

coulee region

women

AREA HOME AND HEALTHY LIVING MAGAZINE

THE READERS' ISSUE

Sandy Brekke
Serves St. Clare Health Mission

50 Years of Twirling
with the Warriors

Cindi Sandvick
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Pictured on cover:

Sandy Brekke, Executive Director, St. Clare Health Mission
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Here is a peek behind the scenes

at a *Coulee Region Women* planning meeting: Our small staff arrives at our office, chatting and joking; there is plenty of coffee and usually some snacks. We bring our computers, our anecdotes and most important, our inspiration. I pop open my MacBook Pro, and we start down the list: Profile, Careers, Family, Home, Food. Occasionally, the issue will fall together easily—for each category, there seems to be one clear topic, one standout woman, one obvious choice. But more frequently, we brainstorm and debate and stubbornly defend our top choices, and while we always emerge with what we believe is a strong issue, we are also always wistful about the ideas left on the cutting-room floor.

The ideas we champion come from a variety of sources: our community, our

writers, our advertisers and local events. My favorites are those sent in by our readers, and it's those I stand up for the most. When they're emailed to me, I take note of each one and slip it into a special file—the “idea database,” as we call it—and assure the submitter that we'll consider it not only for our next issue, but all issues forthcoming. We've published ideas that were sent in the day of the planning meeting (the pie bakers of St. Peter's Catholic Church in Hokah, Minn., come to mind); we've published ideas that have been quietly filed for years, but not forgotten (like last issue's story on Galesville merchants). Nothing about this job tickles me more than being able to email a reader, “We're able to use this!”

With that in mind, what could be more fun—and a better celebration of the readers who have followed us for 10 years—than a special Readers' Issue, composed of as many reader-submitted ideas as could fit in our lineup? Right after we published our call for ideas, they began coming in—some already written up, and very well, at that! We're especially proud to publish this collection of stories, all of which reflect the particular interests and inspirations of our readers—be they men, girls or (naturally) women.

They reflect the passion of women for a personal cause (such as ovarian cancer), the celebration of a longstanding troupe (such as the Warriors Baton & Drum Corps) and the promotion of good health (such as Food Revolution Hero Thippi Fleckenstein). They all revolve around a woman (or women) who touched a particular reader—a co-worker, a patient, a parishioner or, as in the case of our cover woman, Sandy Brekke, too many readers to name. In our Readers' Issue, these women can now touch us all.

My one regret, as for most issues of *Coulee Region Women*, is that we simply couldn't include every idea sent in. Rest assured, they have been tucked into our “idea database,” simply waiting for their turn to come.

Betty

coulee region women

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ART IN THE PARK

Art lovers and animal lovers alike will find much to enjoy in La Crescent's Old Hickory Park on Saturday, Sept. 1, during Art in the Park, a fundraiser for Touching Moments Animal Assisted Activities Program. From 9 a.m. to 2 p.m., enjoy performances by the La Crescent Summer Jazz Band and the Wow Belly Dancers, as well as children's entertainment, refreshments, a silent auction and, of course, many exhibits by area artists.

Touching Moments offers animal-assisted activities in La Crescent and surrounding communities. Its volunteers and animal ambassadors are dedicated to producing lasting memories. For more information on Touching Moments and Art in the Park, visit www.touchmoments.org.



Trina Hamlin

SUMMER SONG

Gather under the late summer sky at the 37th annual Great River Folk Festival Aug. 24-26 on the UW-La Crosse campus for a weekend of music and art. The festival opens Friday night with a tribute to Woody Guthrie featuring Minnesota folk musicians Pop Wagner, Tony Glover and Charlie Maguire, and continues through the weekend with performances by such artists as Vance Gilbert, Ann Reed and Trina Hamlin, as well as craft displays and demos, music workshops, dance performances, children's activities and wholesome ethnic foods. Bring lawn chairs or blankets for lounging on during the outdoor concerts, then relax and enjoy the end-of-summer serenade. Tickets may be ordered in advance, and weekend passes are available. For full details, visit www.greatriverfolkfest.org.

PIE FOR THE "Y"



Join Coulee Region Women celebrity pie makers Betty Christiansen and Diane Raaum as they bake their way to a big contribution for the YWCA of La Crosse. On Thursday, Aug. 23, they and approximately 20 other local celebrities will "raise some dough" for the 2012 YWCA Celebrity Pie Auction. The event will be held at The Freight House and will begin at 6 p.m. Each celebrity will bake, buy or otherwise create a pie and present it at the live auction, where it will be sold to the highest bidder. Each pie is "sweetened" with some attractive incentives—for example, the winner of pies auctioned off by *Coulee Region Women* will be featured in an article in an upcoming issue. All pie proceeds will benefit YWCA programs. For more information, visit www.ywcalax.org.



DETERMINATION+ DISCIPLINE = TRI-QUEST

Run, bike and golf for a cause in a triathlon of a different kind: Tri-Quest is a unique and challenging athletic competition created to promote active lifestyles and to benefit the youth in the Coulee Region. This year's event will take place on Sunday, Sept. 16, at Drugan's Castle Mound in

Holmen and will benefit the Boys & Girls Clubs of Greater La Crosse. The entry fee is \$95 per person and includes lunch and a banquet dinner the day of the event as well as a pasta dinner the night before on Sept. 15. All participants will receive a long-sleeved Tri-Quest T-shirt. Caps and dry wicking shirts will be available for sale at the event. Registration is on a first-come, first-serve basis, so sign up now. Visit www.tri-quest.org for registration and more information, or call 608-791-0078.

STEP UP AND STEP OUT



The seventh annual Steppin' Out in Pink walk will be held Saturday, Sept. 8, from 9 a.m. to 12:30 p.m. at Gundersen Lutheran's La Crosse Campus. Step up to join our community in supporting local breast cancer research. Sport your pink attire and walk with a team, with friends, with family or by yourself to honor survivors and remember loved ones. All ages are welcome. There will be music, entertainment, kids' activities and shopping galore—everything from home décor and crafts to jewelry and personal luxuries. A portion of all vendor sales will benefit Steppin' Out in Pink.

Register before Aug. 27, and your event fee is just \$15 for those ages 12 and up; \$5 for ages 5 to 12; and free for ages 0 to 4. Ages 5 and up will receive a T-shirt. Registration is \$25 the day of the event, but why wait? Register today at gundluth.org/steppinout.



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A COMMUNITY OF *Saints*

Like St. Clare herself, Sandy Brekke gives her all to those in need.

BY CLAIRE RISTOW-SEIB

Photos by Megan McCluskey, Atypik Studio



Sandy Brekke is one of those women who will tell you that she is nothing special—maybe even “boring”—but in truth, she is the extraordinary engine who keeps things running at St. Clare Health Mission in La Crosse. A service crucial to area residents who need health care, but can’t afford it, St. Clare Health Mission was started in 1993 by Sister Leclaire Beres of the Franciscan Sisters of Perpetual Adoration. Brekke has been there since 1994, a year after it opened, first as a volunteer, then as co-director and, since 2006, as the director.

St. Clare Health Mission is a free clinic run by volunteers and through donations. It takes a very organized person to coordinate scheduling to accommodate the nearly 350 volunteers, including 70 doctors, physician assistants and nurse practitioners; 60 nurses, nursing students and nursing educators in the summer; 25 intake and social workers and various pharmacists, lab technicians, physical therapists and receptionists. And those are only the ones who actually see the patients. There are countless volunteer support staff behind the scenes as well. It’s a big job, and Brekke is just the woman to do it.

A former critical care nurse, Brekke has the resources and assertiveness needed to do the job, but until you follow her around for a day, it’s impossible to know all it entails. It’s no longer the adrenaline rush of a critical medical situation that drives Brekke, but the complex challenges in being an advocate and navigating the system for patients. Whether that means accompanying a patient to a doctor appointment, calling on lab reports, locating donated equipment or working with a social worker to find free medication, she often will step back into the role of nurse to keep things running smoothly. Together with her team of volunteers and her right-hand woman, case worker Joni Heath, who helps her oversee the Mission, Brekke steers an organization committed to care.

Serving the community

Brekke is La Crosse-born and raised, and she graduated from Central High School prior to earning her nursing degree from UW-Madison. After marriage, she moved to Gloucester, England, where her husband, Eric, did his first year of post-residency and where their

son was born. They then moved to La Crosse, where her husband became a general surgeon at Gundersen Lutheran and where Brekke's mother had been an emergency room nurse for many years. With extended family nearby and wanting more time with their son—and later, two daughters—Brekke answered an ad for volunteers at St. Clare Health Mission, which began the spark of passion for what she accomplishes today.

