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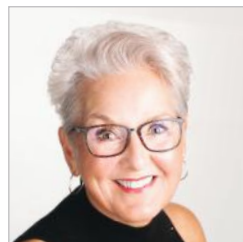
Jared Holsing
Owner/President



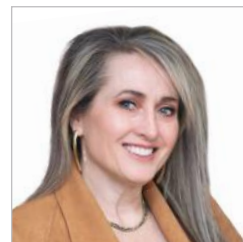
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Danielle Haugan
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Max Haggard
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Margaret Pennock
23 years



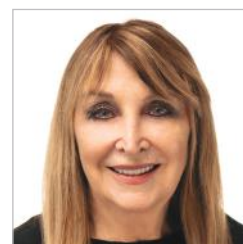
Jill Funke
23 years



Natalie Slieter
10 years



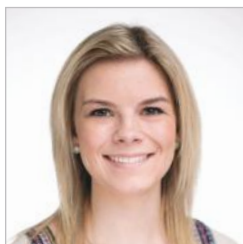
Chellee Unruh
10 years



Virginia Olson
8 years



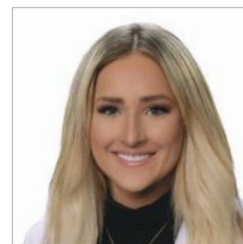
Kjersten Joachim
7 years



Jessalyn Holsing
7 years



Charlotte Hofer
6 years



Amanda Zanger, DVM, CPT
3 years



Jayci Holsing
3 years



Tabettha DeGroot
1 year

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on the cover

Featured: Hristiyana Ralinova

Photography: Kelly Middlebrooks

Life

- 8 **Calendar of Events**
- 14 **In Our Community**
Mighty Corson Art Players
- 16 **Couples Connection**
The Nest Might Be Empty,
But the Adventure's Just
Beginning

Style

- 20 **Beauty Trends**
Rejuvenate Your Skin
- 22 **Fashion Trends**
Inspiring and Awe-some
Colors for Spring
- 24 **Where to Shop**

what's ahead!

in this issue

Foodie

- 28 **Recipes**
Slim Down for Summer

Home

- 30 **About the House**
Modernize Your Bathroom
- 34 **Home Feature**
Gracious, Gorgeous Living



Health

- 42 **Wellness**
Could it be Allergies?
- 44 **Pet Health**
Considerations when Adopting a New Pet
- 46 **JY6 Foundation**
Krista Wright: Nurse of the Year

Profiles

- 52 **Cover Story**
Hristiyana Ralinova: Living Life with Passion
- 58 **In the Community**
Courtney Heumiller: A Rising Star in Girls' Wrestling, and she's only 8!
- 60 **Living Legacy**
Doris Stensland: Keeping Curiosity Alive at 101





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APRIL/MAY 2025

CALENDAR

Please verify all event dates and times as schedules are subject to change.

of Events



PBR: Unleash the Beast | April 4-6

3rd Monday of every month

Siouxland Republican Women

6:30 pm | Scheels Training Room, 2nd floor

Free for members; \$5 for guests

Yearly membership: \$20

605.400.2610

siouxlandrepublicanwomen.org

April 4-6

PBR: Unleash the Beast

April 4, 5 - 7:45 pm; April 6 - 1:45 pm

Tickets starting at \$19

dennysanfordpremiercenter.com

605.367.7288

April 2

United States Army Band & Soldiers'

Chorus: The Final Frontier

Washington Pavilion | 7:30-9:30 pm

Free event

washingtonpavilion.org | 605.367.6000

April 5

EmpowHer Women's Expo

Grand Falls Casino Resort

10:00 am-3:00 pm

Free event

grandfallscasinoresort.com

712.777.7777

April 3

McCrossan Wildest Banquet Auction in the Midwest: Viva Las Vegas!

Sioux Falls Arena | 5:30-9:30 pm

Tickets starting at \$100

mccrossan.org | 605.339.1203

April 5-6

The Black Market

(Formerly Benson's Flea Market)

April 5 - 9:00 am-5:00 pm

April 6 - 10:00 am-3:00 pm

Admission \$3 for adults, free admission for children

W.H. Lyon Fairgrounds

blackincevents.com | 605.367.7178

April 4

Live On Stage presents - Bachelors of Broadway - male vocal trio

Washington Pavilion | 7pm

Tickets: \$48.50

washingtonpavilion.org | 605.367.6000

April 6

American Legion Post 15 Pancake Breakfast

South Dakota Military Heritage Alliance
8:30 am-12:00 pm
\$2 for 10 and under, \$8 for 11+
siouxfallslegion.org | 605.336.3470

April 11-12

Junkin' Market Days

W.H. Lyon Fairgrounds
April 11 - 4-7 pm; April 12 - 9 am-4 pm
Tickets: \$5
junkinmarketdays.com | 605.941.4958

April 11-19

The Passion and the Cross

Orpheum Theater | Various showtimes
Tickets starting at \$15
lightsup.org | 605.367.6000

April 11-12, 17-19

Easter Concert Celebration

Browns Century Theater | Le Mars, IA
April 11, 17 - 7:00 pm
April 12, 18, 19 - 1:30 pm
Tickets starting at \$11.75
thebrownstheater.com | 888.202.2712

April 12

Tonic Sol-Fa Concert

Washington Pavilion | 7:30-9:30 pm
Tickets starting at \$30
washingtonpavilion.org | 605.367.6000

April 13

Fiber Fun at the Old Courthouse Museum

Old Courthouse Museum | 1-4 pm
siouxlandmuseums.com | 605.367.4210

April 15

Rosemaling Demonstration at the Old Courthouse Museum

Old Courthouse Museum | 1-4 pm
siouxlandmuseums.com | 605.367.4210

April 16

Bill Hoskins Presents: Early Sioux Falls History: Fort Dakota

Pettigrew Home and Museum
1:30-2:30 pm
Free event
siouxlandmuseums.com | 605.367.7097



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Book of Mormon | May 2-3

April 17

Behind the Scenes Tour of the Irene Hall Museum Resource Center

Irene Hall Museum Resource Center | 2-3 pm
 Tickets: \$5, call to register
siouxlandmuseums.com | 605.367.4210

April 18

Nature Track and Traces Hike with the Littles

Outdoor Campus | 10-11 am
 Free event, online registration required
license.gooutdoorssouthdakota.com
 605.362.2777

April 18

Tigerlily Gold Concert

Grand Falls Casino Resort | 8:00 pm
 Tickets starting at \$40
grandfallscasinoresort.com
 712.777.7777

April 19

Egg-Stravaganza

Great Plains Zoo | 10:00 am-5:00 pm
 Member tickets \$5, walk-up \$7
greatzoo.org | 605.367.7003

April 20

Easter Sunday

April 24

Ceili Dance at the Old Courthouse Museum

Old Courthouse Museum | 6:30-8:30 pm
 Free event
siouxlandmuseums.com | 605.367.4210

April 26-27

SDSO Presents: Giants in the Earth: The Norwegians in the Dakota Territory

Washington Pavilion
 April 26 - 7:30 pm; April 27 - 2:30 pm
 Tickets starting at \$15.64
sdsymphony.org | 605.731.2440

May 2

Spring Art & Wine Walk

Phillips Ave, Downtown Sioux Falls
 5:00-8:00 pm
 Free admission, punch cards available for purchase
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May 2-3

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dakotarelays.com

May 2-3

Songs Matter Showcase Concert

Browns Century Theater, Le Mars, IA
7:00 pm
Tickets starting at \$11.75
thebrownstheater.com | 888.202.2712

May 2-3

The Book of Mormon

Washington Pavilion
May 2 - 7:30 pm; May 3 - 2 pm, 7:30 pm
Tickets starting at \$35
washingtonpavilion.org | 605.367.6000

May 3

McCrossan Plant Sale

McCrossan Boys Ranch | 9 am-12 pm
Free event
mccrossan.org | 605.339.1203

May 3

Just Because it's Time To Dance - American Legion Post 15 Benefit

El Riad Shrine | 6-10:30 pm
Tickets: advanced \$15, door \$25
(tables of 8 available \$270 - \$500)
available at American Legion Post 15 office, or call 605.336.3470

