

With an emphasis on equilibrium and personal growth, *5ive for Women* encourages the on-the-go gal to pause for self-nurturing through insightful articles and thought-provoking features—supporting the not-so-simple balance between faith, family, friends, fitness, and finance.

At *5ive*, we are advocates of healthy priorities and fitness for life, while striving to motivate, energize, and inspire camaraderie of the Chippewa Valley sisterhood.



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WISHING YOU  
☘ *the luck of* ☘  
THE IRISH  
*and a happy*  
ST. PATRICK'S DAY

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# Need a Hand? We're here for you.

The thought of losing your hand function is almost unimaginable. But when severe arthritis causes joint swelling or when carpal tunnel leaves your thumb and palm numb, the unthinkable could become reality.

Dr. J. Clinton Merrick specializes in disorders of the hand, working with patients to restore movement and strength. And, with over 9 years in practice right here in the Chippewa Valley, you can rest assured that you are in good hands.

To make an appointment with Dr. Merrick, call 1-715-514-2550.



### Please Take This Brief Survey

*Carpal tunnel is a painful disorder caused by pressure on the median nerve at the wrist. Check all that applies & bring this to your appointment with Dr. Merrick.*

- Numbness or 'pins and needles' in my Thumb, Index or Middle fingers
- Pain or numbness that wakes me up at night
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*In the end, it's not the years in your life that count. It's the life in your years.*

Ladies, welcome to February—the perfect month to roll out the Love Your Life issue! We're delighted to feature articles showcasing ladies embracing life. It is our hope that this issue will offer a new perspective to help you love your life through any season. No matter the length of the to-do list, the seemingly never-ending responsibilities, and the crazy schedules we all face—it is possible to love your life now! It is possible to thrive, even when life feels like an impossible, chaotic project.

I believe I can personally reduce self-imposed feelings of inadequacy and we *all* can entirely eliminate every hint of self-loathing.

By following a few simple guidelines when things seem uncertain and messy, we can find much freedom. Let's practice self-compassion this year, friends. And while we are at it, let's altogether reject any temptation to compare ourselves to others. Let's not compare our husbands, our homes, our children, our jobs, or any part of our lives! Comparison is a joy-thief and a liar causing us to overspend, overdo, and perform. When life seems crazy stressful, I like to remember to surrender, accept, and expect.

If I surrender, chaotic seasons can still bring growth. If I surrender control, I remain peaceful. I can remain tranquil with dirty laundry in the baskets and while serving a less-than-five-star dinner because I accept the to-do list as a mere guide. I have to reject its beckoning call sometimes. I accept it is not humanly possible for me to do everything. I accept my limitations. Finally, goals get reached, mountains get moved, and great things still happen because we expect good things. I am less troubled when things "go wrong" because I am able to choose hope and expect a good ending.

So, while I work hard to remember these lessons, I am ready to love my life now! I encourage all my readers to join me. Let's make lists all year long about what we love about our lives. I'll start:

I love my faith. I love that it has pulled me through some dark days. I am blessed beyond what I can even articulate. I love my strong-willed brood, and I love how they challenge me, make me smile, and motivate me. I love my beautiful children! I love my husband and know that he loves me. I love our commitment. I adore the freedom this commitment allows us in challenging one another toward self-growth. I love living in an arctic blast zone where people get out there and make life happen in frigid -23 degree temperatures. I love that our home is finished and we are all loving our cozy spot. I love my age. I wish I could bottle this age. I know what and who I am, and that is enough. I love to run, and I love that most days I can still make a good run happen.

February is the month of love; it's time to love our lives. February is also a midway point. I am loving the light at the end of the tunnel! The journey continues: faith, family, friends, fitness, and finance.

*Jen Theisen*  
Publisher & Editor-in-Chief

# 5IVE FOR WOMEN™

VOLUME FOUR  
ISSUE ONE

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Photo credit: Eau Claire Regional Arts Council



## Wine & Whimsy Eau Claire

Local residents have been tickling their palettes/palates at Eau Claire's first paint and wine experience! Wine & Whimsy is a workshop with friends in front of a canvas with a glass of wine. A professional instructor guides students through painting their very own masterpieces. This unique ongoing event benefits the Eau Claire Regional Arts Council, Inc. [eauclairearts.com](http://eauclairearts.com)

## Arts & Entertainment

Photo credit: Adam Dorn Photography



# Menomonie WinterDaze Parade

## Downtown Menomonie

Sponsored by Main Street of Menomonie, Inc. and a variety of Menomonie businesses

On December 11, Santa and his reindeer visited downtown Menomonie while holiday cheer spread far near near with horse-drawn wagon rides, a light parade, and a fireworks display.



# Taking 5ive with Meghan Kulig

WRITTEN BY HEATHER ROTHBAUER-WANISH

The past year has been challenging, exciting, and full of changes for Meghan Kulig. With a new baby, a career transition, and a positive outlook on life, Meghan is excited to see what the future holds for her and her family. And, as with many women in the Chippewa Valley, she is busy balancing the five Fs: faith, family, friends, fitness, and finance.

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## FAITH

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After more than eight years as a news anchor and reporter for WEAU 13 News in Eau Claire, Meghan now works for Regis Catholic Schools as the Communications Director. She describes, "Because of my work in a Catholic school system, faith intersects with my career each day. We begin our meetings with prayer and incorporate God into everything we do—I love it."

In June 2014, Meghan and her husband, Charles, welcomed their first child, Henry. Having Henry has fortified Meghan's already-strong commitment to live a good life and do the right thing. "Just recently, my husband and I have started to integrate faith back into our lives. We feel that it is even more important since we are raising a child," tells Meghan.

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## FAMILY

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Meghan and her younger sister grew up on a small farm in Trempealeau County. Meghan and Charles met at Independence High School, and they married while Charles was serving in the U.S. Marine Corps.

Meghan values family: "Because my parents still live in the area, I'm lucky to be able to see them on a regular basis. Even if it is only for a quick lunch, I get together with them as often as I can." Charles and Meghan love spending

time outdoors, including canoeing and fishing whenever possible during the summer months. "More often than not, we spend time together as a family at home, cooking a meal or just watching television. We truly love our quiet evenings at home."

And Meghan always looks forward to traveling. "In addition to traveling with Charles, I have also taken many vacations with my parents and sister. Some of my favorite trips have been aboard the Disney Cruise Line." A big Disney fan, Meghan even worked at Walt Disney World during a semester in college.

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## FRIENDS

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Meghan does her best to schedule time with friends, including the occasional reconnection over lunch. "Even though several weeks may go by without seeing my friends, we are always quick to reconnect," she says. And through her years as a news anchor, Meghan met many community members who have become her friends. "I've made a lot of personal connections and still take the time to chat with those people whenever I see them."

In addition, Meghan serves on the Board of Directors for Bob's House for Dogs, a local non-profit organization close to her heart. She adds, "I'm blessed to have met some wonderful friends through that experience, too."

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## FITNESS

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Like many women, Meghan is challenged to find time for fitness. Instead of carving out specific "fitness time," Meghan concentrates on living an overall healthy lifestyle. "I'm a very active person, especially during the summer months. It is easy to get out for a walk or spend an afternoon paddling... I just



do what I can—even if it is a 15-minute walk."

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## FINANCE

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As Communications Director, Meghan is responsible for maintaining a balanced budget for Regis's advertising, public relations, printing, etc. "Finances and budgeting are an important part of my job, and I like the challenge of doing as much as I can with that money," she explains.

Like most couples, Meghan and Charles discuss their future and what it will take to reach their financial goals. Because they both are hard-working people and aren't afraid to go after what they want, Meghan is confident they will be able to meet those goals in the coming years. Meghan's advice: "I would also encourage people to fully review and ask questions about their health insurance and retirement plans—I'm always shocked at how many people don't understand those things."

Overall, Meghan couldn't be happier with her current life, actually taking pleasure in the multitasking it requires. "I really enjoy being an on-the-go person and, even when I don't think I will, I manage to get everything done and balance the important things in my life." She also recommends taking everything one day at a time, "Take time each day to remember your blessings. It is so easy to get caught up in the craziness of meeting deadlines and juggling multiple responsibilities. It is essential to remember what's really important in life."



# FAB FINDS!



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Metropolis Resort with Action City and Chaos Indoor Water Park

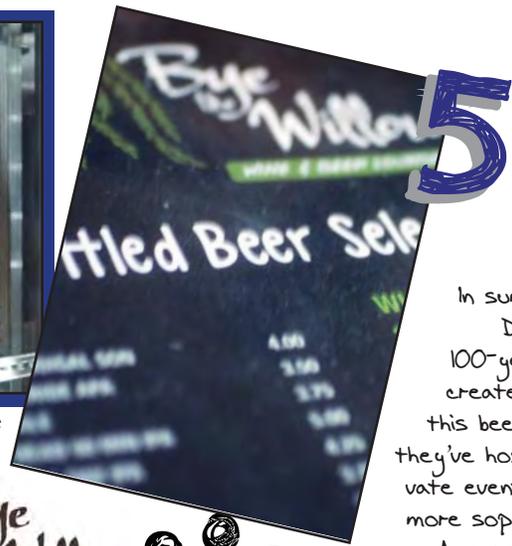
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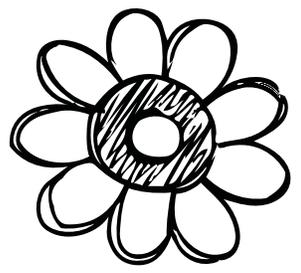
This time of year, it's a little bit harder to find fun family activities... but not with Action City in town! Action City Family Fun Center, located in the Metropolis Resort, is home to fast-paced attractions, including the largest indoor go-kart track in the Midwest, laser tag, bumper cars, batting cages, a climbing wall, mini bowling, an adventure maze, and much, much more! Also located within the Metropolis is Chaos Indoor Water Park, which features multiple slides, activity pools, a lazy river, a double hot tub, fly pads course, and a Kids wading activity pool area with small slides and more.  
5150 Fairview Dr., Eau Claire. 715.852.6000. metropolisresort.com



Photo credit: Tracy Heidtke



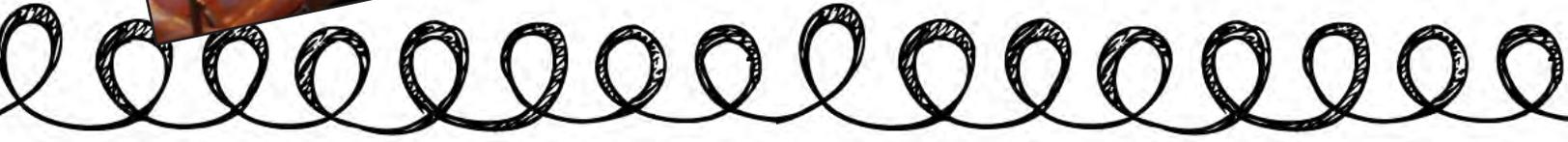
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In summer 2014, mother-daughter duo Dawn and Amy Bye renovated a 100-year-old Chippewa Falls building to create Bye the Willow. Since opening this beer/wine lounge and event center, they've hosted all types of public and private events—from simple game nights to more sophisticated occasions. Dawn and Amy can help you with event planning, rental services, party favors, and entertainment. Or just stop "bye" and enjoy their large and unique selection of beers and wines. There's something for everyone! 501 N. High St., Chippewa Falls. Be sure to visit their Facebook page for featured events: facebook.com/byethewillow. 715.559.0371. byethewillow.com



