



# 5IVE FOR WOMEN

MAY | JUNE 2013  
VOL 2 | NO 4

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

## INSIDE:

Who Needs A  
Life Coach?

Marriage Changes  
And Challenges

Tummy Troubles?

Changing Fun  
Fashions Locally

& much more

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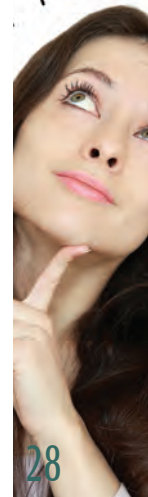
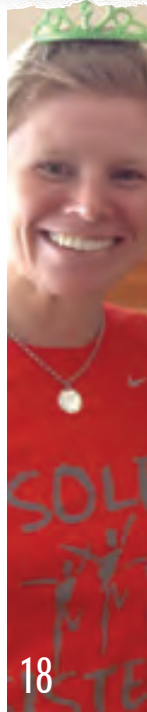
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With an emphasis on equilibrium and personal growth, *5ive for Women* encourages the on-the-go gal to pause for self-nurturing through insightful articles and thought-provoking features—supporting the not-so-simple balance between faith, family, friends, fitness, and finance.

At *5ive*, we are advocates of healthy priorities and fitness for life, while striving to motivate, energize, and inspire camaraderie of the Chippewa Valley sisterhood.



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*"Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat, and go on to win again, you are going to be a champion someday." — Wilma Rudolph*

As I write, coffee in hand, watching the April snowflakes fly, I contemplate seasons. I think about the tragic events in Boston. I ponder why disaster so evil exists and what makes the human spirit prevail in the face of the worst kind of adversity. I pray for the families, the runners, the medical staff, and the law enforcement. As a Boston Marathon alum, I grieve for all the lives forever changed by this horrendous event. It is my prayer that all affected will find hope and lace their shoes up once again. I have been graciously reminded

to not take one day for granted.

As time marches on, I have been diligently working to embrace change. This is tough stuff, folks! Our eldest son called yesterday, excited to report an opportunity to work in Madison for the summer. I swallowed hard when I heard, "I won't be coming home this summer." In a surreal moment, I shared his enthusiasm and congratulated him on his latest adventure. It seems like just yesterday he was my little boy who was afraid of the dark. I hung up the phone overwhelmed with nostalgia and smiled. Our Grace is so very excited to start the high school journey. Nearly a freshman, she is already plotting her homecoming outfit. There is such joy in all she does and it is oh-so-fun to watch her go. Henry and Gus continue to push adventure's limits, as boys do. Watching those two in action has taught us many lessons on how to approach life. As I type, I hear the pitter patter of Quinn's little feet. He calls out, "Mamma! Where are you?" The joy and love he brings our family is a blessing reminding us what family is all about. He's also reminding us how to take things in stride. For instance, when he helped mommy redecorate the kitchen with a Sharpie.

Join me ladies, as I challenge myself to embrace the unfamiliar. I am learning my perspective surrounding change bears great weight on my overall well-being. I am recognizing the simple act of letting go of the difficult things is good for the soul. An unexpected or unwanted change can be devastating. The new can be exhilarating or scary or both. A delayed season can bring frustration and test our endurance. But in the end, our efforts to delay or hurry seasons are futile. Let us conserve our energy. Let the growing pains transform us, let the waiting cultivate patience, let the nostalgia motivate us to seek joy in the new, and let us reap the reward of the new season.

It is my hope, this issue will put a spring in everyone's step. We'll celebrate marriage with a beautiful story of the many seasons of matrimony. You'll be inspired by a group of friends joined together to complete an international marathon in the name of charity. Remember the simple joys and check out the fab article detailing hot, new accessories for spring. As always the journey continues: Faith, family, friends, fitness, and finance.

  
Publisher & Editor-in-Chief

# 5IVE FOR WOMEN

VOLUME TWO  
ISSUE FOUR

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Dining area was a lovely site in royal blue and white. Blue glass beaded rosaries were at each place setting for the guests.



Magic acts and musical selections from alumni and MAGS staff entertained the attendees. Pictured is Paul McDonald '86 holding a blade and preparing to cut in half Pamelann Shulte.



Former school uniforms and sports clothing such as this wool poncho, worn by football players, were donated for display.



The McDonell Student Ambassadors served the guests appetizers sponsored by Avalon and Gordy's County Market before dinner.



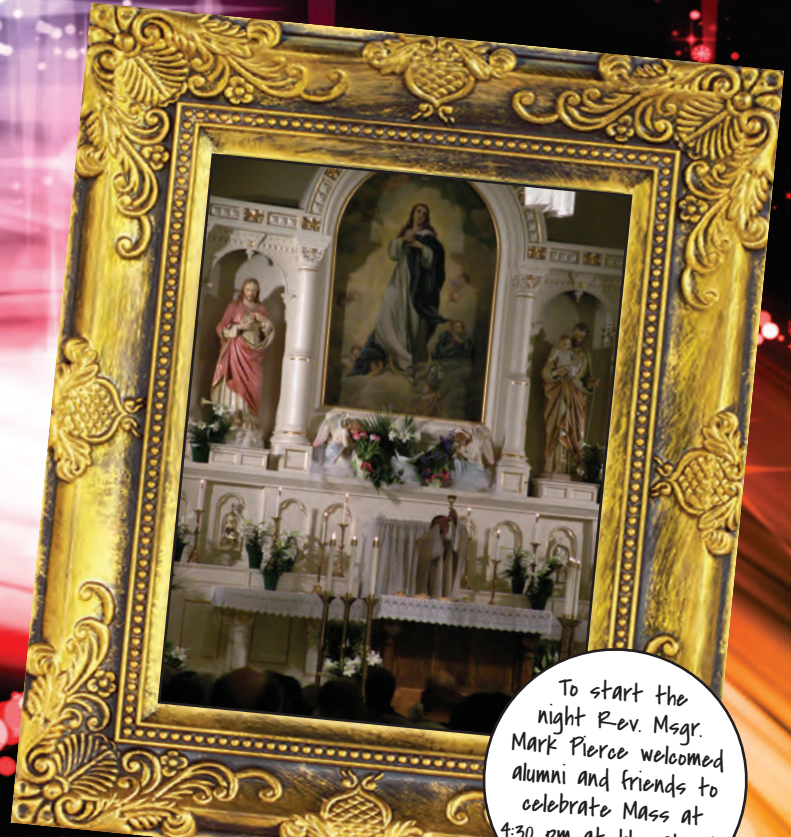


# 130th Anniversary of McDonell High School

held at the Heyde Center



Troppo had the alumni and guests on their feet dancing.



To start the night Rev. Msgr. Mark Pierce welcomed alumni and friends to celebrate Mass at 4:30 pm at the Church of Notre Dame.



Master of Ceremonies for the night was Paul McDonald class of 1936. He is pictured here with co-chairperson for the event Deanne Rubenzer class of 1959.

Below left: Joe Sumner class of 1984 and his wife page through an alumni directory. A new directory is being printed and will be out the end of May. Below center: Please congratulate our new McDonell Class of 2015 Honorary Alumni when you see them. They received their diplomas that night: Judy Brist, Jerry and Carol Way, Pamelann Schulte, Rusty Volk,

Larry Dahl, Brother Roger Betzold, and Mary & Jerry Kuehl. They were chosen for their exemplification of McDonell High School's core values by their true demonstration of their faith, selfless leadership and outstanding service to this community. Congratulations! Below right: The Jazz Orchestra Troppo sounded amazing on stage at the Heyde Center.



# Taking 5ive with Heather Brenner



WRITTEN BY KRIS A. NEWMAN

Opening the door of Broadway Home in downtown Stanley, Wisconsin is like being transported from rural Wisconsin to downtown Minneapolis. Glitz, glamour, style, upscale decorating for home and self surround you. Whether you are shopping for new shoes, meeting a friend for coffee and truffles, or seeking a unique, stylish gift—Broadway Home is the place to be.

With humble beginnings as a flower and gift shop, Broadway Home has expanded into a full-service boutique of fashion, home décor, and spa accoutrements.

Owner-operator, Heather Brenner, recently took time from her hectic schedule to share with me how the 5ive elements play a role in her life, not only for her own success, but her husband and sons, as well. As passionate as Heather is about creating a destination for shoppers in Stanley, she is equally adamant about the importance of maintaining balance for her family.

---

## FAITH

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"Let's start with Faith. Is it important to have faith active in your life?"

"Yes. Faith is an important element in my family's life. We work hard to instill moral standards as a strong foundation for our kids. It's an underlying

theme in our lives and in the store. It's not always loud and out there, but it's always present."

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## FAMILY

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"How do you make time for your family with the store?"

"I have three sons, and they will come to the store with me sometimes or go to work with my husband. We try to keep them close. We also make it a point to take small family trips such as 4th of July camping or swimming in the summer. We want the boys to know they are important to us."

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## FRIENDS

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"Between the store and your family, how do you have time for friends?"

"I'm very fortunate in that the people I work with are my friends. We work together as a team and really just enjoy working together. I like being with my co-workers. We start the day with a conversation about anything that happened the day before and what to expect in the new day. It's very open and very good. I like working with my friends. I come up with crazy ideas for sets in the store, and they help me make them happen. It's great!"

---

## FITNESS

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"Fitness?"

"Fitness. That's a little more difficult to schedule! I will say, however, that I am constantly active at work. I am up and down from the top floor to the basement all day long. I do like to run; but with everything in my life right now, my work-out routine happens all day at work."

