

Complimentary
DECEMBER/JANUARY 2016
www.crwmagazine.com

coulee region

women

AREA HOME AND HEALTH

Heart & Soul

Every Day Is a Gift
for Pediatric Heart Patient
Ramona Dale

Know the Signs
Save a Life

Good Spirit
Dine at Culina Mariana

Find Sacred Space
at the Franciscan
Spirituality Center

Follow Your Heart
30 Days in Europe





Not Your Mother's Dentures

Stable.
Comfortable.
Natural.

Call Feist Siegert to Get Started Today
on your Face Lift Denture



Dr. Jake Siegert

We look forward to
taking care of your family.

We approach each guest with the confidence
and certainty that we are providing the best
that dentistry has to offer.



Dr. Jon Feist



Quality. Design. Here.



Dining

Living

Interior Designer
on Staff

And More!

Come See the "New"
Board Store Furniture
Showrooms

Financing Available



Office | Bedroom | Entertainment Centers | Bars | Wall Art | Clocks | Mirrors | Accessories



The Board Store Furniture Showrooms

Monday-Friday: 8 a.m.-6 p.m. | Saturday: 8 a.m.-4 p.m. | Sunday: Closed

524 Copeland Ave | La Crosse, WI | 608.782.8877 | www.theboardstore.biz



ready. set. grow.

Discover what is possible • First Class Free • 30 Days for \$30

You don't need to be able to touch your toes or be super flexible to plant your mat at Root Down Yoga. You just need to be willing to move, breathe, sweat, and breakthrough your own barriers. Root Down Yoga is for EVERYBODY. Come as you are and know that practicing yoga is a lifelong process that will evolve – as will your power, strength, and flexibility. Give yourself space to grow and enjoy the journey.

We offer a variety of yoga classes, heated and non-heated, that will help you develop or deepen your practice. New students welcome.



Classes include:

**Heated Power Vinyasa
Absolute Beginner's Class
Yin Yoga • Guided Meditation
Prenatal • Yoga Nidra**



1217 CALEDONIA STREET, LA CROSSE, WI 54603

PHONE 608-519-2467 • WWW.ROOTDOWNYOGASTUDIO.COM

Heart & Soul



11 PROFILE

EVERY DAY IS A GIFT

Ramona Dale, the region's first pediatric cardiac surgery patient, celebrates five decades of heart health.

15 WOMEN IN THE REGION

DIFFERENT JOURNEYS, COMMON GROUND

The Franciscan Spirituality Center offers sacred space for all.

19 HEALTHY LIVING

HOW TO SAVE A LIFE

Knowing the signs for life-threatening events protects hearts, brains and lives.

23 FAMILY

FOUNDATIONS OF UNITY, STRENGTH AND RESPECT

Shar Weibel empowers children and unites families at the YWCA Child Center.

25 HOME

HOME IS WHERE THE HEART IS

Al and Heike Hunter have a home well-suited to their needs.

29 NONPROFIT

READING FOR SUCCESS

Coulee Reading Center's Cyndy Patros makes reading "click" for children and adults.

31 CAREERS

THE WOMAN-FRIENDLY WORKPLACE

What do women really want in their workplaces?

35 FOOD

FEEDING BODY AND SOUL

Culina Mariana offers soul-satisfying food and spirit-filled ambience.

40 MOTHER EARTH

DAYS FOR GIRLS

One small kit makes a lifetime of difference for girls in Africa.

43 TRAVEL

THE TRIP OF A LIFETIME

Thirty days in Europe can change your outlook on life.

Pictured on cover and above: Ramona Dale.
Photos by Jen Towner Photography.



Love + Medicine

We may not benefit your heart the way she can,
but when it comes to heart health, we think you'll agree
the power of Love + Medicine is hard to beat.

[GUNDERSENHEALTH.ORG/HEART](https://gundersenhealth.org/heart)

GUNDERSEN
HEALTH SYSTEM®



What makes your heart happy?

This question was asked last June at the Go Red for Women luncheon hosted by the La Crosse area chapter of Go Red, which raises awareness of women's heart health. I watched as slide after slide of the PowerPoint display in front of the room showed women smiling widely and holding signs: my family, my children, good health.

My heart was happy that day, too, surrounded by *Coulee Region Women* colleagues and friends in a room filled with goodhearted and influential women from all over the area. We all wore red dresses; we'd all stopped by the makeup and hairstyling and wine sample booths, and we were feeling celebratory.

The first time I'd attended this event, a few years before, I wasn't as celebratory. I remember enjoying the lunch and settling into the program, during which important information like heart attack signs unique to women and risk factors for heart disease was presented. I remember feeling a little smug as the presenter went through those risk factors, thinking that this information didn't really apply to me. I didn't smoke. I got exercise. My cholesterol was good, and I was a healthy weight. Then we got to the last risk factor on the list: *stress*.

The word made me reflect on the stress in my own life and its effects on me. At the time, I had three children 4 and younger. My husband had a new job—also stressful for him—that required him to travel regularly. This left me frequently home alone with those tiny kids for a week at a time, and any mother of young children will tell you that can make

a monkey of you. Add to this the recession, the job responsibilities I was juggling and the constant, ongoing fear that no matter how much I was doing, it wasn't enough—or good enough. In short, I was a mess—and certainly at risk for heart trouble. I sat through the rest of that presentation with tears streaming down my face.

Perhaps no one is harder on us, as women, than ourselves. And that is where the idea of honoring heart and soul, as we do in this issue, arises from. If the heart is vulnerable to stress, it is also the antidote to it. It is the vessel we can fill with the good things that make our lives rich and our souls soothed. It is the center from which we experience and extend gratitude—the secret to happiness, as recent studies have shown.

"What makes your heart happy?" can easily be translated to "What are you grateful for?" and the literal counting of your blessings, in a rare quiet moment, is a first step toward healing a stressed heart, a strained soul. That's exactly what we encourage in this issue of *Coulee Region Women* by focusing on women with expansive hearts and generous spirits. There's our cover woman, Ramona Dale, for whom heart health is a gift she's received and given. There are Shar Weibel and Cyndy Patros, who have opened their hearts to children in the community. There's our unique and wonderful Franciscan Spirituality Center, which offers opportunities to open hearts and search souls through art and exploration.

We offer opportunities to open your heart to the community and the world, and to feed your soul—quite literally—at the café at the Shrine of Our Lady of Guadalupe. Yes, we'll even teach you how to protect your own heart health, and the hearts of your loved ones.

What makes your heart happy? For me, it is those same children who stress me out from time to time; that husband who travels, but not as much anymore; and my work, which, though peppered with deadlines and stretches of intensity, is ultimately satisfying and fun. It's good colleagues and friends; it's living in a community filled with goodhearted women who stand up for each other and genuinely care about the well-being of all. It's acknowledging all these things I'm so grateful for, the recalling of which can center me—and you, too—in the most hectic of times.

Betty

coulee region women

AREA HOME AND HEALTHY LIVING MAGAZINE

ISSUE 82, VOLUME 14, NUMBER 4

DECEMBER/JANUARY 2016

PUBLISHER

Diane Raaum

EDITOR

Betty Christiansen

DESIGNERS

Lisa Houghton Design

Jaclyn Kronser

MARKETING ACCOUNT REPRESENTATIVES

Carol Schank, Director

Sandy Clark

Claire Ristow-Seib

PROOFREADER

Laura Rowlett

WEB MASTER

Mader Web Design LLC

PHOTOGRAPHY

Jen Towner Photography

Megan McClusky, Atypik Photography

DISTRIBUTION

Citywide Marketing Services, L.L.C.

Jennie Kolek

Joanne Mihm

Coulee Region Women is published six times per year by Coulee Region Communications, L.L.C. 816 2nd Avenue S., Suite 300, Onalaska, WI 54650. Subscriptions available for \$24.95 per year (six issues).

Send check to the address above.

All unsolicited manuscripts must be accompanied by a self-addressed, stamped envelope.

Coulee Region Women assumes no responsibility for unsolicited materials.

©2015 Coulee Region Communications, L.L.C.

All rights reserved. No part of this publication may be reproduced without written permission from the publisher. *Coulee Region Women* magazine does not necessarily endorse the claims or contents of advertising or editorial materials.

Printed at Crescent Printing Company, Onalaska, WI. Printed in the U.S.A.

For advertising information

call 608-783-5395

www.crwmagazine.com

info@crwmagazine.com

WE WANT TO HEAR FROM YOU!

Send comments, suggestions,

ideas or original recipes to:

Coulee Region Women Editor,

816 2nd Ave. S., Suite 300, Onalaska, WI 54650.

E-mail: editor@crwmagazine.com

Coulee Region Women is on  !

Be sure to sign up as a fan at www.crwmagazine.com to share your thoughts on our stories and learn more about upcoming events.

**Asking questions.
Getting answers.**

NEWS **INVESTIGATES**

Watch News 8 for special News 8 Investigates reports.

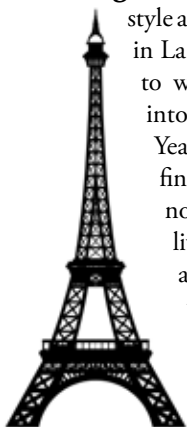
Have a suggestion for a future News 8 Investigates report?

Email us at news8@wkbt.com or Facebook us at [f /news8000](https://www.facebook.com/news8000)

PUMP HOUSE NEW YEAR Á PARIS

Ring in the New Year's Eve in high style at the Pump House on King Street in La Crosse. The Pump House plans to wine, dine and dance its guests into 2016 at this Paris-themed New Year's Eve soiree. Tickets include fine hors d'oeuvres and desserts, nonstop entertainment including live music from Under Paris Skies and chances to win great prizes. A tribute to the City of Lights will be held at 11:30 p.m., followed by the New Year's Eve toast.

Dress for this elegant event is black-tie optional. A cash bar will be available. The celebration begins 8 p.m. Thursday, December 31, and lasts until midnight. Tickets are \$75 for one, \$125 for two, and \$200 for four, and are available from the Pump House at www.thepumphouse.org or 608-785-1434.



ONE-STOP WEDDING PLANNING

If wedding bells will be ringing for you in 2016, don't miss the La Crosse Bridal Expo on Sunday, January 10. Held in the South Hall of the La Crosse Center from 10:30 a.m. to 2:30 p.m., this expo is your chance to preview many wonderful products and services from more than 60 premier wedding-related businesses. Don't miss the fashion show at 1 p.m., which will feature bridal gowns, tuxedos, bridesmaids' dresses and more. All registered brides will be eligible to win wedding-related prizes. Go to the La Crosse Bridal Expo's website at www.lacrossebridalexpo.com to register for complimentary tickets, or pick up your tickets at the door the day of the expo for only \$5. There's no better way to begin planning your big day!

CELEBRATE A WOMEN'S CHRISTMAS

Women's Christmas is rooted in a delightful Irish tradition. On January 6, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations. January 6 is also the Feast of the Epiphany, the day Christians celebrate the coming of the Wise Men to the infant Jesus.



The Franciscan Spirituality Center brings together the tradition of Women's

Christmas and the Feast of the Epiphany in Women's Christmas: An Epiphany Celebration for Wise Women, held Wednesday, January 6, 5:30-8 p.m. You are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women. Beginning with a simple meal, and led by presenter Deborah Hansen, women will reflect on three gifts that Wise Women give to each other: water—to symbolize a healing received in the past year; fire—to guide us in a vision for the coming year; and shawls—to embrace us with each other's blessing. Come bless, and leave blessed and gifted! The cost is \$25; register by December 18 at www.fscenter.org or 608-791-5295.

ROCKIN' FOR HORSESENSE

Shake off the winter blues and support HorseSense for Special Riders at Rockin' for HorseSense on Saturday, January 16, in the Radisson Ballroom. Doors open at 7 p.m. with live music by The Remainders and The Seven Ravens, and the event will also feature a silent auction and raffle. Tickets are \$10 in advance at Festival Foods and the Radisson's Three Rivers Lodge or \$15 at the door.



