



5 LIVE FOR
WOMEN

JULY | AUG 2013
VOL 2 | NO 5

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

INSIDE:

How To Stop Aging

Let's Talk About GMO's

Local Immigrants
Speak Out

& much more

CHIPPEWA VALLEY'S PREMIERE WOMEN'S MAGAZINE

Tour REGIS Catholic Schools Today

All Regis 6th Grade students will have iPads next school year!

Tools like the iPad help our teachers individualize learning

for students and drive skill mastery in subjects.

Technology is central to our culture today, and our

Catholic K-12 schools are

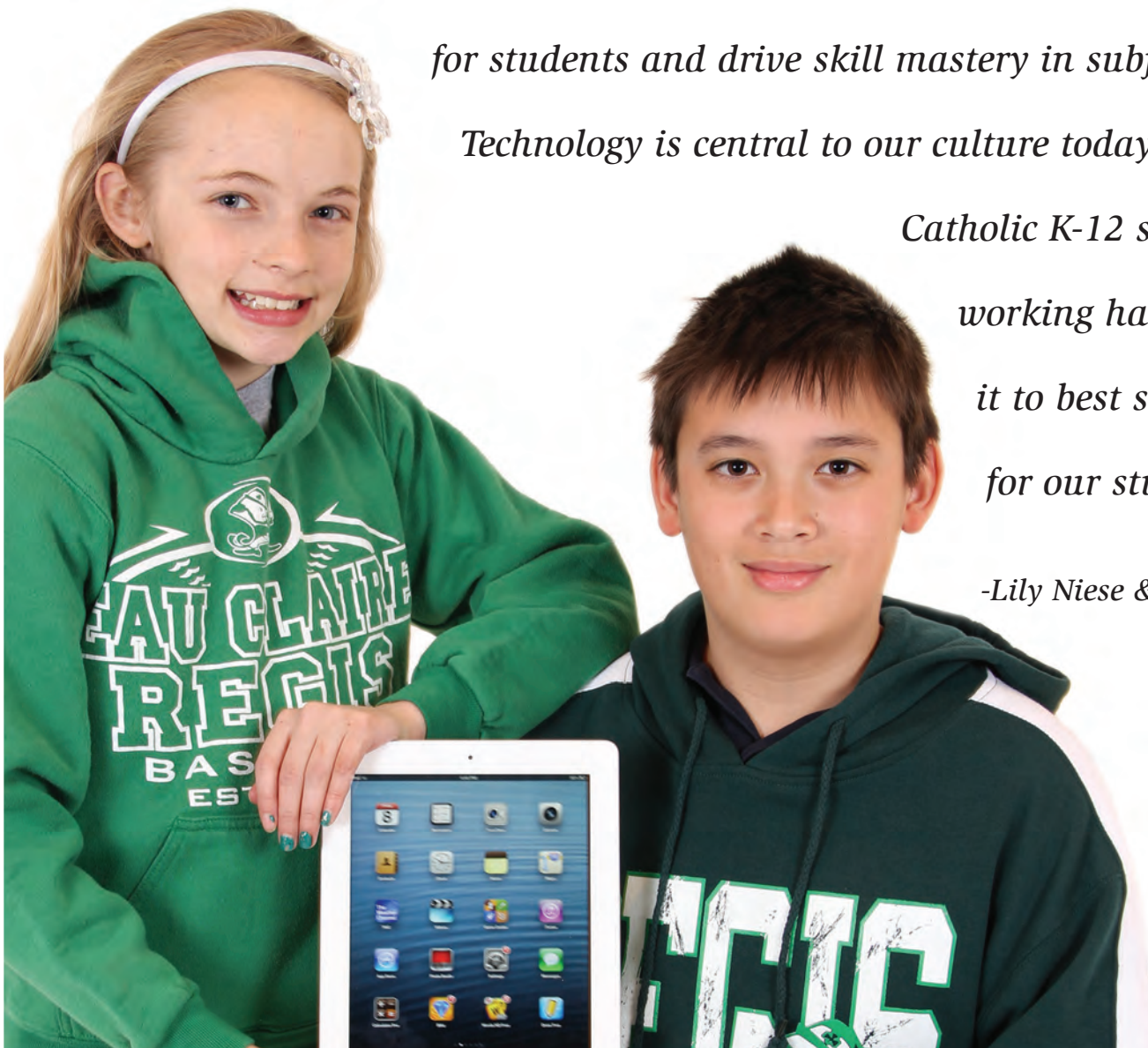
working hard to integrate

it to best support learning

for our students.

-Lily Niese & Harrison Shepich

5th Grade Students



Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of *Living Faith, Accepting Responsibility, Promoting Teamwork, Achieving Excellence, and Inspiring Leadership.*

Call Teresa Johnson, Enrollment Coordinator, today to learn more about Regis Catholic Schools. 715-830-2273 ext 3

www.RegisCatholicSchools.com





WIDEST SELECTION of **Rock & Stone**

Check Out Our **NEW** Website

www.RedFlintRockandStone.com



MULCH



COBBLES



veneer



WALLSTONE



BOULDERS



FLAGSTONE



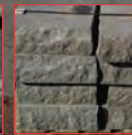
OUTCROPPING



RIVER ROCK



STEPPERS



STEPS

Do You Rock?™

We Rock!™

717 Short Street • Eau Claire, WI 54701
Phone: 800.238.9139 • Fax: 715.835.0662



For a **worry & pain-free** summer, healthy beautiful smiles start here!



General Dentistry
Sedation Dentistry
Pediatric Dentistry
Cosmetic Dentistry

Lisa Henson DMD & Joe Theisen DDS
715.834.2032
1102 Regis Court Eau Claire WI


RegisCourtDental
ASSOCIATES
regiscourt dental.com

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.



[features]

14 Tempering Faith

16 The Courage is Contagious Project

18 Staying Connected Through Family Reunions

20 Seasons of Friendship

24 Take Your Om Outside

28 How to Set Up a Family Budget

30 Celebrating Your Roots and Embracing New Opportunities

★ ★ INDEPENDENCE DAY ★ ★

[in every issue]

Editor's Note 06
News From Jen Theisen

Energize 07
The Community Table

On the Scene 08
Out and About in the Valley

Taking 5ive 10
Meet Women in the Valley

Fab Finds 12
Our Favorite Finds

Family Sitdown 21
Short Stories

W.I.N. 23
What's Important Now

Foodie Forum 32
Recipes

Quick Fixes 33
by the 5ive Crew

Bookmark 34
Book Reviews

Rays of Grace 35
By Grace Theisen

Can-Do Decorating 36
Classics Furniture

What's Going On 37
Calendar of Events

Ad Index 38
A List of Advertisers

[also]

Photo-Aging: Not Just Any 22
Sunscreen Will Do!

Let's Get "JAMMIN" 25

Genetically Modified Nation: 26
Why Going GMO-Free Matters

5 Signs of Melanoma

- Asymmetry**
Keep an eye out for moles that have an irregular shape.
- Irregular Borders**
Moles with irregular edges are often characteristic of melanoma.
- Changes in Color**
Growths with a combination of colors or uneven coloration can be suspect.
- Diameter**
Watch for growth on any mole larger than 1/4 inch.
- Evolving**
Changes in size and/or color.

*Remember to check your skin every day.
If you have any questions or concerns - call us!*

MERRICK
PLASTIC & HAND SURGERY

Member

AMERICAN SOCIETY OF
PLASTIC SURGEONS

715-514-2550 or 866-242-3499

719 W. Hamilton Ave., Eau Claire, WI 54701



"For we walk by faith, not by sight." ~2 Corinthians 5:7

Summer is in full swing at the Theisen house. The reprieve from the hustle and bustle allows me the treat of a little me-time in the morning. I cherish the mornings of rising before the troops and getting in an early run. Returning home while they're still tucked in bed, affords me the luxury of a quiet cup of joe and some moments to myself to contemplate the day. A recent homily prompted the question "why?" as I sipped my coffee. Why did it snow in Mid-May? Why is the price of gas so high? Why did I not get one red-headed child? Why does the sun refuse to shine? Naturally, the more serious "whys" come creeping as my head hits the pillow. Why did horrible things

happen in our community? Why did my child get sick? Why do people I love make decisions I do not understand? The "why" can be a tormentor. I struggled to make sense of the toughest "whys" in my life. After much reflection, it dawned on me. The answers to the why may not be revealed to me today or even tomorrow. It may not be for me to know at this time. I must walk by faith, and not by sight.

During this slowed down season, I intend to focus on walking by faith and not by sight. I challenge my readers to join me. During this blessed season of relaxation, there are so many great ways to unwind...even if your whys aren't answered just yet.

The Chippewa Valley offers so many opportunities to get out there and jump into summer fun. We love our state parks-such easy, affordable, and fantastic fun. And of course, we'll be spotted at the Northern Wisconsin State Fair. I love shopping the local farmer's markets, a great way to eat healthy and buy local. Pack a picnic and get out to see some local music in the parks. Summer's slower pace is a great opportunity to reconnect with friends and family. Once again, I am reminded of the blessing of raising my family in this great community.

We are so excited to share this All American edition with our readers. We'll celebrate Independence Day with some great articles and new features for you. Don't miss our newest feature, Quick Fixes. We know you'll love the article of local women sharing their perspective of immigration to the United States. For all of you planning or heading to family reunions, we have a great read for you. You'll be inspired by our article about moving your exercise outside and don't miss our anti-aging piece. Be sure to check out the beautiful and encouraging story of peace, faith, and loss of loved ones.

Let's make this summer one of renewal! As always, the journey continues with 5ive: Faith, family, friends, fitness, and finance.


Publisher & Editor-in-Chief

5IVE FOR WOMEN

VOLUME TWO
ISSUE FIVE

PUBLISHER
Jen Theisen

EDITOR-IN-CHIEF
Jen Theisen

CREATIVE DIRECTOR
Melissa Dorn

CHIEF FINANCIAL OFFICER
Karla Roach

WEB MASTER
Paul Roach

COPY EDITORS
Briana Craig
Vicki Larkowski

DISTRIBUTION
Maureen Therou

PRINTER
Badgerland Printing USA Inc

SUBSCRIPTIONS
Subscriptions available for \$17.95.
Please send your check made payable to
"Run With It Marketing and Publishing"
and your subscription address to:
5ive For Women, PO Box 344,
Chippewa Falls, WI 54729-0344.
For more information, please contact
Karla at Karla@5iveforwomen.com
or call 715.579.3626

INFORMATION
For information on 5ive for Women,
go to: 5iveforwomen.com or email
Jen at: jen@5iveforwomen.com or
Melissa at: melissa@5iveforwomen.com

ADVERTISERS
For advertising information
contact Jen at 715.379.6983 or email at:
jen@5iveforwomen.com



smiles in motion
Pediatric Dentistry

As kids increase their outdoor activity, fluids for hydration are essential. Most flavored beverages contain large amounts of sugar and acid which are erosive to dental enamel and cause cavities. We recommend a fun water bottle with ice and cold water!

Amanda Spitz, DDS
Pediatric Dentist
Certified, American Board of Pediatric Dentistry


Erin Winn, DDS
Pediatric Dentist

Find out more about our amazing child-friendly office, staff and doctors at www.sim4kids.com

715-723-2000 | www.sim4kids.com
583 Lakeland Drive, Chippewa Falls, WI

10%

of proceeds from subscriptions of Five for Women during July and August will be donated to energize the following local, philanthropic cause:



Join Us For Picnic - On The Green
A MIDSUMMER SOCIAL - Its benefit - THE COMMUNITY TABLE

Where
THE PINE WOODS GOLF CLUB

When
THURSDAY, JULY 20, 2012
5:00PM - 8:00PM

Tickets
CALL (715) 835-4577
EMAIL: info@thecommunitytable.org
OR SIGN UP AT www.thecommunitytable.org


Food, Wine, Tequila, Beers, Sweets & Live Auction!

www.thecommunitytable.org

My Life. My Smile. My Orthodontist.




2 3456 7890



Schedule your FREE consult appointment today!
www.kristoorthodontics.com
715.835.5182 • 3902 Oakwood Hills Pkwy • Eau Claire, WI



You can't have a Cinderella Ball theme without the furry fellas that turn into horses and coachmen.