---

## FINANCE

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"Your store is very successful and constantly growing. Is your degree in Business Administration? Accounting?"

"No, actually. I struggled for a long time making it all work. I was passionate about the idea of the store, but had no financial knowledge. A couple of years ago, I met someone at market who helped me set parameters. We meet once per month and discuss things like inventory levels and planning for the future. I wish I had gotten that kind of advice sooner. It would have been much better."

Heather notes she is happy with the way things have progressed with the store. She has enjoyed the process of watching her idea grow and hopes the customers enjoy the experience. "We have many customers who travel between Wausau and the Twin Cities that stop in Stanley to see us. We also have regular customers who travel for many miles to shop with us. That's what I'm hoping for. I'm hoping we become an apparel destination."

I would agree that Broadway Home is worth the trip. To find more information, visit their website at [www.broadwayhomefloralanddesign.com](http://www.broadwayhomefloralanddesign.com).



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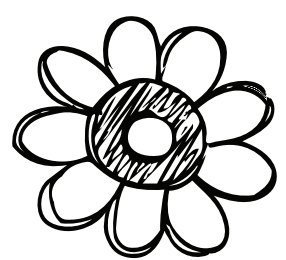
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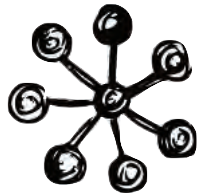
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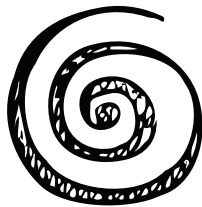
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Buying baked goods in bulk is a great way help your grocery budget. Weavers Country Store in Fall Creek is the perfect place to go for this. They have a variety dry goods from flour to nuts. With summer approaching, their locally grown flowers and produce will also be available. On your way in or out of the store, don't forget to stop and take a look at the beautiful handmade chairs, tables and other decor. Weavers is definitely worth a visit! E13765 US 12, Fall Creek, 715-877-2020

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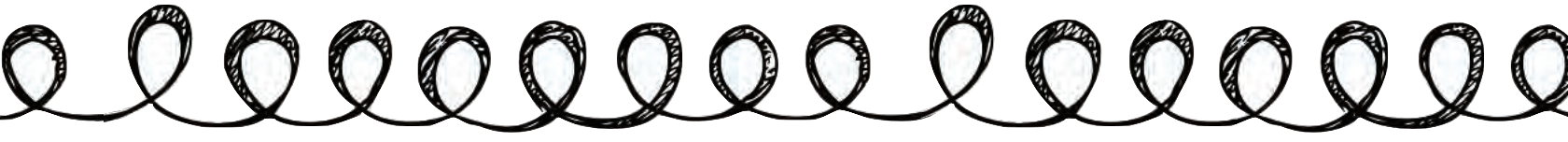
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# Inspiring Faith

By Mary Ellen Bliss

Crowds flock to him like he's a rock star, a President of the United States, and an elite member of royalty all rolled into one. When he speaks, people listen. When he smiles, the world smiles with him. And when he holds your hand and prays with you, you feel the healing touch of Jesus. Who am I speaking of? The person who personifies the word "faith": Monsignor Edmund Klimek (or Father Klimek as he prefers to be called!).

I have the amazing privilege of working alongside Father Klimek in the Pastoral Care Department at Sacred Heart Hospital. His dedicated ministry truly embodies the principle of holistic medicine—caring for body, mind, and spirit. Daily, he touches the lives of vulnerable individuals who come to him with numerous personal concerns and problems. Father Klimek offers his compassionate care to patients, families, hospital staff, physicians, and community members alike. Time after time, people describe how he has turned their lives around by offering a listening ear and empathetic heart. His loving care truly reaches far beyond the walls of Sacred Heart Hospital.

Father Klimek grew up on a family farm in Arcadia with loving parents, three sisters, and two brothers. He was only 15 when his beloved father died of cancer. The following year, he felt a calling to the priesthood and entered St. Francis Minor Seminary in Milwaukee. Throughout the many years of his priestly formation, the experience of grieving the loss of his father helped Father Klimek to discover the healing effects of empathy and compassion.

It is this compassionate spirit that is the touchstone of his work as a hospital chaplain. Father Klimek quickly admits he feels most needed when he journeys with the dying patient. During his 45 years of hospital ministry, he has been at the bedside of thousands of patients at the moment of death, knowing the importance of offering God's healing love during that heart-rending time. "Death is something very awesome to me. If I ever take it for granted, it's time to move out of hospital ministry," states Father Klimek. "When I'm dealing with a person, he is my responsibility. The very next moment he may be with God, and I ask myself if I have done my best in getting that person ready to meet the Creator."

It is not an exaggeration to say Father Klimek's work spans generations. A woman once told him as he ministered at the bedside of her dying husband, "You might as well be family, Father. You were here for Grandma when she died, Grandpa when he died, Dad when he died, my sister when she was critical, and

now  
my husband."

Isn't it remarkable how one man can be such an integral part of a family's history? And I bet there are hundreds of families in the Chippewa Valley who could tell a similar story.

Over the years, I have seen first-hand the innate connection Father Klimek has with the people he serves. It is not unusual to hear a story just like this one from a few years ago:

"My mother was gravely ill and we knew her time was near. My sister and I sat quietly at her bedside. I looked up at her and said, 'I think we should call Father Klimek.' She replied, 'He's standing right behind you.'"

No phone call is needed; paging him is unnecessary. Because before you could even pick up the phone to dial, Father Klimek will appear at the patient's room where he is most needed. I must admit, it can be downright eerie how many times this phenomenon happens during the course of a week. It's enough to make you believe Father Klimek must have some celestial guidance to be exactly at the right place at the right time!

On June 3rd, Father Klimek will be honored nationally as he receives the Catholic Health Association's Lifetime Achievement Award at their annual national assembly in California. This prestigious honor is usually reserved for influential healthcare executives. Fittingly, Father Klimek is the first hospital chaplain to receive this award, which is a testimony to his six decades of selfless ministering to all of God's children. In my book, there isn't anyone more deserving of this honor.

There are so many people in the Chippewa Valley—Catholic and non-Catholic alike—who know and love Father Klimek. I feel blessed to count him as a very good friend, and I'm grateful to have a "front-row seat" to witness his extraordinary ministry! Father Klimek's gentle heart, tender smile, joy-filled spirit, and endless faith never cease to amaze and inspire me.

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**Q.** I have a daughter who is obese. She is now in her forties and I need to know if there is anything a mother can do to help her.  
- *Frustrated but hopeful*

**A.** My heart goes out to you as you are one of countless parents who seek answers. We live in a society that is inundated with foods that, rather than educating us to be nutritionally smart, encourage sugar products and fat laden fast foods. Seeking professional help would be a good start and that's why I called upon Melissa. Her thoughts follow.  
- *Kitty*

"As a daughter, mother and professional who has battled weight loss issues throughout my childhood and adult life, I will offer a very personal perspective. The first thing to recognize is that obesity is a symptom, not the source of the problem. If the reason why your daughter became obese is not discovered, she may be destined to remain obese. Your assignment is to write down your perspectives to the following: 1) Her age when she began gaining weight, 2) Did any traumatic event occur in her life at that time (a trauma that was probably out of her control), 3) Has she had a complete physical within the last year and was she checked for a vitamin deficiency and been tested for diabetes and thyroid levels (not just TSH but also T3 and T4), and 4) Does she usually consume large portions of food or is she a constant grazer. Once you have answered these questions and you alone are with her, tell her again how much you love her and that, because of her future health, the two of you need to talk. If she is willing (and that you have no control over), address the concerns you discovered from your list. Listen to her with the compassion I believe you have and, putting your arms around her (only if this is comfortable for both of you), ask her if there is anything you could do to support her. If she closes up and becomes defensive, drop the subject, hoping she will bring it up again in the future. Many of us need some reflecting time to digest emotional conversations. Hard as it is, none of us can help someone who isn't willing or able to respond. Continue being available to her with a loving heart."  
- *Melissa*

My further thoughts would be for you to offer to go with your daughter to a professional or, if she refuses, to go yourself. We can get so bound up in our attempts to help others, we often forget that we might benefit mightily from a nutritious person listening to our concerns.  
- *Kitty*

**Q.** I'm concerned about my grandchildren's lack of manners. Do I just keep my nose out and secretly sulk?  
- *S.T.*

**A.** Consider taking your grandchildren out for lunch. Praise them whenever they say or do anything you'd like to see reinforced. Just set a good example and enjoy your time together. They may not appear to listen, however if your words fall on fertile soil, your voice will be heard.  
- *Kitty*

**Joan Fleming:** Joan has been a national speaker for over forty years. Her focus has been to search out zestful people. People who live with more joy and imagination. Listening to their stories, she has gathered creative ideas... ideas that may involve family, friends, children, grandchildren and things they do for themselves. Her purpose is to ignite the spirits of others.

**Dick Fleming:** Dick is 78 years old, married for 57 years and the father of four grown daughters who produced a total of ten grandchildren. He has been an insurance salesman for 52 years and a life member of the Million Dollar Round Table.

**Kitty Chisholm:** Kitty has lived and breathed exercise and good health. Just ask her five children. She has spent forty years teaching water and aerobic classes. Along the way, she discovered



how important it is to exercise facial muscles as well as the rest of our body. It has been a way of life for her. Kitty believes in looking at the world with a healthy attitude and living up to that philosophy.

