



## COVER STORY MILITARY MOMS & FAMILIES 30

Weaving a network of support.

By TRACY WILL

COVER PHOTO BY OLIVE JUICE STUDIOS

### in every issue

- 7 From the Editor
- 8 From Readers
- 10 In the Know
- 66 Upcoming Events
- 68 Advertisers Index
- 68 Community Calendar



44



18



39



21

## COMMUNITY BLUE RIBBON AFFAIR 50

Olmsted County Fair celebrates 150 years.

By JANETTE DRAGVOLD

## FOOD CONTEMPLATING THE FOOD WE EAT 44

Supporting sustainability and locally-grown foods takes knowledge and effort. Part 2 of 2.

By MARGO STICH

## ROCHESTERLICIOUS 48

Seafood delights and a vegetarian alternative.

By MARGO STICH

## HEALTHY LIVING LAUGHTER IS THE BEST MEDICINE 18

Laughter yoga uses a universal language to tap into health benefits.

By SUSANNE NOVAK

## TOUGH LOVE 26

A mother's story of unconditional love, despite the challenges of mental health.

By MICHELLE SAXTON

## HUMOR ROLLERCOASTER SEASON 70

Amusement rides remind us of the freedom of childhood and the volatility of parenthood.

By AMY BRASE

## HOME & GARDENING REMODELER'S CORNER 34

A rustic renovation in the kitchen.

By SUZANNE NOVAK

## ROCHESTER POND AND GARDEN TOUR 36

Preview some of the beautiful and sustainable sites you can visit on July 10.

## CABIN EXPANSION 39

A kitchen remodel became an addition that nearly quintupled this Lake Zumbro cabin.

By VALERIE KIGER

## PERSONAL ASK JILL 12

Making a statement with jewelry.

By JILL SWANSON

## GETTING SERIOUS ABOUT SKINCARE 14

Q&A WITH DENISE STEGALL.

## DON'T WRECK YOUR MARRIAGE!

Marriage wreckers and savers: tips you can use.

By DR. GARY BRINK, LMFT AND

CINDY S. FINCH, LSW

## PROFESSIONAL KEEPING YOU ON THE ROAD 21

Women work in every part of the auto industry.

By PENNY MARSHALL

## TRAVEL WINE TRAIL TRAVELER 54

The Great River Wine Trail in Wisconsin and Minnesota.

By MARGO STICH

## VACATION CENTS & SENSIBILITY 62

Practical tips for a great family trip.

By MARLENE PETERSEN