Brekke is passionate about this community and making it a better—*healthier*—place for people to live. She will tell you story after story of people who come to the free clinic, some unemployed or recently laid off, but the majority employed with no health insurance, either because it is not offered by their employers or the cost is prohibitive. Patients have to meet specific guidelines in order to receive service.

"It's heartbreaking to have to turn people away because they are not eligible," laments Brekke, "but we have to have guidelines to keep the doors open." For example, the clinic is only open Tuesdays and Thursdays from 5 p.m. until all the spots are taken, and Wednesdays by appointment with primary care providers and specialists for chronic conditions such as diabetes, heart disease and respiratory illnesses. For efficiency, she will often meet with waiting patients to better direct their care and increase the number of patients seen. Brekke recalls one woman who broke her leg on a Friday, went to a hospital ER to ask about the cost of an X-ray but left, waiting until Tuesday to get her leg casted at the Mission because she couldn't afford it otherwise.

Patients come to the free clinic for any number of ailments, whether it's a lump to be biopsied, an ongoing cough or high blood sugars. They can expect a physical exam by a dedicated physician and the necessary antibiotic or other medications needed for treatment. During this visit, it would not be uncommon to discover high blood pressure, diagnose STDs or identify a further need for treatment. Patients also may be offered a voucher to Gundersen Lutheran or Mayo Clinic Health Systems for services the Mission is not able to provide, such as an X-ray or an ultrasound. The Mission does not manage chronic pain, however, and the only pain medication stocked is Tylenol.

Served by the community

How do they do it? "Our volunteers are amazing," states Brekke with great passion. "The doctors are truly the best of the best, who volunteer their time because this is why they became doctors, to diagnose and treat." Then she discusses the donations that come in from

people in the community who understand what the Mission is all about. The La Crosse Fitness Festival and the Tiny Tim Gala, Festival of Trees and Jingle Bell Brunch are great income providers. Also appreciated are the donations of educational materials, glucometers, syringes, wound dressings, wheelchairs, walkers and crutches. The greatest expenses involve the in-house pharmacy, where medications are provided at no cost to the patients. That alone eats up nearly 80 percent of the clinic budget very quickly.

Yet Brekke is not one to dwell on things that seem difficult or overwhelming; rather, she has big dreams and plans for the Mission, which celebrates its 20th anniversary next year. It's one of the oldest and largest free clinics in the state, and one of the only with a licensed in-house pharmacy. The fact that the clinic serves more than 120 patients in just a few days each week speaks to the need for free clinics.

"I'd love for there to be no need for a free clinic because all could have access to health care," says Brekke. But reality being what it is, Brekke would like to see more of a focus on healthy living and preventive health through education, nutrition and fitness. If money

were no obstacle, Brekke would envision a new, larger facility with a greater capacity to treat more patients, expanded days and hours, a greater ability to treat mental illnesses and the resources to offer preventive care. No doubt, Brekke would be capable of managing all of this as well. (crw)

Claire Ristow-Seib has been with Coulee Region Women since 2002. She works full time as a registered nurse and met Sandy Brekke while volunteering at St. Clare Health Mission.



Starting as a volunteer and now serving as director, Sandy Brekke has been with St. Clare Health Mission for nearly 20 years.



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READER'S PICK
BY
STAN HAWKINS

PERSEVERANCE UNDER PRESSURE

Marilyn Wille reflects on loss, leadership and picking yourself back up.

BY FRAN RYBARIK

Contributed photos



In many ways, Marilyn Wille is a typical Coulee Region woman. Born in West Salem, she's lived in the area her whole life. She has worked at the same business for 41 years, starting out as a receptionist. When she met Mike Wille in 1984, she had no idea that, together, they would become the third family to own that particular business, now known as The Title Company Inc.

All that stability in Wille's life was shattered the morning of September 22, 2006. Mike called from Nebraska to say he would be home from his business trip by lunchtime. Instead, the plane he was piloting went into a flat spin near Sioux City, Iowa, and he was killed.

In an ordinary instant, Wille went from wife to widow, from partner to sole head of the household, from employee to President and CEO of The Title Company.

"At first, she looked hollow, empty, shell-shocked. I didn't think she would make it," says Stan Hawkins, who worked with both Willes. "About three weeks after the funeral, she came into the office, sat down in her old cubicle and started learning how to lead this company. Her story is one of tremendous individual growth coming from a horrible tragedy."

Picking up and moving on

Wille had to follow in the footsteps of a man loved not only by her, but also by customers, employees and trade association members. She had to separate from her role of friendly co-worker to become the boss.

Within weeks, she faced fourth-quarter business reports, holiday

functions and 38 long-term, loyal, experienced employees who were dependent on her decisions. Within months, an economic slump occurred that would affect the housing market, company income and business volume for years.

Rumors began to circulate that Wille might sell the company. "I never even thought of leaving," Wille says. "This work is all I've ever known." She made tough decisions to remain competitive: closing an office, reorganizing staff and implementing new technologies.

Hawkins says the company is thriving under Wille's leadership.

"I've made a lot of changes," Wille says. "Things are looking up. My son and his family moved back from Arizona so he could help me run the business. We have loyal customers, and the economy seems better. This year, our main office moved to a new location."

A new attitude

Wille's life continues to change. Her father died in 2009. Her twin and only sibling, Marlene, was diagnosed with breast cancer in 2012. She babysits some of her six grandchildren one day a week. And she has a new attitude: "If I want to do something now, I just do it."

When asked what advice she would share with other women after a tragedy turns their lives around, Wille doesn't hesitate. "Take it day by day. Depend on your friends and family. Hang in there—you will find a way." *(crw)*

Fran Rybarik writes from her home office in La Crescent. She found Marilyn Wille's story inspiring and hopes others will, too.

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READER'S PICK
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READER



DOING IT BETTER

A La Crosse doctor focuses on bringing quality and comfort to the final days of life.

BY SHARI HEGLAND
Contributed photo

After watching her grandmother die of colon cancer, with little support to provide comfort for her and her family in the final days of her life, Dr. Kyla Lee felt called to help other patients and families.

"I just thought it could be done differently," says the New York City native, who found Wisconsin to be the right place to practice medicine the way she wanted. Dr. Lee (pictured at right, above) is one of the founding members of Gundersen Lutheran's inpatient palliative care program. She also provides outpatient palliative care to patients in their own homes.

Dr. Lee's relationship with La Crosse native Shirley Richert, 77, goes back 10 years, when Richert came to Gundersen with congestive heart failure. What started with stress testing in Gundersen's cardiac unit, where Dr. Lee is an internist, continues today as Dr. Lee meets with Richert (pictured at left, above) in her own home to address her progressing weakness, depression and pain.

It's about feeling better

In palliative care, doctors work to keep patients comfortable and treat symptoms, rather than focusing on curing a condition. While it is often thought of as end-of-life care within a hospice setting, palliative care can also include treating the pain and nausea caused by chemotherapy or other treatments.

When meeting with Richert, much of Dr. Lee's role is to listen and to explain. "If you listen to your body and know what's going on inside you," Richert says, "she listens to you, too."

Dr. Lee agrees. "We always negotiate [treatments]. It's very symptom-based," she says, and by following the palliative care

concept, doctors can prescribe ways to make the patient comfortable without a lot of testing first. "We can make it about feeling better."

Having a life again

For Richert, the approach has worked. While there was a time when she felt she was simply existing, by working with Dr. Lee to control pain and receive care in her own home in an assisted living facility, she had the energy to interact with neighbors and friends for card games and movie nights. The depression she battled receded to the background. "Then I had a life again," Richert says.

With her health again failing more this spring, Richert relies on nurses through Gundersen Lutheran's hospice program who assist her with daily activities and coordinate her treatments with Dr. Lee. "They know I like to laugh," Richert says, and they bring her jokes to lighten the mood.

Dr. Lee, who has been board certified in Hospice and Palliative Medicine since 2008, says research has shown that palliative care not only improves the quality of life for patients with a terminal illness, but can also extend their lives by several months by reducing pain and stress.

"By getting Shirley into her home, getting oxygen and someone to help her bathe, and arranging it so I could come to her at her home, the toll of the terminal illness is less," Dr. Lee says.

And in the living room of Richert's home, it's evident that the doctor-patient relationship between Dr. Lee and Richert goes beyond treatment and care to caring and love. (crw)

Holmen freelance writer Shari Hegland wishes all patients could have the kind of caring, open relationship with their health care providers that she witnessed in writing this story.

READER'S PICK
BY
MARY ANN EKERN



Twirl GIRLS

Gail Zahn has seen the Warriors
Baton & Drum Corps through 50 years.