Mary Lynn Toyoon, president of the Partner of St. Joseph's Hospital, welcomed guests and thanked them for their generous donations to the hospital.



Charity Ball Chair, Barb Tzanakis, and her prince in shining armor, husband Mike, posed for a picture in the ballroom before the big dance.



Tom Fuchs, right, auctioneer for the night and director of L.E. Phillips-Libertus Treatment Center, goaded Jeff Darley to up his bid during the live auction.



Joan Coffman, St. Joseph's Hospital's President and CEO, right, greeted people to the 42nd annual Partners of St. Joseph's Hospital Charity Ball on Saturday, May 18, at Avalon Hotel and Conference Center in Chippewa Falls.

Partners of St. Joseph's Hospital Charity Ball

Cinderella Ball – Elegant Enchantment at Avalon Hotel & Convention Center



Ball guests cheered for the band. Money raised throughout the night during The Charity Ball funds important endeavors at St. Joseph's Hospital.



Ian Kopp, left, enjoyed his surroundings in the ballroom. The Charity Ball is a fundraiser and a friendraiser for the hospital.



From right, Dawn and Mike Bye, and their daughter Amy Bye sat for a caricature drawing during the ball.



Guests to the Cinderella Ball – Elegant Enchantment event received a ride from their vehicles to the front door of the ball in a horse-drawn carriage.

Taking 5ive with Mary Larson

WRITTEN BY KRIS A. NEWMAN

In the middle of the bustle of the Chippewa Valley's Parade of Homes, I had the chance to chat with the owner of a premier home, which was designed and built by Signature Homes. It is fitting for Mary Larson to own a premier home on the tour, as she is a woman who has chosen a traditional career path over other options. She is a stay-at-home mom.

Having gone to college for Elementary Education, she could be a teacher. Having been the co-owner of a business, she could be an entrepreneur. Instead, she has chosen to focus all of her skills and abilities on her home. As we wiled away a lunch hour talking about the common grounds of parenting, we discovered the underlying themes of the 5ive elements playing out again and again.

FAITH

"Faith is an important element in my life, although church—as a building—isn't. I don't mean I don't like church, but I think faith is much bigger than the building. I want my children to have a strong moral foundation and church helps with that. But how we live at home is more significant."

FAMILY

"You have one daughter who is a college graduate living in Germany, another who is a college student, one just graduated from high school, and one beginning high school. They are all wonderful and successful. How did you make that happen?" I asked.

Mary laughed in response, "I don't know, honestly. I spent a lot of time with them and gave them a sense of accountability for wrong actions from the time they were very little. I also read to them a lot when they were growing up. I taught them that reading and education are important for them to succeed in life."

Spending time together was also a priority in Mary's home. Family vacations to visit relatives in Colorado and Arizona were annual affairs. She said her children talk about the time spent with other family members more than any other aspect of the trips.

Having four girls spaced more than 10 years apart, it was hard to keep everyone on the same page. As they grew, however, the bond between the girls has strengthened. Although many miles separate them, modern technology such as Skype and texting keep them in contact. "I love it



Photo credit: Genesis Photography

that they want to be at our house whenever they can to be together just watching a movie or hanging out."

FINANCE

"What changes have you made financially to allow you to stay at home?"

"I am very fortunate that my husband's business is successful, and I can stay home. He never questions how I spend money or what I spend it on. He trusts me to make good decisions. That said, my girls know when we go shopping that if an item isn't on sale, we are probably not going to buy it. I learned growing up that if you don't have it, you don't spend it."

Bargain hunting and spending sensibly were two elements that went into the design of their new home. "When we talked about a floor plan, we realized there were spaces in our home which we just didn't use. The great room, for example, was only a place for the dog to sleep. No one else ever used it. We decided to downsize. One of the changes in our new house is that we only have one family room that's big enough to comfortably fit all of us."

FITNESS / FRIENDS

"Fitness," Mary said when the subject arose, "I wondered how I would answer that question. About 20 years ago, when my children were small, I became a part of a group of moms who worked out at the old Athletic Club. We are still a part of each other's lives! Some of us now work out together at Momentum Fitness."

Mary's friendships with her "work-out buddies" go well beyond the weight room. Together they have faced challenges in many forms: death of a spouse, sickness, financial losses, and divorce.

"I was very young when my first husband was diagnosed with cancer. I had to learn how to answer questions in an Emergency Room without melting in tears. I learned to distance myself from the emotion so I could cope. That was something that helped me to get through his death and gave me the ability to move on. I use that same directness with my friends when they are going through hard times.

I'm the one who will ask, 'What happened?' and then listen. I think a key element of being a friend through all of life's seasons is to be a good listener."

Mary has gained great personal value from parenting. Watching her children and her husband succeed is a measure of her own success. Although Mary's parenting season is changing with three of her four daughters graduated from high school and one about to begin, Mary views her central role as constant. "I want to be available for whatever they need. I want to be here. I'm the mom. I enjoy doing this."

The road to today has not always been easy for Mary. Dealing with the death of her first husband while caring for a young child, remarrying and adding to her family, balancing home with the business she owned with her husband and simply managing life with teen-age girls was difficult sometimes. Yet, she kept her eye on the goal. "I

wanted my family to have strong relationships. I wanted us to be close. And we are. I feel very successful."

A recurring comment from Parade of Homes visitors has been, "This house is so comfortable and so relaxed!" That is a great compliment to a woman whose career revolves around her home.

Anyone can build a house, but building a home takes a healthy dose of love and determination.

BAKE 'N BREW
CAFE AND COFFEE SHOP
Homemade is Our Specialty

17255 Cty Hwy X
 Lake Wissota

715.720.2360

M-Th: 6:30-5 Fri: 6:30-4
 Saturday: 7-3

Let us help you with your Christmas baking

Heyde Center for the Arts
Chippewa Valley Cultural Association

A beautiful arts center overlooking downtown Chippewa Falls that hosts high quality arts and cultural events and proudly supports local artists and performers.

Our gorgeous auditorium is available for wedding receptions, conferences and private parties.

3 South High Street ♦ Chippewa Falls, WI

www.cvca.net  **715-726-9000**




The Dweebs have a **Choice**

Federally insured by NCUA



"At WESTconsin, I'm a member. I'm family. And I'm big on family if you know anything about me." —Papa Dweeb

View their story at memberstories.westconsincu.org

[Amery](#) | [Baldwin](#) | [Barron](#) | [Eau Claire](#) | [Hudson](#) | [Menomonie](#) | [New Richmond](#) | [Prescott](#) | [River Falls](#) | [Spring Valley](#)

WESTconsin
CREDIT UNION
 We belong to you.™

(800) 924-0022 | westconsincu.org



FAB FINDS!



1



2



3



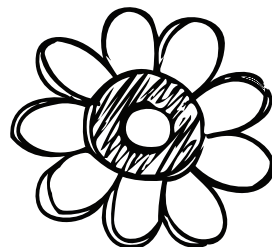
What would summer be without LaGrander's Drive-In? Located across the street from Ray's Beach on Lake Wissota, LaGrander's is one of the only drive-ins around. Their homemade root beer is incredible! Top it off with homemade ice cream and you have a float...mmm! If you haven't already done so, start a tradition with your family and visit LaGrander's on a warm night this summer! 18143 County Highway X, Chippewa Falls, 715-723-0672



4



5



Pedal's Music was a definite Fab Find for me when shopping for a guitar for my son. "Pedal's Music caters to the needs of professional musicians while still offering the products, guidance and lessons for the budding musician. While

stocking a wide variety of all the basic necessities, Pedal's Music strives to support small independent companies and offer a selection of unique new and vintage gear." Check them out! 313 E Madison St., Eau Claire, 715-514-4662



6



7

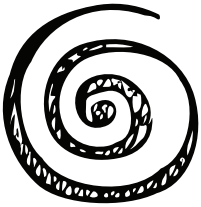


8

9



This park in Chippewa Falls has more than 1,000 acres of forest. Located on Lake Wissota, The park offers secluded campsites, hiking, biking and horseback riding trails, picnic and playground areas, and a great beach. Boating, canoeing, kayaking, and water skiing are popular summer activities on Lake Wissota. When we are boating this is a great place to stop and take a break. I love the running trails and encourage all of you to take advantage of this great state park. 1827 County Highway D, Chippewa Falls, 715-382-4574



10



11



12

Over 60 flavors of shaved ice to choose from, and even more options when you add the extras like sour, A favorite of my kids. There are also sugar free options. A must stop for cool treats in the summer heat. Located by Memorial High School and K-Mart. Now accepting credit and cash. 2215 Fairfax Street, Eau Claire, (715) 894-7058



Tempering Faith

By Katie Mcky

Joining steel and flame can produce two deeply different outcomes. If there's too much heat, steel softens. However, those same flames can also harden steel. For Chippewa Valley women, faith can work in the same way, as life's trials by fire can weaken faith and temper faith.

Rhonda Nispel is the business manager at St. Opal's. She also oversees her church's grief ministry. Nispel is well-versed in grief.

"I lost three siblings in eight years. I had a 13-year old brother who died unexpectedly. Four years later, my sister was murdered. Four years later, I lost another brother. In the midst of that, my children were being born. It was a mix of deep grief and ecstatic joy. I kept asking, 'Why is this happening to us? Who's next?'"

Nispel prayed for another hour rather than answers.

"Sometimes you pray to just make it through the next hour, much less tomorrow. Gradually, gratitude starts to return. I had my other brothers and sisters and my beautiful children. So many had lost so much more than I had lost."

Nispel sought guidance in scripture.

"I decided I had to do more than survive. I wanted to thrive. I wanted to live with the losses and not die with them. I went deeply into scripture. I read everything I could find on grief and grieving. I realized tragedy encompasses the world. I stopped asking, 'Why me?' Instead, I said, 'Why not me.'"

Darlene Cornell, who worked for 30 years as an executive assistant at City Hall, also suffered through a series of losses: "My mother died, my father died, my mother-in-law, who I was close to as my own mother, died, and my husband left abruptly all in the same two-year period. I had two children who were elementary school age. I was dog paddling in a whirlpool of loss, just trying to keep my head afloat."

Cornell actually felt the warmth that tempers steel and faith.

"At that time, I was at a Memorial Day service, sitting alone in the pew, and our minister was talking about people who touch our lives and losing them. Tears were streaming down my cheeks. Two years of loss suddenly hit me and at that moment, there was a living, breathing presence beside me. Warmth and love poured through me. My tears stopped and I felt altogether-

er different. I have never felt alone since that day."

If one doesn't want to be alone in times of loss, it helps to accept that loss is a certainty rather than a possibility.

Mary Barnes, Director of Elder Life at First Congregational United Church of Christ, said, "None of us are immune. We all take our turn. There will be times when every single one of us will experience deep, painful loss. Sometimes we don't have the words to pray ourselves, to ask God for what we need. It's important to feel the loving support of friends who share our faith and to know that they're praying for us when we can't find the words. We need a faith community."

Barnes' faith is centered on loss being ephemeral.

"My cousin had a twin sister and when we knew that things were coming to the end, I sent her a beautiful poem about dying. It gave her great peace. It was about how we can't see her anymore, but there are people on another shore who are saying, 'Here she comes!' The far shore is where a whole other group of folks await us."

Jane Johnson, who works at People's State Bank in Bloomer, shares that belief.

"I had a brother who died of cancer, a sister-in-law was shot by a hunter when she was out walking with her dogs, and another sister-in-law died of an aneurysm, but nothing compared to the loss of my son, Jared. He swerved on a

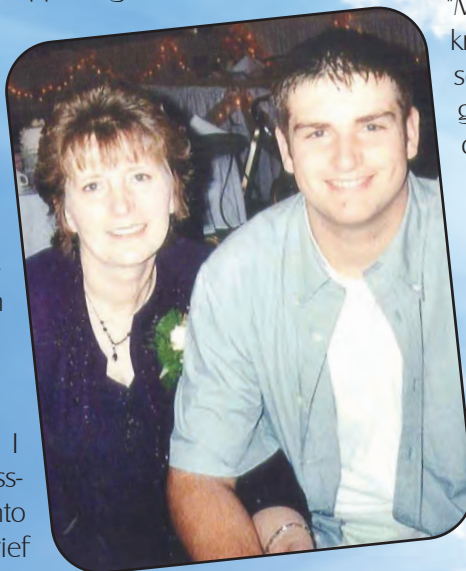
gravel road, his tires got caught in the soft berm, and he rolled. I prayed so hard. I asked the Virgin Mary to save him and it didn't work. If anybody would know how much pain there is in losing a son, I thought she would know. It was really hard. It's like losing a part of your heart. A child is a part of a woman's body."

