

**November 2004**

## Two women share their experiences growing up hard of hearing to help girls in same boat

People who are hard of hearing often say they feel caught between two worlds—they're not deaf, but they're not hearing either. For hard of hearing kids in mainstream classes, that sense of isolation can be especially strong. That's why two Twin Cities women are drawing from personal experience to forge a group where hard of hearing girls fit right in.

Lynne Voss and Ellen Thibodo are both hard of hearing. They both are leading full lives, with careers and families. And, they're both mentors with AG Bell's Kids.

Bell's Kids is a program that provides role models/mentors for kids ages 8 to 12 who use spoken language as their preferred mode of communication. The mentors are adults who have not let hearing loss hold them back. The program is part of the national AG Bell Association for the Deaf and Hard of Hearing, which has a local chapter known as MN AG Bell.

The local Bell's Kids program started several years ago with a group for boys and a group for girls. The boys' group was dropped due to lack of mentors, Lynne said. Last year, the girls' group included a core of six girls between ages 9 and 12.

"We get together to do a variety of activities such as bowling, roller skating, crafts ... and many other activities," Lynne said. "During the activity, kids will often talk about their hearing loss, how it affects them, their frustrations.... We, as mentors, provide support, discuss solutions, encourage them to be independent, and act as role models for the kids," she explained.

For a few activities, parents are included. But, most of the time, Bell's

Kids is a club strictly for those who share the bond of hearing loss.

"I think it is very important for hard of hearing kids to establish a bond with others in the same boat," Lynne said. "It boosts their confidence and self-esteem."

### **2004-2005 Bell's Kids open to new members**

To kick off a new year of activities, Lynne Voss and Ellen Thibodo, the group's leaders, will host an event to help girls and their parents get to know each other and to plan the rest of the activities for the year.

**Sunday, Nov. 14  
1 to 4 p.m.**

**Courage Center in Golden Valley**

RSVP by Nov. 11 to Lynne at 763-780-8270, [tav58@sprynet.com](mailto:tav58@sprynet.com) or Ellen at 651-423-2249(tty), [ewt0604@aol.com](mailto:ewt0604@aol.com).

*Girls, ages 8-12, who are hard of hearing or oral deaf can join AGBell's Kids.*

Lynne can relate to the issues the girls talk about because she has been there. She has a severe loss and wears Digifocus hearing aids. But, unlike some kids, she loved her hearing aids from the beginning.

"I got my hearing aids at the age of 2, and, apparently I loved every bit of it," she said. "I would run outside to hear the loud birds ... trying to make noise everywhere I went. And, of course I would be looking around trying to find out where the noise was coming from."

She had speech therapy all the way from her early years through

college. And, like the girls in her group, she sometimes felt uncomfortable being singled out for special help.

"I was really sensitive about how others thought about me going to speech therapy or special education," she said. "But, I'm really glad that I'm able to speak as well as I am."

Lynne knows, too, what it's like to be mainstreamed. After learning Oral Communication through a preschool program with the Hearing Society, Lynne went to public school in Hopkins, District 287. Starting in fifth grade and on through college, she used an FM listening system in class.

Now, she has a Phonak assistive listening device to help her understand lectures or speech when she can't read the speaker's lips—like when she's in a car or in a darkened room. The Phonak device has a boot that attaches to her hearing aid plus a small microphone she can put on a speaker's podium, on a table or on the dashboard of a car.

Lynne has worked as a nurse in a hospital's cardiac unit for 15 years. She's currently supervising a non-invasive cardiac lab where they do stress testing, nuclear testing, echocardiograms, and transesophageal echocardiograms. She sometimes feels she works harder to compensate for her hearing loss at work, but she's "learned to adapt," she said.

"If I have difficulty understanding my patient or others, I explain to them about my hearing loss," she said. She also works hard to keep her hearing loss from becoming an issue.

"When doctors give me an order, I repeat back to them to make sure I heard it right," she added.

On the job, she uses a special stethoscope that boots into her hearing aid. She carries a text pager so coworkers can contact her without using the PA system.