BY JULIE NELSON
Contributed photos

If you're a mom, you've probably volunteered for an organization your children participated in. But chances are you've never imagined offering the commitment that Gail Zahn has. She—with her daughters—is still leading the Warriors Baton & Drum Corps, 50 years after their first day.

Gail was a baton twirler for Central High School about 60 years ago and later twirled for the VFW drum corps. In 1963, when her firstborn, Tamarie, was taking dance and expressed an interest in twirling, Gail took her directly to the Warriors, a startup baton and drum corps that was in need of more adult help.

So, with the 6-year-old as the Warriors mascot and her second daughter, Zoe Ann, but a babe in arms, Gail became the corps' co-director. And from that moment on, she, Tamarie and Zoe Ann have never looked back ... though there may have been times when they

wondered what they'd gotten themselves into.

Gail and her husband, Don, opened their home near Trane Park to those Warriors. Their basement was a space for extra drum practices, their living room a storage site for trophies and their kitchen table a place where kids would plunk down and talk. When the corps needed a large truck for storage and parades, the Zahns donated one ... twice. For good reason, Gail is known to many corps members as "Ma Zahn."

Feathers everywhere

In the early days of the Warriors, the corps members dressed as "Indians" with full feather headdresses. There wasn't money to purchase those headdresses, so the girls in the corps helped make them ... in the Zahn basement. "We would have feathers coming



Facing page: The Warriors Baton & Drum Corps, 1973. Above left: Gail "Ma" Zahn, together with daughters Zoe Ann Leis (left) and Tamarie Oie (right), has kept the Warriors twirling throughout its history. Above right: Fifty years since it began, the Warriors continue to put on a show.

up out of the air vents," says Zoe Ann with a shake of her head. Gail remembers the time she purchased turkey feathers from a friend. The two of them spent half a day on the farm collecting bags full of feathers. When she got home, Gail dumped them in the washing machine. When the cycle completed and Gail opened the lid, there were no useful feathers, just a terrible mess. Gail laughs about it now, adding that after that, they ordered the feathers from a manufacturer.

As time went on, wearing Native American gear became politically incorrect, and the Warriors dropped the feather headdresses. The change was fine with Zoe Ann, who by this time was one of the lead twirlers. She remembers vividly how hot those headdresses were to march in, how awful they smelled in the truck on a hot day and how difficult they were to keep on when the wind came from behind. Besides, the routines were getting more complex, and the lack of headdresses freed them to up their game.

Today, the Warriors boast a career that includes multiple national championships and many trips to parades in places from New York, Denver and Texas to the Zahns' personal favorite: Hawaii. "If we went someplace, there had to be something for the kids to see and do besides just march," says Gail. "Many of those kids have told me that if it wasn't for the Warriors, they would never have gotten out of La Crosse." Even on shorter trips, Ma Zahn was always there for the kids. "If it was hot and we stopped for refreshments, I couldn't see some kids

just sitting there while everyone else bought something. I was the bank," she says with a laugh. "Boy, if I could have that money back now ..." she starts out, but then stops, recognizing there's nothing else she would rather have done with those dollars.

More than 1,000 kids have been a Warrior at some point in time, including former state legislator and current Wisconsin Secretary of the Department of Administration Mike Huebsch, Broadway drummer Larry Lelli and the late Jeff Zahn, one of the sport's few male twirlers. "Jeff was six feet tall and all the kids loved him," says Gail. "He could throw that baton 100 feet in the air." Jeff went on to get a four-year scholarship in baton twirling at a southern university.

While male twirlers are still uncommon in the Warriors, young adults are not. Since there is no upper age limit to being a Warrior, "sometimes we can't get rid of them," quip Gail and Zoe Ann, though they actually delight in their connection with people like Hannah Rock, a former Miss Holmen who went to UW-Madison after graduating high school. Gail says Rock missed being a part of the Warriors and transferred to UW-La Crosse her second year, just so she could participate.

Still twirling after all these years

Soon all the Warriors and their parents, spouses and friends, past and present, will have the opportunity to get together and share memories of the parades, performances and practices that have become a part of who

they are now. A Warriors reunion is being planned for Sept. 29, and the event is also a recognition for Ma Zahn and the 50 years she has dedicated to the corps.

Gail's entire career with the Warriors has been as a volunteer. In return, she's shared her passion with her daughters and her husband, and has been a friend and cheerleader to countless kids who have grown and matured under her watch. "Seeing the confidence the kids develop is what makes this so rewarding," says Zoe Ann.

"You develop such a bond with them," chimes in Tamarie. "When they win, you win."

Just a year short of her 80th birthday, Gail doesn't get involved as much as she used to, but she knows the Warriors are in good hands with Zoe Ann serving as the twirl, pom and dance team instructor; Zoe Ann's husband, Dan, as the president of the organization; and Tamarie commuting weekends from Madison to teach flags, twirling and drum line. Family, both literal and figurative, is what has kept the Warriors growing over the years. Just as Gail's daughters grew up in the corps, Zoe Ann's sons spent their youth with drumsticks in hand.

What's next for this twirling family? "I just hope I have granddaughters," says Zoe Ann with a smile. **(crw)**

Julie Nelson's experience with a baton was in her pre-kindergarten days, when the high school band practice-marched by her house. With her dime-store baton in hand, Julie would follow along, for the whole length of her block.



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READER'S PICK
BY
MARIA BERTRAND

A Gardener OF Souls

**Pastor Melinda Pupillo tends a church,
a community and the world.**

BY MARIA BERTRAND
Contributed photo

A myriad of colorful flowers lights up the garden. A quiet buzzing sound from busy bees fills the air. A gentle breeze sweeps a woman's red hair off her face. A sweet scent emanates from the garden. With a shovel and a bucket of water, a woman tends her garden, facilitating its growth.

"I love helping things to grow," Pastor Melinda Pupillo says with a smile. Her mission is to help her world, her community, her church and her faith grow. An affectionate, amiable and articulate woman, Pastor Pupillo was born and raised on the north side of Chicago, obtained her B.A. in Spanish and Theology at Valparaiso University in Indiana and earned her Master of Divinity from the Lutheran School of Theology at Chicago. She has been an associate pastor at English Lutheran Church in La Crosse for seven years. When not at work, she spends time with her husband and stepsons. With a predilection for the outdoors, she hikes, kayaks, bikes, snowshoes and gardens.

Tending the youth

To help her church community grow, Pastor Pupillo tries to create committees and activities that allow youth and adults to work together. She believes that "a church without youth suffers," and that the fresh insights that youth offer and the experience and



encouragement that adults present improve the church. In addition to being an associate pastor at English Lutheran Church, Pastor Pupillo is on the Youth Steering Committee, teaches confirmation and leads many other youth activities. She helps the community at large by serving on several committees for the La Crosse Area Synod, which is part of the Evangelical Lutheran Church in America (ELCA). Pastor Pupillo volunteers with different organizations in the area, including the food pantry WAFER. A member of the board of directors for the Lutheran School of Theology at Chicago, she makes a difference at her seminary.

Tending to the world

With her appreciation for diversity and her welcoming nature, Pastor Pupillo has made a large impact in the world. She explains pensively, "My goal [is] that the way I live out my vocation as pastor would help shape other people to think about ways they could make a difference in the world." Even before she went to college, Pastor Pupillo was an exchange student in Ecuador. This experience increased her global awareness and propelled her to travel, work and volunteer in countries such as Peru, Bolivia, Colombia, Guatemala and Puerto Rico.

Pastor Pupillo's sermons, which are full of life, intensity and depth, demonstrate that her occupation is perfect for her. Contemplating her goals in life, she explains, "Being a pastor is a gift from God, and I want to make the best use of that gift as possible." And she does: With each turn of her metaphorical shovel, Pastor Pupillo changes a life, growing her community and her world. **(crw)**

Maria Bertrand will be a senior at Onalaska High School, where she is a head editor of her school newspaper, Ona Ink, which can be found at my.hsj.org/wi/onalaska/onaink/. Maria is very grateful for the opportunity to write for Coulee Region Women, and it was a pleasure for her to interview Pastor Pupillo.

READER'S PICK
BY
KATHLEEN WALLACE



A CUT ABOVE

For Cindi Sandvick, overcoming disability is a matter of style.

BY KATHLEEN WALLACE

Contributed photos

A good haircut is priceless. First of all, it makes you feel great. It's also a social icebreaker. A sure way to connect with a new acquaintance is to compliment her hair or share a concern about your own. This topic connects across the great divides of politics, religion and economics. Even Hillary Clinton was recently quoted as saying, "In the middle of the next big crisis, whatever it is, I'm cutting my hair. And believe me, we won't be reading about what war is going on."

