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Living with Alzheimer's

Trudy Midas

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Time & Spirit



Tamera Farrand

This is one of my favorite themes every year, Time and Spirit. It's a great precursor to ramping up for the holidays. It pulls us back a bit, helping us stay grounded and focused on what is truly important in our lives—time with loved ones and honoring our spirit, moving in the direction we are destined to move.

So many of us face difficulties in life, and Trudy Midas is no stranger to obstacles. Her inspiring story of developing a product out of her love of horses, amidst her own challenges, will move you to look at life for opportunities to follow your spirit.

I met Becky Carlson at the post office one day. As I held the door for her, I made a simple comment

about all the packages she was carrying. Finding out she has been sending care packages to our troops for years made me look deeper at this lovely spirit.

Alzheimer's is the ultimate in time and spirit, as it seems to rob us of both. The local Alzheimer's Association is doing amazing community outreach on this disease that is the sixth leading cause of death in Americans.

And what can I say of the young, spirited Kayela, a beautiful, smart, graceful princess, destined to touch and change lives with her inspirational story of success at a very tender age?

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Tamera, Publisher


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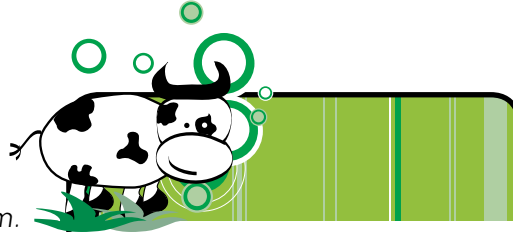
Must-Do's

by Cori Hilsgen

As we continue into the fall season, there are many indoor and outdoor activities to choose from. With cooler weather, it's time to pull out some of our warmer clothes and admire the fall colors on the trees as we head to the apple orchards and pumpkin patches. Next, as the holiday season approaches, we prepare to celebrate and give thanks for the abundant joys we have all around us. Here are just a few happenings to add to your Must-Do list.

Indoor Theatre Fun

A day at the theatre with your family could include a visit to a performance of the "Little Mermaid." Featuring such songs as "Under the Sea," "Kiss the Girl," and "Part of Your World," the musical tells the story of the beautiful young mermaid Ariel, who longs to leave her ocean home to live in the world above. To do this, she must disobey her father, King Triton, make a deal with the evil sea witch Ursula, and convince Prince Eric that she is the girl he met with the enchanting voice. Great River Educational Theatre (G.R.E.A.T.) will present the musical October 11th through November 14th, at the Paramount Theatre. Tickets cost \$12 for children and students, \$16 for seniors, educators, and military personnel, and \$18 for all other adults, according to paramountarts.org. For additional information, visit or call (320) 259-5463.



Outdoor Adventures

A visit to one of the apple orchards or pumpkin patches is a good option for an outdoor activity, with many to choose from. One is the **Collegetown Orchards**, located two miles west of St. John's University in the Collegetown hills. They offer more than 20 varieties of apples, pick-your-own pumpkins, decorative corn and gourds, and other items; along with weekend wagon rides and a petting zoo with sheep, llama, goats, plus many activities to interest visitors. They're open daily, 10 a.m. to 6 p.m. through November 3rd. For additional information, call (320) 356-7609. There is still time during the month of October to head to the **A maze'n Farmyard**. Children will enjoy the hands-on experience of holding, petting, and feeding animals in the barn; walking through a challenging maze; going down the giant slide; playing a round of mini-golf; and other activities that include train and pony rides. Outdoor activities close at the end of October, while the gift shop becomes a **holiday boutique** from November 2nd to December 5th. The Farmyard is open weekends only, 10 a.m. to 6 p.m. on Saturdays, and noon to 6 p.m. on Sundays. Find A maze'n Farmyard on highway 55 west of Eden Valley. For more information, call (320) 453-6901, or visit amazonfarmyard.com.

Annual Fundraisers

If you're in the spirit of giving and would like to donate to the arts, the **Paramount Gala Fundraiser 2013: Gold Dust Gala** is at 6 p.m., October 5th, and includes food, beverages, art demonstrations, the music of Fleetwood Mac, and more. Performers will include Pamela McNeill, Mary Jane Alm, Jeff Engholm, and others. Tickets cost \$60 to \$70 for balcony seats, and \$70 to \$80 for main floor seating, according to paramountarts.org. For additional details, visit the website, or call (320) 259-5463.

The Zonta Christmas House annual fundraiser is held from 3 to 9 p.m., November 22nd, and 9 a.m. to 4 p.m., November 23rd. The Zonta Club of St. Cloud is part of an international organization focused on advancing the status of women. The house is decorated for Christmas by several local designers and stores, and open to the public for viewing. The money raised from admission donations is used for local scholarships and donations, with a portion sent to Zonta International headquarters. Tickets cost \$8 in advance, and \$10 at the door. For more information on the house location and where to purchase tickets, visit their website at zontastcloud.org.

Classy Performances

If your budget is tight, the Paramount Theatre will present several free concerts. **The Amadeus Chamber Symphony** will perform the "basics" of chamber symphony literature under director Axel Theimer, at 2 p.m. on November 3rd. **The St. Cloud Municipal Band**, which has been performing music for the community since the 1800s, will perform the first of two free concerts at 7:30 p.m., November 4th, according



to paramountarts.org. Admission is free, but please go online, or call, to reserve your seats. For additional information, call (320) 259-5463.



Vineyard Experiences

Ladies, it's time to head to the vineyard for some music and wine-tasting. One local vineyard is **Millner Heritage Vineyard and Winery**, open through October. Millner offers various weekend music options, including an "Oktoberfest" on October 5th and 6th. Visitors may sample 13 different wines, view a little grape-stomping, sample ethnic foods, and take a winery tour. There is a \$3 charge to sample five wines, or \$6 for all wines available at the time; and a \$4 charge for tours, according to millnerheritage.com. They're located south of Kimball on highway 15. For more information, visit the website, or call (320) 398-2081.



Holiday Spirit

If you're looking for a little holiday spirit, a performance of "**White Christmas**" should put you in the mood. This musical tells the story of two song-and-dance performers, Bob Wallace and Phil Davis, who follow a singing sister duo to their Christmas show. The story takes place after World War II and features such Irving Berlin songs as "Happy Holiday," "Let Yourself Go," "Blue Skies," and "White Christmas." G.R.E.A.T. will present the musical November 15th through December 1st at the Paramount Theatre. Tickets cost \$14 for children 12 and under, \$19 for students, seniors, educators, and military personnel, and \$23 for all other adults, according to paramountarts.org. For additional information about the performance, visit the website or call (320) 259-5463.

Expo Fun

Enjoy a fun day with your children at the "**Ninth Annual Kids and Parents Expo.**" This event, geared to all ages, will be held from 9:30 a.m. to 3 p.m. on October 19th at the River's Edge Convention Center in St. Cloud. The Expo includes more than 70 exhibitors, hands-on activities, educational resources, stage shows, and free giveaways for parents and children. Tickets are \$4 for adults, and kids 12 and under are free,



according to kidsandparentsexpo.com. For additional information, call (320) 257-3976.



Cori Hillsgen is a central Minnesota freelance writer. She is a wife, mother, and grandmother who enjoys spending time with family and friends.

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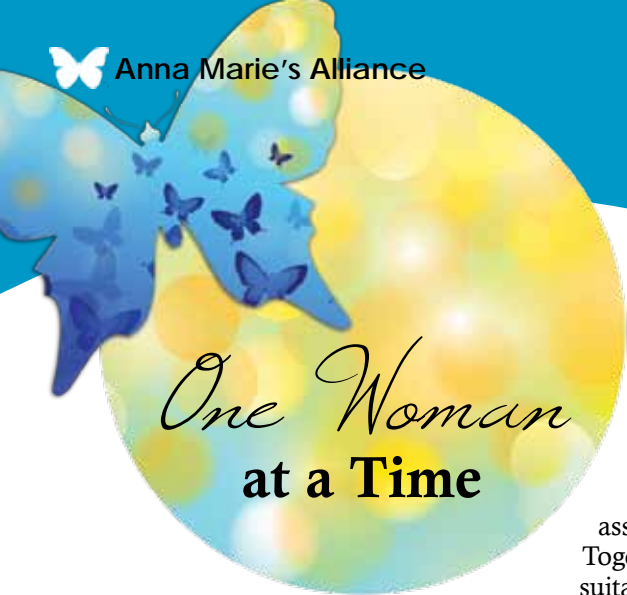


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One Woman at a Time

A Lot of People Care

by Debra Schroeder

It always amazes me how a small showing of care and concern can make such a huge difference in the life of someone targeted by domestic violence. It has a special impact when the attention comes from complete strangers. To understand why it means so much, you need to know the abused person has been told by their abuser that no one cares about them; they are not worth taking the time to care about. Maybe they have been told the abuser is the only one who would bother with them and are lucky because they won't find anyone else. Being told they are worthless, day after day, eventually takes its toll on the self-esteem of the abused. Imagine the flood of emotions someone experiences when they find out people care; a lot of people care.

Sally was staying at Anna Marie's Shelter and working hard to get back on her feet. She was hesitant about applying for jobs and having trouble pulling together that all-important resume. This was all new to her. After years of being told she would never amount to anything, Sally was having doubts about her future success. Enter a community volunteer who offered to work with Sally. She reviewed the resume and offered suggestions, showing Sally how to build on past job responsibilities. But that wasn't the end of the help. They practiced interviewing scenarios, self-

assuredness, and follow-through. Together, they picked out clothing suitable for an interview from those donated by anonymous and caring persons. Staff and volunteers were able to show Sally during her stay at Anna Marie's Shelter that there are many people who care about her and her safety. They proved her abuser was wrong, opening the door to a world of possibilities for her.

Certainly, the advocates and staff have an impact on the future of all their clients, but it is the volunteers who demonstrate the concern of the community. Volunteers offer their gifts of time, talent, and heart. Providing

October is National Domestic Violence Awareness Month. It is a time to find out more about domestic violence and relationship abuse. A new website, nomore.org, launched a national campaign earlier this year. Check it out and join the many who care.



a temporary home to the family pet, helping move personal belongings to a new apartment, or playing with the children so Mom can network with needed services are just a few ways volunteers show they care. If you would like to find out more about volunteer opportunities at Anna Marie's, call Marj at (320) 253-6900. Be one of the many who care.