May 4

American Legion Post 15 Pancake Breakfast

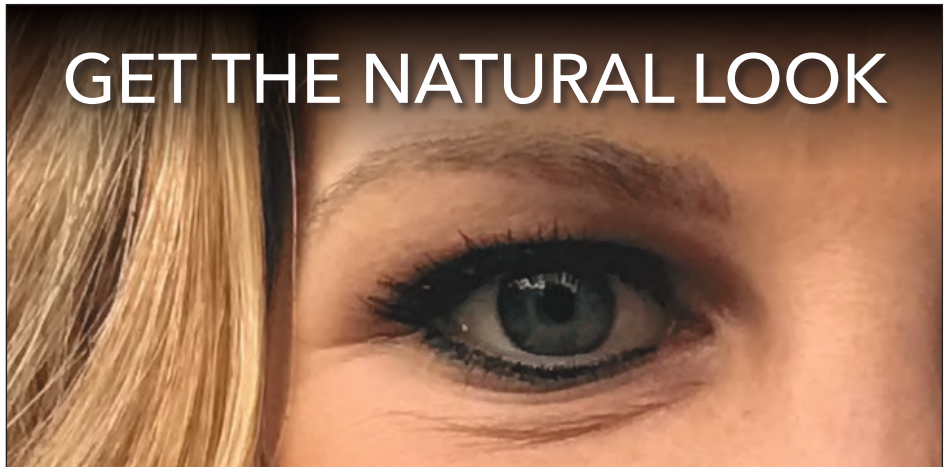
South Dakota Military Heritage Alliance
8:30 am-12:00 pm
\$2 for 10 and under, \$8 for 11+
siouxfallslegion.org | 605.336.3470

May 10

JY6 Foundation Nurses Dinner

The Catlin Hotel | 5:00 pm
Tickets starting at \$125
jy6foundation.org

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Easter Celebration Concert
APRIL 11, 12, 17, 18, 19

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AUG 15, 16, 21, 22, 23

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GOOD SHOT JUDY presents A Century of Swing | May 12

May 11 Mother's Day

May 11 SDSYO Concert

Harrisburg Performing Arts Center | 6 pm
\$5 for students, \$10 general admission
sdsymphony.org | 605.731.2440

May 12

Live On Stage presents - Good Shot Judy (The Century of Swing)

Washington Pavilion | 7pm
Tickets: \$48.50
washingtonpavilion.org | 605.367.6000

May 14-15

Oh, My Iowa!

Browns Century Theater, Le Mars, IA
7:00 pm
thebrownstheater.com | 888.202.2712

May 14

Fly-Tying - Ladies Only

Outdoor Campus | 6:00-7:30 pm
Free event, online registration required
license.gooutdoorsouthdakota.com
605.362.2777

May 28-June 1

SIX: The Musical

Washington Pavilion
All evenings - 7:30 pm
May 31 & June 1 - 2:30 pm
Tickets starting at \$35
washingtonpavilion.org | 605.367.6000

"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me; when you seek me with all your heart. I will be found by you," declares the Lord.

- Jeremiah 29:11-14

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The Mighty Corson *Art Players*

WOMEN PLAYING **HAMLET**

By Tabetha DeGroot | Photos courtesy of the Mighty Corson Art Players

The Mighty Corson Art Players of Brandon, SD, will perform *Women Playing Hamlet* from April 4 to 13. The all-woman cast began rehearsing in February to bring “rip-roaring fun for Shakespeare fans and haters alike” to the stage.

The story of *Women Playing Hamlet* follows Jessica, a young woman cast as Hamlet in a New York production. She struggles to create the iconic character, battling her existential crisis and the expectations of others. The play is loosely inspired by Shakespeare’s *Hamlet*, including some of the same scenes and quotes, but adding plenty of comedic flare.

“I love it because it’s more digestible,” says Director Mo Plastow, “It’s Shakespeare but approachable.”

This is Plastow’s first time directing with the Mighty Corson Art Players. She was brought in as a guest director by the theater company for this production and spends most of her days as a voice teacher at Effervescent Voice Academy in Sioux Falls.

Plastow says playwright William Missouri Downs was very intentional about all the parts of *Women Playing Hamlet* to be played by women.

“Women weren’t allowed to do shows in Shakespeare’s time,” says Mo, “All the parts were played by men, so this is flipping that on its head by having all the roles played by women.” The show is intentional in being a departure from tradition, much like its lead character.

According to Plastow, *Women Playing Hamlet* includes a mix of tender moments, comedy, and absurdity for a variety of appeal.

“I am excited about bringing in an audience that might not be comfortable with Shakespeare and subverting their expectations,” she says.

The cast consists of six actresses of all different ages, each of whom plays multiple roles.

“I like the balance of the characters doubling,” says



Plastow, "the ebb and flow of it really works."

This is the first time this cast has acted together, and for some of them, it is their first time on the Mighty Corson Art Players' stage. Most of them hail from Sioux Falls and the surrounding area.

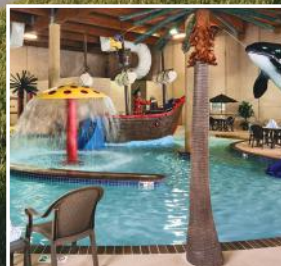
"It is a well-rounded show, and I can't wait to create it with my performers," says Plastow.

This year is season 42 for The Mighty Corson Art Players. Their mission to "elevate live theater through celebrating unique stories, developing local artists, and providing quality entertainment for the whole community" has continued since 1982. They are a non-profit theater company run by a board of local directors who believe that "the first word in community theater is community."

For tickets to the show, visit their website - mightycorson.com or call 605-582-2771. ■

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The Nest Might Be Empty, *But the Adventure's Just Beginning*

RECONNECTING AND THRIVING IN YOUR POST-KID ERA

By Chellee Unruh

Graduation season is approaching, meaning you may have kids who are ready to leave home and are concerned that your house will feel noticeably quiet. You're not alone! During this life-changing transition, it's normal to feel a mix of emotions – relief, sadness, maybe even a little panic. But guess what? This phase of your life can be an amazing opportunity to rediscover yourselves as a couple. Think of it as the sequel to your love story, and trust me, it can be even better than the original!

FOR YEARS, your focus has been on school activities, practice pickups, drop-offs, and ensuring everyone has clean socks. Now, the kids are about to go off to chase their dreams, maybe even in another state, leaving you with... each other. It's easy to fall into the trap of feeling like you've lost your purpose in life or forgotten how to be a couple. Don't worry, you haven't! You only need a little nudge in the right direction.

REMEMBER DATING? Seriously, dust off those dating skills! "Do you remember the effortless connection of your early days? The shared laughter, the deep conversations, the simple joy of being together? The empty nest is your invitation to rediscover that. Reclaim those date nights. Luxuriate at a romantic dinner, savor a sunset with a glass of wine or enjoy a quiet coffee at a local coffee shop. Even a walk on the trails can be a meaningful way to reconnect.

FIND SOMETHING YOU LIKE TO DO TOGETHER by looking for new ways to connect. Shared experiences are key to keeping the spark alive, and now's the ideal time to explore something new together. Pickleball is a fun, social sport that's perfect for couples. Reserve a court, invite friends, and prepare for laughs and friendly competition. Even if you're a beginner, there are plenty of opportunities to learn and meet new people. Not into sports? How about a cooking class? You'll be whipping up delicious meals for two in no time (a must-have skill for empty nesters!). Find something that sparks your interest as a couple and dive in - it's all about fun and creating new memories together.

REDISCOVER YOUR HOME. Your house can be your sanctuary again, not just a bustling family hub. It's time to reclaim your space! Consider redecorating a room together - a practical refresh and a fun shared project. Perhaps a dedicated home office or a luxurious master suite has always been a dream. Now is the perfect moment. Even tackling that long-awaited landscaping project can bring a sense of shared accomplishment. Transforming your house into your home is an act of self-care and a beautiful way to nurture your relationship.

TALK ABOUT THIS NEXT CHAPTER in your life and openly listen to each other. How are you both feeling about this new chapter? What are you looking forward to? What are you worried about? Feeling a little lost without the daily family routine? That's okay! Vulnerability and open communication are essential. You'll learn to communicate about different things now, so keep the conversation going. Honesty and mutual support are your best tools to embrace this new adventure.

TO BE A GREAT COUPLE, you need time to focus on yourself. That might sound counterintuitive, but it's imperative! Having personal interests and hobbies allows you to return to your relationship feeling refreshed and fulfilled. Join a book club, try a yoga class, or volunteer at your favorite non-profit. Happy individuals make a happy couple.

Becoming empty nesters is a game changer, but it doesn't have to be scary. It's a chance to rediscover your relationship, reignite the spark, and create a new chapter filled with love, laughter, and adventure. So, embrace the quiet, enjoy the extra time together, and anticipate the sequel - make it a good one! ■



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(Left to Right)

Jill Mollner

MBA, CFP®

Branch Operations Manager
Wealth Advisor, RJFS

Michelle Stahl

Partner, COO, CFS

Office Manager, RJFS

Shelli Carlson

Chief Experience Officer, CFS

Branch Associate, RJFS

Breaking Barriers: Women Leading the Way at Cornerstone Financial Solutions

International Women's Day, observed annually on March 8, is a global celebration of the achievements of women and a call to action for gender equality. In 2025, the theme "Accelerate Action" urges organizations and individuals to push forward in breaking barriers and creating opportunities for women in all fields.

