

coulee region

women

AREA HOME AND HEALTH MAGAZINE

Our How-to Issue

How to ... Have It All

Jennifer Kloehn Blends Work and Life

How to ...

Run a Business (or Two)
Rejuvenate Your Home—27 Easy Ideas
Make Your Own Sushi!

and ...

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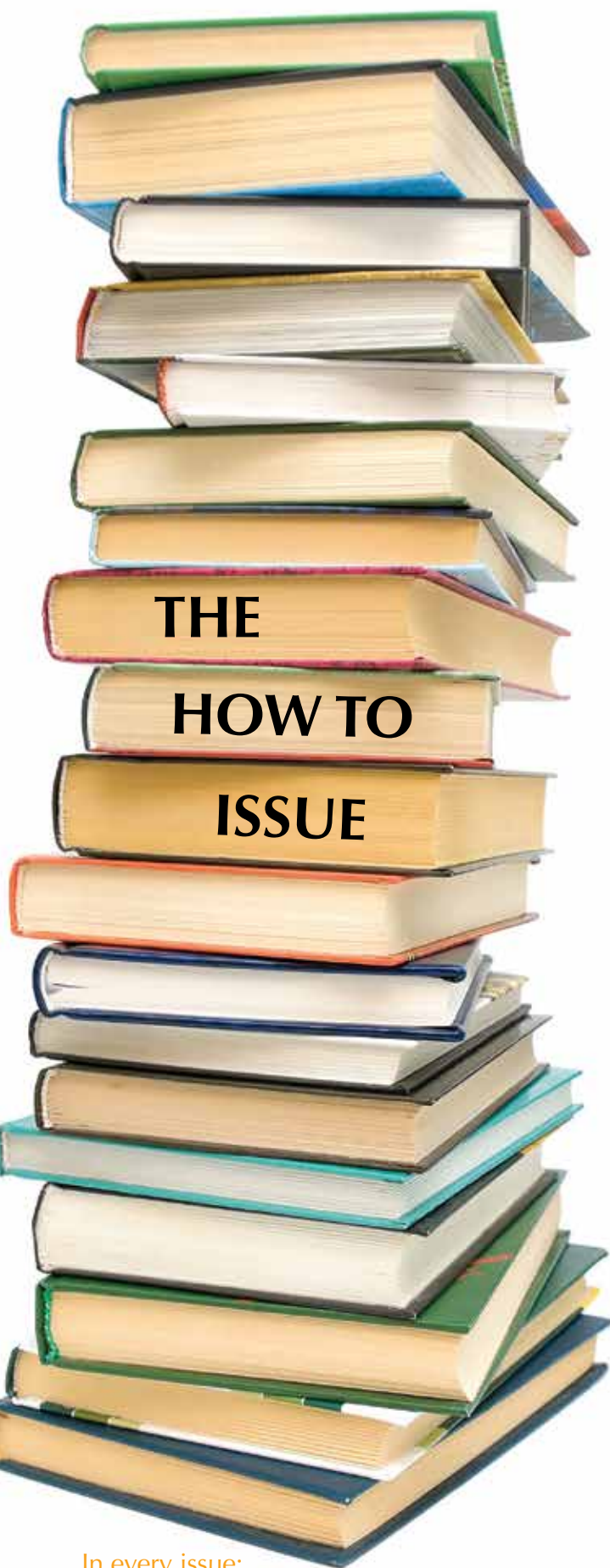



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CONTENTS | April/May 2013

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women

AREA HOME AND HEALTHY LIVING MAGAZINE

11 PROFILE

HOW TO "HAVE IT ALL"

Jennifer Kloehn embraces a different way to mix family, work and time for yourself.

15 PERSONAL & PROFESSIONAL

COMMITTED TO SUCCESS

Lynnae Rivera offers advice on starting a business—or two.

19 WOMEN IN THE REGION

GETTING TO KNOW YOU

Whether personally or professionally, opportunities for meeting people abound in the Coulee Region.

23 HEALTHY LIVING

ARREST YOUR ALLERGIES

Relief for food and pollen allergies may be closer than you think.

25 HOME

THE QUICK CHANGE

Here's how to make your home feel like new—without a costly remodel.

29 HOME & GARDEN

HOW DOES YOUR COULEE REGION GARDEN GROW?

Gardening experts give advice on preparing the soil, selecting the right plants and much more.

33 FOOD

SUSHI NIGHT

Yes, you *can* make your own sushi at home. Here's how.

36 RETAIL THERAPY

HOW NOT TO DRESS LIKE YOUR MOTHER

She has her style, you have yours—here's how to express both beautifully.

39 DESIGNING WOMEN

YOUR PERSONAL STAMP

Dress up the ordinary gift card with a creative touch.

43 TRAVEL

HOW TO HAVE A DREAM VACATION

Thorough planning and attention to details help you embark on the trip of a lifetime.

In every issue:

From the Editor **6** | In the Know **8** | Accomplishments **32**
Advertiser Index **46** | Community Calendar **46**

Pictured on cover:

Jennifer Kloehn, Director of Sales at The Waterfront Restaurant and Tavern. Photo by Bruce Defries Photography. Hair by Glow, downtown La Crosse; makeup by Clinique, at Macy's in Valley View Mall. Other photo credits: Charish Badzinski, top right, p. 43.



A NEW LEASE ON LIFE

'Cancer is tough, but I'm tougher.'

Breast cancer doctor Leah Dietrich, MD, is used to helping people through the most difficult time in their lives. But, she wasn't expecting it to happen to her.

Using the advice she so often gives patients, Dr. Dietrich held her head high and conquered breast cancer. She discovered courage she never knew existed. Now, as every patient's strongest advocate, she's spreading the message that survivorship can mean a healthier you and that you only live once, so live fully. Most importantly, early cancer detection saves lives!

Are you up-to-date on your preventive screenings? Talk to your primary care provider today. To read Dr. Dietrich's full story, go to gundluth.org/cancer.



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When I began my career as a freelance writer, I quickly found a niche for myself in the world of how-to. Being a crafty sort, with years of experience following knitting patterns, sewing instructions, recipes and the like, I had an innate sense of how to clearly explain something—just about anything—to the unexperienced. I wrote how-tos for topics I knew well, like knitting; I wrote how-tos for things I knew nothing about at all, like how to tile a floor, how to build a built-in bookshelf and how to landscape an English-style garden. If you have the material (in the latter examples, experts provided that for

me, luckily for the readers), and with practice, you begin to understand how to break down even the most complex of tasks so that someone else can follow them, ideally with success.

It's fun to live in a time when everyone knows what DIY means—people are willing to try their hand at tiling a floor, growing their own food and, yes, knitting. Friends get together for sausage making, bread baking and beer brewing. There's nothing like the sense of independence and achievement that “doing it yourself” brings.

In our “How-To” issue of *Coulee Region Women*, we bring you the opportunity to try your hand at some things you may be itching to try yourself—sushi making, redecorating, plotting a garden and planning a vacation—but we've also taken a look at some larger life how-tos that are not so easy to

break down into simple steps—like how to find balance in a busy world, for example, or how to tackle allergies or even how to meet people in our close-knit Coulee Region.

Finally, don't miss our special Home & Garden Show insert, where you'll learn how to choose a builder, what colors are hot for today's décor and how to navigate the La Crosse Area Builders Association Home & Garden Show held May 3-5.

We hope our “How-To” issue inspires you to try something new or challenge yourself to “do it yourself.” There's no better time to try.

Betty

CRW CALL FOR PHOTOS

We're looking for photos to feature in the lead story of our June/July issue—“Family Matters”—and we need your help. Do you have a favorite family photo, preferably with a bit of a story behind it? It can be ancient or recent, black-and-white or color, posed or candid. Does it tell the story of your long-established Coulee Region roots or record your family's first days in the area? Does it feature your extended family, your immediate family, your blended family or the family of your choice?

We're interested in seeing them all. You may email electronic photos to info@crwmagazine.com or mail paper photos to Coulee Region Women, 816 2nd Ave. S., Ste. 300, Onalaska, WI 54650. If your photo is fragile or the only copy you have, please scan it and email it to us rather than send the original. Please send your photos no later than Monday, April 22.

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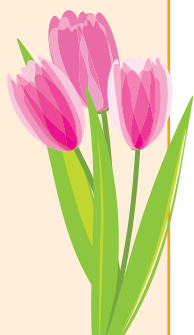


CELEBRATE WOMEN!

The Women's Fund of Greater La Crosse invites you to celebrate women and spring at the 2013 Women's Spring Fling Luncheon, Saturday, April 13, from 11:00 a.m. to 1:30 p.m. in the Cargill Room at The Waterfront Restaurant and Tavern. Enjoy delicious food, a fashion show, a silent auction and door prizes. You can purchase an individual ticket for \$30 or reserve a table for your group or organization for \$250 (seats eight). Tables can choose their own theme and decorations. Emcee Heather Armstrong of WXOX will announce each table's theme and how you celebrate women. To order tickets or reserve a table, visit www.womensfundlacrosse.org or call 608-780-5710. Tickets also available at Howe's Diamond Jewelers, Honig's Gifts, Travel Leaders/Owned and Operated by Goli's Avenues of Travel and The Ultimate Salon and Spa.