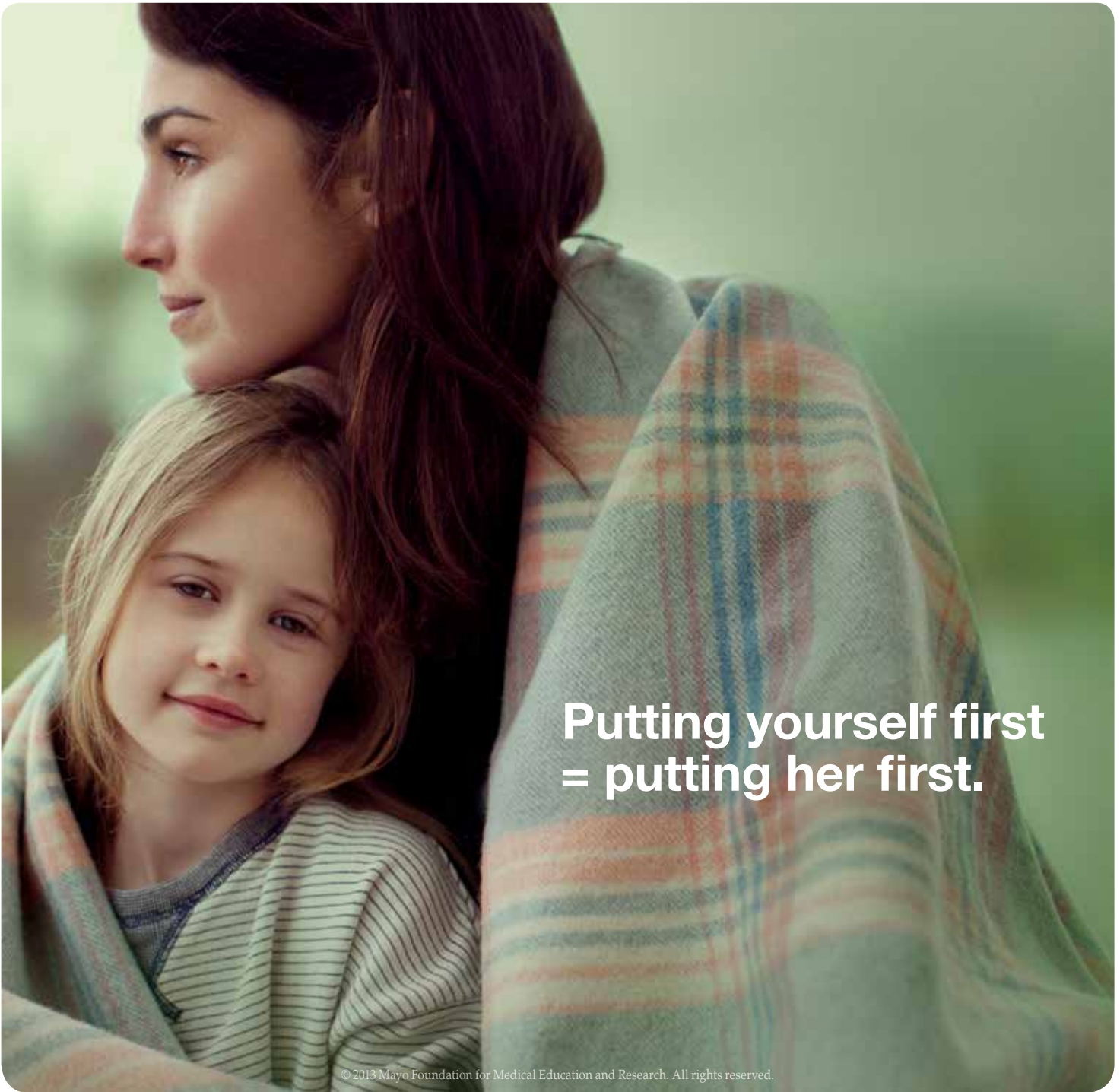
HorseSense for Special Riders has been dedicated to enriching the lives of individuals with special needs in the greater La Crosse area since 1989. Through its therapeutic horseback riding program and strong partnerships with horses, it has created a unique combination of sport, recreation, education and, most of all, fun. Our programs provide multiple benefits for individuals

with physical, cognitive or psychological disabilities. For more information, please visit www.hssr.org.

CHRISTMAS SCANDINAVIAN STYLE

Norskedalen welcomes you to celebrate an old-fashioned Christmas at its historic site in picturesque Poplar Coulee, north of Coon Valley, on December 5-6. This annual holiday event is a festive way to kick off the season of giving, caring and sharing with a day filled with food, fresh air and frivolity. Slow down and enjoy horse-drawn wagon rides, hum along with area musicians, make decorations and even get your Christmas tree. Enjoy demonstrations of weaving, spinning, knitting, wood carving, storytelling, woodstove cookery for lefse and krumkake, blacksmithing and sing-a-longs in the center's historic buildings. Then work off the lunch buffet of Norwegian meatballs, lefse and rommegrot on a winter hike on Norskedalen's nature trails, ending your day with a visit with Santa. There's something for everyone at Norskedalen's Christmas event! For more information, visit www.norskedalen.org.





**Putting yourself first
= putting her first.**

© 2013 Mayo Foundation for Medical Education and Research. All rights reserved.

That's right, heart disease is the #1 killer of women. So take care of yourself and get checked today. We can help. Only Mayo Clinic Health System brings the knowledge of more than 230 Mayo Clinic heart specialists and one of the top-ranked heart programs in the nation right here to La Crosse.

Assess your risk at mayoclinichealthsystem.org/getchecked.



FRANCISCAN HEALTHCARE

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES



©Aveda Corp.

gifts that **CARE** change lives in Nepal

Experience a moment of wellness when you stop in, and be sure to check out a **gift of renewal for your journey**—Aveda is donating \$1* for every set sold to earthquake relief in Nepal. You can also find out how to create custom gifts, or pick up Aveda gift cards—and feel good knowing the gift set paper we purchase has employed 5,500** Nepali people over 8 years!

*Maximum donation of \$130,000 to Global Greengrants Fund.
More information at aveda.com/chagelives.

**Total number of full and part-time paper workers
employed from 2007-2015.

THE **ultimate**
salon & spa

2850 Midwest Drive, Suite 101
Onalaska, WI 54650
608.782.8720
www.theultimatesalon.com



EVERY DAY IS A GIFT

Ramona Dale, the region's first pediatric cardiac surgery patient, celebrates five decades of heart health.

BY ELIZABETH D. LIPPMAN

Photos by Jen Towner Photography

One of Ramona Dale's earliest memories is of shivering in a bed of ice, awaiting surgery.

"I remember lying there shaking and freezing," she says. "I remember being cold and crying and asking my mom to pick me up."

It was 1964, and Dale was four years old, the first patient at what is now Gundersen Health System to undergo pediatric cardiac surgery. The procedure significantly expanded the horizon of medical opportunity in the region—and marked an unfolding of possibility in Dale's life. Without the surgery, her parents were told, she wouldn't survive. But afterward, with 56 stitches in her back and still in recovery, she insisted on pushing a fellow patient in a wheelchair down the hospital hall.

Five decades later, Dale's determination has only grown. Now a marathon runner, she has set her sights miles ahead and countrywide. Dale is celebrating 50 years of postoperative health with plans to race in all 50 states.

Groundbreaking surgery

"I couldn't breathe," Dale recalls of her first years in Illinois. "I would be lying on the couch. My mom took me to doctors. They kept saying, 'Oh, you've got bronchitis. That's all that's wrong.'"

A move to Wisconsin and a routine visit to her Onalaska physician prompted a referral to Gundersen Clinic. There, Dr. A. Erik Gundersen (known as Dr. E), fresh out of residency, recognized an abnormal connection between Dale's aorta and pulmonary artery. He advised immediate attention and soon performed a division of a patent ductus arteriosus, a heart defect he says is now commonly diagnosed and treated with medication in infancy.

"It helped put us on the map as a major player in cardiovascular surgery," says Dr. E, who graduated from Harvard Medical School, studied pediatric surgery under Dr. Robert Gross at Boston Children's Hospital and received advanced training in Newcastle, England, before joining Gundersen. To further strengthen their practical experience in preparation for Dale's procedure, he and his team practiced on cows.

Smashing through obstacles

Beyond the cold and ice, the comfort from family figures prominently in Dale's memory of her surgery. "My father gave me a blessing," she says, "and I felt like everything was good after that."

Dale is the youngest of eight children and enjoyed a happy but protected childhood. Through high school, she was restricted from participating in many physical education activities, including track units. "I felt like I might have missed out on some things, but I was glad to be alive," she says.

Over time, Dale—who with her husband and high school





Then and now: Ramona Dale, age 3, suffered from a heart condition that threatened to shorten her life.



Today, 54-year-old Dale has completed seven marathons and 20 half marathons.



And when she races, she runs for heart.

sweetheart, Todd Dale, has two children—has increasingly confronted such limitations. When her son, Lance, studied karate, he inspired her to do the same. Before her daughter, Jayde, turned one, Dale tested for and earned her black belt. “When she sets a goal, her determination allows her to smash through any obstacle in her way,” Lance adds.

Later, Dale began bicycling and completed her first mountain bike race, 16 miles long. But it wasn’t until after having back surgery in 2004 that she decided to run.

“I ran down our road, and I made it a mile, and I thought, ‘OK, I can do this. I can run,’” she says. “I thought it was a real test to see if I could do 2 miles. So I entered the Kornfest run in Holmen. And I thought I was just going to die after 2 miles.”

But she began entering 5Ks. Then she worked up to 10Ks.

“Ramona never gives up,” Todd affirms. “Her favorite shirt says, ‘Excuses Suck,’ and she means it. She’s out there every day giving it her all. Since her high school days, she has blossomed with her access to endurance sports.”

Dale completed her first half marathon with St. Clare Health Mission and her first full marathon in Madison. “I really like half marathons,” she says. “You feel great afterward!”

With medals and photos piled in front of her, Dale shares the stories of seven marathons and more than 20 half marathons, following a thread of races tightly interwoven with the people and events that have touched her life most deeply.

In February 2015, she and Todd traveled with their La Crosse running club to a race in South Carolina. “After being in the bus 20-some hours, right as we pulled up to the motel,” she says, “I got a phone call that my brother died that night. The next day was Valentine’s Day. We ran the half marathon in his name.”

Running with heart

Dale often runs to support causes she believes in. In 2014, she ran to support heart health and was chosen as one of the Faces in the Crowd panelists for the Medtronic Twin Cities Marathon. She has also raced to help end domestic violence, to fight cancer and to support her daughter-in-law’s goal to run.

“We ran a whole race together,” Dale says. “I didn’t care what my time was. I just wanted to make sure she made it across.”

Listening to Dale, a persistent image comes into focus—one of her and Todd and, often, their children and nieces and nephews—hands clasped and raised high as they cross the finish line.

“That’s the most important thing,” she says. “Families are forever.” And family, for Dale, is ever-expanding.

“Her heart condition may not be obvious to those around her, but her heart is,” says Abbie Tait, a longtime Sunday school student of the Dales’ whom they gained custody of as a teenager. “She is one of the most kind, selfless and generous people I have ever known. She radiates love. She would go out of her way to help anyone in need. I’m a witness and recipient of that.”

Dale hopes to run six half marathons a year in pursuit of her celebratory goal. She has so far checked off Arizona, Utah, Florida, South Carolina, Illinois, Minnesota and Wisconsin. She’ll wipe Nevada and Hawaii off her list in the next few months. Then, perhaps, she’ll move on to Alaska.

Whatever happens, Dale stands resolute in the convictions that have brought her to this point.

“I know every day in life is a gift,” she says. “And you think, ‘What are you going to do with that gift?’ No one knows what life will bring. What are you going to do with it?” **(crw)**

Elizabeth Lippman is a freelance writer and editor who lives and works in Winona.

Women in Wellness



- Chiropractic
- Family Care for All Ages
- Affordable Care Plans

www.hlconalaska.com

Bre Renner, DC

Healthy Living Chiropractic, LLC
1857 Sand Lake Rd.- Onalaska
608.781.2881



Naturally Unbridled
Wellness^{LLC}

- Homeopathy
- Herbal Remedies
- Holistic Wellness Plans

www.naturallyunbridled.com

Patti Bartsch, M.A., Ph.D.
Traditional Naturopath

Naturally Unbridled Wellness LLC
931 Riders Club Road - Onalaska
608.799.8326



- Thermography: Non-Invasive, Radiation-Free
- Visualizes Pain and Detects Inflammation
- Breast and Body Scans

www.restorativehealthandthermography.com

Diane Bulman, CCT II
Certified Level II
Clinical Thermographer

Restorative Health &
Thermography, LLC
33 S. Walnut St - La Crosse
507.459.9328



- Marriage and Family Therapy
- Highly Confidential
- Couples, Individuals, and Teens

www.heartjourneylx.com

Cindy Ericksen, MS, LMFT
Licensed Marriage & Family Therapist

Heart Journey
205 5th Ave S.-Exchange Building
Suite 308 - La Crosse
608.785.0011



www.WomenInWellness.info

*Preserving & enhancing
wealth, values & trust
for over a century*



At Trust Point, our best investments always are in the relationships we build with clients. We work devotedly to understand your unique goals and concerns. Then we apply our disciplined investment philosophy, refined for 100 years, to create a custom plan that puts you on the optimal path to success.

- Personalized Attention & Accountability
- Highly Credentialed Team
- Investment Strategy Development
- Fee Based – No Commissions
- Tactical Asset Allocation
- Traditional & Alternative Investment Strategies

TRUST POINT

TRUST • INVESTMENT MANAGEMENT

TRUST POINT INC. HEADQUARTERS
LA CROSSE WI | 608-782-1148
MINNEAPOLIS OFFICE | 612-339-2343
Visit us at TrustPointinc.com



JT

JEN TOWNER
PHOTOGRAPHY

Find Us On
facebook

www.jentownerphotography.com



SCHUMACHER
Funeral and
Cremation Services | KISH

"Our Family Serving Your Family"

Let Us Help You Celebrate a Life



Traditional • Cremation • Preplanning

La Crosse 608.782.1252
La Crescent 507.895.2518
Onalaska 608.781.5623
schumacher-kish.com

DIFFERENT JOURNEYS, COMMON GROUND

The Franciscan Spirituality Center offers sacred space for all.