**Mentors... continued on Page 5**

## Here's What's Happening

- Friday, Nov. 5 & Dec. 3** **CSD sponsors Swim Night** 7:30 to 9:30 p.m. at Oxford Pool, 1079 Iglehart, St. Paul. \$3 kids/\$4 adults. For information, call 651-487-8872(tty) or lpressleyford@c-s-d.org.
- Saturday, Nov. 6 & Dec. 4** **Deaf storyteller Estella Bustamante signs stories** for kids ages 3 to 7 at 10:30 a.m., Merriam Park Library, 1831 Marshall Ave., St. Paul, 651-642-0385(v), 651-298-4184(tty).
- Sunday, November 7** **"Anishinabe to Zapotec: Native Arts of the Americas"** is the ASL-interpreted tour at the Minneapolis Institute of Arts. The tour begins at 2 p.m. and is free, but there is a museum entrance fee. For details, call 612-870-3131(v), 612-870-3132(tty) or e-mail dhegstro@artsmia.org.
- Monday, November 8** **Dr. Ron Lybarger of the Greater Minnesota Assessment Service will present a workshop** in Fergus Falls for parents and educators on helping deaf/hard of hearing kids feel comfortable in social situations. For details, see Page 3.
- Thursday, November 11** **Parents of children who are deaf or hard of hearing are invited to a child safety workshop presented by the Minneapolis Police. The Family Support Connection is one of the sponsors. See the attached flyer for details.**
- Friday, November 12** **Students (7th grade+) who know ASL can join friends at the ASL Deaf Culture Youth Event** from 8 to 11 p.m. at North Central University Gym, 910 Elliot Ave. Minneapolis. Cost is \$2 for open gym, entertainment, and refreshments. RSVP to Emory Dively, eddively@mac.com.
- Friday, Nov. 12 & 19** **Free basketball nights** through CSD and St. Paul Parks & Rec run from 7 to 9 p.m. at South St. Anthony Rec Center, University Ave. and Hwy. 280. Register by Nov. 8 with Linda Pressley-Ford, 651-487-8872 or lpressleyford@c-s-d.org, or Mary Livingston, 651-266-6366 (v), 651-266-6378 (tty).
- Sunday, November 14** **Share fun with others just like you!** AG Bell's Kids hosts a get-acquainted/brainstorming event from 1 to 4 p.m. at Courage Center in Golden Valley for girls who are hard of hearing or oral deaf and their parents. RSVP by Nov. 11 to Lynne Voss at 763-780-8270 or tav58@sprynet.com or Ellen Thibodo at 651-423-2249(tty) or ewt0604@aol.com.
- Nov. 17 & Dec. 1** **Santa will sign with kids** 6 to 9 p.m. at Maplewood Mall.
- Nov. 29 & Dec. 6** **Santa will sign with kids** from 6 to 9 p.m. at Ridgedale.
- Nov. 30 & Dec. 7** **Santa will sign with kids** 6 to 9 p.m. at Burnsville Center.
- Wednesday, December 1** **Cochlear Implant Club Minnesota's monthly coffee** starts at 10 a.m., 8th floor of the Phillips-Wangenstein Building, U of M. For information, e-mail LSenechal@mn.rr.com.
- Dec. 2** **Santa will sign with kids** 6 to 9 p.m. at Northtown.
- Saturday, December 4** **Party with Santa and the Cued Speech Association of Minnesota** from 1 to 3 p.m. at Diamond Lake Lutheran Church, 5760 Portland Ave. S, Minneapolis.
- Dec. 8** **Santa will sign with kids** 6 to 8 p.m. at HarMar Mall.

### Captioned movies scheduled

Oakdale Cinemas (Marcus Theatres) now is showing open-captioned movies. The theater is at 5677 Hadley Ave. N. in Oakdale. Movie showtimes are recorded at 651-770-4994 or online at [www.marcustheatres.com](http://www.marcustheatres.com).

"Surviving Christmas," rated PG-13, shows Nov. 5-7. "Ray," rated PG-13, shows Nov. 12-14. The



animated action-adventure "The Incredibles," rated PG, shows Nov. 19-21.

Kerasotes Theaters also periodically show open-captioned films. For an up-to-date schedule of these and rear-window captioned movies at other theaters, see [www.mnocfilms.org](http://www.mnocfilms.org).

### TV show features high-tech devices in home for deaf

The show "Extreme Makeover" takes on a house in Detroit for a family of deaf parents, a hearing son and a blind and autistic son, giving them every high-tech communication and safety solution available. The show is scheduled to air Sunday, Nov. 7 on ABC.

**FOCUS** is published by the Family Support Connection at Lifetrack Resources. Submissions are welcome and can be sent to the editor via email.

