

# Greta Feist's Portfolio

If you have any questions or concerns feel free to contact me at any time!

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# Magazine Layout

This project, completed for my Graphic Design II class during my junior year, involved selecting an article of my choice to create an accompanying illustration and magazine layout. The objective was to accurately represent the article's content through illustration while establishing hierarchy and rhythm using typographic techniques.

## It's not just the planet and not just our health – the impact of a warming climate extends deep into our cortical fissures.

Written by Clayton Page Aldern. Illustration by Greta Feist.

In February 1884, the English art critic and polymath John Ruskin took the lectern at the London Institution for a pair of lectures on the weather. ‘The Storm-Cloud of the Nineteenth Century’ was his invective against a particular ‘wind of darkness’ and ‘plague-cloud’ that, in his estimate, had begun to envelope Victorian cities only in recent years. He had been taking careful meteorological measurements, he told a sceptical audience. He railed against the ‘bitterness and malice’ of the new weather in question; and, perhaps more importantly, about how it mirrored a certain societal ‘moral gloom’.

**“You could read in us what you could read in the weather”**

— John Ruskin

It was easy that February, and perhaps easy today, to disregard any alleged winds of darkness as the ravings of a madman. Clouds are clouds: even if Ruskin’s existed – which was a question of some contemporaneous debate – it would be untoward to imagine they bore any relationship with the human psyche. As Brian Dillon observed of the cloud lectures in *The Paris Review* in 2019, it can be hard to tell where Ruskin’s ‘bad weather ends and his own ragged, doleful mood begins.’ In 1886, Ruskin suffered a mental breakdown while giving a talk in Oxford. By the end of his life at the turn of the century, he was widely considered insane. His ramblings on meteorology and the human spirit aren’t exactly treated with the same gravitas as his books on J M W Turner.

And yet, for Ruskin, the clouds weren’t just clouds: they were juiced up by a ‘dense manufacturing mist’, as he’d noted in a diary entry. The plague-clouds embodied the miasma of the Industrial Revolution; the moral gloom was specifically that which arose from the rapid societal and environmental changes that were afoot. Ruskin’s era had seen relentless transformation of pastoral landscapes into industrial hubs. Everything smelled like sulphur and suffering. Soot-filled air, chemical and human waste, the clamour of machinery – these were more than just physical nuisances.

They were assaults on the senses, shaping moods and behaviour in ways that were not yet fully understood.



## What of our internal clouds?

Ruskin believed that the relentless pace of industrialisation, with its cacophony of tools and sprawling factories and environmental destruction, undermined psychological wellbeing: that the mind, much like the body, required a healthy social and physical environment to thrive. This was actually a somewhat new idea. (Isaac Ray, a founder of the American Psychiatric Association, wouldn't define the idea of 'mental hygiene', the precursor to mental health, until 1893.) Instability in the environment, for Ruskin, begot instability in the mind. One reflected the other.

More than a century later, as we grapple with a new suite of breakneck environmental changes, the plague-clouds are again darkly literal.

**Global average surface temperatures have risen by about 1.1°C (2°F) since the pre-industrial era, with most of this warming occurring in the past 40 years.**

Ice is melting; seas are steadily rising; storms are – well, you know this story. And yet, most frequently, it is still a story of the world out there: the world outside of us. The narrative of climate change is one of meteorological extremes, economic upheaval and biodiversity losses. But perhaps it is worth taking a maybe-mad Ruskin seriously. What of our internal clouds? As the climate crisis warps weather and acidifies oceans and shatters temperature records with frightening regularity, **one is tempted to ask if our minds are changing in kind.**

Here are some of the most concerning answers in the affirmative. Immigration judges are less likely to rule in favour of asylum seekers on hotter days. On such days, students behave as if they've lost a quarter-year of education, relative to temperate days.

**Warmer school years correspond to lower rates of learning. Temperature predicts the incidence of online hate speech. Domestic violence spikes with warmer weather. Suicide, too.**

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But you already know what this feels like. Perhaps you're more ornery in the heat. Maybe you feel a little slow in the head. It's harder to focus and easier to act impulsively. Tomes of cognitive neuroscience and behavioural economics research back you up, and it's not all as dire as domestic violence. **Drivers honk their horns more frequently (and lean on them longer) at higher temperatures.**

Heat predicts more aggressive penalties in sport. In baseball, pitchers are more likely to hit batters with their pitches on hot days – and the outdoor temperature is an even stronger predictor of their tendency to retaliate in this manner if they've witnessed an opposing pitcher do the same thing.

In other words: it would appear the plague-clouds are within us, too. They illustrate the interconnectedness of our inner and outer worlds. They betray a certain flimsiness of human agency, painting our decision-making in strokes of environmental influence far bolder than our intuition suggests. And they throw the climate crisis into fresh, stark relief:

**Because yes, as the climate changes, so do we.**

The London Institution closed in 1912. These days, when you

want to inveigh against adverse environmental-mind interactions, you publish a paper in *The Lancet*. And so that is what 24 mostly British, mostly clinical neurologists did in May 2024, arguing that the **"incidence, prevalence, and severity of many nervous system conditions"** can be affected by global warming. For these researchers, led by Sanjay Sisodiya, professor of neurology at University College London in the UK, the climate story is indeed one of internal clouds.

In their survey of 332 scientific studies, Sisodiya and his colleagues show that climatic influence extends far beyond behaviour and deep into cortical fissures. Aspects of **migraine, stroke, seizure and multiple sclerosis** all appear to be temperature dependent. In Taiwan, report the authors, the risk of schizophrenia hospitalisation increases with widening daytime temperature ranges. In California, too,

**"Hospital visits for any mental health disorder, self-harm, intentional injury of another person, or homicide rise with broader daily temperature swings."**