MOTHER'S DAY FRIENDSHIP LUNCHEON

Join a special celebration of all women and a time of remembrances, joys and love in a Mother's Day Friendship Luncheon held May 11, 11:30 a.m. to 1:00 p.m., at the Cedar Creek Country Club in Onalaska. Hosted by Gundersen Lutheran, the event features educator Darryle Clott, who will share stories of ordinary people accomplishing extraordinary things. The event is \$17 per person, which includes lunch, the presentation and a gift. For more information, contact Gundersen's Center for Women at (608) 775-3079.



WHAT'S IT WORTH?

Have you ever wondered what that family heirloom is really worth? What's the story behind the signed painting you purchased at a garage sale last year? Take it to antiques expert Mark Moran on April 14, from 1:00 to 4:00 p.m., at the Shirley M. Wright Memorial Library in Trempealeau. Moran, an author of more than 25 books on antiques and collectables, has appeared on *Antiques Roadshow* and at numerous appraisal events throughout the Midwest. At the Trempealeau event, he will appraise items for the first 40 registered and provide "Appraisal Theater" for attendees.

Earth Fair

GO GREEN IN 2013

Bring the family to Myrick Park and the EcoPark on April 21 from 11:00 a.m. to 5:00 p.m. for the fifth annual Earth Fair, presented by Coulee Partners for Sustainability, the La Crosse Area Family YMCA and the Earth Fair Committee. This free event will feature children's activities, live music and performances (including Hans Mayer) and Grand Green Prizes. There will also be "green" vendor booths and a farmers' market, eco presentations, interactive displays and much more. Do you have an item in need of repair? Bring it to the Repair Café at Earth Fair. And you can recycle old electronics and ink cartridges at the Recycling Fair, just two blocks away at Emerson Elementary. For more details on Earth Fair 2013 and the Recycling Fair, visit www.earthfairlacrosse.org and follow updates on Coulee Partners for Sustainability's Facebook page.



GET WALKIN'

Put on your walking shoes and explore downtown La Crosse by participating in the third annual Downtown Walk Around, presented by Downtown Mainstreet, Inc. and Mayo Clinic. The Walk Around, held May 3 through June 7, is a walking challenge for La Crosse community employees and residents. Get walking and get healthy—and discover some great shops along the way! To participate, just pick up a Downtown Walk Around card at participating businesses or download the card from the Downtown Mainstreet website. As you walk around town, stop into participating establishments and have your card stamped. Once the card is full, you are eligible for great prizes. The Walk Around wraps up with a celebration ceremony on June 7 with live music and prizes. For more information or to view participating businesses, check out www.lacrossedowntown.com.

THANK YOU

We're always grateful to merchants and others who offer products, styling and settings for our many photo shoots. We extend a special thank-you to Connie Peter at The Ultimate Salon & Spa in Onalaska for providing us with her fantastic hair and makeup services in the Retail Therapy section of our April/May issue. You can view her salon's talents (and the salon itself) in this issue's Retail Therapy (p. 36).

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How to “Have It All”

Jennifer Kloehn embraces a different way
to mix family, work and time for yourself.

BY HEIDI GRIMINGER BLANKE
Photos by Bruce Defries Photography

Jennifer Kloehn, Director of Sales at The Waterfront Restaurant and Tavern, could be the epitome of the superwoman working mom, but she knows better. Though Kloehn grew up thinking “you had to be the woman who had it all,” life’s lessons have taught her otherwise. Now her blue eyes sparkle when she thinks about those years, and she knowingly asks, “Really? Why?”

Don’t get the idea that Kloehn approaches life with a laissez-faire attitude. This focused woman does all the sales for the Waterfront and its venues and off-site caterings. “I do a lot of the marketing pieces, promotions and things like that,” including social media. She is fully vested in her family and looks for ways to be involved in the community.

Kloehn realizes prioritizing and planning are a must. She speaks of integration, rather than balance. “Balance isn’t really realistic; it’s more about integrating. I’ve always worked from home while raising my kids. For me, it’s about blending the lines between work and family.” For example, Kloehn may answer emails while listening to a child practice piano or bring her daughters to work on a weekend; while Jennifer confers with prospective brides, her children do their homework.

Coming home

Kloehn, age 38, was born and raised in Bangor and, though they didn't connect until years later, married a fellow Onalaska Luther High School graduate. Before settling in the Coulee Region, Kloehn headed east to be a nanny, and then worked full time while attending the University of Maryland. Though it was a fun experience, Kloehn knew Wisconsin was home. "Even at the age of 20, I knew I wanted

and you learn something different every day. I think you always take away something from new people you meet and the conversations you had."

Blurring the lines

Kloehn has no special secrets for finding the perfect fit between work and everything else. However, she does feel passion for the job is vital. Though her job can present her with challenges, "I still love it. I love coming to work. You need that to make your job worthwhile." Kloehn particularly enjoys working with nonprofits, assisting them in planning events.

Still, she finds it important to make time for herself. "All research and articles [say] you have to carve out that time." For many women, Kloehn included, this does not come easily. "As much as it goes against what I grew up knowing, it's very important," she states. "In the morning, I'll get up at 5:00 and do a few things for myself." Kloehn enjoys exercising, especially



"You have to set your priorities, and you have to be willing to change those priorities."

my family to be raised here," so, when the opportunity to come home presented itself, she headed back, pursuing a degree in psychology at the University of Wisconsin-La Crosse.

Kloehn's first job after graduation was with AmeriCorps, working with youth involved in the juvenile justice system. When her stint with AmeriCorps ended, she tried to stay in the counseling field. However, the work could be heart-wrenching, and Kloehn was ready for a change. "I was pregnant with my son 13 years ago. My girlfriend owned a travel agency and said, 'Why don't you come work for me part time?'" This gave her the opportunity to work from home while raising her children, who are now ages 13, 10 and 8.

Kloehn came to The Waterfront Restaurant and Tavern three years ago, ready to share her talents in a full-time position. The decision wasn't an easy one, but it was the right one. "Isn't it funny that putting yourself first means getting a job?" she says. "But it gives you that sense of purpose."

Being yourself

Kloehn's sales career "is a natural transition" from psychology. "It might even be inherited," she quips. "My father had a career in sales, and both my brothers went into sales, so it's kind of something that's in our blood. We relate to people really well, and our honesty has helped us become successful in sales. When you're buying something from somebody, you want to trust they are going to do right by you." In Kloehn's career, that can mean repeat business. "If you treat your guests wonderfully when they come in, they want to come back."

That honesty not only translates to successful sales, but also to a passion for people. Kloehn is amazed at the variety of people she comes in contact with through her job. "It's such a diverse group,

running, and reading.

Even then, though, Kloehn integrates work and me-time. "I read a lot of business books [and books] that will make me a better person." Because her spare time is limited, she tries to make it productive as well as enjoyable.

Kloehn rattles off her work hours as "Monday through Friday, 8:00 to 5:00," but it doesn't stop there. "I really blur the lines between my personal time and my work time. To be a good salesperson, you always have to be looking for opportunities." Even at a fundraising event or a child's ballgame, "there's always an opportunity to talk to someone and persuade them to use our venue."

Sharing her best advice

Like many women, Kloehn struggles to overcome the guilt of not being available for every one of her children's activities or not keeping a perfect home. "I think it took me such a long time to realize that being a working mom doesn't need to be that stressful," she shares. "I think I was that person, for a long time, where I'm crazy running late and I'm just stressing and my heart is racing—and I just came to the realization that it is what you make of it. I'm not going to be able to do it all. You have trade-offs. Certain times in life, you're more focused on your job; certain times you're more focused on your kids. You have to set your priorities, and you have to be willing to change those priorities. My priority last year is not what my priority is now, so you have to be willing to be flexible and reevaluate all the time."

Now that's advice we can all buy. (crw)

Heidi Griminger Blanke, Ph.D., is a freelance writer with Orah Communications. She hopes all women will heed Kloehn's advice and not try to do it all.

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COMMITTED TO SUCCESS

Lynnae Rivera offers advice on starting a business—or two.

BY MARTHA KEEFFE

Photo by Megan McCluskey, Atypik Studio



“It takes commitment and the willingness to be there 24/7.” What could be described as sound advice for maintaining a solid relationship has become the key to success for entrepreneur Lynnae Rivera of Onalaska. Lynnae, who with her husband, Manuel, has opened and continues to operate a number of businesses in Wisconsin, lets this reasoning direct her thoughts about work. “We love to work but got tired of working overtime for others. We decided that we could do that on our own,” she says.

Bringing it home

A native of La Crosse, Lynnae left home to find work in San Diego. It was here that she met and married her restaurant coworker, Manuel Rivera, who with Lynnae and their three children left the temperate climate of southern California to settle down in the Coulee Region.

After their family acclimated to the Midwest, Manuel found a job at Main Street Ingredients in La Crosse. As he moved up the ranks, he gained invaluable management and business operation experience that complemented the work Lynnae performed as a paralegal at Gundersen Lutheran. Both hard workers, Lynnae and Manuel willingly took on added responsibilities, committing longer hours and lost weekends to jobs that didn’t provide a sense of ownership. “At that point, we decided to become our own boss,” says Lynnae.

Open for business

“Our first thought was to open a small, authentic Mexican restaurant using recipes that were passed down through Manuel’s family,” explains Lynnae. Having grown up on the Pacific coast of Mexico, Manuel wanted to introduce a public brought up on

When considering opening a business, it is advisable to seek the assistance of a knowledgeable accountant and attorney. For more start-up business information, contact the Mississippi River Valley chapter of SCORE, a national nonprofit organization dedicated to helping small businesses succeed. Visit score.org or call 608-784-4880.

mainstream Tex-Mex fare to the unique seafood dishes of his childhood. In May 2000, they opened Manny's Cocina in Onalaska to crowds that often waited for more than an hour to be seated.

