Karen Kalinowski was born and raised in Edmore, ND. She received a BS Degree in Music Education from UND, and a Masters Degree in Music Education from MSUM. She studied Kodaly methods at NDSU and completed the Master level in Orff methods at Hamline University. After retiring from teaching elementary music, she became a Nationally Certified Teacher of Music in Piano through MTNA and taught piano lessons through Mrs. K's Studio.

She met her husband Roger when they both were employed by Fort Totten Little Theatre. From that time on she accompanied most of the musicals that Roger directed. They enjoyed working together in high school, community, and summer theaters for more than 30 years in Breckenridge, MN, Lamoure County, Valley City, Wyndmere, Fort Totten and Wahpeton, ND (where they both taught school).

She has accompanied instrumental and vocal music in a number of schools- most recently at Davies High School in Fargo.