

Complimentary

JUNE/JULY 2015

www.crwmagazine.com

coulee region

women

AREA HOME LIVING MAGAZINE

The Men in Our Lives

Amy & Vince Stodola:
Partners in Everything

Rock Out with the Temtes

Take a Team Approach
to Men's Health

Mayor Tim Kabat:
Build Your Community

Visit Boston

We look forward to taking care of your family.

Call now for available reservations.



Dr. Jake Siegert

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



Dr. Jon Feist



The Dental Care You Deserve!

608.788.3384 | guestservices@feistdental.com

831 Critter Court - Onalaska, WI | www.feistdental.com



Dr. Jon Gave Me Hope

"...after nearly 1 year and exhausting options as to how to correct my TMJ, I was advised to get another opinion... I did not want to have face surgery if at all possible so I set up an appointment with Feist Dental... after hearing my options with confidence that TMD diagnosis could be corrected, I felt encouraged.

From day one, Dr. Jon and his team gave me hope that my issue could be corrected without surgery... within my first year of treatment, I am pain free!! My ears do not ring, my jaw, neck and ears no longer give me discomfort after eating. Feist Dental's technology and superior team have given me confidence... I am grateful to you all at Feist Dental!"

- Nancy (complete text on file)



2015 La Crosse Go Red Executive Leadership Team

Photo by Jordana Snyder Photography



Angie Hammond
Chair-Go Red Executive
Leadership Team



Emcee Jennifer Livingston
WKBT



Emcee Deb Brague
La Crosse Radio Group



American
Heart
Association®



Take Charge of Your Heart Health

Heart disease is the #1 killer of women. Coulee Region Women magazine is committed to making women aware of the importance of heart health and making your journey a healthy one. The Executive Leadership Team of the American Heart Association's La Crosse Go Red Luncheon has made it their mission as well to help fight heart disease. Please join us at the luncheon to learn how to make your heart journey a healthy one.

La Crosse Go Red for Women Luncheon

June 17, 2015
The Cargill Room at the Waterfront

10:30 - 11:45 Heart Health Information and Education
Noon - 1:00 Luncheon
Speaker

www.lacrossegored.org
www.goredforwomen.org

Gold Sponsors

Gundersen Health System
Mayo Clinic Health System

Bronze Sponsors

Brenengen Auto
Festival Foods
Kwik Trip
Trane
Dairyland Power Cooperative

Media Sponsors

Coulee Region Women magazine
La Crosse Radio Group
WKBT



The Men in Our Lives

11 PROFILE

PARTNERS IN EVERYTHING

Amy and Vince Stodola share parenting, career and community service roles in a very modern way.

15 PERSONAL & PROFESSIONAL THE FRONT MAN

Andy and Linda Temte rock the charitable scene in La Crosse.

18 CAREERS

A FAMILY OF PATIENTS

Dentistry is a labor of love for Dr. Jon and Jane Feist.

21 DESIGNING MEN

A COOL IDEA

Developer Mike Keil cultivates businesses and builds community in La Crosse.

23 HEALTHY LIVING

5 STEPS TO A HEALTHIER HIM

Keep the men in your life healthy at any age.

25 RETAIL THERAPY

TAKE IT OUTSIDE

Gear up for summer sports or a walk in the park with apparel for her—and him.

29 HOME

SEEING YOUR HOME WITH FRESH EYES

Interior designers turn your visions into a beautiful reality for your living spaces.

33 FOOD

LIVING, LOVING AND WORKING TOGETHER

Three local couples share their recipes for successful restaurants.

36 NONPROFIT

EASING THE PAIN

Richard Chrz of the Local Lupus Alliance combines education with compassion and fun.

39 MEN IN THE REGION

W.I.S.E. WOMEN PROTECT THEMSELVES

Larry Klahn teaches women the art of self-defense.

41 TRAVEL

THE BEST OF BOSTON

Whether you're looking for food, culture or a connection to the past, Boston has it all.

43 COMMUNITY

Pictured on cover: Amy and Vince Stodola, with children Brody, Jack and Kennedy. Amy Stodola is a financial advisor with Edward Jones. Photos on cover and above by Sarah Schultz Photography. Hair and makeup by E Spa, La Crosse.



Love + Medicine

We won't kiss your forehead to see if you have a fever,
but like Mom we believe in dispensing love + medicine.

[GUNDENSENHEALTH.ORG/LOVE+MEDICINE](https://gundersenhealth.org/love+medicine)

GUNDERSEN
HEALTH SYSTEM®



Betty Christiansen surrounded by the men in her life: from left, Andrew Miles, Eliot Miles and Jim Christiansen

Growing up as I did, surrounded by girls and women, the men in my life stand out. Collectively, my mother, three sisters, two daughters, various aunts and mother-in-law make up a cluster of influential women who have shaped me, supported me and loved me throughout my life.

Among all these important women, there are three men who have done just as much to make me who I am—and far better than I would have been without them.

Let's begin with Dad. I was born on his birthday many years ago, and he's always called me the "best birthday present" he ever got. Spaced just so in our years, we've shared certain landmarks together. I was Sweet Sixteen the year he was Nifty Fifty. I bought him a beer at the Luck-E Tavern in our hometown when I turned the drinking age and he turned the speed limit (then 55). I was exactly half his age the year he was 68 and I was 34. He just turned 80 this spring, and I, amazingly, am still 34.

Dad was a guy through and through: a hunter, fisherman, baseball hero and football player. He looked forward to having a son to teach these skills to. He got four daughters instead, and he never looked back. We taught him so much, he always said, about music and art and academics. He has loved us wholeheartedly for exactly who we are.

I think it was that kind of love that helped me recognize the real thing when it came my way—in the form of my husband, Andrew. I'd dated a few other men in my early

adulthood, but something felt different when I was around Andrew, and I noticed it almost as soon as I met him. I felt comfortable around him, like I'd known him all my life. Dating him wasn't full of anxiety and concern, as it had been with other men. It was easy and fun, and when I agreed to marry him, I was never more certain of anything. Patient and kind, he's the very definition of love.

Thank goodness for that, too, because as I discovered when our children came along, patience isn't my strongest trait. Having grown up with so many girls, I looked forward to teaching the things I loved—like sewing and knitting—to one of my own. Naturally, my firstborn was a boy—100 percent pure boy. In eight years of tractors, trains, dinosaurs, dragons, Legos, dirt and the delight of the noises that accompany bodily functions, Eliot has taught me much about patience and loving someone wholeheartedly for exactly who he is. Between the admonishments to quiet down, sit still, go outside and leave his sisters alone, we'll curl up together on the couch with our knitting and have long talks at bedtime about everything important to an 8-year-old boy.

This issue of *Coulee Region Women* is devoted to the men in our lives—the men who have loved us, supported us and shaped us, and who also do great things on their own. We feature husbands and wives—from our cover couple, Amy and Vince Stodola, to the Temtes, the Feists, the Keils and more. We feature fathers and sons, men who cook, men who design and men who serve the community—including La Crosse's mayor, Tim Kabat. We've put this issue together in honor of these and all good-hearted Coulee Region men, including our devoted male readers. We're so very pleased to demonstrate what men and women can be, together, at their best—true partners, true collaborators, true loves.

Last fall, during a visit with my parents, Eliot vanished with my father. I later spied them in the field behind the garage with a BB gun, Dad teaching him how to shoot. After all his years of raising children, my dad was getting a gift both important and unexpected, something he'd wanted for a very long time. And Eliot was getting to *shoot a gun*. I couldn't tell who was happier: him, Dad—or me.

Betty

coulee region women

AREA HOME AND HEALTHY LIVING MAGAZINE

ISSUE 80, VOLUME 14, NUMBER 2

JUNE/JULY 2015

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
Sarah Schultz Photography
Jen Towner 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  **facebook**!
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.

**Be prepared for
severe weather.**



STORMTEAM



**Watch News 8
for on air
weather alerts**



/news8stormteam

news8000.com/weather



@news8michelle

@news8cory

@news8bill



ARTSPIRE RETURNS
Kick off the summer with Artspire La Crosse, an all-inclusive, free event that attracts, engages and connects our diverse community through the experience of art. Artspire begins Friday, June 12, at 5 p.m. with an opening reception for Artspire artists and sponsors. At 6:30 p.m., a street dance will begin on King Street featuring the La Crosse Jazz Orchestra led by Greg Balfany, with the headlining band Cloud Cult performing on the main stage in the Pump House parking lot at 8 p.m. Alcohol will be available inside the Pump House, and patrons will be invited to carry drinks outside.

Artspire continues Saturday, June 13, from 10 a.m. to 5 p.m. with an art fair showcasing the works of more than 35 artists. Artists will also have their work for sale, offering the community a great opportunity to support and purchase local art. The main stage will be a hub for nonstop performing arts, including music, dance, theater and storytelling. Saturday night, a music festival will take over the Artspire grounds. For more information, visit www.thepumphouse.org/Artspire2015.

FABULOUS FLAVORS OF THE COULEE REGION

For a night full of mouthwatering local food and fun with friends, make sure to purchase your tickets to the YWCA's fifth annual Taste of the Coulee Region on Thursday, June 18, from 5 to 8:30 p.m. Local restaurateurs will provide a banquet of delicious foods, beverages and desserts to make up what is sure to be a delectable evening. In addition to the fabulous food, the event will include a silent auction, cash bar, music and a gambling game. You could win wine, beer, liquor or kitchen gadgets. Tickets are \$30 in advance and \$40 at the door for a single ticket and, for groups of five or more, \$25 per person in advance. This event will take place in the newly renovated Court Above Main Banquet Hall above the Wedding Tree, giving you a chance to check out this great addition to the La Crosse Community. To find out more or purchase your tickets today, email rreinert@ywcax.org.

AAUW ART FAIR ON THE GREEN

As a longstanding La Crosse tradition, the AAUW of La Crosse will present their 57th annual Art Fair on the Green on Saturday, July 25, and Sunday, July 26, on the UW-La Crosse campus lawns off 16th and State Streets. The event starts at 10 a.m. both days and goes until 4 p.m. Saturday and 3 p.m. Sunday. Amazing artwork from professional artists from around the country will be on display, with sculpture, jewelry, photography, paintings, woodwork and more available for purchase. In addition, awards will be given to deserving artists for various types of work. Students from La Crosse-area high schools will also be displaying their work for sale, and the event includes music, food and an artwork raffle. All proceeds go toward scholarships for students from area high schools, as well as for students currently attending the three local colleges. To find out more about this summertime tradition, contact Carol Robertson at 608-399-1751 or artfaironthegreen@gmail.com.



BLUE DRAGONS AND BOATS

Looking for something exciting to do with your friends, family or coworkers this summer? Mark your calendar for the Big Blue Dragon Boat Festival to take place July 17 and 18 at Copeland Park in La Crosse. This event is put on by Mayo Clinic Health System to celebrate breast cancer survivors. All proceeds go to the Center for Breast Care Programs at Mayo, so put a team of 20 together to get some exercise, have some fun and raise money for a great cause! The races are divided into divisions including corporate, community and breast cancer survivor teams. The festival has fun events for all ages including exhibition races, games, inflatables for kids and fireworks at the end of the night. To find out more and to register, visit mayoclinichealthsystem.org/bigbluedragon. Registration is \$800 per team and is open through June 15.

SUMMER SIDEWALK SALE

Love a bargain? Don't miss this year's annual sidewalk sales in downtown La Crosse! The Summer Sidewalk Sale is a fun tradition, appealing to all ages. It's a great time to snatch good deals on items from all of your favorite downtown stores: Three Rivers Outdoors, Touch of Class, Generous Earth Pottery, LARK and many more. Come out Thursday, July 23, through Saturday, July 25, to enjoy this exciting community event, and don't miss the street dance taking place that Friday evening. For more information or to ask questions about the event, email Robin Moses at executivedirectordmi@centurytel.net or visit www.lacrossedowntown.com.



A photograph of a woman and a young girl wrapped in a plaid blanket, looking out a window. The woman is in the background, looking out, and the girl is in the foreground, looking towards the camera. The blanket has a green, orange, and blue plaid pattern. The background is a soft-focus view of a window looking out onto a green landscape.

**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



DAD MAKES A DIFFERENCE IN YOUR LIFE. MAKE A DIFFERENCE IN HIS.

Father's Day is June 21. Give **aveda men pure-formance™** soothing care for men's hair, scalp and skin paired with a gift card for a spa treatment customized to his needs. It's a great way to show Dad you care - and that's what Father's Day is all about. Not sure what to choose? Stop by. We'll help you find a gift he'll love.

THE **ultimate**
salon & spa

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



PARTNERS IN Everything

Amy and Vince Stodola share parenting, career and community service roles in a very modern way.

BY CAROL SCHANK

Photos by Sarah Schultz Photography



When it comes to work/life/family balance, Amy and Vince Stodola seem to have it nailed. Married for 11 years with three children—Brody, 5½, Jack, 2½, and Kennedy, 4 months—they have the kind of marriage and family arrangement that more and more couples are adopting. As a financial advisor with Edward Jones for more than 10 years, Amy is the career spouse while Vince holds down the home and pursues his own business projects. What makes it all work? Determination, a positive attitude and teamwork are key.