In the traditionally male-dominated financial services industry, women continue to be underrepresented in leadership roles. As of 2023, women held only 18.4% of C-suite positions globally, with projections estimating an increase to 21.8% by 2031.*

However, at Cornerstone Financial Solutions, the narrative is refreshingly different. The practice has always prioritized expertise, skills, and leadership ability over anything else, and as a result, its history is filled with women in leadership roles. Today, three out of four members of the organization's leadership team are women—an achievement that reflects both ongoing dedication to excellence and a remarkable success story in an industry where women remain underrepresented in leadership. Their success is not a product of quotas or trends but of hard-earned expertise, commitment to the practice's core values, and relentless drive to serve clients at the highest level.

Jill Mollner: Financial Planning with Heart

Jill Mollner, a Certified Financial Planner® professional and MBA graduate, combines technical expertise with a deep understanding of the profound impact financial choices have on people's lives. Raised in

Sioux Falls, her parents instilled a strong work ethic and appreciation for financial responsibility in Jill and her sister.

Jill's approach to financial planning is personal. For her, success is about more than numbers; it's about helping her clients realize their dreams. Jill is passionate about mentoring and showing her two daughters that women can lead and thrive in any industry.

Michelle Stahl: The Engine Behind Excellence

Celebrating her 25th anniversary with Cornerstone this year, Michelle Stahl is a cornerstone of the practice—both in name and in action. As Chief Operating Officer, she ensures that every aspect of the operation reflects a commitment to putting clients first. A native of the Huron area, Michelle has spent her entire career at Cornerstone, starting the day she interviewed after graduating from Southeast Technical Institute.

A mother of four daughters, Michelle is deeply invested in fostering a culture where women can thrive in leadership roles, both professionally and personally. Beyond the office, she is active in the community, focusing much of her efforts in Huron and the surrounding areas.

Shelli Carlson: Crafting Exceptional Experiences

With more than 25 years in the financial industry, Chief Experience Officer Shelli Carlson is a natural leader with a passion for mentoring the next generation of professionals. She leads marketing, business development, and client engagement at Cornerstone, fostering meaningful relationships and ensuring clients feel the depth of expertise and care Cornerstone offers.

Outside of work, Shelli loves photography and travelling with her husband. As a new grandmother, she is also focused on leaving a legacy that empowers future generations of women to step into leadership roles.

A Model for the Future

The leadership of these three dynamic women at Cornerstone Financial is a powerful reflection of the "Accelerate Action" theme for International Women's Day 2025. Their success is not just an internal triumph—it serves as an inspiring example of progress in financial services. By fostering a culture of excellence, value, and commitment, Cornerstone Financial is proving that breaking barriers isn't just possible—it's necessary.

As the financial industry continues to evolve, companies like Cornerstone Financial demonstrate that when women lead, industries transform. In celebration of International Women's Day, let their journey inspire others to champion female leadership, ensuring that talent and dedication continue to drive the industry forward.



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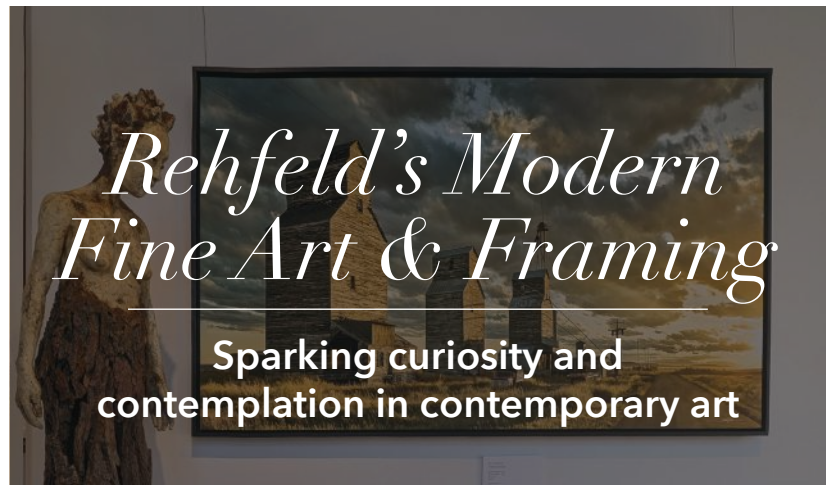
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Rehfeld's Modern Fine Art & Framing signaled a shift in the historic DTSF art scene last year with new ownership and a new focus. The new name says it all - Modern Fine Art and Framing.

"The Rehfeld's name is iconic," said co-owner Lindsey McCann. "When Micah Jastram and I purchased the gallery in late 2023, we knew that as new owners we would not want to change it completely; however, we did want to differentiate the change in ownership and portray to clients that they may see some changes in the type of art featured and the visual aesthetic of the gallery."

What won't change is what Rehfeld's has always offered its customers.

"Exceptional custom framing services, fine art consulting and curation for their homes or commercial space, delivery, and installation services will remain the same," said Lindsey.

Our overall goal is "to create art" she says.

"We want our role to be the artists' representative providing them a platform to tell their stories and share their work. In addition, we want to be a gathering place for people to enjoy, experience, and express their curiosities. Art can and should be enjoyed by all."

Lindsey says this first year has been exciting.

"Rehfeld's values and treasures the Sioux Falls art community. We are proud to be part of it!"



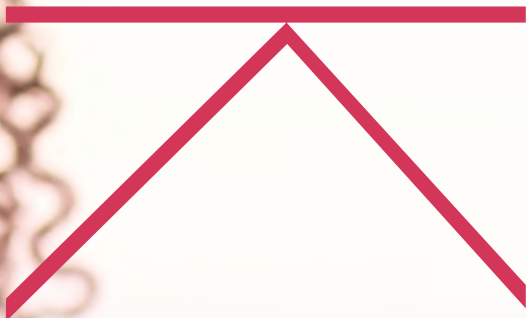
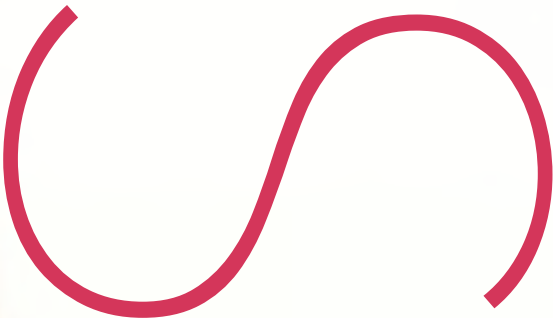
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REJUVENATE

YOUR



Microneedling and Collagen Regeneration

By Jessalyn Holsing

Microneedling has been creating a bit of buzz lately in skincare circles. It is a minimally invasive procedure that stimulates the skin using sterilized microneedles. Microneedling prompts your skin to generate collagen through its natural healing process and may help reduce the appearance of acne scars, dark spots, and wrinkles. With proper applications, this procedure can help rejuvenate your skin by improving elasticity, and through maintenance, you can continue having beautiful, glowing, and healthy skin.

As with any procedure involving your skin, be sure to ask a dermatologist if microneedling is right for you before booking an appointment with a certified, professional esthetician.

When booking your appointment, check with your esthetician about adding other serums to your procedure to enhance your results. Hyaluronic Acid is our best friend, as it is a serum with strong moisturizing capabilities. As we know, moisturizing is one of the most important steps in skin care to maintain health and appearance. Ceramides are an excellent addition; a natural fatty acid that already exists in the skin to help hold onto that moisture and can help with healing processes. Peptides are imperative for skin firmness and reducing the appearance of wrinkles. Finally, an Epidermal Growth Factor (EGF) serum will provide better moisture absorption and reduce hyperpigmentation by speeding up the healing process and helping skin cells grow and repair. Your microneedling professional may have a variety of serums that include these ingredients and more!

Microneedling is an effective procedure, and we want the maximum benefits from the procedure, so follow the care instructions for your skin before, during, and after. Ask your dermatologist for direction, and avoid microneedling if you have active acne, are using strong acne-fighting medications like isotretinoin, or have conditions like psoriasis and eczema. Avoid retinols and scented products as directed before and after microneedling procedures, avoid activities that may cause sweating, and avoid wearing makeup for a few days after your procedure. Your certified esthetician will have more information available to ensure the best experience. Go and get that rejuvenating glow! ■

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Inspiring & Awe-some

COLORS FOR SPRING

By Jessalyn Holsing



COMBINE BOUTIQUE
*Pas de Calais Blazer; Xirena T-Shirt;
Citizens of Humanity Denim*

Specific colors grab the eye, hold attention, and demand to be viewed in awe and with great inspiration. While fashion trends tend to be cyclical, every once in a while a trend takes on a life of its own. In the early 2020s, we've gone through neon and pastels rather rapidly, making it only natural that we would now stumble upon bold and unique colors that don't quite fit previous molds. The following list of colors is making the rounds, and I hope to introduce you to them with feeling and inspiration.

