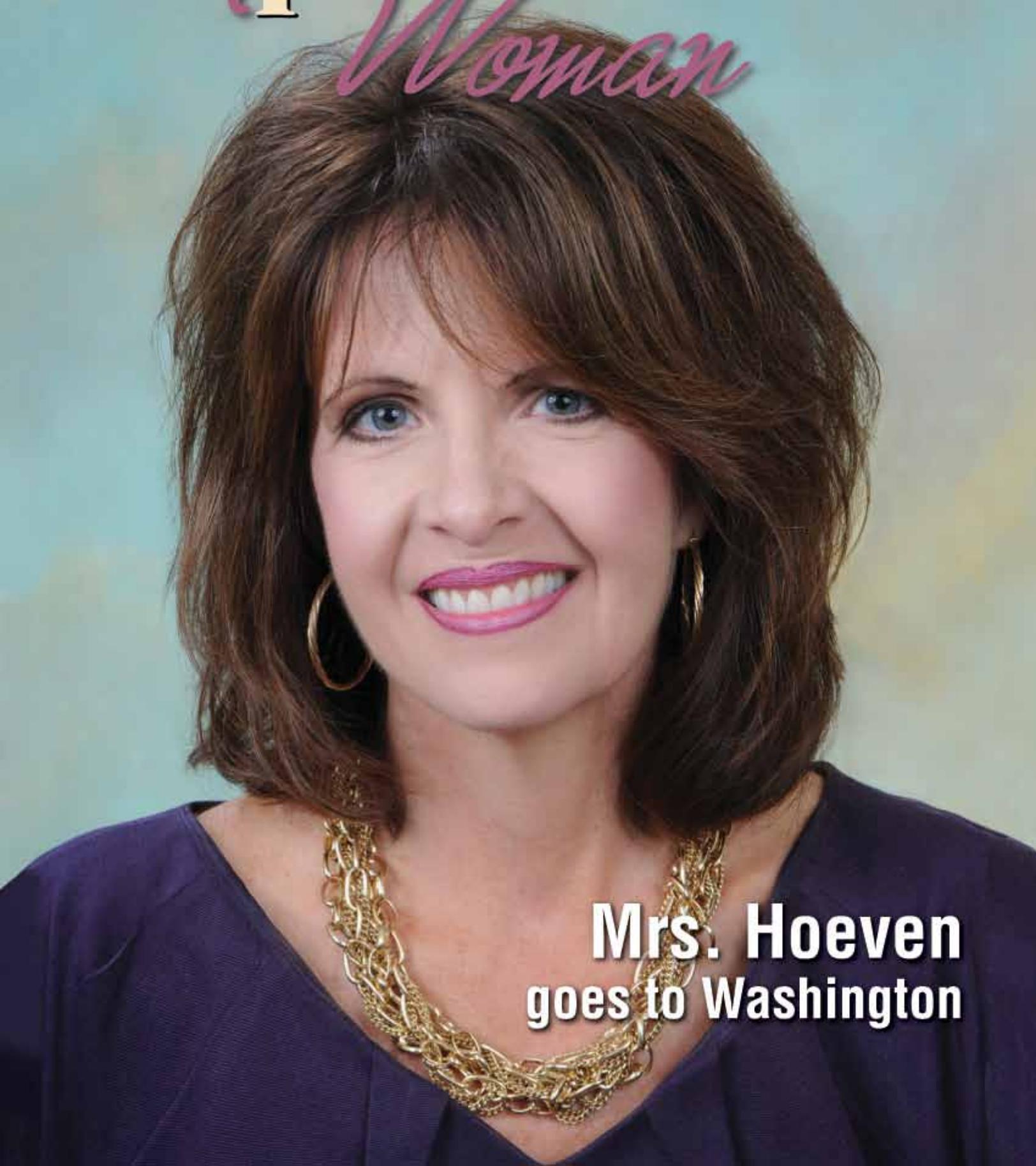


Inspired

Woman

January/February 2011

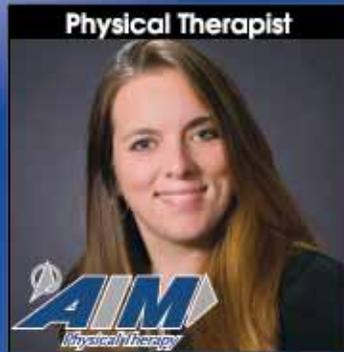
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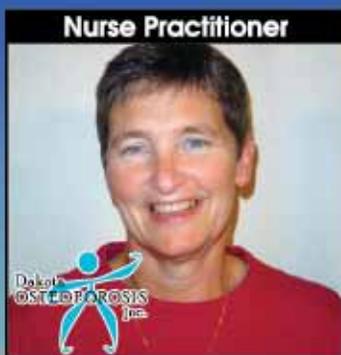
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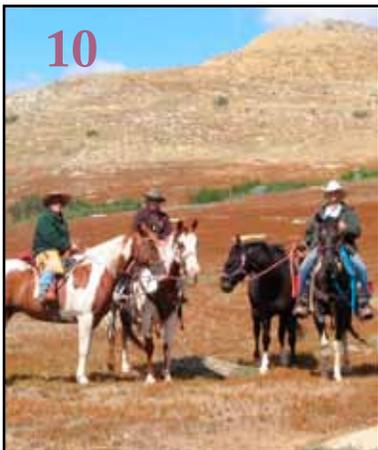
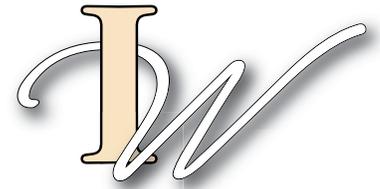
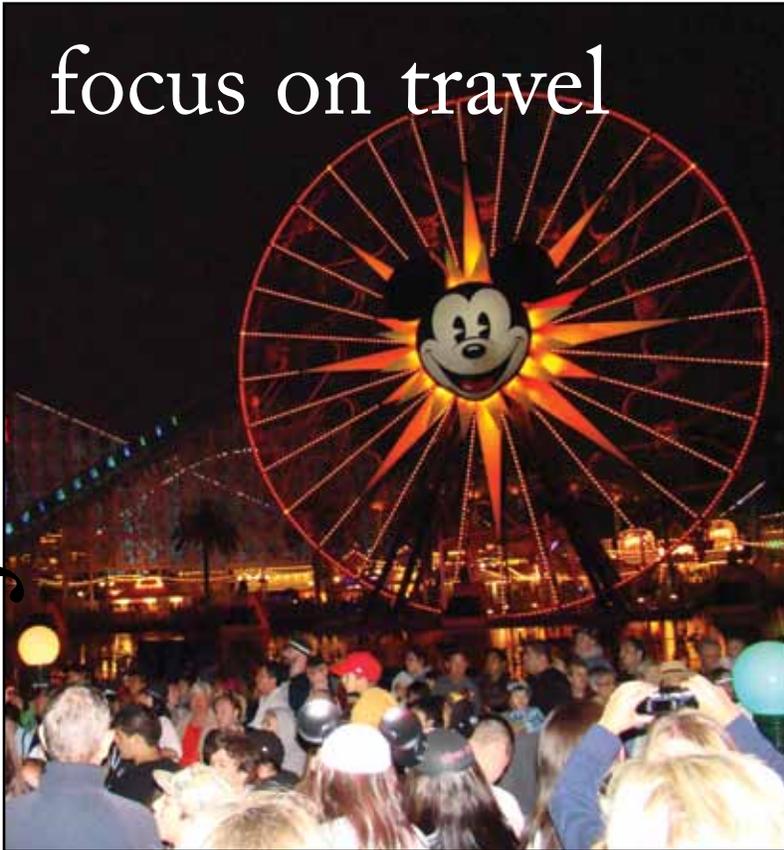
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Editor's Notes

2011 marks the tenth year of publication for this magazine. We couldn't just let it pass by without doing something, so we changed the look a bit. Let us know what you think!

I also hope you will make a point to join Inspired Woman on Facebook. We have wonderful giveaways every month, you never know what you could win.

There are a lot of entertaining stories and informative articles in this issue. So, grab a cup of something hot, and curl up with Inspired Woman!

Deb

~ Be Inspired ~

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Race for Senate announcement

Photo by Julie Larson



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Mingling with Mikey event



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On the Campaign Trail

Mikey Hoeven

Taking One Day at a Time

by Deb Seminary

Mikey Hoeven's life is about to change dramatically. After ten years as North Dakota's First Lady, she is off to Washington, D.C. as the wife of the newly-elected U.S. Senator, John Hoeven.

Following a busy year of campaigning, Hoeven's life got even more eventful after the election on November 2nd. "My mantra going forward is 'one day at a time,'" she said. "There are so many changes being thrust at us in a relatively short period of time."