Destined for togetherness

Born in the same hospital in New Ulm, Minnesota, five days apart, Vince and Amy say they were destined to be together. Despite this coincidence, they never met until mutual friends introduced them during college. Amy was attending the University of Wisconsin-La Crosse and wasn't willing to leave this beautiful area, so when their relationship became serious, Vince joined Amy in La Crosse. Eventually, they married.

With a two-year degree in HVAC, Vince went on to receive a business degree from Viterbo and began working at Trane. Amy was offered the position at Edward Jones. She was warned that it would require a great deal of time and effort, but Vince gave her his full support and encouragement, even on days when she came home and said, "I don't think I can do this." Thinking her age would be a deterrent to clients seeking a financial advisor, she tried to look older by choosing more mature hairstyles, clothes and shoes. But

Vince saw her potential—exactly as she was—and convinced her to be herself, high heels and all. In reality, people were looking for someone they could trust, a guide who would be there through their retirement years. Her age wasn't a problem but a benefit. What really mattered was her dedication and credibility—and Amy delivered.

Roles and choices

Amy and Vince built a solid social and professional network in the Coulee Region; Amy led the way by joining networking and service organizations such as the YWCA, Chamber of Commerce, Women's Alliance of La Crosse and more. Although hers was the name on the membership, Vince was always there to assist. Both found it very rewarding to be part of organizations that make a real difference—but also found it hard to say no. Declining invitations graciously was difficult but necessary.

With the demands of two jobs, outside commitments and a growing family, the Stodolas, like many working couples, felt exhausted at the end of each day and very disorganized. With two sons and hopes for a third child, they feared they wouldn't be able to find a workable balance. Amy—the "realist"—and Vince—the "dreamer"—kept brainstorming ways to improve their situation. Reasoning that Amy would have the best chance for higher income potential, they made a bold decision. Vince quit his job with the contingency plan that he could always go back if he needed to.



The cooperative style of the Stodolas' marriage has most benefited their young family: (from left) Jack, Kennedy and Brody. Amy and Vince have built dedicated family time into their schedule, as well as time for each other.

Perceptions and projects

Vince's new title of "domestic engineer" suits him well. "People assume I have a regular job, so the joke is that I'm retired," he laughs. Experienced fathers admire his choice and wish they'd had that opportunity, although younger men, while respectful, don't quite understand his choice.

It doesn't matter. So many positive results have come about because of their decision: a much better work/life balance, a more relaxed and easygoing family life and, most of all, the third child they'd hoped for, a daughter named Kennedy.

Amy is able to invest the time she needs to in work and her volunteer activities free of guilt while Vince takes the lead on their home life. The kids still go to day care, and Vince is quick to add that he doesn't stay home all day. He finishes his to-do list as fast as he can so he can pursue his many projects. When Amy calls because she needs something last-minute, Vince takes care of it. If the kids are sick, Vince has the flexibility to stay home with them. He is husband, parent, supporter and entrepreneur with his own projects. When Amy comes home, they have quality family time together because the chores are under control. Sundays are family time, without fail. Outside commitments are now intertwined, and Vince fills in for Amy when needed—"except for the women's groups," he adds.

One of Vince's many projects is part ownership of Turtle Stack Brewery, set to open on Second Street in La Crosse later this summer. He loves the construction side of the project and has been very involved in getting the building and equipment up and running. Cooking

and hosting events for friends and family is another favorite project. Recently, with Amy's encouragement, he has joined the After Hours Rotary in La Crosse, which has given him the opportunity to network on a regular basis and join an organization himself. This also gives Amy her special time with the kids. HorseSense for Special Riders, which pairs kids with disabilities with horses, is another beneficiary of Stodolas' gift of time. Both Amy and Vince are on the board, and Vince is working with them to build fences and a new riding arena, again making generous use of his love for construction.

Taking time for togetherness

Amy and Vince realize the importance of taking time for just the two of them and rely on their "wonderful babysitters"—who are like family—to step in when necessary. With hectic schedules, it's more important than ever to have date nights so they can catch up and enjoy each other. While that often includes attending a fundraiser or social event, Vince makes sure there are also nights set aside just for them. They also take vacations together, while grandparents happily come to spend time with the kids.

A healthy, successful couple supports each other and helps each other grow. Amy and Vince are always there with a smile, a laugh and a helping hand wherever needed. Balance can be found with careful planning, close teamwork and a lot of love.

Carol Schank has known Vince and Amy for years and has witnessed firsthand their growth and success with much admiration.

**Men Know a
Happy Wife
means a
Happy Life**



Tune in to

MAGIC 105
"THE BEST VARIETY"

& make your wife happy!

www.wlxx.com

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



Since 1913, Trust Point has assisted individuals, families, companies and organizations preserve and grow their wealth with a wide range of comprehensive services.

- Investment Management
- Trust & Estate Services
- Retirement Plan Services
- Philanthropic Services
- Wealth Management

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



HELLO SUMMER, HELLO SAVINGS

25% off all GlymedPlus products in July

The weather is heating up and so are the savings. During July, save 25% on all GlymedPlus professional skincare products available at our online store.* Save on Daily Repair Mega Moisture Cream, Ultra Hydrating Masque, Purifying Cleanser and much more. GlymedPlus products are formulated using certified botanical ingredients and pure pharmaceutical quality antioxidants to love your skin.

SHOP.GUNDERSENHEALTH.ORG/PLASTICSURGERY

GUNDERSEN
HEALTH SYSTEM®

*Offer good thru July 31, 2015 on online purchases only. No other discounts apply.
Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | 13864-1B 0515



Go Ahead, Show Your Smile!

Call us Today!

Gum Reshaping

Root Coverage Grafting

Hypermobility Lip Treatment

Laser Periodontics

GHOLSON GROUP PERIODONTICS

608.782.0140

GHOLSONPERIO.COM



FRONT MAN

**Andy and Linda Temte rock
the charitable scene in La Crosse.**

BY MARTHA KEEFFE
Contributed photos

Andy and Linda Temte put the “fun” in fundraising.

There’s a well-known adage that states, “Behind every good man, there’s a good woman”—and for that, there’s a good reason. Ask almost any successful man how he achieved results, and often he’ll attribute his success to having a partner who offered solid support, shared his vision and encouraged him to take risks. Linda Temte, who’s been a driving force behind many successful local fundraisers, found that support in her husband, Andy, who knows best how to help when a fundraiser is being planned. “He just steps out of the way,” she laughs.

Knowing when you’re needed

Andy Temte, president of Kaplan Professional Education in La Crosse and lead singer and player guitar player for The Remainders, a locally recognized classic rock cover band made up entirely of La Crosse natives, is quick to agree. “It’s true; I get out of the way,” he says. “When she’s in her zone, Linda and her team turn into a well-oiled juggernaut machine.”

This machine, which is composed of Linda’s sister, Donna Flower, and friends Gina Gerrard and Sue LaCrosse, has been coordinating charitable events together long enough for Linda to consider what she and this group of women do as a “team sport.” “What started out years ago as a simple invitation to help out with a fundraiser has

turned into a venture that takes a collaborative effort to be a success,” she says, noting that she and her team have developed an effective formula for coordinating events that works every time. “We get together and review what needs to get done,” she says. “Then a couple of months before the event, we start doing what we’ve done before and the momentum kind of builds. We have to make phone calls, get letters out, gather auction items, print off sheets, get PowerPoints together and secure entertainment. When it’s crunch time, we take over the entire house.”

“It’s a good four-month-long process,” adds Andy, who says his wife tends to downplay the time and effort it takes for her team to organize an event, as compared to the effort it takes for The Remainders to play for the same fundraiser. “Sometimes we (The Remainders) get all the credit because we’re up on stage and visible, when it’s Linda and her team that has done all the work,” he says. “Linda has incredible fundraising skills, but she doesn’t like the attention.”

“Andy likes to be in the limelight, whereas I like the warm, fuzzy feeling that comes with knowing that I’m doing something to contribute,” says Linda. “So when I was helping with one of my first fundraisers and looking for ideas I thought, ‘Why don’t we just include the band?’”

"Andy likes to be in the limelight, whereas I like the warm, fuzzy feeling that comes with knowing that I'm doing something to contribute."

—Linda Temte

Part of a team

It was that idea that not only produced what Linda refers to as a fundraising "product," but also created a partnership between husband and wife that has kept them connected to the community. Since then, Linda has been an integral part of the fundraising efforts for organizations such as Habitat for Humanity (Raise the Roof), the Hunger Task Force (Rockin' Out Hunger), HorseSense for Special Riders (Rockin' for HorseSense) and Steppin' Out in Pink (Rockin' Out in Pink). In addition, both of them have served as board members for a number of the agencies.

"I like to think that we're contributing in some way. We're a fun, philanthropic, high-energy midlife crisis in action," says Andy about how he and the way The Reminders support community events. "And since Linda and I are both from La Crosse, it's nice to have a way to give back while having a good time. Each time we play, it's like being at a class reunion."

At the end of the day

Despite their active volunteer life, the Temtes manage to find time to enjoy other distractions. Now that they are empty nesters with two grown sons, Linda is able to take a break during the summer and dedicate time to her lifelong passion—horses. "One year Andy bought me my first riding lesson for my birthday," she says. "After that I was hooked. Now when I'm not busy with fundraisers, I have three horses to keep me busy."

"And she's a really good rider," interrupts Andy, ignoring protests from his wife. "She doesn't like to brag about it, but she's an accomplished equestrian and competes in shows with the United States Dressage Federation."

"Yeah, Andy has always been very supportive of my interests," says Linda, who signals her husband to stop talking. "And I like how we work together. I ride the horses and he throws the hay." *(crw)*

Martha Keffe lives and writes in La Crosse. She enjoys writing about people who are active in the community, especially when it involves a group effort.



Andy Temte serves as front man for The Reminders: (from left) Johnny Nielsen, Steve Duff, Temte, Josh Shively and Ed Overholt.



Linda Temte heads the "well-oiled juggernaut machine" that puts numerous local fundraisers into motion. From left: Temte, Donna Flower, Sue LaCrosse and Gina Gerrard.



JOIN US...
SATURDAY
SEPT. 12 2015

9:00: Gundersen Health System La Crosse
Campus walking trail on the main stage.

HONOR SURVIVORS
REMEMBER LOVED ONES
WALK 2

SUPPORT LOCAL BREAST CANCER
RESEARCH, PROGRAMS & SERVICES
at Gundersen Health System
Support the services of the Center for Cancer & Blood
Disorders & Norma J. Vinger Center for Breast Care.

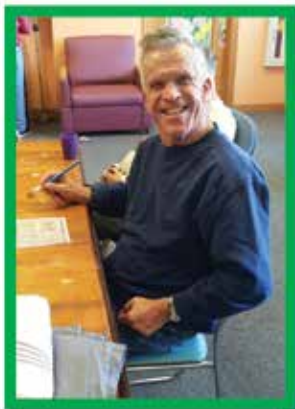
REGISTER
NOW ONLINE SteppinOutInPink.org



OUR SPONSORS:



*"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



The Pilates Studio Lax

www.PilatesStudioLax.com

**Explore the studio online first,
then come in and discover
the best part of your week!**

608-781-2656

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



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.



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

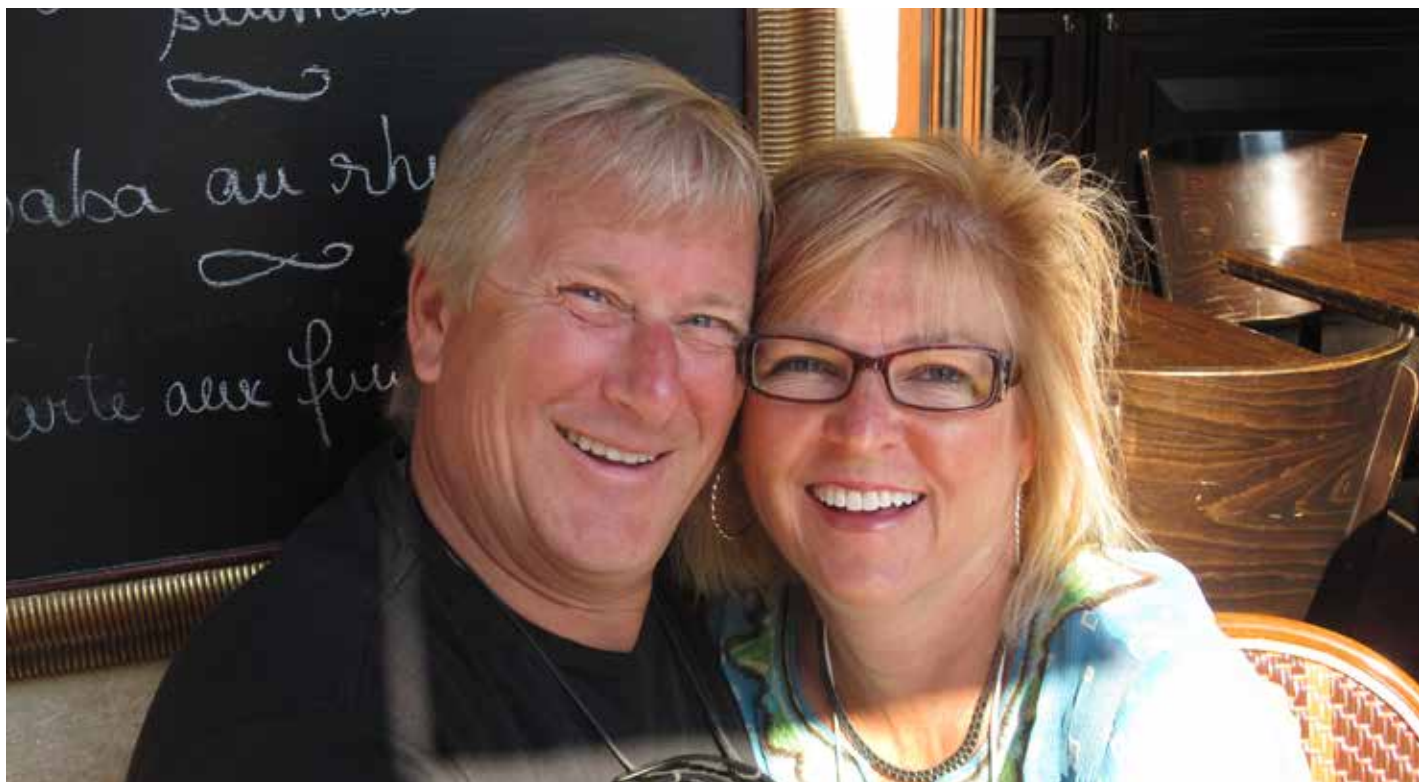
Check us out!



