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October / November 2013

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Woman

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Carvell**

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THE HOME ISSUE

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



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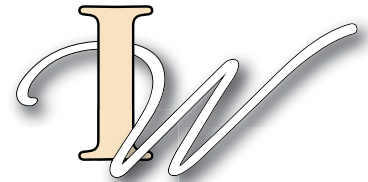
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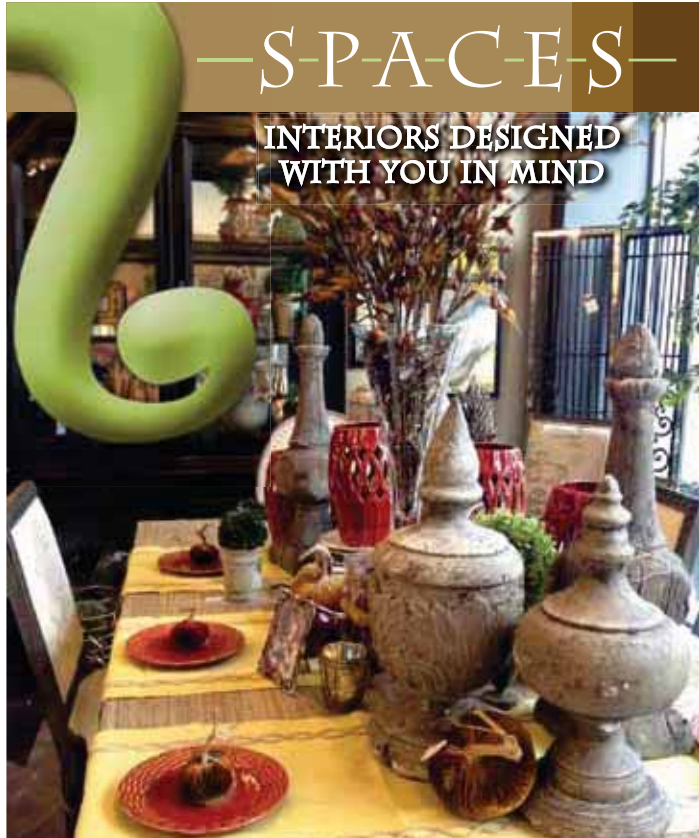
Many of you know our cover girl, Melanie Carvell. She is one of those people that just make you feel good after you have a conversation with her. She is always pleasant, offering encouragement and just an all around nice person. I loved getting to know her better and I am looking forward to reading her book when it comes out next year.

This is the first "Home" issue I have done and I really enjoyed putting it together. It was fun to see new trends in design and learn more about all of the opportunities there are for styling our living spaces. There is a lot of new home construction in our area, but many are remodeling, too. I hope you will find some fun ideas for your home in this issue.

October is National Breast Cancer Awareness Month and we highlight some of the events you can participate in. We also talk about some of the latest in breast cancer screenings and I give you my up close and personal experience with many of them.

As this issue goes to print I am preparing for the first Inspired Woman trip to New York City. Twenty women and I will depart Friday, September 27th for four fun-filled days of sight-seeing, shopping, a Broadway show and lots of good food. I am looking forward to getting to know some of our readers and yes, there will be a story about it in the next issue.

~Be Inspired~ Deb



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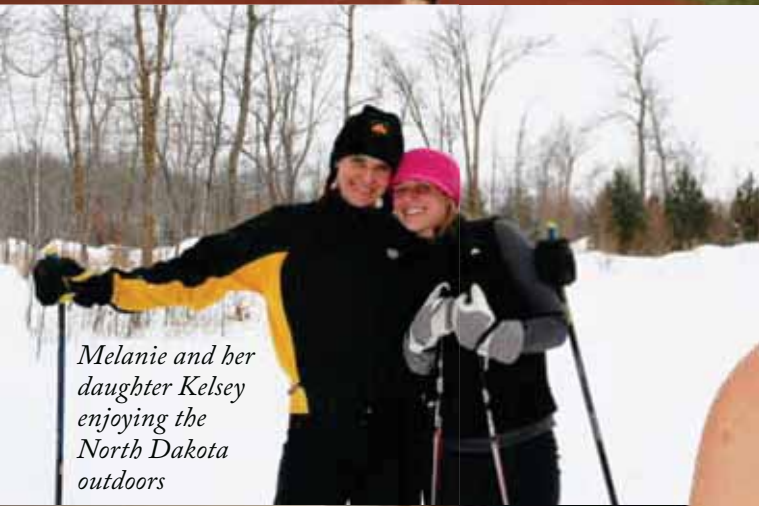
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Melanie won the overall women's division at the Detroit Lakes Triathlon this summer.



Melanie and her daughter Kelsey enjoying the North Dakota outdoors



Hardy North Dakota runners

"I do, however, know that we don't have to be good at something to start, but we have to start, and if we start we may become good at what we attempt, and maybe even more than good. And I do know that talent has little to do with success. The true markers are patience and persistence."

~excerpt from the introduction to Melanie's book



Melanie Carvell

Wears many hats

by Deb Seminary

Wife, mother, daughter, Physical Therapist, Director of Sanford's Women's Health Center, world class triathlete, coach, motivational speaker, writer, friend, pianist, all-around nice person - this is Melanie Carvell.

Growing up in Mott, North Dakota ("the spot where the girls are hot") shaped her for life.

"Often people ask how I do what I do, and I think the answer is Mott, growing up in Mott," said Carvell. "When there are only eight girls out for track you have to throw the shot put *and* run the mile. I started playing organ in the fourth grade because an organist was needed. You do what needs to be done. There are pros and cons to growing up in a small town, but I really do think they develop people who know what work is, how to get things done without a whole lot of resources, and how to become a leader."

Carvell cites her parents, Floyd and Eleanor Rixen, as strong influencers in shaping her. "My dad ran Rixen's Bar and was a rural mail carrier who worked hard to provide for our large family," she said. "He always treated everyone he came in contact with 'like a customer,' and that taught me how important good relational skills were. Mom was a stay-at-home-mother who was busy keeping the house running like a well-oiled machine and also volunteering in the community. If I wanted to visit with her I had to follow her around, from the garden

to the kitchen, to the laundry room and canning room. She also taught me something about healthy eating and keeping fit - she walked three miles a day, out to the football field and back."

Carvell's parents still live in Mott and she says the little southwestern North Dakota town remains a great place, with beautiful farmland and prairie pastures all around that have avoided the oil boom, so far.

She met her husband, Chuck, there and after she graduated from UND in Physical Therapy, they married and moved to Scotland where Chuck was working on his PhD. "Our first child, Kelsey, was born in Edinburgh," she said. "We were over there for a year and I was unable to get a job due to the different PT licensing requirements. Chuck still had a year left at the university, so Kelsey and I came to Bismarck because it was a place I could find a job as a physical therapist, plus I had family here."

Her journey to become a physical therapist started when she had a bad cheerleading injury in eighth grade. "I ended up in the hospital and had the cutest physical therapist in the entire world," she explained. "I was so grateful to him for getting me back on my feet. I remember sitting in the PT department thinking, 'this is what I want to do, it looks so rewarding.' It was just a bee hive of activity of people helping the sick and injured get better. I wanted to be a part of it."

The Triathlete

Was she always an athlete? "Well, that's a stretch," Carvell replied. "I was

one of the weakest runners on UND's cross country and track teams. In high school I never even qualified for the state track meet and we didn't have a lot of options. Back then, sports for girls were just getting off the ground. I was a cheerleader, which was great for growing leadership skills, but that wasn't a sport. We had track available to us, and girls basketball started the year I was a freshman. You can imagine how bad we were, with no background in the game. We were terrible. After having brothers who were great basketball players it was painful for my dad to even watch our games."

Carvell did her first triathlon when she was pregnant with Kelsey, who turned 29 this year.

She got interested in triathlons when her friend Deanna Askew asked her to count laps for her at a triathlon in Mandan. "I had run my first marathon that summer and developed achilles tendonitis, so I had been doing a lot of biking. I thought, 'It's just swimming I have to learn, how hard can that be?' Really hard! I'm still trying to learn how to improve my stroke and get some speed in the water."

But she does enjoy the training: "Just like other trends, you see so many techniques come and go, and you need to be open to possibilities and always learning. I love to try to teach and mentor others because it is such a great way to learn. I always leave with so much more than I give. Every time I teach a running workshop it benefits me tenfold. I really enjoy the day-to-day camaraderie of training. I had such a great summer because I have some



amazing training partners who really push me! And sometimes I can return the favor."

Her great summer culminated in qualifying for the World Championships, making her an All-American Triathlete for the fifth time, something she was not sure could ever happen again.

Carvell had major back surgery six years ago. She had dealt with a back problem since her children were born and it finally got to the point where she had to get it fixed. The first surgeon told her it was time for her to coach instead of compete. "I left there and cried," she said. "Then I saw another surgeon who said he could fix it. He told me I was too young to quit doing what I love to do."

After the surgery she had a lot of time on her hands because the only thing she could do was walk. She went from being a world-caliber triathlete to a mall walker. "Not that there is anything wrong with walking at Kirkwood Mall, but it was a tough, tough time."

