

Coulee Region Women

AREA HOME AND LIFESTYLE MAGAZINE

**What's NEW
What's NOW**
GO DOWNTOWN!

**Explore
New Shops**

**Start with
Andrea Fisher
at Lark Boutique**

**Life Planning:
DO IT NOW!**

New York, New York

AUGUST/SEPTEMBER 2010

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FEIST DENTAL



TMJ stands for Temporomandibular Joints.

These are two joints that connect your jaw to your skull and when they are out of place, they can cause:

- Clicking or popping of the jaw joints
- Cracked Teeth
- Pain in or around the jaw joints
- Locking or limited opening
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- Headaches, Pain around the eyes
- Dizziness
- Ear Ringing
- Clenching or grinding
- Neck and shoulder pain

Muscle Spasms go hand in hand with the displaced joint. Because the nerves and muscles are very complex, when they are in spasm in the jaw joint area, the problems can extend into other areas of the body. It is for this reason that the symptoms masquerade as so many other conditions, making people travel from doctor to doctor in search of relief. It is estimated that 45 to 50 million Americans suffer from one or more of the above symptoms and many never think to seek a neuromuscular dentist for help.

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Andrea Fisher, owner of Lark Boutique
Photo by Janet Mootz Photography
Makeup by Mary Kay—Trudy Swenson



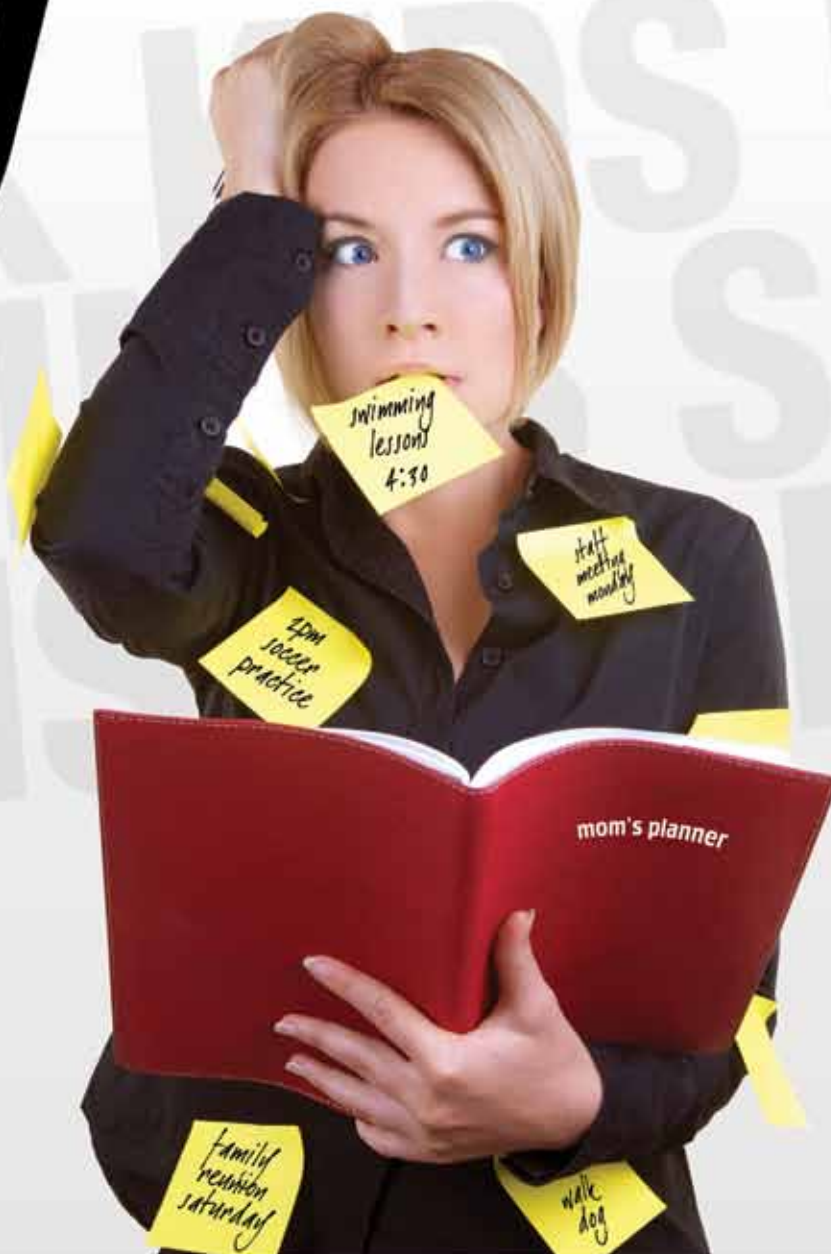
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Coulee Region Women

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Being something of an old-fashioned girl, I am not one to embrace the new. I choose a spiral-bound appointment calendar with pretty art over a smart phone every year. I still need help uploading files to the various ftp sites my work requires me to use. And in the “now”-driven world of high-tech communication, I do not wish to text anyone, which is a good thing, because my cell phone is always, reliably, dead at the bottom of my purse.

In fact, I love old things. I’m a sucker for Audrey Hepburn movies. I live in a turn-of-the-century house that’s an ongoing restoration project and is filled with antique furniture—some family heirlooms, some hand-me downs. I prefer vintage clothes to the latest trends, and even when buying a new piece of clothing, I’ll opt for something that’s a throwback to a bygone era.

Still, tell me a new shop is opening in town, and I’ll be there, my curiosity piqued. A new wine bar? Let’s check it out! A new coffee shop? They’ll soon know my order by heart. I love to explore cities that live on the cutting edge, and I know that feeling of anticipation in discovering what’s around the next corner.

Maybe that’s why I’m so drawn to La Crosse’s downtown. I’m easily charmed by old architecture and well-kept details, and I’ve always been impressed by how well La Crosse seemed to have preserved the old while inviting the new. That is never more true than now, with new businesses opening and a new energy that’s as palpable as the heat beating down on a Krazy Daze sidewalk sale.

In fact, in this issue, you’ll meet five passionate and inspirational women who are bringing some of that energy downtown—in businesses that feature the old as well as “what’s new” and “what’s now.” You’ll also see unique ways other women retailers are combining work with life—all in the name of bringing you what’s new. On a timely note, we’ll walk you through urgent matters like legal planning and creating a network of support in a medical crisis, but also more lighthearted endeavors—how to “capture a moment” in a photograph, how to slow down, how to cook nourishing meals from community gardens and even how to choose your new lineup of must-see TV. From new products of all types to taking on New York in a minute (or two), you’ll find it right here, right now.

Can’t wait to see what’s around the next corner? Me either. Let’s look.

Betty

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If you've ever wanted to do a triathlon but have been scared away by the swimming component, this is the event for you. Tri-Quest is a unique and challenging athletic competition that features running, biking and golfing. It was formed to promote active lifestyles and to benefit the youth in the Coulee Region. This year's beneficiary is the Family and Children's Center. The event will take place on Sunday, Sept. 19, at Drugan's Castle Mound in Holmen. 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. 18. Space is limited so sign up now. Visit www.tri-quest.org for registration and more information, or call 608-791-0078.



women's fund
OF GREATER LA CROSSE

Jean Feraca will headline the Women's Fund Fall Luncheon.

CONVERSATION, INSPIRATION AND FOOD

Join the Women's Fund of Greater La Crosse for conversation, inspiration and food at the 13th annual Women's Fund Fall Luncheon. Jean Feraca, a 27-year veteran of public talk radio, will speak. The luncheon will be located at UW-La Crosse in Valhalla Hall on Friday, Nov. 5. Registration begins at 11 a.m. and the program starts at 11:30 a.m. Tickets are \$30 until Oct. 15 and \$35 after Oct. 15. Call the Women's Fund at 608-780-5710 to order.



STEP OUT AND SUPPORT BREAST CANCER RESEARCH

The fifth annual Steppin' Out in Pink walk for local breast cancer research will be held Saturday, Sept. 11, from 9 a.m. to 1 p.m. at Gundersen Lutheran's La Crosse Campus. Walk with a team, friends, family or by yourself to honor survivors and remember loved ones. All ages are welcome. There will be music, entertainment and kids activities. There will also be time to shop for home décor, crafts, jewelry, unique wearables, food products and personal luxuries. A portion of all vendor sales will benefit Steppin' Out in Pink. Registration before Aug. 30 is \$15 for those over 12, \$5 for ages 5-12 and free for ages 0-4. Ages 5 and up will receive a T-shirt. Registration is \$25 the day of the event. Register at www.gundluth.org/steppinout.



MAKE A DIFFERENCE AS A GIRL SCOUT LEADER

The Girl Scouts of Wisconsin are looking for volunteer troop leaders to positively impact young girls. Troop leaders are required to attend an introductory orientation and lead meetings and other activities. Leaders have the opportunity to bond with their girl scouts, form friendships with other parents and leaders and grow through adult learning opportunities. For more information, contact Britney Beneke at 608-784-3693, ext. 4328.



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EXPLORE FIVE NEW SHOPS DOWNTOWN

Local businesswomen bring their passions to downtown La Crosse.

by **KIM BRASEL**

PHOTOS BY JANET MOOTZ PHOTOGRAPHY

Andrea Fisher, Lark Boutique

You know your style—but where to find it? Your clothing utopia may be closer than you think, nestled cozily in downtown La Crosse. At Lark Boutique, located at 319 Main St., Andrea Fisher designs and sells clothes to flatter every figure.

“The problem has become that everything is made so generic for the mass market in an attempt to make clothes that fit everyone, they end up fitting no one,” Fisher says. She keeps every shape and size in mind when designing and wants customers to try things on and discover the joy of clothes that fit right. The name of the store, Lark, reflects Fisher’s outlook on clothes and shopping—it should be an adventure, and fun.

Fisher has 12 years’ worth of patterns for customers to look through, so if you don’t see what you need on the rack, just ask. She probably has something close to what you have in mind. See something you like but want it in a different color? She can do that, too. “I enjoy helping women look and feel their best,” Fisher says. “It’s very rewarding to be able to make a living doing what I love.”