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Please note that information about events, services, or other organizations does not imply endorsement by the Family Support Connection.

The Family Support Connection's mission is to build better lives for children who are deaf and hard of hearing by providing parent-to-parent support to families. Please visit our website at [www.familysupportconnection.org](http://www.familysupportconnection.org).

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## In Your Corner

By Candace Lindow-Davies,  
Family Support Coordinator

We are very proud to bring you this month's issue dedicated to families with children who are hard of hearing—a group that is sometimes overlooked. As my former co-worker (the mother of a son who is hard of hearing) often said, "There are so many workshops, research studies, and literature about individuals who are 'deaf or hard of hearing.' But what they really mean to say is 'deaf.'"

Children who are hard of hearing make up the vast majority of kids who have hearing loss. However, the focus of services is often geared toward children who have severe and profound losses. But what about those kids who have mild and moderate losses?

Researchers like Ph.D. Audiologist Christina Yoshinago-Itano and others have taught us that children who have mild losses are more like their peers with a profound loss than like children who are hearing. That is an unsettling fact to the parent of a child who is hard of hearing. Yet, even here at the Family Support Connection, traditionally, we have had far fewer families with children who are hard of hearing contact us for support and resources. Newborn hearing screening has changed this some, but these families are still under-represented.

Some families have expressed feeling out of place coming to events to talk about issues concerning their child who is hard of hearing. They are concerned that their worries might seem trivial compared to families who have children with more significant losses or other conditions besides hearing loss.

But, the issues facing parents of hard of hearing children are not trivial at all. They are real. Children who are hard of hearing experience many of the same challenges as other children with profound hearing loss, but they also have their own unique issues.

In any case, meeting other parents can be very helpful. Parents are likely to find that all our children and families have much in common. All of us want our children to grow up to be happy, centered, productive adults. Meeting other families who have a child who is hard of hearing or deaf can help us meet those goals. Also, reaching out to other parents makes it more likely that you will find another parent whose child is hard of hearing—that support is precious.

We hope families that have children who are hard of hearing will come forward and reach out for support. We think you'll find wonderful organizations, professionals, and parents who are eager to help.

## Lifetrack Resources wins award

The Family Support Connection's parent organization, Lifetrack Resources, recently received the 2004 Nonprofit Excellence Award.

Started in 2003, the award recognizes a Minnesota nonprofit organization each year that best demonstrates the Principles and Practices for Nonprofit Excellence. It is sponsored by Marquette Financial Companies and is coordinated by MAP for Nonprofits and the Minnesota Council of Nonprofits (MCN).

Award criteria are based on MCN's comprehensive Principles and Practices for Nonprofit Excellence. The nine principles and 87 practices include mission and values, governance, financial management, human resources, fundraising, public accountability, advocacy, information and technology, and partnerships.

## Workshop in Fergus Falls focuses on mainstreamed deaf/hard of hearing kids

A workshop for parents and teachers of mainstreamed deaf and hard of hearing students will take place Monday, Nov. 8 from 9 to noon at the Bigwood Conference Center in Fergus Falls.

"Facilitating Social-Emotional Development Among Deaf and Hard of Hearing Students" will look at the impact hearing loss has on a child's ability to interact with hearing peers. Participants will learn specific approaches that can be included in educational plans to help improve the way mainstreamed deaf and hard of hearing children overcome communication obstacles and frustrations and get along with their classmates.

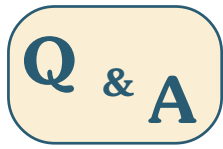
The workshop features Ron Lybarger, Ph.D., a Licensed Psychologist who has been providing mental health and educational services to deaf, deafblind and hard of hearing individuals for the past 14 years. Dr. Lybarger holds a degree in Sign Language Interpreting, Addiction Studies and Counseling Psychology.

It is sponsored by Greater Minnesota Assessment Service (GMAS) of Lifetrack Resources through a grant from the Minnesota Department of Human Services, Deaf and Hard of Hearing Services Division. It is cosponsored by Lakes Country Service Cooperativ, Region IV Low Incidence Project.

Cost is \$15. Register by Nov. 5. To register online, go to [www.lcsc.org](http://www.lcsc.org). Then select "Workshops" and register for DHH Workshop and Network Meeting.

For more information or help with registration contact Denny Ceminski or Dee Stelljec at 800-739-3273.

