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Wanek**  
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# Editor's Notes

There are so many wonderful people and organizations in the Bismarck-Mandan community. Just a few of their stories made it to this issue and I hope they will inspire you to make a difference, too!

If this summer finds you staying a little closer to home, remember the Bismarck-Mandan area offers numerous attractions and events for you to enjoy. Vacationing in a far off locale, or traveling across North Dakota is always an adventure, but you can stay home and still have tons of fun.

We were going to introduce the "Who Inspires You" contest now, but are going to wait until the September/October issue to release all of the details. I am really excited about this contest and I can't wait to start reading the entries. (There will be a cash prize!)

Enjoy summer!



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# Tracy Wanek

## Making a Difference in our Community

*by Deb Seminary*

Most people do a lot of backseat driving when it comes to civic issues and community involvement. They do a lot of talking, possibly even complaining, but that's as far as it gets. Maybe it's a lack of knowledge or a fear of failure? But then there are people like Tracy Wanek who see a need and jump right in with both feet and without hesitation.

When Tracy Wanek moved to Bismarck, she felt a few things were missing. Soon she, and her husband, Dan, went to work on many projects. "I feel it is something both Dan and I found in ourselves when we moved back to Bismarck," said Wanek. "We were involved and volunteered when we lived in Chicago, but when we came here we thought, 'there is stuff to do, let's get going, let's do this!'"

Wanek grew up on a farm in the southwest corner of North Dakota. Her parents, along with her older brother and his wife, still live and work on the farm. One of the key reasons they moved back to North Dakota was the proximity to family. "We go plant potatoes in the spring," she said. "We helped put the cows out to pasture three weeks ago."

Wanek's husband is also from the same area of the state. "We don't quite have that high school sweetheart story, that is too cheesy," she explained. "His school closed down and he came to my high school. We were such good friends, best buddies all through high school. It was when we were in college that we realized, 'this will work, this will do quite nicely.'"

They both attended college in Chicago, Wanek at Loyola and her husband at DePaul. Tracy majored in Mathematics and Statistics, along with Computer Science. Wanek feels she has used her education through her involvement with many area organizations. "I was treasurer and fiscal guru for Urban Harvest," she said. "I was also treasurer for Dragon Jane and helped with a lot of fiscal planning during my term as PTO President at Will-Moore Elementary. I feel that analytical, attention-to-detail side of me is really useful. I started actuarial science and it was too confining. I thought that I could handle the 'putting things in boxes and making them all nice,' and I do love that, but I also need to use the other side that can have big ideas and create things."

Wanek's husband also majored in Computer Science. "Dan is brilliant," she explained. "I call him a computer artist. We are actually just two nerds. We would sit on our back porch in Chicago and just do math!"

The Waneks moved back to North Dakota in December of 2003 and immediately got involved in area civic organizations. "We started networking and found ourselves working with the Peace Coalition and North Dakota Progressive Coalition (now ND People.org)," said Wanek. "That involved a lot of legislative work and wasn't really where my heart was at. It was important I was involved, networking and meeting people. Then we joined the Missouri Valley Resource Council (MVRC). Dan and I helped put together the presentation that was taken to the city

commission proposing plastic recycling bins. What is going on now is still the trial run that came about from that proposal."

Wanek formed some lasting friendships during her time with MVRC. "I met Ramona (Redding Lopez) on a MVRC Buy-Local committee and we decided to start Urban Harvest," she said. "It was also at MVRC that the initial discussion for the Community Gardens began. We decided MVRC wasn't big enough to get the Gardens accomplished, so we started our own group." (see box)

Wanek and three other women started Urban Harvest, now in its sixth year. Urban Harvest is a grassroots effort to encourage people to explore Downtown Bismarck and support local growers, artisans and organizations. It is held on six Thursdays beginning in July. (see box)

She was also instrumental in starting the Bismarck Community Gardens. "We had community gardens in Chicago, and I missed that," said Wanek. "My dad was a math major, too, and then he became a farmer, so I am just carrying on the tradition." There are now over 400 plots at the Gardens, with participants caring for one to several plots.

Wanek has also been involved with Dragon Jane, a performance art group, over the past five years. "Dragon Jane was art residencies here and there, mostly in school districts," she explained. "We also performed for a lot of area events. It was very flexible, which was wonderful."

Recently, Wanek has been scaling back on some of her involvement. She began working at Horizon Middle

School this past year, and her whole family made adjustments. "Starting actual, regular employment meant I needed to cut back in other areas," she noted. "But, it's hard not to get excited about things. People will tell us about something they're doing and I'll think, 'oh, that sounds like fun, let's do it, I'll help!'"

Someone once gave her a chart to show how much time she has available for all of the needs in her life: physical, family/social, spiritual/important, and personal. She found some areas were being neglected and her children needed her in different ways. "So when I ask myself, 'will I do this other thing?,' because I am a chronic volunteer, I look at the chart and realize the time has to come from somewhere," said Wanek.

She realized as her family life changed, her time commitments needed to as well. "I was feeling like I was neglecting the personal section, and most of us take out the personal time entirely for several years. I was getting a lot through all of these other things, but not ever slowing down enough. I wanted to get

to a place where we weren't totally going all the time. As our children are getting older and changing, parenting becomes a whole new game. I feel there is so much more than just being physically present, but very mentally and emotionally present, especially for Christian. This is my new goal. I'm not parenting as assertively, but I need to be available when they need me."

The Waneks now involve their children in most of their activities, and for the most part the children enjoy it. "We try to find a good balance," she said. "We tell them to help for 10 minutes, then they can play in the park. It shows them what is important to us." Wanek knows the message is beginning to resonate with her children, sharing that her son Christian's eighth birthday landed on Earth Day and his wish was to pick up trash.

Someone once told Wanek she has an overactive civic gene, which she believes may have been passed down from generation to generation. "My mom was always very willing to volunteer and be involved with things," she said. "There

The Bismarck Community Garden is located just west of the Municipal Ball Park, south of Memorial Highway and east of Hannifin Street. Bismarck Parks and Recreation provides the land and the water. Interested individuals and families put in their own garden, keep it weed free and enjoy the harvest. There is a \$10 fee to rent the plot. [www.bismarckgardens.org](http://www.bismarckgardens.org).

Urban Harvest was founded in the spring of 2005 by a group of four women. All were North Dakota natives who moved out-of-state, then returned to Bismarck to raise families. Outdoor public marketplaces were thriving in the cities and towns where they had lived or visited.

Thursdays, July 8th – August 12th in Downtown Bismarck. [www.bismarckurbanharvest.org](http://www.bismarckurbanharvest.org).

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Tracy, Christian, Dan and Aria – Yes, the whole family can squeeze into the hammock.

were some geographical limitations being on the farm and the farm took most of her time. She co-wrote and co-edited the Adams County Centennial book and is on the board of the nursing home and does a lot of fun things. And my grandma, who still lives on the family farm, usually has a long list of where she has to be every week. She is 85 and drives to town to help the 'old people'."

Wanek said her grandfather was one of the earlier recyclers. "My grandpa used to take his own bags to the grocery store all the time," she explained. "He was such a curmudgeon. He would swear about people wasting bags. My mom gave me his old canvas bags when he passed away."

Many people have inspired her to make a difference, said Wanek, and she is carrying on this tradition through the work she does in her own community. "I have been lucky to have so many fabulous people along the way, parents and grandparents and mentors and everyone I've worked with on these many projects," she continued. "That is a story everybody tells, of people that inspired us daily."



Deb Seminary is the editor of *Inspired Woman*.

Tracy's Mantra:

## To Be of Use

The people I love the best jump into work head first without dallying in the shallows and swim off with sure strokes almost out of sight. They seem to become natives of that element, the black sleek heads of seals bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart, who pull like water buffalo, with massive patience, who strain in the mud and the muck to move things forward, who do what has to be done, again and again.

I want to be with people who submerge in the task, who go into the fields to harvest and work in a row and pass the bags along, who are not parlor generals and field deserters but move in a common rhythm when the food must come in or the fire be put out.

The work of the world is common as mud. Botched, it smears the hands, crumbles to dust. But the thing worth doing well done has a shape that satisfies, clean and evident. Greek amphoras for wine or oil, Hopi vases that held corn, are put in museums but you know they were made to be used. The pitcher cries for water to carry and a person for work that is real.

—Marge Piercy

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# Focus on MAKING A DIFFERENCE



## S.A.Y. Yes Save America's Youth

by Deb Seminary

DeEtta Phelps was in education for over 30 years. Like most retirees, she is almost busier now than when she was working.