So, how did Johnson regain heart and restore faith?

"I believe he's in Heaven and that I'll see him again, but it took a long time for me to be able to pray again. I have three boys, one in Heaven and two here."

Father Konopa, pastor at St. Olaf's, believes that it's okay for a grieving woman to feel abandoned.

"Allow yourself to feel all emotions, including anger and guilt and emptiness and abandonment. Feel the darkness. Emotions are natural and God-given, but they can take us to unhealthy places, so don't remain in the dark places. Our anger might be directed at God, but I firmly believe that God



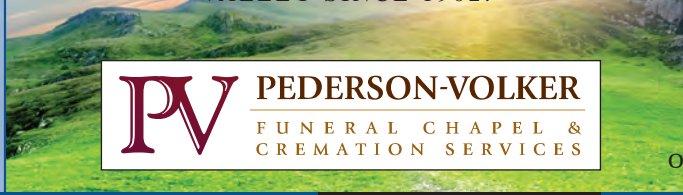

is part of the solution and not part of the problem. Don't give God the silent treatment. Tell Him about your emotions, including the ones directed at Him. It's okay if they're anger, abandonment, disappointment, and alienation because God already knows about your emotions. You're not going to surprise Him and we really want to give ourselves to God at all times, including the times of darkness. These difficult conversations with God are prayers dialoguing with God."


One of those myriad emotions can be, surprisingly, mirth.

Shannon K. Johnson, who is on disability for depression, explains: "I no longer drive or cook. There have been times when I didn't want to live. Life looked so awful. A couple things have helped. One is God's pilot's light. It's way, way down in you, but it keeps burning. Another is remembering that sadness is like a big block of hurt, so heavy that you can't breathe, but even a hint of a smile puts a crack in that block and that crack can grow. The grace of God can be realized in humor."

Creating Events to Celebrate Life

TRADITIONAL & CREMATION SERVICES.
SERVING FAMILIES IN THE CHIPPEWA
VALLEY SINCE 1902.


PEDERSON-VOLKER
 FUNERAL CHAPEL &
 CREMATION SERVICES

Stacy Pickerign
Owner/Funeral Director

www.pedersonvolker.com
Serving All Faiths
715-723-4649

Since 1952, Friendly Service
Dedicated To Our Faithful Customers!
(Some things just never change)

Toyceen Motors

 *You'll find a friend* **GMC**

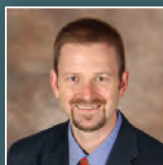
1-888-TOYCEN2 • Bloomer • ToyceenMotors.com
Behind the steeple on Martin Road



Get the Great Legs
You've Always Dreamed of

With Innovative
VARICOSE & SPIDER VEIN TREATMENT

"Please contact our office to schedule your free screening today."



Peter Hanson, M.D.



Jacques Tham, M.D.



Benjamin Whitis, M.D.

(715) 832-2200

www.cvveincenter.com

1720 Harding Avenue
Eau Claire, WI

THE COURAGE IS CONTAGIOUS PROJECT

There are superwomen among us. They are our sisters, our neighbors, and our friends. They deflect life's obstacles with ease, navigating the complex world of carpools, latte in one hand, and diaper bag in another. Trailblazing begins at 6 am and ends late at night for our sassy sisters who collapse into bed exhausted but emotionally satisfied.

Nomination Criteria

1. The women we are looking for have healthy and positive accomplishments.
2. They are 30 years or older and understand that with age comes life experience.
3. Would be able and willing to attend the fall 2012 wellness retreat.

It is our hope that through fundraising efforts, sponsorships from community leaders, and the repercussions of a positive energy that will be put forth in this endeavor that we will continue to offer this amazing experience for more and more courageous women each year. Or that our lingo, "Courage is Contagious" will continue to inspire.



Winner: Elisha Rieck

Nominated by Melissa Larson

She is a ray of sunshine despite all she has been through; her positive attitude and personality are infectious. It is impossible to NOT smile while you are around her. She is bubbly, creative, and inspiring, but most of all she is persistent and has the ability to remain positive no matter what life hands her.

All of Elisha's interests and goals have revolved around wellness and the promotion of it to others whether she's aware she's doing it or not. This happens through her enthusiasm for running (the year she took up running was the same year she ran a half marathon!), yoga, eating clean, using natural and organic products, massage, and hosting healthy "girl's day out spa parties."

Elisha had practiced massage therapy for ten years. Being able to bring comfort to her clients was her main goal. She sought out new ways to treat clients and obtained certification in aquatic massage, this afforded the opportunity to treat clients, who would benefit and be more comfortable in the water than on a massage table.

Now two years later, Elisha is the patient with chronic pain. She has struggled with many misdiagnosis and different treatment options as her goal has always been to stay as natural as possible. She has found that yoga helps decrease her pain. Her debilitating arm pain is what has lead to the end of her massage therapy career.

This situation wouldn't get her down; being a resilient woman Elisha took her life into her own hands and developed her own business called "Wetlands Natural Concepts" which promotes a skin care line whose target population are those who have skin allergies to chemicals such as parabens and sulfates, and food allergies to gluten. Her main product line at this time is mineral makeup that is all natural and healthy for your skin.

This is inspirational to all who know Elisha because despite one income loss in a two income household she is still courageously going forth with her dreams, even enrolling in online classes to obtain certification for makeup artistry. She hopes to spread as much knowledge to the public about healthy skin care and wellness through her business.

This fierce, fabulous, female would be the best recipient for this wellness retreat due to the fact that she never lets her pain rule her life, she goes out to get what she wants, she is an inspiration to all who know her. I can't think of a more deserving candidate for the yoga wellness retreat.





Winner: Denise Mackey-Natz

Nominated by Lori Pankratz

Strength in the face of pain or grief that may be spread from one person to another either directly or indirectly. That is my blended definition of contagious courage. My nominee for the 2013 Courage is Contagious Scholarship exemplifies that blended definition in many ways.

I first met Denise Mackey-Natz a few years ago at a fitness studio during a TRX class. Her positive spirit was infectious and I was happy that she became a regular in the class. As I continued to get to know Denise I soon realized what an inspired person she is. As a breast cancer survivor Denise has an excitement and a zest for life that is contagious.

With a renewed spirit Denise is on a mission to embrace a health and wellness lifestyle. It is clear through her commitment and dedication to her fitness that despite her struggles with the 'big C' she isn't about to back down from any challenge- even one from Benji! Her perseverance to attempt, reattempt, and eventually master difficult skills during our boot-camp class is admirable and it seems to be a metaphor for what she has recently experienced in her life.

A diagnosis of breast cancer is devastating but Denise seems to have emerged from that experience as a strong, focused, and empowered woman. Those traits and Denise's positive spirit are what inspire those who know her.

An example of her optimistic spirit was brought to my attention in the summer and fall of 2012. Denise and I signed up to be on a Tough Mudder team to complete the "toughest event on the planet". The training wasn't easy and she had a knee injury followed by surgery that would have made anyone in her right mind gracefully decline from the event. Not Denise! As soon as she was cleared to exercise she was right back with us doing what she could to prepare for the event. The event was physically grueling and it challenged each one of us. Despite having to wear a knee brace throughout the race Denise didn't back down from any obstacle. In fact, she seemed to welcome it all with a smile.

Living a health conscious lifestyle and giving back to her community through her business are just two of the ways that Denise is leading by example. Her positive spirit and her desire to live life to the fullest are attributes that make her an excellent choice for the Courage is Contagious scholarship.



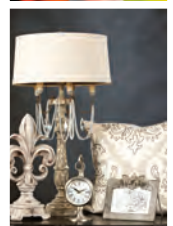
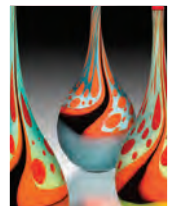
River Life is back August 10 & 11 with unforgettable experiences at some of the trendiest shops, style divas and award winning restaurants. See a full schedule of events and demos online — book your River Life weekend now!

EXPERIENCEHUDSON.COM/RIVERLIFE



STYLE + COMFORT TOUR
AUGUST 10-11 HUDSON WI

LIMITED TICKET SALES — BUY NOW AT
EXPERIENCEHUDSON.COM/RIVERLIFE



Abigail Page Antiques
Afton House Inn & Afton
Hudson Cruise Lines
Art Doyle's Spokes
& Pedals
Barker's Bar and Grill
Casanova Liquors

CocoBello
Dilly-Dally Gift Shoppe
Élan
Et Cetera
Grapevine Interiors
"At Home"

Hello the House
Knoke's Chocolates
La Rue Marché
Lakefront Framing
Lavender Thymes
Marnie Marie Photography

The Nova
Pangea
Pier 500
Phipps Inn Bed & Breakfast
San Pedro Café
Seasons on St. Croix Gallery

Staying Connected through Family Reunions

As summer finally arrives in the Chippewa Valley, there are multitudes of gatherings, parties, and celebrations. For many families, summer also means a family reunion. With today's families being separated by more geographic distance, it is more important than ever to maintain family connections. While each reunion tends to be different depending upon the length of the reunion, timing, and activities, the purpose is usually the same: building bonds, enhancing family relations, and passing on family traditions.

Although many Chippewa Valley residents may travel great distances to attend reunions, one local woman participates in her family reunion each year; and, she only has to drive approximately five miles from her home to attend. Amy Wellner, from Cadott, attends the Licht Family Reunion each year. The event, held in Lotz Park in Boyd, is held in remembrance of the Joseph Licht and Magdalena Ryba families.

"Our family reunion is held on the Sunday of Labor Day weekend each year. At this time, the family reunion has been held for more than 75 years," Wellner explained. Attendance varies from year-to-year, depending upon weather, other obligations, and those that choose to go camping on the holiday weekend.

At one of the past reunions, each child of Joseph Licht and Magdalena Ryba was designated a particular color. "Each family decided to order a certain color shirt; Grandpa Bud's family, my family, was allotted the color purple and we now all wear purple t-shirts," Wellner explained.

Because the family reunion has become progressively larger each year, the colored shirts allow people to quickly understand which families belong together. "There have been as many as 150-300 people at this reunion each summer," Wellner said.

In addition to color-coded t-shirts for each family, Amy's aunt Debbie made a family tree from a sheet several years ago. This sheet is then hung up on the pavilion wall each year and is continually updated to reflect family changes. "During the event, you can see parents explaining the family tree to their children and how everyone fits together. It's very touching to see this tradition carrying on from year-to-year," Wellner said.

And, each year also brings another tradition - great food. "We always have a lot of delicious food. We have grilled chicken and one family is assigned to cook chicken each year, getting everything ready by noon," Wellner said. While she may not

have to travel far to attend her family reunion, Wellner knows the importance of family. "As each family becomes busier and busier, it is nice to take a day to slow down and focus on family and those that we don't see often. Our family reunion is really a wonderful time to keep history alive and carry on family traditions," Wellner said.

Carla Cooper, a Chippewa Falls resident, needs to travel to the Black Hills of South Dakota to attend her family reunion. "My dad's family homesteaded in South Dakota, so we like to keep the location close to where the original family grew up," Cooper explained. For each reunion, a different family serves as 'hosts' and plans the event. "The hosts try to keep the reunion at a family-type of place and consider those that may be camping and those staying in a hotel," Cooper said.

The family reunion typically lasts approximately 4-5 days and includes many unique events. "We always have a family banquet and family meeting, but we also have other events like family Olympics, bonfires, card games, guess-the-antique games, and a watermelon seed spitting contest," Cooper said. And, events may depend upon the weather; the last reunion included a water balloon fight to help combat the extreme heat.