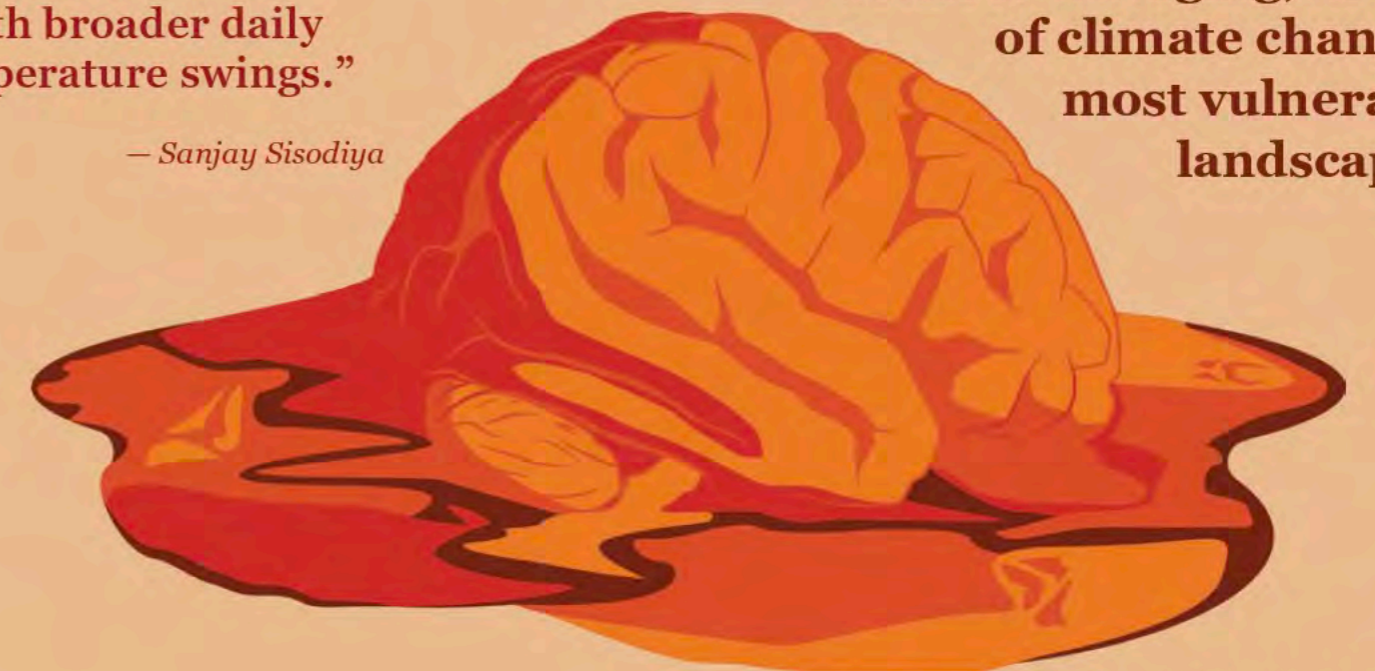
— Sanjay Sisodiya

Outside the hospital, climate change is extending the habitable range of disease vectors like ticks, mosquitoes and bats, causing scientists to forecast an increased incidence of vector-borne and zoonotic brain maladies like yellow fever, Zika and cerebral malaria. Outside the healthcare system writ large, **a changing environment bears on sensory systems and perception**, degrading both sensory information and the biological tools we use to process it. Outside the realm of the even remotely reasonable, warming freshwater brings with it an increased frequency of cyanobacterial blooms, the likes of which release neurotoxins that increase the risk of neurodegenerative diseases such as amyotrophic lateral sclerosis (ALS, also known as Lou Gehrig's disease).

**Indeed, recent studies suggest that climate change may be exacerbating the already substantial burden of neurodegenerative diseases like Parkinson's and Alzheimer's.**

The risks aren't limited to those alive today. In 2022, for example, an epidemiological study revealed that heat exposure during early pregnancy is associated with a significantly **increased risk of children developing schizophrenia, anorexia and other neuropsychiatric conditions.** High temperatures during gestation have long been known to delay neurodevelopment in rats. Other scientists have shown that experiencing natural disasters in utero greatly increases children's risk of anxiety, depression, attention-deficit/hyperactivity disorder and conduct disorders later in life. Such effects cast the intergenerational responsibilities of the Anthropocene in harsh new light – not least because, as Sisodiya and colleagues write, there is a tremendous 'global disparity between regions most affected by climate change (both now and in the future) and regions in which the majority of studies are undertaken.' We don't know what we don't know.

**What we do know is that the brain is emerging, as one of climate change's most vulnerable landscapes.**



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# Conceptual Design & Historical Appropriation

This project was completed for my Graphic Design I class during my sophomore year of college. We were tasked with promoting viral products using trendy phrases relevant at the time. The focus was on creating designs inspired by historical art styles. Throughout this project, I developed skills in problem definition, form creation, the relationship between form and function, and the effective use of typography and imagery.

# Main character



**PH Make-UP**



MAIN  
CHARACTER

PH  
MAKEUP



# CD Illustration

This project was completed for my 2D Digital Design class during my freshman year of college. The assignment involved photographing objects to illustrate, tracing them with the Pen Tool, and creating various layouts in Adobe Illustrator. Through this experience, I developed several key skills, including mastering the Pen Tool, coloring illustrations, and effectively using layers to organize my workspace.







# CSR Campaign

In my Graphic Design II class we designed a Corporate Social Responsibility campaign for a company and cause of our choosing. This project was an all-encompassing campaign, making design for multiple uses, functions, and spaces. Throughout the project we pretended as though our class was our client, helping us practice presenting and justifying our design choices.



**your choice**

**your beauty**

**your body**

elf. **ch<sub>o</sub>ICE**  
is beautiful

The Choice is Beautiful campaign by e.l.f. Cosmetics embodies our core belief that everyone deserves the right to make empowered choices about their health and well-being. Through this initiative, we're not only redefining beauty but also championing a future where choice, health, and empowerment are accessible to all.

As part of The Choice is Beautiful campaign, e.l.f. Cosmetics is committed to empowering women by providing financial assistance for reproductive healthcare. This support includes covering travel, housing, and medical costs, ensuring that everyone has access to the care they need. Together, we're creating a future where health, choice, and empowerment are within everyone's reach — because every choice is truly beautiful.

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**your e.l.f.ing health  
is your e.l.f.ing choice**

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is beautiful

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Shop the Chose is Beautiful Lipsticks this March!

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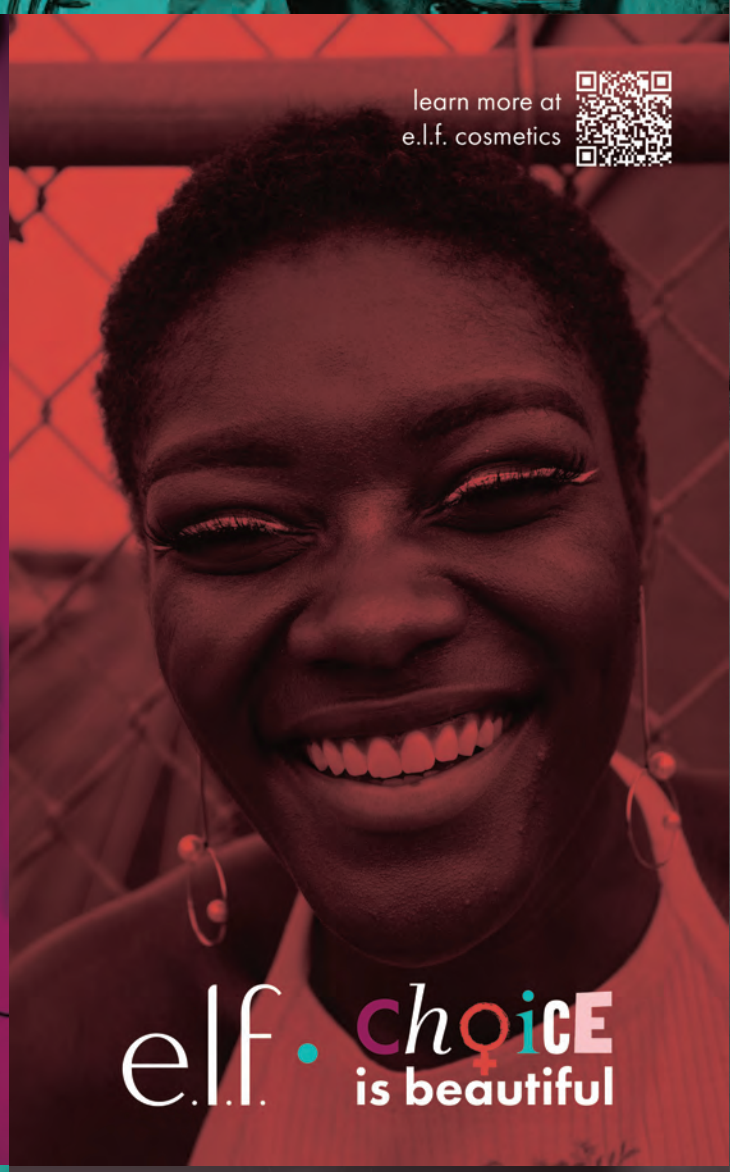