Last August Pastor Art Scanson, from McCabe United Methodist Church, called Phelps and told her a man from Campus Crusade has visited the church, asking if there was a school nearby. "There was an after school program he wanted us to administer," said Phelps. "I had eight people who said yes and we went through the 22 hours of training right away."

They trained for the S.A.Y. Yes program, which began in February. It is an after-school program for children at Will-Moore Elementary. "In January we trained in the volunteers," said Phelps. "All volunteers with the program need to have six hours of training, including CPR and background checks. We stress a safe and caring environment."

The S.A.Y. Yes program was held on Tuesdays and for the 2010-2011 school year it is expanding to include Mondays. Currently they have room for 20 children, K-6th grade.

The program begins with two volunteers walking to Will-Moore Elementary to pick up the kids after school. They come back to the church for a nutritious

meal. "So far we have not had to buy any food," said Phelps. "Volunteers have come forward to make every meal and they make sure it is healthy. For some of these kids, this will be their only substantial meal before they go back to Will-Moore in the morning for breakfast."

The children listen to a Bible story before breaking into groups. There are never more than four or five children per adult. They have a homework area, craft or board games, recreation, computer lab, and finish with music. "The children look forward to coming every week," said Phelps. "They are learning so much, including table manners, daily living skills and how to make positive choices."

There is no shortage of support or volunteers. "Some people would hear about the program, come once to see what we were doing and want to come back the next week," said Susan Hansen, one of the volunteers. "All of a sudden we start to question 'who is getting more out of this - the kids or me?'"

Anytime the program expresses a need, it is met. "I talked about the program in church one morning and had \$500 in my hands by the time I reached the back of the church," said Phelps. "I came in the next week to talk to the treasurer about setting up a fund just for the S.A.Y. Yes program. She said, 'oh yes, you have \$965 in there.' I was blown away."

The S.A.Y. Yes program has received gifts of office supplies and funding


information. People have also brought in craft supplies and items for the S.A.Y. Yes 'store'.

When the kids behave appropriately, they get 'S.A.Y. Yes Bucks'. "We have a store and once a month they get to go shopping," said Hansen. "It teaches them money management and reinforces their math skills."

A Girl Scout troop heard about the program and decided they wanted to help S.A.Y. Yes for their community project. "They gathered canned goods for us and asked what else we needed," said Phelps. "I mentioned some games would be nice. The afternoon the Girl Scouts came, they served the meal and presented the kids with a big tub full of games. The response has been awe-inspiring."

"I asked 'why did you call me?'," said Hansen. "Sometimes I think we all wonder, 'what do I possess that I can possibly share?' It is rewarding for the volunteers because we find we all have a certain gift that God has given us and He is showing us it's time to use it. Whether it's a smile you share with a child, or a person from church you are able to build a relationship with. This is such an incredible program, it doesn't take much effort and you come out of it so enriched."

Phelps agrees. "It is just an amazing relationship builder - like we have a collective soul," she said. "The church has just embraced this and I hope other churches will consider helping schools in their neighborhoods."

For more information contact DeEtta at 258.4358 or McCabe at 255.1160. 

Focus on **MAKING A DIFFERENCE**

# Worm Power

## Natural Recyclers and Fertilizers

by Maxine Herr

Andrea Polk is talking trash these days. But it's actually doing some good.

Egg shells, shredded paper and table scraps are delicacies to her new roommates. Polk has a worm farm adjacent to her kitchen, and the little red wigglers have been an exciting addition to her home.

"I felt it was really important for my children to have something in the house they could work with," Polk said. "It's a way to teach them that their garbage can go back into the earth and actually help it."

Polk is grateful for a mother who instilled the value of recycling and caring for the earth. She feels what her mom gave her was truly a gift. "I have the knowledge I have now because it's been a part of my life since I was a child," Polk said.

Usually, when someone says they've opened a can of worms, it's not good. But in the Polk house, it means a better garden, lawn and houseplants. Polk spent around \$100 on her worm farm, a composting system that utilizes the benefits of worms which are nature's own recyclers. The investment was well worth it as she pulled produce from her robust tomato and cucumber plants last summer, and did her part to keep garbage at the curb to a minimum.

"The worms eat anything but citrus, protein and onions," Polk said. So besides food waste, you can feed them your pizza cartons, vacuum cleaner dust, and even coffee grounds. The greater variety of material, the better the castings, or worm poop, will be. The worm castings are an organic fertilizer and are full of nutrients. "We need to replace nutrients in the soil, but I don't want to do it with synthetics," Polk said.

Polk learned about worm farming while watching an Earth Day special on Oprah in 2008. "I have always been conscious about recycling, so when I heard there was a way to compost all winter long, I wanted to do it!" she said.

Polk's worm farm consists of four trays that clip into each other. The bottom tray collects the liquid that drains through, which can be tapped and used as a liquid fertilizer. The worms start at the first tray and "eat their way up," leaving their castings behind. Once you've taken out the castings, you move that tray to the top. The cycle is never ending (sorry, worms, you'll never truly reach the penthouse) so it ensures a constant supply of your own quality fertilizer. "The worms reproduce really fast too, so you can get three to four times the number of worms you started with and then share them with a friend," Polk said.

Since the worms can eat up to half their body weight every day and can double their population every few months, Polk says the more worms you have, the more waste you can place into the worm farm, and not in a landfill.

Polk also plans to add a compost bin to her patio to hold additional waste scraps to be turned into nutrient-rich fertilizer. She recently purchased a rainwater tank to collect and maintain harvested rain. "It has a screen on it to catch debris and you can attach a garden hose to it to water the garden," Polk said. Her family is also avid recyclers of plastic, tin and aluminum.

"Am I curing global warming? No, but I'm teaching my kids a valuable lesson. It helps my family, and that's important to me," Polk said. *W*



*Maxine Herr is a local freelancer and blogger who thinks eating her way to the top sounds like a great way to live.*



## Focus on MAKING A DIFFERENCE

# Bismarck-Mandan YP Network

by Kayla Shafer

**What drives us** to be involved in our community to make it a better place? A common theme for volunteering relates to wanting to make a difference, or being impacted by an event, disease or crisis. Ask the 100 plus women that are members of the Bismarck-Mandan Young Professionals Network (YP) and you get answers that differ from the common theme, but these women's actions speak louder than words.

Women usually join the YP to get connected; either to people their same age or with people that have similar career goals and aspirations. Their desire to connect to others creates the platform for them to join forces and make an impact on the community. What makes this organizational platform so unique is that there are no guidelines restricting the charitable avenues the Network can pursue, which enhances the overall impact YP women can make in the community.

During the past five years of the YP existence, they have donated thousands of hours and dollars to local charities and organizations. For three years YP have been involved with Carrie's Kids and helped organize Teenage Makeovers twice a year. Teenage Makeover is for school aged children in Bismarck-Mandan that are in transition or experiencing homelessness. YP provides professional advice from lawyers, accountants, bankers, and cell phone service providers. Students can also build a resume and learn interviewing skills. Before they leave they can get a haircut, get their make-up done, and pick out new clothes that were donated by the community. The makeover is a chance for students to gain valuable information and to have a good time in a safe setting with their peers.

A few other charitable organizations YP has been involved with includes: set-up for Papa's Pumpkin Patch, working with junior high and high-school students in career development, working in soup kitchens, cleaning up highways, and fundraising for Salvation Army Toy Roundup, United Way and the American Cancer Society.

In addition to volunteering precious time, YP women are actively taking on leadership roles within the Network. Women fill eight of the YP's 13 leadership positions. For the first time ever, the Network has a female president and vice-president.

The Bismarck-Mandan YP Network has come a long way from a simple discussion of 10 individuals wanting to meet other people their age in the community and from the Bismarck-Mandan Chamber giving YP a means to interact with the business community. Today the Network consists of more than 200 paid members and six committees all focusing on professional development and community betterment.

The founding women and current and past members have been a driving force for 21-39 year olds to build a local network, develop leadership skills and launch new programs that make a difference in the community. However, none of this could have been done without the 100 plus males that make up the other half of the dynamic Bismarck-Mandan YP Network.

For more information go to [YPnetwork.org](http://YPnetwork.org)

*Kayla Shafer is President of the Bismarck-Mandan Young Professionals Network and is the Corporate Marketing Coordinator at Kadrmas, Lee & Jackson.*



*Fresh air, exercise and good company; YP members unloading pumpkins at Papa's Pumpkin Patch before they opened for the season.*



*Carrie's Kids Teenage Make-over: YPers work the clothing area where teenagers can get dress clothes for interviews, dresses for prom, hip clothing, shoes, and accessories donated by the community.*



*Community beautification! The YP cleans the stretch of Highway from the Mandan truck stop to the Sunset exit.*

## Focus on MAKING A DIFFERENCE



# Welcome House, Inc.

by Megan Nitschke

Welcome House, Inc., a non-profit, faith-based organization that provides shelter for those experiencing homelessness, was established in May 2004 when it was determined by community members, and documented by the Chamber of Commerce, there were unmet needs for homeless families. As the case manager for Welcome House, Brenda Kriedeman has provided ways to fill many of those needs.