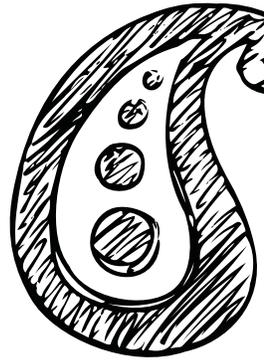
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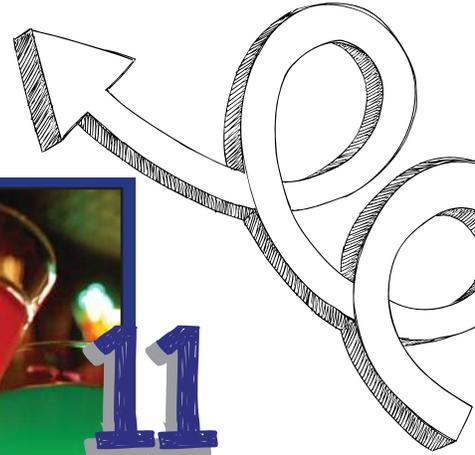
Raised on the farm, dirt beneath their feet and sun on their backs, the women of Brown Barn have long known the value of ending each day with a good hot bath and relaxing aromatic oils. They also have discovered that there are many people who could benefit from sharing their secrets—behold Brown Barn!

With over a century of family farming heritage, these women have applied their combined knowledge of horticulture, aromatherapy, education, biology, and chemistry to create Brown Barn's spa quality, hand-made bath and body luxuries alongside culinary lines including infused olive oils and vinegars.

Visit one of their three Wisconsin locations for their natural products, blending bar, hands-on classes, and more. Chippewa Falls, Holcombe, Medford. 715.827.0413. facebook.com/BrownBarn. brownbarnlife.com.

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Photo credit: Tracy Heitke



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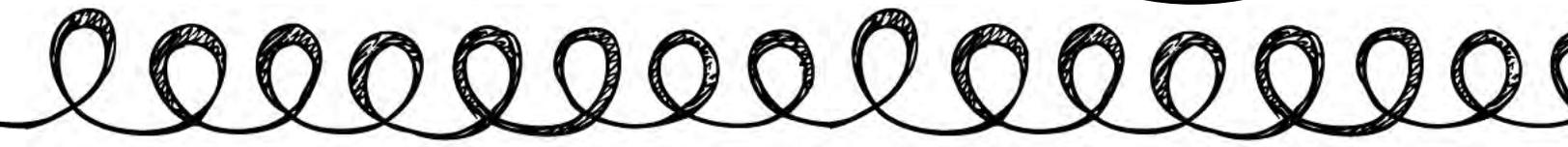
Located in historic downtown Menomonie, Zanzibar Restaurant & Pub serves up high quality foods and genuine hospitality. Whether you're looking for a trendy place to take a client, an intimate spot for a date, or a fun night out with family and friends, Zanzibar is the experience you seek. Their motto "A Most Unlikely Place" describes their unique atmosphere where friendly locals mix with the college crowd, creating a vibe of pure excitement, enjoyment, and comfort. Their menu is an eclectic cuisine of American, Asian, Latin, Fusion, and more... martinis, wine, and beer, too! Serving dinner Tuesday through Saturday. 228 E. Main St., Menomonie. 715.231.9269 zanzibarmenomonie.com



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# Building the A.R.K.

*How a community outreach program was built on faith*

By Karla Highly

*... whatever you did for one of the least my brethren, you did for me.*

**Matthew 25:40**

My fiancé, Keith, and I have owned a commercial janitorial company for five years. In 2013, we lost two big accounts. We were devastated and left wondering what we were going to do. It was a lot of money for us to lose!

When I clean at night, I listen to Pastor Joel Osteen on my phone. At that time, I was listening to his sermons about being good to people and “sowing a seed in your time of need.” He was explaining how we have to take the time to help people in need, to be good to someone whenever you possibly can—even when you’re stretched yourself—and how God blesses people who are good to those in need.

We have always tried to help out others when we could, but we felt prompted to do even more. So, we started searching Craigslist for more people to help. We found a gal that needed Halloween costumes for her six kids. We happened to have a large bin of new ones I’d picked up on clearance the year before. We contacted this mother and made arrangements to drop off the costumes. After that, she and I texted on and off; I asked her to let us know if she had any other needs. She did: her vehicle had been stolen and she needed a way to get herself to work and her children to childcare. Keith and I decided to give her our second vehicle. When we dropped it off, she was thoroughly excited, and we knew we had done the right thing.

Later that night as we were heading into work, we discussed how we could bring giving to a higher level. We decided to seek the help of the community through Craigslist, simply asking them to donate items they no longer needed. In about five minutes, we had brainstormed our name: A.R.K.—ACTS OF RANDOM KINDNESS.

When we got home, we posted our request in the Craigslist community section. People responded welcomingly. Donations rolled in to the point where we had to find someplace to store them all! We found a small 300-square-foot storage area attached to a local business. We continued our active search through Craigslist, and people emailed us for help, too.

We knew we were on the path God told us to take.

The two main news centers in Eau Claire found us on Craigslist. After they each ran stories about A.R.K. in 2013,

we really started getting donations and people in need.

In December 2013, a huge manufacturing company asked us to give them a bid for janitorial services. We could see that this was a God gift. We told God if we got this big account, we would use our restored income to bring A.R.K. to a new level in our giving and helping. We got the account. And it was more than double than the two accounts we had lost! God says if we have faith, He will restore back to us double what we have lost (Zechariah 9:12). And He did!

We found a building to rent in September of 2014. (We had two full storage units and a garage full of donations by that time.) People donated left and right once they heard our story. We also created a Facebook page, and after about four months of actively getting the word out, we were finally ready to open November 7, 2014.

The A.R.K. donation center is open each Wednesday from 9 a.m. to 4 p.m. and the last Saturday of each month from 9 a.m. to 1 p.m. Men and children can each take four clothing items; women can take 10 clothing items. Everyone gets a winter jacket, boots, hats, gloves, and four miscellaneous items (which includes things like toys, books, movies, and household items). So, people can get quite a bit of stuff once a week.

A.R.K. needs local business sponsorship. We are neither a nonprofit company nor a for-profit company. Keith and I use our personal finances to pay for rent, utilities, and Christmas gifts for children. We would love to have local business sponsorship for these items and to assist in getting our nonprofit status to go through. In return, we would gladly promote those businesses. Of course, we welcome all kinds of help from individuals, too!

Our future goals include opening a community homeless facility where the homeless can come in and relax, have a cup of coffee, watch some TV, and get out of the cold. For that and other outreach opportunities, we will need a bigger building.

We love giving and helping our community. We have all struggled at some point in our lives. It is a gift to be a blessing to others in need. This journey is not all about us; it’s about helping others!

*If you would like to help A.R.K., visit their Facebook page—ARK of Eau Claire—or email [arkofec@gmail.com](mailto:arkofec@gmail.com). (A website is coming soon at [arkofec.com](http://arkofec.com).)*

== NO ACT ==  
**of kindness**  
 NO MATTER HOW SMALL  
**IS EVER**  
*wasted*



# Setting an INTENTION

In the yogic tradition, an intention (or “sankalpa”) is like a spiritual resolution—a commitment in support of the deeper meaning of life. So, it’s not so much what we wish to change but how we go about making that change. It begins with praise: “I am *already* whole and loved.” From this foundation, we can set goals; and our actions to achieve those goals will be consistent with our innermost, deepest desires.

What about 2015 New Year’s resolutions? That’s the same thing as an intention, right? Not exactly. Most of the time, resolutions are about looking at what is “wrong” with how we are living our lives and plotting a strategy on how to “fix it”—often “instant-gratification-based.” If we focus on the problems in our lives, we reinforce in ourselves the belief that our lives are somehow “less than.”

Even the Buddha said, “All that we are is the result of what we have thought. The mind is everything. What we think, we become.” And what we focus on GROWS! Intentions are about becoming aware of how we would like to act or think or BE differently in our lives *right now*.

We can start by asking ourselves these questions: How can I shift my mindset at a deeper level so that instead of trying to “solve” some issue in my life, I create a desire to live and love my life from a place of inner connection and growth? In what simple ways can I live and love my life with the intent to make a positive impact on the world and share even more kindness, patience, and forgiveness with myself and others?

Our minds have the power to greatly influence our lives in both positive and negative ways. Thus, perhaps setting an intention, no matter the time of year, is the key to successfully loving our lives and the ticket to living congruently with our values and beliefs.

Here is a simple platform for getting started with intention setting:

“Today, I will let go of \_\_\_\_\_ and embrace \_\_\_\_\_. I will honor my \_\_\_\_\_ and love my \_\_\_\_\_. I will stand up and share my \_\_\_\_\_ with the world! Today, I will remember that I am loved and I am enough!”

There is no limit to the number of intentions we can create. We can have multiple intentions!

I love this practice of setting intentions. Living out new intentions makes me feel freer, lighter, more connected, and in my natural flow. I treat others differently, and I feel more respecting and loving of myself!

To take this practice one step further—to really visualize and integrate my new intentions into my body, mind, and spirit—one dark night, I lit a pure white paper lantern; as I breathed my intentions into it, the lantern began to glow brighter and fill with warm air, illuminating from within. Then, I watched as it gently drifted higher and higher, the flickering light guiding the path. There is a deep sense of peace and joy that comes from sending an intention out into the universe and up into the heavens. So today, I invite you to give yourself a gift—set your intention, rekindle your inner flame, and ignite your life’s journey to follow your heart’s desire.

*Anna Lucas is a real-deal wellness advisor and owner of Crave Yoga & Wellness LLC. In addition, she is a prolific writer, national speaker, avid stunt kite flyer, free-flowing yoga instructor, and expansive grinner. Anna resides in Eau Claire and founded the blog Flow to Be Free: Journey of a Food Junkie where she poetically shares her spiritual journey toward self-love, vulnerability, and living courageously. Learn more at [flowtobefree.blogspot.com](http://flowtobefree.blogspot.com), find her on Facebook at Crave Yoga & Wellness LLC, or email her at [craveyogawellness@gmail.com](mailto:craveyogawellness@gmail.com).*



# RELAX AND REJUVENATE

Image credit: haveseen

## Unwind with a Vacation or Staycation

By Erica Lynn

With the holidays behind us, thoughts now drift toward a spring vacation. A week in Florida or Mexico entices us with an escape from winter weather and busy schedules. If budget or other circumstances prevent you from booking a trip, consider a staycation and discover fun activities at home in the Chippewa Valley. Whether far or near, time off benefits mind, body, and soul.

