

5 LIVE FOR WOMEN

NOV | DEC | JAN 2014
VOL 2 | NO 7

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

Merry Christmas

*Presence
is Present
Enough*

HAPPY
NEW
YEAR

CHIPPEWA VALLEY'S PREMIERE WOMEN'S MAGAZINE

JOIN US AT *Mega!*

MEGA'S TASTE OF THE HOLIDAYS
E X T R A V A G A N Z A
SATURDAY, DECEMBER 7TH
AT BOTH MEGA LOCATIONS

*Free to
Attend*

DELICIOUS SAMPLES - FANTASTIC SALES - SILENT AUCTION PRIZES

Holiday entertaining inspiration starts at Mega!



Mega! East

1201 S Hastings Way
715-839-5200

Mega!
foods

Mega! West

2615 N Clairmont Ave
715-836-6342

Like
us on

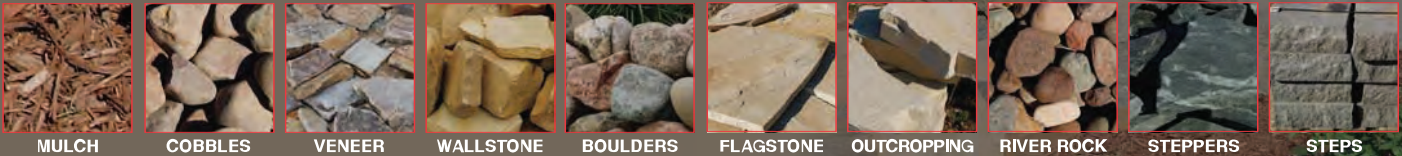




WIDEST SELECTION of **Rock & Stone**

Check Out Our **NEW** Website

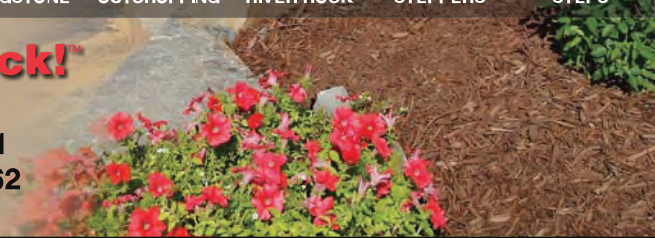
www.RedFlintRockandStone.com



Do You Rock?™

We Rock!™

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



**A family practice
with real
family values.**

**Teeth
for life!**

- Fillings & Preventative Sealants
- Crowns, Veneers & Bridges
- Root Canals
- Extractions
- Partials & Dentures
- Teeth Whitening
- Cosmetic Dentistry
- Sedation Dentistry
- Regular Check-ups
- Routine Cleanings & Gum Therapy

Healthy, beautiful smiles start here!

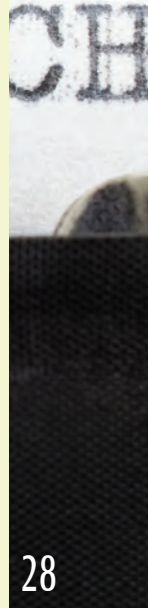
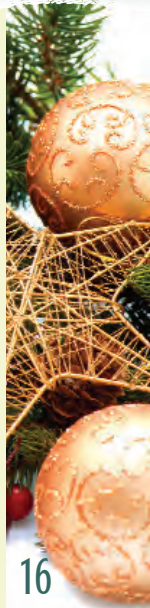
General Dentistry
Sedation Dentistry
Pediatric Dentistry
Cosmetic Dentistry

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

RegisCourtDental
ASSOCIATES
regiscourtdental.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 Literacy Volunteers & Faith Partners
- 16 Cheer Up, the Holidays are Coming!
Survival Tips for Split Families
- 20 Get Fit With Friends
A Fun Way to Fitness Success
- 26 5 Quick Self-Care Tips
for a more balanced holiday season
- 28 Michael Perry - A Local Treasure
- 30 I'm Dreamin' of a Cheap Christmas
- 32 Let's Get Organized for the Holidays!



MERRY CHRISTMAS!

[in every issue]

Editor's Note
News From Jen Theisen **06**

Energize
YMCA Strong Kids Campaign **07**

On the Scene
Out and About in the Valley **08**

Taking Five
Meet Women in the Valley **10**

Fab Finds
Our Favorite Finds **12**

Foodie Forum
Recipes **36**

Quick Fixes
by the Five Crew **37**

Bookmark
Book Reviews **38**

Rays of Grace
By Grace Theisen **39**

Can-Do Decorating
Classics Furniture **40**

What's Going On
Calendar of Events **41**

Ad Index
A List of Advertisers **42**

[also]

Wismas:
a Wisconsin Christmas 11

Holiday Traditions
Create Magical Memories 15

Sister Strangers 18

Madeline Island
Fall Yoga Retreat 2013 19

Make New Friends,
But Keep the Old 22

It's "Soup"er Easy 31

Happiness - The Real
Science Behind It 34

What do you know about Skin Tyte

Merrick Plastic & Hand Surgery is proud to be the first
in the Chippewa Valley to offer this new technology!

Here's what you need to know...

- ◆ Skin Tyte firms and tightens skin for a more youthful appearance.
- ◆ Skin Tyte uses infra-red light to contract collagen, stimulate new collagen production and promote the body's natural healing process.
- ◆ Skin Tyte is virtually pain-free! Patients compare it to a hot stone massage.
- ◆ Skin Tyte can be performed on the face, neck, upper chest, abdomen, thighs, above the knee and other areas where skin has lost its elasticity.
- ◆ There's no down time.

*Call us today - we'll be happy
to answer any questions
you may have!*



MERRICK
PLASTIC & HAND SURGERY

(866) 242-3499

719 W. Hamilton Ave.
Eau Claire, WI 54701



I am so excited to share this holiday issue, "Being in the Present Moment." With so much activity through Thanksgiving, Christmas, and the New Year, we're changing up our schedule. Look for our regular scheduling and next edition this February. This change will better accommodate our contributors and advertisers, as well as facilitate our own living in the present moment efforts.

Every woman knows, November is the official kick off of the blessed but busiest time of the year. This year, I challenge myself and my readers to remain present through the hectic holiday hustle and bustle. I purpose to reject the frenzy, replacing the fast and furious with a slower, more enjoyable pace. For those of you who know me well, you understand this is a challenge indeed.

This year is teaching me to table the worry, putting the stress away for later. Most often, I find when 'later' rolls around, the issue is not quite as pressing as I imagined. Sometimes we need to table the seemingly urgent in order to tend to the important with presence of mind.

This time of year prompts me to look around in gratitude. Looking back, I am grateful for all I have learned. Looking forward, I am grateful for new adventures placed in my path. God is good! Today I am grateful for small victories. I was able to temporarily table the overwhelming to-do list, pour a cup of coffee and enjoy some time with my kids.

We're celebrating 5ive for Women's second year! To all the contributors and writers, you have shared amazing work. Your transparency has encouraged women of the Chippewa Valley. I receive letters weekly sharing how the articles in 5ive have inspired and encouraged. Together, we are changing lives!

I have an extraordinary group of ladies putting their heart and soul into every issue of 5ive. You have families, your own to-do lists, and work in addition to 5ive for Women. You handle it all with grace and I am forever grateful. I offer sincere thanks to Karla Roach, Melissa Dorn, Tracy Heidtke, Maureen Therou, Vicki Larkowski, Briana Craig, and my beautiful Grace. Thank you for believing in me.

I thank my faithful advertisers. Without you, 5ive for Women would not exist. Many of you jumped on board when we were just an idea. Thank you for this vote of confidence. We continue to grow and I am thrilled to share that 5ive is expanding to Janesville, WI.

This edition brings some remarkable reads. A fascinating article delves into the science of being happy and we'll learn some great tips for reducing stress through organization. Another piece gives practical advice for managing holiday step-family dynamics. We offer some great make-ahead winter recipes freeing up family time. We'll look at the importance of nurturing our faith. Make sure to check out great Fab Finds for local holiday shopping.

Until next year, continue taking time for the 5ive: faith, family, friends, fitness, and finance. Have a wonderful and in-the-moment holiday season.


Publisher & Editor-in-Chief

5IVE FOR WOMEN

VOLUME TWO
ISSUE SEVEN

PUBLISHER
Jen Theisen

EDITOR-IN-CHIEF
Jen Theisen

CREATIVE DIRECTOR
Melissa Dorn

CHIEF FINANCIAL OFFICER
Karla Roach

WEBMASTER
Paul Roach

COPYEDITORS
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



- Find out why kids and parents love our office at www.sim4kids.com
- Dental health is a crucial part of a child's physical well-being.
- Pediatric dentists are prepared to care for a child's specific oral health needs throughout all stages of childhood beginning by age one.



Wishing you a happy, healthy holiday season



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




Erin Winn, DDS
Pediatric Dentist

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

10%

of proceeds from subscriptions of 5ive for Women during November, December and January will be donated to energize the following local, philanthropic cause:



Eau Claire YMCA
Chippewa Falls YMCA

My Life. My Smile. My Orthodontist.





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



Oktoberfest volunteers enjoy a moment in the Biergarten



Couples Dance and Polka the day away with over 30 entertainers that played throughout the weekend



2013 Festmeister and Festmeisterin, Dean & Betty White of Chippewa Falls walk in the Golden Keg Procession from the Brewery to the Oktoberfest Grounds



The 2013 Best Decorated Food Vendor, Hanley Popcorn looking festive with a newly built stand front



Past Festmeisterin, Peggy Leinenkugel dancing with her granddaughter and friends in the Northwestern Bank Main Tent

Oktoberfest Chippewa Falls

Northern Wisconsin State Fairground
September 20-22nd, 2013

Three stages with live entertainment, great food, kids games, parades, demonstrations and lots of family fun! Don't miss it next year, September 19-21, 2014!

Friends of Sacred Heart Hospital 2013 Hope Gala



Scott
and Kristin
Polenz



Bob
Krause



Dana Wachs,
Beverly Wickstrom
Mike and Pat
Markin



Terry
Molugh and
Jen Block

This was the 6th annual Hope Gala which was held at the Heartland Aviation hangar at the Chippewa Valley Regional Airport on October 5th. We raised \$46,000 with all proceeds going to support Cancer Care at Sacred Heart Hospital. This year we had approximately 250 attendees, gourmet food by the hospital's own Executive Chef Randy Lathrop, an outdoor s'mores station, many games and drawings and jazz and drumming inspired music by Chicago Afrobeat Project. This year's theme was Safari.

Taking 5ive with Deborah Lang



ability to mix business and art at the studio provides a haven for learning.

A love for music and the joy of dance artfully surround the life of Deborah Lang, director of the Performing Arts School of Dance and Music in the Chippewa Valley. Deborah's philosophy revolves around her ultimate goal: "My vision now is of dancers that will heal and healers that will dance, until all are healed and there is no need but to dance."

Deborah credits her first love, her husband, with allowing her the freedom to pursue a career in the arts. Although not one to participate in the arts, he has supported her choices—and those of their children—to explore various facets of art through drama, dance, and music. "As a unit, our family has created great memories thanks to each of

WRITTEN BY KRIS A. NEWMAN

express themselves through dance and music."

Her website states, "A child introduced to ballet, creative movement and music at an early age will likely develop a love for the arts and a passion for rhythm, sport, dance, and creativity which will last a lifetime."

I asked Deborah how the 5ive elements intersect with her passion for creativity.

FAITH

Deborah's deep faith in God generates optimism in her life. She enjoys devotion times with her family before meals and bedtime. They actively participate in a local church. Practical faith is an important element to Deborah. So, she believes it is important to teach her children about faith and to give them a platform for their future choices, too. For this reason, she supports local parochial schools.

FAMILY

To Deborah, the most important 5ive element is family. Her family isn't limited to genetics, however. "We have made so many strong connections over the years—with people in the Chippewa Valley through the Y, through school, through church, the neighborhood—that they feel like family, too."

FINANCE

Although it is Deborah's least favorite element, finance plays a role in allowing her to maintain her passion for teaching dance and music. Deborah's

FITNESS

In addition to being an accomplished dance and music instructor, Deborah teaches yoga to classes of all ages and experience levels at the YMCA. "I enjoy yoga. It gives me the chance to mix faith with fitness by allowing time to meditate and re-group."