During that time, Clay Jenkinson was looking for some training tips to help

him prepare to walk the Little Missouri River Valley from Marmarth up to the North Unit of TR Park. They started walking together. Carvell would tell him stories about her races and acquaintances and he would say, "You've got to write that down."

"I thought it would be great to get as much written down about my experiences as I could so I wouldn't forget it all, and because I didn't know if I'd have any more like that," she said. "I didn't know if I would ever compete at a high level, or any level, again. It didn't look like it."

She had time on her hands to think about where she came from, what she had done with her life up to that point, and what she could do to move forward positively from back surgery.

The Book

Over time, Carvell's collection of reminiscences began to grow and she thought she might have enough for a book. Her manuscript is now in the hands of a publisher. She hopes the book, the title still a work in progress, will be out early next year.

Because she wrote most of it while recovering from back surgery, she has updated parts of it over the past few months. In particular, she added some things about her successful 2013 racing season. "I haven't competed at this level since well before my surgery," said Carvell.

"The last world championship I competed in was 2003 in New Zealand. One of my pie-in-the-sky goals last summer at Nationals was to become an All-American again. If you place in the top ten in your age category you are automatically All-American. Last summer I was having a good season, qualified for Nationals in Vermont and was having a great race, but ended up with a flat tire, lost a huge chunk of time, and came in 33rd in my age group. This year I had an even better summer training and racing, and at Nationals in Milwaukee I ended up seventh, out of 133 women that qualified for Nationals, in my age group." Her finish qualified Carvell for the 2014 World Triathlon Championships in Edmonton, Alberta.

Carvell credits much of her success, ironically, to back surgery. "I came back with a different perspective, how can I run with less impact, more efficiency, and more economy - is there a way to run better? Another big change since surgery is that I now think of training as something not that I *have* to do, but as something I *get* to do."

Carvell described how she researched, read and studied running techniques. "I now run smarter using ChiRunning and natural running methods. I never would have explored any of that. I learned you can use injuries and setbacks as an excuse, or as a spring board. For me, I don't know if I would be where I am if I wouldn't have had the surgery or other challenges. And it has been super fun for me to pass on some of these new running and swimming techniques. I've been teaching quite a few running workshops, trying to help other people make running easier and more fun, and hope to get certified as a natural running coach this

year. I wouldn't have looked into any of that if I wasn't trying to figure out how to do it better myself because of the challenges I had."

Carvell's book is mostly a collection of stories and experiences. When she gets evaluations back from public speaking engagements, it is the motivation part of it that people like most, the stories.

She talked about what people will find inside the cover: "It's about growing up in a small town, being part of a large family, moving on to a bigger stage, doing things never thought possible or even imagined, and people and obstacles, humor and joys encountered along the way. It will have a bit about my ancestors, the stock - immigrants, shepherders, ranchers, farmers, housewives - I come from. I do think those that come before us leave something in the blood line that shapes us in a lot of ways. And for me, it was ways that I'm grateful for."

While Carvell believes the book will be entertaining, she says it does have an objective. "I hope people who are struggling to become active will find hope and inspiration - some motivation to get moving," she said. "Maybe people who are already working hard will feel a bond or some camaraderie with me, and people who are struggling with an injury or whatever it might be, will know there is hope for a comeback and that they shouldn't rule anything out. It is not a how-to manual, I just hope it will motivate people to get up and do a little bit and then maybe a little



Melanie Carvell is passionate about women's health. When she started the Run/Walk for Breast Cancer Awareness 18 years ago, she probably had no idea it would touch thousands of lives. The event will be held Friday, October 11th. Read more on page 30.

bit more and then maybe they will feel the urge to give someone else a nudge. That is the best way to keep yourself going, if you can get somebody else moving, then you can't really quit."

Carvell also shares some stories about interactions with wildlife while running and cycling, including one in Montana with her son, Robert, as they rode in communion alongside a couple of wild horses, trying to match their speed and grace. "Another experience I had was out at Lake Tschida, where I love running on dirt roads because that is how I grew up running in Mott," she said. "On a few runs at Tschida a small group of pronghorn antelope kept me company. Instead of fleeing from me, they kept sort of close by and seemed to want to play."

One of Carvell's goals is to get people outside. Being out-of-doors, she believes, is a tribute to where she grew up and where we live, enjoying it through all the seasons and making

peace with it in winter. "Too often we go to the club, get on the machine, punish ourselves for a half hour, then the rest of the day we're sitting. Too much sitting is a huge disease risk factor. We simply have to find a way to engineer more activity in our schedules. If we can, our lives will be so much richer. And having beautiful Bismarck and Mandan and western North Dakota just out our door, should make it a lot easier to do."

Melanie still uses her musical talent and plays piano on Corpus Christi Church's worship team. "It is fun to play for church because it feeds my soul, and it keeps me practicing. And now I have more time to give back to the community. My kids are 29, 27 and 24 and they soooo don't need me as much anymore. My youngest son, Elliot, has his own place in Bismarck and to get him to visit more often I bribe him with his favorite meals. He is very independent. I feel pretty selfish sometimes because I did it all while I was juggling kids and getting my professional career up and running, and now I have more time on my hands to pitch in and do more things, and try to help other people."

Helping others be the best they can be, just like she tries to live her own life.



Deb Seminary is the editor of *Inspired Woman*.

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Home Trends

Dress up your home

Lisa Bohrer, owner of Spaces in downtown Bismarck, talked about the biggest trend in home decorating – color: “When we do new construction we try to get a good base going so the homeowner can bring in a lot of color and switch it up for the seasons. Changing out pillows, throws and accessories with the seasons gives a home a fresh feel two or three times a year. The nice thing about starting with a neutral piece is that in five years if a certain color is really out, you just switch out the pillows and maybe a small piece like the ottoman, you didn’t lock yourself into that big investment. I like to be respectful of people’s budgets.

“We dress your house like a woman dresses herself – in layers. Start with the flooring as the anchor, then add area rugs, furniture, artwork on the wall and accessories for the layering effect. Accessories are the jewelry, and show your true personality.”

More trends: Teals and oranges for accents, for wall colors – warm grey is popular again, not the blue-grey it used to be, more like a brown-grey. Bunching ottomans and cocktail tables – trying to make our lifestyles easier, rather than one big cocktail table, you can pull them apart for different family members.

A great example of adding a **SEASONAL COLOR** with **ACCESSORIES**.
This is perfect for fall.



Add a **POP OF COLOR** with bunching **OTTOMANS**. Put red pillows on this couch for the holidays, for spring – chartreuse!



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Home Trends

What's hot for the home?

Ali Arndorfer of Hidden Treasures Home Decorating shares her thoughts on what is 'Hot for the Home'...

What colors seem to be hot right now - wall color, accessories, pillows, furniture? Colors that are hot right now are soft oranges, blues, (primarily aqua) and grey's. Lemon yellow is also huge, especially when paired with grey! Grey in all shades, is gorgeous on walls and sofas. Aqua is also going crazy right now! It is stunning when on rustic wood furniture pieces as well as accessories. Slate and rusts are in many homes as well.



Are people asking for a more traditional look, rustic - what are you hearing? I think overall, Bismarck still plays it a little safe. We still need our comfort and functionality. Our homes HAVE to be practical. I see combinations of rustic country, French country, modern and traditional. Old rustic woods combined with bits of industrial and traditional pieces are big. I personally am very eclectic, so I love to mix and match styles!

If someone is on a very restricted budget what are some things they can do to update their home and not break the bank? One of the best starters is paint. Always a facelift! Also, have a focal point. If you have a fireplace, make a statement. They can always be painted as well! If there is no fireplace, find where the focal point should be and make a statement with large wall art.

A few other inexpensive ideas are 1) Use throw pillows and drapes to bring a room and its colors together. 2) An uncluttered and organized home does wonders in showcasing the décor you do have. I've been in homes with the most beautiful pieces, but if they are covered in piles of stuff it doesn't have the same feel. 3) Use coordination and appropriate size picture frames for wall photos. This can be an inexpensive and very stylish statement.

A totally cost free idea is rearranging the existing furniture. Perhaps pulling pieces from other rooms for a new look. A large attractive area rug is nice to pull seating areas together.

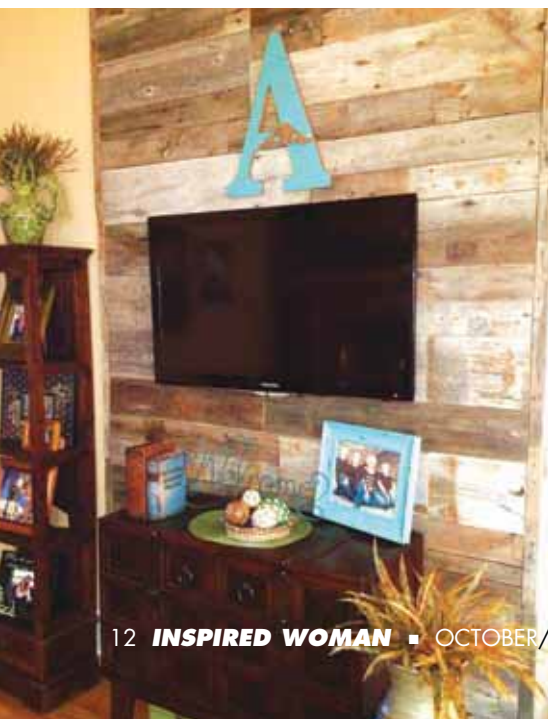
And one of my favorite tips.....SPRAYPAINT!! You'll be amazed what you can do for \$3.00!