### Value in vacations

Everyday life gets hectic. We could all use more time. Denise Petricka of Travel Leaders in Eau Claire agrees, "Family life is so busy that it is difficult to spend quality time together. On vacation, you are getting time where it is just you and your family." Her recommendation? "For families, all inclusive beach vacations are the most popular, along with Disney trips."

Planning a vacation can feel overwhelming. Petricka advises, "Contact a travel agent, we are here to help you. What could be worse than having a vacation that doesn't meet your expectations?" Travel agents provide value with

- their expertise and knowledge about destinations
- a high level of service while planning and booking
- comfort in knowing you aren't on your own if anything doesn't go as planned

It's not easy to save for a trip. It takes months of budgetary discipline. So, once we're on vacation, we don't want any added financial burdens. "Budget is an important component to any trip. We work hard to stick to it," explains Petricka. "We also educate our clients on truly beneficial costs where it may make sense for them to spend slightly more"

Vacations aren't just time off with a price tag—travelers are *investing* in new experiences and memories. "Our job is to make sure your vacation is the best experience you can have," assures Petricka.

### Ditch the distance

Sometimes traveling is not feasible. So, take a staycation. Escape your regular routine to enjoy quality family time within

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your own area. There is much to discover close to home. Consider these ideas:

**Experience exhibits.** You and your children can explore the Children's Museum of Eau Claire or walk back in time through the historic exhibits of the Chippewa Valley Museum.

**Spish splash.** Float along the lazy river, glide down water-slides, or soak in a hot tub at Chaos Water Park at Metropolis Resort and Conference Center.

**Movie magic.** Pop some popcorn, pile blankets and pillows on the floor, and snuggle in for a movie night at home. Make it a double feature by starting with a kid-friendly flick followed by a comedy or action film after the children are tucked in for the night.

**Explore outdoors.** Experience nature at the Beaver Creek Reserve in Fall Creek. Fill your day with hiking, snowshoeing, and cross-country skiing.

**Artistic expression.** Learn a new skill or start a new hobby by tapping into your artistic side. Craving Canvas and Ceramic Studio in Eau Claire offers painting and ceramic art experiences for kids and adults.

**Family food.** Involve the kids in planning and cooking a meal. This is a great opportunity to teach them about healthy food options and kitchen safety.

Taking time to de-stress is good for all of us, and spending distraction-free time with family is always something to cherish. Whether your destination is grand or quaint, far or near, escape awaits!

“

Vacations aren't just time off with a price tag—travelers are investing in new experiences and memories.

”

# Decompress = Less Stress!

Got some bad news. Got some really bad news, but some great news too!

## The Bad News

The bad news is that stress won't just kill you. Before cardiovascular disease subtracts a heap of tick-tocks off your body's life clock, there can be weight gain, depression, memory loss, insomnia, fatigue, and frequent colds.

For too many, stress becomes a way of moving through the world.

Neurobiologist Robert Sapolsky wrote, "Stress is not a state of mind ... it's measurable and dangerous, and humans can't seem to find their off-switch."

There are physiological reasons why some people seek stress. If a bear charges you, your muscles tense, your breathing quickens, and your body stops all non-essential processes to face the threat. Some people enjoy these sensations, which is why there are roller coaster junkies, horror movie lovers, and skydivers. The fun stress many seek is called *eustress*. Of course, no one rides roller coasters constantly, which is why roller coaster lovers aren't necessarily gaining weight or suffering depression from their short-lived stress.

However, too many of us are stressed by things other than hills and loops—everyday stressors with consequent effects on our health. This bad stress is called *distress*, and distress doesn't affect just your health.

## The Really Bad News

If you are pregnant or have children, your children inherit the consequences of your stress. The Dutch Famine Study—in which researchers compared the lives of people born during a famine to those born after the famine—showed that the children born to less stressed mothers lived less stressed, healthier, happier lives. Other research concludes that a stressful childhood can produce negative mental and physical health outcomes.

So, if you're stressed, you can curse your kids with that stress and all the nasties, such as weight gain and heart disease that come in its wake.

## The Great News

The good news is that mitigating stress can be fun. Fun, laughter, music, walking, biking, playing, nature, and yoga all lessen stress. Wanna decompress and can fit in some kick? Take a kickboxing class, where you might make new friends, too, which further reduce stress.

However, you can't simply step outside and walk all stress away. Reducing stress requires some interior work too.

True story: My mother fretted about dust. She waged a lifelong war against it.

"It's gonna be you or me," she told the dust.

Sadly, it was her. She died of cardiovascular disease at age 68.

Her doctor had warned her, "For forever after you die, the dust will keep falling."

And it does.

So, let go of perfection, which is an illusion anyway, as anyone can see when the sunlight strikes your seemingly clean surfaces at just the wrong angle. It's okay if our houses aren't perfect. It's not okay if we allow stress to shorten our lives, to abbreviate our time with friends and family.

If you're on a budget, you can decompress by giving yourself a facial with products in your home. Milk balances skin tone beautifully, and coffee is a killer exfoliant. Plus, you get the benny of smelling like Starbucks®.

You can even reduce stress by simply pouring yourself a glass of wine at the end of a day. Red wine is chock full of antioxidants. In moderation, it is so ready to be your bud.

Or go to bed an hour early, which is a good prescription for nearly everyone, as the Center for Disease

Photo credit:  
Junial Enterprises

Control has deemed insufficient sleep to be "a public health epidemic." You can even go to sleep with style. Light a candle. Play some music. Meditate. To empty yourself is to love yourself.

Of course, we need to do more than just rebalance our skin tone. We all had an umbilical cord cut when we were born, but recently, new cords have been attached to us. Yes, smartphones, tablets, and computers are wonderful. And, yes, they're a source of stress.

Research reveals that we're spending 18 hours per week connected to electronic devices. In 2000, it was a puny 2.7 hours a week. This rise has blurred the lines between personal and professional, work and home. The perpetual stimulation has also rewired our brains, making us less able to focus. Again, saving time can deduct time from our lives. Yes, stress kills. Really. Sometimes, cut the cord.

If you want some help decompressing, consider putting yourself in someone's gentle hands. For example, at Bravo! Salon and Spa, located off Highway 53 between Eau Claire and Chippewa Falls, they'll give

## “Mitigating stress can be fun.”

you a wet welcome as you're greeted with a waterfall, a water glass, and a warm water pack around your neck. Then there's Shirodhara Therapy, Salt Glow, and the Ultimate Body Treatment, in addition to an opulent array of facials, massages, and the aptly named Hot Stone Therapy, which opens the muscles without the pressure of standard massage.

Whether it's walking or wine, this equation is your friend: Decompress = Less Stress!

*Katie MckY is the author of Wolf Camp, Pumpkin Town, It All Began with a Bean, and Tough Kids, Tough Classrooms. Katie lives in Eau Claire and visits scores of schools every year, performing and teaching writing. In the summer, she retreats into the cultivated tranquility of her garden and the wild tranquility of the Canadian wilderness.*

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# FOR THE LOVE OF DOGS



By Heather Rothbauer-Wanish

For many people, dogs are family members. Whether small, large, old, or young, these dogs are like children—holding a special place in our hearts. Fortunately, many loving homes exist in our area with people willing to adopt dogs and get them to their forever homes.

Three dogs hold the hearts of Brittany Bergeman and her fiancé, Matt Murphy, of Eau Claire. Diesel and Dante are Miniature Pinschers, and Dre is a Doberman. Both Dante and Dre were adopted from unpleasant situations. “I love adopting dogs in need because I feel they deserve their happily-ever-after with a loving family who will take care of them. It lets them know that not all humans are bad,” explains Brittany. “To see a dog come from a bad situation and to bring them into your home and give them the love and care they deserve is a wonderful thing to witness.”

Diesel was the first, Brittany describes,

I never had a dog as a child and always dreamed about having one. We got Diesel in August 2009—he was eight weeks old at the time—and it was the best decision we ever made ... I really think of all three of my dogs as my children because I bathe them, feed them, clean up after them, and take care of them when they are sick. In return, our dogs give us unconditional love, happiness, joy, and even sadness when they get hurt.

Another couple dedicated to the well being of dogs is Travis and Amy Quella, the owners of Bob’s House for Dogs. “My husband and I always wanted to help dogs in some way, and the unexpected death of one of our rescue dogs prompted us to start planning an independent facility that fostered dogs for area shelters and rescues,” tells Amy. Transition can be difficult for advanced-aged dogs and dogs experiencing stress in a typical shelter. Bob’s House for Dogs helps these special dogs transition to a home-like environment. “We are also able to provide medical care that is sometimes not an option for a dog living in an animal shelter,” adds Amy.

In a typical year, the organization averages over 100 dog adoptions. In addition, they provide hospice care for senior dogs to feel loved during their last few months of life. “This number of dogs varies each year, and it allows us to help them pass with dignity and knowing love rather than dying alone in a shelter,” states Amy. As with Brittany, Amy believes that dogs hold a special place in our hearts, “Dogs are important companions for people because of their unconditional love and stress relief.”

Brittany agrees, explaining how her dogs can change her en-

tire mood, “You could have a horrible day, but as soon as you walk through those doors, you almost forget that bad day because you are surrounded by happiness and excitement. It rubs off on you and you then become happy to see them.” There’s also comic relief. “Dante is a food thief and is very smart about it. We have to warn others that if they are going to sit in the living room, they have to guard their food. He has been known to steal entire pieces of pizza and lasagna.”

While all of her dogs are in a loving home now, Brittany recalls Dre’s particularly sad history, “He is originally from Texas and was found as a stray walking the streets. He had open wounds, bite marks, missing hair, was skinny, and his teeth were in awful shape.” He also had heartworms and will be on medication to combat that for the rest of his life. Eventually, Dre was moved to Midwest Animal Rescue in Brooklyn Park, Minnesota.

Fortunately for Dre, Brittany and Matt discovered and adopted him. After Dre was home, they saw him wag his tail for the first time, play with his first toys, and become more affectionate. “I can’t imagine coming from his circumstances, meeting many different people, and then finally coming into a loving home. It is completely incredible,” Brittany says in awe.

And, those incredible journeys are one of the reasons that Bob’s House for Dogs exists. “Fortunately, the community has been extremely supportive both financially and with hands-on assistance. Our volunteer program is thriving and allows us to visit 19 elderly care facilities each month. The dogs at Bob’s House for Dogs have great medical care, are considered well-socialized, and senior dogs make the best pets,” tells Amy.

