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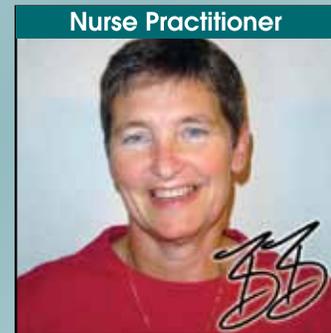
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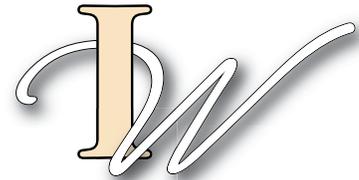


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Our Mission

The mission of **Inspired Woman** is to use our
community presence to celebrate, encourage,
empower, educate and entertain women.



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Editor's Notes

I met so many extraordinary women while I was putting this issue together. I got to touch an Olympic gold medal, explore a home that is over 100 years old and it was so much fun watching the mom photos and recipes come in.



Four Generations

*My mother (facing camera),
grandma, and great-grandma
Belle holding me*

My mom was one of the daughters who emailed her mom's recipe in. I remember that recipe. It is really, really good and I highly encourage you to try Henrietta's sour cream nut filling. Thanks, mom!

I hope you are inspired by all of the mom stuff we have for you in the April/May Inspired Woman.

Deb

~ Be Inspired ~



A "little" inspiration from members



The Member Advocacy Program,
inspired by members like little
Palmer Thompson

Before he was born, baby Palmer was diagnosed with spina bifida. As the initial shock wore off, the challenges took over. Specialists. Surgeries. Hospital stays. Bills. **Blue Cross Blue Shield of North Dakota stepped in** to help navigate the medical maze.

"To have someone watch over us is a big help," says mom, Angie. "Instead of worrying, I have more time and energy for our two beautiful sons."

Learn how the Member Advocacy Program makes health care a little easier for North Dakotans:

bcbsnd.com/map



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MOM WITH A MISSION

For Devon

by Deb Seminary



Shannon in Afghanistan



PHOTOS BY TONY DI ZINNO

How does someone who considered herself a loner in high school end up being nominated for National Geographic's Adventurer of the Year award, become the first woman to mountain bike across Afghanistan's Panjshir Valley and start a nonprofit organization that promotes education and opportunities for women in conflict regions across the globe?

The catalyst for Bismarck Native Shannon Galpin's activism was the rape of her sister and the birth of her daughter. Because Galpin had also survived a violent rape attack years earlier, she decided to take action. "I don't know if it would have affected me as much if I wouldn't have had Devon and thinking 'what if that happened to her,'" she said. "The combination of those things and the thought that women need to step up to the plate to help other women was all I needed. I'm an 'all or nothing' kind of girl, I wasn't going to be happy just volunteering for a Victims of Assault group.

She formed her nonprofit, Mountain2Mountain, in 2006. Because she lives in Colorado, her plan was to connect mountain communities in the US and abroad. Previously, Galpin spent ten years overseas and saw how women were treated in other countries. She also found out that in some countries, like Afghanistan, foreign women were treated like an honorary man, which gave her unprecedented access to be a proxy for the Afghan women. "I was able to get unfiltered knowledge about the local women," she said. "Plus, I can share their stories. For example, often times few Americans will listen to a Palestinian woman, but a lot will listen to a local woman talk about a Palestinian woman and share that mutual connection."

Galpin talked about some of the things Mountain2Mountain has accomplished: "Before we had non-profit status, we collaborated, under the umbrella of two other organizations, and funded construction of two schools for girls in Pakistan and supported a community development project in Nepal.

(In Afghanistan) We have developed computer labs, girls and boys schools, paid teacher and midwife salaries to help bring education to rural villages, funded kindergartens and literacy programs for women prisons. We are currently working on a film project about the Afghan women's national cycling team and working on a book project called Afghan Dreamers."

She has also secured a \$400,000 5-acre land donation from President Karzai for a future school for the deaf. A 12-foot security wall has been built around that land and wells are dug. Now they just

need to raise the money to build the school, hopefully finding a partner to take it over. "The deaf in Afghanistan are the most oppressed segment of the population," explained Galpin. "They can't communicate in any way and are cut off from the rest of the population. There are very few interpreters in the entire country. When I went to meet with President Karzai, along with a couple of advocates for the School for the Deaf, he did not understand why they were talking with their hands. When we explained they were deaf, he could not believe there were deaf people in Afghanistan!"

The "Streets of Afghanistan" project, funded entirely through sponsorships and not donor money, was a remarkable project Galpin organized to showcase the beauty of Afghanistan. Thirty photographs were blown up and exhibited throughout Afghanistan. It allowed Afghans to see their country in a whole new way, to show them what is beyond their war torn communities. "In the end, the goal was to show that art has a place in conflict zones," she said. "That Afghans deserve the same access to art and beauty we all crave and that shows like this can be done safely and publicly in Afghanistan. Art has the power to inspire and create a ripple of change that resonates through communities."

Galpin has traveled to Afghanistan, on the average, three times a year the past four years. She is away for about three weeks each time and everytime she leaves she writes her daughter a letter. "It's the worst part of the trip," she said. "I push it off, and then think that if this is the time it happens, that would be my last thought, is that she has no idea. The



Setting up Streets of Afghanistan project

letters have evolved over the last four years, but they are basically asking her to try to understand why I am not there, that it's not fair, I've done everything I could to be safe and the reason I did it was to make the world a better place. When I come back I rip up the letters. It is incredibly cathartic."

To pay for her first trip over, Galpin was somehow able to get a loan against her car. She is now living off the sale of her house which has allowed her to fund Mountain2Mountain and support Devon. "I could have continued to work as a sports trainer and do one project at a time, but I knew this was bigger than just one project, I wanted to create a huge movement. I am my father's daughter, unfortunately, and he is a big thinker, beyond what maybe makes sense sometimes! I needed to be able to work 60 - 70 hours a week on this."

Unfortunately that means she gets paid *sometimes*, depending on available funds. "That is what we want to change this year - sustainable funding," said Galpin. "I need to hire a staff. We have a great team of women that are already volunteering, so hopefully we can hire some of them in the near future. There are a lot of things that slip through, I don't even have time to write grants. I want to do this forever, but not the way I am doing it now."

Stateside Advocacy

Mountain2Mountain is launching its first domestic programs this year, and one is called 'Strength in Numbers'. "It is a continuation of how the bike has been a thread through the work I am doing in

Afghanistan, and how it related to me in terms of becoming a biker - how much stronger it made me physically and mentally," she explained.

Strength in Numbers will bring women, victims of gender violence, together for a week long retreat of mountain biking, yoga and other outdoor activities. Guest speakers will spark conversation and the women will build camaraderie and trust. They will learn how to volunteer, start advocacy programs and create a ripple in their communities. "We are doing three camps this year and the women that attend, staff and volunteers will be connected so they can keep in contact with each other and peer mentor when we do more camps," said Galpin. "We could plug in Afghan women in the future and mutual ideas could go back and forth. A goal is to do one in North Dakota next year and another in Minnesota. It costs \$20,000 to do one camp, lodge and feed them, provide the equipment, because everything is paid for, all they need to do is show up."

Strength In Numbers will also have a parallel program that develops advocacy programs for college campuses to create awareness about campus rape. Galpin believes prevention is important, not just 'if it happens, here is where you go.' She sees a program that engages and educates men as well, helping them to understand the value of women and that yes, there are boundaries.

Her vision for Strength in Numbers is to create an army of women, hundreds of women using their voices. "I am inspired by those who want to put a drop in the bucket," said Galpin. "It's not just a

donation, it's the advocacy and lending your voice to something you believe in."

'Combat Apathy' is another domestic program Galpin is developing. "Mountain2Mountain is humanitarian, Combat Apathy is outrageous and loud," she explained. "It is twenty amazing kickass women who are using their voice, engaged in their communities, breaking the boundaries. It is the activist wing of Mountain2Mountain, the voice, to raise money."

As Mountain2Mountain grows and evolves, Strength in Numbers and Combat Apathy will be the two main things they focus on. One as the main program focus and one as the activist and advocate side. "I want to continue to support the Afghan Women's Cycling Team, local activists and finishing the deaf school, otherwise I am realizing how much more we can do with Strength in Numbers," said Galpin. "That doesn't mean we don't continue to support Afghanistan, I just think we can create a bigger ripple with Strength in Numbers."

This fall Galpin will be honored for her humanitarian efforts and all of the ripples she has created when she is inducted into the Bismarck High School Hall of Fame.

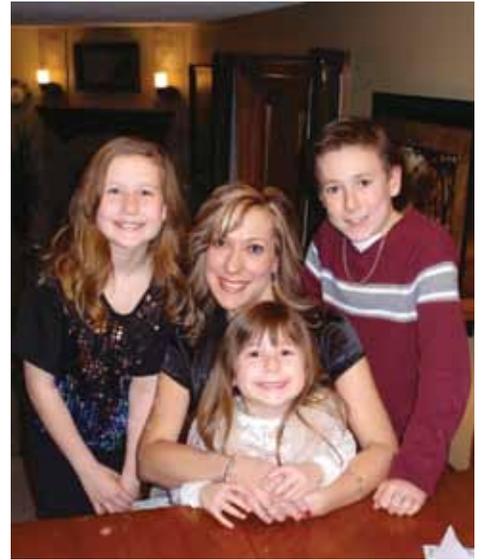
For more information and to donate, go to mountain2mountain.org



Deb Seminary is the editor of Inspired Woman.

WORKING MOM

Finding the Balance



Kim with her children

Eighteen years ago Kim Klein began working at Zimmerman's Furniture even before the doors officially opened. She has now been the general manager for six years. And yes, she is Gene Zimmerman's daughter.

Klein was born in Bismarck, her family moved around a bit then ended up back in North Dakota. After graduating from Dickinson High she headed to NDSU to become a pharmacist. "My parents had just relocated to Bismarck and I moved back for the summer," she said. "They were getting ready to open this furniture store and I helped paint, move stuff around and decorate." She started taking classes at University of Mary and realized she wasn't very interested in the medical field anymore. Her dad asked if she would like to sit in on the training. "There was something that instantly drew me," said Klein. "And from the first day that we opened the doors, I just knew this was it. It was not at all what I thought I wanted to do for the rest of my life, but sometimes life takes you on a different path. I love chaos and that's what retail is. There is never a dull moment and it is more fun than I ever imagined. Plus, I get to dress up!"

The store has evolved from being kind of a "budget store" to a higher end, custom furniture experience. "We want to be the design store without the customer having to pay for a designer," said Klein. "I get to help people pick out fabrics and colors, create whole rooms in their home."

She met her future husband when they were both working at Paradiso. "We hated each other," she said.

"He thought I talked too much and I thought he was just mean."

Then they actually got to know each other, things clicked, and when Kim went to work at the furniture store, Scott decided to interview for a position, too. "We have always worked together," she said. "We have been married thirteen years. It's not always easy to work with your family, but Scott and I make it work. We don't act like a married couple at work. We're lucky we can separate it and leave home at home. And working with your parents is definitely not easy, but I'm fortunate that I have always had a good relationship with my mom and dad. We can get mad at each other, but it doesn't ever go past a certain point."

Becoming a Mom

"I always knew I wanted to have kids, but I always knew I wanted to work. There was never a question in my mind that if I had kids I was not going to work. However, when I had my son, I did actually wonder if I wanted to go back to work. My mom told me to give it time. 'If you think you want to come back, that's natural,' she said. 'If you don't want to come back, that's fine. You will do what you have to do for yourself.'"