**Kathleen LeDuc:** Kathleen has always been fascinated by the human condition and intrigued by the many solutions to any of life's challenges. She draws on a wealth of experience in teaching, coaching and living to assist others in changing their beliefs so they can realize their potential as creative and loving human beings.

# Seasons of MARRIAGE

## CHANGES AND CHALLENGES

Written by Heather Rothbauer-Wanish

No matter the point in your life, there are always changes. Changes may occur with your workplace, where you live, and what clothes you wear. Changes can make an even greater impact when it involves your faith, family, and friends. And, perhaps the greatest changes of all can affect your marriage. Seasons of change happen if you are newly engaged, have been married for several years or have been together for most of your lives. Understanding how to remain positive and look to the future is a key to weathering changes.

Some couples are just beginning their season of marriage and are embarking on a new life adventure together. Kayla Burke and her fiancé, Aaron Barber, have been together for almost two years. Their wedding is scheduled for June 8, 2013. And, there has been a great deal of planning, organizing, and scheduling for this upcoming event. "We have almost everything ready. The dress, venue, catering, invitations, tuxedo rentals, and bridesmaids dresses planning is all completed," Burke said.

While planning for the big day has involved many aesthetic decisions, the couple has also emphasized faith and completed marriage counseling with their pastor. "Our pastor gave us the book, *The Five Languages of Love*, to read," Burke explained. And, the couple has learned a great deal of additional knowledge after reading the book and applying its principles. "I believe that some people get married too soon. They are still in the phase of being in love with the other person and haven't gotten to truly know the person," Burke explained. "The book explains a lot about the love phase and was a good foundation for the marriage counseling," she continued.

Although she knows their lives will change after marriage, Burke believes it may change less than for other couples. "We already live together and have a child together. Our child was

born prematurely, so we have grown a lot closer than most couples," she explained. This journey has allowed them to unify for their daughter and develop family bonding. "We are both really excited to start this new chapter in our lives. I couldn't be happier to become Aaron's wife in June," Burke said.

While Burke and Barber are just embarking on the marriage journey, another local woman reflected on her married life. Tracey McCann has been married to her husband, Jamie, for almost ten years. While the first ten years have been filled with happiness, there have also been challenges. "When we were first married, we were in the 'honeymoon' stage, but that didn't last long because we had a baby shortly after our one-year anniversary," McCann explained. "We have had some challenges such as raising children, money decisions, and household choices," she continued. "However, I wouldn't have changed any of the stages because it has only made us a stronger team," McCann explained. And, effort plays a big role during the various stages of marriage; hard work is a requirement. "I don't think people put the necessary effort into a marriage. There are times it can be frustrating or overwhelming when you feel like you could give up; however, I have learned that most things don't come easily," she said.

In today's society, the idea of a lifelong marriage seems to happen less and less often. "I think having a happy marriage is easier said than done, but I don't think people really think about being with their spouse for a lifetime; they seem to always think they have options if this marriage doesn't work out," McCann said.

McCann encourages today's engaged couples to truly consider the marriage journey prior to the wedding ceremony. "You need to have an honest moment with yourself to actually think about whether you could be with this person for the rest of your life. Those thinking of marriage need to realize that you will have ups and downs along the way, but it is about how you can get through this journey of life together," she explained.

For many married couples, ten years marks an important milestone. However, another local couple has gone through many changes





and 'seasons' during their many years of marriage. Jane and Dave Gunderson have been married since 1958 and will be celebrating 55 years of marriage this year. To this day, they provide an example of respect, communication, and shared interests in a married couple.

Dave, originally from LaCrosse, moved to the Bloomer area when he was offered a teaching position. Dave and Jane met while both attending First Congregational United Church of Christ in Bloomer, a church they still attend today. "When we first met, we were a little bit older than others getting married at that time," Jane said. "We spent about three years getting to know each other and were married when we were both 28 years old," Jane explained.

And, like today's engaged couples, Dave and Jane met with the minister to discuss their married future together. This provided a solid faith background and shared unity when looking toward their married life. Dave and Jane's long and successful married life provides a positive example for their families and fellow church-goers.

"Dave and I were fortunate that we both came from homes where our parents were married for a long time," Jane said. That has served as a successful foundation as they have moved through the newly married stage, raising three children, and now spending time together as retirees. Being compatible and enjoying similar interests has also helped to develop a cohesive relationship.

"We really enjoy some of the same things; however, it's also important to maintain your own sense of identity," Jane advised. "When our children were younger, we both really loved going to the local ball games together," she explained. In fact, Jane believes that shared interests are vitally important when raising children. Now, in retire-

ment, both Dave and Jane have enjoyed having free time together to explore other opportunities. "We don't 'have' to do certain things now, which leads to a more relaxed timeline," Jane said.

Jane encourages today's young married couples to focus on shared values, communication, patience, compromise, and compatibility. "I've had a really good married life by focusing on those things," she said. And, she also encourages couples to enjoy their time together. "Even though we have been married for 55 years, the time has gone by extremely quickly," she explained.

While the various changes in marriage can be challenging, it is important to remember that change can be positive. For newly married couples, the change can simply be getting to know each

other better and developing the start of their marriage. If and when children are born to the marriage, new time constraints and a shifted focus can cause couples to grow closer or further apart. And, a post-retirement time can be a way for married couples to focus more on each other and celebrate the longevity of their marriage.

Even though no couple can have a perfect marriage, it is important to recognize that couples may have times when they are uncertain or less hopeful. Married couples willing to work at developing mutual understandings and enhancing the communication process will be more likely to have solid marriages in the future. As long as couples are willing to change with the 'seasons' that affect their marriage, the marriage and couple will both evolve.

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by Kris A. Newman

Sharpening one another has become the focus of two incredible women who have joined forces to raise funds and awareness in the fight against type 1 diabetes (T1D).

President of the Chippewa Valley Youth Symphony and mother of four sons, Natalie Hanson did not need another commitment on her plate. Successful, busy pediatrician and mother of three, Karen Myhre of Mayo Clinic Health System of Eau Claire didn't need another undertaking either. It is difficult to imagine where they found the time and energy for intensive training from February to April of 2013 in order to participate in the London Marathon under the banner of Team JD RF. The Juvenile Diabetes Research Foundation (JD RF) is the largest charitable supporter of T1D research and treatment.

As a music therapist who has helped a variety of patients, Natalie has seen firsthand the challenges that accompany children diagnosed with diabetes. However, it was Karen's excitement for the cause that ignited strength and ambition in Natalie to run her third marathon.

"I am inspired by my friend Karen's passion for helping others," comments Natalie, "Whether as a pediatrician, friend, or Sole Sister, her compassion runs deep; and her boundless enthusiasm and energy for making things happen is a fierce and beautiful thing. I can't help but say 'YES!' to whatever Karen proposes—even an invitation to run a marathon in a foreign country!"

For Karen, the fight is personal. On the job, Karen sees the battle for wellness waged by diabetic patients beginning at an early age. Even closer to home, Karen has watched her sister contend with the disease for 43 years. "Over the course of my lifetime, I have seen firsthand the amazing changes that have happened through research for this disease. From crude blood sugar testing and awkward insulin dosing in the 1960s to today's continuous glucose monitor and insulin pump, my sister's life with the disease has greatly improved through the work of the Juvenile Diabetes Research Foundation."

The success of JD RF is partially dependent upon having the funding available to conduct research. It makes sense, then, to have as many participants as possible enter the event billed as the "largest fundraising event in the world," the London Marathon.

Enter: the marathon team!

Karen states, "As a runner, my goal always has been to run for charity at some point. When the opportunity to run the London Marathon in support of JD RF arose, I couldn't pass up marrying two things near to my heart."

It wasn't until February 2013 that the runners were formally approved to participate and began to train. Running through an especially frigid winter complicated matters, but did not slow their drive. Encouraged by friends and family, they persevered with their final training run completed on the morning of April 13, 2013.

They dubbed their local running team the Sole Sisters (although a few brothers were allowed to participate). More than 20 women ran, planned, encouraged, and worked together to raise support. Over the span of 10 weeks, the team raised over \$10,000.

On April 21, 2013, Natalie and Karen were two of the six American representatives of the 190-person JD RF team in the London Marathon. Although they enjoyed communicating with their overseas counterparts, the women looked forward to the first face-to-face meeting with the international team before the start of the 26.2-mile stretch, which wound through the historic streets of London and ended near Buckingham Palace.

# Friends Sharpening Friends

*As one piece of iron  
sharpens another, so friends  
keep each other sharp.  
Proverbs 27:17*

Before the event, Karen thanked her team, "I am so grateful. We are a great team! We are taking Mayo and Eau Claire across the globe, heart and 'soles,' in this effort to fight juvenile diabetes."

Natalie summed up her goals for the event nicely, "I hope that my participation in this event will raise awareness for type 1 diabetes and help fund research to find a cure, as well as allow me to be a witness to the power of friendship, love, faith, service, and the sheer joy of running!"

Yes, these women are sharper for knowing each other. And we are sharper for having met them through this event. Encouraging, strong, passionate, focused. Women with whom to run the race!

*Note: For more information related to JD RF events and donations, please visit their website: <http://www.justgiving.com/teams/Karen-Natalie>*



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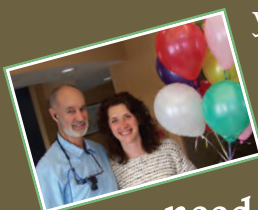
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# Changing Fashion

## WITH THE SEASONS

This time of year brings more sunshine, flowers, and warmer weather. It's a time to celebrate family, enjoy the outdoors, and appreciate the longer daylight hours. Many people are also ready to switch wardrobes from the darker colors of fall and winter to the more colorful and exciting colors of spring and summer.