Debra Schroeder is a local. She grew up in Cold Spring, went to college at SCSU, and has worked with Anna Marie's Alliance since 2000. She gains much energy from talking with people about the issues faced by those experiencing relationship violence. Debra currently lives in her childhood home with her husband, seven cats, and the occasional bat.

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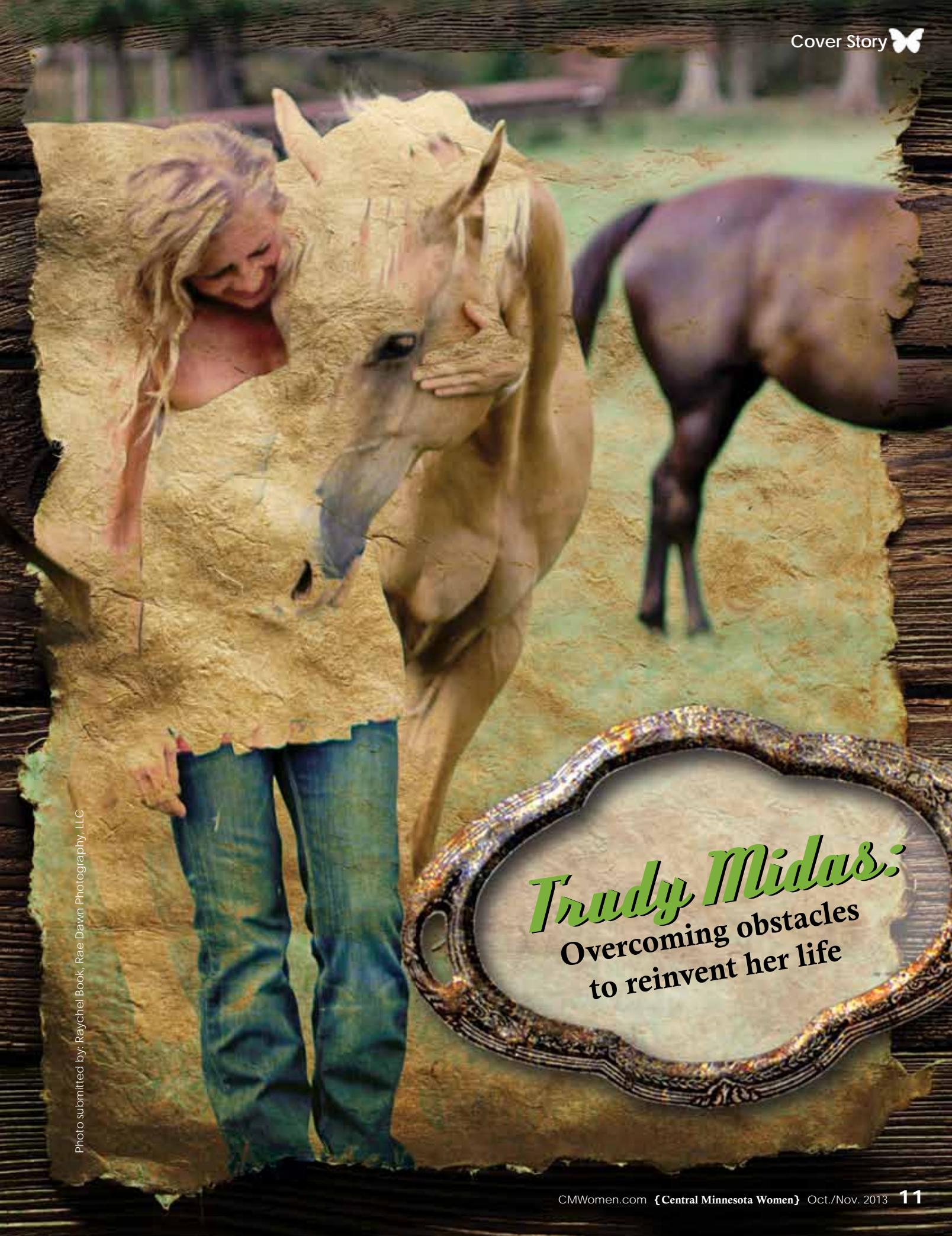
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Trudy Midas:
Overcoming obstacles
to reinvent her life



Trudy Midas:

Overcoming obstacles to reinvent her life

By Cori Hilsen

Photos by Sue Dropp; and Raychel Book, Rae Dawn Photography, LLC

Trudy Midas is a petite blonde, short in stature, and 53 years old. She is a strong and determined woman; characteristics which helped her overcome several obstacles life threw at her over a decade ago. Trudy has reinvented her life, and is excelling at it.

One of the accomplishments Trudy is most proud of is having introduced a new line of all-natural grooming products to the world. After only three-and-one-half years, Trudy and co-founder Bob Hansen and their team of chemists have begun to earn a profit from their joint business venture, España Silk.

“This is my baby,” says Trudy. “I gave birth to this and, like any other mother, I want to see it grow.”

España Silk is the result of Trudy’s unexpected journey.

The turning point

As co-owner of two pleasure horses and seven thoroughbred racehorses, Trudy enjoyed watching her horses race straight for winner’s circles, nationwide.

On a cold December evening in 1999, she was thrown from a horse in an indoor arena. At the time of her fall, Trudy had been re-training Alibi from racehorse to pleasure trail horse.

“She was more of a horse than what I should have been on,” explains Trudy. “It was an operator error.”

Moments before the accident, Trudy was in a stand position and was not balanced as Alibi heard a sound similar to a gunshot and took off running. Initially, Trudy managed to stay on, but fell off after the horse took several tight, sharp turns.

Trudy hit the edge of a wooden stump. Her lower lumbar had burst, and she was paralyzed from the waist down.

Now disabled, Trudy required round-the-clock care for all of her essential needs. After four surgeries and almost four years of rehabilitation, she was only able to provide daily grooming to her cherished horses.

Trudy is a spiritual person and has always felt a spiritual connection with her horses. Grooming the horses was therapeutic to her healing.

Hair and makeup styling for cover photo generously provided by Michelle Kenric Hair Studio

“The value of the bond between animals and humans leaves me speechless, and it is not often that you are going to find me that way,” says Trudy.

Today, Trudy’s connection and bond with her loving Alibi is represented on the España Silk logo. He passed on two years ago at the age of 26, but his spirit will live on forever for Trudy and España Silk.

A return to riding

Before Trudy could ride again, she had to relearn how to stand and walk. Her nerves had to reawaken. Now, a titanium cage holds part of her body together.

“Those screws and bolts keep me together,” Trudy explains. “I am not ever going to be as good as I was before the accident, but I am really doing well. I am the best I can be.”

Trudy is able to ride her Friesian horse, Isabelle, but wears a body brace when she rides. The two can often be found barrel racing, at dressage shows and parades. Their favorite activities are being in open fields beneath blue skies, pleasure and trail-riding, and camping. Isabelle, she says, possesses a willing spirit to do whatever she wants – as long as they’re doing it together.

“Isabelle makes my world a much sweeter, nicer place,” says Trudy. “She gave me the belief in myself to ride again after having been thrown. Isabelle gave me a second chance and gave me the confidence to ride again. She makes my world a better place to be in.” Says Trudy, “I was blessed with a second chance. Not everyone gets that chance, and you can bet that doesn’t get taken for granted. Things are grander. The grass is greener, and the sky is bluer.”

Career dedication

Prior to her accident, Trudy had worked for 18 years for the state of Minnesota, beginning with the Minnesota State Department of Corrections Probation and Parole Office. She then moved on to the Division of Vocational Rehabilitation at the St. Cloud Reformatory.

Trudy next worked under a five-year grant with the Arrowhead Community College region’s Native American Ojibwe bilingual program, headquar-

tered at the Rainy River Community College in International Falls. Working with the program administrator, she helped write a two-year associate of arts degree program. To this day, Trudy holds the culture and the life-enriching, spiritual teachings of the Ojibwe Nation near and dear to her. While immersed in the culture, she learned to speak the language. She has stayed in contact with program founders, and, occasionally, they get together.

When the grant ended, Trudy worked in the student services department at the Rainy River College. While there, she challenged herself to create a co-ed dance team in an area having few extracurricular activities for youth.

“Even though I never had children, I never really feel childless because I have always been a part of youth,” says Trudy.

She plays an active role in the lives of youth, such as mentoring and volunteering through programs like Courage Center in Golden Valley. She says they gave so much back to her during the ongoing process of re-learning how to

walk.

Her next career move took her to Normandale Community College in Bloomington, where she worked as a financial aid officer, a news co-anchor, a correspondent field reporter, and hosted her own show, Perceptions and Perspectives. This position led to a middle management position for a new, “cutting edge,” two-year associate of arts degree program called Vacuum Technology. Trudy worked as a liaison between academia and corporate America, setting up training programs for corporate employees at various colleges. She worked diligently to build awareness and marketing for this new career option.

After devoting so much time to her career, Trudy had a health scare. She lost some of her vision and developed an eye ulcer. Under her doctor’s recommendation, she took a month off to evaluate her priorities and options. She chose an early retirement, feeling confident that was the best decision for her. She left, she explains, knowing she had given her all.

“I will always give more than what is



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asked of me,” says Trudy. “That’s just how I’m created, it’s how I was raised, it’s what I know, and it works for me.”

Newly inspired

Trudy’s inspiration began during those years she couldn’t walk and had to be brought out to her horses. She noticed that the products she was using on the horses contained a lot of harsh chemicals. She tried almost every available grooming product, including the natural ones. Alcohol and other chemicals in the products were very drying and harmful to the animals, individuals, and the environment.

“Thoroughbreds are known for their thin skin, and the harsh chemicals in the products were affecting their hair and skin,” explains Trudy.

Trudy and her partner determined that a new grooming line of all-natural products would be an improvement at the stables. They consulted and teamed with chemists to get a formula and product that met their standards.

“People thought we were spending too much money to bring a shampoo to market,” says Trudy. “We were bringing a vision (for) safety and cleanliness naturally for all four- and two-legged animals, humans, and our environment.”

Three years of consultations with chemists, and additional research, led to the creation of España Silk, a product line that includes the use of silk proteins as a key ingredient, and formulated for hydration. Trudy created the labeling, symbols, branding, and other things for España Silk. Everything was chosen with a purpose or reasoning behind it. Nothing was chosen just because she liked it.