What is the most popular room that you do - bedrooms, living rooms? Definitely living and family rooms. The place where the family usually is and where company sees first!

Are there certain fabrics that are hot right now? Fabrics with bold patterns. Don't be afraid to mix bold colors and patterns.

How often should a person look at updating their furniture, carpet, etc? Everyone's budget is different, but I would suggest trying to keep neutral furniture and carpet, that way you will have to update that less often. Try to focus on keeping the paint colors current with your tastes. Remember painting furniture and accessories is always an option!

Contact Hidden Treasures Home Decorating at 323.0111.



Home Trends

Let there be ~~light~~ white



Interior Designer Madonna Wald and her husband, Gary, recently built a home in south Bismarck. She invited *Inspired Woman* in for a sneak peak, and promised we could come back for more photos when decorating is complete.

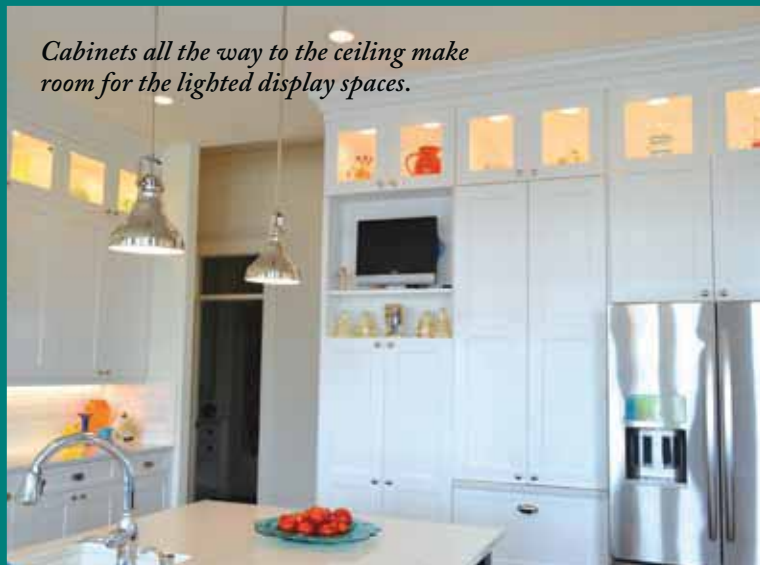
Wald likes to do things everyone else is NOT doing. "I like white because it makes everything pop. I like to work with a lot of color - bright colors, not muted."

The kitchen opens onto a deck and faces west to get sunshine at the end of the day. Wald choose ten foot ceilings for a dramatic touch.

Contact Madonna at Lot 2029, 206 N. 4th Street, Bismarck



Cabinets all the way to the ceiling make room for the lighted display spaces.



White, wavy tile on the backsplash gives extra depth and dimension.

Countertop is quartz.





Tips to Stage your Home

During the selling process

Judy Maslowski is a Realtor with Bianco Realty and Jen Bjork is a Painter. The two grew up together in Washburn and have been friends since they were about three years old. They both chose Nursing as careers, then their home decorating interests led them to new career paths that still allow them to work together from time to time. Here they discuss how to make a house more desirable during the selling process.

IW What are some basic tips and tricks for getting a home ready to sell?

JM Jen knows that I am a thrifty person and it is amazing what paint will do. I have had people paint appliances. That same couple had a rock fireplace with black grout. I suggested they paint the grout kind of a taupe, and it looked fabulous. I think Jen will agree, keep it neutral and bring in color with accessories.

JB Keep it light and bright, and use earth tones. As far as color is concerned, taupes or beiges, gray is a good neutral and soft greens or possibly a pale blue in a bedroom. Stay away from really dark colors unless

you are doing an accent wall or you want to highlight a fireplace. If you really want to do white, go with a warmer white.

The finishes that you use are important to consider, too. I recommend satin or eggshell, not flat or semi-gloss.

I just finished an older home and it had cracks and holes in the walls. It is very important to repair those before painting. And declutter, get rid of the collections. When we sold our house six years ago, we rented one of those PODs, parked it in the driveway, got rid of the clutter and a lot of boxes in the basement. We filled it up, they hauled it away and stored it for us.

JM Decluttering helps rooms look larger, too. Sometimes there is too much furniture in a room.

JB Remove dated window treatments and valances, letting in the natural light can make a huge difference. Have a bouquet or two of flowers around.

Cleaning is so important, too. If you don't want to paint, one of those Mr. Clean Magic Erasers works well for wiping scuffs off walls.

JM I just had a house that had some blue marker on the hardwood floor. That Mr. Clean Eraser took it right off.

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JB Get rid of pet odors and don't even have the evidence of pets around when you are showing your house, put the bowls away and hide the litter box. And, clear the magnets off the refrigerator!

JM Think about what is hanging in children's rooms, posters and pictures, or if there is anything a little personal that you may not want displayed while your house is for sale.

IW Is there an easy, economical way to fix dinged up cabinetry?

JB There are wood finish stain markers that touch up scratches on cabinets, furniture and baseboards.

JM She just fixed a cabinet end panel that a chair back had scratched up. It looked brand new!

IW What about the exterior of the home?

JM It is so important, you never get a second chance to make a first impression. People will do a drive by and if your house does not look good, you may not even get them inside. Even just

changing doorknobs, spray painting the hardware, or light fixtures.

JB Paint the door, add some potted plants, trim the shrubs, keep the lawn weed free and mowed.

IW What would you suggest for an outdated bathroom vanity?

JB Paint it!

JM There is new Rustoleum paint for cabinets and countertops. Or, you can replace the countertop for around \$200. Plus you can change the faucet and hardware. A new countertop and faucet will make the whole piece look new.

IW What are some things to consider in keeping a home up to date and fresh?

JM Most of us are frugal Norwegians and Germans who don't tend to change things very often. We become oblivious to what we are living in. I always tell people to think of what they want to see when they walk into a house...what would they be turned off by?

JB My recommendation for do-it-yourself painters: do not use tape on

baseboards and trim. It oftentimes leaks through. And it takes a lot of time to clean off that dried paint. I suggest using a good, angled paintbrush and a steady hand.. So, hire a professional if you don't think you can keep the lines straight. Also, if you have a small house and you want the rooms to appear bigger, keep wall colors and flooring the same. It just flows better.

JM I agree, doing a bunch of different colors in one area is not good. Get rid of old carpet. It is easy to lay that click and lock laminate. If it screams 25 years ago, it will be more difficult to sell. Kitchens and bathrooms are the most expensive rooms to do, but there are some things you can do on a shoestring. Add a tile backsplash, change the hardware on the cabinetry. Clean the grout and replace old, cracked caulking.

Happy Selling!

Contact Judy Maslowski at 400.7516/224.1100 or judysbismanhomes.com. Contact Jen Bjork at 400.4536 or jbcolor.net. See their ads on page 2.

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Alternatives to the Single Family Home

Tired of throwing money away on rent but not ready to move into a house? Ready to hang up the rake and shovel? Want the benefits of home ownership without the entire home? Ready to downsize? A condominium or twin home could be for you.

Condominiums have been around for awhile. Twin homes have surged in popularity in the past few years. Read about some of the options available in Bismarck.



Condos

Carla Pine and her husband Steve are building Broadway Centre in downtown Bismarck. This development takes up a city block and will include seventeen condominiums, including two penthouses, office and retail space as well as Broadway Grill and Tavern.

The third floor will house the condos which come with two underground parking spaces and a storage unit in a secure area. "The condos are wired and sheet rocked, the walls will be taped and textured when a unit is purchased," explained Carla. "A new owner can choose their own flooring, paint and fixtures, make it their own. We have two and three bedroom units. All have decks with radiant heat. There will also be an exercise room, sauna and community room."

Fireplaces are standard in the living room and other features include central vac and wiring for sound.

The Broadway Centre condominiums start at 2094 square feet, and the largest is 3759 sq ft. The units start at \$425,000. There are tax incentives through the Bismarck Renaissance Zone Project and North Dakota's Tax Incentive Program for buyers to benefit from as well.

Another benefit for condo owners will be the proximity of Broadway Grill and Tavern, located on the ground level. "There will be a patio out front," said Carla. "We are in the process of hiring a chef and will finalize the menu after that."

Downtown Bismarck is becoming an attractive social and retail center. Broadway Centre condos offer a way to stay close to the action.

For more information and to see floor plans, visit broadwaycentre.net.



Twin homes

K&L Homes has been building twin homes for about fifteen years. "Our target market is people looking to downsize, wanting to move into their 'last' home, snowbirds or people who travel a lot," said Chad Moldenhauer, second generation builder/broker. "Those people are looking for similar quality and amenities that they had in a single family home, but don't want the stress of a big yard. Or maybe they have a home down south and there is less guilt (about owning two homes) with a twin home."

Some people may think twin homes take away privacy. Visions of duplexes may come to mind. K&L Homes constructs their party wall or dividing wall between the units (goes from floor to ceiling) to exceed code. This ensures sound proofing and privacy. They have also built some with front loading and side loading garages, so the driveways are not side by side. Party walls are built between the decks, too. Neighbors could go weeks without seeing, or hearing, each other.