Karen Bressi, Generous Earth Pottery

Karen Bressi's store at 221 Pearl St. is a bright, open, airy space filled with colorful pottery bearing names such as gingerbread, yellow squash and coco. The shelves are lined with cookware, dish sets, and decorative pieces. All are functional, beautiful and shaped by her own two hands.

Whether your style is modern, country or somewhere in between, there is something for everyone at Generous Earth Pottery. Bressi gets her inspiration from nature, magazines and sculptures. Sometimes she takes specific requests, and other times she just lets the creative process take over—she says that's when it's the most enjoyable.

After working as a critical care nurse for 20 years, Bressi felt she needed a change. "Pottery has always been a hobby, and I took lessons over the years for fun and to balance my job."

Owning a pottery store is a big leap from nursing, but she believes true success lies in doing something you love and not necessarily financial gain. "There are always a million reasons not to do something, but I love making pottery, and that's what pushed me into it," she says thoughtfully. "This is my favorite time of life."



Jordan Brudos, Cutie Patootie

Every parent wants what's best for their children. And with new warnings and recalls seeming to crop up every day, many parents are looking to all-natural, organic baby products as a solution. Jordan Brudos opened Cutie Patootie as a resource for parents who want products that are safe for their kids and good for the environment.

Located at 417 Main St., the store offers all-natural baby products, organic cotton clothing, and cloth diapers and accessories. You can also find toys made from nontoxic natural materials such as rubber wood, in addition to diaper bags and feeding supplies made by companies that ensure their items are free of PVC, PBA, phthalates and lead.

"I thought it would be nice to have this type of resource for families wanting a more natural, holistic lifestyle, and it seemed like a good time to do it with our kids being the age they are," says Brudos, who, with her husband, Mark, has children ages 1, 3 and 5. "We are familiar with what works and what parents may need."

The store opened in October 2009, and Brudos says the best part is meeting people and knowing she's creating a support network for them.





Peggy Rodriguez, Painted Porch

Grandma's mission oak rocking chair sits motionless in a dim corner of the basement. Its weathered wood is held together more by fond memories and love than nails and glue. You don't know what to do with it. Peggy Rodriguez, owner of Painted Porch, located at 200 Main St., can help you restyle your piece of vintage furniture while keeping the sentiment intact.

"I help bring pieces back to life that are stored away and someone is keeping for sentimental reasons, but not using," says Rodriguez. "It's fun to change the purpose and make it useful, such as mounting hooks on an old game board and hanging it on the wall."

Rodriguez uses a comfortable shabby chic style to create fun and useful items. Using the label "Summer Porch Designs," Rodriguez initially sold her pieces at Ambiance in downtown La Crosse. When that store closed, it gave her the kick she needed to open her own store in the historic Powell Place building.

Being a shop owner isn't new for her, and Rodriguez says she wanted to do it again because she enjoys interacting with customers. "I love what I do. It's hard work, but I love it."



Kate Gerrard, Kate's Pizza Amore

What's better than the scent of roasted garlic, savory Italian spices and fresh-baked pizza greeting you at the door of your favorite restaurant? Only eating that delectable delicacy and having it taste every bit as good as you had hoped. Creating beautiful things to smell, eat and linger in the mind is the goal of Kate Gerrard, owner of Kate's Pizza Amore restaurant located at 212 Main St.

A passion for cooking combined with a passion to please have helped make Gerrard a successful restaurateur. She started her first establishment in La Crosse, Kate's on State, eight years ago and opened her newest restaurant this past December. The menus at both restaurants are her creations or her interpretation of an established recipe.

"My goal is to create unique, delicious meals that leave customers looking forward to their next culinary adventure," Gerrard says.

Her logo, with a chef's hat perched on top of a heart, and the name of the restaurant say it all for Gerrard. "It's all about the love. *Me amore!*" ❖

While conducting her "research," freelance writer Kim Brasel discovered an inner shopping goddess (that she never knew existed) who only needed the unique shops found in downtown La Crosse to be lured out.

ACCOMPLISHMENTS



FRANCISCAN SKEMP HEALTH- CARE OFFERS TESTING SERVICES IN NEW MOBILE VANS

Franciscan Skemp Healthcare, Mayo Health System, has added two mobile vans to its vehicle fleet to add greater access to digital mammography and bone density testing services. These new vans will allow us to offer services to women more conveniently, bringing the screenings closer to where they live and work.

The first patient day is Aug. 2. The vans are self-contained and encompass everything needed to provide screenings in any location. The new vans will first visit Franciscan Skemp clinic locations every week. Future schedules will include other community locations.



BREATHE BRACELET BENEFITS LUNG CANCER RESEARCH

Touch of Class, at 312 Main St. in downtown La Crosse, is featuring the Breathe Bracelet. \$50.00 from the sale of each bracelet will benefit lung cancer research at Gundersen Lutheran Medical Center.

Much thought and meaning has gone into the design. The aquamarines signify air, the circle represents taking a deep breath and the "L" is a symbol for lung cancer. The heart represents owner Kim Pretasky's passion to join in the effort to bring attention to lung cancer. Pretasky wears this bracelet in memory of her mom. Who will you wear your bracelet for?



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Stop in to meet the PKC staff, enjoy a refreshment and check out the new office during their open house held Oct. 4-8 from 9:00 a.m. to 5:00 p.m. It's a great time to get your tax planning under way! Call them today at 608-783-0440.



1% FOR THE PLANET MEMBER INNOVATIVE GRAPHICS ANNOUNCES PARTNERSHIP WITH 1% FOR THE PLANET

Renee Chrz., owner of Innovative Graphics, has become a member of 1% for the Planet, which exists to build and support an alliance of businesses financially committed to creating a healthy planet by supporting nonprofit organizations focused on sustainability.

Members contribute 1 percent of revenues directly to any of the approved nonprofit environmental organizations in 1% for the Planet's worldwide network.

Started in 2002 by Yvon Chouinard, founder and CEO of Patagonia, and Craig Mathews, owner of Blue Ribbon Flies, 1% for the Planet is a growing global movement of more than 1,200 member companies in 38 countries. To learn more, go to www.onepercentfortheplanet.org.

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REVISED RETAIL

Flexible business models make sense for some new retailers.

by **HEIDI BLANKE**
CONTRIBUTED PHOTOS

You might think it unusual for a store to open only a few days a month, or even a couple of days a week. If that's so, welcome to the modern world of retail. Limited hours, working from home or taking on a new type of retail livelihood are all part of doing business for many area women.

Keeping it fresh

Real Deals, with two rooms of lamps, pillows, mirrors, garden items and numerous other decorative items, maintains limited retail hours, an approach that creates excitement from week to week. Lisa Riniker, Trish Riniker, and Linda and Jim Kelly opened their franchise on Ward Avenue in 2009 after viewing a Real Deals store while traveling.

With minimal retail experience, the four admit the store was at first more work than they anticipated. They do all the ordering, merchandising, selling and even offer refreshments to their shoppers. All items are new, but marked with warehouse pricing. Open only on Thursdays and Saturdays, they concentrate on the need to help customers develop the two-day-a-week mind-set. However, once "people get used to the concept," begins Linda, "it's a destination," finishes Lisa.

New merchandise arrives weekly, and many items quickly sell out. However, as Lisa and Linda remark, this does increase the workload, as the new items must be put on display as quickly as possible.

Real Deals hours are mandated by the corporate office in Atlanta, but the women note some customers stop in faithfully every Thursday, often bringing their friends and spouses. Trish, Lisa, Linda and Jim enjoy the constant flow of people in and out the door during their two open days. There is "not as much downtime with no customers," they say, as might occur in a store with more traditional hours.

Keeping it convenient

Amy Redepinning has been a Silpada Designs (jewelry) representative for seven years and loves the flexibility in scheduling her career allows. With no "borders or boundaries," Redepinning can create a schedule to accommodate a lifestyle that includes a family of seven. While Redepinning typically puts in eight hours a week demonstrating Silpada jewelry at home shows, she may put double or even triple that amount of



You'll find home decor and gifts galore at Real Deals in La Crosse, but plan accordingly—the shop is open Thursdays and Saturdays only. The limited-hours trend is being embraced by several local retailers.

time each week in paperwork, calls and other background work. Still, she wouldn't trade it for traditional hours.

As an independent representative, Redepinning is free to pick and choose her hours, usually working around her kids' schedules. "You have to know your calendar well," she advises, so that jewelry parties do not get booked concurrently with a child's soccer game.

Redepinning considers herself an "event coordinator," because Silpada parties are set up open-house style in what Redepinning terms "girlfriend get-togethers," drawing together professional women who might not otherwise have an opportunity to socialize. Guests can eat and drink while trying on multiple pieces from the collection, then get feedback from their friends. Redepinning's enthusiasm for what she does is almost palpable, and the excitement in her voice never wavers.

"I love this job because I like to play," Redepinning laughs. She can relax when she wants and work hard when she wants.

Similarly, Gail Cyert appreciates the flexibility in scheduling selling Butterfly accessories permits. While she could state "a million things" about the advantages of her work schedule, the best is being able "to pick the days that I want to work," she says. Butterfly accessories are sold through home boutiques that feature instruction, like how to tie a scarf, as well as shopping opportunities. Cyert's hostesses pick what works for them and



Barb Skogen (left) and Jonella Rademacher sell the Etcetera clothing line at showings in their own homes through JoBa Flat.

can shop with friends in their own homes.

Cyert is in her fourth year with the five-year-old company and considers the job full time, though many consultants are part time. With minimal cash investment and sales quotas, "women can start their own business in a short amount of time," Cyert explains. She holds 10 boutiques monthly, but can be "home in my PJs at my computer," if she wants.

Keeping it personal

Jonella Rademacher and Barb Skogen, co-owners of JoBa Flat, a trunk-show clothing line, keep detailed records of

their customers' likes and dislikes. The women, who show the New York-based Etcetera brand in their homes quarterly for up to 14 days, pride themselves on the one-on-one selling they offer their customers. "We can let them browse and coordinate their choices," remarks Skogen, even keeping wish lists for husbands and others who might need to purchase a gift.

Rademacher and Skogen are the only Etcetera consultants in the area. Skogen loved the Etcetera line, and Rademacher, who had worked in retail clothing, was looking for something with more flexible hours. Together, they founded JoBa Flat.