Brittany recommends that everyone ponder the pros and cons when deciding to get a dog, “Dogs need a lot of attention. Before getting one, everyone should think about if they truly have time for a dog and if they will be home enough to train the dog.” She adds, “My hope is that Dre’s story or other dog stories can inspire people—that’s what makes the difference in the life of a dog. It is my dream to one day open a foster home or rescue organization to help dogs like Dre and Dante.”

Bob’s House for Dogs is a dream come true for Travis and Amy Quella—for many reasons. They are “matchmakers” for special dogs who need to find their forever homes with special people prepared to adopt a furry family member. Amy sums it up well, “We are able to have potential adopters visit in a home-like setting, and this allows us to help in the matching process with families. **Our residents are so grateful for a second chance at love.**”

# Retreats

## A WAY TO REJUVENATE & BUILD FRIENDSHIPS

We know that most women are balancing family, career, errands, activities, and community involvement. However, we also know that it is beneficial to take time out for ourselves to enjoy our friendship, hobbies, and passions. To further their personal growth and reconnect with friends, more and more women are rejuvenating with retreats—whether it be a day away, a weekend of scrapbooking, or a spiritual experience.

Gretchen Herrick, from Colfax, helps Bethany Lutheran Church plan an annual women's retreat. "This will be our fourth year holding the retreat. The first year, we had 30 women; the second year, there were 40 attendees; and last year, there were 55 women. We look forward to holding this event again this year," Herrick says enthusiastically.

Herrick has attended the event each year since its inception. "I feel like I take away just the right words from God that I need to help me in my faith walk. Our attendees feel like they grow spiritually, and they enjoy getting to know other women," she reports. "Whatever the number of women, it's always a blessing to us as organizers and the others that are there."

Some retreats fit a formal framework, and others evolve organically over time.

Denise Bender of Eau Claire has been flocking with fellow females for 10 years. Currently, over 30 women attend their annual retreat. "Some of us used to have our children in the same play group together, and when all the kids started school, we wanted a way to keep in touch. We started scrapbooking together and would meet monthly in someone's house," Bender explains. To accommodate their expanding numbers, they now retreat to White's Wildwood Retreat in Chippewa Falls.

According to Bender, the first few years were all about scrapbooking. Today, it's more about the food, company, and getting away with friends. She says, "We started out with two days, but now we have super-sized it to begin Thursday at noon—with dinner somewhere on Thursday night—and going until about 3 p.m. on Sunday." The retreat allows the women to embrace their individuality separately from their roles as somebody's wife or somebody's mom. "We laugh, drink, dance, talk, and solve world problems," jokes Bender.

Betty and Dean White own White's Wildwood Retreat. The idea for the business sparked in Betty while she attended a retreat in northern Minnesota in spring 2004. "That retreat home was my inspiration. I came home with a business idea, and Dean asked me to develop a business plan. I worked on the business plan for a full year, and we opened our first retreat home, White's Wildwood Lodge, in 2005," tells Betty. "We built and opened our second retreat home, White's Wildwood Cabin, in October 2008."

Today, White's Wildwood Retreat caters to scrapbookers, quilters, card makers, jewelry creators, basket makers, yoga practitioners, spiritual retreaters, and more. As the business has grown, the guest list has expanded to include corporate retreats, family reunions, and weddings. Betty believes that everyone deserves the gift of time, "We all need 'me' time—whether we are working on a hobby or just spending time with family or friends." Many men get away by golfing, fishing, or hunting. Women need time to reconnect with friends and enjoy hobbies, too. A few nights at White's ignites ladies' labors of love!

Betty reports that business is flourishing, "Our first guests arrived the first weekend of November 2005 and have returned annually ever since. We have our loyal guests that return the same week or weekend year after year. We also welcome many new guests each year." The White's friendships are flourishing, too. "We are blessed with so many new friends that we would have never met without building and starting White's Wildwood Retreat."

No matter the reason, it's always the season to take a retreat break. Afterward, you and your friends will echo Denise Bender's sentiments, "Our retreat is very therapeutic for all of us, and no one wants to miss it."

*Heather Rothbauer-Wanish owns Feather Communications ([feather-communications.com](http://feather-communications.com)) where she provides freelance writing, communication workshops, training services, and resumé/cover letter assistance. She enjoys researching new topics, interviewing people, and composing articles. In addition, Heather teaches business courses at several western Wisconsin colleges.*

# Decorating Dilemmas 01

## Collections



Decorating comes easy for some, while others struggle with the basics of furniture placement and color choices. Then there are those of us who just *do*. I have no formal training—aside from a middle school Home Economics project where we created our dream house complete with carpet samples and a room-by-room floor layout. I loved that project! I would pore over my parents' copies of *Good Housekeeping* and even the Sears catalog for inspiration and furniture photos to cut out for my "dream house." It would be fun to see that project now; all I remember is a canopy bed with sheer curtains and a pink bedspread and plush shag carpeting. Oh, the seventies!

Forward 30-some years ... I just *do*. I think I just have good instincts. If something doesn't work, I try again. I can't tell you how many changes I've put my dining room through. It's a difficult room. There are doorways, a wall of windows, a fireplace, and a register heater to work around. Plus, you have to pass through it to get to the kitchen.

But I digress; the title is "collections."

*What do people worry about when it comes to decorating?* As I pondered this, I conducted a very thorough and scientific study: I posed the question on my Facebook page. Impressed yet? You should be. I got a potpourri of answers ranging from misunderstanding matching to furniture placement and window treatment selection. The one that stood out as most concerning for people: collections. *When is it too much? What's the difference between a collection and clutter? What to do with it all?*

Let's tackle the *too much* question. The answer: when it goes from "Oh, that tiny spoon is so cute; let's buy it so we always remember our trip to the largest ball of twine in America!" to "It's time to knock out this wall and extend the kitchen into the garage so we have room to hang all our tiny spoons." Who in Wisconsin needs to park their car in a garage anyway? After all, scraping and brushing snow off your car burns calories!

*When does a collection become borderline hoarding?* When you have to go to bed an hour early to clear off mounds of decorative pillows, you have too many pillows. When every flat surface in your home is covered by snow globes or picture frames, you may have too many.

Start by paring down the collection. I recently went through all my Eiffel Towers and kept only 10 of my favorites. All the

rest went. It wasn't easy, but now seeing them grouped together in my entryway makes me smile instead of fear tripping and being impaled by 50 Eiffel Towers.

Know the difference between a collection and just gathering crap. I don't need a t-shirt or spoon to remember going to DC. Instead I bought a replica copy of the Declaration of Independence that I photocopied and use as giftwrap.

Make your collections work for you. If you like vintage suitcases, stack them at the end of a hall and store your Christmas ornaments (or collection of Santas) in them. Any collection looks better when grouped all together. POW! Insert dramatic effect here.

To recap, **keep only what's important** to you and get rid of the rest, **recognize** the difference between crap and a real collection, **make it work for you**, and **group** collections together for impact. Oh—and all middle school teachers should make students participate in a dream house project; you may be training a future designer.



*Justine Childs has loved design since she was a little girl and has operated a custom sewing business for almost 20 years. Currently, she works from her home studio, Vintage Hearts, creating custom fit slipcovers, window treatments, lampshades, and a wide variety of home décor along with custom paint treatments. Justine and her husband, Kelly, have three adult daughters, one teenage son, and one granddaughter who is the light of their life. You can address your decorating dilemmas for Justine to [vintageheartsis@gmail.com](mailto:vintageheartsis@gmail.com) or visit her blog at [vintageheartsathome.wordpress.com](http://vintageheartsathome.wordpress.com).*

# Read On *and* Stay Together!

By Mark Tobola

I was 20 years old when my wife and I got married. She was 18. And our wedding day was all of two weeks after she graduated from high school. Without knowing more about the situation, most people would be expecting this to end badly. (We've since learned that some of our friends and family were skeptical, too.) But since 3 June 2000, I have been privileged and honored to be husband to one of the greatest ladies I've ever met.

One thing we figured out early on is that no long-term relationship is all good all the time. Most people don't mention that. We knew there could be storms, but we didn't know much about what the storms could be. We were young, a bit foolish, and very naïve.

But we were not unprepared. Our pastor had provided us with great premarital counseling. There, we'd discussed a lot of things that previously never had crossed our minds.

Once we were married, things were fantastic. We had jobs, we were paying our bills, my wife was able to pay her way through college, and we were even able to buy a house that fall. We also found a church in our area and got plugged in with their young couples group. There, the youth pastor took us through a variety of books that have been repeatedly proven to help couples stay happily married. We read books such as *His Needs, Her Needs*, *The 5 Love Languages*<sup>®</sup>, and *Love and Respect*. We learned a LOT from people with long marriages who'd written about how they stayed together. It helped a lot.

Of course, even the best of marriages have rocky times. My job with the public schools was not working out, and we kept fighting over a few minor things—well, one was not so minor: when to start a family. Some couples in our couples group were struggling in various ways to start families, too, which created unanticipated relationship barriers.

As we moved forward with life, we had a fair number of things that gave us "headaches." Sometimes, they severed friendships; others caused problems amongst extended family.

Then, about ten years ago, we began to make new friends. Remember "You are who you hang with" and

"Birds of a feather flock together"? Those old sayings proved true. We met incredible families built on strong faith yielding strong connections with their spouses. These couples were incredible servants. In the process of getting to know us, they asked us great questions, including "What books have you read?" Sound familiar?

As a result, one little book solved our recurring marriage issues. It wasn't even a marriage book; it was a personalities book! We read the book, and then had a conversation something like this:

Me: "So that's why when you do {x}, I freak out."

Her: "Yeah, and when you do {x}, I freak out!"

Me: "Yeah? Well, how about that? So instead, we should do {x}, right?"

Her: "Yup!"

Me: "Cool!"

