

5IVE FOR WOMEN

MAR | APR 2013
VOL 2 | NO 3

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

INSIDE:

Just What Is
Family Law???

Fitness For The Mind

Quick Soup Suppers

Mothers of Children
With Autism

& much more

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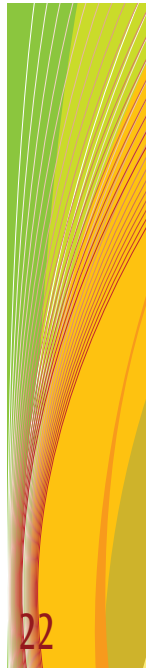
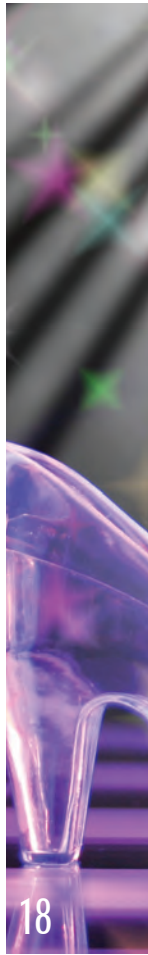
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It comes as no surprise, it has been another couple hectic months. So I remind myself and my readers of the purpose of 5ive.

We women work towards equilibrium not only for our own peace of mind-but for those who depend on us most. This is not just another magazine; this is a guilt-free, half-the-fun-is-getting-there movement. Calling all women! Working moms, work at home CEOs of Household, movers and shakers, thinkers, and dreamers let us go on an adventure. I have a very good feeling as we schedule time each day for The 5ive, we will gain a little more peace, cut ourselves a bit of slack, feel healthier than ever, and somehow gain more time for our relationships.

The above passage is an excerpt from my first editorial. Ladies, how are we doing?

Today I am humbled by an article discussing how our level of electronic connectedness can rob us of precious moments with our children. Moments as simple as the morning drive to school can be treasurable times of connection, yet with phone to ear these moments are lost. It seems we are more connected than ever while at the same time there is a great divide-a level of disconnect. Let us focus on closing the gap. This month I challenge myself and my dear readers, to unplug a bit and be truly present in each moment. I have a feeling this will leave us less harried as everyday moments transform into meaningful interactions and memories-not just for us but for with those we love most.

It is with great excitement I introduce this issue of 5ive focusing on community. Reading these stories of community involvement leaves me inspired. You'll be moved by an inspirational artist for the Hands across Eau Claire Project who also fosters children with special needs. We'll meet two friends motivated to help less fortunate girls make the magic of prom a reality with their creation of Once Upon a Prom. This issue introduces a warrior mom advocating for her autistic child and many more incredible women contributing to our community. There is no doubt you'll be as awe-struck as I am by these courageous, passionate, and generous women.

This issue marks the second annual Courage is Contagious Project and we are oh-so excited to see the nominations start coming in. If you know a courageous woman who has overcome adversity please nominate her for a life-changing retreat of renewal and encouragement. In the words of the great Maya Angelou, "Courage is the most important of all virtues, because without it we can't practice any other virtue with consistency."

I am so proud to be from the Chippewa Valley. I am blessed to raise my kids in a community allowing them such opportunity. This issue represents so many of the things that drive me personally and professionally and I am honored to share these stories with you. Let's get involved in our community ladies! Let us be present in the 5ive.

The journey continues: Faith, family, friends, fitness, and finance.


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5IVE FOR WOMEN

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ISSUE THREE

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Mardi Gras BLING!



All dressed up and ready for a photo op! Dressing up in Mardi Gras fashion made the evening a blast.



Goldsmith Coffee Bar was there to serve up some of their sample drinks.



Playing casino style games with play money. Play money was used to trade in for raffle drawing tickets.



A night to have fun and hang out with friends - all for a good cause!



Couples had a chance to dance to the Grammy nominated Bryan Lee and the Blues Power Band from New Orleans.

McDonnell Area Catholic Schools Mardi Gras 2013



Sean Hanson, McDonnell band director on trumpet, along with the McDonnell Jazz band leads the fest goes into the dining area.



Mardi Gras couple Krista and Kevin Alberts



What girl doesn't LOVE winning jewelry?!



Queen and King of the MACS Mardi Gras were Kathy and Larry Dahl.



Parent volunteers serve up a delicious New Orleans' style dinner.

Taking 5ive with Amy Quella

WRITTEN BY KATIE MCKY



How do you explain the inexplicable, such as a woman who devotes herself to scores of dogs that would have no family otherwise? Dr. Seuss explained that the Grinch was born with a heart three sizes too small. Perhaps a heart with three times the capacity of most explains why Amy Quella, the executive director of Bob's House for Dogs, is willing to miss movie-going, restaurants, and vacations. Quella is also willing to work 365 days a year...and 366 days every four years. Bob's House for Dogs is a daily commitment for Quella, as demanding as dairy cows, if dairy cows wiggled and whined to be petted and wanted to sit on her lap.

FAMILY

Bob himself might also explain the Quellas' drive, since Bob's House is a family affair, with Travis, her Eau Claire police sergeant husband, cutting the wood to heat the House, plowing the driveway, and just being with the dogs on a Friday night when so many others are out and about. Then there's 15-year old Ellie, who loves soccer, golf, basketball, and running like many kids, but lists her passion as "dogs, dogs, and more dogs!" All three Quellas loved Bob, who was living in their home as a rescue, until one day when the wind blew their front door open, allowing Bob to roam. Highway 93 was a half mile away and Bob died that day.

Amy Quella said, "That very evening, when Travis picked him up off the highway, we said, 'We're going to do it.' You see, Bob was a shelter dog who had been overlooked by so many."

Perhaps the Quella family's history explains their great and inexplicable devotion, as Amy lost her parents early, Travis lost his father early, and Ellie lived

in an orphanage in Ukraine.

Whatever the reasons, when it comes to dogs, Quella is Lady Liberty. There is a bronze plaque inside NYC's most famous statue that reads: "Give me your tired, your poor, your huddled masses yearning to breathe free...Send these, the homeless, tempest-tost to me." Quella is our local Lady Liberty to shelter dogs too old or sick or disabled to be adopted in time.

FAITH

Holding her torch high year after year is enabled by Quella's faith in her community.

"We built Bob's House on the faith our community would support us. My faith compels me to live a life of sacrifice and since we work seven days each week, Bob's House has become my church."

FRIENDS

Amy's friends helped build her church.

"Travis and I erected the pole shed and our friends finished the interior. They love what we do and admire the sacrifices. They're always ready to help, whether it's selling calendars or doing a food drive. I'm the lucky one. I get to love dogs day after day, but I couldn't do it without the support of the community. Many businesses have stepped up too."

Some of Amy's friends are mystified by the magnitude of the Quellas' sacrifice, but they still have their backs.

"Our friends think we're crazy. We've sacrificed our time and money, but it's so rewarding. On Fridays, when most people go out for food and drink, we're home loving the dogs, but we're not alone as we have a waiting list of volunteers. That's because we've been open

for nearly three years, but our original volunteers are still with us."

Amy's 24/265 focus might have you wondering how she attends to her fitness needs.

FITNESS

"I don't have free time to go to a gym, but physically, I've never felt better. We're always outside, playing in the snow and walking the dogs, and I don't get Seasonal Affect Disorder. It can be back breaking work, but yoga helps with that."

FINANCES

The real work is finances. Since Amy quit her job at a dental office, she faced the challenge of funding Bob's House.

"The success of non-profits like ours is very low. Fundraising is the hardest part. It's really hard to ask people and we work so hard to raise the money only to begin again the next year."

Amy raises money in various ways, from calendars to a golfing event to Bruisin' for Bob, a nearly 3-mile obstacle course that includes a massive mud pit, cattle gate hurdles, a slip n' slide, and many other barriers. If Amy were to compete, she'd likely do well, for overcoming barriers is her forte.

"We had so many naysayers when we built Bob's House."

THE RETURN ON INVESTMENT

Today, Bob's House really looks like a house with 4 full-sized couches, 3 chairs, and 2 baby beds. There are floor lamps, plants, bookshelves, and pictures. Classical music is often played for the dogs and there's a tv for Packers games.

"Some of our dogs watch the Packers play!"

And visitors will make themselves right at home.

"A Girl Scout troop will come out and they won't want to leave. Their leaders will be begging them to go and the girls just want to stay."

What has all Amy's labor and love rendered?

"We visit 17 nursing homes and assisted living facilities each month and we visit the bigger ones more than once a month."

Then there are the hundreds of dogs

who reached the laps of loving parents.

"We've adopted out over 275 dogs in less than 3 years. It's so gratifying to place these senior dogs with so many wonderful people. Senior dogs are so calm, grateful, and sweet. A lot of their owners have passed away and there's nothing wrong with the dogs. The shelters do what they can, but they're shocking, noisy, and chaotic for many dogs who just want to be with us. We have a lot of repeat parents."

And there are the three shepherds, each with shortened legs due to inbreeding. They are no higher than Corgis and give local children a poignant look at disability.

"We take the shepherds to youth groups and elementary schools to talk about tolerance and responsible breeding. The kids just love them and the dogs have no idea they're disabled. One has three legs and another has his rear legs reversed. They're on strong pain medication, but we want their lives to be about

quality rather than quantity and you should see them run. They're as fast as any of our dogs."

As the shepherds embrace life, so does Amy.

"Life is so short. I saw my parents pass before they got to do what they wanted to do. That drives us. I just wish there were Bob's Houses in every city."

So do dogs.