Show days are long, often 10 to 12 hours, but the in-home setup allows the women to take care of other tasks, like tossing in a load of laundry, between client appointments. Rademacher and Skogen are strongly committed to growing their business, bringing their line of high-quality, coordinated clothing to more women. They currently have a client base of 200, with 70 to 80 appointments for each showing. Customers try on any number of items and have them fitted and

delivered, all from a single visit to the show.

Skogen admits she never intended to be in this business. Now, though, the gleam in her eye has her contemplating new Etcetera markets.

Keeping it fun

While the retail world isn't for everyone, the women here all emphasize the fun they have with their businesses. Sue Noble, of the Vernon County Development Association, is enthusiastic about the number of female entrepreneurs in the area, but urges caution when considering limited hours, as many retailers have trouble being profitable even with standard hours.

Shop owners agree that limited hours can offer the best of both worlds, but you must be passionate about what you do. It's sound advice for keeping customers coming back. ♣

Heidi Griminger Blanke, Ph.D., is the executive director at WAFER Food Pantry and is becoming a dedicated limited-hours shopper. She encourages everyone to shop locally.

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LIFE PLANNING: DO IT NOW

When it comes to doing a “legal makeover,” now is the time.

by **MICHELLE BYOM**
CONTRIBUTED PHOTOS

Back-to-school time is full of new beginnings, and for many it's a welcome return to a comfortable routine. Flipping the calendar into the crisp fall months presents another opportunity to make good on nagging resolutions and to organize and prioritize within our homes and lives. As you go through your personal to-do list this fall, consider implementing or updating the following legal documents within an estate plan for the protection and well-being of yourself and your family.

“I view an estate plan as the natural extension of a person's financial plan for her lifetime with added elements,” explains Heidi Eglash, owner and managing attorney of the Law Office of Heidi M. Eglash LLC. “As one develops a financial plan to budget, save and use his or her earnings, one also needs to think about how he or she would like those resources to be used after life ends.” From incorporating charitable gifting, to addressing guardianship and money management for minor children or adult children with special needs, to indicating preferences regarding your departure from this world, an estate plan reflects your individualized wishes. “Avoid a desperate situation,” Eglash suggests. “Instead, develop one that is well thought out over time.”

Where there's a will ...

“In a will, you name the point person who will become guardian of your children if they are minors and the parents die,”

says Maureen Kinney, attorney with Johns, Flaherty & Collins, SC. Kinney says a will avoids family controversy over who will care for children. “Kids are really the ones who benefit when a will is in place,” she adds. Within a will, one names a point person or guardian to care for minor children and a trustee who will handle financial matters and assets, such as a home. “If you don't have a guardian and trustee named, the court sets these up for you. Money is released to children when they turn 18. Often that is too young to act responsibly with potentially a lot of money. In a will, you can determine what age you want your children to receive the assets, and your trustee assists with that.”

If you are agonizing over whom you consider the best person or couple to name as guardian of your minor children, Kinney says you might consider close friends over relatives, and she emphasizes you can always make revisions to your will. “Get your will to where you are 90 percent satisfied with it,” she says. “It's better to be 90 percent there than not at all. You can always fine-tune it.” Guardians do not have to sign your will, but Kinney recommends discussing it with them and sharing where it is filed at home so it is accessible if necessary.

Advance directive or health care power of attorney

With an advance directive, you appoint an agent to make decisions related to your medical care if you are incompetent. The advance directive is important for any age, Kinney says, not

just the elderly. When you are completing an advance directive, you name a person (spouse, adult child, other relative, partner or friend) who will follow the directions you set in terms of how long you want to be kept on life support and what quality of life you would like to maintain. “Often, health care issues are not written in black and white,” Kinney explains. “It’s important you choose someone with good judgment and someone who knows your wishes.”

Both Gundersen Lutheran and Franciscan Skemp hospitals have well-established advance directives that one can complete and file there. In addition to your hospital, the person you name as your agent should have a copy, and you should keep one in a safe place at home.

Financial Durable Power of Attorney

With the completion of this document, you are appointing an agent and giving her or him the authority to make financial decisions on your behalf. Authority ranges from the simple to the complex. Your agent can pay your monthly bills, and he or she has the authority to sell your home. Kinney says it is important to note that the Financial Durable Power of Attorney typically goes into effect as soon as you sign it. “If you don’t have it go into effect immediately, your physician has to periodically release information related to your status, stating you are incompetent.”

Authorization for Final Disposition

This document has only been available for about one year, and it addresses the philosophical and spiritual issues that a person believes important as life comes to an end. “You appoint an agent to make funeral decisions on your behalf,” Kinney says. At face value, it sounds simple: Your surviving loved ones will make decisions such as whether to have a burial or cremation. However, Kinney explains that for single people, it’s not obvious who is going to do this. “If you are not married or in a traditional family,



Heidi Eglash, Law Office of Heidi M. Eglash LLC

the Authorization for Final Disposition provides protection and peace of mind that your wishes are fulfilled.”

Establish a professional relationship for individualized assistance

The Internet is bursting with available resources and sites that can help you get started on planning. Eglash recommends that the Internet be used as an initial reference to gain a basic understanding of options. Two websites she suggests are www.legalexplorer.com, which is sponsored by the State Bar of Wisconsin, and www.nolo.com. Then, Eglash says, “It is important to build a relationship with a legal professional who understands you. They will help you sort the information and explain the significance of your choices. It’s important one understands how these documents apply to your unique values and priorities.” ❖

Michelle Byom enjoys writing for area publications. Her to-do list grew longer with the information learned in writing this article. She and her family live in Holmen.



Maureen Kinney, Johns, Flaherty & Collins, SC

tips

Before you meet with your attorney to begin estate planning, Maureen Kinney suggests you take the following steps to prepare:

- Review your named beneficiaries—primary and secondary—on your retirement accounts, such as a 401(k), and your life insurance policy.
- Once you have identified the people you wish to be your children’s guardians, be sure to ask them if they’re willing to take on this responsibility.
- Be familiar with the types of assets you have and have an approximate idea of their value. This includes bank accounts, retirement accounts, other savings accounts, brokerage accounts, real estate and life insurance policies.
- Know who holds the titles on your real estate—for example, if you bought property when you were single, is your spouse currently named on the title?
- Gather any prenuptial agreements and be familiar with their contents.

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In the early years of marriage, women are the relationship caretakers. They carefully monitor their relationships to make sure there is enough closeness and connection. If not, women will do what they can to try to fix things. If their husbands aren't responsive, women become extremely unhappy and start complaining about everything under the sun...things that need to get done around the house, responsibilities pertaining to the children, how free time is spent, and so on. Unfortunately, when women complain, men generally retreat and the marriage deteriorates even more.

After years of trying to successfully improve things, a woman eventually surrenders and convinces herself that change isn't possible. She ends up believing there's absolutely nothing she can do because everything she's tried has not worked. That's when she begins to carefully map out the logistics of what she considers to be the inevitable - getting a divorce.

While she is planning her escape, she no longer tries to improve her relationship or modify her partner's behavior in any way. She resigns herself to living in silent desperation until "D Day."

Unfortunately, her husband views his wife's silence as an indication that "everything is fine." After all, the "nagging" has ceased. That's why, when she finally breaks the news of the impending divorce, her shell-shocked partner replies, "I had no idea you were unhappy."

Then, even when her husband undergoes real and lasting changes, it's often too late. The same impenetrable wall that for years shielded her from pain now prevents her from truly recognizing his genuine willingness to change. The relationship is now in the danger zone.

If you are a woman who fits this description, please don't give up. I have seen so many men make amazing changes once they truly understand how unhappy their wives have been. Sometimes men are slow to catch on, but when they do, their determination to turn things around can be astounding. I have seen many couples strengthen their marriage successfully even though it seemed an impossible feat. Give your husband another chance. Let him prove to you that things can be different. Keep your family together. Divorce is not a simple answer. It causes unimaginable pain and suffering. It takes an enormous amount of energy to face each day. Why not take this energy and learn some new skills and make your marriage what you've wanted it to be for so long?

If you're a man reading this and your wife has been complaining or nagging, thank her. It means she still cares about you and your marriage. She's working hard to make your love stronger. Spend time with her. Talk to her. Compliment her. Pay attention. Take her seriously. Show her that she is the most important thing in the world to you.

Perhaps your wife is no longer open to your advances because she's soon to be walk-away wife. If so, don't crowd her. Don't push. Be patient. If you demonstrate you can change and she still has eyes...and a heart, you might just convince her to give your marriage another try.

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A NEW WAY TO CONNECT IN A CRISIS

Social networking websites can provide lifelines.

by **SUSAN HESSEL**

CONTRIBUTED PHOTO

Leah and Josh Fortun spent weeks without holding their infant son, Carter, while he fought desperately to live after a second surgery to correct major multiple heart defects.

Within days of the frightening diagnosis that came through a routine three-week checkup at Franciscan Skemp, the Fortuns connected with family and friends through the website CarePages. Carter's private, personal site allowed his parents to journal, provide updates of his care and upload photos. Family and friends wrote countless comments of support.

CarePages was a therapeutic way to keep everybody informed about the roller coaster they were on. "We kept everybody updated without phone trees," Leah says. "We learned how many people cared."

When Carter came out of that second surgery on a portable heart-lung machine at the Mayo Clinic, no one knew whether he would survive. Through the entire process, the Fortuns were able to update hundreds of people on his condition with a few clicks of a mouse.

Today, Carter is a healthy, energetic 3-year-old. "He never knew that he had anything but a normal start to life," says Leah, who appropriately was able to hold Carter again on Mother's Day in 2007. "We were very, very, very, very fortunate."

A bridge to a caring community

Sally Hefti had never used Facebook or Twitter, but when her husband, Dan, was diagnosed with cancer in February 2009, she found herself with a major communications challenge.

"It was a very, very aggressive and nasty course," she says. "From diagnosis until the time he died was only six weeks. I didn't know how I would keep family and friends updated about his course. Then someone told me about CaringBridge."

