

coulee region

Complimentary
JUNE/JULY 2019
www.crwmagazine.com

women

AREA HOME AND WINE

Kaitlyn O'Connor Shares
Her *Love* of the Region

Coulees, Caves & Currents

What's a Coulee, Anyway?
Restoring a River
Exploring Caves and Cultures
Enjoy a Wine Pairing Picnic
Guide to the Great Outdoors

Special
**COMMUNITY
SECTION
INSIDE!**

**Make Feist Siegert Dental
your new dental home...
we can take care of
all of your needs
under one roof!**

Dental Cleanings & Exams

Dentures

Implants

Orthodontics

Root Canal Therapy

Same Day Crowns

Sleep Appliances

TMJ

Veneers



Dr. Jake Siegert

Dr. Jon Feist



Feist Siegert Dental

831 Critter Court - Onalaska, WI

www.78teeth.com

608.790.9464



Kelly and Courtney
are here to make your smile as
bright as the summer sun!





WE LOVE WHAT WE DO.

Every day we strive to make a personal connection with you, our guest, and create a customized experience based on your individual needs.

Our goal is to make your online shopping a thing of the past!

In both our apparel and footwear, our focus is comfort, multifunction and fashion-forward selections that work for every guest we style.

We are the "I love the way this fits store!"

Onalaska

Located next to Ultimate Salon & Spa
2850 Midwest Drive, Suite 101
Onalaska, WI 54650
608.433.0275

urban
SHOETIQUE

www.theultimatesalon.com  

Winona

118 East 2nd Street
Winona, MN 55987
608.881.1852

CONTENTS | June/July 2019
coulee region
women
AREA HOME AND HEALTHY LIVING MAGAZINE

Coulees, Caves & Currents

11 PROFILE

GIVING VOICE TO THE PLACE SHE LOVES

Naturalist Kaitlyn O'Connor educates about and advocates for the Driftless Area.

15 EDUCATION

A GUIDE TO THE DRIFTLESS AREA

What's a coulee? Learn this and more in this Driftless Area primer.

19 CAREERS

IT FLOWS IN HER VEINS

Researcher Kathijo Jankowski is passionate about water quality.

23 HEALTHY LIVING

SAFE FUN IN THE SUN

Protecting your skin is key to a healthy summer.

26 HOME

A LITTLE BIT OUT OF THE NORM

A quirky but clever apartment complements a machine shed.

29 WOMEN IN THE REGION

UNEARTHING A LIVING PAST

The women of the Mississippi Valley Archaeology Center unlock secrets of our region.

32 FOOD

PICNIC PAIRINGS

Create the perfect wine-and-cheese picnic with this guide.

34 FAMILY

WE BOUGHT A CAVE!

The Bishop family celebrates 25 years at one of the area's natural wonders—Niagara Cave.

36 NONPROFIT

MORE THAN FOUR WALLS

TheExchange ensures families transitioning out of homelessness have the furnishings they need.

38 RETAIL THERAPY

TANDEM TRENDS

When biking the river, the forest or the marsh, hit the trails in style.

39 TRAVEL

TOUCHING THE DISTANT PAST

This summer, explore the local treasures of the Coulee Region.

41 COMMUNITY SECTION

45 COMMUNITY

PAPERBACK RIDER

Find a roving Little Free Library at a park near you.

47 COMMUNITY

GUIDE TO THE GREAT OUTDOORS

From markets to music, hiking to biking, celebrate the Coulee Region outdoors.

Pictured on cover and above: Kaitlyn O'Connor, Education and Outreach Specialist, Prairie Moon Nursery, Winona.
Photos by Jen Towner Photography.

In every issue: From the Editor 6 | In the Know 8 | Accomplishments 50 | Advertiser Index 54 | Community Calendar 54



Stop hiding YOUR SMILE

Are you or your child self-conscious about smiling because of crooked, misaligned or protruding teeth? Misaligned teeth also cause problems with bite, speech, teeth grinding and pain.

Gundersen orthodontists create beautiful, healthy smiles for people of all ages. Today's orthodontic treatments are easier and less noticeable. We also offer clear Invisalign® aligners.

Schedule an appointment today:

- In Onalaska (608) 775-8152
- In La Crosse (608) 775-2202

Coming soon—new downtown location!

gundersenhealth.org/orthodontics

GUNDERSEN
HEALTH SYSTEM®



I grew up in the flatter lands north of here, just on the edge of the St. Croix River Valley. My landscape consisted of rolling hills, lots of lakes and plenty of trees, situated as we were at the gateway to the piney region “up north.” Just off the Ice Age Trail, our vocabulary of landscape included *barrens*, *kettle* and *moraine*. I loved that landscape, the expanses of green, the not-too-dense woods and the gently rolling hayfields of our region, which, though rather rocky, was quite conducive to farming. I came to equate this with the general landscape of the Midwest.

When my not-yet husband, a native of Caledonia, Minnesota, first brought me to the Coulee Region to visit the farm he had grown up on, I was astonished. “I didn’t know there were mountains in Minnesota!” I exclaimed on the winding, back-roads drive through the bluffs and valleys to the farm site. Living in St. Paul at the time, I was familiar with the rock and water of the North Shore and the plains of the western part of the state. I’d stepped across the Mississippi River at Lake Itasca, and I crossed it every day on my commute to Minneapolis—but the drive along the Mississippi on this unfamiliar stretch took my breath away.

Over time and throughout moves out East and back, my vocabulary of landscape expanded—*palisades* and *kills* and *Gunks*—and expanded again when we came back to the Midwest and settled in the Coulee Region. I’d lived here for several years before I had the courage to even ask what a *coulee*

was—it sounded odd and vaguely politically incorrect. I learned a coulee was simply a valley, and those mountains were bluffs, and along the top you would find a ridge. I learned you were either a valley dweller or a ridge dweller at heart (no offense to our namesake coulees, but I’m firmly in the ridge category). I learned that even some longtime Coulee Region residents don’t know the meaning of *driftless*, and even if you think you do, you might be wrong.

If you find yourself in this category—a newcomer to the area or not—don’t fret. We at *Coulee Region Women* have puzzled over this vocabulary ourselves, and we have found the women with the answers. These women—from naturalists like our cover woman, Kaitlyn O’Connor, to geography professors and river scientists and archaeologists—not only possess mastery of these terms and their definitions, they also possess a deep love and excitement for the Coulee Region and its landscape—all its coulees, caves and currents—and they are eager to share what they know.

In this issue, which celebrates not only the amazing features of our region but also the strong and supportive community it embraces, we’ll introduce you to native flowers and ancient artifacts, effigy mounds and goat prairies. You’ll meet local women in an amazing array of STEM careers and take a guided tour of noteworthy sites on your Coulee Region travels. In our special Community section, you’ll also meet women who serve our community in unique and thoughtful ways, and we’ve even included a guide to outdoor activities.

Focusing on community has made us grateful for our own *Coulee Region Women* community—our team of writers, graphic artists and photographers; our loyal advertisers and our staff members who work with them; and, of course, you, our readership of Coulee Region women.

You don’t have to know the true meaning of *driftless* to know we have something special here, in terms of a unique landscape and community. Our hope for you this summer is that you discover the best of both. Let this issue of *Coulee Region Women* serve as your guide.

Betty

coulee region women

AREA HOME AND HEALTHY LIVING MAGAZINE

ISSUE 104, VOLUME 18, NUMBER 2
JUNE/JULY 2019

PUBLISHER/EDITOR

Betty Christiansen

DESIGNERS

Lisa Houghton Design
Jaclyn Berg

MARKETING ACCOUNT REPRESENTATIVES

Carol Schank, Director
Claire Ristow-Seib

PROOFREADER

Sandy Clark

WEB MASTER

Mader Web Design LLC

PHOTOGRAPHY

Jen Towner Photography
Jordana Snyder Photography

DISTRIBUTION

Citywide Marketing Services LLC
Jennie Kolek
Joanne Mihm

Coulee Region Women is published six times per year by Coulee Region Communications LLC, 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.

©2019 Coulee Region Communications LLC

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.
Email: editor@crwmagazine.com

Coulee Region Women is on  !

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



A⁺ PLATINUM

A **checking account**
fit for you & your life!

+ No minimum balance

+ No monthly fees

Earn
3.50% ^{*APY}
up to \$15,000

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

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

Altra

Federal Credit Union

*APY = Annual Percentage Yield. Membership eligibility required. Available for personal accounts only; One account per person. Qualifying accounts will earn 3.50 % APY on balances up to \$15,000 and .40% APY over \$15,000. To qualify you must 1) Receive your monthly eStatement at a valid email address; 2) Sign in to Online or Mobile Banking at least once per cycle; 3) Have one direct deposit or ACH of at least \$250 into your A+ Platinum Checking account per cycle; and 4) Make twenty (20) purchases with your Altra Visa Debit card per cycle. If all requirements are not completed and/or posted in any given cycle, the entire account balance earns 0.10% APY for that cycle. Qualification cycle means the full calendar month beginning on the 1st and up to the last calendar day at 2 pm CST. Rates subject to change monthly. 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 Point of Sale (POS) transactions count towards qualifying debit card transactions. Dividends calculated and paid each calendar month on the daily balance.

Federally insured by NCUA.



FIRE UP FOR THE FOURTH

The fifth annual Firecracker 4 Mile is a wonderful way for families to “fire up” their Fourth of July celebration. The event starts at 7 a.m. on Thursday, July 4, with a scenic 4-mile walk/run from Riverside Park over the Cass Street Bridge to Pettibone Park and back. At 8:30 a.m., youth will race three different distances in Riverside Park. For the first time, those with disabilities can also participate through Wisconsin’s myTeam Triumph. To learn more, visit www.firecracker4mile.com or myteamt Triumph-wi.org. Proceeds from the races will benefit the Children’s Museum of La Crosse and the La Crosse Area Autism Foundation. In the past four years, with support from the J.F. Brennan Company and other sponsors, \$50,000 has been raised.

BIG BLUE DRAGONS



The famous dragon

boats will be making an appearance for the Big Blue Dragon Boat Festival on June 22 on the Black River near Copeland Park in La Crosse, beginning at 8 a.m. Celebrating its seventh year, the festival includes music, free family activities and food.

Funds raised at the event will support the Mayo Health System Center for Breast Care and healthy lifestyles programming for youth at the Boys & Girls Clubs of Greater La Crosse. For more information, go to bigbluedragonboat.com or find Big Blue Dragon Boat Festival on Facebook.

SHARE YOUR STORY FROM THE FLOOD



Stories are powerful. They have the power to transform lives and strengthen communities. And there is no doubt that people who lived through last year’s flooding in the Kickapoo River and Coon Creek watersheds have stories to tell. Stories from the Flood, a project organized by the Driftless Writing Center, aims to collect hundreds of stories from those communities. With the storyteller’s consent, DWC will transcribe and digitize these stories, adding them to archives in the Vernon County Historical Society and area libraries to help document the area’s unique history and way of life. These stories will also be shared with local, state and national policymakers to help them understand what flood-affected communities need most. If you have a story you would like to tell or if you would like to donate to help make this project a success, please visit www.wisconsinfloodstories.org or contact wisconsinfloodstories@gmail.com or 608-492-1669.

MEDITERRANEAN FESTIVAL



Celebrate some of the area’s ethnic diversity and good food on Sunday, July 14, when St. Elias Orthodox Church hosts its annual Mediterranean Festival. With influences from Greece, Syria, Bulgaria and Russia, this event offers a taste of cultures throughout the Mediterranean.

The festival runs 12-5 p.m. and includes ethnic music, dancing and crafts as well as a silent auction. New this year are a tasting and sale of Greek wines and olive oil from That

Foreign Place, the Greek-influenced shop in downtown La Crosse, as well as an Arabic tea ceremony and special prices for children’s tickets. The Mediterranean menu includes a lamb sandwich, marinated chicken kabob and homemade falafel, with an authentic and delicious Russian dessert—*ragalik*—being introduced to the menu. The Mediterranean Festival takes place at St. Elias Orthodox Church on 716 Copeland Ave. in La Crosse. For more information, go to www.stelias-lacrosse.org.

JUXTAPOSITION

Beginning June 4, the La Crosse County Historical Society will display an innovative multimedia exhibit that showcases over a dozen prominent women from the La Crosse area’s storied past. Focused around the dresses worn by these women, and using antique photographs alongside contemporary images, the Juxtapose exhibit attempts to bring the world these women inhabited into the present. The photographs, new and old, will emphasize locations around La Crosse significant to the historic women who originally owned these garments. Viewers are encouraged to reflect on the changes in how we live our lives, observe the changes in the locations surrounding us and consider the staying power of these women’s stories and their settings.

The exhibition will remain in the Swarthout Gallery at the La Crosse Public Library’s downtown location at 800 Main Street June 4 to July 13. Admission is free, so there’s nothing stopping you from coming to see Juxtapose and exploring iterations of life and place across time!



FREEDOM to focus on what you enjoy most.

Whether planning for retirement,
college tuition, or an endowment
for a cherished organization, we put our
experience to work for you so you
have the freedom to focus on
what you enjoy most.



trustpointinc.com | 608-782-1148



Women in Wellness



- Treatment of Neck and Back Pain
- Gentle Spinal Adjustments
- Family Chiropractic Care



Charity K. George, DC

600 North 3rd Street, Suite 201-La Crosse • 608-782-6604
www.CouleeChiro.com

Om yoga studio

There's no place like Om

- Yoga, Pilates, Individual Sessions
- ThetaHealing[®], Specialty Workshops & Retreats
- Helping others find health, wellness & peace



Tammy Zee, MS
Yoga Therapist, E-500RYT

Nedra Blietz
ThetaHealing[®] Practitioner
& Instructor, RYT200 CCH

1288 Rudy Street, Suite 102-Onalaska • 608.783.3355
www.OmYogaOnalaska.com



Naturally Unbridled
Wellness^{LLC}

- Breast & Body Thermography
- Fertility Support
- Naturopathic Wellness Consultations



Patti Bartsch, PhD
Traditional Naturopath

1285 Rudy Street, Suite 104-Onalaska • 608.799.8326
www.NaturallyUnbridled.com



The Therapy Place
of La Crosse

Gora-Bollom • Hellwig • Cortesi



Left-Right: Sheryl Gora-Bollom, MS, LCSW;
Melissa Hellwig, MS, LPC; Mary Cortesi, MSW, LCSW

- Trauma, Anxiety and Grief Work
- EFT/Tapping/EMDR
- Family and Relationship Concerns

600 N. 3rd St #206-La Crosse • 608.519.5546
www.TheTherapyPlaceLax.com

Giving Voice to the Place She Loves

Naturalist Kaitlyn O'Connor educates about
and advocates for the Driftless Area.

BY ELIZABETH D. LIPPMAN

Photo by Jen Towner Photography



Kaitlyn O'Connor's green-eyed stare at the tender leaves of a wild geranium seedling is as piercing as it is profound.

She understands the plant, full of potential as a native species in the Coulee Region, with the intellectual clarity of an expert as well as the experience of a woman rooted in relationship with the land that was her childhood home. And the landscape of one's childhood, for O'Connor, is not something to leave behind. It's a place to grow into.