Klein loved every minute of being a new mother. After about eight weeks, she began to get a little crabby. "I just knew I needed more," she explained. "I'm not the type that goes to the 'mom things' - I tried! I knew I had to go back to the store and figure out how to make it work. Scott and I fluc-

tuated our schedules for awhile so our son only had to go to daycare two days a week."

That schedule didn't work very well when the couple realized they did not have any days off together. "Now we have Sundays off as a family and I try to take Fridays off," said Klein. "It works really well, you just have to be better organized. I found when I didn't work as much I got less done, probably because I didn't have any deadlines."

She is lucky she can usually fluctuate her schedule so she does not have to miss anything at school, and even gets to drive for field trips at times. And, one of the things that is important to her is family dinner time. "I don't want to be that person that just runs to fast food," she said. "I try to make something every night, even if it is just throwing a sandwich together. I just plan it. To me it takes the same amount of time to make spaghetti as it does to go through the drive-thru. I just have to remember to take the hamburger out!"

Making the choice to work full time outside the home is not an easy one. Klein has a friend that made the choice to stay home with her kids, even though she had a great career. "She was struggling a bit and I told her not to feel guilty about anything. There is never a right or wrong choice, just go with what is right NOW. You might

change your mind two months from now, it's ok. You have to do what makes you happy. Because if you are happy, your husband and your kids are going to be happy."

The couple's oldest child is now twelve, the middle is ten, and their youngest is five. According to Klein she and her husband are both old school when it comes to discipline and things like bed time and cell phones. "My kids don't have cell phones and according to them they are about the only ones that don't," she said. "I want them to learn how to communicate, one on one to a real person. I see it too much, twenty-year-olds who don't know how to communicate."



The Klein family

SUBMITTED PHOTOS

While Klein was growing up, her mom and dad always worked and she saw how her parents balanced their lives. "When I brought my first born to day care, that was hard," she said. "But I never felt like I sacrificed as a child and I don't think my children do either. Growing up with it I know how to try and balance it. Some days you don't, but that's life."

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L to R: The Wiese family with their new son-in-law Danny Stewart, Ashley, Bob, Jill, Kayla. Danny is wonderful musician, teacher and the bass player for the Larry Stephenson bluegrass band out of Nashville. (Free lessons for life for his mother-in-law!)

MUSICAL MOM

Just Don't Ask for a Recipe

by Deb Seminary

Jill Wiese was living in Colorado when a trip home changed her life forever. "I was a ski bum," she said. "I was a nurse and in the National Guard to pay the bills. My goal was to marry a rich doctor, live up in Evergreen and give away all his money! I never thought I would leave the mountains, but then I flew home for my sister's wedding in 1984."

She was the maid of honor and since she was single, the best man decided she needed to meet his little brother. When she met Bob at the wedding dance it was love at first sight, for the both of them. They dated long distance, then Jill finally moved back to North Dakota, married Bob and settled in Washburn.

Jill likes to keep busy. She is a nurse at the Same Day Surgery Center at Sanford and House Supervisor. She also works at the Bismarck Cancer Center and Bismarck Surgical Associates. She has been the jail nurse in Washburn for several years and volunteers with the Washburn ambulance as an EMT. "If you are looking for a tater tot hot dish for a funeral or pot luck, you may have better luck calling Bob," she joked.

She figured out how to still be a ski bum by volunteering on the Huff Hills Ski Patrol for the past fifteen years. "We are the outstanding small volunteer ski patrol this year. The first year I joined we won, too. We are part of the Northern Division, which is North and South Dakota, Wyoming and Montana. We are one of the top medical ski patrols. The girls grew up out there, it's like family."

The couple has two daughters. "I birthed two, but I also claim a German," said Wiese. "Steffi was an exchange student that lived with us for eleven months. The minute she got off the plane she was our daughter. She is now in medical school in Germany and was a bridesmaid in Ashley's wedding."

Wiese explained one of her secrets to being a good mom: "Everybody told me when the kids were growing up, have the party at your house, so you know where they are. So we have

the house in the country with the hot tub and the fire pit and the trampoline. The kids made a little floating table and got waterproof cards. I knew where my children were...playing Texas Hold'em in the hot tub!"

Ashley, the oldest, lives in Tennessee and recently got married. Her dream is to be a pediatric dentist like Mike and Bryce Goebel. "She is a kid magnet," said Wiese. "She was a lifeguard, taught the kids to swim and they had a BFFL club - Best Friends for Life. In Tennessee she worked at a daycare on campus (ETSU) and brought her guitar to teach the kids the North Dakota song. My kids get their love of kids from my dad, John Yonker, who was a junior high principal for thirty years at Hughes."

Kayla is majoring in youth ministry at North Central University in Minneapolis. She will graduate in January as a youth pastor. Her path may have started when she was a freshman and two of her friends committed suicide. She decided to start a ministry called 'Make a Change'. "She wants kids to find Jesus and not take their life," said Wiese. "And she has saved lives. Once we were in Rochester for a leg lengthening operation and Kayla's phone kept ringing. I finally called the number back and the girl couldn't believe we were in Rochester. She said, 'I'll be right over.' She brought all these gifts and told us she was alive because of Kayla. I think it really hit Bob and I right then that this was the real deal."



The Wiese girls at Ashley's wedding



Cotton Wood Bluegrass Band

SUBMITTED PHOTOS

Music has almost always been a part of Jill's life and she found out early that the piano was not her instrument. "Belle Mehus threw me out of piano. I disliked lessons terribly, but thought the world of Belle. Her large Siamese cat sitting on top of the piano didn't help either. When I play my bluegrass music at the 'Belle' now, I hope she is looking down and just happy I kept playing music in general."

Cotton Wood plays a lot of venues in the area and they do some benefit concerts like the Bluegrass Goes Pink event. They recently hosted the 8th annual Bluegrass Blizzard Weekend at Bismarck State College. "Sometimes I think people come because they are curious," said Wiese. "And when they come up to the CD table after the concert and say, 'you know, it wasn't that bad,' to me, that is the biggest compliment!"

The band was recently asked to back up award-winning bluegrass vocalist Rhonda Vincent and the Rage when they play the Belle Mehus June 8th. According to Wiese she has one of the best

bands in bluegrass and Rhonda was very influential in Ashley becoming a bluegrass singer. It will be one of the biggest musical adventures for the band, so if you happen to see Jill anytime soon, check her pulse to see if it has returned to its normal rate.

Visit cottonwoodbluegrass.com for information on future concerts and to buy CDs.

Kayla was born with spina bifida and had nearly thirty operations from age seven months to seventeen years of age to correct several birth defects. "We have lengthened her leg 6 inches," said Wiese. "We were told she wouldn't walk, then at 18 months she started walking. She ended up being quite an athlete, just like her sister."

Jill shared some of what she went through during the first few years of Kayla's life. "We were gone more than we were home some months. Several families in our town helped to raise Ashley. All those years I worried more about Ashley, but she was so protective and would do anything to help Kayla. They are very close. And the whole time Kayla was going through this, my sister was dying of breast cancer. She was my idol, my hero. Barb Wild had such an impact on everyone who met her. That is why we do Bluegrass Goes Pink for the Bismarck Cancer Center. This year it will be July 20th at the Cross Ranch."

Jill is a member of the Cotton Wood Bluegrass Band and a huge promoter of bluegrass music. She sings and plays bass, Bob does sound for the band. The Wiese daughters were never forced into bluegrass, just told they had to be part of the road crew. The sisters now both play guitar and Ashley actually minored in bluegrass in college.

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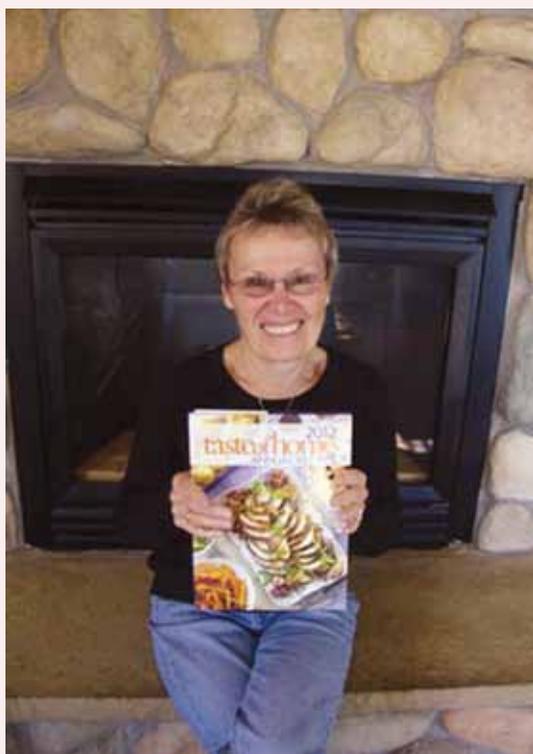


Photo was taken after Sharon found out that her recipe appeared in the Taste of Home 2012 Annual Recipes Cook Book.

GRANDMOM

This Old Grandma's Guide for Life

Condensed Version

Editor's Note: *Sharon Schmidt composed these words of wisdom for her granddaughters in 2009. She asked that they not think of her as a goofy old bat, but take the following advice and the love that comes with it.*

◇ Don't take life too seriously – it goes by too quickly and you will miss a lot.

◇ If you find the love of your life, cherish that love and be faithful, forgiving and loving.

◇ If you find that special girl-friend, cherish and appreciate her. These friends are rare. If a girl-friend betrays you, forgive her in your heart and move on. BE a good and loyal girlfriend to someone also.

◇ Don't ever betray a confidence made to you. If someone trusts you enough to confide in you, honor that trust.

◇ Demand that the man respect and treat you like a lady. You are, after all a woman, and you should be treated like one. Likewise, act like a lady. Be proud to be a woman. You are a classy, independent, woman.

◇ In a relationship, keep all things private. What goes on between you is no one else's business. You need to work it out amongst yourselves, and will thus establish a bond and strengthen your trust in each other. If you do need to confide in someone, have coffee with that special girlfriend.

◇ Love God.

◇ If a man abuses you, run like hell and do not look back.

◇ In a relationship, never, ever bring up something from the past. It is history.

◇ Call your Grandma.

◇ Do those kegel exercises every time you think about it. It will not only enhance your sex life, it will hold things in place as you get older (your bladder and uterus). Keep that pelvic wall strong.

◇ Get an education. Knowledge is power! FIND A WAY TO DO IT! You will be able to live your life, making a living while doing what you love.

◇ Think of retirement funds now. Do not depend on a man or anyone else to do this for you.

◇ Whoever invented the Swiffer (dusters and cloths) should be applauded.

◇ Whoever wrote that song, "Cowgirls don't cry"? Hogwash!! If you need to cry, cry till you are wore out. It will refresh you, and God made those tears as our natural release valve.

◇ Don't spend all of your money on nonsense. Try to be thrifty, but don't be cheap either.

◇ Love your children with all of your heart and enjoy them today because time passes too quickly. Preparing them to be independent adults is your job.

◇ Love your parents. Treat them with respect at all times. No matter what you may think, parents (and grandparents) don't come with a manual... they make mistakes and do things wrong too. Accept and realize that. Life is not easy. You will have your own challenges as a parent and then you will appreciate that all the more.

◇ Don't wear your pants too tight. Ick.

◇ Love your grandma.

◇ Treat yourself from time to time, but if you can't afford it, wait till you can.

◇ Brush your teeth and floss every day. In fact, brush them purly whites twice a day.

◇ Save money. Don't run up credit card debt.

◇ Have soap and hand towels in the bathroom.

◇ Tithe. You don't have to give a lot, just get into the habit of giving to God.

◇ Read books when you can.

◇ Nap when you are tired.

◇ Exercise every day. Find something you like to do and make it a life long habit.