A friend created a CaringBridge page for the Heftis. "I had no idea how fast word would spread," Sally says. "It was motivating to Dan to see the number of people looking at the site. It was nice to hear from people who were at a distance who left a funny phrase, a remark, thoughts and prayers."

The fact that it could be updated 24 hours a day was a great service. Visitors to the site knew they could express their feelings without bothering the family.

Capturing a story

CarePages gave the Fortuns a way to tell Carter's story since he has no memory of it. It also helps explain the story to his 5-year-old brother, Austin, and his 3-month-old sister, Claire, who came long after this crisis. "This is Carter's story," Leah says.



Following two complicated surgeries, Carter Fortun was finally able to be held by his mother, Leah, on Mother's Day 2007. CarePages kept family and friends updated on Carter's progress, including this happy event.

Beth Frechette, Gundersen Lutheran web content specialist, says the medical center had 45 active CaringBridge sites as of mid-June, including eight new ones set up in May. Typically, the sites stay active about 13 months. The most common uses are for adults recovering from an injury and patients with cancer.

Franciscan Skemp has about eight to 10 patients participating in CarePages at any time.

"It is a great tool for our patients to use. I wish more people were aware of it," Frechette says. For more information on setting up a site, ask at one of the local hospitals, or visit www.carepages.com or www.caringbridge.org. ♣

Having once had a son treated for leukemia in the 1980s, personal historian Susan T. Hessel is thrilled families today have services like CarePages and CaringBridge. She blogged her way through her own breast cancer treatment this past year.

THE NEW MOVEMENT TO SLOW DOWN

The secret to richer living? Just take it slow.

by THERESA WASHBURN

Are we a time-impoorished nation? Consider our vocabulary: fast food, speed dialing, instant messaging, express printing, high-speed Internet and accelerated genetics. We seek ways to save time as if time were something we could stockpile.

But has this made our lives easier? Many people are reconsidering the notion of “faster is better” and turning to what is known as the slow movement. Originally created as an antidote to the fast-food industry known as “slow food,” it has expanded into multiple areas of life. The notion of slow travel, slow schools, slow money and even slow living is finding credence in an ever-growing population of people in the United States and abroad.

Making connections

The core value system behind the slow movement draws from the longing for deeper connection. The slow food movement website describes their mission this way: “to create dramatic and lasting change in the food system. We reconnect Americans with the people, traditions, plants, animals, fertile soils and waters that produce our food.” When we eat processed and packaged food, we remain many steps away from the source, and we lose our ability to understand the effort it takes to create that food. The slow movement hopes to regain connections—to food, to place, to people and to life.

Breathe slowly

Sister Mary Kathryn Fogarty, FSPA, works as a spiritual director at the Franciscan Spirituality Center and teaches people

to slow down by being more mindful. Her workshops focus on present moment practice. “You start by breathing,” she explains. “Just become aware of your breath. Take a few deep, relaxing breaths right now, and you will feel yourself slowing down. The nice part about that is, you don’t have to buy anything.”

Fogarty began her practice of mindfulness more than 20 years ago. “I remember when I was on a retreat and the director taught us how to eat. First we honored the food: We picked up the soup spoon, took a bite, then put the spoon down.” The director asked them to then savor the flavor, then notice the texture. “We ate each bite completely, and then we started again with the next bite: honor it, notice the color and so on.”

Fogarty believes that mindfulness is akin to slowing down because you have to stay awake to what is going on around you. “Most of us sleepwalk through life, not aware of what we are doing or thinking or what is happening in our surroundings.”

Slow your schedule

“One of the reasons we have such a hard time slowing down is that we schedule things so tightly,” Fogarty says. She questions whether the devices that claim to save time really do, and suggests that they may only put us in a position to fit more into our day. “If we didn’t have cars, we would take the time to walk or go to the bus station, connect with our neighbor there. We wouldn’t push ourselves to rush so much.” Putting ourselves on a tight schedule causes stress and potential accidents. The slow movement encourages us to rethink our commitments, our children’s commitments and our fondness for more and better.

Ways to go slow

We can slow almost every aspect of our daily routine, starting with our conversations. Barb Kruse, another spiritual director at the Franciscan Spirituality Center, teaches compassionate communication. "You automatically slow your conversation when you use compassionate communication because you are observing, not evaluating the conversation." She adds, "If there is strong feeling, you really have to slow down, or stop because you cannot observe without judgment anymore."

Because communication stands at the forefront of connection, slowing this process down can be life changing, solving deep relationship issues. Fogarty agrees: "We talk very fast, we try to get everything in as if it is all important. Slowing down can really help our connections." Slow conversations, slow driving, slow parenting and slow eating are all ways to reconnect with ourselves and others. "Slow eating can really help us in many ways. It satisfies us and can help with weight control," Fogarty says.

Begin with travel

Slow travel can be one way to ease into slow living. Instead of booking a vacation with scheduled events and tours, try a vacation home in a city or small community. Cyndi Fleming, a lawyer from Glenwood Springs, Colo., found this type of vacation suited her well. Instead of taking an all-inclusive vacation, her family booked a house in a small Mexican fishing village. "We went into town and bought groceries at the market. We read, swam and relaxed all day. Nothing was planned, and it reconnected the family. At night we listened to music, played board games and walked along the beach."

However one decides to slow life, start with a deep breath and the willingness to give up a desire to do it all. And maybe read a little poetry, Fogarty advises. "Poetry is a great way to slow down. You cannot read poetry fast." ❖

Theresa Washburn is a communications and marketing consultant and writer. She likes the idea of slowing down and uses the practices of mindfulness, writing and reading poetry to aid her in the aim.

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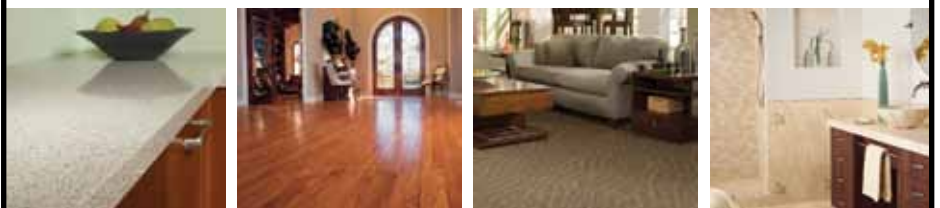
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THE NEW HOME MAKEOVER: LESS IS MORE

New products give your home a new look and new efficiency.

by **JULIE NELSON**
CONTRIBUTED PHOTO

When it comes to home repair or remodeling, you know the scenario all too well. Just as you complete one project, you discover something new that needs to be done. It may start like this: You walk in the laundry room one day to discover that desperately needed pair of jeans you popped in the washer 50 minutes ago is still sitting there, covered with water. The cycle didn't run and, as you investigate further, you acknowledge the dreaded truth. The machine is broken and you need a new one.

It's a wash

So you head to the appliance store, where a quick glance in the window reveals you don't have to replace your white washing machine with another white washing machine. You could get your washer in red! Or blue! Or even a couple of other colors. That's a sign of the times, says Wettstein's sales manager Bruce Sanwick. Just as Steve Jobs did with those Apple computers, the manufacturers of laundry room appliances have discovered that adding color to their machines is a good way to attract new customers.

But you didn't come to Wettstein's because you wanted to change the color of your laundry room; you came because you need a new washer, and right now you're more interested in energy efficiency than a festive color. Good news, says Sanwick; that red machine that caught your eye in the window is also a high-efficiency machine, which means it will use a whole lot less water to wash your clothes than a traditional model. While the dead model in your basement used 44 gallons of water every time you stuffed all those kids' clothes into the machine, the new one on the sales floor will use only 14 gallons.

To accomplish this miracle (and still get your clothes clean), Sanwick says appliances such as washing machines and dishwashers actually run longer. He says high-tech sensors in each machine detect when the water is truly dirty, and the machine keeps running the same water through until it reaches that level. Since it takes longer for the machines to run their cycles, you might think the savings in water would be a tradeoff for a higher use of electricity. Not true, says Sanwick, explaining that in this day and age of computer technology, and other more efficient electronics, the clothes and dishwashing machines actually use less electricity, even though they are running longer than their old counterparts.

The color of clean

Once you've got that new, colorful washing machine in place, you look around the room and notice the paint is looking a bit shabby. Off you go to the paint store,

where you ask about environmentally friendly possibilities as you browse through the paint chips. Many paints these days have a low VOC rating, which means the paint contains minimal amounts of a chemical that attacks the ozone. It is also lower in toxicity, which your lungs will appreciate when you have to breathe the fumes all day long. Ace Hardware's Laith Tabba says the low-VOC paints are readily available in latex, the type people use most often. Since latex paints are water based, they are also more environmentally friendly to clean; you can wash out your brush with soap and water.

If you'd like to do something a bit different with the color, Tabba says one common trend these days is to use a base color and an accent color. He says many people these days are choosing brighter, bolder colors for the accent, whether the trim or one of the four walls.

What's underfoot

By now you've got your new, colorful appliances in place and the walls are freshly painted—but you notice your flooring is dull, dingy and worn out in places. For kitchens, laundry rooms and other noncarpeted surfaces, Kathy Roth, owner of Flooring Interiors, says ceramic is the most popular choice these days. Ceramic is easy to clean, is not easily damaged and is no more expensive than most other types of flooring. Technically made of porcelain, ceramic flooring is a green option because it is a lifetime product and will not need to join vinyl flooring in the landfill anytime soon.

For your carpeted areas, Roth says if you want to go green, check out carpeting made from corn. Mohawk has a line of carpeting that uses corn sugar to make the yarn. Roth says this environmentally friendly carpeting is exceptionally soft, stain resistant and durable. Plus there's the green factor: The production of this Sorona brand polymer requires 30 percent less energy than the production of an equal amount of nylon, so greenhouse gas emissions from the production of Sorona are 63 percent lower than nylon manufacturing, and for every 7 yards of corn carpeting you use instead of nylon carpeting, you'll save one gallon of gas.

As for the current trends in carpeting, Roth says people are going with deeper colors. "No more white carpeting these days," she says, a relief to red wine drinkers and parents of young children. She says people are also more open to gentle patterns and carpets that use two tones of color.

