

# 5IVE FOR WOMEN™

AUG | SEPT 2014

VOL 3 | NO 4

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

Discovering Local  
Community

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College Community  
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*Community of Women*

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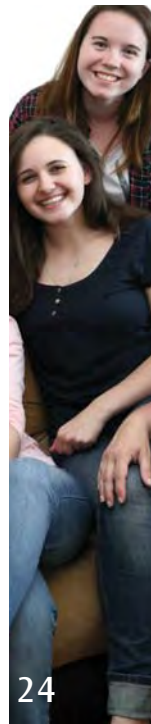
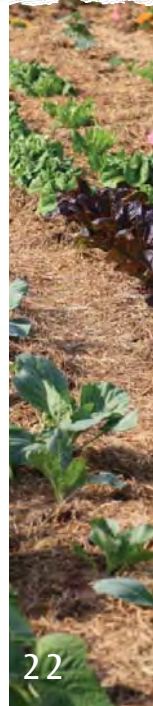
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With an emphasis on equilibrium and personal growth, *Five for Women* encourages the on-the-go gal to pause for self-nurturing through insightful articles and thought-provoking features—supporting the not-so-simple balance between faith, family, friends,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

At *Five*, 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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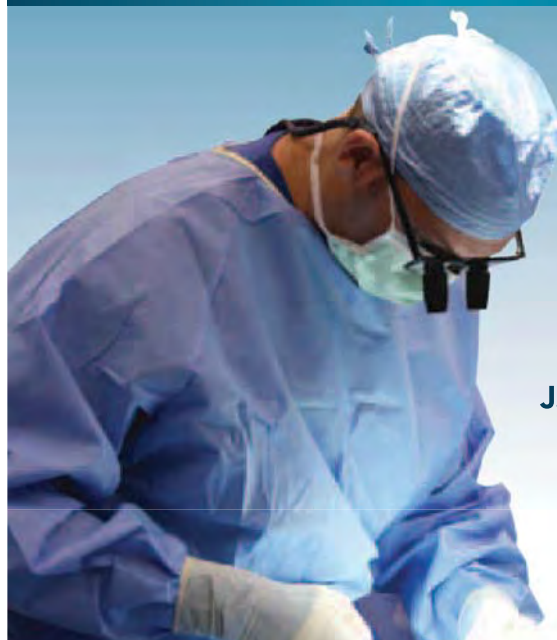
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*I alone cannot change the world, but I can cast a stone across the waters to create many ripples.*  
Mother Teresa

What the heck happened to summer? I am not sure how you ladies feel, but it seems like we got cheated. I am not ready to let go. Snow days causing a late summer start and then the polar vortex of July nearly pushed me over the edge. The Theisen crew has been running fast and furious to get in our summer activities. Shocking, I know. Memories will be made regardless, so we're making the best of it. Our summer highlights include two nasty sunburns, one dead fish, loads of basketball, serene drives to Long Lake to drop the kids at camp, beautiful days at the cabin with family, and cherished conversations with friends and family around the dinner table.

Ladies, let's use these last weeks of summer to make memories and check a few more things off the summer bucket list.

This Community of Women issue has truly inspired me. I am so excited to share with my readers the most amazing stories highlighting women giving back to the Chippewa Valley. How fortunate we are to live in this great community.

We have a heartwarming piece detailing the lives of two farm wives in today's world—reflecting a valued element of our Wisconsin culture. You'll be truly motivated reading our fitness feature inspiring strong women over 60. Another article addresses this bittersweet season of helping our birds out of the nest as they head off to school. Enjoy the opportunity to discover the story of Diane Bell. Hers is one of extraordinary accomplishment as she has given 52 years of hard work to the Mega Co-op benefiting the Valley. You'll find plenty more stories like these; and it's our hope here at 5ive that you'll be stirred to start your own journey or encouraged in your current one.

All the women featured in this issue offer unique and valuable gifts. The common denominator is how they all care deeply for their families and communities. I am personally and genuinely encouraged by their accounts and by the opportunity for involvement right here in the Chippewa Valley. I challenge myself, as well as my readers, to seek out our passions and get involved. Together, we have enormous power to impact the 5ive: faith, family, friends, fitness, and finance—not just for self but for many.

The journey continues.

*Jen Theisen*  
Publisher & Editor-in-Chief

**On the cover:**

Photo by Tracy Heidtke Photography on location at the Heyde Center for the Arts in Chippewa Falls, featuring **Maureen Therou**, mother, grandmother, retired OB nurse, *5ive* Bookmark author and distribution coordinator, Sojourner House volunteer; **Hannah Krejci**, UW-Eau Claire student, athlete, community volunteer including ALS walk, SPOTS house, and special needs camp mentor; **Lisa Henson**, wife, mother, dentist, helps sponsor Making Strides Against Breast Cancer Walk and the Justice Run; **Lanette Hesse**, wife, mother, computer consultant, *5ive* Foodie Forum author, church/community volunteer; **Grace Theisen**, Regis High School student, *5ive* Rays of Grace author, community volunteer; **Diane Bell**, mother, grandmother, 52+ years of service to Mega Co-op; and **Peg Leinenkugel**, wife, mother, full-time volunteer for the United Way, St. Joseph's Hospital, the Northern Wisconsin State Fair, and more;

# 5IVE FOR WOMEN™

## VOLUME THREE ISSUE FOUR

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on the scene |



Lola and Val Parrish of Eau Claire take in the scene as they stroll through the fairgrounds



The Gienapp family soaks up the sun as they create new fair memories together.



Mistfeldt family and friends keeping cool at the fair.



Everybody loves and recognizes the iconic Ferris wheel which glows over the Chippewa Valley after sunset.

Photo credit: Katie Hartsough

# Northern Wisconsin State Fair

Chippewa Falls Fairgrounds

July 9-13, 2014



A day at the fair isn't complete without tasty and aromatic fried fair cuisine!



In addition to ag events & livestock shows, racing pigs are ever-popular. These piggies are taking a break.



# Single Moms

## Juggling Life, Kids, Friends, New Love Relationships

Single parenthood is difficult. I was a single mom for several years, and I did not always make wise choices. I can share with you that living as a single mom is often a lonely, stressful, and exhausting time. I can also assure you that there is hope, happiness, and fulfillment in this role.

The life of a single mom is hard work, and many days it feels like thankless work. I recently wrote a blog titled "Secretariat and Stepliving" where I paralleled the racing form of the famous racehorse Secretariat with the daily lives and efforts of us stepmoms: running the daily race while seeking to win our family's hearts, stretching ourselves to the limit, operating at full capacity. The same analogy holds true for single moms. Whether stepmoms or single moms, we are focused, determined, and give every ounce of ourselves toward each day's responsibilities.

As women, we seem to have an inherent drive to take on more than we should be able to handle. We can multitask as if we were two people with twelve arms each, and we do this without much effort or thought. Single moms especially need support and encouragement to understand that Superwoman does not exist; and if you try to be like her, you will find yourself completely overwhelmed and eventually physically, emotionally, and spiritually sick. Here are a few tips from my single mom experiences for juggling life, kids, friendships, and love relationships. Like Secretariat, with our faces to the wind, we embrace our objective each morning and take off! We may start out lagging; but with efficiency and diligence, we focus on the goal and accelerate as needed.