During those years, not only did Lynnae keep the books, she also bused and waited on tables, assisted in the kitchen and helped maintain the building, right alongside Manuel and the other employees. She believes it's that high level of dedication that's made them successful. "For anyone thinking about opening a business, I'd advise them to be honest about how much time they want to put into it," she says. "I can't remember the last time we took a vacation."

Therefore, when a fire shut down the restaurant in 2003, the Riveras were

determined to get their new expanded restaurant, Manny's Cocina in Onalaska, up and running by November of that same year. "We simply got the idea in our heads that this is what we wanted to do. We were already committed," she says.

Offering more

Once the new restaurant was established and her brother-in-law was successfully managing a second Manny's Cocina in Eau Claire, Lynnae began looking for another challenge, especially now that their children were grown. "I've always had a dream to open a fitness center, but with a twist," explains Lynnae. Using the concept of housing a variety of fitness and wellness disciplines under one roof, she began formulating a plan to make Studio 16 in Onalaska a reality. Before approaching the bank to ask for a loan, she wrote a detailed business plan complete with projections on startup costs, overhead and how expenses would be covered—a process for which she has always sought the counsel of a knowledgeable lawyer and accountant. "We did the same thing when we presented a proposal for Manny's. We basically estimated how much food we might sell per day, multiplied that out per week,

then month, then year," she says. "From that we subtracted our estimated expenses."

In addition to revenue projections, Lynnae put considerable thought into selling her idea. "There are already a number of fitness centers in the area," she admits, "so I had to convince the bank that what I had in mind was unique." Unlike other exercise facilities, Studio 16 includes Café D'Vine, an onsite, full-service bistro that features a light and healthy menu and serves as the foundation for the upscale studio space that Lynnae leases to individual yoga, Pilates, massage, personal training and holistic professionals. The result is a distinctive, personalized experience behind each door. "I like that everyone operates individually under one umbrella but shares the same vision of health," she says. And while some people might shy away from taking on more responsibility, Rivera has faith that her old philosophy will see her through. "Sometimes I drive by my business and can't believe we own that place. But I love to work. I'll be there to keep it running." *(crw)*

Martha Keffe lives and writes in La Crosse. She enjoys the wonderful food at Manny's and is looking forward to checking out the fare at Café D'Vine—after she works out at Studio 16, of course.

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GETTING TO KNOW YOU

**Whether personally or professionally,
opportunities for meeting people abound in the Coulee Region.**

BY LINDSAY BONNAR
Contributed photos

Facebook? LinkedIn? Twitter? YouTube? The Internet has certainly added another dimension to the way we meet people and in how we sustain our relationships—both personally and professionally. Right here in the Coulee Region, we are sowing the seeds of friendship and establishing professional networks online and off. Here are a few ways women in the area are meeting up.

Get personal with Meetup.com

Since the early days of the Internet, the influence of technology and the Internet on our culture and in our daily lives has reshaped how we find information—and each other.

People new to the Coulee Region, or even the not so new, can navigate to sites like www.meetup.com. Meetup.com is a nationwide website for groups of all kinds and interests. Mommy Meetup and the 7 Rivers Mamas, for example, offer a chance for mothers of all ages to “meet up” both online and off. The offline, in-person events the groups hold offer members a way to get out of the house and interact with other women and their children.

Janelle Moneypenny of 7 Rivers Mamas finds that websites like Meetup.com make it easier for people who are new to the area to find “their” group. “Our group is a wonderful resource for parenting advice from a variety of parenting styles and cultures, as well as developing friendships between women while cultivating the social skills of our children,” Moneypenny says. “I really like to emphasize the need to develop friendships between mothers. As a stay-at-home mom, I know firsthand how alone you can feel, especially when you are new to the area.”

Meetup.com reaches out to people of all interests. You can find groups such as Outdoor Adventures in the Coulee Region, La Crosse Board Game Group Meetup, La Crosse Area Writers Group and Bluff and Coulee Vegans, just to name a few.

Do it yourself

While looking for ways to meet people and make friends in the area, Amber Pergande discovered a 20 and 30 Somethings group on Meetup.com, but the group was no longer active.

“There were less than 12 members, and they hadn’t done anything for almost five months,” says Pergande. “A few weeks after joining the group, I received an email saying that the group was going to be shut down if no one took over as the new organizer.”

Since no one else stepped up to take over, Pergande decided to do it. Today the 20 and 30 Somethings La Crosse group has grown to more than 90 members. Pergande encourages members to post events for others to join. Past events have ranged from happy hours to board game nights to dinner/movie nights.

“Just before Christmas we had an ugly Christmas sweater party and went bowling. It was a lot of fun!” Pergande says. “We are hoping this summer to get a large group of us to go canoeing/kayaking down the Kickapoo. My goal is to have a variety of meetups throughout the month, so there is something to fit all our members’ interests and schedules. I’m already seeing that there are definitely groups within this group—which is cool!”

Internet groups are not the only way to reach out to others. Joining a health club or a local yoga class is a great way to meet other active people in the area while helping improve your personal health. Seek out book clubs, go to local museums, take a class—or just talk to everyone you meet!

Professional networking made easy

The Coulee Region boasts several groups for professional women to network face-to-face to get their name and/or business in the public eye, meet area women from a variety of professions, find mutual support, forge partnerships and even make friends.



Left: Shari Hopkins leads a meeting of WINS (Women in Networking and Support). Top right: A meeting of the Women's Alliance of La Crosse. Bottom right: The 7 Rivers Mamas Meetup group enjoys a kid-free night on the town. Clockwise from left: Kristi Strelow, Celeste Saylor, Rachel Kroll, Lisa Vallee and Janelle Moneypenny.

As an example, “the Women’s Alliance of La Crosse offers the opportunity to meet and network with area women from a variety of professions, from self-employed to retired, and from nonprofit to corporate,” says WAL president Melissa Chelf. “Women can join our group to connect with other professional women, as well as to grow and learn from our inspiring and informative speakers and seminars.”

“I volunteered to take over the announcements and reminders about a year ago,” says Shari Hopkins of Women in Networking and Support, another local professional women’s group. “I am thankful the group was available for me when I was new to the area, and I wanted to contribute to keeping it going for others.”

And as is evident with the Meetup groups, in-person meetings and online resources work hand-in-hand to keep people connected in the Coulee Region—they are hardly mutually

exclusive. “We have definitely found that Facebook and LinkedIn generate new people coming to our meetings,” says Women of Worth’s Debbie Lee. “We wouldn’t be where we are without those two sources. They have definitely made our lives easier.”

To begin making colleague connections in the Coulee Region, add one or more of these regular group meetings to your calendar.

Coulee Region Professional Women (CRPW) meets at 5:30 p.m. on the fourth Tuesday of each month at Nell’s City Grill. For more information, contact Debbye SwardFihn at debbye@couleecoffee.com.

Women’s Alliance of La Crosse (WAL) meets at noon on the second Thursday of each month at the Waterfront restaurant. For more information, contact Amy Stodola at amy.stodola@edwardjones.com.

Women in Networking and Support (WINS) meets noon to 1:00 p.m. on the second Wednesday of each month at Howie’s.

For more information, contact Shari Hopkins at 608-784-3904 or shopkins@couleebank.net.

Women of Worth (WOW) meets at noon on the last Wednesday of every month at Boot Hill Pub. For more information, contact Debbie Lee at 608-784-2775 or debbie.lee@westlandinsurance.com, or contact Cathy Norris at 608-786-0387 or servpro.cathy@gmail.com. **(crw)**

Lindsay Bonnar made the Coulee Region her home nearly eight years ago. During this time, Internet networking sites have proven to be a valuable asset to meeting friends and networking with new business opportunities, as well as maintaining relationships with the friends and family she left behind.

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ARREST YOUR ALLERGIES

**Relief for food and pollen allergies
may be closer than you think.**

BY THERESA WASHBURN

Photo by Megan McCluskey, Atypik Studio

Sneezing, watery eyes, hives, gastrointestinal issues, itching mouth and eczema are all signs you may be one of the unfortunate sufferers of allergies. While genetics may contribute to the likelihood that you will acquire allergic reactions to food or pollen, other environmental factors can be instrumental in this immune-related condition. “There is new work that is looking at the relationship of the lack of vitamin D to allergies,” says Dr. Mary Morris of Allergy Associates. “In addition to environment and genetics, the types of bacteria present in the intestinal tract has changed. With 30 percent of the immune system located in the GI tract, keeping beneficial bacteria in that part of your body is something we promote.”

Know your body

Allergy or food diaries can help people identify seemingly unrelated symptoms including headaches, fatigue and abdominal bloating. Dr. Morris suggests noting food reactions even if the allergy is airborne. Some people have a tendency for synergistic or cross reactions; for instance, those allergic to birch pollen may also react to apples, carrots and hazelnuts because of shared proteins in their genetic makeup. In these cases, when the pollen is present, a food that may not normally cause any reaction suddenly becomes an issue. If that isn't enough, global climate changes are adding days and even weeks to the length of the allergy season. “We've seen a 10-day difference in the ragweed allergy season over the decade,” says Dr. Morris. “That is scary.” Knowing when the reactions start and stop will help pretreatment and help pinpoint the source.