Because of its location in South Dakota, the reunion also offers some unique tourism opportunities.

"There is typically a traditional family outing night to Mount Rushmore and Crazy Horse," she said. And, to keep the family memories alive even longer, there is a designated family picture morning. "This typically lasts a few hours. Our family pictures also include one photograph of family members that are all over 6-feet tall; we have a very tall family," Cooper explained.

The family also has a unique tradition of circulating a 'round robin' letter. "Each family takes their old letter and writes a new letter, including pictures of something important that happened previously. It's always fun to read the letters and see how the children have grown since the last letter circulation," Cooper said. Now, with the Internet, the family has even set up its own family Facebook page as a way to stay connected.

Cooper views the reunion as a time to reconnect and get to know family members. "It's also good to hear old stories from



the elders, especially considering how they grew up or lived long ago. Most importantly, it's great to see a family reunion tradition be carried on and passed down to future generations," she said. And, with a young son of her own, Cooper feels that passing this information to the younger family members will help keep family traditions alive well into the future.

This summer, when you may be attending your own family reunion, take time to reflect on your unique traditions. As both Wellner and Cooper

can attest, time passes quickly and it is vital that family stay connected. "Enjoy your family reunions and remember those loved ones that are no longer with you; it's really important to maintain these traditions," Wellner 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.

New Patients Welcome!



Southside
MEDICAL CLINIC
www.southsidemedicalclinic.com



Primary Care

Board certified specialists providing primary care for infants, children, and adults.

Internal Medicine & Pediatrics

Dr. Michael Smith and Nurse Practitioner Patricia Sontag focus on family care for women, men, and children.
714 W. Hamilton Ave, Eau Claire
715.830.9990

Obstetrics & Gynecology

Dr. Chris Longbella and Dr. Frank LoRusso perform routine health maintenance with a focus on female issues.
3213 Stein Blvd, Eau Claire
715.836.9242

SERVICES

- Routine Obstetric Care
- High Risk Obstetric Care
- Breast Cancer Screening
- Birth Control Counseling
- Peri- & Menopause Issues
- Urinary Incontinence
- Gynecologic Surgery
- Menstrual Issues
- Infertility Issues

- Annual Physicals
- School & Sports Physicals
- Cholesterol Treatment
- Asthma & Allergy Issues
- FAA Flight Physicals
- Thyroid Disorders
- Heart Disease
- Hypertension
- Depression
- Diabetes



430 COFFEE AM HOUSE

608 N Bridge St, C.F.

715.720.6165

M-F 6:00am - 5:00pm

Sat 7:30am - Noon

Handicap Accessible



SEASONS OF FRIENDSHIP

By Katie Mcky

In second grade, boys ate with boys and girls ate with girls and woe was the wee one who crossed the line and risked catching cooties. As silly as that seems, you'll see similar separation when a couple of couples drive to a restaurant, with women in the rear and men in the front. So, what are the enduring drivers for women seeking the friendship of other women or do those drivers change as life seasons us?

It has been said that friends are people who know you well, but like you anyway. Given that we all have our quirks and warts, that is necessarily so, but the temptations of youth can convert a quirk into something problematic.

Dr. Alex Lickerman wrote, "A true friend inspires you to live up to your best potential, not to indulge your basest drives."

For Siri Block, a sophomore at Regis High School, this is true.

Block said, "In high school, there's a lot of pressure to experiment with things we shouldn't and you can get in serious trouble. A true friend steps in and tells them to don't go down that path. They might be more likely to listen to a peer than a parent. Caring compels you to say something. It might mean a lot more. You have to think about what would you want your friends to do if the roles were reversed."

Block is typical of young women in that she is technologically fluent and she uses that tech fluency to maintain friendships.

"I can maintain friendships though Skyping and texting and calling. Technology facilitates friendship. We might still find a way without technology, but it makes it much easier."

However, once a woman is into the hurly burly of career and/or family, friendships can shift in form and function.

Kelly Izydorek, an Eau Claire nurse, said, "I'm a caregiver, so, my longest lasting and most valuable friendships are low key. Most days, those friends nurture themselves rather than needing me to deliver care. They might get up at five in the morning to take time to read or journal. I don't want to be the constant caregiver to my friends, but I'm ready to provide care when they need it. You give so much as a professional caregiver that I don't have the energy to expend an equal amount in friendships. I want friendships that are easy and comfortable and flow naturally. My friends and I don't have high expectations where we have to call each other every week. However, we always find our way back to each other and it's natural. I have one friend where we can go for six months if our lives are busy, but eventually, we always reconnect. Some folks are, 'Well, if you didn't call me in two weeks, then that means that I don't mean enough to you.' I don't need to be needed that much."

Of course, there are times when life hurls more at us than mere

hurly-burly and another woman, no matter how many little hands might be literally tugging at her, nevertheless squeezes out the time.

Julie Winterroth, a single mother in Eau Claire, said, "Friendship doesn't have to come from an established relationship. When I had breast cancer, Dawn Marcott, my daughter's kindergarten teacher, organized a ten-day food drop-off. She put a cooler in front of my house and everyday there was a complete dinner in there. I'd had two surgeries to remove tissue and was on radiation too, plus my husband died right in the middle of my radiation treatment. This teacher just cared about our family."

Time can bring about further shifts as women move away from careers and little ones who tug at them.

Novelist George Eliot wrote that "Friendship is the inexpressible comfort of feeling safe with a person, having neither to weigh thoughts nor measure words."

For older women, time can deliver that inexpressible comfort.

Penny Kolloff, a retired professor, said, "At my age, friendship means so much more because friendship is shared history. I have one friend that I've known since she was three and I was four. We lived across the street from each other and attended the same schools through high school. We're still in touch. The people who knew us back when are really valuable, the ones who knew us when we were young and stupid and loved us through all our stages."

Judy Beeksma, a retired corporate call center trainer, agreed: "My friends have seen me through it all, whether I was single, dating, married, single again and dating again, and married again. Whatever the stage you're in, friends welcome you."

And Beeksma believes that there are tender mercies that only another woman can tender in a friendship.

"Same sex friends are essential. Only a woman understands what it is to be a wife and a mother and a girlfriend. It's essential for your soul. My mom had told me when I was single that I'd have to give up my many girlfriends and I said, 'Mom, I'd never marry someone who'd expect me to do that.'"

Mark Twain wrote, "The proper office of a friend is to side with you when you are wrong. Nearly anybody will side with you when you are right."

Helen Knight: a retired department manager, agrees: "A good friend is there when someone needs you, whether they agree or disagree with you."

Whatever the role and whatever the season, women buttress women.

By Karla Roach

The American flag. As a young child, we are taught about the respect and honor of it. As we enter into grade school, with our right hand over our heart, we learn the Pledge of Allegiance. I remember looking at it feeling so small in comparison to it. And with being so young, I knew it had so much meaning. Little did I know exactly what that was. As an adult and a parent, I now look at that same flag with a deeper sense. Our forefather's fought with their blood, sweat and tears to make our country what it is today. With all of the efforts in establishing our country, democracy was given to us as a gift.

We, as American citizens have to take the time to reflect on our flag's symbol with what our forefather's intent was. I asked my family what it means to them and this is the response that I received:

Paul (39 1/2) - "Freedom"

Ethan (age 13) - "America"

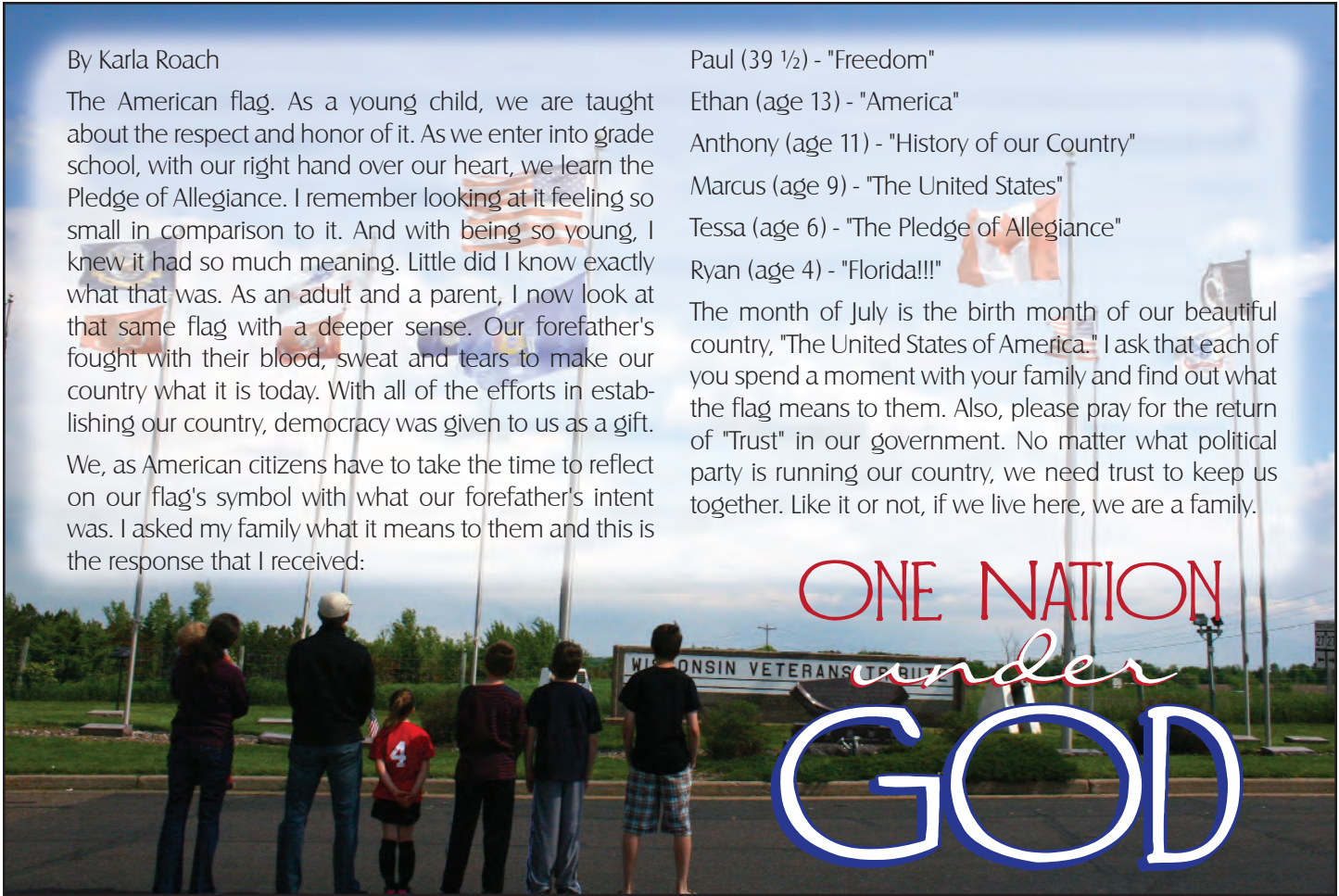
Anthony (age 11) - "History of our Country"

Marcus (age 9) - "The United States"

Tessa (age 6) - "The Pledge of Allegiance"

Ryan (age 4) - "Florida!!!"

The month of July is the birth month of our beautiful country, "The United States of America." I ask that each of you spend a moment with your family and find out what the flag means to them. Also, please pray for the return of "Trust" in our government. No matter what political party is running our country, we need trust to keep us together. Like it or not, if we live here, we are a family.



KRIS A. NEWMAN
FREELANCE WRITER

My Words. Your Message.

The Book of Pages About Crossing Bridges
A Friend Named Jesus

Available at The Webstore on
krisanewman.freewebs.com

The Blog: krisanewman.blogspot.com
The Website: krisanewman.freewebs.com

612.805.0989 • newkris@yahoo.com

The Yoga Tree
Branching out to give

This years Fall Yoga and Wellness retreat is Sept 22-25

Rest and renew in this fall wellness retreat.