Attending one of her nature walks or listening to her speak about environmental issues, which she does often as a naturalist and as education and outreach specialist with Prairie Moon Nursery in Winona, is much more akin to shared discovery than the enduring of explanation. Though O'Connor was uncertain what she would study when she began her undergraduate career (she thought she might pursue a degree in art therapy), a series of aptitude tests prompted her to explore science coursework at Winona State University. There, biology professor Bruno Borsari helped ignite her curiosity about the local geography, and she settled on an environmental science major.

Steeped in the landscape

O'Connor learned that the forests, bluffs and prairie she enjoyed while growing up—her family sometimes pulled her out of school

to go camping, she says—are part of the Driftless region, an area of the country that escaped glacial leveling and hosts a unique array of animal and plant life. She began to think more about responsibility to place and about the tendency of sustainably minded people to congregate in more populated areas known for a strong environmental ethic. Through her readings, she became convinced of the importance of creating a culture shift right where she was.

"It really struck a chord with me," she says. "This place is beautiful. This place is worth preserving. This place is ecologically unique. Just because maybe there isn't as large a culture of sustainability in the Midwest as a whole compared to some other places on the East Coast or the West Coast," she asserts, "it's really important to me to try and do the best with the place you call home and really try and work to make that a good place."

While in college, O'Connor spent a summer living with the Sirius Community, a group committed to mindful and sustainable living, in a program offered through the University of Massachusetts at Amherst. She learned what it means to live lightly on the land, she says, and she hasn't looked back. "From a sustainability perspective, I'm always trying to take it to the next level."

An advocate for change

After graduating, she worked with the Land Stewardship Project



O'Connor sits surrounded by indigenous purple coneflower in a restored prairie planting at Wiscoy Valley Community Land Cooperative (contributed photo).



In cooperation with the Midwest Peregrine Society, O'Connor assists in banding peregrine falcon chicks (contributed photo).

and traveled between Minneapolis and Washington, D.C., doing federal policy projects and event organizing. “I do believe that the most fundamental changes to address our environmental issues, like habitat loss and climate change, will happen through systemic changes at the federal and even global level,” O'Connor emphasizes.

“Although we should all be taking individual actions to help, like avoiding single-use plastics and installing solar panels on your roof, individual actions can only get us so far. We need large-scale transformations,” she says, “and campaigns that focus on one tiny aspect of our society like plastic straws undermine and distract from the revolutionary change we need to call for, like challenging corporate capitalism and the idea of endless economic growth.”

But such change, she warns, happens at a glacial pace.

“Philosophically, one of the hardest things for me is that you can't do everything all at once. You have to live with hypocrisies,” O'Connor says. “You have to take steps in the right direction with the things in your control and try and work toward more systemic change slowly. And realize,” she urges, “that even though there's no instant gratification in that work, it's still good work.”

Geeking out about nature

Her desire to homestead and return to southeastern Minnesota eventually landed her at Prairie Moon, a majority women-owned business. It's there and at her home in the Wiscoy Valley Community Land Cooperative that she interacts with Wild Geranium, Button Blazing Star, Sky Blue Asters, and numerous other indigenous species.

Whether it's environmental policy or the restoration of goat prairies or her chickens and vegetables and the 100 strawberry plants she's excited to put in the ground, O'Connor channels an abiding sense of hope into whatever she puts her hand to.

O'Connor dreams of writing field guides and furthering her vision for the Driftless, which she believes has the potential to become an ecotourism hotspot with a clean environment and expanded

employment opportunities. And her reputation as a specialist in local ecology is gaining traction. She was recently featured in the documentary *Decoding the Driftless*. “I just started to geek out about nature,” she recalls about the unscripted filming. “This is why this place is so cool. Let me tell you about it!”

But she insists she isn't reliant on grand goals. “If I can make a difference, great. But if the biggest thing that I do is to make a really great salsa from my garden—also winning!”

Equal on the earth

O'Connor credits authors like Rachel Carson, Aldo Leopold and Wendell Berry for informing her journey, noting the importance of diversity in her life and studies.

“A lot of those values that are granted toward the land I think we also need to grant toward women and minorities,” she maintains. “I think of things like respect and equality and wanting the best for each other. We're all equal on the earth, and we all need to work together regardless of slight differences in our humanity. I think that's how we can be our best selves. In ecology, diversity is strength. And I think that is true for our social systems as well.”

When asked about her future—and, for instance, what her life might look like when she's 80—O'Connor's endearing humility persists. She says she wants to be appreciating the simple things, to be living in Wiscoy Valley, and to be tending her garden and her chickens.

For the rest of us, it is difficult to imagine anything other than an older but still fiercely determined woman continuing to give voice to the place she loves—a woman who, in all of that, is surely enjoying an incomparably delicious salsa. (crw)

Elizabeth Lippman works in library youth services and holds a master's degree in literary nonfiction. The mother of four children, she enjoys immersing herself in the local landscape through her marbling art, stories and garden.

Invest where you belong!

Sue Breyer, a financial advisor with Altra Financial Advisors located at Altra Federal Credit Union, has been named a "Woman of Distinction" — a recognition which honors female financial advisors for their superior performance and extraordinary efforts in promoting financial security.

For over three decades Sue has helped clients address their financial goals and develop strategies specific to their needs. She has a great passion for helping people achieve financial success in all areas of their lives, by taking the time to understand her client's entire financial picture.

Altra | Financial
ADVISORS

Retirement Planning & Investments

Call today for a no-obligation consultation
608-787-4599 • www.altra.org

Securities sold, advisory services offered through CUNA Brokerage Services, Inc. (CBSI), member FINRA/SIPC, a registered broker/dealer and investment advisor. CBSI is under contract with the financial institution to make securities available to members. Not NCUA/NCUSIF/FDIC insured. May Lose Value, No Financial Institution Guarantee. Not a deposit of any financial institution. FR-2358136.1-1218-0121



*Sue Breyer,
Financial Advisor*

INTERIORS KITCHENS • BATHROOMS • FLOORING • ACCESSIBILITY

Make your space all you want it to be with the assistance of our design professionals. Enjoy a great remodeling experience with quality products installed quickly and correctly by our team of skilled carpenters.



KITCHENS



BATHROOMS



FLOORING



ACCESSIBILITY



The Board Store Home Improvements • 524 Copeland Ave - La Crosse, WI • 608.782.8877
Monday-Friday: 8a.m.-6p.m. | Saturday: 8a.m.-4p.m. | Sunday: Closed • www.theboardstoreonline.com

Looks like **SOMEONE** forgot to download the WXOW WEATHER APP



DOWNLOAD THE FREE WXOW WEATHER APP

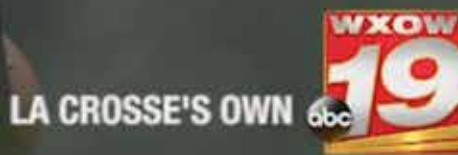


control your
PUSH NOTIFICATIONS

customize with
LIGHTNING OVERLAY

location based
INTERACTIVE RADAR

La Crosse's
LOCAL FORECAST



LA CROSSE'S OWN



A GUIDE TO THE DRIFTLESS AREA

What's a coulee? Learn this and more in this Driftless Area primer.

BY MARTHA KEEFFE

Contributed photos

Driftless: This moniker appears in advertisements, on T-shirts and in the name of businesses—documentaries have even been produced about it. But if you haven't seen *Decoding the Driftless*, how do you get in the know? To find the answer (and to educate the public about the unique slice of landscape we live in), we sought expert help from the knowledgeable women in the Geography and Earth Science department at the University of Wisconsin-La Crosse.



Joan Bunbury,
UW-La Crosse

So, what is the Driftless Area?

Marked by deep river valleys, rolling hills, dramatic cliffs and sculpted topography, this geographic anomaly covers a region of approximately 24,000 square miles extending from its northernmost point in St. Croix County, Wisconsin, to the south, just over the border into Whiteside County, Illinois. When viewed from above, this swath of topography—which runs southeast from top to bottom and averages approximately 150 miles across—appears rather unimpressive, but in reality it is quite remarkable.

“This region has not been glaciated even though the majority of

northern America was, at one time, covered in ice,” says Joan Bunbury, associate professor of Geography and Earth Science at UW-La Crosse. “It literally escaped being scraped and leveled by the glaciers. However, the Driftless Area was not a little refuge in the middle of an ice field as so many people assume, but instead advanced upon by numerous ice sheets that acted independently, coalesced and receded at different times so as to never completely encircle the Driftless Area.”

What kept the ice sheets from covering this area of the Midwest?

“One explanation is that, as an ice sheet headed south toward this region, it was redirected by the lowland environments of the Great Lakes,” says Bunbury, “and it ran into the dome of erosion-resistant bedrock that occupies north-central Wisconsin.”

The term *driftless* suggests that glaciers drifted by this area. Is that what that term means?

Though that seems like a plausible explanation, the true definition is a bit more scientific. “*Drift* refers to the rock materials that are transported and deposited by glaciers,” says Bunbury. “Historically, the name *driftless* was given to this area due to the lack of glacial drift in the area.”



In addition to being in the Driftless Area, La Crosse is also considered part of the Coulee Region. What is a coulee?

Derived from a French-Canadian word meaning “to flow,” the term *coulee* was adopted to describe the valleys that dissect the verdant ridgetops that run along the Mississippi River. “If you look at the landscape of this area, you’ll notice all these beautiful green steep-sided valleys,” says Cynthia Berlin, professor and department chair of Geography and Earth Science at UW-La Crosse. “These valleys were formed by rapidly melting glaciers that carved through the sandstone. And though these geographical features are distinct, they can be found in other parts of the United States.”



Cynthia Berlin,
UW-La Crosse

Are coulees and valleys the same thing?

The consensus is that there really isn’t any discernible difference between the two, according to Berlin and Bunbury. “I think it’s just a term that fits well with the shape of the feature,” says Berlin.

What are some of the significant features of the coulees and bluffs that make up the Driftless Area?

“Algific talus slopes,” answers Bunbury, referring to the small, isolated mini-ecosystems that are particular to only a few other spots in the world. Also known as cold air slopes, these rare north-facing ecosystems are comprised of “algific” (meaning cold producing) and “talus” (meaning broken rock) that lie within the sinkholes and crevices of the fractured dolostone surface of the Driftless Area. “Cavities within the bluffs have ice deposits that persist all summer long,” says Bunbury. “As the temperature rises and warms the rock, cold air escapes, and you can feel it as you walk by.” What’s cool is that these cold air slopes are home to micro-habitats that support unique flora and fauna like Northern Monkshood and the Iowa Pleistocene Snail.

In addition to the algific talus slopes, the fact that the bluffs of

the region have not fallen apart into one huge sandpile also makes the Driftless Area unique. “Take Grandad Bluff, for example,” says Bunbury. “The majority of it is made of sandstone, which erodes easily. However, the bluffs around here are protected from erosion by a dolostone (or dolomite rock) cap, which is a type of sedimentary rock, but harder.”

I’ve heard that “goat prairies” are prevalent around here. Does that mean that goats run wild up in the hills?

“When I’ve taken people on walks through the bluffs, they often ask where the goats are,” laughs Bunbury, noting the disappointment her fellow hikers feel when she tells them that they won’t see any goats dancing around. “The name comes from how steep the slopes are. Another distinct characteristic of goat prairies is that they tend to face south, which makes them extremely dry and devoid of trees.” And though shrubs do grow on in these prairies, they are likely invasive, and efforts are being made to remove them in hopes of restoring the prairies to their original state.

If feral goats won’t be found in the bluffs, where can people view interesting wildlife?

Central to La Crosse is the river marsh, which is home to a diverse mélange of fish, plants and mammals, including otters, muskrats and beavers. It is also within the migratory path of tundra swans, great egrets and the freshwater American white pelicans. “Over the years, human impact has adversely affected our waterways and wetlands,” says Berlin, explaining that one of the jobs of a geographer is to find ways for nature and progress to function together effectively. “But so much is being done to maintain a healthy marsh environment, and the Mississippi River is populated with islands where habitation has been restored to encourage bird migration.” That’s just another feather in the cap of the Driftless Area! [\(crw\)](#)

Martha Keefe lives and writes in La Crosse. She appreciates having had the opportunity to talk geography. The Driftless Area truly is unique!

Eagle Crest South is Expanding!



EAGLE CREST
COMMUNITIES

Caring Since 1946



Welcoming residents to La Crosse's "Aging in Place" Community for early Spring 2020.
Call 608-791-2709 to reserve your new home today!

Imagine living every day as if you were on vacation. This dynamic community offers just that!

Construction has begun on a five-story addition of Eagle Crest South, our dynamic senior community introduced to La Crosse in 2015. Eagle Crest South will soon become the largest retirement community in Western Wisconsin, allowing seniors to live an exceptional lifestyle within a "continuum of care" environment. To put it simply, a range of services will be available within this one, resort-style community, including 55+ senior apartments, independent living plus, assisted living, high acuity assisted living and memory care. No long term commitment!

Moving in does not mean sacrificing your independence, privacy, dignity or giving up your active lifestyle. Your retirement is still yours to design, we are just here to help you along the way.

****All utilities, cable, land-line phone service & wireless internet are included!**



Town Center Features

Fitness Center

Cinema

Market

Bistro & Restaurant Dining

Chapel

Auditorium

Library/Computer Stations

Beauty/Barber Shop

Blarney Bar

Outdoor Walking Path

Additional Amenities

Underground Heated

Parking

Private Storage Units

Guest Suites

Massage Therapy

Housekeeping

Handyman

Wellness Programs

Volunteer Opportunities

NEW IN 2020

Fishing Dock • Art Studio

Botanical Garden • Club Lounge

APARTMENTS
GOING FAST,
CALL TODAY!
608-791-2709



622 Bennora Lee Court - La Crosse • www.bethanylutheranhomes.org





SURROUND YOURSELF WITH MODERN

- Fine Furniture
- Lighting
- Designer Tiles
- Wood Flooring
- Beautiful Fabrics
- Wallcoverings
- Grasscloth
- Draperies
- Accessories
- Designer Carpets/Rugs
- Space Planning



J
COMPANY
INTERIOR DESIGN STUDIO

M-F 8am-4pm, 1802 State Street, La Crosse
jcompanystudio.com // 608.784.9530






LET OUR DESIGNERS TAKE YOUR KITCHEN DREAMS TO THE NEXT LEVEL!



Lori Engelhart



Lyndsey Kampen



Liz Granum

ELEVATIONS

CABINETS • DESIGN • SOLUTIONS

By: **Wisconsin**
BUILDING SUPPLY

N5566 Frontage Road - Onalaska

houzz Mon-Fri 8am-5pm • Thurs 8am-8pm

608-781-3900 • www.wibuildingsupply.com

Like us on Facebook: WIBuildingSupplyOnalaska



When it comes to your to-do list, put your future first.
To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.

