



The Wicked Bees band members include, from left, Clyde Schuman, Andrew Danielson, Isaac Homuth, Andrew Ochoa, Dan Christianson and Dorian Walker.

# New Wicked Bees EP is 'the bee's knees'

### Local band celebrating with CD release party, live concert

#### BY LONNA WHITING The Arts Partnership

ocal reggae/skainfused horn band The Wicked Bees got back together in 2023, and one short year later, here they are tooting

with old fans and new at two separate events this week

"We love ska and reggae, and we can't wait to share this upbeat music with everyone," he said. A "Knees" CD release party on Thursday starts so families are going to have to leave the kids at home.

Christianson added that he and fellow bandmates are always up for introducing others to the power of music — ska and reggae, to be exact. "We want people to connect and share a communal experience together through a musical experience. A lot of ska music is upbeat so usually it goes hand in hand with having good clean fun,' he said. "We call it the 'Knees EP' because we think it's the bee's knees."

"The Bees," a five-song EP of original ska/reggae music in a professional studio.

Formerly known as Ska-Skank Redemption, The Wicked Bees are largely influenced by third-wave music like Sublime, as well as classics like The Police and The Beatles. While the group plays popular songs, its has long been drawn to creating original music. "I think collectively, we have a lot of jazz and r&b in the style of George Clinton and the Parliamentary Funk — anything that's got really well done horn lines with a very in-your-face 'we don't care they're there' feel," Schuman said in a July 2023 interview with The Arts Partnership and The Forum. In 2011, Ska-Skank Redemption released "Wicked Bees," a move



Contributed / The Arts Partnership

Four of six members of The Wicked Bees are pictured at Brewhalla ahead of a 10th anniversary show in July 2023. Members pictured include, from left, Andrew Ochoa, Clyde Schuman, Andrew Danielson and Dan Christianson. Not pictured: Dorian Walker and Isaac Homuth.

their own horns to a fresh EP, "Knees."

The upbeat, energetic album is the product of six collaborating musicians ranging in age from 23 to 33, including an electrician, a sound engineer and a few band directors. Current band members are Dan Christianson, Andrew Ochoa, Andrew Danielson, Clyde Schuman, Dorian Walker and Isaac Homuth.

Christianson, 33, is The Wicked Bees frontman and a West Fargo Public Schools band director. As The Wicked Bees' official unofficial media representative, he said he's excited to share "Knees" at 6:30 p.m. at Swing Barrel Brewing Company, 814 Center Ave A, Moorhead, and is open to all ages. For the \$10 entry, attendees get a CD, snacks, games and a live acoustic set.

"We are going to have food, games, a mini acoustic set and more," Christianson said, adding that the CD release party at Swing Barrel is all ages and will include entertainment for all tastes. "You can bring the whole fam to support your local ska band."

Friday night, the band comes out for a live performance at Dempsey's. It's a free show, but 21+,

#### Buzzing with local art support

"Knees" is made possible in part by local art supporters. As a 2023 Individual Arts Partnership grant recipient,the band received \$1,500 in funding to hire a producer/engineer and record

#### If you go

What: Wicked Bees' 'Knees' EP all-ages CD release party

When: 6 p.m. on Thursday, Oct. 17

**Where:** Swing Barrel Brewing Company, 814 Center Ave. Suite 1, Moorhead

**Live show:** 9:30 p.m. on Friday, Oct. 18, at Dempsey's Public House, 226 Broadway N, Fargo; free

that landed them bigger gigs, including at Vans Warped Tour in Shakopee, Minnesota, and Sonshine Music Festival in Willmar, Minnesota. When they were just three weeks old as a band, they opened for popular band Fishbone, and also played a 311 show in Minneapolis. In September, The

Wicked Bees played a gig as part of The Arts Partnership's Community Supported Art program, a three-event series modeled after community supported agriculture.

#### BEES on B12

### **Keeping cabbage in the family** 200-year-old cabbage cutter handed over to next generation near Frazee

#### BY KEVIN WALLEVAND WDAY

FRAZEE, Minn. — What do families pass on to the next generation? Maybe it's a lefse griddle or krumkake iron.

If you're German, it could be the legacy "cabbage cutter."

In fact, one large family near Frazee is now passing the "sauerkraut-making torch" to the young chefs about to carry on a tradition.

At the Mort and Babe Mortenson farm just east of Frazee, it's not just a family reunion. It's cabbage-cutting and sauerkraut-making day. It feels like Christmas; the Bluetooth speaker plays an old German accordion song as work begins. There is the sound of laughter and a fast-moving slicer.