FRIENDS

It is difficult for Deborah to separate family and fitness from friends, as they all come together. "The relationships we have built in the Chippewa Valley through years of enjoying arts and fitness together are amazing! Everyone binds together to help each other out. It is a wonderful gift! We prioritize time for each other and are aware of each other's needs."

Deborah's website sums it up well: "Classes under the careful direction of Deborah enhance the development of the whole child. While gaining strong, graceful and responsive bodies, children develop coordination, concentration, and above all, self-esteem and confidence." It's easy to see the 5ive elements at work in this statement!

Find more information about these excellent dance and music programs at webpages.charter.net/chippewadance or by emailing Deborah Lang at deborahlang@gmail.com.



these avenues. All of us have acted in, directed, managed, produced, and otherwise been involved in many productions over the years."

Deborah's current artistic outlet is through the Performing Arts School. The underlying purpose of the school is to help other families create memories, too. "I enjoy helping children learn to

Wismas: a Wisconsin Christmas

By Katie McKy

A wish list for Wismas, a Wisconsin Christmas, can tap into Wisconsin's wattage and heritage. Some of the possibilities are electric...literally.

Come November 28th (through January 1st), the wires leading into Chippewa Falls' Irvine Park hum. Pack up the kids, warm the cocoa, and wind through a Victorian village bedecked with 60,000 lights. Chippewa Falls also hosts the parade with the greatest name ever: The Bridge to Wonderland Parade. Held in December, it features over 50 illuminated musical floats and the clippity clop of horse-drawn carriages. Santa and his bride serve as the parade's caboose, riding high in the sleigh.

If you want more wattage and some walking, roll down the Great River Road to La Crosse's Riverside Park. The Rotary Lights show would make lights-loving Clark Griswold of the *Vacation* movies weep for joy and envy, as 2,600,000 lights glitter along the river. Many of the light displays are animated, such as the requisite Mississippi paddle wheeler, an exploding cannon, and a fire-breathing dragon. There are Cinderella carriage rides, free family hayrides, and a live nativity enabled by 700 volunteers, not counting the sheep, the donkey, and the goats. Of course, Santa's there in a heated house—and his eight, live reindeer are there, too—from December 1st through December 23rd.

How does a mid-sized community host such a gargantuan event? It's powered by the Christmas spirit, of course! "We've got it down to a true community project. There will be 87 non-profit organizations that provide the people power. There are over 3,000 volunteers," says Pat Stephens, president of Rotary Lights Incorporated, "We founded it all on feeding the hungry. The gratification is enormous. 230,000 to 250,000 food items are collected."

You can also opt for a classical Wisconsin Christmas, attending the Madison Ballet's *The Nutcracker*, *A Christmas Carol* by the Madison's Children's Theater, *Scrooge: The Musical* by Eau Claire Children's Theater, or the Madison Symphony Christmas. For a high-kickin' Christmas, see the Radio Christmas Spectacular starring the Rockettes in Milwaukee. If you fancy a quirkier Christmas, consider Fanny Hill Dinner Theater's rendering of *A Carol of a Christmas* where ghosts of sitcoms past beset one of Scrooge's descendents.

However, if you want to go old school and forgo all electronics, there's Old World Wisconsin, a replicated 19th century Wisconsin village, which gussies itself with period ornamentation. Travel to Eagle and see the way we were by the flickering light of crackling fires. Old World Wisconsin offers its Ethnic Holiday Dinner on weekends, honoring Wisconsin's Yankee, German, Irish, and Scandinavian immigrants. Savor the four-course meal to the tunes of period music.

Of course, you can enjoy an old-fashioned Wisconsin Christmas without going anywhere. Given Wisconsin's Scandinavian heritage, you could begin Christmas day with the julefrokost, the traditional Scandinavian breakfast. It's a breakfast and beyond,

as it's an all-day party centered around a glistening ham with sweet mustard sauce. Pickled herring and smoked salmon ring the ham. If you're Norwegian or Swedish, lutefisk swims into the mix. There are julegløgg, the hot-spiced wine, and gravlax, which sounds like Ex-Lax for gourmands of gravel, but is close to Norwegian sushi, being salmon that is "buried" in a dry marinade of salt, sugar, and dill. All together, it's a feast worthy of Thor; but if preparing the feast is too beastly for you, consider the Norwegian pancakes at the Norske Nook in Osseo, Rice Lake, and Eau Claire. The pancakes are hearty crepes topped with lingonberries as red as Santa's velvet coat.

The great thing about Christmas is that, whereas we might share components such as pine trees and gift giving, we are also free to tailor our own traditions. When I was young, my sibs and I laid siege to our parents' sleep on Christmas morning. There were seven of us; so we gathered until we achieved critical mass to topple their door and their sweet dreams. However, to hold off your horde, consider traveling.

Michelle Rowekamp of Eau Claire describes, "We go to the Macy's big display on the eighth floor of the downtown Minneapolis Macy's store. We did that every year when I was little. There are the Macy's Christmas windows, too, and they also have a Holidazzle Parade. It's all different lights, and it's really fun because it's at night. We also cut down our own Christmas tree every year; and we can do that because there are so many tree growers in Wisconsin. One of our favorites is the Lowe's Creek Tree Farm south of Eau Claire. They take you out on a horse and wagon ride. You select the tree you want and cut it down and they do the hard work of transporting it to your car. We also like to go to Boyd Park in Eau Claire each winter. There's a big bonfire and ice-skating. They have hot chocolate and an ice sculpture. It's free and so popular with families. You can even play winter Kubb and rent snowshoes for next to nothing. It's a fun way to meet people."

The ultimate Wisconsin Christmas celebration might be the one held at Lambeau Field on November 19th from 5 to 7 p.m. For many, Packer green is the most verdant of greens, surpassing even the green of the Christmas tree. The family-themed event, free to the public, will begin at 5 p.m. in the Lambeau Field Atrium. The event will feature choir performances, cookie decorating, holiday movies and cartoons, holiday card making, and photo ops with Santa Claus.

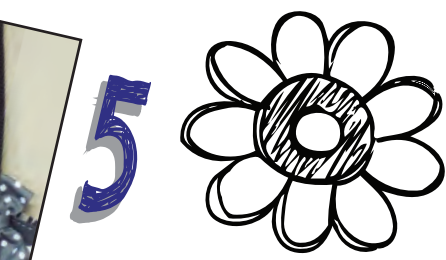
Whether or not you seek Packer green, there's one color you'll likely see this season: bright white! In Wisconsin, we rarely dream of white Christmases. When it comes to glimmering snowfall, Wisconsin delivers and that's our shimmering heritage.



FAB FINDS!



Johnny's is a distinctly upscale steakhouse complemented with a rich Italian background featuring traditional and innovative items. The classic interior is reminiscent of the supper clubs of yesteryear. Enjoy classic martinis, specialty cocktails and an extensive wine list, all of which sets Johnny's stage presence. With new-fashioned luxuries and old-fashioned service and hospitality, Johnny's Italian Steakhouse brings the Rat pack era to the 21st Century. P.S. The Zucchini appetizers are the best!!!! A must try for the holiday season! 4751 Owen Ayres Court, Eau Claire, 715-830-9779



One stop shopping in a great location just located off of Highway 53! The shop is turned completely around weekly and we add new inventory so there is always something new to see everyday we are open! We have home decor items from new and modern to swanky and chic to antiques and primitives! Furniture is also available and is always unique! Hours: Wed 12-4, Thur 12-7, Fri 10-6, Sat 9-3 and Sun 12-4. 1923 17th Ave., Bloomer, 715-556-3977



7



8

Skirt the Possibilities by COCO is all about skirts and how to wear them. Picking out the best skirts from market and bringing them to you. I search the vendors racks and select the best for you. Visit my website: www.skirtthepossibilities.com. You will fall in love with skirts too! 715-828-2681



9



Skirt the Possibilities



10



11

Sparrows by the Creek Boutique is a unique experience in Cadott Wisconsin. Offering a variety of apparel, gifts, accessories, home decor, handmade creations and so much more! We feature local jewelry and art... So make the trip to Cadott and see what we have to offer!
339 S Main, Cadott, 715-289-4600



12



Literacy Volunteers & Faith Partners

I moved from Laos to the United States in 2004. My husband had been here for a few years prior, and finally I was able to join him in Tennessee. It was very difficult to live and take care of my four small children because there was no help. I didn't understand how to live in a new country, how things worked, and the pace of life. There were no classes or ways to learn English. I felt very alone.

When we moved to Eau Claire in 2009, I felt relieved. My family finally found the help we needed. We had friends here who told us about the Family Literacy program and that there were people here to help us learn English. I have been attending classes at Family Literacy for three years and my tutor's name is Eileen. We work together on Monday mornings. She is really nice. My two youngest sons, Chalee and Prince, came with me to classes when they were little. I have moved from the beginner English class to the intermediate, and next year I will be in the advanced class. My children's English is very good!

I took the childcare class at Family Literacy and the food safety class. My husband serves on the Head Start board, and I helped in my children's Head Start classroom last year. Family Literacy helped me take and study for the US citizenship test, and I passed and became a citizen on March 28, 2013!

Khamla
Wife, Mother, Family Literacy Student, and US Citizen

Khamla's story is one of many student success stories from the Eau Claire Family Literacy program. With over 25 years in our community, Literacy Volunteers Chippewa Valley offers several programs, including the Family Literacy program. Each year, Family Literacy serves parents and their young children offering English, GED preparation and attainment, job skills, citizenship classes, and literacy training to adults with young children (aged infant to three years). Trained teachers lead classes in a structured environment at Christ Church Cathedral. Students attend voluntarily and are self-motivated—the classrooms are always full! Key to the Family Literacy program are the on-site infant and toddler classrooms, which are staffed by trained early childhood education teachers. Since nearly 98% of Family Literacy families live in poverty, in most cases, parent enrollment would not be possible without onsite early childhood education for their young children.

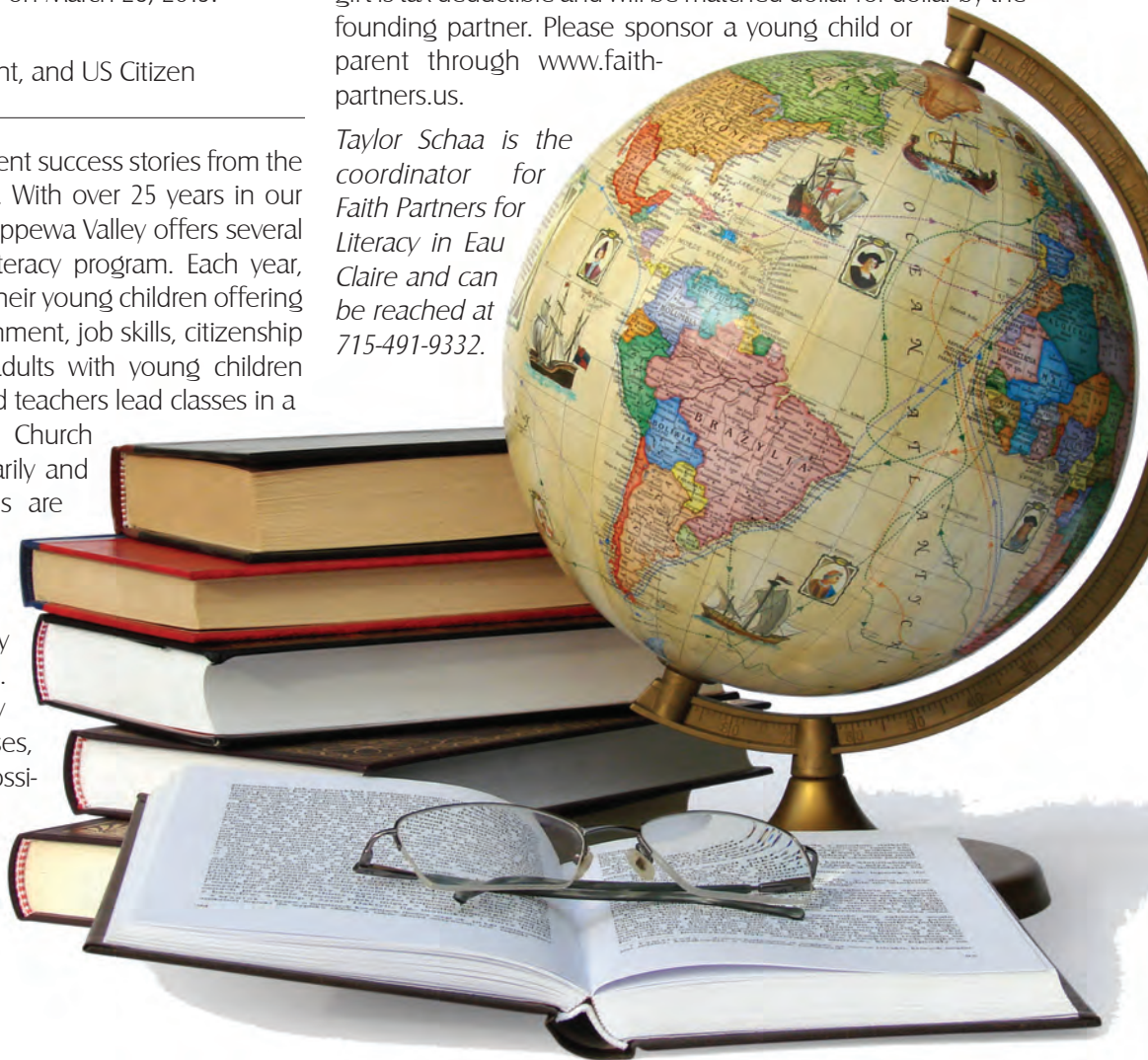
In 2012, Family Literacy took a

funding hit. The infant and toddler rooms were no longer available to families working on their skills. Christ Church members watched as the program dwindled and decided they must do something to keep the program going. Enter Faith Partners for Literacy. The passionate group of community members found a grant through the episcopal Jessie Ball duPont Foundation, enabling reinstatement of Family Literacy's onsite early childhood education classrooms in March 2013.