**Life.** I love lists. They help with juggling daily schedules while providing assurance that I haven't missed anything important. I feel exhilarated and victorious at the end of the day when I review my crossed-off list of "Do Today." Organizing my agenda the day before allows me to carry over a thing or two that didn't get done. Instead of an extensive "To Do" list, I stress the "Do Today" list for two reasons: (1) I can prioritize, which relieves me of memory overload from what's hot and what's not, and (2) The list of "done" items honestly brings a sense of success, allowing me to pat myself on the back with a shout of "I did it!" Personally, I keep notepads and pens in my car and nightstand to jot down urgent or fresh reminders. I'm quicker with pen and paper than with my phone.

**Kids.** They don't need stuff and activities as much as they need MOM. Often, single moms feel a lot of guilt when they can no longer provide their kids with as many things as they used to. Unstable finances, additional responsibilities, and work schedules already fray family time. Your children may



Image credit: Angela Wave

whine and complain about no new iPhones/iPads, frequent McDonald's meals, expensive bikes, or Disney vacations; however, these things can never replace your intimate and uninterrupted *time* with them. Walking, hiking, fishing, cooking, reading, visiting nursing homes, and playing games are just some of the wonderful, inexpensive activities to do *together*.

**Friends.** Especially during separation and divorce, single moms often find their familiar friendships changing. Some friends may disappear due to embarrassment or loyalty issues. Some women friends may feel awkward having you around their husbands. An unexpected and tighter budget may hinder the activities once enjoyed with certain friends. Valid or not, there is a long list of reasons why friend statuses change for single moms. But take heart—true friends love us no matter what, standing by to help as we move through new stages. I recommend avoiding friends who have advice such as "Forget the jerk and get back into the dating scene!" or "I know just the guy for you." A true friend is someone who cares for you deeply and will be an accountability partner as they help you stay on the high road.

**New Love Relationships.** I can only say sloooooooow down. Wait to date! There is no need to rush. A wounded spirit does not need the illusions or complications of "too soon" love. Guard your heart. Instead of embarking on a romantic adventure, spend time with family and friends, meditate, pray, eat healthy, and exercise. You know you may be ready for a love partner when you savor being alone, you don't feel you *need* a man, and the urgent "on the hunt" look in your eyes is gone. Spending time with my lovely Christian women at Bible study has provided a deeper love for and knowledge of God. HE was my first real love relationship. This is a great time to be kind to yourself! We are God's daughters: precious and valuable!

*Dori Pulse and her husband, Bob, live in Eau Claire. Dori is a speaker, freelance writer, and author of her book, Everything Changed When I Said "I Do": Preparing for and Living as a God-First Stepfamily (available through amazon.com). She has been married, divorced, and remarried, becoming a stepmom in 1998. Dori developed Stepfamily Rx - Prescriptions for Stepliving seminars. Find her blog at stepfamilyrx.com.*



# Taking 5ive with Beth Salonek

WRITTEN BY HEATHER ROTHBAUER-WANISH

Like many women, Dr. Beth Salonek is a busy wife, mother, and caregiver. Add to that a thriving dental practice, and you have a hectic schedule that involves juggling many different people and activities. Through all her endeavors, Beth strives to remain in the moment while building meaningful relationships with family members and patients. And she is enjoying every minute of it.

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## FAITH

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Because of her faith, Beth knows she always has somewhere to turn—especially during times of struggle. This foundation has helped Beth become a strong, independent, and professional woman. Beth’s faith intersects—directly and indirectly—every part of her life. She says, “When I decided to become a dentist, I had faith that God was helping me to make the right decisions in my professional life...and He did. When my husband and I decided to have children, we prayed that we would have the wisdom to raise our children with faith, love, and respect...and we are.”

With faith, Beth is better able to work through her parents’ declining health as she becomes a caregiver for them, “I prayed that God would give my parents the strength to live peacefully and without pain for how much or how little we have left with them...and He has.” She adds, “My advice to women concerning their faith would be that it doesn’t matter which you religion you practice, but more the faith you have in someone or something that will navigate you through the ups and downs of your life.”

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## FAMILY

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While she enjoys being a dentist, Beth’s top priority is her family:

“I have been married to my husband, Toby, for 15 years and we have three

boys: Jacob (13), Max (12), Ben (10), and a dog named Rudy. I love being a mom even more than I love being a dentist. I love seeing who they are growing into as young men, and I think they are pretty cool kids.”

In addition, Beth’s parents, who have been married for 52 years, live only one mile away.

With her busy dental practice, spending enough quality time with family can be challenging. “The boys are in sports, and Max is involved in theatre; so family time is usually spent having two boys grumbling about having to go watch the third boy’s event,” Beth jokingly explains. Even though the boys’ schedules can be hectic, Beth loves to watch them play and increase their skills. She adds, “We also enjoy traveling—having the boys experience the way other people live and seeing the different places is invaluable for their future endeavors and it is fun to experience these things as a family.”

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## FRIENDS

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“Finding time for friends is quite a challenge, but it is a ‘must’ in order to fulfill the part of my life that needs regeneration,” Beth explains. So, because of their integral role in her life, Beth works hard to maintain these “must” relationships. She gets together with a group of high school friends several times per year and also spends time with college friends annually during Country Jam. In addition, she connects with fellow parents from school, sports, and social events. “All of these groups bring something different and truly needed into my life,” says Beth.

---

## FITNESS

---

Recently, Beth has made a bold move toward a healthier lifestyle and, thus far,



she has lost 50 pounds. “I was the girl who thought I didn’t have time to exercise or that I was happy the way I was,” she states. So, she began her journey with changes like parking farther away from the store and walking around the baseball field between games. She learned that you don’t need “to join a gym or have a personal trainer to live a healthier lifestyle. You need to make a change, no matter how small the steps.”

---

## FINANCE

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Finances always influence Beth’s professional decisions, but they never override her love of being a dentist. “I am lucky enough to have chosen a career where the financial benefits are in line with my personal goals. I am able to live a comfortable lifestyle while really enjoying what I do,” says Beth. She believes that if you are not truly happy and passionate about your career choice, then all of the money in the world will not make you happy—choose a career that you love and good things will follow, including financial success.

It’s also important to Beth that her children learn the value of hard work and passion for whatever career path they choose, “I explain that they are very fortunate for everything their dad and I are able to give them, and they need to understand how we got to this point.”

While she is busy every day, Beth enjoys her life to the fullest, concluding, “Balancing life with kids, a husband, dentistry, and taking care of parents is difficult, but I wouldn’t have it any other way.”

# Spaghetti Corn??

## GIVE IT A TRY

By Kathy Jasper

Today is July 20, and I am heading back to town after checking our garden and picking some lettuce, peas, and peppers at my sister's place in Tilden. I'm driving on County Q and looking at the cornfields. Forget about "knee high by the 4th of July," this corn is already over my head and tasseling out. It looks like an early season and lots of opportunity to save that fresh corn flavor for the months to come. Corn is easy to freeze with butter, a little water, and salt. You can also add it to salsa and soups. This recipe is a great side dish, using the corn you froze or store-bought cans. Give it a try, and remember I'll always be there to help.