First up on my list is Transcendent Pink. A subtly muted, greyish-hued sandy pink walks the catwalk alongside its neutral brothers and sisters more so than the brighter categories of reds and magentas. Transcendent pink is not quite a nude, but soft, aesthetic, and very natural feeling. It is a staple and foundational color.

Next, we have Aquatic Awe, a beautiful turquoise color. This unique color is rich and inspiring, like the depths of a tidepool, where little pinpricks of awe and inspiration arrive naturally, despite the jewel-like coloring that seems almost impossible to be something of the earth and mother nature. Fantastical and bold while remaining very real.

Ray Flower is a welcoming, almost summer-haze yellow. Think dandelion and sunflowers, vibrant and deeply warm. This color is full of life, a fun shade, asking you to hold its

hand and walk up the grassy hill on a balmy day for a picnic. Ray Flower feels breezy and kind, the color you would want to draw a happy sun with a crayon in the corner of a pretty picture.

Sunset Coral is a bold and gorgeous scarlet coral. It's fleeting, like the deep scarlet sky during a smidgen of sunset, when the sun is low and the clouds are blooming with vibrance, the tail-end of the day when we pause and stare in wonder, finally taking a fresh breath of air and living in the moment. It's an escape from business, hustle and bustle, and appreciating beauty. It's eye-catching and awe-inspiring, a bold and immensely chic color.

Finally, the star of the show and best for last is Future Dusk. This cosmic purple has dominion as the Color of the Year for 2025. It is mysterious and otherworldly, like staring into space - glimpsing a sea of stars and taking you on a journey so very far away from here. It is galactic, the transition between night and day, looking toward the future for change, growth, and feeling drawn to the vast and beautiful unknown, whatever wonderful surprises may await us there.

These gorgeous and outstanding colors are sure to bring your wardrobe to a new elevation. Keep your eye out for ways to incorporate these colors into your everyday ensembles, and don't be afraid to be bold. ■



CLIFF AVENUE GREENHOUSE:

Grace Jeans jean jacket - \$74.99;
AEMI t Co White tee - \$25.99;
GiGio Pants - \$36.99



PALM AT THE PARK:

Shade Seeker Hat - \$68; Larkyn Midi Shirt Dress - \$278;
Mari Mini Bag - \$198; Lilly Lace Bracelet Set - \$68;
McKim Wedge - \$148

WHERE TO



1

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2

2. Makers Exchange

102 E Venture Place | Tea, SD

605.213.0404 | makers-exchange.com

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3



3. The Economy Shop

S Main | Rock Valley, IA

FB: The Economy Shop – First Chance Glance.

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4

4. Mahlander's Appliance and Lighting

8th & Minnesota Ave

605.336.7798 | mahlanders.com

Elevate your kitchen with Café Appliances—where style meets performance, and customizable hardware lets you design your dream space.



SHOP

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775 10th St, Hwy 18 | Rock Valley, IA

712.476.2945 | firstimpressionstogo.com

Take a stroll down memory lane in the spring! This framed canvas is 42"x 42"- \$325.



5

6



6. The Gift Shop at Grand Falls Casino & Golf Resort

1415 Grand Falls Blvd | Larchwood, IA

712.777.7777 | thefallsgolfcourse.com/golfshop

New for 2025 - The Kawela Golf Shoes by Olukai! The Kawela blends sporty style with functionality. Featuring water-resistant mesh and neoprene, along with leather details, this style ensures comfort and dryness in any weather. Its lightweight construction and breathable materials allow you to play all day while a secure lacing system enhances stability and performance. Prices start at \$130.

7. Handy Man Home Remodeling Center

910 E 10th St

605.336.0316 | HandyManHome.com

Introducing the New Wavy Black 24" Bathroom Light Bar. 3 colors of light, dimmable LED. Price varies by color. Around \$120.

7



8



8. Montgomery's

1725 W 41st St

605.332.4400 | montgomerys.com

Mid-Century Modern Round Storage Ottoman with Wood Case - Add a touch of mid-century modern elegance to your home with this round storage ottoman, featuring a stylish wooden case shelf. Perfect for keeping your space organized, it seamlessly blends functionality with a timeless design, making it an ideal accent piece for any room. \$539.99



1

1. Betz Blinds

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2. Palm at the Park

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2

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3. Pharmacy Specialties & Clinic

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Crave control: #180ct capsules \$74 (-20%) = \$59.20

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712.753.2121 | rusticoakbrands.com

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4

5



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6



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7



WEIGHT MANAGEMENT

Metabolism refers to the body's inherent mechanism for transforming the food we eat into fuel for daily function. When this natural process is interrupted or slowed, issues may arise due to impacting the body's ability to effectively manage energy. As a result, a variety of metabolic disorders may emerge including obesity, type-2 diabetes mellitus, cardiovascular diseases, and non-alcoholic fatty liver disease. The optimal way to minimize these effects is by exercising regularly, managing stress, practicing good sleep hygiene, and following a diet high in vegetables, fruits, nuts, whole grains, and olive oil. In addition to these applications, incorporating a supplement designed to enhance both metabolic function and gut health is essential to actively improve common metabolic disorders.

One promising supplement for this purpose is our **Metabolic Probiotic featuring Akkermansia**. This product contains a blend of various probiotics that collaborate to support the balance of the body's healthy microbiome, resulting in enhanced immunity, decreased inflammation, and maintenance of regular bowel movements. Akkermansia, often referred to as a GLP-1 probiotic, works to increase levels of the GLP-1 hormone, which plays a key role in managing insulin secretion and reducing appetite.

Consequently, by incorporating akkermansia, this product further aids in promoting healthy weight loss and maintaining balanced blood sugar levels in diabetics or pre-diabetics. A general rule of need for this product is simply one vegetarian capsule daily for adults, or as directed by a healthcare professional.

A secondary supplement designed to support weight loss is our product called **Crave Control**. This product consists of essential amino acids and their precursors that function to provide the brain with "neuro-nutrients" necessary for the synthesis of brain-reward neurotransmitters. The resulting effect leads to a substantial rise in serotonin, dopamine, and D2 receptor activity, which consequently stimulates appetite suppression and reduces general food cravings. A typical guideline for this product is to administer six to twelve capsules daily, preferably thirty to forty-five minutes before meals, or as directed by a healthcare professional.

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Power Plates

BLANCED MEALS TO BUILD YOUR **SUMMER BODY**

By Jayci Holsing

One big misconception about healthy eating is that you must count calories and cut out all carbs to lose weight. However, food is fuel, and all food groups are essential to ensure peak body performance. Instead of swearing off bread and only eating fruits and vegetables to get your body ready for the summer, try crafting power plates to help build your summer body!

Power plates break meals into thirds—protein, color, and carbs. The most important thing to remember about building your plate is that you always want a good source of protein to make up one third of your meal. Protein helps grow muscle and keeps you feeling full for longer. Lean meats, such as chicken, turkey, and some cuts of beef, provide excellent protein sources and are versatile for meals.

The next step to building a power plate is choosing a colorful food item for the next one third of your meal.

Colorful food items are fruits and vegetables, containing many essential vitamins and minerals. Since fruits and vegetables have carbohydrates, they will help sustain your energy levels throughout the day.

The last step to crafting your power plate is choosing a carb. Carbs can be pasta, bread, rice, or grain. Don't be afraid of carbohydrates - they are an essential form of energy for your body, and carbs also help to keep you full. Healthy fats are also great to include in your meals in moderation! These could be pasta sauce, salad dressing, or a sauce for your protein.

If you remember to include and balance these three food groups, you will certainly feel better and begin to notice the difference in your body as we quickly approach the summer months! Try these balanced meal options to get started, and remember that you can always mix and match to create a wider variety of healthy meals and flavor profiles.

Turkey Taco Salad

- 1 lb lean ground turkey (protein)
- Taco seasoning
- Lettuce of choice (color)
- 1 Tomato (color)
- 1 Avocado (color; healthy fat)
- Shredded cheese (healthy fat)
- Tortilla strips (carb)
- Plain, unsweetened Greek yogurt (protein) or sour cream (healthy fat)
- Ranch dressing, or dressing of choice (healthy fat)

Cook the turkey on the stove and mix the taco seasoning as directed. Put the desired amount of lettuce in a bowl and top with cooked ground turkey taco meat. Dice the tomato and avocado and add them to the bowl with a pinch of shredded cheese and a spoonful of Greek yogurt or sour cream. Top with tortilla strips and a moderate amount of your choice of dressing—enjoy! Leftover meat can be frozen or refrigerated.