In the Chippewa Valley, nearly one in ten adults struggles with low literacy. So, Faith Partners for Literacy raises awareness about the need for literacy services in our community, while seeking community support and sustainability. \$30,000 needs to be raised by December 2013. Consider this: Researchers have found that for every \$1 invested in literacy in Eau Claire, \$33 is returned and saved in future costs (AT Kearny Corporation literacy study).

As a result of Khamla's success, she has spread the word by making presentations to church and community groups. Supporting mothers like Khamla means empowering generations through literacy and education. Faith Partners for Literacy is Eau Claire's avenue for continuing to ensure the literacy education needs of local families. Become a Partner today. Each gift is tax deductible and will be matched dollar-for-dollar by the founding partner. Please sponsor a young child or parent through www.faith-partners.us.

Taylor Schaa is the coordinator for Faith Partners for Literacy in Eau Claire and can be reached at 715-491-9332.



Holiday Traditions



Create Magical Memories

Written by Heather Rothbauer-Wanish

The holidays are a great time of year to celebrate, enjoy family, and create traditions. Although it may be cold outside, many people maintain a strong desire to make holiday memories. Fortunately, for Chippewa Valley residents, there is no shortage of events, places to visit, and traditions to keep the family together during this special season.

If you love the glow of Christmas lights and want to see a spectacular display, then Chippewa Falls' Irvine Park Christmas Village may be the place for you and your family. With more than 60,000 lights and 200 Christmas scenes, the Christmas Village has delighted attendees for over 25 years. To add to the ambiance, holiday music plays through a speaker system, enhancing the feeling of nostalgia as guests drive or walk through the park.

For the Klay family, the Christmas Village has become a family tradition. Leslie, her husband, Chris, along with sons, Caden, age 5, and Cooper, age 3, visit Irvine Park approximately five times each holiday season. "In 2000, Chris and I had our first Christmas together as a married couple. Our first home was in Chippewa Falls, and Chris told me that it was his family's tradition to visit the Christmas Village when he was growing up in Chetek," Leslie recalls. "We decided to go to the Bridge to Wonderland Parade and the Christmas Village that year; both events signified the start to our married lives together. Now, we get to share the experiences with our boys, making it even more special and spectacular."

Even though they visit the park several times during the holiday season, each time is different.

Leslie explains, "Sometimes we get out of the car and walk if the weather is cooperating. We have pictures of the boys near the wooden characters/buildings and favorite lights—some of the pictures are of them standing in several inches of snow and other times, they are standing on dry, hard ground. We have many visits after dinner and bath; the kids think it is extra-special when they get to wear their pajamas in the car."

And, creating those extra-special memories is what the holiday season signifies for many people. If you're looking for a truly unique experience, then you may want to visit Cabin Ridge

Rides near Cadott. Rusty and Judy Gilles, owners of the property, specialize in creating memories that fit every family's needs. The 400-acre recreational facility offers a variety of year-round activities with horse-drawn wagons, cabins, and beautiful scenery. The gas light retreat provides a great getaway along scenic Paint Creek, on the edge of the Irish settlement.

"We offer a wide range of activities, including wagon rides, bonfires, and cabin reservations," describes Judy. After taking a leisurely wagon ride, guests can participate in a bonfire, roasting hot dogs and marshmallows. "We can also provide meals for guests. Because we have this option, we have hosted company holiday celebrations, churches, 4-H clubs, and other social organizations. We are really excited that Cabin Ridge Rides has become a destination for many families and we are honored that we have become a unique part of our guests' traditions."

Judy adds, "One of the unique things about our facility is that it is truly inter-generational. We can offer activities that anyone in the family can participate in; in fact, our oldest wagon rider was 104 years old." When they started Cabin Ridge Rides in 1988, Rusty and Judy thought they might be able to build a small cabin where people could congregate after taking the scenic wagon ride. "We quickly outgrew that cabin which holds 28 people. Then, we built the larger cabin that holds 120 people. With our two cabins, we are able to host larger groups. And, some families actually use the cabins as the place where they hold their annual Christmas celebration." It's difficult to not be in a festive mood with a decorated cabin, roaring fireplace, and family-friendly atmosphere.

Not only does Cabin Ridge Rides specialize in making family traditions for others, it is also a family operation for the whole Gilles family. Mark and Tammy Gilles are the next generation poised to take over the business. Judy explains, "We live here and work here; the business is family-owned and features several generations living on the family farm." Because of their long-standing family heritage, the Gilles family members enjoy sharing local history and stories with visitors.

As with the Gilles family, Leslie Klay looks forward to continuing their family holiday traditions well into the future, "I like the idea of passing down a tradition to our children, and, hopefully they will do the same when they have a family. Traditions are comforting, especially in a fast-paced world where we often find ourselves too busy to enjoy 'little moments' such as driving through a beautifully-lit park."



Photo credit: Rodney Miller

Cheer Up, the Holidays are Coming!

SURVIVAL TIPS FOR SPLIT FAMILIES

True enough, as I make my way through various retail establishments this week, Halloween has not yet arrived and Christmas lights and fixtures sparkle in the aisles. Why are we all in such a rush, reaching out, extending past what we have for today?

Holidays are stressful for many people—what to buy, how many to buy for, will they like it—and then January's credit card statements roll in, and we stress over how we are going to pay for it all. There is tangible "electricity" in the air that begins about mid-November and dissipates after the first of the year. Most everyone feels it. For some, it is part of the experience of the year; but for others, it is a time of heart-squeezing stress, isolation, loneliness, regret...while pulling, pushing, and juggling schedules.

Couples and their children who are experiencing separation or divorce feel the weight and magnitude of the holidays broadened higher and wider than they've ever known before. They find themselves staring at a dark tunnel of 6-8 weeks, rather than the joy of family eating and laughing during Thanksgiving (okay and a few family fights over the yams on the dinner table). And the lights, toys, and trees announcing the Christmas season become a taunting reminder of what once was: family was together and routines were familiar.

If we allow our "personal recorders" to run rampant in our minds—ruminating over past conversations, arguments, packing up and leaving...or the future "what if, who will, when will"—we will build up towers of expectations in our mind, exclusive of anything that will really actually happen, and become stressed and despondent over what we've created. We have full control over what we think, speak, and do. We cannot control others; we can only control ourselves. We have complete authority over our minds to not allow others the power to affect our emotional well-being and contentment. Can we find calm, joy, peace, and contentment during the holidays when things are falling apart for us? Yes, we can. We embrace that we only have the moment at hand, with no promises for the rest of the day or any of the future. We cherish and give thanks for what we *do* have now.

Thanksgiving. Be with family, bring a new recipe to pass, draw a hand-made card with all that you are thankful for, make a centerpiece, take a plate to a lonely or elderly neighbor, call your church or school or Human Resource center to help families needing a home-cooked meal. If family is too far away, invite friends for a potluck meal, volunteer all day to help prepare and serve meals at a community kitchen, visit a shelter for men or women (homeless, abused, or domestic violence individuals), visit a nursing home. I find when I feel most down, I volunteer and serve others less fortunate than me, and I leave feeling full of

gratitude and fulfilled that I helped someone. Have a "call buddy" to contact and give you encouragement and support.

Christmas. Plan a month ahead if possible with your spouse/ex-spouse to share expectations and plans. Waiting until the last minute will only cause issues to become more stressful and disappointing. Try to keep traditional time with the family and the in-laws the same. For example, the paternal side may celebrate on Christmas Eve and the maternal side on Christmas Day. Try to involve the children to see what they would like to do, if age appropriate. Buy a new board game to play with the kids, make cookies with them, get fun paper and crayons/markers and make cards for grammas and grampas and both mom and dad. This helps relieve the children and gives them "permission" to continue loving their family as they always have. Make a homemade pizza together, get a small Christmas tree and decorate it and take pictures. Love each moment with your precious ones.

Stepfamilies. The extended family that stepfamilies have to accommodate along with biological family can indeed stretch anyone's patience and endurance. Again, the spirit of Christmas is not held hostage by one or two days. A personal Christmas with one's children can occur the week before, the week after, days before or after. I personally learned to let go of the *day* and accepted the pleasure and beauty of having my sons with me to eat, share, exchange gifts. I taught myself to think of those that have sick children fighting for their lives, or of parents that have suffered the death of a child, and parents of children kidnapped and missing. The world wants us to become immersed in days and hours and material things. I choose to become immersed in my God-given blessings: my children and family, joyfully grateful they want to spend time with my husband and me.

In my book, I speak of three important areas within stepfamilies to assist with the daily ebb and flow of the necessary interactions: forgiveness, flexibility, and fun. The proper association for forgiveness is with *freedom*, not acceptance or agreement with any inflicted hurt or pain. I release to Jesus any bitterness, revenge, animosity, anger. He is much better at handling it than I am. I



choose to be free to enjoy my family and friends in any way I can. I can be flexible. I can discuss and share schedules to accommodate my children. Families love each other, and we can work together to share. Fun? Yes, sometimes you just have to laugh it off. I have stewed and stomped and growled enough in my life about things that were completely out of my control. Now, I am more apt to shake my head and have a good laugh...thanking God I am who I am and have what I have.

Dori Pulse and her husband, Bob, live in Eau Claire. She is a speaker and freelance writer, and her book Everything Changed When I Said 'I Do' is in the publishing process. She has been married, divorced, and remarried, becoming a stepmom in 1998. Dori developed Stepfamily Rx Prescriptions for Stepliving seminars. Find her blog at stepfamilyrx.com.



A *fresh* approach to **healthcare.**
 The difference is in the details.




OAKLEAF
SURGICAL HOSPITAL

800.635.6197 oakleafsurgical.com.




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




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





**Because it's always urgent,
 we're always open.**

For bumps, bruises, bug bites, cuts, coughs, rashes, sore throats, ear aches and so much more.

Every minute of every hour of every day—we're always here for you and your family. With initial triage in the ER, you're treated in Urgent Care by a board-certified emergency medicine physician, nurse practitioner or physician assistant. So you know you and your family are in good hands.