Cindi Sandvick, a veteran of over 20 years in the beauty business, knows all about the transformative qualities of good cut, having opened Salon Inspired on Aug. 1, 2011. It is located in a yellow Dutch barn-style building at 1907 George Street in La Crosse. Inside, clients are welcomed into a cozy environment. The walls are painted warm shades of brown and terra-cotta, a Keurig coffeemaker invites customers to relax with a gourmet beverage, and handmade jewelry serves as art and is available for purchase.

Sandvick creates hairstyles that are not just attractive, but also fit each client's personality, as demonstrated by her customers. The "office trendsetter" sports a short, asymmetrical, funky hairstyle; auburn medium-length waves and curls suit an especially warm and gregarious client; sleek, blond layers are perfect for a highly organized woman. After her recent visit, new client Cindy Jensen observed, "I have never felt this good about my hair."

Inspired and inspiring

Sandvick has achieved all of this while working from a wheelchair. Injured in a motorcycle accident in May 2009, she was given a poor prognosis for regaining her



Cindi Sandvick inspires her clients and the community at Salon Inspired.



ability to walk. A return to her profession seemed impossible. But Sandvick found strength in her personal motto: "When life gives you a challenge that you did not want, you have to move ahead, or you will stop where you are."

At home, she does walk with braces on her legs, a walker and support from her husband, Dave Sandvick. She is encouraged, having begun to feel more sensation and connection between her brain and her body.

But at work, Sandvick works from a wheelchair, which has created challenges and required changes. Her salon has been modified with wider doorways and level thresholds. Extra space around her workstation allows her to maneuver her wheelchair. An impressive array of tools and hair products are strategically placed within her reach. Clients sit in a chair that can be lowered. Sandvick wears a supportive vest to enhance stability of her chest and shoulders. She must take extra care to unlock and lock her wheels each time she moves around her clients.

Despite the extra effort and personal challenge, Sandvick never seems to tire. Since she opened Salon Inspired, she has added two stylists and a nail technician to her staff, surrounding herself with colleagues with whom to collaborate on her vision.

Always independent and goal-oriented, Sandvick is persevering through her challenges to continue sharing her gifts with her community. She is, indeed, an inspiration. **(crw)**

Obsessed with hair since the age of 7, Kathleen Wallace has sacrificed the dream of a perfect hairstyle as she bicycle-commutes to work each day.



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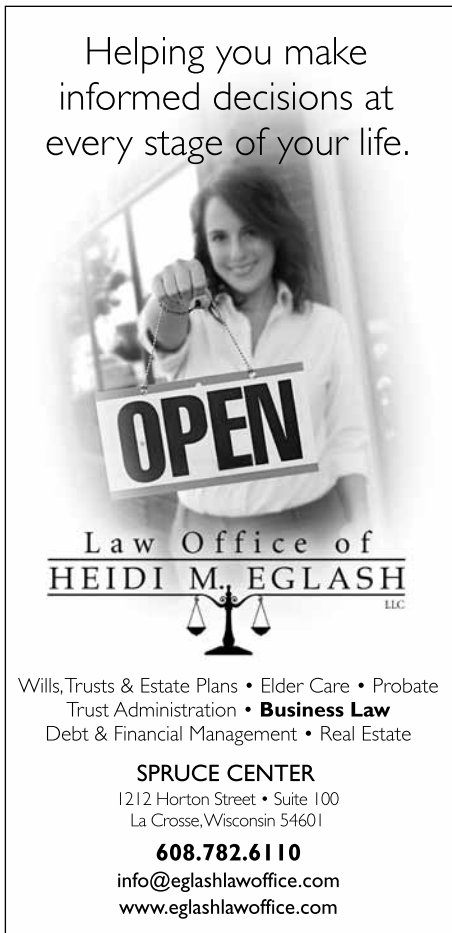


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**Gundersen Lutheran
Nurse Leader
Named AAN Fellow**

Rana Limbo, Ph.D., RN, PMHCNS-BC, director, Gundersen Lutheran Bereavement & Advance Care Planning Services, will be inducted as a fellow of the American Academy of Nursing (AAN) this October.

"Selection for membership in the Academy is one of the most prestigious honors in the field of nursing," says AAN president Joanne Disch, Ph.D., RN, FAAN. Dr. Limbo is the first Gundersen Lutheran nurse leader ever elected to receive this honor.

Dr. Limbo has worked extensively with Gundersen Lutheran's Resolve Through Sharing program, which began in 1981. Today, it is recognized internationally as the gold standard of bereavement education for professionals. Learn more at bereavementservices.org.



**Feils Knapp
Welcomes
Patti Bartsch**

Patti Bartsch, N.D., Ph.D., a natural health practitioner and author, has joined the Feils Knapp Chiropractic & Wellness Center, bringing with her expertise in micro-current therapy, essential oils, nutrition coaching and holistic health.

After relocating to the Coulee Region last summer, Dr. Bartsch aligned with area holistic practitioners to support the holistic wellness of their clients. Since she started working in Onalaska, she has helped people with a variety of health issues, including neuropathy, colitis, back pain, weight loss and smoking cessation.

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READER'S PICK
BY
SUE WEIDEMANN



A MOSAIC OF MEMENTOS

Family heirlooms and found objects make
up a beautiful West Salem home.

BY HEIDI GRIMINGER BLANKE

Photos by Janet Mootz Photography



Some people can relate their genealogy through pictures, while others do so via journals and letters. Anne and Richard Loomis's family history is evident in nearly every room of their Lake Neshonoc home by way of its décor. Pieces large and small not only offer a glimpse into past centuries, but also provide a way to secure those memories for future generations.

A new start with old pieces

When Anne and Richard were unable to find the old home they dreamed of when they moved to Wisconsin from California, they decided to build one for modern-day living, but featuring the century-old Craftsman style Anne admires. Many of the home's furnishings and accessories are family pieces, salvaged items or antiques picked up along the way, yet they fit seamlessly into the recently constructed home.

Anne's goal in bringing antiques and family pieces into her home was to have "some of the craftsmanship and detail that wouldn't necessarily be in a newer house." In addition, older pieces tend to incorporate local materials, a detail important to Anne.

Some items are just plain fun. Anne points to a 12-foot 1957 Crestline Commander that maintains a place of honor at the house's dock. "That was just an old boat that was going to be thrown out," she says. A little farther up the yard rests a delightful sculpture made of old vases and created by a local artisan.

An Italian Catholic legacy

Richard's family emigrated from Italy in the 1850s, eventually settling in Michigan's Upper Peninsula. A few years ago, that family home was emptied. "When we cleaned out the house in Michigan, we brought a lot of pieces back from there," Anne explains. Along with the furniture came memories. A trunk stacked in the living room, for example, contained a World War I uniform, complete with a list of errands to be run prior to deployment. Some of the Michigan home's pieces were overlooked as worthless until rescued by Anne. A dilapidated rocking chair languished under the cellar stairs until Anne uncovered its beauty. "It was so disgusting, I took it outside and hosed it down. Then we found a little plaque on it that said Hickory Chair Company," making the chair a valuable historical item.

In the library, a glass-topped coffee table displays a dozen or so family rosaries. While Anne is unsure of their exact history, she guesses one or two accompanied the family to the United States more than 160 years ago, but that all are from Italy. Nearby sits a stereoscopic viewer (from the Michigan house) complete with a stack of viewing cards. "Some are famous sites around the world; others are holy things," Anne says.

Family pieces are throughout the house, but it's the mementos of everyday life that fascinate Anne. The trunk that accompanied the trip from Italy in 1850 contained an ancestor's passport. A Singer treadle sewing machine, its distinctive black and gold still bright, is housed in a cabinet whose drawers still hold many of the objects placed there over the years: metal zippers, shoehorns, thimbles, wooden spools and an aunt's VFW membership card.

The beauty of handmade things

Anne herself has an artistic bent, no doubt inherited from her mother, whose inviting paintings adorn many of the home's walls; Anne's outlet is crocheting. There's a big tradition of crocheting in Italian families, she relates. One of the family trunks contained "piles of teeny-tiny crocheted pieces," says Anne, some of which she starched, then suspended as snowflakes at Christmastime.

Other, nonfamily pieces were acquired at various antique shows, craft fairs, estate sales and from friends. While Anne doesn't consider herself a collector, she has the knack for locating just the right piece at just the right time. "They just come to me," she relates. For example, the 8-by-10-foot needlepoint rug that graces the dining-room floor came from St. Louis. "It just kind of landed in my life," Anne remarks.