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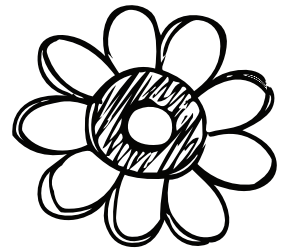
This is a favorite for me! I went to see Santa at Fanny Hill as a child and it was truly like I was at the North Pole, it was magical. I took my children this past holiday season and it was all that I remembered it to be. Fanny Hill offers live performances each and every week. Start your week off right with their legendary all you can eat Sunday Brunch and Show. Dinner seating starts at 11:30AM. Shows are also available Thursday - Saturday with seating starting at 5:45PM, and Fanny Hill also offers select week day performances. This is a must do if you have not experienced Fanny Hill, put it on your spring to do list! 715.836.8184. 3919 Crescent Avenue, Eau Claire



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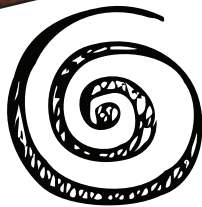


9



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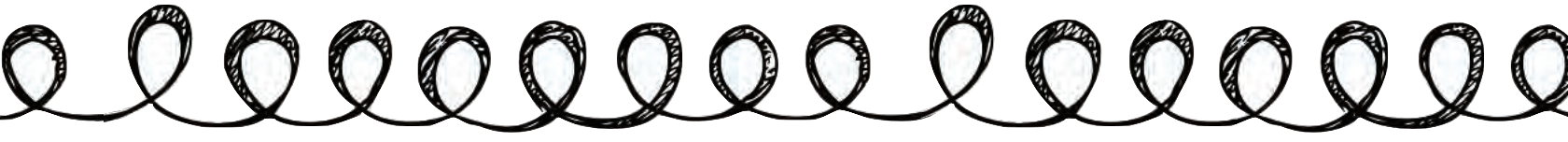
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MOTHERS AND SONS

By Katie Mcky

As a label, 'a child with autism' is as broad as 'a child.' Just as 'a child' can be applied to children as diverse as a pale and bookish boy to a tree-climbing girl with scabs on her scabs, so too are children with autism diverse. This is why autism is commonly framed as the autism spectrum. The colors of character and cognitive abilities in children with autism are like the colors in the rainbow, at times distinctly differently and at other times, subtly so. If there's any consistent commonality, it might be in the mothers of children with autism, who serve as locksmiths, advocates, and spokeswomen in serving their children.

Traci Regis-Olson is one of these mothers. If you were to chat with Morgan, her five-year old son, you might be struck by a gargantuan memory and an aptitude with numbers that might make a computer jealous.

Regis-Olson said, "Morgan has an amazing ability with numbers. He remembers everybody's phone number, address, and license plate. He's starting to do computations and I suspect that's where his talent is going."

Morgan also possesses an inexplicable ability with a calendar.

"His therapist asked him when her birthday was and he told her. She said, 'I'd like to have a party for myself. I wonder what day of the week that is?' He said, 'That's a Wednesday.' We checked the calendar and he was right."

When Regis-Olson and her husband first received Morgan's diagnosis, they didn't anticipate inspiration.

"We got the autistic diagnosis when he was three. I went through a grieving process and sometimes, I still do. Talking to other parents helped so much. I had my idea of what my child would grow up to be, but he's totally surpassed what I thought he would do."

Morgan surpassing expectations doesn't mean that there aren't challenges.

"Morgan still struggles with potty training. Many boys on the spectrum struggle with that. He's just now getting that. Getting himself dressed is also an issue. He still needs help with that. Also, expressing himself when he's mad or upset or sad is hard. He can't name those emotions. He'll say, 'Don't look at me.

Don't talk to me.' It means, 'I'm in the middle of something and I need to work through this by myself.' He's making progress."

However, as with every child, there are good times to balance the bad and with Morgan, there are surprises outside of the expected spectrum.

"His amazing abilities overshadow the tough times. Everyone has an idea of what autism looks like and he's blown that out of the water. He gets sarcasm, he can tell jokes, and he's witty. He wants social and emotional interactions. He doesn't flap his arms. He's an incredible, charming little boy. I've told parents when he's out and behaving in a certain way, 'He's on the spectrum.' and those other parents have said, 'I wouldn't have known that.' I've learned I don't need to explain him. He's Morgan and doesn't need any explanation."

One aspect of Morgan is inexplicable: his ability to read.

"Morgan has been able to read since he was two years old. I have no idea how he learned to read. His teacher tested him and he reads at least at a second grade level, but we can't say for sure because the second grade level is where the test stopped. He was off the chart."

Morgan is also off the chart in terms of his love of school.

"He loves school. We were concerned about that. We were worried about him being bullied and it hasn't been that way at all. Mrs. Weber, his teacher, is incredible and she said he's inspired her to teach differently and that many of the things that work for him also work for the other children."

Another area autistic student who loves school is Brady Linderman, the 15-year old son of the president of the Chippewa Valley Autism Society, Sherri Linderman.



Linderman said, "He's joyful and sweet and always comes home happy. Even if he had a crappy day, he's still positive. He's a role model for quite a few people."

Brady has even served as his own advocate at his high school.

Sherri Linderman said, "He's publically talked about being on the autistic spectrum in the context of no-bullying."

A member of the Altoona cross country and track teams, Brady also has a creative bent.

"He loves to tell stories. He even makes his own props for his stories. When he grows up, he wants to be an actor."

However, there was a time when the storyteller had no words.

"When he was young, it was tough because he didn't have any language skills. He would hurt himself by banging his head on the wall or even concrete in the park out of frustration. He'd want or need something, but couldn't convey that. We had a really good speech therapist who gave him pictures and sign language and that led to spoken language."

Linderman believes therapy is essential.

"The therapy is worth every penny. We had him in therapy twice a week for a couple years. I had to fight to get one of his therapies paid for. That's one thing you have to do when you have a child with a disability, is fighting for their rights. I kept going after his rights and when I reached a dead-end, I just tried another avenue. He's a cool kid and that's kept me fighting."

That essentiality of therapy was something Regis-Olson also realized, as well as her role as an advocate.

Regis-Olson said, "One of the things that I've discovered about myself is the necessity of being an advocate

for your child. I never pictured myself as a fierce advocate, but you have to be, even if it's within your own family. There's a waiting list and even Morgan had to wait a year, but now it's up to two years. These kids need it. Morgan's many gains and strides are attributable to the therapy."

Stephanie Moerke, Clinic Supervisor for Reaching your Potential and one of Morgan's therapists, said, "Therapy is a difference maker for children with autism. All children with autism make

gains through therapy. It works because it's very specific to the child, is one on one, and based on their interests and strengths. Since it's in-home, we have the support of the family and that also makes a huge difference."

If there's a lesson to impart to all parents, it's this:

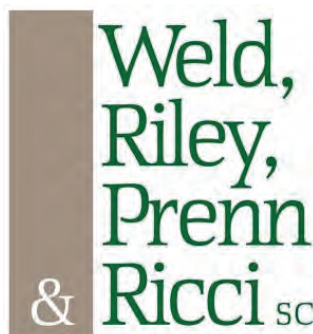
Linderman said, "Brady's achievements have surprised me. Never give up. That applies even if your child isn't autistic."



The female attorneys of the WRPR team

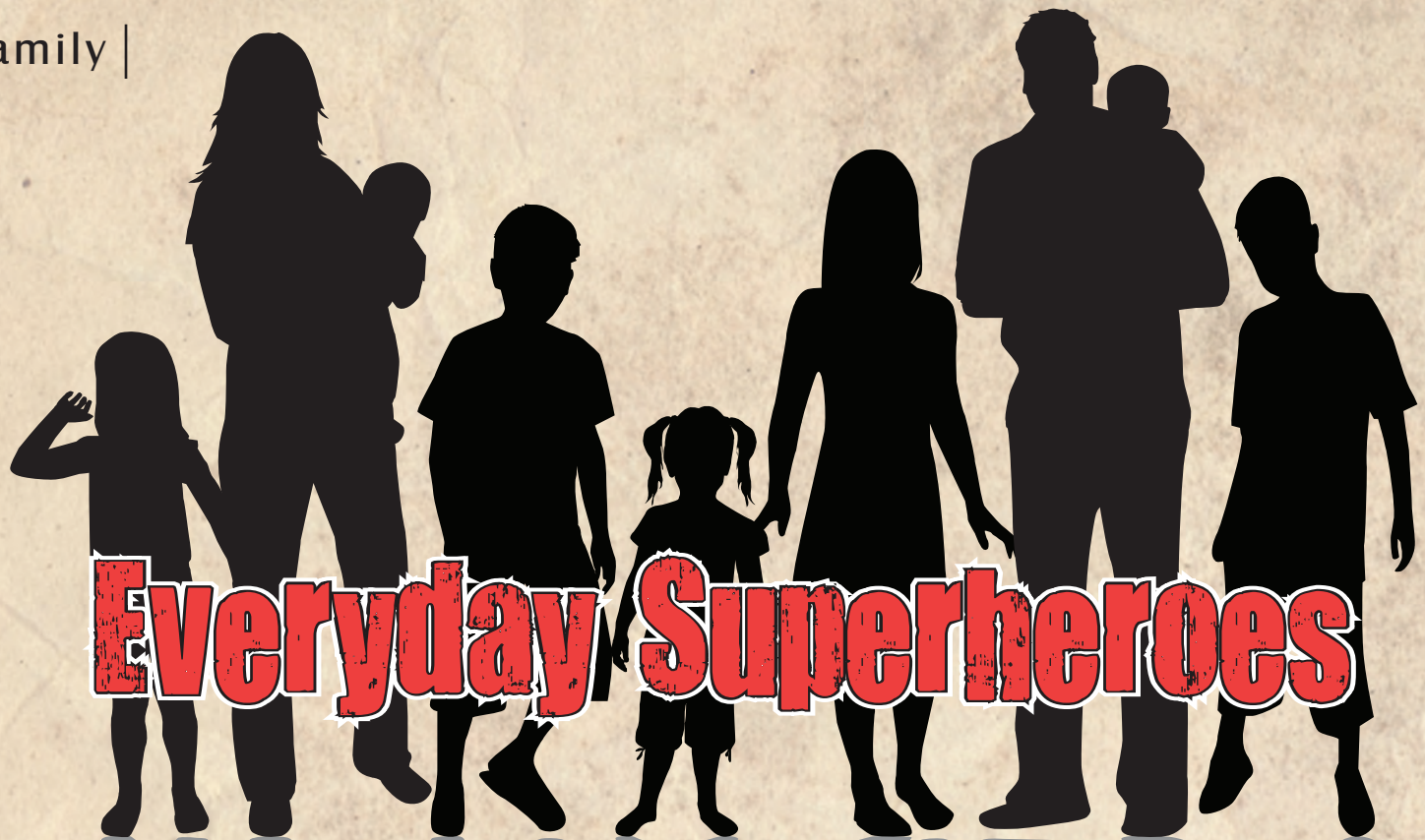
Left to Right: Andrea Voelker, Cindy Hangartner, Melissa Kirschner, Vicki Seltun, Mindy Dale, Kathy Prenn, Christine Gimber, Daneille Strong, Emily Long. Front: MaiVue Xiong

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Everyday Superheroes

By Kris A. Newman

Every year over 5,000 homes across Wisconsin open their doors to almost 8,000 children by providing foster care. These foster parents are heroes.