Fortunately, there are local shops and stores that can assist with identifying fashion trends and providing advice for the best spring and summer looks for 2013.

Mason Companies, headquartered in Chippewa Falls, features a fashion line known as K. Jordan. Understanding fashion trends and popular items from season-to-season is important to K. Jordan's success.

"For this spring, nautical looks are on trend.

Simple blazers or bright cardigans, slim pants, and boat shoes are in style," explained Carol Jordan, Merchandise Director for Mason Companies.

"Wearing colored bottoms, such as coral or mint, with a neutral top is a great way to feature the season's trend," she continued.

Mickey Judkins, owner of Eau

Claire-based Details-Fine Apparel and Accessories and [detailsdirect.com](http://detailsdirect.com), also agrees that nautical trends are on-trend for this season. "For spring, we are also seeing bold and beautiful tropical floral prints that look fresh," Judkins said. "It is so invigorating to see the riot of new spring colors arriving at the store," she continued.

For those that want to add a 'pop' of color to their wardrobe, the upcoming season will be a perfect match. "This year's great colors start with bright-and-bold shamrock green, coral orange, hot pink, aquamarine blue, and yellow mixed with navy and grey," Judkins explained. "As it gets closer to summer, a soft pastel palette emerges offering pale pink, lemon chiffon, and baby blue, as well as the all-important white jeans," Judkins continued.

And, adding color to the wardrobe does not have to be costly. "A simple, low-cost way to update your look for the new season is to add a bright-colored bag, scarf, or a colored necklace in coral, turquoise, or yellow," Jordan said. "In fact, a scarf is one of the easiest and most impactful accessories you can add to a basic outfit to update it," she continued. Jordan recommends choosing a scarf that complements your complexion.

"Scarves do add a blast of color to modernize an outfit. They can also be used as a shawl over a cocktail dress or sarong at a beach or pool," Judkins agreed.

Other existing fashion pieces can be modified for the changing seasons. "A simple printed dress in black and white or navy and white can be dressed up for special occasions with pretty jewelry and pumps. Or, you can add a bright accessory for some fun. You can add a more traditional accessory for a business meeting or interview," Jordan explained. "A look could also be updated with a thin bright colored belt or a bright colored cardigan over a basic dress," Jordan added.





Judkins recommends that women have certain spring and summer necessities in their wardrobes. "A pair of white capris and a good white t-shirt to mix and match with all of the fun colors is absolutely essential," she said. And, women shouldn't be afraid to mix pieces in a fresh way. "For example throw a jean jacket over a casual dress and add a lightweight scarf," Judkins encouraged.

While fashion trends are important each season, it is also imperative to consider future seasons. "I like fashion that goes beyond trends; I prefer fashion that has an enduring personality and, thus, becomes timeless," Judkins said. "Do not be dictated by trends, but select fashion that is right for your body type and lifestyle. By doing so, you will develop a fashion sense that is right for you and will also develop a collection of interesting and beautiful things in your life,"

Judkins continued.

Jordan agrees that trends should be identified, but trends shouldn't make anyone overhaul their entire wardrobe. "Not every trend is for every person. Find the one that speaks to you and then try it in small ways with a new accessory and one new colorful item," Jordan recommended.

Finally, both Judkins and Jordan recommend that women have some fun with their fashion choices. "People get stuck in styles. It is important to stay open to new ideas and experiences. Use your own creativity and imagination to express your personality," Judkins concluded.

*Heather Rothbauer-Wanish owns Feather Communications, a local company that provides freelance writing, workshops, and assists job seekers with new resumes and cover letters. In addition, Heather teaches business courses at several local universities.*



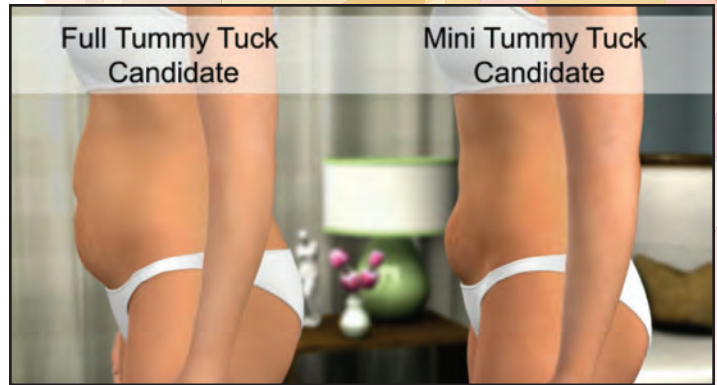
# TUMMY Troubles?

Now that the warm weather is here we are finally being released from the frozen bonds of winter. It's time to get outside to run, bike, and swim. It's also time to shed our winter clothes and their wonderful ability to disguise our winter dietary indiscretions. The transition from the warm cozy confines of long johns and winter parkas to the revealing snugness of a bikini or spandex can be a shock. Not surprisingly this is a common time of the year for me to see patients interested in changes in their body contour. The term 'body contouring' is a very general term applied to a set of cosmetic and reconstructive surgical procedures. These include, but are not limited to, tummy tucks, breast lifts, thigh and arm lifts and liposuction.

Every consultation for body contouring begins with an assessment of the patient's general health, their expectations and of course an assessment of the anatomy. I always focus on steps that the patient can take that may solve the problem with little or no surgical intervention. Though not always welcome advice, diet and exercise can fix many of the problems that I am presented with. The decision to move ahead with body contouring surgery should be a last resort not a starting place. Cultivating good dietary and exercise habits may not only eliminate the need for surgery they will contribute to lasting results and improved health if and when surgery is performed.

Despite a patient's best efforts to shed pounds and tighten muscle, circumstances do exist that may require surgery if correction is desired. For the purposes of this article I will focus on abdominal contouring. The two key factors associated with the appearance of the abdomen are the amount of fat present and the amount and quality of the skin present.

To a lesser extent, the integrity of the underlying abdominal wall musculature is relevant. Due to the endless cycle of weight gain and loss or due to pregnancy, the abdominal region is subject to incredible force. This often results in stretching of the skin in this region. Skin stretching may simply increase the amount of skin present or cause tearing of the dermal layers underneath the skin with resulting stretch mark formation. This excessive skin with or without stretch marks may persist after maxi-



mum dietary and exercise efforts to eliminate it. In these circumstances a tummy tuck may be indicated.

Abdominoplasty, or 'tummy tuck' is extremely successful in shaping the abdomen and eliminating unwanted skin and stretch marks. To a lesser extent, tummy tucks can remove excess fat in the abdominal region. Occasionally performed in conjunction with liposuction in the flank region, tummy tuck remains one of the most commonly performed abdominal contouring procedures.

There are two main types of tummy tucks the 'full abdominoplasty' and the 'mini-abdominoplasty'. The first is by far the most common. This procedure involves removing tissue from above the belly button all the way to the lower abdominal region. Most women fall into this category because of the pattern of stretch marks or the location of the excess skin/fat. The mini tuck is reserved for those special cases where the skin excess, stretch marks or fat excess exists beneath the belly button and in the central, lower abdomen. The benefit of the mini tuck is a shorter scar and less surgical time. During either procedure, if widening of the abdominal wall musculature exists (rectus diastasis), sutures can be used to tighten these.

Surgical procedure times are quite short, in the 1-1.5 hour range. Typically this is performed under general anesthesia in a hospital or a surgery center. Overnight stays are recommended but not necessary. The recovery time is about 4-6 weeks during which time some type of abdominal binder is necessary to keep compression on the abdomen. The risks of this surgery are generally very few but do include anesthesia risks and blood clots. The resulting scar is usually well tolerated and low enough to be concealed by most swimsuits and underwear.

Tummy tucks are reserved for those cases where despite maximum effort, excess skin or unsightly stretch marks remain on the abdomen. It is a short, safe, well tolerated procedure with minimal downtime. It remains one of the most common plastic surgery procedures performed for these reasons and due to the high level of patient satisfaction. Additional details regarding cost, and the specifics of surgery based on specific anatomical considerations, can be given at the time of consultation.

*Dr. Merrick is a board certified Plastic Surgeon in Eau Claire. His office is located at 719 W. Hamilton Ave. and can be reached at 715-514-2550.*



# You "CAN" Do It

Written by Kathy Jasper

It seems a little early to talk about canning, but if you've been thinking about wanting to try it, this is a good time to start.

I used to do a little canning years ago with my mom, green beans, pickles, the pressure cooker, the usual. Scary!! I don't even own a real canning pot and I can do this. Now I have a garden in Tilden with my sister, Ann and I have vowed to find a way to use what we grow and not waste.

This recipe for Rhubarb Marmalade (the word marmalade lets you know it has orange peel in it) is perfect for the beginner. You can use it like jam or a friend said it is good warmed up on ice cream. Preparation is the key to canning. I love to come home from work or get up early on a Saturday morning, wipe down my counters, scrub and scald the kitchen sink and begin. I find it very relaxing.