Specializing in what matters most



St. Joseph's
 HOSPITAL
 CHIPPEWA FALLS, WISCONSIN
AN AFFILIATE OF HONOLULU SYSTEMS HEALTH SERVICES

715-717-7220 | stjoeschipfalls.com

Sister Strangers

Halfway to my destination, the unwelcome flicker of common sense once more rises to the surface. Why do I continually do this, set off on journeys to meet up with groups of strangers and pay to do things that I could very well do for free in my own backyard? It is difficult to explain to those who know me, what I gain by joining with others to do half marathon power walks, snowshoe races, or to take part in my various retreats. This latest adventure will take me to beautiful Madeline Island where I will join eight other women in a yoga and sea kayaking retreat. Leading our experience will be Amy Annis, a wonderful caring yoga instructor who began her venture, Madeline Island Yoga Retreats, to share with others her vision of the healing power of the harmony of yoga combined with the beauty of nature and the outdoors.

There is always that moment at the start of each of these events spent wondering if the other participants will be more experienced or athletic than I. Will I be the only person arriving solo? Added to that this time is the fact that I attended one of Amy's retreats last year and had a wonderful experience, making a real connection with others in attendance. Will this year's experience be a letdown after that? Soon after I arrive, my mind is put at ease. As I have learned many times before, the people who do these activities to enhance their physical and mental health are positive individuals and easy to be around.

As we are led to open our hearts in our yoga practice each morning, we are also encouraged to pay attention to the feelings that arise and the emotional release that result. *Open*. That is the essence of our entire experience. We open up to each other, sharing details of our lives, our fears, our loves, and our dreams. We open to the experiences that are offered to us, Stand Up Paddle Boards, kayaking in tight caves, navigating over shipwrecks that are eerily close to the surface, and of course challenging yoga poses. Throughout it all, we look to each other for support. Strangers just days ago, we rely on each other as we travel on Lake Superior and through the dark, narrow caves in tandem kayaks. Brave souls among us try somewhat precarious yoga maneuvers on the rocky shore, and are encouraged and admired by the rest of the group for their efforts. Some of us are at a crossroad in our lives, and the unique setting and the trust we have gained in each other allows us to be supported by our new friends in talking things through.

These experiences always seem to end too soon for me. By departure time, these women, so recently strangers, now feel like sisters. I see that I am not alone in feeling this way. As we say good-bye, the tears are real, the hugs are strong, the emotion heartfelt. We are reluctant to let go and return to our former lives. Regardless, we set off in separate directions to fit once again into our old routines. We part with an awareness, though, that we will now each be eagerly watchful for the next opportunity to step out of our comfort zone and to fall into the supportive arms of a group of sister strangers.

Nancy Nevinski was a recipient of the Courage is Contagious scholarship to the Fall Wellness Retreat at Madeline Island in 2012. She lives in Holcombe, WI and works in medical records at Sacred Heart Hospital. She enjoys writing and has recently begun performing weddings as an officiant.



Madeline Island Fall Yoga Retreat 2013

By Vicki Larkowski

On a Sunday in late September, fifteen women set sail for the annual Fall Yoga and Wellness Retreat on Madeline Island, Wisconsin. As the ferry carried us from Bayfield's shore, we left behind the anxieties of "the daily grind."

From the moment we arrived, we were surrounded by beauty. The bay of Lake Superior was tranquil and magnificent. The summer tourists had abandoned the area, leaving all of the autumn vibrancy of Madeline Island for us to absorb, quietly.

Our retreat kicked off with dinner at Café Seiche, where we made introductions while dining on fresh, locally-sourced cuisine. (My pecan-crusting trout was divine!)

After an uninterrupted night of rejuvenating sleep, we began Monday at Big Bay State Park for a photo hike with internationally acclaimed documentary photographer, Hannah Stonehouse Hudson. Easy-going Hannah gave us pointers for photographing subjects and scenery in natural light. She even offered tips to those of us wielding only point-and-shoot cameras. Thanks to Hannah, we all have meaningful, personal photo-souvenirs of brightly-colored mushrooms and picturesque sandstone bluffs overlooking the lake.

Following a bayside lunch al fresco, we retired to a peaceful sanctuary with a Lake Superior view where Amy Annis led our first yoga session—a time of quiet, focused healing. Then, undaunted by age or ability, we all giggled together as we each positioned ourselves upside-down between two padded chairs for a vertical, spine-aligning pose. Talk about getting centered!

Our three-day retreat continued to unfold with nourishing gourmet meals, soothing massages, restorative yoga and journaling, an introduction to doshas, deep relaxation on the dock, and a couple of quick dashes to premier art and handcraft shops. It was also an opportunity to get to know the Courage is Contagious Project scholarship award winner, Denise Mackey-Natz. Denise is energetic and strong, inside and out. It was an honor to meet her. (Read about Denise's journey in the July/August 2013 *Five for Women* issue. Also find *Sister Strangers* on page 18 of this issue for the 2012 Courage is Contagious Project winner's retreat experience.)

On Tuesday night, our gracious and generous hostess, Amy, wined and dined us on the second-floor deck of her island home. We were nestled in nature, relaxing in Great Lakes paradise.

Our little group represented a variety of ages, beliefs, hometowns, and reasons for attending. Some ladies were yoga pros, others just beginners. (I was trying it for the first time.) But we all connected during our time of refreshment and renewal. Separately and together, we all experienced beauty. And we took it home with us.

Many thanks go to Jen Theisen, Amy Annis, and Christy Wandrei—of *Five for Women*, The Courage is Contagious Project, and Madeline Island Yoga Retreats—for a restorative get-away that taught me the healing benefits of yoga and camaraderie, which far exceeded my expectations. I look forward to what next year's retreat will bring. (To join us, check out madelineislandyogaretreats.com.)





With Friends

A Fun Way to Fitness Success



Health and time are precious commodities for everyone—especially women. And, sometimes getting fit and exercising can seem like another *thing* to add to the schedule. Fortunately, getting fit does not have to be boring; there are many classes and opportunities in the Chippewa Valley that can make fitness fun, exciting, and bring together friends. In fact, getting fit with friends is one way to increase motivation, hold each other accountable, and develop partnerships that help you stay fit for life.

Alisha Koutney, owner of AK Fitness and Massage, is based out of Mission Accomplished in Eau Claire. Koutney, a lifelong fitness advocate, started her career in massage therapy and personal training in 2005. Since beginning training as a competitive natural body builder in 2007, Koutney has competed in several competitions. During 2013, she won first place as the Overall Women's Pro at the IFPA Pro USA competition in Sacramento, California.



"At AK Fitness and Massage, I offer one-on-one personal training, nutrition consulting, group fitness classes, boxing, massage therapy, boot camp, yoga, and pilates." As part of her services, Koutney tries to ensure her clients are motivated and ready to change their fitness lives. "Starting an exercise program isn't easy and having others help you get started can really ease the pain." Koutney continues, "Friends can make working out fun whether it's strength training, group fitness, or running outside."

While having friends working out with you can be beneficial, Koutney cautions people to remember the ultimate goal—better health for yourself. "It's important to not only be accountable to your friends, but to yourself. So, if a friend skips a workout with you, you need to stay on track and do that workout anyway. Remember, this is for you," she explains.



Jeff Rogers, owner of Rogcity Fitness in Eau Claire, also believes that group workouts can offer a host of benefits to attendees. "A group workout offers emotional support, being able to pace yourself against other people and holding each other accountable," Rogers says. "The social and friendship aspect of working out in groups can be very enjoyable."

Because of Rogers' belief in the power of group fitness, Rogcity Fitness offers a variety of workouts. "My group workouts are art-

fully designed to provide a fun and community experience that includes high impact, high energy exercises that both invigorate and reshape the body," Rogers explains. "Jam the Gym and Pack the Park offer a complete full body strength and aerobic workout. It fits all lifestyles, body types, and fitness levels." He continues, "Another workout, Fit for Life, is designed for the exercise needs of women. The workouts include body weight, resistance training, and exercise apparatuses."

Pam Craker, owner of My Friends Place Spa Salon, is a regular attendee at Rogcity Fitness classes. According to Craker, "The classes are fun, they feature great music, and the amount of people helps with the motivation. And, when I attend the Fit for Life class on Tuesday and Thursday mornings at 6:15 a.m., I don't necessarily enjoy getting up that early, but then my workout is already done for the day."



Craker has also started working out through Tabata training at Rockstar Fitness in Eau Claire. A Tabata is a 4-minute challenging circuit performing just one exercise 20 seconds *on* and 10 seconds stopped for a total of 8 times. During the 20 seconds *on*, participants go as hard as they can for maximum calorie burn. The starting and stopping technique tricks the muscles, burning more calories. "Tabata has been very interesting and is a really great workout," Craker says.

The competition aspect of working out with a partner or group can also add to motivation for individuals. "Competition isn't necessarily a bad thing; being competitive with your friends can motivate and push you to work harder and do more than you thought you could do on your own," Koutney states. "Friendly competition can help push each other to your limits," Rogers adds.

Not only do local trainers enjoy leading group workouts, they also enjoy participating in them. "I do most of my training with a friend or a training partner. We work as a team to keep the motivation up when it's feeling low," Koutney explains. Rogers agrees, "I also do the workouts with my clients, and I also have a wide variety of friends and associates that I workout with."

In addition to group participants gaining health benefits, the workout trainers reap benefits, too. "The most gratifying thing is to see when people make the commitment, take the first steps

and continue to move forward. It brings a smile to my face to see people over the course of a year or two alter the paths of their lives," Rogers admits.

While local trainers and fitness enthusiasts know that many people make resolutions for the New Year, they all encourage participants to make lifestyle changes. Koutney advises, "Think about what your goals are and be sure they are realistic. Starting with small goals gives you that sense of accomplishment and motivates you to want to achieve bigger and more challenging goals."

Rogers sums it up, "Don't make a resolution, make a personal commitment. Don't analyze, talk about or think about it, just do it. Once you've started, don't look back. Always look forward."

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.

You'll find our Café, Unique Gifts, Holiday Porch Pots, Christmas Trees & Wreaths, Poinsettias, & much more.



OPEN YEAR ROUND!



All Classes will be held at our Eau Claire Location

Calendar of Classes

Thursday, November 14th at 5:00 pm

Holiday Fairy Garden Class – Make your very own Holiday Fairy Garden!

Sat., Nov. 16, 23, 30 at 10:00 am and Thurs., Nov. 21 & Dec. 5 at 5:00 pm

"Spruce" up your Porch Pot Class – Learn how to create really awesome and unique containers for this Christmas season!

Thurs., Dec. 12th at 5:00 pm and Sat., Dec. 14th at 10:00 am

Decorate your own Wreath Class – We will start with a base wreath and go over different ways you can spruce it up.

6025 Arndt Lane, Eau Claire, WI 54701

715.833.1234 • www.dwntoearth.com

Family owned, locally grown. Experience the difference!

**Children's
FREE
Vitamin Club**

FRUIT FLAVOR

Details in store or call
The Medicine Shoppe
715-723-9192



Written by Aveen Banich

Make NEW FRIENDS, but Keep THE OLD

I am sitting in an airport terminal in Fort Myers, Florida. I am the first of five women to arrive for a long-anticipated girls' weekend with my childhood friends. We all turn the big 4-0 this year. I am filled with anticipation and just a little anxiety. These women have been my friends for longer than I can remember; and yet, I have not seen them much over the past five years. Life has been so busy for each of us and dedicated time like we will have this weekend has been hard to find. Will we pick up where we left off? Will the weekend be filled with the past or will we be able to meet one another in the present?

Childhood friends are so woven into my past. From kindergarten through medical school, from first loves to standing up in weddings, they have been there. From the birth of each child to the loss of a parent, we are a part of each other's stories. Not to mention the dirt and old pictures we have on each other: albums full of big hair and outdated fashion that was likely never all that cool.

We all have old friends that serve as touchstones for us. They hold space for our stories—both heartache and triumph. Together with our siblings, they are the souls who first taught us how to be friends. We have fought with them and learned how to manage conflict. We have laughed so hard with them that we spit milk as teens (and wet our pants after having babies). And on the morning when one lost her father, the phone rang before 5 am just so she could reminisce with a friend who really knew him.

Old friends deserve our thanks and our love, although in the present we may only see them once in a great while. They primed us to connect and create friendships in our present lives—even amidst the harried schedules and layered roles of mother, wife, and daughter. They remind us of how much we have changed since fifth grade and then again how, in many ways, we remain that girl. They are the reason we still love Journey songs and old *Saturday Night Live* skits.