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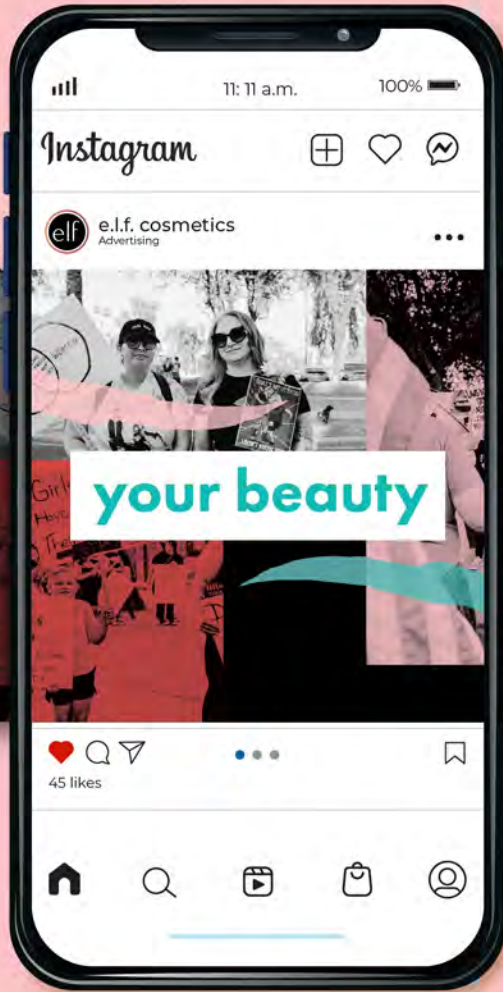
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your body

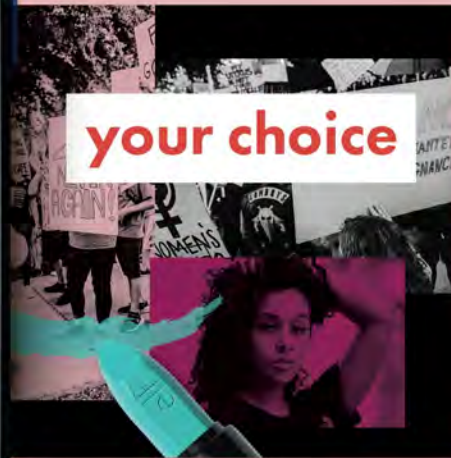


Instagram

e.l.f. cosmetics  
Advertising

your beauty

45 likes



your choice

**elf. choice is beautiful**

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is your e.l.f.ing choice



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is beautiful

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choice  
is beautiful



*your e.l.f.ing health  
is your e.l.f.ing choice*

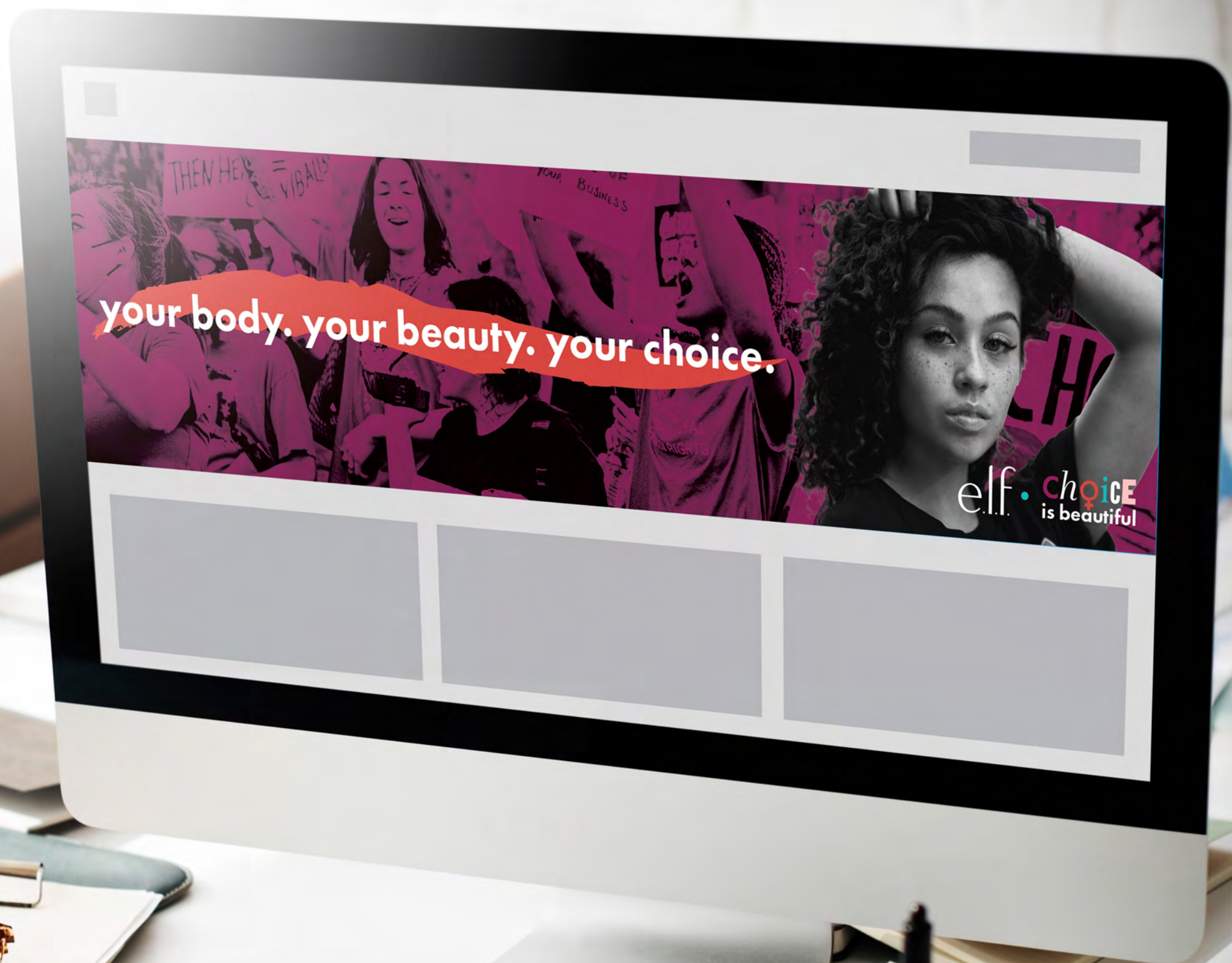
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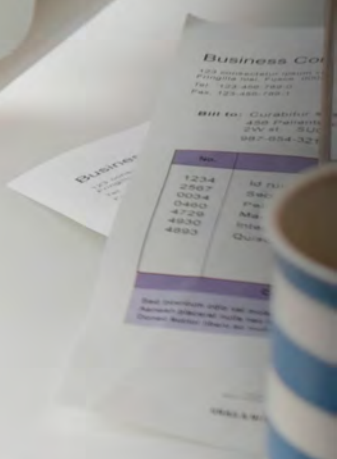
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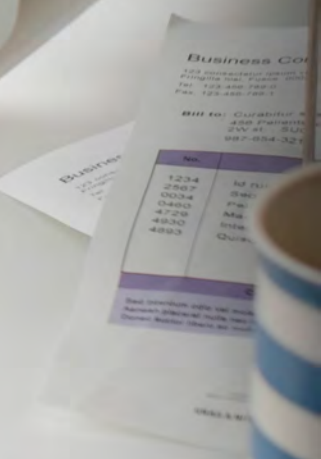
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9012	9012
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1111	1111
2222	2222
3333	3333
4444	4444
5555	5555
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7777	7777
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elf.  
choice  
is beautiful