Between the election and the actual Senate Swearing-in on January 5th, the Hoevens served their last month as governor and first lady, bought a house in Bismarck, found a place to live in Washington, D.C., moved out of the Governor's Residence, and celebrated Thanksgiving and Christmas.

The Hoevens also attended orientation in Washington, D.C. for three very full days in November. "There was so much information presented to us," explained Hoeven. "It was a lot to take in. It will be a completely different arena for John."

The job arena will also change for the former First Lady. Every First Lady treats the position or title differently and Hoeven decided to make it a full-time commitment for the past 10 years. "The beauty of the job is that it could be whatever I wanted it to be,"

she explained. "There really was no job description, which was good and bad. I was free to do what I wanted, but at the same time sometimes it would have been nice to have had some guidelines to follow."

There is no official role for a Senator's spouse and Hoeven has been strongly encouraged by many to continue to have a presence in North Dakota. "We have a home here and will be coming back often, so time will tell," said Hoeven.

There will be domestic adjustments for the Hoevens as well. The North Dakota Governor's Residence comes with staff to cook, clean and organize. United States Senators are on their own in taking care of those tasks. "We will be renting an apartment and I will be back in the kitchen and the laundry room," explained Hoeven. "And when I'm not there, John will be tending to these tasks!"

Life changes are nothing new to Hoeven, who has experienced many moves and transitions during her life. Raised in an Air Force family, she relocated often. Every year of high school she was in a new school in a different state.

Growing up in a fluid environment taught her how to deal with people and life in general. "I was always the new kid in class," said Hoeven. "But, I

wouldn't have given it up for the world. My background has really helped me. It has taught me to be outgoing as well as flexible. Things change so fast and on any given day our schedule can change three times."

Hoeven also credits her mother and the experiences in her formative years in helping her develop the strong faith she has come to rely on when challenges arise. "My mother instilled my faith in me at a very young age," said Hoeven. "She talked about it with us, but she walked the talk and we saw that from afar. We learned that really anything is possible through God and through our faith."

She says this powerful example has helped her over the past few years. "I have grown in my faith tremendously. I don't do anything without going to God first. Life is tough enough with faith, without it, I can't even fathom how difficult it would be. He is my anchor and had I not had that foundation instilled in me so many years ago, life would have been much more challenging for me," said Hoeven.

Mikey and John

As fate would have it, Hoeven's family was stationed at the Minot Air Force Base her senior year of high school. She then attended Minot State University



The Hoeven family at the ND Republican Convention, March 2010

and started working in customer service at First Western Bank and Trust. She got to know John Hoeven during the summers when he would return to Minot and work during his breaks from school.

They dated briefly, but Hoeven moved to Texas, where her parents retired, and attended the University of Texas. "I was there two years and John and I corresponded the whole time," she said. "I decided to move back to Minot to see if things could work out for us. It was a good move!"

The couple was very active in the Minot community. "I will say that I always saw something in John," she recalled. "He was always involved in the community, and got to know a lot of people that way. I remember saying to my mom one day, 'He is so well liked and so respected.' He has a God-given gift of connecting with people and has always been a very strong leader."

In 1990 John became President of the Bank of North Dakota and the family moved to Bismarck. "We never expected to leave the bank in Minot," said Hoeven. "But in this world, especially in the political arena, it's all about timing and opportunity. You can plan all you want, but unless there is an opportunity to get your foot in the

door and unless the time is right, it's not going to happen."

Ten years later the time was right for John to become North Dakota's 31st governor and Hoeven's life changed again. One of the challenges she initially dealt with was her lack of privacy. "I have gotten over that," she noted. "However, living in a fish bowl can be a bit challenging at times. Sometimes it amazes me that people are interested in what we do or say because we are just normal people."

Soon after becoming First Lady, Hoeven became aware of a survey that named North Dakota number one in the nation in under-age drinking. "When I found out we were number one, I was shocked and disappointed," she said. "I realized that was where I wanted to put my energy. I hope that in the last ten years I have at least raised the awareness of the problem. That is half of the solution, realizing there is a problem."

As part of her underage drinking campaign, she is a member of a coalition called Leadership to Keep Children Alcohol Free, consisting of 35 governors' spouses from across the nation. "We meet every year and last year I was presented with an award for my underage drinking

awareness campaign in North Dakota," said Hoeven. "That meant a lot to me because it was from my peers."

Other significant moments while serving as North Dakota's First Lady include presenting her faith journey at the National Prayer Breakfast in Washington and former First Lady Laura Bush's visit to the state. "That is something I will never forget," said Hoeven. "She is someone I have always had a deep respect for, so it was an incredible honor for me. I will always remember the time I got to spend with her one-on-one."

The annual Women's Health Summits are also events about which Hoeven remains passionate. She has hosted the events in Fargo and Bismarck with the goal to empower women in taking a more active role in their own health care.

"The energy in the room is so electrifying," she explained. "It's so fun to see women come out of there on fire and looking to make changes in their lives with regard to their health. I've learned so much in planning these events and from the speakers we have had. In some cases the information disseminated has saved lives. Over the years, I have received correspondence from women who have taken information learned at the summit, gone to their doctor and found out they had diabetes or breast cancer or other maladies."

The senate campaign

There was a lot of speculation leading up to John Hoeven's announcement he would run for Senate. "John and I gave the decision to run for the Senate much thought," said Hoeven. "We discussed it together for months, talked to many people about it, were encouraged by hundreds of North Dakotans, and finally, after much prayerful consideration, we felt we were being called to do this and that the time was now."

Not leaving anything to chance, the couple hit the campaign trail hard. "We worked very hard on the campaign," said Hoeven. "We never saw each other, because we were covering as much ground separately as we could."

One of the ways she reached out to the state's voters was through 'Mingling with Mikey' events across the state. "They were designed as women's events but, after the first two, men started attending, which was great," explained Hoeven. "I had a presentation and spoke about why John was running and what he wanted to do for North Dakota."

She also wanted to include something fun during these events, so attendees were presented with a trivia contest called 'How well do you know your Candidate?' It was ten questions about John, and prizes were awarded for correct answers.

These campaign gatherings are just a few of the more recent North Dakota memories Hoeven continues to gather and treasure. "Had we not gotten elected, I would not have had the opportunity to travel the state, to meet the people I've met and to form the relationships and friendships I have. The people of our state are just amazing. I think part of the reason North Dakota

is doing so well is because we have hard working, nose-to-the-grindstone, no nonsense, common sense-oriented people. They are our greatest natural resource and it has been a joy to serve them in this role."

Hoeven said she is grateful for her experiences as North Dakota's First Lady. "As First Lady I had the chance to do so many things. I have loved every minute of it. I will miss it, I will miss the people. It's a great job, I highly recommend it." But she is also looking forward to the changes that lie ahead. "I don't know what the future holds, but I am excited to find out."



Photo by Julie Larson

Mikey loves to cook (especially bake). She shares some of her favorite recipes on page 28.



Deb Seminary is the editor of Inspired Woman.

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Day 1 - Left to right: Jane Haught, Ron Veitch, Curt Fischer, Jean Valer, Jim Veitch

Maah Daah Hey Journal

by Jean Valer

Through rain and wind and weather, hell-bent for leather* with six friends by my side I rode, in five days, the 126-mile Maah Daah Hey Trail that traverses the back country of the Little Missouri National Grasslands.

For seven years, Miles and I planned to ride the Maah Daah Hey but jobs and family obligations postponed each trip. Finally, this past summer, inspired by the love for riding and the energy and excitement of others who shared a common dream, we set the date.

Day 1: CCC Campground near Watford City

Cinch tightened, back cinch buckled, breast collar adjusted and snapped into place, bit slipped between teeth and headstall secured; I gathered my reins, slipped a boot into a stirrup, threw a leg over the cantle and settled into my saddle. Nodding to Miles, five men, two women, and 10 horses headed into the badlands and began the most difficult leg of the Maah Daah Hey, the 25 mile ride to Bennet Creek Campground.

After riding several miles we came upon our first challenge—the

bridge over a deep gully was washed out, forcing us to cross the boggy creek bottom. The lead horse, Jazz, ridden by Jim, arched his thick neck and, flaring his nostrils in nervous anticipation, stepped boldly forward into the bog and immediately sank to his knees. With urging, Jazz thrust himself forward, the sucking mud gripping his legs and, breathing heavily, ribs pushing hard against the cinch, clambered up the steep slope on the far side. Miles, Zach, and Curt crossed with similar experiences. Three riders left! With a nervous expression Jane exclaimed, "You got to be kidding!" Doubting we could stay on our horses as they struggled through the bog we dismounted and sent our horses across, following on foot.