Madeline Island is truly vibrant in the fall as the changing leaves glow against the background of the magnificent Lake Superior. This retreat will be a celebration of the spirit of woman as we honor The **Courage Is Contagious** scholarship recipients as well as find ways of tapping into our own inner warrior. Besides yoga we will focus on all things wellness including juicing, connecting to nature, hiking, horses, and journaling. By the end of the stay you will call yourself a connoisseur of courage.

LIKE US ON FACEBOOK

After breast cancer,
DON'T GIVE UP SWIMMING
because you can't find a swimsuit
that fits. Let Georgia help you.
Call for an appointment

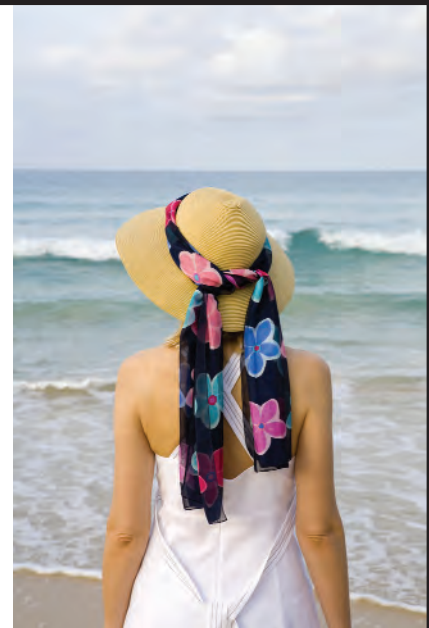
The Medicine Shoppe
PHARMACY
Caring beyond prescriptions.

603 N. Bridge St.
Chippewa Falls, WI
715-723-9192

Deliver locally - Mail out when needed
Accept Medicare - Work with allowed insurance companies

You will be thrilled to hear that The Medicine Shoppe offers an entire line of swimwear and have trained specialists to fit you.* Call for an appointment.

**We also fit non-masectomy patients who want a better fitting bra.*





As the long-awaited arrival of the summer sun lifts spirits, sprouts tree buds, and blooms countless flowers, remember there can be a dark side to the light. In a previous article, I discussed the ill effects of sun exposure on the development of skin cancer. It's certainly startling that 4 million new skin cancers are diagnosed every year, and half of us will have skin cancer within our lifetime! However, this is only one of the negative effects of solar radiation—it also has a profound impact on the premature aging of our skin.

Photoaging, or solar elastosis, is becoming an ever-increasing concern for young adults who love outdoor recreation. The main culprit is ultraviolet (UV) radiation. Among the many wavelengths of light emitted by the sun, the UV spectrum is the most harmful. The UV spectrum is divided into UV-A (320-400 nm wavelength), UV-B (290-320 nm), and UV-C (100-290 nm). For years, the UV-B spectrum has been thought to be the main source of solar damage. One reason for this is because it reveals the most visible damage: UV-B damage takes the form of a sunburn. It's also worth noting that SPF classifications only apply to UV-B rays.

Recent studies have shed new light on other components of the sunlight that, while not directly causing immediately visible results like a burn, have other harmful effects on the skin. UV-A is now known to be a major player. In fact, the tanning component of sunlight exposure is mediated by UV-A exposure. This results from darkening of existing pigment (melanin) in the skin, stimulation of new melanin production, and increasing the number of pigment producing cells (melanocytes). In other words, exposure to UV-A rays will damage and age your skin.

Photo-Aging:

Not just any sunscreen will do!

The photoaging effects of UV-A on the skin are

1. Thickening of the epidermis (giving the skin a thick, leathery appearance)
2. Thinning of the dermis (the underlayer of the skin)
3. Degradation and decreased function of the stretchy elastin within the skin
4. Collagen breakdown and resorption
5. Decreased fibroblast activity (important because these cells replace collagen and elastin)

The keys to avoiding accelerated, sun-mediated aging are simple and don't require you to become a recluse during the summer months. First, always use sunscreen. However, not just any sunscreen will do. Spend a little more on a good product with both UV-A and UV-B protection. These will often contain a substance called Avobenzone, the most common UV-A protectant.

Second, avoid the peak times of UV exposure, typically between 10:00 am and 2:00 pm. Third, cover vulnerable areas such as your face (or your husband's increasingly exposed scalp) with a hat. Fourth, be aware that sun exposure is relentless; cloudy days offer no shelter, trips to the store occur under the sun's watchful eye, and reflection from the water or ground can be significant. Finally, protect the kids as well, because the solar aging process starts as soon as we get exposed. Try to keep them covered at all times with good sunscreen and hats!

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.



Lemongrass Spa



Our natural products are completely free of:

- Phthalates
- Petroleum-based fillers
- Mineral Oil
- Sodium Laureth Sulfate
- Formaldehyde
- Lake colorants
- Parabens
- Animal Testing

To view our catalog or to place an online order, please visit my website:
www.ourlemongrassspa.com/KARLA

Karla Roach
Lemongrass Spa Consultant

kroach_1973@yahoo.com
(715) 579-3626

FUEL STOP

A book for Zestful Women.
 Joan Fleming, 8705 Rambil Road, Eau Claire, WI 54703 \$18.00. Ask Joan to speak to your women's group!
 Contact: joanf@wwt.net

A Do-It-Yourself Facelift

\$15.00. Kitty's book contains her favorite exercises that will strengthen and tighten your facial muscles to help you maintain a more youthful appearance. Consultations are available.
 Contact: trikat@sbcglobal.net

Spiritual Response Therapy

Ready to change your life? Call Kathleen for a session on finding and releasing the belief systems that are holding you back.
 Contact: kmleduc@yahoo.com

It Could Be Verse

\$10.00. Yvonne's book is a compilation of poetry, limericks and Haiku. Each category contains both humor and inspiration. It's a great book for your coffee table or bedside.
 Contact: bybrunstad@charter.net



Q. Why do I fail after getting a good start at dieting and exercise....anything I believe will make me a better and more attractive woman?
 — Betty

A. First of all, "GOOD for YOU!" You are working on specific ways in which you can improve yourself. The following techniques can address just about any problem we may face in our life but they do work beautifully when you are ready to give your attention to a problem and have come to the point of fully determining you are ready for the result you "claim" to want.

Change the way you think! Visualize the new you in your mind's eye. See the svelte new you wearing the cute, new clothes you desire. This is the first step.
 Next, reprogram your words. We program ourselves by the words we speak. If you are still talking about how "fat" you are in your self-speak, then you are keeping yourself locked in your present state. Affirmations work, but you have to use them: "I am thin and getting thinner every day." "I am losing weight." "I wear a dress size of 10." These are examples of changing your reality. Finally, pay attention to what you are eating and how much you are moving on a daily basis. You need to exercise some EVERY DAY. Cut out the carbs. No carbs at all for at least a month. Then you can have one slice of bread a week. No dairy. No sugar. That is it. How you react to such strict limits in your eating will tell you your level of commitment to a new you. If you rebel at taking such steps, then you really don't want to change. If you embrace the tough steps it takes to shift out of your present state, then you are ready and will succeed. Then it will be a matter of maintenance and continued dedication to a new you.

The best for you is whatever you decide makes you happy.
 — Blessings, Kathleen LeDuc

P.S. Check out my ad for Spiritual Response Therapy in this issue and give me a call if you would like additional insights into how you can "change your thinking and change your life."

Q. Any ideas for a family gathering of three generations? We'll be together for four days. Help!
 — Connie K.

A. Well, here is one idea on a tested and proven event that was bursting with family fun and intrigue and, like your coming gathering, included three generations. Have a "Family Appetizer Evening". Everyone is encouraged to present an entry, knowing that score sheets on both taste and presentation will be passed out and a grand winner chosen. All entries will remain a secret until they are unveiled (aluminum foil or a cover of some kind) and explained by the creator. Items can be simple, hot or cold, or in my case...exotic and superior!
 — Humbly submitted by Dick Fleming

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.

TAKE YOUR OM OUTSIDE

Written by Amy Annis

The world's best yoga studio has no walls, an uneven surface, and is void of stinky gym people. You don't have to worry about fighting for good mat space, and there is never a shortage of inspiration. Without question the best yoga studio offers a mind-body connection like no other. And most importantly, it is available to everyone on this planet. It is the great outdoors.

Zen is available to all who develop a health-based lifestyle. But there is a trick to tapping into that. You may not feel it initially and the soreness of muscles trying new experiences may thwart your attempts. But in my experiences, bliss is most profound when you take your passion outside. Consider a runner who pounds the treadmill for months indoors only to experience that first high of hitting an outdoor trail.

Yes, I know. Rain, wind, and cold weather all can be distracting, to say the least. As a resident of Wisconsin, I understand that it doesn't quite work to practice outside every day. Yet, dare I say that sometimes even less-than-desirable conditions motivate the practitioner to be even more focused and more present?

This morning I practiced outdoors on Madeline Island's beachfront. The smell of the beachfront brushes and the sounds of the waves hitting the dock was my backdrop. There was no need to search for spiritual energy or tap into a deeper presence. It just unfolded before me.

Top five reasons to take your Om outside

1. You can root into the earth. Not just metaphorically, but really feel the surface beneath your feet. Even with a yoga mat between you and the ground cover, the concept of growing tall like a tree from the soles of your feet extending up through your spine makes so much more sense when you are barefoot outside.

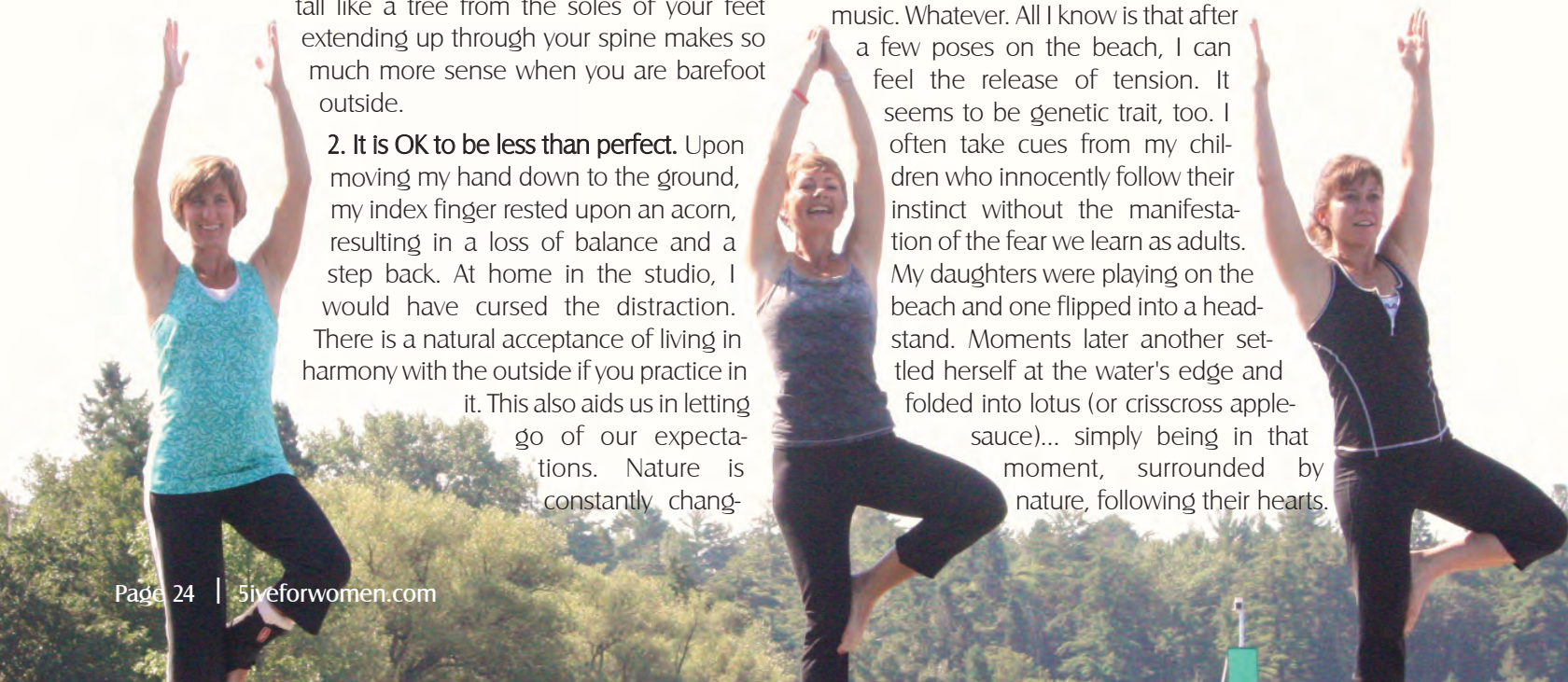
2. It is OK to be less than perfect. Upon moving my hand down to the ground, my index finger rested upon an acorn, resulting in a loss of balance and a step back. At home in the studio, I would have cursed the distraction. There is a natural acceptance of living in harmony with the outside if you practice in it. This also aids us in letting go of our expectations. Nature is constantly chang-

ing things up on us. There is no guarantee that the surface that worked for Ardha Chandrasana (half-moon) on Friday will make itself available on Saturday. A light rain can change everything.