BY LAURA ROWLETT
Contributed photos



Through the Franciscan Spirituality Center program “Brush Wisdom: Messages from a Contemplative Heart,” participants were encouraged to clear their mind and use brush, ink and paper to access their deeper wisdom.



The FSC offers a three-year Spiritual Direction Preparation Program that provides a mix of workshops and real-life experiences to prepare individuals to move into their communities and jobs as trained spiritual directors.

More than 32 years ago, the Franciscan Sisters of Perpetual Adoration (FSPA) introduced a haven to share the overarching, ecumenical Franciscan values. Solitude, discipline, service and humility as well as risk-taking, justice, challenge and integrity characterized the women religious of St. Rose Convent. Such virtues were present in their work as Catholic teachers and nurses throughout the La Crosse community for 150 years. A modern approach to these qualities inspired creating a refuge for individuals of diverse creeds to seek the divine through personal development.

In 1982, under the FSPA's auspices, the Franciscan Spirituality Center (FSC) opened its doors aside the renowned convent in what had been the Viterbo museum. Since then, the center has earned a glowing reputation as a place for contemplation, reflection and transformation for those searching for meaning, wholeness and spiritual growth in their lives.

FSC director Audrey Quanrud says the convent's holy history creates an aura of vibrant calm that the Franciscan neighborhood's visitors have come to know and love. The ornate Mary of the Angels Chapel next door is home to the FSPA's 137-year legacy of enduring joy, manifested as constant devotion, where sisters and prayer partners worship in a secluded chapel, two at a time, around the clock.

Looking inside

The FSC's mission centers on dedication to cultivating mindfulness, awareness and intention around the area of gratitude. “People from different walks connect here instantly,” says Quanrud. “It seems the people who come are ready for something to happen in their hearts. They want a connection with other people, with the sacred in all of us. There's something about this place that allows all of this to happen beautifully and often quite effortlessly.”

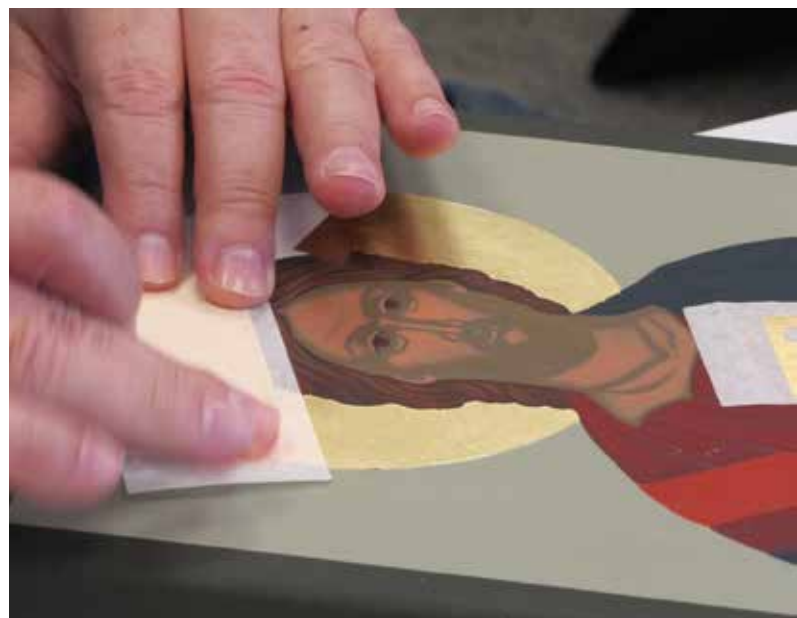
A main focus at the FSC is its nationally recognized Spiritual Director Preparation Program (SDPP), which has graduated more than 400, with 45 more currently enrolled. Spiritual directors are 35 and older, trained to listen to people's sacred stories patiently, confidentially and without judgment. They do not offer advice or problem-solving but rather help people explore their own paths and discover their own inner wisdom.

“Other than with a brochure outlining our expectations, we don't promote this coursework much,” says FSC media director Stacey Kalas, who visited Assisi, Italy, this fall to witness firsthand the culture behind the Franciscan tradition. “Those who are spiritually hungry for this seem to somehow find it with only a little guidance.”

The FSC's programs are as diverse and rich as its guests' stories.



Nature art journaling has been a popular offering at the FSC. A group meets the third Saturday of the month to explore the sacred in nature and within ourselves. Photo by Jan Wellik.



The FSC offers two iconography retreats each year in which participants learn how to paint religious images in the Byzantine style under the direction of a master iconographer.

Drum-making, weaving, creating art as prayer, yoga, metaphorical labyrinth-walking, writing, guided meditation with Tibetan singing bowls, prayer circles, silent retreats and more fill pages of the bimonthly newsletter *At the Center*.

The FSC's gatherings frequently include meals there, and the Sophia bookstore is where anyone can browse suggested titles and gift items or find respite with a complimentary warm beverage. Cozy bedrooms upstairs shelter overnight guests.

Eight meeting rooms are available to any group wishing to convene in a secular place dedicated to peace. Several small, monthly support groups bring light to grief, loss, divorce, depression, sexual abuse and suicide survival. "Each person, no matter what has happened to him or her, reflects the sacred," Quanrud says. "Many among us have been carrying a burden for years and years, and it's affecting their lives, school, work and being. This is a safe place to tell your story."

Our common ground

"We're seeing a huge shift in people who do not belong to a church but who want to feed their spiritual selves," Quanrud continues, noting no one thing will work for everyone. "Here it's very different, very inclusive. It's about realizing that God works in many different ways. That is why we have a focus of meaning and wholeness, to come to the understanding that everyone is beloved. That may appear differently in the life of a Catholic than a Buddhist."

Called back

When Kristy Walz first stepped foot in an FSC workshop, she was a bit leery about what might be in store for an "unchurched" woman, especially when the only available seat in the room was right next to the Catholic sister presenting the session.

Walz says that encounter with Sister Jean and her program, "Reclaiming Your Intuition," became a first step in an awakened journey toward peace and seeing God and good in everything, everyone and every day.

"I felt an undeniable energy when I sat next to Sister Jean," Walz says. "This warmth and love poured out of her, and I just wanted to be near her again." She invited Sister Jean for coffee to discuss the seminar's topics, and it led to a strong friendship, to Sister Jean becoming Walz's spiritual director, to Walz completing the FSC's rigorous three-year SDPP and, ultimately, to Walz herself leading the center's workshop now called "Honoring Your Intuition."

"This program has taught me to be present in a very, very different way," Walz says. "I don't think as human beings we are wired to be good listeners. We automatically change what we're hearing to bring it back to 'self.' When I remove my own story from the picture to listen beyond what's being said, I'm inviting deeper relationships. This new awareness is really an honor."

In life as in her roles as a leadership coach, business strategist and owner of Confluence Consulting, Walz employs the careful, compassionate listening skills she honed during the SDPP to guide those who seek wholeness and meaning in life and work.

A different set of eyes

An outpatient therapist of 20 years, Sharon Montalbano of La Crosse was accustomed to helping others improve their quality of life using problem-solving. Also a graduate of the SDPP, she says spiritual wellness and compassionate listening have been life-changing. "I now have a lighter heart and try to see the interconnectedness of how things occur and how people come into my life," Montalbano says. "I can see a stranger's humanity and kindness, and I am seeing love in so many different ways now. The people of La Crosse should know how lucky they are to have this treasure."

Learn more about the Franciscan Spirituality Center at www.fsccenter.org. Spiritual direction appointment information and events calendars are available online. 

Laura Rowlett is grateful to have met the FSC through this piece. Its mission came as a timely reminder that it is through becoming fully present that we realize life's gifts.

the ultimate
salon & spa

Shoetique



**The Ultimate
Shoetique Experience**
at
The Ultimate Salon & Spa




2850 Midwest Drive, Suite 101
Onalaska, WI 54650
608.782.8720
www.theultimatesalon.com



Together

When ONE plus ONE equals US

 ROSE | JEWELERS

RoseJewelersLAX.com

5th & Main | Downtown | La Crosse

Which circle would you rather run in?

Wells Fargo Advisors' unique *Envision* planning tool helps us get to know your specific needs and goals in order to create your tailored investment plan. Monitoring your progress is easy.

You'll always know if you're on track to reach your financial goals. Find out how having an *Envision* plan can help you live the life you planned. Call today.

WELLS FARGO ADVISORS



Neuman-Fortun Investment Group



Joshua Fortun
Financial Consultant

Rose Tydrich
Client Associate

Edward Neuman
Financial Advisor
3652 East Avenue South
La Crosse, WI 54601
608-788-9800

www.wfadvisors.com/neuman-fortun

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

*RESULTS ARE BASED ON A SURVEY CONDUCTED BY HARRIS INTERACTIVE FROM JUNE-JULY 2011 AMONG 1004 INVESTORS WITH FINANCIAL ADVISOR RELATIONSHIPS. **THESE FINDINGS ARE PART OF THE WELLS FARGO-GALLUP INVESTOR AND RETIREMENT OPTIMISM INDEX CONDUCTED FEBRUARY 3-12, 2012 FROM A SAMPLING OF 1,022 RANDOMLY SELECTED INVESTORS. NOT INDICATIVE OF FUTURE PERFORMANCE OR SUCCESS. NOT REPRESENTATIVE OF THE EXPERIENCE OF OTHER CLIENTS. Envision® is a brokerage service provided by Wells Fargo Advisors, LLC. ©2012 Wells Fargo Advisors, LLC. Member SIPC. Wells Fargo Advisors is the trade name used by two separate registered broker-dealers: Wells Fargo Advisors, LLC and Wells Fargo Advisors Financial Network, LLC, Members SIPC, non-bank affiliates of Wells Fargo & Company. All rights reserved. Envision® is a registered service mark of Wells Fargo & Company and used under license. 0312-1323 [88511-v1]

HIRE through Riverfront and transform LIVES

Meet your business needs with well trained, dependable employees.

Partner with Riverfront.

608-784-9450
info@riverfrontinc.org

www.riverfrontinc.org



Your leader in supporting people with disabilities.

Alma • Black River Falls • Janesville
La Crosse • Mondovi • Tomah
Viroqua • Winona

More Than Just Implants

Dental Implants
Gum Reshaping
Hypermobile Lip Treatment
Laser Periodontics

GHOLSON GROUP PERIODONTICS

608.782.0140

GholsonPerio.com



HOW TO SAVE A LIFE

Knowing the signs for life-threatening events protects hearts, brains and lives.

BY LEAH CALL

Heart disease and stroke are the No. 1 killers of women in the United States. We can decrease our risk for both with exercise, a healthy diet and avoiding smoking, but even women with healthy lifestyles need to “know the signs.” Recognizing cardiac arrest and stroke in ourselves and others and taking immediate action saves lives.

“Many women assume they could not be having a heart attack, because they think of it as a man’s disease,” says Renee Davis, director of the La Crosse chapter of Go Red for Women. “That is why the American Heart Association started the Go Red for Women movement, to educate women about their risk, so that they will know when to take action and call 911.”

Heart Attack Signs in Women

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

Source: American Heart Association, “Heart Attack Symptoms in Women,” www.heart.org.

It can happen to anyone

Physical inactivity, poor diet, high cholesterol, high blood pressure, tobacco use and obesity increase the risk of having a heart attack. But “there are always exceptions, and we have seen women in otherwise great health suffer a heart attack, simply because they were born with a bad heart,” notes Davis. “It can happen at any age to any person.”

The AHA notes that while the most common symptom for both men and women is chest pain, women are more likely to experience the other common symptoms, particularly shortness of breath, nausea and back or jaw pain.

An individual experiencing any of the symptoms should immediately call 911 and wait for emergency crews to arrive rather than be driven to the hospital. “It’s important to remember that professionals in the ambulance can begin treating you immediately when they pick you up, which is vital for survival,” says Davis. “It will take longer for someone to drive you to the hospital than for an ambulance to arrive at the scene.”

With stroke, think FAST

Stroke symptoms also should never be ignored. A quick response can mean the difference between debilitating effects and recovery. According to the American Stroke Association, a simple way to remember signs of stroke is to think FAST (see sidebar on p. 20).

Symptoms of stroke often occur suddenly. Kelli Tornstrom, a



Stroke: Think FAST

F = Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

T = Time to call 911: If someone shows any of these symptoms, even if the symptoms go away, call 911 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Source: American Heart Association/American Stroke Association, "Spot a Stroke," www.strokeassociation.org.

nurse practitioner in neurology and former stroke coordinator at Mayo Clinic Health System–Franciscan Healthcare, notes, "It can start with subtle symptoms and get worse, but most of the time it is a sudden onset."

The risk of stroke increases with age. Risk also increases if an individual has a health condition such as cardiovascular disease, diabetes, hypertension, high cholesterol or atrial fibrillation. "But sometimes people have a stroke, and we never determine why," says Tornstrom.

Since estrogen increases risk of stroke, women on birth control can be at higher risk. "It is a very small risk," says Tornstrom, "unless you have other health conditions—especially smoking."