One need that Welcome House meets that other homeless organizations in the community don't allow is that it provides services for single male families and families with teenage boys.

"Initially the organization was just for single women and families," said Nancy Kleingartner, secretary of the Welcome House, Inc. board of directors. "But the niche it fills now is that we shelter families together."

According to Kriedeman and Kleingartner, the features Welcome House provides grew with the demanding need.

As an organization that launched without building services, Welcome House started and continues to work with hotels in the Bismarck-Mandan area to provide housing for their clients.

"When you're working with families of different ages, sexes and races, I don't see how you can put them all in the same shelter," Kriedeman said. "In order to do that one needs separate units."

The rented rooms they supply to individuals and families are given to them at a reduced rate, so the cost is more inexpensive than the price of shelters.

Kriedeman works with the clients to find housing within 90 days of their hotel check-in, but within the week, she requires them to seek services, such as health care agencies and food stamps.

"To step out of homelessness you have to do the steps, and sometimes that requires one to apply for services," Kriedeman said.

While the families are staying in the motel, they get a microwave and small fridge. The food pantry initiated by the organization in 2009 stocks items useful for cooking in the designated housing, and works as a grocery store for the clients.

"We let the clients go through the pantry and actually take the things they need," Kriedeman said. "I think they find that almost comforting."

With a strength-based mission centering on what works best for each client, Welcome House paved the way for 273 different people last year, which resulted in 2,900 nights of shelter for those seeking a way out of homelessness.

But the help doesn't stop for the clients after immediate assistance. Welcome House remains a valuable connection, to those who need their support, for three years. This includes everything from talking about a problem and making a referral to helping those who are on the verge of becoming homeless again, according to Kriedeman and Kleingartner.

"Welcome House believes it is important to provide extended case management services to families for up to three years," Kleingartner said.

Starting only six years ago, Welcome House, Inc. has grown immensely and branched out their services. Kleingartner, who was Kriedeman's student adviser while she was attending the University of Mary, serves as the Program Director of Social Work at the University of Mary. She got involved with Welcome House through the University of Mary's Emerging Leaders Academy when her and three of her students became intrigued by the organization's activities and joined the board of directors.

Kriedeman also got involved with Welcome House early in its stages and continues to encourage the clients and motivate those interested in moving on with their life.

"We try to encourage them to move on," Kriedeman said. "The point is to start a life for oneself and help them be productive. It doesn't take courage to do what I do, it takes courage for them to come in and see us."

Welcome House is always looking for volunteers and donations to keep their organization running strong. But at the heart of the organization is the will of the clients and their belief in bettering their lives.

"By recognizing their strengths and accomplishments, they see themselves as more capable," Kleingartner said. "We believe that one's faith should drive good works."

For more information, visit [www.welcome-house.net](http://www.welcome-house.net) or call 751-1218.

*Megan Nitschke is an English/Mass Communication major at MSUM and a freelance writer.*

## Focus on MAKING A DIFFERENCE

## Jerene's Wish



**Warford Orthodontics**  
Changing the World, One Smile at a Time.

**I dream to have a beautiful smile.\***

A beautiful smile is something we often take for granted. For some people, it is emotionally painful to smile. They may feel embarrassed if their teeth are not perfectly straight. Some even endure ridicule from others. This emotional pain can alter the natural course of one's life.

Warford Orthodontics is working to change that.

When Dr. John Warford, Jr, DDS heard about this young girl, he took action. Fifteen-year-old Jerene had cancer and her wish, through Make-a-Wish, was to have braces. "When I heard about this brave young lady's wish, I told them that we would take care of her without charge," said Dr. John. "We gave her braces and she got new bedroom furniture with her wish instead."

Unfortunately, Jerene died before her transformation was complete. "Shortly after Jerene's passing, her aunt wrote a poem that moved and called me," said Dr. John. "I started thinking... for some children without resources, that want to feel good about their smile as badly as Jerene did - should money really be a barrier? I believe intense desire and financial need are key."

Jerene's Wish was born and area dentists were encouraged to get the word out about the new program. The first Jerene's Wish Patient was served in August of 2008.

**All I wish for is a nice smile.**

Applicants for Jerene's Wish must meet strict financial need guidelines and complete an application process including a one-page letter stating why they would like to be selected. It is also very important to be committed to good oral hygiene in order to maximize the results. The patient needs to be involved and dedicated throughout the entire process.

Qualified Jerene's Wish patients receive over a 90% discount and make very small monthly payments. There have been more than 30 Jerene's Wish participants. The value of services Warford Orthodontics has given through the program to date exceeds \$150,000.

**This program would change my life forever.**

Patients who qualify for the Jerene's Wish program are treated exactly like any other patient. "We provide Jerene's Wish Patients the customized treatment plans with exacting high standards we provide everyone - including surgical procedure," said Dr. John. "Face & Jaw Surgery Center, Dr. Dohm and Dr. Stanley of the Institute of Facial Surgery all provide their services at no charge to Jerene's Wish patients."

Children are not the only beneficiaries of Jerene's Wish. "We began taking care of adults when we received a letter that just blew us away," said Dr. John. "There are adults who

have been held back in life because they could not afford to take care of their teeth. We want to help those, without the ability to pay, who really want and need orthodontic care."

**I practice smiling without showing my teeth.**

Warford Orthodontics goes out of their way to make sure anyone can have the smile they desire. "We have very flexible investment plans for anybody, really," said Dr. John. "If people show responsibility, show us the desire - we can make it happen. I want to give back. It is not all about the teeth. It is about the smile that goes with it. It is about giving our patients the ability to pursue their hopes and dreams through their smile."

Warford is inspired by the results of Jerene's Wish. "One of our patients attributes where they are in life to their new smile," said Dr. John. "This person has a new job, takes a little more care in their appearance and it is all because of the mindset enhancement straight teeth and braces can provide."

**You have truly changed my life.**

For more information on the Jerene's Wish program, visit [www.JerenesWish.com](http://www.JerenesWish.com) or call Warford Orthodontics at 255.1311 or 800.732.3768. *W*

*"These lines are from prospective patients' submission and subsequent thank you letters to Jerene's Wish"*

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Focus on **MAKING A DIFFERENCE**

# Bismarck Cancer Center

by Deb Seminary

Until about twelve years ago, the Radiation Therapy Center was housed in Medcenter One. Patients from Medcenter One, St. Alexius and the surrounding area were treated there. The machines were in need of upgrading and the cost was tremendous, over 2.5 million dollars. The two hospitals got together and decided it would be in the best interest of the community to have a jointly owned center. The Bismarck Cancer Center served its first patient on October 13th, 1999.

"We feel fortunate to have a very supportive Board of Trustees," said Amy Gross, Radiation Therapy Manager. "Our board has three members from Medcenter One and three members from St. Alexius. They meet every month, put their differences aside and make decisions based on what is best for the patient. It really works well."

Having the support of both hospitals also allows the Bismarck Cancer Center to provide top-notch service and keep up with new technologies and treatment options.

The building initially housed one treatment (linear accelerator) machine, but constructed a second bay to accom-

modate another. "We saw the need, but it was too expensive in the beginning to put in two brand new machines," said Gross. "We were able to add that second machine in 2007."

Patients go through a series of steps when they come to the Bismarck Cancer Center. After the initial consultation, the doctor will decide whether radiation therapy is appropriate. If it is, patient will have a CT simulation and treatment plan to determine exactly how the radiation should be administered. After about a week the patient returns to start their treatment.

The Bismarck Cancer Center also provides a variety of wrap-around services for their patients. "A lot of these services are not covered by insurance, which is why our foundation was established in 2007," said Gross. "We have our REACH Program, and that person meets with each patient within their first week of treatment to check all of their needs: housing, transportation, spiritual, any kind of needs they may have. We also have a dietician available."

Patients must come for radiation treatment every day, Monday through Friday, generally for two to eight weeks.

Some patients continue working and drive for treatment from distances over 100 miles away, so the gas costs alone can really add up. "We don't want to think that a patient would choose not to get treatment because they couldn't afford it," said Gross. "We have never turned anyone down because they cannot pay. That is one of the reasons for wanting to make our foundation stronger. It will cover that certain percentage of costs we take care of in those instances."

The Bismarck Cancer Center provides services to people within a 250-mile radius of Bismarck and has 50-60 new patients consulted each month.