3. It's memorable. I've done Natarajasana (dancer) in snow boots, balanced in crane on a tree trunk, and practiced headstand on the shores of Lake Superior. I remember each of those unique moments. With more than a hundred headstands in my life, I have no direct connection to the ones done against a studio wall. The one where I created a groove in the sand with the imprint of my skull is the one I remember. Why is that? Nature provides a mind-body connection like no other. For example, a drishti (gaze), which includes the twist of bark on a tree, reminds you to be present as well as focused vs. a small smudge on the mirror of a studio that honestly for me would create the desire to clean it.

4. You learn how to switch it up. The outdoors gives us every opportunity to take an experience we are accustomed to and make it unique. Recently, I decided to take my yoga practice to a moveable mat on Lake Superior and invested in Stand Up Paddleboards (SUPS). Attempting tree pose while paddling the sandy shores is a completely different experience than relying on the promise of an unfaltering surface. I love sharing this experience with women who come to Madeline Island for yoga retreats. There's a playfulness that occurs when we open our hearts to an entirely new experience.

5. Hello stress relief. I can't explain the magic, but what yoga does for me in a studio is magnified 100 times outside. Perhaps it is the fact that breathing outdoor air just feels more natural, or maybe it's the sounds of nature as my background music. Whatever. All I know is that after a few poses on the beach, I can feel the release of tension. It seems to be genetic trait, too. I often take cues from my children who innocently follow their instinct without the manifestation of the fear we learn as adults. My daughters were playing on the beach and one flipped into a headstand. Moments later another settled herself at the water's edge and folded into lotus (or crisscross apple-sauce)... simply being in that moment, surrounded by nature, following their hearts.



Apple Cinnamon Jam

I peel and core a peck of cooking apples, cut into small chunks. Place in a large pot and add cinnamon, a lot or a little, however you like it, start small and you can always add more.

Stir in some sugar, maybe 1 cup and add about a cup of water. Start your heat on medium and stir often, if it is cooking too fast, turn down your heat and let it go low and slow. As the apples soften, mash them as you would potatoes but leave it a little chunky. If it tastes too tart add more sugar. Watch closely and stir often, I once had to throw out my whole batch when it scorched and tasted like smoke. When your consistency is thick like pie filling, scoop into prepared jars and seal in a hot water bath. For a change I have added finely chopped cranberries for a pinkish cranapple jam.

Let's Get "JAMMIN"

Written by Kathy Jasper

Here they come, berries, berries, berries and fruit. Strawberries, blueberries, raspberries, blackberries, apples, peaches and more, so many opportunities for making and preserving jams and jellies. Use each one alone or combine for a black and blue mix or add rhubarb to strawberries for a little tartness. Make raspberry jam and next time strain out the seeds and "ta da" you have jelly.

Don't be afraid of the little boxes or packages of pectin, the directions inside will guide you. Two mistakes I made caused me to have the best raspberry and blueberry syrup for ice cream and pancakes. Now, how do I make that happen again? Be brave, experiment. Try some of the savory combinations for the pepper jams, a delicious appetizer on crackers with cream cheese. One of my favorites is a mix of peppers and peaches, a great jam for basting a pork roast in the last 15 minutes of cooking. Remember to have all your prep work done and jars and lids at the ready, this usually goes fast.

I use ½ pint jars for most of my jams and jellies, that way you can change it up. I use the real little jars for pepper jams. My made up recipe for apple cinnamon jam goes in pint jars because it never lasts long. The combinations are endless and remember I'll always be there to help you.



**Welcome an
International Student
Be a Host Friend!**

Provide a Three-Day Homestay
Create Life-Long Friendships
Develop Cultural Understanding
Have Fun!

www.uwec.edu/cie
hostfriend@uwec.edu (715) 836-4411
University of Wisconsin-Eau Claire
CENTER FOR INTERNATIONAL EDUCATION



CATHOLIC CHARITIES ADOPTION

A LIFELONG JOURNEY OF THE HEART

www.cclse.org • 1-800-227-3002

- *International & Domestic Adoptions*
- *Pregnancy Support*
- *Post-Adoption Resource Center*

EAU CLAIRE OFFICE
448 N. Dewey Street • Eau Claire, WI
(715) 832-6644



GENETICALLY MODIFIED NATION: *Why Going GMO-Free Matters*

By Briana Craig

Ann Wigmore, health practitioner, nutritionist, and health food advocate boldly exclaimed, "The food you eat can either be the safest and most powerful form of medicine, or the slowest form of poison." Ms. Wigmore could not have been more accurate.

Currently, 80% of the North American food supply is genetically modified (GM) or contaminated with genetically modified organism (GMO) ingredients. The body of evidence surrounding GM foods is largely indicative of grave health implications to include liver, renal, and pancreatic toxicity as well as reproductive problems. Recent research is suggesting GMOs may be responsible for the profound rise in childhood allergic reactions and anaphylaxis. Studies have linked GMOs to the upsurge in inflammatory disease. It seems the GMO manufacturers have turned America into their laboratory and sadly we are the unwitting experiment subjects.

But there is good news. The anti-GMO movement is growing strong with programs such as The Non-GMO Project and the Center for Food Safety leading the way. Well respected researchers and healthcare providers are speaking out. Dr. Oz and Dr. Stephen Sinatra are just two physicians ardently educating the public. Even large corporations and grocers are getting on board. Target Corporation announced their goal of being a GMO-free verified company by the end of 2014.

My interest in the anti-GMO movement started as a near-desperate attempt to clear up my own health issues ranging from annoying (fatigue, skin rashes, hair loss, adult-onset allergic asthma) to utterly painful (gut problems and headaches). After IgG food allergy testing and learning I had numerous food sensitivi-

ties and allergies I never had as a child, I had questions. I began researching. After years of trying to add medications to alleviate problems, it dawned on me it was time to start subtracting. I began an elimination process. The elimination of GMOs has resolved nearly every inflammatory response I arm wrestled for years.

It started with a tomato. A genetically engineered tomato with manipulated DNA designed for prolonged shelf life, was introduced to the United States in 1994. The primary goals of GM foods are controlled ripening, herbicide and pesticide tolerance, virus resistance, and larger yields for lower production costs and larger profits (at the cost of America's health). GMOs are not a sort of simple cross-breeding nor are they clear-cut mutations. They are laboratory-engineered in a way that would never occur naturally. Unusual and strange combinations of DNA splicing to create heartier and more tolerant species of crops and now even animals. We're not just talking banana DNA spliced into your summer squash. Think more along the lines of fish DNA introduced into your tomatoes.

GMOs are not cute, loveable Labradoodles. GMOs might be better likened to Frankenstein. Virus DNA may be injected into say, corn DNA for the "benefit" of preventing insect attack. DNA manipulations to produce crops so hearty they tolerate fifteen times the amount of Roundup once used. The virus resistant crops are engineered foods that actually produce toxic substances to ward off insects. Here we have a real conundrum on our hands. Bees attempt to pollenate GMO crops. Bees die. Without bees we have no pollination. Without pollination, we lose our food supply. Making things even messier, unsuspecting parents may purchase produce and feed it to their child with food allergies. They think they are giving their child an apple. But what happens if that apple has been engineered with say, peanut DNA for the benefit of longer shelf life? What will GMOs do to our soil? What will GMOs do to the organic farmer's crops down the lane? It seems the risks of GMOs are limitless. Where are the benefits? In

the deep pockets of the massive corporations churning out GMOs faster than you can say renal failure. Which brings us to our next genetically modified glitch-the damage to our bodies.

This is not just my opinion. A 2009 study conducted by the Division of Allergy and Clinical Immunology, Department of Pediatrics says this:

"Genetic engineering poses innovative ethical

and social concerns, as well as serious challenges to the environment, human health, animal welfare, and the future of agriculture." This study illuminates what happens when these strange and unnatural DNA proteins enter our body and cannot be digested by the human gut. They enter our bloodstream, causing an inflammatory response. Numerous up-to-date studies are more than suggestive of GMOs causing liver toxicity and renal insufficiency. For example, findings in a 2006 peer-reviewed study from the Archives of Environmental Contamination and Toxicology reveal signs of both liver and renal toxicity in rats fed a diet of GMO corn. Additionally, by week 14 of the GM diet, triglycerides increased by 24-40% in female rats compared to the control group. Seven diets were tested. The GMO diet is the only fare causing these grim results. Studies in 2007 and 2009 conducted by Doull et al. and De Vendomois et al. established significant adverse effects detected in the heart, spleen, and adrenal glands. The Center for Food Safety sums it up nicely proffering, "A number of studies over the past decade have revealed that genetically engineered foods can pose serious risks to humans, domesticated animals, wildlife, and the environment. Human health effects can include higher risks of toxicity, allergenicity, antibiotic resistance, immune-suppression and cancer." What does the FDA say about this?

The FDA says GMOs are safe. The FDA has also deemed the use of aspartame, the artificial sweetener known to cause a disgusting host of health problems-as safe. The FDA does not test GMOs for safety or nutrition. Instead, the FDA trusts information offered by the GMO corporations to approve GMOs safe for consumption. I would encourage readers to conduct a simple Google search to learn about the FDA regulations and approval process.

So what's a gal to do to protect herself and her family in a nation serving up an 80% GMO food supply? In 2011, 88% of America's corn crop, 94% of the soy crop, and 95% of the sugar beet crop was genetically modified. How do we get

around this? There are concrete, realistic, and affordable ways to eat GMO-free.

The first step is to get educated. We can turn to leading credible organizations such as The Non-GMO Project and the Center for Food Safety. The Non-GMO project even has an application you can download to your smart phone to help you navigate your way through the grocery stores. Choosing organic foods is not only a vote for our farmers and our food supply, it's a vote for your health. Organic foods cannot intentionally include GMO ingredients. Buying foods with the certified label is a great start. A fun family project might be to grow your own plotting a family garden. Look for the Non-GMO Project food label while shopping. Avoid fast food. When shopping, steer clear of the high-risk GMO culprits to include corn, soy, alfalfa, canola, cottonseed, and sugar. Summer squash and papaya are nearly 100% GMO. It may feel overwhelming at first, but we can start small. We can focus first on one meal of the day being 100%

GMO free or start by eliminating one GM food at a time. The time, money, and energy spent working towards leaving GMOs off your dinner plate may be your wisest investment. If we are what we eat, then every effort to avoid the toxicity of GMOs will be energy well-spent.

Briana Craig is founder of Forerunner Writing & Editing LLC and an RN from Chippewa Falls, WI currently residing in Michigan. She can be contacted at briana@forerunnerwriting.com.

SUBSCRIPTIONS

Get the Chippewa Valley's
Premiere Women's Magazine
delivered right to your
mailbox! Subscribe to
5ive for Women for just

\$17.95

Contact Karla
at karla@5iveforwomen.com



BAILEY 44

sleek
modern
silhouettes
in
statement
colors

details
www.detailsdirect.com

502 Water Street Eau Claire, WI 715.834.1946

How to Set Up a **FAMILY BUDGET**

Setting up a family budget is something that all families should consider. The more organized you can be, the better you can control spending so you will have enough for family vacations, retirement, college funds and emergencies.

Of course, it can seem pretty complicated to just set up a budget. Where do you start? How do you know what to set aside and what to spend? Luckily, there's an easy way to manage your cash flow so you will know where all of your money is going each month. If you're ready to set up your own, let's get started!