A FAMILY OF PATIENTS

Dentistry is a labor of love for Dr. Jon and Jane Feist

BY LAURA ROWLETT
Contributed photos



Jon and Jane Feist have built a dental practice as solid as their own marriage. The secret: treat patients like family.

In dentistry and in life, passion drives Dr. Jon Feist. Training in advanced dental procedures is his hobby alongside photography, sailboat racing and scuba diving. An artistic flair and a fervent pursuit of new techniques blur the lines between work and play.

At Feist Dental's luminous Onalaska office, mounted photos of international landscape scenes and wildlife grace the sprightly entryway. Greeting guests in the reception area, Dr. Jon's photos showcase his patients' gleaming smiles, icons of his practice's philosophy: Treat patients with respect. "We say we want you to come for a visit and have some dental work done while you're here," says Jane Feist, Dr. Jon's wife and longtime office administrator, who guides their team of 10 while two dentists offer top-notch care.

Moving up

"Jon is just one of those guys who would be exceptional at anything he sets his mind to—you name it," says Robert Burns, University of Wisconsin-La Crosse professor emeritus of microbiology, who in the early 1980s urged Dr. Jon to pursue a career in dentistry when his master's thesis about infectious disease turned heads in microbiology circles. "I'm happy to say he's been my dentist for a long time."

Trained as a U.S. Air Force medical technician, Dr. Jon entered dental school at the University of Minnesota, working as a med tech to pay the bills. But Feist Dental's first home was not the lustrous

gallery patients now enjoy. In 1985, his first practice took root in downtown La Crosse in a Main Street basement. Incidentally, the building housed four other dental offices.

As the first scratch-start office in the area, the competition was stiff and the appointment schedule sparse, often with eight-hour gaps between patients. In those days, dental associations frowned upon advertising, but Feist saw regional health care providers' attitudes about promotion begin to shift, so he took a chance—and caught some flak—when he printed direct-mail pieces to announce his services to potential local clients.

A new partner

As fate would have it, his new ads not only attracted customers but also his first employee and future wife, Jane. She has assisted with dental work at times, and while Dr. Jon paired with other dentists through the years, she has always been his No. 1 business partner, managing the team and its training, overseeing marketing and acting as a patient liaison in their office.

"We work in different venues but have common goals for our family business," Jane says. "There's always someone in a dental office who does my role to keep everything flowing in the right general direction, and it takes a strong person who is in it for the right reasons. We find our marriage to be an asset here because, well, who would care for his future more than I do?"

The future of Feist

By their design, Jane and Dr. Jon will eventually enjoy more time sailboating and photographing their travels when they someday down the road put Onalaska native Dr. Jake Siegert, who came aboard a year ago, at the helm with his wife, Kathryn, transitioning into Jane's role. "In bringing our talents and strengths together, we will be better able to provide a comfortable and enjoyable experience for patients," Kathryn says.

"We want this system in place so the torch can be carried on," Jane says. "It's rewarding to enjoy the success of what we've built together, and we want Dr. Jake and Kathryn to pursue their careers with the same passion and focus for our patient family, just as Jon and I have for 30 years."

"We found the right person to train, and Dr. Jake shares a great sense of obligation to our patients and our team," Dr. Jon adds. "He is in it for the long haul. We look forward to growing the practice over the next decade, blending our philosophies and care knowing our patients and team are in good hands for the future."

Technology trailblazer

Priorities these days include patient education during appointments, digital technology and advanced techniques; Dr. Jon stays on the forefront with 50 to 100 professional development hours each year. He was a trailblazer in 1989 as Wisconsin's second dentist to use the intra-oral camera. With today's technology, his various lasers can improve the condition of gum tissue and even regrow bone. A new CT scan machine improves precision and planning for dental surgeries and implants.



Testimonials of happy patients line the walls of Feist Dental.

Still, "It wasn't a matter of whether the CT scanner would directly pay for itself but a matter of accuracy and allowing us to better serve our clients," Dr. Jon says. "Cool doodads are fun, but I have to know that care will be quicker, easier or more comfortable for patients before we invest in anything new." **(crw)**

Laura Rowlett, who will celebrate 10 years of marriage to her husband, Nick, in June, thinks the Feists' shared focus on work and mutual hobbies is matrimonially motivating.



a new
Bob got[✓] hip.

For hip surgery, he chose Winona Health.

With the help of the surgeons and the sports and orthopedic team at Winona Health, Bob is back in the swing of things!

To learn more about Orthopedics and Sports Medicine, visit winonahealth.org/ortho.

WH Winona Health

Healthy starts here.

859 Mankato Ave. • Winona, MN • 507.474.3338

Find us online: winonahealth.org   

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



We've Got Your Look
at Chelson B. Salon Center
Full Service Salon Including Wigs!

Chelson B.
salon centers

Interested in
joining our team?
Give us a call!

2606 Ward Ave
La Crosse
(608) 788-2875



LA CROSSE AREA
BUILDERS
ASSOCIATION



**August
14, 15, 16
and
20, 21, 22 & 23**

Hours:
Thurs & Fri's: 5 to 8 pm
Sat & Sun: Noon to 5 pm

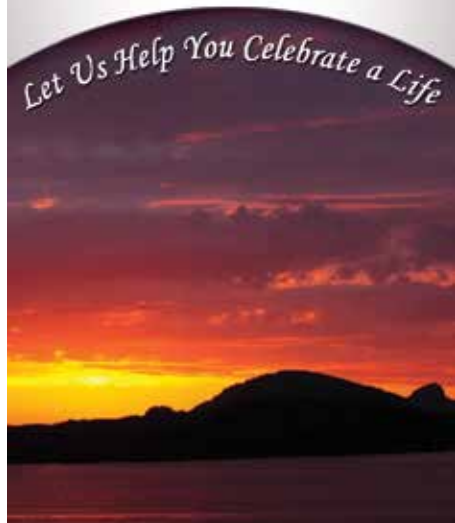
Tickets \$8 until
August 16th, \$10 after and
available at the door
Children 5 and under free.

www.labaparadeofhomes.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



A COOL IDEA

Developer Mike Keil cultivates businesses and builds community in La Crosse.

BY JULIE NELSON | Contributed photos

Mike Keil is, in no particular order, a husband, a father, a real estate manager, a risk taker and a sap for a “cool idea”—which leads to yet another role: developer.

Keil (pictured above) is the guy who purchased and turned around the Jackson Plaza shopping center in central La Crosse and the Doerflinger building downtown. He’s had cool ideas that have flopped (like a used sporting goods store in downtown La Crosse), helped people with cool ideas that are working (like The Root Note) and given people like Theresa Held the opportunity to start small and grow.

Held is the owner of Bean Juice, the coffee shop that launched the remodeled Jackson Plaza. “Mike has been like an angel to me. I wouldn’t be where I am today if it hadn’t been for Mike and (his wife) Karen,” she says.

Property with potential

Keil began his career as an environmental engineer in Madison, working for a company that cleaned up contaminated sites and converted them into commercial real estate. Eventually, Keil and a coworker thought they might do better (or have more fun) striking out on their own. They looked at

“brownfield” sites they could clean up and sell, then Keil saw Jackson Plaza. It was in sad shape at that time, with very few tenants. Keil and his buddy bought the property in 1999, and “overnight, I turned from an environmental guy to a shopping center guy,” Keil says. “I enjoyed it so much that it’s all I do now.”

Keil knew coffee shops can be a hub of activity and a good source of customers for surrounding stores, so in 2001, he and Karen opened AJ’s Java Joint in Jackson Plaza. To ensure success, they hired the best coffee shop manager they knew: Theresa Held. “It was always Theresa’s coffee shop,” says Keil.

“She was in charge of the menu, the quality control and the design. She was the mover and the shaker behind the scenes.” Five years later, Held bought out the Keils and renamed the coffee shop Bean Juice. The coffee shop continues to draw customers and contributes to the success of the other businesses in the now nearly full Jackson Plaza.

Family and community

In retrospect, Keil says those early days of developing and real estate management in La Crosse were hectic. As a physician, Karen was often unavailable to transport kids. That meant Keil was the chief driver, making sure their two school-aged kids got to all their activities. “I’m sure I turned down some good projects during those years, but I knew I needed to have the time to devote to the family,” he says. “Looking back, I have no regrets.”

Looking forward, Keil sees downtown La Crosse as a growing area with lots of potential. He is a board member for Downtown

Mainstreet, Inc., and chairs the La Crosse City Vision Foundation Safe-Cam Project.

Two years ago, he and Karen moved to an apartment they own downtown. They see the heart of the city becoming a bona fide neighborhood that appeals to young professionals and people over 55—folks who aren’t interested in shoveling walks or mowing lawns, but like to be close to a variety of activities. The Keils, along with Metre Advertising, are so enthused about the possibilities of a downtown neighborhood that they are creating the city’s first “parklet”—a small green space with a bench using a single street parking space.

So if you’re wandering along Fifth Avenue this summer, don’t be surprised if you see Keil sitting on the bench, talking with someone about their next “cool” idea. *(crw)*

Julie Nelson first interviewed Mike Keil when he was the owner of AJ’s Java Joint. She enjoys seeing the good work he continues to do in La Crosse.

WELLNESS FEST 2015

Saturday, July 25, 9 a.m. to 1 p.m., La Crosse Center



Meet Chef Dana Herbert,
winner of season 2010-2011 TLC's

"Cake Boss: Next Great Baker"

Cooking demonstrations at 10 and 11:45 a.m. Experience Chef Dana prepare tasty, healthy dishes. Come early to receive your complimentary ticket for samples, available in limited quantities.

A fun and informative healthy-living event, featuring activities for all ages:

- Health screenings and displays
- Shop at area vendor booths and learn about local services
- Bikes Limited safety inspection and mini tune-up (Don't forget to bring your bike!)
- Free bike helmets and fittings for kids (while supplies last)
- Kids' Zone with The Parenting Place and a Home Depot kid's workshop

Bring a non-perishable food item to help local food pantries.

Free admission and a chance to win prizes!

Gundersenhealth.org/Wellnessfest
(608) 775-4717

GUNDERSEN
HEALTH SYSTEM®
Where Caring Meets Excellence

Reveal
AESTHETICS



Joliene Kues, CNP

BOTOX®
Cosmetic

Juvéderm



THE PERFECT PEEL

BELOTERO®

i-lipo®

REVEAL the
younger you at
Reveal Aesthetics

Ms. Kues is a Nurse Practitioner
specializing in facial aesthetics,
weight loss, BHRT and PRP.

Offering PRP for hair restoration for
men and women.

Call for a free consultation!

507.458.1076 • www.RevealMN.com
joliene@revealmn.com
1201 Gilmore Ave - Suite 1
Winona Mall Annex • Winona, MN

ELDER CARE

Helping you make informed
choices at every stage of your life!



Wills, Trusts & Estate Planning • Business Law
Elder Care • Probate • Trust Administration

(608) 782-6110

info@eglashlawoffice.com

Law Office of
HEIDI M. EGLASH
LLC

Celebrating 10 yrs

SPRUCE CENTER

www.eglashlawoffice.com

1212 Horton Street • Suite 100 • La Crosse, WI

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.

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]

5 Steps to a Healthier Him

Keep the men in your life healthy at any age.

BY JULIE NELSON | Contributed photo

Many of us have men in our lives whom we want to have around for a long, long time. But let's face it: When it comes to taking care of their health, men can sometimes be, well, infuriating.

Dr. John Conzemius, an internal medicine practitioner at Gundersen Health System, works with men all the time. And while he doesn't have a cure for stubbornness, he does have some tips for motivating your man to take his health seriously.