“Just like a woman who has a child, I

want to nurture and care for it (España Silk products) and see it make it,” says Trudy. “I’ve seen this from conception, and the business has been crawling, walking, running, and now is soaring. When it reaches the stars, I feel it will go even beyond that. It’s the best on the market. The animals deserved a better product than what was out there, and this is it. It’s a beautiful thing to see my baby grow. One day, España Silk will be on its own and I will be the proud mother looking back.” She believes the company will self-sustain but wants to be a part of it, forever.

International connections

Focus groups throughout the U.S. and abroad helped inspire the creation of España Silk, which is manufactured in the United States. Customers live in countries from the U.K. to Costa Rica. A store opening in Denmark will save international customers from paying shipping fees and taxes.

When Trudy travels the U.S., she drives her white diesel truck and pulls her gooseneck horse trailer. She has earned the nickname of “Barbie doll trucker” at some of the local truck stops. In November, she’ll fly to Australia to open a new store. Despite her travels, she tries to personally respond to emails.

A strong foundation that began in central Minnesota

Trudy is a central Minnesota native who grew up on a hobby farm in the Clearwater area. She is the eldest daughter of Dennis and Pat Midas, and, on her mother’s side, the eldest granddaughter. Trudy’s parents provided a good, strong life’s foundation, teaching their children -- Trudy, her sister Robin and brothers Troy and


Trent -- that hard work comes before seeking gratification. By their example, they showed how to live a good moral life, with values, integrity, and having a constant in their lives. These characteristics are ones Trudy applies to her business.

After graduating from St. Cloud Technical High School, Trudy studied a paralegal program at St. Cloud Technical College, then studied communications at SCSU and Bemidji State University.

When she fell from Alibi and was paralyzed, Trudy faced a major turning point in her life. She stayed strong and is now excelling at a life and career that she finds very rewarding. The horses kept Trudy going when she couldn’t walk. Now, it is España Silk that fulfills her.

“España Silk was created because we wanted something better,” says Trudy. “I am doing this for all the right reasons. When you want to do something, it is different than when you *have* to.”

The España Silk products are formulated with “silk” proteins and are created to hydrate. The España grooming line includes three labels and nine products available in five bottle sizes and features products for human hair and skin; dog and cat, and equine grooming products. The products are available in a cucumber-spa fragrance. Visit espanaproducts.com to learn more.

 Cori Hilsgen is a central Minnesota freelance writer. She is a wife, mother, and grandmother who enjoys spending time with family and friends.



Women's Fund

Fund Endowment Over \$1 Million!

By Melinda Sanders

I once heard the assertion that, the more you care about the people you **dine** with, the more likely you are to bring a homemade dish to share. That saying took on a new meaning for me recently, while standing around the island in Maryanne Mahowald's kitchen.

Admiring an array of appetizers and chatting about recipes and summer trips, I realized that the more you care about people you **serve** with and for, the more likely you are to share and receive, too. It's evident in every gathering of volunteers.

In that evening's setting, we celebrated Barb Carlson, Women's Fund visionary, upon her retirement from the Central Minnesota Community Foundation.

Over a decade ago, women created the Women's Fund to support women and girls. Knitted together by a desire to reach out a helping hand, these women raised money for programs that help girls make smart decisions and realize their endless potential, and for women in transition, as well as for elder women.

Before Barb retired, she announced that proceeds from this year's Women on

Stage fundraiser had propelled the endowment fund beyond \$1 million, ensuring the support will continue for generations.

While it's true that there have been many gracious donors throughout the years of Women's Fund's existence, the money did not just appear: Someone had to reach out and ask. Behind the scenes, women took it upon themselves to organize successful Women on Stage events to draw attention to the organization, while gaining much-needed support.

At Maryanne's home, I heard stories of how women had stuffed envelopes with invitations for an early Women on Stage event. For some reason, the envelopes wouldn't seal unless someone sat on them -- which the women did amidst lots of laughter! Recently, I worked alongside these women to make table decorations and lapel pins.

The women and volunteers of Women's Fund care enough to roll up their sleeves and put homemade goodness into this cause, because they care about the people they serve, and the people with whom they serve.



Melinda Sanders joined the Central Minnesota Community Foundation as its Director of Donor Relations in June 2013, after practicing law in St. Cloud for almost 19 years. Melinda lives in Rockville with her husband and sons.







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Becky's Boxes

A VFW Ladies Auxiliary project keeps giving

By Char Hopela
Photo by Heidi Schub

In a midtown St. Cloud neighborhood, Becky Carlson has a cozy home surrounded by garden beds filled with flowers and whatnots. Both house and lawn are tidy, but not perfect, a fitting reflection of her life. On yet another hot summer afternoon, her dining room is invitingly cool—even with a handful of grandchildren coming in and out (and sometimes leaving the door open). Becky calls out reminders and laughs. Now, where were we? When asked about her project of ten years, Becky says, “It’s really simple. We send 20 troop care packages to individuals every month.”

She started on her own in November 2003. With American soldiers in Iraq, Becky was moved to send military care packages filled with familiar foods, comfort items, and messages of appreciation. Hoping to make it an ongoing project, she approached the VFW Granite Post 428 and was happy to win their support. In a decade, the post’s Ladies Auxiliary has distributed over 3,000 care packages to soldiers. As

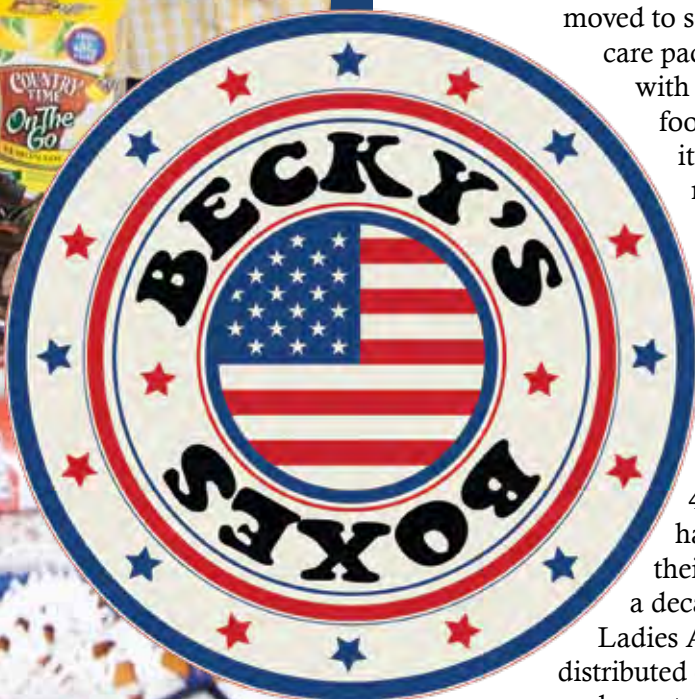
president of the auxiliary for the past five years, Becky takes a lead in the fundraising and organizing necessary to assemble and ship the boxes of candy, nuts, magazines, and more. Every box also contains a handwritten letter of thanks to recipients who are serving dangerous duty in Middle East hotspots from Bagdad to Fallujah.

In turn, Becky has received cards, letters, and photographs — enough to fill three large binders. She has a collection of flags flown at military bases in honor of the project, and was awarded an Army Achievement Medal in 2007. Becky has also received challenge coins from service members. The coins, about the size of a silver dollar, bear the insignia or emblem of a military unit and are presented to others as tokens of appreciation or recognition. Among her most treasured keepsakes is a helmet, gritty with desert sand, presented to her by a serviceman upon his return from Iraq. “It’s pretty cool,” she says, holding the helmet in her lap.

Becky is part of a tight community that includes VFW post members, soldiers and their loved ones. “I get to know the families so well,” she says.

Because of the realities of war, she sometimes “lives on the edge 24 hours a day” with worry about the soldiers she has come to know. Becky lost her own brother, Richard, in the Viet Nam War. At 14, she was in the family garage with her father when a telegram arrived. As her father read it and cried, she realized losing a loved one to war “was truly a pain greater than any other.”

Becky’s fear of loss is balanced with the rewards of feeling connected to so many young lives. She especially loves seeing area military families reunited. Becky is present at many welcome-home arrivals and is always moved by the reactions of



children and parents as they see each other for the first time in a year or longer.

Her commitment to the monthly effort—which swells to 80 boxes in December—has been constant, even when she’s been incapacitated by shoulder and hand surgeries due to arthritis. While still employed with District 742 as a special needs paraprofessional, she is off work with an injury. And a recent knuckle surgery was unsuccessful. Her dominant hand is impaired, making it difficult to hold a pen. At times like this, her extended family pitches in. One month, she wasn’t able to write letters to go with the boxes, and her grandson Logan’s class in Baudette, Minnesota, took on the assignment. Another classroom of students, including granddaughter Lexie, volunteered the next month. All five of Becky’s grandchildren look forward to helping with the monthly packaging (all that *candy*).

It remains Becky’s responsibility to fill out customs forms for every box. She says it’s “quite a process” getting the packages ready for shipping, and praises “the other Becky” at the Waite Park Post Office for her helpful dedication, month after month. While some contents are seasonal, Becky always sends a roll of Lifesavers candy and a deck of cards in every box. Beef jerky, breakfast bars, Kool-Aid, crackers and cheese are also popular items. At Christmas, she sends knit slippers to ward against the chill of cold concrete floors. Businesses and private donors, some from across the state, regularly contribute cash and goods — including those hand-knit items.

The auxiliary helps troop families with emergency situations, including car and roof repairs. Shoveling snow and stringing up Christmas lights for those left behind is also part of the package.



Helmet given to Becky from an appreciative soldier.



Medal given to her by a soldier that she's helped through her care packages



Typical Items put into her care packages.

Providing a traditional holiday dinner and children’s presents in December completes the women’s lengthy to-do lists.

To keep up with the costs of the program, the auxiliary holds regular fundraisers. An annual spaghetti dinner includes silent and live auctions of over 200 donated items. Preparing for the event is a yearlong gathering process. And get out the paint brush and blow torch! Both Becky and husband “Slim” have an artful side and donate their own creations for auction. She crafts brightly painted ladybugs and bumblebees from bowling balls. He welds garden art pieces.

