

PAID ADVERTISEMENT

Stage & Screen

Minnesota Opera readies ‘Arabella’

BY TOM WEBER
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ST. PAUL — Richard Strauss’ romantic comedy “Arabella” will be presented by the Minnesota Opera Nov. 9-17 at the Ordway Center in St. Paul.

The production features soprano Jacquelyn Wagner in the title role as a young Viennese woman who wants to marry for love, despite the wishes of her parents that she marry for money. Craig Irvin

is the mysterious Croatian landowner Mandryka, who ultimately sweeps Arabella off her feet. Also featured are Elizabeth Futral as Arabella’s sister Zdenka, Brian Jagde as the young officer Matteo, Dale Travis as Count Waldner, Arabella’s father, and Victoria Vargas as her mother.

“Arabella” was the sixth and final collaboration between Strauss and librettist Hugo von Hofmannsthal. In fact, von Hof-

mannsthal died before polishing up the work, and Strauss completed the libretto based on his partner’s notes. The opera debuted in 1933 in Dresden, Germany.

Performances are at 7:30 p.m. Nov. 9, Nov. 12, Nov. 14, Nov. 16 and 2 p.m. Nov. 17. “Arabella” is sung in German with English translations projected above the stage.

Tickets range from \$20 to \$200; 612-333-6669.

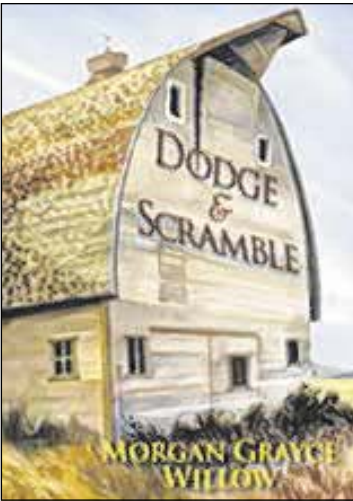
Poet won’t ‘Dodge’ reading

Post-Bulletin staff

LANESBORO — Poet Morgan Grayce Willow will read from her new book of poetry, “Dodge & Scramble,” at 1 p.m. Nov. 9 at the Lanesboro Arts Center, 103 Parkway Ave. N.

The book includes poems Willow developed while an artist in residency in 2008 in Lanesboro.

Willow grew up on a family farm in Mitchell County, Iowa, and now lives in Minneapolis, where she teaches at Minneapolis Community & Technical College and at the Loft



Literary Center. Her previous poetry collections include “Between” and “Silk: Meditations on T’ai-Chi Ch’uan.” Admission is free.

Bard fest sets annual meeting

Post-Bulletin staff

WINONA — The annual stakeholders meeting of the Great River Shakespeare Festival will be held from 5 p.m. to 7 p.m. Monday at the Winona County History Center, 170 Johnson St., Winona.

Everyone interested in the festival is invited to attend. There will be live music from 5 p.m. to 6 p.m. with light refreshments and a cash bar. At 6 p.m., Doug Scholz-Carlson, artistic director of the festival, will talk about the upcoming 11th season.

Lee Gundersheimer, managing director, will update the financial status of the festival and will talk about the new Great River Arts Collaboration.

The new venture will link the festival with artists engaged in music, dance, film, writing and the visual arts.

The 2014 Great River Shakespeare Festival season runs June 25 through Aug. 3.

Assisi Heights art fair is Saturday

Post-Bulletin staff

The 2013 Franciscan Festival of Art will be held from 9:30 a.m. to 4 p.m. Saturday at Assisi Heights, Rochester.

There will be fine arts and crafts for sale, a quilt display, kids activities, art demonstrations and refreshments. The

art has been created by Rochester Franciscan artists and artists from Minnesota.

Admission is free. Enter through the main entrance. No reservations are required but for planning purposes, a call would be appreciated at 507-282-7441.

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Doctors Reveal Digestion Remedy That Works Instantly

Television host and best selling author Dr. Bryce Wylde explains how a new aloe-vera extract can make bouts of heartburn, acid-reflux, constipation, gas, bloating, diarrhea, and other stomach nightmares disappear!

By Damian Wexler,
Freelance Health Reporter

Recently, alternative medicine expert Dr. Bryce Wylde, a frequent guest on the Dr. Oz show, revealed a simple secret that amazed millions who suffer with digestion nightmares. And people haven’t stopped talking about it since.

“I’d give anything to make it stop!”

That’s what most people will tell you when asked about their digestive problems. “It’s just horrible says Ralph Burns, a former digestion victim. I was tortured for years by my AcidReflux. Sometimes I’d almost pass out from the pain. My wife suffers with digestion problems too. If she eats one wrong thing, she spends hours stuck in the bathroom dealing with severe bouts of constipation or diarrhea.”