Edward Jones®

MAKING SENSE OF INVESTING

Member SIPC



Amy J Stodola, AAMS®
Financial Advisor
608.788.2668
1212 Horton St Suite 102
La Crosse, WI 54601
amy.stodola@edwardjones.com



Margaret Severson, AAMS®
Financial Advisor
866.637.7233
520 N. Main Street Suite A
Viroqua, WI 54655
margaret.severson@edwardjones.com

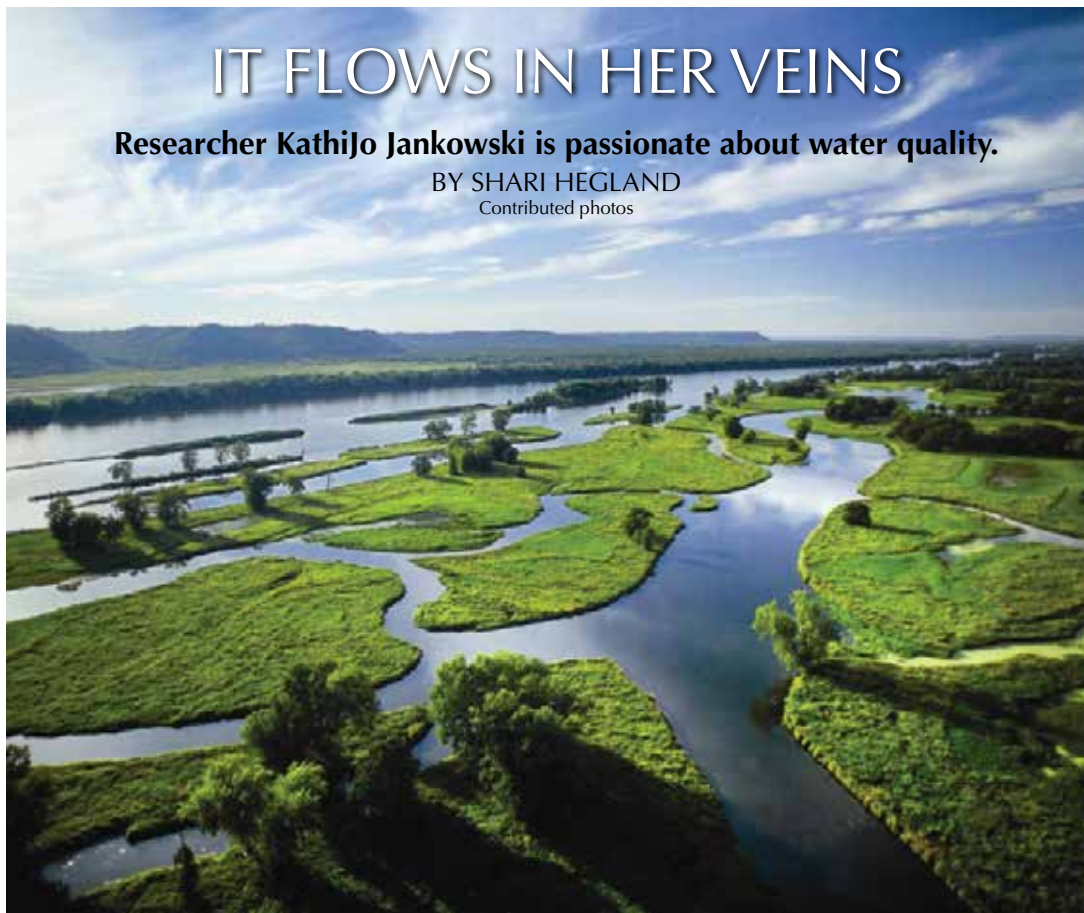
www.edwardjones.com

IT FLOWS IN HER VEINS

Researcher KathiJo Jankowski is passionate about water quality.

BY SHARI HEGLAND

Contributed photos



While rivers flow in just one direction—from their source to the sea—KathiJo Jankowski's career has come full circle, returning her to the river that first ignited her interest in ecology, water quality and how human actions play a role in the environment around us.

Now the lead investigator for the water quality component of the Upper Mississippi River Restoration Program, Jankowski grew up near the banks of the Mississippi in Anoka, Minnesota. "I spent a lot of time swimming and boating as a kid," she says. She also witnessed the changes along the river that came with development in the Twin Cities area and heard the concerns on a global level about climate change. All of that came together to spur her career trajectory, beginning with majors in environmental science and anthropology at the University of Notre Dame.

What followed included an internship with the Nature Conservancy in Washington, D.C., and in Chile, which helped her make the decision to continue in the research field, rather than move toward policy and law. "The more we know, the better we will be at protecting ecosystems," she says.

Protecting the Mississippi

As she moved through her master's, PhD and post-doctoral research, Jankowski investigated

invasive species in the Great Lakes, the impacts of land use and urban development on nutrient cycles in waterways near Seattle, how temperature change impacts the carbon cycle in the pristine waters of Alaska and, eventually, the impact of land use change in the Amazon basin on the world's largest river.

Much of the research was focused on how actions by people—at the top of the food chain and with the power to drastically change the landscape around us—impact the processes at the very base of the food web.

Jankowski came to La Crosse two-and-a-half years ago to lead the water quality component of a multi-agency effort to maintain and restore the health of the Mississippi River for all of its roles: as habitat, for fisheries and for navigation. "We've been studying it for a long time, and there are a lot of threats to the Mississippi," she says. In her role with the program, housed in the USGS Upper Midwest Environmental Sciences Center on French Island, Jankowski is focused on the entire Upper Mississippi basin from the headwaters to Cairo, Illinois, and oversees monitoring at six different stations stretching from Lake City, Minnesota, to Cape Girardeau, Missouri.

Her teams gather and process samples on a monthly basis, measuring nutrient content, algal

About the Upper Mississippi River Restoration Program:

The Upper Mississippi River Restoration (UMRR) Program was the first environmental restoration and monitoring program undertaken on a large river system in the United States, authorized by the Water Resources Development Act of 1986. It is a joint effort involving more than a dozen state, federal and nongovernmental entities focused on habitat restoration, monitoring and science. Learn more at <https://www.mvr.usace.army.mil/Missions/Environmental-Protection-and-Restoration/Upper-Mississippi-River-Restoration/>.

About the Upper Midwest Environmental Sciences Center on French Island:

Jankowski's research is just one of many projects and programs housed in the 65-acre site, ranging from sub-cellular DNA analysis of samples to identify invasive species to studies of control methods intended to protect the Mississippi River and other Midwest waters from continued invasion of Asian carp. The center has 65 full-time employees, with staff during peak seasons growing to as many as 120 including short-term contracts and students. Learn more at <https://www.usgs.gov/centers/umesc>.



Kathijo Jankowski stands in a headwater stream in the southeastern Amazon Basin in Brazil. Closer to home, she does her field work in the Upper Mississippi River area.



biomass, turbidity, oxygen content and temperature. “We have 25 years of data, so we are able to track things like what has been the impact of improved wastewater treatment upstream,” she says, or how restoration projects put in place by the U.S. Army Corps of Engineers improve water quality.

Getting her boots wet

As a lead investigator, Jankowski’s current role involves more management and data than muddy boots, but she still enjoys opportunities to get out from behind a desk. “I do love getting out in the field and getting my feet wet and seeing beautiful places,” she

says, describing a winter field experience earlier this year, on the tail end of a polar vortex.

Having taken an airboat out to a quiet portion of the river, in the frigid temperatures, she was surrounded by unique ice formations, animal prints in the snow and the sun reflecting in sparkles from everything around them, a scene few people have the opportunity to experience.

Jankowski has seen the Mississippi in all of its seasons, both as a child and now as a researcher, though returning hadn’t been part of her plan at the beginning. “It was funny how life works out like that,” she says. “The Mississippi was my inspiration, and now I get to come back and help protect it. It is critical to take care of this vital resource for future generations.” **(crw)**

Shari Hegland’s Earth Day interview with Jankowski and tour of the USGS facility was a wonderful reminder of how incredibly interwoven life in and along the Mississippi River is, from the tiniest invertebrates to the more than 100 species of fish and, of course, the millions of people who impact and love this great river.

Healthcare. Anywhere.

Diagnosis and a treatment plan in under an hour.

SmartExam* is as close as your nearest smartphone or computer. No wait, no waiting room, and no need for video. Just answer simple questions, and get the care and treatment you need in about an hour. Learn more at winonahealth.org/SmartExam.

SmartExam. Get care now.

Register by phone or log in to your *My Winona Health* account.

507.457.7680



WH Winona Health
Healthy starts here.

855 Mankato Ave. • Winona, MN • 507.454.3650

Find us online: winonahealth.org   



Only
\$39

“BEFORE
EVERYTHING
ELSE, GETTING
READY IS
THE SECRET
OF SUCCESS.”
Henry Ford

HEIDI M. EGLASH
Eglash Law Office, LLC
Life & Legacy Planning

email
heidi@eglashlawoffice.com
booking
eglashlawoffice.com
phone
698.782.6110 | 608.615.0234

THE LSE EXPERIENCE **Flying Can Be Easy**

Fly Local. Save Valuable Time.



La Crosse Regional
AIRPORT



Mary Riedel Counseling Services, LLC

Come as you are

**Working with you as an individual
wherever you are in life's journey.**

***A caring and confidential
atmosphere including:***

Therapy for Depression & Anxiety
Work & Career Issues
Self-Esteem
Grief Counseling
Childhood sexual abuse & assault



Mary Riedel MS, LPC
608.799.1208
505 King St.
Suite 227
La Crosse, WI

info@MaryRiedelCounseling.com
www.MaryRiedelCounseling.com

 **DELTA** 

Operated by SkyWest Airlines

La Crosse to

**NONSTOP
DETROIT**



Commencing Service
MARCH 2, 2019

Book today at www.delta.com



FOREVER YOUNG
LASER & SKINCARE CLINIC



FREEZE AWAY FAT

NO SURGERY. NO NEEDLES. NO DOWNTIME

\$100 OFF 4 CYCLES • FREE CONSULTATION

2845 Midwest Drive-Suite 102-Onalaska • 608-787-6855 • foreveryoungsc.com

STYLE ENCORE®

**J CREW
GAP
BANANA REPUBLIC
COACH
KATE SPADE
MICHAEL KORS
FREE PEOPLE
AND MORE**



**WE BUY
SIZES 0-6X**



LOCATED BEHIND HOBBY LOBBY, ACROSS FROM BRENNENGEN AUTOMOTIVE • 420 THEATER RD • ONALASKA, WI • 608.779.0515

Safe Fun in the Sun

Protecting your skin is key to a healthy summer.

BY ANASTASIA PENCHI

Contributed photos



Get ready, Coulee Region—it's time for some fun in the sun.

But if you are one of those people sporting a reflective, pasty-white look, it's time to pay special attention to your skin. The arrival of summer means we must more actively monitor sun exposure and ultraviolet rays.



Mary Duh, Mayo Clinic Health System, Onalaska

Yes, it's a year-round commitment, and preventing skin cancer is priority one. Previous education campaigns taught us the importance of using plenty of sunscreen. But just how safe is that sunscreen?

Sunscreen safety

Mary Duh, physician assistant in Dermatology at Mayo Clinic Health System in Onalaska, says she recommends wearing as much clothing as possible to limit skin exposure outdoors and limit the need for sunscreen. She says she prefers sunscreens that contain zinc oxide or titanium dioxide—typically marketed as “baby sunscreens”—because they excel at blocking out any skin still left visible to the sun.

“There has been some research recently to suggest that chemical-

based sunscreens could be potentially harmful and contain chemicals that might be carcinogenic,” Duh says. “The zinc or titanium sunscreens have been available the longest and remain the safest sunscreen to use.”



Dr. April Farrell, Gundersen Health System

Known as “physical blockers,” these baby sunscreens provide broader coverage, last longer and are less likely to cause skin allergies or irritation, adds April Farrell, MD, a dermatologist at Gundersen Health System.

Although the physical sunscreens sometimes leave a white residue, they act more like a shield, sitting on the surface of the skin and deflecting the sun's rays, according to the American Academy of Dermatology, Inc. website.

Chemical sunscreens are the other type available—they act more like a sponge absorbing the sun's rays, according to the AAD website. Chemical formulas tend to be easier to rub into the skin and contain at least one of the following: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.

Dr. Farrell says those who prefer the convenience of the chemical sunscreens, which are typically marketed as creams and sprays, should

aim for a minimum sun protection factor (SPF) of 30 and use an entire ounce. She said it takes about 40 pumps of a cream sunscreen to fill a 1-ounce container.

"This is a significant amount more product than most people apply," Dr. Farrell adds. "So if you are putting on a skimpy layer, you are not getting the true SPF on the label, and in that situation, a higher SPF such as 50 is recommended."

The right application

Both types of sunscreen break down over time, so it is important to reapply every two hours and after swimming. Dr. Farrell says she prefers cream sunscreens over sprays, but she says if you do choose a spray, remember to spray it close to the skin and rub it in thoroughly to prevent streaks. Application should take place 30 minutes before exposure.

Babies younger than 6 months should be kept in shaded play areas and stay out of the sun completely, Dr. Farrell adds, and parents should remember that putting sun-protective swimwear and clothing on young children can be quicker and easier than putting on sunscreen.

Exposed areas on young children should get only the "baby" or physical sunscreens. These are typically sold in a stick form like deodorant.

"These are deemed the safest," says Duh. "Spray sunscreens may be convenient, but they still need to be rubbed in to be effective and may contain potentially harmful chemicals."

The AAD says there is evidence to support the benefits of using

sunscreen to minimize short-term and long-term damage to the skin from the sun's rays. Claims that chemical sunscreen ingredients are toxic or a hazard to human health have not been proven, according to the AAD website, although it also noted that current FDA regulations on testing and standardization do not pertain to spray sunscreens.

An eye on the environment

News of sunscreen hurting populations living in the water is coming out now, too. "Reef-friendly" sunscreens, which are heavily promoted in tourist areas near the oceans, may not even be "reef-friendly," says Duh.

"There has been some research that suggests that sunscreens may cause potential harm to wildlife in all types of water—not just the oceans," Duh adds. "The oils and chemicals from the sunscreens settle down to the bottom, killing reefs, algae and plant life—all important food sources for fish and other wildlife."

More change is likely in future products.

"Oxybenzone and octinoxate are ingredients that have been shown to bleach the coral reefs in Hawaii and affect the local ecosystem," Farrell says. "They will be banned in Hawaii as of 2021."

Ask your own dermatologist about which sunscreen is best for your family's needs. Then, go out and enjoy the sunshine! **(crw)**

Anastasia Penchi loves summertime in Wisconsin. She can be reached at callmeloislane@hotmail.com.