All of those children need someone to provide the basics: food, clothing, shelter, and compassion. All of those children have varying degrees of physical and emotional needs. Some children, however, have significant needs requiring specialized care.

The foster parents who provide specialized care are definitely superheroes.

In 2012, a couple of superheroes from Eau Claire were chosen to represent this region and were awarded the 2012 Governor's Care Award for their devotion and compassion toward children. The immediate, significant needs of a child from the Chippewa Valley area presented numerous challenges to this foster family. Time and again, the caregivers rose to the occasion. The Award recognized those efforts.

When Janell Isaacson-Whitehouse tells the story, however, her sacrifices are far outweighed by what she receives from her foster child.

Janell and her husband, Dave Whitehouse, opened their hearts and home for the first time as foster parents a short two years ago. When they first became involved in foster care, they didn't know what to expect. They were willing to go with the flow and see what would come.

Janell and Dave have two older children of their own: a son in high school and a daughter in college. Still, caring for small children is Janell's heartbeat. Having worked previously in a day-care setting, Janell was confident she had the skillset required

for foster care. She learned of New Visions Treatment Home and approached them with her willingness and availability.

Janell and Dave began by providing respite care and accommodating emergency temporary placements. In retrospect, those were the easy times in their foster care journey.

When asked to consider emergency placement for a severely physically challenged child, Janell recalls, "It took a little to convince my husband, at first; but he is really comfortable with our foster child now."

Initially hesitant, her older children also have grown accustomed to the challenges presented by their foster sibling. In fact, they actively participate in some of his care and welcome his attendance at their school and family events. "He's the first one everyone greets when they walk in the door. He goes with us to high school sporting events and everyone stops to see him. All the kids are drawn to him."

Compassion is, they say, a learned behavior. It grows in one heart and reaches out to another.

"My kids were raised with many kinds of children at school and in the area with varying challenges. The only difference this time is the child in need of specialized care is in our home and part of our everyday life."

The scheduling requirements alone may seem daunting to an outsider. Janell keeps a detailed daily log and calendar of caregiver events. Notes for medication, therapy, appointments, and school events are only the beginning. Tracking various reactions and responses to everyday situations is another facet of care Janell provides. "I devised this system to help me so I could be sure I was taking proper care of him, that nothing falls through the cracks."

However, being a foster parent isn't Janell's only responsibility. She is still a wife to Dave and a mother to two other children. Taking on the primary caregiver role for the foster child requires a great deal of juggling for Janell. Thankfully, her family understands that it is not always possible to be everywhere with everyone. "Part of their sacrifice is not having me at important events or able to be involved with them in everything. They understand, but it's still part of the challenge."

Progress comes slowly for a child with profound disabilities. Janell measures successes in small doses. Sometimes the standard is simply having a condition remain stable instead of worsening.

The demands are constant for this level of care. Trisha Pedersen of New Visions Treatment Homes works closely with Janell and her family to provide training and support. New Visions provides caregiver training, respite caregivers, and 24/7 support for both families in the child's life.

County foster care programs refer specific cases to private not-for-profit agencies such as New Visions Treatment Homes. Referrals frequently involve children with a "higher tier" of need. Typically, those children have extensive care requirements, whether physically or emotionally.

Beyond the basic background checks and training required for a county license, another level of training and education is required to obtain a license to work with children with specialized treatment care needs. These requirements include

- a full-time in-home parent to provide care;
- 36 hours of initial training; and
- 18-24 hours of training every licensing year.

The outside training provided for foster parents is tailored for the specific needs of the children referred to that home. Detailed medical training may be more important to one home, and behavior modification training may be more important for another home. Agencies such as New Visions provide access to the individual training courses.

"In treatment foster care, we have a much smaller caseload. A county worker might have 30 individual cases, and I might have eight. That gives me the opportunity to provide more intensive support to the families I work with," Trisha explains.

In Janell's case, it would seem logical that a background in nursing would be essential. However, through her New Visions education and her natural disposition toward nursing, Janell has picked up the necessary abilities to manage her foster child's care. "We learn as we go. We have to be flexible. I don't think it's any more difficult than any other kind of parenting. Actually, the children who have behavioral problems seem to me as though they would be harder to deal with. I don't think this is hard at all, really."

New Visions Treatment Homes is always looking for caregivers willing to open their hearts. Although the children they place are referred to them from across the state, state code demands

the caregiver home radius not extend beyond one hour from the agency's office. "We have homes as far as Neillsville and Ladysmith and many points in between. However, it is important that we are close enough to be able to assist them if they need us," states Trisha.

The simple things in life, such as a five minute jaunt to the grocery store, are appreciated differently when viewed from the perspective of a caregiver of a child with physical challenges. The day begins early and ends late, weaving through a demanding pattern.

To deal with the stress of these expectations, Janell has a unique outlet. She is an artist. Sweeping murals of landscapes and angels, gardens and lighthouses (among other designs) are scattered on walls throughout Chippewa Valley businesses.

She's painted some of Eau Claire's hand sculptures, too. Janell is a frequent contributor to the Hands Across Eau Claire fundraiser, which benefits the Eau Claire Children's Museum. Nine of her hand designs adorn several local businesses, including Urban Style Salon. Janell has committed again to participating in this year's fundraiser (noting the Children's Museum is currently seeking sponsors and artists).

Janell thinks the greatest difficulty of foster parenting is realizing that the care is temporary. Reunification of the birth family is always the ultimate goal of foster care. Janell has a close working relationship with the birth family of her foster child, which makes bridging the care gap easier. A foster parent recognizes the children who occupy their homes for a short time will live in their hearts forever. Keeping an open door can be difficult, but the rewards far outweigh the cost.

A willingness to meet the basic needs of a child in crisis is a foundational requirement to foster parenting. An open heart and an open home are also essential elements.

Janell sums it up succinctly, "Some people climb mountains; I think that's crazy. Other people look at me and think I'm crazy, but I don't see it that way. I get so much back from him."

She won't say she's a superhero, but I will.

If you are interested in becoming a foster parent, please review this information:
For general information about becoming a foster parent, please visit fosterparentsrock.org, which includes helpful tips, frequently asked questions, resources, and links to other sites.

To find more information regarding J. Lynn Designs, please visit her website: jlynn designs.net

For treatment foster care, respite care, or placement, contact

New Visions of Wisconsin

Trisha Pedersen

1812 Brackett Avenue, #2

Eau Claire, WI 54701

Phone: 715.514.5505

Email: tfc@newvisionstreatmenthomes.net

Once Upon A Prom Extravaganza

Ah... Prom... flowers, lace, romance in the air, fairy tale meets reality. For most girls, it's the first opportunity to feel like a lady, a princess, a beauty. The stage of promise is set with dreams.

For others, it may be the source of argument with parents who can't quite afford all that a Princess Dream requires. Before the curtain can be raised, the dreams are dashed.

Aha! Not so fast! Enter stage right: Once Upon a Prom to the rescue! Armed with chiffon, silk, and flowers, our heroines arrive. Two lovely ladies lead the charge with a desire to give every girl the chance to enjoy the magic of Prom—regardless of financial constraints.

The brain child of Liz Poteete and Jennifer Rooney, Once Upon a Prom Extravaganza serves to provide girls with the necessary tools and tips for a successful prom. Donated items are sorted and arranged to create a boutique. Each client is assigned a personal shopper for the day who works with them to find the best fitting dress, the proper shoes and accessories.

Although the event is fashioned after Operation Glass Slipper in the Twin Cities, local companies bring their own flavor to the table. Liz describes it as a group effort, "A large number of volunteers are involved in the whole process. Some donate dresses and accessories; others sort them by size and style. Local salons provide make-up and hair stations to show the girls some style choices. Even a team of seamstresses is on hand to help with minor alterations. All volunteer."

Each client also receives a goodie bag stuffed with coupons provided by sponsors. "Last year's bags included several coupons of varying percentages—20, 40, 80, even 100%—off of flowers from Brent Douglas Flowers for Everyday."

Working in partnership with the Boys & Girls Club of Chippewa and area schools, Liz and Jennifer inform clients of the event through word of mouth, school counselors, and booths set up at local high schools. Client applications can be submitted online (see website address below) or completed at invitation events. Requirements are simple: a girl needs simply to register her name and make an appointment to arrive. Everything is free for each girl.

Sound too good to be true? Well, there is one catch. Participants are asked to give what they have: time. They must log a minimum of six hours of community service on their application. "They can be creative with community service time. Shovel a neighbor's walk, babysit for free, or something else that shows they are giving back to the community," states Liz. School counselors and Boys & Girls Club staff members are also good resources for community service project referrals.