The key to stroke prevention is a healthy lifestyle. "What's good for your heart is good for your brain: staying active, a healthy diet, not smoking," Tornstrom says.

Racing the clock

It is critical to call 911 immediately if you or someone around you is suffering signs of stroke. "Stroke is treatable, especially in the first four-and-a-half hours of a stroke," says

Tornstrom. "There are things we can do to help reverse the effects of the stroke, so it is important for people not to ignore their symptoms."

Ignoring symptoms eliminates possible use of time-sensitive treatment, such as tissue plasminogen activator (tPA). "Not everyone meets the qualifications to get it, but this medication can greatly decrease the disability associated with stroke, and it actually has been shown to increase survival," notes Tornstrom. "I've seen both men and women with significant stroke that have had the medication and walked out of here with few to no disabilities."

How to save a life

The Seven Rivers Chapter of the Sudden Cardiac Arrest Association (SCAA) is made up of local volunteers committed to raising awareness of cardiac arrest and providing the tools and training that can save a life. "Part of that is getting out there and teaching the basics of CPR and how to use an AED (automated external defibrillator)," says SCAA's Andrea Winters.

Learning basic CPR skills only takes a few minutes. "It does not require a full certified course," notes Winters, who thinks everyone should know the basics so they aren't afraid to try to save someone's life.

SCAA comes to the aid of businesses and organizations wishing to have AEDs in their facilities. "We will get them AEDs at a discounted price and teach them how to use them, how to do CPR," explains Winters.

SCAA volunteers conduct more extensive training, which can take about one hour, at the request of local organizations and businesses. "Schools, churches, community centers in the region should all have an AED," Winters says. "If we can train anybody to have the skills needed to take those initial steps until a higher level of care can get there to help, we can make a huge difference."

Contact the SCAA at 608-392-7677 or check the SCAASevenRivers Facebook page. 

Westby-based freelance writer Leah Call appreciates learning this lifesaving information, but hopes she will never have to use it.

PAINTED PORCH
Décor Extraordinaire



Sassy Décor, Restyled Furniture,
Uncommon Objects & Serious BLING

Open every Thurs., Fri., Sat. 10-5:30 

200 Main St. La Crosse • 608-782-6222

TAKE II 

staging &
redesign services

Your furnishings...
Our design
A fresh new look
for any room,
all in less than a day!

608.385.5479
www.take-ii.com



Life Lessons
FROM A Teacup

Saturday, January 23, 2016

You are invited to an enchanting afternoon of tea, sweets and inspiration during this first-ever benefit to raise funds for FSC scholarships.

920 Market Street, La Crosse  **Franciscan Spirituality Center**

Tickets are \$40; register at www.FSCenter.org or 608-791-5295

**women.
have spirit**



What is Spirit it ?
Spirit of Women at Winona Health is how we care for you, the caregiver for everyone else. It's how we help you maintain good health. It's for you and about you.

Who has Spirit it ?
We think you have it and will share it with your family, friends and community.

Where is Spirit it ?
Find it in leading hospitals across the country. Find it in Winona.
Find it at Winona Health. Visit www.winonahealth.org/spirit.

Be a part of it!

Your **free membership** includes:

- Invitations to special events
- Monthly upcoming events newsletter
- Monthly Spirit of Women email with helpful information
- Free or discounted admission to Spirit of Women events
- Subscription to Spirit of Women Magazine
- Discounts and special offers
- A free welcome gift!

Spirit of Women
WH Winona Health

855 Mankato Ave. • Winona, MN • 507.454.3650

Find us online: winonahealth.org   

To sign up for our **FREE** Spirit of Women program, visit winonahealth.org/spirit.

MI MONEDA
GIFT SETS 15% OFF*

\$225 SRP

\$225 SRP

*Regular retail prices are \$269 (925 silver) and \$265 (gold plated). While supplies last.

Touch of Class

312 Main Street, La Crosse WI | 608-784-2640 | www.touchofclasslacrosse.com

Valentine Ball

*When I saw you I fell in love,
and you smiled because you knew...*
William Shakespeare

Love stories...what's yours?

Reserve your seat today
for the La Crosse
Symphony Orchestra's
26th Annual Valentine Ball

Saturday, February 13, 2016
The Cargill Room at
The Waterfront Restaurant & Tavern

**Sponsored by Wells Fargo
Wells Fargo Advisors
& Interstate Roofing**

lacrossesympphony.org/valentine-ball/
608.783.2121

The Gifts of the Magi
A musical based on
the stories of O. Henry

December 10–20, 2015

Call for tickets! 608-784-9292

Sponsored in part by: **SB State Bank**

LA CROSSE community THEATRE

11am to 5pm Mon–Fri | 428 Front Street South, La Crosse
www.lacrossecommunitytheatre.org

**Fuel Efficient. Environmentally Sensible.
You'll Love More Miles Per Dollar!**

Honda MOTORWërKS

Downtown La Crosse, WI at 4th and Cameron Streets
www.hondamotorwerks.com | Phone: 877-4-A-HYBRID

50 YEARS of Fuel Efficient Choices

Check us out!   

FOUNDATIONS OF Unity, Strength and Respect

Shar Weibel empowers children and unites families at the YWCA Child Center.

BY LISA HEISE
Contributed photo

A huge finger-painting project spans the hallway of the YWCA Child Center, covered in the blended imaginings of toddlers.

"Watch out," says Shar Weibel, the director of the center, smiling down at the masterpiece. "The paint's still wet." She has hesitantly agreed to an interview, noting, "Well, it will be good for the agency." Before she has answered her first question, Weibel has already demonstrated the humility and wisdom that define her as a professional.

An important mission

Weibel didn't always know she wanted to work with small children. "What do kids want to be when they grow up? I think I wanted to be a circus performer or an astronaut," she laughs. But from her first experience as a nanny to her subsequent jobs teaching preschoolers, Weibel knew that helping kids navigate their earliest stages of development was what she wanted to do. She has been the director of the Child Center, housed at Western Technical College, since it reopened in 2011, newly affiliated with the YWCA.

"What a wonderful organization with an important mission," says Weibel of the YWCA, as she describes how the focus of the Child Center aligns with the values of the association. "We teach kids to value and respect differences. We empower them to stand up for themselves if they are not being treated in a way they want to be treated." A mother recently contacted Weibel to thank



Shar Weibel, director, YWCA Child Center

her for these important early lessons as she now sees her grade-school child defending his friends on the playground.

Age-appropriate academic learning is also a priority for Weibel. "We let them play and be kids, and we help them learn through play," she notes, lighting up as she describes the center and its mission. Under Weibel's direction, the YWCA Child Center has earned a five-star rating from YoungStar, a Wisconsin Department of Children and Families program, which indicates excellence

in terms of safety and learning environment for its little students.

Family is important

Weibel talks about the communication between teachers and parents: Every day at pickup, parents can see what their children did throughout the day. The center encourages parents to use details of the day as talking points: "You took a walk today? Tell me about what you saw," or, "You got to be outside all morning? What did you do outside?" If children learn to share their feelings and experiences with their parents at a young age, says Weibel, they are more likely to share as they grow and their feelings and experiences evolve.

For children too young to have those conversations (the center cares for babies as young as 6 weeks old), Weibel says teachers use an app that updates parents throughout the day. They send photos and notes about the interactions of the children, making sure parents are feeling connected and informed. "Families are so important," says Weibel. "We want to help make them stronger."

Parents who have worked with Weibel indicate that she is a guiding force in the organization. "She's so wise," says Stacy Mitchell, the mother of child in the program. "I call her for advice before I call my own mother." **(crw)**

Lisa Heise is a writing instructor at Western Technical College who still enjoys finger-painting on occasion.

NEW - Mission Oak is here!
Overhead door launches 3rd new
wood grain finish this year.
Golden Oak, Walnut and now Mission Oak.



The Genuine. The Original.

OVERHEAD DOOR

7 Rivers
region

Overhead Door 7 Rivers Region, Inc. • W6797 Abbey Rd. - Onalaska
www.overheaddoor7rivers.com • 608-783-6080



608.386.1711
Locally Owned & Operated for Over 15 Years

Xcel Energy customers can receive
incentives of up to \$2500.
See our website for details.
www.ultimateinsulationllc.net

NU-WOOL®
PREMIUM CELLULOSE INSULATION
GREEN Since 1949
www.nuwool.com

Install Nu-Wool Premium Cellulose Insulation in the
attic and sidewalls of your new home for performance
and energy savings* throughout the life of your
home!



*Savings vary. Find out why in the seller's fact sheet on
R-values. Higher R-values mean greater insulating power.

Premium Insulation. Premium Protection. Great Value.



Reflect Your Own Personal Style,
and You'll Never Want to Leave Your Kitchen!



440 Commerce Drive
West Salem, WI 54669
1.877.786.2220
beyercabinets.com

608.786.2220

Flooring Interiors

We've Got You Covered!



Custom Tiling
More Than Just Floors:
Showers • Fireplaces
Backsplashes

608-779-9440
83 Copeland Ave., La Crosse



HOME IS WHERE THE HEART IS

Al and Heike Hunter have a home well-suited to their needs.

BY JESSIE FOSS

Photos by Megan McCluskey, Atypik Studio

When Heike and Al Hunter set out to build their new home, they knew they would build the home that they would grow old in. The home would be built specifically to meet their needs later in their lives—a home that could accommodate wheelchairs and was easy to navigate. What they didn't know was how important this home design would become a lot sooner than they ever expected.

Heike says she and Al, who are each on their second marriage, knew for quite some time they wanted a home that would meet their needs as older people. “We promised each other to take care of each other in the later part of our lives,” Heike says.

The Hunters began to seriously discuss building a home that was all on one level with zero-step entry and wide hallways and entryways



For Al and Heike Hunter, this home is all about comfort and ease. Top and left: The kitchen sits at the heart of the house. Right: Located in the Grayhawk development, the Hunters' home features accessible details such as a zero-step entry.



Left: For lovers of nature, this porch is the perfect perch for watching backyard wildlife. Right: Modern design and cheerful colors permeate the home.

about three years ago, when Heike had knee replacement surgery. The two had what Heike calls a lovely home, but it had steps. She says they knew they had to do something.

Practicality put to the test

The two began looking at lots and fell in love with one in the Grayhawk subdivision situated just outside of Onalaska and Holmen. The lot sits atop a winding hill and is tucked into the woods. Wildlife frequently visits the Hunters, and Heike and Al love the peacefulness of the lot.

The Hunters broke ground on their home on June 8, and about that time scheduled their home to be featured in the La Crosse Area Builders Association's Parade of Homes, which was slated to start August 14. Their contractor, Jon Olson Construction, assured them the house would be ready. As it turned out, it wasn't just the Parade of Homes that the house needed to be completed for.

On August 1, Al was painting the couple's bedroom when he came down from the ladder and collapsed moments later. He was rushed to the hospital, where he spent nearly three weeks recovering from a stroke. The rush to get the home done became less about being ready for the Parade of Homes and more about having a comfortable, functional house for Al to come home to.

"The men on that construction crew were such amazing men," Heike says. "They went above and beyond to get things done for a man who was fallen."

Al was released from the hospital on August 18 and found his new home ready for him.

Details make a difference

The Hunters' home features hardwood floors that run throughout the house. The kitchen sits at the heart of the home and is highlighted by custom cabinets, quartz countertops, high-end appliances and a 10-foot island.

The custom cabinetry throughout the house is especially near and dear to Heike's heart. Her brother, a cabinet designer in the Milwaukee area, did all the work for the Hunter home. Heike's parents immigrated to the United States from Germany, and her father passed

the cabinetmaking trade down to her brother.

Beyond the kitchen is the home's dining and living areas, which are anchored by a three-sided fireplace. Large windows frame the entire living area. A covered porch area is just off the dining room; it's an area the Hunters have come to love.

"We love nature," Heike says and adds that the porch is the perfect place to enjoy it. "We have the best conversations on the porch. It's a place where we can disconnect from the world and where *we* can connect."

Livable and lovable

Heike and Al each have an area of the home that is all about them individually. For Al, that area is the laundry room. He travels a lot for work and likes a spot where he can systematically unpack, do his laundry and pack for his next trip.

Heike, a professor in the Communication Studies department at the University of Wisconsin-La Crosse, says creativity is her outlet—a way to relax and destress. Her area is an art room where she creates everything from mosaics to Christmas ornaments to decorated wine bottles.

The entire home is something Heike had been conceptualizing for quite some time before breaking ground, and it's exactly what she envisioned.

She describes the home's feel and look as "sleek, modern and simple." The Hunters also wanted the home to be about family.

Al and Heike have six children between the two of them, and none of them live in the La Crosse area, so they wanted plenty of room when the whole family is around. Their home features two guest bedrooms that are centered around a guest bathroom, and the Hunters plan to finish the basement into an area where the kids can stay when they visit.

Looking back on how the home came together, Heike believes everything was about timing—for them, what ended up being perfect timing. **(crw)**

Jessie Foss is a freelance writer living in La Crosse. She would like to thank the Hunters for having her into their new home and allowing her to write about their experience.