◇ Eat what you like, just be careful not to eat too much of it.

◇ Shopping is good exercise.

◇ Never run out of toilet paper.

◇ Buy grandma a latte.

◇ Don't hold a grudge or hate anyone. The other person is not even aware of it, and you are expending useless energy for nothing.

◇ Journal when you feel stressed, or even better, as a daily habit.

◇ You can never have too many shoes.

◇ Always wear clean undies.

◇ Say your night prayers. If you don't have a favorite, find one and do it nightly.

◇ Apologize when you have hurt someone.

◇ Use napkins at all meals.

◇ Don't be loud. People don't like a loud-mouth and you sure don't want to be called one.

◇ Don't lie. Most of the time people know that you are lying, and it just complicates things. Don't do anything in the first place that you need to lie about.

◇ Be a good listener. Be attentive to what others are saying to you. Don't talk too much. Let others talk.

◇ Allow others to have their own opinions and beliefs. Try hard not to be judgmental.

◇ Johnny Cash is the greatest performer ever, right?

◇ Be thankful – appreciate what people do for you and show it. Send a card, make a call or buy a small gift.

◇ Forgive yourself. We all do things that we are not proud of, but if God can forgive us, then how can we not forgive ourselves. Likewise, forgive others.

◇ Clean your house. Don't be OC about it, but it is much easier to keep a clean house than a messy one.

◇ Clean your car.

◇ Don't be late. It is very rude. If you can't avoid it, make a call.

◇ Don't be dishonest. If someone gives you more change for instance, draw their attention to it. You don't need to get rich at someone else's expense.

◇ Be kind to others. If someone is rude or short or cuts you off in traffic etc... just try to think about what they may be going through in life.

◇ If grandma texts you, reply immediately.

◇ The color of your eyes is not important. It is what is behind and beyond those eyes that matters.

◇ Send cards to your mom and dad on Mother and Father's Day.

◇ Despite what you may hear from others, not all grandmothers like/love dogs, cats, horses or various rodents and varmints.

◇ You can always be safe when you buy a gift for mom, grandma, daughter or granddaughter at Bath & Body, Starbucks or Victoria's Secret.

◇ When someone you love dies, be respectful and take care of the grave.

◇ If you must chew gum, do it nicely.

◇ Love does not hurt.

◇ Hang your wall stuff by using sewing needles. They can hold a lot.

◇ Grandmas (and lots of old folks in general) are actually still girls, just in older bodies but with a lot more information in them.

◇ The handwritten word and hard copy pictures are very important. Send cards and letters to your friends and loved ones. Electronic mail is great, but to look back at a letter, a card or a picture is just priceless.

◇ Stand up straight. Good posture is a must.

◇ Don't text while you are driving and don't drive fast.

◇ Stay in bed and listen to the rain.

◇ You need to move away from mom and dad, but don't move so far away that they can't get to you if they need to. Parents aren't always the ones who get sick.

◇ A glass of wine a day keeps the doctor away.

◇ If your friend (or grandma) has a booger in their nose, please let them know.

◇ Same goes with bad breath.

◇ The first snow of the season is pretty cool, no matter how old you are.

◇ Be aware of your surroundings. Don't be in lala land when you are out and about, especially in the evening, or any time that you are alone.

◇ Do not let ANYONE control you.

◇ You can tell grandma your secrets. She won't tell.

Sharon Schmidt is retired, likes to travel, garden, walk, volunteer, and spend time at the Women's Health Center.



Chris Irwin, GRI, CRS, RMM
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SINGLE MOMS

Walk the Walk

by Rhonda Gowen

Single moms face an uphill climb, but hurdling daily obstacles imparts to them a keen sense of what's essential and what can just go hang.

The three moms interviewed below have come to be single in various ways – one through divorce, one as a widow, and one as a military spouse on her own during her husband's extended deployment overseas. Somewhere early in the experience of singleness, they were able to take an honest look at themselves and plot a course.

Being Single

Sylvia Savenko has been divorced since 1995. "Finances were a nightmare for a while," Sylvia says. "I am paid once a month, and sometimes would have \$45 left after paying all the bills." While her job as administrative assistant at the Dept. of Transportation has been good, she has not had the advantage of a four-year degree. There were no vacations or extra trips out of town for shopping. If that were to happen, it would take a year to pay it off. "Being a single mom was something I chose to do. I don't have any regrets," says Sylvia. "There were times it would have been nice to have a partner to help out, but I'm very independent. I don't like to hear a mom say, 'My husband isn't at home to help me with the kids.' [I say,] Get up and do it yourself."

When Lynette Voigt's husband died several years ago, she was a mother of three and fortunately had a good education and employment as a clinical laboratory scientist. "I think the

biggest struggle [being single] is losing the balance that comes with two people parenting. I miss the fact there isn't someone to discuss things and make decisions together."

Jessie Markovic, occupational therapist with Sanford Medical Center and mother of three girls, has one foot in the single parenting role depending on whether or not her soldier husband is on assignment. "I have the utmost respect for women and men who are raising their children alone. I always prayed my experience would only be temporary," she says. Before her husband was deployed to Iraq in 2007 and 2008, Jessie, her husband Shawn and their three girls had not been separated for more than four months. Even his long days of shift work as a city police officer and his weekends spent with the National Guard did not prepare her for the impact of him being an ocean away.

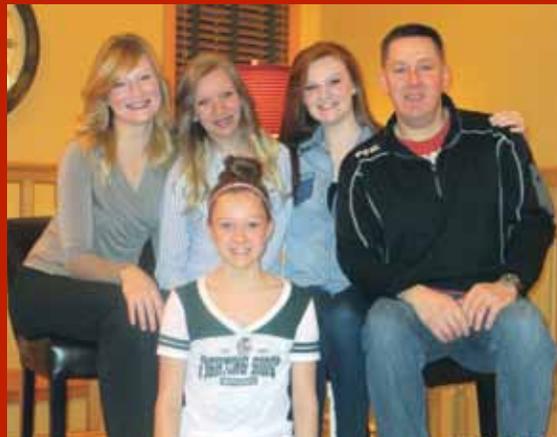
Running the Household

As single moms, both Sylvia and Lynette have mastered a thing or two about home maintenance. "I grew up on a farm and learned how to check the oil and change a tire," Sylvia says. "My dad and three older brothers, who are mechanics and farmers, were a resource if I needed help." Lynette braced herself as well, and with the help of others, accepted the challenge. She says, "I'm proud to say I can change the oil in the lawn mower and snow blower. I run the snow blower. I can clean gutters, replace toilets and do small plumbing repairs. Dad showed me how to do some minor electrical work. Financially,

Sylvia Savenko and family



Jessie Markovic and family



Lynette Voigt and family



you can't hire all those little jobs out; you learn to do them yourself."

Jessie and her husband Shawn had planned their lives as a two-parent household. During his deployment, they found they had created a schedule that was just too much for one parent to uphold while the other was gone. Surprises came in the form of illnesses, school projects, home repairs, car breakdowns, snow storms, etc. "Expecting the unexpected" helped me in dealing with the constant changes that seemed to come our way." Jessie said. "I should not have assumed I could do it all. I was blessed to be surrounded by the girls."

Raising the Children

A sole-caregiver approach to raising children trickled down to presenting the building blocks of human relationships and not trying to do it all. Sylvia, who has two children, one daughter who lives on her own and a son living at home with her, said, "I just did what I felt was right. Teach them to be nice to others and help them out. No matter how much money you have or how nice your vehicle is, you still have to be polite and respectful of each other and their things." Sylvia's son has been fortunate to have had mentors to teach him basic car and motorcycle maintenance.

Lynette expresses great confidence in youth. "I think kids do pretty well if they know what the expectation is, whether it's behavior, chores, homework, or their faith life."

With her husband's return, Jessie found there was a process of relinquishing some of her responsibilities back to her husband, especially concerning their three daughters. Shawn was very appreciative of how the family pulled together during his absence, and when he arrived back, he stuck his oars right back into the water.

Bedrock Relationships

"My mother passed away in 1985, three years before my daughter was born. She never said a bad word about anyone," says Sylvia. Both Lynette and Sylvia's own mothers came from farm backgrounds and instilled values of hard work and persistence. Lynette's no-nonsense observation reveals her mother's influence: "When you're raising kids by yourself and you really are committed to making sure they become productive members of society, you better come to the realization that it is going to be hard work. Their needs come first, and complaining is a waste of time."

Jessie found support from Shawn's co-workers. "During the Christmas of 2007, Shawn's fellow police officers purchased gifts for the girls and me and brought them to our home during their night shift. It was a wonderful surprise and very much appreciated."

These women, and others like them who hold their footing against the odds of single parenting, do so with great inner resolve and are without question their own breed of survivor.



Rhonda Gowen is a piano instructor at the University of Mary and a clarinetist with the Bismarck Mandan Symphony and the Missouri Valley Chamber Orchestras.

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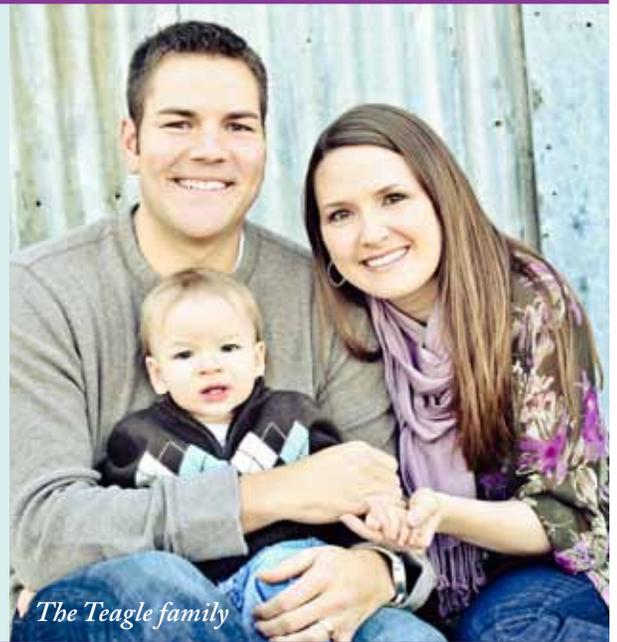


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Longing to be a Mom



The Teagle family

by Patty Teagle

April 21-27 is National Infertility Awareness Week. This week rolls around each year, and yes, I had no awareness of it until I found myself in the midst of my own struggle with infertility. My husband and I were among the estimated one in eight couples who endure the struggle. This is a shocking number and some studies say that number is even higher.

We chose to be open about what we were going through and we talked to other couples around us who were forced to walk that emotional journey ahead of us. Many couples, however, suffer in silence. There is shame and guilt when you can't conceive, and many would like to keep this devastating news to themselves. The result, of course, is that they find themselves feeling isolated and alone in their struggle.

I think there are two sides to the awareness of infertility. One side is for those couples who are struggling to fully understand how many other couples are affected by it and share in their pain, and the second side is for the family and friends around those couples. For those family and friends, let me try in some small way, to educate you on what is and is not helpful for the couple you care about.

It can be difficult because we may not be aware of who around us is struggling with infertility, but we may know a couple who has been trying for a while to get pregnant, or the couple who has been married for several years that says they want kids, but the timing isn't right yet. Tread carefully with these couples. Don't pepper them with baby questions each time you see them. This might be a comfortable, break-the-ice starter for you, but for them it is only uncomfortable to try to come up with a new answer each time.

Be aware that your "helpful" suggestions regarding conceiving or the timing of children coming along in their life are often received as hurtful. Some things couples don't need to

hear... "just relax," "try not to think about it," "God's timing is perfect," "just adopt," etc.