"It's kind of been neat to collect things that have been around here, too," Anne says, pointing to an old UW-La Crosse office chair. A stairway wall holds a large wood altar piece from a demolished Lutheran church. It took hours to clean, but Anne was rewarded by uncovering the piece's original gold paint. Dining-room corner cupboards were taken from a Minnesota tear-down, and the room was constructed to fit them.

Anne's love of antiques and salvaged items reflects the beauty of handmade things. "That's what it's about, taking local materials and using them to build a house. You used just what you had nearby."

Despite their age, all furniture pieces are in active use by Anne, Richard and their children. Antique beds, chairs and dressers receive full use. In the backyard stands a statue of St. Francis, brought from California, his outstretched hand holding birdseed. If a piece is too fragile for use, it is placed to be seen, but not easily within reach. For example, an Art Deco piece of glass is backed with Plexiglas in order to allow its placement on an interior wall. Stained glass windows from an Ohio farmhouse overlook the great room, while a set of three leaded windows from a St. Paul salvage shop were custom-framed for a bedroom.

A continuing tradition

Anne isn't sure what her next find will be, or even if there is anything in particular for which she is looking. "If somebody's got a craft show, we'll stop and look," she says. A few antique dealers and friends call her when an appropriate piece comes their way.

When she is not reviving family pieces or evaluating a possible antique or craft piece for her home, Anne is a freelance marketer, advertiser and project manager. She often reads and works from her three-season room, surrounded by fine craftsmanship, local materials and an enduring sense of family history. (crw)

Heidi Griminger Blanke, Ph.D., is a freelance writer who hopes Anne was serious about returning for a glass of wine and the opportunity to explore the remaining sewing machine drawers.

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READER'S PICK
BY
PAT PANKOW

BREAKING THE SILENCE

Early detection is the best antidote to gynecological cancers.

BY JESSIE FOSS
Contributed photos

Just the word *cancer* is enough to evoke fear in many of us, and never more so than when we hear it in a diagnosis. And while any cancer diagnosis is cause for concern, the most fearsome may be for cancers we don't know much about, but silently dread—ovarian and uterine cancers, in particular. Some of us may believe that a diagnosis of one of these gynecological cancers is a death knell, but that isn't necessarily true. Here, we seek to shed light on these cancers, their warning signs and their treatments, in hope of quelling some fears and increasing awareness.

Silent and serious

The most common gynecological cancer is uterine cancer. Around 46,000 women are diagnosed with it each year and about 8,000 die each year, according to Dr. Gokhin Anil, the department chair of obstetrics and gynecology at Mayo Health System in La Crosse.

Uterine cancers are typically discovered in their earlier stages because women will often experience abnormal bleeding or vaginal discharge. Bleeding after menopause, heavy bleeding with menstrual

cycles and bleeding more frequently than the typical cycle are the most common symptoms of uterine cancer, says Dr. Dana Benden, the program director for minimally invasive gynecology and vice chair of the department of obstetrics and gynecology at Gundersen Lutheran. Because it is often caught early, survival rates are better than with ovarian cancer.

Ovarian cancer has been described as “the silent killer,” and a diagnosis of it has the perception of being a death sentence. Its signs are often vague and fairly general. Approximately 21,000 women—one in every 70—are diagnosed with ovarian cancer each year, and nearly 14,000 typically die of that cancer each year, Dr. Anil says.

“The perception linked to ovarian cancers is not always unfounded,” he says. “There’s not a good screening for the cancer, and it presents with vague symptoms. But it can be curable if it is caught in an early stage.”

Symptoms of ovarian cancer can include pelvic pain, abdominal pain, abdominal bleeding, decrease in appetite or feeling full fast when eating, urinary urgency or pain with urination, and pain or



Dr. Gokhin Anil, Mayo Health System

pressure with bowel movements, says Dr. Benden.

She points out these symptoms aren't necessarily uncommon to women, so what women *should* watch for are symptoms that persist and are a change from their normal function.

A survivor speaks

Ovarian cancer's vague and subtle symptoms are exactly what Pat Pankow, an ovarian cancer survivor from Winona, wants women to pay attention to.

When she was diagnosed with stage three ovarian cancer 10 years ago, she believed she would be dead within a couple of years. She had recently witnessed a friend die of the disease, and doctors had delivered doom-and-gloom news to Pankow's family. After her initial reaction, she took a new approach.

"I told the surgeon I didn't want any statistics," she says. "I was going to fight [the cancer] my way."

And fight she did. Pankow underwent an extensive surgery, and after one round of chemotherapy the cancer was gone. Today, Pankow continues to feel well and takes a handful of supplements she feels help keep the cancer away. She also holds on to a piece of superstition.

"When I was bald [from chemotherapy],



Dr. Dana Benden, Gundersen Lutheran

I vowed I wasn't going to cut my hair until they told me I have to have more chemo," she says. "My hair is now down to my rear. I've had trims, but I haven't cut it."

Testing and treatment

If ovarian cancer is suspected, women may undergo a vaginal ultrasound or a CT scan of the abdomen and pelvis. Laboratory work can also be done for evaluation. CA-125 is a tumor antigen blood test that is often elevated in women who have ovarian cancer, Dr. Benden says.

"However, it is not a perfect test in that [the antigen] may not be elevated in early-stage ovarian cancer or in certain cell types of ovarian cancer," Dr. Benden says. "This is not a screening test because of the lack of specificity of the test."

Once the cancer is confirmed, surgery is usually the first course of action and typically includes the removal of the uterus, ovaries, tubes, omentum and any visible tumor in the abdomen and pelvis. Parts of the intestines and appendix are also sometimes removed. Women—except those with early-stage cancer—may then undergo chemotherapy, usually six rounds that are completed in four to five months.

Uterine cancer is diagnosed with a vaginal ultrasound and endometrial biopsy.

Treatment is then surgery, most likely a robotic-assisted hysterectomy. Some women may need additional radiation therapy or chemotherapy.

An ounce of prevention

Dr. Anil urges women to keep their weight at a healthy level, as he says obesity has been shown to increase both uterine and ovarian cancers. Women should exercise regularly and maintain a healthy diet. He adds that pregnancy seems to reduce the instance of both cancers, as does the use of oral contraceptives.

Birth control pills can reduce the chances of these two cancers by as much as 50 percent, Dr. Anil says. But they're not for everyone, so he encourages women to talk to their health care providers.

Women are urged to get yearly pelvic and rectal exams because sometimes masses can be detected in the pelvic area during exams.

Dr. Benden says both ovarian and uterine cancers are typically random, but some may be related to a hereditary genetic abnormality. The most common is the BRCA gene, which increases women's chances of breast and ovarian cancer. If this gene is detected prior to the occurrence of ovarian cancer, Dr. Benden says, it is recommended that women have their ovaries and tubes removed between the ages of 35 and 40 or when they are done having children.

Other families also carry a gene mutation known as Lynch syndrome. This mutation predisposes people to colon, uterine and ovarian cancers. Genetic testing can be done with a blood test, and Dr. Benden says it is common practice for ovarian and uterine cancer patients to consult with genetics counselors.

Most important, both Dr. Anil and Dr. Benden say, women should be advocates for themselves. If women notice symptoms, they should bring them to the attention of their physician for further evaluation.

"Don't wait for evaluation," Dr. Benden says. "If something feels off or wrong, report it to your doctor." **(crw)**

Jessie Foss is a freelance writer who lives in Onalaska.



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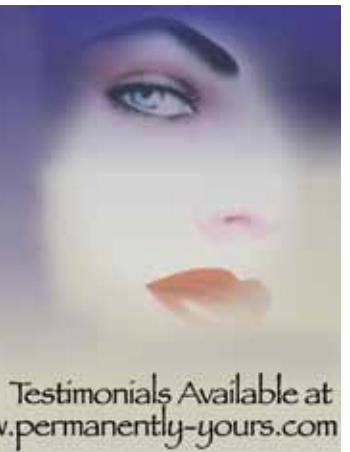
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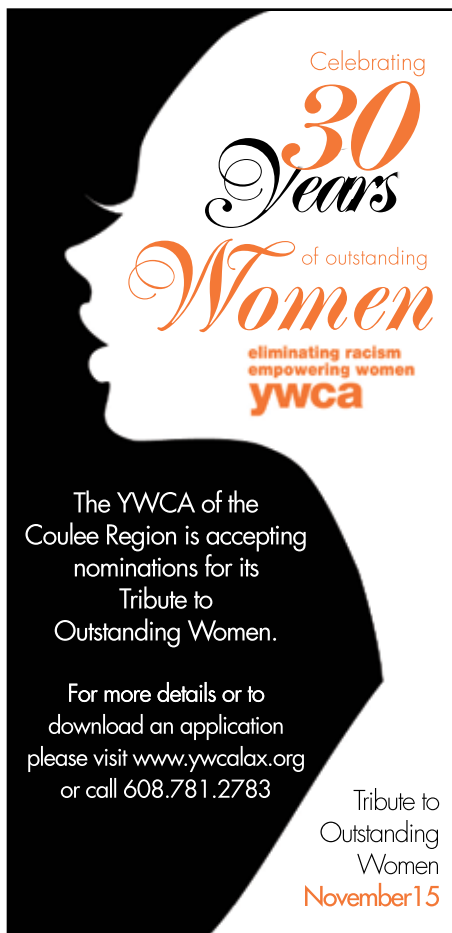

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THROUGH WOMEN'S EYES

Poetry collected by Theresa Washburn

Wild Flower

I dream to wake up a Wild Flower.