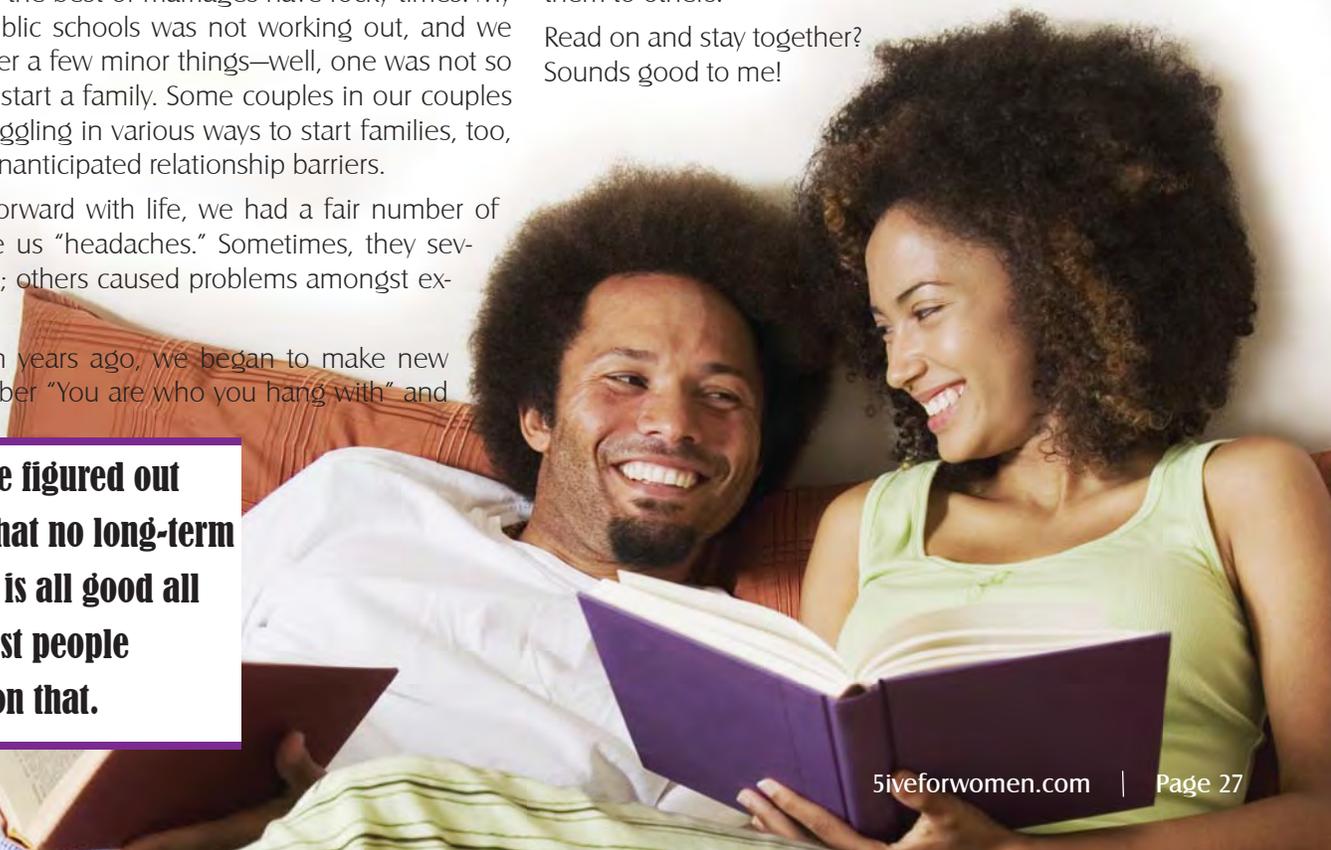
Now, we are business owners in the area. We have six children, one of whom has a heart defect and a genetic defect, which has turned out to be a "speed bump." All of our children make us very proud!

And together, we continue to turn the pages of more books. We've read and revisited *The 5 Languages of Apology*, *Building Your Mate's Self Esteem*, *Dreams of a Woman*, and many more.

When we hear about marriages failing, so often it's over some issue that wasn't dug into and figured out. That seems to lead to the rest falling apart. A major part of our success has been to read some great books and to recommend them to others.

Read on and stay together?  
Sounds good to me!

**One thing we figured out early on is that no long-term relationship is all good all the time. Most people don't mention that.**



# The Kindest Cut

By Katie Mcky

If Shakespeare had been a woman, she would not have written, "To be or not to be, that is the question," but rather, "To cut or not to cut, that is always the question."

It's a question compounded by the profusion of hairstyles. Short, medium, and long hair all abound. You can wear it up or down or twisted around in a bun. Today, intentionally tousled and tightly trimmed are both considered professional. So, what's the best 'do for you?

Before anyone puts steel to your hair, it's best to **have a revealing talk**. Denise Mackey-Natz, owner of Urban Style in downtown Eau Claire, says, "The key to a good haircut is having a good conversation with your hair stylist."

So, what do you discuss?

*Tell her about your lifestyle, what you do and don't do. For example, are you willing to use a blow dryer and round brush to make a lob (long bob cut) flatter you? If you want to just wash and let your hair dry, you'll be better served by a different cut. Money is also a consideration.*

Choosing a **timeless cut** is a safe bet.

*The lob is a classic cut. I don't think it will ever go out of style. You can play with it, taper it around the face or stack it on the bottom to create some fullness, which is the classic bob.*

The lob also works well in Wisconsin.

*It's the easiest style. It works well in Wisconsin where you wear a lot of collars and scarves.*

However, it's not the cure-all cut.

*Some might think of it as messy or unfinished. Talk to your hairdresser. The best haircut for you depends on your personality and profession.*

And what if your job is being a freshly minted mother? Consider keeping your long hair, but give it some pizzazz.

*If you have longer hair and a new baby at home, you can **add flare to the long hair** by tapering it around the face or adding some layers to make it prettier. You want to be able to pull it back and long hair lets you do that because babies will have their hands in your hair and those hands aren't always clean. Long hair lets you French twist or put it into a bun for going out in the evening. Again, have that conversation with your hairdresser.*

Of course, finding the right cut doesn't mean it'll be the right cut in six months or six years. As we change, as the weather changes, it's best if our hair changes too.

*A lot of haircuts are driven by the weather and age. When you are tired of winter, you might want to **brighten** your hair and change its color. Or you might color your hair because it's graying. Graying hair can age us or affect how we feel about aging. The good news is that colors have come a long way and they look a lot softer. As I've gotten older, I've added bangs to give me a softer look.*

Hair might not be at the top of the list when it comes to how people see us, but it's certainly at the top of us.

*Hair is increasingly important. You even see middle school boys paying attention to their hair. It defines who we are. There are so many options today. People are allowed to develop their own look. It's okay to be different. You're allowed to have your own style.*

Just don't be too quick to cut too much.

We gave one woman a short and sassy cut and she hated it; so you might want to **consider steps to going short**. I've told women I'll cut it halfway and they can come back in a week and I'll cut it again at no charge. So, you might want to creep up to major change rather than jumping into it. Don't rush and regret. Start small and you can always cut shorter.

Cheryl Story, the owner of The Garage salon in Chippewa Falls, has the perfect answer to the question "To cut or not to cut?"

Story says, "Get your hair cut when you stop getting compliments. Decision made!"

Story also believes that you can get a lot of bang for a few bucks with **bangs**.

*Bangs are cheaper than Botox! Need I say more? Well, actually, I should: a high forehead.*

And bangs have become a très urban look!

*Browse thru any fashion mags and you will see that bangs are a requisite to living in NYC. There are BANGS, BANGS, BANGS everywhere there!*

Story believes you'll get more bang out of your hair if you **love what you have**.

*Embrace what you have! So many clients hate the best part of their hair, such as being too straight or too curly. There is a cut for every type of hair; we just need to find it and then you can own/love it!*

But if you want to get the absolute biggest bang out of your hair, then consider **the ultimate cut**.

*There's always Locks of Love in support of a friend, sister, mother, or someone you don't even know. I have witnessed more than one woman shave her head and I pray that I will be that selfless someday. To those who've gone there, I am in awe and amazement of you. Nothing in this sometimes cold, competitive world can surpass the power of love and compassion.*



Photo credit: The Garage



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# Seeing **RED** Awareness of heart disease in women important



Photo credit: ketmanee

By Susan Pope, N.P.

It's time we start seeing red.

Red—as in the color of heart disease awareness, just as pink is the color we all identify regarding breast cancer.

Heart disease is more deadly than all forms of cancer combined. (Yes, you read that right.) According to the American Heart Association, while one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That's about one death each minute.

So, make sure you're as committed to heart disease prevention as you should be to your yearly mammogram. That means: Maintain a healthy weight. Keep blood pressure, blood sugar, and cholesterol at healthy levels. Stop smoking. Or better yet, don't start. Stay physically and mentally active.

The more we know about our nation's number one killer of women, the better. Here's a quick quiz on heart disease and women.

### **True or False: Heart disease only affects older women.**

**False:** Heart disease affects women of all ages. The combination of birth control pills and smoking boosts heart disease risks by 20 percent in young women, the Heart Association says. Yes, our risk does increase as we age. Overeating and leading a sedentary lifestyle are factors that lead to blocked arteries over time. But don't let your age lull you into a false sense of security. I take care of women of all ages in the hospital. Heart disease is an equal opportunity threat.

### **True or False: Heart disease only affects women who don't take care of themselves.**

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**False:** Unfortunately, all the salads and yoga in the world can't fully eliminate your heart disease risk. (If only it were true!) Family history often plays a factor. You easily can be thin and have high cholesterol.

Knowing your numbers can help. The American Heart Association recommends you start getting your cholesterol checked at age 20—or earlier, if your family has a history of heart disease. And be sure to have your blood pressure checked regularly.

### **True or False: I feel fine; therefore, I am fine.**

**False:** According to the Heart Association, 64 percent of women who die suddenly of coronary heart disease had no previous symptoms.

And when women do experience symptoms, those signs often are misinterpreted. Women's symptoms often are vague: shortness of breath, nausea/vomiting, and back or jaw pain. Other women experience dizziness, lightheadedness, pain in the lower chest or upper abdomen, and extreme fatigue.

You may be thinking, "Ha! I feel back pain and fatigue all the time." I get that. I hope you're talking to your health care provider about all your concerns. But if something feels "off," if something feels "not right," don't wait. Trust your gut. Listen to your heart of hearts. Seek medical attention.

Start seeing red.

*Susan Pope specializes in lipid management as a nurse practitioner in the cardiac center at Mayo Clinic Health System in Eau Claire. She also sees patients weekly at Chippewa Valley Hospital in Durand.*



# IT'S *Not Okay* TO PEE!

Well, 2015 is off to a running start; Valentine's Day is nearly upon us! By now, most of us have forgotten our well-intentioned New Year's resolutions. Historically, I have fashioned my resolutions around fitness, weight loss, and time management. However, through my work as a women's health physical therapist, several recent patient encounters have opened my eyes and completely changed my outlook on those dreaded resolutions.

"I don't want to bother my coworkers to come and cover my shift for me," my patient explained recently as she and I discussed her bladder care habits. I followed up with a question about how many breaks she takes to empty her bladder during a shift, to which she responded, "Well, I guess I just try to hold it, or I go before my shift starts *just in case* we get busy." She went on to tell me how she uses the largest capacity incontinence pads to contain any leakage and how her sleep is repeatedly interrupted due to the urge to empty her bladder.

Sadly, I've run out of enough fingers and toes to count how many times this scenario has played itself out in my practice. Even more unfortunate is the damage this causes to our bodies, further complicating and exacerbating the problem. Several of our daily habits—and the mindset that as women we should put others' needs above our own—are leading to increased frequency and intensity of urinary incontinence.

Our bladders have two functions: (1) *to relax* and allow urine *to collect*, and (2) *to fully contract* in order *to expel* the urine. Normal bladder capacity allows a person to urinate every two to five hours during the day—about five to seven trips to the bathroom per day. Over time and for various reasons, many women experience increased bouts of urinary urgency, frequency, and incontinence. Sadly, most of these women will also attribute these symptoms to age and pregnancies. My message to these women: Just because it is common, does NOT mean it is "normal," and there IS something you can do about it!

