lucas would be out on the front step playing with



*Merle Bennett stops to pose with his butterfly net — September 3, 2018*

the larvae, letting them crawl on his arms, and then one day he was sitting out there and he watched two adult monarch hatch from their cocoons. So, I decided to just keep the milkweed there," Merle says.

As Merle explains, milkweed is critical to the survival of the monarch. The larvae eat the plant exclusively and monarchs lay their eggs only on milkweed. For several years, Merle has enjoyed a close-up experience of the monarch's entire lifecycle.

"The female lays 100 to 200 eggs, but usually only one or two eggs on any given plant," Merle explains. "When the egg is laid, it's just a speck — smaller than a pinpoint, like an olive-colored dot. The egg hatches after about four to six days to become the larvae and feasts on milkweed leaves for about 10-14 days, growing rapidly to almost the size of a child's little finger."

Merle sees the larvae spin its web, attach itself to a leaf or other object for protection, and then transform into the bright green chrysalis.

"The chrysalis hangs for another 10-14 days and then the brightly-colored adult monarch butterfly emerges. When





they first hatch, their wings are like wet noodles. After a few hours in the sun and wind, the wings harden and the butterfly is on its way.”

### TAG AND RELEASE

Catching monarchs is part of a tagging program borne over concerns about the declining monarch population. When Merle learned about the Monarch Watch research project at the University of Kansas, he signed up. That was seven years ago.

“I get more than 100 through here in a day during the peak migration period in late August and early September. It goes on all day,” Merle explains. “I tag for a couple hours after lunch and catch maybe 10 or 15 in a day. I don’t disturb them that long. I just let them go.”

But not before he attaches a tiny button-like tag to their wings. Merle

determines whether the monarch is male or female (the male has two black dots on its hind wings while the female has none) and then he turns them loose.

“The tagging determines the migration routes,” Merle explains. “There are two population of monarchs. The western population is found west of the Rocky Mountains, and they winter along the coast of California. This eastern population is found east of the Rocky Mountains and covers all of central and eastern United States and southern Canada.”

Merle says the monarchs winter in a forested mountain area west of Mexico City where the Mexican government has set aside several sanctuaries just for the monarchs.

“A lot of them die right there,” Merle says. “When [the people] are cleaning things up after the migration has left, Mexican children go looking for the monarchs with tags, and if they find one, they get a reward. So, that’s how the university gets most of their tags back. Other people are tagging in South Dakota, Nebraska, Colorado, and Oklahoma, and they might catch one that I have tagged.”

An ID number and the phone number of Monarch Watch are printed on the tag, so if someone finds one of those monarchs, Merle will be notified. He hasn’t been notified yet, but he’s not discouraged.

### HEADING NORTH

In February, the monarchs start the migration back north. The monarchs in

Merle’s yard — any that we see in the Northern Plains in the summer — are a generation of butterflies that live the longest.

“They will start slowly moving back to northern Mexico and southern Texas. And then they mate and lay eggs down there because the milkweed is already growing there. The ones I’ve tagged die,” Merle says. “They just hatched here in the last month. They fly to Mexico, spend the winter, start back, lay their eggs, and then they die.

“And then the next generation moves back up through Oklahoma and Kansas. They mate, lay their eggs on a bunch of milkweed and then they die. And then that next generations comes up here, and we get them in the middle of summer — mating, hatching. Several generations live for only about a month and this generation that we tag lives for about seven or eight months.

“How every one of those monarchs traveling to the sanctuary areas in Mexico — having never been there before — are able to make that long migration to the same areas every year is a scientific puzzle.”

Merle says even he doesn’t know the answer to why he’s still catching monarchs after all these years. He says it started “by accident.” But, considering the butterfly often represents resurrection and new life, it’s evident there is purpose in what Merle is doing. He tenderly cares for his plants and flowers, making his backyard a welcoming sanctuary to new life every summer.

# THE INSPIRED WOMAN SCHOLARSHIP:

## *The Story Behind It*

### APPLICATION DEADLINE APRIL 1

There's often a story or purpose behind new ideas. It's true for the inaugural Inspired Woman Scholarship, which will be awarded later this spring. The financial aid will assist students of higher education who are pursuing careers in print, broadcast, online, and visual journalism.

The idea for starting the fund was inspired during a conversation with members of the Inspired Woman advisory board. While brainstorming ways to give back to the community, the ladies suggested many worthy ideas, but we didn't settle on anything final. Jody Kerzman and I were co-owners of the magazine at the time, and in the days that followed the advisory board meeting, we continued to toss around ideas. During one conversation, Jody wondered out loud, "What if it could be a scholarship?" We were both college journalism students once upon a time, so that made it an obvious choice. But more than anything, a scholarship fits the mission of the magazine perfectly. We agreed — it was the best idea, and we established the Inspired Woman Scholarship Fund.

Inspired Woman magazine contributed to the fund, we held a fundraiser, and we invited readers to help build the fund through subscription options. Some

subscribers paid \$75 or \$100 and received their magazine for the subscription price of \$37. The remaining funds went into the scholarship fund. The North Dakota Community Foundation (a non-profit tax-exempt corporation) manages the money, and the first scholarship will be awarded this spring. The intent is to continue growing the fund and supporting future journalism students.

Second year college undergraduates through graduate students with a GPA of 3.0 or higher are eligible to apply. Preference will be given to students who exhibit leadership, steadfast work ethic, desire and willingness to learn and grow personally and professionally, creativity in writing, journalistic integrity, and involvement with journalism activities that are collegiate or community based. Inspired Woman has assembled a committee of professionals who will review the applications, determine the finalists, and choose the scholarship recipients.

The application deadline is April 1. Eligible students should apply online at [ndcf.com](http://ndcf.com). Click "Receive" and choose Inspired Woman Scholarship.

I look forward to seeing the talent and work of the next generation of journalists, and I'm happy Inspired Woman can play a part.

Donations to the Inspired Woman Scholarship fund are tax-deductible and can be made online at [ndcf.net](http://ndcf.net) or mail a check to:

NDCF  
PO Box 387  
711 Riverwood Dr, Suite 2  
Bismarck, ND 58502-0387



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