### Here's what you need:

- Large pan like a soup pot or Dutch oven
- 1 dozen ½ pint canning jars with covers
- Wooden spoon
- A jar gripper
- Tea pot or pan for boiling water
- Skillet for boiling lids

## Rhubarb Marmalade

- 6 cups chopped fresh rhubarb
- 6 cups sugar
- 2 medium oranges

- 1.) Combine rhubarb and sugar in a large pot. Grind oranges including peels in a food processor; add to rhubarb mixture. Bring to a boil. Reduce heat and simmer, uncovered, stirring often until marmalade sheets from a spoon, about 1 hour.
- 2.) Pour into hot sterilized jars, leaving ¼ in. headspace. Adjust caps. Process in a boiling water bath (jars completely covered) for 10 minutes.
- 3.) Yield about 8 half pint jars

A natural thickening happens between the rhubarb and the oranges, so no pectin product is needed. Once you've tried this, the choices are endless and I will always be available to help. Enjoy!!

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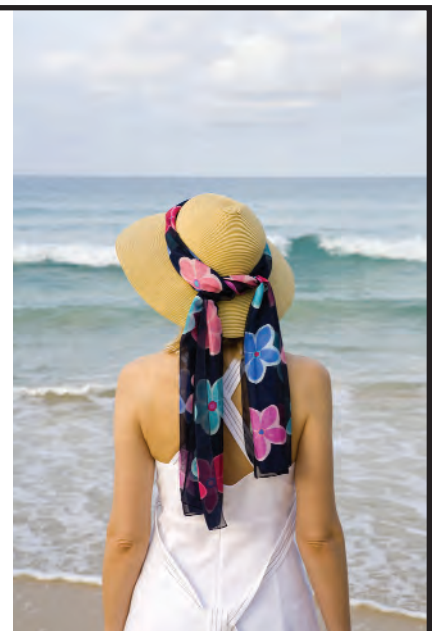
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# Mindful movement

Written by Benji Williford

At Chain Reaction Fitness, often times my clients accuse me of being "tough" or even "mean." Although it has become an ongoing joke, there is a method to my madness. It isn't to set the tone for the whole bootcamp atmosphere (like one might think), but rather to get my clients focused. I want them to dig deep and focus on exactly how they need to move their bodies in order to properly, effectively, and safely perform an exercise. I demand that they practice mindful movement.

The phrase "mind and body connection" is used so much that it has become somewhat cliché. However, nothing can be further from the truth.

So, let's take a look at the brain and body connection. Every time you think about performing an exercise, your brain sends electrical impulses through hundreds of thousands of chains of nerve fibers to your muscles. Over these nerve fibers is an insulating layer called the myelin sheath. It is made up of protein and fatty substances. Every time a muscle pattern is repeated, the myelin sheath increases.

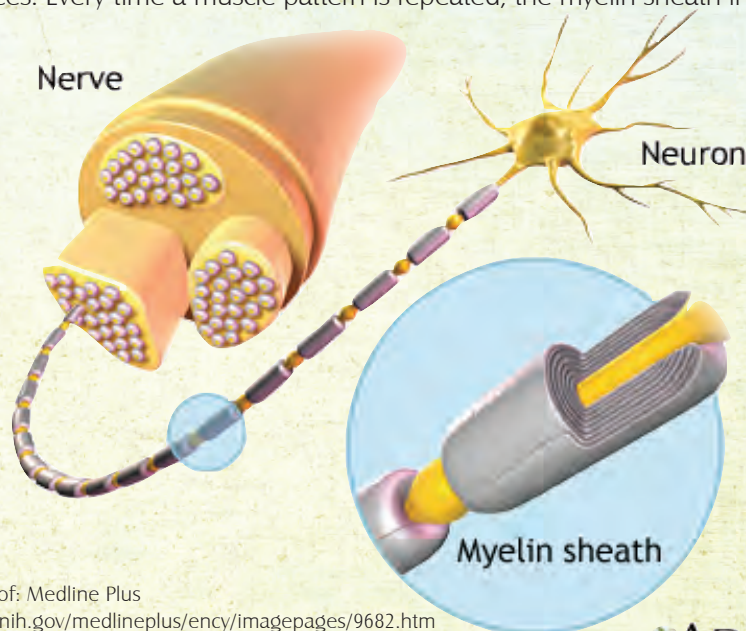


Image courtesy of: Medline Plus  
<http://www.nlm.nih.gov/medlineplus/ency/imagepages/9682.htm>

ADAM

The layer of myelin allows impulses to transmit efficiently along the nerve cells. Many people refer to this as "muscle memory." The benefit of mindful movement is that it increases the myelin sheath, eventually enabling us to perform activity without nearly as much focus. However, this can work in the negative: if you consistently workout with poor biomechanics, you do increase the myelin layer; but by repeating bad movement patterns, you are reinforcing bad "muscle memory," causing inefficient movement. The result is poor athletic performance or, even worse, injury.

According to Daniel Coyle (author of *The Talent Code*), it takes about 10,000 hours of mindful practice in order to master a skill. So when you contemplate multi-tasking while working out—whether it's activities like talking to your "workout neighbor," fixing your hair, planning your "to do" list, daydreaming, or just flat out thinking of ways to work around doing the exercise properly—consider how this is about as "efficient" as texting and driving; only the consequences aren't as severe.

Benji Williford is a personal trainer and owner of Chain Reaction Fitness. Read more about him at [www.BeniWilliford.com](http://www.BeniWilliford.com).





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# The Heart Vow

Written by Aveen Banich

*Take hold of your own life. See that the whole of existence is celebrating. These trees are not serious. These birds are not serious. The rivers and oceans are wild, and everywhere there is fun, everywhere there is joy and delight. Watch existence. Listen to existence and become a part of it. —Osho*

Spring at last has sprung in our little corner of the world. It really was a long winter this year, wasn't it? Somehow complaining about our lot helps us feel a bit better. However, now it is time to shake off our collective grumbling and see that the world around us is ready to party! The birds have returned from their sojourn down south. Western Wisconsin is now **the** place for birds to see and be seen. The trees are swaying in the breeze, shaking off the coating of ice that bound them all winter. They are becoming fluid and green again. Buds on the trees and baseball remind us that life indeed has returned and not a moment too soon. On our street, even the humans are coming out of hibernation—gathering on the ends of driveways to catch up. If ever there was a time to watch and listen to the joy and delight in existence, it is now. Light and warmth, color and camaraderie all make this easy.

Spring is the time to sow seeds that will grow both to nourish us and to make our surroundings beautiful with riotous color. We see these gifts in our gardens and at our lovely farmers' markets. This time of year is also a wonderful moment to pause and intentionally plant some seeds within us. Our energy flows to where we place our attention.

In the yogic tradition, there is the idea of a *sankalpa*. It translates as "heart vow." The idea is that within each of us are seeds waiting patiently to be tended. These seeds contain our dreams for the future, our soul's true purpose AND the wisdom of how to get there. Your *sankalpa* may be your true calling, or it may be a specific goal or intention along the way to fulfilling that calling.

The first step in creating your *sankalpa* is to listen with an open and willing heart. Be willing to hear and create space in your life for a little stillness and relaxation in order to facilitate that listening. For most of us, this is the

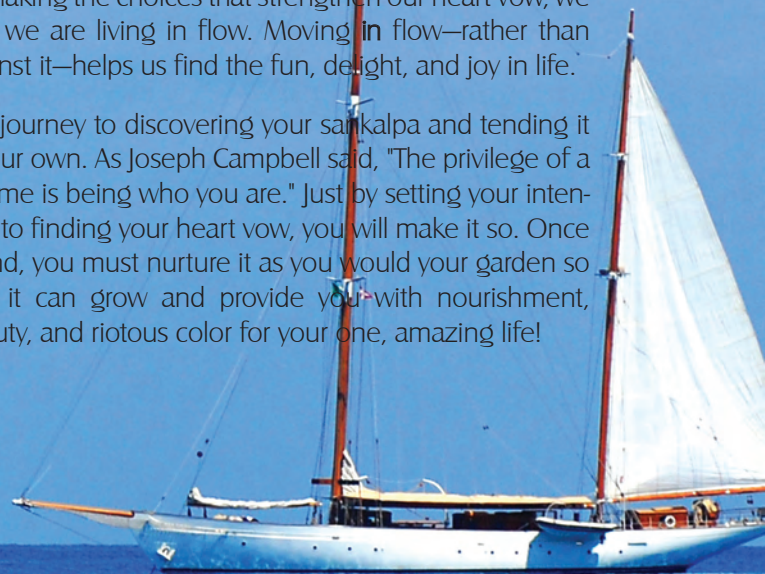
hardest step; and yet, without it the seed cannot be discovered.

It may take time for you to uncover your heart vow. For some, it comes easily. For others, it first may seem like an impressionist painting: more difficult to identify or to name. Either way is perfect. Set aside a little time during these longer spring days to tend this young seedling within your heart. Again, a few moments of stillness and an open heart are the water and sun in this analogy. This is a process of remembering: that which is already perfect and waiting to bloom within each of us.

The next step is to create a simple phrase that states your heart vow or *sankalpa*. This phrase is short, stated in the present tense (rather than the future tense), and positive (rather than negative). For example, rather than saying, "I want to be more loving," you might say, "I show love to myself and others." Instead of stating some pattern or habit you wish to eliminate, you might ponder why you are partaking in that habit in the first place—getting to the root of it. So instead of stating, "I want to quit smoking," the heart vow may become, "I love my body and myself."