With new appliances, fresh paint and new flooring, you'll feel as though you're living in a new house. Knowing that you've chosen some products that are environmentally friendly should prompt you to put your feet up and relax. Unless you start to notice your sofa has seen better days ...❖

Julie Nelson is the Public Relations and Development Director for The Salvation Army. While writing this article, Julie looked at her own faded carpeting and then started thinking about the paint on the walls ...

ENERGY SAVINGS

For further energy savings with your new HE washing machine, Wettstein's sale manager Bruce Sanwick says to try these tips, many of which seem counterintuitive:

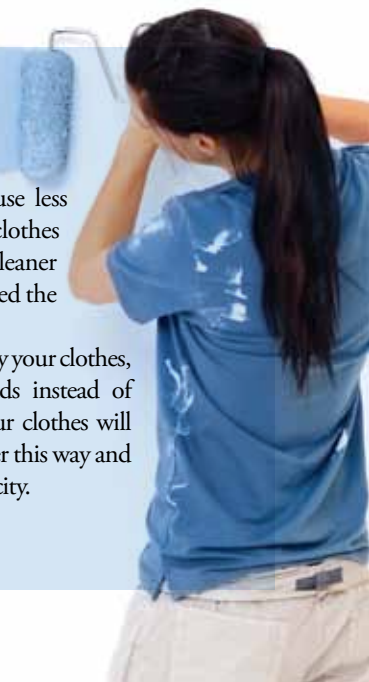
- Instead of evenly spreading your clothes in the washing machine, ball them up into clumps. Today's high-efficiency machines are sophisticated enough to spread the load around in a manner that

will keep the load in balance.

- Try using half the amount of HE detergent you are already using. Sanwick says when HE detergent was invented, the chemists discovered only a small amount of detergent is needed for each load. But because the manufacturer of your laundry soap wants you to keep coming back for more, the recommendation on the label is to use more than you actually need. Sanwick

says that if you use less detergent, your clothes will actually be cleaner than if you had used the prescribed capful.

- When you dry your clothes, do two small loads instead of one large one. Your clothes will actually dry quicker this way and will use less electricity.



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The backlighting and shallow depth of field in this photo create a silhouette effect for a haunting, captivating composition.

CAPTURE IT NOW

Take some photography tips from a pro.

by **MAURA HENN**

PHOTOS BY JANET MOOTZ PHOTOGRAPHY

Today's digital cameras are affordable and easy to use. With the help of local photographer Janet Mootz, learn what to look for when shopping for a new camera and what to do with it once you have it.

Which camera is for you?

Mootz advises to pay attention to quality. Generally, Canon, Nikon and Sony are good brands to choose. More megapixels—which refers to the number of tiny dots making up a digital image—does not always mean a better camera. Mootz points out that the size of the sensor in the camera is just as important. “If you have a small sensor but lots of megapixels, the image won’t be as clear as a camera that has a larger sensor and the same amount of pixels.”

When buying a camera, ask yourself, “What will I be using this camera for?” If the camera is for family gatherings or vacations, a decent point-and-shoot could be sufficient, such as the Sony Cybershot DSC-WX1. Plan on using your camera for professional purposes, such as portraits, sports photography



Repeating patterns, such as the roses in this bouquet, create a photo with texture and interest.

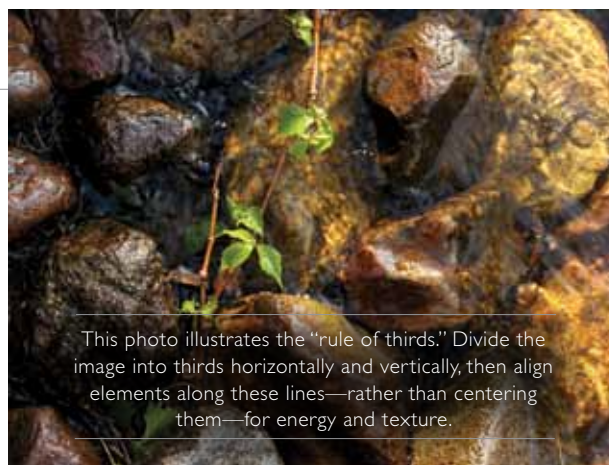
or special events? Investing in a digital SLR (single-lens reflex) camera such as a Canon Rebel XSi or a Nikon D5000 might eventually be the better value. What you use your camera for is key to how much it will cost and how convenient it will be to use. “Don’t buy more than you need,” states Mootz. Start by buying the essentials, then, once your current equipment

no longer accomplishes what you want, consider upgrading. And while cameras can easily be purchased in electronics stores and online, a specialty camera store, such as May's Photo Service in La Crosse and Winona, can ensure your purchase is guided by an expert.

It's not just the camera

Mootz suggests taking a class or workshop to further your education about the art of photography. The Lifelong Learning Program at Western Technical College in La Crosse offers digital photography courses. Community centers may hold classes, too, and professional photographers sometimes offer workshops, such as the ones Mootz holds in her home.

"Classes will not only help you understand the technical aspects of photography," states Mootz, "but will also help you with composition to make photographs more interesting and thought provoking." (For more



This photo illustrates the "rule of thirds." Divide the image into thirds horizontally and vertically, then align elements along these lines—rather than centering them—for energy and texture.

information, check Mootz's website, www.janetmootz.com.) Many camera tutorials are offered on YouTube, and informational videos can be found on many camera manufacturers' websites. Mootz suggests *Digital Photography: Top 100 Tips and Tricks* by Gregory Georges as a good book to begin your photography education. Your camera's manual is also a great resource.

Beyond the snapshot

There are several ways to share your digital photos online, as well in print form. Photo-sharing communities such as Flickr.com and Photobucket.com allow

you to upload albums and share them with your friends and family. You can make prints with Snapfish.com, Kodak.com or even Walmart.com. You may pay a small shipping cost, but the convenience is worth it. Printing from home is an option as well, but Mootz suggests making sure you are using quality printing paper if you decide to go this route.

Be sure to keep your printer well maintained, and have it checked for color accuracy. Mootz also suggests investing in a few USB flash drives or external hard drives to back up your photos in case your hard drive crashes or your laptop is stolen.

Most important, have fun! The beauty of digital photography is that you are no longer using up film, so you can experiment in your approach to taking photos. It isn't just about the camera; the key to interesting photographs is creativity. ❖

Maura Henn is an avid photographer. A sample of her work can be found at www.maurahenn.wordpress.com.

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YOUR NEW STYLIST: MOTHER NATURE

Local salons support health and the environment with “green” products.

by **KIM SEIDEL**
CONTRIBUTED PHOTOS

From the products they use to the environment they create for their clients, two local beauty salon owners are striving to keep their businesses “green.” Erin Carnal of The Roots and Connie Peter of The Ultimate Salon practice strong beliefs in protecting the environment.

Beautiful for your body

“I’ve always been eco-conscious, aware of what I put in and on my body,” Carnal says. “It’s been an evolving process. I’ve been becoming more aware of the unnecessary chemicals that we use in our industry and in everyday life.”

After working in the industry for 10 years, Carnal opened her salon in the La Crosse Depot three years ago and vowed to keep her business “green.”

For a beauty salon to truly have a “green” designation, it starts with the products.

When Carnal discovered Onesta, a line of products free of harmful synthetic cosmetic ingredients, she knew it was a great fit for her salon. Pureology, made with organic and botanical ingredients, is the other product brand found in The Roots.

Onesta’s founder created the products after he battled cancer, Carnal says. He believes the chemicals from the beauty industry he worked in contributed to his illness. Ten percent of Onesta’s sales go toward cancer research.

“My mother is recently a breast cancer survivor,” Carnal says. “I love using these products, knowing part of the costs are going back to support a cause I believe in.”

Carnal receives a lot of positive feedback on the Onesta products, which are packaged with recycled materials. “They have a wonderful, clean smell,” she says. “They are professional and concentrated, so you don’t need to use as much or buy as often.”

Beautiful for the earth

Connie Peter has worked with Aveda botanically based products since she started in the industry 26 years ago. The 30-year-old company was focused on the environment long before the green movement became mainstream.

“Aveda has always been at the forefront of being environmentally focused,” Peter says. “The company started at a time that when you heard the word *green*, you thought it was for people who were hippies and wore Birkenstocks and didn’t live in the real world.”

The Ultimate Salon, with locations in La Crosse and Holmen, is an “Aveda concept” salon. This means that’s the only product line the company carries, and the business adheres to Aveda’s mission. The hair and skin care, makeup, hair colors and perms are Aveda.

The Ultimate Salon follows Aveda’s commitment to recycling. After Aveda learned that a majority of plastic bottle caps don’t get recycled, the company created a national collection project. At The Ultimate Salon, the program is known as Cap It Forward. Customers who bring in two gallon Ziploc bags filled with bottle caps—no larger than a Gatorade cap—can choose an organization through which a selected individual can receive a complimentary haircut at the salon.

In addition, The Ultimate Salon ships hair clippings to Trust.org, another recycling program available through Aveda. These clippings are being used to fill nylon stockings to help soak up oil from the disastrous spill in the Gulf Coast. ♣

Kim Seidel is a professional writer and editor and owner of Seidel Ink, LLC, www.seidelink.com. She lives with her family in Onalaska, where they have been taking small steps at a time to be more “green.”

THE NEW WAY TO GARDEN: JOIN A CSA

A local couple cultivates their dream of sustainable farming through community supported agriculture.

by **SUSAN C. SCHUYLER**

CONTRIBUTED PHOTOS

RECIPES ANALYZED BY GUNDERSEN LUTHERAN REGISTERED DIETITIANS

Worry briefly distorts Paul Eddy's cherubic 3-year-old face as he interrupts his mother, Cate, with an important question: "Is the mouse still in the mailbox, Mom?"

His expression relaxes when Mat, his dad, reassures him that just that morning he replaced the old mailbox, which was once home to mice that nibbled on the mail to the Eddy's 70-acre farm south of Viroqua, Wis. Satisfied, Paul toddles back to playing in a nearby sand pile with his 1-year-old brother, John.