A Wild Flower

with vibrant Poppy hues and Golden Rod's unkempt leaves;
Bold as Black-Eyed Susan and independent as Meadow Sage;
Boasting the delicate, unpredictable patterns of Queen Anne's Lace.

S-t-r-e-t-c-h-i-n-g

to grow freely—like the fierce Ivy
rejoicing in the Daisy sun and Violet rain.

I'm far from fussy; every wild flower is

unique and lovely,
yet somehow more amazing when surrounded by others.

Someday opening my eyes,

I will gaze into a mirrored woman
and behold her:
both common and singular—
individual amidst many—
fragile yet resolute—
and eternally wild!

Marci Madary

in the dark, she swallows
half the moon
waiting for the eclipse

Beth M. Erickson

lawn party

three white butterflies
flutter in flower garden
kissing the colors

on the black river

lily pads floating
in motionless shadow
of dusky blue heron

musical

lean daddy long legs
tap-toeing through marsh grasses
in top hat and cane

Phyllis Beckman

My Women

It was more like a trunk
the suitcase he packed
pots and pans nestled in black velvet
snapped shut and hauled to the car
Lincoln Continental
big and showy
belying the bills and the dun letters
we received in his absence.

We became a family of women
another two weeks in grandmother's kitchen.
Seen as from a distance
the evening crept up on us,
quietly settled
on the murmurings around the table.

Strong women:
home from the Silk Mill,
bent from the garden,
up from the coal cellar
stoking the pot-bellied stove.
Toil and tend
toil and tend in the blood,
earth bound earth movers
muscle deep within
these women built the fortress they held.

These women
who gathered me in from the winter cold
tucked my numb-white hands
into the hollow beneath their arms;
who carried me breathless
from the base of the cherry tree;
who filled the larder
season after season.

These are my women.
This is who I am.

Joanne Adragna Shird

Lawnmower Girl

The lawnmower broke down
again.
It ran for a while.
Now it has quit like the train.
The first time the grass grew as tall
as the tiller, greedy for me.
It meant to get me that time.
I grabbed the grass shears.
Shore it to its shoots-roots shores.
The lounging lawnmower laughed.
I could hear the grass whistle,
whisper of glory and green and
grassy grovel graves.
That's when I grasped the shears.
Slashed the rangy mane close
to the head (dewy-eyed and earthy).
Now it has rained. No clouds
could contain that condensation.
The growing grass has a calling.
No machine could get through
this mess. It takes a girl.
They will not win. I handle the
handle of the shimmering shovel.
It screams, "Lean on me."
We will turn it onto its green,
Gandy-dancing, long-haired head
if we must.
Damned lawnmower.

Laurel Devitt

Prayer for My Children

I.
Memory is my penance.
And each tear a Hail Mary
for sacrificing Isaac.

*If it comes back to you,
it's yours to keep.*

But some things don't return.
Butterflies nurtured in a
protective cocoon
released to a new world.
Full of grace.

II.
You came in a dream
but were more real than anything.
You, too, a butterfly,
but released into our garden
of tasted apples, golden corn,
burnished pumpkins,
and geraniums so red they bleed.
You are the son that gives life,
the glory be to the father
and this holy ghost.

III.
Joy came with sorrow
in the mystery of you.
We were chosen for you,
yet you were not quite ours.
You were wanted so much
I wove a blanket of prayers
fervently around you
so as not to loose
the threads of our family.
Afraid of loving you,
I loved you more.
And holding you
like a precious bead,
I stood, knees aching,
and said, *Amen*.

Beth Erickson

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THIPPI'S FOOD JOURNEY

From Laos to La Crosse, gardening and good eating have been touchstones in one woman's life.

BY CYNTHIA JACOBSON

Contributed photos

Recipes analyzed by Gundersen Lutheran registered dietitians.

READER'S PICK
BY
CYNTHIA JACOBSON



On Earth Day at the EcoCenter, Thippi Fleckenstein demonstrated herb planting.

An infectious smile. A delectable kitchen. A genuine attitude. These words semi-adequately describe Thippi Fleckenstein, a La Crosse-area healthy living advocate. If you didn't find her at the YMCA's Healthy Kids Day event in March or the Coulee Partners for Sustainable Communities Earth Day event at the EcoPark Center at Myrick Park in April, you might have found her at the Global Food Event on Food Revolution Day in May at Clearwater Farm in Onalaska, where she is a board member.

Where there is a love for growing healthy foods in local gardens, planning family menus with fresh vegetables from a school garden or advocating cooking together "from scratch," Fleckenstein will be present. As a member of Jamie Oliver's Food Revolution, part of the Real Food Advocates team that raises money for his foundation and a recent designee as a Food Revolution Hero, she desires to create healthy eating habits for her family, friends and wider community, to share her love of gardening with others and to continue blogging about growing and eating healthy food.

It began in a garden

When her family of seven arrived in Oshkosh in 1979 from a refugee camp in Laos, gardening became a way of life for Fleckenstein's family. "We had to do it to survive. But we also loved it. Gardening became a way to bridge cultures. Although we had a small garden in our backyard, our sponsors were part of a community garden. Being outdoors was one way to bring our cultures together. My mother still

talks about how the garden kept her sane. It was her therapy. It gave our family a connection to nature."

Fleckenstein's journey with food began with community gardening and widened at age 14, when she started to work in her uncle's restaurant. "My uncle was very strict about our appearance and the safe handling of food," she says. "Trimmed, clean nails with no polish, little makeup, hair neatly tied back and nonskid work shoes were a must." After college, marriage, work in other fields and two children, Fleckenstein's love of gardening and cooking began in earnest when she became a Food Revolution activist and started writing a blog called Noodleonthat, a name her husband devised from a term used more on the coasts than in the Heartland. Noodleonthat.com welcomes the reader "to a dreamer with a passion for food, a love for life and a thirst for knowledge ... a place of sharing ideas and stories that ... inspire us to follow our passions that help make this world a better place." The reader will find recipes using fresh ingredients, stories of family cooking and bountiful images of nourishing food.

Another site, the Noodleonthat Food Revolution Community Facebook page, informs the reader about local events and provides enticing links.





Thippi Fleckenstein's children, Mahli (left) and Ben, spread pizza dough for a family meal. Fleckenstein says any time you can get your kids involved with cooking from scratch is time well spent.

A food hero

In March 2012, Fleckenstein was honored with the distinction of becoming a Food Revolution Hero for her work. "This was quite an honor," she states, "as many of the designees were professional chefs or those who have worked in professional fields and have implemented programs which are being used throughout America."

"Her goal," the Food Revolution Team wrote, is to "get people in the community to talk about living a healthier lifestyle, to share ideas and resources, to plan events that encourage and motivate them to be a healthier community, and to highlight the great work already being done within the community." The team nominated her because of her drive to inspire and motivate positive change. Fleckenstein has conducted cooking classes, hosted a cooking demonstration at a local market and taken a class in food safety.

Besides all that, Fleckenstein is an advocate for gardening and for helping others understand where their food comes from. This year is her third year of assisting lead gardener David Langer with the garden at West Salem Elementary School, which has enticed more than 100 students to garden after school. This year, they have expanded the concept to include a community garden that will teach local families the basics of gardening, educate them on where their food really comes from and address the barriers that stop people from growing their own food. "Through a grant, we will even be able to provide the tools they need to work in their garden," says Fleckenstein.

Good food for everyone

The Food Revolution nomination also included her membership on the Farm to School Committee. With the help of the school nutritionist, says Fleckenstein, "we are now working with local farms to buy produce for our school lunches and to add more fresh ingredients, like basil to make pesto from scratch."