Help is near

The good news is that advances in immunotherapy—where a small amount of an allergen is administered to a person to help them develop tolerance to it—provide safe options for allergy sufferers with minimal side effects. But immunotherapy is a year-round treatment

and ideally should start before the allergy season to help derail reactions. If you missed the timing for the immunotherapy, there are a number of good options for coping with seasonal allergies. “Saline rinses and neti pots help a great deal; over-the-counter antihistamines can help manage the symptoms, and nasal steroids offer relief as well,” explains Dr. Morris.

Watch what you eat

Food allergies are a bit more complex; they require awareness of changes in your system. “Mouth itching, hives, chronic diarrhea or diarrhea about an hour after you eat something are all signs you have a food allergy,” warns Dr. Morris. “Also, children with eczema have a high chance of having a food allergy.” Moreover, food allergies, if left unchecked, can become markedly worse over time, so catching them early can help avoid stronger reactions. Sublingual immunotherapy, commonly referred to as allergy drops (where the allergen is administered in drops under the tongue), is very effective in most cases and is showing hope even for those burdened with deadly peanut and nut allergies. Allergy Associates of La Crosse collaborated with Duke University to conduct the first peanut sublingual immunotherapy trial in 2005. Today, multiple research centers from around the country are further investigating food allergy treatment options. Today's allergists are making remarkable headway to alleviate the frustration, fear and foreboding associated with allergies. Allergy Associates of La Crosse and Dr. Mary Morris are among the leaders in the industry. Grounded in the innovative approaches of her father, Dr. David Morris, patients can expect a rigorous testing process and targeted immune therapy plan with the allergy drops to address the allergies that present problems for the immune system. **(crw)**

Theresa Washburn is a writer, workshop presenter and communications consultant. She lives in the Coulee Region with her family and a menagerie of animals.

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THE QUICK CHANGE

Here's how to make your home feel like new—without a costly remodel.

BY SHARI HEGLAND



Clockwise from top left: Sheryl Rupprecht, Hidden Valley Designs; Janelle Byus, Nordeen Design Gallery; Angela Bartow, Savvy Home Consignments; Kathy Gholson and Leslie Kroker, Take II Staging and Redesign.

Add a pop of bright color with new accent pillows or other accessories. Brighten a bathroom with fresh new towels and rugs. Or simply rearrange your living-room furniture and add a new light fixture or candles. Area design professionals suggest these and other great ideas to give your home a fresh new look without spending a lot of time or money. Let's begin with the basics:

Home how-to's

- Keep things functional. "Think about what you do in a room, and who you are going to be sharing it with," says Sheryl Rupprecht of Hidden Valley Designs. That will help guide you to create a new look that makes sense.
- "Paint is one of the cheapest ways to completely change a room," says Angela Bartow, owner of Savvy Home Consignments in Onalaska. Don't be afraid to try different colors, or consider gray as a nontraditional neutral.
- Add a bold color to any room with a new accessory. Janelle Byus, interior designer/principal with Nordeen Design Gallery, says that emerald green is one of the hot color trends now. "But more important is the selection of a color that suits you," she says.
- Repurpose furniture. Kathy Gholson and Leslie Kroker of Take II Staging and Redesign Services suggest getting a new look by using furniture in a new way, or even bringing outside furniture in. Use a small bookcase as a coffee table or bedside stand (try turning it on its side for a unique perspective) or use a buffet as a sofa table.
- Often, less is more. Kroker says when adding accessories to a room, you should take something away as well. Rather than displaying an entire collection of something like ceramics, choose a few pieces at a time and rotate them every few weeks.
- Seasonal décor isn't limited to holiday decorations. Switch out living-room and bedroom accessories such as pillows to suit the season—rich, warm colors in the winter; lighter, brighter colors in the same palette for summer.

With these general guidelines in mind, let's move on to specific areas of your home.

Living room/family room

- Arrange furniture to change the focal point. Rupprecht suggests centering it around a fireplace in the winter, then opening up the layout to take advantage of outdoor views when the weather turns warmer.
- Carry a bright color through with lamps or pillows, says Take II's Gholson. Using a single color can pull together accessories that may not otherwise match.
- Both Byus and Rupprecht note that an area rug can change up the look of a room; you can use one even if the floor is carpeted. The choices are endless not only in color, but also in texture and weave.
- An ottoman can replace the coffee table. A tray on top functions as an accent and a place to set a beverage, Byus says.
- New lamps, or just new shades, can also freshen up a room.

Kitchen and dining room

- Hide the clutter.
- Update the cabinet knobs. “You can see lots of styles in the stores,” Bartow says, including both home improvement stores and stores like Hobby Lobby.
- Paint the cabinets. Bartow says there are good tutorials online, just be sure to use a quality primer.
- Consider replacing the light fixture, especially if it is still a brassy gold. Rupprecht says that rubbed bronze, with a brown tone, is becoming popular, along with all shades of silver from chrome to brushed nickel.
- Center the table with fresh flowers.

Entryway

- Create a functional and attractive space by adding a chair or bench, a chest to hold gloves and a coat rack.
- Take the doors off a wide closet and set the bench inside or create a locker system.
- Since this is a small area, dramatic flooring has a big visual impact, says Bartow.

Bathroom

- Bartow suggests replacing the medicine cabinet with a large decorative mirror for a new look. Add a finished look to a large, plain mirror with an easy-to-assemble frame from a company called Mirror Mate, suggest Gholson and Kroker.
- New glass on light fixtures, or different colored bulbs, can create a more natural light.
- Simply replacing tired-looking towels, shower curtains and rugs can brighten a bathroom. Go for bright colors in a neutral bathroom, or spa-like white in a room that already has plenty of color. Don’t limit yourself to traditional bathroom rugs, either.
- Add a plant to bring the outdoors in.

Bedroom

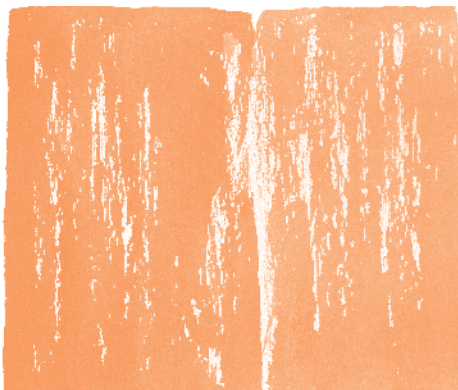
- Dual lighting in a bedroom is important, says Byus, with task lighting for reading in bed, but also soft lighting for a relaxing mood.
- A fabric headboard is simple to make with plywood, batting, fabric and a staple gun.
- Adding pillows or a throw, or simply changing the pillow shams, can change the look without investing in an entire bedding set.
- Paint garage sale finds, such as tables or picture frames, for an extra splash of color in a child’s room. Those small accents can easily be changed out as the child grows.

Not sure you are up to doing it on your own? Bartow suggests hiring someone for a one- or two-hour consultation to provide new ideas or to help coordinate colors.

Gholson and Kroker view a redesign as a way to treat yourself, just like having your hair done or getting a manicure. “You can get a whole new look in a half a day,” says Gholson.

Rupprecht also reminds homeowners that they don’t have to play by the rules. “Your home is really an extension of your personality,” she says. “Don’t be afraid to project yourself. I think people should have fun with it.”

Holmen writer Shari Hegland is now looking around her home, which hasn’t changed much in the last seven years, with fresh eyes.





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As the spring sun spreads its warmth across the Coulee Region, it's time once again to think about gardening. Have you wanted to start a perennial flower bed in your front yard, an herb garden next to your house or a plot to grow your own veggies? Here are some tips to help you get growing.

Start with the soil

For a first-time garden space—whether it's for vegetables, herbs or flowers—it is important to have the soil tested. Soil tests can be done at your local Extension office and at some area nurseries and flower shops, including La Crosse Floral. This is “so you know where to start, whether the soil needs to be amended with some peat moss or, if it is a heavy clay soil, it might need some sand or some compost. It is really important to start with a good base for your garden,” says Linda Carlson, a grower for La Crosse Floral for more than 30 years.

A bed of flowers

If you are planning a perennial flowerbed for the first time, Carlson suggests observing the space to note how much sun it receives throughout the day. Then select plants that will thrive best in your space. “Keep in mind that perennials don't bloom continually all summer long,” she says. “That's what makes it fun. There are so many different selections out there that you can use to keep your bloom going from one end [of the growing season] to the next.”

There is a large selection of shade-loving perennials and an even larger amount of sun lovers. You can even select your plants based on your desire to attract or repel certain critters. “Some of them are deer resistant, which is important if you live where you have a deer problem,” notes Carlson. “And there are ones that attract butterflies,

like butterfly weed or monarda. And hummingbirds also like certain flowers.”

To make plant selection easier, Carlson arranges her perennial house at La Crosse Floral based on usage. It's also important to read the tags to note the bloom time, color and height.

La Crosse Floral contributed “blueprints” (see p. 30) with flower suggestions for both a shade garden and a sunny garden.

Other tips for flourishing flowers:

- ✱ Deadheading—remove older flowers to promote continual blooming.
- ✱ Keep space well cultivated and weed free.
- ✱ Use slow-release fertilizer.
- ✱ Select low-growing varieties or plant in pots if you have limited space.