### Spaghetti Corn

1½ cups frozen corn, thawed with ½ cup water  
or 1 can corn with the liquid

1½ cups corn, thawed and pureed, or 1 can creamed corn

1 cup broken spaghetti, uncooked (1/3 pound)

1 cup shredded mozzarella cheese

½ cup butter melted

2-4 tablespoons chopped onion

Preheat oven to 350°. Butter a 9x13 pan. Mix ingredients. Pour into pan. Cover with foil. Bake 30 minutes, remove foil, and bake another 30 minutes. ENJOY!!

Photo credit: Maks Narodenko

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The City of Eau Claire has 13 miles of asphalt pavement bike trails, open year-round. All of the trail's bridges are decked and railed for riding safety. Perfect for bicycle commuters, recreational bicyclists, families, skaters, and more.

For trail maps and distances, visit [eauclairewi.gov/departments/recreation/services/parks/trails](http://eauclairewi.gov/departments/recreation/services/parks/trails).

In Chippewa County, the beautiful Old Abe State Trail runs from Chippewa Falls to Cornell. This 20-mile stretch grants picturesque scenery and interesting stops—such as Lake Wissota's northern shoreline and Cornell's ice cream shops.

For more information including trail etiquette and safety guidelines, visit [dnr.wi.gov/topic/parks/name/oldabe](http://dnr.wi.gov/topic/parks/name/oldabe).

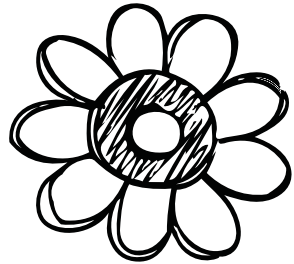
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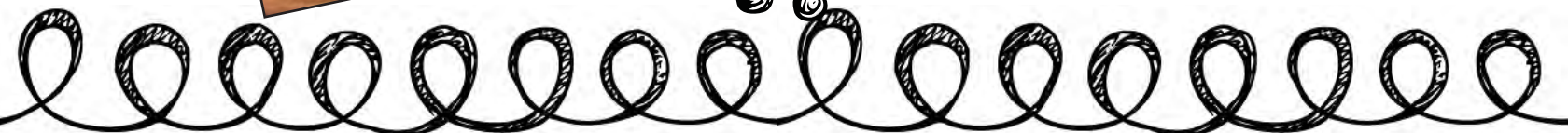
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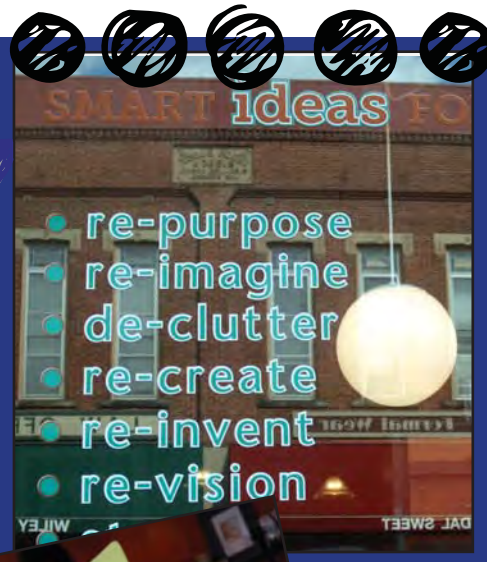


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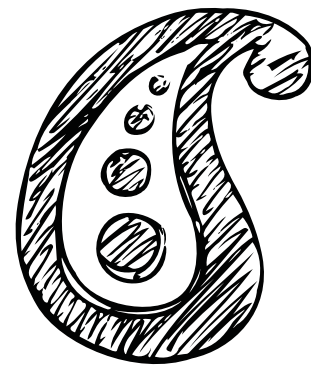




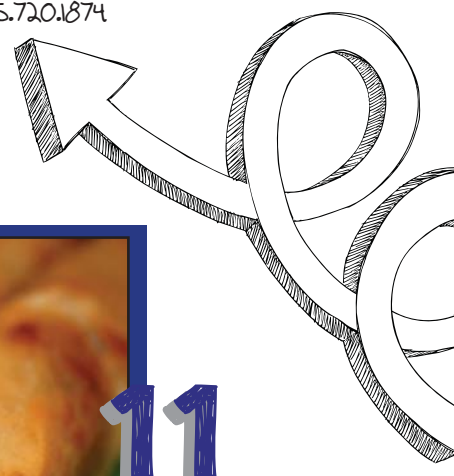
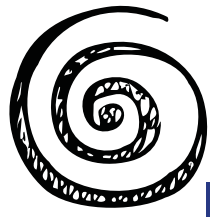
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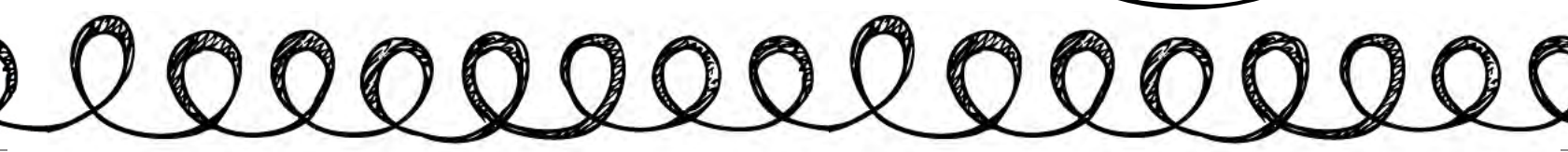
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11

This full-service restaurant offers authentic and affordable Vietnamese cuisine made from fresh ingredients. The food and tea menus are wide-ranging, but you must try the flavorful pho and fragrant jasmine tea. The welcoming staff is always happy to make suggestions, too.  
2161 East Ridge Center, Eau Claire.  
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12





By Joe Winter

In 2000, Molly Delaney Druffner penned the play *Solanus*, about the humble man who became the first American-born male sainted by the Roman Catholic Church. Father Solanus Casey grew up in Western Wisconsin, and received his Catholic sacraments of initiation in Prescott (WI), Hudson (WI), and Stillwater (MN). Stages in Hudson, River Falls, Stillwater, and Detroit hosted *Solanus* over several years.

*Solanus* set in motion what has grown into a broader sacred arts ministry. Druffner, already a published playwright, soon composed stories about other Catholic saints, forming the John Paul II Players theater troupe ministry.

All seven of Druffner's children have appeared in the plays. Charlie, now 14, was the first Baby Solanus back in 2000. Druffner's husband, Mark, has carved out time away from his medical practice to act in the plays, too.

This fall, Druffner and her associate, Leah Timberlake, are expanding their efforts to provide sacred arts opportunities in the St. Croix Valley and Twin Cities Region. Through St. Croix Sacred Arts, the two Stillwater-based artist entrepreneurs will be promoting the sacred arts through sacred arts performances—plays about the lives of saints and mystics—in churches, schools, and retreat centers, while also offering classes in art, acting, and sacred crafting. They will host All Shall Be Well Retreats, based on the writings of Julian of Norwich. And they will sell art, jewelry, books and gifts online

(available soon).