Sugar, Spice &  
Human

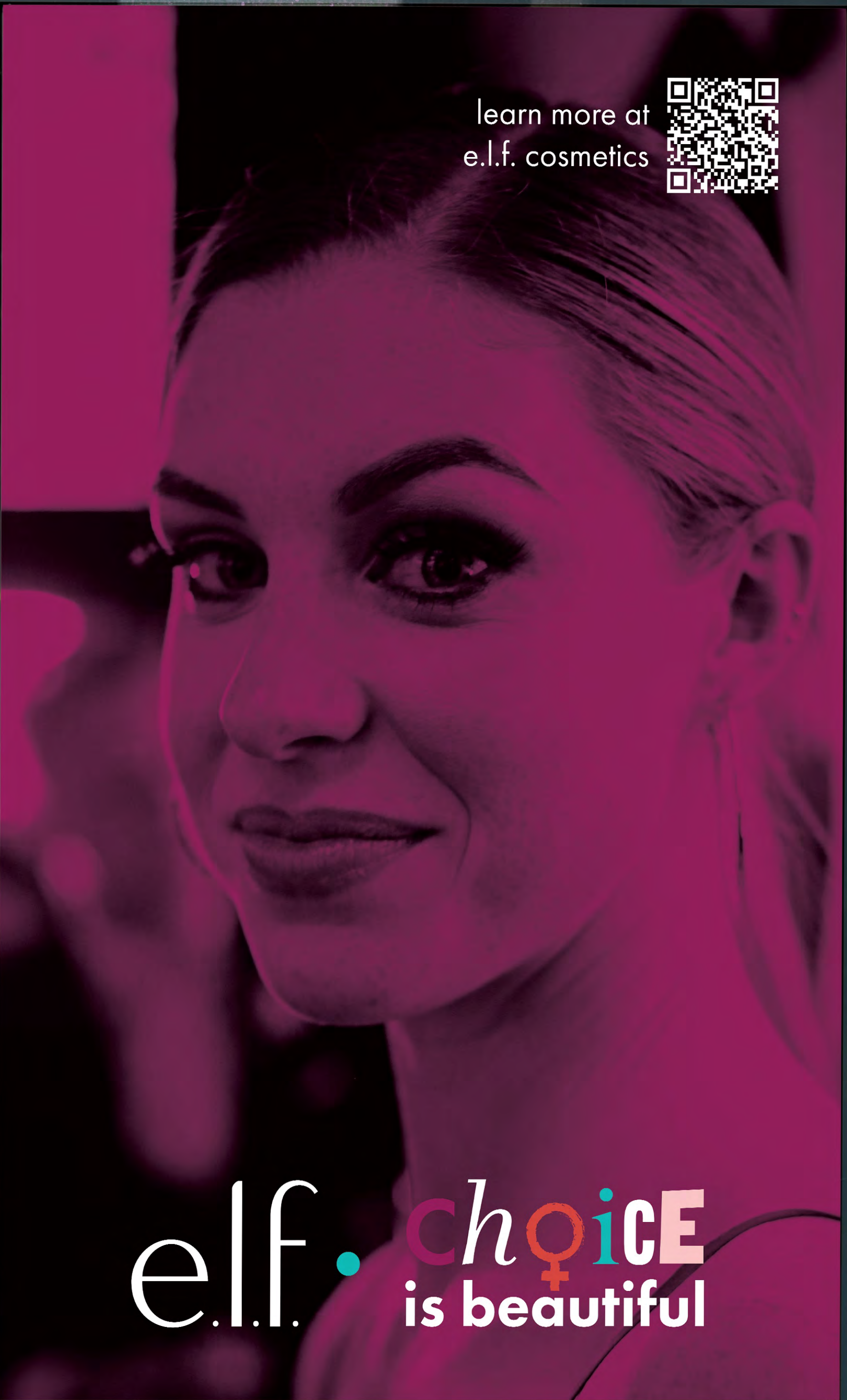


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# Event Promotion

In my Graphic Design I class during my sophomore year, we were tasked with designing a collection of promotional materials for a fictional music festival. The images here showcase some of the giveaways I created and mocked up using Adobe Illustrator and Photoshop. This project helped me develop skills in creating design systems, producing multiple iterations with assigned content, and presenting and justifying my design decisions effectively.

# NORTHERN HARMONY

## JAZZ FESTIVAL

### FEATURING:

Beckett Quartet  
Jazz Nebula Explorers  
Cosmic Jazz Odyssey

OCTOBER 11-14, 2024 9AM-11PM  
DULUTH, MINNESOTA BAYFRONT FESTIVAL PARK

REGISTER BY JUNE 1ST AT  
[NORTHERNHARMONYJAZZFEST.COM](http://NORTHERNHARMONYJAZZFEST.COM)

# NORTHERN HARMONY

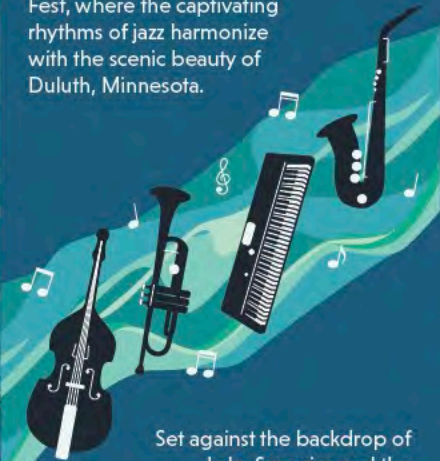
JAZZ FESTIVAL



NAME:

Jane Doe

The Northern Harmony Jazz Fest, where the captivating rhythms of jazz harmonize with the scenic beauty of Duluth, Minnesota.



Set against the backdrop of Lake Superior and the enchanting Northland landscapes, this festival invites you to immerse yourself in a celebration of musical diversity and artistic expression.

## FESTIVAL MAP



ACCESSIBILITY



ADMINISTRATION



MERCHANDISE



FOOD/DRINK



RESTROOMS



TICKETING

Where Rhythms Meet the  
**NORTHERN LIGHTS!**



Scan the code and get the  
Northern Harmony App!



## NEW BREEZE STAGE

- 9:00-10:00AM Midnight Serenade Ensemble  
10:30-11:30AM Beckett Quartet  
12:00-1:00PM Crescent City Syncopators  
1:30-2:30PM Azure Blue Quartet  
3:00-4:00PM Velvet Harmony Syndicate

## SCENIC VIEW STAGE

- 9:00-10:00AM Soulful Sirens of Swing  
10:30-11:30AM Jazz Nebula Explorers  
12:00-1:00PM Smooth Street Jazz Syndicate  
1:30-2:30PM Blue Note Revivalists  
3:00-4:00PM Crescent Moon Jazz Orchestra

## GREAT LAKE STAGE

- 9:00-10:00AM Mosaic Rhythms Collective  
10:30-11:30AM Jazz Elevation Project  
12:00-1:00PM Fusion Phonic Vibes  
1:30-2:30PM Starlight Swing Society  
3:00-4:00PM Rhythmic Reflections Ensemble

## NORTH STAR STAGE

- 9:00-10:00AM Electra Jazz Trio  
10:30-11:30AM Cosmic Jazz Odyssey  
12:00-1:00PM Vintage Vibe Connection  
1:30-2:30PM Sublime Syncopation Collective  
3:00-4:00PM Twilight Echo Jazz Ensemble