*Dr. John Conzemius, Internal Medicine,
Gundersen Health System*

*** Take the team approach.**
When you're taking an active role in your own health, it's easier to start a conversation about his. "I want to start eating healthier. I thought I'd buy some apples next time I go to the store. What kind of apples do you like?"

*** Lead by example.**
Buckle your seat belt, wear a bike helmet and get any needed immunizations.

*** Know where you stand.**
Each of you should get an assessment with your health professional. Know what hereditary risks you face and what lifestyle choices you are making that are both enhancing and risking your health.

*** Think of active, positive steps you can take.**
Focus on behaviors such as eating more fruits and vegetables, getting some fresh air after dinner or smoking fewer cigarettes. This tends to work better than obsessing over no sweets, a grueling exercise routine or an all-or-nothing approach to smoking.

*** Have a plan.**
If, for example, either of you is at risk of diabetes or a heart attack, make a plan for how you are going to improve your health so that doesn't happen. Acknowledge that better health won't happen overnight but that a long-range plan will be worthwhile. Identify the barriers you will face and how you will work your way through them.

Tips for men of all ages

Dr. Conzemius says men, like women, will have different health priorities for different times in their lives. Encourage younger men you care about to stay healthy by taking safety precautions: Wear a helmet while out mountain biking and a life jacket while on the Jet Ski. Keep driving speed under control. When doing home repair projects, use safety goggles and wear gloves.

Males who are no longer boys should use diet and exercise to keep healthy. They need to be taking steps to avoid hypertension, diabetes and other diseases they may be at risk of inheriting from their parents.

Women who love men of "a certain age" may need to work with their guy to manage mobility issues, chronic health problems or even dementia.

Dr. Conzemius says two of the common excuses for avoiding health care—money and time—don't hold much water when you consider that early detection costs a lot less and takes a lot less time to treat than something that has festered for years.

So grab your man, visit your health care provider, know where you stand and have a plan. Then the two of you can live healthfully ever after. And, we hope, happily. **(crw)**

When Julie Nelson wears her helmet while biking short errands, you know she is trying to model a healthy practice for her son and husband.

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 Store Hours
La Crosse, WI M-F 9:30 - 6:00
(Across from McDonald's) Sat 10:00 - 5:00
Sun 11:00 - 3:00

Interior design consultations available by Let's Imagine Design



CRPW
Coulee Region Professional Women

Promoting professional, educational, cultural and social advancement of women from all walks of life.

Join us for hours d'oeuvres!
Help support area women, make friends and have fun!

Come and learn more about CRPW at our membership drive.
5:30pm Tuesday, Aug. 25 at Progreba Restaurant
1232 Avon Street, La Crosse
Free to new members.

RSVP to Linda O'Connell by August 23
linda@take5productions.net • 608-790-3618
Check us out on Facebook:
www.facebook.com/crpwomen

**"Call HoME
For Your Maintenance Needs"**



Home Maintenance Experts

**No time for Home Maintenance?
We can help!**

Repairs
Remodels
Maintenance
Everything for the home, inside & out!

Seasonal Maintenance Plans make a great gift
for Father's day or any Occassion!

608.385.1941
www.helpmyhomeplease.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

TAKE IT OUTSIDE

Gear up for summer sports or a walk in the park with apparel for her—and him.

Photos by
Jen Towner Photography



Fathers, daughters, mothers, sons— all enjoy summer in the Coulee Region. Take your family time outdoors with sportswear from local merchants.

Fat-tire racers Ruth Hallstead and her father, Eric, of Onalaska, take off in high-tech biking gear from **River Trails Cycle** in Onalaska.

On Ruth: SheBeest jersey, \$69.99, and sport skirt, \$39.99; Louis Garneau W's Request bike shorts, \$39.99; Giro Verona helmet, \$44.99; Giro Monica bike gloves, \$39.99; Sock Guy sport socks, \$10; Giant Revel 3 bike, \$359.99.

On Eric: Louis Garneau Icefit jersey, \$84.99, and Cyclo 2 shorts, \$59.99; Giro Trinity helmet, \$39.99; Giro Bravo Gel bike gloves, \$29.99; Sock Guy sport socks, \$10; Giant Talon 27.5-1, \$1,379.99.

Jill Emerich and her son, Michael, of La Crosse, take in the outdoors with outfits from **Macy's** in Valley View Mall.

On Jill: INC embellished tank top, \$50.50; Style & Co. capri pants, \$24.98; INC jacket, \$89.50; Lauren Ralph Lauren shoes, \$59.

On Michael: Polo Ralph Lauren polo shirt, \$85; American Rag shorts, \$29.98; Polo Ralph Lauren Hanford shoes, \$65.



Personalize Your Space
www.designcabinetryinc.com

Design & Services
as unique & polished
as our cabinets.



**DESIGN
CABINETRY
INC.**

By Don Gautsch

3905 Circle Dr.
Holmen, WI 54636
608-781-0100

Inspired // Exquisite // Attainable

DESIGN
made the difference

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

.....
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



Sarah Schultz
PHOTOGRAPHY
608-783-0680



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



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.

ywca
eliminating racism
empowering women

Presents

Men on a Mission

advocating for women and diversity



Awards & Auction Event

08 • 19 • 15

5:30-8:00 p.m.

The Freight House
107 Vine Street
La Crosse

YWCA La Crosse will honor area men who align with its mission and advocate for women and diversity

Make your Reservation

info@ywcax.org
608-781-2783, ext. 226



Beyer Cabinets LTD.

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



Interior designers like Brenda Schaefer, owner of Let's Imagine Design, bring insight, experience and fresh ideas to homes in need of a facelift. Photo by Heather Sysimaki, Life Shots Photography.

SEEING YOUR HOME WITH FRESH EYES

Interior designers turn your visions into a beautiful reality for your living spaces.

BY KIM SEIDEL

Contributed photos

There comes a day when you know, without a doubt, that you want to make changes in your home. You've comfortably lived with the same furniture, artwork and color schemes for a long time. Now you and your family have grown up, and it's time to reflect the transition and move toward a bright future.

Feeling overwhelmed by the countless options available for every room, you consider hiring an interior designer. It's a smart move that can save money and time and turn visions for your living spaces into a beautiful reality.

Why hire an interior designer?

Partnering with clients to explore possibilities, an interior designer such as Brenda Schaefer, owner of Let's Imagine Design, can assist you with a color or décor change for one room or an entire home. An interior designer is a professional who assists clients in making decisions about furnishings, flooring, fixtures, colors and room layouts to create attractive homes that flow as well as function. An interior designer walks into your home with fresh eyes, noticing what you naturally overlook as a daily resident.

Schaefer loves to create spaces that reflect the personalities of individuals and families and evoke comforting, wonderful feelings. To achieve that effect, she personally meets with clients for an initial consultation.

"I will ask you a lot of questions," Schaefer says. "This is the best part of my work; I strive to develop fantastic relationships with my clients." Schaefer can creatively repurpose items a client already owns for an updated look or relocate a piece for a renewed appearance. It's surprising how minor changes can make an impact on a room.

Choosing an interior designer

Considering that you invite an interior designer into your most personal space—your home—make sure you'll enjoy spending time with that person, says Eugene Reckard, furniture manager and showroom designer at The Board Store. You'll need to effortlessly trust and continually communicate with your interior designer.

"It does need to be a good fit with people and personalities," Schaefer says. "Your thoughts and dreams echo through my head as I'm shopping and cultivating ideas for you."

Whether you desire your child's bedroom to carry her through high school or your family to have a fun place to play games, an interior designer pulls ideas together. Maybe you and your partner disagree on colors and furnishings. An interior designer can help couples reach a happy compromise.

It's the designer's job, Reckard says, to help customers accomplish their visions for their home and personalize their spaces. "Put things



Eugene Reckard, showroom designer at The Board Store, advocates communicating closely with a designer to ensure your home reflects your personal style.



Home accessories can update a room without a complete redesign. Photo by Brenda Schaefer.

into your rooms that you like to make it your own,” Reckard says. “If you walk into your home and it’s not ‘you,’ how can you be happy? Your opinion matters when you work with an interior designer.”

“I have to have good listening skills,” says Schaefer. “I want you to fall in love with a room.”

Setting your budget

An interior designer needs to know your budget so he or she can begin envisioning plans with you. After an initial consultation, Schaefer will plan and shop for your home. “Sometimes I need to take baby steps with a client, yet I’m here to push you out of your comfort zone without overwhelming you,” she says.

Your budget should include accessories, artwork and other furnishings, as well as interior designer’s fees. “I keep my rates affordable, so I’m always getting called back for another room,” says Schaefer, who charges by the hour. “I love to work with people on a variety of projects and budgets.”

At The Board Store, an interior designer comes to your home at no charge when you’re trying to decide on couches, dining-room sets and other large furnishings, along with accessories from the shop, Reckard says. With hundreds of items to choose from in its recently updated store, The Board Store has its own interior designer, Kathy Waldera-Manka, to support you in finding the perfect pieces for your home.

“When you’re in the store, it can be hard to visualize what (an item) will look like and where it will go in your home,” Reckard says. “Our interior designer is great at finding the best placement and arrangement for our furniture and accessories.”

Opening new doors for customers, Waldera-Manka allows clients to see the big picture of their gorgeous home. If customers unsuccessfully attempt arranging new furnishings, she can step in to offer new ideas. After Waldera-Manka gives suggestions, she’ll often hear clients say, “I’ve never thought about that.”

By choosing items you enjoy having around you and selecting a “color story”—one to two hues for the room—you can pare down

the costs of redesigning with specific, smart purchases, rather than making too many buys that don’t satisfy your needs, Reckard says. Following a color story for a room allows you to choose articles that complement your home and personal style and fit your budget.

Determining your scale

If you don’t want to undertake a complete overhaul, redesign offers another route by using your existing items. Accessories offer endless possibilities for any room. Painting and repurposing are other alternatives for updating your home.

Visitors to Schaefer’s unique home décor store, Practically Posh, can gather all kinds of ideas from what Schaefer describes as the “little vignettes and scapes” found there. She organizes color schemes and subject themes to display together. It’s hard to make a mistake when picking selections from a group that Schaefer designed.

Schaefer likes to bring items into the store that will set your home apart from others, making it as individual as your own family. With the right choices, your home can represent you and leave a lasting impression on guests, she says.

Buyers see that same personalized concept at The Board Store, which displays a growing array of wall clocks, mirrors, lamps, artwork, rugs, vases, table centerpieces, candles and more to mix and match. Watch for more options in furniture fabrics, shapes and sizes, as well as coffee and side tables, sitting chairs, lift chairs and countless items to special-order.

“We’re continuing to change and to bring new items into the store,” Reckard says. “We’re not only going to remain strong in what we’re best known for—real wood furniture—but we’re bringing in new items that will continually evolve with our customers.”

For more information, visit www.letsimaginedesign.com or www.theboardstoreonline.com. (crw)

Kim Seidel is a writer in Onalaska who enjoys dreaming about home projects for the future.

Flooring Interiors

We've Got You Covered!

**Custom Tiling
More Than Just Floors**



After **Before**

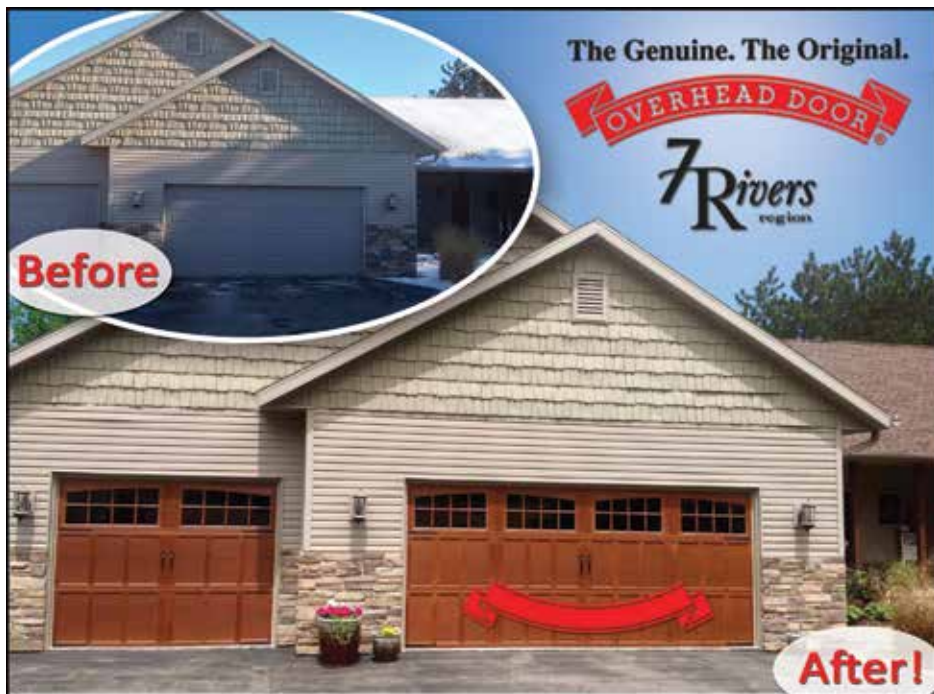
83 Copeland Ave., La Crosse
608-779-9440

The Genuine. The Original.

OVERHEAD DOOR

7 Rivers
region

Before



After!