And, if a couple already has a child and is having difficulty the second time around, they don't need to have their desires for a second child dismissed or minimized by reminding them they should be thankful for the child they already have. I would bet they already are. Don't beat yourself up if these phrases have escaped your lips, just be more aware for the next time.

Infertility is a tricky thing and none of us really know how to cope with it, even if we've been trying to for years. All of our situations are different and we all handle even the most similar of experiences differently, so we don't always know what we need and there isn't a one-size-fits-all approach. Be honest with your friends and family who are struggling and let them know that you don't know what to say or do. Let them know you are there for them when they need someone to listen and then do just that. It's ok to cry with them and just give them a hug when they need it. Still other times a glass of wine and conversation that is free and clear of anything baby related may be the solution, so be ready to give that too.

Aside from the things we say, please be aware that sometimes certain events are beyond difficult to attend. Baby showers, kids' birthday parties, holiday and family gatherings can be painful events when you're struggling to conceive. This doesn't mean that they aren't happy for you, or don't care about you, but right now the hurt is too great. Be understanding and know that it isn't personal. A particular day may just happen to be a day filled with tears, and they would rather shed those tears at home than at a party, or force themselves to hide the tears, only to be faced with more baby questions when they get there. Missing events can cause hurt feelings, but you know they love you, so you can only imagine how hard it is for them to be absent from your special event.

In October of 2011, after a miscarriage, medications, many ultrasounds, and seemingly countless months of disappointment, we welcomed our son into the world. I'm thankful to have that heartache behind me, but I'm also thankful for the awareness that it brought to me. Because of my journey and finding myself in a healthy place, I was able to see that there was a need and I found a way to fill it.

I started an infertility support group in Bismarck in March of 2012. It is a place for women to come together once a month and share in their struggles. It's a place for laughter and tears and the knowledge that you are not alone. We meet the third Monday of each month at Evangel Assembly of God church from 6:30-8:00pm and women can join the group at any time.

For those of you who continue to struggle, know that your journey is your own, but comfort is close by. It can be heart-breaking, whether it has been one year or ten, whether you have experienced miscarriages and failed IVF cycles, or have only been faithfully charting and just started to get checked out by your doctor. Your heartache is yours. It is real and it is valid. After all, you are longing to be moms.

Patty Teagle is a counselor at NuVation Health Services in Bismarck. Questions about the support group can be sent to ndresolve@yahoo.com. Visit www.resolve.org as a great resource for information on infertility.



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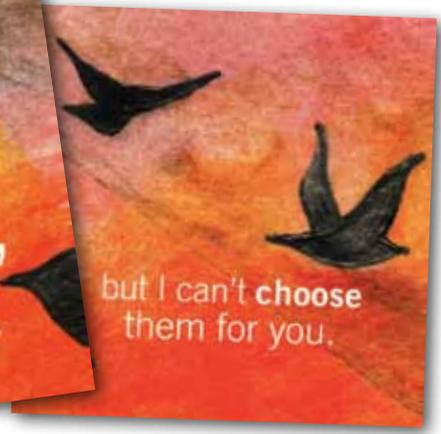
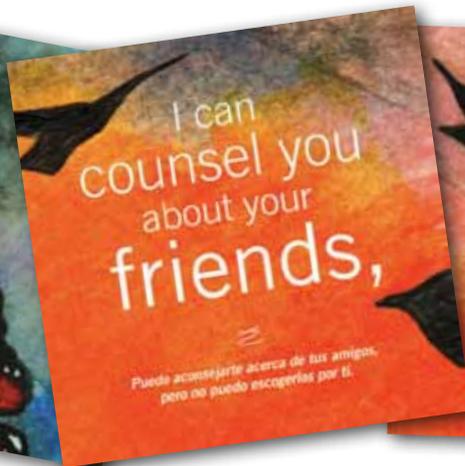
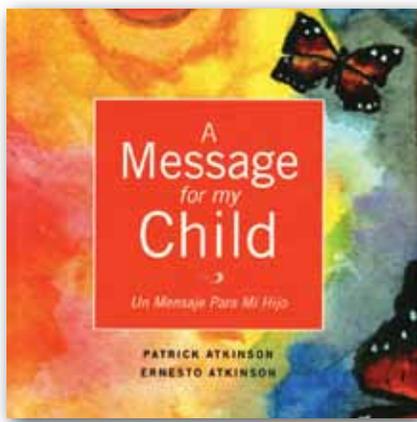
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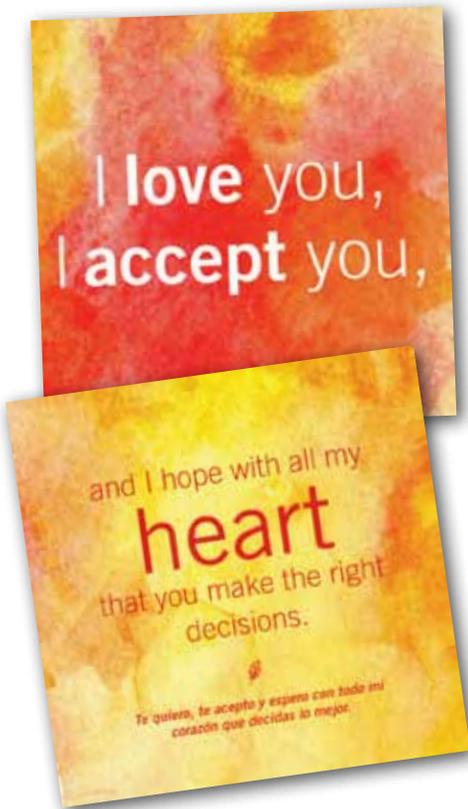
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Message For My Child



Editor's Note: *Since this is the Mom issue, I thought it would be fitting to include information about this wonderful book. It is something every mom (and dad) will want to read to their child. (A perfect Mother's Day or Graduation gift.)*

Too young to be a child of the '60's, Bismarck-native Patrick Atkinson, who his parents describe as a voracious book reader from kindergarten on, was highly influenced by the writings of those times.

While in grade school, Patrick watched the events of Birmingham and Martin Luther King, Jr., the war in Vietnam, the different street movements, and knew that society was changing.

It was in junior high school when he had a near-death drowning experience in Apple Creek outside of Bismarck, and later when he bought a poster of Max Ehrmann's 1923 poem, *Desiderata**, that his personal life began to change.

Desiderata begins, 'Go placidly amidst the noise and haste, and remember what peace there may be in silence. As far as possible yet without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others...'. Among all of the chaos Patrick read about in the papers and saw on the nightly news, he knew he had found his marching orders; do the best you can.

Patrick graduated from St. Mary's Central High School in 1977 and went to Minnesota State University Moorhead. There, during his second year and while studying education, he was given a college assignment to write about raising

children. Drawing inspiration from Max Ehrmann's poem *Desiderata*, Patrick wrote a seven-stanza poem he called, "A Poem For My Child". The poem became popular and was republished in a number of college papers.

After graduating from college in 1981, Patrick went "placidly amidst the noise and haste", traveling to New York City to work with street gangs and child prostitutes, trying to identify runaways from the Upper Midwest so he could help get them home.

In 1983, Patrick went to Central America where he engaged in war-zone reconciliation and post-war reconstruction in the violence-torn countries of El Salvador, Guatemala, Nicaragua, Honduras, and Columbia. When Baby Doc Duvalier fled Haiti in 1986, Patrick was working in Port-au-Prince less than 36-hours later. When General Manuel Noriega took dictatorial control of Panama, Patrick opened a community health, nutrition, and education center in Panama City. For this work, Patrick received the Guatemalan Congressional Medal and was knighted by the Spanish Royal Order.

During all of these years, his college-written "A Poem For My Child" became the core for the operating policies and practices for the dozens of schools, clinics, orphanages and community

"The greatest gift Patrick Atkinson has given to the people of North Dakota is he taught us about third-world poverty. More importantly, through his charities he gives us the opportunity to be part of the solution."

— Mikey Hoven, former
First Lady of North Dakota

development centers that Patrick founded. His programs raised an estimated 30,000 children, and to each he gave a crude photocopy of his original poem.

Twenty-five years after first writing 'A Poem For My Child', Patrick, now a parent and also the founder and executive director of several international charities, was having particular difficulties raising one of his teenage sons, Ernesto (Neto).

"Neto is an absolutely wonderful person," Patrick said, "but he certainly went through that teenage phase where if someone had offered to trade him for a six-pack of diet soda, I would have taken the soda and ran. There was so much I wanted to tell him about how life really works, but there was no way he was going to listen to me."

So Patrick revisited his earlier work, rewrote it specifically for Neto, and renamed it, "A Poem For My Son" and later "A Message For My Child." He gave copies to all of the children in the program. Several found their way onto Neto's desk, into his gym bag, folded and inserted into his school books.

During this time and over the next 15 years, "Message For My Child" became internationally popular in print, in poster form, and with the advent of the internet, online. It was made into a frequently photographed full-wall ceramic mural, and translated into over a dozen languages. Different corporations sponsored the printing of 3,000,000 copies that were distributed in poster format to schools, juvenile court systems, and non-profits worldwide.

In 2011, Neto Atkinson, now a grown man and NDSU graduate, decided it was time to thank his father, to let him know how much he loved him. Neto took a poster copy of Message For My Child and worked for months to illustrate it, stanza by stanza.

With Neto's vivid illustrations and the poem's 'spoken truth, quietly yet clearly', Message For My Child was printed as a hard-cover book and quickly shot into the top 2% of all books for sale in the United States. Father and son decided to donate all proceeds from the book's first printing to the Bismarck-based GOD'S CHILD Project, which resulted in \$ 80,000 potential profit for the charity. The proceeds from book sales

The Bismarck-based GOD'S CHILD Project charity was founded by Patrick Atkinson in 1991 and cares for 5,000 orphaned and abandoned children, and 8,700 abandoned, widowed and single mothers with dependents in Guatemala, El Salvador, India, Malawi Africa, and the United States. The Project's anti-human trafficking program, the Institute for Trafficked, Exploited & Missing Persons, founded in 2001, is borderless. For more information, visit GodsChild.org and ITEMP.org, or call 255-7956.

continue to benefit The GOD'S CHILD Project as well as Special Olympics and several shelters for the homeless chosen by Patrick. Copies are also given to families, charities and libraries that request it, but cannot afford to pay for it.

With numerous printings in the original English (with Spanish subtitles), a second edition came out in 2012 in Spanish (with English subtitles) for the Latin America market. Additional printings in French and Korean are scheduled for release in 2013, with negotiations underway for future editions in Creole and Swahili.

In spite of this international success, Patrick Atkinson, who has apartments in Bismarck, Minneapolis, and Antigua Guatemala, has yet to take home a

single penny from the sales of Message For My Child. "You do what you do simply because it's the right thing to do," he says. "Rich and poor, with a loving family or homeless, we're all in life together." He was recently offered a 4-book contract and plans to donate all proceeds from those sales as well.

~ ~ ~

Message for My Child can be purchased at The Rainbow Shop and Barnes & Noble Bookstore. Signed copies can be purchased at The GOD'S CHILD Project, 255-7956. Purchase the book online at GCPStore.com, MessageForMyChild.com, BarnesandNoble.com and Amazon.com.

**The Desiderata of Happiness, copyright 1948, poetry collection by Max Ehrmann*



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The Restoration



Sandy Becker always had a dream of restoring a home. While she was browsing houses for her daughter, she came upon one that piqued her interest. "The home was completely gutted, it looked like a bomb went off," she said. "My family and friends thought I was crazy, even the realtor thought I was getting in over my head. But, I fell in love with the woodwork and I was inspired."