Your Window Treatment Specialists!

www.hiddenvalleydesigns.com
608.526.9870



It moves your blinds so you don't have to!

Introducing PowerView™ Motorization from Hunter Douglas. A remarkable new system that automatically moves your shades throughout the day, according to your schedule and activities. Just program your personalized settings with your smart phone or tablet, and let PowerView do the rest.* You can even activate a pre-programmed setting with a touch of our brilliantly designed PowerView Pebble™ Scene Controller. How Smart—intelligent shades that simplify your life. To see PowerView in motion, contact us today.



HunterDouglas

* The PowerView App and additional equipment required for programmed operation.

©2015 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

Unique Designer selected home decor, gifts, and repurposed furniture professionally styled and ready for your home!

Practically Posh
Life well decorated

608-782-8200 2815 Losey Blvd. S
La Crosse, WI
(Across from McDonald's)

Store Hours
M-F 9:30 - 6:00
Sat 10:00 - 5:00
Sun 11:00 - 3:00

Interior design services available by Let's Imagine Design

.....
THE PERFECT CARPET FOR
KIDS & PETS
Full Pet Warranty
.....

Karastan



LIVE BEAUTIFULLY WITHOUT WORRY

Introducing SmartStrand Forever Clean using the most advanced fiber innovation, offering the highest level of beauty, comfort and performance available.



"WE'D LOVE TO BE YOUR FLOORING GUYS!"



N5570 Frontage Road • Onalaska
Located on Hwy 35 between
Onalaska and Holmen
608-783-1088
FloorCraftersOnline.com
Monday - Thursday 8-6
Friday 8-5 • Saturday 9-12

*Designing Dreams, Delivering Dreams,
Building Dreams*



We want nothing but the *best experience from start to finish* on your home's next makeover or your new home.

Wisconsin
BUILDING SUPPLY

N5566 Frontage Road - Onalaska
Mon-Fri 8am-5pm • Thurs 8am-8pm
608-781-3900 • www.wibuildingsupply.com
Like us on Facebook: WBuildingSupplyOnalaska



Helping you make informed choices at every stage of life.

Heidi Eglash
Attorney

— Wills & Trusts —

Wills ♦ Trusts & Estate Planning
Business Law ♦ Elder Care ♦ Real Estate
Probate ♦ Trust Administration



JOHNS, FLAHERTY & COLLINS, SC

Good neighbors. Great lawyers.

www.johnsflaherty.com
608.784.5678 | heidi@johnsflaherty.com

**SURROUND
YOURSELF
IN
DESIGN**



J
COMPANY
INTERIOR DESIGN STUDIO

Inspired // Exquisite // Attainable

Visit // M-F 9am-5pm, 1802 State Street, La Crosse
View // jcompanystudio.com
Call // 608.784.9530

www.edwardjones.com

**When it comes to your to-do list,
put your future first.**

Decisions made in the past may no longer be what's best for the future. To help keep everything up to date, Edward Jones offers a complimentary financial review.

A financial review is a great opportunity to sit face to face with an Edward Jones financial advisor and develop strategies to help keep your finances in line with your short- and long-term goals.

To find out how to get your financial goals on track, call or visit today.

 **Amy J Stodola, AAMS®**
Financial Advisor
1212 Horton Street Suite 102
La Crosse, WI 54601
608-788-2668

 **Margaret A Severson, AAMS®**
Financial Advisor
520 North Main St. - Suite A
Viroqua, WI 54665
608-637-7233

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC



READING FOR SUCCESS

Coulee Reading Center's Cyndy Patros makes reading "click" for children and adults.

BY ANDREA CULLETO

Contributed photo

Cyndy Patros was a single mother of four when she found her calling as a children's literacy advocate back in 1991. "I did not have academic difficulties as a child," recalls Patros. "However, a couple of my kids had learning differences. I saw what it does to kids emotionally when they see themselves falling behind their peers because they don't learn the way that everyone else does."

After teaching reading in various venues, Patros in 2011 opened the Coulee Reading Center, a nonprofit organization with a mission of "helping people who are learning to read, or struggling academically." Here, tutors work with students individually, twice a week, for 45-minute sessions. This assistance is financially accessible because Coulee Reading Center's pricing is comparatively low. "We don't turn anyone away because of finances," explains Patros. "Kids from poor families need just as much help as kids from wealthier ones."

Preparing for a successful life

The importance of this work cannot be overstated. An individual's ability to read well influences every area of life, from understanding school subjects like math, history and science to obtaining a driver's license, getting into college and obtaining a well-paying job.

Through her work at Coulee Reading Center, Patros is preparing her students for a successful life. "I worked with one student from third grade through adulthood," remembers Patros. "He struggled with math and reading comprehension. He was frustrated and didn't want to go to school anymore after overhearing his teacher saying something negative. We worked together year after year, and, I'll tell you what, this kid was a hard worker! His work ethic was almost unparalleled. In the end, all

of this hard work paid off. He was on the honor roll every semester, was inducted into the honor society and lettered twice."

For Patros, watching students thrive is deeply gratifying. She recalls another student who blossomed after struggling for years: "She was voted Most Improved Student! Now she does show choir and drama, has excellent grades and excels in math."

Reading and more

"I've never had a student who didn't master reading," Patros says, but reading assistance isn't all she provides. "Kids need attention just like anyone else. They'll come in and tell us about what's going on in their lives. There's someone, an adult, listening. There's eye contact. We're not busy washing dishes or folding clothes. To have the luxury of spending one-on-one time with kids is hard. I know; I was a single mother of four kids. But it is essential."

When asked what she would most like others to know about Coulee Reading Center, Patros replies: "That there is help here and that we're affordable and fun. These kids have so much pressure at school, but here they can relax and make progress. Most of my students hate the thought of reading when they come in, but they end up reading for pleasure, which is the biggest achievement I could imagine."

For more information on Coulee Reading Center, visit www.couleereadingcenter.org, call 608-788-7323 or email patros4@hotmail.com. 

Andrea Culletto is a Coulee Region freelance writer. Her work can also be found at AndreaCulletto.wordpress.com.

*"When They Can't Be With You,
Let Them Be With Someone Who Cares!"*



Overnight Respite Care
24 Hour In-Home Services
Personal Care
Light Housekeeping
Medication Administration
Errand Running
Activities With Trained Staff
Shower Service
Day Services



*When they can't be with you
let them be with someone who cares.*

1062 Oak Forest Dr. - Suite 160 - Onalaska
777 North St. - Sparta
Mon-Fri 7 a.m. - 5 p.m. | 608.519.2306
www.couleeregionadultdaycenter.com

Meet your future *with confidence.*

Call us today at 608.783.2639 to get started.



Confident Retirement® approach



Moriah A. Cody
Financial Advisor
moriah.a.cody@ampf.com
hansonprivatewealth.com
500 2nd Street South, Suite 101
La Crosse WI 54601
608.783.2639

Ameriprise
Financial

Hanson & Associates
A private wealth advisory practice of
Ameriprise Financial Services, Inc.

*Confident Retirement® is not a
guarantee of future financial results.
Brokerage, investment and financial
advisory services are made available
through Ameriprise Financial Services,
Inc. Member FINRA and SIPC.
© 2013 Ameriprise Financial, Inc., All
rights reserved.*



Join us for our
Holiday Open House
December 11-13, 2015

- ▶ Great gift ideas starting at just \$5.00
- ▶ Discounts up to 75% off select clothing and accessories
- ▶ Great clearance prices on remaining 2015 bikes
- ▶ FREE layaway until Spring
- ▶ Free coffee, cocoa, and cookies
- ▶ Drawing for lots of great stuff including a \$25 gift card each day!



Open 7 days
a week

106 Mason St | Onalaska, WI 54650
Corner of Hwy 35 and Mason (just down from the Y)
(608) 519-5757 | www.rivertrailcycles.com



Fay Gora, 75
Wife, friend, teacher, adventurer,
comic, plucky, audacious,
freespirit & a Pilates Powerhouse
with an indomitable spirit.

www.PilatesStudioLax.com • 608-781-2656

The Woman-Friendly Workplace

What do women really
want in their workplaces?

BY SUSAN C. SCHUYLER

Contributed photos



From “leaning in” to “leaning out,” theories abound about how women can get the most satisfaction out their careers. But what actually makes women happy in the workplace?

According to Jodi Vandenberg-Daves, a professor of Women’s, Gender and Sexuality Studies at the University of Wisconsin-La Crosse, what makes women happy at work is the same thing that makes everyone happy: “Opportunities to do interesting things, be well-compensated, advance if they want to and accommodate the rest of their lives.”

Sounds simple, but the truth is that workplace inequities make work a profoundly different experience for women than for men. Take the gender pay gap, for instance. In an April 2015 report, the Pew Research Center reported that women make 84¢ for every dollar men earn.

Vandenberg-Daves says that, for women, the pay gap is compounded by the caregiver penalty, or “mommy tax.” U.S. women pay a high price because our society assigns caregiving roles to their gender. “That time out for children has a huge impact on women’s earnings,” she says.

Still, women have made some phenomenal gains in the workplace, according to a 2013 CQ Researcher article. For example, women now make up more than half the U.S. workforce and earn half of college

degrees. However, the author reports, the problems of the gender pay gap and lack of policies that ease domestic pressures on women are far from solved.

Making work flexible

Women’s work satisfaction focuses on seismic work-culture shifts. Vandenberg-Daves suggests employers need to consider, “what does flexibility mean, and how does leadership look at employees as a long-term investment?”

She says flexibility is a valuable perk that employers can offer workers of both genders. “If we’re going to try to make a more gender-equitable world, we have to create organizations where employees are invited to work more flexible schedules and to work a little differently, regardless of gender,” she says.

The WorldatWork “Survey of Workplace Flexibility,” published in 2013, concluded that workplace flexibility has positive effects on employee motivation, engagement and satisfaction. One organization that offers this, Ingersoll Rand/Trane, is located in La Crosse, according to Rose Bruha, accounting manager for the company. She says some groups at the multinational company offer employees flex scheduling if their manager agrees. “You can make a written contract with your manager allowing you to work from home one day a week,

or work extra hours and then take Friday afternoon off,” Bruha says.

Another initiative that she values is the Ingersoll Rand Women’s Network, which is open to all genders. Its purpose, according to the mission statement, is “to create business opportunity and build leadership competence through networking, advocacy, skill and professional development, coaching and mentoring and community outreach.” The network hosts speakers and workshops to reach that goal.

Vandenberg-Daves says networking initiatives like this are precisely the tools women need to thrive in the workplace. “That’s how we know that we’re not alone,” she says. Leadership models with built-in networking and flexibility opportunities are a good fit for women’s skill sets “because women are socialized to be more collaborative and share information.”

If women can’t find these opportunities at work, Vandenberg-Daves suggests they seek resources in the community. In the Coulee Region, good networking opportunities are emerging to support working women, including the Greater La Crosse Area Diversity Council, where Vandenberg-Daves recently took the helm as executive director. The council’s 2015 annual meeting in November focused on building inclusive workplaces, which is a key component of its mission.

Little Things Count

Sometimes, the small victories are appreciated as much as large ones. For example, just last June, Mayo Health System abolished its hosiery requirement for women, according to a September 2015 article in *The New York Times Magazine*.

Workplaces also may be warming up to other changes—literally. The journal *Nature Climate Change* reported in August 2015 that U.S. office buildings are contributing to climate change by setting lower air-conditioning temperatures that use an outdated formula based on men’s metabolism—leaving women out in the cold. Adjustments to thermostats can help the environment, especially for women.



Rose Bruha, accounting manager,
Ingersoll Rand/Trane

The Coulee Region take

Vandenberg-Daves has done her homework to learn what works for women in the Coulee Region. She and UW-La Crosse professor Besty Morgan conducted an online survey and face-to-face interviews with a small sample of Coulee Region women to learn more about work and salary satisfaction. Their article, published in a 2008 *River Valley Business Report*, concludes, “although working women value flexibility, they also value salaries and opportunities for career challenges.”

Most of the women surveyed agreed that work-life balance was adequate in the region, and they reported their supervisors knew about and supported such policies. However, 58 percent of respondents agreed that more of these types of initiatives would be welcome.

Vandenberg-Daves’ survey also uncovered significant differences in how Coulee Region women perceived work flexibility when working for large versus small employers. Women working for the region’s larger employers appreciate perks like fitness programs and child care subsidies. However, women in smaller organizations reported higher work-life flexibility than their peers at larger enterprises.

Vandenberg-Daves has her foot in both worlds, and her experience working for both small and large entities supports the survey results. At the La Crosse Diversity Council, a small nonprofit, she enjoys flexibility because “you get to know people as people primarily.” At UW-La Crosse, one of the area’s largest employers, Vandenberg-Daves



Jodi Vandenberg-Daves, a professor of
Women’s, Gender and Sexuality Studies at
the University of Wisconsin-La Crosse

appreciates the university’s salary review process, but says “academic institutions need to look critically at how they reward different kinds of contributions, including service contributions, if they want to get closer to gender equity.”

Millennials bring change

The new wave of millennial workers, those born between the early 1980s and the late 1990s, may forever change the workplace for both genders, according to Bentley University’s Center for Women and Business report “Millennials in the Workplace.”