GMAS also will sponsor a workshop on "Self-Care for Educational Interpreters" Wednesday, Nov. 17 in Brainerd. For more information contact Kim Opat, GMAS Program Coordinator, at 866-840-0749 (V), 866-857-2379 (TTY) or e-mail [GMAS@lifetrackresources.org](mailto:GMAS@lifetrackresources.org).



## Ask a Professional

**Question:** My daughter is 13 and hard of hearing. Her school is having a student dance, and my daughter's friends can talk about nothing else. My daughter seems to want to go, but yet, she's worried about not being able to hear people talking over all the loud music. How can I help her?

**Answer:** This is a wonderful opportunity for your daughter to practice communication strategies—strategies that will serve her well as she enters the age where she should be starting to self-advocate for her needs. Having said that, I have to say it is almost contradictory to utter the words “adolescent” and “self-advocacy” in the same breath. Let's remember our own adolescent years—we wanted to “blend in” and be like everyone else. Many things have changed over the years, but to “be like everyone else” still seems to be the rallying cry of adolescents throughout the world!

Nonetheless, it is important to discuss with your daughter some possible communication strategies to use in this school dance setting. If she has a friend or two that she can confide in about some of her worries, like not being able to follow what is being said at the dance, this might help. Not that she would have her friends function as “interpreters,” but as “helpers” when things get tough. She could ask them to let her know when the topic of discussion has changed (this is a big obstacle for hard of hearing people in all kinds of listening environments). It doesn't have to be a big production, her friend would just have to turn to your daughter and say something like, “What do you think about the new movie with

Orlando Bloom?” or “Jasmine just said that she heard there's going to be a winter snowball dance in January.” Some people prefer a nonverbal signal, such as a light touch on the forearm or some other prearranged signal so the hard of hearing person knows that the topic has changed. This is something your daughter could discuss with her trusted friends prior to the dance.

Another good communication strategy is learning how to move people into quieter areas of the room. Picking a spot away from the music speakers would help a bit—the further the better. She can simply say, “Let's go over to that corner so I can hear you better.” She can also say something like, “Let's take a short walk down the hall and give our ears a break—I want to talk to you about going to the mall this weekend.” Her hearing friends would probably enjoy a break from the loud music, too!

Clarifying what has been said is another excellent communication strategy to develop. To be sure she understood what her friend has said, she can say something like, “Wow, it's next to impossible to hear with the music! I want to make sure I understand what you're talking about. You were saying your family is going to Disneyworld over winter break, right?”

Those are just three communication strategies your daughter might find helpful. There are others, but I would say these are the top three that she could start with.

Now on to technology. She may want to bring her FM system to the dance and ask people to talk into the microphone—but I wouldn't count on it. Remember: “I don't want to be different” is how most adolescents operate when they are hanging around their peers. Using an FM system is a

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wonderful communication strategy when in an environment that has loud music playing, but probably quite unrealistic to demand if your daughter does not want to do it. You can understand her position, but continue to discuss this as a possibility when this type of listening environment comes up in the future. Hopefully as she moves through her adolescent years she'll become more comfortable with her hearing loss and won't feel self-conscious and embarrassed by using assistive technology.

One of the most substantial advances in hearing aid technology in recent years has been the inclusion of two separate microphones in programmable and digital hearing aids. The two microphones—one omnidirectional and the other directional—are built into the hearing aid. When the directional microphone is activated, the omnidirectional microphone is turned off. The loudness of the sounds coming from the back and sides of the hearing aid is reduced, making it easier to hear the speaker in front of the hearing aid user (assuming that the listener is facing the talker).

Research has shown that speech discrimination greatly improves for many listeners when they have hearing aids with directional microphones. Since the directional microphone is part of the hearing aid, your daughter can discreetly switch it on when she is talking to people in an environment with loud background noises. (This is assuming she is wearing her hearing aids...adolescents refusing to wear hearing aids is a whole other topic!)

I hope your daughter enjoys her first of many school dances to come!

## Mentors...continued from Page 1

Lynne's mentoring partner, Ellen, also worked as a professional before becoming a stay-at-home mom. She graduated from the Rochester Institute of Technology in accounting.

Ellen's hearing loss was the result of rheumatic fever at age 2-1/2. She, too, was mainstreamed and had weekly speech therapy sessions. Ellen now uses a cochlear implant since she lost the remainder of her hearing when her oldest daughter was born.