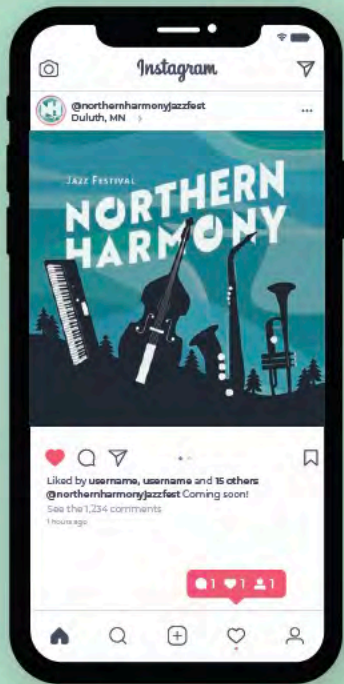


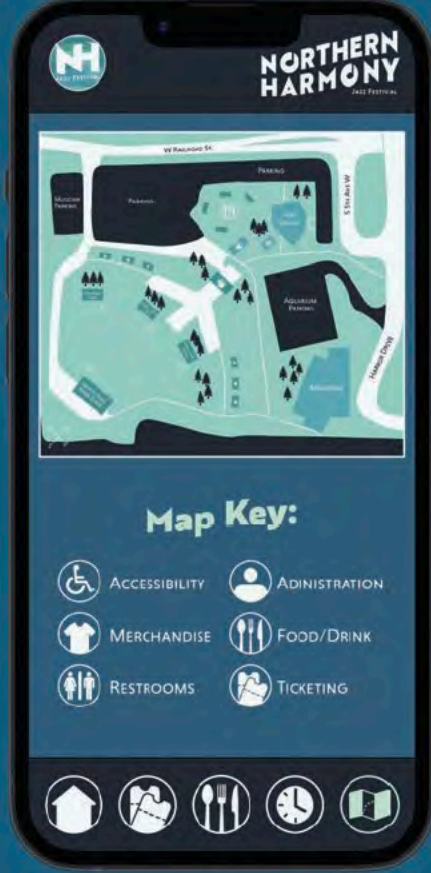
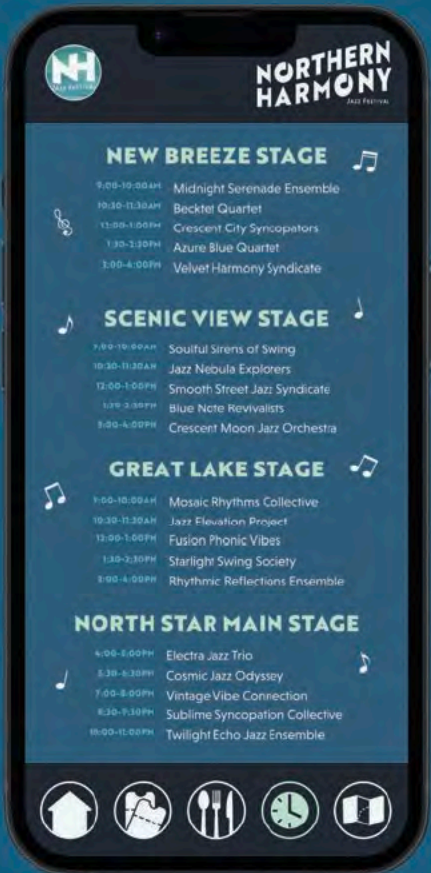
NORTHERN HARMONY  
JAZZ FESTIVAL

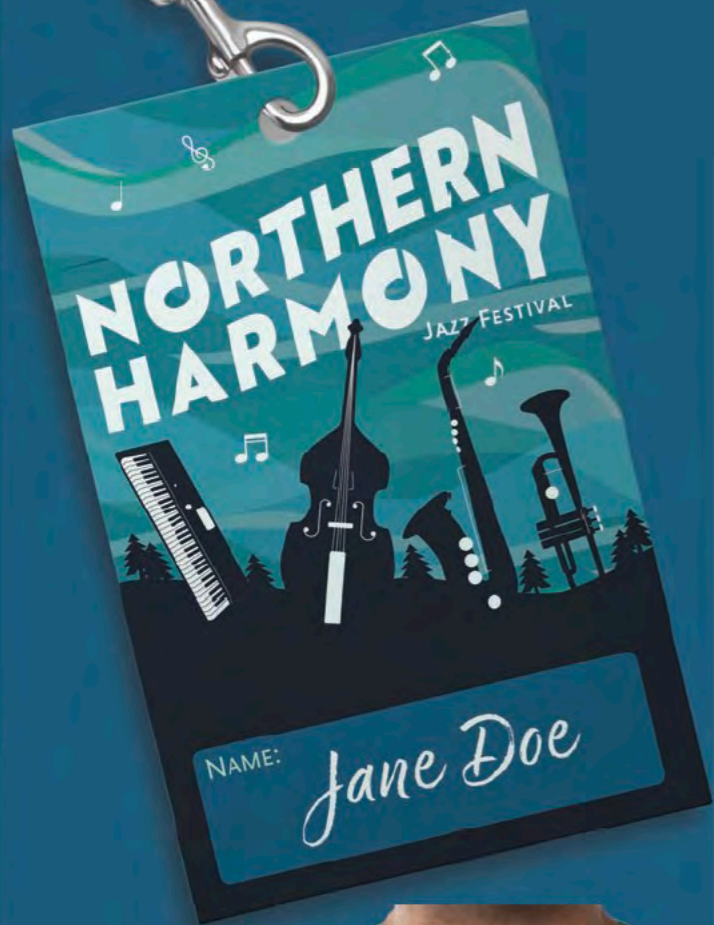
NAME: *Jane Doe*

Where Rhythms Meet the  
**NORTHERN LIGHTS!**

Scan the code and get the  
Northern Harmony App!







**FEATURING:**

**NEW BREEZE STAGE**  
 MIDNIGHT SERENADE ENSEMBLE  
 BECKETT QUARTET  
 CRESCENT CITY SYNCOPATORS  
 AZURE BLUE QUARTET  
 VELVET HARMONY SYNDICATE

**SCENIC VIEW STAGE**  
 SOULFUL SIRENS OF SWING  
 JAZZ NEBULA EXPLORERS  
 SMOOTH STREET JAZZ SYNDICATE  
 BLUE NOTE REVIVALISTS  
 CRESCENT MOON JAZZ ORCHESTRA

**GREAT LAKE STAGE**  
 MOSAIC RHYTHMS COLLECTIVE  
 JAZZ ELEVATION PROJECT  
 FUSION PHONIC VIBES  
 STARLIGHT SWING SOCIETY  
 RHYTHMIC REFLECTIONS ENSEMBLE

**NORTH STAR MAIN STAGE**  
 ELECTRA JAZZ TRIO  
 COSMIC JAZZ ODYSSEY  
 VINTAGE VIBE CONNECTION  
 SUBLIME SYNCOPATION COLLECTIVE  
 TWILIGHT ECHO JAZZ ENSEMBLE

# Semiotics & Icon Design

In my Graphic Design I class, I designed a set of six recipe cards that emphasized the use of iconographic images combined with text to convey a cohesive style and tone. This project allowed us to explore semiotics, symbols, and universal language by examining the interplay between image and text. We experimented with various approaches, including photography, illustration, icons, and diverse typographic styles.



## Instructions:

1. Combine the **flour, salt and butter** in a large bowl. Gently cut the butter into the flour in a **crisscross motion** until the butter is small.
2. Drizzle in **1/2 cup ice water** and fold into the mixture with a fork until the dough comes together. **Don't work it too much.**
3. Turn the dough out onto a floured surface and **divide into 2 balls**. Form each into a disk, wrap in plastic and refrigerate for **30 minutes**.
4. Combine the **rhubarb, strawberries, granulated sugar, flour, cinnamon, salt, vanilla and lemon juice** in a large bowl; toss.

## Ingredients:

2 1/2 cups all-purpose flour  
1/2 tsp salt  
2 sticks butter, in chunks  
1/2 tsp ground cinnamon  
2 tsp vanilla extract  
2 tbsp milk  
2 tbsp sugar  
1 1/4 pounds rhubarb  
2 pints strawberries  
1 cup sugar



5. Preheat the oven to **425°F**. Roll out 1 disk of dough on a floured surface into a **12-inch round**. Carefully place dough over a **9-inch pie plate**.
6. Gently press the dough into the plate with your fingers. Add the **strawberry-rhubarb filling**. Do not trim the overhanging dough.
7. Put the pie on a baking sheet and place in the preheated oven. Bake **20 minutes**, then **reduce heat** and bake until the crust is golden brown and the filling is bubbling, **50 minutes**.
8. Let cool completely before slicing.

## Instructions:

1. Preheat the oven to **350°F** and line a cupcake/muffin pan with cupcake liners.
2. In a medium bowl, whisk together **flour, baking powder, and salt**. Set flour mix aside.
3. In the bowl of an electric mixer, beat **butter and sugar** on medium-high speed **5 minutes** until thick and fluffy, scraping down the bowl as needed.
4. **Add eggs one at a time**, beating well with each addition then scrape down the bowl. **Add vanilla** and beat to combine.