FDA Warns About Popular Antacids

A recent FDA warning explained that excessive use of antacids could lead to an increased risk of hip, wrist, and spine fractures. Especially in people over the age of 50.

So when alternative medicine expert Dr. Bryce Wylde discussed an alternative on National TV, you can imagine how thrilled people were to find out they could finally get relief without having to rely on Prevacid®, Nexium®, Prilosec® and other dangerous antacids. But now, according to Dr. Wylde, your stomach problems could be over by simply drinking a small amount of a tasty Aloe Vera extract. It’s as simple as that!

Finally There’s Hope...

At first, the thought of drinking aloe vera might make some people back away. But in fact, this delicious “digestion cocktail” is doing amazing things for people who suffer with stomach problems --- even if they’ve had them for years. Here’s how it works...

Stop Stomach Agony

Your stomach naturally produces acid so strong, it can dissolve an aluminum spoon in just 30 minutes! And when excess acid escapes into your esophagus, throat and stomach lining, it unleashes the scorching pain of Acid-Reflux, heartburn, ulcers and more misery. Add the problems of stress, and “all hell breaks loose.”

Dr. Liza Leal, a well known expert on chronic pain management explains... “The **AloeCure®** can work genuine miracles. it buffers high acid levels with amazing speed. So your stomach feels completely at ease just moments after drinking it.” In fact, it could wipe out stomach pain, discomfort, and frantic runs to the bathroom.

Until Now, Little Could Be Done...

But “**AloeCure®** can help virtually anyone. Even people with chronic stomach pain can feel better right away,” says Dr. Leal. And what’s really exciting is **AloeCure®** aids in keeping your digestive tract healthy, so intestinal distress stops coming back.

Digestion Defender #1: Balances Stomach Acid

Your first line of defense is calcium malate. This natural acid buffer instantly sends stomach acid levels plunging. And holds acid levels down so they don’t return!

Digestion Defender #2: Instant, Soothing Relief

AloeCure® is brimming with polysaccharides, a “wonder” compound that gently coats the throat, esophagus and stomach, carrying instant relief to cells scorched by excess acid.

Here’s What Doctors Are Saying!

AloeCure® is backed by important scientific studies that confirm... aloe calms stomach acid and allows your body to heal itself.

Dr. Liza Leal, M.D & Chief Medical Officer at Meridian Medical. says, “That’s why I recommend it to patients who suffer from bouts of heartburn, Acid-Reflux, ulcers, and irritable bowel syndrome...”



Doctor recommended **AloeCure®** may be the most important application ever discovered for digestive health!

Dr. Santiago Rodriguez agrees. “Just two ounces of **AloeCure®** reduces the acids in your stomach by ten times.”

Francisco DeWeever, a Certified Nutritional Microscopist, “My patients report their IBS, Crohn’s, Colitis, Constipation, Acid-Reflux and a host of other digestive problems have all but disappeared.”

AloeCure® may be the most important application ever discovered for digestive health!



Real Customer Testimonial:

For the better part of my life I purposely avoided a lot of foods. Especially ones with even a tiny bit of seasoning. Because if I didn’t, I’d experience a burning sensation through my esophagus- like somebody poured hot lead or battery acid down my throat. Add to that those disgusting “mini-throw ups” and I was in “indigestion hell”.

Doctors put me on all sorts of antacid remedies. But nothing worked. Or if they did, it would only be for a brief period And then boom! My nightmare would return.

Then one day at dinner, a friend of mine said, “Why don’t you try an aloe drink?” I said, “Aloe drink? Jeez. That doesn’t sound good at all!” The next day he brought me a case of something called **AloeCure®**.

I was shocked! **AloeCure®** tasted pretty good too. It has a pleasant grape flavor that I actually enjoy drinking. I decided to experiment. I stopped taking the PPIs altogether and replaced it with a daily diet of **AloeCure®**. Then something remarkable happened - NOTHING! Not even the slightest hint of indigestion.

And here’s the best part. The next day we had Italian food - my worst enemy. But for the first time in 40 years I didn’t need pills or tablets to avoid indigestion. Thank you **AloeCure®**!

- Ralph Burns

Safe And Easy To Use

With no sugar, no stimulants, and zero calories, **AloeCure®** is safe, all-natural and has absolutely no side effects. It’s tasty, drug-free, and simple to use. Just drink two ounces, once in the morning, and once at night, and start enjoying immediate life-changing relief!

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The makers of **AloeCure®** have agreed to send you up to 6 FREE bottles PLUS 2 free bonus gifts with your order— they’re yours to keep no matter what. That’s enough **AloeCure®** for 30 days of powerful digestive relief, absolutely free!

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