**Put a SMILE on your garage door
with Overhead Door of the 7 Rivers Region**

W6797 Abbey Rd. • Onalaska
608-783-6080 • www.overheaddoor7rivers.com

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

What colors do we offer? ALL of them!

Dura Supreme's new Personal Paint Match Program offers the entire Sherwin William's paint palette, over 1500 colors, for your new kitchen or bath cabinetry.



DURASUPREME
CABINETS

Watery SW 6478

Sandy Ridge SW 7535

Call for an appointment with one of our experienced designers today!

Wisconsin
BUILDING SUPPLY

N5566 Frontage Road - Onalaska
Mon-Fri 8am-5pm • Thurs 8am-8pm
608-781-3900 • www.wibuildingsupply.com
Like us on Facebook: [WIBuildingSupplyOnalaska](https://www.facebook.com/WIBuildingSupplyOnalaska)

These Beauties are Coulee Region Women



Jen Towner Photography | Modern Portraiture | 608.317.7787 | www.jentownerphotography.com

NOW BOOKING 2016 SENIORS. CALL NOW TO SET UP A SESSION!

Offering a highly confidential environment for the treatment of anxiety, depression, anger management and relationship distress. Serving adults, families, children and couples.



205 5th Ave S Exchange Building Suite 308 La Crosse, WI 54601
PH 608.785.0011 FX 608.785.0045 www.heartjourneyix.com

Cindy Ericksen, MS, LMFT



D.M. Harris Law, L.L.C.

Experienced • Dedicated • Compassionate



Dawn Marie Harris, Attorney



Dawn M. Harris
Attorney

Over 20 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

Direct from a garden to your cart.



315 5TH AVENUE S
LA CROSSE
608.784.5798

www.pfc.coop



good. honest. local.

Island City Gallery

Fine Arts & Jewelry

119 E. 3rd St.
Winona, MN 55987

Featuring

Sterling Silver Jewelry Artists & Julie Johnston Fine Arts



Rich & Maryann Frietsche
507-429-8750



Julie Johnston
507-961-0504

June
Ceramics & Pottery
Wickey Maslowski
Anne Plummer
Teresa Schumaker
Lisa Truax

Summer 2015 Guest Artists

August
Paintings
Julia & Theresa
Crozier



Thursdays & Fridays
11am—5:30pm
Saturdays 10am—3pm
islandcitygallery.com

TODAY'S SPECIAL



Living, Loving & Working Together

Three local couples share their recipes for successful restaurants.

BY ASHLEY REYNOLDS
Contributed photos

Running a business is no walk in the park, and neither is maintaining a successful marriage. What happens when you combine the two? Three local couples share details of what it's like living, loving and working together in three favorite local restaurants.



Kelsey and Drew Williams, Fayze's

Located in the heart of downtown La Crosse, Fayze's has been a staple in the community for decades. Between their famous breakfast specialties and delectable dinner selections, Fayze's truly is an essential part of the local culture.

Kelsey and Drew Williams have owned Fayze's since 2008. Though running a restaurant as a married couple isn't always easy, they say there are a few secrets to keeping successful in their marriage and their business. "The bottom line is that we have the same goal, which is to be successful while having a good time and encouraging a happy group of employees," says Kelsey. They also aim to keep their work and home lives separate. "We just always remind each other that we need to do what needs to get done, and that we have to keep each other positive whenever work life starts to spill into home life."

Overall, Kelsey and Drew love running one of the most beloved restaurants in town, and their success over the years has come with more rewards than distresses. Kelsey says, "There is no other person that I would like to share success with than my partner and best friend. Yes, we have our share of stress, but we can celebrate any daily small successes together."



Chris and Tammy Roderique, Piggy's

Known for their mouthwatering smokehouse entrées and relaxing blues lounge, Piggy's has been a go-to for upscale dining in La Crosse since the early 1980s. Chris and Tammy Roderique have owned the restaurant since 2001 and have a lot of advice for couples working together.

"Our success comes from each of us having specific job responsibilities (that don't cross, so we never have conflict over anything," Chris says. He has been the head chef since the very beginning, while Tammy focuses on the behind-the-scenes magic. Overall, they say the most important thing is to have respect for each other and their individual strengths.

For Chris and Tammy, Piggy's is their life, but they understand that a line needs to be drawn between work and home. "Being at Piggy's six and seven days a week is part of our life. If it starts to feel like work, I think it would be a heck of a lot harder," says Chris. "However, when we are driving home after work, our rule is that we talk about our day, and when we turn into our driveway, work talk stops and we return to being husband and wife." They say this is their best advice for combining happiness at home and success in business.



Michael and Jamie Gorder, The Old Crow

As if owning one local business wasn't enough, Michael and Jamie Gorder have their hands in three successful bar/restaurants in town: Howie's, State Room and The Old Crow. They run these businesses alongside their business partner, Ryan Johnson, and have plenty to say about the rewards of working together as a couple.

"Jamie and I met while working in the service industry and both moved up and excelled in the business because of personality traits like hard work and dedication," says Michael. He believes that the secret to success in working together is having aligning ideals and work ethics. Jamie says they motivate each other. "We push each other to always be on our A game, which sets the tone for our employees and business as a whole," she says.

Though they both acknowledge that working together sometimes puts a strain on their home life, Michael says, "It is a great feeling knowing that, after all the long hours, extra days of work and lack of sleep, we were both in it together. And that is a great spot because we went the extra mile since day one and both held to the highest of standards."

Ashley Reynolds is a recent graduate of UW-La Crosse, where she studied journalism. She's been an intern with Coulee Region Women for two years and hopes to continue with magazine journalism in the future.

RECIPES

Instant Happy: Just Add Flop Cake

Fayze's Restaurant

For a super-easy dish to pass at your next family reunion, shower or get-together, simply dress up a Fayze's signature Swedish Flop Cake. Fayze's Flop Cake is made up of two pastry layers with cream throughout and powdered sugar on top. It pairs well with fresh berries of any kind.

Serves 8

- 1 Fayze's Flop Cake (special-order from Fayze's a day ahead)
- 1 pint fresh berries of your choice

Cut Flop Cake into serving pieces and top each piece with fresh berries—the sweet cream of the cake ensures no further whipped cream is needed.

Crunchy Nacho Avocado Burger

The Old Crow

This funky spin on an American favorite will spice up your cookout.

Serves 1

- 2 ¼-lb. hamburger patties
- 2 slices mozzarella cheese
- 2 slices pecan wood-smoked bacon
- Jalapenos (deep fry them if possible)
- ⅛ cup guacamole
- 3-4 nacho cheese chips
- 1 Talame bun (available from Fayze's)

Grill hamburger patties as desired. Place chips on bottom half of Talame bun, place burger patties over chips and top with cheese, bacon, jalapenos and top half of bun.

Flourless Chocolate Cake

Piggy's

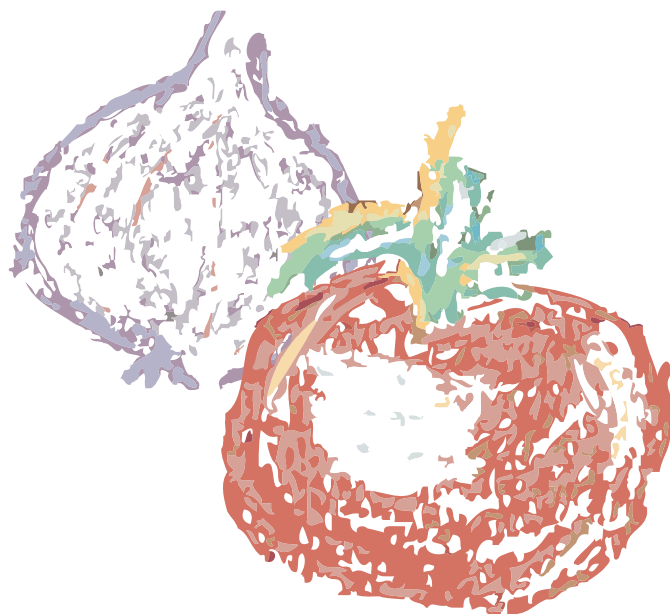
Amazingly, this decadent dessert is prepared with just four ingredients. Choose top-quality chocolate, butter and eggs to make it extra special.

Serves 24

- 7 oz. chocolate
- 6 oz. butter
- 1 cup sugar
- 4 eggs, separated

Preheat oven to 300°F. Melt butter and chocolate in a double boiler. Whip egg yolks and ½ cup sugar until pale and ribbony. Fold melted chocolate into yolk mixture. Whip egg whites to a soft peak, then whip on high while slowly adding the remaining sugar. Fold into chocolate mixture.

Line a jelly roll pan with parchment paper and butter and sugar the paper and sides. Pour batter in evenly and bake for 45 minutes or until a toothpick pulls out clean. Chill and serve.



EASING THE PAIN

Richard Chrz of the Local Lupus Alliance combines education with compassion and fun.

BY ANDREA CULLETO
Contributed photos

Shakespeare once said, “Some are born great, some achieve greatness and others have greatness thrust upon them.” In Richard Chrz (pictured above), cofounder of the Local Lupus Alliance, greatness has manifested as 24-hour ultra marathons, murder mystery theaters and lots of free bacon.

Most people don't know much about lupus. Chrz discovered this back in 2010 when he was diagnosed with this noncontagious, lifelong disease that causes a hyperactive immune system to attack healthy tissue, wreaking havoc on the body. So he, along with fellow lupus patient Deb Brague of Magic 105, founded the Local Lupus Alliance. LLA now offers community education and support to lupus patients.

Lupus is often considered the ‘great imitator’ since it can mimic many diseases’ symptoms. Examples include fibromyalgia, thyroid disease, infections, rheumatoid arthritis, MS and more.”

Kindness and compassion

Chrz uses his personal experience to help others understand and support lupus sufferers. “I have some really good friends who say, ‘Hey we’re going out Friday night and we’ll have two extra seats for you and your wife.’ They know that 85 percent of the time I won’t be well enough to make it, but they keep our friendship strong by having those seats available.” These gestures, along with delivering prepared

.....
“I used to run 100-mile races. I knew what pain and fatigue was.
I now have days that make a 100-mile race seem like the easiest thing I’ve ever done.”
—Richard Chrz
.....

Education is key

A big part of the organization’s mission is advocacy. LLA teaches and builds alliances with patients’ families, school systems, doctors and employers. This is key. Many lupus patients look perfectly healthy on the outside, so their circle of influence can be unaware of their struggle. A patient’s healthy appearance can even lead friends and family to believe that they are fabricating or exaggerating their condition. LLA works to correct this through education.

Chrz explains, “People don’t understand what you mean when you say, ‘I’m in a lot of pain and I’m tired.’ That’s hard to quantify. People really don’t know what fatigue and pain is. I used to run 100-mile races. I knew what pain and fatigue was. I now have days that make a 100-mile race seem like the easiest thing I’ve ever done. The best way to quantify it is by saying that I have ‘paper clip’ days. This means that I have days where I hurt too much to close a stapler.

“People don’t realize what lupus is,” he continues. “Lupus is strokes. Lupus is heart attacks. Lupus is kidney failure and brain aneurysms.

meals and volunteering to mow a lawn or shovel a driveway, make a big difference.

LLA also provides compassionate care. “We had a single-parent family with a 14-year-old daughter who was diagnosed last October,” Chrz remembers. “It was one month after her 4-year-old brother finished his last chemo treatment.”

Luckily, the family connected with LLA. “My wife spoke with her for three hours,” Chrz recalls. “Then I talked with her for three more hours. We asked what her struggles were. Turns out she was having a hard time in school because she was exhausted and needed to sleep all the time. So we connected with the school, which in turn came up with ways to better facilitate her learning. We arranged for her to meet with a rheumatologist locally, saving them the long drive to Madison. We provided gift cards so they had enough gas for appointments, as well as things like groceries and Christmas presents.”

LLA also helps by educating doctors about compassionate care, a

practice that is essential to Chrz. “All these patients couldn’t care less if the name *lupus* was in their title, if it was just a name. They’re sad because they’ve lost their lives and identities. So how do we get that back? If a doctor understands, they can work on the things that are most important to the patient and prioritize down from there. We just need to teach doctors how to do it.”

Offering a shoulder

Chrz is the right man for the job. “I don’t have a ton of skill sets, but I’m very loud,” he laughs. Chrz uses this innate talent—along with the professional skills he wields as the community relations representative at Barnes & Noble in Onalaska—to spread awareness through presentations, online forums and fun events like the Murder Mystery Theater and the Goosebumps Run—a run/walk lasting either 6 or 24 hours.

“Everybody loves the bacon,” Chrz says of a highlight of the Goosebumps Run. “Last year we started off with 20 pounds of it! We had people walking around with big plates of bacon and doughnuts. There were tables of food for racers to refuel on. It feels like a giant family reunion!”

When asked what he most wants people to glean from his efforts, Chrz replies, “Our campaign is ‘But You Don’t Look Sick.’ Someone doesn’t have to look sick on the outside to be sick on the inside. Offer them your shoulder and don’t stop being their friend.”

What truly great advice. **(crw)**

Andrea Culletto is a freelance journalist living in the Coulee Region. Her writing can also be found at andrea culletto.wordpress.com.



