



I was born May 14th 1981 and grew up on lake Minnetonka in Navaree Orono Minnesota. I love fishing and hunting. I have worked as a security guard in night clubs, landscaper, construction worker, construction business owner, salesman, DJ and artist. You can call me a jack of all trades.

I started building bean bag games back in 2014 in a woodshop while in an MSH hospital in Saint Peter Minnesota. I ran my own business, Elsen Construction and worked for D.J. Kranz and for labor union 563.

I am compassionate and friendly and a family oriented person. I love my friends, enjoy the outdoors and I love to work with others. I have two sisters and a mother and father. Currently, I am a woodworker at an MSH hospital building cabinet doors and drawers. I use a chop saw and a panel saw.

I enjoy painting portraits and I am always up for a good challenge. I print out the image and imprint it on to the art paper, choose brushes wisely and colors. I have shown my art twice at the Saint Peter Art Center. I have displayed my art at Corner Coffee Camden in Camden MN and currently have pieces at the Dunn brothers off of Vicksburg and 55 in Plymouth MN as well as the Dunn Brothers in Uptown Minneapolis.

I enjoy playing video games, pool cribbage, Spades Wizard, Pickleball, Basketball, lifting weights, driving and I am a great ping pong player. During my stay at MSH hospital I ran four full marathons and three half marathons. I struggle with Bi polar 1 and currently I am in remission. Life is precious and if we can't take accountability for our actions then we can't grow. I've made mistakes. Currently I am trying to look forward and make the right decision for what's best for me, making positive interactions, accepting feedback and working on my mental health.

Thank you to anyone who takes the time to read this and remember to get your rest, eat healthy, and work out. I've painted about 500 pictures so far. I love painting, especially when people like what I do.

Mark Dominic Elsen