Does this all sound simple? *Simply amazing* is a little closer to reality.

The Ladies Auxiliary is accepting donations for auctions to benefit the Troop Care Package Project and Emergency Help fund for families of deployed American troops. Auction items or monetary contributions are invited. Donations can be dropped off or mailed to VFW Granite Post 428, 9 – 18th Avenue North, St. Cloud, MN 56303. For more information, contact Becky Carlson at (320) 656-0391.



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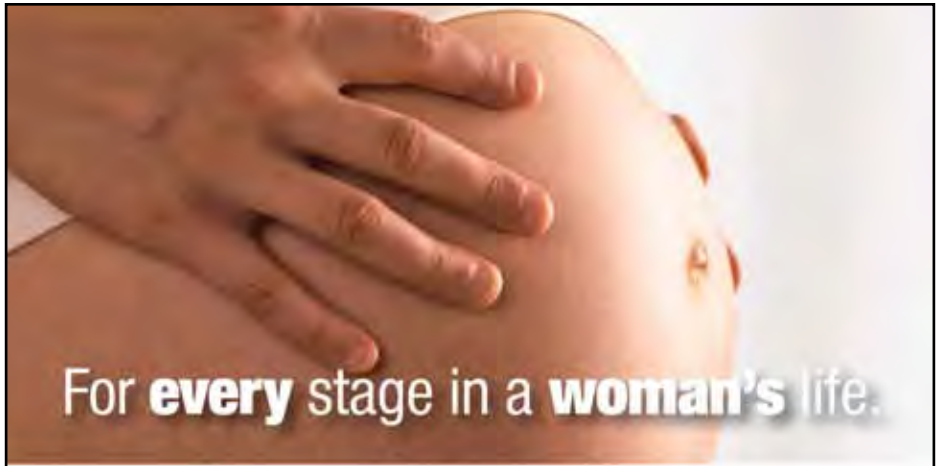
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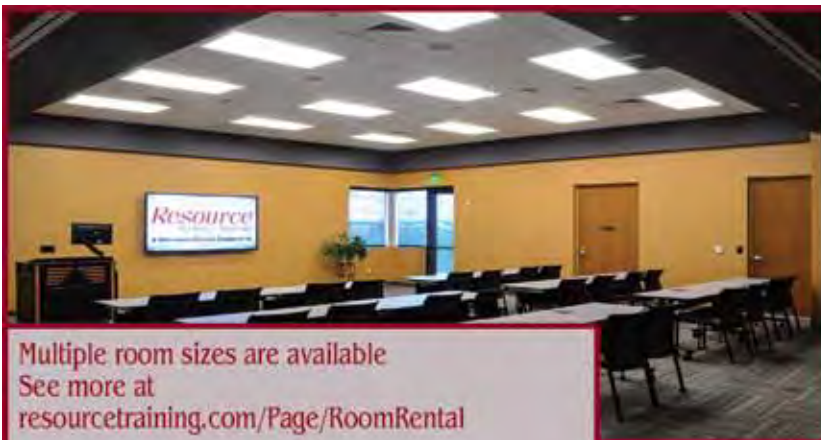
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LIVING WITH ALZHEIMER'S

Local Alzheimer's Association offers resources, hope

By Claudia Broman

Photos by Sue Dropp

Three years ago, Sandy Oltz of Sartell was diagnosed with Alzheimer's disease.

She's a bright, 49-year-old redhead. Both of her sons live at home, with one just graduating from high school. She is not what people think of when they picture someone with Alzheimer's.

"They tend to think of someone who can't speak, who can't contribute to society, or who is in a wheelchair," says Carol Thelen, Western Minnesota regional director of the Alzheimer's Association.

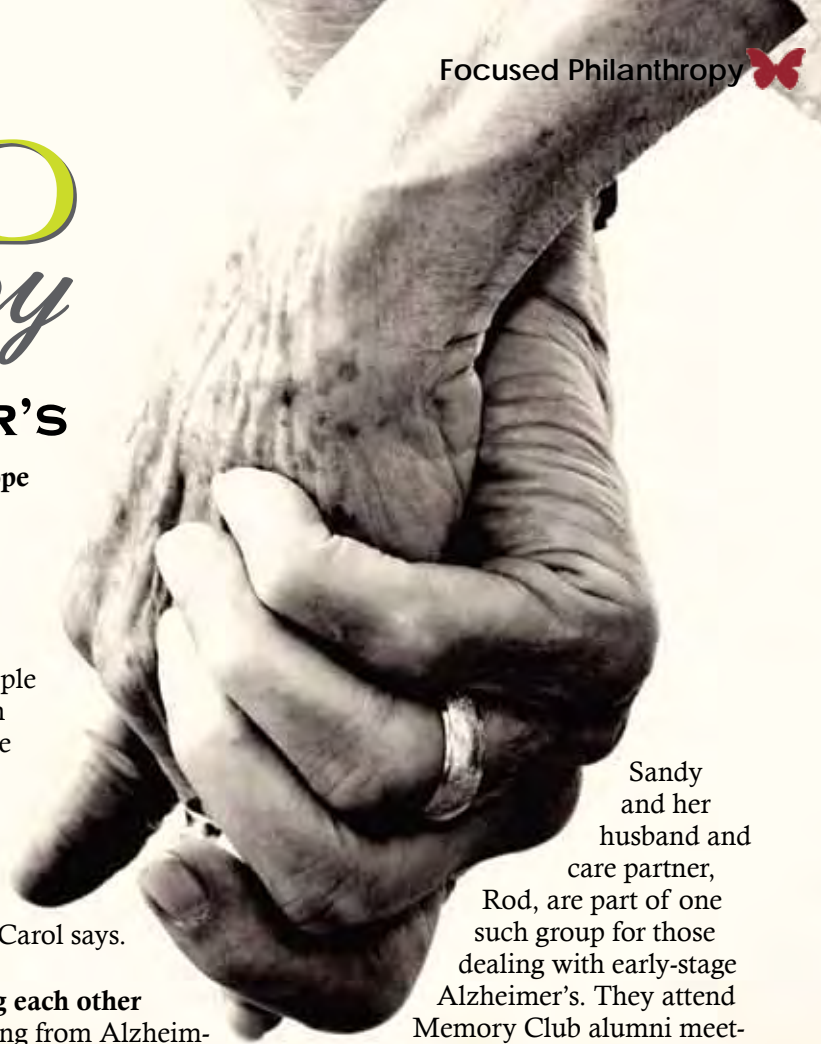
The reality is that more than half of the people diagnosed with Alzheimer's are in the early- or mid-stages of the disease and are adapting to the condition, Carol says.

Understanding each other

"We're not dying from Alzheimer's," Sandy says during a Memory Club Alumni Group meeting in St. Cloud. "We're living with Alzheimer's."

At one point, Sandy was a cheerleader, studied chemistry and biology at the College of St. Benedict, and spent 25 years in the medical field. Even with her diagnosis, Sandy is working to stay active, as earlier this year she was one of 10 individuals selected by the Alzheimer's Association's national office for inclusion in the organization's Early Stage Advisory Council.

The Minnesota-North Dakota Chapter of the Alzheimer's Association has its main office in Minneapolis, with outlier offices throughout the region. The St. Cloud office has been in place for about a decade. The office offers consultation for people who care for others with Alzheimer's, whether that be information, education, or referral to needed services, Carol says. One program is Meetup, where people who have any type of dementia get together for ongoing informal support and conversation, which encourages social connection.



Sandy and her husband and care partner, Rod, are part of one such group for those dealing with early-stage Alzheimer's. They attend Memory Club alumni meetings every other week in St. Cloud. "Family doesn't always understand," Rod says about the circumstances Sandy faces.

"Or friends," Sandy adds.

"But every single person here can understand what you're going through," Rod says of the support he's received through the Memory Club alumni meetings.

"We wouldn't have humor in our lives, either," Sandy says as a silly back-and-forth banter ensues between St. Cloud residents Bob Hoyer, who owned a furniture and appliance store and now has Alzheimer's, and Yvonne Sexton, who is caregiver to her husband, Jim – a two-time national handball champion and former accountant.

Building connections

Half of the attendees at the meeting have Alzheimer's, but it's hard to even know that until they tell their stories or stop mid-sentence and request help.



ROD AND SANDY OLTZ



JIM AND YVONNE SEXTON



Jeff Lundgren, Althea Tomlyanovich, Rod Oltz, Sandy Oltz, Chris Hoye, Bob Hoye, Lee Walberg, Donna Walberg, John Heidgerken, Marcia Heidgerken, Jim Sexton, Yvonne Sexton

“What’s the verb I need right now?” Bob asks the group at one point.

“Diagnosis,” Yvonne says.

Some at the meeting have been living with Alzheimer’s for three or four years, while others, like former teacher Althea Tomlyanovich of Avon, have only known of their condition for a year.

“I no longer can drive a car, but I guess that’s the only thing I can’t do,” Althea explains.

Progression is different for everyone, and people who are diagnosed in the early stages of the disease are likely to be able to stay in their homes for up to 18 months longer than those diagnosed later, says Carol, the regional director.

Although there is no known form of prevention, staying socially active, eating a healthy diet, and participating in regular exercise may reduce one’s risk of the disease, or delay its onset, Carol says.

“If you don’t use it, you’re going to lose it,” she explains.

This is where the association’s 10-week-long Memory Club program

is helpful. Those who took part in the program’s first year have deepened their social connections with peer participants. When in session, the Memory Club meets weekly for two hours, and is organized specifically for early-stage Alzheimer’s patients and their care partners. The meetings incorporate an hour of education, with the second hour involving informal support groups. The 2012 group found so much value in the experience that they have continued to meet as alumni every other week for coffee and conversation.

“It’s important, what this means to us,” Yvonne says. “For us, it gets down to the day-to-day. Alzheimer’s makes us vulnerable, very vulnerable. We don’t minimize the journey.”

Facing the realities

John Heidgerken, 58, of Litchfield, has experienced a significant loss of language skills in the two years since his diagnosis. He and his wife and caregiver, Marcia, share their struggles with the group about needing to find a new place to live.

“It’s so hard,” Marcia says between

tears. She holds John’s hand.

Nods from around the room echo in the couple’s direction.

“The terror is not just from the disease,” Yvonne empathizes.

Bob’s caregiver, Chris, explains, “It’s not being able to work but not being at retirement age.”