Before I pursued my career in women's health, I had done Kegel exercises and had a fairly basic understanding of my "pelvic floor." Or so I thought. I also had intermittently experienced a few bouts of stress urinary incontinence after the birth of my son. I talked about it with a few of my close friends who assured me it was "completely normal" and that it had happened to them as well. One friend even joked about how all the ladies in her exercise class "leaked" when they jumped around. I remember thinking at the time that this could NOT be normal.

I have since learned that true pelvic health goes way beyond Kegel exercises, and one generic exercise program does not fit the unique needs of every woman. It is important for women to find an exercise program that addresses their unique impairments while balancing both strength and endurance muscle fibers to promote overall function and support.

In addition to exercise, better bladder care habits are essen-

tial: dietary modifications, bladder training and behavior modifications (such as increasing water intake), regular restroom breaks at appropriate intervals, and avoidance of "just in case" urination. By making some of these minor lifestyle changes, we can all be on our way to better overall bladder health.

Another patient recently shared a thoughtful card she received from a colleague while on medical leave. I have adopted this greeting card as my new-and-improved New Year's resolution:

**I know it must be hard having to stop everything for a while and just focus on getting better.**

**But whenever you find yourself worrying about the million and one things you think you should be doing instead, just remember...**

**This time is for you.**

**Your time to rest**

**Your time to heal**

**And nothing's more important than that.**

**Because you're important.**

I'll be printing and hanging this wonderful excerpt on the wall in my new treatment space in our medical office building at St. Joe's, as a reminder to me and to my patients—a reminder to STOP and to take care of ourselves, and that it is OKAY to do just that. It is also my hope that this simple affirmation can help my patients put their bladder needs into perspective. It's NOT okay to pee ladies; well, not involuntarily anyway!

*Jessica Erickson started at HSHS St. Joseph's Hospital as a rehabilitation aide in 2001 and worked part-time until she earned her doctorate degree in 2007. She is now the rehabilitation manager, and enjoys working in her areas of clinical interest, including women's health and orthopedics. Jessica is certified in Level 3 Pelvic Floor and Level 1 Pregnancy and Postpartum care through the American Physical Therapy Association. She is the hospital's Center Coordinator of Clinical Education (CCCE) and is a Credentialed Clinical Instructor through the American Physical Therapy Association. Jessica resides in Bloomer with her 5-year-old son, Asher.*



# Get Those **veggies** Out of The Freezer

By Kathy Jasper

I'm sitting here watching football playoffs and thinking about how cold my feet feel. What I need is an idea that fills the house with good smells and warm memories. Comfort food. Something my mom made from scratch, something my dad took out of a box on weekends when my mom worked: chicken pot pie! Do you have peas, beans, carrots, and corn that you froze last fall? If so, get them out; let's make room for next season's harvest. It's easier than you might think; and remember, I'll always be there to help.

## CHICKEN POT PIE

Press rolled **piecrust dough** into a pie plate; set aside.

In a skillet, sauté chunks of **chicken** and some **onion**. When browned, add a can of **chicken broth** and simmer until the meat is tender. Mix a little **flour** and **milk** with a pinch of **salt** to make a thickener. Slowly stir into the broth mixture. Once it thickens, add **peas, beans, corn, carrots**, and some pre-cooked cubed **potatoes**. Pour into the pie shell, and cover with another piece of rolled piecrust dough. Seal the edges, and make a few slits in the top. Bake at 350° for 15-20 minutes or until crust is golden brown.

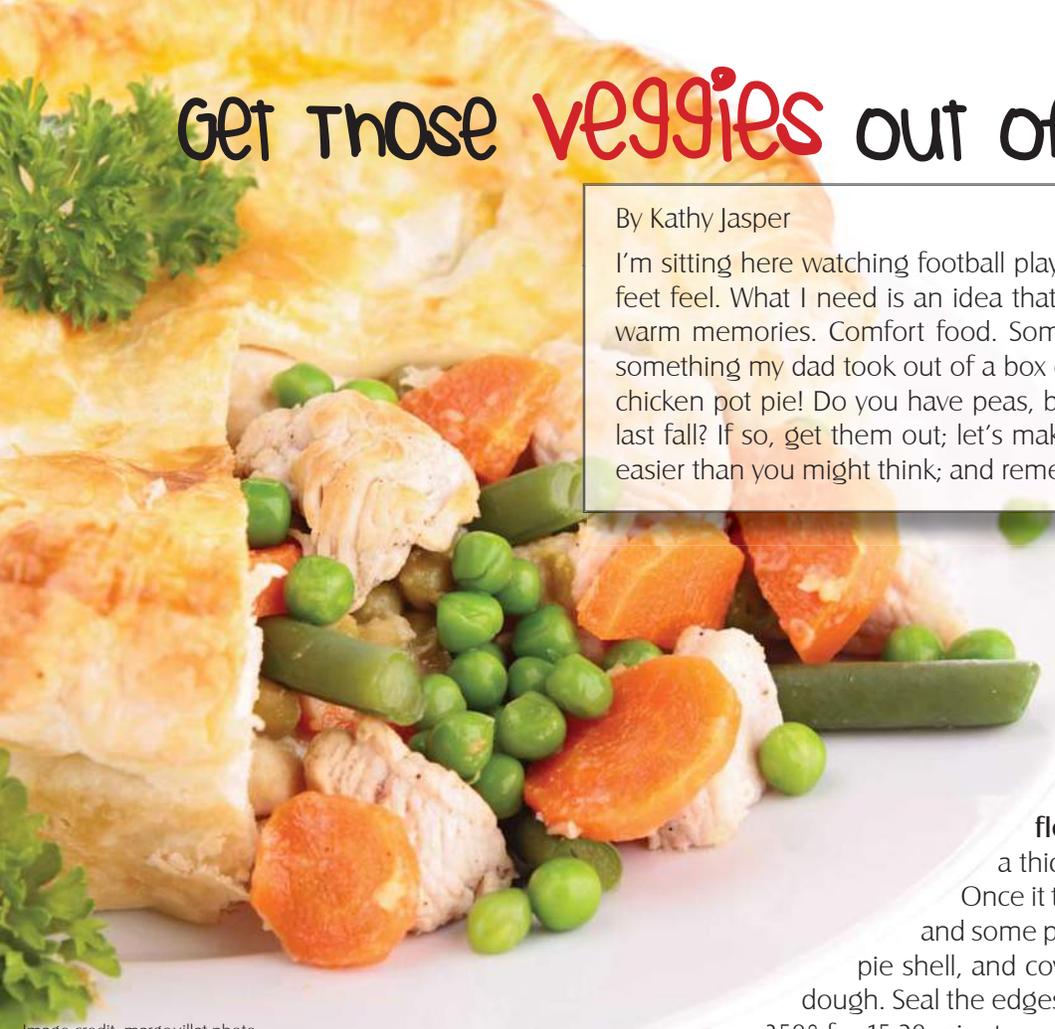


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# Love Local Grub!

By Katie Mcky

Rudyard Kipling wrote, "And a woman is only a woman, but a good Cigar is a Smoke."

A woman might rebut, "Whereas a man is only a man, but local grub is what we Love!"

And nothing's better than local vittles which cater to local tastes and draw from area inspirations and products. Favorite victuals depend upon the person, and some local women weigh in.

Keea Grotte, 15, a freshman at Regis Catholic Schools, goes with, "Cheese, please."

She says,

*My favorite Wisconsin food is cheese curds. They're fun to eat because of the squeak when they're cold and fresh ... when deep-fried, the cheese is still fun, being long and stringy."*

However, the Dairy State knows how to please with more than cheese.

Juliette Linse, 31, a member account representative, says,

*My favorite Wisconsin food is beer. From Lakefront to Valkyrie, no other state can compare to our craft and micro brews. I make special trips to Dave's BrewFarm when I have an afternoon to spend.*

Of course, some local women prefer local restaurants.

Shaindel Grotte, 41, a registered nurse, says,

*The Wisconsin restaurant that I love is called **Chick-a-dee's Family Restaurant** in Eau Claire. It's a few miles from my house and walking distance during warmer weather. I've only been there around breakfast time, but they have a full menu and every meal's been great. My favorite is their hollandaise sauce. I order a side to pour over my eggs and hash-browns. Try their great carrot cake and do what I do, which is convince myself that the carrots in the cake make it okay to have with breakfast! It's not the fanciest place in town, but is a delicious home-cooked meal. It is always pleasantly busy which must mean it's well liked.*

Other local restaurants abound, such as **The Nucleus** on Water Street in Eau Claire, which bustles with a beguiling mix of university students and professors, hipsters, artists, and writers. Stylish servers bring you dishes with names as playful as the vibe, such as Real Housewives of Eau Claire, the Yeti Skillet, and Blue Bucks. Be sure to give the cooks their well-earned thanks.

If you're wondering, "where's the beef," there's **Culver's**, of course, which can seem a national phenom-

enon, stretching from the Rockies to Houston to Ohio; but it all began in Sauk City and holds tight to Wisconsin values of hearty, tasty fare from sparkling kitchens. Want a one-of-a-kind burger? Then there's **Mogie's** on Water Street, where your Cowboy Burger can sidle up to Spuds o' Plenty, cheesy, crispy potato rounds dunked in ranch, and to remind you you're still in Wisconsin, Spotted Cow farmhouse ale.

For dessert, there's the **Norske Nook**, with locations in Osseo, Eau Claire, Rice Lake, and Hayward. It's pie paradise, with 48 kinds, 23 of which have won awards. This is a playful place, too, with pies like sour cream lingonberry, root beer float, pecan stout, and maple raisin.

For local food to supply your kitchen, there's **Just Local Food's** local produce, meats, beer, and baked goods. For local food prepared in someone else's kitchen, there's the **Harbor View Café** in Pepin, where the menu changes every day and appears on a comely chalkboard. If you visit Harbor View Café, roll down to Nelson.

Cheese factories were recently ubiquitous in Wisconsin, but cheese making, like the making of nearly everything, has supersized, which means fewer but bigger factories. So, supporting the quintessential Wisconsin product is our local duty. You can do your duty at **Nelson Cheese Factory**, whether in Eau Claire on Harding Avenue or at the factory itself in Nelson between the bluffs and banks of the Mississippi River. Be sure to buy a button that says, "EAT CHEESE OR DIE." It's your duty, for local grub is what we love.