## Ingredients:

1 1/4 cups all-purpose flour  
1 1/4 tsp baking powder  
1/2 tsp salt  
1/2 cup unsalted butter, softened  
3/4 cup sugar  
2 large eggs, room temperature  
2 tsp pure vanilla extract  
1/2 cup buttermilk



5. **Add the flour mixture** in thirds alternating with the **buttermilk**, mixing to incorporate with each addition.
6. Beat until just combined and smooth, and don't over-mix. **Divide the batter evenly** into a 12-count lined muffin or cupcake pan, filling **2/3 full**.
7. Bake for **20-23 minutes at 350°F**, or until a toothpick comes out clean.
8. Let them cool in the pan for **5 minutes**, then transfer and cool to **room temperature** before frosting.

## Instructions:

1. Take cream cheese out of refrigerator **prior to baking** to allow it to soften. Pre-heat oven to **300°F**.
2. Spray a **9 inch spring-form pan** with cooking spray. **Combine all crust ingredients** in medium bowl and blend well.
3. **Firmly press** crust mixture into bottom of spring-form pan. Place pan in oven and bake crust for **10 minutes**.
4. In a large bowl, **beat cream cheese** on low just until smooth. **Add sugar** and mix on low until blended.

## Ingredients:

1 1/4 cup of graham cracker crumbs  
1 can of cherry pie filling  
1 1/4 cup of sugar  
1 tsp of cinnamon  
6 tbsp of butter (3/4 stick)  
4 (oz) pkg. of cream cheese  
1 tbsp of lemon juice  
1 tsp of vanilla  
4 Eggs



5. Add **lemon juice, vanilla, and 1 egg** to cream cheese mixture. Beat on low until blended.
6. Add remaining eggs **one at a time**, beating on low just until blended. Be sure to **scrape the edge and bottom of bowl** after each addition.
7. Pour filling into crust lined pan. Bake for **75 minutes** until the **edges are puffed** and center is almost set.
8. Cool completely on wire rack. Cover and refrigerate for at least **4 hours**. Serve with **cherry pie filling** on top.

## Instructions:

1. Whisk the warm **milk, yeast, and 1 tbsp sugar** together in the bowl of your stand mixer. Loosely cover and allow to sit for **5-10 minutes** until foamy and frothy on top.
2. Add the remaining **sugar, the eggs, butter, vanilla, nutmeg, salt, and 2 cups of flour**. Beat on low speed for 1 minute. Add remaining flour and **beat on medium speed** until the dough comes together and pulls away from the sides of the bowl.
3. Keep the dough in the mixer and beat for an additional **5-7 full minutes**.

## Ingredients:

1 cup warm milk  
2 1/4 tsp dry yeast  
1/3 cup sugar  
2 large eggs  
6 tbsp unsalted butter  
1-2 quarts vegetable oil  
1 tsp vanilla extract  
1/4 tsp nutmeg  
1/2 tsp salt  
4 cups flour



4. Grease a large bowl with **oil**. Place the dough in the bowl and **coat all sides in the oil**. Cover the bowl and allow the dough to rise.
5. Remove dough from the bowl. Roll the dough out until it is **1/2 inch thick**. Using a 1-inch doughnut cutter, **cut into doughnuts**.
6. **Line baking sheets** with parchment paper or silicone baking mats. Place doughnuts on each. Loosely cover and allow to **rest for 30 minutes**.
7. Heat oil to **375°F**. Add 2-3 doughnuts at a time and cook for **1 minute on each side**. Remove from oil and set aside to cool.
8. Top with **frosting and sprinkles**.

## Instructions:

1. Preheat oven to **350°F** and prepare two deep **8" round cake pans** by lining the bottoms with parchment paper and lightly greasing the sides. Set aside.
2. In the bowl of a stand mixer cream together the **butter, canola oil and sugar** until creamy and well-combined.
3. **Add eggs**, one at a time, beating until thoroughly combined after each addition. Stir in **vanilla extract**.
4. In a separate, medium-sized bowl, whisk together **flour, baking powder, and salt**.

## Ingredients:

1/2 cup unsalted butter softened  
1/2 cup vegetable oil  
1 1/2 granulated sugar  
1 tsp vanilla extract  
3 cups all-purpose flour  
1 tsp baking powder  
1 1/4 cup buttermilk  
1 batch of frosting  
4 large eggs  
1/2 tsp salt



5. Using a spatula, alternate **adding flour mixture and buttermilk** to the butter mixture, mixing until just combined after each addition. Should be **completely combined**.
6. Evenly divide batter into your prepared cake pans, and bake for **30-35 minutes**. When the cake is done, a toothpick should come out **mostly clean** with few moist crumbs.
7. Allow cakes to cool in their cake pans for **10-15 minutes** before inverting onto a cooling rack to **cool completely** before frosting.
8. Frost cake using **any frosting** and decorate with **sprinkles**.

## Instructions:

1. In a medium bowl, whisk together the **flour, cornstarch, baking soda, and salt**.
2. In a large mixing bowl, cream together the **butter and sugar** until light and fluffy. Pour in the oil in a slow and steady stream.
3. Once combined, scrape down the bowl and **mix in the eggs one at a time**. Mix in the vanilla and scrape down the bowl again.
4. Dump in **half of the dry ingredients** and give it a light mix, then add in the rest and mix until just combined. Cover the bowl with plastic wrap and chill for **30 minutes**.

## Ingredients:

2 1/2 cups all purpose flour  
2 tbsp cornstarch  
1 tsp baking soda  
10 tbsp unsalted butter  
1 cup granulated sugar  
1/4 cup vegetable or canola oil  
1 large egg + 1 egg yolk  
2 tsp vanilla extract  
1 batch of frosting  
1/2 tsp salt



5. Preheat the oven to **350°F** and line a large baking sheet with parchment paper.
6. Take the dough out of the refrigerator **after the 30 minutes is up**. Scoop out the cookies and roll into a ball. Place onto baking sheet.
7. Bake for **12-15 minutes** or until the edges are a very pale golden color. Do this until the **dough is gone**.
8. Frost cookies when they are **fully cooled**.



# Newsletter

This project was completed for a Design Technology class during my sophomore year of college. We created an eight-page newsletter, designing the layout, graphics, masthead, and overall theme. Through this project, I developed skills in using InDesign and focused on typographic layout, establishing hierarchy, and effectively fitting assigned content into a defined space.

Please note that many images included in the newsletter are borrowed and used for educational purposes only.

# Beyond the Bakery: Wine Making

Fall is the perfect time to make wine! For about 10 years I have been growing my own grapes and making my own wine. It's a perfect holiday gift for your family and friends. Spend your fall learning a skill that reaches beyond the bakery!



## Ingredients

- 4 cups sugar
- 1 (12 fluid ounce) can frozen juice concentrate - any flavor except citrus, thawed
- 1 (.25 ounce) package active dry yeast
- 3 ½ quarts cold water, or as needed

## Instructions

- Gather all ingredients.
- Combine sugar, juice concentrate, and yeast in a 1-gallon jug. Fill the jug the rest of the way with cold water. Stir or shake well until the sugar has dissolved and the mixture is well combined.
- Fit a large balloon over the opening of the jug. Secure the balloon with a rubber band.
- Place jug in a cool dark place. Within a day, you will notice the balloon starting to expand. As sugar turns to alcohol, gases will release and fill up the balloon.
- When the balloon has deflated, wine is ready to drink. It takes about 6 weeks total.

## A Sneak Peek At Our Next Edition...

A new season means new recipes! Our winter edition consists of cozy classics as well as new recipes to try with the family on a snowy day.