The Oltzes are also facing challenges with obtaining transportation and loans, having adequate income, finding a place to live, and managing the future – despite being far from planned retirement.

In the mid-stage of Alzheimer’s, people often have changes in behavior and personality; many individuals need assistance from a primary caregiver. In the late stage, patients need ‘round-the-clock care, with most people living in long-term care facilities as home care becomes much more difficult, Carol says.

“Who plans for that?!” Sandy exclaims, referring to her age and the circumstances she and her family now face.

Consistent care is so important, Bob says as he rhetorically asks, “How

do you know if you're constant or deteriorating?"

Yvonne agrees. "You learn compassion." She adds that, despite its difficulties, she's valued her experience with her husband. "I've learned how to let go. All the spiritual guides I've read say live in the moment. And it's not easy to do."

Moving forward

Research into Alzheimer's offers hope, Carol says, explaining that top researchers are between seven and fifteen years away from developing recommendations for disease prevention.

Alzheimer's research is funded in part through the Walk to End Alzheimer's events that take place in September in communities across the country, including at St. Cloud's Lake George Municipal Complex. The regional event has doubled in size over three years, indicating to Carol that "this community, central Minnesota, is really becoming more comfortable talking about this disease."

Alzheimer's "is a thief," Yvonne says of the disease. "It steals just about everything it can from us, except spirit."

Spirit is what keeps people coming to the Memory Club alumni group, meeting after meeting.

"It gives me hope that I will not have to do the dark journey alone," Yvonne says. From the knowing nods around the room, it is clear that she and her husband have travel companions.

Get support for immediate assistance from the Alzheimer's Association. Call (800) 272-3900 and reach a 24/7 information help line. Or, visit alz.org/mnnd.

Donate in a number of ways, such as general, planned, or restricted gifts. To donate online, visit alz.org/mnnd and click on "Donate." Contact Carol Thelen at (320) 257-0696 for other ways to give.

Volunteer for the Central Minnesota Walk to End Alzheimer's. Office support is also welcomed. For more op-

portunities, please call Carol Thelen, (320) 257-0696.

Advocate by joining Young Champions group, for those aged 20 to 40 who have a family connection to Alzheimer's. Find out more at facebook.com/ALZyoungchampions.

Facts

- Alzheimer's disease is the sixth leading cause of death in the U.S.
- About 100,000 people in Minnesota have the disease.
- Minnesota's lawmakers passed a bill allowing people to use sick leave to care for someone with dementia.
- The Alzheimer's Association is the worldwide leading private funder of dementia research.



Claudia Broman is a freelance writer in Litchfield, MN. Find out more at claudiabroman.com.

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Fundraiser, October 17th: Eat for a Good Cause at 5 Guys Burger and Fries, 4144 2nd St. S., St. Cloud, from 4 - 8 p.m. Mention you're supporting CMSAC, and 10% of your food order will be donated back to us.

Fundraiser, November 9th: 3rd annual, I Heart Consensual Sex Concert and Fundraiser, featuring the music of Menace, 2nd Floor, DB Searle's, 8 p.m.-Midnight. Presale Tickets, \$7 at Central MN Sexual Assault Center, or \$10 at the door. Buy raffle tickets that evening for fabulous prizes.

TEASER: Holiday Vendor Fair, December 7th, Center Square Mall (by Herberger's), St. Cloud. Shop exclusive vendors, and stay for the Nights and Lights Parade! More information coming to Fundraising and Donation page at cmsac.org.

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Sue Dropp, Heidi Shub, and Barb Aaberg

Candid Cameras

Focus on *CMW* Magazine's Photographers: Barb Aaberg, Sue Dropp, & Heidi Shub

By Lynn Fisher

Photo by Pete Pederson, North Star Photo

It was quite an accomplishment getting all three *Central Minnesota Women* magazine's photographers together, at short notice, in the same place...right in the middle of wedding season. All with family responsibilities and hopping summer schedules; we met and chatted at Sue Dropp's Waite Park studio, Unique Portrait Design, and admired the array of

wedding photos and portraits on the walls. Just the sort of gathering that gets a fun group of photo enthusiasts talking.

Sue, who has been a photographer for 36 years, points to a large photograph of a couple in the middle of a wooded area, in formal wedding attire, languishing on a deep red velvet couch.

"The groomsmen carried the couch all over the forest," she says, appreciating the help to get the shot just right. "They put it by the trees, by the water... they were all sweaty by the time we were done. I just love it."

Barb Aaberg also works out of her studio, Blue Bike, at her lake home on the Briggs Lake Chain, but ventures out to capture weddings in the Twin Cities, as well as the St Cloud area.

"When people pick up their photos,

they're so happy," she says.

Heidi Shub of Heidi Shub Photography works entirely on location and also makes her living photographing weddings, which she describes as "awesome."

"(They are) always unexpected..." she says. "You'd think that every wedding is pretty much the same, but they are totally different. There is always the crazy uncle out on the dance floor. I get excited when I'm going out for a shoot because I have an idea that I want it to turn out (a certain) way, but it never does — it turns out better than you could have ever thought."

Each photographer came to this creative and challenging business in her own way, and for a variety of reasons.

Sue hadn't exactly thought about her career until college.

"I have a degree in public relations, photo journalism, which is newspaper photography, and a speech minor," she explains. "When I graduated,

there were no jobs in this area for newspaper photography, so I started with weddings... And they have the babies, so you do the babies, then they have a second baby, then you do the family...and so it just evolved."

Completely satisfied with the husband she found at SCSU, but not so much with her English degree, Heidi decided to attend art school in the Twin Cities for a second degree in photography.

"I want to be out and moving around and have some variety in my job," she says, "so, (she thought) I'm just going to go back to school again (for photography), which I originally wanted to do."

She always loved taking photos, even as a child.

"I still have pictures that I took of my little sister," says Heidi, "from shoots that we would do when we were kids. I would dress her up and put a fan on her so her hair would blow."

Originally from the Twin Cities area,

Sue Dropp

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10805 55th Street
Palmer, Minnesota
bluebikestudio.com

Heidi Shub

Heidi Shub Photography
heidishubphoto.com

Barb took classes in photography but didn't make it her career until later in life.

"I started with a 110 camera, and took classes in college," she says. "All my life, I've been taking baby and family pictures, and giving them the film."

She bought a professional camera, started taking online classes, and SNAP...she pressed the button on a career far and away from her initial path...a degree in horticulture.

There is a basic love for the art form that is shared among the three women. They are always "shooting," whether working or not.

A passion for travel photography motivated Sue to travel to Africa with the group from the Professional Photographers of America in 2005.

"I had just bought my first digital camera... And was trying to learn," she says. "It was amazing. We would go out on the reservations and shoot early in the morning, and then go back out again in the afternoon to get the nice golden light."

She says of her experience photographing a group of schoolchildren in Africa: "It brought me to tears to see what little these people have, yet they are so happy and humble. That's what I like to do."

Heidi carries a toy camera, called a Holga, everywhere she goes. She shoots in film, then scans the photos into her computer.

"I see somebody interesting," she says, "and I'll just ask if I can take their picture..."

People and their collections also interest Heidi, and she searches Craigslist and Facebook for just that right shot. From Rubber Ducky wallpaper to entire rooms of Alf collectibles, Heidi has the photos to prove that such things exist, often in vast quantities.

"I really don't have an end goal in mind, I just like to do it, especially in the winter... when people don't get married as much," she says. "The

winter is when I recharge my photo batteries, so to speak. The fun stuff that I don't get paid for."

In addition to photography, Barb enjoys watercolor painting and uses it as a sort of "cross training" to enhance her photo skills.

"It's funny because it helps me with my color correction," she says. She adds, "One of the reasons that (her studio) is called Blue Bike Studio instead of photography, is because I would actually like to open a place that incorporates local artists and other photographers." She imagines having a studio that would appeal to a variety of tastes. "That's what's really cool, do what you love and go for it...you'll attract the right people."

The ability to do what they love, and share their talent in a meaningful way, is something these photographers feel honored to do when they can.

When Barb was first getting her start in this business, she began taking senior graduation photos. She offered a package of senior photos to a school; to anyone they thought might not be able to otherwise get them. The school chose someone for her.

"(When) he finally came to get his order...he was thrilled," she says, having added the gift of a book that she thought he could also use. "And he said, 'can I hug you?' Makes it all worth it."

Both Heidi and Sue have volunteered their time to Now I Lay Me Down to Sleep, an organization that connects photographers with parents who, at the time of the loss of an infant, wish to have visual memories to cherish.

"You are spending these last moments with them," says Heidi. "The only moments they will get to spend with their child or grandchild." She adds, "I know it means

a lot to the family...I just think it's a great cause."

"They trust you with that moment," says Sue, recalling a young man with cancer she photographed for senior pictures, and then once more, just before he died. "It is something that stays in your mind. The fact that we can get these people beautiful pictures of their loved ones...is what makes it all worthwhile."

All three women appreciate the opportunity to meet and photograph the remarkable women featured in the pages of *CMW*.

Sue sums it up best: "What I really like about it is the networking, and the friendships I've made with my clients. I've made some very close friends while photographing them. And some of the things (the women featured in the magazine) do...(they are) just amazing."

Interested in having a little fun with photography? Try one of the many classes available online. Barb suggests: kelbytraining.com

Want to join the toy camera craze?

Heidi got both of her Holga cameras, one with a flash, and one without, on Amazon.com

Around Town:

- Look for Barb's photographs at The Grands at Mulligan's.
- Find Heidi's photography at Coyote Moon at the Territory Golf Course.
- And, of course, all can be found in the pages of this, your magazine.

For more information

To donate to Now I Lay Me Down to Sleep, visit nowilaymedowntosleep.org



Lynn Fisher is a freelance writer from Champlin, Minnesota. Visit her website: lynn-fisher.com

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Kayela Steiner:

Not Your Average Beauty Queen

By TaLeiza Calloway-Appleton

Photos by Heidi Shub



If Kayela Steiner were President of the United States, she already knows the first thing she would change.

“I would make everybody take a dance class,” the 18-year-old St. Cloud native says with a smile.

“Dance is something you don’t have to be good at. As long as you can move your body, you’re dancing. It makes you feel free and confident.”