Farming is truly a family affair for the Eddys, who are celebrating 10 years at Ridgeland Harvest, the diversified farm that they work hard to make ecologically and financially sustainable. For the past seven years, Cate and Mat also have cultivated an extended family that includes the 234 members of their CSA, the acronym for community supported agriculture.

The business of sharing

The CSA business model is a fresh idea in farming that took root in the United States in the mid-1980s, when young professionals left their city jobs to revitalize New England's farms, according to the United States Department of Agriculture. Since then, CSAs have spread and flourished in the Midwest. From 2001 to 2005, the USDA database of registered CSAs swelled more than 25 percent to 1,144 members—64 of which were in Wisconsin.

CSAs have helped breathe new life into the lagging U.S. farming economy. "It's the first time in 150 years that we have a growing number of farms," Mat says.

In its simplest form, members purchase "shares" of a farm in advance of the harvest and, in return, enjoy its bounty throughout the growing season. Ridgeland Harvest uses 18.5 acres of farmland to cultivate a wide variety of organically grown produce that it divides among 81 full-share members and 153 half-share members.

For each of 23 weeks, the Eddys and their seven employees harvest crops that have ripened that week and process them in a large shed, complete with enormous refrigeration areas. Within 48 hours of harvest, the week's selections are packed into boxes, which they deliver to 21 area drop sites where members pick them up during scheduled hours.

A labor of love

The work is as hard as it sounds. The National Sustainable Agriculture Information Service's website says vegetable production "is a highly complex, financially risky career, demanding great

creativity and professionalism." The Eddys agree.

"To be able to fill someone's box week after week is a challenge," Mat says. Cate calls what they do "graduate-level farming."

The Eddys were understandably cautious about leaving their off-farm jobs to adopt the often-frantic pace of full-time farming. "We didn't feel like we wanted to risk people's money until we were ready to grow on a larger scale," Mat says. They took the plunge this year to stay on the farm and focus solely on raising produce and their sons.

What makes running a CSA worth it for Mat and Cate is the financial security of a diversified crop and improved cash flow because members' payments arrive early in the season to offset labor and supply costs. Just as important is the emotional connection the Eddys forge with their members. "It's about connecting with the customers—sharing in the experience of growing and getting them out there and seeing where their food is grown," Mat says.



Paul Eddy shows off a freshly picked kohlrabi.



Ridgeland Harvest employs four full-time and three part-time employees to help with chores.

Farm events, like the popular fall pumpkin pick, and a weekly newsletter create a sense of community and connection with members. “It’s so rewarding to grow something and be able to share it with other people and to hear about what they’re doing with the food,” Cate says.

Fruits of their labor

That relationship is rewarding for the CSA members, as well. They learn more about how their food is grown and enjoy farm-fresh produce with all its nutritional benefits. “A lot of the vegetables are a new food experience for them. They’re learning how to reconnect with how to eat and prepare their own food,” Mat says.

Employers are catching on to the benefits of healthy eating, as well. Ridgeland Harvest’s membership has doubled this year, thanks in part to incentives offered by a few local employers’ health plans, like Franciscan Skemp’s Health Tradition Eat Well Rebate Program. According to Mat, through programs like this, employees can enjoy health insurance premium discounts of up to \$200 for joining a CSA.

The work of CSA is also healthy for the planet, according to Cate. “It’s real. You’re not just sending something out into cyberspace and hoping you’re doing something that will change the world.”

PEANUT SAUCE WITH SAUTÉED CHICKEN AND CHINESE CABBAGE

Makes 6 servings.

Spring brings spinach, fresh snow or snap peas and scallions, all of which can be added to this recipe. Or you can clean out that crisper drawer, adding in shredded carrots, chunks of turnip and celery root.

- ½ cup good peanut butter (found in bulk at a co-op)
- ½ cup hot water
- 2 T soy sauce
- 2 T brown sugar
- 1-2 stalks fresh green garlic or 4-5 garlic scapes
- 1 tsp cider vinegar
- 1-2 T cilantro (minced)
- Cayenne, to taste
- Salt, to taste
- 16 oz. chicken or tofu
- 1 medium head Chinese cabbage (Napa or other)

Place peanut butter in small bowl. Add hot water and stir patiently with a spoon or whisk until uniformly mixed. Stir in the remaining ingredients and mix well. Set aside.

Cut chicken or tofu into small pieces, cooking until done and slightly browned. Separate leaves from stem on the Chinese cabbage. Cut stems into 1-inch chunks; cut leaves into 1-inch slices. Sauté stems first, then add

leaves. Cook on high just until tender-crisp (not limp).

Stir cabbage into peanut sauce, then add chicken or tofu to sauce. Serve over brown rice or noodles.

270 calories, 14g fat, 30g protein, 11g carbohydrate, 2g fiber, 620mg sodium

GRILLED VEGETABLE PIZZA

Makes 8 servings.

Summers are bountiful harvests from dawn to dusk, so eating is often done outside and on the grill.

Dough

- 1 cup water
- 1½ tsp active dry yeast
- 1 T honey
- 1½ tsp salt
- 2½-3 cups flour
- 1 T olive oil for brushing top

Put water in bowl, sprinkle in yeast and stir in the honey until all is dissolved. Stir in salt, then gradually mix in the flour. Knead for about 5 minutes. Brush with olive oil, then leave to rise in a covered bowl for about 1 hour (doubled in size).

Vegetables

Brush each with olive oil and salt and pepper before placing on the grill.

Zucchini—slice the long way into ½-inch-thick slabs

Fennel bulb—remove stem and fronds

Eggplant—slice into ½-inch-thick slabs (to remove the juice that many people find bitter; salt both sides, let stand for ½ hour and pat dry)

Fresh garlic—leave in one large bulb to grill, then remove individual cloves

Sweet onions—cut into slabs, then place onto skewer so the pieces aren’t lost in the flames

Roma tomatoes—place onto grill whole, over hot flame.

Sauce

- 1 pint tomato sauce (or 1/3 c pesto, if desired)

Grill vegetables. Cut into chunks or small pieces. Once the dough is ready, start to assemble your pizzas. Bake at 500°F for 15-20 minutes.

250 calories, 2.5g fat, 8g protein, 51g carbohydrate, 6g fiber, 740mg sodium

FARMER’S STEW

Makes 22 servings.

Fall for a CSA is a tremendous amount of heavy lifting and long hours of work, as the last of the vegetable crops are being dug out of the ground. Meals change to hot ones that “stick to your ribs,” like this stew.

- ½ celery root (celeriac) bulb, cubed
- 6 carrots, cut into rounds



John, Cate, Paul and Mat Eddy stand in front of Ridgeland Harvest's dairy barn, which members have helped restore.

- 8 red potatoes, skins on, cut into quarters
 - 1 turnip, cubed
 - ½ rutabaga, cubed
 - 1-1 ½ onions, sliced
 - 4-6 garlic cloves, coarsely chopped
 - ½ winter squash (butternut holds up best), skinned and cut into cubes
- Other vegetables: corn, hot pepper; greens such as kale, spinach or chard
 Salt and pepper to taste
- 2 bay leaves (optional) for additional flavoring
 - 1-2 packages beef stew meat or roast (optional)
 - 8 cups water or broth
 (enough to cover vegetables with 2-3 inches of liquid)

If using meat, brown first in a pan by cooking on medium heat about 5-6 minutes per side until nicely browned. Then put into stock pot to cook with vegetables until tender.

Cut all vegetables, but set aside half of the garlic. Long cooking times will often cook out the garlic flavor, so you'll want to add more toward the end. Also set aside the softer vegetables: potatoes, squash and any greens which will get mushy if added early on.

Put browned meat, all other vegetables and broth into large cooking pot or crock pot. Cook for 1 hour. Add softer vegetables and cook until tender.

100 calories, 1g fat, 6g protein, 16g carbohydrate, 2g fiber, 60mg sodium ♣

Susan C. Schuyler is a freelance writer and UW-La Crosse instructor who shares a newfound appreciation for CSAs after toiling this summer in her own tiny garden.



Photos by LuAnn Dobb

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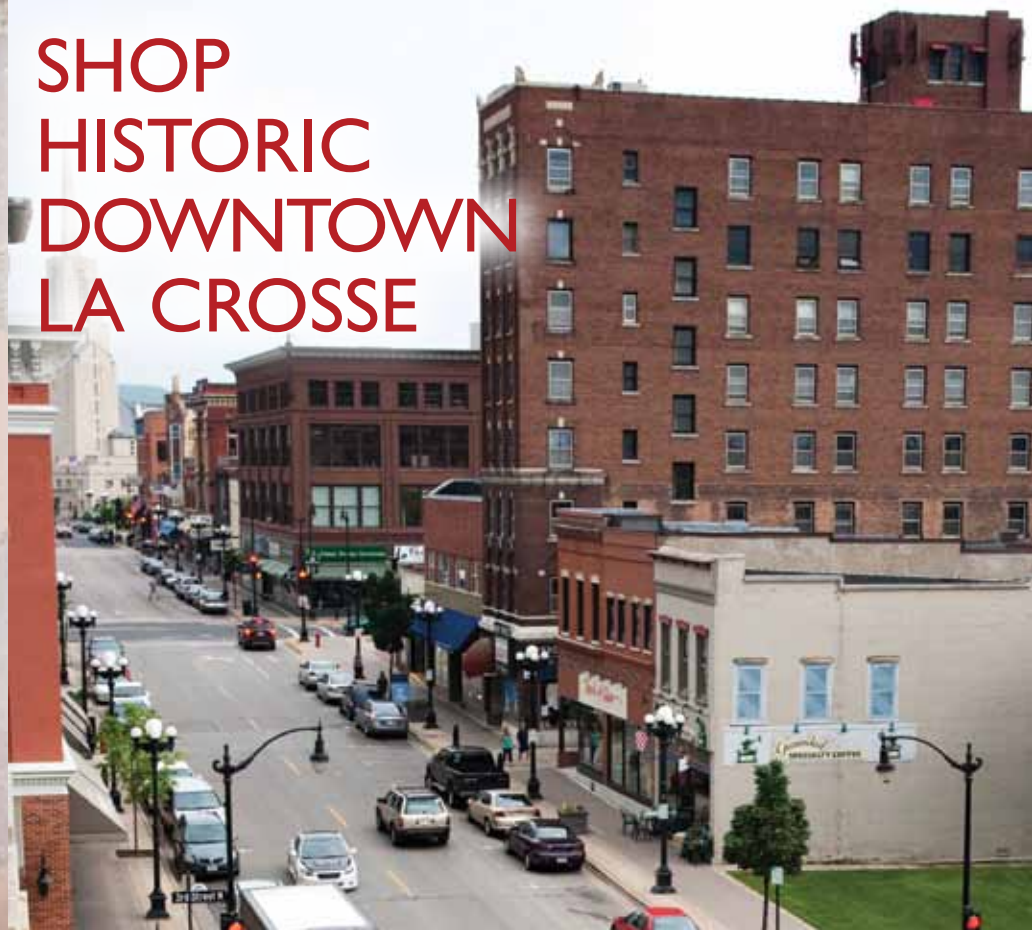
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THE NEW MUST-SEE TV

What's "now" in the fall TV lineup? Find it here.

by **HEIDI OVERSON**
CONTRIBUTED PHOTOS



Left: ABC's new series *Body of Proof*. Right: CBS's new comedy *Mike & Molly*.