Kristin Ottesen Upholstery

New Style Re-purposing

608.797.6553

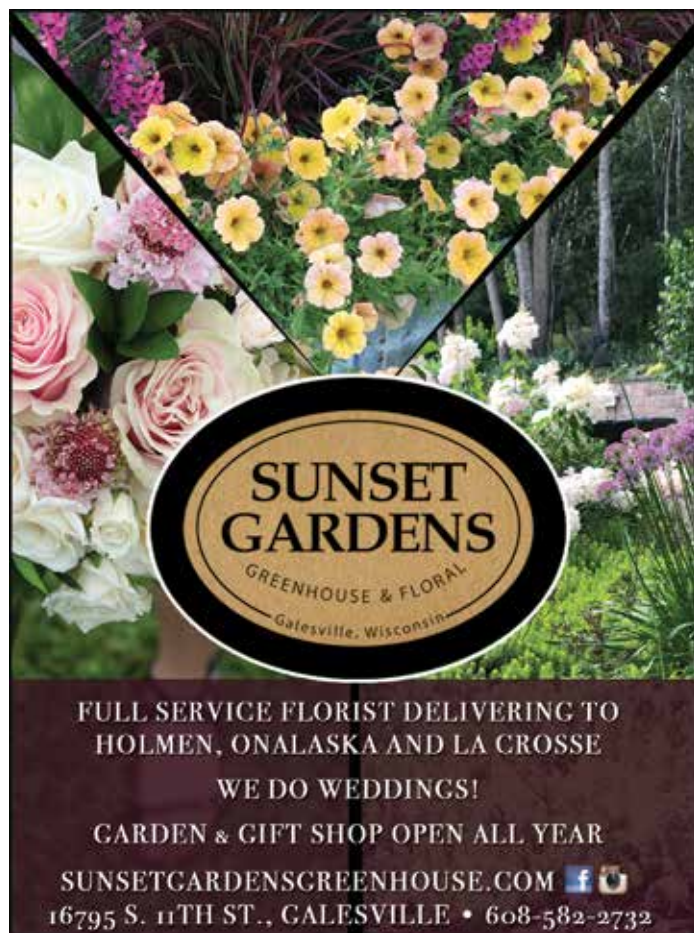
www.knottesen.com

Reupholstery of all Types, Leather Restoration, Cushion & Padding Reconstruction, Design, Fabrics, and much more!

For a free estimate send photographs to:

knottesen24@gmail.com

Holmen, WI



SUNSET GARDENS

GREENHOUSE & FLORAL

Galesville, Wisconsin

FULL SERVICE FLORIST DELIVERING TO HOLMEN, ONALASKA AND LA CROSSE

WE DO WEDDINGS!

GARDEN & GIFT SHOP OPEN ALL YEAR

SUNSETGARDENSGREENHOUSE.COM

16795 S. 11TH ST., GALESVILLE • 608-582-2732

PAINTER PORCH
Décor Extraordinaire



**Rustic Garden • Romantic Vintage
 Urban Farmhouse • Comfy Cottage**
 Open every Thurs., Fri., Sat. 10-5:30
 200 Main St. La Crosse • 608-782-6222 • 


Practically Posh
Life well decorated



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

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

 Practically Posh
 Interior design services available by Let's Imagine Design



JT
 JEN TOWNER
 PHOTOGRAPHY
Seniors
 www.jentownerphotography.com
 608.317.7787




Don't take our word for it...

NANCY GERRARD
"Based on our many years of experience in La Crosse, Nancy is the best Realtor®!" Doug & Nancy Hastad
"Nancy did an excellent job! Our home sold before it even got into MLS, they made an excellent marketing brochure." George & Sharon Kerckhove
"I would never buy or sell a home without Nancy!" David & Penney Repensek
"We loved how Nancy Gerrard and Sara Conway worked together as a team on our behalf. We are indebted to these ladies." Robert & Steven Kluth

SARA CONWAY
"Sara is an excellent Realtor® and I was extremely impressed with her professionalism and hard work." Mitchell Denall
"Sara did a very nice job explaining everything to us being first time home buyers." Anonymous Survey Response
"I was unavailable during this process and appreciated the extra effort Nancy and Sara made to help me." Holly Blanchard



Nancy Gerrard 608.792.0094 • Sara Conway 608.397.9693
 GHrealtors.com • ngerrard@ghrealtors.com • saraconway@ghrealtors.com

SURROUND YOURSELF WITH SUCCESS!



Who knew a machine shed could double as a clever, comfortable apartment space?

A LITTLE BIT OUT OF THE NORM

A quirky but clever apartment complements a machine shed.

BY JULIE NELSON

Contributed photos

“We’re a little bit out of the norm, but we’re always game to give it a try.”

—Patty Gebhart

If you take a turn onto Boma Drive in La Crosse, you’ll soon spot a structure that doesn’t quite make sense. The front of the building has new windows and a deck with a grill, making it too nice to be a shed, but with 72 feet of brownish, windowless walls in the rear, it’s too big to be a house. Turns out, it’s a combination of both.

Even more useful

Patty and Dave Gebhart live two doors down from this uncommon combo and had had their eye on the property, which connects with their own wooded area, for 30 years. When the land became available, they jumped at the chance to buy and construct the machine shed Dave had been wanting. And as they started designing the space, which included a separate area for an office, they started thinking—or rather, Patty started visioning.

“I said, ‘What if we make this space even more useful, and put in a sink, cupboards and a living area?’” Before long, the utilitarian office space morphed into a small apartment with heated concrete flooring, a shower, a kitchen, a couch, a TV and a bed. The apartment occupies a 24-by-40-foot space on the front end of the building, and while Dave still plans to use the space as an office, it is also an awesome guest room.

You might think one extra apartment would be enough for the Gebharts, but their motto seems to be “why stop here?” At the time, their daughter Ashley was in need of a place to live, and the next thing they knew, Patty and Dave were adding a two-story apartment on top of the office space.

A labor of love

Since the property did not come with a money tree in the backyard, the Gebharts needed to make their new project as cost efficient as possible, which means they did much of the work themselves. Patty says she painted “every board, every inch that you see in this room.” With the hired help of a couple of friends, they also laid the flooring, installed the tile in the kitchen, hung the drywall, built cabinets and reupholstered chairs. What’s truly remarkable is that while each member of this crew had some experience in remodeling, none was any type of expert.

“We’re both farm kids,” says Dave of their willingness to tackle a new project. “I learned at a young age how to fix a lot of stuff, to take risks and to work hard.” Patty also likes to keep busy and looked at this project as a labor of love. Like Dave, she is willing to take risks. If she doesn’t know how to do something, like reupholster furniture, well, “you live and learn.”



Keeping within a budget also meant shopping the sales. By the time they purchased their last board, the Gebharts were on a first-name basis with the cashiers at Menards, and before Sears went out of business, they made great use of reward points. “If you do a lot of the work yourself and watch the sales, you can save a lot of money,” says Dave.

The Gebharts decided on a lot of the design elements as they went along. And they did it as a team. Many times Patty would call Dave (who regularly travels selling industrial cleaning products) to tell him about a sale on some item she thought would be good in the apartment, and Dave would almost unfailingly say, “Get it.” If Ashley had an idea for a design element, Patty would research it and check in with Dave, who would tell her to go for it. In situations where many couples would begin to quarrel, Dave and Patty had fun. “I think it helped a lot that we didn’t have to move in here ourselves, and we weren’t on a timeline,” says Patty.

Dave adds, “It’s a lot easier to make decisions for someone else’s living space rather than your own.”

Design details

The apartment has a modern look with an old barn feel to it. Dave purchased three barn doors, which Patty laboriously cleaned and refinished, and they used ship lathe for walls. One of the few touches requiring professional help was the steel staircase leading to the upstairs bedroom in the loft. At 1,500 pounds, the stairs were too much to carry, so Dave broke down and hired a crane.

Some of Patty’s other touches include the walls near the entryway painted with chalkboard paint, making them perfect for messages and random artwork, and the white paint throughout the rest of the apartment. “I like white because it gives it a clean, open feel, and then

A classy bathroom and full-service eat-in kitchen occupy the living space in the Gebharts’ machine shed.

you can add your color with things that are easy to change in and out, like pillows or pictures on the wall,” says Patty.

You might think a machine shed would be a noisy neighbor, but the Gebharts made sure the walls were so thick you would never know what is on the other side if you hadn’t seen it for yourself.

The loft apartment is working great for Ashley right now, but if there comes a time when she decides the steps are too much for her growing family, the Gebharts aren’t at all worried. They can already see it would make a great rental or a desirable Airbnb for travelers who appreciate the peace of a wooded area nearby.

Just because this project is complete, don’t think for a minute the Gebharts are going to relax. They’re already making plans for chickens, gardens and a pumpkin patch that can host regular school field trips on their new property. And if that’s not enough, they’re beginning to talk about building a new house for themselves, even though it’s something they’ve never done before. “We’re a little bit out of the norm,” Patty admits, “but we’re always game to give it a try.” **(crw)**

Julie Nelson is not at all handy with home-repair projects and continues to be in awe at the quality of work done by these do-it-yourselfers.

Beyer
Cabinets LTD.

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



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

608.786.2220

houzz Like us on Facebook

hidden valley Designs
Your Window Treatment Specialists!



Vignette® Modern
Roman Shades
with Duolite®

Silhouette®
Window Shades
with Duolite®

Privacy and Light Diffusion.
All in One.

Now available on three popular Hunter Douglas window fashions, the Duolite® design option seamlessly combines two shades in one. It provides softly diffused light when you want it, and room-darkening privacy when you need it. Ask for details today.

HunterDouglas

www.hiddenvalleyblinds.com • 608.526.9870
Located in Floorcrafters • N5570 Frontage Rd-Onalaska
M-F: 8am-5pm • Sat: 9am-12pm

©2019 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas or their respective owners. 1809000001

TRUST THE PROFESSIONALS



Call for your **FREE** estimate!

**Repairs
Estimates
Installations
Tune-Ups**

The Genuine. The Original.

OVERHEAD DOOR

7Rivers
region

**Serving the
Area for
Over 40 Years**

608-783-6080 • www.OverheadDoor7RiversRegion.com

HOUSE WARMINGS
Antiques • Vintage Decor • Crafted & New



Open Wed.-Sat. 10 a.m.-5 p.m.
1522 Commercial St. - Bangor, WI
608.486.4046

UNEARTHING A LIVING PAST

The women of the Mississippi Valley Archaeology Center unlock secrets of our region.

BY DOREEN PFOST
Contributed photos



The Mississippi Valley Archaeology Center hosts public field schools for volunteers who wish to participate in hands-on learning. At right, Senior Research Associate Connie Arzigian assists a young participant.

Sooner or later this question comes to most people who enjoy the outdoors. You crest a bluff or gaze across a river and ask: *Who came here before us, and how did this landscape shape their lives?* If the place you contemplate is in the Coulee Region, the answers may lie right beneath your feet.

From the Paleo and Archaic traditions to the Oneota, people have dwelt in the resource-rich lands along the Mississippi River and its tributaries for thousands of years, and over the centuries, they left behind clues to their stories, long since buried by time and the elements.

Sleuthing out the past

In an unadorned red-brick building on the University of Wisconsin-La Crosse campus, the Mississippi Valley Archaeology Center's staff spend their days deciphering and preserving these clues, which include tools, art, food remains and features like fireplaces or trash pits. Surrounded by the center's exhibits of artifacts from the Mississippi Valley's past people, MVAC's operations manager, Dr. Katherine Stevenson, reflects that archaeology can bring the past to life. "It helps us make connections between cultural traditions and also connections across time." A person who picks up a 700-year-old piece of pottery marked with fingerprints feels a direct connection to the maker of those prints.

Founded in 1982 by UW-La Crosse professor James P. Gallagher to serve as the research arm of the university's Department of Archaeology and Anthropology, MVAC combines undergraduate education and public outreach with research and cultural resource management, or CRM.



*Katherine Stevenson,
operations manager at
MVAC*

Stevenson explains that the center's CRM work helps make it a self-supporting entity at the university while also providing an essential service to clients that include municipalities, government agencies and other organizations engaged in construction and development projects such as roads, flood control structures and buildings. Developers hire MVAC to help them comply with state and federal laws governing conservation of cultural resources.

Through careful excavation, field archaeologists confirm the presence—or absence—of features or artifacts in the path of development. They map and document any features, and they collect all artifacts, recording how and where they were found. Back in the lab, artifacts are catalogued, analyzed and preserved. It's painstaking and time-consuming work. Fortunately, help is at hand.

Hands-on education

Across campus, on Wimberley Hall's third floor, rock music thrums down the hallway on Friday afternoons, mingled with conversation and occasional laughter. Inside the archaeology lab, several students at a table wash soil from pottery pieces destined for permanent curation at the archaeology center. At another table, a student sorts bits of deer bones. In the corner, flintknappers in safety glasses sit in a circle on an outspread tarp and chip at stones to fashion points and other tools. By



Constance Arzigian, senior lecturer and senior research associate at MVAC

emulating the toolmaking techniques of past traditions, students hone their ability to recognize artifacts from various cultures.

While working, students banter with their professor, Dr. Constance Arzigian, who supervises the weekly open lab. Arzigian's dual roles as senior lecturer and MVAC's senior research associate link the academic department's students with the center. Everyone benefits. "The students get experience," she says, "and we get more analysis done of the MVAC collections."

The students understand, however, that archaeology is not simply about collecting old things; it's about gaining information that improves our understanding of past people and sharing that information with others. To that end, public outreach and education are a cornerstone of MVAC's mission. Bonnie Jancik, Director of Public Outreach, notes that archaeology provides many ways to pique the interest of youngsters and adults. Jancik and Educational Coordinator Jean Dowiasch coordinate a variety

of educational resources, including an information-packed website, public and school presentations, and teacher workshops. Volunteers can participate in actual field surveys for hands-on learning; those who want to "dig deeper" can register for a multi-day field school.

Knowing our land, knowing ourselves

Dowiasch also coordinates MVAC's public artifact show each March, where avocational archaeologists can exhibit their finds. Local farmers and landowners often discover artifacts on their own



Bonnie Jancik, Director of Public Outreach at MVAC

property; through MVAC, they learn to collect data responsibly and ethically so that it's valuable to science. "This is one of the fields where nonprofessionals can really contribute," says Arzigian, "because they *know* their own land." By collecting data in areas where professionals might never have looked, "it literally changes how we can know the past."

That's the aim: to know the past and thereby, perhaps, to know something more of ourselves and each other. When we see how the environment's exigencies defined the way people lived, it helps us think about what culture means and, says Jancik, "it increases tolerance and compassion because you see what other cultures might do in a completely different way." (crw)

Conservation writer and naturalist Doreen Pfost lives in Juneau County. She grew up near the Mississippian site known as Aztalan.



Sales | Service | Rentals

- Full Service Repair Shop
- New & Used Bikes for Kids & Adults
- Huge Clothing Selection
- Accessories for Bike, Run & Swim
- Bike Rentals Available by the Day or Weekend

Open
7 Days
a Week!

Check out our new easy State Bike Trail access right from our parking lot!

Bianchi 

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



Coulee Region LIVING

The latest in Coulee Region home products and services!



parade of homes

August 16-18, 2019
 Friday: 5 - 8 p.m.
 Saturday-Sunday: 11 a.m. - 4 p.m.

August 22-25, 2019
 Thursday-Friday: 5 - 8 p.m.
 Saturday-Sunday: 11 a.m. - 4 p.m.

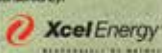


PEOPLE'S CHOICE
 Don't forget to vote!