A twin home may be desirable to people who still want to putter around the yard a bit, have some flowers or even a garden. There may even be some price savings over a single family home, since there are two units going onto one lot, one framer framing two homes, etc.

There are a lot of ways to set up twin homes. The way K&L Homes sets them up, the only thing neighbors share with each other is that party wall. There are different styles, the smaller ones are slab on grade, around 2500 square feet. The other style is around 3200 square feet and have a view. "Garage space is always an issue," said Moldenhauer. "I try to include a three stall garage or extra space up front."

Twin homes are not for everyone, people are either sold on the idea or not. "If I have to explain the twin home concept to someone, I know they are not going to want one," said Moldenhauer.

But those that live in them are very happy homeowners.

For more information, visit k-lhomes.com



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Introducing the HGTV Furniture Line at Zimmerman's Furniture

A POP of color, three different ways



When you walk in the house, you should have that aha! moment. It's about making rooms that people feel good in.

Welcome Home!

Zimmerman's Furniture was recently chosen as North Dakota's exclusive dealer for the HGTV furniture collection. HGTV will choose 50 retailers throughout the United States to carry their furniture line and Zimmerman's Furniture is number 38.

It was not a 'snap your fingers' process to get the line. HGTV is very selective. It took a few months of paperwork and other things to get approved as North Dakota's exclusive HGTV furniture retailer. The HGTV designers then traveled to each store to choose where the furniture would be displayed.

Kim Klein, general manager of Zimmerman's, compared the HGTV collection to Garanimals, the clothes that kids can mix and match. "They

are really big on mixing rustic styles with contemporary and/or traditional - everything together," said Klein. "I love it."

The five collections, which all include Living Room, Dining Room and Bedroom furniture, are featured in catalogs available at the store. With designer notes, before and after shots, fabric swatches, accent ideas, paint colors and more, the catalogs help guide the buyer through the process of how to make the pieces work in a room.

The HGTV furniture line makes it easy to style a home. "If you find a look you like, they have the paint, rugs, carpet, accessories and furniture that you should choose," she said. "They recommend going with a sofa in a neutral color, then going

crazy with your accents - your chair, pillows, rugs, lamps. And then if you get tired of it, it's not that big of an investment to change it out. HGTV makes design really simple, especially for those that may be afraid of design. It makes a person feel like, 'hey, I can do that!'"

Besides the HGTV furniture, shoppers will find fabric swatches on display, as well as a helpful video center. It really could not be easier to furnish a home, HGTV and Zimmerman's Furniture are truly making design simple.

Find the HGTV Furniture Collection at all Zimmerman's Furniture locations in Bismarck, Fargo, Jamestown and Minot. Browse the collection online at www.zimmermansfurniture.com.



HGTV Tip: A dining wing chair that sits nicely under a table as a host or hostess chair can also be put to use for extra seating in the living room.



Choose any fabric and nine types of wood finish.

Making Design Simple



The nightstands offer much more than just bedside storage. Extra features include nightlights, water-resistant pull-out trays and handy chargers for phones and electronic gadgets.



In every collection the bottom dresser drawers are cedar lined.



The Server has silverware tray, concealed power strip with four outlets and touch light. Granite choices - polished or not, for an older, rustic look.



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www.zimmermansfurniture.com

Awesome Autumn Entries







New for the Home

Eco Chic Boutique

About eight years ago, after working for a company for twelve years, Maria Bosak decided it was time to venture out on her own. A friend introduced her to Shackle products and she began promoting the line and working from home. "It was an area I wasn't familiar with, and I fell in love with the whole natural, chemical-free 'thing,'" she said. "As I talked with moms, they expressed their wishes for other eco-friendly items that were only available online. I heard that enough and decided to open a retail store that sells those products. That was the original concept."

Eco Chic opened in Fargo, June 4, 2010, and after about ten months Bosak realized sales were not growing at the rate she had hoped. She asked a friend what she thought could be added to the store to increase sales and her friend suggested repurposed furniture. Bosak had never heard of it. "People were always trying to buy the table and hutch we had bought and fixed up to use for display pieces, but I didn't know that's what it was called. We put a few pieces on the floor and it started to sell. We quickly realized that is what people were looking for."

They needed to find an eco-friendly paint for the furniture and stumbled upon Chalk Paint® by Annie Sloan. Annie Sloan created the paint because she wanted painting furniture to be simple and safe. The paint can be used on almost any surface without sanding or priming, it is safe, no chemical compounds, no VOC and dries fast. Plus, she only sells to small, family-owned

shops. Eco Chic now sells the paint and offers classes on how to use the paint and will also customize personal pieces that are brought to the store as well as paint cabinetry in a home.

Eco Chic's main focus is North Dakota and the surrounding area - to give people the opportunity to buy nice, repurposed furniture at a decent price. "Some people like to do it themselves, others don't," explained Bosak. "A lot of the furniture out there today is poor quality and expensive. So if we can help people fill their homes with nice quality furniture that they don't have to break the bank to buy - I like being able to provide that. We bring to people an opportunity to create a home they really love. Your home should be the place you want to be, where you feel safe. If your surroundings feel good, you feel good."

Besides furniture and Chalk Paint® by Annie Sloan, Eco Chic also carries fun, locally created items, such as jewelry, pillows, soaps and photography. It is important to Bosak that she give others a venue to sell their wares. The store also carries a few Shackle eco-friendly cleaning products since Bosak is still very involved with the company. She said it is the best business decision she has ever made and in fact, Shackle funded Eco Chic. "I am extremely passionate about women in business for themselves," she said. "I really love entrepreneurship, freedom in being home with your kids, all that."

The store does not do design work at the moment and Bosak was excited to partner with House of Color in Bismarck

because of the designers on staff. "I think we can learn a lot from them and work together on some things," she said. "We are looking at adding designers because we want to add a division for refabbing houses in Fargo. The name will be Refab Fargo and we will begin working on that this coming Spring. Essentially we will be flipping houses, by taking old houses and making them better."

Some of the trends they are seeing and getting requests for include: French Provincial, anything turquoise or yellow, the chevron pattern, the distressed look, upper and lower kitchen cabinetry in contrasting colors, white trim, painted furniture. They are also seeing a surge of people who want to be organized, a need for structure in homes, a lot of organizing and purging.

Eco Chic has been open in Bismarck since July 30th. "Bismarck has been fabulous," said Bosak. "It was different opening here because people already knew about us. The town really gets behind small businesses, it is warm and welcoming."

Bosak and her staff really listen to what their customers are asking for. "We are now so in love with the DIY world, vintage decor and furniture, salvage items. We want the stores to be their stores, family stores, stay small town. We like to laugh and have fun."

Eco Chic is located in House of Color in Bismarck, 2100 East Broadway. Find them at [facebook.com/beingecochic](https://www.facebook.com/beingecochic) or beingecochic.com.

New for the Home

A Creative Outlet and *Crabapple Floral*



This is the perfect stop when you are looking for 'something different'. Steph Smith opened A Creative Outlet earlier this year to carry art, clothing, home decor, novelty items and more – most created locally, a good majority by Smith.

Recently, Smith was joined by Kelsey Ruhland who opened Crabapple Floral in the back of the shop. Now the store can be open on a more regular basis and shoppers have another awesome store to visit when they are looking for flowers, plants, gifts, items for their home or just something 'different.'

A Creative Outlet and Crabapple Floral are located at 303 East Main, Bismarck.



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World of Wishes Event



Lane, Tanner and Ty Kulsrud are brothers who have all benefited from Make-A-Wish North Dakota. The siblings have the same genetic disease, PKAN.

When Make-A-Wish North Dakota contacted the family, the boys had very different and specific wishes. Lane, 12, wanted to travel to Hawaii. Tanner, 10, wished for a cruise, anywhere. Ty, 8, decided his wish should be granted in Texas with real cowboys.

Ty has wanted to go to Texas since he was three years old. He got to attend a PBR bull riding event and meet famous bull-rider cowboys, then he met real cowboys at Fort Worth Stockyards, where the family stayed.

Lane's wish for Hawaii came from his desire to travel to faraway places. He has always been intrigued with dolphins and got to swim with some while he was there.

Tanner's wish will be granted in January and, like all of the previous wish trips, the entire family will travel together on the cruise.

To ensure other children continue to receive their wishes, Make-A-Wish North Dakota is holding their annual fundraiser, World of Wishes, November 16th at the Ramkota in Bismarck. Start the night socializing and explore the silent auction. During dinner, enjoy the musical entertainment of Shawn Oban. Then comes the highlight of the night: the special wish presentation. The evening ends after the live auction, which just may have the item or package to make your wish come true.

For more information and to get tickets visit makeawishnd.com.



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What's To Say on Building a House

What He Would Say

by Kelly Hagen

Building a home means you get what you want.

Of course, you can't have everything you want. You're limited by your budget, which is a real issue for someone as inconsequential as I enjoy thinking I am. You're also limited by your imagination, which is a problem for me, too, but not in the way you'd think. My imagination is too special and magical to be of any use. The builders of our house had no idea what specifications to make a "giraffe room," and I don't see why I can't have a soda fountain installed in the master bedroom.

But you get my drift. When you look for a home, you can either visit every listing and open house there is in your budget, and hope it has all the antiques you've dreamed of having, or you can start from scratch and build a home to your specifications.