"We are having a sauerkraut festival with our fifth generation," said Babe Mortenson, a descendant of Henry Enslin.

This crew has been slicing cabbage and making the family sauerkraut recipe since the early 1900s, when Enslin came from Fellbach, Germany, and brought with him a cabbage slicer. "It means a lot," said Marie Brekken, another descendant.

Henry's grandchildren, great-grandchildren and great-great-grandchildren now eat the sauerkraut made with that same slicer, now nearly 200 years old.

"We are using the actual kraut cutter that came from our great-greatgrandfather," Babe said.

Now the slicer is being passed on to the next generation.

"It is really not about the sauerkraut, it is about getting all of us together," Eric Enslin said.

CABBAGE on B12



#### Kevin Wallevand / WDAY News

Descendants of Henry Enslin gather at the Edna and Marv Mortenson farm near Frazee to slice cabbage and make sauerkraut with a 200-year old slicer their family brought over from Germany in 1902. The 5th generation is now going to take over the slicer for family sauerkraut making day.

## When is it time to walk away?

ear Annie: How do you know when it's time to let go of a marriage?

Twenty-eight years ago, I had an affair. We managed to work through the turmoil, and we've had some good years since. But lately, we're just coasting through life, merely existing.

Not long after the affair, he started drinking. To this day, he still blames his behavior on my past mistake.

I'm the primary breadwinner and provide the health insurance. He contributes very little financially through his business and refuses to look for a part-time job to help out.

We have one child who's grown and, thankfully, lives far away, so the grandchildren aren't exposed to his ongoing behavior.

When the grandkids visit, he's able to stop drinking because he knows he has to. But as soon as they leave, he starts again.

When do you know it's time to say "enough is enough"? — Tired

Dear Tired: You might feel tired, but it's vour husband who is "sick and tired of being sick and tired," which is a common expression in Alcoholics Anonymous. Your husband is more committed to his relationship with alcohol than to your marriage. His excuses for drinking, along with blaming you for his behavior, are signs of a deeply ingrained victim mentality. This not only prevents him from taking responsibility but unfairly places the burden on you.

For any meaningful change to happen, he must recognize that he has a problem and want to stop drinking. Encouraging him to attend AA meetings or seek professional help could be a first step, but the desire

HE WICKED BE



to change has to come from him. You might find great support for yourself at Al-Anon meetings.

In the meantime, it's important to prioritize vour own well-being. You deserve a relationship where both partners are present, supportive and committed to each other. If your husband refuses to take accountability or seek help, it may be time to reevaluate what's best

for your future. Dear Annie: We live just 20 minutes away from four of our grandchildren — three teenage girls and a young boy. However, their other grandmother lives right next door. She has plenty of money and often spoils the teenage granddaughters with facials and manicures. She's taken them to New York City, her beach house and is even planning a cruise to Bermuda with the eldest next spring. For Christmas and birthdays, she gives them expensive jewelry and designer clothes. We simply can't compete.

And as you can imagine, in the eyes of teenage girls, it's clear who their favorite grandmother is. Can't Compete

**Dear Can't Compete:** While you can't compete with material goods and holidays, you can offer something even more valuable --- vour love and presence. A loving presence, where someone truly listens to you, is worth more than all the material goods in the world. You can't put a price tag on love.

Send your questions for Annie Lane to dearannie@ creators.com.

ARIES (March 21-April There 19): moments are someone may when value appearance more than Performing substance. as the expected is probably definition of completing tasks the "right way." Your abilities could matter more when there is a strong demand for high standards.

TAURUS (April 20-May 20): People may see you as friendly, flirtatious, and sociable. A close acquaintance might be developing feelings for you. You may enjoy the attention, but it could be best to avoid starting a new romance that could lead to unnecessary obstacles.

GEMINI (May 21-June 20): Release control. Allow others to work at their own pace, even if you believe you could do it better or faster. You may make more progress by staying friendly and finding ways to enjoy yourself, even when under added pressure.

CANCER (June 21-July 22): You might become a source of comfort for someone. While

#### **YOUR DAILY HOROSCOPE**



others may be worried and concerned, you remain at peace with yourself and your decisions. Take the opportunity to offer an unexpected compliment or act of kindness.

LEO (July 23-Aug. 22): Fantasies may conflict with common sense and logical thinking. If there's someone new in your life, you might find yourself on a roller coaster ride. Before expressing any intentions, give it a week to see if your feelings remain the same.