Once you have your phrase, the next step is to nurture and strengthen your *sankalpa*. This is done in two ways. The first is to return to the phrase in times of stillness and meditation once or twice a day. This helps it to sink in and take root. The second is to strengthen it. By living mindfully, we become aware that each choice we make brings us closer to or farther from fulfilling our *sankalpa*. By making the choices that strengthen our heart vow, we find we are living in flow. Moving **in** flow—rather than against it—helps us find the fun, delight, and joy in life.

The journey to discovering your *sankalpa* and tending it is your own. As Joseph Campbell said, "The privilege of a lifetime is being who you are." Just by setting your intention to finding your heart vow, you will make it so. Once found, you must nurture it as you would your garden so that it can grow and provide you with nourishment, beauty, and riotous color for your one, amazing life!



family sitdown |

# Go Camping or RVing!

By Karla Roach

Back in the day, before the birth of our children, my husband, Paul, and I enjoyed camping. Not just camping, but rustic camping. One of our favorite trips was while living in Texas. We camped along the Guadalupe River. It didn't take much to make us happy. We had little to no money, living on a Specialist in the Army's income. For us, there was just something nice about living simplistically for a few days.

Somehow now, five children later, rustic camping doesn't sound quite so romantic. Enter the RV! A true hotel on wheels! A few years ago, we decided to rent one for the first time for a short get-away to Paul's step-dad's lake property in Minnesota. It wasn't a cross-country trip (keeping the gasoline cost low), but it gave us a taste of camping in style. While sitting shotgun, I remember feeling like we were driving a big rig with Paul sitting, what seemed like, 10 feet away from me. By spinning my chair 180 degrees behind me, I saw my kids all sitting



at the table, eating snacks, and drawing pictures. It was an incredible thought for them to be able to walk over to the refrigerator to grab a snack while moving along the highway! Then they would bounce over to the sofa and look in amazement out the lofty window of our massive vehicle. They would stare at people inside their vehicles as though they were looking down from a cloud. Oh, and the best part, we didn't have to stop to use a bathroom. We had one on board! What an incredible invention this RV was! Looking back at that trip, Paul and I laugh. We actually thought our kids would fight less because our family of seven wasn't going to be on top of each other in our seven-passenger van. What we discovered is that they just found other things to fight about. Oh, the joy!

We have taken one other RV trip since then and officially adopted the appropriately named movie, *RV*, as our family favorite. Though it was a bit over-the-top for the traditional camper in us, RVing was a fun experience that our children will be fond of forever. One day, when Paul and I find ourselves alone again, we will return to a trip or two of rustic camping, living simplistically for a few days.

For more information about renting an RV in the Chippewa Valley, visit [www.northpointrv.com](http://www.northpointrv.com) or [www.tntrvrentals.com](http://www.tntrvrentals.com).



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# From Dream to

# Reality

By Kris A. Newman

Dreaming is the first step. Determination is the second. After that comes a list of rules, regulations, proper procedures, and finally a small business is born! If you're new to the country and dare to dream of owning your own business, add another layer of challenges.

From starting a bakery to opening a corner store to expanding a garage-industry making widgets, small business success is a key to economic stability. Almost half of the entire private sector American workforce is employed by small businesses. The importance of small business creation and success is magnified in a largely rural area such as the Chippewa Valley.

The Small Business Administration website includes a list of 20 questions to ask yourself as you think through the process of starting a business:

1. Why am I starting a business?
2. What kind of business do I want?
3. Who is my ideal customer?
4. What products or services will my business provide?
5. Am I prepared to spend the time and money needed to get my business started?
6. What differentiates my business idea and the products or services I will provide from others in the market?
7. Where will my business be located?
8. How many employees will I need?
9. What types of suppliers do I need?
10. How much money do I need to get started?
11. Will I need to get a loan?
12. How soon will it take before my products or services are available?
13. How long do I have until I start making a profit?
14. Who is my competition?
15. How will I price my product compared to my competition?
16. How will I set up the legal structure of my business?
17. What taxes do I need to pay?
18. What kind of insurance do I need?
19. How will I manage my business?
20. How will I advertise my business?

Getting through the details of the list may seem overwhelming. Recognizing this, it is essential for a new business owner to team with professionals to plan for growth. Experienced business owners make themselves available to act as mentors and counselors through organizations such as

Western Dairyland Business Center and the UW-Eau Claire's Center for Business Solutions.



MaiVue Xiong, a business attorney with the Weld, Riley, Prenn & Ricci law firm, recommends it is in the best interest of a business owner to work with a professional at the beginning of the process. "It is easier to avoid a problem than to fix one after it's made. I recommend meeting with an attorney or accountant to make sure all of the paperwork is set up correctly. There are many options with different liabilities and consequences. It's better to work with someone who is familiar with them than to do it on your own."

For some business owners, however, the challenges and rewards have another layer. MaiVue discussed the difficulties faced by her parents as new Americans running an Asian grocery store. Long before law school, MaiVue Xiong learned the value of good advice by working at her family's Asian grocery store, Ameriental Food Store, in Eau Claire. Complicated contracts are even more difficult to decipher with a language barrier. Even simple notices from city government or tax authorities can become tangled webs if not properly translated.

"My parents rely heavily on the rest of our family to help them make sure the business continues to run smoothly. We all do our share." She credits her parents with teaching her the benefits of hard work by exemplifying character and strength through their journey from the farmlands in Laos to the City of Eau Claire. "We grew up working at the store."

A small business such as the Ameriental Food Store is more than a place to pick up spices or traditional clothing items; it's a cultural center where bonds are strengthened and history is shared. "For many years, it was the only store in Eau Claire of its kind.

You couldn't buy these items without driving to the Cities. Now there are more outlets, but still people stop in from the neighborhood all of the time to talk and share their lives."

This type of business adds a depth to the culture of an area like the growing, diverse community in the Chippewa Valley.

Whether you have a great idea that you know will change the world or simply want to be your own boss, if you have determination and a solid plan in place, there are



resources available to help you work your dream.

Resources for Starting a New Business

Weld, Riley, Prenn & Ricci, S.C. provides legal advice for all phases of business needs: [www.WRPR.com](http://www.WRPR.com)

Wisconsin Small Business Development Center's free online course for getting started: [www.wisconsinbdc.org/FirstSteps.htm](http://www.wisconsinbdc.org/FirstSteps.htm)

Western Dairyland Business Centers offers one-on-one counseling, train-

ing courses in technology, business practices, and more: [www.successful-business.org](http://www.successful-business.org)

UW-Eau Claire Center for Business Solutions offers a list of resources to get you started, including a step-by-step guide and financing information: [www.uwec.edu/CE/cbs/tools.htm](http://www.uwec.edu/CE/cbs/tools.htm)

Disclaimer: This article should not be construed as legal advice and is intended for general information purposes only. If you have any questions, you should consult your legal counsel.



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Left to Right: Andrea Voelker, Cindy Hangartner, Melissa Kirschner, Vicki Seltun, Mindy Dale, Kathy Prenn, Christine Gimber, Daneille Strong, Emily Long. Front: MaiVue Xiong

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# Fuel For Your SUCCESS!

Working with a Life Coach is a dynamic, collaborative experience that will take you out of the status quo and encourage you to think deeply about the things that are important to you. Life Coaching challenges you to identify and achieve your goals, stretches you to grow in new and exciting ways, and encourages you every step of the way!

Life Coaching is a positive, pro-active, and productive conversation about you: *your work, your relationships, your health, your fun, your creativity, your time management, your dreams, your ambitions, and your goals!* Coaching gets you from where you are now to where you would like to be. It is so much more than just a good conversation with a friend. It is a powerful process with a trained professional that empowers you with new insights, perspectives, inspiration, and wisdom to help you make decisions and take actions that create positive change.

The International Coaches Federation (ICF) defines Coaching as "partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential." Your Life Coach is your advocate and is as committed to your success as you are. Coaches value confidentiality, help you identify the things that block you or hold you back, and will challenge you to step outside of your comfort zone. Life Coaches believe people are naturally creative, resourceful, and whole. They ask questions that evoke awareness, insight, and action, fully knowing that the answers are within you. When perspectives and solutions are "discovered" and come from your inner wisdom, clarity and positive motivation exists to create desired changes. The compass lies within you... your Life Coach is merely the guide

to help you find your "True North".

Every day we make decisions that move us either toward or away from our precious goals. We all have ideas of the important things we wish or hope to do "someday": start that new business, get organized, go after that promotion, change jobs, write that book, or be more responsible to our health and our relationships... just to name a few. Working with your Life Coach on a regular basis gives you the solid foundation and consistency to assertively move through situations and personal challenges, toward your goals rather than avoiding, ignoring, or getting distracted from them. Your Coach sees the bigger picture of where you want to go and holds you respectfully accountable to the steps that will help you achieve your dreams.

Life Coaches work with healthy, pro-active people; so unlike counseling or therapy, there is no diagnosis or need to analyze your past. Coaching is about the present and the future you are creating. Your Life Coach does not give you advice or tell you what you need to do, nor does she act like a babysitter making sure you get it done. She is not a judge who sees your circumstances as good or bad, but understands that every situation is an opportunity for you to learn and grow, to continue with a current plan of action, or to change it up for something better. In every moment, you are free to decide to continue on or to make another choice if the current path is not getting the results you hoped for.

It is your Life Coach's job to be completely honest with you, which perhaps does

not always feel comfortable but is understood and even appreciated in this very nourishing relationship. We all need to be confronted and challenged at times, and that is the reason thousands of successful business owners and people in leadership positions value having a professional Life Coach on their team of advisors. They know that every great leader needs to continue to grow and stretch themselves in order to grow and stretch their business. They appreciate someone who sees the entire fabric of their life and can help them balance all of it, not just one aspect of it. Their Life Coach is an integral and powerful resource that keeps them efficient and effective both at home and at work. Successful people work with Life Coaches because they get results!