"I am using [the sacred arts] to inspire and evangelize, and I want to help bring Christian artists together," Druffner says. Putting their work out in the broader community "will give such artists a forum that isn't always available, as they can be under-celebrated."

All proceeds from St. Croix Sacred Arts will go toward funding medical missions projects in East Africa, where the Druffner family travels each summer for medical missions.

"I have found that combining our sacred arts ministries with our desire to serve the poor in Africa is a beautiful way to share our love for the faith and our deep desire to love and serve our brothers and sisters in Africa," says Druffner. "Art, beauty, faith, and love all belong together in a wonderful mosaic of trying our best to glorify our Lord here on earth."



So, these two women give their time, talents, and treasure to those in need of inspiration, healing, and service: "Leah and I feel so blessed to be on this journey together, where we can give back to the community what we

have received from so many local Christian artists and faithful teachers over the years. We are profoundly grateful for this opportunity to serve."

Learn more about the St. Paul II Players at [stmichaelstillwater.org/life/parish-groups/john-paul-ii-players](http://stmichaelstillwater.org/life/parish-groups/john-paul-ii-players), contact St. Croix Sacred Arts at [stcroixsacredarts@gmail.com](mailto:stcroixsacredarts@gmail.com), and look for their online store this fall.

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# GOOGLING COMMUNITY

By Katie Mcky

Once upon a not-that-long-ago, community was constructed piecemeal. Through the twisty grapevine, the friend of a friend of a friend might connect you to a community within the larger community—perhaps a group of women who liked to read mystery novels and met every two months. Or your community might be largely limited to your tribe, those folks connected to you by dint of DNA. Now, thanks to the Internet, you can find the activity-based community lickety-split—a micro-community that fits you like your favorite hat.

For example, if your passion is paddling, googling “Eau Claire canoeing club” puts the Pure Water Paddlers ([www.purewaterpaddlers.com](http://www.purewaterpaddlers.com)) at the top of the search results list. This group paddles Dells Pond (Mount Simon Park), Paint Creek, Lake Wissota, the Chippewa River (from Brunet Island State Park to Jim Falls, Hallie, Eau Claire, and beyond), the Namekagon and Brule Rivers, Lake Superior, the Boundary Waters (for canoe camping), and more. Kathy C. O’Leary, club president, says,

Most who come out to paddle have a passion and genuine love of being on the water and getting out to new places they haven’t paddled before. I was thrilled to discover Timber Terrace and Paint Creek with the club as well as the sea caves in the Apostle Islands on Lake Superior. Now it is very rewarding to introduce new people to these places and this awesome sport.

There are 25 Wednesday evening social paddles in canoes, kayaks, paddleboards, homemade and store-bought boats, scruffy boats and shiny boats, Kevlar, fiberglass, and Royale hulls. In short, if you have a little boat that floats, you’re in like a paddling Flynn. If you don’t have a boat, they can rectify that: you can buy a boat and other equipment through their forum page or learn to build a boat from another member. If you don’t know how to paddle, you may learn and practice in a pool with classes through Pure Water Paddlers. Additionally, members also paddle when the shorelines are frosty, and they host social events when the water is hard; so your participation won’t be limited to the summer.

“I think people find it easy to join our social paddles. We have members at all skill levels [who] help each other out loading/unloading boats and with beginner skills [from] safety to rolling. The Wednesday paddles really are quite social and geared to all skill levels,” says O’Leary.

Individuals may join for a mere \$15, and families get the bargain of \$22. Membership opens many doors, including instructional classes, discounts at participating paddling retailers, off-season gatherings, and a shot at winning some



Photo credit: Thomas Barrat

booty at club events. Membership also gives you email access to other members, in case you ever get a hankering to paddle between scheduled events. Get fit, have fun, and make friends!

If you’re a person who’s happiest with loam under your fingernails, Facebook search the Eau Claire Gardening Club ([www.facebook.com: Eau Claire Garden Club](http://www.facebook.com:EauClaireGardenClub)). It’s a floral community of people who can wax poetic about daylilies versus Asiatic lilies. Membership means invitations to other plantpeople’s gardens. You’ll get to twine like a vine through gardens of the Chippewa Valley and learn all along the way. You’ll also have the opportunity to host tours of your dirty work, receive notification of plant sales, have access to floral events, network in ways that’ll green your garden, be offered volunteering options, and learn about workshops, tours, tips, lectures, and on and on. Of course, you’ll also make new pals, which is the stuff of community. Think of it as social loam, a place to sink your roots.

Gardening Club member Nancy Spak says, “I love the club because I get to meet other people who have similar interests, the camaraderie, and our programs are informative and fun. People join to expand their knowledge of gardening in a casual atmosphere, and also they want to meet others with similar interests.”

If you’re more indoor girl than outdoor girl, consider a book club. There are book clubs that focus on spirituality, Spanish, mysteries, bestsellers, and more. Their schedules vary, but they follow the similar format of reading a chosen book and then meeting to discuss it. Again, it’s about more than books. It’s about community. *Volume One* magazine has a list here: [volumeone.org/listings/categories/261\\_Book\\_Clubs](http://volumeone.org/listings/categories/261_Book_Clubs). Another website gives you access to your area’s book clubs, too: [www.meetup.com](http://www.meetup.com). However, Meetup lists more than book clubs. It lists a myriad of clubs, from dancing to cars to technology.

Want to involve your family? Playdate clubs can include all family members. Menomonie has such a club: [www.meetup.com/Lets-Play-Together-Menomonie](http://www.meetup.com/Lets-Play-Together-Menomonie). Let’s Play Together offers more structured events (such as zoo trips and museum trips) and less structured ones, which makes sense given their name. It also offers kid-free parents’ nights for socializing with peers-to-be-pals.

If you’re a trailblazer, start your own club. Dinner clubs are a possibility—not those ubiquitous Wisconsin supper clubs favored by your Aunt Agnes, but a group that takes turns



hosting dinners. The dinners tend to be migratory with frequent ethnic fare, or one house might serve the cocktails, the second the appetizer, the third the entrée, and last the dessert. If you're blazing this trail, you're free to do whatever you want, such as themes. One night might be potato-based dishes or dishes no one can properly pronounce. You can construct your group from current friends and family or use a website like meetup.com to facilitate formation.

However you choose to construct community, the key is to connect. The Mayo Clinic has found that friendship delivers tangible health benefits, such as a measureable reduction in stress with consequent positive health outcomes. Of course, you can join a community that delivers friendship and fitness, such as the area's various belly dancing opportunities: [volumeone.org/listings/categories/246\\_Belly\\_Dancing](http://volumeone.org/listings/categories/246_Belly_Dancing).

Follow the loving advice of Ruth Reichel, writer and gourmet. She wrote, "Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious."

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# “At the Age of 17...”

