



# Cynthia Stradal

**Alton | Tuesday, September 20 2011**

Cynthia Tiemann Stradal passed away peacefully September 20, 2011 at Alton Memorial Hospital with her loving family by her side after a long fight with breast cancer.



Cindy will always live in the hearts of her daughter, Morgan Christine (18) and a son, Carl Weir (14), and their father Stephen Stradal; parents Bonnie and Fred Tiemann of Godfrey, IL, her sister and brother-in-law, Soni and Mark Valentine of Newport Beach, CA, and her brother and sister-in-law, Jennifer and Brad Tiemann of Manhattan Beach, CA. Also missing her smile will be two loving nieces, Emily Valentine and Julia Tiemann and her nephew, Miles Tiemann, in addition to many cousins, aunts, uncles, and a multitude of devoted friends.

Cindy was a 1981 graduate of Alton High School and a 1985 graduate of Bradley University, where she excelled both academically and athletically. At Alton High School, she was a cheerleader, participated in track, lettered four times in tennis and travelled twice to the Illinois State Tennis Tournament. After graduation she earned a four-year tennis scholarship to Bradley University where she still ranks high in school record books for doubles wins as a Lady Brave. Cindy was a member of Gamma Phi Beta Sorority and their Alumnae Club. After receiving a Bachelor of Science from Bradley University, Cindy attended graduate school at St. Louis University to become a dietician. She was also a member of the Junior League of St. Louis.

In addition to all of the above, Cindy was an avid musician, playing the piano and singing as a lifetime soloist and member of Resurrection Lutheran Church.

In St. Louis, Cindy maintained a prolific career in the food service industry focusing on small wares for companies such as Allen Foods, Sysco Foods, and finally Stellhorn Marketing, where she became a valued member of the business community. She will be remembered by her clients and fellow workers for her infectious smile and a twinkle in her eye, as well as the perfect balance she achieved between work and family.

Though the disease struck Cindy early in life, she faced it head on, with courage and dignity. Her eternal optimism, faith, strength, spirit, as well as love for Carl and Morgan carried her through each trial she faced. She looks forward to seeing all the great successes from her children, though she will not be there in person, she will accompany them in spirit in their lives forever.

Her memorial service will be held on Saturday, October 22, 2011 at Resurrection Lutheran Church officiated by Pastor Ken Tegtmeier. Visitation will be from 9 am until the time of the memorial service at 11 am. In lieu of flowers, memorials may be made to the Morgan and Carl Stradal Education Fund care of The Bank of Edwardsville, 4415 M. L. King Drive, Alton, IL, 62002.

As Cindy would say to us with a big smile, “Make it a Great Day.”

Elias, Kallal & Schaaf Funeral Home in Godfrey is in charge of arrangements and an online condolences and guest book may be found at [www.eliaskallalandschaaf.com](http://www.eliaskallalandschaaf.com)