"Although it works better than any hearing aid I ever had, I will never be able to use the phone or pick up lyrics to songs because the anatomy of my inner ear doesn't allow it to perform to its potential," she said. "But, it's still the best I've ever heard, and I'm grateful for that."

She has found that Bell's Kids girls open up to her and Lynne because they share a common bond.

"I became involved with Bell's Kids because I remember what it was like as a young hearing-impaired girl—the loneliness and low self-esteem," Ellen explained. "As much as my family and most of my friends were incredibly supportive, I think it would have made a big difference had I known someone (under 85 years old) that grew up with a hearing impairment and still made it in the world and was happy."

Ellen and Lynne's Bell's Kids group has had a "rough start" this fall with low turn-out. If the November meeting is canceled, the girls' group will be discontinued, Lynne said.

"That would be a big disappointment for us and the girls," she added. "We all think this group is very important in improving the lives of hard of hearing kids."

## DeafBlind banquet set

A Thanksgiving Banquet and celebration of Minnesota DeafBlind Association's 25 year Anniversary will be held Nov. 20 from 4 to 10 p.m. at the Earle Brown Heritage Center in Brooklyn Park. Cost is \$25 for meal and entertainment, including a silent auction. For information, e-mail [cathe012@umn.edu](mailto:cathe012@umn.edu).



## A Little Grin

A busy mom of three active teenagers hoped to have her children help her on some school paperwork. She asked all three to fill out their school health information cards and hand them back to her so she could double check them before turning them in to the nurse.

All three did as they were asked. She took a moment to scan the cards for accuracy. While reviewing her son's card, she paused at the line for "Chronic Health Concerns," wondering what he might fill in. On that line he had put, "Hard of hearing and dangerously hot!" She smiled to herself and sent the card in...exactly the way it was completed.

## Newly discovered protein may lead to gene therapy

Last month, the online journal "Nature" reported that scientists had identified a protein in the ear that converts sound into nerve impulses—a discovery that holds promise for gene therapy to treat some kinds of hearing loss in the future.

The protein, called TRPA1, sits on the tip of hair cells in the inner ear. It works by forming a channel in the cell membrane of inner ear hair cells. The channel is closed when there's silence, and popped open when sounds occur. The opening allows positively charged ions into the hair cells, generating electrical signals that are relayed to the brain for interpretation.

Researchers suspect that some deaf patients may have a mutated form of the TRPA1 gene. They speculate that replacing the mutated gene with a correct copy could potentially restore hearing and balance to people with hereditary inner ear disorders.

## Study of implanted hearing aid looks promising

A Minnesota company has created a totally implantable hearing aid that is now in clinical trials.

The new Envoy® System, made by St. Croix Medical, Inc. (SCM), has been implanted in several patients in the U.S. and Germany as part of a study to evaluate the safety and effectiveness of the device in patients with sensorineural hearing loss.

The Envoy System is different from microphone-based hearing devices such as traditional hearing aids or cochlear implants. The Envoy uses "piezoelectric" transducers to sense tiny vibrations at the eardrum and convert them into electrical signals. These signals are then amplified and filtered by a sound processor and transmitted to a second piezoelectric transducer that stimulates the inner ear naturally, and with significantly greater efficiency than acoustic devices.

The Envoy System is the first hearing device to use the eardrum in the way that normal hearing does. Early results show better clarity of sound, better word recognition and reduction of background noise.

The Envoy consumes a very small amount of electrical current, allowing the device to function for up to 4 years without maintenance. Because it's totally implanted, the Envoy eliminates issues that typically deter people from wearing hearing aids, such as feedback, uncomfortable fit, and not liking how the aid looks.

For more information about the Envoy, see [www.stcroixmedical.com](http://www.stcroixmedical.com) and click on "Patient Information."

## Cue class offered in ASL

An introductory class in Cued English will be offered in ASL Dec. 11 and 12 at Anne Sullivan Communication Center in Minneapolis. Cost is \$40 for students, \$60 for family members and \$80 for professionals. For information, e-mail Katherine Burns-Christenson, Cued Speech Association of Minnesota co-President, at [KBC29@aol.com](mailto:KBC29@aol.com).



## Off The Shelf

By Robin Coninx, FSC Specialist

A parent of a child who is hard of hearing recommended the book "Our Forgotten Children," edited by Julia M Davis, Ph.D. It is interesting to have a book dedicated to this topic alone. The book is compiled from professors, audiologists, a student and a parent.