Easy Baked Chicken

- Chicken breast (protein)
- Parmesan garlic sauce (healthy fat)
- 1/3-1/2 Cup of rice (carb)
- Olive oil (healthy fat)
- Asparagus (color)

Season the chicken breast(s) with your choice of seasoning and bake in the oven according to directions. Cook rice as directed. (Uncooked rice doubles or triples upon cooking.) Season asparagus with a drizzle of olive oil and seasoning of choice. Bake in the oven for 12-15 minutes at 425 degrees. Once the chicken is cooked, add the parmesan garlic sauce on top and set back in the oven for 2 minutes or until the sauce is warmed. Add everything to your plate and enjoy!



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MODERNIZE YOUR BATHROOM:

The smart and affordable choice of a shower conversion

By Chellee Unruh | Photos courtesy of Bath Fitter

Does your bathroom reflect your current style? Trends evolve, and what was once a luxurious garden tub might now feel bulky and outdated. If you yearn for a more modern and elegant space, a shower conversion can be the perfect solution.

This practical yet stylish option seamlessly blends functionality and aesthetics. Imagine replacing your clunky tub with a sleek walk-in shower, instantly revitalizing your bathroom. Local expert David Peele of Bath Fitter offers valuable advice on this quick and easy way to transform your space: The Tub-to-Shower Conversion.

The benefits of a shower conversion extend far beyond aesthetics. Many homeowners find that bathtubs, once a symbol of relaxation, have become cumbersome with age. Climbing in and out can pose safety concerns, and let's be honest, a long soak isn't always practical in today's fast-paced world. A walk-in shower offers a safe and accessible solution, perfect for all ages and abilities.

Moreover, a shower conversion can be surprisingly efficient and hassle-free. Bath Fitter explained, "The tub-to-shower conversion process is designed to be quick and minimally disruptive. Unlike traditional bathroom remodels that can leave your bathroom unusable for weeks. Tub-to-shower conversion installations can be completed in as little as one day."

This approach uses high-quality, prefabricated components that require less demolition, ensuring a clean and precise fit. The process involves removing the existing tub and surrounding walls, then installing a sleek, one-piece shower base and seamless wall for a waterproof finish.

This solution isn't limited to specific tub styles. Whether you're tired of your current tub/shower combo or find bathing difficult, you can find a design to suit your needs.

The key to a successful conversion lies in expert guidance. Partnering with a reputable company like Bath Fitter ensures a smooth process from start to finish.



Their experienced designers can help you create a customized shower that complements your existing bathroom decor, while offering valuable advice on functionality and material selection.

If you're not handy with DIY projects, leave the heavy lifting and technical details to the professionals. Bath Fitter use high-quality acrylic materials built to last a lifetime and backed by a lifetime warranty. This ensures quality at every step of the process, and peace of mind for you.

Beyond the time-saving advantage, tub-to-shower conversions offer significant cost savings compared to a full bathroom remodel. You'll potentially save money on your water bill, increase your bathroom's functionality, and add value to your home.

Don't wait years to enjoy a bathroom that reflects your style and needs. With a little expert guidance, a tub-to-shower conversion from Bath Fitter can be a quick and rewarding way to modernize your space. ■




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It took nearly three years in her new construction home for Sherida Hemelstrand to walk into Budget Blinds at Dawley Farms. But with an idea in her head, it didn't take long to bring her vision to life.

Design Consultant Allie Pick and the Budget Blinds team pride themselves on rising to challenges like Sherida's.

"Allie was the design partner I needed. Her warmth and competence made it easy to convey my style preferences and needs. She had me figured out within minutes, and wasted no time pulling samples and styles that complemented my home," said Sherida. "By the end of my in-home appointment, I had complete confidence that the products selected were going to function beautifully."

While blinds are their business, Budget Blinds recognizes that window treatments and coverings aren't just products and hardware, they're an important element in the places where life happens.

"Initially, we try to gather information and do some fact finding based upon functionality and continuity," said Allie. "We ask questions, narrow down the options and

present styles and fabrics that our clients usually have a gut reaction to, which I think is the most fun."

In her primary bedroom, Sherida selected room darkening roller shades from *Inspired Shades* with a cordless lift that allows for easy operation. Sherida selected light filtering roller shades from *Lafayette Interior Fashions* for her office and an additional upstairs bedroom.



ADVERTORIAL



She chose to motorize both of these shades with exclusive Smart Home branded motorization, each one operated by a 15-channel remote.

In her two lower level bedrooms, Sherida selected the same shades as her office and upstairs bedroom, again with a cordless lift allowing for easy operation.

And knowing that entering anyone's home is a very personal experience, the entire Budget Blinds team strives to make that experience as pleasant as possible.

"Our system is really a well-oiled machine from consultation to installation," said Allie. "We never contract out our installs. Our full-time team does it all day, every day, so it's a very clean, professional and precise process."

"And it's always fun to hear when someone like Sherida loves their shades. It's rewarding to collaborate from projects big, small, old to new."

Sherida admits that even the best experience isn't without some regret. "My only regret is not doing this sooner and not using them for my other homes."



Dawley Farm Village 828 S Highline Pl
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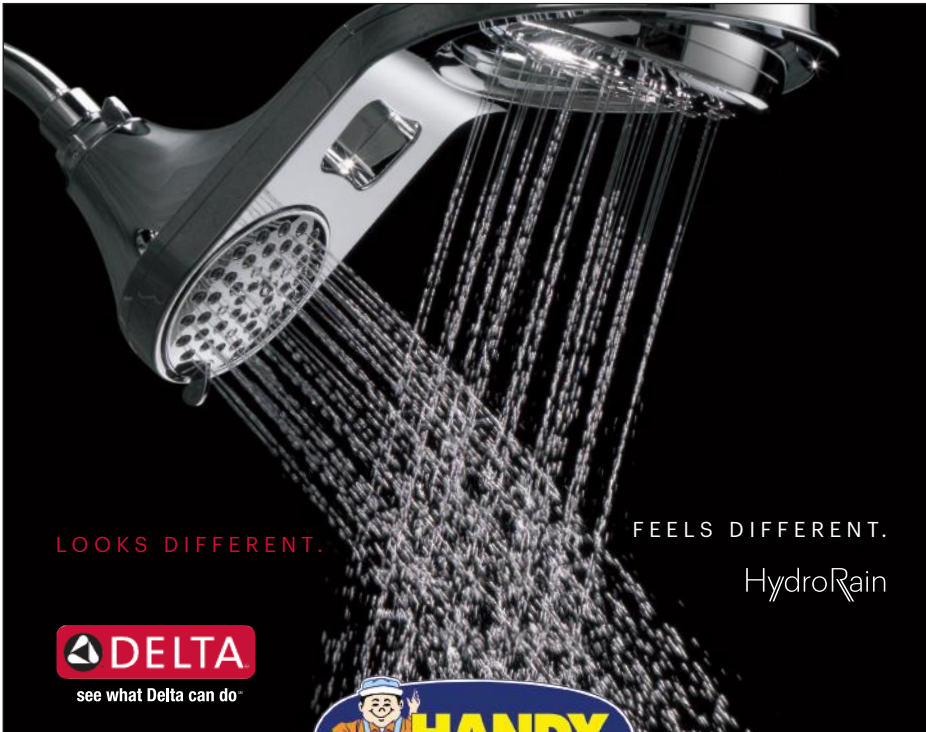
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Gracious, Gorgeous LIVING

Mary and Mike Dott renovate their family home and fall in love with it all over again

By Margaret Pennock

Photos by Dylan Hillestad,
Sioux Falls Real Estate Photography

For Mary and Mike Dott, remodeling their beloved home was the easiest decision. Having lived in their charming five-bedroom, three-bathroom ranch walkout on a mature, tree-lined street for 26 years, they never considered moving.

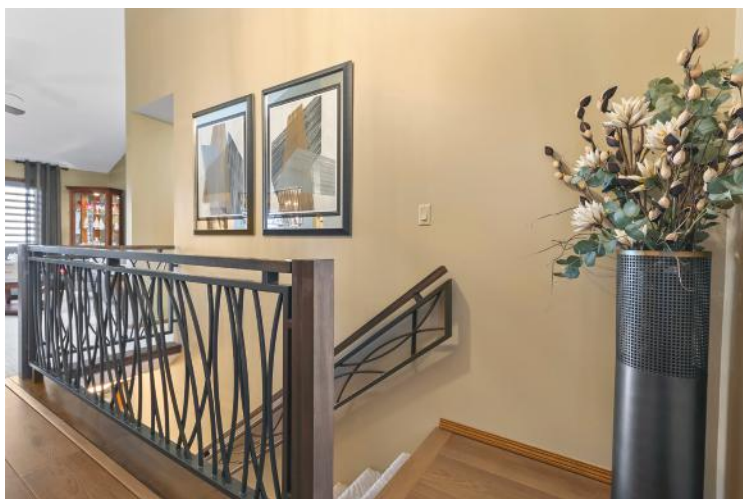
"We bought our home in 1999 and have made several updates over the years," Mary shares. "The neighborhood has changed a lot—when we first moved in, we were practically on the edge of Sioux Falls—but we love it here. It's a great neighborhood, and the location is perfect for us."