## PERSPECTIVES FROM A MOTHER AND COLLEGE-BOUND SON

My son will launch off to college in a year; I cannot begin to describe what a difficult transition this is for our family. I am secretly jealous of those parents of confident high school seniors regarding their post high school plans. It pains me to watch my son—who has had little difficulty with school decisions in the past—hit this “college decision wall.”

Bringing up the college topic with my son has been quite humbling for me. It usually starts with me asking him if he has some ideas about where he would like to go to college and what he would like to do there. He usually responds by saying, “I do not know.” And the conversation ends without further discussion. He is not rude, but it is quite clear that he has nothing more to say on this topic. My son is a talented writer, and he did write about college. He shared this with me and gave me permission to share it with you.

My son writes,

*At the age of 17, I have not made decisions that constitute “big decisions” in the grand scheme of life. Deciding on a college, for me, has been unnerving because of the weight this particular choice carries as well as my inexperience with it all. I believe it’s safe to assume that most kids have never been instructed on how to apply for college or what steps they need to take in order to find the “best fit.” These lessons are not school curriculum, and being so unfamiliar with the topic leaves a lot of room for uncertainty and very real confusion. It has always been hard for me to look into the future and picture what I will be doing or where I will be. Because choosing a college depends on these things, it often leaves me feeling stuck. How do I know what college will be right for me?*

For me, what is most difficult is to see my son emotionally paralyzed by so many choices at such a young age. I recently read Barry Schwartz’s *Scientific American* article “The Tyranny of Choice”<sup>1</sup> where he writes, “Logic suggests that having options allows people to select precisely what makes them happiest. But, as studies show, abundant choice often makes for misery.” I could not agree more with Schwartz. And I feel my son is experiencing this misery on his journey to find the right college.

Regarding well-being, Schwartz distinguishes between two types of people: “maximizers” (those who always aim to make the best possible choice) and “satisficers” (those who aim for “good enough,” whether or not better selections might be out there). In our household, we have one of each; and my son is the maximizer. When satisficers find items that meet their standards, they stop looking. But maximizers can exert enormous effort trying to find that right “product”—or in our case, the right college. So, when reality requires maximizers to compromise—to end a search and decide on something—apprehension takes over about “what might have been.”

In the fall of 1999, *The New York Times* and CBS News asked  
Page 18 | 5iveforwomen.com

teenagers to compare their experiences with those of their parents as teens. Fifty percent of children from affluent households said their lives were harder. When questioned further, these adolescents referenced high expectations—their own and their parents’. The teens talked about “too muchness”: too many activities, too many consumer choices, too much to learn. Children feel the pressure and they know “falling back” is the American nightmare. When maximizers make decisions, experience the consequences, and find they do not live up to expectations, maximizers tend to blame themselves. Maximizers have a tendency to view this as personal failure that could and should have been avoided if only they had made better choices.

Of course, the relationship between choice and well-being is complicated. Schwartz states that a life without significant choice would be unlivable, and I agree. My husband and I realize we are very fortunate that our son has so many good colleges to choose from and that we live in a country where choice is valued. We realize that the ability to choose has enormous, important, positive effects, but only to a point. For our maximizer son, as the number of choices increase, his psychological benefits begin to level off.

### LESSONS

Fortunately, Schwartz has some tips that will help my son with his college decision and many other maximizers with a wide variety of decisions:

1. Choose when to choose. We can decide to restrict our options when the decision is not crucial. (I continue to remind my son, “This is not life and death.”)
2. Learn to accept *good enough*. Settle for the choice that meets your core requirements rather than searching for the elusive *best*. Then stop thinking about it.
3. Don’t worry about what you are missing. Do not ruminate about the attractive features of the options you rejected. Teach yourself to focus on the positive parts of the selection you chose.
4. Control your expectations. “Don’t expect too much, and you won’t be disappointed” is a cliché; however, that advice can be helpful if you want to be more satisfied with your decision.

As a mom, here are my tips: Don’t keep asking your teenager the same question, and read (or re-read) Audrey Penn’s book *The Kissing Hand*—“for any child who confronts a difficult situation, and for the child within each of us who sometimes needs reassurance.” Our children are never too old.

*Tina Frank lives in Eau Claire with her husband and two children. A life-long “student of life,” Tina is also an ANCC-certified clinical nurse specialist in child/adolescent mental health, practicing psychiatric nursing since 1986 and in private practice since 1999. She recently completed her Tal Ben Shahar Positive Psychology certification and has recently opened Positive Living Eau Claire ([positivelivingeauclaire.com](http://positivelivingeauclaire.com)).*

<sup>1</sup> <http://www.biopsychiatry.com/happiness/choice.html>



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# MAIDS A-MILKING

## CHIPPEWA VALLEY FARM WIVES BRING HOME THE BACON (AND EGGS) AND COOK IT, TOO.

By K.C. Powers

Two Chippewa Valley farm wives, Brigid McDonald and Amanda Bohl, can do it all: While keeping house and raising four children a piece, Brigid manages to cultivate and work her enormous garden, and Amanda still found time to start her own egg and poultry business. These women are not afraid of good old-fashioned hard work and getting their hands dirty, thanks to multiple generations of farming.



### Brigid McDonald

Old McDonald may have had the farm; but if it wasn't for Mrs. McDonald, we're pretty sure the farm wouldn't be nearly as efficient.

Brigid grew up on a small rice farm in Texas, where she was one of five living sisters. "Growing up, we were Dad's boys," she said.

Brigid moved to Chippewa Falls five days after her wedding six years ago, and she wouldn't want it any other way. "It was funny. We always thought we were out in the country growing up [in Texas], but compared to here, we were in the city."

Brigid knew that she was going to continue the farming lifestyle even if she wasn't living in Texas anymore. She always wanted to marry a farm boy and she got Peter McDonald, who looks over a 100-cow organic dairy farm, milking 40.

The McDonald farm selectively sends dairy at certain times of the year to be turned into their own brand of organic, grass-fed cheeses: Cow Caviar.

Brigid used to spend a lot of time outside milking and helping in the barns. However, after her hands became full with their children—Juliana (5), Thomas (4), Francis (2½), Augustine (1), and baby number five (making a grand debut in February)—she knew that her job was no longer in the barns.

Being so young, the children don't have too many chores around the farm just yet; but when it comes down to it, they are the best helpers. Scooping hay and helping mom with

her enormous garden seems to be a McDonald kid's favorite chore.

Brigid has tripled her garden space from last year—and we are not talking a pansy garden. Everything can be found in her garden: from sunflowers to carrots (which, according to four-year-old Thomas, are bunny rabbits' favorite food), Brigid's got it all.

Looking back, Brigid sees many of her mother's parenting traits in herself, "Mom and Dad were strict; I'm glad they were. I am too now. I want my kids to have a good work ethic, and it's not just farm life that does that. It's the parents too."

And Brigid takes her job very seriously. "My job as a parent is to get my kids to Heaven; so I guess that's my mindset. I don't always succeed at being a good example, but I try. I teach them that their job is to be kind and helpful. If they do that in all things, they will go far," said Brigid, dividing up a pre-dinner snack for the antsy little ones while simultaneously bouncing Augustine on one leg.

Down the road a few miles is another farm wife. These two women have never met, yet they share so much in common.