TICKETS:
 \$8 at all ticket outlets
 \$10 at the door of each Parade Home
 Children ages 3 and under: FREE

Cover Home by Lifetime Design Homes

Sponsored by:

RENEWABLY BY NATURE!

www.labaparadeofhomes.com

touch of class

Find you Favorites
Elliott Lauren
Eileen Fisher
Inouitoosh
Pons
Lilla P

shoptoc.com
312 Main Street - La Crosse

**2019 DATES
STILL AVAILABLE!
CALL NOW!**

Picture by Luan Dobb Photography

Elegance
CELEBRATIONS OF EVERY KIND

DRUGAN'S
CASTLE MOUND
COUNTRY CLUB

Free golf membership for the bride and groom
Spectacular outdoor ceremony site
Gorgeous views from all tables
New (reduced) minimums • *No* room fee

Restaurant, Golf Course & Banquet Facility
Hwy. 53 N., Holmen • 608.526.4144
www.drugans.com

Retire on *your terms.*

Since 1894, Ameriprise Financial has worked for our clients' futures, helping to redefine what retirement can be. At Hanson & Associates, we're dedicated to an enduring, one-on-one approach that enables clients to achieve their true potential. When you take the right approach, life can be brilliant.

Moriah A. Cody, CLTC®, RICP®
Financial Advisor
Lynn M. Konsela, BFA®
Associate Financial Advisor

Hanson & Associates
A private wealth advisory
practice of Ameriprise
Financial Services, Inc.
608.783.2639
500 2nd St South, Ste 101
La Crosse, WI 54601
hansonprivatewealth.com

Ameriprise Financial | Be Brilliant.™

Ameriprise Financial Services, Inc. Member FINRA and SIPC.
© 2019 Ameriprise Financial, Inc. All rights reserved. (04/19)



PICNIC PAIRINGS

Create the perfect wine-and-cheese picnic with this guide.

BY TODD ROESSLER, ELMARO WINERY

Contributed photo

With the weather warming up, picnic season is here! In keeping with the ease of summer, how can you create a perfect menu for that romantic picnic in the sun?

There's nothing as romantic (or as easy) as the traditional wine, bread and cheese picnic. Start with the perfect baguette: warm and soft inside and crusty outside. Cut the bread into thin slices so the picnic is easy once the blanket is spread and the basket is placed.

There are two ways to go about planning the perfect pairings: Either pick the wine first and then match the cheese, or start with your favorite cheese and pair the wine. There's no "right" way, but for this example, we're going to start with wine.

The choosing of the wine can sometimes be difficult. What wine does my picnic date like? Traditionally, red wines are for winter, and white wines are for summer. But tradition is just that! Summer temperatures don't eliminate reds. If you and your companion like reds, then pack a red! If a white wine is your warm-weather choice, that's perfect, too.

Whichever wine you choose, temperature is key. For an experiment at home, try a white wine, which is normally chilled, at room temperature. The acidity might make that white wine seem sharp. Now try the same wine chilled—voilà! The acidity is delightful. Also, a red wine really "opens up" at slightly less than room temperature.

Wine + cheese

So now that you have the wine, you should know that cheese is a natural pairing with wine. There are, however, some wine and cheese pairings that are recommended for vinifera (traditional), cold climate, and Elmaro wines. Here are ideas:

- Pinot grigio, Traminette, Elmaro Tra-La-La and La Crescent—Muenster and Gorgonzola
- Dry Riesling, French sauvignon blanc, Elmaro Vidal Blanc—goat cheese or mozzarella
- New Zealand/Australia sauvignon blanc or Elmaro La Crescent—Alpine-style cheeses such as Havarti, Swiss, Monterey Jack, Gouda, young cheddar or Parmesan
- Chardonnay, Elmaro Chardonnay or Elmaro Silver Label St Pepin—Monterey Jack, Havarti or Gouda
- Semi-sweet Riesling or Elmaro Edelweiss—Swiss
- Dry sparkling or Elmaro Melacato—feta
- Pinot noir or Elmaro Marquette—Gruyère or nutty cow cheeses
- Concord or Elmaro Rosa—pepper jack, Swiss or aged cheddar
- Dry rosé, Elmaro Marquette Rosé or Elmaro Blush—Havarti, fontina, mozzarella, ricotta or provolone
- Merlot or Elmaro Chambourcin—Brie or Camembert
- Late harvest or Elmaro La Crescent Faux Ice Wine—Gorgonzola, Roquefort or blue vein cheese
- Port-style or Elmaro 1888—blue or aged cheddar

Recommended Wine Temperatures

Wine Type	Fahrenheit	Celsius	Examples
White wines Crescent,	45° to 50°F	7° to 10°C	Pinot grigio, chardonnay, Elmaro Vidal Blanc, Elmaro La Elmaro Edelweiss
Red wines Elmaro	50° to 65°F	10° to 18°C	Bordeaux, cabernet sauvignon, Elmaro Red Tail Reserve, Chambourcin, Elmaro Marquette
Rosé wines	45° to 55°F	7° to 13°C	White zinfandel, Elmaro Blush, Elmaro Sweet Cheeks
Sparkling wines	42° to 52°F	6° to 11°C	Champagne, cava, Elmaro Melacato
Fortified wines	55° to 68°F	13° to 20°C	Port, sherry, Elmaro 1888

Raise a glass

What about the beverage ware? Any romantic picnic can use a traditional, wine-appropriate stemmed glass, but if you're concerned about glass in the environment, there are many other wineglass options, including plastic stemless wineglasses, insulated plastic wineglasses, and stainless steel insulated sippy cups. Elmaro also sells an insulated stainless steel growler that can fit a full bottle of wine and keep it at the perfect temperature for hours.

Still don't think this picnic prep is easy enough? Then perhaps a "picnic package" from your local winery might be just what you're looking for. Elmaro offers a picnic package with a blanket, shade

umbrella and wineglass and bottle holders are all set up for you. A picnic basket is waiting, already filled with cheeses, bread, fruit and nuts. In addition, you can stop by the tasting room and choose your favorite wine to accompany your private picnic in the vineyard.

Whether you're planning your own private picnic or spending the afternoon at one of the region's beautiful parks or vineyard, this is the time of year to begin enjoying the outdoors with a picnic basket and a favorite friend! 

Todd Roessler handles marketing for Elmaro Winery in Trempealeau.



The Art and Science of Food and Wine Pairing

Wine and food pairing can be considered an art, but much of it is based on science. For example, a heavy wine like Cabernet Sauvignon would be delicious with a grilled filet mignon, where a lighter-bodied wine, such as Pinot Grigio, would be overwhelmed by the heavy flavor of the beef. A light fare of chicken noodle soup might pair well with a lightly oaked Chardonnay.

Sweetness levels of foods can hint at what wine might pair. With dessert, try matching the sweetness level of the wine. Or try contrasting the wine to the dessert: think Champagne with strawberries.

With appetizers, which can be varied in type and flavor, try a dry rosé. Rosé is a versatile wine that is a combination of red and white, or made from red grapes without much influence of the skin and seeds. Rosé wines are nice as a "go-to" as they have characteristics of both types of wines.

Trying wines with dishes is the best way to know if the food can make the wine "sing." Practice your pairings before that special dinner, if possible. After you've tried a few pairings, you will naturally feel comfortable adventuring on your own!

Lynita Docken-Delaney
Winemaker, Elmaro Vineyard 

Elmaro Vineyard, your Napa Valley...close to home.
Stop in for a tasting!

608-534-6456 | Tue.-Thu. 12-6 p.m.
N14756 Delaney Rd | Fri.-Sat. 10 a.m.-7 p.m.
Trempealeau, WI | Sun. 12-5 p.m.

2016
Wisconsin
Winery of
the Year!



Niagara Cave in Harmony, Minnesota, contains many features visitors love to explore. It's owned by the Bishop family: from left, Amy Holmgren, Aaron Bishop, Ryan Bishop, Holly Bishop, Jenny Bishop and Mark Bishop.

WE BOUGHT A CAVE!

The Bishop family celebrates 25 years at one of the area's natural wonders—Niagara Cave.

BY LEAH CALL
Contributed photos

"I think I'm going to buy a cave." So declared Jenny Bishop's husband, Mark, 25 years ago. And it wasn't just any cave. It was Niagara Cave in Harmony, Minnesota, ranked among the best caves in the nation by *USA Today*, CNN, The Travel Channel and numerous other entities.

"I was a full-time nurse at Mayo in Rochester at the time," Jenny says. "This was his thing." Still, she has been an important part of this family business for the past two-and-a-half decades.

Truly a family business

With a degree in physical geography, Mark had been looking for a business opportunity when he saw an ad for a limestone cavern for sale

in southeast Minnesota. "I first looked at it with my brother. I thought it was a really cool opportunity," recalls Mark.

After Jenny and the couple's four sons—then 4, 6, 8 and 18—saw the place, they were hooked, too.

The family moved to Harmony in April 1995 with just three weeks to learn the cave business before the tourist season began. Mark and Jenny scrambled to get the boys settled into a new school while giving some much-needed TLC to the cave and gift shop. "Everything needed to be updated drastically," recalls Mark. "It was like walking into a 1960s tourist attraction."

Everyone pitched in that first year and for a quarter of a century after. "It is truly a family business," notes Jenny. "The boys have been

working there since they were kids.”

The two youngest sons—Aaron, now 29, and Ryan, 31—earned degrees in geology, a fitting career choice for individuals who spent much of their childhood in a cave. Aaron and Ryan have now taken over much of the cave management.

Giving guided tours, keeping up the grounds, stocking the gift shop, doing cave maintenance and electrical work, and hiring and training the 20-plus part-time seasonal employees keep the Bishop family busy from April through October. Then Mark and Jenny head to Hawaii.

“In summer, we are open from 9 in the morning until 6 or 7 at night, and then summer is over. It is easier for them to enjoy summertime in the winter,” explains Aaron, whose appreciation for his unique upbringing has evolved with age.

“As a kid, it was just sort of where I lived,” he says. “Now, after visiting different caves around the world, I appreciate more and more what we have here in terms of how unique it is compared to other caves.”

Underground wonder

Niagara Cave is indeed unique. This natural wonder—named Minnesota’s Bucket List Destination by *USA Today*—has an underground stream, 100-foot-high ceilings and a 60-foot underground waterfall. The hour-long guided tour takes visitors 200 feet underground, where they encounter 450-million-year-old fossils.

There’s even a wedding chapel inside the cave. “There have been over 400 weddings there since the cave opened,” says Mark. “We have a handful of weddings every summer.”

The cave was discovered in 1924, when three pigs fell into a sinkhole. Further inspection of the sinkhole revealed large, extensive underground

passageways. In 1934, Niagara Cave opened for visitors. Today, it draws some 30,000 people annually, with all 50 states and up to 70 countries represented in the guest book each year.

Outside of the cave, the Bishops added a gem-mining station where kids can pan for gemstones, a playground, picnic area, concession stand and an 18-hole miniature golf course.

Three years ago, they installed a solar array, which offsets all the energy used in the cave. “We are the first cave to be totally powered by the sun,” notes Mark. “We have inspired other caves to do the same.”

Caring for the planet goes with the job when you own a cave that offers lessons in how contaminants impact our water supply.

“This is a unique place where you can see how surface water gets underground very, very quickly,” says Jenny. “In dye traces conducted at the cave, it took just three hours to go from the surface 120 feet down. That is very fast with not much filtering.”

For the Bishops, owning a cave has been an adventure. And even though the boys are handling more and more of the operations, Mark and Jenny still like to be part of it. Mark adds, “I still walk through sometimes and go, ‘Wow this is really cool!’” *(crw)*

Westby-based writer Leah Call is excited to get outside and explore the Coulee Region this summer.

Visit Niagara Cave

Hours: 9:30 a.m. to 5:30 p.m. Tours run every 15 minutes.

Cave temps: 48 degrees; pack a sweatshirt or light jacket.

Physical requirement: Ability to walk 275 stairs in and out of the cave.



The Pilates Studio, Inc.

Get a rewarding 1st or 2nd career, anywhere in the world!

Comprehensive Teacher Training

Call for more information.

608-781-2656 • pilatesstudiola.com



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

Over 26 years of experience

Dawn Marie Harris, Attorney

Employment & Labor Law
Family Law
General Civil Litigation

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



Mainstream Boutique

608-519-5522
1125 Main St.
Suite 180 • Onalaska

www.facebook.com/mainstreamboutiqueonalaska

MORE THAN FOUR WALLS

TheExchange ensures families transitioning out of homelessness have the furnishings they need.

BY SAMANTHA STROOZAS

Contributed photos



Coordinators of theExchange are, from left, Mary Mueller, Joan Waniger, Sheila Riley and Cindy Sahlstrom.



Household items and furnishings of all kinds are available through theExchange.

At theExchange, coordinators Mary Mueller, Cindy Sahlstrom, Sheila Riley and Joan Waniger work to help the La Crosse homeless community. “Through the effective re-use of donated items,” their mission statement reads, “theExchange partners with local social service organizations and ministries to provide free, gently used furniture, kitchen and household goods to community members transitioning from homelessness or housing insecurity.”

Furnishing fresh starts

Their story began informally and accidentally. Before theExchange was started, Riley was working with Sister Karen Neuser of the Franciscan Sisters of Perpetual Adoration to provide people in need in the community with furniture and household goods. “We had some free space,” says Riley, “and Sister Karen reached out to us to store the items, and next thing I knew, she was calling multiple times a week with more furniture. Finally, I told Sister Karen, just have the people call me. Things were in the basement, the garage, everywhere.”

At the same time, Sahlstrom was working with Officer Joel Miller of the La Crosse Police Department to collect items for La Crosse’s Collaborative to End Homelessness and its Sprint to End Veteran Homelessness, through which 12 homeless veterans were housed in apartments furnished with donated goods. After that effort, Neuser and Miller brought Riley and Sahlstrom together for a possible collaboration, and theExchange was formed. “We combined the effort after helping veterans and thought maybe we can take the furniture, collaborate more and continue these efforts year-round,” says Riley.

“We thought we needed to move forward; we needed to keep doing this,” Sahlstrom adds. “We realized that there was a much bigger need in the La Crosse community than just veterans.”

The community impact

TheExchange members notified social service agencies to get leads on more people in the community who needed assistance. “We offered to work with any and all who wanted to reference folks to us,” said Riley.

Every person at theExchange is a volunteer member. Waniger says they have close to 30 volunteers. Many times, people give back to theExchange after they have received items from it. “We get calls that people are doing better and want to give back to someone else. We often have people say, ‘When we get our feet back on the ground, we are coming back and helping,’ and they usually always do,” says Mueller.

Donation station

Riley explains that the donation process is also often cleansing for donors. “We are able to provide personal service because we are a small community, and it makes a huge difference to donors when they know what they are giving will be donated to families.”

TheExchange has felt an outpouring of community support through the work and hope to continue this into the future. “We really feel like the project belongs to the whole community,” says Riley. “We are just the representatives. We have felt a lot of support in many different ways.”

If you are interested in donating, theExchange is in search of beds, tables, chairs, dressers, pillows and cleaning supplies. They can be contacted at theexchange@shelterdevelopment.org. 

Samantha Stroozas is a student at the University of Wisconsin-La Crosse. She hopes more people donate to theExchange, not only to help housing insecurity, but also to cut down on landfill waste and help the environment.