Now both retired, the Dotts were eager to update their home to accommodate their love for entertaining family and friends. However, finding the right contractor proved challenging—until a chance encounter led them to the perfect team.

"I knew I wanted to renovate, but I didn't have a contractor lined up," Mary recalls with a laugh.

"I went to Montgomery's to buy a gift card, and while I was there, I ran into my friend Amber Schnetter, who was working as a designer. I mentioned we were planning to remodel our kitchen and needed a contractor. She immediately recommended Raylyn Kruetzfeldt—who, by sheer luck, happened to be in the store that day! I was able to meet with him right then and there."





FOLLOWING THIS SERENDIPITOUS MEETING, the renovation progressed swiftly. Taking advantage of Montgomery's free design services, Mary worked closely with Amber to bring her vision to life, while Kruetzfeldt Construction made it a reality. In just four short months, the Dotts' home underwent a stunning transformation, including a fully renovated kitchen, new flooring throughout most of the house, fresh paint, updated window coverings, new lighting and furnishings, and refurbished decks made from maintenance-free composite decking.

"Working with Amber was absolutely amazing. We had been dreaming of this remodel for years, and we couldn't be happier with how it turned out. It truly feels like a brand-new home." Amber agrees, "Mary knows her home and exactly what she wants. She also has great taste, which made my job easier. One of her priorities was keeping the honey oak trim and casework, so we made sure our choices for paint, woodwork, and cabinetry complemented it. The final result turned out beautifully."

From the moment guests step inside, they are greeted by exquisite craftsmanship, beginning with the custom artistic metal railing in the foyer. The formal living room is bathed in natural light, with pristine ecru carpeting and a serene color palette that flows seamlessly throughout the home.



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Before



Before



"This has been an amazing journey. Once we decided on the design, I went to Montgomery's, and Amber had already pulled samples for flooring, carpet, paint, window coverings—everything. It was wonderful. I never imagined a project like this could be so easy and so much fun."

—Mary Dott

THE HEART OF THE HOME - nestled between the formal living room and the multipurpose room, is the newly remodeled kitchen, now one of Mary and Mike's favorite spaces. Though it retains its original footprint, the remodel dramatically improved aesthetics and functionality. The centerpiece is a stunning new island topped with Cambria® quartz countertop, providing the perfect space for entertaining, additional storage, and enhanced usability.

Preferring clean lines and minimal distractions, Mary cleverly instructed that the outlets and light switches be installed beneath the cabinets, preserving the uninterrupted beauty of her tiled backsplash in muted natural tones.

To open up the space while maintaining some separation between the kitchen and family room, Mary removed a bank of cabinets and a built-in desk and replaced them with a cutout in the wall. This opening was filled with custom metal artwork that echoes the design of the new staircase railing. To compensate for the lost cabinetry, a built-in pantry was added to the adjoining mudroom, making practical use of underutilized space.

On the other side of the kitchen, the multipurpose room—formerly a covered porch, now serves as the couple's dining and sitting room. "I really wanted a dining room, which is why we enclosed this space," Mary explains. "Now, we absolutely love it. When it's just the two of us, we spend most of our time here."



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THE PRIMARY SUITE, along with a uniquely oversized and stunning guest room (once two separate bedrooms), and a full bathroom, completes the main floor. The bathrooms had also been updated in a previous remodel, two of them now featuring luxurious walk-in showers with large glass enclosures to make them feel as large and open as possible.

Downstairs, the lower level is a spacious, light-filled retreat, enhanced by sculpted carpet that, coincidentally, mimics the flowing lines of the custom metal railing. "That was a complete accident, but I love how it all ties together," Mary laughs. The lower level includes a large open family room, two bedrooms, a full bath, a home office, and a bar, making it a perfect space for guests—especially the couple's two adult children and their families and five grandchildren. "It just works beautifully for us."

With no plans to leave their cherished home anytime soon, the Dotts are overjoyed with their "new" space and thrilled to share it with loved ones. "Mike just loves everything we've done and talks about it all the time. I'm beyond pleased with the entire process. It's been such an honor to work with Amber and Raylyn. Everything was so well organized, and the results were stunning. We just love it." ■



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Could it be *Allergies?*

WHEN TO SEEK MEDICAL ADVICE TO **IMPROVE YOUR QUALITY OF LIFE**

By Margaret Pennock | Photo courtesy of Midwest ENT & Allergy

Itchy, watery eyes, sneezing, nasal congestion, and skin irritations can significantly impact your daily well-being. For some, over-the-counter allergy medications provide relief, helping to manage symptoms effectively. However, for many, allergy issues persist, disrupting their quality of life. Identifying the root cause of allergies and having a medical treatment plan can be crucial to managing the condition.

According to Dr. Tamura, at Midwest ENT & Allergy in Sioux Falls, most patients seeking further evaluation have previously tried various methods to control their symptoms with little success. "Many of our patients pursue allergy testing because they've exhausted their options and don't know what else to do," Dr. Tamura explains.

Midwest ENT & Allergy offers two types of allergy testing: a blood test or a skin prick test. Both are quick, effective and cause only minor discomfort. Dr. Tamura notes, "Since we can easily and quickly test our patients in-office to pinpoint their specific allergens, we can explore advanced treatment options, set expectations, and discuss the timeline for seeing real results."

Beyond medications, patients can minimize their exposure to allergens and consider immunotherapy. Immunotherapy is a long-term treatment option designed to reduce or eliminate symptoms of the identified allergens, decreasing the reliance on allergy medications. Immunotherapy options include allergy shots or sublingual (under-the-tongue) drops.

For Sioux Falls mother Kayla, watching her daughter, Kaylyn, struggle with chronic sinus infections was difficult and frustrating. "Kaylyn has always loved being outdoors, but she was constantly getting sick—it was absolutely miserable for her," Kayla recalls. It wasn't until their family doctor recommended allergy testing that she considered allergies the possible culprit. "I never thought her chronic sinus infections could be caused by allergies, but she tested positive for mold and pollen, which explained why she kept getting sick after being outside."

After undergoing immunotherapy for the past six years, Kaylyn rarely experiences sinus infections, and her quality of life has improved dramatically. "Her symptoms have improved by about 95 percent, and we would do this again in a heartbeat," Kayla says.

Dr. Tamura emphasizes, "If you've tried different solutions without success, we have additional options. With thorough testing, we can create a plan to help you take control of your symptoms and explore treatments that could significantly improve your life."

Midwest ENT & Allergy offers state-of-the-art allergy testing and treatment in Sioux Falls; and provides comprehensive allergy testing, diagnosis and treatment, utilizing all of the latest technology and techniques. For more information, visit midwestent.com or call 605.336.3503 to schedule a consultation and determine your options. ■

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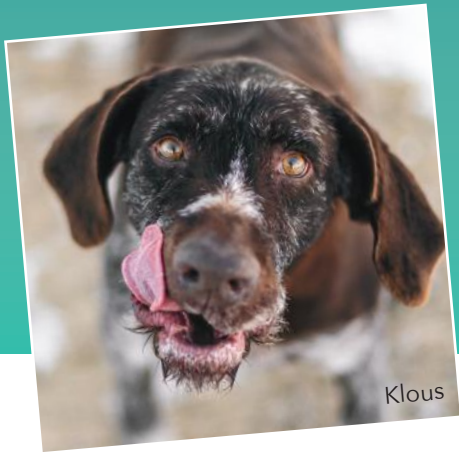
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Considerations When *Adopting* a New Pet

By Veterinarian Dr. Amanda Zanger | Photos courtesy of the Sioux Falls Area Humane Society

Adopting a pet that needs a home is one of the most rewarding and generous things you can do. There are plenty of animals/pets that would love to be a part of your family - it just takes some time and planning on your end to pick the best one to fit into your family dynamics! The following important questions should be answered before adopting your new family member.

First, and possibly most important, do you have time for a pet? Animals typically end up in shelters due to the inadequate amount of time the family has to spend with them which often leads to behavioral issues. Be aware that some pets may need more TLC than others and that they will need 100% of your time and attention during their adjustment period. Keep in mind that this may be a long time.

Secondly, are you prepared for the problems and expenses of adopting a pet? Even the youngest or most seemingly well-trained animals could have underlying health or behavioral issues that could damage your belongings. Shelter pets typically do not go through extensive screening

procedures to exclude them from illness so I would suggest that after adopting your pet, you have them checked out by your veterinarian for an overall assessment to catch any underlying issues.