Clients come from as far away as Cumberland, as close as Altoona High School, and everywhere in between. They represent many different backgrounds and cultures. All with one goal in mind: to feel like the belle of the ball. "One of the mothers who attended with her daughter thanked us at the end of the day and said we had made her daughter feel beautiful, not needy. That's what it's all about."

This year's Once Upon a Prom Extravaganza will be held on April 5th and 6th at the Hillcrest Country Club in Altoona. **WHAT CAN YOU DO?** Donate time to set up, clean up, personal shop with clients, donate items, give monetary gifts to help cover costs, or provide tasks for clients to earn community service time. If you would like to volunteer, make a donation, or obtain more information, please visit the event website (onceuponaprom.com) or email onceuponaprom@yahoo.com.



WHO: High School Girls
WHAT: Once Upon a Prom
WHEN: April 5th and 6th

WHERE: Hillcrest Country Club, 2333 N. Hillcrest Parkway, Altoona, WI
WHATNOT: Dresses, alterations, shoes, accessories, make-up/hair tips

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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. Recently, at a family gathering, my sister was describing a new dress she was saving up for and hoped to buy. I made the very valid comment that she needed to remember that "knits are not kind to belly fat." Which is true! My sister stopped talking, glared at me and walked out of the room. Everyone else just looked at me and then everyone started talking to each other about other things. I felt pretty awful, but I really didn't mean to hurt my sister even if it's true she is hefty around the middle. Later in the day when we were alone, my mother told me I often hurt people's feelings by my "bluntness." I know I am outspoken and rather "in your face" at times, but that is just how I am! I really don't want to hurt people, but isn't it up to "them" to choose how to react to my words?
- Frustrated by "them"

A. Dear Frustrated, Although in the moment you are feeling some pain and remorse, be assured that this is one of those "life lesson" opportunities where you can examine what has just happened and change not only what you do, but really who you are! We create who we are by our thoughts, actions and by our words. This is a window of opportunity for you to look closely outside yourself to see how you can change to be more authentically, the person you would LIKE to be.

Your mother is giving you a very kind lesson in paying attention to your own actions. Listen to her.

So, you may accomplish a lot by simply focusing on one word: KINDNESS. Imagine that kindness becomes a filter for you through which you intend to direct all your thoughts, words and action. If you do this, your conscience will alert you when any of your pathways is off center and you can adjust your focus to thinking, acting and speaking with kindness. So, the next time your sister says, "What do you think of this dress?" you check in with your thoughts first. Are they kind? If not, change them and don't speak until your thoughts are kind. Then your words too will support, cherish and nurture your sister and all that benefit will come right back to YOU.
- Namaste, Kathleen

Q. I am the mother of three daughters and am looking for an idea for one of my daughter's 13th birthday. I am interested in something zestful!
- Maureen

A. Dear Maureen, I smiled when your questions came, especially since you used the word zestful. I was reminded of a remarkable woman I knew in Eau Claire.....Alice Richards, who has since passed on. She was one of my role models and a wonderful source for creative ideas. She talked once about a birthday party she had for one of her daughters and I've never forgotten it. She asked the invited friends to come dressed as what they wanted to "be" when they grew up. Her own daughter chose a safari outfit because she wanted to be an adventurer! Since it's fun for many of us to dress up and since it's a great idea to encourage young people to have positive visions of themselves, I applaud Alice!
Have fun with your girls!
- Joan

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 her 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.

By Katie Mcky

An Empowering Partnership

There's a yin-yang quality to the Zumba teaching partnership of Monika Waloway and Cindy Peterson. Waloway is an admitted introvert. Peterson is effusive. Together, they are role models, for both used Zumba to lower weight and raise their self-esteem, but their differences offer contrasting templates for their students: the shy follower who uses Zumba to develop sufficient social confidence to lead classes and the exuberant woman who uses Zumba as a foundation for living well.

Peterson said, "Monika is down-to-earth. She's introverted and she's a role model for introverts. She shows them you can be introverted and have fun doing it."

When Waloway had her first chance at dancing, she passed.

She said, "They started a dance team at my high school and I wanted to try out, but I didn't because I learned that all the popular kids were going to do it. I wish they could see me today."

Peterson has also undergone transformation, as she wasn't always a perky Zumba teacher.

She said, "I had the most sedentary childhood and the food I ate was anything but nutritious. At 35, I was morbidly obese and addicted to food."

Now, by using Weight Watchers and dancing, Peterson has lost 80 pounds and transformed more than her body.

"I came from being miserable in my skin to leading other people into good health. I had never imagined that I'd become a role model of good health for others. My mom is proud of how I've turned myself around. My healthy living has even given us a healthy relationship."

The two teachers, who also taught in a couple other area athletic facilities before launching their own classes, work in the same law office by day, albeit on different floors.

Peterson said, "If we have a class that night, I'm excited all day. I'll email Monika and ask, 'Is it Zumba-30 yet?' When we talk about Zumba, we can be so giddy that it's hard to form proper sentences."

And their students share their joy.

Peterson said, "We sent out a survey about what's good and bad about our classes. The overwhelming responses were students calling for more classes, but our favorite response was, 'Don't close. Ever.'"

Through word of mouth and social media, attendance has been growing, from only needing the digits on one hand to count the dancers to needing two hands, two feet, and more.

Peterson said, "People will ask me, 'Where do you teach?' I'll say, 'Banbury Place.' Then they'll say, 'Oh, I've heard of that class! That's a great class!' It's exciting to know that

we're known."

Their students' enthusiasm comes in part from the work the two teachers put into their routines.

Peterson said, "We work really hard on our routines. We want to make them sure we're giving them the best class we can."

Waloway added, "We'll spend weeks on them."

So, what powers such tenacity?

Waloway explains, "The best part of teaching is seeing the enthusiasm. It's also seeing the class energized, happy, and exuberant."

Ironically, the extroverted Peterson likes the quiet time at the end of each class the best.

She said, "At the very end of our stretching songs, we go to a very Zen-like place where we're all-together, happy, and grateful."

Equally ironically, the introverted Waloway likes the storm that comes after the opening lull.

She said, "My favorite part is right after the warm-up songs are completed and the fun is about to begin."

Peterson added, "That's where the sweating begins. The first time, people might not think that they can do it, but they do. They push through it and are so proud, but we're even prouder. Our classes are tuned for Midwestern women. If you've seen the DVDs or YouTube, that's not us. We're common gals in the Chippewa Valley who love to dance."

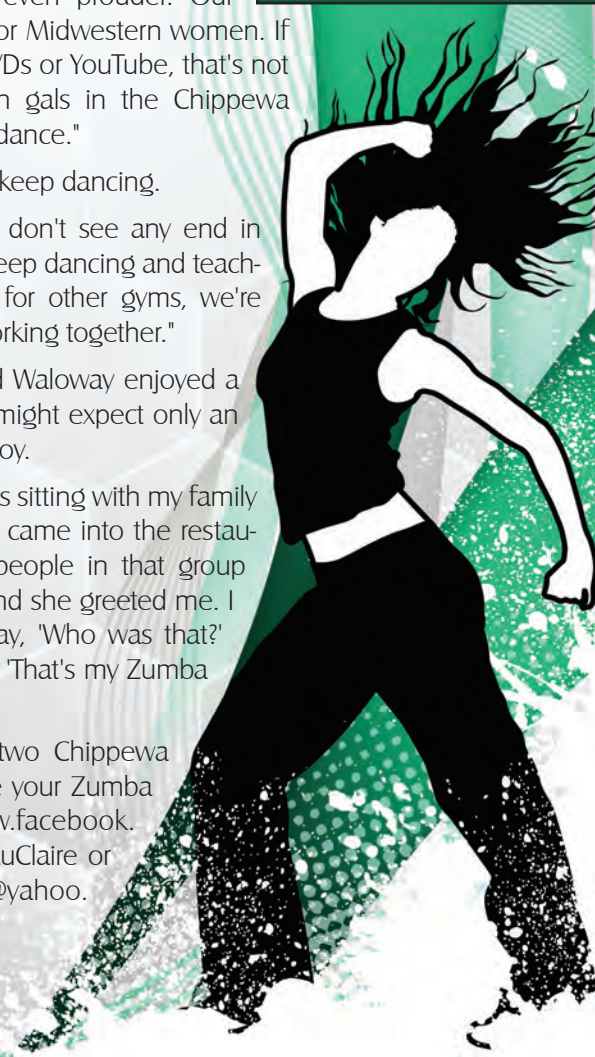
And they intend to keep dancing.

Peterson said, "We don't see any end in sight. We want to keep dancing and teaching. After working for other gyms, we're just happy to be working together."

And the introverted Waloway enjoyed a moment that one might expect only an extrovert would enjoy.

Waloway said, "I was sitting with my family and another group came into the restaurant. One of the people in that group takes our classes and she greeted me. I heard her friend say, 'Who was that?' and she answered, 'That's my Zumba teacher!'"

Learn how these two Chippewa Valley "gals" can be your Zumba teachers at www.facebook.com/ZumbaVida.EauClaire or via zumba.vida@yahoo.com.







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2013 WOMEN'S BUSINESS CONFERENCE

Whether it has been many years since you hung your shingle beneath a storefront canopy, whether you are relatively new to the adventures of small business, or whether you are dreaming of what it would be like to be your own boss, the 10th Annual Women's Business Conference is for you!

Exhibitors, vendors, educators, and business executives (regardless of gender) will be filling The Plaza Hotel in Eau Claire, Wisconsin from 7:30 a.m. until 4:30 p.m. on April 25, 2013. Small business owners of every stripe already have begun filling exhibitor slots. Topping this year's exhibitor list is *Five for Women* magazine.