Some recipes include:

- Grandma's Gingerbread
- Cranberry Cookies

*Thank You for Reading!*

To subscribe to our newsletter go to [www.rose'sbakery.com](http://www.rose'sbakery.com)

Fall Edition 2023

# Rose's Bakery

Homemade Fall Favorites

Features These  
Fall Flavors:

Pumpkin  
& Apple

## What's Inside!

**Favorite Fall Flavors:** Page 2

**Pumpkin Pancakes:** Page 3

**Perfect Pumpkin Pie:** Page 4

**Apple Crisp:** Page 6

**Beyond The Bakery:** Page 8

## Perfect Pumpkin Pie!

Pumpkin Pie is the perfect fall treat, not just on Thanksgiving. It is a classic fall staple that I have been baking for many years. In that time I mastered the art of baking it and learned valuable tips and tricks to make the pie come out perfect every time.

When developing a true understanding of any recipe, it is important to understand the history as well. Pumpkins were first cultivated in Central America around 5,500 B.C. and were one of the earliest foods the first

European explorers brought back from the New World. Pumpkins quickly became part of England's highly developed pie-making culture. The pumpkin pie evolved many times, including an early version using the pumpkin shell as a substitute for the crust. By the early 18th century, the pumpkin pie we all know and love had earned a place at the table, as Thanksgiving became an important New England regional holiday.

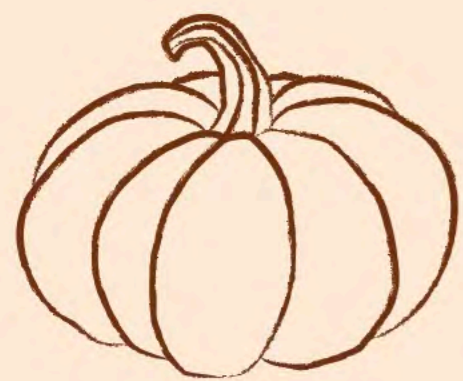
**Continued on Page 4!**

# My Favorite Fall Flavors

## Pumpkin

We can't talk fall flavors without mentioning pumpkin. Long gone are the days of this flavor only getting used in lattes — now, it's a must-have for anything from pancakes to pie. Pumpkin is especially delicious when combined with cinnamon, nutmeg, and ginger. When the air starts to turn crisp, pumpkins always pop up in my garden.

Many people only think of pumpkin spice when thinking of pumpkin fall flavors. While pumpkin spice can be very delicious, it is important to keep an open mind about all the possibilities of pumpkin. For example, many don't think that pumpkin can be savory, but I have found many great recipes to use it that way, such as pumpkin pasta.



## Apple

There's a reason apple picking is a favorite fall activity. The crisp taste of apples is an iconic fall flavor and so versatile in recipes. You can use apples to make sweet desserts, like apple pie and apple crisp (recipes mentioned later in the article). I've grown apples for many years now. Honey Crisp and SweeTango are favorites when it comes to baking.

It is important to not be afraid to experiment with different flavors of apples, there are countless different kinds and they all taste different. Although it may not seem like it, with time and practice you will be able to notice these subtle flavor differences.

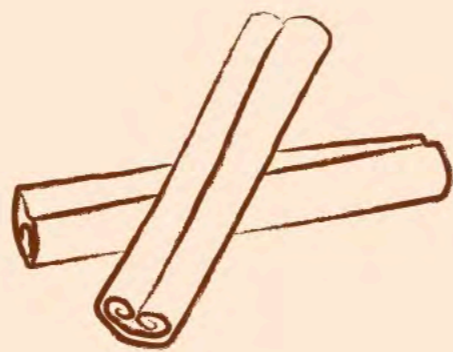
Apples don't always have to be baked into something. Caramel apples are a fun way to get your grandkids in the kitchen. Apples are also great for apple cider.



## Cinnamon

Spicy cinnamon is the perfect flavor for fall, especially when paired with other classics like apple, sugar, or vanilla. Apple and cinnamon are the best fall flavor combo for sweet treats like apple crisp and pumpkin pie, but cinnamon can also stand on its own. Use cinnamon to spice up your fall treats in many ways!

It is important to remember that a little cinnamon goes a long way. It is very easy to put too much cinnamon in a recipe, especially because many of the containers cinnamon come in pour the ingredient out much too quickly. Always start with less than you think because you can always add more but you can't take it out once it is mixed in.



## Apple Prep.

It is important to prep your apples before you start baking. Each apple needs to be peeled, cored, and sliced before you start the recipe.

I find that your apple slices should be no smaller than a quarter and no bigger than a clothespin. If the apple slices are too big they will not get cooked thoroughly, making them too crunchy. If they are too small, they will be overcooked and leave the filling of your apple crisp a gooey, sloppy mess.

## Instructions

Gather all ingredients together.

Preheat the oven to 350 degrees F (175 degrees C).

Place sliced apples in a 9x13-inch baking dish. Mix white sugar, 1 tablespoon flour, and cinnamon together; sprinkle over apples. Pour water evenly over apples.

Combine oats, 1 cup flour, brown sugar, baking powder, and baking soda in a large bowl. Add melted butter and mix with a fork until crumbly; sprinkle evenly over apple mixture.

Bake in the preheated oven until top is golden brown and apples are bubbling around the edges, about 45 minutes.

Enjoy with ice-cream or by itself!



# Perfect Pumpkin Pie



## Fresh or Canned Pumpkin?

Note that this recipe calls for canned pumpkin, not “pumpkin pie filling,” which is already spiced. If you plan to use the spices and sweeteners called for in this recipe, go for unflavored canned pumpkin.

For many years I have grown my own pumpkins in my garden with my grandchildren. We originally planted them in June and they are ready for harvest in late September and early October. Not only is growing pumpkins fun, but it is also rewarding to know exactly where your ingredients came from.

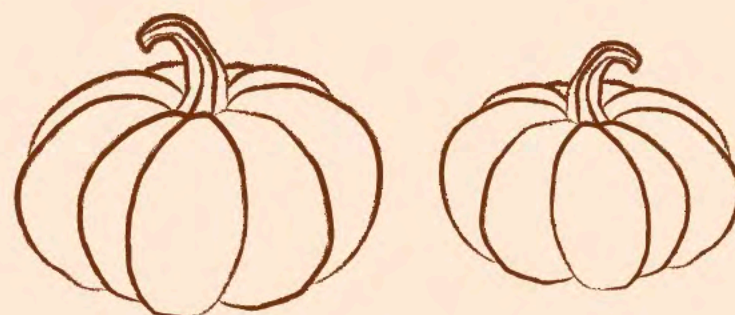
While there’s no shame in using canned pumpkin, some folks prefer the flavor and satisfaction you get from using fresh pumpkin. If that’s you, use this recipe for making pumpkin puree from scratch. A 1 ½-pound pumpkin yields about 2 cups of mashed pumpkin, the same as a 15-ounce can of pumpkin puree that you get from the store.

## Ingredients

- 1 (15 ounces) can of pumpkin puree
- 1 (14-ounce) can of sweetened condensed milk
- 2 large eggs
- 1 teaspoon of ground cinnamon

- ½ teaspoon of finely ground ginger
- ½ teaspoon of ground nutmeg
- ½ teaspoon of salt
- 1 (9 inch) unbaked pie crust

If you have questions about what kind of pumpkin puree to use, homemade or canned, read the sub-article titled “Fresh or Canned Pumpkin?”.



## Pumpkin Spice?

It is absolutely okay to use a ready-made pumpkin pie spice. They are usually a combination of ground cinnamon, ginger, allspice, nutmeg, and sometimes cloves. Using a premade spice is much easier, especially if measuring ingredients is something that is new to you.

## Instructions

Gather all the ingredients and preheat the oven to 425 degrees F (220 degrees C).

Combine pumpkin puree, condensed milk, eggs, cinnamon, ginger, nutmeg, and salt in a medium bowl.

Whisk ingredients together until smooth. It should look like the picture below.

Pour the pie filling mixture into the crust slowly. If needed you can smooth out the top with a spatula.

Bake in the preheated oven for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C).

Continue baking until a knife inserted comes out clean, 35 to 40 minutes. Let cool before serving and enjoy!



# Apple Crisp

This apple crisp recipe is a simple yet delicious fall dessert that's great served warm with vanilla ice-cream. Making an irresistible apple crisp is surprisingly easy.