One of the most profound points the recent report highlighted is that men and women in this generation are more alike than different in their family-oriented attitudes and career goals. Although gender inequality persists, millennial women perceive it as a generational problem instead of a gender issue, given that both genders seek workplaces where they can be “authentic.”

The report stated, “Companies that demonstrate that they value their employees as whole people with full lives, not just as employees, will be more likely to retain and advance talented women.”

No matter who shapes the answer, the question of what makes women happy isn’t likely to go away. According to Vandenberg-Daves, “the critical mass of women in the workplace is forcing those issues front and center.”

Susan C. Schuyler is a freelance writer and a senior lecturer at UW-La Crosse who is fortunate to find her workplace friendly.

Satori Arts Gallery
A National Historic Landmark
"Known for the Unusual"

201 Pearl St.- La Crosse • 608.785.2779

Make it
Downtown
Tonight!

fayze's
You'll love our buns!

(608) 784-9548
4th & Pearl,
Downtown La Crosse
Open at 6:30 am Daily
Happy Hour 4 - 6 pm Daily

fayzes.com

RX: We have CHEAP THERAPY*
*Caution: may be habit forming,
but with no bad side effects.

**STAMP
on
HAND**

200 S. 4th Street • Historic Downtown La Crosse
Stampnhand@charter.net • 608.784.1234

**Remember
these issues?**
The Staying Power of Print!
Contact us today to
advertise your business.

Coulee Region
COMMUNICATIONS L.L.C.

"Connecting You with Your Community"

816 2nd Ave. S. • Onalaska, WI • 608.783.5385
www.crwmagazine.com • Follow us on Facebook

**HISTORIC
DOWNTOWN
LACROSSE**

Look. Live. Love.

DOWNTOWN MAINSTREET INC.

Western Wisconsin's
Running & Walking Resource

**grandbluff
running**

608.782.8227
509 Main St.-La Crosse
www.grandbluffrunning.com

D.M. Harris Law, L.L.C.
Experienced • Dedicated • Compassionate

Dawn Marie Harris, Attorney

Dawn M. Harris
Attorney

Over 22 years of experience
Employment & Labor Law
Family Law
General Civil Litigation

201 Main St. Suite 620
La Crosse, Wisconsin 54601
Phone: 608-782-4133
Fax: 608-782-4676
www.dmharrislaw.com

Since 1888

LEITHOLD MUSIC

116 S. Fourth Street ■ Downtown La Crosse
(608) 784-7555 ■ (800) 288-9743 ■ www.LeitholdMusic.com

Music provides a lifetime of pleasure,
satisfaction and fun. The music you love
is inside Leithold Music in
Historic Downtown La Crosse.

YAMAHA PIANOS

THE Wedding

MAGAZINE COULEE REGION



VOTE FOR YOUR FAVORITE REAL WEDDING COUPLE FEATURED IN THE WEDDING MAGAZINE

VOTING IS OPEN JANUARY 1 - 31 2016 — VISIT WWW.THEWEDDINGMAGAZINE.NET

THE WINNER RECEIVES A \$150 GIFT CARD TO CELEBRATE VALENTINE'S DAY

Exceptional
Wedding
Photography

atypikStudio

www.atypikstudio.com
1220 Oak Forest Dr, Onalaska, WI | 608-343-0538

The Company Store OUTLET

**Up to 75% off
Every Day!**

We have all of your bedding needs!
Specializing in down and feather products.

301 Sky Harbour Dr. • La Crosse • 608.783.6646
Mon.-Fri. 10 a.m.-7 p.m. • Sat. 10 a.m.-6 p.m. • Sun. 12 p.m.-5 p.m.

Get your color fix.

Imagine your world
awash with
color-rich, gorgeous
shades that'll make
you look twice. I'm
talking sheer
mineral makeup
that glides on and
stays on. And
fearless looks that
are ready to wear
anywhere. Ask me
about ideas that'll
awaken your inner
makeup artist!

MARY KAY

Trudy Swenson

Independent Sales Director

608-780-3388

www.marykay.com/tswenson



FEEDING BODY & SOUL

Culina Mariana offers soul-satisfying food and spirit-filled ambience.

BY MARTHA KEEFFE
Contributed photos

The warm and inviting entrance to Culina Mariana showcases desserts and delicacies.

Tucked amid the rolling hills of southwest Wisconsin, the Shrine of Our Lady of Guadalupe appears as an anomaly among its neighboring fields and farms. Built as a pilgrimage site for those of the Catholic faith, the handsome domed stone masonry church invites wonder about what other curiosities preside there. Though most visitors would expect to find a facility dedicated to introspection, what they might be surprised to discover is the restaurant. “Many people don’t know we’re here, and if they do, they assume the restaurant is open only to Catholics,” explains Sally Cozy, the front-of-house manager, who, along with head chef Gisela Pett, co-manages Culina Mariana Café. “But that isn’t true. We welcome everybody.”

Since the restaurant opened in 2002, the staff at Culina Mariana Café has made it their mission to provide every guest with excellent food and service. This is particularly evident in how Pett and Cozy share the overall responsibilities of running a business, while recognizing how each other’s strengths and talents contribute to its success. “We’re equals,” says Pett, who is quick to add “in charge of finances” to Cozy’s already extensive list of responsibilities, which includes everything from scheduling and training staff to event planning, setting up buffets and decorating for special occasions. Cozy returns the favor

by remarking on how well she and Pett work together and how, unlike the stereotypical chef, Pett is not above asking for help in the kitchen. “When I need Sally, she always helps. She does a wonderful job baking cookies,” says Pett. “It is a team effort.”

A European flair

For her part, Pett, a native of Germany, draws upon many of the European attitudes toward cooking that she learned not only from her mother and grandmother, but from studying the foods she sampled during her travels between countries. Subsequently, those experiences have kept Pett ahead of trends that are gaining popularity in the United States, such as incorporating fresh, in-season, farm-to-table products into her recipes. “I grew up in Germany, and there it is very important that we use fresh herbs and produce,” says Pett. “Here, I order some of my produce from a local organic farmer, and as more people taste the flavor of fresh, quality food, the more they seek it out.”

In addition, Pett is eager to expand upon the existing menu by adding new items with a European flair. “I create all of my recipes, then I make them from scratch, including signature desserts like pies and tortes,” says Pett, pointing out that she enjoys using heavy sweet



cream, citrus zest, wine and herbs to enhance the flavor of her recipes—a culinary technique that has been well received by her guests. “Once we had a buffet that included German food like blue cabbage with red wine and cinnamon, schnitzel and fresh-baked apple strudel. The restaurant was full, and the people commented that the food was excellent.”

A Cozy environment

However, it’s not only the excellent cuisine that turns a Culina Mariana visitor into a regular diner, but Cozy’s attention to creating an atmosphere that is warm and inviting. “A big part of that is making sure that the café is an enjoyable place to work,” states Cozy, “because when the environment is relaxed and the staff is happy, it’s easier for the customer to become part of the experience.” And whether that involves extra time spent on perfecting a table setting, arranging flowers or mingling with the patrons, Cozy believes she is simply providing good customer service. “I want our guests to feel at home just as much as we do.” 



Gisela Pett and Sally Cozy, co-managers of Culina Mariana

CARROTS AND BRUSSELS SPROUTS

Serves 18 (recipe can be cut in half)

- 4 lb. carrots, peeled and cut diagonally into ½-in.-thick pieces
- 2 lb. brussels sprouts, cleaned and cut in half lengthwise
- 1 cup onions, chopped
- 8 T butter
- 3 T vinegar
- 2 tsp. salt
- 1 tsp. pepper
- 1 cup water

Using a heavy skillet, cook onions in butter over medium-high heat. Stir occasionally until softened for about 1 to 2 minutes.

Add carrots, brussels sprouts, salt and pepper. Cook, stirring occasionally, until vegetables begin to brown, about 3 to 4 minutes. Add water and cover skillet.

Cook over medium heat until vegetables are tender, about 5 to 8 minutes. Stir in vinegar. Add salt and pepper to taste. Garnish with fresh, chopped parsley.

BURGUNDY BEEF ROAST

Serves 10 (recipe can be cut in half)

- 5 lb. beef roast, trimmed
- 2 tsp. salt
- 2 tsp. pepper
- 2 tsp. dried rosemary, chopped
- 6 T vegetable oil
- 2 carrots, chopped into 1-in. pieces
- 1½ cups onions, chopped
- 4 cups water
- 4 Roma tomatoes, chopped
- ¼ cup flour
- ½ cup red Burgundy wine

Season the roast on both sides with salt, pepper and rosemary. In a large, heavy pan, sauté meat and vegetables in oil over medium-high heat for 10 minutes. Add water and cover. Simmer for 2 hours while occasionally stirring vegetables and turning meat.

Remove roast. Add flour to remaining liquid to create a paste. Pour the wine into pan and simmer for 10 minutes.

The roast should be very tender and tasty. Slice the roast and serve with gravy.

FRESH HERB SPAETZLE

Serves 10 (recipe can be cut in half)

- 5 cups flour
- 2½ tsp. salt
- ½ tsp. ground white pepper
- ½ tsp. ground nutmeg
- ¾ cup water
- 9 eggs
- 3 oz. fresh parsley
- 6 tsp. fresh thyme
- 6 tsp. rosemary

Blend flour, salt, pepper, and nutmeg together in large bowl. Whisk in water. Add eggs, forming a soft batter. Wash and chop fresh herbs and add to batter.

Bring a large pot of water to a boil. Working with ¼ cup batter at a time and using a rubber spatula, press batter directly into boiling water through ¼-in. holes found on coarse grater, strainer or wide ladle. Stir spaetzle to separate and boil 2 minutes. Using a fine sieve, scoop spaetzle from pot and drain well.

Martha Keefe lives and writes in La Crosse and encourages everybody to give Culina Mariana a try—not only because the café is surrounded by incredible beauty, but because the authentic Bavarian pretzels look amazing.



Take Charge of Your Heart Health

Save The Dates:

Circle of Red
Heart Healthy Live Cooking Demonstration Fundraiser
February 25, 5-7p.m.
Gerhards Kitchen & Bath Store
106 Cameron Ave, La Crosse, WI
608-791-3680

Go Red For Women Luncheon
June 15 10:30a.m.-1p.m.
The Cargill Room at the Waterfront
La Crosse, WI
715-829-2841

Great Meals Start with Great Ingredients



315 5TH AVENUE S
LA CROSSE
608.784.5798
www.pfc.coop



good. honest. local.

@pfccoop



**Our goal is to make
small business owners successful!**



Angela Jones
Chamber Member and
Ambassador

For over 36 years providing...

- Financial & Consulting Services
- Strong Client Relationships
- Personalized Service

ewh Small Business Accounting S.C.

1052 Oak Forest Drive, Suite 205

Onalaska, WI

608-781-5625

www.ewhsba.com

**ACCOUNTING • PAYROLL SERVICES • BOOKKEEPING
TAX SERVICE • CONSULTATION**

LA CROSSE AREA
BUILDERS
ASSOCIATION

HOME
Show

March 4-6, 2016

Omni Center

Onalaska

www.labahomeshow.com



WOMEN'S FUND
OF GREATER LA CROSSE

POSSIBILITY IS POWERFUL

sustainable tradition of giving for the next generation. raising funds for local non profits for women and children

SAVE the DATES

Grab your girlfriends & join us for
the events you'll be talking
about for weeks!



one of a kind purses
wine & chocolates
plenty of girl time!

February 4, 2016

5:30—7:30 @ 4 Sisters Wine & Tapas

Spring Fling
afternoon celebrating women!

Themed Tables & Dress Up



shop all the vendors
silent auction
lovely luncheon!

April 9, 2016

10:30—1:00 @ Cargill Room TWF

mark your
calendars
seating is
limited

Call 608.780.5710 or go to: womensfundlacrosse.org | info@womensfundlacrosse.org

Join us and help other women



The Ultimate Salon & Spa Launches Urban Shoetique

The Ultimate Salon & Spa in Onalaska is now carrying women's shoe lines that are unique to the area, as well as jewelry, handbags, hosiery and other fun, funky accessories for women and men in its Urban Shoetique. Ultimate's passion is to become your personal shoe stylist and offer a customized Shoetique experience that caters to each individual like no other in the area. Their dream is to place shoes on every woman who walks in the door, no matter her age or style! Visit Urban Shoetique, located in Ultimate Salon & Spa, 2850 Midwest Drive, Onalaska.



Heidi Eglash Becomes Partner at Johns, Flaherty & Collins

Eglash Law Office, LLC, has joined the law firm of Johns, Flaherty & Collins, SC, and Heidi Eglash is now a partner at the firm. Eglash has been practicing law for 20 years, focusing primarily on estate planning, wills, elder care, probate and trust administration and business law. She founded Eglash Law Office in 2005 and moved her practice to Johns, Flaherty & Collins, SC, in October. She says the collaboration will greatly expand the range of legal expertise and services available to her clients and their loved ones.

| ACCOMPLISHMENTS |



Women's Fund Hosts a Successful Fall Luncheon

Thank you to our sponsors and guests for your generosity at this year's Fall Luncheon, held October 15, 2015, at UW-La Crosse. We were honored to share the powerful story of speaker Tasha Schuh and announce Dee Pague as the recipient of the Roberta Zurn Award for outstanding female leadership. Because of you, we can fund programs that improve opportunities for women and their families.