Over 500 attendees are expected to network this year, with nearly 100 exhibitors and sponsors. Networking opportunities abound. Accountants, attorneys, service providers, educators, and similarly situated colleagues will be in abundant supply!

Two main speakers are part of an expanded program, and twenty different educational spots complete the day's agenda. Topics include business planning matters such as non-profit status and employee handbooks, advice on balancing life and work, and tips on making the most of social media for marketing. Many of the session presenters are local business leaders whose expertise comes with a personal touch. They know the culture of this area and can relate to your business plans.

Providing her own tried and true formula for growing a business, Julie Bollinger will present the welcome address. With ten successful years behind her, Julie understands the hurdles to overcome while growing business. The lunchtime keynote speaker, Dr. Therese Fellner of Gateway Technical College, will share her knowledge-gained from her personal business as well as lessons-learned from working with others to enhance their companies.

One of the unique features of the

If you're thinking of starting, improving or expanding a business, this is the conference for you!

conference is the availability of one-on-one business counseling scheduled throughout the day. Representatives from SCORE, UWEC Small Business Development Center, and Western Dairyland Women's Business Center will meet with individuals to answer basic questions and provide general guidance. Request a one-on-one counseling session at the point of registration.

At the close of the day, all attendees are invited to happy hour at Brewski's Pub & Grill to strengthen networking bonds. According to event coordinator (and Western Dairyland Business Center Director of Jobs & Business Development) Karman Briggs, it's not unusual for a first-time attendee one year to be an exhibitor the next due, in part, to connections made at the event.

Karman notes, "Although the conference is titled 'Women's Business Conference,' men are in attendance, also. In fact, we assist anyone who is working toward obtaining economic self-sufficiency."

The conference is an annual coming together of network opportunities, but the Western Dairyland Business Center is always available offering services to small businesses. Recognizing that the bottom line to economic growth rests on the ability of small businesses to prosper, the Business Center is a place where knowledge is handed out on a daily basis. "We work with many marginalized groups—women, veterans, newly disabled persons—anyone who needs to acquire business skills, but who may not otherwise have access through college courses or other resources. We are economic development professionals, but also human services providers."

Early Bird Registration for the 10th Annual Women's Business Conference continues through March 31, 2013 at a cost of \$39. Find registration information, a full agenda, speaker bios, exhibitor list, and other information at the event website: womensbusinessconference.com.

For more information on the Western Dairyland Business Center, contact Karman Briggs at kbriggs@westerndairyland.org or at her office at 715-836-7511 x174.

Dream a little; work a little; connect a little; grow a little business this year!



2nd Annual 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.

5ive for Women creator Jen Theisen and cancer survivor turned yoga retreat planner Amy Annis decided it was time to unite like warriors and champion the best of these women. They created the Courage is Contagious Project to offer pilgrimage to the women who stand out in their community and inspire.

The idea: to reward women who have demonstrated exemplary courage an opportunity to experience groundedness and renewal during a wellness yoga retreat. There is a universal understanding that women who practice yoga lead a healthier life and tend to feel better about themselves. The natural extension of this is to create a better world around them. We rely on the principal that the scholarship experience will be one of healing and renewal as well as an effort to inspire them to make a difference in the lives of other women.

In 2013 we will award two women a scholarship to attend a yoga retreat on Madeline Island. The retreat will include beautiful accommodations, organic and local meals, a daily yoga and meditation practice, hiking through the incredible State park, and sponsored discussion from wellness experts on the topics of health.

The award criteria is broad by definition (we know there are buckets of feminine bravery out there) but we are thrilled it applies to so many. The scholarship is open to the many women who inspire us in daily life. It is the woman who kicked cancer to the curb, who overcame financial hardships and returned to college to improve her life, or who devoted her career to teaching in an effort to create a better community. It is that woman/guru/guerilla who profoundly impacted her community with her devotion to a seemingly impossible task. The beauty of this program is women will decide. The scholarships will be awarded by selecting these women based on nominations from their peers. A team of women professionals will evaluate the nominations and publish the best two in the (May/June) issue of 5ive for Women.

NOMINATION CRITERIA

1. The women we are looking for have a healthy and positive approach to life.
2. They are 30 years or older and understand that with age comes both wisdom and a desire to be of service.



3. Would be able and willing to attend the fall 2013 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.



THE RULES

In 300 words or less describe how this courageous woman inspired you. Please include:

1. How this individual exhibited courage and perseverance in her accomplishments.
2. The outside impact on her community of friends, family, and/or faith life.
3. How your nominee leads, through example, a healthy and wellness based life.
4. Tell us why your nominee would benefit from a yoga and wellness retreat on Madeline Island.
5. Please include (with her permission) a picture of your nominee exemplifying her "inner warrior." She may be running a race for a cause, displaying her inner beauty through her service, or shining her heart out in a yoga pose. JPEG please as this photo may be posted in our magazine and websites.
6. Her name, address, phone number and email. Your name, address, phone number, and email. You may self-nominate.
7. Mail the nominations to:
The Courage is Contagious Project:
PO Box 3073 Eau Claire, WI 54701
Or email a Microsoft document to:
amy@cleanspiritryoga.com or jen@5iveforwomen.com
8. Deadline: April 16, 2013

Sarah Harder

*We never know how high we are
Till we are called to rise;
And then, if we are true to plan,
Our statures touch the skies-*
Emily Dickinson

By Barbara Tzetzko Gosch

It was less than two weeks ago when I received an email with a request I couldn't refuse. Ironically, I almost didn't open it. I'd been sick for over a month with that nasty flu and needed rest to recuperate. However, I thought there might be something important to read and began to click away on my computer. One message grabbed my attention because it asked, "Do you have anything you'd like to submit on 'Women in the Community' for a local magazine?"

While I am aware of several wonderful women actively engaged in working to improve our community, one individual emerged like a lighthouse that beams from the sea. Instantly, I knew I had to write about my dear friend, Sarah Harder, whose contributions and accomplishments span a wide range that includes work in social justice, promotion and support for educational programs, and advocacy for women's equity issues. Also, as President of The National Peace Foundation, she has been instrumental in organizing forums and inviting speakers to Eau Claire.

During the more than forty years I've known Sarah, I'm continually amazed at how she has managed to merge and coordinate her varied roles and activities. Yet I understand her dedication because of her statement, "I am convinced that everybody has the capacity to contribute to society, but too often existing barriers just do not let people get to that point."

Observe one example of "Sarah in action" by looking at *VISION* magazine, published by University of Wisconsin-Eau Claire in 2009, which features her on its cover. I refer to it as a "history in the making" picture with its subtitle, *Pioneer of Women's Studies at UW-EC*. Well before March was nationally proclaimed Women's History Month (to be coordinated with Women's International Day in 1911), Sarah, more than a decade earlier, supervised and formalized her dream of having Women's History Week in Eau Claire. Governor Lee Sherman Dreyfus presented her with a Proclamation document that hangs on her office wall today.

True to Sarah's philosophy, the photo on *VISION's* cover also depicts Sarah at the March on Washington in 1980, when thousands of women rallied in an attempt to pass the (ERA) Equal Rights Amendment. Sarah, dressed like a suffragette, is all in white sporting a hat with a purple band, which was typical of colors then worn. Also, she's wearing a yellow ERA banner and an AAUW (American Association of University Women) button that represents the women's organization she served as national President from 1985-1989. Sarah has continued her local memberships in AAUW, The League of Women Voters, and helped start Wisconsin's first NOW chapter in Eau Claire.

As I write, I can't help but look back to 1969 when I first met Sarah. It was one of those magnificent fall days in the Chippewa Valley when leaves on trees burst with color. Both of us had decided to enjoy the natural beauty of Carson Park and the children's play area, given our motherhood roles. At that time, she had three children-not yet the four children, twelve grandchildren, and one great-grandson she has today. In addition, Sarah was a full time instructor at UWEC, and our chance encounter occurred before she taught the first course on Images of Women in Contemporary Literature in the seventies.

Furthermore, this period was prior to what Sarah has described as a turning point in her life, or her "got the wheels going" time. In 1972, she wrote a story, *Cinderella and Composition*, which was published in the *Spectator*. In 1974, she submitted the story to *Redbook* magazine, which published it under a new title, *The Wife I Wasn't Meant to Be*. There were even ads on television from *Redbook* saying, "Read this story."

A few years ago, when I was in Sarah's living room (having stepped inside from her incredible flower garden), she showed me a letter whose page had yellowed through time. It was from an out of town fan, thanking her for what was then believed to be an *outrageous* literary piece. There was no address on the envelope; but by then, Sarah was famous in Eau Claire.

I'd like to fast forward to 2013-in terms of Sarah's community involvement work-and mention what she's always valued: it's important to demonstrate the power of building coalitions. Although retired, Sarah is actively working with several leaders of a section connected to *The Clear Vision Eau Claire Initiative* called Building Bridges that aims "to strengthen connections among diverse constituencies, and to promote social justice." Also, as a long time advisory member for Women's Way, a Lutheran Social Services program which supports women in recovery, Sarah said, "I realize the importance of JONAH's [Joining Our Neighbors, Advancing Hope's] 11 X 15 program in promoting Treatment Instead of Prison, in which Eau Claire

SIDEBAR

Appointed Chair of The Commission on The Status of Women at UWEC First initiatives were to establish the Children's Center and a program for returning women students.

Appointed Chair of The Wisconsin Women's Council and to The Council on Business/Education Partnerships under Gov. Tony Earl

Sarah Harder and her sister, Susan Halseth, created The Choices & Challenges Program to encourage girls 10-14 about future career options.

Coalition-building with Russian Women's Groups i.e., "Conference on Women and Leadership" in Eau Claire

has been a national leader."