The Bismarck Cancer Center and its recently established foundation are non-profits.

For more information, visit their website at [bismarckcancercenter.com](http://bismarckcancercenter.com)



Deb Seminary is the editor of *Inspired Woman*.

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## Focus on MAKING A DIFFERENCE

# Roxane Romanick

by Beth Nodland

Roxane Romanick brings a heart full of hope and head full of information to families facing the diagnosis of a child with a disability. In situations where the diagnosis is Down syndrome, she arrives with a warm smile and personal experience—her daughter Elizabeth has DS—her arms loaded with a handmade quilt and gift bags full of books and information about the genetic condition.

Roxane is one of the driving forces behind Designer Genes of North Dakota, a local Down syndrome support network. She also serves as an Experienced Parent Specialist for the Bismarck Early Childhood Education Program; a Family Liaison for the North Dakota Division of Developmental Disabilities Early Intervention program; is a founding member of the Early Intervention Family Alliance, a national board focused on Federal policy development; and is active on the state legislative level supporting disability issues.

No matter what professional or volunteer hat she wears, Roxane has a unique talent. The ability to guide families through the confusion of agencies, paperwork and emotions a disability diagnosis brings, and help them connect with a supportive community.

Roxane and Sharon Goodman, another parent of a child with Down syndrome, reinvigorated Designer Genes in 1999, a group started over 20 years ago by Bismarck area families.

Designer Genes has grown its membership by reaching out to new families and has continued to grow its services. The group will host its 7th annual Buddy Walk for Down Syndrome Awareness on Saturday, September 18, at the State Capitol Grounds.

The birth of Roxane's daughter Elizabeth revitalized her passion for Early Intervention, which are services provided to families of children with disabilities from birth to age 3. She cares deeply for the positive impacts early intervention services have on families. "If we can make the path into service easier, smoother, there is so much information that experts have," she says. Roxane is able to think through services and supports with families and help them balance the social and emotional stress, along with overflow of information about their diagnosis and needed medical services. Her strategy is to get people on their feet and moving, to help identify the supports families need, and to work to get them in place.

Hers is a vision of the future. When driving around Bismarck, Roxane looks for a cozy old house that might become a family resource center. A place stocked with a full coffee pot, a comfy sofa, a library, and a staff who can pool experiences and resources to benefit families. A space where groups like Designer Genes can do their work for families of people with disabilities; where families can get support around special health issues; where physicians can be



Photo by Sandy McMerty

Roxane at the 2007 Buddy Walk.

informed; where training, technology and literary supports are available. A space, a network, a community, that is inclusive of and accessible to people with disabilities and especially one that is protective of the families.

Roxane Romanick is also a proud dance and hockey mom. Her son, Nick, 19, is a recent draft by the Bismarck Bobcats, and daughter Elizabeth, 11, is active in dance and Girls Scouts. Her husband, Bruce, sits as a South Central District Judge and is retired from the US Army Reserves.

The Designer Genes website is [www.designergenesnd.com](http://www.designergenesnd.com)

*Beth Nodland is a Bismarck based freelance writer, small business owner, and mom of a 2 year old.*

## Focus on MAKING A DIFFERENCE

# A Slice of Inspiration

While paging through a magazine one day, Mickey Gray saw a small ad that had the word 'knit' in it. "Anytime it says the word knit, I look," said Gray.

What she saw was an ad for 'Warmth for Warriors', a 501(c)3 not-for-profit corporation, formed to show appreciation for the sacrifices made by our soldiers and their families. Gray called the number and received a pattern for a hat. "The soldiers wear the hats under their helmets when they get chilly," explained Gray.

According to their website, Warmth for Warriors was started by Meta Wetcher and Polly Ross in Rudyard, Michigan to honor and support our troops in Iraq and Afghanistan. They have mailed over 12,000 hats since they began.

Gray has knit several hats and has been encouraging others to join her. "I make copies of the pattern and hand them out," said Gray. "I will make more, but I am taking a break right now to make a few things for my great-grandchildren."

For more information, visit [warmthforwarriors.com](http://warmthforwarriors.com). *W*



*Mickey's creations*

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Contact Mike at Wentz Landscape Company: 701.471.9622.





# One Step at a Time

## The manageable way to make a difference

by Amanda Mack

I was recently struck by the words of Susan Power, a speaker and best selling author who spoke at a North Dakota Humanities Council event in Bismarck during the Young Professionals Summit. Her topic was on personal and global transformation in a quickly changing economy. She said that if you are trying to get from A to Z and focus on Z, you might not get very far. She suggested setting your sights on B instead.

That makes sense. No one ever accomplishes anything without taking the first small step, then the many that follow. This one-step-at-a-time view makes both the work toward a goal, and even the setting of goals, less daunting.

A personal goal that leaves me on a roller coaster ride of hopeful heights and despairing lows is my effort to reduce my ecological footprint. I'm trying to cut down on how many natural resources I consume on a daily basis, and it isn't easy.

Whether you believe in global warming or not, the disaster in the Gulf of Mexico is enough to make anyone think twice about their daily consumption of oil. If it weren't for demand, British Petroleum would never have been drilling so remotely and so deeply for this limited and precious natural resource in the first place.

About four weeks after the spill began, a friend posted on Facebook that the millions of gallons of oil that had leaked into the Gulf were still less than the amount of oil consumed in the United States in one hour.

In the face of this devastation and the statistics accompanying it, what can we do to make a difference? Immediately, I

think I should stop driving my car and only ride my bike. Well, first thing's first. I don't even own a bike and I have two small children!

So, when giving up my car (Z) is not a realistic undertaking, what steps can I take today to reach B, C and maybe even D?

### Don't get stuck in "it's never enough"

I have a tendency to get overwhelmed by the scope of the job. A friend turned me on to the Global Footprint Network. She instructed me to go to their website, take the ecological footprint quiz and find out how many planets it would take if everyone else on Earth lived like me. For the average American, it takes five planets. I happen to be above average. I measure in at five and a half.

The quiz asks questions about red meat consumption (I married a serious carnivore who does most of the cooking), shopping habits (online sale shopping, anyone?), how many miles per gallon your car gets, food sources (do you buy local or shop at the grocery store?), how many times you fly in a year, and if your house has electricity (um, yes!), among others.

The quiz results beg the question, what am I willing to give up or do differently?

### Here's what I've determined:

1. (or, actually, B): Ride, don't drive. I'm not willing to give up my car, but I am willing to get a bike, and ride it. I'm also up for trying out the bus. Sounds like a fun adventure for my three year old and a good relearning experience for

me since my days using public transit in the big city. As for reducing my airplane travel, I'm not yet willing to go there. We fly two to three times per year. Give up my husband's winter conferences in warm locales, visits to family, and those occasional girlfriend trips? I just don't want to do it.

C. Reuse. When we do visit my husband's family in Seattle, I insist on hitting the second hand and consignment stores for my kids. The selection is wider so I buy sizes two years ahead. I want to start doing this for me too. I see this more and more among my friends lately. It seems whenever I comment on a friend's sweater or jacket they proudly respond, "thrift store!" with a look of great satisfaction on their faces. Between thrift stores, yard sales, ebay, auctions, and Bismarck's own local barter network, a lot of great things can, with a little patience, be reused or repurposed, for that matter.

D. Energy efficiency. As a home improvement junky, I'm more than willing to make my home more energy efficient. We recently had an energy audit done for our home, a procedure that rates your home's energy efficiency or lack thereof on a national scale and identifies how to make energy-saving home improvements. We learned that replacing our storm doors and insulating the basement in our 1948 house are the best things we can do to reduce our ecological footprint as well as our energy bills. We also will recoup a third of the costs for any energy improvements we make to our home this year as part of the 2010 Federal Tax Credits for Consumer Energy Efficiency.



### Resource List

2010 Federal Tax Credits for Consumer Energy Efficiency, [http://www.energystar.gov/index.cfm?c=tax\\_credits.tx\\_index](http://www.energystar.gov/index.cfm?c=tax_credits.tx_index)

Bismarck Bartering Network, Facebook group

City of Bismarck Recycling, <http://www.bismarck.org/index.aspx?nid=160>

Global Footprint Network, [www.footprintnetwork.org](http://www.footprintnetwork.org)

North Dakota Agriculture Department, [www.agdepartment.com](http://www.agdepartment.com)

Thermal Auditing, [www.thermalauditing.com](http://www.thermalauditing.com), Tori Otto, owner

Urban Harvest, [www.bismarckurbanharvest.org](http://www.bismarckurbanharvest.org)

After I told him that is the first question asked on the ecological footprint quiz, he came to me suggesting we come up with ways to cut back. Coming from him, this is huge! We also are in our fifth year of vegetable gardening and started composting our kitchen food waste this year.