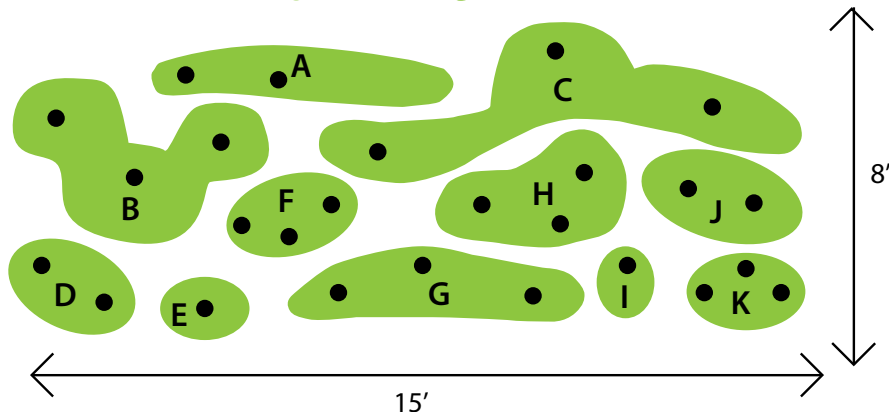
Get healthy with fresh veggies

Growing your own food and tending the soil is good for the soul and the waistline. For your vegetable garden, pick a spot that receives at least six hours of sun daily. A plot that lacks full sun can still grow some greens. “Things like lettuces and kale, Asian greens and chard will do all right with less sun,” notes Arwyn Wildingway, plant and seed buyer for the Viroqua Food Co-op.

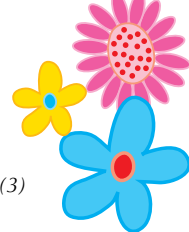
Wildingway, a certified master gardener, warns to avoid planting near walnut trees, which can kill your plants. If you have walnut trees in your yard, locate your garden a distance from the tree that exceeds the height of the tree.

Feed your soil with a generous amount of compost, mulch and organic matter. Wildingway suggests adding mycorrhiza, a soil fungi that works with plant roots to facilitate nutrient assimilation,

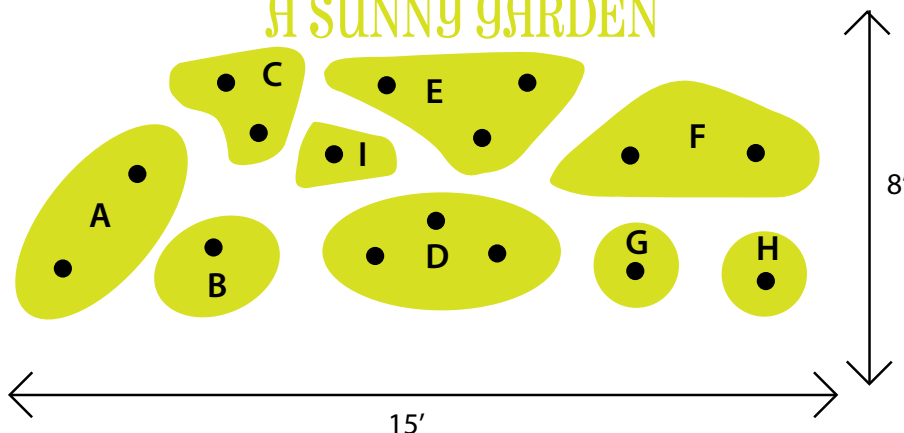
A SHADE GARDEN



- A = *Ligularia Przewalskii* (3)
- B = *Physostegia "Summer Snow"* (3)
- C = *Monkshood* (3)
- D = *Lily of the Valley* (2)
- E = *Heuchera "Palace Purple"* (1)
- F = *Astilbe* (3)
- G = annuals (choose 3 impatiens, coleus or begonias)
- H = *Hosta "Wide Brim"* (3)
- I = *Lamium "Beacon Silver"* (1)
- J = *Purple Moor Grass* (1)
- K = *Ajuga "Bronze Beauty"* (3)



A SUNNY GARDEN



- A = *Rudbeckia "Indian Summer"* (Black-eyed Susan, 2)
- B = *Dianthus "Tiny Rubies"* (1)
- C = *Monarda Marshall Delight* (Bee Balm, 2)
- D = annuals (3 of your favorite sun-lovers)
- E = *Echinacea Purpurea "Magnus"* (Purple Coneflower, 3)
- F = *Coreopsis "Moonbeam"* (2)
- G = *Stachys Lanata* (Lamb's Ear, 1)
- H = *Delosperma* (Ice Plant, 1)
- I = *Fountain Grass* (1)

"especially the first year, as a little insurance that the plants will be able to uptake as much as possible."

Since gardening requires some labor, plant vegetables that you enjoy eating. "If you like it, you will take care of it," says Wildingway. "It's also nice to plant something like parsley, chard or kale that you can plant and then pick all season."

Wildingway has these additional tips for a vibrant vegetable garden:

- * Plant shorter things in the south, so they don't shade the rest of the garden.
- * Rotate your plants—with vegetables, you want four years between the same crops to allow different nutrients to be taken up and to prevent disease.
- * Manage weeds by preventing them from going to seed the year before. Mulch can also help keep the weeds from germinating. If you are just starting a garden, add a layer of newspaper topped with organic matter to help limit weeds.

* When mulching, avoid using grass clippings that have been treated with herbicides.

* Seed carrots, beets, chard, lettuce, arugula, radishes, Asian greens and parsnips early, when the daffodils bloom. Other plants need warmer soil.

* Maximize space through "Square-Foot Gardening" techniques and Succession Planting.

Spice it up with herbs

When planning your herb garden, Wildingway recommends a spot near your kitchen. "Then it's easier to pop out and pick them when you need them."

She adds that all herbs need at least six hours of sun a day. "Most are perennials, so you will have them pretty much forever," says Wildingway.

To get you started, here are some herbs that will be useful in your kitchen all season long:

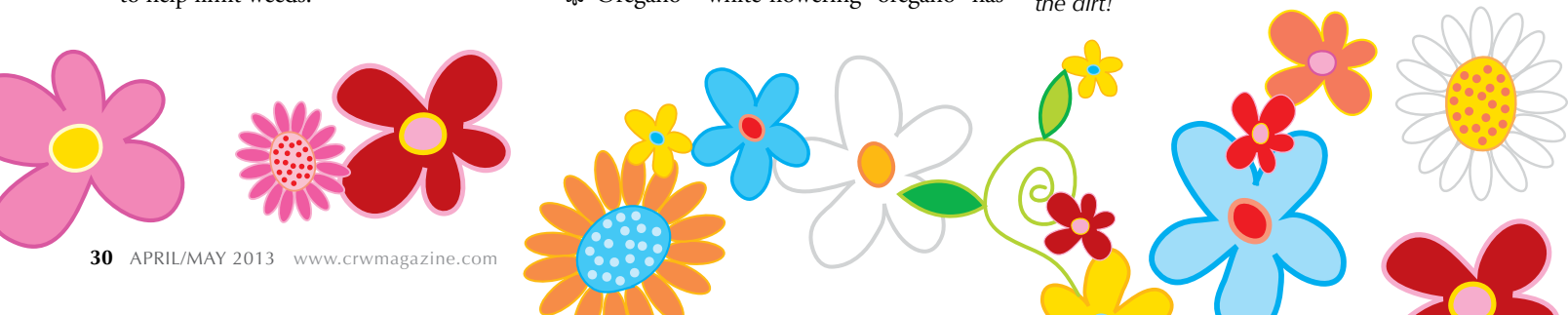
* Oregano—white-flowering oregano has

the best flavor and is preferred by chefs.

- * Garlic chives—good early and late season.
- * Tarragon—can grow 3 feet tall, but doesn't spread too much.
- * Thyme—stays short and will spread some.
- * Basil—(a favorite annual) lengthen its production by cutting the tips off and using it regularly.

Get out and discover the countless other herbs, flowers and vegetables you can grow in your garden this year. A host of gardening information is available on the Internet, and don't be afraid to ask the knowledgeable staff at local flower shops and nurseries, or talk to a master gardener. Find a master gardener in your area by contacting your county Extension office. In La Crosse, call 608-785-9593 or visit lacrosse.uwex.edu. **(crw)**

Gardening is a favorite activity for Westby-based writer Leah Call, who can't wait to have the sun on her back and her hands in the dirt!



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Gundersen Lutheran Physical Therapist Receives Unique Certification

Gundersen Lutheran physical therapist Terry Lichte-Molnar, MS, PT, CMTPT, was recently certified in intramuscular manual therapy (IMT or dry needling) by Myopain Seminars, the premier post-graduate medical and physical therapy continuing education company in the United States.

IMT is increasingly being used by U.S. health care providers to treat chronic pain and muscular dysfunction. Small, sterile needles are inserted into the muscle knot (or myofascial trigger point) to release tightness, relieve pain and improve flexibility.

Lichte-Molnar has practiced 34 years as a physical therapist and is also certified in Vestibular Rehabilitation (treating dizziness and vertigo).

To learn more about IMT, go to gundluth.org/sports-medicine/dry-needling.



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Sushi Night

Yes, you can make your own sushi at home. Here's how.