While in the future more can be written on Sarah Harder-who was recognized on the cover of *Ladies Home Journal* as "One of America's 100 Most Important Women"-let's say I've attempted to provide a *glimpse* of Sarah's life with a touch of "an insider's view." It's now time to get a cup of coffee and read my Unitarian newsletter *The Herald*, where Sarah, as President of The Eau Claire Unitarian Congregation, always has an excellent column.

The Yoga Tree

Branching out to give

The Next 4 Yoga Tree events are:

March 9th benefiting Camp Manitou at Mayo Auditorium

April 20th benefiting the Pediatric Oncology Department (funds will go to making the area more kid friendly) Marshfield Clinic

May 18th benefiting The Center for Healthy Living at Sacred Heart

June 22nd benefiting Bob's house for Dogs at the big white barn



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Roots, Shoots, and Balance

Written by Aveen Banich

All of us are roots and shoots in the human garden. As far as we root in the earth is as far as we sprout in the world. - Mark Nepos

Spring is surely coming our way here in the Chippewa Valley. The days are getting longer, and soon the daffodils will send their green shoots toward the sun. Do you feel "rooted" or a bit adrift? Over the past few weeks, my schedule at times has felt almost overwhelming. While I love what I am doing, it never fails that when I confuse doing with being, life knocks me off center—slightly adrift, a tad off-balance, and less firmly rooted.

Action-packed lives are exciting, but they also can drain us. At times, our over-scheduled days and nights simply cannot be avoided. Yet, on other days, we may use our non-stop activity to avoid being with ourselves. For most of us, activity is much easier than stillness. How often during our hectic days of running from place to place do we fill any precious free moments with texting, email, or checking Facebook? Is this because, if we stop to focus on just being, we won't know what to do or which way to go? Maybe. Though, if we continue to fill our days to the brim with activity and noise, we may miss a small voice inside calling each of us to listen deeply.

Doing all of the time prevents us from deeply rooting. We need time and space, quiet and introspection to find our own center and allow our authentic selves to take root. Once rooted, we can send our shoots into the world with grace and confidence. This is balance.

So, when we feel a bit frazzled, perhaps it is time to check in with ourselves, scheduling time as we would keep a dental appointment. And sticking to it!

Let's dwell for a moment in that space of not knowing what comes next. This space is often unsettling and at times uncomfortable. Nevertheless, it is in this very space that we grow. By taking a break from non-stop running, we access this

place of potential - a liminal space between no longer and not yet. It is from this space that we begin our real journey.

With technology turned off and our to-do lists hidden, let's listen for the songs our hearts are singing to us. We each have one. Maybe an inner artist who misses expressing her creativity? Create something—draw, sing, write, scrapbook, or cook just for fun. How about the inner social butterfly longing for some girl time? Gather some friends and bond, woman! Perhaps an inner child needs to be freed? Dance. Try a new activity. Be silly with your children for no reason. Eat popcorn for dinner. Maybe while listening, we simply realize that we are exhausted? Take a nap and don't feel even a bit guilty about it. These scheduled times for ourselves are often hard to maintain. We feel guilty or self-indulgent. However, they really do center us. When we are centered, our families, workplaces, and communities reap the benefits.

Once in balance, we can more easily add smaller moments back into our hectic days to nourish our roots... like taking ten minutes each morning to check-in with our hearts in stillness: meditation, prayer, or simply sitting quietly with a cup of coffee before the house awakes. Or while in the shower, we could try to find 3-5 unique reasons that we are grateful and happy in that moment. In our cars on the way to work or school, we can mentally bless each person or animal that we see. When we are really present with people we encounter during our days, even the small interactions can become wonderful.

When in balance, our roots go deep and our shoots spread beauty and love in our world. Then, when we encounter those times when we no longer know which way to go or what to do—and there always will be those times—we can draw from the roots we have set down and carry on.

Come try a yoga class or meditation with Aveen at Life By Design (www.lifebydesignec.com)

*It may be that when we no longer
know what to do,*

we have come to our real work;

*and that when we no longer know
which way to go,*

we have begun our real journey.

*The mind that is not baffled is
not employed.*

*The impeded stream is the one
that sings.*

-Wendell Berry

family sitdown |

Challenge Yourself to Get Involved

By Karla Roach

Years ago, before my husband and I had kids, I found a sense of emptiness inside. Sure, I was busy with work, our many pets at home, and my social life, but something was missing. I began filling that emptiness with my gift of giving back to my community by volunteering. First, it was Junior Achievement. I was fortunate to work for company that was active with J.A. because they allowed for me to donate my time during working hours. Next, I took on both the Eau Claire County Humane Society and the Irvine Park petting zoo, because of my love for animals. Finally, as my faith grew deeper in religion, I taught third graders CCD at my parish. Whew...then along came the kids and the growth of my family. I vacated those volunteer posts and went on to different positions that better fit in with my new life. Currently, I am concentrated on the Family Life Committee at our parish and what seems like the endless activities at our children's schools. What I discovered is, no matter what place you are in life, there is always an opportunity that will fit you. Therefore, I dare you to "challenge yourself to get involved!"

Below, is only a small portion of what is out there:

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Are you generally a positive or a more negative person? Are you a "glass is half full" or a "glass is half empty" kind of gal? Are you a merit-finder or a fault-finder female?

Me? By the laws of nature and nurture, I am a negative, glass is half empty, fault-finding female. (Don't you want to knock on my door now?) I will add that I *used to* wear these traits like a pair of comfy shoes. And there are still occasional days I want to put on those old shoes again.

Let's face it. We all know innately negative women like me; and we all know merit-finding, glass is half-full, positive ladies (to whom I refer with much adoration). My bottom line? I got to the point in my life where I wanted HER shoes—kind of like that scene in *When Harry Met Sally* when the lady says, "I'll have what she's having!"

Positive people do *seem* happier, healthier, more creative, and overall very comfortable in their own skin. They *appear* less anxious, more balanced, and more at ease. Scientific research validates this, too. Positive people *are* healthier and happier. They generally live longer. In reverse, yes, people who tend toward negative thinking *are* less healthy and less happy.

In researching this topic at length, I am here to tell you that we can learn to become happier and more positive. Numerous research studies prove it. We just need to step out of our comfy shoes and try on those "sneakers for the mind."

By understanding some fundamental ideas of positive thinking/living based on Positive Psychology, we can change our mindset and our behaviors. Positive Psychology was founded by Martin Seligman and is the scientific way of studying happiness. I emphasize *scientific* because these interventions have been **tested** in various, rigorous research studies. Positive living puts an emphasis on cultivating happiness, self esteem, strengths, and optimism. Tal Ben Shahar, another leader in Positive Psychology, states, "We can increase our 'positivity ratio' as a means toward higher creativity, motivation and health. This in turn leads to more success individually, in relationships, groups and organizations. When we practice the exercises of positive thinking/living, we learn roles rituals and habits that bring about positive change."

Consider French philosopher, Voltaire's words: "I have chosen to be happy because it is good for my health." **Choosing** to be happy and positive is one of the first steps to positive living. This is not "Pollyanna" positivity. I am referring to being an optimalist—someone who practices *realistic* optimism. However, we must first be willing to acknowledge our humanity and our

reality. Life is not perfect; nor are we. We are not here to find fault with who we are. (Some of us already excel at that.) Instead, I like to believe we are here to gently accept ourselves and begin the process of positive change. *Identifying our strengths* is a vital step in this process.

Unlike traditional psychology, which focuses on pathology and symptoms, Positive Psychology focuses on a "*build what's strong*" approach versus a "*fix what's wrong*" approach. By fixating on our strengths (which we **all** have), research shows that other troublesome areas will fall into place. (Of course, traditional psychology and therapy are valid; Positive Psychology is meant to augment rather than replace those methods.)

Choosing to be more faith-based also has helped me to become more positive. The five-word phrase, "Let go and let God," has released me of some of my most negative energy-worrying. Worrying zaps our positive energy and really has no beneficial purpose. It sucks much of our life force and positive thought. It truly empties our today of its strength. So, *meditating* is another powerful exercise for positive living. Meditating just ten minutes daily has helped me to restore positive energy.

Honestly, for me "fitness for the body" is much easier than "fitness for the mind." Wired to move, I always have been a bit of a "nervous Nellie." Now each day when I wake up, I choose to purposely and consciously think about the exercises I need to do to be more positive... then I need to follow through. This is work for me. But it **does** pay off with appreciable benefits. I truly admire those people who do this naturally; so now I seek out many of you. I am very fortunate to be married to a positive man and to be surrounded with many positive loving friends and family members. When I **really** need a bolus supply of positivity, I spend some good old quality time with my family and our pooch. There is much to be learned from observing the family dog. (As I am writing this, my canine is running through the house with a roll of toilet paper in his mouth. He is having a grand old time. How can we not smile?)