Thirdly, will adopting a specific pet meet your lifestyle needs? Do you live in an apartment or a home with a large spacious and fenced yard? If you have several animals or a large family with young children, it may be hard to dedicate your time and training to your pet. Ensure your pet is proactively set up for success as it pertains to space, time, and the attention you have to give them.

Finally, when selecting a pet please remember that you are making a lifetime commitment. For instance, cats' lives range from 15-20 years, and some birds can live longer than 20 years. Remember that adult animals are frequently a great choice for many individuals but are often overlooked. Please give the older animals, or pets that have been at a shelter for a longer period of time, a higher level consideration on your adoption list! ■



Nalu



Zeggy



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JY6 FOUNDATION NURSE OF THE YEAR

Krista Wright will be honored as the JY6 Foundation Nurse of the Year

By Virginia Olson | Photos by Kelly Middlebrooks

The Jorgen Yde (JY6) Foundation's Annual Nurses Dinner returns for the 14th time on Saturday, May 10 at the Hilton Garden Inn Downtown. The event celebrates area oncology nurses and all they do while raising funds and awareness for pediatric cancer and leukemia research. This year - Avera nurse Krista Wright will be honored.

Krista started at Avera Oncology in 2021 and now works as a clinical nurse in Medical Oncology. In her current role, she is there at the beginning of a patient's treatment journey.

"I help with rooming patients and triaging their symptoms. In addition, I call new patients to explain their diagnosis and set up testing and appointments," said Krista.

Talking to patients and providing emotional support is a major part of her job.

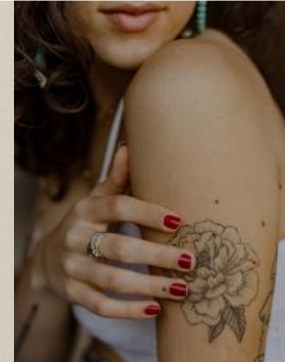
"I offer reassurance; I want every patient to know that our team will be there for them, offering comprehensive care."

Dr. Heidi McKean nominated Krista for the Nurse of the Year honor. She believes Krista has a special gift of providing much-needed comfort to patients.

"In her current role, Krista has daily face-to-face interactions or phone conversations with patients and families who are extremely stressed and emotional due to the cancer diagnosis and the disabling symptoms of their disease or side effects of treatment. I sit in my office and listen to her talk to patients on the phone. She is calm, knowledgeable, honest, and always willing to seek answers that she may not know herself."

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Even so, when it comes to her job in oncology, Krista believes it takes a team.

"I am fortunate to work with Dr. McKean - she is wonderful. Her care team, including a nurse practitioner and a nursing staff of three, is great. I reassure every patient that this incredible team will be there for them."

Krista received her nursing degree from Concordia College in Moorhead, MN in 2006. She came to Sioux Falls in 2012 and worked in cardiac ICU, NICU, and cardiology before coming to Avera. Krista, and her husband Joe have been married for 19 years and have four children - triplets, 14-year-old daughters, and a 12-year-old son.

The Jorgen Yde (JY6) Foundation is a non-profit. The Yde family formed the foundation in 2011 after their 16-year-old son Jorgen died from acute lymphoblastic leukemia. The family created the foundation as Jorgen's final wish to pay forward the kindness and expert care he received from the selfless nurses who remained by his side as he battled cancer.

Knowing all this award represents, Krista couldn't be more grateful. "I am humbled and honored to have been awarded the JY6 Nurse of the Year!"

This year's Nurses Dinner is meant to celebrate nurses and is open to the public. Reserve tickets by email: events@jy6foundation.org. ■

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In today's rapidly evolving healthcare landscape, the traditional one-size-fits-all model is becoming less effective. Mary J. Jordan, Nurse Practitioner and founder of Encompass Wellness, offers a groundbreaking approach called Direct Adult Primary Care (DPC). This model eliminates common frustrations of conventional healthcare, such as long wait times, rushed appointments, and insurance barriers. DPC allows me to provide personalized care that truly prioritizes your health and well-being.

At Encompass Wellness, patients experience much more than routine check-ups. With customized care plans and specialized treatments such as hormone replacement therapy, GLP-1 for weight loss, and longevity therapies like NAD+ and Sermorelin, I help individuals not only address current health concerns but also actively work towards a longer, healthier life.

WHAT IS DIRECT ADULT PRIMARY CARE?

Direct Adult Primary Care operates on a subscription model where patients pay a monthly or annual fee for comprehensive care, completely free from insurance interference. This allows for longer visits, direct access to your healthcare provider, and no hidden fees, enabling me to focus on treating you as a whole person.

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A major focus of my practice is helping patients who suffer from

the symptoms of hormonal imbalance. Many come frustrated, having been told that "nothing is wrong" or that these issues are just part of aging. Common symptoms of imbalance include:

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- Anxiety and depression
- Low libido
- Sleep disturbances
- Brain fog

Through bioidentical hormone replacement therapy (BHRT), I help restore balance to hormones, allowing my patients to feel more energetic, youthful, and in better control of their health. It's not just about feeling better—it's about giving individuals the tools to thrive.

GLP-1 FOR WEIGHT LOSS

Another life-changing treatment I offer is GLP-1 therapy for weight loss. Many patients struggle with weight management due to factors like insulin resistance, stress, and hormonal imbalances. GLP-1 treatments offer a sustainable solution, allowing patients to achieve lasting results and break free from cycles of frustration.

NAD+ AND SERMORELIN FOR LONGEVITY

I also offer cutting-edge longevity therapies such as NAD+ and Sermorelin:

- NAD+ (Nicotinamide Adenine Dinucleotide) is crucial for energy production, DNA repair, and cellular health. As we age, NAD+ levels decline, which can lead to fatigue, slower metabolism, and inflammation. Supplementing with

NAD+ can improve energy levels, cognitive function, and overall cellular rejuvenation.

- Sermorelin stimulates the production of human growth hormone (HGH), supporting muscle mass, fat loss, and skin elasticity, promoting a youthful and energetic feeling.

Together, these therapies help patients feel their best and enjoy a higher quality of life for years to come.

GENETIC TESTING: MTHFR AND BEYOND

Genetic testing is another vital part of personalized care at Encompass Wellness. A key focus is MTHFR (Methylenetetrahydrofolate reductase), a gene that affects how the body processes folate and other essential nutrients. Many individuals with the MTHFR gene mutation experience fatigue, poor detoxification, depression, and increased inflammation. Through genetic testing, we can identify these mutations and create a customized wellness plan.

CUSTOMIZED CARE FOR EVERY PATIENT

At Encompass Wellness, I tailor treatments to each patient's lifestyle, genetic makeup, and health goals, ensuring that every step of their healthcare journey is aligned with their needs. Whether it's balancing hormones, supporting weight loss, or improving longevity, my goal is to help every individual feel their best.

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HRISTİYANA

RALINOVA

Living Life with Passion

By Margaret Pennock

Photos by Kelly Middlebrooks

Growing up in northern Bulgaria, Hristiyana Ralinova learned that life can be challenging at an early age. After losing her father at just six years old, her mother single-handedly raised her and her sister. "Losing my dad was very hard because I was a daddy's girl. Life can be so unexpected. My mom, Nataliya, raised both of us on her own, and she is the strongest woman I know. She was only 37 when she was widowed, but she always put us first."

With its rich history, culture, and breathtaking landscapes—from coastlines to mountains—Bulgaria provided the perfect foundation for Hristiyana's love of hospitality. "Ever since I was little, my sister Polina worked in resorts, and I thought it would be amazing to work in a hotel. My dream was to own a small boutique hotel—nothing too big—so I attended a high school specializing in tourism. We toured travel agencies, museums, and attractions, and that's how I learned English and began my journey to where I am today."

Ambitious, fearless, and eager to explore the world, Hristiyana first visited the United States at just 20. "In 2005, I came to the States for the first time. It was my first-ever flight, and as a J-1 exchange student, I worked for Embassy Suites Williamsburg. That's how I started with Hilton Hotels, and I've been with them ever since—nearly 20 years now."



Proud to work for the #1 World's Best Place to Work," Hristiyana is committed to living by the same values of integrity, kindness, and professionalism she practices daily. "I love the connections I make with different people each day—no two days are ever the same. I meet new guests, work with different team members, and interview candidates. You never know what you'll learn from someone or what you might teach them. You also never know how you might impact their stay, their career, or even their life."

Living in fast-paced Virginia, Hristiyana had never considered moving to the Midwest—until she met and got engaged to her fiancé, Ryan, originating from Hartington, Nebraska. She laughs, "We met on a dating app in 2020—like so many people did during COVID. But once we agreed to meet, Ryan deleted the app, thinking he had found 'the one.' The next day, he realized he needed it to get my number! I thought he had ghosted me, but once he finally got my number, we both deleted our accounts—and we've been together ever since."