Switchbacks covered in red scoria and dusty gray clay lead us up to grassy tabletops and down to canyons floors. Ridges with down slopes of up to 200 feet left Jane and I fighting panic, for the horses seemed to prefer walking on the outer edge of the trail.

Lunchtime found us eating our sandwiches watching a buffalo wallowing in the dirt while his

companions grunted just a few hundred feet away. The trail now stretched across the prairie where billowing clouds created exotic shadows on whispering grass infused with the fragrance of sage.

Day 2: Bennett Creek Campground to Magpie Campground

Grassy plains and rolling hills made this stretch less gut gripping. A three foot rattlesnake slithered across our path, reminding us of their ever present danger. Fortunately for him, he escaped our frying pan. My horse, Flying M Dollar, a paso fino, injured himself while scaling a riverbank and had to be sent back to Bismarck. Apache, a quarter horse paint, became my new mount.

Day 3: Magpie Campground to Elkhorn Campground

This leg of the trail weaved through heavily wooded areas, along river banks lined with cottonwoods whose leaves jingled in the soft breeze, and over Devil's Pass known for its steep

slopes. The wooded areas, with their moving shadows, made us wary of mountain lions. Knowing a mountain lion usually attacks the last rider in a string and not wanting to be cat food, Jane and I positioned ourselves in the middle!

The petrified Sequoia stumps resting on the trail's edge were magnificent. Rock mushrooms created by wind and erosion reflected the sun, inspiring a sense of awe.

Creek and river crossings were always a concern. When Jim attempted to cross the Little Missouri at what appeared to be a safe crossing, his horse, climbing the opposite bank, sank up to his belly in sand and mud. Jim jumped to the bank as his horse, struggling to free himself, flipped onto his back and disappeared into the river where he gained his footing and immediately surfaced, making it safely to shore. At another crossing, Ron's horse sunk into a bog, lost his footing, driving his head into the muddy clay bottom.

Day 4: Elkhorn Camp to Wannagan Camp

Waking to an overcast sky, we tied slickers to our saddles and headed out. An easy ride until midday when a bolt of lightning unzipped the sky and rain, pouring off the brims of our hats, changed our attitude as we changed our attire. The trail turned from dust to slime and, inching along, Jim suddenly disappeared through a shoot followed by Zach whose horse lost his footing and slid through the shoot on his side. Miles shouted, "Get off your horses!" One by one, Miles sent each horse through the shoot, where brutal strength kept their bodies upright as they slid on their butts with front legs splayed. We then came to a ridge whose switchback was so dangerous we had to leave the trail, taking a second shoot to the canyon floor. Our nerves nearly unraveled when Zach gave Miles a nervous look and called, "We have to get off this canyon floor now!" Clambering to the top of a ridge I felt my horse's hind legs slip, fear overtaking good judgment, I kicked my

right foot out of the stirrup and, as I lifted my body from the saddle, Curt yelled, "Don't jump; your horse can make it!" I settled back into the saddle, placing my trust in my horse's ability and strength. Rain running down our backs and teeth chattering from the cold we finally made it to camp.

Day 5: Wannagan Camp to Cottonwood Campground

In an effort to stay dry, Miles, Zach, Jane and I made raingear using plastic bags strapped to arms and legs with duct tape. As we rode this last leg, the sun, peaking through the clouds, made us comfy and warm in our garbage bags. Just a few miles from Medora, a herd of 20 elk cows crossed Jane's path, traveling no more than two horse lengths in front of her. This herd of 20 joined another herd making a group of some 120 head.

Lunchtime found us filled with regret for, overlooking the hills we saw it—the interstate. Our wild and wooly days were coming to an end and reality was just ahead.

Journey's End

With tender limbs and bright smiles we rode into Medora on horses covered with sweat and mud. Sharing stories over a campfire and looking out for one another had turned a group of friends into a family.

We hope we have inspired you, regardless of age or gender, to ride, bike, or hike the Maah Daah Hey Trail. For information regarding trail rides contact Zach at 701-204-2306 or Miles at 701-391-9093.

*Rawhide



Day 3 - Hallways of ash and spruce



Zach Crane, Professional Horse Trainer, Baldwin



Day 3 - Devils Pass--Miles Cahoon, shift supervisor at Minnkota Power and outfitter, Bismarck



Day 3 - Jim on Jazz



Day 1 - Jane. Days end!

CHICO
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Mother-Daughters Road Trip

A lesson in orientation

by Amanda Mack with Marnie Piehl

My memories of my mother as a child were as follows: she was pretty, worked hard and I always knew she loved me.

However, she could throw a fit. She was a woman with a lot on her plate, and after a demanding work week, too many chores undone, and not enough time in a day, she'd really let us have it.

But she never really asked us for much around the house or in the workplace. She usually just got it all done better and in half the time it would take anyone else. And her pace hasn't slowed down much. These days she feeds her extended family and friends amazing meals, helps to run a business, ferries and cares for her grandchildren, and serves as the heart of our family.

For these reasons and many others, we decided we had to do something special on her 70th birthday.

So, I laid it down. I told my mom and sister that we were going to Chico Hot Springs in Montana without kids or husbands to celebrate Mom's 70th birthday and that was that. I know it's hard to believe, but I received not a single objection.

Hitting the road

We left it to our husbands to deal with our absences. Out-of-town grandparents arrived, friends pitched

Girls night out at Chico Hot Springs

in, and we absconded. We hit the highway with our cell phones and credit cards in hand, threw off the yokes of motherhood, wifely duty, work demands, and gave into celebrating 70 years of such work well done.

Our first night's destination was Red Lodge, Mont. En route, we had an early lunch at Upin Thai in Dickinson. This hole-in-the-wall restaurant elicited the most food-induced swoons of our journey including Chico's five-star restaurant! Also, we had to stop at Prairie Fire Pottery in Beach for my husband's birthday. That final home duty realized, the trip officially became about me - I mean us - just as we hit the state line.

One thing this trip highlighted is our very different natures. The first of these differences occurred when we nearly ran out of gas in the long stretch of open road before Miles City. My sister the driver insisted that driving faster to get to the next gas station would maximize fuel efficiency while I suggested she slow down to conserve gas. Fortunately, we made it and didn't have to argue about who was right, but, for the record, it was me.

Another difference arose regarding the itinerary. Marnie firmly believes that no girls' trip is complete without a little shopping, but shopping wasn't exactly on the agenda which was heavy on scenery, but light on malls. We rolled into Billings about 5 p.m. and hit a hip, downtown wine bar for tapas and drinks (Bin 192) before making our way to Red Lodge. That stop was indicative of the balance we would strike throughout our adventure and served as the perfect bridge between civilization and the wilds we were headed toward.

Facing our fears

My mom and sister both have a significant fear of heights. Therefore, I knew the moment I started planning this trip that I would be the driver on the Beartooth Highway. This amazing stretch of road is one of the most scenic drives in the United States. It offers "breathtaking views of the Absaroka and Beartooth Mountains, and open high alpine plateaus dotted with countless glacial lakes, forested valleys, waterfalls and wildlife (beartoothhighway.com)."

The road out of Red Lodge begins to climb almost immediately and it doesn't stop until you reach the clouds. The road hugs the mountain on the driver side and drops a couple thousand feet down to the valley floor on the passenger side. Backseat passenger, Marnie, and front seat passenger Mom, laughed at their parallel leaning toward the median as we made our way upward toward the sky.

Red Lodge is pretty refined, and we had spent the morning stocking up on essentials like gourmet cheese, salami, fig crackers, wine and other goodies. So when we hit the high alpine plateau, we pulled over for a picnic to catch our breath. Exhilarated by our high altitude climb, we basked in the warm sun and placid waters of the crystal clear lake we happened upon with the same appreciation and joy that you'd find in mountain climbers who had just reached the summit.

From there, we made our way to Yellowstone National Park. After a night in a rustic cabin with leftover Thai food and a wild game of Scrabble, we spent day three witnessing the grandeur of Old Faithful, exploring the great lodge, standing in awe of boiling mud pots, mighty waterfalls and steaming hot springs before arriving at our ultimate destination, Chico Hot Springs. We settled in for three days of warm soaks in the spring-fed pools and prepared ourselves for massages and salt scrubs.

Orienting ourselves

After our spa treatments, five star meals, hours of uninterrupted reading, and utter relaxation, Marnie and I decided to take a mountain day hike giving mom some alone time with her book and a glass of wine. As we neared the trailhead our travels uncovered another difference in our worldview. Marnie was feeling unsettled and emotional in the midst of our perfect day.