While the definitions and technical information can be helpful, this book offers a parent's perspective, which I always enjoy. The parent, Debra Huebner, shares her journey with her daughter, who at the time of printing was graduating from the University of Iowa. Debra writes from her view of dealing with a child with a hearing loss. Her daughter, Minda, writes the next chapter. Minda shares what she has learned about how to advocate for herself and be responsible for making the best out of every situation.

Another book dealing with hearing loss from a parent's perspective is "Not Deaf Enough: Raising a Child Who Is Hard of Hearing with Hugs, Humor and Imagination" by Patricia Morgan Candlish, M.L.S. This practical book tells how she managed issues that came up while raising her son who has a mild hearing loss.

If either of these books interest you, please contact us at the Family Support Connection, e-mail [fsc@lifetrackresources.org](mailto:fsc@lifetrackresources.org). Please keep in mind that I am doing inventory Nov. 8-13, when books will not be available to check out.

## Church service interpreted

A family with a deaf child has organized ASL-interpreted services at a progressive St Paul church through the end of the calendar year.

The 10:30 a.m. service at Macalester/Plymouth United Church will be interpreted Nov 7 and 21, and Dec. 5, 12, and 19. The church, 1658 Lincoln Ave., is a combined Presbyterian and United Church of Christ denomination. Their website is [www.macalester-plymouth.org](http://www.macalester-plymouth.org).

## E-news for deaf debuts

A new e-mail newsletter, DEAFWEEKLY, debuted last month.

The free newsletter is distributed every Wednesday and features news from around the world that involves the Deaf and Hard of Hearing community. Back issues are available at [www.deafweekly.com/current.htm](http://www.deafweekly.com/current.htm).

To subscribe, see [deafweekly.com](http://deafweekly.com).

## Rec program needs signers

The City of St. Paul Adaptive Recreation Program and CSD are recruiting volunteers who can sign to do crafts or play basketball with people who are deaf and developmentally disabled. Contact Mary Livingston at 651-266-6366 (v), -6378 (tty), [mary.livingston@ci.stpaul.mn.us](mailto:mary.livingston@ci.stpaul.mn.us) or Linda Pressley-Ford at 651-487-8872 (tty), [lpresleyford@c-s-d.org](mailto:lpresleyford@c-s-d.org).

## St. Paulites offered free alarms

Metro Deaf and Hard of Hearing Services and the St. Paul Fire Department are now offering free visual smoke alarms to the first 250 households with residents who have a hearing loss and live in St. Paul.

The smoke alarm is a GENTEX portable model powered by electricity with a battery back-up. It emits a loud fire alarm as well as a powerful strobe light in the event of smoke or fire.

Recipients must attend a fire safety presentation Nov. 4 from 1:30 to 3:30 p.m. or Dec. 9 from 9:30 to 11:30 a.m. at the fire department training site, 1691 Energy Park Drive.

To register, contact Liz Brown at 651-297-1316(v) or 651-297-1313(tty).



## ASL-Interpreted Performances

### A Christmas Story

Friday-Saturday, Nov. 19-20, 7:30 p.m. Tickets: \$12, students/seniors \$10  
Lyric Arts Theatre, 420 E Main St., Anoka, 763-422-1838, [www.lyricarts.org](http://www.lyricarts.org).

### Damn Yankees

Friday, Nov. 19, 7:30 p.m. Tickets: \$8-12.  
Folwell Middle School, 3611 20th Ave.S., Mpls, [www.morrisparkplayers.org](http://www.morrisparkplayers.org).

### The Producers

Sunday, Dec. 5, 1 p.m.  
Historic Orpheum Theatre, 910 Hennepin Ave.S., Mpls, 612-373-5637, -5655(tty), [www.hennepintheatredistrict.com](http://www.hennepintheatredistrict.com).

### Sanders Family Christmas

Sunday, Dec. 5, 2 p.m. Tickets: \$5-10  
Commonwealth Theatre, 206 Parkway Ave.N., Lanesboro, 507-467-2525, 800-657-7025, [www.commonwealththeatre.org](http://www.commonwealththeatre.org).

### Madeline's Christmas

Sunday, Dec. 5, 2 p.m. Tickets: \$11-14.  
Hopkins Center for the Arts, 1111 Mainstreet, Hopkins, 952-979-1111, [www.stagestheatre.org](http://www.stagestheatre.org).