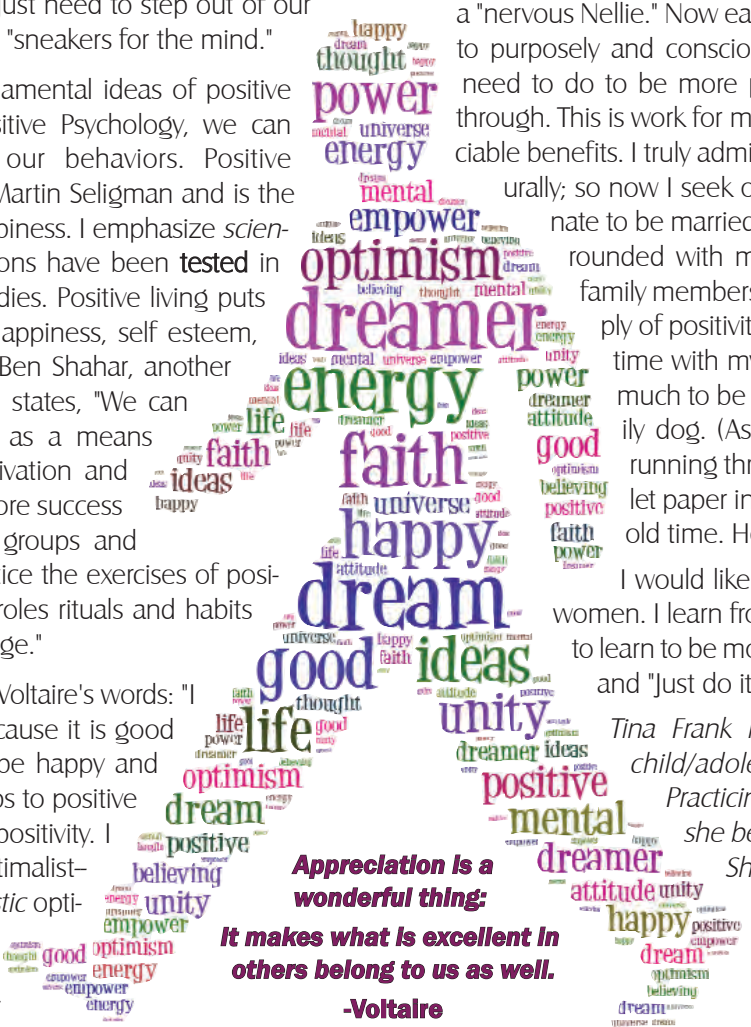
I would like to commend all of you positive women. I learn from you. And for those who want to learn to be more positive, let's put on our Nikes and "just do it!"

Tina Frank is a clinical nurse specialist in child/adolescent/family mental health. Practicing psychiatric nursing since 1986, she began her private practice in 1999.

She will open her new practice, Positive Living, this summer at "The Center" on Clairemont Avenue, Eau Claire (currently under renovation).

POSITIVE LIVING

- Fitness for the Mind



Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.
-Voltaire

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Just What Is Family Law ???

By Emily Long

Whether it is the significant stress caused by divorce or the pure elation of adoption, family law is full of emotion. To make matters worse, the court system and specifics of family law are uncharted, unfamiliar territory for most of us. Fear of the unknown can make an already stressful situation paralyzing, preventing us from taking action we know must be taken.

While it is impossible to remove entirely the uncertainties and pressures of navigating the family court system, it is my hope that some of the emotional distress can be alleviated with a basic knowledge of family law. Knowledge is power, as they say, and this is especially true when discussing a topic like family law where myths and misconceptions abound. Below you will find a brief overview designed to provide basic information regarding some common areas of concern and confusion in divorce, child placement, and adoption matters.

PHYSICAL PLACEMENT

As a former Domestic Violence Prosecutor, I often heard victims say they could not leave because their significant other threatened to go to court and take the children. This is almost always a hollow threat. There are many statutory safeguards in place so each parent receives appropriate consideration for placement. Normally the Court will order the parties into mediation to attempt to reach a mutually acceptable agreement on their own accord. If that is unsuccessful, the Court will appoint a neutral Guardian ad Litem to examine the needs of the family and make recommendations to the Court regarding placement.

When making a placement decision, the Court will consider numerous factors. To start, the Court will consider arrangements which maximize the amount of time the child or children may spend with each parent. While equally shared placement is the optimal goal, that is not always possible or advisable. For example, if the parents are separated geographically, it may be necessary to give greater periods of physical placement to one parent.

The Court can limit periods of physical placement if it finds that physical placement with a parent would endanger the child's physical, mental or emotional health. The Court will consider past domestic abuse by or between the parties when determining the safety and well-being of the child and parent. The Court cannot, however, deny periods of physical placement based on a failure to pay either child or spousal support.

CHILD SUPPORT

Child support can be agreed to by the parties or determined by statutory guidelines. If a parent has placement of a child (or children) less than 25% of the time, generally standard percentages will be used to determine a fixed amount of child support. If both parents have 25% or more placement, the calculation of child support is based on a formula that considers both the time spent with each parent as well as the relative income of both parents.

MAINTENANCE

In an annulment, divorce, or legal separation, the Court may grant maintenance, similar to what was once known as alimony. In making such a determination, the Court looks at many factors. For example, the longer the marriage, the more likely an order for maintenance. Also significant is the relative educational position of the parties. One party's sacrifice to put the other party in a better educational or occupational position will be taken into account.

PROPERTY DIVISION

Except in the simplest of cases, property division can become complicated. From tax ramifications to determining the true worth of assets, there is much to be examined. There are Certified Divorce Financial Advisors that can discuss and evaluate each particular financial situation in the context of a divorce settlement. Frequently, financial arrangements can be agreed upon that are beneficial to both parties.

Be reaching these agreements, each party can consider the relative benefit rather than leaving their financial fate to the Court.

ADOPTION

One of my favorite parts of my practice is handling adoptions. The joy brought to each family welcoming a new member is undeniable. The process, unfortunately, can be



stressful without proper legal guidance. Prior to an adoption, the rights of birth parents must be terminated. For understandable reasons, the Court takes this very seriously. Birth parents must receive proper notice and information. Without rigorous adherence to these procedures, the Court will not grant the termination and the adoption will not proceed.

Finding the Right Attorney for You - A Final Note

For many people, one of the first challenges may be finding the right attorney to help them. Given nothing is more important than your family, this is of obvious importance. Certainly, knowledge of the law and professional skill are important considerations in this choice. Equally as important, however, is finding an attorney with whom you feel comfortable. In a time of upheaval, your attorney should make you feel like your concerns are his or her concerns. You need someone you can trust and rely upon and who is available seven days a week.

Emily Long is a former Domestic Violence and Sexual Assault Prosecutor who now practices in the area of Divorce and Family Law and is a shareholder at the law firm of Weld, Riley, Prens & Ricci, S.C.

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

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FOODIE FORUM

Soups On

I love soup because it is so seasonal and versatile. Drop us a line on facebook and let us know your favorite soup. Here are two recipes that can be made ahead of time. Just add your favorite cornbread recipe and you have an instant meal while you enjoy:

- March Madness
- Game Night with Friends
- Family Movie Night
- Cinco de Mayo Celebration



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.

Mexican Layered Rice Serves 12

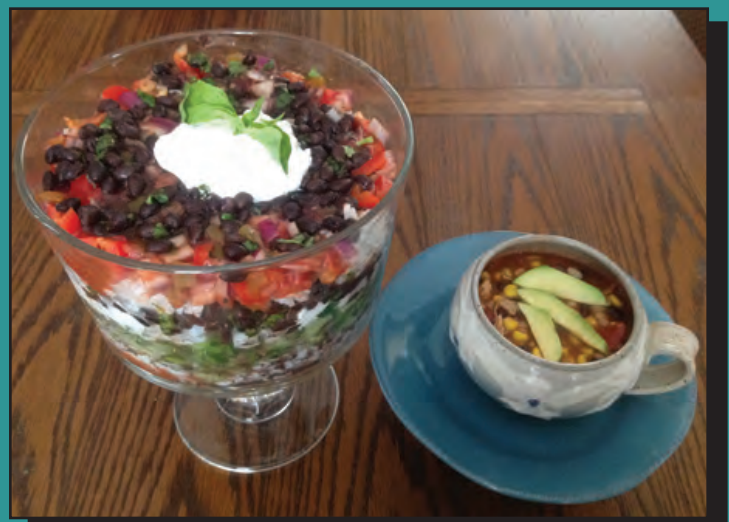
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| Rice | Beans |
| 5 1/2 cups water | 2 cans black beans, rinsed |
| 1 tsp olive oil | 2 tsp ground coriander |
| 1 1/2 tsp salt | 1 tsp onion salt |
| 2 cups long grain rice | |
| | Red salsa |
| Green salsa | 1 cup salsa |
| 8 tomatillos husked, chopped | 1 red pepper chopped |
| 1 green pepper chopped | 1/2 cup red onion |
| 1 c. chopped green onion | 1 TBS olive oil |
| 1/2 cup chopped basil | 1 cup plain yogurt |
| 2 Tbs olive oil | Basil to garnish |

For rice: combine water, olive oil and salt in large saucepan. Bring to boil. Add rice and return to boil. Reduce heat to low and cover and cook about twenty minutes. fluff with fork. Transfer to baking sheet and cool. Combine green salsa ingredients in bowl. In separate bowl combine red salsa ingredients. In third bowl combine bean ingredients. Assemble in 4 quart clear bowl or truffle dish. Spoon 2 cups rice in bottom of bowl. Spoon green salsa on top. Spoon another 2 cups rice. Spread yogurt evenly over rice. Spread all but 1/4 cup beans over yogurt. Spread remaining rice and then top with red salsa and beans. Cover and refrigerate at least one hour or overnight. Garnish with basil.

Chicken Barley Soup Serves 12 cups

- | | |
|----------------------|----------------------|
| 1 can tomatoes. | 1 cup barley. |
| 1 can black beans | 3 cups water. |
| 16 oz salsa. | Garnish with avocado |
| 1 can corn | 1 Tbs chili powder |
| 15 oz chicken broth. | 1 tsp cumin |
| 3 cups chicken | |

In 6 quart pan combine first 7 ingredients. Bring to boil, cover and reduce heat to low. Simmer 20 minutes, stirring occasionally. Add beans, corn and chicken. Simmer 5 minutes and add more broth if needed. Garnish with Avocado.



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Behind the Beautiful Forever Life, Death, and Hope in a Mumbai Undercity by Katherine Boo

Katherine Boo spent over three years in Mumbai's Annawadi slum to do research for her book, *Behind the Beautiful Forever*. The book reads like a novel but it is a work of non-fiction and the characters are real, right down to their names.

You are immediately drawn to the people being written about. Abdul, a Muslim teen who is talented for finding recyclable garbage; Asha, who uses her police and political connections to climb out of poverty; Manju, Asha's eye-appealing daughter

who is the slums only "college-attending" girl; Fatima, a one-legged neighbor of Abdul's who is prone to violent outbursts; Kalu, a young boy who steals scrap and sells it to Abdul; and Sunil, a perceptive twelve year old scavenger.