READY FOR A SLOWER PACE and closer proximity to family, they began looking at locations near Ryan's hometown, somewhere much closer than Bulgaria. Incredibly, just as they were developing their plans, a new Canopy hotel was in the works in Sioux Falls—Hristiyana's dream job.

"I first experienced Canopy Reykjavik in Iceland in 2017—it was the only Canopy hotel open at the time—and I knew I wanted to work for one. Six months later, I was offered the chance to open the second Canopy hotel in the world and the first in North America: Canopy The Wharf, DC. I worked there for nearly seven years until I learned about the new Canopy opening in Sioux Falls.

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Photos courtesy of Hristiyana Ralinova

I visited for the first time in May 2023, and six months later, in November, I was offered the job as General Manager/Chief Enthusiast. In addition to working for Canopy and Hilton, I'm honored to be part of this legacy project—The Steel District—and to work with such visionary owners as Lloyd Companies."

OUTSIDE OF WORK, Hristiyana and Ryan enjoy listening to live music, drinking craft cocktails, gardening, and traveling (of course). "I've been to five continents, 27 countries, and 36 states. My mom and aunts still live in Bulgaria, and my sister and nephew Erik live in Spain, so we visit each other when we can." Giving credit for her love of travel to her grandfather, whom she was named after, Hristo was very knowledgeable of geography but unfortunately never had the opportunity to travel himself. "He survived two wars, so it makes me happy to know I'm living such a life and seeing the places he read about all those years."

Now that the overwhelming but incredibly rewarding task of launching the Canopy Sioux Falls has occurred, and she has more time, Hristiyana looks forward to getting involved in the Sioux Falls community. "I want to engage with the Chamber of Commerce and Downtown Sioux Falls and get our team involved in mentorship programs. Giving back to the community is very important to me."

Looking ahead, Hristiyana is excited about marriage, starting a family, and settling down in the city she once never knew existed. "Sioux Falls gives me that small-town feeling of home. The natural beauty, the local restaurants and shops downtown, the relaxed traffic, affordable living, friendly people, and sense of safety—it's all been incredible."

She smiles, "I live my life with passion—I don't know any other way. Whether personal or professional, it's the only way to truly live. Be truthful to yourself—we know ourselves best." ■





"TINY, BUT FIERCE!" Courtney Heumiller, age 8, took 1st Place at the District 6 Tournament in Tyndall on March 8, and 1st Place in the Region 3 Tournament in Wagner on March 15. She advances to the 2025 State AAU wrestling Tournament in Rapid City.



A Rising Star in Girls' Wrestling, *and she's only 8!*

By Charlotte Hofer | Photos courtesy of the Heumillers

"**W**restle Like a Girl" used to be a bad thing. But today, the sport of wrestling for girls has exploded -- at the college level, high school, and even grade school. These girls are tough competitors and excel at the sport.

Meet 8-year-old Courtney Heumiller, a dynamic force in competitive girls wrestling from McCook Central! This second grader is already turning heads with her impressive record: six 1st-place wins, two 2nds, and a 3rd, carving out her place in the wrestling spotlight.

Her mom, Jenni, a McCook Central teacher, is amazed at how girls' wrestling is exploding in South Dakota. "These girls are warriors! Wrestling builds strength, courage, and spirit. We're raising powerful women who are going to lead the world one day!"

Girls' wrestling is now the fastest-growing sport in high school and is catching fire nationwide. Last year, high school wrestling saw a massive jump in participation, and about 45 states now have sanctioned girls' wrestling programs. South Dakota joined the ranks in 2020 and held its first state championship in 2021.

Inspired by her dad Jeff, a State Wrestling Champion and recent SD Hall of Fame inductee, Courtney is following in his footsteps. "I started at her age!" he says. "I never thought I'd have

a daughter who'd wrestle, but here she is." He's even coaching her, teaching her moves, and sharing his tips. "Wrestling teaches confidence, discipline, and how to deal with stress," he says. "It's not just about strength; it's about independence, too."

In the McCook Central/Montrose youth wrestling program, Courtney and her peers train side by side with the boys, mastering the same breathtaking moves and diving into fierce competition. Are girls as competitive as boys? "Girls are just as competitive! They're ready to take down anyone!" Jenni exclaims.

Courtney's excitement is contagious. "I want my name up on the champion banner, just like my daddy!" She's laser-focused during matches, embracing the thrill of the challenge. "Facing tough opponents is tough, but it pushes me to work harder!"

Her ultimate goal is to win the State AAU Wrestling Tournament. With her unwavering dedication and fiery spirit, this young wrestler is well on her way to making her dreams a reality.

The future of girls' wrestling is bright, and with kids like Courtney leading the way, girls' wrestling will only get tougher, faster, and a whole lot more exciting. ■



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Keeping Curiosity Alive

The 101-year-old author offers longevity secrets and life's simple things that can make a difference

By Virginia Olson | Photo (left) by Kelly Middlebrooks

What's the secret to living a long life? For centenarian Doris Stensland, it's been about life's simple things.

"It begins with my family genes, those Norwegian roots, and years of living on a farm. I was also surrounded by family and friends who inspired me, especially my grandma Helmina," Doris said. "As I got older, I went to Florida during the winters. For ten years, I joined relatives there to relax and exercise."

Since 2009, she has called the Inn on Westport her home. "I believe living here these past 15 years has also contributed to my long life."

At her 100th birthday she said: "So if you want to be 100, you just go day-to-day. You don't even know that you are old." Doris is now 101, and SF Woman magazine wants to share her story.

ALL THE PIECES OF LIFE

Though she was never a famous actress, having never traveled to exotic places (except Norway), her life could serve as a backdrop for a movie script. She was born in the back of a country store; she was a legal secretary; she spent her life on a farm; she was married for 74 years; she loved needlework and learned Hardanger; she was a painter; she wrote a newspaper column titled Country Style; and she authored 10 books.

Yes, simple beginnings and chapters of living.



Born October 9, 1923, in Leeville, SD (north of Beresford), Doris Fladmark attended Moe Country School and then high school in Canton. She married Hans Stensland in June of 1943 and together the couple farmed and raised three children. For 65 years they farmed south of Canton before she and her husband moved to The Inn on Westport in November of 2009. The two celebrated their 74th wedding anniversary in June 2017; Hans died in February 2018. Along with their three children, they have seven grandchildren and 13 great-grandchildren.

Though these life events resemble the prototype of a woman growing up and raising a family in rural South Dakota in the mid-20th Century, Doris says she was never bored. "I could write, paint, do needlework, and lead Bible studies. I wrote a column for Sioux Valley News about farm life. I also loved to cook and bake and, of course, mastered lefse."

INSPIRATION TO DISCOVER AND WRITE

It wasn't until 1977 that Doris decided to become a serious author. She had been a weekly columnist for four years.

"My Uncle Henry suggested that I should write a book about his dad, my great grandfather Ole Overseth, 'because Ole had walked 50 miles across the new land to Yankton to sign up for homesteading.'"

I always felt there was an invisible cord that connected me with my ancestors. Still, it would take a little work to find out about the persons at the end of it," admitted Doris.

Doris attributes her great-grandmother's hymnbook as a major source of inspiration to begin her first book.

"I opened her Salmebok, which was in Norwegian, and saw that on the inside of the cover she had written 'Johanna Overseth, 1887'. Beneath this was the Bible reference Philippians 3:20 - For our citizenship is in heaven. What a great verse, I thought. 'So this was what was important to her!' Those words were like peeking into her heart."





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Doris' extensive research and that Bible verse became her aha moment. "Even though pioneer life was difficult, it was possible for my great-grandmother to get through it because she knew there was something better waiting ahead."

At age 54, she went on to write and publish her first book, *Haul the Water, Haul the Wood*. A historical novel, the book told the story of Norwegians who settled in the Dakota Territory based on the stories and experiences of her grandparents and great-grandparents.

Doris went on to research and write three other historical novels, two devotionals, a cookbook, a book about her farm lifestyle columns, and two books that were a collection of free verse. She also painted the covers for five books. In 2012, she received the Governor's Award for History from the South Dakota Historical Society. Her books are available at stenslandbooks.com.

A WOMAN OF FAITH

Today Doris contends her faith, like that of her ancestors, has remained a constant in her long life, a guiding force and a key to her longevity. Her favorite Bible verse is the Lord's promise in Psalm 91:15-16. ***She will call upon me, and I will answer her, and I will be with her in trouble. I will deliver her and honor her. With a long life, I will satisfy her.***

"God has been good to me. I have had a few hard times, but the verse reflects the way my life has gone." For Doris, it is a multi-faceted mindset.

"It is why I embrace this verse and other special verses that continue to make a difference in my life. I have written them on the flyleaves of my Bibles. My hope: that these words will give a child, a grandchild, or a great-grandchild a peek into my heart and maybe influence them in some way like my great-grandmother did with me." ■

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