VIRGO (Aug. 23-Sept. 22): An ordinary task might turn out to be quite inspiring. While you may not get a pat on the back or a standing ovation, you're likely to receive recognition

behind the scenes. If single, a new budding relationship could become closer now.

LIBRA (Sept. 23-Oct. 22): Securing your finances may seem daunting, but it could be helpful to thoroughly examine all the details. Consider every angle before making any decisions. Don't give up; instead, take a moment to reflect on your options.

SCORPIO (Oct. 23-Nov. 21): Flexibility may be the attribute you'll find most valuable in the coming days. Changed plans, revised schedules, and entirely new demands could be thrown at you. You might be able to fix it all and be seen in a favorable light after all.

SAGITTARIUS (Nov. 22-Dec. 21): Discretion is always the better part of valor. You may be faced with actions that can't withstand thorough inspection; be mindful that the way you handle sensitive situations or unpleasant issues may have future consequences.

CAPRICORN (Dec. 22-Jan. 19): Trying to display a superhero façade all the time could make it difficult to ask for help when needed. People may already know you need support. Don't worry, those closest to you will still like you when they find out you are only human.

AQUARIUS (Jan. 20-Feb. 18): Embrace the day ahead with energy and purpose. Meetings or social media posts might trigger your enthusiasm and motivation for new creative activities. Your inner circle could interrupt your plans or involve you in exciting activities.

PISCES (Feb. 19-March 20): There are things you can learn as you go, but some things require training and consistent practice. Recognize the difference to avoid getting the categories confused. Prove you can learn, and you may be given the opportunities you deserve.

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# Respect at the golden hour

Nursing students at CSBSJU training in culturally sensitive simulations for end-of-life care

#### **BY STEPHANIE** DICKRELL St. Cloud LIVE

ST. JOSEPH — It is called the golden hour the hour before someone's death. It's a time of grief, but it's also a sacred space.

Two nursing instructors at the College of St. Benedict and St. John's University are trying to make that time better for patients and their loved ones by better preparing their students who will be with them in their final moments.

While the rituals surrounding death may vary by time, geography and culture, the program wants to make sure all cultures are respected.

Julie Keller Dornbusch and Mary Pesch, both trained as Advanced Practice Registered Nurses. searched for training material on culturally specific end-of-life care but found nothing. So they decided to create it themselves.

The pair received a prestigious grant from

endeavor. That includes all the different medical technologies used today. like devices used to monitor or diagnose patients and the electronic medical records that track care.

But now advanced, high-tech mannequins can be used for students to practice. The mannequins simulate vital signs and reproduce biological sounds. They come in different ages, skin colors and conditions. One is a pregnant mother about to give birth, complete with an infant mannequin. Another mannequin simulates the body of an elderly person, and a piece of equipment helps nurses learn to work with obese patients.

The rooms simulate a hospital, clinic or home setting, where nurses might practice. For example, they learn the proper way to put on personal protection equipment and how to use a ventilator and IV dispensers.

Each room is equipped with microphones, cameras and speakers so people can observe a student from outside the room. providing real-time feedback. They can also record the interaction and analyze it later, or instructors can record demonstrations for students to view multiple times. Part of the grant money created a mock nurses station, where a student will be charged with caring for multiple patients simultaneously. prioritizing needs as they would have to do in a real hospital.



Stephanie Dickrell / St. Cloud LIVE

Julie Keller Dornbusch (left) and Mary Pesch are creating simulations to train nurses in culturally responsive end-of-life care at the College of St. Benedict and St. John's University. They are seen in the simulation center on the St. Ben's campus in St. Joseph on July 19.

#### More information

For more about the College of St. Benedict and St. John's University nursing program, visit csbsju.edu/ nursing.

To donate to the nursing program or the end-of-life care simulation project, visit csbsju.edu/giving and specify where you want your donation to go. For more about advanced care directives, which are legal documents that record your wishes if you're unable to medical decisions for yourself, visit centracare.com/about-us/advance-care-planning-acp. For more about the Morgan Family Foundation work on advanced care directives, visit morganfamilyfdn. org/grants/grant-opportunities.

surround the patient at

**INFORUM.COM** 



#### **Contributed / The Wicked Bees**

The Wicked Bees received a \$1,500 grant from The Arts Partnership to hire a producer/engineer and record the five-song EP of original ska/reggae music in a professional studio.

#### BEES **CONTINUED** from B11

Each shareholder gets three "shares" of art events per season that include a local art to take home, a performance and food by local chefs.