This was one of several interview questions she was asked while competing for the 2013 National American Miss Minnesota Teen title in June. She shared her philosophy with the judges and charmed her way to victory. She was crowned June 2, 2013, in Bloomington, Minnesota. But

she’s not your average beauty queen. In fact, the pageant is about much more than beauty; it targets the person within—something that drew Kayela to get involved with the National American Miss Pageants three years ago. She’s glad she did.

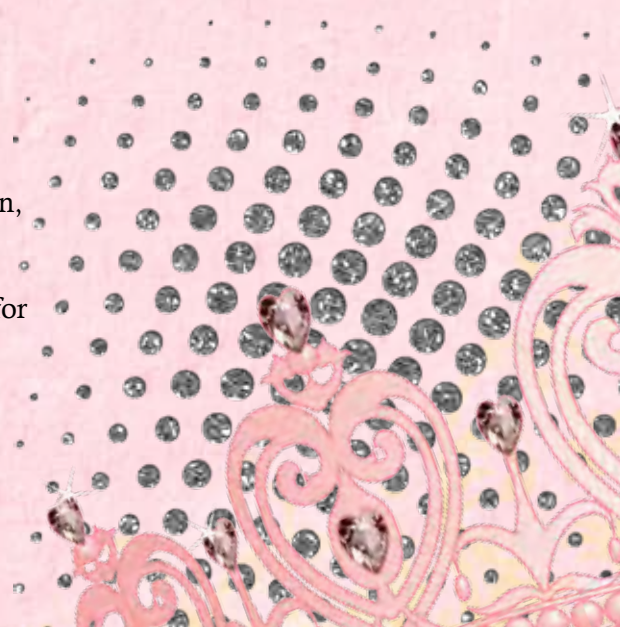
Three’s the charm

The National American Miss Pageants include five divisions. They are Miss, Teen, Junior Teen, Junior Pre-Teen, and Princess. More than 60 participated in Kayela’s division this year, and for other divisions, there were more than 100.

Kayela would often get invitations to participate in pageants but wasn’t hooked in right away.

Invitations would come but she wasn’t moved. Her mother, Sonya Steiner, encouraged her to give it a chance. She finally did and hasn’t looked back.

“The first year I was in the pageant, I was third runner up. I also



got third runner up the second year," she says. "This year, as I listened to the results, I knew I was at least in the top five."

Why not, right? This was how it always went in the past. She shared a glance with a friend across the stage as they awaited their fate. Names continued to be announced. When she didn't hear her name, she got a little nervous. And then she heard her name announced as the winner.

"I was so excited, I couldn't even cry," Kayela says. "Bubbles fell from the sky and there were flashes of light everywhere. It was so cool."

Kayela is National American Miss Minnesota Teen 2013. She is all smiles as she remembers the moment she earned this title. Her winning at the state level grants her a spot on an even bigger stage. She is headed to the national competition in November in Anaheim, California. There, she will compete with other state titleholders from across the U.S.

A meaningful victory

As Kayela reflects on her winning, she knows that she's setting an example for other young women. In her first few years of pageantry,



Kayela Steiner and TaLeiza Calloway-Appleton

it wasn't lost upon her that there weren't many women of color competing. She says she is the second African-American to be crowned in this pageant system.

The visibility of participants of color has increased slightly over the years, and she sees more and more how little girls view her. They are happy to meet her, but are also a little surprised since she is a woman of color.

She got a glimpse of this awe while speaking at a local church in the Twin Cities.

A little girl asked, "Are you Miss Black Minnesota?"

Kayela explained that, in a sense, she is in a similar category as Miss Minnesota Teen. The little girl then said, "But you're black."

To that little girl, it was hard to imagine a black beauty queen because the images often portrayed are of petite women

with blonde hair and blue eyes.

"I told her, 'It's okay that I'm black,'" Kayela says. "'You're black, too. You can do this, too.'"

It was then that Kayela's father Robert Riser's advice hit home. He told her she can reach a lot of different people. He reminded her that she has the power to show little girls of color that they can be princesses, too, no matter the color of their skin.



TaLeiza's Tributes

Kayela is mixed race. Her mother is Swedish, German, and Russian, and her father is African-American, Native American, and Asian. She embraces all parts of her ethnicity and is eager to learn even more about the cultures of her genealogy. She not only has an interest in learning, but encourages others to learn about unfamiliar cultures. In her opinion, it's better to be informed. And the way to do this is to welcome, engage, and educate yourself on the stories of others.

She is also excited to share her story.

"I never thought I'd be sharing my story at all," she says. "Just living my life, that's all I thought I'd be doing."

Friends for life

Kayela is doing much more than merely living. She graduated from Sauk Rapids-Rice High School, teaches dance at Just for Kix, the same studio she's danced in since she was two years old, and she is an honor student at St. Cloud State

University. She plans to study abroad in South Africa. She plans to major in Communications.

Being in a pageant wasn't anything like what Kayela thought it would be. She envisioned catty girls and moody divas. She found the opposite. She discovered young women who were supportive and gained lasting friendships.

"Pageant friends are friends for life," she says. "It's like a family reunion."

There was also some personal growth along the way. The road to becoming 2013 Miss Minnesota Teen has taught her the importance of always being herself.

As someone who wasn't initially interested in pageantry, she would definitely encourage young women to give it a try. Yes, the crown is nice, but the overall experience outshines the glitz and glam of dressed-up hair and formal wear.

"Even if you don't win, it's still a good experience," she says. "It's not about where you're from. It's about where you're going."



Kayela Steiner

2013 Miss Minnesota Teen

Age: 18

Hometown: St. Cloud

Passion: Dance



TaLeiza Calloway-Appleton is a freelance writer. The Ohio native enjoys writing about diversity issues and spending time with her family. Contact her at tjcallo-way2@gmail.com.

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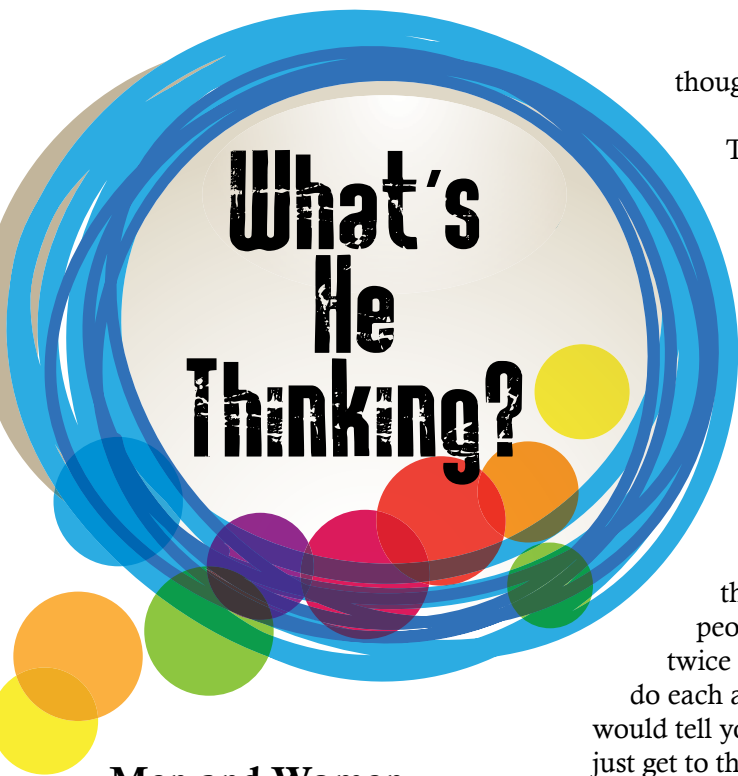
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Men and Women Think Differently

By Doug Vagle

We obviously know that most men and women think differently. I know that women would agree, and I also know that all the men who are sneaking to read this right now would agree, as well.

I truly believe that neither gender has the upper edge, or supremacy factor. We, as men and women, all have our unique strengths and weaknesses that complement one other.

There are always exceptions, of course, but, that being said, I think it's fair to say that many women OVERthink most situations. Just pick out the outfit you like best!

I also think it's fair to say that most guys UNDERthink many situations. Why shouldn't a baby enjoy a lifesaver? C'mon, it's just candy! Why not let my young son play with power tools? Why shouldn't my 11-year-old son have a 15-inch machete?

Again, it's simply the difference in

thought processes at work.

Turns out, this phenomenon of OVERthinking and UNDERthinking is a beautiful blending of strengths and weaknesses that makes the world a better place -- and gives us a whole lot to laugh at!

I'm not sure who took the time to count, but people say that women use twice as many words as men do each and every day. Guys would tell you the reason is, we just get to the point! Women would say they have to use double the words because they have to tell us everything TWICE!!

Harvard actually did a study of hundreds of preschoolers, and

What's He Thinking?

researchers found that 100% of the sounds coming from little girls' mouths were actual words, whereas only 60% of sounds coming from preschool boys' mouths were words. The remaining 40% were grunts and sound effects like, "Vrrooom!" "Aaaaagh!" and "Toot, toot!" Some things don't change, no matter how old we get! Guys may talk with sounds, but I won't even tackle how women talk with their hands. So, we just all have to remember that our differences are the "Spice of Life."

"Aaaaagh," I need to "Vrrooom" off to the store and return the machete I bought for my son. My wife has already told me twice to return it -- even though I only heard her once! Until next time ...



Doug Vagle and his wife Peggy live in Sartell. They have three children, Abby, Nathaniel, and Sophie. Doug is pastor of Waters Church in Sartell, thewaterschurch.net.

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Why is a Magazine for Women Important?

by Tamera Farrand

Sometimes I wonder why I spend so much time and effort publishing a magazine that produces so little return on my investment. Let's face it - I don't see my partner and me breaking the bank on a magazine product!

As I was pondering this question one day in the midst of a stressful life, I got the answer from a friend of mine. She and her three children were in Bremer Bank when they saw "Tamera's Magazine."

They picked it up and began paging through it and found the column I wrote on Belly Laughs, and, together, they read it.

My friend shared the story, and it reaffirmed to me what we do with our magazine. Her daughters and son were looking at images of real people, real women, local women.

Smart, successful, creative, beautiful women.

Now, how many women's magazines can you read with your kids? How many advertisements and photos are you comfortable showing them without first filtering?