We believe in her. The possibility within her is powerful. We see it clearly even when no one else does. Because of the Women's Fund, she has more options—a path to stability, self-sufficiency, dignity and an opportunity to pay it forward.



CRW editor Betty Christiansen among People's Choice cover competitors at the MPPA Excellence Awards gala at Aria in Minneapolis

CRW Wins MPPA Award

Coulee Region Women was honored to receive an Excellence Award from the Minnesota Magazine & Publishing Association at their 19th annual Minnesota Magazine Publishing Excellence Awards gala held November 12 in Minneapolis. A bronze award was given for the category of How-To for the story "5 Steps to Better Health" by Martha Keefe. We wish to thank all of our excellent writers, photographers and staff for their contributions to the success of *Coulee Region Women*.

We'd also like to thank our advertisers for their ongoing support of *Coulee Region Women*. Your advertising is, to us, a vote of confidence in our ability to reach our readers and fulfill our mission of connecting to community. You make it possible for us to shine!

The Minnesota Magazine & Publishing Association's Excellence Awards recognize and foster outstanding publishing achievements. This competition includes categories in the areas of editorial, design, marketing, digital publishing and overall excellence. The judges for the competition are from all aspects of the publishing industry.

Accomplishments is a paid section featuring your business or organization. Call 608-783-5395 or e-mail info@crwmagazine.com for more information.



Above: Ugandan girls are delighted to receive Days for Girls kits and the opportunity to continue their education. Below: Shannon Krautkramer and Ruthie Mwebaza.



DAYS FOR GIRLS

**One small kit makes a lifetime
of difference for girls in Africa.**

BY CLAIRE RISTOW-SEIB
Contributed photos

What do you do when you run out of feminine hygiene products? You run to the store to buy some!

It's not so easy if you are a girl living in Uganda, Ethiopia or Tanzania. There, when you begin to menstruate, you stay home and sit on cardboard, leaves, corn husks, mattress stuffing, rocks or whatever you can find until your period passes. You miss school and fall behind. You might drop out and try to find work—only to miss days of work. Or you might get married at 12 and have children.

The situation is grim, yet this is a case where one person really can make a difference.

Discovering Days for Girls

It was at a conference presented at her church, First Free in Onalaska, in February 2015 that Shannon Krautkramer first heard about Days for Girls, an international organization that raises awareness and supports the efforts of thousands of volunteers across the globe in providing sustainable feminine hygiene products to African girls. The speaker, Ruthie Mwebaza from Uganda, had presented this very real problem, outlined the realities of the situation and explained how one simple solution would help. Krautkramer thought of her own young daughter, and her heart skipped a beat. Could she help establish a safe, dignified practice that would contribute to ending poverty?

Following the conference, Krautkramer attended an event on making Days for Girls kits containing washable home-sewn shields and liners, washcloths, soap and new underwear in an attractive drawstring bag.

Sewing for girls

Krautkramer and Mwebaza, who was living in the United States for a year, became friends and committed to making 10 kits for Mwebaza to bring back to Uganda in July. They found instructions for the kits online, purchased some materials and got to work. Then they heard about 25 girls who were at risk for dropping out of a school directed by a friend of Mwebaza's, so they increased their commitment to 25 kits and asked for help. They set a date for a sewing event.

Before long, they'd secured some money for materials and space for sewing and assembling kits. Sewing the pads involves different types of durable, absorbent and stain-resistant materials that are bright and colorful, preferably with dark patterns but no baby prints, butterflies or bugs (which might signify a cultural taboo). Krautkramer purchased a serger, which made the process quicker. They sent out invitations on Facebook and hoped a few friends would show up. Thirty-five volunteers came to help, and donations flowed in.

Hand-delivering to Uganda

A GoFundMe account was set up to enable monetary donations. The commitment increased to 100 kits. More sewing dates were arranged, and the work continued. Krautkramer's husband, Jason, amazed at the progress being made, suggested that she take the kits to Uganda herself. In August, Krautkramer delivered 109 kits to as many happy recipients—the "poorest of the poor" in that small village in Uganda.

The requests continue, the monthly sewing events continue and Krautkramer plans to return to Uganda next year to deliver more kits to girls in need. To get involved, find Days for Girls Onalaska WI Team on Facebook or email onalaskawi@daysforgirls.org. 

Claire Ristow-Seib has limited skills in sewing but intends to offer help at a future Days for Girls event.

www.knottesen.com

**NEW STYLE
Re-purposing Services**

Residential
Commercial
Automotive
Marine
Repair
Design
Fabric

608.526.4227
Holmen, WI

Kristin Ottesen Upholstery

BE YOUR PERSONAL BEST IN 2016

2016 could be the start of the new you with individual gym memberships as low as \$12.42/mo*

VMH:wellnesscenter
PERSONAL . BEST .

507 S. Main Street, Viroqua WI
☎ (608) 637-4290 ✉ vmhwellnesscenter@vmh.org

* for individual off-peak memberships

**Looking for that
perfect holiday gift??**



**Home Maintenance Experts
Relax. We've got this.**

Look no further!

**Purchase a gift card for those on your list.
Let us take care of their
maintenance needs!**

**Repairs • Remodels • Maintenance Plans
Everything for the home, inside and out!**

608.385.1941
www.helpmyhomeplease.com



**THE
MONOGRAM
COMPANY**

Embroidery • Screen Print • Promotional Products • Uniforms
“You name it, we’ll put your name on it!”

**Shop local this holiday season!
Bring in your own items to be personally
monogrammed or browse our catalogs to find
the perfect gift for that special someone.**

*Your source for quality caps, tees, polos,
outerwear, sweatshirts, uniforms and more!*

www.monogramco.com

608.784.9647
515 Division St • La Crosse

**MUSIC CAN GET YOU THROUGH
ALL KINDS OF WEATHER!**



MAGIC 105
"THE BEST VARIETY!"

ENJOY YOUR WINTER WITH
www.wlxx.com

**We make it easy
to escape**

Nonstop flights from Minneapolis to
Mexico and the Caribbean

Ask us how you can book for as little
as \$50 down and pay the rest later



Funjet Vacations

TRAVEL LEADERS®
travel better

Owned and Operated by Goli's Avenues of Travel

2404 State Road • La Crosse WI 54601 • 608.784.9820
www.TravelLeadersgo.com

Remember these issues?

The Staying Power of Print!

**Contact us today to
advertise your business.**

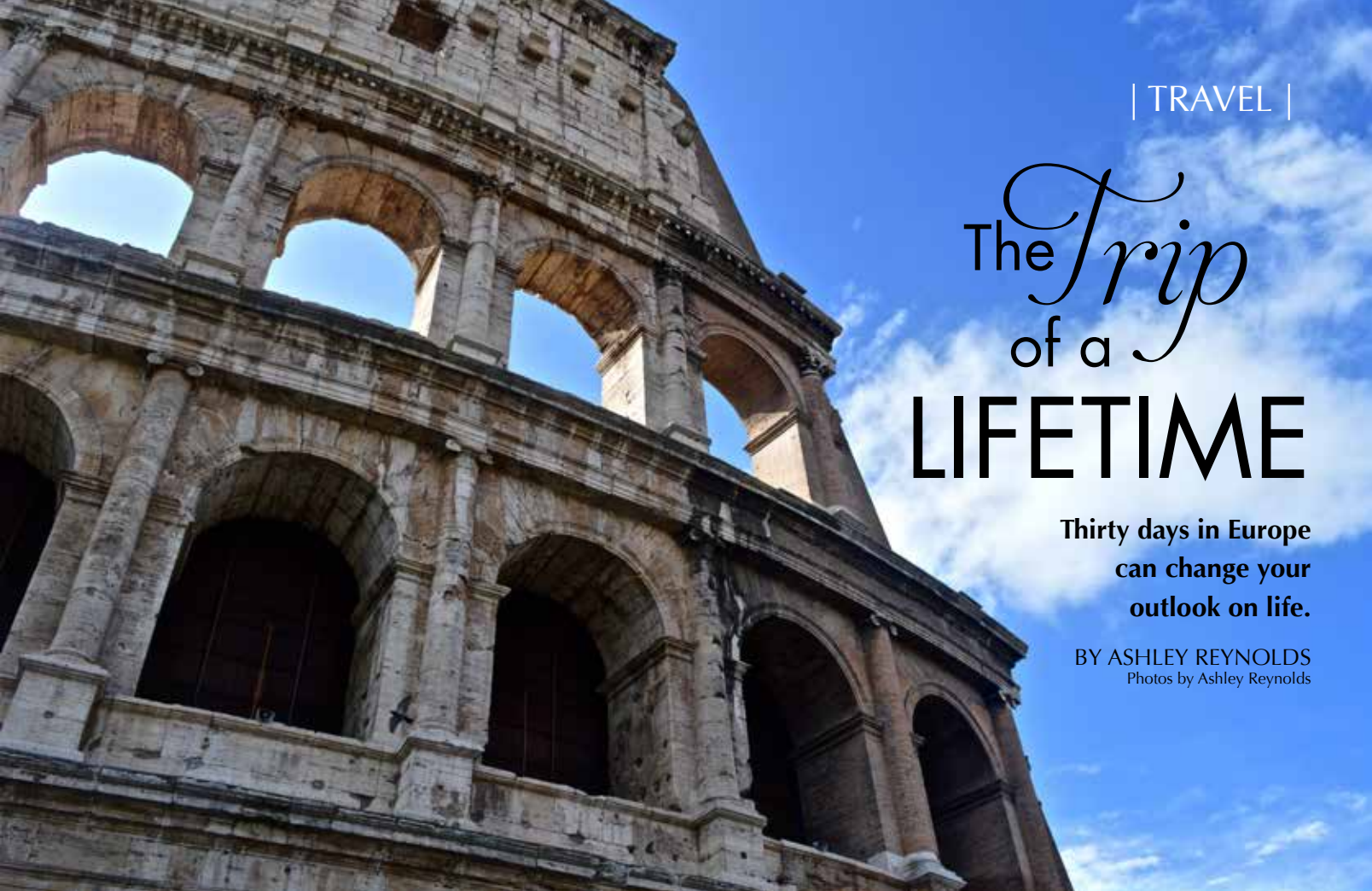


Coulee Region

COMMUNICATIONS L.L.C.

**"Connecting You with
Your Community"**

816 2nd Ave. S. • Onalaska, WI
608.783.5385
www.crwmagazine.com
Follow us on Facebook



The Trip of a LIFETIME

**Thirty days in Europe
can change your
outlook on life.**

BY ASHLEY REYNOLDS
Photos by Ashley Reynolds

Europe has forever been at the top of my travel bucket list. With so much to see and experience, Europe is a destination so many of us dream about. We dream of seeing Rome's ancient Coliseum, the Eiffel Tower of Paris or the Big Ben clock in London. But that's just it—we *dream* of it. As a fresh college grad, jobless and at a crossroads in my life, I decided to make that dream a reality. I packed up my things and boarded a flight to Europe for a trip that would become the best 30 days of my life.

I decided to embark on this journey about a year ahead of time, and spent months planning and building up excitement for the trip of a lifetime. I planned where I would go, what I wanted to see, the kind of foods I wanted to taste and the experiences I wanted to have. The whole process was very exciting; however, I can't say booking the trip didn't come with its own set of doubts and uncertainties. How much would it cost? How would I communicate? Could I handle being away for 30 days? I had never been out of the country before, let alone left the continent. But the enormity of what I would see, learn and experience outweighed my apprehension, and once I decided to skip across the pond, I never looked back.

Bon voyage!

As I sat on my eight-hour flight from Chicago to London, I had plenty of time to anticipate what I would see and experience. My excitement built with every passing hour, and I went over my itinerary over and over again in my head—first London, then Paris, Amsterdam, Switzerland, Venice, Rome, Florence, the French Riviera, Barcelona

and Madrid. With only two to three days in each city, I knew I was in for a less-than-relaxing time, but I was ready to approach each day with the energy and excitement necessary to get the most out of every destination.

I traveled in a tour group of 40 other people, with all of our stops, transportation and accommodations preplanned. I was worried that traveling with a group would take away from the experience, but despite being there with one of my best friends and being surrounded by other enthusiastic travelers, I felt very independent. Although I traveled between cities with my group, went to museums and top attractions with them, ate meals and shared living spaces with them, my journey through Europe was a very personal one and enriched my life in ways I may never fully comprehend.

Open mind and full stomach

Europe really has something for everyone, but only if you go about your days with an open mind. As a self-proclaimed foodie and lover of all things new and diverse, I was in for a treat on this trip. I tried everything from fish n' chips in London, to escargot in Paris, to squid-ink pasta in Italy and paella in Spain—it really was a food adventure of epic proportions. Though Europe is about more than the food, I encourage my fellow travelers to forget about their jean size and taste anything and everything. It's a wonderful way to experience any culture!