G. I am going to maintain my involvement with Bismarck's Urban Harvest. Urban Harvest is a local group that advocates buying local and hosts an open-air street market six Thursdays each summer featuring only local food, wares and entertainment. Urban Harvest book club events and the markets themselves remind me of the creativity and resourcefulness of human beings. My association inspires me to dig deeper to find my own inner food-preserving goddess.

– I would have a hard time justifying such time-consuming commitments. That's part of the journey too – committing not to everything, but to the things that really matter to you.

In her new book "Plenitude: The New Economics of True Wealth," sociologist and economist Juliet B. Schor makes a case for conservation of not just resources but also of our time. In a book review in Time magazine, Alexandra Silver writes, "Schor argues we've been focused on the wrong kind of green, greedily brushing the natural world aside to the detriment of not just the planet but also our personal well-being. You don't have to be a tree hugger to appreciate the benefits of working fewer hours and increasing self-reliance." The review concludes, "Reduce, reuse, recycle, but also slow down, strengthen relationships and get more out of life."

If getting more out of life is what's in it for me, I'm in. Are you? If so, how do you intend to get from point A to B? *AM*

### Next steps (E-G on the way to Z!)

E. Pick up the North Dakota Department of Agriculture newly published guide to local food sources in North Dakota. It lists the dates, times and locations of farmer's markets and identifies local producers of meat, poultry and other food items. I would like to try buying more local food year round.

F. My husband and I are both up for cutting down our meat consumption.

### Making time for more

Each new effort toward this end goal requires a time commitment. Shopping the local butcher shops, spending more time scavenging yard sales and thrift stores, and carving out extra time to take the bus instead of jumping in my conveniently-located car all take time. Unless I placed such a high value on the end goal – preserving natural resources



*Amanda Mack is a free-lance writer from Bismarck.*



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Photos by DeAnne D. Billings

# Northern Plains Dance

by Deb Seminary

**Northern Plains** Dance has come full circle. Formed as a dance school in 1998, Northern Plains Dance took a leap in 2001 and became a professional company. "In the summer of 2007, the board decided to turn the focus back to the school," said Hollis Mackintosh, Director. "We have increased the professionalism, and our main focus now is the training, outreach and major stage productions."

Mackintosh came to Bismarck in 2006 as a part of the professional company. "I really liked it here, so I stayed when they made the switch," she said.

One of the ways Northern Plains Dance carries out its professional philosophy is in the way it approaches productions. "We don't do any rehearsing for our productions in class time," said Mackintosh. "That time is to learn the technique of the style of dance students are studying."

The students try out for the productions by auditioning and students can choose to be in a production, or not. "Some students may not be able to be in a production and can't make the time commitment," said Mackintosh. "It is also fun to see how the dancers, who may not be in the same classes, or even know each other, work together."

The Northern Plains Dance season is a mix of full-length and repertoire shows. They hire professional dancers as guest artists for two of the three performances at the Belle. "The guest artists become almost like faculty members," said Mackintosh. "Our students will contact them for advice and that is really what I want when I am looking for guest artists."

The students range in age from three to twenty-something. Northern Plains Dance offers the "standard" classes, such as Tap, Hip Hop, Jazz, Ballet and Modern. "We also offer a large range of 'social' dance classes," explained Mackintosh. "We did a wedding dance workshop in May that was so much fun. We also held a Salsa workshop and hold a lot of adult classes through BSC."

All of the instructors, with the exception of one who teaches three-year-olds, are adults who have a lot of experience and professional dance experience. Mackintosh and Carly Schaub, the Education Coordinator both hold dance degrees and oversee the syllabus for all of the classes. There is a very high standard of teaching, adding to their professionalism.

Northern Plains Dance also accommodates all levels of dancers. If a

twelve-year-old comes in and wants to learn Hip Hop, they will not be placed in a beginner class with three-year-olds. "We started a new class this year and it has been very successful - Teen Beginning Ballet," explained Mackintosh. "We had a whole crop of young teens that have taken other classes and wanted to learn ballet. We don't want to put older kids in with the younger ones. Their bodies are different and we want them to feel comfortable."

Mackintosh feels very strongly about the importance of art in the community. "I feel pretty lucky that I get to see that at all levels," she said. "I get to see it at the performance level - seeing the audience coming in all excited, seeing the little girls wearing their crowns to the Nutcracker. Then I get to introduce young kids to the art of dance."

Northern Plains Dance is a 501(c)3 funded by tuition, ticket sales, donations and grants. To learn more, visit their website at [northernplainsdance.org](http://northernplainsdance.org).



Deb Seminary is the editor of *Inspired Woman*.

# A Few Minutes with Dr. Kristina Johnson, U.S. Under Secretary of Energy

Dr. Johnson was in Bismarck June 14th as a speaker for the Renewable Energy Action Summit at Bismarck State College.

**IW** *What do you like most about your job?*

**KJ** I love my job because it is so diverse and so important. I had set a goal that by the time I was 50, I wanted to work another 20 years in something I could be passionate about.

A lot of people don't have access to energy, both in our country and globally. We are starting to look at projects that will bring electricity to those communities. That is very exciting to me.

Seeing an 80% reduction in greenhouse gases by 2050, reducing our dependence on imported oil, creating a clean energy economy – it is heavenly to be able to work on those things.

**IW** *What drew you to electrical engineering, I'm assuming you liked Math and Science?*

**KJ** Yes, I really enjoyed Math and Science. And, my dad was an engineer. That happens a lot – when I would ask the kids in school why they were going into engineering, they would usually have a relation of some sort in the field. With the growth of energy and the energy economy, we're going to need so many more engineers that we can't just rely on engineers having kids to have more engineers!

This is particularly true for women – there was a National Science Foundation study that said women would go into fields where they can align their work with a social cause. We are working with groups in Nigeria right now that

are setting up small solar packs. We are trying to bring solar LEDs and lighting to hospitals and communities that may only have electricity for two hours a day.

**IW** *Do you feel there are some sources of energy that deserve more investment than others?*

**KJ** I think the different sources of energy require different resources. I think, right now, if I were to focus on a particular need, it would be for wind and solar, along with hydro, to come up to capacity. Each area of energy has a role. In particular, we have the end uses – we use energy for transportation, in buildings and industry. The electrical sector will be straightforward to de-carb. It is going to be a harder to do with transportation, because we use a lot of oil. That is where I think a lot of the focus we're placing on biofuels, on more efficient combustion engines, and also on electric vehicles is useful.

**IW** *Senator Dorgan talked about the day we will all be driving electric vehicles. How long will that transition be?*

**KJ** It will take a while because a fleet turns over about every ten to fifteen years. That is a challenge. What we need to do is make what we have now more efficient – make the internal combustion engine more efficient. We have biofuels (ethanol) and then augmenting that with the hybrid so we get further on the gasoline by re-using the energy within the car. All of those are great strategies.

We also need to drive less. If each of us were to drive 10 miles less per week, that would take almost ½ ton of CO<sub>2</sub> out of the atmosphere.




*Dr. Johnson with Dr. Larry Skogen, President, Bismarck State College*

**IW** *You have several patents. Is there one you can tell me about that we may use in everyday life?*

**KJ** One of our inventions, if you went to see the movie Avatar, is the glasses. That, along with the projection optics that gave the high quality 3D in Avatar, Chicken Little and Meet the Robinsons.

My PhD thesis was on three-dimensional imaging. I'm really proud of the small company I started that we sold to RealD. It is the engineering arm of RealD you will see on movie credits.

**IW** *What or who inspires you?*

**KJ** Definitely my parents. My mom had a passion for education and helping others and my dad had a passion for helping communities through electrification working for Westinghouse. 