Old friends also serve as living reminders that time is marching on. It may feel like yesterday that we first road tripped to Florida for spring break in college; yet twenty years have flown by in the blink of an eye. How did that happen? I watch my children with their own friends and wonder how far they will travel the road together. My wish for them is to have some constants from their childhood until they are old and gray—friends who knew them through braces and puppies, love and loss. For this weekend, I want to slow down that speeding clock. I want to waste time like a boss the way we did in college. I am quite sure none of us is as much an authority on *Days of our Lives* anymore; yet I am confident we will have plenty to talk about just the same. With good friends, old or new, conversation flows and laughter surely follows.

This time of year, we celebrate and remember family and special friends who have blessed our lives. We pause and give thanks for the beautiful souls who hold our stories and make up the tapestries of our lives. Let's pause with intention this holiday season and count all of our friends, old and new, amongst our blessings. Out of the 7.2 billion people on this planet, they recognize you and me as friends. How utterly amazing is that fact? I also love to pause and wonder at the new friends I continue to recognize each day here in the Chippewa Valley. That is the perfect and wonderful thing about friendship, there is always room to widen the circle.

To my old friends and to the beautiful friends I have yet to meet, thank you for making life a whole lot more wonderful. For now though, I have to run. Flight 3804 from Chicago has just arrived, and I have some dear old friends to reconnect with.

Real friendship or love is not manufactured or achieved by an act of will or intention. Friendship is always an act of recognition.
— John O'Donohue

Tour REGIS Catholic Schools Today

“We both came to Regis in our 8th grade year after being in public schools. We love Regis because it is an extension of our family. The students, faculty, and staff know us, help us, and encourage all of us students to succeed in our mind, body, and spirit.”

*-Tommy Cicha &
Samantha Misischia,
Regis High School
10th & 9th Grade Students*



REGIS
Catholic Schools

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



STYLISH AND PRACTICAL TODAY

Toycen's
BLOOMER
Ford



62 Years of Toycen Experience

"IT'S REAL EASY!"

www.bloomerford.com • 1-800-314-3673

Discover a wonderful collection of Ladies Apparel, Accessories and Gifts!

Sparrows
...by the Creek
Boutique

Wed 10-7, Thur & Fri 10-5, Sat 9-1
Call for extended holiday hours

339 N. Main Street, Cadott
715-289-4600



Urinary Issues
Interfering
with Your
Holiday Plans?



Contact the specialists at:

Western Wisconsin Urology, s.c.
715-835-6458

www.eauclaurology.com

Compassionate Urologic Care

a little
bite
of everything

By Nancy Rothwell

There's 18 categories with over
300 recipes - most with photo's.

Price is \$25 if picked up or \$28 if shipped anywhere.
Written by Nancy Rothwell who is from Eau Claire.

715-831-2119 • alittlebite@charter.net



OFFERS *Inspiration*
For the Holidays

ART & FRAMING
to Inspire Your Dreams
For Years to Come

UNIQUE GIFTS INCLUDE
Art Scarves ~ Ceramics
Handmade Santas
Local Photography

You still have time for Holiday Framing!
Our Professional Framers are working
late so you can still have that Special Gift!

Have a *B-Framed* Holiday!



CONTACT US FOR YOUR INITIAL CONSULTATION

715.832.4476 • www.bframed.com
313 S Barstow St • Downtown Eau Claire

A CHOCOLATE RENAISSANCE

**LEGACY
CHOCOLATES**

WWW.LEGACYCHOCOLATES.COM

HOLIDAYS
go better with
CHOCOLATE

Visit our website for a listing of
retailers in WI & MN that carry
our handmade products, or visit
our Menomonie store.



ROYAL CREDIT UNION

Give the gift that's Never Returned



RCU Prepaid Visa

Perfect for anyone on your holiday list

Purchase in any amount from \$10 to \$750 at any RCU office.



There is a \$2.50 charge for each RCU Prepaid Visa.

GARAGE



45 E. ELM
CHIPPEWA FALLS
715-723-2396

garage_salon@yahoo
www.thegaragesalon.com

Shopping for Christmas Gifts?



Something **new & unique**
has come to Eau Claire

We are your source for rain barrels and other unique products
made from high quality, solid American or French Oak wine barrels.

www.greenplanetrainbarrels.com • 715-835-4080

Holiday Gift Guide

5 QUICK SELF-CARE TIPS

for a more balanced holiday season

The holiday season always seems to throw everybody a bit off balance. Countless extra sweets, less alone time, more social gatherings, a million errands to run, potluck dishes, party favors, work, Secret Santa gifts, family holiday meals...all eat up our rejuvenation time. Regular self-care routines get shoved to the side.

While we're shopping online for Christmas gifts, leaning over pots and pans brewing goodies, or wrapping gifts, we will be stuck in that bent-over-shoulders-scrunched-arms-forward-"turtle-head" position. Without even knowing it, many of us will be living in this position for the next month!

This is NOT what you want to be doing. Believe me. I see it in my office all the time. It's a good way to become a hunched over little old lady. It starts with constantly sore shoulders and neck, adding multiple pillows to reach your head to enable sleep; the hunching leads to shorter, squished torsos...which really mean more stomach rolls and saggy boobs. Should I go on?

To minimize depletion of the supportive resources we really need this time of year, I've come up with 5 Quick Self-Care Tips for maintaining some sanity during this busy holiday season. These five stretches rev up energy, open the heart, and keep us energized throughout the day—not to mention improving balance on all levels, which keeps us looking good for pictures! Perfect for on-the-go, each of these can be done with household objects while standing (even reviewing our mental checklists for that next task).

It's important to stay loose when tension and stress arise. Maintaining mobility in the *body* translates to greater flexibility in the *mind*. Do at least one of these Quick Self-Care Tips daily and notice how you are bet-

ter able to cope with the obstacles and frustrations that unexpectedly pop up during the crazed holidays.

1 Picture Perfect Stretch (1 min. hold)

Chest tall, shoulders back! This stretch is perfect after time on the computer, wrapping gifts, cooking, raking, and performing other activities from a hunched or forward leaning position. Do this just before a picture to look good and feel confident.

What you may need: a dishtowel or hand towel

How to: Start in a comfortable stance with your feet hip-width apart. Reach your hands behind your back and clasp your hands if able. (If your hands don't quite meet, grab the ends of a towel.) Gently draw your elbows together, reaching your hands toward the floor, drawing your shoulder blades and elbows together, while maintaining an upright and tall posture. Be careful to avoid arching your back; instead, lift your heart UP to the ceiling... and smile. Hold for 1 minute, rest, and repeat.

2 Standing Lunge (1 min. hold each side)

This lunge will keep your hips limber, taking stress off of your lower back to keep you upright and reduce back pain.

What you'll need: a non-rolling chair or barstool

How to: Start by standing 1-2 feet from a sturdy chair or barstool. In a comfortable stance with your feet hip-width apart, place one foot up on the seat of the chair or a rung of the stool. Make sure the lifted knee is higher than the knee of your standing leg. Keep the standing leg straight without locking your knee. Gently shift your weight onto the front bent leg, keeping your hips square to the chair. (Your belly button should be facing forward.) Avoid bending the front knee past your ankle. (To modify, just scoot the standing leg back a bit more.)

3 Countertop Stretch (2 min. hold)

This stretch helps the backs of your legs, your chest, and anywhere in between.

What you'll need: a countertop

How to: On a countertop, place your hands wider than shoulder width. Walk your feet backward about 3 feet from the counter and spread them about 3 feet apart. Allow your body to bend from your hips. (Stick your bum out—really out!—and lift your tailbone up to the sky.) Let your hands slide forward on the countertop as your heart melts towards the floor. Just let gravity assist you with this; the longer you stay in a position where you barely feel a stretch, the more you will get from it.

4 Standing Steeple (1 min. hold each side)

This stretch will help tone the shoulders, facilitating reaching decorations on high shelves as well as slimming your waistline.

What you need: nothing!

How to: Stand comfortably with your feet hip width apart. Reach your arms over your head, connecting your palms like the top of a steeple. Straighten your arms the best you can and gently draw your elbows in toward your ears. Keeping your whole body facing forward, reach your arms and trunk up over to the right. Maintain pressure through your right



foot, keeping the right side lengthening just as much as the left side, so your abs are lifting you up, slimming your sides (rather than crunching your ribs into your right side). Hold 30 seconds, working up to 1 minute. Return to the starting position. Release arms and rest. Repeat on left side.

Single leg balance (30 sec. hold, do each side 3 times)

This exercise will tighten those cheeks on your behind and keep hips functioning. This means you'll be safer walking on ice, with your hip, thigh, and ankle working the whole time. Perfect while you're doing something else in the kitchen or even brushing your teeth!

What you'll need: a counter close by (just in case)

How to: Stand with equal weight on each leg. Then, tuck your bum under (squeeze your cheeks), and shift your weight onto the right foot, keeping the right butt cheek squeezing (you shouldn't see your rear sticking out past your hip when looking straight on in the mirror). Maintaining a straight right knee and tall chest, slowly lift the left foot. Keep your chest tall, and hold at least 10 seconds. (If you feel wobbly, use your fingertips on the countertop to help you balance while those legs keep working.) Return to starting position and repeat on opposite side. Do each side 3 times.

Stay loose. Keep breathing. And above all, keep smiling ladies. You're beautiful.

Wishing you joyful & blessed holidays, Katie McMorran, PT

Discover additional tools to help you maintain peace and balance throughout the holiday season here: www.goodnesstools.com

Katie is an Eau Claire native who, after being away in Arizona for 8 years to practice physical therapy and experience the Southwest's healing art, recently returned to Wisconsin to be closer to her family. She now shares her awareness and expertise through her new business, Goodness! Home Therapy Tools.

**Celebrating
50 Years!
1964-2014**

O'NEIL CREEK CAMPGROUND



CHIPPEWA FALLS



WISCONSIN

*Creating a Lifetime of
Memories and Fun!*

- Tiled Showers/Restrooms
- Laundry Room
- Pavilion Hall
- Canoes/Paddle Boats
- Inner Tubes
- Swimming Beach

- Fishing
- 18 hole mini golf
- Train Rides
- Volleyball
- Horseshoes
- Well Stocked Store

- Themed Weekends
- 30/50 amp sites
- Pull Thru Sites
- Full Hookup Sites
- WiFi Hotspot
- Dump Station

- LP Gas Service
- Hiking/Biking Trails
- Two Playgrounds
- Outdoor Movies
- Teen VBall Tournaments
- Good Times...

RV Rentals • Cabin Rentals • Campsites • Seasonals

14912 105th Ave. • Chippewa Falls, WI 54729
715-723-6581 • oneilcreek.com



Experience Hudson This Holiday

This holiday season, plan a Hudson getaway for some local cheer. During your escape across the river, shop picturesque downtown for unique gifts and eat at award-winning restaurants. Enjoy our main street holiday lights and ongoing events.

experiencehudson.com

- 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
- ElIner's Custom Window Treatments
- 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
- The Ugly Sister Boutique



Michael Perry - A Local Treasure

By Kris A. Newman

If you have lived in the Chippewa Valley for any amount of time, you know that many treasures abound here! Golden cheese, sparkling wines, rolling hills of rich soil bearing valuable crops. But there are also other, more subtle, harder to recognize treasures. For example, the dad sitting beside you at your daughter's volleyball game might actually be New York Times bestselling author Michael Perry.

One might think Perry is disguising himself as an everyday guy to avoid the attention his books might garner. Recently, I chatted with him over a quick cup of coffee and learned his "disguise" is not an act at all. Michael Perry is simply, honestly, and truly a homegrown, down-to-earth nurse who has fallen into bestselling author fame, much to his own surprise. After 20 years of successful writing, Perry still maintains his nursing license "in case the writing thing falls through."

Perry credits his mother's love of the written word as the foundational inspiration for his success. "Mom filled our house with books. There were always piles of books from the library. She was a reader and modeled reading for me." Although she was feeding her son's mind, she also fueled a fire to read, which grew into a natural ability to communicate through writing. John Hildebrand, Annie Dillard, John McPhee, and Jim Harrison further line Perry's shelves of inspiration.

"I write whatever it takes to pay the rent and the health insurance." He first realized that his writing could pay the bills while in nursing school. Today, poetry, profiles, magazine articles, chapters for medical legal textbooks, and creative nonfiction continue to ebb and flow from his pen. Perry mixes creativity with fact, much like a careful mother hides spinach in spaghetti sauce. Your mind thinks more clearly, your heart beats stronger, but you don't realize you have taken in essential minerals.