BY CHARISH BADZINSKI

Photos by Charish Badzinski

Recipes analyzed by Gundersen Lutheran registered dietitians



The prospect of making sushi can seem like a daunting task. After all, the food itself seems mysterious and complex, presented with sublime artistic flair. Yet with the right tools, and a few techniques from Daniel Lin, sushi chef at Bamboo House in Onalaska, it is possible for the average home cook to learn how to make sushi that will certainly impress family and guests.

The tools

There are a few tools you will need to get the best results when attempting to make your own sushi. Items can be purchased in local Asian markets or online.

Makisu: the bamboo sushi rolling mat. This mat allows you to maintain even pressure when rolling the sushi. You may want to cloak the mat in plastic wrap to keep it from sticking to the rice, if that appears to be an issue.

Hangiri: the wooden rice bowl. While not entirely essential, the hangiri absorbs excess water in the sushi rice while you cool it. Alternatively, you can use any nonmetallic bowl you have on hand.

Shamoji: the sushi rice paddle. This rice spatula is used to cool down the sushi rice. Avoid using a metal spoon, as metal can react with the vinegar added later.

A good knife. “Choose a knife that has a very sharp edge,” suggests Lin. “It will make slicing the sushi rolls much easier.”

Making sushi rice

The rice is of paramount importance when it comes to sushi. Bamboo House uses Nishiki brand medium-grain rice. Before cooking the rice, rinse it four or five times, until the water runs clear. This process is important for removing some of the starch. The easiest way to make sushi rice is with the help of a rice cooker, which will create the correct consistency, according to Lin. In a rice cooker, the rice-to-water ratio should be 1:1. Allow the rice to cook for 40 minutes in the steamer, then rest for an additional 15 minutes, covered.

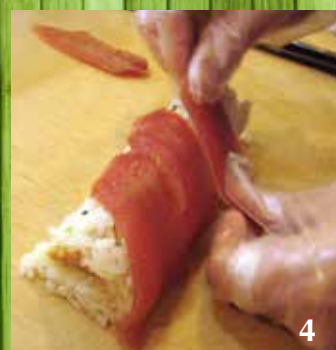
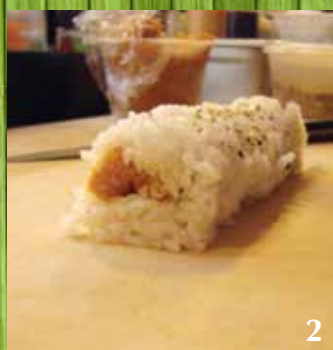
If cooking the rice on a stove, you should have slightly more water than rice. But take care; too much water, and your rice will get doughy. Cook the rice on high heat at first until the water boils, then put the heat on low and cover the pot. The rice could be ready in 6-8 minutes, or when the rice has slightly expanded and there is no water in the pot.

Keep in mind, one cup of uncooked sushi rice can be used for up to three rolls, depending on your preferences.

Remove the rice from the rice cooker or pot (do not scrape the dry rice off the bottom). Stir the rice in the hangiri or nonmetal bowl until it is cool—Lin says the hangiri is not essential to the process, but cooling the rice is. “When the rice is too hot, it will not stick together. So let it cool. When it is just slightly warm it will be easier to work with,” explains Lin.

One final bit of advice from chef Lin relates to those enigmatic garnishes on the sushi platter: pickled ginger and wasabi paste. If you don't know how to use them, you're not alone. Lin recommends mixing a bit of wasabi into your soy sauce, and placing a slice of ginger over the top of the sushi piece you are about to eat, then dipping it into the soy sauce.

If preparing your own sushi still seems too daunting, remember sometimes it's easier to leave the work up to the experts. Thankfully, Bamboo House is a short drive away.



Even complicated-looking rolls such as sweetheart rolls are doable at home with practice. For step-by-step instructions, see p. 35.

SEASONED SUSHI RICE BAMBOO HOUSE STYLE

For three cups of cooked rice, use about ½ cup of seasoned vinegar (recipe below). One cup of rice can make about two sushi rolls.

SEASONED VINEGAR

- 3 cups unseasoned rice vinegar
- 1 cup sugar, or more to taste
- Juice of ½ lemon
- Juice of ½ orange
- A couple of chunks of peeled ginger

Combine and allow flavors to marry overnight. May keep in the fridge for two weeks or more.

160 calories, 0g fat, 0g saturated fat, 270mg sodium, 1g fiber, 37g carbohydrate, 2g protein.

BAMBOO HOUSE CALIFORNIA ROLL

California rolls are an excellent starter roll for the beginning sushi maker. For a visual guide to making California rolls, see the photos on p. 33.

Serves 1.

- 1 sheet nori seaweed
- ½ cup rice, seasoned with sushi vinegar (at left)
- 1 tsp. white sesame seeds
- 1 tsp. dark sesame seeds
- 1½ “sticks” of imitation crabmeat
- ¼ cup peeled and julienned cucumber

Spread the rice on the sheet of nori, and sprinkle with sesame seeds (1). “The light and dark sesame seeds look pretty when used together,” says Lin. “But at home, feel free to use the white sesame seeds only.”

Flip the seaweed so the rice faces down, against your cutting board. Place imitation crabmeat and julienned cucumber in rows side by side, on the edge of the nori nearest to you (2). Roll the sushi (you may be able to do this with your bare hands) (3). Then shape with the bamboo mat, compressing the roll evenly. Slice into ½-inch to 1-inch portions (4). Garnish with desired sauces, pickled ginger and wasabi.

240 calories, 3.5g fat, 0.5g saturated fat, 630mg sodium, 2g fiber, 46g carbohydrate, 7g protein.

SPICY TUNA

This is the filling for one spicy tuna roll or the heart-shaped roll below.

- 4 oz. raw, sushi-grade tuna, finely diced
- 1 T mayonnaise
- 1 tsp. Sriracha sauce
- 2 scallions, chopped

Combine all ingredients.

BAMBOO HOUSE SWEETHEART ROLL

Follow the photos on p. 34 to see how sweetheart rolls are assembled.
Serves 2.

- ½ cup seasoned rice (see p. 34)
- ½ small avocado, sliced thinly
- Spicy tuna (from recipe above)
- 2 oz. raw sushi-grade tuna, sliced thinly at a 45-degree angle
- 2 heaping T fried tempura crunch
- 1 tsp. white sesame seeds
- 1 tsp. dark sesame seeds
- 1 sheet soy paper or nori seaweed paper

Spread seasoned rice evenly on nori sheet or soy paper, sprinkle with sesame seeds, then flip rice side down on the bamboo mat. Make a line of the spicy tuna filling along the edge of the sheet. Top it with tempura crunch, then flip the spicy tuna/tempura mixture over so the crunch is against the nori or soy paper (1). Top the tuna with sliced avocado. Taking the bamboo mat edge closest to you, lift it and compress the roll evenly into a round shape (2).

Unfold the bamboo mat, allowing the sushi roll to rest on your cutting board. Now place the thinly sliced tuna (3) over the top of the roll at an angle, for visual appeal (4). Put a piece of plastic wrap over the roll, and using the bamboo mat again, gently press it into a half heart shape (5). Remove the bamboo and plastic, and slice the roll into eight even pieces. Take two pieces, set them flat on the board (so the filling faces up) and press them together to form a heart-shaped piece of sushi (6).

Bamboo House sprinkles the roll with spicy mayo, wasabi mayo and eel sauce. Garnish with wasabi and pickled ginger.

270 calories, 11g fat, 1.5g saturated fat, 220mg sodium, 2g fiber, 27g carbohydrate, 17g protein.

BAMBOO HOUSE SPICY MAYO

Combine Sriracha sauce, mayonnaise, a pinch of chili powder, a bit of sugar and sesame seed oil, to taste.

BAMBOO HOUSE WASABI MAYO

Combine wasabi paste, mayonnaise and a little bit of lemon juice, to taste.

Charish Badzinski enjoyed learning how to make sushi from the experts at Bamboo House. She dreams about delicious food and transformational travel on her blog: <http://rollerbaggoddess.wordpress.com/>.



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Connie Peter, owner of
The Ultimate Salon & Spa
(right) and her daughter,
Chelsie Moore, also of The
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Opposite page:

On Chelsie: Calvin Klein dress (\$98), Laura Ashley jacket (\$114), Relativity necklace (\$40), LJ wraparound bracelets (\$20 each). All from **Herbergers, Valley View Mall**.

On Connie: Calvin Klein dress (\$98), August Silk cardigan (\$50), Nine West belt (\$34), Erica Lyons bracelet (\$38). All from **Herbergers, Valley View Mall**.

Shared interests don't have to mean shared style, as shown by Paige Brush (right) and her daughter, Megan Kopp. From the Jazzercise studio to a Hixon Forest hike, their activewear choices are pretty plus functional.

On Megan: Prana "Clara" hoodie (\$69.95), Horny Toad "Chaka" skirt (\$58.95), Haiku pouch (\$49.95), Adidas "Boat CC Lace" shoes (\$69.95). All from **Three Rivers Outdoors, downtown La Crosse**.

On Paige: Shebeest "Easy V" top (\$45), Shebeest "Boardrider" capri (\$85), Louis Garneau "Electra" jacket (\$100), Chaco "Una Weep" sandals (\$99.95), Trinity Designs "Run" necklace (\$18). Clothing from **River Trails Cycles, Holmen Square Mall**; sandals from **Three Rivers Outdoors, downtown La Crosse**.

