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1K Country Adventure



Meet the 1K Country Adventure Participants

The Sveback Family

Afton, MN

Ross Sveback is widely recognized in the Twin Cities as a lifestyle expert. Perhaps his favorite thing to do is work in the kitchen. Whether it's teaching a local cooking class, or whipping up a recipe on a local TV morning show, wherever you find Ross, his daughter Hadass isn't far behind. Ross' partner, Mitch, is a web designer who enjoys local theater and is passionate about history.



"My goal is to help people celebrate real life and real people," Ross said. "To me, that's what real living is all about. Every family has unique qualities that make the world so colorful. I want to be able to inspire and show them how to enhance what they already have."

Ross blogs at www.Kon-Tent.com and has a cook book in the works.

Follow Ross, Mitch and Hadass on the 1K Country Adventure on Twitter - [@Sveback](https://twitter.com/Sveback) and via the [#CIS1K](https://twitter.com/hashtag/CIS1K) hashtag



I love this Country.™

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