Sandy's husband David was very supportive of the project, which began in June of 2012 and was, for the most part, completed in December. Sandy was the general contractor and oversaw the installation of 29 windows, new wiring, gutting and stripping. As the wallpaper was stripped away in the dining room they found black mold, everywhere. Some of the ceilings were insulated with old newspapers and mop heads. Asbestos had to be removed in the basement. Sandy did all of the painting and priming, going through over 60 gallons of paint.

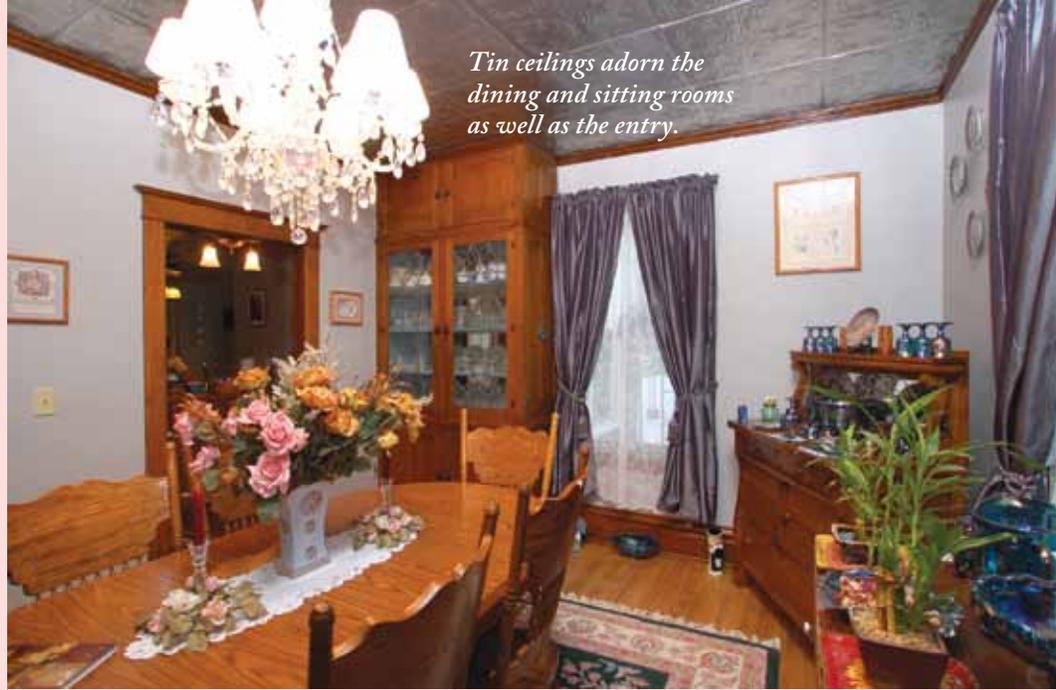
The couple was able to live in the apartment on the very top floor of the home during the renovation. At one time the second floor held a few bedrooms and each had a renter. They all shared the kitchen and bathroom. The Beckers now have their master bedroom, laundry, guest room and an office on that level.



After she got a bid for texturing and painting the walls in the apartment - \$9800, Sandy decided to do it herself. She created the design for the texture and went through about 15 buckets of joint compound. "I am woman hear me roar," she exclaimed!



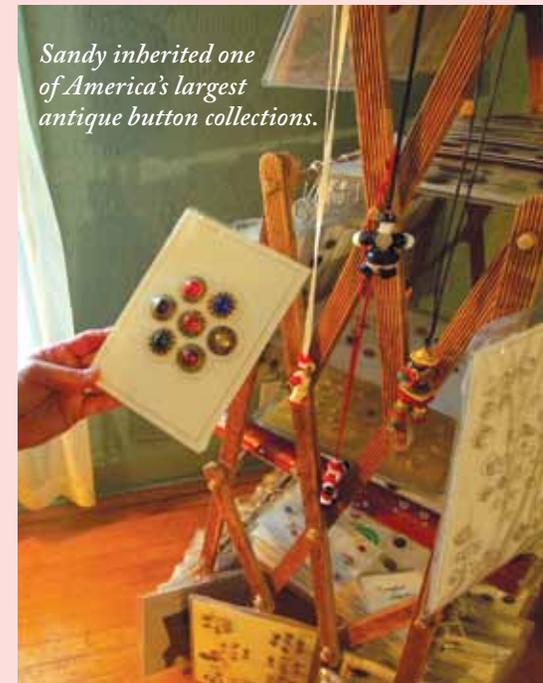
The home is 106 years old and one of the first owners was with the Seventh Calvary.



Tin ceilings adorn the dining and sitting rooms as well as the entry.



This built-in holds her collection of china, American Fostoria and Carnival Glass.



Sandy inherited one of America's largest antique button collections.

Inspired Style

PHOTOS BY STUDIO ELLIOTT



Julissa Hanson is excited to introduce the launch of her new online boutique, Wired Fashion! The inspiration for her business began with her love for fashion and an interest in apparel, but it is so much more than that.

Hanson explains: "In truth, I have wanted to have a store for years, but it just didn't seem to fit in with the needs of my family. Being a wife and raising my three children in a Godly way, has been my focus for the last 17 years. Those priorities happily led me to work as a daycare provider, allowing me to earn an income, while being home for my kids. However, I'm now at a time in my life where there's room for more. My two daughters are in their teen years, and my son is past that toddler stage. Knowing I still wanted to balance my home life with a career, my online business was born!"

Wired fashion is an online boutique that also leverages the trend of Facebook-driven business. The apparel is representative of Hanson's style and personality, and she offers products in women's and teen apparel. Best of all, it allows her to have a store while still being available for her family and childcare clients. Her family has been a wonderful source of support and input in the development of Wired Fashion.

Hanson is very excited to share her passion with you!

See more at www.wired-fashion.com or at www.facebook.com/WiredFashion.

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See Page 37

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*Nellie Hofland (left) and
Gwen Bohmbach (right)*



Photo by Creative Edge Photography

Entrepreneurs in Western ND

by Jessie Veeder

Gwen Bohmbach and Nellie Hofland get mistaken for sisters on a daily basis, their petite frames, bright eyes and friendly demeanor easily convincing new acquaintances of their relation.

"I can see where they might draw that conclusion, I mean, we're always together," laughs Hofland. "Sometime we correct them, but sometimes we just go with it."

Hofland and Bohmbach might not be sisters, but they are friends—friends, roommates, and successful business partners and owners of Dickinson based B&H On-Site Testing LLC, a 24/7 on site drug and alcohol testing service in the middle of the land of opportunity the world has come to know as Western North Dakota.

From friends to business partners

Bohmbach and Hofland met through college friends ten years ago and have remained connected ever since, their rural backgrounds—Bohmbach grew up on a cattle ranch near Keene and Hofland spent her childhood on her family's cattle and sheep ranch northeast of Reeder—helping lay a foundation for a friendship that would eventually find them living together and working side by side in the West River Regional Medical Center in Hettinger.

That was nearly four years ago before Hofland took a job as a phlebotomist at MedCenter One in Dickinson and Bohmbach pursued a nuclear medicine certification to add

to her radiologic science degree at Rapid City Regional Hospital.

As the women were gaining ground as young healthcare professionals, the familiar landscape of Western North Dakota was rapidly shifting, placing Bohmbach's childhood home in the center of the Bakken Boom.

And while Bohmbach saw the impacts out the window of her parent's home, Hofland saw change coming through the door of MedCenter One. Because of the increased focus on health and safety in the rapidly growing oil industry, Hofland went from performing five drug and alcohol screenings a week to over thirty.

"We're right in the middle of all of this activity, all of this change," said Bohmbach. "It gets you thinking about how you can be a part of it."

It wasn't long before Bohmbach's ties to Western North Dakota and experience in the health care industry had her phone ringing with requests to perform drug screenings. Intrigued by the idea of being her own boss, she called up her friend.

"I asked Nellie, why can't we do this on our own," said Bohmbach.

Bohmbach's idea sparked an interest in Hofland who sat with it for a few days and then called her friend back.

"I said 'Are you serious? Because if you're serious, I'm serious,'" laughed Hofland.

That was the end of June, 2011. By August B&H was up and running.

Gaining ground

It's surprising timing unless you know these women, whose confidence, energy and trust in one another outweigh the doubts they might have had about successfully running a business together.

"The first few months were the hardest," admits Hofland, who quickly learned that running a business in an area in constant change requires innovative methods. When the team's first and only television advertisement yielded no results, they took a different approach.

"We realized then that our clients aren't watching television, they're out there working," said Hofland. "We can do all the advertising we want but our clients want a personal relationship. They want to know who we are."

So Bohmbach, armed with her outgoing personality and her connection to the area, started knocking on doors and introducing herself. When the women go to the bar or out to a restaurant they bring their business cards with them.

"I have classmates and friends in the industry," said Bohmbach. "Once they knew what we were doing they would introduce me to their co-workers and friends and we would get some contacts that way."

But once the connections are made, both Bohmbach and Hofland agree that it's the quality of work and their reputation that carries them the extra

mile, a burden of entrepreneurship that the women happily bear.

"I like knowing that my decisions directly affect the outcome of our business," said Bohmbach. "Even our bad days are good days."

It's this attitude, and the fact that they have been known to bring homemade chocolate chip cookies to a work site, that keeps the women of B&H on the top of their game.

The cookies and the increased focus on safety in the oil industry and beyond.

"Companies can't afford accidents," said Hofland. "They have to stay safe in order to keep their doors open."

Staying safe means ensuring their employees are drug and alcohol free. That's why the team is committed to providing around the clock service, a policy that makes them accessible for clients who may need to screen employees returning to duty, hold random screenings or test for substance use after an on site accident.

In order to fill that need often times Bohmbach and Hofland work separately, tending to scheduled and immediate appointments that cut a wide, 200 miles radius swath around Dickinson. When the job calls for testing a large amount of employees, the two work together.

"The people are my favorite part of the job," said Hofland. "It's so interesting to hear their stories, see photos of their kids and learn about why they're up here working so hard."

Veterans in the industry

There's a certain amount of fearlessness that goes along with running a business that sends these young women out on busy highways and winding back roads into the night, but the team has experienced nothing but professionalism and respect from their clients.

"Our clients have been especially accommodating and cordial. They want us to get in there and get our job done so they can keep working," said Hofland. "I feel safer on a rig than when I'm out shopping alone."

But the oil industry is only about seven percent of B&H's client base. The

team also works with the Association of Counties, railroad companies, utility companies and even parents who want to screen their children for suspected drug use.

And although B&H has only been operating for a year and a half, out in the oil fields of Western North Dakota where dozens of new businesses work to gain footing each week, Bohmbach and Hofland are considered veterans in their industry.

"We got into it knowing that it's now or never," said Hofland, who credits their timing and southwestern North Dakota location with much of their success. "Now we want to branch in whichever direction we need to go to satisfy our clients."

Recently they have partnered with the North Dakota Department of Health to offer free HIV and STD screenings and will soon be offering safety training.

In March they opened a small office in Killdeer to offer a point of contact for clients and they're currently working on hiring an intern to help meet the demands of a growing business.

"We know we have to keep working hard to keep succeeding," said Hofland. "If it ever gets slow we're going to be back out there pushing the pavement."

But at the end of a working day that sent this team—these friends—miles apart in separate directions while they work toward a common goal, you will catch them joking about Hofland's obsessive organizational skills, Bohmbach's ability to talk to anyone, and the fact that they had to explain, once again, that they are not sisters.

Then they'll head home to wake up the next morning and start all over again in the land of opportunity.

For more information visit bhonsitetesting.com.



Jessie Veeder is a singer, writer and photographer who lives and works on her family's cattle ranch in Western North Dakota with her husband, Chad.