**AMANDA'S EGGS**  
PASTURE-GROWN POULTRY

### Amanda Bohl

On a Cadott dairy farm on a dead end gravel road, Amanda Bohl has a good deal of agriculture in her blood, too.

Amanda and her husband, Nicholas, have made quite the name for themselves in the community, with 400 milking cows, a few pigs (named Porkchop and Bacon of course), some ponies, various other farm animals, and around 1,000 laying hens.

"I'm hyperactive like that, said Amanda, "I knew that I needed something to keep busy and I wanted my kids to help along and learn respect for animals, work ethic, and responsibility." . . . which is why this mother and her four children—Clare (6), Margaret (4), Emery

(3), and baby Anna (5 months)—set out into the world of poultry.

Amanda has raised chickens since she was 15 years old, and she finally decided to make it a business in 2009. There were naysayers at first; but five years later, Amanda manages 1,000 laying hens and 300 broilers. Amanda sells her eggs at her farm, self-serve, where customers put money into a coffee can for the freshest brown eggs they've ever had.

Since the Bohl's marriage, the dairy farm has grown immensely. They milk about 100 more cows and have added new parlors and barns, along with other small renovations. Amanda and Nicholas hope to see the farm continue to grow, with Nicholas's personal goal of someday milking 3,000 cows.

Farming is in Amanda's blood. Her German heritage traces countless generations of farming. The oldest of five kids, young Amanda had to help out her mom a lot. And Amanda was operating farm equipment from the age of nine. But that hard work didn't drive her away from farm work as an adult.

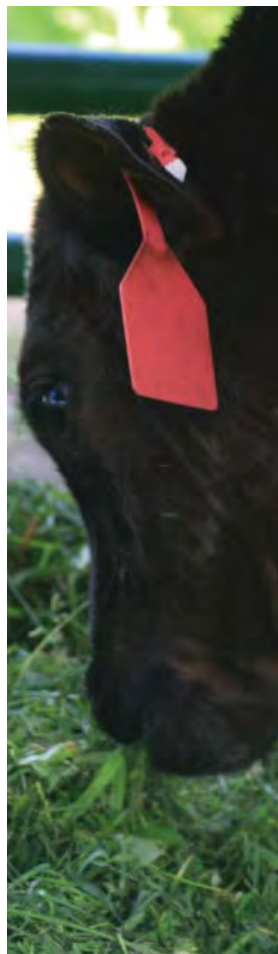
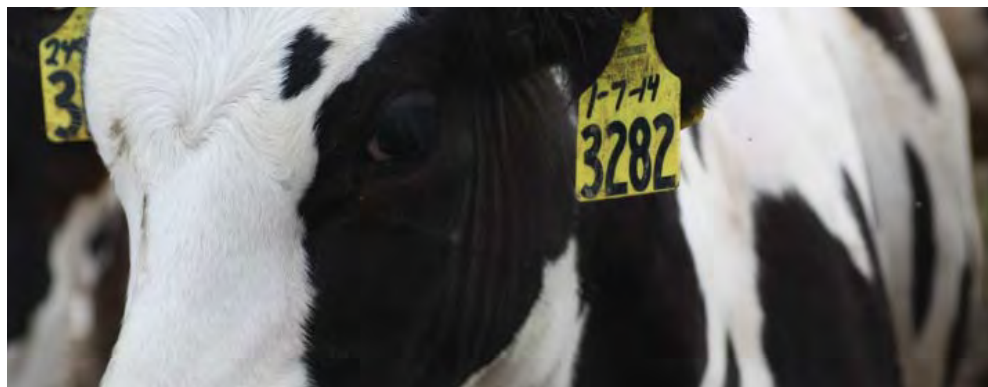
She knew she would become a farm wife. "I prayed every day that I would marry a farm boy, but not just any farm boy, I wanted a *good* farm boy. And boy does God have a sense of humor because he put me in the path of a man who eats, sleeps, and breathes cows."

Amanda attributes a lot of her success with her business and her children to the help of older farm wives. Grandmas are a wealth of knowledge for everything from how to make gravy, to canning, to general loving life lessons from her own beloved grandmother.

"It's about wanting it and having it in your blood. That's what makes a successful farm. God gives you that talent, and you have to do your best every day and put your priorities first: first God, second family, and third work. This doesn't mean that work comes last; it just follows after the first two are fulfilled," said Amanda after distributing kisses on Clare's head (bumped while trying to catch butterflies outside with Emery).

For farm wives, there is no separation of work and home. Brigid and Amanda don't get to punch out and dedicate their evenings and weekends to family. They live in a constant balancing act of being entrepreneurs, mothers, and superheroes. They wouldn't have it any other way.

Photo credit: K.C. Powers



# World Wide Web of Friends

I seem to have a propensity for making friends, which has provided a wide inner circle for me. I didn't realize this gift until I moved to Moscow to teach for a year. Within a few weeks of my arrival, I was quickly surrounded by a strong band of women. I had expected to meet some new people, of course; I had expected to find one or two names to add to my prayer list, of course. I had not expected to find commonalities with so many women whose cultures are vastly different from my own.

Like many of you, I have family who are truly friends. We could count them off: sisters, mothers, aunts, grandmothers. From these women, we learn how to argue and forgive. We learn patience with those who disagree with us (even when we are clearly right). We learn how to be graceful in the face of tragedy. We share our recipes, our clothes, our history. Also like many of you, I have friends who have become family.

From school days to weddings and funerals, time has woven our lives together such that the simplest phrase can bring a fit of laughter: "Remember the time when...?"

But, would I find that in a foreign country? What would I have in common with Russian women? There would be the language barrier for one thing, and the differences in life seasons for another. Knowing I would be working at an international school with students and staff from 35 different countries only compounded my fears. Yet, it didn't take long to see we are all more alike than different—regardless of our backgrounds.

I was pleasantly surprised to find many people in Moscow who understood a smattering of English. The grocery store outside my apartment, for example, was staffed with several Azerbaijani women who did their best to reach beyond the language divide to help me figure out which container might hold a familiar food. Before long, we were teaching each other the Russian word for this and the English word for that. I would point and they would say the word in Russian, then I would say the word in English. It became a game that led to shared laughter, brightening the dark, Moscow winter days.

In fact, the English language was a bridge to many new friendships in Moscow. Many of my colleagues and students' parents spoke English as their second or third language. Realizing my limitations, they went out of their way to offer assistance, aid translations, and just be friendly. Often, the only thing we had in common to start was our locale. They helped me with everything from setting up a bank account to finding the Russian "dollar store."

Interestingly, my classroom became "the place to be" at the end of the workday. We talked about the weather, the books we were reading, a snag or brag in our workday. We shared our family stories, our problems, our joys and sadness. If you had been there, you would have heard the same kinds of conversations as in Eau Claire. Although we were from as far away as South Africa, Cameroon, and Siberia—even the Americans on staff were from diverse parts of the United States—we stitched together a quilt of life which made us each stronger.

My life season was another point of connection in Moscow. Being a grandmother allowed me to offer a bit of wisdom and hope for young mothers. Funny how the parents of children from Zambia to Russia have the same worries as parents of children in Chippewa Falls. "Will he always be so strong-willed?" "How can I help her do what is good for her?"