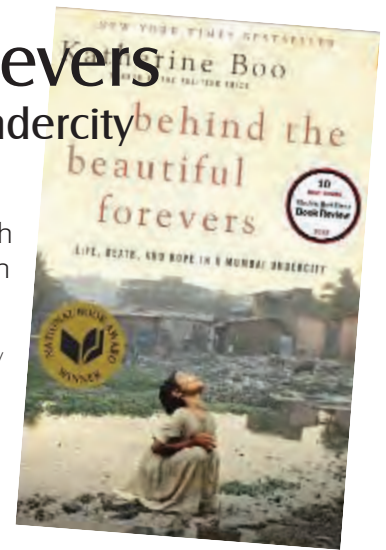
Their stories unfold and Annawadi comes to life.

Boo reveals that most of the way people get out of poverty, no

matter where they live, is through their imagination and their own courage.

Boo does not enter into the story until her author's note at the end, which gives her narration an intimacy that is unchallengeable. In her words, "It is easy, from a safe distance, to overlook the fact that in undercities governed by corruption, where exhausted people vie on scant terrain for little, it is blisteringly hard to be good. The astonishment is that some people are good, and that many people try to be—If the house is crooked and crumbling, and the land on which it sits is uneven, is it possible to make anything lie straight?"

About the Author: Katherine Boo is a staff writer at *The New Yorker* and a former reporter and editor for *The Washington Post*. Her reporting won her a Pulitzer prize. For the last ten years she has divided her time between the United States and India. This is her first book. The book is a National Book Award Winner.



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RAYS OF GRACE 1X

WRITTEN BY GRACE THEISEN

TRUST ME, I KNOW WHAT I'M TALKING ABOUT

As we roll back in to the season of spring, I begin to think about what memories I have had and all the great activities to do outside. One thing I really enjoy doing is going biking with friends and family.

One day last spring my cousins and I decided to go for a bike ride. Even though my parents have told me since I was very young to wear a helmet and good shoes, I proceeded in flip flops, tank top, and a skirt (great biking outfit...not).

As we rode around, we decided it would be fun to race back to my house. Everything was going great (I was in the lead). Just then, my cousin yelled "Here comes a car!" All I could think in that moment was, "Oh no! What if they see my underwear?" To make sure my skirt did not fly up, I set one hand on my lap and the other was on my bike break.

I pulled the break and just my luck it was the front break. You guessed it; I flipped off and over my handle bars. All I can hear are my cousins Alex and Amelia laughing hysterically. By this time, the car had pulled into her driveway and the driver hurried out to see if I was okay. She asked "Are

you okay? That looked like it really hurt." I stood up, dusted myself off, and told her it was just a little scratch. Actually, it was more than just a scratch. Much more, really.

A few weeks later it was time for Camp Manitou and the infamous mud hike. I was pretty upset because I was unable to go with the nasty open wounds and all. Looking back, I just have to laugh. All of this happened because I didn't want someone to see my underwear! Lesson learned: Don't wear skirts when speed race biking. Just kidding! Just make sure to have shorts on underneath your skirt. Kidding again. True moral of the story is, listen to your parents. I guess they know what they are talking about when they tell you things like "Wear a helmet and good shoes." Just like my dad always says, "Trust me, I know what I'm talking about." Maybe he does.



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What's Going On

March 2013 Events

March 7 - Live Performance "Heatherlyn" - 7:30pm - 9:30pm, The Mabel Tainter Center for the Arts will be hosting a live music performance from soul-roots-rock singer/songwriter artist Heatherlyn. Heatherlyn has been honored with the Midwest People's Choice Award of NPR's Mountain Stage/NewSong Performance Contest. The soulful, honest voice she generously shares in her singing, lyric writing and reflections resonates with people from many various walks of life. In concert, Heatherlyn leads participants on a refreshing journey of connection - from whimsical laughter together to deeper thoughtfulness about life and love, considering how we each are conduits of peace and hope in our world.

March 14-15 - Weekend Comedy - at Fanny Hill Dinner Theatre. Think ALL IN THE FAMILY on vacation. 800-292-8026

March 14-17 - Wheeler Dealers - March 14-16 at 7:30pm and March 17 at 2pm at the Heyde Center for the Arts, 3 High Street in Chippewa Falls. It's April 1958 and John Wheeler is a car salesman at Wheeler Motors in the fictitious small town of Pine Fork, Wisconsin. His father, Big Jack Wheeler, owns the dealership and doesn't think his son is selling enough cars. Big Jack hopes to retire soon and wants John to step up his sales pitch and become a "wheeler dealer." Cliff Barlow, a newly-hired car salesman, conspires to take over the business and steal John's long-time girlfriend Valerie, the dealership's efficient bookkeeper. Can John become a "wheeler dealer" and win back his girl? Is there a bit of "wheeler dealer" in each of us?

March 16 - McDonell High Craft Show - Located at McDonell High in Chippewa Falls. For information call 715-723-9126.

March 21 - Spaghetti Feed at Christ Lutheran School - 67 E. Colome Street in Chippewa Falls, 4:00 pm - 7:00 pm, You can dine in and enjoy your dinner in our Italian dining room with great fellowship or you can call ahead at (715) 723-3697, and we will meet you at your car for you to take your dinner home to enjoy. Suggested Donation: \$7.00/meal.

March 23 - Fragile Music presents Rosewater - 7:00-11 pm at The Heyde Center for the Arts, 3 High Street in Chippewa Falls. A concert to raise awareness and support for homeless veterans.

April 2013 Events

April 1 - The 19th Annual Women of Courage, Confidence, and Character - 6-9 pm at The Florian Gardens, hosted by the Girl Scouts of the Northwestern Great Lakes. A Silent Auction and Secret Sparkle raffle will begin at 6:00 p.m. Contact: AMY UNDERWOOD, FUND DEVELOPMENT, 888-747-6945 or 920-955-3384 or AUNDERWOOD@GSNWGL.ORG.

April 6 - Quality Spring Craft Sale - Uncommon crafts, expertly handmade from 9am to 3pm at the Chippewa Falls Senior High School. For more information contact Pam 715-723-6633 or weyandt6@gmail.com

April 12-14 - Here We Grow Again Sale - A Spring and Summer sale featuring over 35,000 children's items will be April 12-14 at Hobbs Ice Arena, Eau Claire. Friday, April 12th 8-5, Saturday, April 13th 8-4, Sunday, April 14th 8-1. www.HereWeGrowAgainSale.com

April 13 - "Sweet Freedom's Song!" - 7:30pm - 9:30pm at Colfax High School, Colfax, WI; 44th Annual Barbershop Harmony show performed by the Dunn County Chapter's Northern Lights Chorus and quartets, and featuring special guests: St. Croix Crossing quartet (International Senior's Finalists) and The Bottom Line quartet (District Finalists from Fargo, ND). An evening of a cappella singing celebrating our Nation - where patriotism, the love of our country, and the strong bonds of friendship and harmony have been our lasting heritage. Wonderful songs of America! <http://arneberg.com/bbshop/dunnco/>

April 26-28 - Spring Fest in Chippewa Falls - sponsored by the Chippewa Falls Rotary Foundation, at the Northern Wisconsin State Fair Grounds off Hwy 124. Local vendors displaying spring related products, 2 heated tents with live music, Family activities (5k fun run, petting zoo, inflatables, bonfire), food vendors

April 27 - Chippewa 50k/10k Trail Run on the Ice Age trail. This 50k ultra marathon and 10k is a beautiful run along the Ice Age Trail in New Auburn. The 50k race starts at 8am and the 10k race starts at 8:30am.



4:30 AM Coffee House	29
B-Framed Galleries	36
Catholic Charities	29
Chicks Night Out	33
Chippewa Growers	25
Classics	29
Details Fine Apparel and Accessories	33
Down To Earth	21
Eau Claire Symphony	35
Health Centered Dentistry	29
Kris Newman	31
Kristo Orthodontic Specialists	7
Laskers	3
Life By Design	11
May's Floral Garden Inc	33
Merrick Plastic and Hand Surgery	5
Northwoods Family Eyecare	25
My Friends Place	15
OakLeaf Surgical Hospital	25
Pine Grove Family Medicine	21
Regis Catholic Schools	Inside Front Cover
Regis Court Dental Associates	3
RCU	Back Cover
R. Tews Construction & Design, Inc	11
Sacred Heart Hospital	Inside Back Cover
St. Joseph's Hospital	15
Smiles in Motion	7
Southside Medical Clinic	31
The Garage	19
The Medicine Shoppe	34
The Yoga Tree	25
Toycen Motors	31
UWEC	35
Weld, Riley, Prens & Ricci SC	15
Westconsin Bank	21
W.I.N.	19

Personal *Life* Inventory

Thursday, April 4

5:30 – 7 pm

29 Pines & Sleep Inn &
Suites Conference Center

Register by calling 715-717-1400

Join Cheri Dostal, NASM CPT, Evolve Wellness, as we learn how to focus on our top priorities.

Thursday, April 18

Work - Life Balance

5:30 – 7 pm

29 Pines & Sleep Inn & Suites Conference Center

Register by calling

715-717-1400

Join Tom Kidd, B.S./M.S. ME-PD of Balanced Wellness to master the art of finding your perfect balance.

May 14, 15 & 16

*Recharge, Refocus,
and Reenergize Your Life*

Tuesday 1 pm — Thursday 11 am

White's Wildwood Retreat Center

Chippewa Falls

\$275

This 3 day women's retreat will focus on those struggling with metabolic risk factors and are ready to make a lifestyle change. Join us for powerful learning about health, exercise, nutrition, positive attitudes, and much more! Register by calling 715-717-1600



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