You just need a good recipe — and that's where I come in! My beloved apple crisp recipe with a sweet oat topping is sure to satisfy everyone at your table. It's grandchild-approved!

Speaking of grandchildren, this is a great recipe to do with them. It is fun, easy, and the perfect way to spend a chilly fall afternoon. However, it is important you prepare your apple before getting the grandchildren involved. Peeling and slicing the apples involves sharp tools that are not safe for young children, so get this step out of the way beforehand.



## Ingredients

10 cups apples, peeled, cored, and sliced  
1 cup of white sugar  
1 tablespoon of all-purpose flour  
1 teaspoon of ground cinnamon  
3 tablespoons of water  
1 cup of quick-cooking oats



1 cup of all-purpose flour  
1 cup of packed brown sugar  
¼ teaspoon of baking powder  
¼ teaspoon of baking soda  
½ cup of butter, melted

# Pumpkin Pancakes



## Ingredients

1 ½ cups milk  
1 cup pumpkin puree  
1 large egg  
2 tablespoons vegetable oil  
2 tablespoons vinegar  
2 cups all-purpose flour  
3 tablespoons brown sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon ground allspice  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
½ teaspoon salt  
Cooking spray



## Instructions

Gather all ingredients

Stir milk, pumpkin, egg, oil, and vinegar together in a large bowl until well combined.

Whisk flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt together in a separate bowl. Add to pumpkin mixture; whisk just until combined.

Pour 3 to 4 tablespoons of batter for each pancake onto the hot griddle and flatten batter slightly with a spoon.

Cook until small bubbles appear, about 2 minutes.

Flip and cook until golden brown, about 2 more minutes. Repeat with remaining batter.

Serve hot and enjoy!

# Tweed Designer Work

During my sophomore and junior years of college, I had the opportunity to work at the Tweed Museum of Art. This experience allowed me to develop valuable skills, including the application of brand standards, creating consistency throughout our space using graphic design materials, and managing the transition of design products into production. Additionally, I honed my ability to communicate effectively with clients, ensuring that we met our objectives in a timely manner.

# DREAMING OUR FUTURES

Ojibwe and Očhéthi Šakówiŋ Artists and Knowledge Keepers



September 3 – December 28, 2024



This exhibition is organized by Katherine E. Nash Gallery  
at the University of Minnesota.



# SCREEN TIME

Photography and Video Art  
in the Internet Age

Co-curated by Richard Reinhart and Phillip Prodger

Organized by  
**Curatorial**

Assistance. Advisory. Exhibitions.

September 5 – October 31, 2024



# Freelance Wedding Signage

I collaborated with a client for nine months (December 2023 - July 2024) to design signage for her wedding ceremony. I created a total of ten signs for the event. Throughout this process, I worked closely with the client, ensuring that the content aligned with her vision. This experience provided me with valuable communication and professional skills, strengthening my relationship with the client and ultimately resulting in a final product that exceeded her expectations.



# Cocktails

## The Sweet Life

Vikre Gin, Tonic,  
Blackberry Mint Syrup

## In Fashion Love

Brandy, Cherry, Orange,  
Bitters, Squirt

## The Happy Couple

Captain Morgan,  
Diet Coke or Coke

## I Do Brews

Castle Danger Cream Ale,  
Two Hearted IPA,  
Michelob Golden Light

## Also Available:

Cabernet Sauvignon, Assorted High Noon  
Tequila Seltzers, Assorted Fresca Mixed Vodka Spritz,  
Arnold Palmer Half & Half, Coke, Dt. Coke, Sprite, & Squirt.



# Reception Timeline

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Cocktail Hour with Music	4:30
Group Photo	5:30
Dinner	6:00
Toasts	6:30
First Dance	7:15
Reception Ends	10:30

Shuttle Service is available until 10:30 pm.  
Shuttle will leave the Grainary to the Hampton Inn  
at 7:30, 8:30, 9:30, & 10:30.

We're so glad you're here!





# Welcome To Our Special Day

We're so happy you're here!  
Please sit wherever you like. We are all family!

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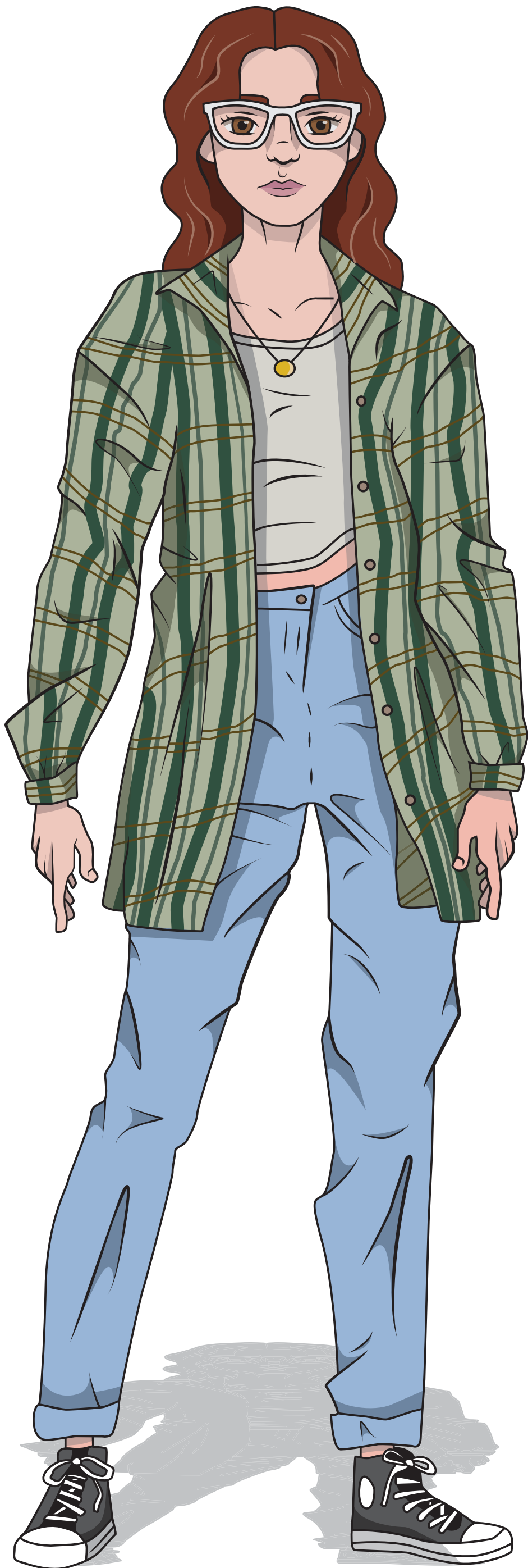
## Unplugged Ceremony

We kindly ask that you please put away your phones and cameras during the ceremony. We have amazing Anna here to capture it all. Just fully enjoy this moment with us!

Love, *Aaron & Missy*

# Character Design

Throughout my career, I have developed a strong interest in character design. I primarily create characters for Dungeons and Dragons, as well as cartoon-style representations of real individuals. I work in both Adobe Illustrator and Autodesk Sketchbook, refining my illustrative and drawing skills. This is one of my favorite ways to express my creativity and it is something I strive to develop further.









# Freelance Graduation Card

In the spring of 2024, a family member reached out to ask if I would design their daughter's graduation card. This was an exciting opportunity, as it marked the first time my graphic design work would be mass-produced and distributed. Throughout the project, I further developed my communication skills, guiding the client through the design and production process. This collaboration enabled me to meet the deadline effectively.

# GRAD



*Hally Feist*

CLASS OF 2024 - CENTRAL HIGH SCHOOL

*Please Join Us!*

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SUNDAY MAY 26

OPEN HOUSE 1PM - 5PM

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*The Feist Residence*

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13550 CO RD 51,  
COLOGNE, MN 55322

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