Setting Up Your Budget

1. Gather Your Pay Stubs. Your first step is to gather three months of pay stubs for you and your spouse, as well as any other monthly earnings. This way, you can determine any fluctuations in pay from month to month and average out your total monthly income (add the three months and divide by three) without guessing on the numbers - you definitely don't need any surprises when setting up a budget.

2. Collect Monthly Bills. Your next step is to collect your monthly bills. The best bet would be to collect your bills from the past three months so you can anticipate increases. You want to get your fixed expenses, including rent/mortgage, phone bill, car payments, groceries, clothing, laundry, credit card payments, gym memberships and other monthly payments/obligations. After you add them up, divide by three.

3. Evaluate Your Calculations. Next, look at your monthly earnings against your expenses. You have now determined what your budget is based on the expenses you currently have. However, you don't want to stop there.

Tips On Cutting Back

Now that you know how to set up a family budget, here are a few tips on how you can cut back on your expenses:

" **Cut those expenses you don't need.** If you have magazine subscriptions you don't need, now's the time to cancel them. Also, if you have a gym membership that you only use once a month, you may want to downgrade or cancel it too.

" **Reduce your shopping sprees.** You may love the art of shopping and don't feel happy unless you can feel new fabric against your skin, but if you want to start saving for the future, you may want to reduce your shopping sprees from once a week to once a month.

" **Adopt new dining habits.** It's common for family members to eat out up to 5 times a week; however, to cut back on this expensive habit, you may start packing lunches and cooking dinner - this creates huge savings.

" **Clip those coupons.** You may not be a natural coupon clipper, but if you knew how much they could save you in groceries each week, you would be all over them. Try it for yourself!

" **Choose generic over label brands.** Another way to cut back on your expenses is to try generic brand foods, clothing, and other products. You'd be surprised by the quality you can find in generics.

Provided by Savings at



4. Set Up the Family Budget. It's now time to look at where you can cut back so that you will have more for savings (see tips on cutting back). Also, you want to use this as an opportunity to set savings goals that you should meet each month (a dollar amount that you must save).

5. Open Savings Accounts. Once you've set your plan into action, you have to act on it. This means you need to open a savings account, buy some CDs, and/or set up an IRA and begin making deposits.

6. Track Your Expenses. After you've gone through all of this trouble, you don't want the work to go to waste. So it's important to track your spending each month to make sure you're actually saving as much as you set in your goals. If you feel you're swaying off course, it's time to rework your budget to determine how you can reach your goal.

Involve Your Family

When you make a budget, it may be tempting to go at it alone, especially if you're the person who manages the bills. But it's important to include the family in this process so they understand exactly why some expenses will need to be cut back, as well as why this decision is being made in the first place (savings for family vacations, college, etc.).

And definitely don't forget to get your kids in on the action. As you know, many children don't like to participate in anything that seems to be an additional chore. However, if you make budgeting a fun family activity (maybe also give them an allowance to help them understand the value of money), you can teach your children responsibility, how to budget, and further manage your family's spending habits.



With
EXCELLENCE
WE'RE BUILDING A STRONGER
COMMUNITY EVERY DAY.

NEW ER AND URGENT CARE
NEW PRIVATE PATIENT ROOMS
NEW WOUND CARE CENTER



St. Joseph's
Hospital Chippewa Falls
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM
stjoeschipfalls.com



THE CORPORATE ART & FRAMING PROFESSIONALS
CHANGE YOUR ART • CHANGE YOUR IMAGE • CHANGE YOUR BOTTOM LINE

B-Framed Since 1976
GALLERIES
FINE ART & FRAMING


CONTACT US FOR YOUR INITIAL CONSULTATION
313 S Barstow St, Downtown Eau Claire
715.832.4476
bframed@cvol.net • www.bframed.com

Fall Yoga and Wellness Retreat

Sept. 22-25!

Our Courage is Contagious
Winners are Elisha Rieck and Denise Mackey-Natz

Madeline Island Yoga Retreats
For more info: madelineislandyogaretreats.com
Email: amy@cleanspirtiyoga.com or (715) 271-7465



Celebrating Your Roots & Embracing New Opportunities

Written by Heather Rothbauer-Wanish

When we celebrate our nation's independence and history on July 4th, it's important to remember your own roots and understand your family history. For many immigrants, this time of year is the perfect opportunity to celebrate heritage and embrace new opportunities in the United States. And, for several Chippewa Valley women, remembering their home country is even more important as heritage is passed on to the next generation.

Khousa Vang was born in Laos in 1981. After spending three years in a refugee camp in Thailand, her family decided to make a change that would impact their entire family. When Khousa was five years old, her family traveled to the United States to begin a new life. And, today, that new life includes successes the family could only dream of when they were in their homeland.

"Our parents brought us here to have more opportunities," Vang said. "Back home, boys were educated; school was not really an option for girls," she continued. Today, Khousa Vang sees her life filled with education as she is a second grade teacher at Flynn Elementary School in Eau Claire. In addition, her sister and cousin both teach within the school district. "I've really always felt fortunate to live in the United States, where there are so many opportunities," she said.

While Vang appreciates her life here, she strives to also incorporate her Hmong heritage for herself and her family. "When I was growing up here, my parents were really rooted in their Hmong culture and my father was especially strict about speaking the Hmong language at home," she explained. Now, with a 5-year old son and a baby on-the-way, Khousa is trying to maintain that heritage. "The American culture is really dominant for my son; however I'm trying to help him keep in touch with the Hmong culture, but it is a real challenge," Vang explained.

As she continues to merge the American and Hmong cultures for her son, Vang reflects upon the differences between the two heritages. "Family is vitally important in



the Hmong culture. Everyone takes care of each other. Cousins are treated more like brothers and sisters, while aunts and uncles are treated more like parents," she said. And, since she has spent most of her life in the United States, Vang sees even greater differences between first-generation Hmong immigrants and those of the next generation. "We are really working on trying to balance the two cultures and making them both work within our daily lives," she said.

Other area women are also feeling the need to merge their two cultures. For Marie Christine (MC) Fries, a Chippewa Falls resident, the process has been ongoing for almost 19 years. During the summer of 1994, MC, a native of Holland, visited her cousin in St. Louis, Missouri. While there, she was introduced to his friend, Tim Fries. The two began a relationship and MC moved to the United States to see if the relationship could be long-term. Fortunately, the relationship worked and the couple eventually married, moving to Chippewa Falls in October 1998.



As with Vang, Fries sees some distinct differences between her culture in Holland and the life she has in the United States. "When my family visits from Holland, they are always amazed at how much space we have here," she said. "The houses are very large here compared to Holland, and they go up quickly once they start the building process," she continued. "Another difference here is a larger emphasis on sports, something that doesn't receive a top priority in Holland," Fries said. Grocery shopping is also different in the United States. "In Holland, we would go to the grocery store almost every

day to purchase fresh items. Here we don't go to the grocery store nearly as often," she said.

To keep in touch with her heritage, MC travels to Holland up to two times per year. If it works with her family schedule, she typically travels once with her children and then once by herself. And, now that her brother who is still based in Holland has children of his own, MC feels it is even more important to visit with her family as often as possible.

Maintaining family ties is also important to Dagmar Beckel-Machyckova, a Bloomer-area resident. She came to the United States from the Czech Republic in August 2001 to attend college in Minnesota for a master's degree. "After we got married, my husband and I decided to move to Wisconsin because of my husband's passion for the dairy industry," she explained.

Today, that passion has turned into a business called Golden Calf Company. "My husband and I started Golden Calf Company in 2010. Our mission is to help dairy farmers raise healthier calves by giving them the tools to feed colostrums faster and safer. Our colostrums a management system is an easy way to consistently feed calves pasteurized colostrums within 30 minutes of birth," she said.

Although Dagmar and her husband are busy with their business, she knows that maintaining contact with her family in the Czech Republic is important. "Technology has been wonderful because we keep in touch with my family through Skype and are able to partake in many activities, including birthday celebrations," she explained. To create a bridge between the American culture and her Czech heritage, Dagmar ensures her family follows both American and Czech traditions for holidays. "We also try to participate with the Czechoslovak Sokol Hall in St. Paul in events such as Easter and Christmas," she said. "In addition, I also try to speak Czech to my daughters as



Photo Credit: James Adams

often as I can, and our bedtime stories are in Czech," Beckel-Machyckova explained.

While she works to meld the Czech and American cultures, Dagmar still marvels at some of the most significant differences. "One big change for me was distances. I come from a large city and was used to walking or using the public transportation everywhere, which is not really possible in the Midwest," she said. "And, I'm still fascinated by the volume of food in a single package. A family-pack in Europe is usually four pieces, compared to 12-24 packs here," she explained.

For all of these women, the best part of living in the United States has been the new experiences, family, and friends. And, even though merging two cultures can be challenging, no one would change the opportunities they have been given. "Everyone's journey has been different and unique," Vang said. "I have always enjoyed being in the United States because you are judged on your achievements and efforts. In the U.S., people appreciate a hard-working person and are more

inclined to help that person succeed," Beckel-Machyckova said. "It's really been a fantastic journey," MC concluded.

FODIE FORUM



Summer is such a great time of year, especially in the midwest. I love the outdoors, and there is no better ingredient to a delicious dish than fresh, local food. We are blessed to have access to fresh produce, thanks to our farmer's markets. This year, I am trying something new: growing tomatoes in my backyard. I have always loved growing herbs; so I am giving the Topsy Turvy® a try (thanks to my friend Anna) as I gear up for salsa-making season. Please share a couple of your favorite summer recipes on our Facebook page. Here are a couple of mine:



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.

Mixed Greens with Walnuts, Goat Cheese, and Dried Michigan Cherries

Dressing:

1/4 cup red wine vinegar
1 tablespoon Dijon mustard
1 tablespoon chopped fresh thyme
3/4 cup olive oil

10 ounces mixed baby greens
1 1/2 cups dried tart cherries
1 small red onion, thinly sliced
1 1/2 cups glazed walnuts (or almonds)
1 1/4 cup crumbled goat cheese

For the dressing, whisk vinegar, mustard, and thyme in a small bowl. Gradually whisk in oil. Season with salt and pepper. Add the dressing to the remaining ingredients, mixing gently. Makes 10 servings.



Flank Steak Teriyaki

3/4 cup canola oil
1/2 cup soy sauce
1/4 cup honey
1/8 cup vinegar
1/8 cup chopped green onions
1 large garlic clove, chopped
1 1/2 teaspoons ground ginger

Mix all ingredients to create a marinade. Marinate a 1 1/2 pound flank steak (or tenderloins or fish) for 4 hours or overnight. Barbeque and serve.



Quick fixes

by the sive crew

SpaRitual®
 are eco-friendly products crafted to raise environmental awareness and cater to the conscious consumer. Their natural formulas never use synthetic dyes or parabens, and their vegan Nail Elixirs and Lacquers are also free of toluene, formaldehyde resin and DBP. To purchase, go to www.zappos.com, free shipping through this website.



Lemongrass Spa Products Nail Balm

So wonderful, it's often referred to as, "Miracle in a Jar." It can be used as cuticle cream, on skin cracks, diaper rash, scrapes, razor burn, scar cream, heel cream, and for Healing Open wounds. It can also be used as a nasal lining for dry sinuses, sunburns, split ends, flyaway or frizzy hair, in place of Neosporin, and the list goes on! To purchase Nail Balm, go to www.ourlemongrassspa.com/karla/



St. Ives Swiss Formula

This facial cleanser is a staple in my shower, I've used it for the last twenty-five years. It's a great scrub for exfoliation leaving my face and body smooth. I even use it to exfoliate my legs before I shave.

Pampered Chef Mix 'N Chop

You need a fast & easy way to make taco meat, this is it! It has beveled pinwheel blades that efficiently chop and crumble foods for even cooking and seasoning.



Maybelline Lip Balm

Baby Lips are lip tints. They come in many shades and smell great. One great way to sneak in sun sunscreen with the kiddos because they have SPF 20!

Maybelline One by One

This drug store mascara is amazing! I wore this to the pool and had absolutely no running and I never had to reapply...this is a must have this summer!