She said being somewhere so rugged, remote and intriguing made her question her life choices. She felt inadequate, like she'd done it all wrong, taking the path most traveled rather than the less traveled and more interesting path. I feel that same dismay in big cities where I feel inadequate in my career path, my clothing choices, my way of being in the

world, whereas I feel entirely at peace in the quiet of a mountainside. She explained how she feels more validated in the city, energized by the noise and fast pace - the exact opposite of me. Our paces are different.

This realization was cathartic for both of us. We learned what fuels ourselves and each other, gaining amazing insight.

And our mother, at 70, is at peace with her pace, her choices. She was utterly present in the moments we shared. She won't ever stop achieving. Watching two do-ers (my mother and sister) trying to adjust to doing very little, proved that. But she seems to be going into her next decade in a state of joy.

This trip showed us that the three of us have arrived at a stage in life where we are friends as well as mother and daughters. While my sister and I still need a little mothering at times (especially as we mother our own children), alone together on this trip, we never stumbled upon past resentments, lingering conflicts or competition. Instead, we reinforced the foundation of respect, love and enjoyment we find with one another.

Epilogue

Marnie was able to do some shopping. She snagged a great sweater at an upscale boutique and a skirt at a secondhand store in Livingston, the nearest provisioning town to Chico. And her playlist for the trip was most excellent. Who knew that Amy Winehouse and Yellowstone were such a nice pairing?

Word to the wise: Scrabble brings out Mom's least motherly instincts. Don't play Scrabble alone with this woman. Without a third party, she blatantly dismisses objections and disregards any questions about her fictional words. Honestly, are epeisezed and cybris words? I'm getting a Scrabble dictionary before the next trip.



Amanda Mack is a free-lance writer from Bismarck.



Marnie Piehl has been writing since she learned to read. She works for Odney.

Adventures in Travel

A move far from home creates
once-in-a-lifetime travel adventures

Paris



by Kylie Blanchard

When Annie Bennett and her husband, Tyler, packed their suitcases to move to Glasgow, Scotland in September 2006, the newlyweds were nervous, excited and sad to leave their home state of North Dakota.

Tyler had been accepted to Glasgow University's Veterinarian Medicine Program and the couple was gearing up to live in Scotland for five years while he attended school. "We both lived our whole lives in North Dakota, so the first year was really hard being away," says Bennett. "Thank goodness for emails and web cams."

After getting settled, however, the pair soon discovered similarities to home. "The people are so friendly and, when we first moved here, so many people asked if we needed help," says Bennett. "And everyone complains about the weather here, too!"

The couple also quickly realized the amazing opportunities to travel throughout Scotland, Europe and beyond. They decided to spend their first Christmas in Paris, France and began making plans for weekend adventures and holiday vacations.

"We have traveled all over Scotland and the islands," says Bennett. "We try to get out of Glasgow and visit other places in Scotland at least a few times a year." Between their trip to Paris in 2006 and January 2010, the Bennetts also traveled to Ireland, England, Spain, Denmark, Germany, Austria, Italy and Norway.

Following their fourth annual trip back to Bismarck in July 2010, they decided to commit to additional travel during their last year in Scotland. "When we were home, everyone kept asking

Egypt



Italy



Sweden



us where we still wanted to go," says Bennett. "After listing all the places, we realized we didn't have much time left and had a lot of places to go."

They decided to travel once-a-month during Tyler's last school year, beginning with a trip to the Spanish island of Mallorca in August 2010. "We know once we leave Europe, we won't be able to go to Paris or London for the weekend. We need to take advantage of this while it is so convenient and affordable."

The Bennetts then traveled to England's Lake District in August, Egypt in September, Sweden and Ireland in October, and the Netherlands and Czech Republic in December 2010. "We didn't travel in November because Tyler took his North American Veterinary Licensing Exam," explains Bennett.

She says working around Tyler's school schedule and her work schedule, as a marketing and events manager, has been one of the largest obstacles in their planning. "It's hard to schedule a trip, but is worth it," says Bennett. "We are able to experience all of this before we are really tied down with careers and a family."

Tyler graduates in June and still on their list of destinations are Northern Ireland, Wales, Belgium, and Portugal. "We would love to get back to Paris and Italy one more time, too," notes Bennett.

The couple's favorite trips include Germany, Italy and France. "Each of these trips was at least a week and we were able to see so much and take in the culture," says Bennett. "Our favorite trip experience was Egypt. It was

The Bennett's Top Travel Recommendations in Scotland and Beyond

- Driving to Loch Ness and the Scottish Highlands
- Touring Edinburgh, Scotland's capital, and the Edinburgh Castle
- Experiencing the Isle of Arran, called "Miniature Scotland."
- Sampling Scotland's whisky at a distillery
- Viewing Paris from the top of the Eiffel Tower
- Riding a gondola in Venice
- Visiting the Coliseum in Rome
- Skiing in the Austrian Alps
- Enjoying a beer in a German Brauhaus (beer house)
- Riding camel through Egypt's Sinai Desert
- Snorkeling in the Red Sea
- Drinking a fresh pint of Guinness at the Dublin brewery

such a different culture, and seeing the pyramids and the Sphinx was incredible. But it was also difficult to see such poverty. It really made us appreciate what we have."

There have been difficult experiences as the couple learned the ins and outs of traveling. "Paris was our first trip and we just didn't know what to expect. We hadn't traveled much at that point, so we were very inexperienced," says Bennett. "Even getting around the city was difficult and stressful. We really learned a lot from that experience and we ended up having a fantastic time."

The couple now has a set of guidelines they use during their travels: plan each trip by doing research in travel books and online; learn some of the local language; embrace the local culture; stay alert of your surroundings; try not to look like a tourist; get off the beaten path; and, if you are lost, try not to look lost.

Bennett says travel companions also play a key role in the success of a trip. "Travel with someone you really enjoy spending time with," she says. "These beautiful places are much more enjoyable with great company."

The couple plans to move back to North Dakota this summer. "It is one of the nicest places we have been and we are so proud to call the state our home," says Bennett. But they already have plans to return to Scotland. "We have a lot to see in the United States, too, but we agreed to return to Scotland for our 25th anniversary at the very latest."

The Bennetts have no regrets about moving to Scotland and making time to travel. "We can't imagine life without this experience, and we are so glad we were able to do this. The last five years have truly been a life changing experience."

And the couple will happily welcome an extra traveler on their final trip home. "We are expecting a baby in July," says Bennett. "We are so pleased to bring home the best souvenir."



Kylie Blanchard is a local writer.



Germany



Rome



Hopfauf Custom Builders

Distinctive Baths

Whether a bathroom is large or small, it doesn't have to be boring. Get inspired by your travels, like the African-safari themed shower shown above.

This elegant bath pictured to the right isn't huge, but packs a powerful statement.



Apple Creek Builders



The homeowner turned this sports-themed bath into a dramatic, modern respite.

There is almost a zen-like feeling in this ultra-modern bathroom.



Apple Creek Builders

Airline Travel Tips, Rules and Regulations

Transportation Security Administration (TSA) regulations seem to change daily. What is the 3-1-1 Rule? How big can a carry-on be? Do they still serve peanuts?

Country Travel has put together the following list of travel tips to make your flight easier.

Going through security

- Have boarding pass and ID ready.
- Sharp objects are prohibited.
- Avoid heavy jewelry and clothing that contains metal: snaps, studs, belt buckles, even metal hair barrettes.
- Take things as loose change, keys, phones and PDA's out of pockets.
- If traveling with coat or jacket, put in baggage if possible. Otherwise, it will have to be removed so it can pass thru an x-ray machine for inspection.
- Shoes must be removed before going thru metal detector. Disposable footwear is available, or remember to wear socks. Persons with a disability, medical condition or a prosthetic device that prevents removal of shoes, should notify a security officer. An additional screening includes a visual and physical inspection as well as explosives trace detection sampling of the footwear while it remains on feet.

- 3-1-1 rule: No more than three ounces of liquid per container in carry-on. All liquids must be in a quart size zip lock baggie and only one bag per person is allowed. (this rule may be modified in 2011).

- If traveling with baby or small child, expect baby food and milk to be inspected.
- Traveling for a wedding, birthday or other special occasion? Do not wrap gifts - they must be screened.