However, food wasn't the only aspect worth remembering. The cultural and historic experiences were just as mouthwatering as any



Around Europe in 30 days! Left: No European tour is complete without a visit to the iconic Eiffel Tower in Paris. Top right: The Magic Fountain in Barcelona lights up an unforgettable evening. Bottom right: A bird's-eye view of London starts Reynolds' trip on a high note.

of the cuisine. I call my tour a sample platter of Europe, because I got a taste of so much in a relatively short amount of time. I remember standing in the Parisian Cathedral of Notre Dame, walking through the ancient ruins of Rome and taking in the ornate lifestyle of Monaco while realizing how very unique and awe-inspiring each of my experiences were. I had the opportunity to wake up one morning in a village nestled into the Swiss Alps and fall asleep that same night hearing the waves of the Mediterranean shores of Venice. I fell in love with city after city and culture after culture until it became impossible for me to decide on my favorite. My trip was a teaser of all the best parts of Europe, but it's the best sample I've ever had—sauce not necessary!

The inspirational aftermath

Throughout my month I experienced moments of complete amazement and appreciation for the world in front of me. Whether it was walking the cobblestone streets of Barcelona or exploring the nooks and crannies of the medieval Tower of London, I have hundreds of little moments that made my trip special, and each and every one of them impact my daily life.

Something no one tells you about travel is the difference between what you expect and what you actually experience. Going into my travels, I knew I'd have an amazing time acquainting myself with varied cultures and making memories that would last a lifetime, but

my true takeaway was so much more. Seeing the world has a way of opening your mind to discovering new passions and possibilities.

I am a firm believer that we go through many stages that force us to face who we are as individuals and what we want out of life. That was exactly the case for me on this trip. Through my 30 days in Europe, I gained the experience and perspective some don't see in a lifetime. It made me humble, challenged me emotionally and intellectually, enhanced my passions and opened my eyes to what I want going forward. Travel gives us the opportunity to experience a much-needed change of scenery and check of perspective. It enriches our lives and fosters our passions.

I encourage all readers to combat your excuses and fears and just travel—no matter where or for how long, realize your travel dreams. Experience life and all it has to offer. I might as well tattoo the word *wanderlust* across my forehead, because now that I've started traveling, I'll never stop. Neither will you.

To put this in perspective for you all, I quote one of history's greatest women. As Eleanor Roosevelt so eloquently states, "The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." **CRW**

Former CRW intern Ashley Reynolds is a marketing copywriter based in Madison, whose passion is to travel the world, write about it and encourage others to pursue their travel dreams.

AHHH...SNOW DAYS.



SCHOOL CLOSINGS • MOBILE TEXT ALERTS • CURRENT ROAD CONDITIONS



DOWNLOAD THE WXOW WEATHER APP!



ADVERTISER INDEX

Altra Federal Credit Union.....	48
American Heart Association	37
Ameriprise Financial/Hanson & Associates	30
Atypik Studio.....	34
Beyer Cabinets LTD.	24
Board Store.....	3
Coulee Region Adult Day Center	30
D. M. Harris Law, L.L.C.	33
Edward Jones	28
EWB Small Business Accounting	38
Fayze's	33
Feist Dental	2
Floorcrafters	27
Flooring Interiors, Inc.	24
Franciscan Spirituality Center	21
Gholson Periodontics Group	18
Grand Bluff Running.....	33
Gundersen Health System	5, 47
Healthy Living Chiropractic and Wellness Center	13
Heart Journey Counseling.....	13
Hidden Valley Designs INC	27
Home Maintenance Experts, LLC.....	41
Honda Motorwerks.....	22
J Company.....	28
Jen Townner Photography	14
Johns, Flaherty & Collins, SC	28
Kristin Ottesen Upholstery	41
La Crosse Area Builders Association	38
La Crosse Community Theatre	22
La Crosse Radio Group.....	42
La Crosse Symphony Orchestra	22
Leithold Music.....	33
Mary Kay/Trudy Swenson	34
Mayo Clinic Health System	9
Naturally Unbridled Wellness LLC.....	13
Overhead Door of the 7 Rivers Region	24
Painted Porch.....	21
People's Food Co-op	37
Practically Posh	27
Restorative Health & Thermography, LLC	13
Riverfront, Inc.	18
River Trail Cycles	30
Root Down Yoga.....	3
Rose Jewelers	17
Satori Arts Gallery.....	33
Schumacher-Kish Funeral and Cremation Services.....	14
Stamp n Hand	33
Take II, Staging & Redesign.....	21
The Company Store Outlet	34
The Monogram Company	41
The Pilates Studio LLC	30
The Wedding Magazine.....	34
Touch of Class	22
Travel Leaders.....	42
Trust Point	14
Ultimate Insulation	24
Ultimate Salon & Spa	10, 17
Vernon Memorial Healthcare	41
Wells Fargo/Neuman-Fortun Investment Group	18
Winona Health.....	21
Wisconsin Building Supply	28
Womens Fund of Greater La Crosse.....	38
WKBT Newschannel8	7
WXOW News 19	47

Accomplishments

Johns, Flaherty & Collins, SC	39
Ultimate Salon & Spa	39
Womens Fund of Greater La Crosse.....	39

COMMUNITY CALENDAR

ONGOING EVENTS

American Association of University Women (AAUW) 2nd Sat. of each month (Sept.-May), 9:30 a.m., 608-519-0548, aauwlacrosse@hotmail.com, 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, lacrossechamber.com.

Children's Museum of La Crosse weekly programming: **Save-On-Sundays** \$1 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 1-7 with adult, every Fri., 10:30 a.m.

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

Coulee Region Professional Women (CRPW) 4th Tues. of each month, Pogreba Restaurant, 5:30 p.m. Linda O'Connell, linda@take5productions.net.

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

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

League of Women Voters 2nd Tues. of each month, noon, Radisson Hotel, Nancy Hill, 608-782-1753, nfhill@centurytel.net.

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

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

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

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

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

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

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

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

Women of Worth (WOW) last Wed. of each month, Shenanigans, noon. Debbie Lee, 608-317-5023, deb@ais-cw.com

Women's Alliance of La Crosse (WAL) 2nd Thurs. of each month, noon, The Waterfront Restaurant, Patti Bartsch, 608-799-8326, nu@naturallyunbridled.com.

CALENDAR EVENTS

Nov. 23-Dec. 18, Salvation Army Angel Tree, Valley View Mall, www.myvalleyview.com.

Nov. 13-Dec. 24, Visits & photos with Santa, Valley View Mall, www.myvalleyview.com.

Nov. 23-Dec. 31, Coulee Region Humane Society Tree of Hope, Valley View Mall, www.myvalleyview.com.

Nov. 27-Dec. 31, Rotary Lights, 5-10 p.m. daily, Riverside Park, downtown La Crosse, www.rotarylighs.org.

Dec. 4, Cirque Dreams Holidaze, 7:30 p.m., La Crosse Center.

Dec. 4-13, A Streetcar Named Desire, 7:30 p.m. Fri.-Sat., 2 p.m. Sun., Toland Theatre, UW-La Crosse.

Dec. 4, Randy Houser, 7:30 p.m., La Crosse Center.

Dec. 5, Jingle Bell Walk/Run and Rudolf Dash, 8 a.m., YMCA-North, Onalaska, www.laxymca.org.

Dec. 5, Family & Children's Center Building Bricks of Hope Lego Contest, 9:30 a.m.-5:30 p.m., Valley View Mall, www.myvalleyview.com.

Dec. 5-6, Norskedalen Old Fashioned Christmas, 10 a.m.-4 p.m. Sat., 11 a.m.-3 p.m. Sun., Norskedalen Nature & Heritage Center, Coon Valley, www.norskedalen.org.

Dec. 5-6, Christmas Around the World, 7:30 p.m. Sat., 2 p.m. Sun., Viterbo Fine Arts Center, www.viterbo.edu/fac.

Dec. 10-20, Gifts of the Magi, 7:30 p.m. Wed.-Sat., 2 p.m. Sun., La Crosse Community Theatre, www.lacrossecommunitytheatre.org.

Dec. 11-12, La Crosse Dance Centre's Nutcracker Ballet, 7:30 p.m. Fri., 2 p.m. Sat., Viterbo Fine Arts Center, www.viterbo.edu/fac.

Dec. 16-17, String Ties "Holiday Bluegrass," 7:30 p.m., The Pump House, www.thepumphouse.org.

Dec. 19, Old School Variety Show, 7:30 p.m., The Pump House, www.thepumphouse.org.

Dec. 23, Lorie Line: Christmas in the City, 7:30 p.m., Mayo Civic Center Presentation Hall, Rochester, 507-328-2222.

Dec. 31, Happy NOON Year! Countdown to Noon, The Children's Museum, La Crosse, www.funmuseum.org.

Dec. 31, Red Cross Blood Drive, Valley View Mall, www.myvalleyview.com.

Dec. 31, A Pump House New Year's Eve à Paris, 8 p.m.-12 a.m., the Pump House, La Crosse, www.thepumphouse.org.

Dec. 31, Skyrockers New Year's Eve Fireworks Display, midnight, atop Grandad Bluff.

Jan. 6, Women's Christmas, 5:30-8 p.m., Franciscan Spirituality Center, www.fscenter.org.

Jan. 8-9, Johnsmith, 7:30 p.m., The Pump House, www.thepumphouse.org.

Jan. 9, New Year's Resolution Walk/Run, 8 a.m., YMCA-North, Onalaska, www.laxymca.org.

Jan. 10, La Crosse Bridal Expo, 10:30 a.m.-3:30 p.m., La Crosse Center, www.lacrossebridalexpo.com.

Jan. 14, The Okee Dokee Brothers, 6:30 p.m., Page Theatre, St. Mary's University, Winona, www.pagetheatre.org.

Jan. 16, Rockin' for HorseSense for Special Riders, 7 p.m., Radisson Ballroom, La Crosse, www.hssr.org.

Jan. 19-20, Sesame Street Live, 6:30 p.m., La Crosse Center.

Jan. 22-23, Improv ad Sketch Comedy Festival, 7:30 p.m., La Crosse Community Theatre, www.lacrossecommunitytheatre.org.

Jan. 23, Copper Box, 7:30 p.m., The Pump House, www.thepumphouse.org.

Jan. 26, Million Dollar Quartet, 7:30 p.m., Viterbo Fine Arts Center, www.viterbo.edu/fac.

Jan. 28, A Tribute to Benny Goodman: The Julian Bliss Septet, 7:30 p.m., Viterbo Fine Arts Center, www.viterbo.edu/fac.

Jan. 30-Feb. 6, Crow and Weasel, 3 p.m. Sat. & Sun., 7 p.m. Fri., Weber Center for the Performing Arts, www.viterbo.edu/fac.

Feb. 5-6, Snowflake Ski Jump Tournament, Westby, www.snowflakeskiclub.com.



LET US HELP YOU LOOK YOUR BEST

To help you look beautiful and feel confident Gundersen offers a full range of cosmetic products and services, such as:

- Professional-quality skin care products
- Latisse lash enhancer
- Facial peels and PhotoRejuvenation
- Microdermabrasions
- Laser hair removal
- BOTOX and injectable fillers

For longer-lasting results and a more youthful appearance consider:

- Eyelid, brow or facelift
- Cosmetic tattooing for eyes and brows
- Breast lift, augmentation or reduction
- Tummy tuck

Services are provided in the safety and privacy of a respected medical facility.
To schedule a consultation, call (608) 775-1943.

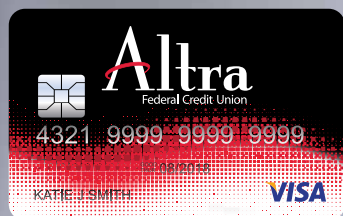
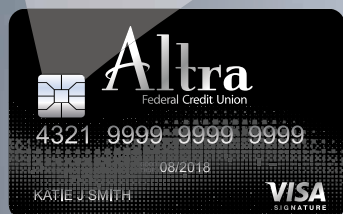
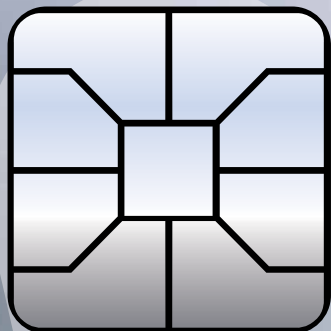
GUNDERSENHEALTH.ORG/PLASTIC-SURGERY

GUNDERSEN
HEALTH SYSTEM®

Where Caring Meets Excellence

CHIP
CARD

EMV



GET
BIG
PROTECTION
IN A TINY CHIP

Altra's Visa® Credit Cards now come with chip technology.

Count on enhanced fraud protection every time you use your card at a chip-activated terminal.

Altra
Federal Credit Union

608-787-4500 • www.altra.org

La Crosse • Festival Foods*
Onalaska • Holmen • West Salem
La Crescent • Winona • Rochester
800-755-0055 • www.drivealtra.org



*Festival Foods - 28 Copeland Ave., La Crosse. See Altra for complete details. Federally insured by NCUA. Equal Housing Lender.