On Food Day 2011, Fleckenstein made and served 84 bowls of soup to attendees from various organizations and businesses. This event featured discussing ideas, educating attendees about food and recognizing community members who shared these goals. At the YMCA's Amazing Race event in March, children tried new fresh fruits such as mangoes and kumquats, and vegetables like watercress and jicama.

The mission of Clearwater Farm Foundation is to "demonstrate, teach and advocate the sustainable use of natural, architectural, historical and agricultural resources" to the greater community. As a board member, Fleckenstein helped coordinate an event she called "Coming Together Down on the Farm" in May. Her invitation suggested, "Let's get together, pack a yummy lunch and head on over to the farm, play some games, plant some herbs, pet some animals and just be happy outside! Join my family and me."

Fleckenstein's visions include a cooking center where people can come together to share the art of healthy cooking, engage in hands-on activities and inspire cooking from scratch. "All this love started from the time my mother told me that of all the things our family could have, gardening was the best way to feed our family. Putting fresh food on the table was her main priority. We did that by having a garden."

What does her own family think of her food journey? Her husband, Scott, now drinks fewer soft drinks and more water and has increased the amount of fruits and vegetables in his diet. Ben, age 7, recently said, "I used to drink chocolate milk every day in kindergarten, but now I know better." Mahli, age 10, reports, "Now I drink chocolate milk once a week, and that's on Friday for lunch. Chocolate milk is a dessert to me." 

Cynthia Jacobson is a semi-retired educator and family history researcher. She lives in rural West Salem. Although she is not a gardener, she is a lover of fresh, well-prepared food made with local products.

FATHER'S DAY FRENCH TOAST

Serves 4.

- 8 slices French bread
- 2 eggs
- $\frac{2}{3}$ cup milk
- 1 tsp. vanilla extract
- $\frac{1}{2}$ tsp. ground cinnamon
- 1 T butter
- 3 tsp. honey

Cut French bread into slices $\frac{1}{2}$ inch thick. Beat together eggs, milk, vanilla, cinnamon and honey. Dip the bread slices into egg mixture.

Heat butter over medium-high heat in a skillet. Cook bread until golden brown. Serve warm with fresh strawberry syrup (mush some strawberries, then add in maple syrup and mix well).

470 calories, 8g fat, 105mg cholesterol, 710mg sodium, 79g carbohydrate, 20g protein, 3g fiber.

PIZZA WITH SOUK'S RED SAUCE

Souk is Thippi's very talented oldest sister, famous for her semi-homemade red sauce.

Serves 8.

Red sauce

- 1 26-oz. can Del Monte Spaghetti Sauce (Chunky Garlic & Herb)
- 2 15-oz. cans Hunt's Tomato Sauce
- 4 tsp. sugar
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 1 tsp. black pepper
- $\frac{1}{2}$ tsp. garlic powder
- 2 bay leaves

Combine all of the ingredients, mix well and cook for 15 to 20 minutes. Stir occasionally. You will only need about 2 cups for the pizza, but you can freeze the extra or use it for spaghetti sauce or lasagna.

Pizza dough

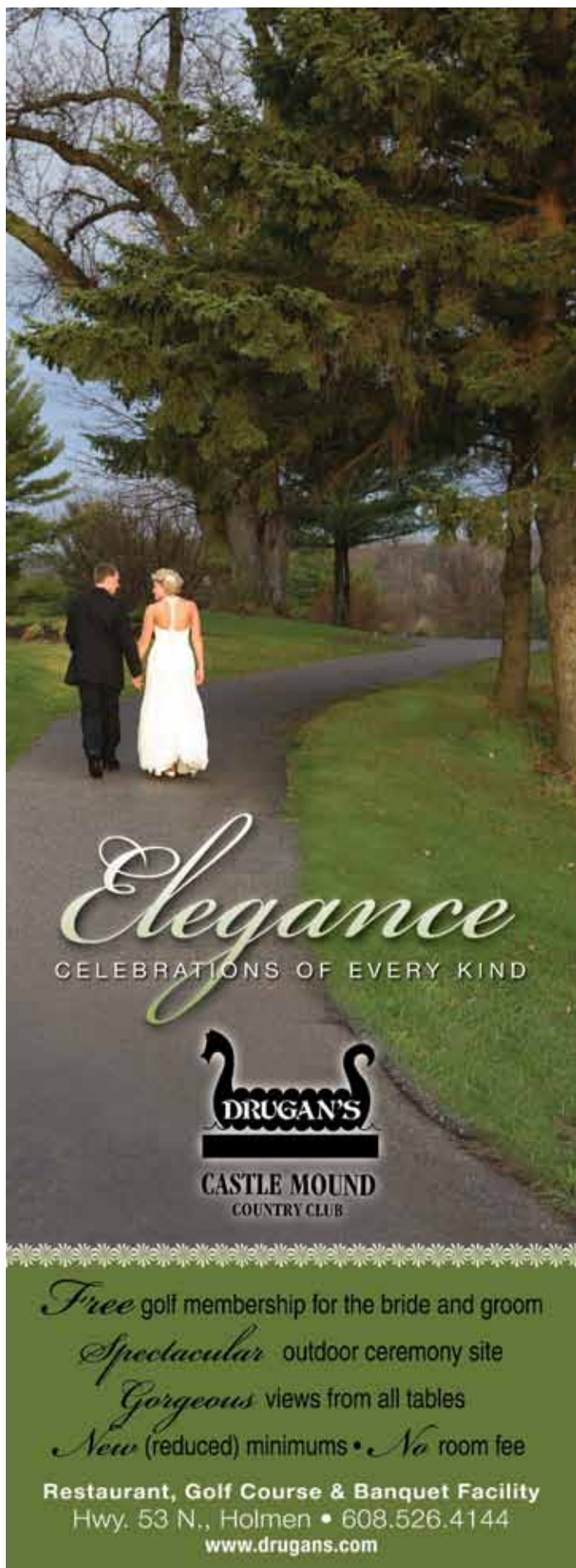
- 3 cups all-purpose flour
- 1 .25-oz. package active dry yeast
- 2 T vegetable oil
- 1 tsp. salt
- 1 T sugar
- 1 cup warm water (110°F)

Combine flour, salt, sugar, and yeast in a large bowl. Mix in oil and warm water. Spread out on a large pizza pan (about 15 inches). Top with red sauce and other toppings as desired. Bake at 375°F for 20 to 25 minutes.

Suggested toppings

- Red and green bell peppers
- Baby bella mushrooms
- Fresh pineapple, thinly sliced
- Pepperoni slices
- Shredded mozzarella and cheddar cheese

Pizza crust and sauce with 2 cups cheese: 330 calories, 10g fat, 20mg cholesterol, 810mg sodium, 44g carbohydrate, 13g protein, 2g fiber.



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As Vice President Store Manager of Macy's at Valley View Mall, **Betsy Holy's** days revolve around a fascination with fashion. With an eye for bold patterns, interesting textures and perfect details, she helps her customers close the chapter on style. Photographed at Barnes & Noble, Valley View Mall.

From **Macy's**, Alfani brushed metal jewelry, \$20-\$40; INC wide-leg printed jumpsuit, \$89.50; United States Sweaters crocheted shrug, \$49; Vince Camuto wedge sandals, \$98; Dooney and Bourke crossbody handbag, \$198.



Though her devotion to her clients may find her deep in her law library, attorney **Heidi Eglash** knows dressing for success doesn't have to mean taking yourself too seriously. Here, teamed with tailored yet trendsetting threads from LARK in downtown La Crosse, she makes a case for bold patterns and bright details. Photographed at Pearl Street Books in downtown La Crosse.

From **LARK**, Andrea Fisher zebra skirt, \$95; Andrea Fisher safari vest, \$135; Andrea Fisher white blouse, \$115; floral necklace, \$90; red penny earrings, \$29; resin ring, \$64; pearl bracelet (left hand), \$14; pearl Firenze bracelet (right hand), \$84.



Beyond balancing books, **Moriah Cody**, a Financial Advisor with Hanson & Associates, is in the business of helping clients achieve their financial goals in life. Here, an investment in visual impact pays off with offerings from Touch of Class in downtown La Crosse. Photographed at Pearl Street Books.

From **Touch of Class**, Donna Morgan dress, \$118; Gentle Souls sandals, \$185; Brighton Femme Fatale purse, \$195; Chan Lu crystal hoop earrings, \$158.