Carry-Ons

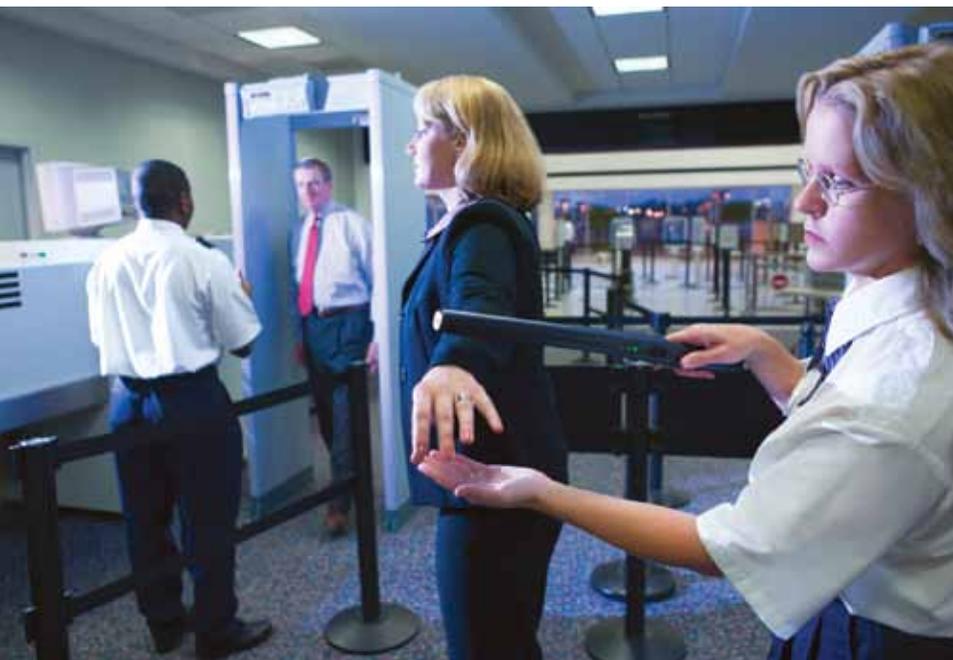
- Approved personal carry-on items include: a purse, brief case, camera bag, diaper bag, backpack, or laptop computer. (Computers cannot be checked and must be carried on).
- Carry on size is 14x22x9 and not over 40 pounds. Your bag cannot exceed 45 linear inches when combining length, width and height. Oversize bags are subject to being checked and charged a fee.
- Checked luggage guidelines - luggage cannot exceed 50 pounds. Active duty military personnel are allowed 70 pounds.
- Charges for checked bags will vary depending on destinations. Some airlines' credit cards allow a free checked bag.

Plan ahead - early morning flights are more likely to leave on time and least likely to experience delays. Remember to leave for the airport early and arrive at the airport two hours prior to scheduled departure. Traveling light is always the best option.

When possible - check in online within 24 hours of departure to keep up to date with any delays that may occur. Print your boarding pass at home to speed up check in time. Precheck bags to save time and money.

Whether traveling once a month or once a year, it is best to check for any updates. Go to www.tsa.gov/travelers and airlines' website for the latest updates and regulations.

Travel agents do have value. They can save valuable time in researching flights, hotels, rentals, activities at the destination and more. For more information, contact Kim Erdmann or Tondi McGuire at Country Travel, ctravel@midconetwork.com or 701-224-0108





Staying Active While Traveling

by Tina Ding

When traveling, your workout regimen need not take a break. Whether jaunting away for work or pleasure, retreating alone or planning an excursion with family – planning ahead and researching your stay can make the difference between a sluggish, pound-packing trip and an active, healthy vacation.

Once your destination has been established (and an agenda is percolating) begin to think about ways to incorporate movement into your trip. Travel often means lengthy sits and lack of activity while trekking to your destination. Extended inactivity also leads to an overall unhealthy feeling which can contribute to medical woes.

To avoid unpleasant side effects of travel such as weight gain, uncomfortable bloating and dehydration, plan for multiple ways to stay the course. With a little imagination and a bit of research ahead of time, you'll be prepared to work out as you travel, striking the balance between eating nutritiously and working it back off adequately.

As you begin planning the length of your trip, consider managing the time away as you'd do if you were home. Envision ways to maintain your normal workout schedule even if specific activities may differ. For instance, if you are accustomed to jogging three mornings each week, you'll want to allocate time to do so while away.

Search for fitness-friendly hotels

When booking a room – take a moment to visit with the receptionist or travel agent. Ask whether you'll have access to a pool or hotel fitness center. Do they partner with a gym

– and if so, which one? What further accommodations will be required to travel to and from the gym? Do other area gyms offer guest or visitor's passes? When reserving a room online, review the list of amenities. Intentionally highlight options to keep you up and moving.

Preview area attractions

Whether traveling for business or pleasure, a conference or convention, time between events or scheduled activities may be re-purposed. Take advantage of down time to shuttle away from the hotel and enjoy either a brisk walk around an area lake or engage in a serious mall walk. Consider renting a bicycle at an outdoor park.

Gear up

Pack a few extra clothing or fitness items to make it work. Swimwear makes it easy to swim, just as gym clothing, shoes and resistance bands encourage stretching or working out at the gym. Consider weather variations and pack accordingly. Remember your GPS; you'll have directions to nearby local attractions, landmarks or parks at your fingertips.

While en route

Once you're buckled up and heading down the highway, keep hydrated and stop frequently for mini-walks or stretches. Drinking as much or more water than usual as well as taking in adequate fiber will keep your digestive system working. If stopping to walk or stretch isn't an option, remember to mind your posture, do kegal exercises and stretch/point your toes.

Eat nutritiously

Eating out needn't be indulgent. Weigh your options. A heavy dinner before retiring to the hotel for a night's sleep followed by a several hour conference may simply go right to the hips. On the other hand, light fiber-packed meals can keep your body functioning well.

If you have not packed healthy snacks, seek an area market or grocery store to purchase adequate fruits, vegetables, unprocessed foods or healthful yogurts. Try to avoid vending machines and convenience stores where unhealthy food becomes a major temptation. Exercise moderation when faced with attractively packaged junk foods and consider whether you'd choose these foods when shopping from home.

Sneak in a few more steps

Park your vehicle away from the building. Take stairs instead of the elevator. Be mindful of opportunities to switch off the television to stroll hallways and stairs at day's end if you have not had a chance to be active throughout the day.

Homeward bound

The return trip may be exhausting. Take time to decompress, but stay smart. Remember to break often for walking, stretching and using the facilities as well as to rehydrate. Certainly the road seems shorter when traveling non-stop – but body aches are imminent without regular rests from the seat. In summary: stay hydrated and keep moving.



Tina Ding, local freelance writer, is also a wife and mother of three.

Financial Resolutions

Close your eyes and visualize your dream vacation or the shiny new car that you've always dreamed of having. Sure, looks great! Unfortunately, for many of us the planning stops right there. With a little planning and discipline the likelihood of achieving our goals can be dramatically improved. Consider implementing one, if not all, of the strategies listed below to improve your financial picture.

- Write down your financial goals and objectives and include deadlines. This will help you stay focused.

- Use credit cards as little as possible. Financing your lifestyle with credit cards is a trap. Reach for your checkbook instead.

- Spend a little, but save a little more. As debts are paid off, save the "extra" cash each month.

- Keep a savings balance of at least six months of expenses. This cash cushion can be used when emergencies arise instead of charging on credit cards.

- Map out a college savings plan and begin funding early.

- Manage taxes early in the year and look for deductions, credits and deferral of income to reduce your tax bill. The savings on taxes can be used for other goals.

- Go for steady, consistent, long-term growth in your investments. By the time you read about a "hot tip" it's usually cold.

- Protect your valuables and income earning potential with appropriate insurance policies including mortgage, life and disability policies.

A spending plan can help you to:

- See where your money goes.
- Reduce unnecessary expenses.
- Evaluate needs and wants.
- Locate money in your budget for large expenses, emergencies and long-term goals.

Here is how to begin building your financial framework:

- Discover where your money goes. For one month make notes of all expenditures. Get out last year's checkbook register to determine what you paid for those items that are not predictable on a monthly basis. (entertainment, hobbies, travel, etc.)
- Categorize your expenses by areas (i.e. food, clothing, childcare, utilities, and transportation). Write down everything, even the popcorn you had at the movies. You'll be surprised where those hard-earned dollars go.
- Prioritize your financial goals and determine how much you'll need to save each month. Think long-term and short-term goals.
- Bring your goals in line with your income (i.e. new car, less expensive car, wait another year for a car). Putting off a purchase is called "delayed gratification."
- Make the written plan realistic Over a few months time you can get your spending on track and make progress toward your specific financial goals.

- Invest for retirement. At best, Social Security will cover only a fraction of the money you will need for retirement.

- Create an estate plan. Many people think you must be super wealthy to do estate planning, which is not true. Avoiding probate and passing assets to heirs estate tax free, may be the main goals.

- Develop a written spending plan (see box).

Your financial advisor, CPA and attorney will be able to assist in reaching all of these goals. As the saying goes, "those that fail to plan, plan to fail". It's never too late to begin taking a look at your financial picture and get on board with a real plan for you and your family's future.