As founder of Local Lupus Alliance, Richard Chrz acts as an advocate—locally and beyond—for people living with lupus.

For more information on the Local Lupus Alliance and its events, visit www.locallupus.org. The 2015 Goosebumps race will be held September 25-26 at Goose Island County Park. Pre-registration is required at www.locallupus.org. There is no entry fee but donations are welcome.

CHALLENGE YOURSELF & HELP A GREAT CAUSE!

Run or walk a little or A LOT...walk one 2.8 mile scenic loop or run a half, full or ultra marathon distance. It’s your choice, you have **6 or 24 hours** to complete your personal goal.

Registration is required. Learn more at www.locallupus.org

SEPTEMBER 25 & 26, 2015

Goose Island Park • Shelter #2. Not your cup of tea?
Just come down and root on the participants

FREE EVENT
donations appreciated!

HQ 6 & 24
GBR
GOOSE BUMPS | RUN WALK

Sponsors continue to be added, see website for a complete list:

DAVE & BARB ERICKSON

Altra

MAYO CLINIC HEALTH SYSTEM

KLZ

LAW OFFICES OF KATHERINE L. ZOPF

WISCONSIN 135

Innovative Graphics women

CHANCE TO WIN PRIZES! FAMILY FUN EVENT!

Volley Ball • Bean Bag Toss • Loaded Aid Station • Camping • Fishing

Proceeds raised stay local and help patients with Lupus



To her parents,
she is priceless.

But, it's really
up to the market.

Human trafficking is a
\$32 billion-dollar industry
that preys on women,
men and children.
Report suspicious
activity to the National
Human Trafficking
Hotline at **888.373.7888**.

U.S. Catholic Sisters
Against Human Trafficking

What can you do?
Understand what human trafficking is.
Visit www.fspa.org/modernslavery

W.I.S.E. WOMEN PROTECT THEMSELVES

Larry Klahn teaches women the art of self-defense.

BY JESSIE FOSS
Contributed photo

Larry Klahn was upset. Working for the La Crosse County Sheriff's Department for more than 30 years had offered him plenty of opportunities to see women as the victims of assault and abuse. He was sick and tired of it and frustrated that there didn't seem to be a solid way of preventing these attacks.



Klahn didn't just let these feelings fester; rather, he created a solution through the development of the Women Initiating Safe Environments (W.I.S.E.) program, a class designed to help women prevent and end sexual assault.

In 1980, Klahn put together his experience from the sheriff's department and his 40 years of experience in martial arts to develop the program. Today, W.I.S.E. is taught across the country in places such as Illinois, California and Utah. All instructors are certified and must be a black belt in karate or have a set number of years in law enforcement combined with martial arts training.

A fighting chance

"As law enforcement, we are reactive," Klahn says. "We seldom have the ability to get (to a scene) before things happen. Percentage-wise, we're there after the fact."

W.I.S.E. gives women a chance to be proactive. Women participating in the class learn self-defense skills so they feel safer walking at night, learn how to fend off an attacker and understand their legal rights if they are victims of an assault. Topics covered include commonsense assault prevention, home and vehicle security management, escapes, tactical awareness and countermeasures.

More than 4,000 women—ranging from 9 to 72—have completed the class. Participants must fight their way out of a situation as the final test, which has ended in broken noses and other injuries to the instructors. Many of the women taking the class are victims of assault and violence, Klahn says.

"The first classes, about 50 percent of the participants were victims. They never wanted to feel that way again," he says. "It's good that the reputation of the class is such that the victims feel comfortable walking in the door and trusting us."

Be prepared

Sarah Robinson of La Crosse completed the eight-week course this past spring. She describes the experience as much more intense than she imagined it would be, especially emotionally. It's a class she recommends to all women of the Coulee Region.

"It was one of the greatest experiences I've ever had. It was really eye-opening," she says. "Women need to be more prepared than they are. This class provides that."

Twenty-seven graduates of the class have reported back to Klahn that they have used the skills learned in his class to thwart a would-be attacker. He describes some graduates as "extraordinarily impressive," including one young woman whose tactics landed her attempted attacker with 40 stitches. "That's the kind of stuff that makes me smile," Klahn says.

W.I.S.E. is held at Three Rivers Martial Arts Academy in La Crosse. More information on the class, including upcoming schedules, can be found at www.threeriversmartialarts.com. 

Jessie Foss is a freelance writer living in La Crosse.



The Best of Boston

| TRAVEL |

Whether you're looking for food, culture or a connection to the past, Boston has it all.

BY HEIDI GRIMINGER BLANKE

Contributed photos



Beautiful Boston Harbor greets visitors to this historic, accessible city.

Visiting Boston is like visiting a piece of history, but there's so much more to the city than names and dates. From contemporary art to a nearly 200-year-old restaurant, from a children's museum to Paul Revere's home, you'll find Boston delightful and fascinating.

Get going

Boston is a walking city, provided you arm yourself with a good map, but that doesn't mean you must spend the day on your feet. Begin with the Hop-on Hop-off Trolley tour, a 90-minute loop of Boston with more than 15 stops. Ride all the way through to get your bearings, then get off at the places you want to visit. Some tickets are good for three days.

Public transportation is easy; simply look for a sign with a white circle and a "T." Nighttime and weekend service is sporadic, but cabs and car services like Uber are available. Parking in Boston is minimal, so it's best to save a car rental for excursions outside the city.

Hubway is a bike-sharing service, with 140 locations in Metro Boston. Purchase a one- or three-day pass, and rides under 30 minutes are free; after that, pay in 30-minute increments. You'll need your own helmet.

The Freedom Trail

For many, the highlight of a Boston visit is the Freedom Trail, a marked, 2.5-mile walk with 16 historic stopping points. A red line on the sidewalk leads you from place to place. Start the Trail at Boston Common, a green space near the State House, wind your way past the site of the Boston Massacre

and Faneuil Hall, stroll to the North End and Paul Revere's House, cross the Charles River to the Bunker Hill Monument and end the trail at the USS Constitution. Near the beginning of the route, detour to the Black Heritage Trail to learn more about Boston's early African American community. Near Faneuil Hall, locate the stirring Holocaust Memorial, then find the corner of Union and Hanover Streets to view a block of buildings dating from the 1700s.

Time to eat

All that sightseeing is sure to whet your appetite, and Boston has loads of choices. The Union Oyster House, located along the Freedom Trail, is one of the 10 oldest continually running restaurants in the United States; try a dozen oysters (of course) or a bowl of clam chowder. Further along the route, Neptune Oyster offers a great lobster roll, though the wait can be long. Follow up with dessert by backtracking slightly west of Boston Common, near the Public Gardens, for the original Boston cream pie at the Omni Parker Hotel. If you're hankering for a drink, Bell in Hand, near Neptune Oyster, is the oldest continuously operating tavern; their specialty is Brick Red, a Sam Adams brew sold only on tap in Massachusetts.

Check out the neighborhood

Boston has a number of neighborhoods, each with its own flavor. The North End is a place of narrow winding streets and great Italian food, as well as a growing number of boutiques and gift shops. Giacomo's

Ristorante serves perfect pasta, but you'll have to wait in line, so head over to Mike's Pastry beforehand for a carry-out box of cannoli before dinner. For post-dinner dessert, stop for gelato at Gelateria or a cappuccino at Vittoria Café.

For a look at traditional colonial architecture, wander the streets of Beacon Hill. The red brick row houses feature stunning doors, beautiful ironwork and gas lamps. A walking tour is the ideal way to learn more about this historic square mile, available either self-guided or with a live guide. Finish up on Charles Street, home of a number of independently owned boutiques. If you're ready for food, the Paramount is a favorite eatery for breakfast, lunch or dinner.

The Back Bay neighborhood is a mix of traditional and trendy, including Newbury Street, considered by some as the best shopping area in Boston. It features high-end stores like Marc Jacobs and Valentino, as well as more affordable stores like H&M and Nordstrom Rack. Mixed in are art galleries, bookstores, chocolate shops and restaurants.

Fenway-Kenmore comprises not only Fenway Park (home of the Boston Red Sox), complete with the legendary Citgo sign overlooking the Park, but also Symphony Hall, the Museum of Fine Arts and several higher learning institutions. Bistros and bars, from sports to piano, are abundant.

For a great view of the Boston Harbor, cross over to the Seaport Neighborhood and take the Harbor Walk. Not far from there, visit the Institute of Contemporary Art, Boston. This neighborhood is a burgeoning



History, shopping and sightseeing abound in city attractions such as Quincy Market.



Explorers can spend all day outdoors taking in the inviting and green Boston Common park.



Historic sites such as Faneuil Hall are conveniently connected via the Freedom Trail footpath.



The historic and the contemporary live side by side in Boston. Whatever your interest—food, art, shopping or history—you'll find it in this charming city.



A trip to the Boston Public Garden is not complete without a visit with the ducks made famous in Robert McCloskey's children's classic Make Way for Ducklings.

area for trendy restaurants, including the casual but funky Barking Crab.

Spend the night

Boston has its share of name-brand hotels, but, for a true taste of the city, spend the night in one of 50 area bed-and-breakfasts. Some are just outside the city limits of Boston proper (Brookline or Cambridge, for example), but public transportation easily brings you close to Boston attractions. Sitting centrally on Copely Square in Back Bay are two higher-end hotels, the Lennox and the Fairmont Copely Plaza, both dating from the early 1900s. The Liberty Hotel, situated on Beacon Hill, started out in the mid-1800s as the Charles Street Prison; parts of the prison cells are still evident in the hotel lobby bar.

For kids of all ages

While older children will appreciate Boston's historical aspects, there's plenty to do for kids of all ages. Need a physical outlet? Walk, jog or bike along the Charles River Esplanade; three unique play spaces are spread out along its path. In nicer weather, rent a paddle boat or simply watch the many rowboats and sailboats dotting the Charles River. Boston Common houses the TADpole playground, complete with water play and climbing apparatus, and the Frog Pond offers summer water play and winter ice-skating. The Boston Children's Museum, the Museum of Science and the New England Aquarium, with its ground-level penguin colony, are sure to please the younger set.

Get out of town

You don't have to go far to continue your Boston exploration. The 265-acre Arnold Arboretum is away from the city center, but still in Boston proper; it's open year-round, but check its website for tours and events. Just east of downtown, Harvard University and the bustling Harvard Square sit in adjacent Cambridge. Day trips from Boston include historic cities of Concord, Lexington, Plymouth and Salem.

No matter which direction you turn, no matter if you're looking for food, culture or a connection to the past, Boston has it all. **(crw)**

Heidi Griminger Blanke, Ph.D. is a freelance writer with Orah Communications. She's visited Boston a number of times and highly recommends it as a destination.

SPECIAL SECTION

COMMUNITY

La Crosse • Onalaska • Holmen • Winona • Viroqua • Westby • West Salem





cabinetry by
Diamond

Create your dream kitchen

at an affordable price

Kitchen cabinets from Diamond feature designer-inspired finishes, modern innovation and superior durability to help transform a bland room into a perfect room.

Call 800.356.8004 for an appointment with one of our experienced designers.

Badger Showroom
1801 West Avenue South
La Crosse, Wisconsin
Hours M-F 7 a.m. - 5 p.m.
Weekends by appointment

badgerlax.com



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.



Twisted Fashion

STARTING AT \$230

Roberto Demeglio's Aura Collection brings a new meaning to "customized" jewelry; his pieces are crafted using techniques that allow pieces to spin, bend, and twist in ways one would never imagine possible.

HIGH FASHION | CERAMIC | 18K GOLD PLATED | LIFETIME WARRANTY

 ROSE | JEWELERS

5th & Main | Downtown | La Crosse

hidden valley Designs
Your Window Treatment Specialists!

Shine the light. Design the light.

HunterDouglas Hunter Douglas window fashions allow you to design with light in so many ways. Illuminate, soften or darken your spaces. Create a shimmering glow, dramatic rays, a soothing retreat. Ask for details.

celebration of **Light** savings event
May 5 - June 30, 2015

SAVE \$100* OR MORE WITH REDATES on qualifying purchases of Hunter Douglas window fashions.

Hidden Valley Designs, Inc.
608.526.9870
www.hiddenvalleydesigns.com

* Manufacturer's mail-in rebate offer valid for qualifying purchases made 5/5/15 - 6/30/15 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a \$2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations may apply. Ask participating dealer for details and rebate form. © 2015 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas. SPG15MB5

Funke & Company
Restyled Furniture and Home Décor

We are moving!
Opening May 28th.

We are moving to a new "destination" location. A short, beautiful drive in the country will bring you to our new location in the Town of Barre Mills.

From La Crosse/Onalaska:
Take Highway 16 to County Road B to County Road O.

From West Salem: Take County Road M South. At the intersection of County Road O and County Road M you will find **Funke & Company!**

Same great product. Same great value.

For more info visit us on Facebook/FunkeInteriors
Open Thursday and Friday 9:30-5 • Saturday 9:30-4
W3995 County Road M • West Salem, WI 54669 • 608.498.7313

River Trail CYCLES
Sales | Service | Rentals

- Full Service Repair Shop
- New and Used Bikes for Kids and Adults
- Huge Clothing Selection
- Accessories for Bike, Run, and Swim
- Bike and Snowshoe Rentals

Open 7 days a week

Check out all the new summer bike, run, swim, and fitness apparel - now in stock!