Most Coaches offer a complimentary session to determine whether it is a partnership that will be useful to you at this time. Once the decision to work together is determined, most often you will work with your Coach once a week over the phone for approximately 30 to 45 minutes. The advantages of working over the phone are many: it is extremely effective; it is efficient because there is no travel involved; it is private; it minimizes distractions; and it allows a Coaching relationship between two people who may live across the country from each other. This provides the foundation for an ongoing, progressive, and forward action to your goals.

Consider the values of *Five For Women*. Faith, family, friends, fitness, finance and this issue's focus on community involvement. Where

would you further challenge yourself in these areas? What needs to change? When will you start? Working with a Life Coach will help you define your dreams and goals and create an intentional plan of action that keeps your life moving purposefully and passionately forward!

*Jane Norby is owner of True Compass Life Coaching. For the past nine years, Jane has been coaching and guiding people to achieve their full potential in Leadership, Business and Personal success.*

Whatever you  
conceive and believe,  
you can achieve.  
--Napolean Hill

"Only Those Who Will  
Risk Going Too Far Can  
Possibly Find Out How  
Far They Can Go"  
--T. S. Elliot

# Varicose Veins? TIME FOR A CHANGE

Are you tired of aches and pains in your legs after a long day? Or sick of the swelling in your ankles and calves after being on your feet for too long? Then it might be time to do something about those varicose veins. A lot of people think of varicose veins mostly as a cosmetic issue, but in reality varicose veins are a real medical condition that can cause significant symptoms. These symptoms can be severe enough to not only affect your ability to do your job but also impair your activities of daily life. If left untreated, varicose veins can lead to severe and potentially life-threatening complications.

In your legs, veins function to bring blood from your muscles and tissues back to your heart. Veins are only supposed to move blood in an upward direction, and they accomplish this with a system of valves. When these valves malfunction or fail, blood can flow backwards down the leg. This is known as reflux. Over time, this reflux of blood weakens veins causing them to enlarge and elongate, leading to the formation of varicose veins.

Varicose veins are one of the most common medical conditions in women. They occur in up to 40% of women and affect 50% of individuals over age 50. Risk factors for developing varicose veins include increasing age, family history, female gender, multiple pregnancies, and previous episodes of blood clots in veins. Some women develop varicose veins as early as their teens, and many report significant worsening of their varicose veins with pregnancy.

Varicose veins can cause a number of symptoms in the legs including pain, soreness, numbness, tingling, itching, night cramps, and even restless leg symptoms. The appearance of varicose veins can also lead to social embarrassment and prevent people from participating in activities they enjoy. If left untreated, varicose veins can lead to complications such as blood clots, which form due to stagnant flow in varicose veins. When blood clots in varicose veins extend into deep veins, this is called a deep venous thrombosis or DVT. If such a clot dislodges, it can migrate to the lungs and cause a potentially life-threatening condition called pulmonary embolism. Bleeding from varicose veins can also occur after

a minor trauma or even spontaneously. Over the long term, varicose veins can result in permanent darkening and hardening of the skin, starting in the feet and ankles and moving up the calves. Chronic damage to tissues in the legs by varicose veins can even lead to the formation of venous stasis ulcers. These ulcers can be very disabling and difficult to treat.

In the past, varicose veins were treated by surgical stripping. If you know anyone who underwent that operation, then you probably heard that it was extremely painful, required general anesthesia and a hospital stay. Recovery usually took weeks to months. Fortunately, new less invasive technologies have been developed to treat varicose veins. Endovenous laser treatment (EVLT) uses laser energy to close varicose veins from the inside. The procedure takes only about 45 minutes and is performed right in the clinic with local anesthetic. Normal activities can be resumed almost immediately, and most patients return to work the very next day. In addition to being safer and less painful than surgical stripping, studies also have shown EVLT to be much more successful. Most, if not all, insurance companies cover EVLT for the treatment of symptomatic varicose veins.

In conclusion, varicose veins are much more than just a cosmetic issue. They are a real medical condition which can cause significant symptoms and lead to serious complications. With EVLT, varicose veins can be treated in a safe and effective manner with only minimal discomfort. Spring is a time for renewal, so if you are tired of achy, swollen legs from those unsightly varicose veins, it may be time to take action.



*Dr. Jacques Tham is a graduate of Duke University and Vanderbilt University School of Medicine. He completed radiology residency and vascular interventional radiology fellowship at the Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School. His interests include varicose vein therapy, peripheral vascular disease, and urological interventions. He has presented at international medical meetings and been*

*published in medical journals on endovenous laser treatment for varicose veins.*



# FOODIE FORUM

## Summertime Means Picnic Time

There are so many reasons I love summer, and taking a picnic is certainly one of them. As a kid, we would always load up a picnic basket to take out on the boat on Lake Okoboji. Now, some of my favorite picnic venues include

- the *Sounds Like Summer* concert series in Phoenix Park
- the Highway 85 wayside after renting a kayak from Riverside Bike and Skate
- our post-geocaching and bike riding site (a Mother's Day tradition)
- the end of a hike through Mt. St. Helens, Madeline Island State Park, or Sleeping Bear Dunes

Here are a couple of recipes that have been in my picnic basket for years. Please share your favorite picnic spot and/or recipes on our Facebook page.

Bon Appétit!

Lanette Hesse lives with her husband and three children in the Eau Claire area. When she is not computer consulting, volunteering or enjoying outdoor activities, she loves to be in the kitchen cooking for her family and friends.

## Lemon Pistachio Bars

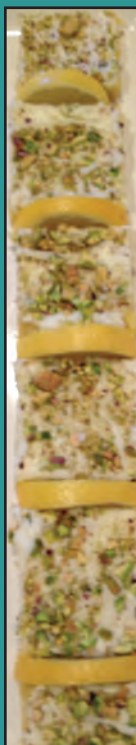
Preheat oven to 350°. Blend the following in a food processor until resembles coarse meal:

- 1½ cups flour
- 2 egg yolks, lightly beaten
- 2 tablespoons sugar
- 2 teaspoon vanilla
- 6 tablespoons unsalted butter, cut into pieces

Press mixture into an 11x7" baking dish. Prick with a fork, and bake for 15 minutes. Let cool.

In a large bowl, cream together ¼ cup butter and ½ cup sugar. Add 3 eggs one at a time, beating well after each addition. Add ¼ cup lemon juice, 2 teaspoons grated lemon peel, 1 tablespoon flour, and ½ cup coconut. Mix well. Pour into the baking dish and bake 30 minutes.

For lemon icing, stir 1½ cups powdered sugar with 1 teaspoon softened butter and 1½ tablespoons lemon juice. Heat in microwave until icing reaches spreading consistency. Spread icing over warm bars and sprinkle with 1/3 cup chopped pistachio nuts. Cut into squares. Serves 16.



## Turkey, Black Bean & Orzo Salad

For dressing:

- ¼ cup fresh lime juice
- 1½ tablespoons white wine vinegar
- 2 large garlic cloves, mashed
- 2 jalapeño chilies, chopped
- 1½ teaspoons ground cumin
- ½ teaspoons salt
- 2/3 cup olive oil

Into a food processor or blender, add all ingredients except the oil. Blend. Then, slowly add oil in a fine stream with processor running until the mixture is emulsified.

- 1¼ cup orzo, cooked
- 1 cup red onion, chopped
- 4 cups cooked turkey (or chicken)
- 2 15-ounce cans black beans
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- ½ cups cilantro, chopped
- 2 avocados, chopped

In a bowl, toss the rest of the ingredients with the dressing, adding the avocados last. Serves 10.





# Quick fixes

by the five Crew

## Maybelline Color Tattoo Eyeshadow

Maybelline promises us that their 24-hour cream gel shadow is long-wearing, and I most definitely agree! I gave some of the shades my own 24-hour challenge, even sleeping in them. I woke up with plenty in place—and it still looked great!



## Victoria's PINK Sweet & Hirty Body Mist

This is my absolute favorite body mist. It lightly moisturizes with aloe and chamomile, while its fantastic-smelling sugary berry scent is just tart enough to avoid being sickly sweet.



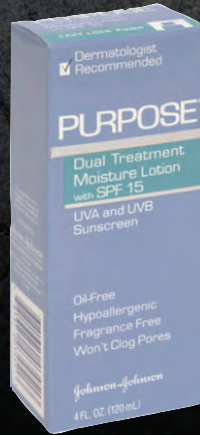
## e.l.f. Concealer

For around \$3, this budget-friendly under-eye concealer is as effective as most high-end brands, hiding dark circles easily and effectively! This concealer and highlighter contains vitamins A & E, chamomile, caffeine, and green tea to moisturize, soothe, and tighten the skin around the delicate eye area.



## PURPOSE Face Lotion

Fifteen years ago, my dermatologist recommend PURPOSE, and I've been using it ever since. I love the effect this hypoallergenic and non-comedogenic lotion has on my sensitive skin.



## EOS Organic Lip Balm

EOS is truly amazing as it is 95% organic, 100% natural, paraben-free, and petrolatum-free. This lip balm comes in a variety of flavors and is packed with antioxidant-rich vitamin E, soothing shea butter, and jojoba oil. Your lips will stay moist, soft, and sensationally smooth!