This material was prepared by Raymond James for use by Peggy A. Winbauer of Raymond James Financial Services, Inc. Member FINRA/SIPC. Contact Peggy at 701.223.7274; 600 S. 2nd Street, Bismarck, ND 58504.



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Keeping Kids Healthy

Colds can be tricky to prevent and treat in children

by Kylie Blanchard

As the snow falls and temperatures drop, the number of colds, runny noses and coughs among kids of all ages rises quickly. Prevention can seem like an endless battle between exchanges at day care, school and play dates; but there are steps to keep kids healthy and help them feel better when a cold makes its way into their system.

Dr. Laura Archuleta, a St. Alexius family physician specializing in pediatrics, and Dr. Parag Kumar, a pediatrician at Medcenter One's Q&R Clinic, offer tips for the prevention and treatment of kids' colds, and hints to keep your family healthy and bouncing back quickly from illness this season.

Prevention

"The most important step is prevention," says Dr. Archuleta. "There are no proven treatments that are com-

pletely safe and effective for children. It is important to keep the immune system strong to fight off infection."

- Wash hand frequently and use alcohol-based hand sanitizer
- Keep hands away from the face as the virus often enters the mouth, nose or eyes
- Cough and sneeze into a tissue or the inside of the elbow
- Avoid crowded places
- Get adequate rest, nutrition and exercise

Treatment

"Make kids comfortable," says Dr. Kumar. "Left alone, the body tends to heal itself well."

- Keep children well hydrated with plenty of fluids
- Run a cool-mist vaporizer or humidifier

- Use warm saline drops to loosen nasal congestion
- Give a spoonful of honey to quell coughing in children over one year of age
- Elevate the child's head while sleeping

Dr. Archuleta notes sometimes the best treatment isn't medicinal. "Hugs and snuggles from a concerned caregiver can do a lot to comfort a miserable toddler," she says.

But if symptoms become atypical of a common cold or grow more severe with time, Dr. Kumar recommends seeking treatment. "If children have a fever or breathing difficulty, they should see a doctor."



Kylie Blanchard is a local writer.

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Erin Green

Inspirational Rasmussen College leader recounts her journey battling breast cancer

by Kelly Green



“The first thing that went through my mind when I was told that I had cancer was I am going to beat this, there is no other option but to live, no matter what it takes.”

— Erin Green

Erin Green, campus director at the Rasmussen College in Bismarck, ND should be considered the definition of a truly inspirational leader. Whether she is managing her campus' hundreds of students and faculty, moving her family from Minneapolis to Bismarck or continuing her fight against almost every woman's worst nightmare, breast cancer – she takes it all in stride and keeps pushing herself to bigger and better things in life.

It didn't take Green long to work her way up the management ladder at Rasmussen. She was Director of Campus Operations at Rasmussen College in Eagan, MN for only nine months when she was transferred to one of Rasmussen's largest campuses in Brooklyn Park, MN. A short ten months later her hard work and leadership did not go unnoticed, and she was promoted to Campus Director in Bismarck.

Deciding to move to Bismarck for Green was not as hard as some might think. She was excited to meet up with family that already lived in Bismarck, especially her youngest sibling and only sister Kelly. “Kelly and I have never really lived in the same state,” said Green. “I am excited about the opportunity to live near her and spend more than just the holidays with her.” Convincing her husband to move wasn't much of a task either considering he is an avid hunter and fishermen. With a grin on his face he said, “I've got my fishing pole and my gun. When do we leave?”

It was settled. Green, her husband and two little girls would set out for a new journey in Bismarck.

Another journey for Green started even before she worked for Rasmussen College. In March 2007 she got news

that no one wants to hear... ‘you have breast cancer’. Hearing news like that it's hard to know what to do next, but that decision was easy for Green, she has always been a fighter. Being the oldest of five children and working her way through college with three jobs, putting up a tough fight was not a new thing for her. “The first thing that went through my mind when I was told that I had cancer was I am going to beat this, there is no other option but to live, no matter what it takes,” said Green. “From there I went into task management mode.”

Green did what she knows how to do best, put her nose to the grindstone and fight. Taking just 12 days off of work during her battle, Erin would take her cell phone and computer to her chemo appointments and complete her daily tasks while her mother, Susan, kept her company. “Having cancer wasn't a reason to throw my hands up and lock myself in a room,” she recalls. “It was a reason to get out of bed and fight every day. To stay positive and know that I would be ok in the end.”

It is this kind of attitude that Green brings not only to her life but to her job every day. “There are no problems, just opportunities,” she said.

This was not a fight that Green needed to do on her own. The support of friends and family helped her keep pushing on. “I had wonderful support from my husband during this time as we had two little girls, a two year old and a one year old at the time of diagnosis,” said Green. “Without his help and support I would not have been able to balance work, treatment and family.”

The result of Green's fight is a happy ending of currently being cancer free. However, there is never an end to the

continuing fight against breast cancer. With Green's young diagnoses at age 35 there were many questions to be answered. One of the big questions was why did she have breast cancer at such a young age?

Green opted to have a genetic test done to see if she had the BRCA1 or BRCA2 gene, which is also known as the breast and ovarian cancer gene. Her test results came back positive for the BRCA2 gene. Being a carrier of this gene means your chances of getting breast cancer before the age of 70 can be as high as 85 percent. With this news Erin's youngest sister Kelly wanted to know if she might face the same battle as her sister and was tested for the same gene. Her results also came back positive for the BRCA2 gene. Taking her future into her own hands, she had a preventative double mastectomy on December 15, 2009. "I am forever grateful to my sister for putting up such an amazing fight and

going the distance to figure out why," said Kelly. "She saved my life because she wasn't scared to keep pushing for information."

The impact of all of this in Green's life has opened her eyes to a new look at life and work. "I encourage employees to use their vacation and do fun things with it," she explained. "Don't take a vacation day to clean your house (unless you think it is fun). Do something for yourself and don't feel guilty about it."

Green takes nothing for granted and is very thankful for all that she has, even when her feet hurt and cramp from the long term effects of the chemo, she is glad she is here to feel her feet hurt.

In 2010 Green and her Rasmussen College team partnered with the Bismarck Cancer Center to put on a family 5K run/walk and raised more than \$3,000 towards cancer research. With the 2011 race date set for July 30th, Green looks forward to raising

awareness and fundraising for cancer-related causes. She is a true inspiration to her Rasmussen College team, her family, and the surrounding community.

Green's advice to anyone who is experiencing trying times is this: "Stay true to yourself. Quiet all the voices around you and listen to the one that is inside you as it will never take you down the wrong path. Keep your faith and remain positive as a good strong mental attitude will take you much further than anyone could ever imagine. Surround yourself with positive people and remove yourself from those that don't support you, no matter how hard it might be."

About the Author: Kelly Green works in communications for North Dakota Policy Council. She received her Bachelor's degree in Communication from University of Mary, and recently she added to her education by completing a Multimedia degree at Rasmussen College Online.

A Fresh Look at Life

In 2008, I was diagnosed with a rare eye tumor that caused me to lose part of my vision. I was lucky that the Bismarck Cancer Center had state-of-the-art equipment and staff to treat my condition.

I can't say enough about the staff. They were so kind and made me feel comfortable and welcome.

I was glad when the last day of treatment came about, but I was sad to leave my new friends. Because of the Bismarck Cancer Center, I have my vision back, and I view life in a new way.

*— Cindy Domagala, Bowman
First North Dakota patient treated with a specialized fractionated SRS radiation therapy to eliminate her rare tumor.*

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A few minutes with **Kristi Kraft** It's About Time Concierge Services



Kristi consults with one of her clients, Terry Kraft.

Kristi Kraft has been doing odd jobs, running errands, planning events and generally making life easier for a number of people in Bismarck-Mandan for almost three years.

IW How did you come up with this business idea?

KK I had been living in Arizona for about 15 years and wanted to move back to North Dakota. I researched many different businesses, keeping in mind what I loved to do as well as what I was good at. I kept coming back to the concept of a concierge service. I had never really heard of it, but found a lot of information and helpful people online that had successful services around the country. There was nothing like it in North Dakota.

I arrived here in January of 2008, got my website up and running, joined the Chamber, put all my documents together and then the real work began!

IW Do you have any employees?

KK I have several independent contractors that help with events, cleaning, pet sitting and other things. It is nice to have a pool of people I can call on; I don't ever have to say 'no, I'm too busy'.

IW What are some of the services you offer?

KK When I started I was sure I knew what people would need, but I never really know what someone is going to come up with and that is what has made this so much fun. We may start out with pet sitting, maybe organizing a home office or helping with decorating, shopping, or scheduling household maintenance.

With a business, they may ask me to help with billing or office assistance,

evolve into cleaning, putting up Christmas decorations or helping with a fundraiser or office event. More often than not, we will then help with more personal events, maybe a family wedding or anniversary.