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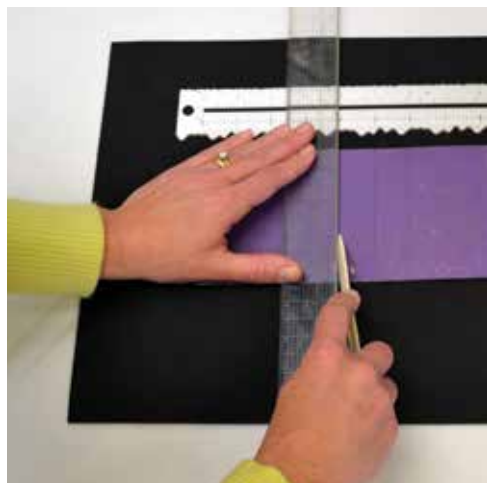
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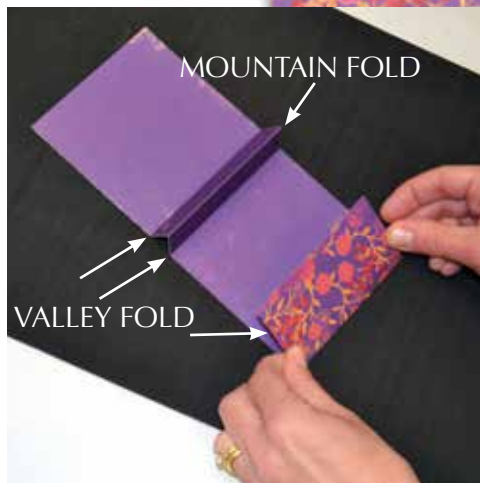
**Dress up the ordinary gift card
with a creative touch.**

BY BETTY CHRISTIANSEN
Contributed photos

Graduations, Mother's Day, weddings—next to Christmas, there's no busier time of year than now for gift-giving, and many of us turn to the ubiquitous gift card as a convenient, useful option. Here, Margie Wanek, owner of Stamp 'n Hand in downtown La Crosse, shares a brilliant way to personalize a practical gift with some pretty paper, rubber stamps and fun tools. For more clever ideas—or to get your fix of how-to fun—learn about our Stamp 'n Hand's many classes at www.rubberstampslacrosse.com.



Begin with a 4-inch by 12-inch piece of cardstock. With a scoring tool, score the card at 4, 5, 6 and 10 inches.



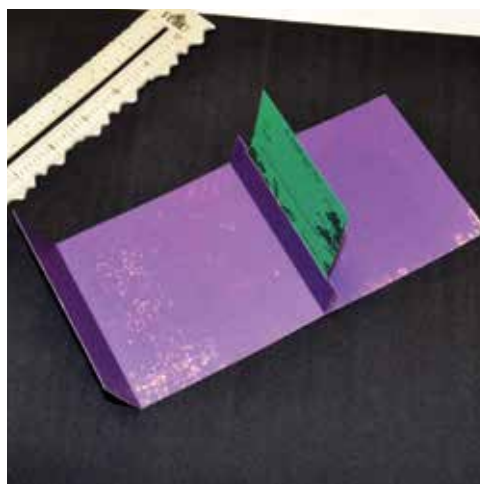
Fold "valley folds" at the 4, 6 and 10-inch scores. Fold "mountain folds" at the 5-inch score.



Apply glue to sides and bottom edge of the 4-6-inch flap, and press together.



Make a small cut $\frac{3}{8}$ inch in from either edge of glued flap.



Cut away a thin strip between the two cuts. This is where the gift card will be placed.



Embellish card as desired. Here, we punched out a scalloped circle from contrasting paper, stamped it and glued it to the card.

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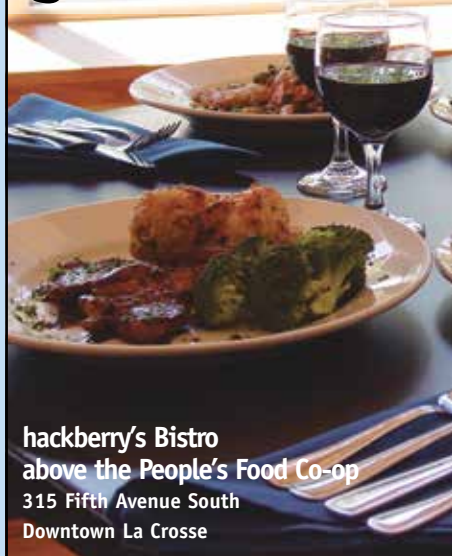
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HOW TO HAVE A DREAM VACATION

Thorough planning and attention to details help you embark on the trip of a lifetime.

BY JESSIE FOSS

Contributed photos



A dream vacation: For some it's toes in the sand, a drink in your hand with waves crashing on the beach. Or what about zip lining through the jungles of Costa Rica? Some think "dream vacation" and picture magnificent mountains set across the Alaskan horizon.

No matter what your vision is, by planning, budgeting and letting your imagination run wild, the perfect getaway is within your reach.

Plan, plan and plan some more

When planning your dream vacation, the first step is to decide what type of vacation to go on. Is it adventure you seek? Relaxation? Or an unforgettable trip with 20 of your closest relatives?

Christine Miller, travel specialist in the leisure department at Travel Leaders/Goli's Avenues of Travel in La Crosse, says it's important to think about your lifestyle when picking out a dream vacation. What activities do you enjoy? Do you prefer to do things alone or with other people?

JoAnn Buening, also with Travel Leaders, adds that keeping an open mind is also key.

"What are you hoping to see and do?" she asks. "There are options that clients never even dreamed they could do."

That's one advantage of working with a travel agent, the women say. Agents are trained to know the world over and have had the opportunity to visit many dream vacation destinations, which allows them to offer insight not found when just searching online.

Initial planning should also include deciding on your budget. "Have a budget," Miller advises. "Anything is possible—for a price."

The travel budget should be extensive and not just include obvious items like airfare and lodging. Don't forget about expenses such as food, souvenirs, entry fees to attractions and tips.

Planning ahead and budgeting go hand in hand, and oftentimes planning ahead can help ease travel costs, such as saving through early booking fees. On the other hand, *not* planning ahead can lead to an expensive vacation, says Miller.



Montmartre, France



Prague



Hawaii

“Travel is not like it was 10 years ago,” she says. “Waiting doesn’t lead to better deals.”

But ultimately, Buening says, most people planning the ultimate vacation aren’t looking for the cheapest deal; they’re planning a dream, and it’s more important to find the best value, which might not necessarily be the cheapest price.

She also points out that everyone’s definition of a dream vacation is different. Some people might be able to plan their perfect vacation for \$1,500, while others might find themselves spending \$50,000 to fulfill their dream.

Picking out a time of year to go on your vacation will largely be based on your destination, says Sherry Westby, leisure manager at Travel Leaders, as will how far in advance your trip should be booked.

She recommends booking European vacations about one year ahead of time and Alaskan vacations between one and one-and-a-half years ahead of when you would like to travel.

And while it may seem like Christmas just happened, Westby says it’s definitely not too early to book a tropical 2013 Christmas.

At times, Buening says planning for your dream vacation can become overwhelming, but you should have fun and enjoy the process, because planning is part of the trip.

It’s all in the details

Westby believes the details of a trip can make the difference between a regular vacation and a dream vacation. As an example, she describes an African safari honeymoon she recently helped a couple plan. She was able to help them arrange for a romantic, private dinner at a winery at their destination. The couple was able to take what could have been a regular dinner up a notch and make it a more memorable part of their vacation.

The details of a vacation don’t just include the itinerary, but also the steps taken to make sure the trip goes smoothly.

“I make sure every i is dotted,” Westby says. “You should know what’s going to happen and when on the trip.”

Westby is willing to arrange for private transportation to and from the airport and also checks into details surrounding whether or not countries require visas or have passport restrictions.

The ladies with Travel Leaders say no matter your destination or when you go, your dream vacation should be about you—what you enjoy, what you want to see and experience and, ultimately, what will fulfill your dreams and provide a lifetime of memories. (crw)

Jessie Foss does freelance writing and lives in La Crosse. Depending on the time of the year, her dream vacation ranges from sitting on a remote beach to deep-sea fishing in Alaska.