## Hot Shot Tools Flat Iron

I have bought many straighteners over the years, but Hot Shot Tools tops them all. As a mom-on-the-go, I love how this tool heats up immediately (like within 60 seconds!). The adjustable-temperature plates are made of ceramic and tourmaline and can deliver heat up to 450 degrees!





# Little Women

By Louisa Alcott

My oldest daughter, Kate, gave me a book for Christmas-"1001 Books You Must Read Before You Die". My question to her was, "why did you wait until I was seventy years old to give this to me?!"

I had been meaning to re-read Little Women for a while, even had my childhood book on the dresser waiting for me. So when I saw it was in the 1001 Book I was spurred on and I wasn't disappointed. I probably read it the first time sixty years ago as it was originally a story for young girls, but it has transcended the boundaries of time and age.

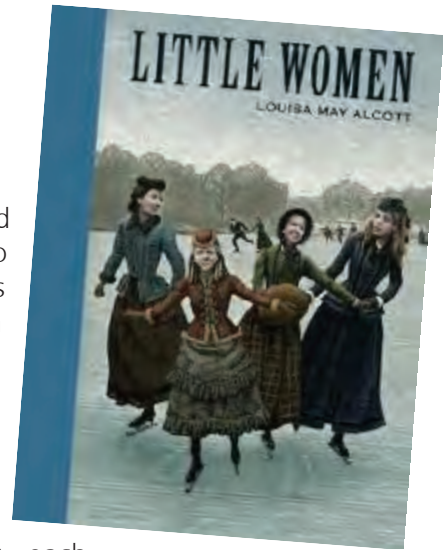
This is a tale of the four March sisters growing up in New England during the American Civil War. Though the book is fiction, Little Women is partially a representation of Alcott and her sisters.

Meg, Jo, Amy, Beth and their mother are left to fend for themselves as their father is away with the Union Army serving as a chaplain in the Civil War. The story details all of their struggles with poverty and hardship.

As the girls grow older, each faces their personal demons and moral dilemmas. Meg leaves the family to get married, Jo struggles to become a writer, Beth dies at a young age, and Amy, the tomboy of the foursome falls unexpectedly in love.

Little Women is an idealistic portrait of nineteenth century family life. I think you will enjoy taking a step back in time and lose yourself in a story that shows us a simpler way of living than family life of today.

The book "Little Women" brought Louisa Alcott fame, but it also led her to be stereotyped as a children's author.



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# RAYS OF GRACE X

## "GRACES"

WRITTEN BY GRACE THEISEN

I've never been to Boston, but I have been to marathons. My mom participates in lots of running events and she brings us along to cheer her on (and I sometimes run the hard parts such as hills with her). The marathons and running races that I have been to are filled with happy, cheering people, encouraging others, and celebrating runners making great accomplishments. Runners and fans gather as family and friends, and the finish line is filled with hugs, high fives, smiles and accomplishments (and a little vomiting by some of the runners).

Of course, all is now changed. The next time I go to a running race, I will have the Boston bombing in the back of my mind. Even though nothing is likely to happen, the Boston bombing will be there in my mind. I'm sad that these people have changed marathons, changed me and changed America.

But then again, as I think more, I realize that I'm wrong. It is not the American way to be changed by horrible things like the Boston bombing. At least, it is not the American

way to be changed for the worse. Americans change for the better. I fully expect that we will come back stronger. We will be more together than before. Those who lost their lives, and those who are hurt will inspire change, great change. We will be forever committed to never forget them. We will be forever committed to pay them tribute by having a great Boston Marathon next year, and forever more.

Next year's Boston Marathon will celebrate the accomplishments of the finishers, and at the same time, celebrate the spirit of the United States of Americans. Next year's Boston Marathon will again be filled with happy, cheering people encouraging others, and a new sense of victory, shared by all Americans. America's victory over evil.



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## May 2013 Events

**May 9th** - Red Cedar invites area women to Fabulous You - Mayo Clinic Health System's annual Women's Signature Event - from 5:00pm to 8:30pm in the Grand Ballroom, UW-Stout Memorial Student Center in Menomonie. Participants can register online at [mayoclinichealthsystem.org](http://mayoclinichealthsystem.org) on Menomonie's "Classes & Events" page or by calling 715-233-7464.

**May 9 -May 12th** - The Past Passed Here - A special event featuring hands-on activities highlighting the historic sights and sounds of early Chippewa Falls. Visitors to the historical encampment will experience camp skill competitions, 1800's style food, traders row and live entertainment. Directions: Located at Allen Park in Chippewa Falls. For information call 715-723-0619.

**May 10th** - Fairytale Ball - The Chippewa Valley Theatre Guild will hold its 4th annual family-friendly Fairytale Ball on May 10th from 6:00pm to 9:00pm. We will transform The Florian Gardens into a fairytale land for young children and their friends, parents and grandparents. This year's theme is Dr. Seuss! For more info, call Ann at 715-832-7529. Directions: The Florian Gardens

**May 11th** - Girls on the Run of Eau Claire County 5K - Race-day check-in for those pre-registered and those who still need to register will start at 8:30 a.m. in Owen Park (at the corner of Water St. and First Ave.) in Eau Claire. The run/walk starts at 10:00 a.m. For more info, call 715-225-1256. Directions: Owen Park, Eau Claire

**May 16th** - June 30th - Don't Dress For Dinner - at Fanny Hill Dinner Theatre. A nifty comic farce. For Reservations call, 800-292-8026 Directions: 3919 Crescent Avenue, Eau Claire, Wisconsin 54703

**May 18th** - 42nd Annual Partners of St. Joseph's Hospital Charity Ball will be a Cinderella Ball. Contact volunteer services at 715-717-7439.

**May 25th** - 2nd Annual Northwoods Blues Festival - Featuring Ana Popovic, Kenny Neal, Joe Louis Walker and more. 2 days of music, with lodging, camping and outdoor seating in a beautiful natural amphitheater. Directions: Hwy 53 North to Minong, West on Hwy 77 for 9 miles to Heartwood Conference Center and Retreat.

**May 31st - June 1st** - Eau Claire Relay For Life 2013 - from 6:00pm to 6:00am; Overnight Community fundraising event for the American Cancer Society. Community members and teams of walkers gather to honor cancer survivors in the community as well as remember those who have passed from the disease. Entertainment, games, food and music will be provided. Directions: Expo Center - County Fairgrounds 5530 Fairview Drive Eau Claire, WI 54701

## June 2013 Events

**June 7th-June 9th** - Cornell Community Fair - Rides, tractor pull, parade, and much more. Located at Mill Yard Park in Cornell. For information call 715-239-3965.

**June 8th** - Lake Eau Claire Clear Water Triathlon & Picnic - Join us at beautiful Lake Eau Claire for this family fun event to raise money for water quality improvement!! This non-timed event includes a 2.5 mile walk/run, 1 mile paddle, and an 8 mile bike ride which follows the shores of Lake Eau Claire. Entry fee includes a chicken dinner, beverages, and a live band for dancing! Also, there will be a silent auction featuring many special items and as well as fun activities for children. For registration information and additional information regarding this event, go to [www.lakeeauclaire.org](http://www.lakeeauclaire.org) and go to Events. This event will begin and end at C & G Hideaway Bar on Lake Eau Claire. Please join us for a great family event! Directions: Lake Eau Claire north of Augusta, WI.

**June 14th** - Breakfast in the Valley - From 5:00am to 10:00am - Attendees can expect a delicious breakfast including: scrambled eggs with ham, mushrooms, onions and cheese, muffins, cheese, cheese curds, oranges and bananas, milk, orange juice, coffee and the traditional June Dairy Month treat of Culver's Frozen Custard with corn flakes and strawberries. Cost is still \$6 for adults and \$2 for children under 12. Tickets are available at the door. Treat your best customers and employees to a free breakfast! We hope to see you there! Directions: From the intersection of I-94 and Hwy 93, go south to Lorch Avenue. Go west (right) onto Lorch and proceed to Expo Center on left.

**June 15th** - Leinie Lodge Family Reunion - The Leinenkugel brothers invite you to an annual celebration at the Leinie Lodge in Chippewa Falls to say thank you to Leinie loyalists. Come enjoy family, food, beer sampling, and entertainment. Check the website for specific events and times or call 715-723-5557.

**June 27th - June 30th** - Country Fest - This annual four-day event features more than 20 national and regional country music artists. Past performers include Big and Rich, Rascal Flatts, Gary Allen, Toby Keith, and Montgomery Gentry. Located at the Chippewa Valley Music Festival Grounds in Cadott. For information or details call 1-800-326-FEST.

# What's Going On

## CALENDAR OF EVENTS



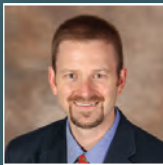
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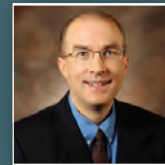
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**All Are Welcome!**

Monsignor Edmund Klimek  
60th Anniversary of Ordination

**Sunday, June 9**  
1 pm Mass in the  
Hospital chapel

Open House Reception  
2 - 4 pm  
Community Auditorium  
Sacred Heart Hospital

**CELEBRATING**  
*60 years*

Sacred Heart  
Hospital  
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

The advertisement features a large photograph of Monsignor Edmund Klimek, an elderly man with glasses, wearing a black clerical suit. The background is a warm, bokeh-lit interior. The text is arranged on the right side of the image, with the main title in gold and the details in white. The Sacred Heart Hospital logo is in the bottom left corner.

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