# What's the Occasion



*Clockwise from upper left:*  
**Band Day Parade**  
 State Capitol to Civic Center  
 May 14th

**Children's Day**  
 Dakota Zoo  
 June 12th

**Ladies Night**  
 Cedric Theel Toyota  
 May 11th

**Open House**  
 Lifeways, Partners in Health  
 April 29th



# Summer Fun

## What to do, where to go, who to see...

### Shade Tree Players

- ★ King Artie and the Knights at the Rad Table, July 8-11
- ★ The Princess and the Moon, July 15-18
- ★ The Adventures of Peter Rabbit and His Friends, July 22-25
- ★ The Nifty 50's, July 29-Aug. 1
- ★ The Beatles Slept Here, Aug. 5-8
- ★ Traveling Troupe: Hamlet or Does Father Reeceeeeally Know Best?, July 27-Aug. 8th
- ★ Stories Under the Big Top, Aug. 12-15
- ★ Mirror Image - A real Enchanted Musical, Aug. 19-22

For more information, call 214.1061 or visit [shadetreeplayers.com](http://shadetreeplayers.com)



### Summer Band Shell Concerts



Mandan Dyksorn Park  
Most weeknights through August 19.  
Mandan Dacotah Lions sell burger and brats  
Tuesdays, 5:30 – 8:00 pm  
Detailed schedules available at area merchants

### Sleepy Hollow Summer Theatre



Annie, July 7-17  
Jekyll & Hyde, July 23-31  
For more information, call 319.0894 or visit [shst.org](http://shst.org)

### 36th Annual Capital A'Fair

*On the North Dakota Capitol Grounds*



Bismarck Arts & Galleries Association  
August 7th, 10am – 6pm  
August 8th, 10am – 4pm

### Urban Harvest



Downtown Bismarck,  
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10 am – 8 pm  
For more information, visit [bismarckurbanharvest.org](http://bismarckurbanharvest.org)



### Capitol Shakespeare

Taming of the Shrew  
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|---|---|



# Back on My Feet: Taking Steps to Inspire Change

by Kylie Blanchard

It is easy to think of change in monumental terms and to find inspiration in the leaps and bounds others make in their lives. But sometimes the most defining moments are those when a person simply puts one foot in front of the other and takes the first steps towards positive change.

Anne Mahlum, a Bismarck-native, is making big changes in some of the country's largest cities with a step-by-step approach to combating homelessness. She is founder and president of Back on My Feet, a non-profit organization that promotes self-sufficiency of homeless populations by engaging individuals in running as a means to build confidence, strength and self-esteem.

Founded in 2007 in Philadelphia, the organization now has chapters in

Baltimore, Washington, D.C., and Boston; along with plans to expand to Chicago in the fall. In June, Mahlum also announced the first three of five expansion cities for 2011: Dallas-Fort Worth, Atlanta, and Minneapolis-St. Paul.

For many years, running has been a key component in Mahlum's life. She has completed nine marathons and has a goal to run a marathon on every continent. "Running has always had an impact on me and it is something I do everyday. It continues to be the core of what I do personally and professionally," she says.

Running was an activity she first turned to when dealing with a struggling time during high school. "Sometimes you have to be on the bad roads to

get to the good roads," Mahlum says, sharing one of the many lessons she's learned from the sport.

While living in Philadelphia, following the completion of her master's degree, she began to realize running could teach many others the same lessons. On her daily run in the city, Mahlum passed a homeless shelter. Beginning with a smile and wave from a distance, she soon developed a rapport with the men standing outside the shelter.

One morning an idea stopped her in her tracks. With a call to the shelter and support from the community and the media, the city's first homeless running club began at 6 a.m. on July 3, 2007.

Mahlum gives credit to her North Dakota roots in making the initial



contact with the shelter residents and says people are often surprised to hear she reached out to the men outside the facility. "I'm from North Dakota. I wave at a lot of people and talk to people I don't know," she explains. "Those are Midwestern values you don't see in a lot of big cities."

Back on My Feet now boasts a total membership of 850 participants. Of that total, 200 are residential members who got involved with the organization while living at a partnering transitional facility and 650 are non-residential volunteer members. The organization now also has a twenty member staff and a \$3.4 million operational budget.

Mahlum says a team approach is key to the residential members' success in the organization's programs. Along with running, programs also include job training and educational and housing assistance. "The running component of the program is built around commitment and teamwork, and gets people ready for those next steps," she says. "It is coupled with a positive support system and there is this pride aspect that sets in. You become a part of this family."

Back on My Feet teams run together three days a week starting between 5:30 a.m. and 6 a.m. and all members are required to attend each day in order to build a community of love, hope, trust, friendship, encouragement and support within their team. "Running three

times a week at 5:45 a.m. isn't always easy," notes Mahlum. "But you keep pushing and that is how life works."

After two months of participation in the program, residential members with at least 90 percent attendance move into the Next Steps phase. Members work with the organization to determine the next steps in their lives and are offered assistance with job training programs, educational scholarships and housing.

Since 2009, 250 Back on My Feet members have enrolled in job training, received employment, or moved out of the shelter. In addition, more than 55 members have completed a half or full marathon.

Back on My Feet is supported by donations, events, and corporate and foundation support. In addition, individuals can support the organization in a number of ways. Back on My Feet merchandise is available for purchase online, with all proceeds going to the organization. "It's a brand we are building to promote the organizations," notes Mahlum.

Runners from across the country can also enter any race on behalf of Back on My Feet and raise funds for the organization; and individuals can also make monetary donations directly to the organization. Mahlum has returned to Bismarck to speak at area schools and events, and appreciates the support the community has shown. "North

Dakota has been great. It's been nice to have the support of my hometown."

In 2008, Mahlum was named one of CNN's Top 10 Heroes of the Year. She was also chosen as one of Philadelphia's 101 Young Connectors by Leadership Philadelphia and was Penjerdel's Citizen of the Year in 2009. Mahlum regularly speaks on innovative ways of combating homelessness and she recently joined the Board of Directors of Goodwill, Southern New Jersey and Philadelphia.

Mahlum, who in March moved from Philadelphia to Washington D.C. to lead that chapter's expansion, says she is inspired daily by the members of Back on My Feet. "I am inspired when I see people trying really hard to do right by their lives," she says, adding running is a way to show people they can accomplish anything. "I get inspired every time I see someone finish a race or run further than they have before. That is a really defining moment for a lot of people."

For additional information on Back on My Feet, its programs or how to support the organization visit [www.backonmyfeet.org](http://www.backonmyfeet.org).



*Kylie Blanchard is a local writer.*



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# Just Be-Cause

by Tina Ding

The world is filled with causes, and folks hop on board with a humanitarian spirit – whether working behind the scenes to plan an event, participating in a sponsored walk/run or as a recipient of the monies raised. Locally, groups brainstorm for ways to help their event stand out, as well as raise significant amounts of funds for various causes. Here are just a few.

1) To celebrate lives of people who have battled cancer, to remember lost loved ones or to fight this disease, teams raise money throughout the year as they gear up for a 12 hour walking event each spring. Nearly seventy teams competitively strive to raise the most by hosting local rummage or brat sales as well as gathering cash donations, goods and services.

The 'Begging for a Cure' team raised more than \$24,000, then joined other teams to set up booths, camp out and walk the opening survivor lap on June 5, 2010 with 250 survivors and more than 700 participants. Because cancer never sleeps, **Relay for Life** teams share the responsibility of maintaining at least one walker on the track at Century High School - at all times through the night. Total dollars raised: \$289,000 – with an additional \$60,000 in 'in-kind' scholarships. The American Cancer Society utilizes the money raised from this event to bring programs and services to patients throughout the state, such as wig or prosthesis programs

or volunteer and advocacy programs for local legislators to request federal monies for research. \*Information: Sara Haugen, 250.1022.

2) Every spring, riders pump legs as they compete – atop stationery bikes – in order to give 82 cents from every dollar raised back to children and families of cerebral palsy. Home renovations, van repairs/modifications, wheelchairs and accessories, therapy and medical services are necessities to individuals with cerebral palsy, and are not always covered by their insurance plan. To bridge the gap in these expenses, the Medcenter One Foundation holds the **Great American Bike Ride (GABR)** bringing 1,000 sponsored riders to Century High School to pedal for twenty-five minutes each. Teams raised \$225,000 during the April 10, 2010 event. \*Information: Tressie Wiley at 323.8452 or Bruce Klootwyk (committee chair) at 223.6991.

3) The **Sam McQuade Sr./Budweiser Charity Softball Tournament** brought \$76,000 to sixty local charities in 2009, after softball teams from thirteen states played ball in Bismarck. Teams pay entrance fees, spectators pay gate fees and folks donate money at this annual event. The first tournament attracted 103 teams, and this year, a record-setting 472 teams competed in the 35th Annual event. Over the years, the Budweiser Clydesdales have made occasional appearances, as teams and

spectators bring money into the community for food, lodging, and shopping. \*Information: Shannon McQuade at 223.6850.

4) Sponsored by the Missouri Valley Optimist Club, the **Kroll's Diner Bismarck Marathon** benefits a number of area charities. 2010 charitable organizations include: Big Brothers/Big Sisters of Bismarck/Mandan, YMCA Strong Kids, Charles Hall Youth Services and the ALS Association. Held each September, runners take their mark as well as cross the finish line at Sertoma Park. Whether running the 5K, full marathon, a half marathon or a relay, runners are attracted from across the US and Canada to set personal records or qualify for the Boston Marathon. Registration fees range from \$20 5K walk/run - \$210 for relay team registration. This year, the Kroll's Diner Bismarck Marathon will award \$1,500 to any man or woman who establishes a new marathon course record and \$250 for a half marathon record. \*Information: [www.bismarckmarathon.com](http://www.bismarckmarathon.com).