Area television stations are revving up for the fall TV season with brand-new shows that will be sure to please everyone. Old and new talents are trying out new identities in their new roles. Get ready to find a new favorite!

WKBT-Channel 8 (CBS)

WKBT will premier five new series in its top-rated lineup:

Hawaii Five-O is a contemporary take on the classic series that originally ran from 1968-1980. Remember Steve McGarrett (originally played by Jack Lord)? McGarrett is back but now played by Australian actor Alex O'Loughlin. McGarrett is a policeman in Ohau that hunts the biggest "game" in town. Returning to the screen are "Danno" and "Chin Ho." *Hawaii Five-O* is destined to be a returning hit with a present-day twist. (Mondays, 9:00 p.m.)

Mike & Molly is a comedy from Chuck Lorre about a working-class Chicago couple who find love at an Overeaters Anonymous meeting. Mike Briggs (Billy Gardell) and Molly Flynn (Melissa McCarthy) share a mutual love of pie and the desire to resist it, despite the outside temptations from family and friends. It's a sure hit that will find you chuckling and perhaps relating very well to their circumstances! (Mondays, 8:30 p.m.)

The Defenders stars Jim Belushi and Jerry O'Connell. It's a comedy drama about two colorful Las Vegas defense attorneys who go all-in when representing their eclectic clients. A variety of cast members join the two attorneys on their quest for justice in Sin City. (Wednesdays, 9:00 p.m.)

Make sure you also catch two other new shows, *Blue Bloods* (Fridays, 9:00 p.m.), a drama starring Tom Sellick and Donnie Wahlberg, and *My Dad Says* (Thursdays, 7:30 p.m.), a Twitter-inspired comedy starring William Shatner.

WXOW-Channel 19 (ABC)

WXOW will introduce 10 new series to the viewers this fall:

Better Together is a new relationship comedy based on old and new love. Three couples share very different relationships that tightly intertwine circumstances within the family. Stars include Jo Anna Garcia, Jennifer Finnigan, Josh Cooke and Jake Lacy. (Wednesdays, 7:30 p.m.)

Body of Proof is a drama that stars Dana Delaney as Dr. Megan Hunt. Hunt was a gifted neurosurgeon whose career came to an end after a car accident. She becomes a medical examiner whose brilliance and instincts, while impressive and almost always right-on, raise some eyebrows within the medical and law communities. (Fridays, 8:00 p.m.)

Secret Millionaire is an alternative series that follows some of America's wealthiest people for one week. They conceal their true identities as they go to live and volunteer in some of America's most impoverished and dangerous communities. At the end of the week, they reveal who they are and give away \$100,000. (Fridays, 7:00 p.m.)

Don't miss these other new shows: *Detroit 1-8-7* (Tuesdays, 9:00 p.m.), *My Generation* (Thursdays, 7:00 p.m.), *No Ordinary Family* (Tuesdays, 7:00 p.m.), and *The Whole Truth* (Wednesdays, 9:00 p.m.). Three more shows, *Happy Endings*, *Mr. Sunshine* and *Off the Map* will be scheduled and premiered later in the season. ♣

Heidi Overson is a creative writer from Coon Valley, Wis., who thanks WXOW's Deb Simonis and WKBT's Maria Roswall for their contributions to this article.



Coulee Region Professional Women invite you to a **Speed Networking & New Member Recruitment Event**. This will be a quick and entertaining opportunity to introduce yourself and/or your business or service to other professional women in the Coulee Region.

Tuesday, August 24th, 2010

5:30 p.m.

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Contact Madalene Buelow

at 608.791.5282 or mbuelow@fspa.org

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A NEW YORK MINUTE (OR TWO)

Hit New York's highlights in just one weekend.

by **CHARISH BADZINSKI**
PHOTOS BY CHARISH BADZINSKI

When time is precious and you need a big-city fix, why not make the most of it with a weekend in the city that never sleeps? New York City is just a three-hour flight away, but to experience the highlights of the Big Apple in 48 hours, you'll need enviable stamina, a basic map of the city and, most important, a comfortable pair of shoes.

To secure the greatest accessibility to the sights, spring for a Midtown hotel. You'll pay a premium price, but you'll get your money's worth by saving time—the most precious commodity when you have only one weekend.

FRIDAY

6 p.m.—Times Square

Taking a taxi from the airport will get you to the heart of the city fastest, and the standard flat rate ensures you don't have to worry about being taken for a ride. After checking in, work up a substantial appetite by stepping into the neon storm that is Times Square, a must-do in New York that is best seen at night. If you need a snack after your travels, hit up a pretzel or hot dog vendor for a classic New York treat, then nab a seat near the top of the glowing glass staircase in Father Duffy Square, where you can soak it all in.

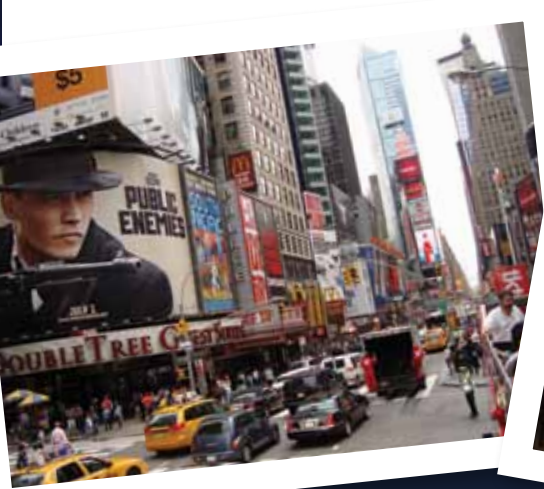
8 p.m.—Lombardi's Pizza

Skip the chain restaurants in Times Square, and instead hop the subway from Times Square—an experience in itself—and head to Little Italy for a piece of history at the oldest pizzeria in the United States: Lombardi's Pizza (32 Spring St./downtown 6 train to Spring Street station). The delectable, smoky char on the crust is attributed to the historic coal-fired oven, which restaurant employees will let you see and photograph if you ask.

10 p.m.—McSorley's Old Ale House

With tomato sauce staining your chin and a blissful grin on your face, you can work off your dinner by walking to your nightcap at McSorley's Old Ale House (15 East Seventh St.). Established in 1854, the watering hole claims to be New York's oldest continuously operating saloon and one of the last holdouts to allow women inside its doors—in 1970. You'll have your choice of only two flavors of ale—light or dark—and don't be surprised when you get two mugs of beer three-quarters full.

For a panoramic view that comes with cocktail in hand, head up to The View at the Marriott Marquis hotel.



For three unique but quintessentially New York experiences, visit the ever-bustling Times Square, dine at Lombardi's Pizza in Little Italy and take a walk over the iconic Brooklyn Bridge.

12 a.m.—Midnight Manicure

Take advantage of the amenities in the city that never sleeps by getting a midnight manicure. Take the subway to Hair Party 24 Hours (76 Madison Ave./uptown 6 train to 28th Street station). For a decidedly non-Manhattan price tag of \$13, you can get your digits polished in the wee hours while most Midwestern divas are getting their beauty sleep.

SATURDAY

9 a.m.—Brunch

Weekend brunch is big in New York, so head to Pastis restaurant in the Meatpacking District (9 Ninth Ave./downtown A train from 42nd Street station to the 14th Street station) and request a table outside for the best people watching while digging into a plate of croque madame or eggs benedict and sipping champagne.

11 a.m.—The High Line

Fight off the impending food coma by walking a few blocks to one of the newest landmarks in New York, the High Line (Gansevoort Street). Built upon elevated railway tracks, the first phase of this city park opened just last year, offering sweeping views of the cityscape as well as the Hudson River.

1 p.m.—Staten Island Ferry

Skip the long lines and expense of private tours of the Statue of Liberty and Ellis Island, and instead take the downtown 1 train from 14th Street station to South Ferry station, where you can grab a free ride on the Staten Island Ferry. Jockey for position on the right-hand side or in the far back of the boat on the way to Staten Island, and

you'll get the best views of Lady Liberty. On the return trip, get your camera ready for excellent shots of Lower Manhattan.

3 p.m.—Chinatown

Wild, dirty and often crowded, Chinatown is an assault on the senses (uptown R train from Whitehall Street station to Canal Street station). Yet it's worth it to elbow your way through the masses on Canal Street for the experience. Side streets will give you a more authentic neighborhood feel, with vegetable stands and stores that sell fresh and pungent dried fish. Street cart vendors offer some of the best food deals in the city; nosh on a heaping container of lo mein for just \$1.25 and three crisp spring rolls for \$1.

5:30 p.m.—Brooklyn Bridge

Your dogs may be barking, but you're in the right time and place to walk the Brooklyn Bridge. The historic structure will give you panoramic views and take you from Manhattan to Brooklyn. Follow the steps down to the DUMBO neighborhood of Brooklyn and Brooklyn Bridge Park, the perfect place to watch the sun set behind the skyline. If you're not tired of New York pizza when hunger strikes, you can get a pie at Grimaldi's Pizzeria (19 Old Fulton St.), but expect to wait in line.