Perry's most popular books fall under the umbrella of creative nonfiction—a genre of writing that mixes personal reflections with the attributes of a novel. Much like the yarn spinners of old, it pulls the reader into a familiar time and space, often leav-

ing them surprised as they discover the characters of the story to be as recognizable as their next-door neighbors. Chippewa Valley natives can tell you where New Auburn is, how to find Fall Creek, and what the truck of *Truck* really looked like buried in the snow.

Not one to rest on his laurels, Perry recently started to branch out into other genres. Currently, he has three projects in various stages of life, including two novels. A collection of Perry's popular Tent Show Radio monologues and pieces written for the Wisconsin State Journal will be in print at the end of November.

Perry's résumé includes experience as a nurse, truck driver, and cowboy. These real-world experiences of small-town, blue collar, hardworking life impart an organic flavor to Perry's stories and keep him grounded. He avoids glorifying the esoteric *calling* of a writer, but acknowledges, "At the end of the day there must be an artistic fulfillment."

A modern, professional writer can work from anywhere. Technology affords the ability to host book clubs via Skype, submit chapters from remote outposts, and approve revisions while sipping coffee hundreds of miles from a publisher's New York City office. Perry chooses to live in the Chippewa Valley. "I love the fact that I can spend the morning writing deep philosophical reflections and then get in my truck and go to the feed mill to pick up feed in the afternoon and be really happy in either place."

Perry finds great value in the sense of equality that permeates the Chippewa Valley. "Maybe you taught English at the University or maybe you hung drywall all day, but you sure do like 'dem Packers! You might sit next to a Grammy Award winning musician at the coffee shop and later see he is plowing the driveway. We can't take ourselves too seriously here."

When considering his favorite personal work, Perry cites *Population 485: Meeting Your Neighbors One Siren at a Time*. He "counts it as a privilege" to have had the opportunity to write about a place and people he loves. The life quilted in *Population 485* is pieced together with patches of joy, tragedy, and everyday life...all stitched together with threads of family and friends.

The easy flow of life in the Chippewa Valley feeds Perry's creativity, it's true. The foundational relationships revealed through his writing, however, are the real reason he stays here. When asked which of the 5ive elements were most important to him, Perry answered, "Yeah, it's pretty easy to me—it's family. The one thing I know when I put my head on the pillow at night is that if things go horribly wrong, my family will show up, my wife will be there."

Family, to Perry, is a broad term that encompasses many "peo-

ple who don't share my last name, but who I would take a bullet for." Those who stay with you, regardless of your successes or failures, are family.

Although he sees writing as the main source of income much like a farmer views a field, the work of writing never gets stale for Perry. "I work hard at this thing. I have to do about 50 different things to keep this whole thing going." After 20 years, he still wakes up wanting to write.



Digging deeply in the black earth of Chippewa Valley life, Perry pulls value from casual, common experiences. Familiar treasures. That's what you find in a Perry book.

Perry's bestselling memoirs include *Population 485*, *Truck: A Love Story*, *Coop*, and *Visiting Tom*. To learn more about the life and times of our local treasure, visit his website at sneezingcow.com.

©Alissa Briggs Photography

LIVE BAND
*Authentic New Orleans Dinner,
 Casino Style Games and Raffle.*

February 8, 2014
McDonell High School
Purchase tickets now!

715.723.0538



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

I'm Dreamin' of a Cheap Christmas

By Katie Mcky

According to investopedia.com, the average American will spend \$854 on Christmas gifts. The average American parent will spend \$271 per child, and one out of ten parents will spend over \$500 on each child. According to *Forbes*, the average American family spends \$32.43 just on Christmas cards and postage to mail those cards. Then there's money spent on mincemeat, vanilla, travel, wrapping paper, and Christmas ornaments. *Forbes* reports that we spend, on average, \$51.43 annually on Christmas decorations and nearly a grand when we travel. In short, Christmas can financially clothesline us. So, what's a woman to do? Wistfully sing and dream of a cheap Christmas, as the bills fall like snow? Thankfully, there is such a thing as frugal fun.

It isn't only shiny cars that immediately depreciate as soon as they hit the street. Shiny ornaments do, too; and for those who want the fun of an Easter egg hunt, older ornaments can be found at yard and garage sales, and many have that hipster funkiness, with fun being the root of "funkiness."

Want even more fun? Make your own ornaments. Thanks to cyber-searching, you don't have to have a crafter's heart. There are free ideas to be found on Pinterest (www.pinterest.com), which specializes in using components that you would normally trash. When purchased components are required, most craft stores offer 40-50% discount coupons. Simply Google "coupon + {your local craft store's name}" and print some serious savings. You can also Google "Christmas printables" to find everything from advent calendars to place cards for the price of the merest pinch of toner.

There are also fully free decorations outside. Pinecones are there for the picking, and pine boughs soften and brighten every home. Plan ahead and pluck some roadside wildflowers and grasses in the fall. Hang them upside down to retain color, and you're good to go come December.

However, you *can* save money in the long term by spending money in the short term. One example is the new LED Christmas lights, which pinch electricity like Scrooge pinched schillings.

You can recycle more than your trash. You can recycle your own ornaments, painting them and freckling them with glitter. Color schemes can be found in those pricey, tony catalogs.

Want a party *and* some new accessories? Hold a Christmas swap party! Then there are the sales of sales—the after Christmas sales—when ornaments and gifts can be had for up to 90% off.

When it comes to gifts, cheap yum can be packaged in a jar. Dried beans are cheap, and bean soup mix is healthy, yummy, and handsome. Blonde brownie mix and candied pecans are treats for sweet teeth and recipes are a Google search away.

Bottles can ferry fun. Fill a bottle with friendship bracelet components. Again, Google to find directions for making the bracelet and include those, too. Or fill a bottle with jewelry mak-

ing components, such as beads. Beads will no longer buy you Manhattan, but they will buy you fine, frugal fun. You could fill a bottle to the brim with water balloons and directions for making balloon animals. Or create a spy bottle, chockfull of face paint crayons and paper mustaches.

Bottle fun for older folks by making your own liquors, wines, and beer. Your garden's bounty could be squeezed into beguiling Christmas gifts. How about strawberry wine, rhubarb liquor, or rosemary liquor?

If you know how to sew, Google "rag wreath" and pony up some old clothes and a mere quarter-hour. Threadbare jeans can become a cool denim quilt; breathe new life into old sweaters by making them into one-of-a-kind tote bags. Sweaters can become mittens, too, with no knitting required. Again, step-by-step directions can found on the Internet: Google holds the lantern and leads the way.

If you want some crossover fun, dip Popsicle sticks into homemade soap. You'll be the first to give this gift, and you'll be responsible for a cleaner western Wisconsin. How about a brighter western Wisconsin? Repurpose old glasses and dishes by filling them with wax and wicks. Voila! Cheap, nifty candles. How about dipping plastic spoons into dark chocolate and sprinkling them with nuts and other crunchy yummys? Buttons can become refrigerator magnets. Dipped in colored wax, pinecones become cracklin' fire starters.

Of course, when it comes to scraffin' craftin', there are experts who do it every day. Ashley Melland, who runs an in-home day-care in Woodville, WI, is one. She says, "A lot of the crafts that I do here are done with recycled products found in every home. Of course, your kids can help. Whereas I get a lot of ideas from pinterest.com, I also enjoy devising my own repurposing. This week, we're turning old toilet paper rolls into penguins. The kids' cutout hands become the penguins' feet, giving it the personal touch for grandparents. You can also paint their feet and hands and cut out the imprints, labeling them as to the grandchild's name and year. Each year, the grandparents get an updated hand and foot for the Christmas tree. I always ask, "What do I have that I can reuse?" Old spaghetti jars can be turned into snowmen, and you can put a string of lights inside or a candle to produce a glowing snowman."

So, you can use your own creative pluck or when stuck, go to Google; but either way, you'll give yourself the gift that keeps on giving: fun frugality.



IT'S "SOUP"ER EASY

Written by Kathy Jasper

Now that your garden is done and the Farmer's Market is over, it's time to start using some of the produce you now have taking over your shelves and freezer. For this Stuffed Pepper Soup, get out some of the tomatoes, peppers and even corn that you canned or have frozen. Make it all in one pot. It gets better as you reheat it; so it's ok to make it on the weekend and warm it up during the week. I sometimes make a triple batch and can it to have on hand or to give as a gift. Open the lid, and in a few minutes you are warming up inside. My son Jared likes it as a quick lunch between classes. Try it and enjoy; and know I'll always be there to help.

STUFFED PEPPER SOUP

- 2 pounds ground beef, browned with onions
 - 2 cups chopped green pepper
 - 2 quarts water
 - 2 beef bouillon cubes
 - 28-ounce can diced tomatoes, with juice
 - 1 teaspoons salt
 - 29-ounce can tomato sauce
 - 1 teaspoon pepper
 - 2 tablespoon brown sugar, packed
 - 1 cup rice, uncooked
- Add all ingredients to a soup pot, including corn if you like. Bring to a boil, and simmer until the rice is tender.

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



NOVEMBER IS NATIONAL ADOPTION MONTH

*Offering \$200 off any new adoption application submitted in November

**not applicable to relative or step parent adoptions*

YOGA CENTER

Healthy Body. Quiet Mind.

230-HOUR YOGA STUDY TEACHER TRAINING REGISTER TODAY!

Our Yoga Study/Teacher Training is one of the longest-running and best programs in the Midwest.

- Highly qualified, experienced instructors.
- Registered 200-hour school with Yoga Alliance (RYS 200).
- Over 1,000 graduates.



Year-Long Program Starts November 16, 2013

Meets two weekends per month
Friday Nights 7:00 PM – 9:00 PM
Saturdays 10:00 AM – 4:00 PM

The Center EC
3701 Clairemont Ave.
Altoona, Wi. 54720

YogaCenterMpls.com
or call 612.436.4700

Let's Get Organized for the Holidays!

In just a few short weeks, the holidays will be upon us. There is so much to do—trees to trim, presents to purchase, parties to attend, and meals/goodies to bake. The list goes on and on. It's **never too early** to start planning for the holidays. If we start the day after Thanksgiving, we are only left with a few short weeks to prepare. So, let's begin our holiday preparations early! Instead of waiting in long lines and buying gifts at the last minute, consider getting organized and prepared. With advanced planning, we can **enjoy** the holiday season, instead of feeling stressed and overwhelmed. Here are some organization tips for a less stressful holiday season:

Make Lists

When we write things down, we don't have to commit them to memory.

Make a list of things you would like to do this year: traditions you'd like to start, parties you plan to host, events you're going to attend, etc. Check your list twice and rethink it, being realistic. Decide what is most important and whether anything can be eliminated. Develop a **holiday plan**, and take the steps necessary to make it happen.

Make a list of people you need to buy gifts for, and get your shopping done before the rush. Suggest to family and friends that you draw names instead of buying for everyone. This will save time and money. It also pays off after the holidays when receiving fewer gifts translates to less clutter. Consider doing away with adult gift buying, assigning that money or those gifts to charity. Most of us already have much more than we need. Wouldn't you agree? Have a **budget** in mind, so that you will stay on track as you shop for each gift. Don't forget people like your hairdresser or mail carrier. Consider shopping online. I like to make or purchase consumable gifts—room sprays, salt scrubs, lotions, granola or specialty foods, etc. These items only take up short-term space, as once they're consumed, they're gone. Purchase a couple of non-specific gifts that can be given to anyone you overlooked and to have on hand when you receive an expected gift.

Before departing for holiday shopping trips, make sure you have everything you need: the gift idea list, clothing sizes (if applicable), others' wish lists, and the budget.

Make a list of people to whom you will send cards. Preferably, do this on the computer to enable easy updating and editing each year.

Make a list of items to bake. Most holiday items can be made ahead and frozen. So, note those items that are appropriate for the freezer, and start baking them early.

Greeting Cards

If greeting cards are a part of your holiday plan, start now. With your list of card recipients, start addressing envelopes.

Buy or order the cards, prepare them as needed, and make copies of any pictures or newsletters you plan to include. Pre-assembling cards and envelopes allows you to have them completely ready for the day you wish to send them. Why wait until the last minute for something that can be done early!?!