## Sample these local dinner options, too!

**The Acoustic Café**  
**Connell's Supper Club**  
**Duncan Creek Wine Bar & Grille**  
**Draganetti's Ristorante**  
**Fanny Hill**  
**High Shores Supper Club**  
**Houligan's Steak and Seafood Pub**  
**Johnny's Italian Steakhouse** (see p. 21)  
**Log Jam Bar & Eatery**  
**Mahli Thai Asian Cuisine**  
**Main Street Café**  
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**Noodle Teahouse Pho Restaurant**  
**Playmakers Bar & Grille**  
**Shanghai Bistro**  
**Stella Blues Cajun & Creole**  
**Tokyo Japanese Restaurant**  
**Zanzibar Restaurant & Pub** (see p. 13)



## Love Your Life

### PROTECT THE ONES YOU LOVE

When you love your life, the last thing you want to think about is the possibility of passing away at a young age. Sometimes, people get the false idea that planning for the potential worst may make it happen, but that's just not true. Life insurance can sound like a scary thing to investigate and put into place, but it is in fact easy and a very loving act toward those you care about.

One of the most common questions financial advisors receive with regard to life insurance is whether a stay-at-home mom or part-time working mom needs life insurance. Usually, people tie the need for life insurance to income that would be missing if a person passed away. However, regardless of whether a wife and/or mother brings in a significant income, her financial worth to a household is measured in far more than simply income. Think about all of the services a mother provides for her family, and determine how much it would cost to hire most or all of those services. Take into consideration childcare costs, housekeeping, errand assistance, cooking, and other services that would be needed to keep your family comfortable if you could not be there.

Many types of life insurance are available—from policies that can be utilized as investments to term insurance that provides a level amount of coverage over a specified term of time. Given the options, life insurance can sound expensive or complicated to those who have not had any experience with it. This is why it's best to have the professional and unbiased assistance of your financial planner to help navigate

your options and find a policy that is the best fit for you and your family.

When you love your life, you want all of the good aspects of your life to live on for many years to come. Usually this is done through our children and grandchildren or other worthy pursuits we have supported. Life insurance can provide for your family's living expenses, college education, or investments for your children's future. It can be used for philanthropy or giving, if that is your desire.

Once your life insurance policy is in place, you should revisit the amounts and types of coverages every few years or when you experience any major change in life. When the issue has been addressed and you know you have coverage in place, it is much easier to relax and truly enjoy and love your life!

*Paul Woita of Woita & Associates, Business & Retirement Planning, is a native of Rhinelander, Wisconsin, and has resided in Eau Claire since 1977 with his wife, Cathie. Paul has over 30 years of experience in the financial services industry and is passionate about working with his clients to help ensure they reach their personal and financial goals. He enjoys empowering people through teaching and helping to take the mystery and fear out of what can be complicated subjects related to financial planning and insurance.*

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# Technology

## TIMEOUT

Social media feeds update constantly; texts ding beckoningly; phones ring while work emails flood inboxes. With so much technological communication, face-to-face interactions suffer along with relationships with friends and family. Could disconnecting from phones, tablets, and computers strengthen our relationships? Many people believe technology timeouts are essential to being fully present during conversations with loved ones.

Melissa Gorzelanczyk is a Wisconsin author and stepmom who regularly turns her technology off to prevent it from being a distraction. “What inspired me to start was noticing people looking at their phones while they were talking to me,” Gorzelanczyk explains, adding that it is not always easy for her to disconnect—she must remain mindful.

### Dinnertime

Gorzelanczyk encourages her whole family to disconnect from technology, especially during family dinners. “There are definitely no phones at the dinner table.”

Karen Garnett, a licensed professional counselor at Vantage Point Clinic and Assessment Center in Eau Claire, agrees that technology should be off limits during dinnertime, “Family time expectations should be set and enforced in a healthy and positive manner. Parents should participate in the practice as well.”

### Tech and teens

As a stepmother of two teens, Gorzelanczyk understands the importance that the younger generation places on technology as a form of communication, “It can be a challenge with teenagers because that’s how teens feel connected to their friends. But, putting the technology away allows them to have a conversation with the people who are in the room with them now.”

Overreliance on texting and social media communication can have consequences when young adults look to enter the workforce.

Garnett says, “As children grow up, they may find themselves out of their element in real world situations such as job interviews.” She adds that children and teens must learn more than just the verbal aspect of communication, “Eye contact goes away when someone is looking at their phone during a conversation. Without eye contact, the

entire message isn’t being received.”

Gorzelanczyk notes that technology and social media have given her additional tools to communicate with her stepchildren, “I have seen some positives, too; social media is a new way for me to support my kids.”

### Productivity pluses

Without the distraction of a phone alert or a stream of new emails, our productivity can soar. “The power of focusing on one thing allows [me] to live in the moment,” shares Gorzelanczyk. “I am able to get a lot more done. I do not turn on my phone until several hours of writing have been completed.”

With so much vying for our attention in our busy lives, finding balance is key. When we turn off technology for designated periods of time, we can devote undivided attention to one thing. That one thing can range from playing a board game with the entire family to completing a work presentation.

### Real relationships

Most of us can recall a time when we noticed a couple sitting at a nearby table in a restaurant, both people engrossed in their phones instead of speaking to one another. Maybe we’ve even been that couple. “My husband and I are always mindful of it and help each other remember to put our phones down,” tells Gorzelanczyk. “It is a constant work in progress.”

Garnett agrees, “[Technology] has become such a large part of our lives. We are so connected at a larger level, such as Facebook, but at times we are missing the intimate level of connection.”

Next time we have an urge to send a Tweet or update our Facebook status, let’s instead pause and power down for an hour—focus on just one thing. After that hour, we might be hooked on technology timeouts.

*Erica Lynn is a freelance writer focused on telling women’s lifestyle stories that inform, inspire, and engage readers. Follow her on Twitter at @elmtreewriting.*

“We are so connected at a larger level . . . [but] we are missing the intimate level of connection.”





# FOODIE FORUM



Happy New Year! For a self-proclaimed foodie like me, part of the Love (of this issue's Love Your Life theme) is definitely shared in the kitchen. Over the Christmas break, our family got to enjoy some of our favorite things, which included our long-held tradition of family pizza/game night. Our evening was inspired by the movie *The Hundred Foot Journey*. I follow the same pizza recipe that my husband grew up with; it was passed down to me from my mother-in-law. Try this or a similar family tradition with your own loved ones. And then find us on Facebook to share your favorite pizza toppings and hummus flavors. Bon Appetite!

Lanette



*Lanette Hesse lives with her husband and three children in the Eau Claire area. When she is not computer consulting, volunteering, or enjoying outdoor activities, she loves to be in the kitchen cooking for her family and friends.*

## THAI PIZZA

- 2 packages dry yeast
- pinch of sugar
- 1 1/4 cups lukewarm water
- 3 1/2 cups flour
- 1 teaspoon salt
- 3/4 cup olive oil
- cornmeal
- 2 cups Bangkok peanut sauce
- red onions, chopped
- 2 cups cooked chicken
- cilantro, chopped
- 1 pound Monterey Jack or mozzarella cheese, shredded



For the crust, pour 1/4 cup of the water (110-115°) into a 1-cup-sized metal measuring cup; sprinkle in the yeast and pinch of sugar. Let stand 2 to 3 minutes; then stir mixture until yeast and sugar completely dissolve. Place in a warm, draft-free location for 3 to 5 minutes (until bubbly and doubled in size). Into a large bowl, sift flour and salt. Make a well in center of the flour; pour in the yeast mixture, remaining 1 cup of lukewarm water, and 1/4 cup of the olive oil. Knead with kneading hook on mixture setting for 8 minutes until smooth and shiny (or knead 15 minutes by hand). Dust the dough with flour and place in large clean bowl. Cover. Place in warm location for 1 1/2 hours. Punch down dough.

Dust pizza stone with cornmeal (optional). Spread 1/4 of dough on the stone to a 7- or 8-inch diameter. Top with peanut sauce, onions, chicken, cilantro, and cheese. Bake at 500° for about 10 minutes.

## CLASSIC HUMMUS

- 1 clove garlic
- 1 15-ounce can chickpeas
- 3 tablespoons lemon juice
- 3 tablespoons extra virgin olive oil
- 1 tablespoon tahini
- 1/2 teaspoon salt

Mix well in food processor, and enjoy with pita chips or cucumbers.



## tips & tricks by Luke

Thaw chicken parts for 3 to 9 hours in the coldest part of the refrigerator, and use within two days. NEVER thaw chicken at room temperature. For quick thawing, place in cold water or microwave on the defrost setting. Cut chicken into uniform-size pieces for even cooking. Pat them dry with paper towels just before sautéing. Don't crowd the pieces in the skillet or they will steam instead of browning nicely—cook in batches if necessary. To check visually for doneness, pierce chicken with a fork; the juices should run clear, never pink.

# Quick fixes

by the five crew



## Calming/Warming Fix: Numi<sup>®</sup> Rooibos Tea

Warm yourself from within! Perfect for frigid winters, this high-quality African tea has a deep, earthy taste with vanilla notes, is rich in antioxidants, and is known for its calming affects. Numi works with small-scale organic farmers to create exceptional-tasting, non-GMO, fair trade, gluten free, organic tea. The result is a superb and trustworthy product! Available at [amaz-on.com](http://amaz-on.com) and where organic groceries are sold. [Numitea.com](http://Numitea.com)

## Power-saving Fix: Ovente<sup>®</sup> Electric Glass Kettle

For a quick cup of hot water for tea, coffee, hot cereal, and more, try the Ovente electric glass kettle. It is 85% more efficient than stovetop kettles, reducing daily electricity use—since it automatically shuts off after quickly boiling water, it is also safer. And it offers the toxin-free, BPA-free assurance of glass. The concealed heating element is in the base, for easy cleanup and cord-free serving. Available in six different colors and two different sizes through [overstock.com](http://overstock.com), [amaz-on.com](http://amaz-on.com), and local retailers for around \$30. [Ovente.com](http://Ovente.com)



## Winter Running Fix:

### Icebug<sup>®</sup> Womens Running Shoes

Frustrated from shunning certain outdoor activities due to the risk of slipping, the Icebug company created shoes for slippery winter surfaces. These shoes keep winter sports enthusiasts' spirits up as they can remain mobile and run year round! Icebugs are available in a variety of styles and colors for a variety of activities. Consider the studded Icebug Spirit4 OLX for miles of sure-footed running. [icebug.com](http://icebug.com)



Photo credit: hammett79

## Scaly Skin Fix:

### Paraffin Hand Wax

Paraffin hand wax treatments can soften hardened winter skin. They lock in moisture and can increase skin elasticity. The heat helps increase blood flow and relaxes hand muscles, too. Not only are warm paraffin wax treatments the perfect pick-me-up for winter hands, they also provide heat therapy for people with a variety of joint and skin conditions, such as arthritis, osteoarthritis, fibromyalgia, scleroderma, bursitis, tendonitis, sprains, and pulled muscles. Whether at home or in a salon, give it a try! (To avoid burns, always use the correct tools and follow manufacturer's directions.)