Usually we end up doing things a client can certainly do, but they probably can't get to it, or it may not be an efficient use of their time.

IW How do you charge for your services?

KK It is basically a retainer fee. If it is a pet client and that's all they want, I have a separate billing schedule for that, but basically my clients will pay a retainer and they can use it for anything. We accept credit cards and keep track of all time through an online database. We may send them an email reminding them of events coming up to see if they need us to do anything for them.

IW Do you have one service that is asked for more than others?

KK I really thought 'in the workplace' services would be more popular. In larger offices around the country they have someone (like me) come in and the employees will give them their to-do lists. For instance, take a book back to the library, drop off dry cleaning, mail a package. Right now, people here still like to do those things for themselves. I am getting into more event planning, which is something I really enjoy.

Some of the more unusual things I've done – I have a couple diabetic cats that

need shots when the owners go out of town. I have also had to track down a bathing suit, in October, for a second grader who needed it in an hour.

IW Since this issue is about travel, what kind of services do you offer for people who are traveling?

KK We offer pet sitting and house sitting. We go beyond the basic duties by bringing in the mail/newspaper, taking out the garbage, turning lights on or off, as well as a TV or radio (for the pets). If they are going to be gone for an extended period of time we can arrange to get repairs done, stock the refrigerator before they get home, and just get things done that can come up while people are out of town.

IW What else would you like people to know about your services?

KK I want people to know they can use our services for nearly anything. It's like having a personal assistant or 'Girl Friday' to call on. I always hear, "I can run these errands, they're easy!" I ask them, "but is it the **best** use of your time?" Just because you're **able** to do these things doesn't mean you **should** be." Outsource where you can and use your time to live your best life!

Whether it's work or home related, we can take care of it. And, if we can't do it, we'll do our best to find somebody that can.

For more information, visit her website at www.itsabouttimend.com or call Kristi at 701.202.9003.

Dream Makers Ball

Fun, Fabulous, Festive

by Deb Seminary

Project is Patrick Atkinson and 400 kids in Guatemala. We haven't been that for 17 years."

With a Bismarck-based staff of five people, a Minneapolis-based staff of three, about 80 in Guatemala, and hundreds of volunteers, The GOD'S CHILD Project aids over 5,000 orphan and abandoned children in Africa, India, El Salvador, Guatemala and the United States. They also help 8,700 widowed and abandoned mothers and their dependents in Central America.

"The GOD'S CHILD Project is not just a charity; it has become a worldwide social movement that started in Bismarck, North Dakota," explained Atkinson. "We have support groups and community-based groups and volunteers who are very active on behalf of The GOD'S CHILD Projects' goals and missions which are to stop the victimization, to care for our women and children, prevent and intervene in situations of domestic violence and to care and feed and educate the world's poorest boys and girls."

A sub-program of The GOD'S CHILD that is gaining publicity because of its successes is the Institute of Trafficked, Exploited and Missing Persons (ITEMP). "We run Central America's largest non-governmental anti-human trafficking program," said Atkinson. "I am in contact with the authorities in Paraguay, where a known human trafficker has just been arrested by Interpol, largely because of ITEM P. People don't realize we are doing all of this."

An example of human trafficking is when kids are playing in front of their homes, say in Mexico, and they are grabbed, bound, gagged and driven across the border illegally and put up for auction in Texas. Perverts and pedophiles buy them. It is a growing phenomenon, especially because of the internet.

The GOD'S CHILD Project will be celebrating 20 years of life in April of 2011. "This was something that was going to last two to three years, my little one man effort," said Atkinson. "Then I was going to wrap it up and come home."

Thousands of children are grateful that didn't happen. "The greatest contribution of The GOD'S CHILD Project is that it has taught North Dakota and the Upper Midwest about Third World poverty," said Mikey Hoeven, former First Lady of North Dakota. "And even more important, it has given us the chance to be part of the solution."

It is important to remember, The GOD'S CHILD Project is not just about Guatemala, it is an important local organization that hundreds of families depend on. "The GOD'S CHILD Project is one of the largest direct-service providers in this area," said Atkinson. "I can only think of three or four individual charities that provide more local services than GOD'S CHILD. We collect thousands of pounds of clothing, computers and school supplies every year."

Take advantage of this opportunity to be a part of the solution and have a little fun at the same time. The Dream Makers Ball promises to be a night to remember.

Sponsorship opportunities are available, or individual tickets are \$50 each. Contact The GOD'S CHILD Project office at 255.7956 or stop at their office, 721 Memorial Highway in Bismarck. For more information on the God's Child Project, visit www.GODSCHILD.org.

Need a little mid-winter rejuvenation? Put on your dancing shoes and head to the Dream Makers Ball, Saturday, February 12th at the Seven Seas.

Organizers have planned a night to remember, including a silent and live auction. "This is the first time we have had a live auction," said Charisse Fandrich, Resource Development Director for The GOD'S CHILD Project. "I think it will be very exciting."

Another event that will add a little 'kick' to the festivities is a horse race. "We have stick horses that will be painted and decorated by local artists," explained Fandrich. "An individual, or a table, can bid on a horse for the opportunity to race it."

The Joe Friday Band will provide the music to cap off the unforgettable evening.

The event will benefit The GOD'S CHILD Project and its many areas of outreach. Many people may not realize all of the things The GOD'S CHILD Project does. "We are so busy with what we are doing, we don't have the chance to tell people," said Patrick Atkinson, GOD'S CHILD founder. "There is the misperception that The GOD'S CHILD



Deb Seminary is the editor of Inspired Woman.



Knitters gather at ceDesigns

Knit One, Purl Two

by Marcia Dorrheim

One can almost picture a Norman Rockwell painting this time of year. One side of the painting depicts the, cold, winter snow blowing outside. As the eye travels across the painting, the warm glow of the fireplace reflects a little old grandma sitting in her rocking chair with her knitting or spinning wheel.

Today that painting would need some editing. A small group of young 20, 30, or 40 year olds would replace the grandma and instead of being in front of a fireplace, they would likely be in a cozy yarn store, a coffee shop, or the local library.

Traditional Craft Boom

Over the last decade or so, traditional crafts such as knitting and spinning have been experiencing an increase in popularity. According to the www.about.com website, there tends to be a resurgence in traditional crafts when the country is at war or when there is an economic downturn. For example, during World War II, knitting was a way for those at home to help with the war effort by knitting warm socks and sweaters for the soldiers.

"I really think there was an increase after 9/11 and then with the economy, well, there are just more people knitting," said Cheryl Weiss of the ceDesigns knitting group.

"When we look at the cost of the hobby, it's not really that expensive," Beth Campbell of the Bismarck Public Library (BPL) knitting group said. "You have 60-70 hours of entertainment and when you're done, you have the pride of having made it yourself."

Shayne Bjorndahl, who spins monthly with a group at Impact! in downtown Bismarck, believes a lot of the popularity is due to the increased availability of fiber as well as the different types of spinning wheels now on the market.

"For instance, the manufacturer of my wheel used to produce spinning wheels and then changed to skateboards and now makes wheels again," added Becky Schnabel. "And there are just so many different fibers to spin like silk, mohair, llama, alpaca, camel . . ."

Linda Wolf of the BPL knitting group agrees. "I really think the popularity has increased as the development of yarns has increased. Twenty years ago all you had for choices were Red Heart acrylic, wool, and cotton!"

When our grandmothers and great-grandmothers were knitting, it was usually out of necessity and not because there were beautiful yarns and it was the hip and popular thing to do. Thus the trend of "going green" and being conscious of one's carbon footprint is another reason for the resurgence of these crafts.

"I'm a permaculturalist and it's very important for me to say that I can take a sheep and make you dinner and a coat," said Schnabel.

Show-n-tell and Share-n-tell

One attraction to knitting and spinning may be the social aspect. What once was a solitary activity done at home has become a gathering of friends doing their craft in public places. It's easy to just throw needles and yarn or drop spindle and wool in a bag. The newer spinning wheels even fold up for easy transportation.

"There were knitters at home that didn't know others were knitting," said Cheri Esper, owner of ceDesigns, downtown Bismarck's only yarn shop. "I've been having 'knit-ins' on Sunday afternoons for a couple of years and we've had anywhere from five people up to 19 people."

There isn't an official proceeding to the groups' gatherings and they're open to

anyone at any skill level at anytime. Many of the women in the groups learned their craft from a grandmother, but some learned from a friend while others took a class or taught themselves. These varied learning experiences prove to be very beneficial when a question arises.

With a variety of projects, an important part of the gathering, whether spinning or knitting, is "show-n-tell" in which the women ooh and aah over each other's work, the various fibers they're using and the techniques they're implementing.