My age also made me the surrogate mother for young women far from home. Sharing recipes, cold remedies, and do-it-yourself fixes may have initiated the bond, but laughter sealed the deal! In return, their youth gave me energy to make it through the long days. We went everywhere together—the malls, the parks, the museums. Together we learned how to navigate a foreign country.

Another shared bond was faith. In a country with a history of religious persecution and ambivalence, I wasn't sure how I would be accepted. But I was warmly drawn into a church congregation where the services were interpreted into English. No translation is needed, however, when a community worships the same God together.

At the close of the school year, added to the community of my heart were women from South Africa, Australia, Colombia, Siberia, Cameroon, Kazan, Belarus, the Philippines, the states of Illinois, Alaska, Virginia, and points between. I can honestly say that we are all more alike than different. My life is enriched by this wide-reaching community.

*Kris A. Newman lives in Thorp, WI, and has been actively involved in giving back to the community through Big Brothers/Big Sisters of Northwest Wisconsin. Currently, she is teaching at the International School of Tomorrow in Moscow, Russia. Kris is a regular contributor to magazine. Find additional writing through her website: krisanewman.webs.com*

**Make new friends, but keep the old.  
One is silver, and the other is gold.  
- Children's song**





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# University Community: **Drinking Responsibly**

By Lucie McGee

For many years, every fall, as summer ended and the university students started their new semester of classes, I held on to three wishes:

- 1 Please wait until after the long Labor Day weekend to begin student move in and classes.
- 2 Please let it rain over homecoming weekend (and I hoped the school would not be playing its greatest football rival).
- 3 Please let Halloween be on a weeknight—not a weekend—and again, rain is good.

As a prosecutor for the City of Eau Claire for more than 11 years, I braced myself every year for the onslaught of city citations for underage drinking and related ordinance violations that landed on my desk every fall. I noticed that long weekends—with little to do or with great weather during events and holidays—resulted in more underage student drinking, culminating with out-of-control parties, loud noise, and disorderly behavior. If some or all of my three wishes did not come true, I could look forward to dealing with these alcohol-related citations well into February or March.

Probably the most well-known citation is the underage drinking citation. No one under age 21 may legally purchase, possess, or consume alcohol-containing beverages except when accompanied by a parent, guardian, or spouse of legal drinking age, and under certain other limited circumstances. The legal drinking age in Wisconsin is 21 years old; and a police officer may issue an underage drinking citation to anyone in violation of this law.

To issue a citation, the law *does not require blood or breath evidence*. In most cases, the officer's trained observations of the presence of alcohol is enough. Penalties vary depending on jurisdiction, but likely results include a large forfeiture (that increases with repeat offenses within a year) and the suspension of a driver's license. In Eau Claire, these forfeitures can range from \$250 to \$700. Some jurisdictions have underage drinking programs that may decrease the penalties upon successful completion.

For what are commonly termed "quality of life" issues, additional citations frequently accompany the underage citations. Most communities have local ordinances that address behaviors that residents do not want to see in their neighborhoods or business districts. Open container ordinances prohibit people from having open containers of alcohol on public property or on private property open to the public. Public urination ordinances prohibit people from urinating in public places. A variety of loud noise, music, and party ordinances exist to give police a mechanism to deal with parties that are impacting residents' ability to live peacefully in their neighborhoods. Tavern-related citations include entering a tavern underage

and/or using false identification to get into a tavern while underage. In Eau Claire, the forfeitures on these citations range from \$200 to over \$500; this number may be lower or higher in other communities.

Unfortunately, some underage drinkers choose to drive. Wisconsin is a zero tolerance state: underage persons shall not have even the smallest amount of alcohol in their system while operating a motor vehicle. If that person's blood alcohol content is below the legal limit, they will receive an absolute sobriety citation. However, if the alcohol level is above the legal limit, the underage person will face an operating while intoxicated (OWI) charge.

Many young adults over 21 are shocked to find themselves still dealing with underage drinking issues. They often have underage roommates, friends, or roommates' houseguests. Chapter 125.07 of the Wisconsin Statutes states that it is a violation to "procure for, sell, dispense or give away any alcohol beverages to any underage person not accompanied by his or her parent, guardian or spouse who has attained the legal drinking age." Of-age adults can be held responsible for violating the statute. Furthermore, it may be a violation to *permit or fail to take action* if you know that an underage person is drinking alcohol in your apartment or house. These violations carry hefty forfeitures for the person over 21. So, these of-age persons must be very mindful about

who has access to alcohol in their homes. The worst-case scenario would be to cause injury or death by providing an alcoholic beverage to a minor. That violation can

sometimes be criminal, a felony. The decision would be difficult to live with on multiple levels.

Nearly every week of my tenure with the city, I met with students who faced all these types of citations. How did they get to me? The process begins when a police officer issues a city citation with a civil forfeiture (a fine) to the student, who can then choose to plead "guilty" or "no contest" to pay the full amount of citation. Each citation is processed through the court system and has a deadline for payment. However, a person has a right to contest the citation. To begin that process, the person must enter a "not guilty" plea. In Eau Claire, this triggers a pretrial conference with a city attorney. It was at this point that I had the opportunity to speak with students about their citations. We would try to work something out or, at least, I would explain the options. The students had a right to a trial. If they didn't choose to go to trial, they might decide to pay the existing citation or negotiate a reduced citation through a settlement.

Although the ins and outs of the court system are important for parents and students to understand, what sticks with me are the students' stories that I heard while sitting in those endless pretrial conferences.



These students are adults according to the law, but they are still young and having difficulty making good choices away from home. The first wave of pretrials were usually with sophomores who had just moved from dormitories into apartments or houses with their friends. Then, I would see the students I recognized from previous semesters who were repeating the same destructive behaviors. I also saw a lot of first-timers who seemed to learn from their mistakes and had concrete plans for their futures, making it unlikely that they would be in the system again.

The penalties and consequences were high—far beyond the financial burden—for nearly everyone I talked to. Students face probation or even suspension at the university. Landlords evict partying students mid-semester. Scholarships and grants are lost or denied. Car insurance rates skyrocket because underage drinking convictions go on driving records. Court records are on the Internet, so students are denied or terminated from internships or jobs, based on their alcohol-related convictions. Friendships are ruined over drunken fights at parties. Some students are so intoxicated that they have to be taken to the hospital for a detox. Too many make regretful choices about sexual activity; or worse, they become victims of violence or sexual assault. Others are so intoxicated that they go into strangers' homes, vomit and pass out on the couch only to be awakened by the police in the morning. They have entered an adult world but seem unprepared for the reality of their choices and uninformed of the consequences. The lengthy list of stories, potential scenarios, their penalties and lifelong consequences is beyond the scope of this article; but it is safe to say that these experiences are life-changing for students and their families.

So, what is my fourth wish? That we, as adults, start early educating our youth, helping them make good choices while they are still young, modeling behaviors that will help them navigate their early adult years with as few scrapes as possible. This may sound simple, but it is a good place to start.