GIANT **Bianchi**
sockguy **GARNEAU**
700T **drymax** **Hard Bikes**
CRAFT **REDFEATHER** **illumiNITE**

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

Help Us Paddle Beyond Breast Cancer!

Celebrate the breast cancer survivor in your life by joining us for the Big Blue Dragon Boat Race. Whether you paddle, volunteer or simply enjoy the festival, you'll be helping hundreds of area breast cancer survivors.

Friday Opening ceremonies Exhibition and youth races Entertainment by TUGG Fireworks from La Crosse Skyrockers	Saturday Team races Kids' activities Breast cancer survivor ceremony Pink Ribbon Tributes
---	--

The Big Blue Dragon Boat Festival
Friday and Saturday, July 17 and 18
Copeland Park, La Crosse, Wisconsin
mayoclinichealthsystem.org/bigbluedragon

Franciscan Healthcare

Proceeds from the Big Blue Dragon Boat Festival support breast cancer survivors through Center for Breast Care programs at Mayo Clinic Health System - Franciscan Healthcare

MAYO CLINIC HEALTH SYSTEM



Family is the bedrock for La Crosse Mayor Tim Kabat, pictured here with his wife, Christy, his son, Joe, and his daughter, Emma.

A Spirit of Service

La Crosse Mayor Tim Kabat sees his community as one that cares for its own.

BY BETTY CHRISTIANSEN
Contributed photo

A strong neighborhood functions like an extended family. People look out for one another, help each other and strive to improve conditions for everyone—from children to the elderly, for their own interest and for the interest of all. Mayor Tim Kabat has witnessed this firsthand and shares with *Coulee Region Women* his own thoughts on community, family and how the two intersect in his life and in La Crosse.

How do you balance work and family life, especially in a position as demanding as mayor?

It is not always easy, but I try to keep one evening open for family time each week so that we can spend it together. My family and I also really cherish and enjoy the impromptu times when we are with each other—even simple things like watching movies, going out to dinner, working in the yard and taking our dogs to the dog park. To relax, I like to get outside, especially walks on the marsh trails.

How does your family influence your work, and vice versa?

My family does a great job of keeping me grounded. They know when to support me and when to question some of the things I am trying to do. I am a husband and father first, and I try to be a good role model and support for them, too. My wife and I push our children to remember how fortunate they are and that public service is very important. We tell them that if they don't like something, get involved to change it.

Much of the work you've done as mayor has been toward building stronger neighborhoods. What can the average citizen of La Crosse do to strengthen his or her own neighborhood?

Many people in La Crosse help strengthen our neighborhoods, and we are fortunate to have so many people and institutions who care. They volunteer, they help their neighbors, they invest and work hard every day supporting their families. There are many opportunities in La Crosse if people want to get more engaged, including attending neighborhood group meetings, neighborhood watch and family socials, where neighbors discuss important issues and identify ways to improve their community. If you like to do hands-on things, volunteering for Neighbor's Day and the ReNEW La Crosse Neighborhoods efforts are good outlets, because you help people directly with fix-up projects.

What are some of the most positive things you've seen happen in the La Crosse community in your time as mayor?

Our community continually amazes me with its spirit of service, caring, philanthropy and volunteerism. There is nothing we can't accomplish here because once our community sees a need, they come together. There are too many positives to list them all, but I would mention ones like the local homeless coalition and new warming shelter, the mental health coalition and trying to help those who are most vulnerable, our neighborhood resource

police officers and the relationships they are building with kids at the Boys & Girls Club and Mathy Center. On another note, right now La Crosse is witnessing a boom in development with new hotels, business expansions, new housing, park projects, the Lot C development downtown and our refurbished La Crosse Airport terminal, to name a few.

What positive change would you most like to see happen?

Our biggest challenge continues to be the large number of people who live in poverty, especially our children. The impacts from this poverty and what it does to education and the health of our community, our neighborhoods, housing conditions and demand for services is significant. Quite simply, the amount of poverty is keeping us from reaching our full potential as a community and is a tremendous hurdle for many of our children. Despite our low unemployment rate and growth in businesses and jobs, many people are still struggling to make ends meet. We have made some progress, and I am optimistic—especially because of our partners at the school district, the county and nonprofits—but we have much to do. Reducing poverty in La Crosse in the long term would be a tremendous accomplishment. 

Betty Christiansen is editor of Coulee Region Women.



MARY KAY

Trudy Swenson
Independent Sales Director
608-780-3388
www.marykay.com/tswenson

A wise woman once had a dream to change the lives of women for the better. One person at a time, her dream spread around the world. Nearly 50 years later, millions have been touched by the legacy that Mary Kay Ash left. I'm proud to share in her commitment of caring and connecting to help make a difference.

I have been building my Mary Kay business for 16 years. I have enjoyed the freedom and flexibility of being an independent business owner while earning an executive income. This flexibility allowed me to be at home with my children and, now, my grandchild. I love working with gals of all ages—beauty has no age, and I would love to enhance your beauty from the outside. Please call me for your free consultation.



PRINTING & PROMOTIONS

For all your printing
and promotional needs

contact us today!

800.658.9032

cpcprintpromo.com



We create
custom online
promotional
product stores!

Proud Printer of Coulee Region Women



SUMMER THEATRE AT WINONA STATE UNIVERSITY!

Winona State University is proud to host the Great River Shakespeare Festival, a professional summer theatre company in residence on our campus since 2004.

COME VISIT US THIS SUMMER AND DISCOVER "WHAT LOVE DARES"

Season 12 | June 24-Aug 2, 2015

ROMEO AND JULIET
MUCH ADO ABOUT NOTHING
THE GLASS MENAGERIE

PLUS Free Concerts, Education for All Ages & More!



www.grsf.org | 507.474.7900

Photo Credit: Kathy Christensen: Brian White in The Complete Works of William Shakespeare, Abridged.
Michael Daniel: Stephanie Lambourn & Evan Fuller in The Two Gentlemen of Verona

Financial Services with a Game Plan

Retirement Planning • Insurance Planning
Financial Planning • Estate Planning • Investments

Serving the La Crosse area

Call now for a
no-obligation consultation



Becky Nommensen LUTCF CLF®
Financial Advisor

Becky.nommensen@adviserfocus.com
608-317-4237

Securities offered through Mutual of Omaha Investor Services, Inc., a Securities Broker/Dealer. Member FINRA/SIPC. Advisory services offered through Mutual of Omaha Investor Services, Inc., a SEC-Registered Investment Advisor. Nommensen Financial and Mutual of Omaha Investor Services, Inc. are not affiliated.



A community thrives when its members are engaged, involved and active, and it's easy to spot strong communities at work here in the Coulee Region. This is a place where people care for their neighbors, their neighborhoods and the issues that affect them. Whether you live in La Crosse, Onalaska, Viroqua or Winona, odds are good that you've seen the impact that people invested in your community can make.

Best of all, opportunities to make an impact in your own community abound. La Crosse Mayor Tim Kabat points out in his interview on page 47 that joining a neighborhood group or watch, attending neighborhood socials and volunteering for community improvement days like La Crosse's Neighbor's Day are great ways to begin. Supporting local businesses, participating in community events like Artspire and Riverfest and volunteering with organizations that care for neighbors in need make a difference, too. No matter what effort we make—big or small—the results add up to a strong and caring community. As Kabat observes, "There is nothing we can't accomplish here because once our community sees a need, they come together."

Our mission at *Coulee Region Women* is "connecting you to your community," and we're pleased to offer here a space where local business owners and service providers can show what they have to offer our community—from art to healthy food to professional services and more. And we wish to thank you, our readers, for all you do to make the Coulee Region a wonderful place to live. (crw)



57th Annual Art Fair on the Green
 Sat. July 25 10a.m.-5p.m. • Sun. July 26 10a.m.-4p.m.
 UW La Crosse Campus Lawns (16th & State St.)

AAUW
 Art Fair on the Green
 La Crosse, Wisconsin

All Proceeds
 Go To
 Local Scholarships!

Admission: \$4 Adults • Children 12 & under FREE
www.facebook.com/AAUWArtFairOnTheGreen | 608.399.1751

IT
BEGINS WITH THE
Perfect FLOOR

Carpet • Wood • Tile • Window Coverings
 Laminate • Vinyl • Area Rugs

COULEE CARPET CENTER
 3625 Mormon Coulee Road
 La Crosse, WI 54601
 608-788-6445

Toll-Free: 800-657-6957
www.couleecarpetcenter.com

SHOP
 SMART
 SHOP
 LOCAL



CAIN'S ORCHARD

U-Pick Highbush, Cultivated Blueberries
Approximately 3rd week in July through mid-August
(Saturdays only)

Visit www.cainsorchard.com or find us on Facebook
for exact blueberry picking dates & info.

Gift Shop • Play Area • Picnic Area.
More than just an orchard, Cain's is a destination.

(715)963-2052 • W13885 Cain Road • Hixton, WI

Great Health.
Grown Locally.

Vernon Memorial Healthcare
So much care, so close.

THE MONOGRAM COMPANY

Embroidery • Screen Print • Promotional Products • Uniforms
"You name it, we'll put your name on it!"

- In house digitizing services
- Logo creation and design
- E-Commerce apparel sites
- Quantity Discounts

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

www.monogramco.com

608.784.9647

515 Division St • La Crosse

Locally Owned and Operated For Over 30 years

UNIVERSITY of WISCONSIN LA CROSSE

Master of Business Administration



Looking to make a vertical shift in your current career path, change industry or job function, or just want to prepare for positions of responsibility in business, education and government?

The UW-La Crosse MBA program could be the right program to help you achieve your personal and professional goals.

- Available to all qualified students regardless of undergraduate major.
- Interdisciplinary and team-taught.
- An evening program that serves both full- and part-time students.
- Can be completed in one year.
- The only graduate program in southwestern Wisconsin to be accredited by AACSB International.

Now accepting applications for the Fall 2015/2016 class. We have a rolling admission policy!

For more information, call 608-785-8090 or go to:

<http://www.uwlax.edu/CBA/Graduate-Program-MBA-Program/>



Home
Auto
Health
Life
Business

Julie Leis, Agent
1844 E. Main St., Onalaska
800-872-6433 / 608-784-2775
julie.leis@westlandinsurance.com

www.westlandinsurance.com
Westland Insurance is an independent insurance agency.

Hi-Way
Custom Countertops LTD.
"The finishing touch to your cabinetry"



FEATURING: Karran Undermount sinks in laminate



Your Vision. Your Style. Our Dedication

Commercial & Residential
Installations

608.526.2800 • 719 Commerce • Holmen, WI

Recliners...Recliners...Recliners

1000s of Fabric & Leather Choices



Lift Chairs • Recliners
Fabric & Leather



Recliners
Fabric & Bonded Leather



Recliners • Tilt Backs
Fabric & Leather



In stock and special order. Power chair options available.
The Board Store Furniture Showrooms
524 Copeland Ave • La Crosse, WI • 608.782.8877 • www.theboardstore.biz

Downtown LA CROSSE

ARTSPIRE LA CROSSE!

Friday, June 12th - Saturday, June 13th
Discover visual and performing arts, food and fun throughout the streets, shops and galleries of downtown!

SUMMER SIDEWALK SALE!

Thursday, July 23rd - Saturday, July 25th
Find amazing prices and great deals during our traditional sidewalk sale days! Featuring food, music and fun for everyone! Enjoy the Friday night Street Dance on Pearl Street with the La Crosse Jazz Orchestra!

DOWNTOWN MAINSTREET

608.784.0440

LACROSSE DOWNTOWN.COM



Shop. Eat. Play!



WEDNESDAYS
7:30 p.m.

Riverside Park
Downtown La Crosse

June 10, 17, 24
July 8, 15, 22, 29

2015 Concerts in the Park



JOIN US FOR THIS FREE CONCERT SERIES!

All concerts begin at 7:30 p.m.
Rain Site! In the event of inclement weather,
concerts begin at 7:30 p.m. in Central High School.
Details at www.LaCrosseConcertBand.org

Put your money
where your
market is!



coulee region

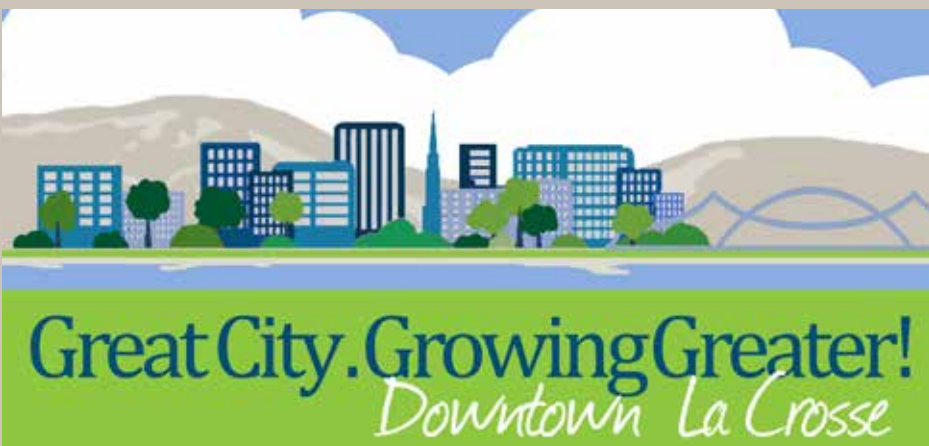
women

AREA HOME AND HEALTHY LIVING MAGAZINE

To advertise contact:

Carol Schank • 608-769-3161
carol@crwmagazine.com

www.crwmagazine.com



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

Restaurant & Bakery
fayze's
located in Historic Downtown LaCrosse





BREAKFAST • LUNCH • DINNER • COCKTAILS

Open at 6:30 am Daily
 Made From Scratch Bakery
 Happy Hour 4-6 pm Daily

135 South 4th Street • 608-784-9548 • www.fayzes.com

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



201 Pearl St.- La Crosse • 608.785.2779

Life's a little strange at Wayside School.