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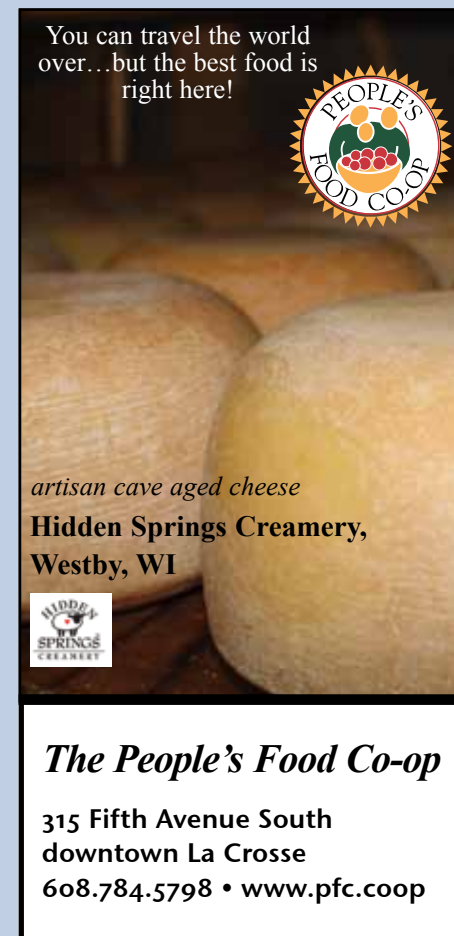
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COMMUNITY CALENDAR

ONGOING EVENTS

American Association of University Women (AAUW) meets 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.

Wee Move for ages 1-4 with parent, every Fri., 10:30 a.m.

Little Learners for ages 1-4 with parent, every Thurs., 10:30 a.m.

Coulee Region Professional Women (CRPW) meets the 4th Tues. of each month, Nell's City Grill, 1111 3rd St. S., La Crosse, 5:30 p.m. Madalene Buelow, 608-791-5282.

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.

MOPS (Mothers of Preschoolers) meets the 1st Mon. of each month, Olivet Lutheran Church, 6:15 p.m. Holly Zeeb, wxyzeeb@centurytel.net. www.olivetlutheran.org/small-groups/mops.

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

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

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

Valley View Kiddie Crew meets the 1st and 3rd Tues. of each month, Valley View Mall Food Court, 10:30-11:30 a.m., with fun and education experiences for children and parents. www.myvalleyview.com.

WAFFER 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) meets the 2nd Wed. of each month, 4 Sisters, noon-1 p.m. Shari Hopkins, 608-784-3904, shopkins@couleebank.net.

Women of Worth (WOW) meets the 2nd Wed. of each month, Boot Hill Pub, noon. Debbie Lee, 608-784-2775, debbie.lee@westlandinsurance.com.

Women's Alliance of La Crosse (WAL) meets the 2nd Thurs. of each month, noon. Melissa Chelf, 608-781-4704, chelfm@preit.com.

If your organization would like to be included in our Community Calendar, please contact us at editor@crwmagazine.com or call 608-783-5395.

COMMUNITY CALENDAR

CALENDAR EVENTS

Aug. 1-25, Free school supplies with Valley View Mall purchase, while supplies last. See www.myvalleyview.com for details.

Aug. 2-5, Great River Jazz Fest, La Crosse Center, 608-781-1190. www.lacrossejazz.com.

Aug. 2, Cheech, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Aug. 3, Freaky Friday: Re-Funk Your Junk, 10:30 a.m., Children's Museum of La Crosse, ages 7-11. www.funmuseum.org.

Aug. 4, Taste of Winona and Arts Auction, 5:30-10 p.m., Winona County History Center. <http://7riversbbbs.org/TasteofWinona/TasteofWinona2012.html>.

Aug. 6-8, Camp Curiosity: Dino-Mania, 8:30-11:30 a.m., Children's Museum of La Crosse, ages 4-7. www.funmuseum.org.

Aug. 9, Jazz Duo, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Aug. 10-12, Irishfest, Oktoberfest Grounds, La Crosse. www.irishfestlax.org.

Aug. 11, Three Rivers Rodeo Log Rolling Tournament, 10 a.m. amateur division, 2 p.m. professional division, Great River Landing in Onalaska.

Aug. 16, Fayme Rochelle and the Waxwings, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park.

Aug. 17, Freaky Friday: Build a Bot, 10:30 a.m., Children's Museum of La Crosse, ages 7-11. www.funmuseum.org.

Aug. 17-19, Holmen Kornfest, Village Park, Holmen. www.holmenwi.com.

Aug. 17-19, Goodview Days, Goodview, Minn. www.goodviewdays.com.

Aug. 18, Dahl Auto Lube-a-Thon, fund-raiser for Steppin' Out in Pink, 8 a.m.-3 p.m., Dahl Auto locations in La Crosse, Onalaska and Winona.

Aug. 23, Cheech, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Aug. 23, Celebrity Pie Auction, fund-raiser for the YWCA of La Crosse, 6 p.m., The Freight House, La Crosse. www.ywcalax.org.

Aug. 24-26, Great River Folk Festival, UW-La Crosse Campus. www.greatriverfolkfest.org.

Aug. 25, Pride Fest, noon-2 a.m., South Side Oktoberfest Grounds, La Crosse.

Aug. 25, Valley View Mall's Back to School Block Party, 10 a.m.-5 p.m. www.myvalleyview.com.

Aug. 25, 12th Annual French Island Lions Club 5K Run/Walk, 8 a.m. with 7 a.m. registration at the Cambell Community Center, 617 Plainview Rd. For more information, contact Brian or Jane Hanson at 608-782-3092 or hanson4@centurytel.net.

Aug. 25, Copper Box, 8 p.m., Trempealeau Hotel.

Aug. 30, String Ties, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Aug. 30-Sept. 3, La Crosse Area Bicycle Festival. www.bicyclelacrosse.com.

Sept. 1, Art in the Park, fund-raiser for Touching Moments Animal Assisted Activities Program, 9 a.m.-2 p.m., Old Hickory Park, La Crescent, Minn. www.touchmoments.org.

Sept. 6, The Executives, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Sept. 6, Fall Fashion Show, doors open 6 p.m., show begins 7 p.m., Cargill Room, The Waterfront. Tickets available Aug. 1 from Downtown Main Street, Inc. (608-784-0440) and The Waterfront (608-782-5400).

Sept. 7-8, La Crosse Storytelling Festival, Myrick Park, La Crosse. www.lacrossestoryfest.com.

Sept. 7-9, Elvis Explosion, La Crosse Center. www.elvisexplosion.info.

Sept. 7-23, *The Pirates of Penzance*, La Crosse Community Theatre, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun. www.lacrossecommunitytheatre.org.

Sept. 8, Steppin' Out in Pink breast cancer walk, 9 a.m.-12 p.m., Gundersen Lutheran campus, La Crosse. www.gundluth.org/steppinout.

Sept. 8-9, *Footloose*, 7:30 p.m. Sat. and 2 p.m. Sun., UW-La Crosse. All proceeds to support theatre student scholarships.

Sept. 13-16, Applefest, La Crescent, Minn. www.applefestusa.com.

Sept. 15, Silent City Tour, 11 a.m.-4 p.m., Oak Grove Cemetery, 1407 La Crosse St., La Crosse. www.lchsweb.org.

Sept. 16, Tri-Quest, Drugar's Castle Mound, Holmen. www.tri-quest.org.

Sept. 20, Steve Marking, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Sept. 20, Page Series: Tibetan Monks from the Deprung Loseling Monastery, 7:30 p.m., Page Theatre, St. Mary's University, Winona.

Sept. 22, Fall Season of Art Show, 10 a.m.-4 p.m., Hwy. 157 and Cty. Rd. PH (next to Caribou Coffee) in Onalaska. Sponsored by La Crosse Society of Arts and Crafts. For more information call Connie Helgersen, 608-526-2255.

Sept. 24, "Exercise and Nutrition," La Crosse Home and Community Education (LAHCE) program, 1:15 p.m., Hamilton Town Hall, West Salem. Free and open to public.

Sept. 27, Terry and Marty, Noon Tunes, 11:30 a.m.-1 p.m., Riverside Park, La Crosse.

Sept. 28-30, Kickapoo Valley Reserve 9th Annual Fall Trail Ride, S3661 State Hwy 131, La Farge. For more information or to register, call 608-625-2960 or email kickapoo.reserve@krm.state.wi.us.

Sept. 28-Oct. 6, Oktoberfest, Oktoberfest grounds, La Crosse. www.oktoberfestusa.com.

Sept. 30, Oktoberfest Show & Shine, fund-raiser for Operation Home Front/Freedom Honor Flight, Dahl Auto Museum, 9 a.m.-3 p.m., 711 S. 3rd St., La Crosse.

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