- Make Lists
- Greeting Cards
- Holiday Events
- Gift Wrap Supplies
- Organize/Deep Clean
- Purge Decorations

Holiday Events

Create a holiday event calendar. When you get an invitation, decide if it is something you want to include in your holiday plan. If so, write it on the calendar and RSVP immediately. Don't say "yes" to every invitation or you will find yourself exhausted.

Gift Wrap Supplies

Stock an ample supply of gift wrap. Set up a wrapping station by putting wrapping paper, bows, ribbon, tape, scissors, gift tags, etc. in an under-the-bed box. Pull it out when you are ready to wrap, and slide it back when you are done. Now you can quickly and easily wrap gifts. Finally, wrap gifts as you buy them, so that you are not up until the wee hours the night before the big day.

Organize / Deep Clean

If there are organization projects that need to be completed for the holidays, do them now. Don't wait. If you declutter and organize early, then it will be easier to deep clean the house for those out of town visitors or party guests as the holidays get closer.



Purge Decorations

The holidays are the perfect time to scale down decorations, keeping only what we love and use. As you're putting up decorations, rid yourself of items you no longer love. While post-holiday "un-decorating," organize decorations in labeled bins so that putting up and taking down decorations are not overwhelming tasks each year. Organize like items together—tree decorations, outside lights, inside lights, general decorations, etc. Having like items together will speed up the decorating process.

This year when you are asked, "Are you ready for the holidays?" let your answer be "YES, I am!" A little planning and work now will help relieve stress and help you stay jolly this holiday season. Two words of wisdom: THINK AHEAD!

Nancy Rothwell has helped hundreds of individuals organize their homes

and businesses since launching *Straighten-Up Organizing* in 2003. Her desire to help others declutter their living space, create efficient systems and simplify their lives, led to its creation. Nancy's proven talent is well known throughout the Chippewa Valley and surrounding communities.

Nancy lives in Eau Claire with her husband Bryce, their two children Bryanna and Brayden, and their black lab Duke. Visit her website at www.straighten-up.net or call her at 715-831-2119.

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!

Primary Care: Board certified specialists providing primary care for infants, children & adults.

New Patients Welcome!



Providing a Personalized, Welcoming alternative to large system healthcare.

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

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



Call to schedule school and sports physicals

Southside
MEDICAL CLINIC

www.southsidemedicalclinic.com



Your Eyes are the window to your soul... and also your overall health

Featuring

OPTOMAP RETINAL EXAMS FOR EARLY DETECTION OF EYE DISEASE

LARGE SELECTION OF EYE GLASSES, FRAMES AND DESIGNER COLLECTIONS

OUTSTANDING STAFF AND SERVICE

Helping to predict your medical future.

Northwoods Family Eyecare LLC
Your vision is our focus

Vision Source

203 NORTH BROADWAY
STANLEY
715-644-2710

113 N. BRIDGE ST.
CHIPPEWA FALLS
715-723-9187

WWW.VISIONSOURCE-CF.COM

Happiness—The Real Science Behind It

If I were to ask you the question, "Would you like to be happier?" most of you would say, "yes." But do we really know how to become happier? I am sure many of us think we have some ideas. But what are our ideas based on? The media and Western culture in general bombard us with flashy and persuasive messages on how to achieve this goal, making it easy to believe sustainable happiness can be found at the mall, the gym, with that certain someone, or on a beach somewhere. Meanwhile depression rates have soared, divorce rates are still high, and people are in search of ways to improve their sense of well-being. But how do we know what really works?

Let us begin with defining happiness. When psychologists talk about happiness, they mean the experience of frequent positive affect, infrequent negative affect, and a sense that life is meaningful and worthwhile. Happiness also includes low-intensity positive emotions (e.g. tranquility), high-intensity positive emotions (joy, euphoria), and everything in between.

Research does indeed show that genetics do play a factor in determining how happy we are. It is true that some of us are born with more happy genes than others. This is really good news for those of us who were blessed with those "happy genes." But there is also good news for those of us who were born with fewer "happy genes." **WE CAN BECOME HAPPIER AND STAY HAPPIER!** And the research has proven this. We just need to learn and incorporate the right tools.

Let us imagine that our sustainable happiness ratio is in the shape of a pie. On average, 50% of that pie is our "happiness predetermined genetic set point" (the part of the pie that we really have very little control over: our DNA). Ten percent of this pie would be our circumstances—meaning that 10% of our *sustainable* happiness is affected by our day-to-day circumstances. Examples include our health, recent moves, trauma, winning the lottery, getting married, etc. Some of these circumstances we have control over and some we do not. One would think that circumstances would account for a higher percentage of the pie, but research shows that as humans, we

adapt to our circumstances. For example, if we won the lottery, we may be happier for a period of time; but over time we return to our baseline. We adapt. If some one we loved

passed away, we would be terribly heart-broken for a period of time; but research indicates that over time we adapt and return to our baseline.

So far, we have accounted for approximately 60% our happiness pie. I want to highlight the remaining 40% of the pie. This is the part of the pie we actually have control over. This is where we can *increase* our happiness ratio approximately 40%. This piece of the pie accounts for our "intentional daily activities." These intentional activities are in the form of behavioral (exercise, eating healthy, spending time with loved ones, gratitude journal, etc.), cognitive (reframing situations, learning optimism, etc.), and volitional (striving for goals that represent our values, searching for meaning, etc.).

So the point is—we can become significantly happier than our predetermined set point of happiness by changing some of our day-to-day activities. The beauty in this is that the research shows that these changes do not need to be big. It is truly about the *little* changes we make in our daily lifestyle.

However, we need to be purposeful and consistent in our intentional activities.

Some key points to remember:

1. As humans, we adapt. So our intentional daily activities should stay fresh. (Be creative, have fun, be random and variable with your activities.)
2. Be consistent with your intentional activities. In order for our brains to develop new neural pathways that promote happiness, we need to do these activities consistently. (Research shows that our brains actually begin to change after introducing the ritual for approximately one month.)
3. Focus on striving for self-concordant goals—your goals in life should be consistent with what you really value. If you are unsure of your values, take the free viasurvey.org questionnaire on line. It is also important to quiet our minds to journal, pray, or meditate so that we may hear our "inner voice" which so often guides us to our true authentic selves/values.
4. Start with just one or a few small activities a day so you do not set yourself up to fail. You can always add more activities once you have been consistent with your initial activity. For example, you may want to just start with 20 minutes of exercise a day (but the exercise must be fun for you and mix it up—maybe one day is walking, the next day is gardening, etc.).

Positive Psychology focuses on the science of happiness, and the research indicates that happy people report strong social support, and they spend time and effort nurturing and maintaining their relationships. They also report engaging in prosocial behavior (going out of their way to help others) and expressing gratitude. They find life meaningful and are committed to their goals. They are optimistic about their futures, they do physical exercise, and they try to live in the



Assessing Happiness

Subjective Happiness Scale

For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you (take careful note of the labels of each scale item).

1. In general, I consider myself:

| | | | | | | |
|-------------------------|---|---|---|---|---------------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not a very happy person | | | | | a very happy person | |

2. Compared to most of my peers, I consider myself:

| | | | | | | |
|------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| less happy | | | | | more happy | |

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

| | | | | | | |
|------------|---|---|---|---|--------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| not at all | | | | | a great deal | |

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

| | | | | | | |
|--------------|---|---|---|---|------------|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| a great deal | | | | | not at all | |

*To score the Subjective Happiness Scale, add up the four numbers that you have circled and divide by four.

Your score should range from 1 (very unhappy) to 7 (very happy). For the sake of comparison, the average score on this scale ranges from 4.5 to 5.5. College students tend to score on the lower end of this range; older people tend to score on the higher end. So, take this difference into account when determining where you fall. But do not worry so much about where you compare to the average. The take-home message here is that you can use the strategies in this book to raise your happiness above this number!

moment. Happy people tend to be more resilient, allowing them to possess the ability to cope with life stressors. Research shows that all of these characteristics can be learned, which is very exciting and hopeful.

Here's the Happiness Questionnaire from *Positively Happy: Routes to Sustainable Happiness* by Sonja Lyubomirsky and Jaime Kurtz. Take a moment to complete the questionnaire to see where you fall on the hap-

piness scale.

Tina Frank lives in Eau Claire with her husband and two children. A life-long "student of life," Tina is also an ANCC-certified clinical nurse specialist in child/adolescent mental health, practicing psychiatric nursing since 1986 and in private practice since 1999. She has recently opened her new practice, Positive Living Eau Claire, and in March 2014, she will complete her Tal Ben Shahr Positive Psychology certification.



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



FODIE FORUM



My wish for each of you this Christmas season is to *be present* in the kitchen, making or enjoying food with the ones you love. I know I plan to. One of our family traditions is baking Christmas sugar cookies. I have made the same cookies every single year of the 24 years my husband and I have been married. I have so many fond memories of decorating those cookies with our children and various friends over the years. You can find our family cookie recipe on the *5ive for Women* Facebook page. Here are a couple of savory recipes to help you enjoy time with your family. Happy Thanksgiving and Merry Christmas to all.

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.

Peking Pork

- | | |
|----------------------------|-----------------------------|
| 1 2-pound pork tenderloin | 1/4 cup soy sauce |
| 2 large garlic cloves | 3 tablespoons ketchup |
| 2 tablespoons fresh ginger | 2 tablespoons molasses |
| 1/4 cup beef broth | 1/2 teaspoon 5 spice powder |
| 1/4 cup honey | 1 cup sesame seeds |

Mix all ingredients except honey and sesame seeds. Marinate pork for 4-6 hours. Pat dry; then roll pork honey and again in sesame seeds. Bake at 325 degrees for 1 hour. Slice and serve with your favorite chutney.



Northwoods Dressing

- 3 teaspoons red wine vinegar
- 3 teaspoons minced red onions
- 1-1/2 teaspoons Dijon mustard
- 1/2 cup olive oil
- 3 tablespoons maple syrup

Mix ingredients, adding salt and pepper to taste.

Quick fixes

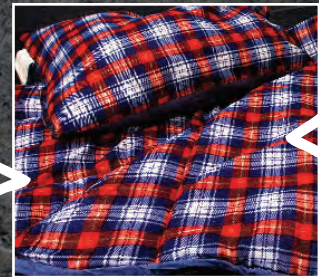
by the five Crew



Tan Towel® Streakless Tanning Towelette

Easy-to-use, 7 x 9 in. towelettes feature a concentrated self-tan formula for an even, all-over application with no streaking. Within 2 to 4 hours, skin has a radiant, natural-looking glow. Skin tone gets deeper with continued applications. Perfect for keeping the winter blahs at bay!

Stoner®
Invisible Glass
I found my new love in this glass cleaner! I cleaned the windows in our vehicles and I've never seen a more brilliant, crystal clear, non-hazy view. Visibility during driving has improved as well. Sold at auto stores.



Cozy Flannel Sheets

Softer and warmer than regular cotton sheets, flannel sheets afford you the comfort and warmth that you need night after night. With flannel sheets wrapped around you each night, you'll sleep soundly and wake up feeling warm and refreshed.

Turbie Twist®

The Turbie Twist® hair towel is the ultimate, absorbent, post-shower hair sponge. While soaking up water from wet hair, this wrap stays in place! It is convenient, cuts blow-drying time in half, and takes up very little space in the washing machine. Available in both cotton and microfiber.



Zeiss® Lens Cleaning Wipes

These wipes have the perfect amount of moisture to both clean glasses and self-dry. They are small, convenient, and easy-to-carry; so, leave some at home and take some to work. In addition to eye glasses, they're good for CDs, computer screens, camera lenses, etc.



Aquaphor®

This is the best! Rub it on rashes and skin irritations (calms itchy bug bites) or on small cuts and scrapes to speed up healing. It clears up eczema and even removes gum from hair. Fun! You can also stick a pea-size amount up nostrils to prevent frequent nosebleeds or apply to bottoms irritated by diarrhea. It is economical and it works.



Defending Jacob

By William Landay

Andy Barber has been a district attorney in a suburban Massachusetts county for over twenty years. He lives with his wife, Laurie, and his son, Jacob.