That's what we did. I regret nothing.

I don't want to speak for all men, but I will speak for myself when I tell me that there are two possible answers to your partner's questions on how many ceiling fans you want, or what color countertops, or what wood type to use for the cabinets, and on and on. And the difference between these two answers is very, very subtle.

You're going to want to say, "I don't care." Because you probably don't. What color do I care the counter is, so long as it holds my sandwich up at waist level or so long enough

for me to put it together, shake it for good luck, cut it and eat it?

I realize that, as a man, I should know the difference between wood types. I've heard pine can be knotty, so that's probably best to avoid. Plywood – that's a wood, right? I've never been in a ply forest, though. But I don't get out much.

Resist the urge, though. Never say, "I don't care." Even if you don't, you'd better at least try. Just make it into a fun guessing game. Because my wife had pretty strong ideas about fixtures and lighting and toilet seats, but she wants my opinion, too. So I try to read her eyes and guess the one that she's thinking of, and when I guess right, then that means I'm a psychic. Which will come in handy as a side gig.

Answer instead with this one: "I don't know." Because, honestly, I don't know. There are some who can picture things out ahead of time, and envision a thing before it is built. I can't. I have a loose idea of what my giraffe room would've looked like, but I'm not altogether clear what difference it makes on what wall a window is placed in the family room.

My friend Stuart told me that when he and his wife built their home, his in-laws had to build models out of Legos for him to figure out what concepts they were talking about. I wish he'd shared that with me ahead of time. I speak fluent Lego.

So, most of our building process involved me guessing or shrugging, and mostly just trying to stay out of the way. And, of course, the house is wonderful, because our sweet Annette is something of a visionary. And the job got done the right way.

I care very deeply about the result. I just don't know how it got there.

What She Would Say

by Annette Martel

What he, my husband, could have said is that when building a house, you get what you want, and you find out what's important.

The walls of that house are not as important as what they hold inside, which is why we decided to build in the first place – unimportant walls and all. Searching for the perfect home for our family was proving to be too difficult. Once we became parents, our priorities had changed, and we knew exactly what we wanted in our next house that would make our little family comfortable.

When I say that “we” knew exactly what we wanted, I mean I knew what was needed, and that my husband knew when to pick his battles. When he didn't understand why we would need ceiling fans in all of the upstairs bedrooms, I gave him that “Trust me on this one!” look, and he looked the other way. Little did he know, that he would be thanking me later when I didn't turn into a monster when our air conditioning went out unexpectedly. What's that saying? A temperature-regulated wife, a happy life?

And speaking of happy, one of my big splurges was to get a Jacuzzi tub in the master bathroom, and now I know why that was met with no resistance. Kelly uses that thing more than I do. No, he's not sitting in there with a glass of chardonnay, but he does enjoy a good soak, especially after a long run.

I'm a bit disturbed by the amount of bubbles he uses, though. He says he's a sea captain with a bubble beard. What a guy.

When I was younger, all I wanted was a cozy, old house with history. Unfortunately, history comes with small rooms and lots of walls. Walls make it difficult to keep up with a three-year-old running around the house with crayons and ill intentions. So, when planning our new home, a wide-open layout was a must.

Now Kelly and I can both cook dinner or wash dishes in the evening, and keep an eye on our daughter and any murals she might be planning to draw on the floor.

Know what you want when building a home. Envision your needs both now, and into the future. Plan accordingly, be specific, and you, too, can end up with the house of your dreams. Complete with regulated temperatures, crayon-free floors, wide-open spaces, jet streams, bubble beards and absolutely no giraffes.



Columnists Kelly Hagen and Annette Martel are married with one daughter, and have both written columns for a number of newspapers across the state for several years. They live in a giraffe-less house with cedar cabinets.

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Growing Communities

by Jessie Veeder

She wears ballet flats, jeans and a simple black top. Sometimes she pulls on her pink hard hat, an accessory she's happy to wear because it means her project is moving along.

These days you'll find her a block from the Watford City Elementary School buzzing around a construction site. She'll have a notebook and papers under her arm, her cell phone will be ringing and her hands will be pointing in the direction of the next item that needs to be marked off a checklist that, when complete, will have successfully built a 42 unit affordable housing complex for essential service workers and their families and a top of the line day care and pre-school facility that will serve 200 children and employ 40 professionals in Watford City.

"This project is not just about a few buildings," Katie explains as she looks out over the site humming with the sound of heavy machinery. "This is about growing this community into its future."

She might be an unlikely sight on a construction project in a boomtown, but it's immediately clear that what Katie Walters brings to the table as property manager for Wolf Run Village is more than experience, Katie carries with her a heavy dose of compassion and dedication, because she knows what it's like to be uprooted.

In 2009 both Katie and her husband Jake lost their jobs as consultants in California's Coachella Valley, a sprawling community east of Los Angeles. According to Katie, the economy had been hit hard, which resulted in their home dropping significantly in value and forcing many of her neighbors to move on. Upon the loss of their jobs the couple, along with their colleagues, founded their own consulting firm and Katie started clipping coupons and working to make ends meet.

In 2012 the firm was offered an opportunity to work for Bakken Housing Partners on several projects in booming Western North Dakota, a place Katie only knew then for its cold weather.

The couple jumped at the chance.

"There was no one else in the firm willing to travel up here," said Katie. "We thought, we need to go."

So Jake began making visits to the area in February 2012. By October Katie and their two children, Julia, 8 and Drew, 5, packed up and moved into a single-wide trailer provided by their employer.

The family of four has been living there ever since.

"I know we're the lucky ones," says Katie, who sympathizes with the families who uprooted to work in the Bakken region, some of them living in campers or separated by miles.

Those stories fuel her determination and keep her moving forward in a community working to find balance.

More than a project:

The situation is complicated. Getting an affordable housing project off the ground in a booming community is a sort of high-stakes puzzle. The thriving economy and competitive wages have bumped the average police officer and teacher salary up over the minimum income requirements needed to qualify for most grants, and high construction costs make it difficult to keep rents low and stay out of the red.

But, according to Katie, the obstacle of cost has not swayed the community who is determined to fill a need.

"It's a circle," she says making an illustration on her notebook, explaining that providing affordable housing is the first step in recruiting new residents, who turn into the population and the employees that a growing community needs to attract retail and service businesses. Finding a way to expand the day care options opens up the opportunity for resident employment and growth even further.

The community is well aware of Katie's illustration and has enlisted a variety of public and private sources to help fund the \$6 million project. There's still more fundraising to be done, but

with all hands on deck the first phase of Wolf Run Apartments is complete and Wolf Pup Daycare broke ground on August 7th.

"Once you start the good going out here, it just spreads," Katie says as she explains that the daycare and apartment project operate under Wolf Run Village, a non-profit organization run by a five-member board of community leaders. Katie works with the board, the city, county and school system to make decisions on fundraising, rent and who qualifies as tenants.

Ask her about deadlines and she'll admit she's pushing them, but it hasn't been in the direction you'd assume.

"I have seven people moving in on Friday and Saturday. That's the contractor's deadline, but a few of them need to get in early," Katie explains. "These people don't have anywhere else to go.

So she pleads their case with the builders, explaining each unique situation and convincing the workers to do what they can to meet their needs.

"I'm so emotionally invested in this," Katie says. "This is more than just another project to me."

The same goes with the daycare project, a 17,000 square foot, two story facility that is scheduled to open its doors in the spring. When a kitchen wasn't in the plans, she sat down with the architects and explained the importance of providing the children with healthy meals.

She did the same with her plea for kid-sized toilets.

In addition to overseeing the project's completion, Katie will serve as the business manager for Wolf Pup. She receives two to three emails a week from parents looking for more information on the daycare.

Her biggest concern? Keeping it affordable.

One of her goals is to set up a yearly \$10,000 scholarship to be awarded to families who fill the requirements.

"With a community daycare like this we need to plan for the lowest common denominator so it's accessible for everyone," she explains.

With a bachelor's degree in Environmental Science and a master's degree in Atmospheric Science, Katie admits that she, too, could be working for the oil and gas industry, but she's dedicated to seeing this project through.

"Right now I'm the person available to get this done," she says. "And I'm going to keep doing it the best I can until someone else comes along who can do it better."

Settling in

Katie doesn't deny that moving to Watford City from a community of 600,000 has been an adjustment. Within one and a half miles of her home in California, Katie had access to three major grocery stores and five major drug stores.

When she moved to Watford City she found herself ordering some of her food online because the small grocery stores didn't carry it.

This summer Watford City opened a CashWise grocery store and will soon be home to two new chain restaurants. Katie doesn't take this for granted. She readily admits that those additions made her life easier.

It's the same vision she has for Wolf Run Villages.

"Those who can visualize the future, those who can see that it will get better, those are the people who make it here," she says.

And at the end of the day Katie appreciates small town living.

Ask her about the future and she'll admit she doesn't know where the next ten years will take them, but for now she's got a job to do.

She's got deadlines to meet.

"There are so many different types of people moving in and out of this community, it's amazing to think how a place like this can impact the rest of the country."

She picks up her notepad, stands up and heads for the door.

"I'm happy to be a part of the history."