JUNE 12-21, 2015

Call for tickets! 784-9292

LA CROSSE 
**community
 THEATRE**



www.lacrossecommunitytheatre.org

**Saturday
 & Sunday
 matinees!**

Lillians
the hippest shoppe in town®



Open Every Thursday-Saturday!
THURS (10A-6P) | FRI & SAT (10A-5P)

200 MAIN STREET | LA CROSSE, WI 54601
WWW.LILLIANSSHOPPE.COM/LACROSSE

**STAMP
 On
 HAND**



Time for Creative
 Cooking

200 S. 4th Street • Historic Downtown La Crosse
www.RubberStampsLaCrosse.com • 608.784.1234

**Dim Sum
 Tea Shop** 點心



221 Pearl Street
 La Crosse, WI
 608.738.1221
www.dimsumteashop.com

Over 150 Bulk Teas
 Dim Sum & Soups
 Gifts & Teaware
 Bubble Teas
 Smoothies
 Tea Tasting Parties

Drink better. Live with health.
 Hours: Mon-Sat 10am-7pm & Sun 11am-3pm

ADVERTISER INDEX

AAUW Art Fair on the Green.....	49
Altra Federal Credit Union.....	56
American Heart Association.....	3
Ameriprise Financial/Hanson & Associates.....	17
Badger Corrugating Company.....	44
Beyer Cabinets LTD.....	28
Cain's Orchard.....	50
Chelson B.....	20
College of Business Administration, UW-La Crosse.....	50
Coulee Carpet Center.....	49
Coulee Region Adult Day Center.....	17
Coulee Region Professional Women.....	24
CPC Printing & Promotions.....	48
D. M. Harris Law, L.L.C.....	32
Design Cabinetry Inc.....	27
Dim Sum Tea Shop.....	53
Downtown Mainstreet Inc.....	52
Edward Jones.....	20
Fayze's.....	53
Feist Dental.....	2
Floorcrafters.....	27
Flooring Interiors.....	31
Franciscan Sisters of Perpetual Adoration.....	38
Funke & Company.....	46
Gholson Periodontics Group.....	14
Gundersen Health System.....	5, 14, 16, 22, 55
Heart Journey Counseling.....	32
Hidden Valley Designs Inc.....	46
Hi-Way Custom Countertops, LTD.....	51
Home Maintenance Experts, LLC.....	24
Honda Motorwerks.....	17
Island City Gallery.....	32
J Company.....	27
Jen Towner Photography.....	32
La Crosse Community Theatre.....	53
La Crosse Concert Band.....	52
La Crosse Radio Group.....	13
La Crosse Area Builders Assoc.....	20
Law Office of Heidi M. Eglash.....	22
Lillian's.....	53
Local Lupus Alliance.....	37
Mary Kay/Trudy Swenson.....	48
Mayo Clinic Health System.....	9, 46
Nommensen Financial.....	48
Overhead Door of the 7 Rivers Region.....	31
Painted Porch.....	53
People's Food Co-op.....	32
Practically Posh.....	24
Reveal Aesthetics.....	22
River Trail Cycles.....	46
Rose Jewelers.....	45
Sarah Schultz Photography.....	28
Satori Arts Gallery.....	53
Schumacher-Kish Funeral and Cremation Services.....	20
Stamp 'n Hand.....	53
Take It, Staging & Redesign.....	31
The Board Store.....	51
The Company Store Outlet.....	44
The Monogram Company.....	50
The Pilates Studio LLC.....	17
Thrive Health Center.....	55
Trust Point.....	13
Ultimate Insulation.....	28
Ultimate Salon & Spa.....	10
Vernon Memorial Healthcare.....	50
Wells Fargo/Neuman-Fortun Investment Group.....	22
Westland Insurance Services, Inc.....	51
Winona Health.....	19
Winona State University.....	48
Wisconsin Building Supply.....	31
WKBT Newschannel8.....	7
WXOW News 19.....	40
YWCA.....	28

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** \$1.00 off admission every Sun., noon to 5 p.m.

Mt. LeKid Climbing Wall open every Sat. 11 a.m.-4 p.m. and Sun. 12-4 p.m.

Wee Move for ages 1-7 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, Boot Hill Pub, noon. Debbie Lee, 608-526-2127, dlee@coverainsurance.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

June 6, Meet Craig Kunce, 11-11:30 a.m., Children's Museum of La Crosse, www.funmuseum.org.

June 6, Kickapoo Barn Dance, 6 p.m., Driftless Books and Music, 518 Walnut St., Viroqua, www.sapsuckersmusic.com.

June 8-10, Blood Drive, BloodCenter of Wisconsin, noon-6 p.m., La Crosse Center, www.bcw.edu.

June 10, La Crosse Concert Band, 7:30 p.m., Riverside Park.

June 12, Night Out at the Museum, 5:30-8 p.m., Children's Museum of La Crosse, pre-registration required, www.funmuseum.org.

June 12-13, Artspire Festival, 5 p.m., downtown La Crosse, www.thepumphouse.org/artspire.

June 12-21, Young Performers Troupe presents *Life's a Little Strange at Wayside School*, 7 p.m. Fri. & Sat., 2 p.m. Sat. & Sun., La Crosse Community Theatre, www.lacrossecommunitytheatre.org.

June 14, YMCA Got Energy? Triathlon, 7 a.m., Swarthout Park, West Salem, 608-783-9622, www.laxymca.org.

June 17, La Crosse Concert Band, 7:30 p.m., Riverside Park.

June 18, YWCA Taste of the Coulee Region, 5-8:30 p.m., Court Above Main Banquet Hall, www.ywcax.org.

June 19, Amazing Race, 8:30 a.m.-4:30 p.m., Children's Museum of La Crosse, ages 7-12, pre-registration required, www.funmuseum.org.

June 20-21, Midsummer Festival, 9 a.m.-4 p.m. Sat., 11 a.m.-3 p.m. Sun., Norskedalen Nature & Heritage Center, Coon Valley, www.norskedalen.org.

June 24, La Crosse Concert Band, 7:30 p.m., Riverside Park.

June 24-Aug. 2, Great River Shakespeare Festival, Winona State University, www.grsf.org.

June 26, Museum Meet and Mingle, 6-8 p.m., Children's Museum of La Crosse, www.funmuseum.org.

June 26-28, July 2-3 & 5, *Chicago*, 7:30 pm. Fri. & Sat., 2 p.m. Sun., Toland Theatre, Center for the Arts, UW-La Crosse, 608-785-8522.

June 27, Dixieland Jazz Festival, 12 p.m., Winona State University, livedixieland@yahoo.com, winonadixieland.webs.com.

June 27-Aug. 2, Theatre du Mississippi: *The Hired Girl Gets Married*, 1 p.m. & 4 p.m. Sat. & Sun., Bunnell House, Winona, info@winonahistory.org.

June 28-July 19, Minnesota Beethoven Festival, 3 p.m., Winona State University, www.mnbeethovenfestival.org.

June 30, La Crosse Area Epilepsy Education & Support Group Meeting, 6:30-8 p.m., English Lutheran Church, janemeyer@wisc.edu.

July 4, Fireworks, 10 p.m., Riverside Park.

July 4, Kickapoo Barn Dance, 6 p.m., Driftless Books and Music, 518 Walnut St., Viroqua, www.sapsuckersmusic.com.

July 5, Art Fair & Wine Tasting, 10 a.m.-4 p.m., Norskedalen Nature & Heritage Center, Coon Valley, www.norskedalen.org.

July 8, La Crosse Concert Band, 7:30 p.m., Riverside Park.

July 10, Night Out at the Museum, 5:30-8 p.m., Children's Museum of La Crosse, pre-registration required, www.funmuseum.org.

July 10-12, Viroqua Bluegrass Festival, Vernon County Fairgrounds, www.viroquabluegrass.org.

July 15, La Crosse Concert Band, 7:30 p.m., Riverside Park.

July 17-18, Big Blue Dragon Boat Festival, Copeland Park, La Crosse, mayoclinichealthsystem.org/bigbluedragon.

July 18, Freedom Fest, 11 a.m.-11 p.m., UW-La Crosse Veterans Memorial Sports Complex, freedomfestlacrosse.com.

July 20, Y Family Day with the Loggers, 2:30-8:30 p.m., La Crosse Logger's Stadium, www.laxymca.org.

July 22, La Crosse Concert Band, 7:30 p.m., Riverside Park.

July 23-25, Summer Sidewalk Sale, downtown La Crosse, www.lacrossedowntown.com.

July 24, Magic of Science, 8:30 a.m.-4:30 p.m., Children's Museum of La Crosse, ages 7-12, pre-registration required, www.funmuseum.org.

July 24-26, Houston Hoedown, Houston, Minnesota, www.houstonhoedown.com.

July 25, Gunderson Health System Wellness Fest, 9 a.m.-1 p.m., La Crosse Center, www.lacrossecenter.com.

July 25-26, AAUW Art Fair on the Green, 10 a.m.-5 p.m. Sat., 10 a.m.-4 p.m. Sun., UW-La Crosse Campus.

July 29, La Crosse Concert Band, 7:30 p.m., Riverside Park.

July 31, Museum Meet and Mingle, 6-8 p.m., Children's Museum of La Crosse, www.funmuseum.org.

July 31-Aug. 2, The Gift of Birth: Seeking the Holy Spirit in Your Birthing, 7 p.m. Fri.-11:30 a.m. Sun., Franciscan Spirituality Center, www.fscenter.org.

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

SAVINGS ARE SPRINGING UP ALL OVER

Save 25% on GloMinerals products in June

The Plastic Surgery and Aesthetics online store not only offers shopping convenience, for a limited time you can save 25% on all GloMinerals cosmetics.* That's 25% off GloMinerals hydrating mist, concealer, blush, eye shadow, powder and more. GloMinerals products are formulated with clinically advanced ingredients to deliver a flawless complexion while improving the condition of your skin.

SHOP.GUNDERSENHEALTH.ORG/PLASTICSURGERY

GUNDERSEN
HEALTH SYSTEM®

*Offer good thru June 30, 2015 on online purchases only. No other discounts apply.
Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | 13864-1A 0515



As Seen on The Doctors TV Show

Acne, Age Spots,
Wrinkles, Rosacea?

We can help you **correct** these...

Our GlyMed Plus DermaSound™ Elite is a non-invasive, ultrasonic skin treatment system that visibly improves all skin conditions after one treatment.

DermaSound™ Elite
is SAFE, GENTLE
and EFFECTIVE.

Call today for your consultation

608-519-4622



Bring this ad in for \$20 off your DermaSound™ Elite treatment.

831 Critter Ct., Suite 300 | Onalaska, WI | www.ThriveInspires.com

It GOES with you...

It GROWS with you...

**Earn
2.25%
APY**

A+ Checking

**ATM
Refunds**

**Anytime
Deposit**

**Anytime
Rewards**

**No
Monthly
Fee**

**No
Minimum
Balance**

**Mobile
Apps**

- Earn 2.25% APY*
- No minimum balance
- No monthly fee
- One of the largest ATM Networks

- Up to \$20 in ATM Refunds*
- Free Debit Card
- Free Mobile apps with remote deposit

Altra
Federal Credit Union

 **Pay**

La Crosse • Festival Foods - Copeland Ave. • Onalaska
Holmen • West Salem • La Crescent • Winona • Rochester

608-787-4500 • 800-755-0055 • www.altra.org • www.drivealtra.org

*Membership eligibility required. A+ Checking available for personal accounts only. Qualifying accounts earn currently posted Annual Percentage Yield (APY) on balances up to \$15,000; Portion of balance over \$15,000 earn 0.50% APY. Account earns 0.10% APY if all requirements are not met in any given cycle. Rates subject to change monthly. A "cycle" begins the last day of one month and ends on the second to last day of the next month; this allows Altra to calculate and post dividends and ATM refunds on the last day of each month. All requirements must be completed and/or posted in each cycle to be considered a qualifying account. Debit card transactions processed by merchants and received by Altra as ATM transactions do not count towards qualifying debit card transactions. Only debit card transactions processed by merchants and received by Altra as POS transactions count towards qualifying debit card transactions. ATM fee refunds available for ATM withdrawals made from A+ Checking only. Dividends calculated and paid each calendar month on the daily balance. Contact Altra for complete details. Federally insured by NCUA.