MOMS THAT SEW

What's Your Style?

Editor's Note: *Melissa Ahonen and Erica Hager were co-workers at American Eagle over ten years ago. They both switched jobs, then became reacquainted through Etsy, when they started their businesses. The two ladies have a lot in common and appreciate the opportunity to talk business, kids and fabric.*



Melissa Ahonen's son, Easton, was six weeks early and spent four weeks in the NICU prior to coming home. He was very sensitive to illness, especially bronchitis, rsv and ear infections. One of the doctors suggested keeping his head and ears covered. As he grew, it was hard to find something to fit and when a friend showed Ahonen a photo of a fun hat, she decided she would try to make one like it.

"I got some fabric, some buttons to make it look cute, made one and really liked it," she said. "So I made quite a few more, then friends and coworkers started buying them. Baby Button Tops became an official business in August of 2010."

She added headbands the next spring because her niece loves headbands. Her business has continued to grow and just recently she changed the name to BBT Style to broaden it, so people know it is more than just baby products.

Ahonen and her sisters learned to quilt and sew from their grandmothers when they were growing up. "In high school I would make quilts for people as gifts," she said. "But in college, I got

away from it. Now my sister owns her own (sewing) business, too. She makes dolls that look like your child."

The sisters actually do some shows together. They always do The Big One in Minot and this year added the Pride of Dakota show in Bismarck. Ahonen was overwhelmed by the response. "I thought I had more than enough and every night I would come home and grab my husband to sew," she said. "Our state just loves hand made things."

Ahonen sews everything herself, while continuing her full time job at St. Alexius. But, if she gets in a bind, she will recruit her husband to help!

As her business has grown, so have the number of styles she offers. One of her newest headbands is the Sports Style. It is designed to wick away sweat. "Sometimes people will ask for different things and I will try to make them, that is how the Newsboy Style was created," she said. "I am a fabricaholic, so I always have a wide variety available. It is important to stay current with colors and patterns. I will also customize anything, for instance embroider names or phrases on hats."

The Adley Stump Collection came about through a tweet Ahonen sent. "I sent her a tweet saying I loved her look on The Voice and could I send her some headbands to try. I was just going to send her some to see if she liked them, but she replied back, we started communicating and she eventually said she would like to start a line with me.

That started last May, so it has been almost a year that we have been working together."

BBT Style products are available in North Dakota at Hey Ocean and the St. Alexius gift shop in Bismarck, Eco Chic Boutique in Fargo, Moe Moe's Garden in Dickinson, Adley Anne's in Grand Forks. She also has product placed in stores in Texas, South Carolina, Oklahoma and Arkansas. "It is awesome to get an email saying, 'I have people coming in asking for your product,'" said Ahonen. "Some stores have found me through my Etsy shop and some through the Adley Stump Collection."

BBT Style has also had headbands placed in the MTV movie awards gift bags and Ahonen has also gifted celebrities through her membership in an artisan group. She recently sent off a bag to expectant parents Josh Duhamel and Fergie. "Last year for Mother's Day I sent off about 40 hats to people like Beyonce and Jessica Simpson," said Ahonen. "Jessica Alba's daughter was photographed twice wearing one of my sashes and Nia Peeples wore one of my headbands in the movie, 'Dark Desire.' I get a lot of thanks you's through emails and tweets, which is great."

She does not see herself stepping away from the sewing machine anytime soon. "I would love to grow my business and expand it into more stores nationally and internationally. This is my passion, making things that people truly enjoy."

To see the complete line of styles, visit BBTStyle.com. Follow BBT style on Facebook, Twitter and Pinterest.



MOMS THAT SEW

All In The Family



Erica found a vintage sewing machine on ebay so Kya has a sewing area, too.

When Erica Hager and her husband started their family, it was a priority for her to become a stay at home mom. However, giving up her salary and adding all of the baby expenses was a little scary. She decided to use her graphic designer skills to do some free lance work and that was working well for her after their daughter was born.

As their daughter became more active, Hager found nothing would stay on her feet except a pair of booties she had made. "I thought I could make them even better, so I set up my sewing machine on a card table in our unfinished basement to make some adjustments," she said. "I made 15 - 20 pair, and finally I had one that was perfect. I also had a lot of friends that were having babies and I sent out a few for gifts. They really liked them and asked for some to give as gifts. My husband is an accountant and didn't really like the personal check idea, so I did some research and found Etsy."

She made a few more pair of booties, took photos and got her Etsy shop up and running. She sold four pair in the first couple weeks and then got an email from a lady in Arkansas. "She wanted to carry them in her store and I had no retail

packaging, no wholesale pricing, nothing. We worked through the process, and she was my first wholesale account."

The name for her business came from a blog Hager already had. She started it to keep in touch with her family that lived outside of North Dakota. "I wanted a North Dakota name because I love it here, so I named the blog Bison Girl," she explained. "When I made the booties, it just seemed natural to call them Bison Booties. But, they are in no way made with bison fur."

She finally had to give up the graphic design business, which was not easy. "It was a frightening decision to think I could sew all day," said Hager. "If someone would have asked me what my dream job would be, I would have said sewing. I never thought I could do this as my job, and the fact that I can do it with Kya and that she thinks it's really, really exciting when we come down and sew, is great. It is just a cool thing I can pass that on to her, that there is a value in sewing and she can see it at work every day."

Hager's grandma has been able to assist her with pressing and her great aunt has gained some sense of purpose by cutting the in-sole/out-sole fabric. She has had

to add a couple 'amazing women' to the assembly process, but Hager still starts and finishes every single Bison Bootie. With the extra help she can focus more on marketing, designing, responding to emails, shipping and the logistical business side.

Bison Booties has grown as Kya has grown. "I have made larger sizes as she has grown, said Hager. "I now offer up to a toddler size 6, roughly 24 months. I do make custom orders of Bison Bootie Slippers, maybe a couple times a year where people can order larger sizes and I give a few different fabric choices. That is why Etsy has been fun, too. North Dakota is a little behind on trends and I had people from Japan asking for chevron years ago. I couldn't even find the fabric for awhile."

"One of the big things that have really helped me grow my business is wholesale. For instance, there is a baby store in Dickinson - Moe Moe's Garden. All of these people came in asking for Bison Booties and the owner Jayme, said, 'I do not even know what they are, I just know I need them in my store!' Stores like hers have really helped me to reach people that wouldn't buy online."

Hager summed up her thoughts about her business this way: "The best part of this business is that I can spend the day with Kya, but also have this incredible creative outlet. And, I am in constant touch with the outside world. I feel blessed that it has been so successful."

Bison Booties are available at Moe Moe's Garden in Dickinson, La Di Da in Minot and Unglued in Fargo. Shop for Bison Booties at Etsy, follow them on facebook and visit bisonbooties.com.



Four generations: Erica, Kya, ReNay Zundel, mom, Irene Vander Vorst, grandma (the presser)

Organ Donation

Awareness is key to saving lives



117,000.

This is the number of people in the United States currently waiting for an organ transplant. In just the Upper Midwest states of North Dakota, South Dakota and Minnesota the number of individuals waiting for a transplant totals 3,400.

According to Rebecca Ousley, senior public relations coordinator for LifeSource, which manages all organ donations in North Dakota, South

Dakota and Minnesota, the nation's transplant list grows by 100 people daily and 18 people die each day waiting for a transplant.

"There is a shortage of organs and this has continued for some time," Ousley notes. "Organ donation is a very successful treatment for end stage organ failure, but it depends on the generosity of others."

However, the number of people who are registered as donors continues to grow and North Dakota has one of the highest rates of registration in the nation. Sixty-six percent of North Dakotans are registered donors, compared to the national rate of 45 percent.

"Each person who registers as a donor can save up to 60 people with their organs, tissues and eyes," says Ousley, adding everyone is a potential organ donor and age and health criteria are evaluated on an individual basis at the time of death.

Organs that can be donated include the heart, lungs, kidneys, pancreas, liver and intestines. Donated tissues include skin, veins, tendons, bone, heart valves and connective tissue. The whole eye or cornea can also be donated.

In addition to facilitating the organ donation process, LifeSource's programs also focus on educating healthcare and medical professionals about organ donation, supporting families of organ and tissues donors and helping individuals register as donors.

In North Dakota, individuals have the option to register as organ donors when renewing their driver's license or identification card or they can register anytime at www.donatelifend.org.

Ousley says awareness of organ donation is the key to encouraging more individuals to become donors. Education about the donation process and its life-saving benefits often begins with individuals and families sharing stories of how they were saved or impacted by organ donation. "Often people don't have the information and don't think about organ donation until it impacts them."

April is National Donate Life Month, which provides a forum for individuals to share their stories. "There are 350 volunteers in North Dakota, South Dakota and Minnesota who share their stories of donation. Donations are not just numbers. Behind each number is a face and story," says Ousley.

She adds social media has also provided a great resource for sharing information and stories about organ donation, and encouraging more individuals to become registered donors.

It is also important individuals talk to their support system about the decision to be an organ donor. If an individual hasn't registered to be an organ and tissue donor, their family will be asked to make the decision on their behalf. "This is important to share with family and friends so they are ready to support their decision," says Ousley.

Additional information on organ donation is available by calling LifeSource at 1-888-5DONATE or visiting www.donatelifend.org.

Fast Facts About Organ Donation

- The oldest organ donor was 92 years old.
- All major religions in the United States support organ donation.
- During the donation process, an individual's body is treated with care, respect and dignity.
- An open casket funeral is possible for organ, eye and tissue donors.
- There is no cost to the donor or the donor's family for donation.
- Identities of both the recipient and the donor family are confidential.
- Letters can be sent to the donors' families regarding the organ recipients and their age, sex and how their health has improved.
- Some donor families and recipients correspond anonymously.
- Occasionally, both sides will correspond directly or even meet.

(Source: www.donatelifemidwest.org, www.donatelifenet.net, www.life-source.org)



Kylie Blanchard is a local writer.

To MOM:

where z my...? Will u...?
when...?
What about...?
I'm cold (or hot)
I'm hungry!!
Give me...?
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Can i...?
Who...? Why...?
Can u ask dad...? What...?
Plz...?

To DAD:

Where is mom...?

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A Few Minutes With Sheila Taormina



Sheila brings her gold medal to every swimming clinic, it is a huge hit with kids. (Adults are pretty fascinated, too.)

Melanie Carvell (l) and Sheila Taormina (r). According to Sheila, she really came to Bismarck for Melanie's vegetable soup!

Sheila Taormina is an Olympic Gold Medalist in Swimming and is the only woman to have competed in three different sports (swimming, triathlon, pentathlon) in different Olympiads. She was recently in Bismarck to conduct a swimming clinic.

IW Based on your experience, do you feel children are pushed to excel in athletics too early in life?

ST I think now they are, yes, absolutely. There is so much information available now about what the top athletes do (for training) that there is pressure to do what they do. What do kids have to look forward to for improvement when they get into college and their physical bodies are really ready for it? When I was growing up there was no pressure, and I really did not care that much. I was having too much fun with my friends!

IW So you weren't competitive when you were younger?

ST I was competitive, but I never cared about winning. I always tell people I was a very curious competitive person. If someone beat me I always thought, 'I wonder if I can go that fast?' It wasn't like I wanted to dominate or be number one, there was this curiosity. 'What is she doing that she can go that fast?' I would read, look at the pictures and learn more and more. I was sort of a geek.

IW It doesn't seem like many people would approach it that way, being curious...

ST I would look at everything - 'Is she acting serious, do I have to be more serious?' You know some girls get all focused and put the music on, laser beam eyes. I thought maybe I should act like that, but I never could because I would start laughing!