TANDEM TRENDS

When biking the river, the forest or the marsh, hit the trails in style.

Photo by Jordana Snyder Photography

Outdoor activities in the Coulee Region call for the right gear, and you'll find great biking options for women at **River Trail Cycles** in Onalaska, modeled here by sisters Sarah Hundt (left) and Rachel Hundt. You can even explore nearby trails on this tandem bike, available for rental for a mere \$30/day! Owen, the River Trail Cycles mascot, is available for petting but not included in rental.

On Sarah

Terry Provenance cyclotank, \$59.99
Garneau Optimum cycling knickers, \$69.99
Garneau Air Gel gloves, \$29.99
Liv Fera bike shoes, \$99.99
Hips Sister accessory belt, \$24.99
Tifosi Swank sunglasses, \$25
Giro Vasona helmet, \$49.99

On Rachel

Endura Windchill II jacket, \$149.99
Terry Spinnaker cycling knickers, \$89.99
Balega Enduro No Show socks, \$13
Giro Techne bike shoes, \$89.99
Camelbak Podium Chill water bottle, \$15.99
Tifosi Svago sunglasses, \$24.99



YWCA IS ON A MISSION

Eliminating Racism,
Empowering Women,
Standing Up for Social Justice,
Helping Families and
Strengthening Communities.

JOIN US.

eliminating racism
empowering women

ywca

La Crosse



WWW.YWCALAX.ORG

 ewh small business
accounting

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



Angela Jones

For over 36 years providing...

- Accounting Services
- Business & Individual Tax Preparation & Planning
- Business Consulting

With strong client relationships
& personalized service

EWH Small Business Accounting S.C.

1052 Oak Forest Drive, Suite 205

Onalaska, WI

608-781-5625

www.ewhsba.com

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

MAGIC 105

Today's Hit Music!

ON-AIR LINEUP

5A-9AM **BOB & SHERI**

10A-2P GARY MICHAELS

2P-7P STEVEN WALKER

7P-11P **ON**
WITH MARIO LOPEZ

TOUCHING THE DISTANT PAST

**This summer, explore the local treasures
of the Coulee Region.**

BY CHRISTINE HALL

Contributed photos



Effigy Mounds National Monument contains almost 200 prehistoric Indian mounds, 31 of which are effigy mounds in the shape of birds or bear. Most date to 650-1200 AD. This view is from Fire Point.

Over 13,000 years ago, a family group of hunters stood on the bluffs of the Coulee Region and saw a very different landscape than what we see today. In the distant north, they could glimpse the two-mile-high glacier as it retreated after scouring the surrounding countryside. The glacial meltwaters were carving out a deep valley that would become the Mississippi River. Below them in the narrow valleys, megafauna such as mastodon and woolly mammoth roamed. And people have been here ever since.

The landscape has changed, as have the flora and fauna. These native peoples adapted and changed with it. We don't know the names all these generations of people gave themselves, so archaeologists tag their cultures with titles like Paleo, Archaic, Woodland and eventually Oneota and Mississippian before cultural groups were divided into the tribes that the nonnative peoples encountered beginning in the 1600s.

People have been living and dying, thriving and growing here for thousands of years. Short day excursions around the Coulee Region can expose you to the subtle signs of these ancient people. Spend a day or a weekend exploring, and many of these places you will find so powerful and sacred, you will want to return again and again.

Mississippi Valley Archaeology Center

For an overall look at what the region has to offer, visit here to learn about all the cultures that have lived in this area. Exhibits of

artifacts from around the Coulee Region—found on recent and past excavations—demonstrate the vast span of ages of humans that have been calling this area home. Paintings and reconstructions of rock art found in the area give you a look at the lifestyles of these ancient people. Generally open weekdays 9 a.m. to 4 p.m., it is best to call ahead to make sure everyone is not out in the field.

Perrot State Park

Located at Trempealeau, this park has history and prehistory galore. It is named after the French explorer Nicholas Perrot, who established a fur trading post here in 1685. While that is a long time ago, it is a mere blip in time when you realize that native peoples had resided here for thousands of years before. The nature center at Perrot has a great display of photos, a diorama and artifacts that give you a wonderful look at these ancient cultures. To really experience it, hike to the top of Brady's Bluff and overlook Trempealeau Mountain—then and now a sacred place for Native American people.

Riverside Cemetery

This unassuming little cemetery along Highway 35 between Stoddard and Genoa is also an ancient Native American site. Scattered among the tombstones dating back to pioneer times is a beautiful grouping of 11 conical burial mounds constructed about 2,000 years ago. Over 90 percent of the Indian burial mounds that once graced



Riverside Cemetery



The nature center at Perrot State Park



Pikes Peak State Park



Effigy Mounds National Monument

the Coulee Region are gone, obliterated by farming and settlement. But this now-protected group remains simply because the pioneers buried their own dead around these mounds on the broad terrace that sits above the Mississippi River. These mounds were once part of a much larger group of 75 that also included a bear effigy and linear (cigar-shaped) mounds. When you look below the terrace in the field toward the river, you can imagine the Indian village that was once there before settlers arrived and turned this spot on the river into a steamboat port named Bartlett's Landing.

Fish Farm Mounds State Reserve

Managed by the Iowa DNR, this group of mounds is somewhat obscure, as it sits on a natural terrace above Highway 26, three miles south of New Albin, Iowa. After stopping in the parking lot, you must climb steep stairs up the terrace. The sight of 30 conical mounds will take your breath away. Crammed together, these mounds form an impressive grouping. Some are huge and are attributed to the Hopewell Culture, a people within the Woodland time period (100 BC to 650 AD). These people were known for their extensive trading network and large conical mounds that contained numerous burials, all added over hundreds of years. Excavated in the 1930s by the Bureau of Ethnology, the artifacts are now in the archives of the Smithsonian. Although the mounds were reconstructed after the excavations, you can still get a moody feel for the ancient people who constructed them.

Effigy Mounds National Monument

Mention to people that we have a national park in the Coulee Region, and they will often look at you in surprise. This monument park is located across the river from Prairie du Chien, north of Marquette, Iowa, right along the Mississippi River. So special are the cultural treasures it holds that it was proclaimed a national monument in 1949. It is home to over 200 burial mounds, 31 of which are effigy mounds in the shape of bear or bird. The hiking trails here weave up and around the top of the bluffs, giving you spectacular views of the river. The mounds date to approximately 650 to 1200 AD and were built by the Woodland Indian culture, ancestors of the modern-day Ho-Chunk and other Midwestern tribes. A visitor center provides you with a look at the modern technology being used to investigate the mounds, including Light Detection and Ranging (LIDAR) and also a peek at some local artifacts.

Pikes Peak State Park

Headed downriver, this state park outside McGregor, Iowa, has one of the most magnificent views of the Mississippi River Valley you will ever experience. Overlooking the confluence of the Wisconsin and Mississippi Rivers, it is exactly where explorers Louis Joliet and Father James Marquette entered the Mississippi from the Wisconsin River in 1673. Then, 132 years later, Zebulon Pike, who had been hired by the U.S. government to scout out locations for military posts, stood upon these bluffs and deemed it a most important strategic point. Native peoples thought this same thing, as hundreds of years earlier they had constructed numerous burial mounds, including effigy mounds—mounds in the shape of animals—atop these bluffs. The park's numerous hiking trails will take you along many of these mounds, built somewhere during the time period of 800 to 1300 AD.

After visiting these public places, you might want to venture further afield. Numerous ancient and archaeological sites are scattered across the Upper Midwest. The ancient ones have been here in the Coulee Region for millennia—can't you feel them? [\(crw\)](#)

Christine Hall has a degree in archaeology and knows each of these places intimately, especially Effigy Mounds National Monument, where she spent almost a decade there as a park ranger.

SPECIAL SECTION

COMMUNITY

LA CROSSE • ONALASKA • HOLMEN • WINONA • VIROQUA • WESTBY • WEST SALEM



COMMUNITY

If you live in just about any town in the Coulee Region—whether La Crosse, Onalaska, West Salem, Holmen, Westby, Viroqua or another—you're in a place that's full of natural beauty and bustling communities. In our neck of the Driftless Area, community members are engaged, amenities abound and business is booming. Just take a look at the city centers of these communities, all attractive, supportive places where businesses are growing and services are easy to find.

It's as if the unique natural beauty of this area reminds us that we live in a very special place, and our communities rally around it, celebrate it and take understandable pride in it. This pride extends to how neighbors care for each other, how businesses support community endeavors and especially how we care for the unique environment we live in. It extends to the locally grown foods we eat, the local arts we enjoy and, of course, our great outdoors and the many ways we get outside and enjoy it. You can learn exactly how to partake in many of these, too, in our special Community section of *Coulee Region Women*.

Naturally, no community would fare well without the support and pride and commitment of its own residents, and we at *Coulee Region Women* wish to acknowledge you, our readers and devoted community members, business owners and advertisers, for doing all you do to make this region such a rich place to live. (crw)



AmeriDown Factory Outlet

New printed sheeting & quilts
have just arrived!



301 Sky Harbour Dr. - La Crosse • 608-783-6646
Hours: Mon.-Fri. 10 a.m.-6 p.m. • Sat. 10 a.m.-5 p.m. • Sun. 12 -5 p.m.

Find It DOWNTOWN

First Fridays

June 7 . July 5 . August 2

Each First Friday join us to celebrate art galleries, shopping, food, music, special events, open houses and fun!

Summer Days Sidewalk Sale!

Thurs - Sat August 1 - 3

Enjoy ridiculous deals and crazy savings during our annual sidewalk sale. Music and fun. Street Dance on Friday evening. Sidewalk sales start early and run all day!



LACROSSEDOWNTOWN.COM

DOWNTOWN MAINSTREET

608.784.0440



WEDNESDAYS
7:30 p.m.
FREE

Riverside Park
Downtown La Crosse

June 12, 19, 26
July 10, 17, 24, 31

2019 Concerts in the Park



JOIN US FOR THIS FREE CONCERT SERIES!

Ride the **FREE** shuttle bus!
In the event of inclement weather,
concerts at Central High School.
Details at www.LaCrosseConcertBand.org

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

Booking Summer Sessions NOW!

JORDANA SNEYDER PHOTOGRAPHY
CREATIVE • FUN PHOTOGRAPHY

JORDANASPHOTOGRAPHY.COM
608.397.5854

JSP



Radishes,
Ridgeland Harvest
38 miles

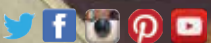
Grape Tomatoes,
Deep Rooted
29 miles

Cabbage,
Featherstone Farm
35 miles

People's
FOOD CO-OP
ESTABLISHED 1923

your partner in
local food.

Downtown La Crosse
315 5th Avenue South
608-784-5798 • www.pfc.coop
7 days, 7 am-10 pm
Open to the public • Free parking!



**61st Annual
Art Fair on the Green**
Sat. July 27 10a.m.-5p.m. • Sun. July 28 10a.m.-4p.m.
UW La Crosse Campus Lawns (16th & State St.)


Art Fair on the Green
— La Crosse, Wisconsin —



90+
New & Returning
Talented Artists



Admission: \$5 Adults • Students with ID or ages 12 & under FREE
For lodging info visit explorelacrosse.com or call 800-658-9424
All proceeds go to local scholarships

CELEBRATING ALL BREAST CANCER SURVIVORS



Join us as we celebrate breast cancer survivors in our community with a spectacular day of dragon boat racing on the Black River. You'll find more than a thousand people paddling to support the Center for Breast Care and healthy lifestyles programs at Boys & Girls Clubs, all while enjoying entertainment for all ages.

Saturday, June 22
Copeland Park, La Crosse
bigbluedragonboat.com

 **BOYS & GIRLS CLUBS**
OF GREATER LA CROSSE

 **MAYO CLINIC**
HEALTH SYSTEM



PAPERBACK RIDER

Find a roving Little Free Library
at a park near you.

BY JANIS JOLLY
Contributed photo

the help of lots of friends, had one custom made by Haley Tricycle Company in Philadelphia. Instead of a trailer on the back, the book box is on the front of the tricycle, shortening the rig and making it much more stable.

A custom vehicle is expensive, of course, but through donations to a GoFundMe site, she has the cost covered. One supporter she met through Unwound was a big contributor. Jessie L'Heureaux, a yarn dyer, created a special yarn in Wolfgram's orange that fades to a mottled gray to resemble newsprint. She sold the yarn, named Paperback Rider, through her company, Dye Monkey Yarns, and contributed half of the profits to help pay for Terri's bookcycle. Many others have given money to help pay for the vehicle.

Building bonds

When she parks her bicycle and opens the display, Wolfgram always attracts a crowd. But sometimes she meets with skepticism. At Poage Park, a cluster of young boys eyed her suspiciously as she set up her books, then asked if she was selling them. They were incredulous when they learned the books were free. They picked out a few and headed to the playground equipment, where she spotted one of the boys reading to his friend. Another time she sat with a couple of the boys at the park, and another kid asked her companion, "Is she your mother?" "No," the boy replied. "She's my friend."

Adults check out her display, too, so she includes a selection of adult books so they don't go home empty-handed.

Maintaining her book stock has not been a problem because friends and neighbors have kept her supplied, but she welcomes contributions of gently used books. Anyone wanting to contribute books can contact her via email at paperbackrider.lfl@gmail.com. Visit her website, <https://paperbackrider.rocks>, to find links to her Facebook and Instagram pages.

This season, the Paperback Rider will be at Open Streets in La Crosse on June 9 (taking place on Main Street between Sixth and Ninth Streets) and will frequently cycle through Poage, Powell, Cameron, Riverside, Weigent, Myrick and Burns Parks in La Crosse. [crw](#)

Janis Jolly lives in La Crosse and loves to read.

Terri Wolfgram loves kids, books and bikes, and she has developed a unique way of combining the three. She loads her bike with children's books, pedals to parks and events around La Crosse and gives them to any child who wants one or two or three.

She named her mobile Little Free Library "Paperback Rider," a pun on the Beatles song. She designed a nifty sprocket logo on a blaze orange background to be visible in traffic.

Wolfgram, who works part time at the local yarn shop Unwound, was inspired to create a mobile Little Free Library when she read about Street Books in Portland, Oregon, a lending library that brings books to people who live on the streets by means of a tricycle with a large box mounted on the front. She thought it would be more fun to give books away instead of lending them, so in May 2018 she outfitted her own bike with a couple of large baskets, filled them with kids' books and brought them to Riverside Park for the first time.

Building a bookcycle

The giveaway was a hit. Her friend Mario Youakim, organizer of the Beer by Bike Brigade, loved the idea and shared her Facebook page on his website, which brought in lots of book donations. As a result, Wolfgram needed greater carrying capacity, so her husband, Todd, constructed a bike trailer fitted with a large orange box that opens to display the books. The rig premiered on June 9. She used that system last season, taking it to Poage, Powell and other city parks; however the rig was long, cumbersome and tippy when parked.

She began to dream of a more maneuverable bookcycle and, with

CLOTHES MENTOR WOMEN'S RESALE *Sizes 0-26 & Maternity*



One store,
so many options!