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

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Breast Cancer Awareness Activities

Since its inception more than 25 years ago, National Breast Cancer Awareness Month (NBCAM) has been at the forefront of promoting awareness of breast cancer issues and has evolved along with the national dialogue on breast cancer. Although October is designated as National Breast Cancer Awareness Month, NBCAM raises awareness and educates individuals about breast cancer throughout the year.

Locally, NBCAM offers many individuals and organizations the opportunity to hold events and fundraisers which also serve as celebrations for survivors and memorials for those who have lost the fight against breast cancer. Here are a few to participate in:



Sanford Health 18th Annual Run Walk for Breast Cancer Awareness

Date & Time: Friday, October 11th
6:30 pm 8k competitive walk and run
7:45 pm 4k Non-competitive walk
Location: Sanford Women's Health Center,
1100 College Drive, Bismarck

Last year one thousand people participated in this event. With so many people using the path, event organizers have decided to start the competitive run/walk earlier this year, that way runners can still make it to the BHS vs CHS football game, too!

When Melanie Carvell was considering this run/walk, she felt having it in the evening would be a bit more touching, and it is – especially as the sun sets and lanterns glow along the path around the golf course.

"We need to be reminded every year to make that mammogram appointment," said Carvell. "Everyone is touched by breast cancer and it is a great way to come together. Being a woman and growing older are two of the biggest risk factors. You can lower your risk by doing those self-exams, having regular mammograms and living a healthier lifestyle. And, if you do end up with a diagnosis of breast cancer, staying active is one of the best ways to work your way through it."

One of the best things about this Run Walk is the Education Forum where participants can visit various stations to learn

about prevention, detection and treatment. Every year there is new information, so it is a great way to get it out there and let people know the latest advances in the fight against breast cancer.

One of the best sources of facts and information is the Susan G. Komen foundation, said Carvell. Visit komen.org and read more about healthy living, risk factors, detection, breast cancer facts and more.



Tied to the cause because she was Bridget's Room PINKTOBER Event

Date & Time: Thursday, October 24th, 4-7 pm
Location: 3250 Rock Island Place, Bismarck

Bridget's Room owner Bridget Gerhardt started 'tied to the cause because she was' in memory of her mother, who lost her battle with breast cancer eight years ago.

Ten percent of all sales for the evening will be donated to the Bismarck Cancer Center. The first year they raised over \$3000, and it is very important to Bridget that all of the funds stay locally in the Bismarck-Mandan area. There is also a discount card available for the evening, stop in to Bridget's Room for full details.

This year is extra special for Bridget because her two sisters will be home for the event, so there will be more family involvement. She has a lot of clients that come forward and tell their stories. It is a meaningful night for a lot of people.

Geri Rader from Hope Therapy Center, who specializes in therapy for people that have had cancer, will be on hand.

The Bismarck Cancer Center will have their Spark the Hope - 2013 Techno Pink Chevy at the event. You can buy \$10.00 raffle tickets for a chance to win.

The cupcakes are also a great reason to attend! There will be something for everyone at the third annual Tied to the cause because she was Pinktober Event.



Third Annual "Bucks for Bras"

Date & Time: October 23rd, 5:30 pm

Location: Borrowed Bucks Roadhouse, Bismarck

Two years ago Brad Erickson, Manager of Borrowed Bucks Roadhouse, started Bucks for Bras as a way to raise money for breast cancer awareness. Erickson knows personally how cancer can affect a patient and their family because his wife is a breast cancer survivor. Erickson says of the event, "I know how much my wife struggled with cancer, and how much it affected our family. I want to help others by giving back to support those fighting cancer and to help find a cure."

The first year Bucks for Bras raised over \$4000. Last year the event raised over \$14,000 for the American Cancer Society and Bismarck Cancer Center to benefit cancer patients in North Dakota.

The third annual Bucks For Bras event will feature a glamorized bra and art auction with one of a kind pieces designed by individuals and groups from the community. These pieces can be wearable or non-wearable glamorized brassieres or related pieces of art. The pieces will be on display and participants can purchase them by live bidding.

A ticket to the event will be required to get into Bucks that night. Purchase tickets in advance for \$10 each or a reserved table for four is \$100. Tickets at the door will be \$15. Purchase your tickets from Borrowed Bucks Roadhouse, the American Cancer Society, or the Bismarck Cancer Center.

As part of breast cancer awareness month in October, Bucks will also be hanging a bra garland from the building. If you would like to donate to the bra garland, drop your bras off in the boxes located at Bucks, the American Cancer Society, the Bismarck Cancer Center, Advanced Surgical Art Center and Lifeways Clinic.

Visit www.BucksForBras.com to purchase tickets and for additional information. If you have questions or would like more information contact Kim Kuhlmann at 701-250-1022 or email Kimberly.Kuhlmann@cancer.org.



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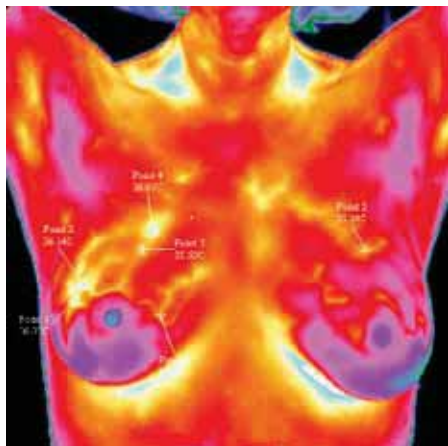
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Holiday Open House
Nov. 1-3, 2013
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Drawing for \$250 gift certificate

Thermography

A powerful screening tool for breast cancer

by Kylie Blanchard



Routine testing and screening for breast cancer is important to the overall health of women today, but it is, at times, overlooked or neglected for a variety of reasons. But a safe and non-invasive medical screening option is available that can quickly identify abnormalities and aid in the assessment of many diseases and disorders, including breast cancer.

"Thermography is a screening and risk assessment tool," says Rhonda Jolliffe, FNP, MSN, at Lifeways Clinic in Bismarck. "It can provide an assessment of whether you are at high risk for breast cancer and need further testing."

Using an infrared camera, thermography captures and analyzes changes in the skin's surface temperature. It detects heat to measure physiological activity and captures any deviations in the normally symmetrical temperature patterns of the human body.

Thermography has been offered at Lifeways Clinic for a year and Jolliffe says it was a natural addition to the clinic's holistic approach to providing nurse practitioner services, medical weight management and lifestyle programs, and physical therapy services. The clinic strives to help its patients achieve wellness on the physical, emotional and spiritual levels.

"The reason I wanted to provide thermography services is because I am in the field of preventative medicine," she notes. "There are many women deciding not to get mammograms for various reasons, including pain, fear and radiation. I took on providing this option because it gave me another a tool for prevention."

She says she has seen patients who have not done a mammogram test for an extended period of time until an abnormality has shown up in a thermography screening. "It is important to understand thermography is just a screening tool and does not replace the mammogram," says Jolliffe. "If there are abnormalities on a thermogram, often patients are then willing to go ahead with the mammogram."

In comparing the two tests, Jolliffe says thermography is a functional test that shows irregularities at the cellular level indicated through hot or cold spots that show up on the thermogram. The mammogram is a structural test, and indicates structural changes that show up as lumps or masses that have grown in the breast.

There are many benefits to the non-invasive thermography test, which includes providing a test free of compression, pain and radiation. "Another positive is you can start these screenings at a young age and you can look at a pattern over time."

A thermography baseline screening is recommended for individuals by the age of 25, and Jolliffe recommends a screening once-a-year following the initial test. "This is a great tool for overall preventative breast health," she notes.

The test is accurate at detecting abnormalities in the body, she notes.

"But like most tests, there are some false positives and false negatives."

"If there is a person with a high-risk thermogram, but nothing shows on their mammogram, I still encourage them to make healthy changes for breast cancer prevention including cutting out sugars, increasing exercise and reducing stress," Jolliffe adds.

Thermography is not just limited to women, however, and can be beneficial to all individuals. Full-body thermography scanning is also an option and provides a look at a variety of important internal processes. "This will pick up on things like inflammation in the body and allow for a look at certain organ and glandular changes," Jolliffe says.

The screening can also show and monitor abnormalities related to arthritis, fibromyalgia, artery inflammation, vascular disease, skin cancer, sprains and strains, stroke, whiplash, headaches and unexplained or undiagnosed pain. The screening test does not require a referral and is not covered by insurance at this time.

Jolliffe notes thermography has been highly regarded by the women who have used it as a breast cancer screening tool. "Women love this test and are really glad they have this option."

For additional information on thermography screening contact Lifeways Clinic at 701-751-3271 or visit www.lifewaysclinic.com.



Kylie Blanchard is a local writer.

There Has Got To Be A Better Way

My experience with breast cancer screening

by Deb Seminary

First of all, I offer my apologies to family and friends who had no idea I was going through this. I made the decision not to share until there was something definitive to share. Fortunately there was nothing to talk about. (Sorry, I just gave away the ending).

On July 29th I had my annual mammogram. There was an 'area of architectural distortion' seen in the left breast, so I received a call from my doctor's office telling me additional screening was needed. I was scheduled for a spot compression on August 6th.

I had not heard of a spot compression and let's just say the words tell it all. They looked at the specific area of concern and compressed it as much as possible. Again, an 'area of architectural distortion' was seen in the left breast and an ultrasound was recommended.