In 1996, our women's Olympic (swimming) team, ranging in age from 14 - 28

(I was second oldest at 27), all sat down in a circle on the floor and our coaches asked us to share what our teammates could do on race day to help us go faster. Do you want to be left alone, joke around, what would help you? Every answer was so unique, it was a fascinating exercise.

IW What would you say to parents that may be pushing too hard?

ST If the kid loves the sport enough, they will push themselves. They don't need anybody pushing them harder. If the young athlete does not have the competitive, goal-driven love for it, you are never going to put that into them. They were either born with it, or not.

IW They can still love the sport without being goal-driven, right?

ST Absolutely. Sometimes being too driven can be unhealthy. I think I pushed too hard for too many years. What toll does that take on your internal system, your heart? I have seen a lot of people burn out early, maybe the pressure got to them or they got physically injured. Sometimes they just don't want the abuse anymore.

IW You also do keynote speaking. Do you do more swimming clinics or keynote speaking?

ST Swimming clinics, for sure. The books really launched that. (she has written two). I travel a lot, internationally, too. That makes it hard to get in an exercise routine. But I tell myself I should be careful, let my body repair, especially my heart.

IW How did you decide to compete in the Pentathlon?

ST One of the pentathletes approached me at the Olympic Training Center. When they asked me, I couldn't even name the sports involved.* At first I

wasn't interested. I was two years into Triathlon training for the '04 Olympics. Then they said they thought I could be the first person to get to the Olympics in a third sport. When they said that, once again, it wasn't 'oh, I can go conquer the world', it was 'wow, I've never even thought about that.' I did find out a man from Belgium had done it in the 30's, but I would be the first woman to do it. It became an interesting mental challenge for me. I was 36 when I took up the Pentathlon and I had to learn three of the sports from scratch. At that point I still had the desire to push. And then the Pentathlon wore me out. I am still recovering mentally and physically.

IW What was the hardest sport to learn?

ST They were all difficult in their own ways, but I think fencing was hardest. I come from rhythm and muscle memory sports: running, cycling, swimming. Fencing is a game of trickery and you switch up your timing, there is no muscle memory. And then the shooting, it's you against your nerves.

IW How did you decide to turn your swimming knowledge into a business, your career?

ST I felt some of the information being given to triathletes and swimmers was not the whole story. I knew what I had to say was a lot more complicated. There is so much more going on under the water and I had the desire to 'be the other voice.'

To read more about her accomplishments, speaking opportunities and to order books, visit sheilat.com.

* The Modern Pentathlon events are: pistol shooting, fencing, 200 m freestyle swimming, horse show jumping and a 3 km cross country run.

When Time is as Valuable as Your Money

Organizing and managing financial affairs is a large task for any of us. Those who are in high profile positions – physicians, attorneys, entrepreneurs and other professionals – often juggle time-consuming works schedules, community involvement and personal lives, leaving little time for financial management. That’s where partnering with a private banker can be highly beneficial.

Private bankers don’t just open a checking account for a client; they take care of their entire financial well-being. For some professionals, such as a physician fresh out of residency, financial management can be critical. The first thing to do is sit down with a private banker and establish priorities. For many in this position, buying or building a house is their first focus. At this stage, it’s extremely beneficial to have a private banker partner with a mortgage officer to help refine loan and financing details.

The next focus is reducing student loan debt along with working with an investment advisor to develop a retirement plan personalized to each client’s needs. Additionally, a private banker will work with an insurance agent to set up all of the client’s insurance needs, get them involved with a CPA and begin the conversation of creating a will.

Private bankers work with high-net worth individuals who have many demands on their time to make it simpler and more convenient for them to take care of their banking tasks. In some cases, they take care of things for clients directly – such as opening a son or daughter’s account, or getting a cashier’s check for them in a hurry. In other cases, they suggest and make contacts for clients such as setting up an appointment with the client, a CPA and investment advisor to ensure that everyone is working towards a mutual goal. Communication is an important role for a private banker – even to the extent of remembering what a client might otherwise forget. Consultation is the largest role they play: clients describe what they want and a private banker uses their experience to advise them and set the wheels in motion.

Meet Bismarck-Mandan’s Private Banking Expert



Renee Daffinrud
Private Banking VP
333 N. 4th St., Bismarck
701-250-1426
ReneeD@starionfinancial.com

A Bismarck native, Renee Daffinrud is the Private Banking Officer at Starion Financial. With more than 10 years of private banking experience, she understands that time is scarce and life is hectic. “My clients are extremely busy, so I accommodate to their schedule by working evenings and weekends and going to their place of business,” said Renee. “Creative, flexible and timely; that’s how I like to do business.”

In her spare time, she is passionate about volunteering at the Bismarck Cancer Center. “After my father passed away six years ago, I realized that there is not one person who isn’t affected by cancer,” Renee said. “The center helps to ease the burden by allowing the patient to receive treatment in their own community. The opportunity to be around friends and family during a difficult time makes a huge difference for patients.”

Starion Financial

Conducting semi-annual or annual reviews help a private banker to learn a client’s personal values, vision and objectives. All banking services should be provided with a knowing mind for the person’s situation and goals. Because of this developed relationship between the client and private banker, clients receive the services they need and are better prepared to meet their goals, while gaining more freedom to concentrate on what’s important to them – family, business, community and other passions. Private bankers can put more time into their lives.

The role of a private banker isn’t just to make banking easier. It’s about being proactive and anticipating how to streamline services within their financial institution and with tax and legal experts. They are a single contact and gateway to all financial resources: credit and banking needs, mortgage, investments and insurance. They are the sole contact for managing all of their client’s services and should always be ready to move on their behalf.

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What the Heck is Quinoa?

by Pam Vukelic

Quinoa is not likely to show up in one of your mother's favorite recipes but everyone seems to be talking about it. What is it, why all the hype, and does it deserve it?

Quinoa (pronounced keen-wah) is an ancient crop which South American people have eaten continuously for 5,000 years. Quinoa means "mother grain" in the Inca language, but technically it is not a grain but a seed. Incidentally, this is true of wild rice, too. It is highly nutritious, containing all of the essential amino acids we look for in protein, a quality uncommon in plant foods. So, although it is considered a complete protein, the amount of protein provided in one serving of quinoa compared to one serving of beef, for example, is significantly less. Quinoa also contains significant amounts of other valuable nutrients such as calcium (more than milk!), manganese, magnesium, iron, phosphorous, and zinc. For the many people who have issues with gluten, quinoa is a good gluten-free alternative.

Quinoa has been called "vegetable caviar." The Weight Watchers people list quinoa as a "most valuable ingredient." They describe it as a powerhouse product that is "healthy, tasty, and cheap, giving you the best bang for your buck." Quinoa is on Dr. Oz's list of 100 foods that should be in your shopping cart.

As a whole grain, quinoa is user-friendly and versatile. It cooks relatively quickly and works well in soups, salads, side dishes, and stuffings. Many quinoa-lovers prepare several cups of quinoa at once, storing leftovers in the refrigerator for a variety of uses throughout the next week. One cup of uncooked quinoa yields three cups cooked. It also works as an ingredient in sweets and desserts due to its nut-like qualities. Quinoa flour is readily available, too. Like other whole grains, the fat content shortens the shelf life. Store in the refrigerator or freezer if you don't intend to use it quickly.

Cook quinoa the way you would cook rice. Many experts recommending rinsing thoroughly in warm water before use to remove a bitter natural coating called saponin. Some brands describe their product as pre-rinsed. Use a one-to-two ratio of quinoa to water for 15-20 minutes of cooking time. Quinoa develops a halo, the appearance of its germ, as it finishes cooking. Some recipes recommend browning the seeds slightly as a first step, again similar to many rice dishes. Quinoa can be heated in hot oil and popped, like popcorn. The size of the seed does not change markedly, but the texture does. The "popped" seeds have a nutty flavor and they become crispy and easy to chew.

I've read that 2013 is going to be the year of quinoa. It's hard to know how the seeds can become more ubiquitous than they currently are, but we will see. Reportedly the widespread popularity of quinoa among the health-conscious populations around the world has dramatically increased demand to the extent that the indigenous South Americans who have depended on the grain for centuries can no longer afford it. My mother-in-law lives by the axiom that "nothing is so bad something good doesn't come out of it." I wonder if the reverse is true, at least when it comes to quinoa. Nothing is so good something bad doesn't come of it. An unfortunate development, to say the least.

The following two recipes are adapted from recipes in "The Quintessential Quinoa Cookbook" by Wendy Polisi (2011). I ran across the delightful cookbook in a Dickinson health food store last summer. It is well-written and finished products are beautifully photographed. Then I discovered Wendy's website, CookingQuinoa.net, and subscribed to her e-newsletter. I highly recommend it and believe you will enjoy her sense of humor as well as her knowledge of and experience with quinoa. She now has several quinoa cookbooks, all of which are available as e-books.



Quinoa Black Bean Soup

- | | |
|----------------------------------|--------------------------------------|
| 1 T olive oil | 1 15 oz can black beans, well rinsed |
| 1 small to medium onion, chopped | 1 c grated carrots |
| ½ red bell pepper, diced | 1 c corn kernels |
| 2 cloves garlic, minced | 1 bay leaf |
| ¾ c quinoa, rinsed | 1 T chopped cilantro |
| 1 ½ t chili powder | 2 T fresh lime juice |
| 2 ½ c vegetable broth | salt and pepper to taste |

Optional: thinly sliced green onions and shredded Cheddar cheese for topping

Heat oil over medium heat. Add onion and red pepper; sauté for 5 minutes. Add quinoa, garlic, and chili powder; sauté another 3 minutes.

Stir in broth, beans, carrots, corn, bay leaf, and 2 c water. Season with salt and pepper.

Bring to boil. Reduce heat to medium-low and simmer covered for 20 minutes. Stir in cilantro and lime juice.

Note: The quinoa will continue to absorb liquid if you allow the soup to stand or intend to store it. I've increased the broth amount to 4 c when I've frozen the soup in individual packages for later use. This is a flavor-filled, colorful, and very satisfying soup. It makes a good non-meat main dish.




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Quinoa Chocolate Bark

- 1 T peanut oil
- ½ c quinoa, rinsed and dried
- ½ c slivered almonds
- 1 t sea salt
- 1 12 oz pkg very dark chocolate chips

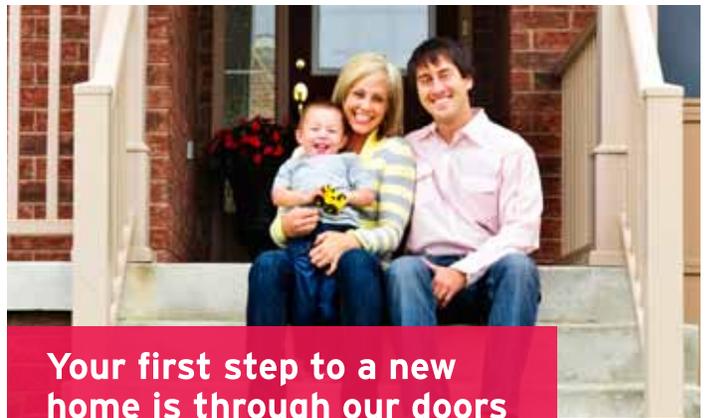


In a small saucepan, heat oil. Add quinoa and stir constantly for approximately five minutes. (You are waiting for the seeds to turn slightly golden brown and to "pop.") Remove from pan to small bowl and place almond slivers in same pan. Toast over medium heat until the aroma develops and they are lightly browned. Add almonds to quinoa, stir in salt, and mix well.