You know, we really don't know how powerful our work is until we hear stories from people about how an article touched them or helped them; how a story became national and changed the course of someone's life; how a woman's generosity brought out others to help and support her; or how we learned from another person's strength and applied it to our own life.

No more wondering if the work we are doing is important... we all know the answer. This is "Your Magazine," not mine.



Tamera publishes CMW with her amazing and wonderful partner, Doug Solinger. "Doug is there when I need him with insight, knowledge and experience. Trust is the foundation of a great partnership. I am grateful for Doug."

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Honorific!

by Natalie M. Rotunda

You may remember reading about Dr. Annette Lee, who graced the cover of our April-May 2013 issue. In the accompanying story, TaLeiza Calloway-Appleton wrote, "Annette is an Assistant Professor of Astronomy and Physics at St. Cloud State University and serves as the director of the university's planetarium in St. Cloud." TaLeiza went on to tell readers that Dr. Lee is a member of the Dakota-Sioux tribe, and that she and several Native American collaborators created the Native Skywatchers Project, a grassroots initiative celebrating indigenous peoples' connection to the stars. Recently, SCSU asked our permission to reprint TaLeiza's story in a soon-to-be-published Research Profile publication themed Community Engagement. We were happy to say yes! The publication will be available to SCSU's financial supporters, to on-campus departments, and placed throughout the campus.



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Cornucopia

of Thanksgiving Side Dishes

By Heather Rotunda

Photos by Sue Dropp

When the Pilgrims and Wampanoag Indians celebrated the First Thanksgiving in 1621, their feast looked quite a bit different than the one most of us enjoy today. There are some similarities: they often ate wild turkey and may have had it that day, although no one is sure. Cranberries and pumpkin also likely made an appearance, but not in the way we serve them. Sugar, necessary to sweeten a cranberry sauce, was expensive and scarce. The Pilgrims also probably lacked the flour and butter necessary for pie crust, and the creamy pumpkin pie filling we all know and (many of us) love was a long way from being born. Potatoes hadn't yet found their way into the Indian or English diet by that first Thanksgiving. Other tubers were popular with

the Wampanoag, though, including Jerusalem artichokes (sunchokes) and Indian turnips. Was there stuffing? Surprisingly, it's possible they may have enjoyed stuffing; both Pilgrims and Indians sometimes stuffed birds and fish with herbs and onions, and the English sometimes added oats to their stuffing.

By the middle of the 17th century, the holiday became a regular event, proclaimed each year by the individual Colonies. The first national Thanksgiving was proclaimed by the Continental Congress in 1777, and Presidents Washington, Adams, and Monroe each continued the tradition. By 1815, though, the custom had fallen out of use, and celebrating the holiday was limited to individual observances throughout the states.

Many people, however, felt that this family-centered holiday should be a national one. Sarah Josepha Hale, influential editor of *Godey's Lady's Book*, a popular women's magazine, undertook a campaign in 1827 to reinstate the holiday following the model of the early Presidents. She publicly petitioned several presidents, and her efforts finally bore fruit in 1863, when she convinced President Lincoln that our war-torn country might be united by a national Thanksgiving. Neither Lincoln nor

his successors made the holiday a fixed event, the President having to proclaim the holiday each year. The last Thursday in November was the customary choice. FDR caused no small controversy in 1939 when he moved Thanksgiving back a week, in order to lengthen the Christmas shopping season. Congress responded in 1941, permanently establishing the fourth Thursday in November as Thanksgiving.

Celebrating Thanksgiving with family and friends has become a very comforting tradition for many if not most of us. The Sunday after Thanksgiving is the busiest travel day in the year, and roughly 40 million Americans travel at least 100 miles to get to their Thanksgiving dinner. It's always a special day at my house as we gather, albeit in increasingly smaller numbers, around a dining room table that's hosted family dinners for generations.

While I usually forgo the turkey in favor of ham, the rest of the menu remains strictly traditional: mashed potatoes, cranberries, stuffing, pumpkin pie. This year, though, I'm shaking things up just slightly, giving some of the old favorites a new look. Instead of plain mashed potatoes, they're being transformed into potato puffs; the stuffing will be in the form of a quick bread, and cranberry sauce is replaced with cranberry sherbet.

2

1



3

1 Bacon Potato Puffs

3 medium Yukon Gold potatoes
 1 medium sweet potato
 3/4 cup water
 6 Tablespoons butter
 1-1/2 teaspoon salt
 3/4 cup flour
 4 large eggs
 12 oz. bacon, cooked, drained and chopped
 2 green onions, chopped
 2 teaspoons prepared horseradish
 1/2 teaspoon black pepper
 1/2 cup grated Parmesan

Preheat oven to 425 degrees. Lightly grease a 12-cup muffin pan; set aside.

Peel and dice potatoes; cover with water and cook in medium saucepan until tender, about 20 minutes. Drain, cool slightly, and mash potatoes.

Bring water, butter, and salt to a boil over medium heat; remove pan from heat and add flour, all at once. Stir vigorously until the flour is combined. Return pan to heat and stir until the mixture comes away from the sides of the pan. Remove from heat; stir in eggs, one at a time, mixing well after each addition. Fold in potatoes and remaining ingredients. Divide mixture evenly among muffin cups. Bake in preheated oven for 20 to 25 minutes, or until golden brown. Serve hot.

2 Sausage Stuffing Bread

1 lb. bulk Italian sausage
 1 apple, peeled and diced
 1 celery stalk, diced
 1/2 medium onion, diced
 1/2 cup walnuts, chopped
 1 teaspoon dried thyme
 1/2 teaspoon dried sage
 2 cups flour
 1 Tablespoon sugar
 1-1/2 teaspoons baking powder
 1/2 teaspoon baking soda
 1 teaspoon salt
 1 cup buttermilk (or half yogurt, half water)
 1 large egg
 1/4 cup sunflower oil

Cook sausage in a large skillet over medium heat. When most of the meat no longer looks pink, add the apple, celery, and onion. Continue cooking, stirring frequently, until the onion is translucent. Add the walnuts, thyme and sage; cook a few more minutes, then transfer mixture to a paper towel-lined plate and allow to cool completely.

Preheat oven to 350 degrees. Lightly grease the bottom of a 9x5 loaf pan; set aside.

In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. In a medium bowl, combine the buttermilk, egg and oil; add to dry ingredients, stirring gently. Add cooled sausage mixture, and stir just

until combined; do not overmix. Transfer batter to the prepared loaf pan. Bake 45 to 50 minutes, or until a toothpick inserted in the center comes out clean. Cool in pan a few minutes, then transfer to a wire rack to cool completely.

3 Cranberry Orange Sherbet

1-1/3 cups cranberry or cranberry-pomegranate juice
 2/3 cup fresh orange juice
 1 cup sugar
 1-8 oz. bag frozen cranberries
 1 cup heavy cream

Combine both juices, sugar, and berries in a medium saucepan over medium heat; stir until sugar is dissolved. Bring to a boil, then reduce heat and cook, stirring occasionally, until the berries have popped (5 to 10 minutes). Pour mixture into a large bowl through a fine strainer; press on the solids to remove all the liquid possible. When cooled, add heavy cream, stirring to combine thoroughly. Refrigerate several hours, or overnight. Pour the mixture into the bowl of an ice cream maker, then proceed according to the manufacturer's directions.



Sue Dropp says: "I will definitely be making these dishes during the holidays--sooo delicious! The Potato Puffs were amazing! The 'stuffing bread' is better than traditional stuffing! My ultimate palate-pleaser was the sherbet--so fresh and mouth-watering. Thank you, Heather, for the delicious tastes!"



Heather Rotunda has been actively exploring the world of food for the past nine years and is at work on her first ebook. Find her at sorrowfulflower@gmail.com and <http://pinterest.com/sorrowfulflower/>

Steppin' Out

By Natalie M. Rotunda

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ARTS

October

- 1: **MEL TILLIS**, Paramount, 1:30 and 7 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 2: **FIFTH COLUMN** with special guest Paul 'Stretch' Diethelm, Pioneer Place on Fifth, 7:30 p.m. Tickets/Info: (320) 203-0331, or pppfive.com
- 3: **THE STORY OF LUKE**, Paramount, 7 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 3: **FIRST THURSDAY ARTS**, St. Cloud Public Library, 7 to 8 p.m. Info: griver.org.
- 3,17: **S.C.R.A.P.S.**, Seberger Park Shelter, 2001-2nd St. N., St. Cloud, 3 to 6 p.m. Info: (320) 650-3148. Free and open to public.
- 4-6: **THE SANCTUARY**, Kim Norlien Fine Arts, 20171 Lake Maria Road, Clearwater, 10 a.m. to 6 p.m. Info: (763) 767-9276, or norlienfineart.com.
- 5: Paramount Gala Fundraiser 2013: **GOLD DUST GALA**, 6 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 7,14,21,28: **MONDAY NIGHT JAZZ IN THE LOUNGE**, 8 to 10:30 p.m., Pioneer Place on Fifth. Free!

- 11-Nov. 22: **WARM – CELEBRATING WOMEN EXHIBIT**, CSB/SJU, Gorecki Gallery. Times: Mon.-Fri., 10 a.m. to 9 p.m.; Sat./Sun., noon to 9 p.m. Info: (320) 363-5777.
- 11-20: G.R.E.A.T. Theater presents **THE LITTLE MERMAID**, Jr. Paramount. Performances: Fri., 7 p.m.; Sat. 2 and 7 p.m.; Sun., 2 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 11: **PASTICHE**, CSB/SJU, Escher Aud., 7:30 p.m. Tickets/Info: (320) 363-5777.
- 12: **THE WAILIN' JENNY'S**, CSB/SJU, Escher Aud., 7:30 p.m. Tickets/Info: (320) 363-5777.
- 18-20: **GINGERBREAD SHOWS**, Crossroads Mall, Fri./Sat., 10 a.m. to 9 p.m.; Sun., 11 a.m. to 6 p.m. Info: gingerbreadstowns.com.
- 19: **RHYTHMIC CIRCUS**, SJU Stephen Humphrey Theater, 7:30 p.m. Info: (320) 363-5777.
- 25: Aquila Theater – **RAY BRADBURY'S FAHRENHEIT 451**, SJU – Stephen Humphrey Theater, 7:30 p.m. Tickets/Info: (320) 363-5777.
- 25-26: **THE SUBURBS**, Paramount, 7:30 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.