When I got the call from my doctor's office they explained the situation and scheduled the ultrasound for me. That procedure took less than five minutes and 'failed to reveal a discrete mass in this area'. However, since something had shown up on the mammogram, further evaluation with a breast MRI was recommended.

Who knew there were so many ways to look at breasts?

On August 23rd, I went for the procedure. I have had an MRI before, but I had no idea this one would be so miserable. First of all, when I arrived, the nurse I spoke with said, 'I see you are here because they found a mass in your left breast'. NOT the correct thing to say to someone who has never heard that before. Later I asked to see

my records and no where did it say 'mass', just 'architectural distortion'. In my opinion, quite a difference.

Of course the breast MRI contraption had to be invented by a male. I crawled up on the table onto this interesting looking instrument of torture, kind a v-shaped piece of metal or something, where they positioned lots of pillows around me (for comfort) and had me put my arms above my head while my boobs dangled down for optimum viewing. For those of you who have shoulder bursitis, you know the pain that happens when your arms are above your head for an extended period of time. I am still in pain.

They give you some headphones and play your favorite radio station but nothing can mask the obnoxious drone and knocking of the MRI machine. I'm not sure how long I was in there but it was at least 30 minutes.

Results of the MRI: No evidence of malignancy in either breast. They also looked at the lymph nodes – nothing.

However, there was a suspicious abnormality in the initial mammogram that had to be addressed. I was scheduled for a biopsy.

I had to meet with a surgeon and I asked why I needed to go through all of the tests before the biopsy. The answer was, surprise, insurance. A person has to go through all of the tests, in the order I did, or insurance would not pay for the procedures. The first two cost \$1345. I have not received a bill for the rest yet.

There has got to be a better way.

I had my husband take the afternoon of September 11th off since I needed a

driver after the biopsy. When I checked in they asked if I had a living will and power of attorney. Really comforting.

When I got into the biopsy room they started explaining the procedure, but first they had to take some pictures of my left breast to make sure they knew what they were looking for. She took the first set of pictures to the radiologist and came back for more. Apparently nothing was showing up.

After the second set of photos was taken the radiologist came in and explained there was nothing visible and they needed to take one more look. I had the mark from the machine imprinted on my breast until the next morning. Again, a machine invented by a male. Probably the one who invented the vise.

Fortunately there was nothing to see, so nothing to biopsy. The radiologist explained it was probably the position of my breast that caused the distortion in the first two screenings. However, I need to come back in six months for a mammogram to check everything out.

I will not pretend to know anything about the medical field, but it seems I should not have been required to have all of those procedures. They wasted a lot of my time and a whole lot of money. Yes, I understand they need to be sure and cover their bases. But after all these years of study and experimenting, really – there has got to be a better way.



Deb Seminary is the editor of Inspired Woman.



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Beyond the Business Plan

Many people dream of starting their own business, and for some, this dream becomes a reality. Opening a business is a time-consuming project with many variables to cover. Working with a business banker can help make this process go smoothly and ensure that no important detail is overlooked.

When starting a business, it's critical to have a business plan in place and to stick to it. Here are a few things to consider when developing a plan:

- Which market(s) would you like to enter?
- How you are going to advertise? (newspaper, web, billboard, etc.)
- How much revenue are you planning to bring?
- What will your expenses be?

Additionally, and probably most importantly, remember that "cash is king." It's important you have your own money to inject into your business. Be aware of working capital needs, meaning that you don't want to get too far in debt. You need cash to grow your business.

It's also critical that you maintain good accounting records. Many new business owners make the fatal mistake of not doing this, and it can cause serious problems or even cause the business to fail. Having a clear picture of how much you're spending can help you see if you're pricing your product or service correctly, and ensure all invoices are paid.

Cash management tools are an easy, convenient way to manage your capital. You can pay your bills anytime with online bill pay, or pay vendors electronically from your checking account through Automated Clearing House payments. You can also easily view your account so you can transfer funds between accounts and down-

Meet Bismarck-Mandan's Business Banking Expert



Deb Eiseman

Deb Eiseman is a business banking expert at Starion Financial with more than 18 years of experience in the banking industry. A native of Bismarck-Mandan, she has seen the market experience significant change. "When I moved back to this area in 2003, some companies were recovering from the 2001 recession," Eiseman said. "Now it seems that nearly every business in this area is experiencing record sales."

Because of the oil activity and increased population, Eiseman has also seen a shift in the needs of area business owners. "I've seen a lot more businesses looking for expansion loans," she said. "Also, many want to buy real estate and are looking for a bank to provide financing."

Eiseman meets with her clients regularly to discuss their finances. "I check in with each client quarterly and do a thorough annual analysis of their numbers and financial statements," said Eiseman. "I don't just help my client's get a loan. I help them continue to grow their company and learn how to more effectively manage their capital."

For Eiseman, the most rewarding part of her job is being an advisor to new entrepreneurs. "For many of my clients, starting a business has been a long-time goal," said Eiseman. "It feels good to know I am helping someone else fulfill their dream."

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load information into your accounting software.

If you are ready to develop your business plan but aren't sure where to begin, there are resources available to help. North Dakota SCORE is an organization of counselors who assist individuals starting or expanding a business. Their volunteers help local entrepreneurs grow and succeed by teaching them to put their plan on paper and run the numbers (revenues and expenses).

When you're ready to meet with a banker about getting a business loan, make sure you can explain what you intend to do, what you intend to sell, how much money you'll make and how you will get your money back. Starting a new business can be one of the biggest challenges you may face. If you come prepared and work with an experienced business banker who will guide you through the process, you will have set yourself up for success.

Journey to IRONMAN Hawaii



D'Arcy Honeycutt was a runner on the track team in high school and really enjoyed it. She did not have the speed to compete in college, but worked with a coach from University of Houston and some women from the community who were doing AAU competitions. "I started doing longer distances and when I got to med school someone bet me I couldn't do a marathon," she said. "It was \$100 bet and I needed the money. I did nine marathons while in med school, and qualified for Boston."

Honeycutt, a plastic surgeon in Bismarck, was introduced to triathlons when one of her friends, Bunny, became engaged to a guy named Mark Allen, who is a legend in the triathlon community. "I went and watched a triathlon and did not see the appeal. Mark and Bunny eventually broke up and Mark went on to win six IRONMAN Championships in Hawaii. I said to myself, I really need to do the IRONMAN in Hawaii, so I wrote it down on my bucket list. When I turned 50, I took out that list and decided either this stuff stays on the list or I start doing it. Plus, my mom got brain cancer and was dying. So you sort of assess, how far have I come, where am I going."

She thought she would do a couple triathlons and easily qualify. According to the IRONMAN website, athletes qualify by earning a slot at one of the qualifying events held worldwide, by being selected in the IRONMAN Lottery or by winning a slot through the IRONMAN charitable eBay Auction. It took her seven years and Honeycutt finally got in by lottery. She has been volunteering in the medical tent for about five years, and as a thank you, volunteers get to put their names in the lottery. They announce the winner(s) at a conference and next year she will give a brief presentation (at the conference) on her experience.

Not surprisingly, Honeycutt describes the triathlete lifestyle as very healthy. "I think it takes some pressure off your joints, you are not running all of the time, having that biking and swimming to exercise your heart."

Being that healthy probably helped her 'bounce' back from a diagnosis of Lynch

Syndrome four years ago. "This was something I'd heard about in med school, but it was obscure," she said. "I promptly had two major cancer operations in two years. I looked forward to returning to ironman training as soon as I could, and this helped keep me upbeat and positive."

She said sometimes people travel together, there's a lot of camaraderie, and a big feeling of accomplishment. "As you get older you 'age up', get into a different age group, and people celebrate that because they might have a chance to beat the older people in that age group," she explained. "Where else do you celebrate getting older? You can also see the world. In December of last year I did the Laguna Phuket Triathlon in Thailand."

Training is very time consuming, and Honeycutt talked about some of the aspects: "We have a lot of good, talented athletes in our town. There is a very loose 'group' that trains together and learns from each other. We may travel to a competition and Bismarck-Mandan will be very well represented on the medal stand. There is a lot to learn. You practice, there are camps, you can ask your more experienced friend to advise you, you can get a coach, a bunch of friends may work together on transition, there are videos and pointers online. I have done all of it. It's like the game of golf, you never master it. The perfect triathlon is always out of reach, you have to come back next time and do better."

But I am aware of the toll training takes. When does it stop being a passion and start being an obsession? There is a lot of stuff that doesn't get done or put off – books that don't get read, friendships that get shelved, it can be a very selfish lifestyle. After I got into IRONMAN Hawaii my husband did ask me, 'Are you going to be done with this now?'"

Unfortunately he will not be at the finish line to greet her, as he passed away unexpectedly this summer. She is dedicating the race to Tom. "He was very supportive," she said. "He knew how hard I worked."



A few of the local triathlon group at a recent competition.

Right now Honeycutt's coach has her at her peak training – about 20 hours a week right now, in addition to her regular job. "I am working online with Mark Allen and being coached by his partner, Luis Vargas," she explained. "He coaches multiple people. I let him know how I am feeling (after workouts) and he lays out a plan for me. The thing about being your own coach, I would push myself harder than I should and not rest. Then you burn out, you get injured and you can't do anything."