5) A Thanksgiving tradition for many, the **Turkey Trot** encourages families to get up and get moving before they tackle that turkey dinner. Beginning at the Bismarck Elks Club, this event offers turkeys or pumpkin pies to winners of prize categories. Since it's geared to be a family affair, both a 5K and 10K run are offered as well as a 5K competitive walk and a 'fun

walk'. Over \$50,000 was raised in 2009, by a record breaking 1249 participants, making this a very worthwhile event for the Cystic Fibrosis Association of North Dakota. \*Information: Ken Karls at 222.3998.

6) The **Alzheimer's Association Memory Walk®** puts walkers on a one- or three-mile route to participate in a fight against Alzheimer's. The goal is to eliminate Alzheimer's disease through the advancement of research, care and support. Generally held in September, this walk/run takes place at Sertoma Park. \*Information: <http://memorywalk10.kintera.org>.

7) The Mandan Dakota Lions Club raised \$2800 in their first annual **Strides Walk for Diabetes** on May 22, 2010. The club fundraised and sought scholarships from area businesses in order to raise diabetes awareness as well as to bring money to children of diabetes. Funds are used to help pay for admission to Camp Sue (diabetic children's camp at Park River) or to help pay for low vision machines or other vision impairment technology devices. Held at Fort Lincoln State Park, participants

walk or run a 3K or 5K. \*Information: Steve Moore at 663.2333.

8) Medcenter One Women's Health Center holds an annual **Arthritis Walk**. 150 participants raised over \$20,000 earlier this year, as they walked or ran the 5K. Monies raised go to fund educational seminars or offer programming (aquatic, land-based or self-help) to the community. \*Information: Kelly Brekke at 701.388.1988.

9) Raising money for teacher mini-grants or Bismarck Public School PTO's, participants in the **Apple Dash Run/Walk 4 Education** raised \$12,000 in September for the 5K walk or run. Held at Hughes Educational Center and utilizing the Tom O'Leary walking trail, the Bismarck Public Schools looks forward to this family event – by bringing in music, magic, tacos in a bag and inflatables to culminate this family night out. Additionally, a ½ mile walk and a 1-mile walk/run are offered. \*Information: Bismarck Public Schools at 323.4000 or <http://www.bismarckschools.org/district/alumni-association/bps-foundation/apple-dash/>

10) Caregivers, cancer patients and survivors celebrate life each fall at Bismarck Cancer Center's (BCC) **Applefest**. Held each September, families come together to enjoy hayrides, entertainment, food, carnival games and inflatables as well as a silent auction. Although a fitness competition is not a component / piece of their planning, BCC looks forward to raising community awareness and raised \$26,000 as a result of the 2009 celebration to be used directly for 'Wrap-Around-Services' at BCC for patient and family expenses related to their care. (see related story, pg 15). BCC looks forward to this annual event to bring families, their staff and the community together to celebrate life. \*Information: Amy Gross at 222.6100. *W*



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

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# Mouth Health News

by Sarah Franke

Saliva is not something that most of us pay much attention to. But when saliva is gone, it's hard to ignore.

Dry mouth occasionally happens to everyone, especially when we are nervous, upset or stressed. In these cases, it's only temporary and the mouth begins producing saliva again after the stress passes. However, persistent dry mouth is not simply uncomfortable – it can also lead to serious health problems.

To understand why saliva is so vital to the body, it's important to know that saliva does more than just keep the mouth wet. It cleanses the mouth, helps digest food, and makes chewing and swallowing possible. Human saliva is composed of mostly water, but it also contains compounds that help break down food particles – even food caught between the teeth. These compounds protect teeth from the bacteria that cause tooth decay or other mouth infections.

Xerostomia, or dry mouth, occurs when the salivary glands aren't working properly. Symptoms include a sticky, dry, painful, burning feeling in the mouth and throat; frequent thirst; a dry, red, raw tongue; trouble chewing, swallowing, tasting or speaking; cracked lips; and mouth sores and infections. "Most patients don't realize that dry mouth is a serious problem until their symptoms are painfully obvious," says Dr. Aaron D. Johnson of The Smile Center in Bismarck, "but by then, teeth may already show signs of decay."

There are various causes for dry mouth:

**Medication** – More than 400 medications can cause the salivary glands to produce less saliva, including some that treat high blood pressure and depression. Prescription medications are the most common cause of chronic dry mouth.

**Disease** – Diseases such as diabetes, Parkinson's and Sjögren's Syndrome can affect the production of salivary glands.

**Cancer therapy** – Radiation therapy can damage salivary glands. Chemotherapy drugs can make the saliva thicker, causing the mouth to feel dry.

**Nerve damage** – Injury to the head or neck can damage the nerves that tell the salivary glands to make saliva.

Contact your dentist or doctor right away if you experience persistent dry mouth symptoms. Your treatment options will depend on the cause. For example, if medication is the culprit, your physician may change your medicine or adjust the dosage. If your salivary glands are not working properly, there are medications that can help your glands produce more saliva.

There are also ways to alleviate dry mouth symptoms on your own.

- Keep your mouth clean and your teeth healthy.
- Drink plenty of water and chew sugarless gum to stimulate saliva production.

- Avoid sugary foods and limit tobacco, alcohol and caffeine.

- Brush your teeth at least twice daily with fluoride toothpaste, floss each day, and use a fluoride rinse.

Your dentist may also have suggestions to help with dry mouth symptoms. "If store-bought toothpaste doesn't seem to alleviate your dry mouth, ask your dentist about special high-fluoride toothpastes," says Dr. Johnson. "Toothpastes with up to 5,000 PPM of fluoride, which are not available in stores, have provided relief to many of my patients." There are also over-the-counter artificial saliva products that mimic natural saliva. However, most do not actually stimulate salivary gland production and should be considered replacement therapy rather than a cure.

Dry mouth may be a common problem, but keep in mind that it is more than just an irritant. If left untreated, dry mouth can cause serious health problems that are complex and costly to treat. Through prevention, open communication with your dentist and doctor, and proper treatment, you can minimize the discomfort of dry mouth and its effect on your health and quality of life. *W*



Sarah Franke is an account manager with Agency MABU.

# Brownies!

by Pam Vukelic

Whether you like them gooey or cakey, nutty or plain, frosted or dusted with powdered sugar, it is hard to resist a rich chocolate brownie. No doubt you have your favorite recipe, maybe the one you got from your mom or grandma, and you've been using it for years, but there's always room for improvement, right?

Every good baker will tell you if you use good ingredients you have won half the battle. Most brownie recipes call for melted butter. The best butter to use in dessert recipes is unsalted butter. It tends to be fresher and more predictable than salted butter. Several companies known for good quality chocolate (Ghirardelli and Scharffen Berger, for example) make excellent cocoa powder. Hershey's offers a "special dark" cocoa with a richer chocolate flavor than their traditional cocoa powder. Many brownie recipes call for either espresso powder or left-over cold coffee, both of which will enhance the chocolate flavor. For a special dessert following a Mexican meal, add a few teaspoons of cocoa chili blend to your brownie mixture. This is a McCormick product that includes chipotle peppers.

Move beyond walnuts and pecans to add decadence and crunch. Stir in mini peppermint patties, melted caramel, peanut butter dollops, raspberry preserves, chopped pretzels or macadamia nuts. Ubiquitous chocolate chips can be upgraded by using chocolate chunks or mini chocolate baking bars, toffee bits, peanut butter chips, butterscotch bits, or swirled morsels.

Always use the pan size recommended in your recipe, especially for brownies, which are notorious for developing over-done edges. They're done when a toothpick inserted in the center comes out barely moist. To ease removal from the pan, line the pan with foil slings. Grease two strips of foil well, press them carefully into the pan letting the ends extend beyond the edges, and once the brownies have cooled slightly you can easily lift the entire batch from the pan.

Specialty pans can be used to make brownie pops. Insert sticks mid-way in the baking process so the brownies can be dipped in melted chocolate and eaten like lollipops. Without a stick, the pops are a simple version of a petit four and portion control is facilitated! Small pans, such as a muffin pan or a shortcake pan, create lovely individual servings that can be topped with ice cream and hot fudge.

Cut brownies made in a traditional baking sheet with tall cookie cutters or a specialty combo cutter that will cut several triangles or ovals with one cut. Once the brownies are cut and the crumbs are brushed off, place the cut-outs on a cooling rack sitting in a baking sheet. Prepare a chocolate ganache that can be poured over the brownies for a smooth, glossy finish.