"Having The Wicked Bees perform for shareholders at CSA brought a special energy to our final event of the year. CSA is all about celebrating and supporting local art and artists, and The Wicked Bees are excellent models for how members

of our community come together to share their passion for music, performance and having fun,' The Arts Partnership **Executive Director Tania** Blanich said. "They are a delight to see live.'

Learn more about CSA and purchasing a share at theartspartnership.net/ community-supportedart.

This article is part of a content partnership with The Arts Partnership, a nonprofit organization cultivating the arts in Fargo, Moorhead and West Fargo. For more information, visit http://

the Morgan Family Foundation of nearly \$100,000 to create and test nursing simulations using culturally specific care for the Catholic community, Somali Muslims and Ojibwe people.

'We have our first death-free generations, meaning back in the early 1900s, almost everybody universally experienced death," Keller Dornbusch said. "Nowadays, there's huge swaths of the population that have never experienced a death, not even of a pet.

"If you've never had an experience, the emotional stakes go way high. And as nurses, we have to learn how to have that empathy and emotion, but still, we have to do our work."

In today's education landscape, that means creating detailed simulations using technology and actors so students can practice before working with real patients.

We really want them to get that exposure, number one ... and have a very safe environment to be in a nonjudgmental safe place to practice and ask questions and maybe make those mistakes,' Keller Dornbusch said.

#### A high-tech endeavor

Nursing training has become a high-tech

#### **Honoring different** cultures

This summer Keller Dornbusch and Pesch have been creating training scenarios for students that honor different cultures. In one, a woman is dying, and nurses need to support her as well as her husband and young daughter through the process.

Keller Dornbusch and Pesch are consulting with members of different cultures to make sure the simulations accurately reflects each culture. For example, for Catholic patients, they included a priest coming in to give last rites. For Muslim patients, the instructors want students to learn that many friends and family will likely

all times, and supporters will likely read the Quran aloud.

But the main lesson from all these simulations is that while there are specifics to each culture, it's most important to give grace, space and respect to people as they are dealing with death.

Simulating these experiences also helps the nurses deal with their own human emotions.

"The importance of end of life (care) is getting in touch with your own thoughts and ideas around mortality. ... I think that there's a very spiritual component ... I think it's sacred," Pesch said. "When you come from a grounded place within yourself, you're better able to then be there and support what this patient needs, what the family needs."

That might include explaining to the family what to expect in the process of death and conveying information to make medical decisions.

'(Nurses) are those front-line people. We are typically the ones that are talking to the patients, talking to the families, having those conversations, and trying to support and encourage further conversations," Keller Dornbusch said.

Keller Dornbusch and Pesch hope to try out the simulations with students in the spring semester. They also plan to share their findings and simulations with other programs across the country.

The project is not 100% funded by the current grant, so they'll also be looking for other resources, which is hard to do for death-related research.

"There's not a lot of funding for death projects because it's morbid. People don't like to think about it," Keller Dornbusch said.

But, Keller Dornbusch and Pesch said momentum is growing to talk more about death.

"It's really going to have to take a cultural shift," Keller Dornbusch said. "We were lucky to talk to a doctor who was part of the quit smoking campaign that started in the '80s, and he really compared this movement to that movement... It's going to have to be a multi-decade cultural shift to start talking about death again.

Stephanie Dickrell can be reached at 320-763-1226 or stephanie@stcloudlive.com.

#### CABBAGE **CONTINUED** from B11

Eric Enslin came from Boston. Others came for the big sauerkraut-making day from New York.

"It really keeps that family bond together with people you don't see every day," Cass Mortenson said.

Imagine all the hands and hard work over the vears. These Germans who grew cabbage, sliced it, salted it, and packed it. And now, all their descendants respect that dedication to family and food.

"My arms are so sore." Maryn Swanson, 16, said of her new job as a cabbage cutter.

All because of a slicer

that came over on a ship in 1902.

We have a big German meal planned that will feed them well and they will go home with lots of gas," Babe said, laughing.

#### **Dill Kraut Recipe**

ber, thinly sliced • 5 garlic cloves, crushed • 2 tsp fennel seeds

• 1 tsp black peppercorns

Allow the sauerkraut to ferment for about 2-3 weeks, in a cool and dark place.

ly shredded 3 Tbsp sea salt flakes (or 3 to 4 teaspoons of canning/pickling salt)

• 2 Tbsp fresh dill, roughly chopped 1 medium sized cucum-

· 2 lb white cabbage, fine-