The IRONMAN World Championship takes place in Kailua-Kona, Hawaii October 12th. Honeycutt's family will be joining her for the competition. She will travel there two weeks early to adapt to the climate and get in some training. Inspired Woman will follow up after the race and bring you a brief summary of her race experience.

Good Luck D'Arcy!

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October 2013

October 1
Under the Streetlamp Broadway Show
| Bismarck Civic Center

October 6
Florida Georgia Line | Bismarck Civic Center

October 7
Horizon 6th & 7th Grade Choirs Fall Choral Concert | HMS Cafetorium
| 7:00pm

Horizon 8th Grade Choir Fall Choral Concert | HMS Cafetorium | 8:00pm

October 8
Cornerstone Chorale & Brass | Belle Mehus Auditorium

Bismarck Mandan Symphony |
"American Trombone" with Dr. Isrea Butler | Trinity Lutheran Church | 5:30pm

October 8-26
BACA's Fall Art Show | Local/Regional Reception | October 8 | 5-8pm

October 10
Dakota Stage presents "Who's On First" | 7:30pm

CHS Fall Choral Concert | Grades 9-12 | CHS Auditorium | 6:00pm & 7:15pm

Leo Kottke & Loudon Wainwright III
| Belle Mehus Auditorium

October 11
The Price is Right Live with Host Jerry Springer | Bismarck Civic Center

BDAC – Artist's Trading Cards |
October 11 - November 2 | Opening reception October 11 | 5:30pm - 8:30pm

October 12
The Moody Blues | Bismarck Civic Center

Beginning & Intermediate 'SUMI-E' Painting with Char McLaughlin
| BACA | 10:00am - 3:00pm

October 14
Simle 6th Grade Choir Fall Concert
| Simle | 6:30pm

Simle 7th Grade Choir Fall Concert
| Simle | 7:30pm

Wachter 6th Grade Choir Concert
| WMS Cafetorium | 6:00pm

October 14
Wachter 7th & 8th Grade Choir Concert | WMS Cafetorium | 7:00pm

October 15
Simle 8th Grade Choir Fall Concert
| Simle | 6:30 & 7:30pm

October 18-19
The Nature of Water Media with Michael Dunn, MA
| October 18 / 6-9 pm | Saturday,
October 19 / 9 am-5 pm | BAGA

October 19
Pine Needle Baskets with Irene McEnroe | 9:00am-5:00pm | BAGA

October 21
BHS Fall Choral Concert | Grades 9-12
| Belle Mehus | 7:30pm

Simle Fall Orchestra Concert | SMS Auditorium | 7:30pm

"Rain" - A Tribute to the Beatles Broadway Show | Bismarck Civic Center

October 22
LHS 9th Grade Choir & Band Fall Concert | Belle Mehus | 7:30pm

Wachter Orchestra Concert 6th-8th Grades | WMS Cafetorium | 7:30pm

October 24
BHS & Legacy Fall Orchestra Concert
| BHS Knaak | 7:30pm

CHS Fall Orchestra Concert | CHS Auditorium | 7:30pm

Centennial 5th Grade Program
| Centennial Cym | 6:30pm (school performance 2:20pm)

W-Moore 2nd Grade Music Program
| 6:00pm

October 25
Bismarck Parks and Recreation District
All City Halloween Party | 6:00pm-8:00pm | World War Memorial Building

October 25-26
Beginning Pastels with Barb Nechiporenko | October 25 / 6:30pm-8:30pm | Saturday, October 26 / 9:00am-4:00pm | BAGA

October 26
Haunting Arts & Spooktacular Science
| 12:30pm-4:30pm | Frances Leach High Prairie Arts & Science Complex

Theo Art School ARTOBER HALLOWEEN FEST | 10:30am-12:30pm

Theo Art School ICE CREAM A LA MODE- ART A LA MODE | Every other Friday October 26th-March 31 | 4:00pm-5:30pm

October 28
BHS Fall Band Concert | Wind & Jazz Ensembles & Wachter 8th Grade Band | Knaak Center | 7:30pm

Theo Art School's ART FOR SENIORS
| Every other Friday October 28-March 31 | 6:30pm-7:30pm

Theo Art School CLAY OPEN STUDIOS
| Every Monday, October 28-March 31 | 7:00pm-9:00pm | Call for more information and fees.

October 29
Psychic Sylvia Browne | Belle Mehus Auditorium

BHS Fall Band Concert | Freshman/Sophomore Band, Concert & Jazz Lab Band | Knaak | 7:30pm

Horizon Fall Orchestra Concert
| HMS Cafetorium | 7:30pm

BAGA – Sam Coleman & Member Artist, Angie Swiec Exhibits
| Reception - Nov. 8 | 5:00pm-7:00pm

November 2013

Theo Art School CLAY OPEN STUDIOS
| Every Monday, October-March 31 | 7:00pm-9:00pm | Call for more information and fees

November 2
Disney Live! Three Classic Fairy Tales
| Bismarck Civic Center

Festival of the Arts | Radisson Inn

Theo Art School SATURDAY FAMILY EVENT - DIA DE LOS MUERTOS
| 1:30pm-3:30pm

November 3
Central Dakota Children's Choir presents "Singing in Style" | Ramkota Hotel | 5:00pm | For ticket information call 701-258-6516

November 5
CHS Freshman & Concert Bands Fall Band Concert | CHS Auditorium | 6:30pm

CHS Prep Band & Wind Ensemble Fall Band Concert | CHS Auditorium | 7:45pm

Miller 2nd Grade Music Program
| 7:00pm

Myhre 3rd & 4th Grade Music Program
| 2:15pm & 6:30pm

November 7
Theo Art School ART UNCORKED (Adults only) | Every other Thursday | November 7-March 20 | 6:30pm-8:30pm

November 8 - 30
BDAC Gallery – "Munny for Kids"
| Opening reception November 8 | 5:30pm-8:30pm | Munny for Kids is a charity art exhibit with the proceeds benefiting children in need in the community.

November 8-11
Theo Art School FALL ART CAMPS "DOWN AND UNDER ABSOLUTELY ALL ART!" | 8:00am-5:30pm | Ages 6+

November 9
Theo Art School SATURDAY ART WORKSHOPS "Printmaking"
| 1:30pm-4:30pm | Ages 5+

November 14-16
BHS/CHS Musical "The King and I"
| Century Auditorium | 7:00pm

November 16
"Msic Needs U" 6th Grade Choir Festival | Central Dakota Children's Choir | Simle Middle School
| For more information please call 701-258-6516

November 17
BHS/CHS Musical "The King and I"
| Century Auditorium | 2:00pm

November 18
Mandan Band Festival | Mandan/BHS/CHS | Grades 10-12 | All Day

Solheim 5th Grade Music Program
| Cym | 6:00pm

November 21
LHS Chamber Choir & Jazz Band - Jazz Concert | Simle Auditorium | 7:30pm

THEO ART SCHOOL ART SALE AND EXHIBIT | Local art pieces will be available for purchase | Call for more information

November 25
Horizon 8th Grade & Jazz Band Concert | HMS Cafetorium | 7:30pm

Moses 4th Grade Music Program
| 7:00pm

November 26
BHS Vocal Jazz Night - Chamber & New Generation | Knaak | 7:30pm

CHS Jazz Ensemble/Choir - Fall Jazz Concert | CHS Auditorium | 7:30pm

LHS Jazz Ensemble/Chamber Choir - Fall Jazz Night | SMS Auditorium | 7:30pm

Horizon 6th & 7th Grades Band Concert | HMS cafetorium | 7:30pm

Member Artist Holiday Show at BAGA | Reception | Dec. 6 | 5:00pm-7:00pm

November 29
Theo Art School FALL ART CAMPS "Got Art? The Masters"
| 8:00am-5:30pm | Ages 6+

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When Mohall, ND, and Sun City, AZ, resident Betty Banker included The GOD'S CHILD Project in her will, she made the world a better place to live for all of us.

She had worked hard all her life, managed her finances, and invested with care.

She also knew she wouldn't live forever, and didn't want to lose her savings to estate taxes and expensive legal fights. She wanted to help poor children instead.

Because of Betty, thousands of children worldwide and right here in North Dakota are helped to go to school, clothed, receive medical care, and are breaking free from poverty.

Please include the Bismarck-founded and based GOD'S CHILD Project in your will. You can make a bequest in a specific dollar amount, or as a percentage of your estate. You can name your gift, and request how it will be used.

We'll work with you ahead of time to make your dreams a reality now.

Talk to your attorney and include The GOD'S CHILD Project in your will. Dignifying life and making the world a better place is the right thing to do.



Patrick J. Atkinson
Founder, Executive Director
The GOD'S CHILD Project
Tel: (701) 255-7956
GodsChild.org
GodsChildFoundation.org

Celebrate 2013... Save A Life

Visit GCPStore.com right now to sponsor a child, make a matched contribution, and find unique giving ideas and gifts from around the world.



Benefits of Including The GOD'S CHILD Project in Your Will

- A charitable bequest to The GOD'S CHILD Project reduces or may eliminate federal estate taxes.
- Property, including cash, securities, jewelry, works of art, and real estate, may be given through your will.
- A gift made through your will is a realistic way for you to leave a legacy that will help others forever.