### A Christmas Carole Petersen

Friday, Dec.10, 8 p.m.  
Theater Latté Da at Loring Playhouse, 1633 Hennepin Ave.S., Minneapolis, 612-343-3390, [www.latteda.org](http://www.latteda.org).

### A Christmas Carol

Saturday, Dec. 11, 1 p.m.; Tuesday, Dec. 14, 7:30 p.m. Tickets reduced to \$16.  
Guthrie Theater, 725 Vineland, Minneapolis, 612-377-2224, -6626 (tty), [www.guthrietheater.org](http://www.guthrietheater.org).

### Annie, Jr.

Saturday, Dec. 11, 4 p.m. Tickets: \$4-5.  
Youth Performance Company, Howard Conn Fine Arts Center, 1900 Nicollet Ave., Minneapolis, 612-623-9080, [www.youthperformanceco.com](http://www.youthperformanceco.com).

### It's a Wonderful Life

Saturday, Dec. 11, 7 p.m. Ticket: \$10-20.  
Rochester Civic Theatre, 220 E. Center St., 507-282-8481, [www.rochestercivictheatre.org](http://www.rochestercivictheatre.org).

### The Best Christmas Pageant Ever

Sunday, Dec. 12, 2 p.m. Tickets: \$5-8  
Landmark Center, 75 W. 5th St., St. Paul, 651-225-9265, [steppingstonetheatre.org](http://steppingstonetheatre.org).

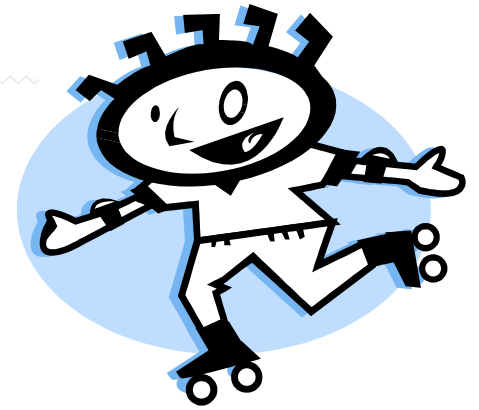
### Cinderella (Ballet of the Dolls)

Saturday, Dec. 11, 8 p.m.  
Ordway Center for the Performing Arts, 345 Washington, St.Paul, 651-224-4222, 651-282-3100(tty), [www.ordway.org](http://www.ordway.org).

### A Year with Frog & Toad

Wednesday, Dec. 15, 10:30 a.m.; Friday, Dec. 17, 7:30 p.m. Tickets: Reduced.  
Children's Theatre Co., 2400 3rd Ave.S., Mpls, 612-874-0400, [www.childrenstheatre.org](http://www.childrenstheatre.org).

# ROLLER GARDEN ROLLER-SKATING EVENT!



(We had so much fun last three years,  
we're doing it again!!!)

**SUNDAY, JANUARY 30, 2005**

**4:30 - 6:30 p.m.**

(We have exclusive use of the rink!)

**Cost: FREE!**

As a skater, you will also receive a coupon for a  
**FREE Hotdog, bag of chips and pop!!!**

The Roller Rink will be **closed to the general public** so this is a great way to get out there and test your skating feet, socialize with all of your friends and meet new friends!! Take advantage of this FREE day out!!! It is a lot of fun for the entire family.

**Directions:**

From the North: Take Hwy 100 south to Minnetonka Blvd. Exit. At the end of the exit (stop sign), take a left. Go straight through the lights. Roller Gardens is on the right side of the road next to Marathon Gas station. (You will see a dinosaur on the roof of the Roller Rink)

From the South: Take Hwy 100 North to Minnetonka Blvd. Exit. At the end of the exit, take a right. Go over the bridge. Take a left at the lights on Lake Street. Roller Gardens is on the right side of the road next to Marathon Gas Station. (You will see a dinosaur on the roof of the Roller Rink)

Questions on Directions?

Call Roller Gardens (952) 929-5518  
5622 W. Lake Street  
St. Louis Park. MN 55416

Questions on the event?

Call Family Support Connection at 651-265-2435 (v),  
651-265—2379 (TTY) or e-mail: [fsc@lifetrackresources.org](mailto:fsc@lifetrackresources.org)

**All are welcome!**