Get CASH
on-the-Spot for
your items

Shop your favorite
brands at 70% off retail

We carry all seasons,
all year!

1226 Crossing Meadows Dr, Onalaska | 608-781-3358
clothesmentor.com | Find us on &



**For all your
printing *and*
promotional
product needs.**

Our Printing Specialties Include:

catalogs, magazines, manuals, tourism
guides, calendars, inserts, postcards,
brochures, newsletters, and direct mailers.
Contact: jason@cpcprintpromo.com

Promotional Product Expertise:

corporate apparel, employee/customer
holiday & recognition gifts, trade show
giveaways, and safety program incentives.
Contact: marcy@cpcprintpromo.com



(608) 781-1050 • cpcprintpromo.com • Onalaska, Wisconsin



**GUNDERSEN
MEDICAL
FOUNDATION**

Steppin' Out
R in Pink

**JOIN US...
SATURDAY
SEPT. 7 2019**

8:45: 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**

**SteppinOutInPink.org
ONLINE**

OUR SPONSORS:





Moon Tunes



Artspire

GUIDE TO THE GREAT OUTDOORS

From markets to music, hiking to biking, celebrate the Coulee Region outdoors.

Contributed photos

There's nothing better than being outside in the Coulee Region during the summer. Outdoor adventures make us think of boating, biking and hiking—but there's much more to a Coulee Region summer than those. Here's a quick guide to farmers markets, art alfresco and, of course, the outdoor activities we love.

Art

Artspire—June 7-8, The Pump House and surrounding area, La Crosse, artspire.thepumphouse.org.

AAUW Art Fair on the Green—July 27-28, 10 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday, UW-La Crosse campus, lacrosse-wi.aauw.net/art-fair.

Driftless Area Art Festival—September 21-22, 10 a.m.-5 p.m. Saturday, 10 a.m.-4 p.m. Sunday, Beauford T. Anderson Park, Soldiers Grove, www.driftlessareaartfestival.com.

Stockholm Art Fair—July 20, 10 a.m.-5 p.m., Village Park, Stockholm, www.stockholmartfair.org.

Music

Concerts in the Park—Sundays June 2 to September 15, 5-7 p.m., Halfway Creek Band Shell, Holmen, www.holmenwi.com/concertsinthepark.

Driftless Music Festival—July 13, 1-10 p.m., Eckhart Park, Viroqua, www.driftlessmusicfestival.com.

Great River Folk Fest—August 23-25, Riverside Park, La Crosse, www.greatriverfolkfest.org.

Ice Cream and Concert in the Park—July 25, 6 p.m., Village Park, West Salem, <http://www.westsalemwi.com/park-recreation>.

Jazz in the Park—June 16, July 14 and 21, 7 p.m., Riverside Park, La Crosse (rain site Cavalier Theater), www.lacrossejazzorchestra.com.

La Crosse Concert Band—June 12, 19, 26 and July 10, 17, 24, 31, 7:30 p.m., Riverside Park, www.lacrosseconcertband.org.

Moon Tunes—Thursdays June 6 to September 5, 5:30-8 p.m., Riverside Park, La Crosse, www.moontuneslacrosse.com.

Onalaska Downtown Sound—Tuesdays June 4 to August 27, 6-8 p.m., Dash-Park, Onalaska.

Winona Municipal Band Concerts—Wednesdays June 12 to August 14, 8-9 p.m., Historic Bandshell at East Lake, Winona, www.winonamunicipalband.org.

Farmers Markets

Bridgeview Plaza Farmers Market—Wednesdays June through October, 8 a.m.-1 p.m., Bridgeview Plaza, La Crosse.

Cameron Park Farmers Market—Fridays May through October, 4-8 p.m.; Saturdays May through October, 8 a.m.-1 p.m., Cameron Park, La Crosse.

Galesville Farmers and Artisans Market—Saturdays June through September, 8 a.m.-12 p.m., on the Square, Galesville.

Holmen Farmers Market—Wednesdays June through October, 3-7 p.m., Festival Foods, Holmen Square.

La Crescent Farmers Market—Tuesdays May through October, 4-7 p.m., corner of Oak and S. Second Streets, La Crescent.

La Crosse Hmoob Cultural & Community Agency Farmers Market—Thursdays, June 27 to October 31, 7 a.m.-4 p.m., Hmoob Cultural & Community Agency, 1815 Ward Ave., La Crosse.



Sidie Hollow Park



Winona Farmers Market



Viroqua Night Market



Along the Root River Trail

Onalaska Farmers Market—Sundays June through October, 8 a.m.-1 p.m., Festival Foods, Crossing Meadows Shopping Center, Onalaska.

Trempealeau Farmers Market—Thursdays June through September, 3-7 p.m., Central Park, Trempealeau.

Viroqua Night Market—June 19, July 17, August 14, September 18, 6-9 p.m., Eckhart Park, Viroqua.

Viroqua Partners Main Street Farmers Market—Saturdays May through October, 8 a.m.-12 p.m., corner of Rock Avenue and Jefferson Street, Viroqua.

West Salem Farmers Market—Wednesdays, June 5 to October 9, 2-6 p.m., corner of Jefferson and Mill Streets, West Salem.

Winona Farmers Market—Saturdays May through October, 7:30 a.m.-12 p.m., Levee Park at Second and Main Streets, Winona.

Biking and Hiking

Coon Prairie Trail—connects Westby and Viroqua, extends from Airport Road in Viroqua to South Avenue in Westby, 5 miles, coonprairietrail.webs.com.

Great River State Trail—heads north out of Onalaska well past Trempealeau and runs parallel to Lake Onalaska, 25 miles, discoveronalaska.com, www.bike4trails.com.

La Crosse River Marsh and Hixon Forest—numerous loops on the marsh trails in La Crosse and in Hixon Forest; some designated hiking only, map located at www.explorelacrosse.com.

La Crosse River State Trail—heads east out of Onalaska to connect with the Elroy-Sparta State Trail, 22 miles, www.lacrosseriverstatetrail.org, www.bike4trails.com.

Elroy-Sparta State Trail—connects Sparta to Elroy including tunnels, 32 miles, www.elroy-spartatrail.com, www.bike4trails.com.

400 State Trail—heads east out of Elroy to Reedsburg, 22 miles, www.400statetrail.org, www.bike4trails.com.

Halfway Creek Trail—trailhead is located at Halfway Creek Park in Holmen; connects to Great River State Trail, 3-4 miles, www.holmenwi.com/halfwaycreektrail.

Human Powered Trails—trailhead is located at the National Weather Service Station atop Grandad Bluff, www.explorelacrosse.com.

Root River Trail—from Houston, Minnesota, this famous trail leads west through Rushford and Lanesboro, then forks to destinations in Fountain, Preston or Harmony, up to 53 miles, www.rootrivertrail.org.

Sidie Hollow Park—enjoy hiking and mountain biking trails on County Road XX in Viroqua, www.vernoncounty.org/lwcd/Parks/sidiehollow.htm.

3 Rivers Trail—pick this up in La Crosse's Riverside Park to ride the marsh trails to Myrick Park and the Great River and La Crosse River State Trails, 4.7 miles.

Trempealeau Trails—numerous bike loops in the Trempealeau area, www.trempealeautrails.com. [crw](http://www.crw.com)



Care

when you need it

Contact a VMH Clinic in your area
Same day appointments for same day sniffles.

Westby (608) 634-3126

Viroqua (608) 637-3174

Soldiers Grove (608) 624-5203

La Farge (608) 625-2494

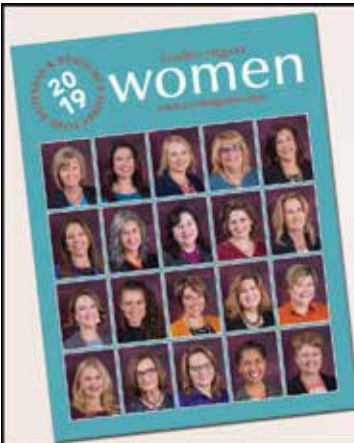


Viroqua Food Co+op is a cooperatively owned market and deli with delicious natural, organic and local foods.

Everyone is welcome to shop and anyone can become an owner!

Viroqua
food **coop**

609 North Main St, Viroqua
Open daily 7:00am – 9:00pm
www.viroquafood.coop



REACH WOMEN ALL YEAR!

Advertise in the 2020
Business & Resource Directory

Contact Carol Schank for more information.

carol@crwmagazine.com

608-783-5395 or 608-769-3161



START YOUR OWN CHILD CARE BUSINESS

Quality child care providers are in great demand, especially for infant care and evening/weekend hours

- Be your own boss
- Choose the schedule that fits your life and family
- Share in every one of your child's milestones

For info on becoming a certified child care provider in Buffalo, Juneau, Crawford, La Crosse, Monroe, or Trempealeau County, call us!

1-800-873-1768 | www.theparentingplace.net



| ACCOMPLISHMENTS |

eliminating racism
empowering women
ywca
La Crosse

YWCA La Crosse Tribute to Outstanding Women Nominations

Nominations for the YWCA La Crosse Tribute to Outstanding Women, sponsored by Mayo Clinic Health System, are now being accepted. Nominees and honorees whose involvement, volunteerism and/or work align with the mission of YWCA La Crosse—to eliminate racism and empower women—will be recognized at the Tribute to Outstanding Women event on Thursday, November 7, 2019, at the La Crosse Center.

Nomination forms and candidate criteria are downloadable at the YWCA La Crosse website, www.ywcalax.org, under Get Involved, then Events, then Tribute to Outstanding Women. The deadline for nominations is Thursday, August 1, by 4 p.m. For more information, please visit www.ywcalax.org or call 608-781-2783.



Driftless Dressmaker

Alterations & Inspired Designs
Specializing in
Women's & Men's Shirts
Norwegian Bunads
Wedding & Prom Dresses
Revamping Old Treasures

Tuesday-Friday 9:30a.m.-5p.m.
Saturdays 10a.m.-12p.m.
(Occasional Fridays away for buying trips)

Barbara Linnell
bflinnell@gmail.com • 608-606-4170
106 West Court Street • Viroqua



Naturally Unbridled Wellness Moves to a New Location

Naturally Unbridled Wellness LLC is excited to announce the opening of its new location. NUW's team of holistic wellness professionals may now be found at 1285 Rudy St., Suite 104, Onalaska (next to Style Encore off Theater Road). Patti Bartsch, PhD, will be offering expanded services beyond holistic wellness programs, thermography and pulsed electromagnetic field therapy. With the launch of the SHAPE ReClaimed lifestyle and nutrition program, NUW is helping people in the Coulee Region to reshape their lives, health and physique. Learn more at www.naturallyunbridled.com.



Local Lupus Alliance Hosts Specialist

The Local Lupus Alliance is pleased to host Dr. Alfred Kim of Washington University in St. Louis at a presentation entitled "You Don't Look Sick: Barriers Affecting Patients and their Community of Caregivers/Providers," a talk targeted to physicians and families of those affected by chronic illness, held 5:30 to 8 p.m. on July 10 at Celebrations on the River. Pre-registration is required, and a meal will be offered with the presentation. This presentation is free to attendees.

Medical professionals attending the presentation will be able to earn continuing medical education (CME) credits through Gundersen Health System. For more information, or to register, call 608-790-4760 or go to www.youdontlooksick.org.

Omyogastudio



Tammy Z's Is Now Om Yoga Studio

Tammy Zee is happy to announce she is merging and relocating her yoga studio of 20 years: now Tammy Z's Yoga Studio with Om Yoga Studio in Onalaska. Tammy Zee and Nedra Blietz partnered up and opened Om Yoga Studio in December 2018. Please check out their beautiful yoga studio on 1288 Rudy Street, Suite 102, in Onalaska. For more information regarding classes, events, workshops and trainings, visit Om Yoga Studio online at www.omyogaonalaska.com, find us on Facebook or call 608-783-3355.



DMI Announces New Marketing and Events Coordinator

Downtown Mainstreet, Inc.—the nonprofit organization that furthers economic development and revitalization of downtown La Crosse—welcomes Rachel Hundt as its new Marketing and Events Coordinator. Hundt comes to DMI with a strong background in public relations, strategic marketing and event planning. A native of the Driftless Area, Hundt has a bachelor of arts in public relations from Loras College in Dubuque, Iowa, and looks forward to getting to know the downtown community better and serving her hometown region.

DMI works to enhance, revitalize and redevelop La Crosse's original central business district through the elements of organization, design, promotion and economic vitality.

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



Satori Arts Gallery

A National Historic Landmark "Known for the Unusual"

www.satori-arts-gallery.com • 201 Pearl St.- La Crosse • 608.785.2779



SOLID SURFACE SPECIALIST

CUSTOM COUNTERTOPS SINCE 1987

Kitchen & Bathroom Countertops
Granite • Quartz • Corian

Onalaska | 608.783.7663 | www.solidsurfacespecialst.com



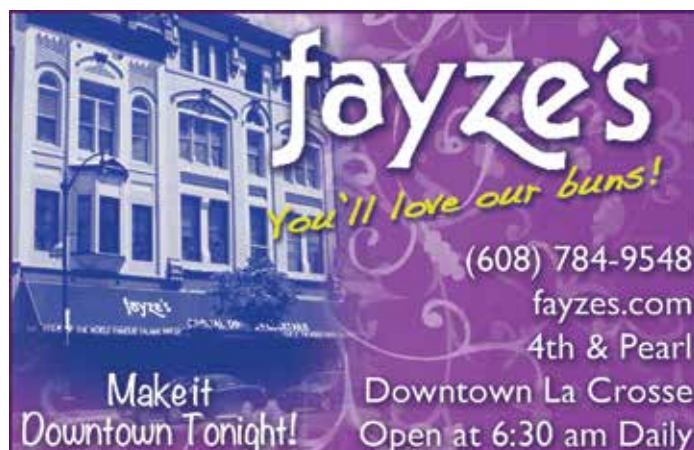
exhale

Massage Therapy & Wellness

May you be well! ~ Massage • Reiki • Yoga

www.myexhalemassage.com

544 2nd Ave N - Onalaska • 715-432-8928



fayze's

You'll love our buns!

(608) 784-9548
fayzes.com
4th & Pearl
Downtown La Crosse
Open at 6:30 am Daily



THRIVENT®
Be Wise With Money™

FEEL GOOD ABOUT YOUR FINANCIAL DECISIONS

Having a financial strategy can help you prepare for life's events. I can help you strategize. Thrivent is a mission-driven, membership-owned financial services organization offering products and services that match your unique goals, values and financial situation. **Call me today to set up a meeting.**

 **Melissa Kadrmas**, Financial Associate
931 Riders Club Rd., Onalaska, WI 54650
608-433-9646
melissa.kadrmas@thrivent.com
connect.thrivent.com/melissa-kadrmas

Thrivent.com • 800-847-4836



One of the best things about memories is reliving them.

We preserve old home movies, slides and pictures.

W8071 Forest Dr. • Onalaska, WI - By Appointment • 608.790.3608
www.Take5Productions.net • www.facebook.com/Take5Production



Beach Corner Arts Studios

Artsy Stuff to make your life beautiful!