8 p.m.—The View

Spring for a taxi or hop the subway back to Times Square and the Marriott Marquis hotel (Manhattan-bound A train from High Street station to 42nd Street station). The View is New York's only revolving restaurant, and for the same price as a ticket

TIPS FROM THE PROS

When it comes to traveling in New York City, everyone has an opinion (just ask a native New Yorker for subway directions). Here, the Certified Travel Specialists at Travel Leaders share a few of their own.

From Gwynne (Watters) Chafer: If a revolving bar isn't your thing, go to the **Top of the Rock** at 30 Rockefeller Plaza for the best view of New York City. There is rarely a line, and you have clear views of the Empire State Building, the southern tip of Manhattan and Central Park.

From Connie Johnson: Visit **South Street Seaport Village** located on the East River in Lower Manhattan. This quaint, refurbished area of Manhattan features cobblestone streets and 19th-century buildings transformed into restaurants, shops and museums. For casual dining, visit the Heartland Brewery, which offers outside seating, specialty beers and a reasonably priced menu. Check out the TKTS Discount Booth, also located here, and avoid the long lines in Times Square for tickets to that evening's Broadway performances.

From Diane Nickelatti: A good tip for first-time visitors is to purchase a **New York City Hop-on Hop-off All Loops** ticket, which is valid for 48 hours. With this pass, you can hop on and off the distinctive double-decker tour buses at any of 50 stops, including most major attractions.

From Maureen Wieland: For lodging, try Midtown's **Radio City Apartments**—right in the middle of Times Square. Book well in advance, as it is always full.

Don't bother climbing the Empire State Building—you can see it, and so much more, from other viewpoints that won't have you waiting in line.



to the top of the Empire State Building or the Top of the Rock at Rockefeller Center, you can get a cocktail and a comfortable seat from which to enjoy views of the city's skyscrapers at your leisure.

11 p.m.—Bleecker Street

If you're still up for some nightlife or a late dinner, take the subway to Bleecker Street, where you can watch the 20- to 30-something, gorgeous and well-heeled weave their way down narrow sidewalks and pour themselves into cozy restaurants and taverns (downtown 1 train from 42nd Street station to Christopher Street station). Join in; mealtime and bedtime come late in the city, and you can catch up on your sleep in that Monday morning meeting.

SUNDAY

9 a.m.—Shop Till You Drop

Start your day at Rockefeller Center, a surprisingly serene albeit often crowded

setting. Swing through Dean and Deluca for an iconic New York bagel and coffee before walking to Fifth Avenue. Power-shop your way through 20 blocks of the biggest labels and most expensive stores in the world, pausing to enjoy your own breakfast at Tiffany's (and, if your budget allows, step inside to place a shiny souvenir on those beautifully manicured hands).

12 p.m.—Central Park

Rest your weary soles while wrapping up your trip in high style with a ride in a horse-drawn carriage waiting on 59th Street. It's the ideal way to regain your strength before heading to the airport after your whirlwind weekend. ♣

Charish Badzinski is truly, madly, deeply in love with New York City, its imperfections, its wicked pace and, most of all, its animal magnetism.

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WORLDWIDE VACATIONS

A promotional photograph of the WXOW news team. Four people are posed against a plain white background. In the back row, Scott Emerich (left) and Dan Breeden (right) are standing. In the front row, Scott Hackworth (left) and Molly Nichols (right) are seated. All four are smiling and dressed in professional attire.

Scott
Emerich

Dan
Breeden

Scott
Hackworth

Molly
Nichols

Coulee Region's Hometown Team

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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:

Creation Station for all ages, every Sat. 10:30-11:30 a.m. and 2-3 p.m.; every Sun. 1-3 p.m.

Save-On-Sundays \$1.00 off admission every Sun., noon to 5 p.m.

Book Swap: On the first Sun. of each month, bring a gently used, clean, children's book from home and swap it for a different book from the museum's collection.

Mt. LeKid Climbing Wall open every Sat. 11 a.m.-4 p.m. and Sun. 1-4 p.m.

A-B-C Learners' Club for ages 1-5 with parent, every Thurs., 10:30-11:15 a.m.

Bluff Country Family Resources women's support group meets Thurs., Aug 5-Sept. 23, 6:00 p.m., 114 Main St., Hokah, Minn. 507-894-2676, www.bluffcountry.org.

Coulee Region Autism Society for family members, friends and professionals who care for someone on the autism spectrum. 3rd Wed. of each month, Chileda Habilitation Institute, 1825 Victory St., La Crosse. 6:30-8:30 p.m. Child care available, call 608-519-0883. lax-autismgroup@centurytel.net or autismfyi-lacrosse@yahoo.com.

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.

Jazz in the Park, Sundays, 7 p.m., Riverside Park band shell.

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 Concert Band concerts, Wednesdays, 7 p.m., Riverside Park band shell.

La Crosse Noon Wisconsin Women's Alliance

meets the 2nd Thurs. of each month, Radisson, noon. Mary Evers, 608-782-5400 ext. 106, mary.evers@thewaterfrontlacrosse.com.

MOPS (Mothers of Preschoolers) meets the 1st Monday of each month, Olivet Lutheran Church, 6:15 p.m. Holly Zeeb, wxyzeeb@centurytel.net, or Jessica Teff, craigteff@hotmail.com. www.mops.org.

Valley View Kiddie Crew meets the 1st and 3rd Tuesday 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.

Women in Networking and Support (WINS) meets the 2nd Wed. of each month, Piggy's, noon-1 p.m. Kay Buck, 608-791-9253, kay.v.buck@wellsfargo.com.

Cameron Park Farmers' Market, Fridays through October, 4-8 p.m., La Crosse. www.cameronparkmarket.org.

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.

CALENDAR EVENTS

Aug. 4, 11, 18, River City Water Ski Show, 7 p.m., Airport Beach, La Crosse.

Aug. 5-8, Great River Jazz Fest, La Crosse Center. 608-781-1190, www.lacrossejazz.com.

Aug. 6, Children's Museum of La Crosse's Freaky Friday "Amazing Race" and "Science Wiz" 8:30 a.m.-4:30 p.m., ages 7-11, \$40 for museum members, \$50 for nonmembers.

Aug. 6, First Fridays Art Reception, 6-8 p.m., Gallery La Crosse, www.gallerylacrosse.com.

Aug. 7, American Red Cross Appraisal Fair for antiques and collectibles, 10 a.m.-5 p.m. \$5 donation to Red Cross for appraisal by antique experts, Center Court, Valley View Mall, www.myvalleyview.com.

Aug. 9-11, Children's Museum of La Crosse's Camp Curiosity "Animal Lovers Unite," 8:30-11:30 a.m., ages 4-7, \$44 for museum members/\$65 for nonmembers, preregistration and prepayment required.

Aug. 11, Concert in the Park: Hans Mayer, 7 p.m., Evans Bosshard Park, Sparta, 608-269-4123.

Aug. 13-Sept. 3, Free school supplies, Valley View Mall, www.myvalleyview.com.

Aug. 13-15, Irishfest, Oktoberfest Grounds, La Crosse, www.irishfestlax.org.

Aug. 14, Backwater Speaker Series and cruise, 9 a.m.-12 p.m., \$34.99/person, departs from downtown La Crosse, 563-880-6968.

Aug. 16-18, Children's Museum of La Crosse's Camp Curiosity "Explore Your Backyard," 8:30-11:30 a.m., ages 4-7, \$44 for museum members/\$65 for nonmembers, preregistration and prepayment required.

Aug. 18, Concert in the Park: The DeCapo Band, 7 p.m., Evans Bosshard Park, Sparta, 608-269-4123.

Aug. 20-21, CenturyLink Sand on the Riverfront, 10 a.m.-8 p.m., Riverside Park, www.riverfrontinc.org.

Aug. 20-22, Goodview Days, Goodview Park, www.goodviewdays.com.

Aug. 22, Art in the Park, 1-4 p.m., Veterans Memorial Park, La Crescent, Minn.

Aug. 24, Coulee Region Professional Women (CRPW) Speed Networking Event, Nell's City Grill, 1111 3rd St. S., La Crosse, 5:30 p.m. Madalene Buelow, 608-791-5282.

Aug. 27-29, Great River Folk Festival, UW-L campus, La Crosse. 608-784-3033, www.greatriverfolkfest.org.

Aug. 29, Hokah Fun Run motorcycle and classic car ride 10:30 a.m. registration, 11:00 a.m. departure from Hokah Fire Station. For more information or to pre-register contact 507-894-2676. www.bluffcountry.org

Sept. 3, First Fridays Art Reception, 6-8 p.m., Gallery La Crosse, www.gallerylacrosse.com.

Sept 4, Winona Municipal Band Concert, 8 p.m., Lake Park band shell.

Sept. 10-11, La Crosse Storytelling Festival, Myrick Park, La Crosse, www.lacrossestoryfest.com.

Sept. 10-12, Garland Days, Garland Home, West Salem, www.westsalemwi.com.

Sept. 11, Steppin' Out in Pink breast cancer walk, 9 a.m.-1 p.m., Gundersen Lutheran campus, La Crosse, www.gundluth.org/steppinout.

Sept. 11, Backwater Speaker Series and cruise, 9 a.m.-12 p.m., \$34.99/person, departs from downtown La Crosse, 563-880-6968.

Sept. 11, Winona Municipal Band Concert, 8 p.m., Lake Park band shell.

Sept. 16-19, Applefest, La Crescent, Minn., www.applefestusa.com.

Sept. 17-19, Arts & Crafts Fair by Gingerbread Shows, Valley View Mall, www.myvalleyview.com.

Sept. 18, Family Fun Fair, Omni Center, Onalaska, www.omnicenter.net.

Sept. 19, Tri-Quest, Drugan's Castle Mound, Holmen. 608-791-0078, www.tri-quest.org.

Sept. 24-Oct. 2, Oktoberfest, Oktoberfest grounds, La Crosse, www.oktoberfestusa.com.

Sept. 25-26, National Alpaca Farm Days, 11 a.m.-4 p.m., Hickory Wind Farm, Bangor, www.hickorywindfarm.com.

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

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