26: St. Cloud Symphony Orchestra presents **LOVE AND LOSS**, with Great River Chorale, SCSU Ritsche Auditorium, 7:30 p.m. Tickets: stcloudsymphony.com.

27: **OPERA 101**, Paramount, 2 p.m. Free admission! Info: Register at: paramountarts.org/events.

November

- 1-19: **PAINT N PARTY**, Brothers Bar & Grill, 119 5th Ave. S., St. Cloud, 6 to 8 p.m. Info/Tickets: (320) 251-4422.
- 2: **ASTRONAUTILUS**, with Mayda, Paramount, 7 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 3: **AMADEUS CHAMBER SYMPHONY**, Paramount, 2 p.m. Free admission! Info: paramountarts.org.
- 4: **ST. CLOUD MUNICIPAL BAND CONCERT**, Paramount, 7:30 p.m. Free admission!
- 5-6: **A BRANSON COUNTRY CHRISTMAS**, Paramount. Performances: Tues., 1:30 and 7 p.m.; Wed., 1:30 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 7,21: **S.C.R.A.P.S.**, Seberger Park Shelter, 2001-2nd St. N., St. Cloud, 3 to 6 p.m. Info: (320) 650-3148. Free and open to public.
- 8: **DOWNTOWN ART CRAWL**, 5 to 9 p.m. Free parking after 6 p.m. Locations: artcrawlstcloud.com
- 9: **JUSTIN PLOOF & THE THROWBACKS: BORN ON THE BAYOU**, Paramount, 7:30 p.m. Tickets/Info: (320) 259-5463, or paramountarts.org.
- 9: **VOICE**, Sacred Heart Chapel, St. Joseph, 7:30 p.m. Info: (320) 363-5777.
- 15-Dec.1: G.R.E.A.T. Theatre presents **WHITE CHRISTMAS**. Performances/Tickets/Info: (320) 259-5463, or paramountarts.org.
- 16: G.L. Berg presents **SONGBLAST 2 DUELING GUITARS**, Wine and Comedy, Cathedral High School Performing Arts Center, 8 p.m. Info: (888) 654-6901, ext. 2, or glbergpresents.universitytickets.com.

16-19: **ST. CLOUD FILM FESTIVAL**, Pioneer Place on Fifth, 7:30 p.m. Tickets: ppfive.com, or (320) 203-1233.

COMMUNITY

October

4-5: **NORTH COUNTRY WINTER SPORTS SHOW**, St. Cloud Rivers Edge Convention Center, Fri., 3 to 9 p.m.; Sat., 10 a.m. to 5 p.m. Info: northcountryshow.com

4-6: **WOMEN'S WELLNESS & ADVENTURE WEEKEND**, Audubon Center of the North Woods. Lodging, meals, programming. Package rates. Register online: audubon-center.org/womens-wellness.htm, call (888) 404-7743, or email fenner@audubon-center.org.

4-6: **2013 GRANITE GAMES**, SCSU Fieldhouse. Tickets/Info: granite-games.com.

5: 2nd Annual **LAKE WOBEGON TRAIL CARAMEL APPLE RIDE**, Melrose, MN Trailhead, 8 a.m. to 1 p.m. Info: lake-wobegontrails.com/

11: **ANIME**, St. Cloud Public Library, 4:30 to 5:45 p.m. Info: griver.org.

12: **PIZZA TASTE-OFF & TEEN READ WEEK CELEBRATION**, St. Cloud Public Library, 1:30 to 2:30 p.m. Info: griver.org.

11-26: **HATS OFF TO DR. SEUSS!** at the Jean Stephen Galleries, 4811 Excelsior Blvd., St. Louis Park. Info on hours: visit jsgalleriesw.com, or call (612) 338-4333.

17: **CLASSIC BOOK CLUB**, Waite Park Public Library, 6:30 to 7:30 p.m. Info: griver.org.

17: **ADULT ANIME CLUB**, St. Cloud Public Library, 6 to 7:45 p.m. Info: griver.org.

19: **9TH ANNUAL KIDS & PARENTS EXPO**, St. Cloud Rivers Edge Convention Center, 10 a.m. to 4 p.m.

21: **AN ENCHANTING EVENING**, 5 to 7:30 p.m., Rivers Edge Convention Center. For more info, call St. Cloud Hospital Women & Children's Clinic, (320) 656-7021, or visit centracare.com and click on Classes and Events.

22: MPR Connects Presents: **THE WEATHER ROAD SHOW** with MPR Meteorologist Paul Huttner, Holiday Inn & Suites, 5:30 to 7 p.m. Free! Info: Chris Cross, (507) 282-0910, ext. 11

22: **PARENTING ANGRY CHILDREN**, 7:00-9:00 p.m., \$15/person, \$25/two people. Location: Resource Training

& Solutions, new address, 137 23rd St S, Sartell. Info: (888) 447-7032, or (320) 255-3236.

24: A **TALE OF GRIMM**, celebrate the 200th anniversary of the Brothers Grimm, St. Cloud Public Library, 6 to 7 p.m. Info: griver.org.

25: 50th Annual **FISH FRY**, Holy Cross Parish, Marty, MN, 4 to 9 p.m., at the school. Hand-breaded fish, home-made potato salad. Info: (320) 398-7885.

25: **CLASSIC BOOK CLUB**, St. Cloud Public Library, 7 to 8 p.m. Info: griver.org.

26: **WOMEN'S SHOWCASE**, Rivers Edge Convention Center. Tickets/Info: (320) 259-7108, or womensshowcase.com.

November

5,12,19: **PARENTING THE LOVE AND LOGIC WAY** (3-night class), 6:30-9:00 p.m. Cost: \$50/person, \$75/two people. Location: Resource Training & Solutions, new address, 137 23rd St S, Sartell. Info: (888) 447-7032, or (320) 255-3236.

7: **TEEN TO ADULT WITH ADHD: HELPING MAKE THE TRANSITION SUCCESSFUL**, 7:00-9:00 p.m. Cost: \$15/person, \$25/two people. Location: Resource Training & Solutions, new address, 137 23rd St. S., Sartell. Info: (888) 447-7032, or (320) 255-3236.

15: **STORYBOOK CHRISTMAS BOUTIQUE**, Barden Park Neighborhood. Details: Rich, (320) 259-8955.

16: **GRANITE CITY TRAIN SHOW**, National Guard Armory, 1710 Veterans Drive. Info: (320) 255-0033, or granitecitytrainshow.com.

19: **TASTE OF HOME COOKING SHOW**, Rivers Edge Convention Center, 4 to 10 p.m. Info/Tickets: tasteofhome.com/Cooking-Schools/Find-a-Class/Show-Detail/MN/St-Cloud/6981

22-23: **ZONTA CHRISTMAS HOUSE 2013**, Sat., 3 to 9 p.m.; Sun., 9 a.m. to 4 p.m. Info/House Location: zontastcloudmn.org.



St. Cloud Film Festival

NOV. 16-19 | PIONEER PLACE ON FIFTH
The St Cloud Film Fest is 4- days filled with unique showings of shorts and features that celebrate the independent nature of filmmakers. This great annual event provides a variety of opportunities for artists to present their work and bring independent cinema to the public.



Branson Country Christmas

NOVEMBER 5 & 6 – PARAMOUNT THEATRE
The popular Ozark Jubilee is back for three shows in St Cloud. Make plans to make your holiday season bright – buy your tickets today.



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Songblast

NOV. 16 – CATHEDRAL HIGH SCHOOL
What is SongBlast? It's all about great songs, wonderfully performed...and having a BLAST! Featuring the unique talents of Pat Balder and Glen Everhart, this dynamic duo combines fun and great entertainment.

around
the
cloud.org

Greater St. Cloud's Arts & Events Click & Go Guide

SNAPSHOTS!

By Natalie Miller Rotunda

These small snapshots feature businesses we're pretty certain you'll want to know about and support.



27 - 7th Avenue North • St. Cloud
(320) 259-5114

Facebook: facebook.com/SevenElephantsCoffee

Weekdays, 6:30 a.m. to 7 p.m.
Saturdays, 8 a.m. to 4 p.m.

So what about this place on the corner of 7th Avenue North in downtown St. Cloud? It's many things – a great place to grab a vegan, vegetarian, or meat-eater breakfast or lunch, or a quick coffee to go or to stay (add a donut or other mouth-watering pastry to your order; they're baked on-site). It's the place to be on Wednesdays, 5 to 7 p.m., for open-mic night (be the first to sign up). For daily happenings, check Seven Elephants' Facebook page -- maybe a band you don't want to miss is playing there that afternoon or night. Seven Elephants is a wholesale bakery – that's their focaccia bread you're eating on your Panini – and, if you call ahead, they'll cater coffee and goodies to your local meeting site. Too busy or too nice a day to eat indoors? Call in your order and pick it up when it's ready. Anything else? Just this – they're the only downtown place where baristas make Thai tea and Thai coffee. Now THOSE are fun drinks to see **and** sip! Oh, and count the elephants -- are there more than seven?



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Facebook: facebook.com/pages/Frozen-Yogurt-Creations-St-Cloud/277975285674448

You Tube: youtube.com/watch?v=4xhheAUH7TY&feature=youtu.be

Every day, 11 a.m. to 11 p.m.

REAL, dreamy frozen yogurt in 21 rotating flavors – that's what they're serving at Frozen Yogurt Creations, the new yogurt kid in town. Order strawberry, and real strawberries are what you taste, first bite to last. None of that powder or liquid stuff in Isaac and Ruth's yogurt creations. They buy the highest quality yogurt you can buy anywhere, from a farm in Arkansas. Add a topping

from a choice of 90, and your tastebuds never had it so good! By the way, Frozen Yogurt Creations specializes in frozen desserts, and that includes real-flavor sorbets, also made from the highest-quality ingredients. Spread the fun! Hold a birthday party at the store, or, for the slightly older set, a bridal party. Indoor and outdoor seating accommodates 38 or 40 guests. Call for details.

Soon after Isaac and Ruth opened their family-owned business in August, they partnered with local businesses to reward kids who read in the Treats for Reads program. Moms and dads, stay tuned. You'll be hearing more about this, we're pretty certain. The program is one of the first (of many) ways Ruth and Isaac are involving themselves and their delicious business in their new community. You're gonna love this place!

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