A Good American

By Alex George

A Good American is Alex George's debut novel. It is an epic tale that spans four generations of the Meisenheimer family, starting with Frederick Meisenheimer and Jette Furst's flight from Prussia to America in 1904. After the young couple meets and falls in love, Jette becomes pregnant. Rather than face the wrath of her mother, Jette and Frederick flee to America, winding up in Beatrice, Missouri. Unable to speak a word of English, they embark on their American adventure.

The grandson of the immigrant couple, James Martin Meisenheimer, chronicles the story.

Beatrice, Missouri has many unforgettable characters that bring this story to life. Frederick opens a bar in this small town, but later feels a duty to volunteer for the Army where he is killed in WWI. Jette turns the bar into a restaurant during prohibition, a place frequented by the townspeople for both food

and musical entertainment.

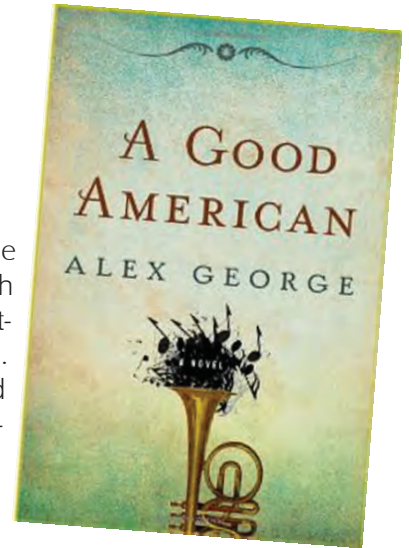
As a reader, you will see the immigrant experience through the eyes of someone who settled in America's heartland. What does it mean to be a good American—a good family member? Alex George considers both questions with humor, tragedy, and compassion.

I think you will find this book to be an enjoyable read. Be prepared to laugh and to cry.

About The Author:

Alex George is originally from England, where he studied and practiced corporate law before coming to America. He moved to Missouri with his wife to be closer to her family. Writing was George's true desire, but he chose to fall back on his legal skills in order to provide a consistent income for his growing family.

After feeling like an outsider trying to fit in himself, the idea for *A Good American* was born. Mr. George is now a U.S. citizen who continues to juggle writing and his American law practice.



FAMILY OWNED AND OPERATED SINCE 1960

LaGrander's Hillside Dairy is committed to producing superior cheese products that exceed all quality standards and customer expectations. Award winning Colby, Colby-jack, Pepper Jack, Monterey-jack, and Cheddar cheese are LaGrander's specialty, along with the best fresh cheese curds around.



W11299 Broek Rd • Stanley
715-644-2275
www.lagrandercheese.com

Health Centered Dentistry

Because you want only the best for your children, your spouse, your family....



Because you need the best for yourself!



Holistic Dentistry is an important component in ANY health & wellness program

An approach to dentistry that promotes health and wellness instead of only treating "dis"ease.

- Discover If Your Teeth Are Affecting Your Health.
- **Help for Your Kids to Reach Their True Potential.**
- Snoring and Sleep Apnea Solutions.
- **Treatment for TMJ Pain.**
- Orthodontic Alternatives to Extractions/Jaw Surgery.
- **Biologically Compatible Dental Care.**



Call or visit our website for more info: (715) 426-777
www.healthcentereddentistry.com

RAYS OF GRACE X11

WRITTEN BY GRACE THEISEN

PROUD TO BE AN AMERICAN

I love the Fourth of July. Not only is it a holiday everyone in the United States can celebrate no matter what religion, ethnic group, or I think that it is such a great holiday because everyone can come together and celebrate this amazing country we live in.

On the Fourth of July, my family goes out on our boat all day at Lake Wissota. We watch the fireworks later in the night. It's a great time. The fireworks are amazing and they bring everyone together to watch them just like how our country brings us together.

We have had some very tragic things happen lately in our country but somehow we manage to stay together and give support to each other and that is

so cool. Our country is really amazing because no matter how hard people or nature bring us down we always come back stronger.

Sometimes I think people don't really understand, or forget that we are so blessed to be Americans (including me). If you really take a few minutes and think about our country you will really be amazed. Although there are some things that are not so great they are out ruled by the wonderful place America has become to be, and the great people Americans are.



GARAGE



45 E. ELM
CHIPPEWA FALLS
715-723-2396

garage_salon@yahoo
www.thegaragesalon.com

Freshen Up

Stop in and see what's new
and on sale at Classics!



Classics

Furniture • Lighting Studio

715.835.4500

2510 S. Hastings Way • Eau Claire, WI
www.classicsfurniturestudio.com

Change up your home with an **ALL AMERICAN CANVAS**

*A new print can
change the entire
look of a room!*

COURTESY OF CLASSICS FURNITURE STUDIO

Life By Design



Come home to your fabulous self!

Offering Yoga, Reiki, Life-Coaching and much more.

Check out our website: www.lifebydesignEC.com

Find us on Facebook: Life by Design EC

2722 London Road Eau Claire, WI 54701

Lifebydesign4@gmail.com

Aveen Banich M.D.,
Jodi Ritsch M.D., Lisa Thelen
First yoga class is FREE!

A *higher* level of **care.**

The difference is in the details.



OAKLEAF
SURGICAL HOSPITAL

800.635.6197

oakleafsurgical.com



What's Going On

CALENDAR OF EVENTS

July 2013 Events

July 7, 2013 - Casual Sunday at O'Neil Creek Winery - New for 2013 at O'Neil Creek Winery. We will be offering music from 1:00 pm to 4:00 pm on the first Sunday for the months of June, July and August. The winery is located at 15369 82nd Street, Bloomer.

July 10 - 14, 2013 - Northern Wisconsin State Fair - For more information please visit the website. www.northernwistatefair.com

July 16, 2013 - Valley Gospel Choir Concert - held at Grace Lutheran Church, 202 W Grand Avenue in Eau Claire. Tickets are \$12- available at the Door, from Choir members and at Festival Foods and Gordy's Eau Claire and downtown Chippewa locations. Doors open at 6:30pm, concert starts at 7:30 pm Tuesday, July 16 and Wednesday, July 17. Enjoy beautiful gospel music from local 100 member Valley Gospel Choir and Band, directed by Merlyn Aude. Directions: Grace Lutheran Church, downtown Eau Claire, 202 W Grand Avenue. Call Kris Ruckman 715-835-7649

July 17, 2013 - Wine Women Wednesday at O'Neil Creek Winery - Starting at 3:00 pm, entertainment starts at 5:00 pm and goes to 8:00pm. For more information on the entertainment for the evening look on their website. www.oneilcreekwinery.com The winery is located at 15369 82nd Street in Bloomer.

July 18, 2013 - E&G Charity Golf Outing & Tennis Event - Come join E&G Franchise Systems (Erbert & Gerbert's) for a day of golf, tennis, and fun!!! There will be plenty of chances to participate in contests, raffles, and silent auctions for some really amazing prizes! A portion of the proceeds from this event will be donated :) Come on out! Directions: Eau Claire Golf & Country Club, 828 Clubview Lane, Eau Claire, WI.

July 20-21, 2013 - The Scenic Shore 150 Bike Tour - The Scenic Shore 150 Bike Tour (SS150) is a two-day fully supported cycling event that begins in Mequon and ends in Sturgeon Bay (with an overnight in Manitowoc). Riders travel 75 miles each day with an optional 25 mile loop on day one. SS150 is one of Wisconsin's most popular bike rides and the largest locally organized and supported event for the Leukemia & Lymphoma Society. Directions: The ride begins in Mequon and ends in Sturgeon Bay (with an overnight in Manitowoc). Phone: 262-785-4272

July 26-27, 2013 - Relay For Life of Chippewa County - 6PM-7AM, at the Chippewa Falls Middle School- 750 Tropicana Blvd. Chippewa Falls. Relay for Life is a non-competitive walk run and an awareness event for everyone, including cancer survivors, families, friends, co-workers and the public to celebrate the reality that cancer can be beaten. It provides an opportunity for everyone that has been impacted by cancer to come together in a warm, positive, upbeat atmosphere.

August 2013 Events

August 3, 2013 - Wisconsin Dragonfly Society - Event Description: Learn about the biology and ecology of the dragonflies and damselflies of Wisconsin. Short presentation will also include tips on species identification and how citizen scientists can get involved. Trip out to the trails to follow. Bring your insect net if you have one! Registration and payment required by June 20 and July 31. Members \$5 Nonmember \$8 Min 6/Max 15 Directions: Beaver Creek Reserve, Wise Nature Center Phone: 715-877-2212

August 8, 2013 - The Swampers - The Heyde Center for the Arts salutes Pure Water Days with a show the entire family can love. The Swampers' musical lumberjack aggregation performs classic and new "Swampgrass" ballads, written and directed by Jerry Way, that honor the Chippewa Valley past and present. The Swampers have been a Pure Water Days mainstay since 2002, combining full vocal harmonies and string band instrumentation with community lore and current happenings. A down-home evening of fun is guaranteed for one and all. Adults \$10, seniors \$9, youth \$5. Heyde Center for the Arts, 3 S. High Street, Chippewa Falls.

August 8 - 11, 2013 - Cook-Rutledge Mansion Tours during Pure Water Days - 2 pm. Docent guided tours of the historic Victorian-era mansion of lumber baron Edward Rutledge. 505 Grand Ave, Chippewa Falls. Call 715-723-7181. \$5 adults, \$1 children under 17

August 18, 2013 - Susan Werner - The Hayseed Project - at 3 p.m. It is with great pleasure that we welcome back Chicago-based singer/songwriter Susan Werner. A classically trained musician, she is a daring and innovative performer with a killer live show. Susan grew up on a family farm in Eastern Iowa, and this concert celebrates the farming experience with 12 songs about the language, livelihood, characters, and concerns of American farming. The Hayseed Project is working to preserve and strengthen the family-size farms, foster organic agriculture and develop new sustainable crops. Admissions: \$13 for adults, \$12 for seniors, \$8 for youths.

August 21, 2013 - Wine Women Wednesday at O'Neil Creek Winery - Starting at 3:00 pm, entertainment starts at 5:00 pm and goes to 8:00pm. For more information on the entertainment for the evening look on their website. The winery is located at 15369 82nd Street in Bloomer.



4:30 AM Coffee House	19
B-Framed Galleries	29
Catholic Charities	25
Chippewa Valley Vein Center	15
Classics Furniture Studio	35
Details Fine Apparel and Accessories	27
Health Centered Dentistry	34
Heyde Center For Arts	11
Hudson/Riverlife	17
Kris Newman	21
Kristo Orthodontic Specialists	7
LaGrander's Cheese	34
Lemongrass Spa	23
Life By Design	36
Madeline Island	29
Merrick Plastic and Hand Surgery	5
Northwoods Family Eyecare	31
OakLeaf Surgical Hospital	36
Pederson-Volker Funeral Chapel	15
Red Flint Rock and Stone	3
Regis Catholic Schools	Inside Front Cover
Regis Court Dental Associates	3
RCU	Back Cover
Sacred Heart Hospital	Inside Back Cover
St. Joseph's Hospital	29
Smiles in Motion	7
Southside Medical Clinic	19
The Garage	35
The Medicine Shoppe	21
The Yoga Tree	21
Toycen Motors	15
UWEC	25
Westconsin Credit Union	11
W.I.N.	23

EVERY WOMAN AT EVERY AGE

You have many
things on your mind
we have one ...

you!

As a woman in your 30's, life is full of possibilities - to build relationships, family and career. Your sense of who you are is stronger now than ever before. Now is the time to create a strong foundation to protect your health into the future.

- Annual exam
- Pre-pregnancy health
- General breast health
- Heavy periods
- Pregnancy care
- Flexible appointment times



Sacred Heart
Obstetrics & Gynecology

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM
3213 Stein Blvd. Eau Claire

Erica Barrette, MD

Call today for an appointment
715.717.5350

Discover *the* **RCU** Advantage

BORROW • INVEST • MANAGE



www.rcu.org



Your savings federally insured to \$250,000
NCUA National Credit Union
Administration, a U.S.
Government Agency



Connect with us