Before the ganache fully sets, sprinkle with toasted coconut, toasted chopped nuts, mini M & M's or sprinkles appropriate to the occasion.



## Ganache

One of the easiest toppings for a pan of brownies is a sprinkle of powdered sugar. Use a fine mesh sieve to create a light top coat. For a special touch, before dusting with powdered sugar place a stencil, such as a lacy paper doily, on top.

Brownies store and pack well. Bundle up a few and pass them along to someone you appreciate – your mailman or UPS deliverer, barber or beautician, mother-in-law or son-in-law, co-workers or boss, neighbors or book club friends – or anyone you want to surprise.

Heat 2/3 c heavy cream to simmer. Pour over 4 oz bitter-sweet chocolate cut into chunks. Whisk until smooth. Small quantities of various flavorings, such as peppermint extract, can be added. Let stand at room temperature for 30 minutes and pour over cut-outs. Spread with off-set spatula to smooth and cover edges. Refrigerate to set.



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

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# From the Kitchen of Julie Hart

*Julie and her husband have adapted and varied this recipe of his mom's. It is a quick recipe without much to measure, and it has no name!*

4-6 sausages (like a polish sausage)  
1 large can of tomato sauce  
oregano  
basil  
parsley  
pepper  
salt to taste  
any shapes of noodle

Slice sausages cross ways (look like discs) and lightly fry in large frying pan. When the sausages start to look like they are cooked add the can of tomato sauce. Then add oregano, basil, parsley, pepper and salt to taste. Then use the large tomato can to add the same quantity of water and bring the contents to a simmer. Then add one handful of noodles for each person eating. Cook the noodles in the tomato/sausage for according to the time indicated on the box of the noodles. Serve in a shallow bowl with optional parmesian cheese.



## Mild Chili

by Shelley Nance

1 lb ground beef  
½ large onion (diced small)  
1 can cooked red fancy kidney beans  
1 can undiluted tomato soup  
1 ½ tsp salt  
2 bay leaves  
½ tsp pepper  
½ tsp paprika  
1/2-2 tsp oregano  
1 ½ large can of tomato juice

Brown beef with onions. Add the remainder of the ingredients and simmer for about an hour.





*Julie received this favorite childhood recipe from her grandmother.*

## Applesauce Bars

½ cup butter or margarine  
1 cup sugar  
1 egg  
2 cup all purpose flour  
½ tsp each: baking sode, salt,  
ground cloves, cinnamon,  
nutmeg  
1 cup canned applesauce  
1 cup seedless raisins  
1 cup chopped nuts (optional)

Cream butter and sugar until light. Add egg and beat well. Mix dry ingrediants and add alternately with applesauce to the first mixture, beating well after each addition. Add raisins and nuts. Spread in 15x10x2 jelly roll pan. Bake 350° fro 20 to 25 minutes. Cut into bars while warm. Cool before removing from pan. Frost if desired. Yield: 4 dozen

*Julie, her husband Robert and their two children Iain (7) and Rebecca (6) have lived in their current home in Bismarck for four years.*

*Julie likes cooking, baking, canning, sewing, card making, reading, playing with her kids and spending time with family.*

*Currently, Julie teaches Suzuki Early Childhood Education classes for children from birth to 5 years. She also volunteers at church, Highland Acres and her daughter's Daisy Troop.*



## Fun Facts

- North Dakota's Lake Sakakawea has more shoreline than the state of California.
- The world's largest all-sports store is located in Fargo. The Scheels flagship store is 196,000 square feet and has a Ferris wheel inside.
- The dinosaur museum in Dickinson holds the world's largest intact triceratops skull. It weighs 1,500 pounds
- North Dakota has 63 wildlife refuges, more than any other state. All are managed for waterfowl production.
- North Dakota is the only state with a state-owned bank, the Bank of North Dakota. It also has a state flour mill, the North Dakota Mill and Elevator in Grand Forks. They are the only state-owned facilities of their type in the nation.

Find more fun facts about North Dakota at [ndtourism.com/about/funfacts/](http://ndtourism.com/about/funfacts/)

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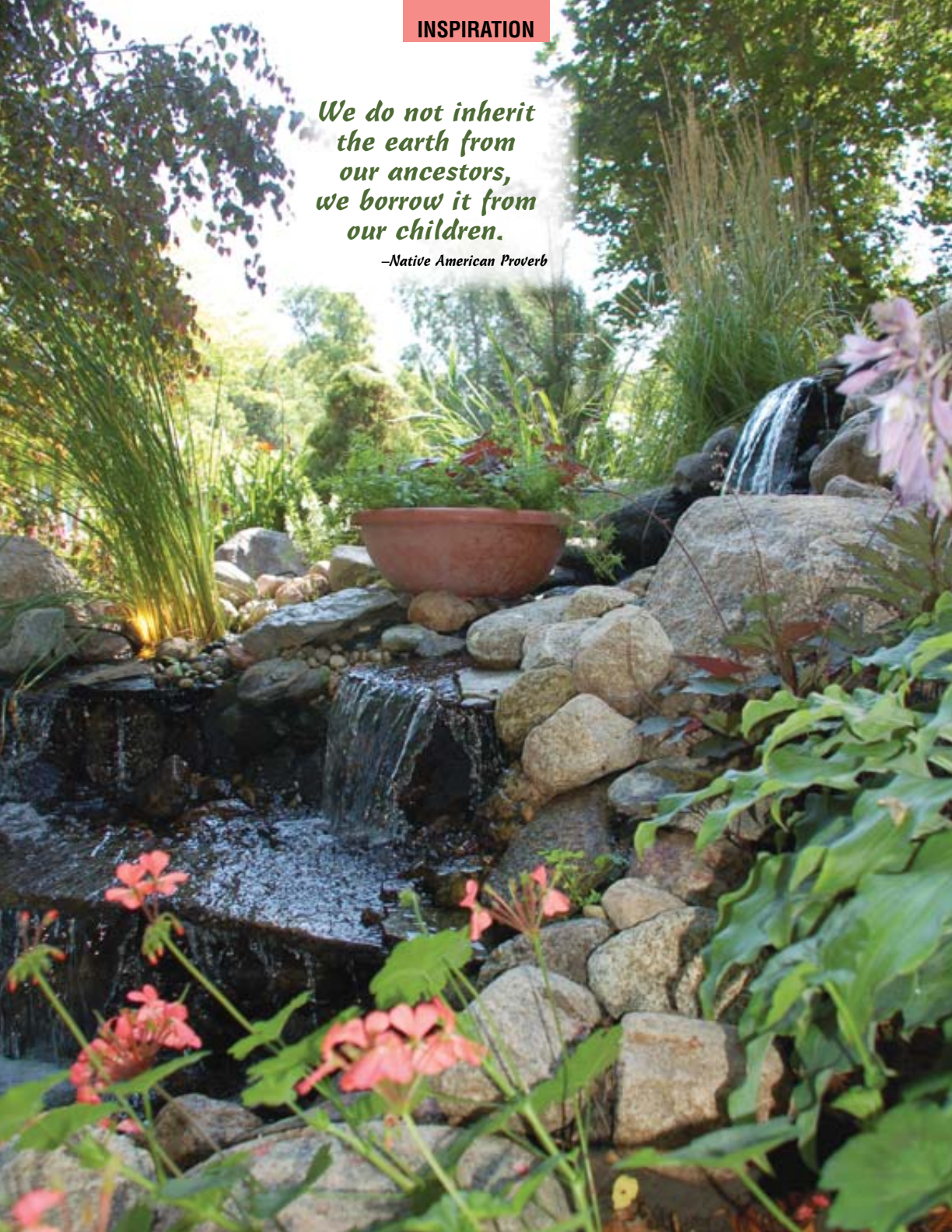
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## Born in Bismarck Today...Changing the World



The GOD'S CHILD Project was founded in Bismarck, ND in 1991. Since then, The GOD'S CHILD Project has grown to become an international movement with dignifying sustainable education, health-care and volunteer-driven community development programs.

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- Operates Central America's largest anti-human trafficking rescue and recovery network
- Runs specialized programs for malnourished infants, special needs students, former street children, and legal aide for battered women

Right here in North Dakota, The GOD'S CHILD Project is one of the largest providers of direct help to LOCAL families as well.

Who would have known this was all going to happen when Bismarck-native Patrick Atkinson founded The GOD'S CHILD Project back in 1991? The GOD'S CHILD Project's volunteers and benefactors who worked to make it happen. Become one today.

Call 255-7956 and visit [GodsChild.org](http://GodsChild.org) to see what you can do to help local families, and to also change the world.



Christopher Mathew, Assistant Executive Director  
Post Office Box 1573 • Bismarck, ND 58502 • Tel: (701) 255-7956  
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