"This time includes much sharing, learning, and admiring as many of the women will wear something they have recently completed," said Esper.

"We go to spinning conferences and conventions but we learn a lot from each other too," says Bjorndahl. "There is always something to learn."

Spinners and knitters alike agree that although their inspirations for doing the craft are as varied as the women themselves, their inspiration for coming to the group remains the same.

"This is cheaper than therapy, and a lot more fun!" said Lois Eichhorst of the ceDesigns knitting group. "There's fellowship, we get things done, but the best part is the laughing."

"It's therapy," said Campbell. "You're in the office all day with the pressure and stress and then you come and talk with friends. It's unwinding time. It's like Zen."

But unlike a therapy session, it's not necessary to keep your appointment.

"There's no pressure to come," adds Gwen Jakel of the BPL knitting group. "If you have a conflict with family or work, it's not a problem. It's just a good way to get together with friends and it's an incredible creative outlet."

A Slice of Inspiration

Viola Mueller

Hostess with the Mostest

Patrons of the Ramkota Hotels' Seasons Café know this lady very well. Since 1975, when the hotel opened as the Kirkwood Motor Inn, she has been greeting and seating folks who come to dine or just have coffee.

Mueller was recruited from the Elks to work in the Café. "I worked two jobs for awhile, here and at Buttrey's downtown until they closed, then at the mall," she said. "Finally I thought, 'why do I work two jobs when I am getting social security?'"

Mueller is 86, turning 87 on January 24th and recently went from four days a week to three. "Most days I work ten or eleven hours, I enjoy it very much," she said. "I love people, I love to work with people, it's my life. The Ramkota is a great place. They have treated me very well."

She shows no sign of slowing down. "People ask, 'why don't you retire?'" said Mueller. "I don't know what I would do with myself. I love to work! I am supposed to be here at 6:00, but I come early and get all my work done, then I sit down and rest before we open."

"I have been here 24 years and I can count on one hand the number of days she's missed, except for a week when she was sick," said Dave Achtenberg, Ramkota General Manager. "She always finds a way to get to work."



This slice of inspiration is brought to you by...

An advertisement for SONNETS sandwich shop. On the left is the logo, which features a stylized sun rising over hills. To the right is a close-up photograph of a sandwich filled with lettuce, tomatoes, and other ingredients. Below the logo and photo is the text: "SONNETS sandwich shop by BREAD POETS", "1001 w interstate ave • pinehurst square", and "Mon-Fri 10:30 am to 8 pm • Sat 10:30 am to 6 pm".

www.com

These traditional crafts have entered the technology era. YouTube has videos showing how to cast-on if it has been awhile since you picked up your knitting needles and are in need of a quick refresher course. Web sites such as Etsy.com provide a place for crafters to sell their product. The social network site Ravelry.com, which operates much like Facebook, connects fiber enthusiasts from all over the world.

The world has become so highly technical that for many people having a pair of knitting needles or a drop spindle

in their hands, instead of their computer or cell phone, is almost unimaginable. That may be a reason why there's an increased interest in these time-honored crafts. It's a respite. It feeds the soul as well as the heart and mind.

"The more ways we have to communicate, the less we're communicating face to face," said Weiss. "This (knitting group) gives us the chance to visit, to connect, to communicate without the barriers of technology."

Marcia Dorrheim lives in Bismarck with her husband, Aaron, and their three young children.

ceDesigns.com

For "knit-ins" schedule and a list of classes.

Bismarck Public Library Knitters

Meet every Monday from 6:30-8:00 p.m. in the café.

The Spinners

Meet monthly at Impact! in downtown Bismarck. Check impactgalleryandgifts.com for the next scheduled meeting.



Mikey's Recipes

The former first lady shares some of her favorite recipes

Chicken Suizas

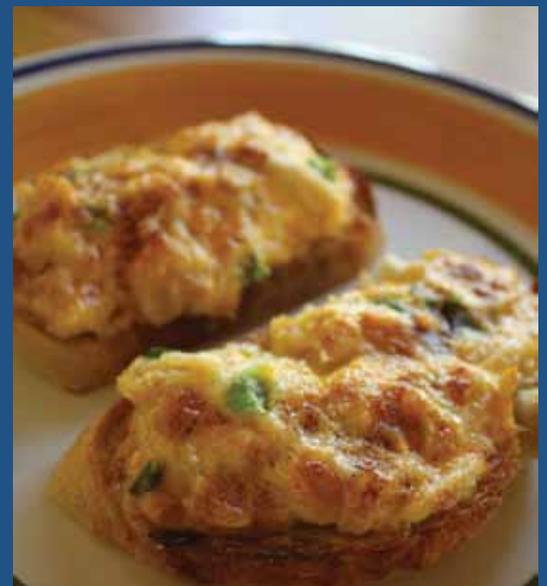
6 boneless, skinless chicken breast halves (about 1 ½ pounds total)
1 tablespoon butter
1 cup chopped onion
1 green bell pepper, cored, seeded and chopped
10 ounces grated cheddar cheese, divided, save 2 oz. for top
10 ounces grated Monterey Jack cheese, divided, save 2 oz. for top
1 can Rotelle tomatoes and green chilies, drained
1 cup Pace Picante sauce (medium)
½ cup chopped fresh cilantro
4 teaspoons ground cumin
2-3 canned chipotle chiles in adobo sauce (optional) (or diced jalapenos)
salt and freshly ground black pepper

Shell: Hollowed green pepper or squash of choice
(acorn or buttercup, butternut)

Place chicken in pan of rapidly boiling water to cover, and simmer 15-20 minutes. Remove from heat, drain, cool, and shred chicken. Preheat oven to 350 degrees. In medium skillet, melt butter over medium heat. Cook onion and bell pepper until just soft, 5-8 minutes. Transfer to a large bowl. Add chicken, cheeses, Rotelle tomatoes and chilies, picante sauce, cilantro, cumin and chipotle peppers or jalapenos, if desired. Season with salt and pepper to taste and mix well.

Spoon approximately ¾ cup of the above mixture into the shell of choice, green pepper or partially pre-cooked squash. Top with cheese and bake until hot, 15-20 minutes. 8 servings

NOTE: If you are going to make enchilada's, use 1/3 cup of filling in a tortilla, roll up and put in 9 x 13 pan. Sprinkle extra cheese and mix ½ cup of chicken broth and 1 cup heavy cream and pour over tortillas and bake 30 minutes at 350 degrees until cheese is melted.



Crab Bread

1 can drained crabmeat
1 cup mayo
3 green onions, diced
1 tsp lemon juice
4 ounces fine shredded cheddar cheese
English Muffin Bread

Cut slices of bread with a decorative cookie cutter. Leave bread out to dry 1½ hours. Butter each side and spread mixture on top. Sprinkle with paprika.

Bake at 450 degrees for 10 minutes.
Serve warm.



Sour Cream Apple Squares

- 2 cups flour
- 2 cups firmly packed brown sugar
- ½ cup butter, softened
- 1 tsp. vanilla
- 1 cup chopped nuts
- 1 egg
- 1-2 tsp. cinnamon
- 2 cups finely chopped peeled apples
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 cup sour cream

Heat oven to 350 degrees. In large bowl, combine flour, brown sugar and butter; beat at low speed until crumbly. Stir in nuts. Press 2¾ cups crumb mixture in bottom of ungreased 9 x 13 inch pan.

To remaining mixture, add cinnamon, baking soda, salt, sour cream, vanilla and egg. Mix well.

Stir in apples. Spoon evenly over crumb mixture in pan.

Bake for 30-40 minutes or until toothpick inserted in center comes out clean. Cut into squares. Serve warm or cool with whipped cream or ice cream.

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What's the Occasion?



**Sleepy Hollow Summer Theatre's High Tea and Merriment
December 11th**



**Univeristy of
Mary Optimist
Club's Chillin'
for Children for
Carrie's Kids**

November 20th





**Bismarck Arts and Galleries Association, Mistletoe Magic
November 13th**



**North Dakota Heritage Center
Groundbreaking Expansion
November 23rd**





Don't miss the
**Dream Makers
Ball**

**Fun, Festivities and Fundraising for
The GOD'S CHILD Project**

Saturday, February 12, 2011

6:00 pm - Social

7:00 pm - Dinner

8:00 pm - Live Auction

9:00 pm - Dance to Joe Friday Band

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www.GODSCHILD.org

www.GCPFoundation.org

www.ITEMP.org



Keeping the dream alive, the GOD'S CHILD Project assists women and children locally, across the nation and around the globe. The Bismarck staff, along with GOD'S CHILD Founder, Patrick Atkinson accept the Humanitarian Award presented by the Bismarck Human Relations Committee, December 10, 2010.