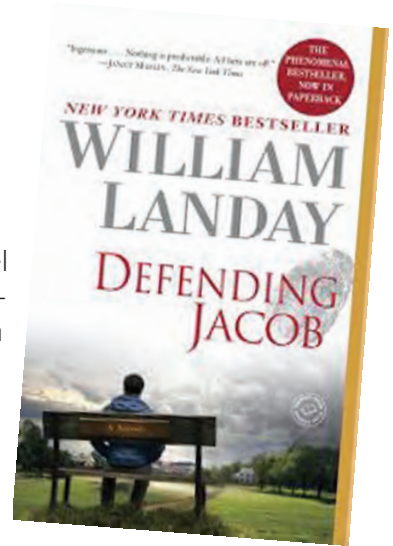
Life takes a very complicated turn when a shocking crime shakes up their New England town. The most likely suspect is a pedophile who lives nearby; but then suspicion turns to a much less likely suspect: their fourteen-year-old son, Jacob. Jacob maintains his innocence; Andy believes and takes up Jacob's defense.

As the trial intensifies, damning facts surface, a marriage threatens to crumble, the crisis reveals how little a father knows about his son, and Andy faces his own trial—between loyalty and justice, between truth and allegation, between a past he has kept secret and a future he cannot

imagine.

Defending Jacob is a novel about a family in crisis, showing us how fast our lives can spin out of control. It is an easy read that raises many difficult and complex questions. Could this happen to me and mine? A compelling read—hard to put down, even harder to clear out of your head after finishing.

Defending Jacob was nominated for the Harper Lee Prize for legal fiction.



About the Author



William Landay is an American novelist. This is his third novel. He is a graduate of Yale University and Boston College Law School. Before becoming a writer, he served as an assistant district attorney for eight years in Middlesex County, Massachusetts.

**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.lagranderscheese.com



**Give Your Home
A Gift This Year**

Shop Local, Buy Unique

Classics
Furniture • Lighting Studio

715.835.4500 | 2510 S. Hastings Way • Eau Claire, WI 54701
www.classicsfurniturestudio.com

RAYS OF GRACE X1V

WRITTEN BY GRACE THEISEN

HOLIDAY SEASON SURVIVAL

The holiday season can be hectic. It is not like school and life stop during the holidays. I have homework, presentations, meetings and my personal favorite, tests. (By the way, who thought that the holiday season would be a good time to have a test?) These things are in addition to family gatherings, Christmas concerts and parties and finding time to drink hot chocolate and go look at the lights. With all this craziness, how am I supposed to find any time to go shopping?

Life is busy. And sometimes I just have to tell myself to take a step back and live in the moment. I need to find a way to live life day by day.

Here is my plan to survive the holiday season.

First, use checklists. I write down what I have to do and cross off what I have done. Now, checklists can also cause problems for busy people. Example: Uhm...has anyone seen my checklist? I had it here

a minute ago. Solution: Checklists don't have to be in writing. I keep a checklist in my head.

Second, don't procrastinate. Example: When your mom tells you that your article is due, don't wait until it's past deadline to start writing. (You might have to trust me on this one).

Third, do everything correctly (the first time!)

Although it is really good to get your work done, you want to save some time for yourself. This makes a huge difference for me. It helps me to not stress so much. And so, I'm not procrastinating any more, I'm taking my checklist and going shopping! I'm doing it right (the first time!)



HB

HOUSE BLEND LIGHTING + DESIGN



215 N. BRIDGE ST.
CHIPPEWA FALLS
715.726.3080

houseblendstudio.com

DETAILS

FINE APPAREL & ACCESSORIES
502 Water Street Eau Claire, WI 715.834.1946
detailsdirect.com

PENDLETON

American prints

in

luxurious

100% wool



This Holiday Season



Give Yourself a Holiday Gift!

COURTESY OF CLASSICS FURNITURE STUDIO

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



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



What's Going On Calendar of Events

NOVEMBER

11/07/13 - Ladies Night in the City - Time: 5:30-8:30pm; A night where women will be pampered, can shop, socialize, and have a great time with girlfriends. Some enjoy offering samples of their work, such as a 15 minute free massage - then enjoy a brief pedicure/manicure. Bring the whole family, guys and kids can hang out at Action City! Directions: Metropolis Resort Eau Claire

11/09/13 - Quilt Tour - Six local quilt groups have joined hands to offer a first ever "Quilt Tour" in Menomonie. Time: 10:00am-3:00pm; The tour will offer a multitude of quilt displays at four local churches - traditional, modern and antique. The \$10 fee for the Quilt Tour passport will provide entry to all shows and a raffle ticket. Groups and their Menomonie church display locations are Common Thread Quilters - First Congregational Church, 420 Wilson Ave.; Quilting Queens - Our Savior's Lutheran Church, 910 Ninth Street; Over the Edge, Hearts and Hands and Peacework Quilters - Cedarbrook Church, N6714 470th St.; and St. Joe's Quilters, St. Joseph's Catholic Church School, Ninth Street and Wilson Avenue. Food and items for sale will be available at each location.

11/11/13 - 11th Annual Caregiver Resource Fair, Dinner and Town Hall Meeting - Time: 4-8pm; Detours & Speed Bumps: A Caregiver's Roadmap. Meeting and resource fair focused on helping family caregivers. Featuring keynote speaker Mary Pierce and breakout topic sessions. No-cost event, catered dinner included. On/off-site respite care provided. Call 715-839-4735 to register (REQUIRED). Location: Peace Lutheran Church, 501 E. Filmore Ave, Eau Claire

11/13/13 - Holiday Bazaar - 11:00am -7:00pm - First Presbyterian Church - Booths include: Baked goods, Candy Shoppe, Silent auction, Crafts, Christmas items, and Boutique. Knife sharpening will be done from 11AM till 2PM. Bar-b-que Sandwich Lunch 11:30-12:30pm (\$6.00); Ham Loaf Dinner served from 5:00-6:30pm (\$9.00) Raffle items this year are a hand-made quilt called "Cottage Romance" and a Kindle Fire. Directions: 130 W Central Street, Chippewa Falls

11/23/13 - 29th Annual Craft Country Expo at McDonell Central Catholic High School, Chippewa Falls from 9 am - 3:30 p.m. Over 85 exhibitors \$1 admission and door prizes throughout the day. Lunch is available. Event sponsored by the McDonell Alumni Association. Contact Julie Clark at 715-723-0907.

11/28/13 - 01/01/14 - Christmas Village in Irvine Park; The Chippewa Falls Christmas Village is an impressive display of life-size Christmas scenes reminiscent of the Victorian era and local historical replicas, along with a dazzling display of over 60,000 lights. Opens Thanksgiving Day at 5:00 to 6:30 pm for walk through only. Open daily after that 7am - 9:30pm until New Year's Day. Contact: 723-0051.

DECEMBER

12/01/13 - Kristmas Kookies at the Heyde Center in Chippewa Falls - Time: 1:00 - 2:00pm; Composer/singer Warren Hermodson with music teachers George Uthphall, keyboard and vocals, Bill Simon, bass and vocals and Steve Wells, lead guitar and vocals are back on the Heyde Center stage with a collection of Kookie favorites. This year they bring new Hermodson songs with a humorous take on the traditional musical Christmas. Admission: adults \$10, seniors \$9, youth \$5.

12/07/13 - Bridge to Wonderland Parade - Time: 6:00pm - 2013 THEME: The 12 Days of Christmas; Join us for this one-of-a-kind parade as over 50 illuminated and musical floats, horse drawn wagons, and walking units light up the winter sky.

12/12/13 - WinterDaze - Time: 4:30 - 8:00pm; Downtown Menomonie's Annual WinterDaze event - Visit with Santa and his live reindeer, sip Hot Cocoa and watch the beautiful light parade down Main Street!! Location: Downtown Menomonie; www.mainstreetmenomonie.org/winterdaze/

12/14/13 - Soul Music Tribute at the Heyde Center in Chippewa Falls - Time: 7:30 p.m. This is a wonderful tribute to classic soul music with local musicians and tunes from Stevie Wonder, Michael Jackson, The Temptations, Marvin Gaye and many more. The primary focus is based on soul music from the 1960s and 70s. Admission: \$10 adults, \$9 seniors, and \$7 youth.

12/31/13 - RCU New Year's Eve Event - Time: 5-9pm at 3456 Craig Road in Eau Claire. Come celebrate the RCU New Year's Eve with us at the Sports Center on Tuesday, December 31st from 5:00pm-9:00pm! Bring the whole family out to this special event and enjoy DJ Entertainment, Games, Prizes, Inflatables, Limo Rides and a HUGE Balloon Drop! \$5 admission, children 2 and under are FREE!

12/31/13 - Prelude to an Eve - Time: 7:30 - 10:30pm -Need a boost into 2014? You'll regret it if you miss this fantastic end-of-year party, an event that must be experienced first-hand. Once again, Troppo Big Band Jazz will help you dance into 2014 laughing and singing all the way. Admission: adults \$11, seniors \$10, Youth \$5

JANUARY

01/10/14 - 01/12/14 Community Arts Presents: Knights of the Round Table - Time: Fri. and Sat. 7:30pm, Sun. 3:00pm - The round table that belonged to Uther Pendragon, High King of Britain, is now bequeathed to his son, Arthur, his successor on the throne. Cost: Adult \$18, Seniors \$16, Student \$8 Location: Eau Claire Regional Art Center, State Theatre, Eau Claire, WI

01/19/14 - Ballet Folklorica de Mexico - Time: 2:00pm - A stunning presentation by a folkloric ballet ensemble of dancers in elaborate costumes celebrating the traditional culture of Mexico. Included is a demonstration of Trick Roping presented with courage and style and using up to six ropes at a time. Admission: Adults \$8, Seniors \$7, Youth \$3; Location: Heyde Center, Chippewa Falls; Website: www.balletamalia.com

01/25/14 - Timber Wolf Winter Ecology Workshop - Time: Sat., Jan. 25, 9:00am-4:30pm and Sun., Jan. 26, 8:30am-12:00pm; The Timber Wolf Info Network (TWIN) will hold a two-day winter wolf ecology workshop at the Reserve. Fee includes instruction and materials. Bring your own Saturday lunch and beverage. (Lodging is \$13 per night, per person.) Registration and full payment required by Jan. 17. Location: Beaver Creek Reserve, Wise Nature Center, S1 County Road K, Fall Creek; www.beavercreekreserve.org

index of advertisers

| | |
|--------------------------------------|--------------------|
| 4:30 AM Coffee House | 35 |
| B-Framed Galleries | 24 |
| Catholic Charities | 31 |
| Chippewa Valley Vein Center | 29 |
| Classics Furniture Studio | 38 |
| Details Fine Apparel and Accessories | 39 |
| Down to Earth | 21 |
| Green Planet Rain Barrels | 25 |
| Heyde Center of Arts | 40 |
| House Blend Lighting + Design | 39 |
| Hudson Chamber | 27 |
| Kris Newman | 40 |
| Kristo Orthodontic Specialists | 7 |
| LaGrander's Cheese | 38 |
| Legacy Chocolates | 24 |
| Life By Design | 33 |
| McDonell Area Catholic School | 29 |
| Mega Foods | Inside Front Cover |
| Merrick Plastic and Hand Surgery | 5 |
| Nancy Rothwell | 24 |
| Northwoods Family Eyecare | 33 |
| OakLeaf Surgical Hospital | 17 |
| O'neil Creek Campground | 27 |
| Pederson-Volker Funeral Chapel | 17 |
| Red Flint Rock and Stone | 3 |
| Regis Catholic Schools | 23 |
| Regis Court Dental Associates | 3 |
| RCU | 25 |
| RCU | Back Cover |
| Sacred Heart Hospital | Inside Back Cover |
| St. Joseph's Hospital | 17 |
| Smiles in Motion | 7 |
| Southside Medical Clinic | 33 |
| Sparrows by the Creek Boutique | 24 |
| The Garage | 25 |
| The Medicine Shoppe | 21 |
| Toycen Motors | 24 |
| UWEC | 17 |
| Western Wisconsin Urology | 24 |
| Yoga Center | 31 |

PHOTOGRAPHER

| TRACY HEIDTKE PHOTOGRAPHY |
ttheidtke@msn.com



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

ROYAL CREDIT UNION

Discover *the* **RCU** *Advantage*

BORROW • INVEST • MANAGE



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



www.rcu.org