Local artists
Group silk scarf dying classes

Open: Thurs-Sat 10 a.m.-5 p.m.
608-525-2028 • www.beachcornerart.com



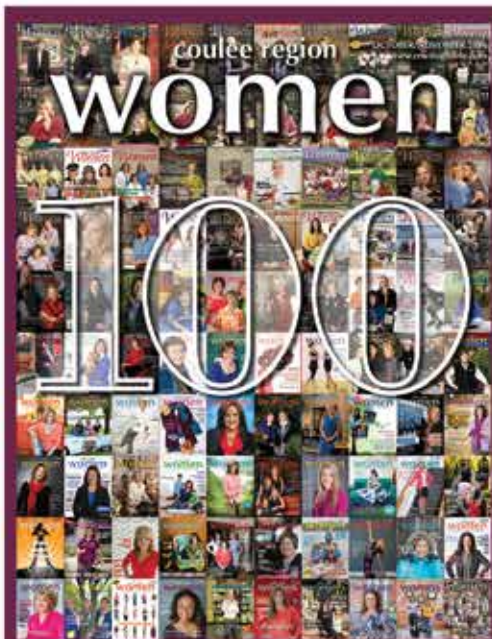
Viroqua Public Market

Viroqua, Wisconsin

100+ LOCAL VENDORS
OPEN YEAR ROUND
SOMETHING FOR EVERYONE!

UNIQUE GIFTS, ART, CANDY, ANTIQUES
AND JUST ABOUT EVERYTHING ELSE
FIND MORE ON FACEBOOK

215 SOUTH MAIN ST
VIROQUA, WI 54665
608.637.1912



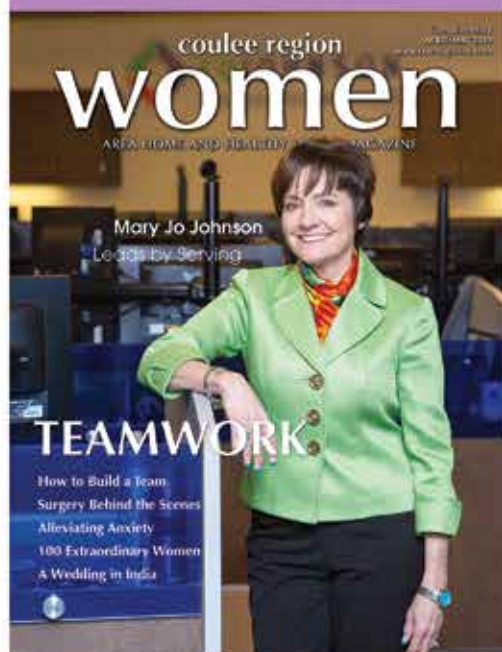
Connecting
You with Your
Community



Over 50,000
Readers

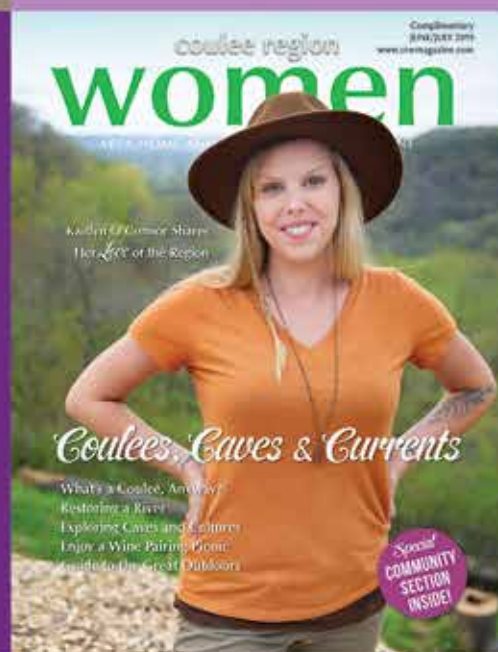


Send Us Your
Story Ideas!



coulée region
women
AREA HOME AND HEALTHY LIVING MAGAZINE

608.783.5395
816 2nd Ave. S., Onalaska
info@crwmagazine.com
www.crwmagazine.com





Ready.
Set.
Go.



ADVERTISER INDEX

AAUW Art Fair on the Green	44
Altra Federal Credit Union	7, 13
AmeriDown Factory Outlet.....	42
Ameriprise Financial/Hanson & Associates	31
Beach Corner Arts Studio.....	51
Bethany Lutheran Homes, Eagle Crest Communities	17
Beyer Cabinets LTD	28
Board Store, The	13
Clothes Mentor.....	46
Coulee Chiropractic	10
CPC Printing & Promotions.....	46
D.M. Harris Law, LLC	35
Downtown Mainstreet Inc.	43
Driftless Dressmaker.....	50
Drugan's Castle Mound Country Club.....	31
Edward Jones	18
Eglash Law Office, LLC.....	21
Elevations by Wisconsin Building Supply.....	18
Elmaro Vineyard.....	33
EWB Small Business Accounting	38
Exhale Massage Therapy & Wellness.....	51
Fayze's	51
Feist Siegert Dental	2
Forever Young Laser & Skincare Clinic	22
Gerrard-Hoeschler Realtors	25
Gundersen Health System	5, 46, 55
Hidden Valley Designs INC	28
HouseWarmings.....	28
J Company.....	18
Jen Townner Photography	25
Jordana Snyder Photography	43
Kristin Ottesen Upholstery	24
La Crosse Area Builders Association	30
La Crosse Concert Band.....	43
La Crosse Media Group	38
La Crosse Regional Airport.....	21
Mainstream Boutique	35
Mary Riedel Counseling Services, LLC.....	21
Mayo Clinic Health System	44, 56
Naturally Unbridled Wellness LLC.....	10
Om Yoga Studio.....	10
Overhead Door Company of the 7 Rivers Region, Inc....	28
Painted Porch.....	25
Parenting Place, The.....	49
People's Food Co-op	44
Pilates Studio LLC, The	35
Practically Posh	25
River Trail Cycles	30
Satori Arts Gallery.....	51
Schumacher-Kish Funeral and Cremation Services.....	43
Solid Surface Specialist.....	51
Style Encore.....	22
Sunset Gardens LLC.....	24
Take 5 Productions	51
Therapy Place of La Crosse, The.....	10
Thrivent Financial	51
Touch of Class	31
Trust Point	9
Urban Shoetique	3
Vernon Memorial Healthcare	49
Viroqua Food Coop	49
Viroqua Public Market.....	51
Winona Health.....	20
WKBT Newschannel8	53
WXOW News 19	14
YWCA La Crosse	38

Accomplishments

Altra Federal Credit Union	50
Downtown Mainstreet Inc.	50
Local Lupus Alliance	50
Naturally Unbridled Wellness LLC.....	50
Om Yoga Studio.....	50
YWCA La Crosse	50

COMMUNITY CALENDAR

ONGOING EVENTS

American Association of University Women (AAUW) 2nd Sat. of each month (Sept.-May), 9:30 a.m., 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.

Coulee Region Professional Women (CRPW) 4th Tues. of each month, Shelli Kult, crpwomen@gmail.com.

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

La Crosse Rotary every Thurs. noon-1 p.m., Radisson Center, www.rotarycluboflacrosse.org.

La Crosse Toastmasters Club 2nd and 4th Tues. of each month, 7 p.m., La Crosse County Administrative Building, 212 6th St. N., Room 100, La Crosse, 411.toastmastersclubs.org.

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

Moon Tunes Thursdays June 6 to Sept. 5, 5:30-8 p.m., Riverside Park, La Crosse, www.moontuneslacrosse.com.

NAMI Family Support Group 2nd Mon. of each month, 6:30 p.m., Family and Children's Center, 1707 Main 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., Goodwill, La Crosse.

Set Me Free Shop, Saturdays & Sundays, 30 minutes before & after services. First Free Church, 123 Mason St., Onalaska. Also available by appt. 608-782-6022.

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 Empowering Women (WEW), last Wed. of each month, Schmidt's, noon-1 p.m., Shari Hopkins, 608-784-3904, shopkins@couleebank.net.

Women's Alliance of La Crosse (WAL) 2nd Thurs. of each month, noon, The Waterfront Restaurant, Visit www.womensalliancelacrosse.com for more information.

CALENDAR EVENTS

June 4-July 13, Juxtapose, exhibition of the La Crosse County Historical Society, Swarthout Museum, Main Library, La Crosse.

June 6, YWCA Taste of the Coulee Region, 5:30-8 p.m., Celebrations on the River, www.ywcalax.org.

June 7-8, Artspire Festival, various times, Downtown La Crosse, www.thepumphouse.org/artspire.

June 8, Merry Weathers, 6-9 p.m., Cleary Terrace, Weber Center for the Performing Arts.

June 8, Open Barn and Activities in the Garden, 9 a.m.-12 p.m., Clearwater Farm, Onalaska, www.clearwaterfarm.org.

June 12, 19, 26, La Crosse Concert Band, 7:30 p.m., Riverside Park.

June 13, Traditional Dakota Bread-Making, 6-7:30 p.m., People's Food Co-op, La Crosse, www.pfc.coop.

June 13-18, *My Fair Lady*, 7 p.m. Thurs.-Sat. and Mon.-Tues., 5 p.m. Sun., Page Theatre, Saint Mary's Performance Center, Winona.

June 14-15, Onalaska Community Days, American Legion, Onalaska, www.onalaskacommunitydays.com.

June 14-23, *Dr. Evil and the Basket of Kittens*, 7 p.m. Fri., 2 p.m. Sat.-Sun., La Crosse Community Theatre, Weber Center for the Performing Arts.

June 15, La Crosse County Dairy Breakfast, 6-11 a.m., Creamery Creek Holsteins.

June 15, Old Soul Society, 6-9 p.m., Cleary Terrace, Weber Center for the Performing Arts.

June 15, Tomah Kite Fest, 10 a.m.-4 p.m., Tomah High School Varsity Soccer Fields, Tomah.

June 15, Walk with Warriors, 10 a.m.-12 p.m., Onalaska American Legion, www.laxymca.org.

June 16, Jazz in the Park, 7 p.m., Riverside Park.

June 21-30, *The 25th Annual Putnam County Spelling Bee*, 7:30 p.m. Fri.-Sat., 2 p.m. Sun, Toland Theatre, Center for the Arts, UW-La Crosse.

June 22, Big Blue Dragon Boat Festival, Copeland Park, La Crosse, www.mayoclinichealthsystem.org/bigbluedragon.

June 22, The Mayfield Experience, 6-9 p.m., Weber Center's Cleary Terrace, Weber Center for the Performing Arts.

June 22, Midsummer Fest, 10 a.m.-4 p.m., Norskedalen Nature & Heritage Center, Coon Valley, www.norskedalen.org.

June 25, Advanced Scientific Aromatherapy: Beyond the Basics, 6-7:30 p.m., People's Food Co-op, La Crosse, www.pfc.coop.

June 25-Aug. 4, Great River Shakespeare Festival, Winona State University, www.grsf.org.

June 26-Aug. 14, Music in the Valley, Norskedalen Nature & Heritage Center, Coon Valley, www.norskedalen.org.

June 30-July 21, Minnesota Beethoven Festival, Winona State University, www.mnbethovenfestival.org.

July 3-6, Riverfest, Riverside Park, www.riverfestlacrosse.com.

July 4, Firecracker 4 Mile, 8:30 a.m., Riverside Park, www.firecracker4mile.com.

July 4, Kwik Trip Fireworks Extravaganza, 10 p.m., Riverside Park.

July 7, Art Fair on the Farm, 10 a.m.-5 p.m., Norskedalen's Thrunegaarden, Coon Valley, www.norskedalen.org.

July 10, "You Don't Look Sick," presentation by Dr. Alfred Kim, sponsored by Local Lupus Alliance, 5:30-8 p.m., Celebrations on the River, La Crosse.

July 10, 17, 24, 31, La Crosse Concert Band, 7:30 p.m., Riverside Park.

July 11-13, Country Boom Festival, all day, Maple Grove, La Crosse.

July 13, Dixieland Jazz Festival, 12:30-7 p.m., Winona State University, www.wionadixieland.webs.com.

July 13, Folk Life La Crosse, 10 a.m.-3 p.m., Historic Hixon House, www.lchshistory.org.

July 13, Kids Tri, 7 a.m.-12 p.m., R.W. Houser Family YMCA, www.laxymca.org.

July 13, Youth Outdoor Fest, 10 a.m.-2 p.m., Veterans Freedom Park, www.cpclax.com.

July 14, Mediterranean Festival, 12-5 p.m., St. Elias Orthodox Church, La Crosse, www.stelias-lacrosse.org.

July 14, Jazz in the Park, 7 p.m., Riverside Park.

July 17, Discover Healing Crystals, 6-8 p.m., People's Food Co-op, La Crosse, www.pfc.coop.

July 19, Art for Dinner, 6:30-9:30 p.m., The Pump House, La Crosse, register online at www.thepumphouse.org.

July 19-Aug. 3, *The Fantasticks*, 7:30 p.m. Fri.-Sat., Lyche Theatre, Weber Center for the Performing Arts.

July 20, Family FUNdraiser for WI Burn Camp, 11 a.m.-5 p.m., Glen Fox Park, Onalaska.

July 21, Jazz in the Park, 7 p.m., Riverside Park.

July 27, Annual Rail Fair, 10 a.m.-4 p.m., Copeland Park, La Crosse, 608-781-9383, www.4000foundation.com.

July 27-28, AAUW Art Fair on the Green, 10 a.m.-5 p.m. Sat., 10 a.m.-4 p.m. Sun., UW-La Crosse Campus.

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



See the world with zest!

Fed up with hiding behind tired eyes? Energize your appearance with an eyebrow lift or eyelid surgery (blepharoplasty) and receive a free professional lash-boosting mascara and serum postoperatively.

Eye brow lift: Tightens loose skin in the forehead and elevates your eyebrows for a rejuvenated appearance.

Eyelid surgery (blepharoplasty): Improves sinking upper eyelids and removes drooping under-eye skin for a more illuminated expression.

Schedule a personalized consultation today to see how an eyebrow lift or eyelid surgery can help you put your freshest face forward: Plastic Surgery & Aesthetics, La Crosse Campus, East Building, Level 5: (608) 775-1943.

*Offer includes GrandeMASCARA Lash Boosting Mascara and GrandeLASH-MD Lash Enhancing Serum and is valid on eyebrow lift or eyelid surgery scheduled by Aug. 31, 2019. Mascara and serum redeemable postoperatively. Offer not combinable with other promotions.

GUNDERSEN
HEALTH SYSTEM®

MAYO CLINIC HEALTH SYSTEM
IN LA CROSSE EARNS

**5-STAR
QUALITY
RATING.**



Mayo Clinic Health System in La Crosse earned a five-star quality rating from the Centers for Medicare and Medicaid Services (CMS) as part of their Hospital Compare program. Nationwide, only 293 of 3,724 hospitals earned the top rating. "A five-star ranking is truly a distinct honor and a testament to our talented and dedicated staff. Their work every day ensures our patients receive the best care possible," says Paul Mueller, M.D., Regional Vice President.

Extraordinary employees. Extraordinary care.