Line a 10 x 15" baking sheet with parchment. In a microwave-safe bowl, melt chocolate. Stir about ¾ of the quinoa mixture into the chocolate. Spread evenly on parchment paper. Sprinkle remaining quinoa mixture over the top. Allow to set until firm. Break into pieces. (Note: Eat as candy, or break into small enough pieces to use as a topping for ice cream. It is particularly good with coffee-flavored ice cream.)



Pam Vukelic is a food and nutrition instructor with Bismarck High School.



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Recipes from Mom's Kitchen



My mom, Kathy Pittman, was a cook with the Mandan Public School district for over 20 years. She would have continued on if it wasn't for her being forced into retirement due to having stage IV bladder cancer. After fighting cancer with full faith, smiles and optimism she has been cancer free for almost 7 years. She is my inspiration and even though she doesn't cook for a career she continues to cook for her family. One of her recipes that I enjoy making for my family is Kase-nip.

Kase-Nip

Ingredients:

16 oz. egg noodles
3 eggs
16 oz. sour cream
22 oz. cottage cheese
8 pieces of dried bread crumbs
(dry two days ahead of time)
salt and pepper to taste
3 tbsp. of butter



Cook noodles only halfway. Mix the eggs with the sour cream and cottage cheese then add in the noodles.

Bake on 350 for 45 minutes stirring every 20 minutes

Fry butter in a pan until boiling then add dry bread crumbs and fry until crispy. Add the bread crumbs to the noodle mixture, stir and complete.

Submitted by Kari Bitz

This is a family favorite and was used in most of our birthday cakes and all of our wedding cakes. Of course Mom put it on a made-from-scratch cake and topped it with the original homemade seven-minute frosting. I use a box mix for both. It's especially good as a layer cake, but works for a 9x12.

Sour Cream Nut Filling

1 cup sour cream
1 cup white sugar
4 to 6 egg yolks
1/2 cup chopped walnuts
1 teaspoon vanilla

Beat egg yolks, mix in sour cream and sugar and boil slowly for about 7 minutes or cook in a double boiler. Stir frequently and cook until thick. Add nuts and vanilla. Cool before spreading. Can be frozen.

Submitted by Barb Hultberg



Henrietta Bickert



Ramona Ternes is my mom. She's my rock, my reference, my cheering squad, my son's "Grandma Mona" and my best buddy!

Here is my fave recipe. I have to admit I've only made it twice because when I want it, I call her to request it and she happily whips up a batch for me! Did I mention she still spoils me even though I'm 41? Anyway, my mom is amazing.

Grandma Mona's Cursillo Popcorn

- 1 cup butter
- 1.5 cups sugar
- ½ cup white syrup (Karo / corn syrup)

Cook the above until it comes to a gentle boil. Continue at a gentle boil for five minutes.

Remove from heat. Add 1 teaspoon vanilla. Stir.

Pour over four quarts air popped popcorn.

Mix until popcorn is coated.

Submitted by Renae Larson



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Recipes from Mom's Kitchen

Uzbek Plov

Lamb and Rice Pilaf

Preparation and cooking time: 1 hour

Yield: 6 servings

Ingredients:

1.5-2 pounds of fresh Lamb meat (Pork or Beef as alternative)
2 medium onions
5 medium size carrots
3.5 cups of long grain rice
1 tsp of ground cumin
0.5 tsp of whole cumin
1 tsp of freshly ground black pepper
3 tsp of salt
6.5 cups of water (previously boiled)
chickpeas and garlic bulb (optional)
200 ml of canola oil

Directions:

Cut the meat into 2×2 in. cubes. Slice the onions in 1/4 in. half circles.

Once the meat and onions are ready, heat the oil in the cast iron pan on high heat and start frying the meat. Add salt, ground cumin and black pepper.

Fry until slightly brown on all sides and add onions. Fry onions along with the meat until onions are soft and golden brown. Add all the water, mix it and close the lid. Cook on medium-high heat for about 15-20 minutes. If you are using beef then you should give it a good 30 minutes to cook well.



My mom, Irina Malysheva, lives in Russia and visits us once or twice a year. Her favorite recipe is Uzbek Plov (from Uzbekistan, former USSR). She learned how to cook it from the native Uzbeks and makes it really really good.

Submitted by Elena Stickel



Meanwhile prepare the carrots for the next step. Clean, wash and julienne carrots.

Place the carrots evenly on top of the meat and onions, but do not mix anything. Leave the pot like this for 15 minutes on medium heat.

Note: if you are using chickpeas and garlic, this is the time to include them. Rinse the chickpeas that were previously soaked in water and distribute them over the carrots. Drop the garlic. Usually garlic is removed once rice is added and just left on top of the dome you will be creating out of the half-cooked rice. I would suggest to leave the garlic on top of the carrots until the Plov is ready.

Wash the rice well at least 2-3 times. Drain the water and using a spatula place the rice over the carrots evenly. The water that was initially added into the pressure cooker should be enough for the whole process. But if the water does not cover the rice (1 inch above) feel free to add a little more water.

All Uzbek recipes let the water evaporate with the lid open. It takes a lot of time and I do not find it necessary. Close the lid of the pot and on medium-high heat let it stand for 10 minutes or until the rice absorbs the water.

Check every 2 minutes, because you do not want the bottom of the Plov to burn. In about 8 minutes, flip the top layer of the rice to keep the rice evenly moist. Once the water is absorbed, make a dome of rice and sprinkle whole cumin on top. Lower the heat to 2 (low), close the lid again and keep it that way for another 10 minutes.

In 10 minutes remove the lid and try the rice. If it is well-cooked, then mix the ingredients well. Not that fast! If you used garlic, this is the time to excavate it. Some people also like to take the meat out, cut it in smaller pieces and put on top of the Plov. So, mix the content of the Plov together well. If the rice feels a little undercooked, do not hesitate, sprinkle some water and close the lid again for 5 minutes (or the desired amount).

Serve it in a Lagan (traditional Central Asian large plate) and put meat and garlic in the middle. Garlic comes out easily. It is should be well-cooked and delicious.

Serve with fresh vegetables or a spring salad, pickled tomatoes and pickles cucumbers.



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2013

April 2013

April 1 - April 20

PR Kelly, New Salem Exhibit

Member Artist: Gen Metcalf Exhibit
Bismarck Art Gallery Association (BAGA)

April 1

Bunnies, Chicks and Eggs Kids Art Class

Bismarck Downtown Artist Co-op Gallery

April 1

CRE-ART-IVITY I Art Camp, Theo Art School

April 4

"Art Talk"

Bismarck Downtown Artist Co-op Gallery

April 4-7

Artists Celebrating Christ Art Show

Benedictine Center, University of Mary

April 5 - May 4

"Its Not Easy Being Green" Exhibit

Bismarck Downtown Artist Co-op Gallery

April 5

Abbey Road Band, Dickinson Stickney

Auditorium, Dickinson State University

April 5

Dakota Media Access' Dakota Digital Film

Festival. Belle Mehus Auditorium

April 5-6

Stand Up Comedy, Dakota Stage

April 6

Doodle, Cut, and Paint Kids Art Class

Bismarck Downtown Artist Co-op Gallery

April 6

Sculpture Explosion Kids Art Class

Bismarck Downtown Artist Co-op Gallery

April 7

Jack and the Beanstalk

Missouri River Chamber Orchestra
House of Prayer Lutheran Church

April 11

Art Uncorked Adult Class

- "Van Gogh Café", Theo Art School

April 11

University of Mary Gianni Schicchi,

Ciacomo Puccini's Comic Opera

Bismarck Public Library

April 11-12

Dr. James Edward, Author & Theologian

Speaker, Christian Leadership Center,
University of Mary

April 13

For The Birds Workshop

Theo Art School

April 13

University of Mary Chamber Ensemble

Concert, Kirkwood Mall

April 14

University of Mary Choir Concert

Our Lady of the Annunciation Chapel,
University of Mary

April 19

"Wine About Art" – Adult Caricature

Drawing Class

Bismarck Downtown Artist Co-op Gallery

April 20

"Three's Company"

Bismarck-Mandan Symphony
Belle Mehus Auditorium

April 20

Pine Needle Basket Class

with Eileen McEnroe

Bismarck Art Gallery Association (BAGA)

April 22-27

"To Be Hung Over" Art Show

Bismarck Art Gallery Association (BAGA)

April 25

University of Mary Steel Band Concert

Arno Gustin Hall, University of Mary

April 26

"Wine About Art" – Adult Painting and

Collage Art Class

Bismarck Downtown Artist Co-op Gallery

April 27

University of Mary Percussion Ensemble

& Honor Percussion Ensemble

Arno Gustin Hall, University of Mary

April 27

Caravanserai: Orchestra of Fes Morocco

The Arts Center and North Dakota Council
on the Arts

April 29

CRE-ART-IVITY II Art Camp

Theo Art School

May 2013

May 1-2

Central Dakota Children's Choir Auditions

Frances Leach High Prairie Arts & Science
Center

May 2

"Art Talk"

Bismarck Downtown Artist Co-op Gallery

May 3

"Wine About Art" – Adult Painting with

Charcoal

Bismarck Downtown Artist Co-op Gallery

May 4

Annual Flea Market

Bismarck Art Gallery Association (BAGA)

May 4-5

"The Little Mermaid"

Northern Plains Dance
Belle Mehus Auditorium

May 7-23

Combined High Schools Juried Art Show

Bismarck Art Gallery Association (BAGA)

May 9

Art Uncorked Adult Art Class

- "Georgia O'Keeffe"

Theo Art School

May 10 - June 1

Lydia Richez-Bowman Exhibit

Bismarck Downtown Artist Co-op Gallery

May 10

Barbary Coast Dixieland Band

Dorothy Stickney Auditorium
Dickinson State University

May 11

Mother's Day at Theo Children's Art Class

Theo Art School

May 12

Central Dakota Children's Choir Cantus

Unabridged, Charity Lutheran Church

May 15

Art Attack Summer Art Camps for Kids

Registration, Theo Art School

May 17

"Wine About Art" – Adult Drawing Class

Bismarck Downtown Artist Co-op Gallery

May 17-18

Central Dakota Children's Choir Spring

Concert, Belle Mehus Auditorium

May 18

Symphonic Funk

Bismarck-Mandan Symphony Orchestra
Mandan High School

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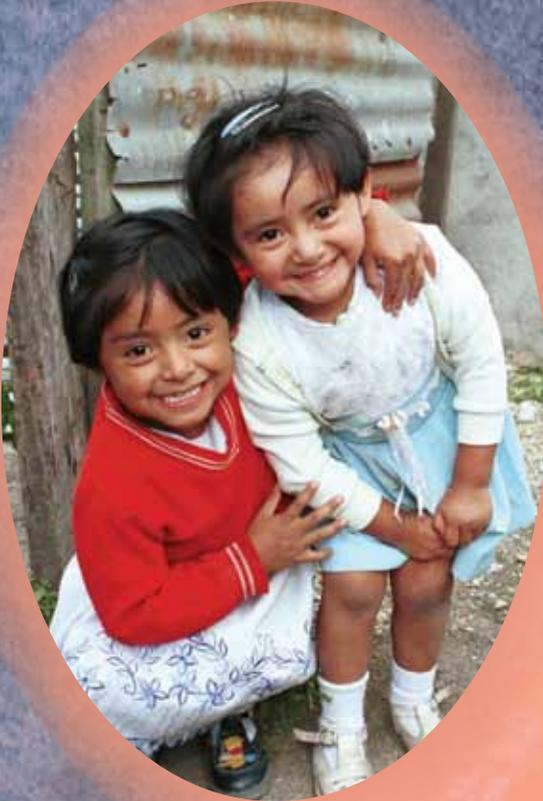
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