## Warming Fashion Fix:

### Tank Tops

Dig out those summer tank tops. It's time to warm up with a simple fix! Whether dressing up, running errands, or lounging around the house, layering a tank top under winter clothing is the secret to keeping a chill off our backs. This simple layer may provide the added warmth you've been missing.



Copyright: Blend Images

## Aches & Pains Fix:

### Earth Therapeutics<sup>®</sup> Neck Pillow

From sore muscles to tension headaches to TMJ to cold feet, this microwavable pillow is a lifesaver! Filled with hypoallergenic, non-toxic beads, the soft pillow gently drapes around the neck (or over the head or around feet or arms). Available in a variety of colors/patterns. Check out Earth Therapeutics' entire line of soothing, anti-stress products at [earththerapeutics.com](http://earththerapeutics.com).





# The Light Between Oceans

By M.L. Stedman

Tom Sherbourne has just spent four years dealing with the horrors of WWI. He returns to Australia, where he takes a position as a lighthouse keeper on the island of Janus Rock nearly half a day's journey from the coast. To this island, Tom brings his young, new bride: Isabel. In peaceful isolation, their love for each other grows.

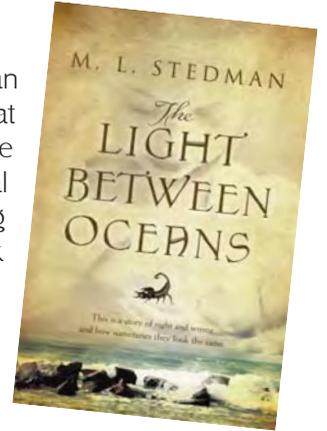
After four years, several miscarriages, and one stillbirth, Isabel's boundless spirit is waning, leaving Tom feeling helpless. Then, a boat washes ashore carrying a dead man and a living newborn. The miraculous arrival of this child delivers profound love—but also the seeds of destruction.

Two years later, during a visit to the mainland, the couple discovers the child's mother.

The stage is set for a heart-rending moral dilemma to play out.

*The Light Between Oceans* is an incredibly moving tale about what happens when good people make bad decisions. This original story addresses right and wrong and how they sometimes look the same.

I found this book beautifully written, both touching and heart-breaking. It is easy to forget that it is, in fact, not real.



## About the Author

M.L. (Margot) Stedman was born and raised in Western Australia and now resides in London.

She does not like being in the limelight and rarely answers personal questions about herself. What she has shared is that she was raised and went to school in Perth, that she has always loved the artistry of words, and that she was working as a lawyer when she had a "eureka" moment and decided to try creative writing. She then went to Greece, where she published a short story titled *Flight*. This is her first novel.



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# RAYS OF GRACE XX1

WRITTEN BY GRACE THEISEN

## LIFE LESSONS

I love winter. I love winter activities like skiing and snowshoeing. I love going to the cabin, cuddling up under a blanket next to a fire and reading a good book. But even winter can be a hectic time of year. Recently, my life has been hectic. I have had a hard time keeping balanced—my faith, family, friends, school, and boyfriend (“Hi, Logan”)—and still having time for myself.

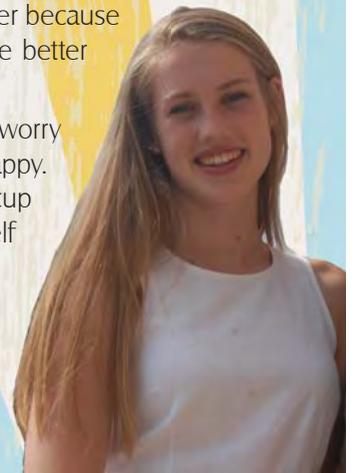
In the cold of winter, wrapped up in a blanket, I took the time to write myself a few life lessons about loving myself:

1. *Don't get caught up in trying to make everyone else happy.* Of course, I should and will do things for others. But if things are not received well, I will not put it on myself. I'll keep doing what is right and let them accept it as they might.
2. School, sports, and other extra curriculars can be a lot. *Do not procrastinate. Plan ahead. Make time for yourself a priority.*
3. Do not overlook the easiest way on earth to reduce stress.

*Stop. Count to ten. And say a prayer.* (Actually, is that the easiest way on earth or the easiest way on Heaven and earth?)

4. Finally, and probably most importantly, *love others.* I am overwhelmed by all the people around me who love me and are there to help me succeed and live a great life. *Don't forget to let these people know how much their love and support means to you.* I am better because of them, and hopefully, they are better because of me.

So right now, I'm not going to worry about making anyone else happy. I'm going to prepare myself a cup of hot chocolate and make myself the priority. I'm going to curl up deeply into this warm blanket and say a little prayer to thank God for all the love in my life. Spring sounds good, but it can wait.



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# What's Going On Calendar of Events

## FEBRUARY 2015

## MARCH 2015

**February 6-7 – Banbury Art Crawl** – Friday 3-9 p.m.; Saturday 9 a.m.-5 p.m. Do the Crawl with the artists, artisans, shops, and studios in Building 13 Banbury Place, along with exhibitors in Building 10. Expect beverages (alcoholic and non), food (from brats to gourmet), music and dance, and art demonstrations. Ample parking. For more information, contact Barbara Shafer at shaferba@sbcglobal.net or call 715-828-1358.

**February 6-7 – GOT RED?** – 9 a.m.-5 p.m. HSHS Sacred Heart and St. Joseph's hospitals are partnering with Macy's to offer several free community events in February for Heart Health Month. Heart healthy activities, presentations, and fun gifts. Macy's, Oakwood Mall, 4606 Golf Rd., Eau Claire. Free. For more event details, see the calendar at sacredhearteauclaire.org.

**February 7 – Mid-Winter Mardi Gras** – 6 p.m.-midnight. Dinner and raffle packages offer a 1 in 500 chance of winning BIG cash prizes. New Orleans-style dinner, unlimited drinks, and casino games. Costumes encouraged. 100% of proceeds benefit McDonell Area Catholic School students. McDonell Central High School, 1316 Bel Air Blvd., Chippewa Falls. Tickets on sale now at macs.k12.wi.us.

**February 12-15 & 19-22 – Sherlock Holmes: The Final Adventure** – Thursdays/Fridays/Saturdays 7:30 p.m.; Sundays 1:30 p.m. The Grand Theatre, 102 W. Grand Ave., Eau Claire. Adults \$20, Seniors \$18, Youth/Students \$10. For more details, visit cvtg.org.

**February 13 – Patsy Cline Dinner Show & Colleen Ray's "Musical Tribute to Patsy Cline"** – Dinner show 6:30 p.m.; performance 7:30 p.m. Heyde Center for the Arts, 3 High St., Chippewa Falls. \$30 per person. For details and tickets, visit cvca.net or call 715.726.9000.

**February 20-22 – Home & Garden Show** – Friday 1-8 p.m.; Saturday 9 a.m.-5 p.m.; Sunday 10 a.m.-4 p.m. Chippewa Valley Homebuilders Association presents the 37th Annual Home & Garden Show. Eau Claire Indoor Sports Center, 3456 Craig Rd., Eau Claire. For ticket prices and more details, visit cvhomebuilders.com, call the CVHBA at 715.835.2526, or email info@cvhomebuilders.com.

**February 25 – Jazz at Johnny's** – Meet & greet cash bar 6:30 p.m.; four course dinner with wine pairings 7-9 p.m. Enjoy delicious food/wine combos from Johnny's and music from the Chippewa Valley Jazz Orchestra featuring their very own "Frank Sinatra" in the elegant Milan Room. Johnny's Italian Steakhouse, 4751 Owen Ayres Ct., Eau Claire. For menu and tickets, visit visiteauclaire.com/jazzatjohnnys/february or call 715.831.2356.

**February 28 – Quarter Auction & Craft Show** – 2 p.m. Shopping plus quarter auction, silent auction, live auction, and 50/50 raffle. Over 100 items will be auctioned. All proceeds go to Chippewa County Relay for Life. Horizons Lounge & Banquet Center, 10764 Co. Hwy. Q, Tilden. For more info, call Sara at 715.726.0978.

**March 7 – Brown Barn Class: At Home Facials** – 10 a.m.-11:30 a.m. Part of Brown Barn's "Facial Week" celebration, this class walks participants through the steps of an at-home facial. Participants will receive comprehensive instruction and take home Brown Barn facial samples! Limited class size. Age 12 and over. \$5 fee includes class, samples, and 25%-off coupon. Brown Barn, 116 N. Bridge Street, Chippewa Falls. For more info, visit brownbarnlife.com.

**March 12-15 & 19-22 – Little Women** – Thursdays/Fridays/Saturdays 7:30 p.m.; Sundays 1:30 p.m. This unforgettable Broadway musical is adapted from Louisa May Alcott's famous novel and focuses on the four March sisters: aspiring writer Jo, romantic Meg, pretentious Amy, and kind-hearted Beth. The Grand Theatre, 102 W. Grand Ave., Eau Claire. Adults \$20, Seniors \$18, Youth/Students \$10. For more details, visit cvtg.org.

**March 14 – Shamrock Shuffle** – 10 a.m. Kick off your 5k season with UWEC Rec & Sports Facilities' 5k + fun run/walk. Looped route includes the beautiful views of the UWEC campus and Chippewa River trail. Open to all fitness levels. Strollers and families welcome, too. Map and registration details available at active.com/eau-claire-wi/running/distance-running-races/shamrock-shuffle-2015

**March 15 – Choral Images 2015: Requiem** - Bob Chilcott – 2 p.m. Delight in the sounds of the Master Singers as they perform their 22nd annual Easter concert. First Congregational UCC, Eau Claire. For details and ticket information, visit themastersingers.net.

**March 17 – St. Patrick's Day** – Celebrate the luck o' the Irish at local Irish Pubs, such as Dooley's Pub on Water Street in Eau Claire, for corned beef and cabbage, Irish stew, shepherd's pie and other specials.

**March 14 – Chippewa Falls Craft Shows** – 9 a.m.-3 p.m. Visit two Chippewa Falls high schools for their back-to-back craft shows with expertly-made, uncommon crafts. Terrill St., Chippewa Falls. For more info about the McDonell Central High School show, contact 715.723.0538 or macmusic@macs.k12.wi.us. For more info about the Chi Hi show, contact Pam at 715.723.6633 or chippewacraftinfo@gmail.com.

**March 29– Maple Syrup Sunday** – 1:30 p.m., 2 p.m., and 2:30 p.m. Bring the family to explore the tradition of maple sugaring. Learn about and assist with tapping a tree, and then visit the sugar shack where the sap is boiled down into syrup. Finish with a taste of fresh maple syrup over ice cream. Kids will have a chance to make their very own sumac or elderberry spile to take home! To allow time for the tour and have your maple sundae, please arrive on time. Wise Nature Center, Fall Creek. Spots limited. Registration and full payment required by March 26. \$5/Friends Adult, \$2/Friends Child, \$8/Nonmembers Adult, \$3/Nonmembers Child. Register at beavercreekreserve.org.

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