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ADVERTISER INDEX

A-1 Vacuum Sales & Service.....	28
Altra Federal Credit Union.....	48
American Heart Association.....	42
Ameriprise Financial/Hanson & Associates.....	17
Atypik Studio.....	22
Bittersweet Boutique & Antiques.....	14
BrightStar.....	22
Bruce Defries Studio Group.....	41
Coulee Carpet Center.....	27
D.M. Harris Law, L.L.C.....	17
Downtown Mainstreet Inc.....	40, 41
Drugan's Castle Mound.....	35
Edward Jones.....	22
Edwardo's Ristorante di Pizza.....	10
Fayze's.....	40
Feist Dental.....	2
Flooring Interiors.....	28
Freedom Fest.....	14
Gundersen Lutheran.....	5, 13, 32
Habitat for Humanity.....	27
Honig's Gifts.....	41
Janet Mootz Photography.....	38
Jo Ba Flat.....	38
Kick.....	16
La Crosse Area Builders Association.....	16
La Crosse Community Theatre.....	40
La Crosse Country Club.....	17
La Crosse Radio Group.....	22
LARK.....	41
Law Office of Heidi M. Eglash.....	38
Mary Kay/Trudy Swenson.....	38
Mayo Clinic Health System.....	9
Neighborhood Smiles.....	47
Nordeen Design Gallery LLC.....	24
Options Clinic.....	18
Painted Porch.....	41
People's Food Co-op.....	40
Permanently Yours.....	38
Powerhouse Marine.....	21
River Bank.....	27
River Trail Cycles.....	21
Riverfront.....	17
Root Down Yoga.....	47
Satori Arts Gallery.....	40
Savvy Home Consignments.....	27
Schumacher Kish Funeral Homes & Cremation Services.....	14
Silhouette Shoppe.....	18
Southern Exposure.....	32
Stamp 'n Hand.....	41
Take II LLC, Staging & Redesign.....	27
The Pilates Studio LLC.....	21
The Second Showing.....	22
Touch of Class.....	21
Travel Leaders.....	42
Ultimate Salon & Spa.....	10
Valley View Mall.....	3
Vernon Memorial Healthcare.....	18
Wells Fargo/Neuman-Fortun Investment Group.....	24
Winona Health.....	18, 32
Women's Fund of Greater La Crosse.....	31
WKBT Newschannel8.....	7
WXOW News 19.....	45
YWCA.....	24, 27
Accomplishments	
Altra Federal Credit Union.....	32
Gundersen Lutheran.....	32
Mayo Clinic Health System.....	32

COMMUNITY CALENDAR

ONGOING EVENTS

American Association of University Women (AAUW) 2nd Sat. of each month (Sept.-May), 9:30 a.m., 608-788-7439, www.aauw-wi.org.

Business Over Breakfast La Crosse Area Chamber of Commerce, 4th Wed. every month, 7:30-8:45 a.m. Preregister 608-784-4807, www.lacrossechamber.com.

Children's Museum of La Crosse weekly programming: **Save-On-Sundays** \$1.00 off admission every Sun., noon to 5 p.m.

Mt. LeKid Climbing Wall open every Sat. 11 a.m.-4 p.m. and Sun. 12-4 p.m. (No wall Apr. 24-May 6.)

Wee Move for ages 1-7 with adult, every Fri., 10:30 a.m.

Little Learners for ages 1-7 with adult, every Thurs., 10:30 a.m.

Sparkling STEMs Science, Ages 1-7 with adult, every Tues. 10:30 a.m.

Toddler Spanish, Ages 2-5 with adult, every Wed. 10:30-11:30 a.m., Pre registration required.

Coulee Region Professional Women (CRPW) 4th Tues. of each month, Nell's City Grill, 1111 3rd St. S., La Crosse, 5:30 p.m. Debbye SwardFihn, debbye@couleecoffee.com.

La Crosse Area Chamber of Commerce monthly breakfast meeting, 2nd Mon. of each month, 7 a.m., Radisson. Admission is \$5 and includes breakfast. www.lacrossechamber.com.

La Crosse Toastmasters Club 2nd and 4th Tuesday of each month, 7 p.m., Gundersen Lutheran Urgent Care Bldg., Basement, 1830 S. Ave., La Crosse.

NAMI Family Support Group 2nd Mon. of each month, 6:30 p.m., South Side Neighborhood Center, 1300 S. 6th St.

Onalaska Area Business Association 2nd Tues. of each month, noon-1 p.m. at the La Crosse Country Club, www.oaba.info.

Onalaska Hilltopper Rotary every Wed. noon-1 p.m., La Crosse Country Club, 300 Marcou Road, Onalaska.

Onalaska Rotary every Mon. at 6 p.m., lower level of Blue Moon, Onalaska.

Onalaska Toastmasters Club 1st and 3rd Mon. of each month, noon - 1 p.m., Globe University, Onalaska.

Valley View Kiddie Crew 1st and 3rd Tues. of each month, Valley View Mall Food Court, 10:30-11:30 a.m., www.myvalleyview.com.

Viroqua Toastmasters Club 2nd and 4th Thurs. of each month, 7-8:30 p.m., Vernon Memorial Hospital, Taylor Conf. Rm., Lower Level, 507 S. Main, Viroqua.

WAFER Food Pantry Mon.-Fri. 10 a.m.-12:45 p.m., Mon., Tues., Thurs. 4-8 p.m., 608-782-6003, www.waferlacrosse.org.

Women in Networking and Support (WINS) 2nd Wed. of each month, 4 Sisters, noon-1 p.m., Shari Hopkins, 608-784-3904, shopkins@couleebank.net.

Women of Worth (WOW) last Wed. of each month, Boot Hill Pub, noon. Debbie Lee, 608-784-2775, debbie.lee@westlandinsurance.com or Cathy Norris at 608-786-0387 or servpro.cathy@gmail.com.

Women's Alliance of La Crosse (WAL) 2nd Thurs. of each month, noon, Melissa Chelf, mechelf@gundluth.org.

CALENDAR EVENTS

April 4-7, *Hamlet*, 7:30 p.m. Thurs.-Sat., 3 p.m. Sun., Page Theatre, St. Mary's University, Winona.

April 5-6, 2013 Onalaska Show Choir Cabaret, 7 p.m. Fri., 4 p.m. Sat., Performing Arts Center, Onalaska High School.

April 9, Community Health Fair, 2-6 p.m., Mathy Center, Viterbo University, contact Sue Danielson at 608-796-3806 or scdanielson@viterbo.edu.

April 11-13, The 3 Boomer Broads, 7:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

April 12 Phillip Phillips (last year's American Idol

Winner) at the WSU spring concert, 7:30 p.m., McCown Gym, Winona State University.

April 12-14, River Trail Cycles Annual Spring Bike Sale, Holmen Square Mall, 500 Holmen Dr., Ste. 502, Holmen.

April 13, *Lily's Purple Plastic Purse*, 9:30 a.m., 11:30 a.m. and 1:30 p.m., Frederick Theatre, Morris Hall, UW-La Crosse.

April 13, Women's Fund of Greater La Crosse Spring Fling Luncheon, 11 a.m.-1:30 p.m., Cargill Room, The Waterfront Restaurant and Tavern, www.womensfundlacrosse.org or 608-780-5710.

April 13, The Piano Men II, 7:30 p.m., Viterbo Performing Arts Center.

April 14, Mark Moran Antique Appraisals, 1-4 p.m., Shirley M. Wright Memorial Library, Trempealeau.

April 18, Momix: *Botanica*, 7:30 p.m., Viterbo Performing Arts Center.

April 19, UW MadHatters outdoor performance, 7:30 p.m., Eagle Field, UW-La Crosse, cab@uwlax.edu.

April 19-20, 26-28, *A Chorus Line*, 7:30 p.m. Fri. and Sat., 2 p.m. Sun., Viterbo production at Weber Center for the Performing Arts.

April 20, First Annual La Crosse Public Library Edible Book Fest, 10 a.m.-1 p.m., South Community Library, La Crosse, 608-789-7103.

April 20, UW-L Project Funway Fashion Show, 1 p.m., Valley View Mall, 608-574-7863 or miess.ashl@uwlax.edu.

April 21, Earth Fair, 11 a.m.-5 p.m., EcoPark, 789 Myrick Park Dr., La Crosse, www.earthfairlacrosse.org.

April 21, *Seussical*, 3 p.m., Viterbo Performing Arts Center.

April 26-28, Gingerbread Arts & Crafts Show, Valley View Mall, www.myvalleyview.com.

April 26-28, Bluff Country Studio Art Tour, 10 a.m.-5 p.m., www.bluffcountrystudioarttour.com.

April 27, The Musical Genius of Duke Ellington, 7:30 p.m., Viterbo Performing Arts Center.

May 3-5, Home Based Business Expo, Valley View Mall, www.myvalleyview.com.

May 3-5, 100-Mile Garage Sale, Mississippi River/Lake Pepin area, www.mississippi-river.org/100-miles-of-fun/sales.

May 3-June 7, Downtown Walk Around, downtown La Crosse, www.lacrossedowntown.com.

May 4, May Membership Madness, 10 a.m.-4 p.m., Norskedalen Nature and Heritage Center, Coon Valley, www.norskedalen.org.

May 4, Willy Porter, 7:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

May 5, 8th Annual Mayfair Arts Fair, 10 a.m.-3 p.m., West Salem High School Commons.

May 9, Cruising for Scholarships, 5:30-8:30 p.m., Coulee Region Professional Women Scholarship Fundraising Event, City Brewery Hospitality Center, La Crosse.

May 9, Free Flat Tire Clinic, River Trail Cycles, Holmen.

May 10-26, *Les Miserables*, 7:30 p.m. Thurs., Fri. and Sat., 2 p.m. Sun., La Crosse Community Theatre at Weber Center for the Performing Arts, www.lacrossecommunitytheatre.org.

May 14, 1-2-3 Magic parenting workshop, 6-8 p.m., Stein Counseling, Onalaska, 608-785-7000, www.effectivebehavior.com/workshops.

May 17-19, Syttende Mai Norwegian Festival, Westby, www.westbysyttendemail.com.

May 21, 1-2-3 Magic parenting workshop, 6-8 p.m., Stein Counseling, Onalaska, 608-785-7000, www.effectivebehavior.com/workshops.

May 25-Sept. 1, Amazing Castle traveling exhibit, Children's Museum of La Crosse, www.funmuseum.org.

May 30, YWCA Taste of the Coulee Region, 5-8:30 p.m., City Brewery Hospitality Center, 1111 S. 3rd Street, La Crosse.



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