These statements are intended for general informational purposes only and should not be construed as legal advice, legal opinion, or legal counsel. Please obtain legal counsel concerning your own situation and legal questions.

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# Diane Bell

## Continuing a Tradition of Customer Service in Our Community

By Vicki Larkowski

The Great Depression triggered a wave of co-op organizing across our nation. One leading co-op launched during this period was the Consumers Cooperative Association of Eau Claire—"the Co-op." The Co-op's first purchase for its members was a carload of coal in 1935. Subsequent ventures included a gas station and, by 1953, a grocery store. From there, the Co-op Shopping Center continued to flourish on South Hastings Way. It became the only place in the region that "had it all"—from groceries to clothing, jewelry, and more.

In 1962, a married mom with two children and no car needed a job. Her work options were to take the bus or find a workplace walking distance from home. Diane Bell chose the latter, interviewed at the Eau Claire Co-op, and got the job—at the customer service desk. Before long, Diane was managing the very busy desk—usually with about 14 customer service employees—and its licensed US postal substation.

In 1963, the Chippewa Valley's first big box retailer hit Eau Claire: Kmart was a big deal for the Chippewa Valley, and it gave the Co-op some serious competition. But Diane and her customer service team found ways to maintain their fantastic service edge. One way was to process payments for utility companies such as NSP. And the Co-op extended their evening and weekend hours.

Back then, Uniroyal and the paper mill were major manufacturers in Eau Claire. (Diane's father worked for Uniroyal for 40 years.) To attract business from those employees, the Co-op customer service desk would pay customers to cash their checks—a whole nickel. Diane says, "Today we avoid check cashing, but it was a huge draw back then." They also offered Indianhead stamp booklets—similar to S&H green stamps but unique to the Co-op. Each full booklet of stamps was worth one dollar to the customer. Later, they tried the green coin system: When customers cashed their paychecks at the Co-op, they'd get a green coin for every \$100 cashed. The coins could be used like cash throughout the store. "It worked!" reports Diane.

As Eau Claire's tire and paper industries changed through the

years, workers moved out of the community, and the Co-op lost those regular customers. Yet, as it always has, the Eau Claire community adapted. In response to these changes and ever-increasing competition, the Co-op scaled back various departments. The sporting goods and hardware departments stayed strong, while other departments disappeared and the big cafeteria was pared down to a little café.

Ultimately, in 1984, almost all of the Co-op employees were let go. The grocery department moved first (to a nearby building that was only torn down in recent years). Diane stayed at the Co-op service desk until the doors closed in October.

Diane has many fond memories of the Eau Claire Consumers Co-op and her time working for Ray Theisen and Larry Weyker. For example, she recalls how Don Rust, from the meat department, would give a cold hot dog to each child who came by his meat order window. Diane has only one less-than-fond memory. On one occasion, the Co-op received a bomb threat. "The building was evacuated," explains Diane, "but we service desk ladies had to stay behind and check all the mailbags. That was a little scary. Fortunately, it was a false alarm."

But Diane's story doesn't end there.

After seeing the Co-op's doors close, Diane embraced the opportunity to join the transplanted grocery department and build their service desk. Diane worked closely with Sue Mueller, who ran the front end of the new supermarket: Mega Foods. They continued the postal substation there and, through the years, offered additional services such as video rentals, a floral department (still available), and AT&T telephone outlet services complete with blue, pink, and red wall phones and table phones. Mega generated stories, too. For example, one day the sprinkler system went off over the platformed service desk. "Everything got wet, including all the money and postage stamps. We had to run clotheslines to dry it all out," recalls Diane.

Today, Diane is still the service desk manager alongside eight other service desk employees at Mega Foods East. She has watched Mega Foods continue to expand, including the addition of Mega Foods West and 17 gas stations. Diane worked



at the Co-op for 22 years, and has been with Mega for another 30 years. This August, she begins her 53rd year of service.

What does Diane love about her job?

*I love people the most. We have great customers. I see people from school and old friends that I wouldn't see at home. And my team members like me. People ask for my opinion. Because I've been here so long, I have a lot of ideas about what is best for the customers. I am fond of all of them . . . I just love my job.*



Photos courtesy of Mega Foods

From behind the customer service counter, Diane has seen a lot of families grow up. College students who worked with her years ago are now retired. She even has a family member following in her Mega footsteps.

*My grandson started at Mega Foods in high school. Now he's two years out of college and he's been the grocery manager at Mega West for six months. He loves it and they love him. I am very proud of him—although I did tell him he didn't have to keep it in the family.*

And what are her thoughts on retirement?

*I do realize I'm lucky to be healthy enough to work. At work, I'm moving all day, interacting with people. I've talked to many retired people who've chosen to go back to work part-time—or they want to. And most of us find we don't have the funds to do all the things people dream of about retirement. I lost my husband two years ago. He was sick for four years. After his death, I really didn't want to be at home, and I didn't have the funds to travel the world. Then after my breast cancer surgery in October 2012, I knew getting back to work would be a good thing. Working is healthy; sitting home isn't the best thing.*

Unlike when she started all those years ago, Diane no longer walks to work; she has a car now. For her 50 years of service, Diane was awarded her own parking spot, complete with a sign by the Mega East main door. Through time, many things have changed at the 1100 block of South Hastings Way, but much has stayed the same. Diane explains how—unlike many companies that needed an evolution of women's workplace status—women have *always* been treated fairly by her employer: "There really isn't a big difference in the way women have been treated here or how they've worked here." What a testament to the respect of her Co-op and Mega family! No wonder Diane has chosen to stay onboard for half a century. So, if you happen to be strolling through Mega East anytime soon, be sure to give Diane a nod and a smile . . . know that she's uncompromisingly committed to the Mega community while she enjoys the camaraderie of *both* her team members *and* you as a customer . . . and know that the cart wranglers will be keeping an eye on her parking spot.



# FITNESS for StrongWomen

By Heather Rothbauer-Wanish

Oftentimes, women who've passed a certain age may feel left out of the fitness world. Whether because of exercises not targeted toward their needs or because of many younger gym members, these women may not be choosing to attend regular fitness classes that enhance their lives and build their health. Fortunately, the StrongWomen program is alive and well in the Eau Claire area. And women are discovering that strength training can occur at any age.

The Aging & Disability Resource Center (ADRC) of Eau Claire County began offering the StrongWomen program in November 2013. "The response has been incredible from the beginning. The interest remains strong today and we are offering sessions throughout the year," says Deb Bruning, Prevention Program Coordinator. "Initially, we were hoping to get 12 people committed to attending one of the eight-week sessions . . . we had 45 people show up for the information sessions."

The StrongWomen program is designed to improve the health and well-being of middle-aged and older women throughout the country and abroad by facilitating easier access to structured, safe, and effective strength-training programs. StrongWomen was born out of research by Dr. Miriam Nelson and her colleagues as they reviewed the benefits of strength training in post-menopausal women. Their results showed that women in a regular exercise program increased strength, muscle mass, bone density, and balance, while women who continued their normal sedentary patterns lost strength, lean tissue, and bone density (and gained body fat). Dr. Nelson published two books on the subject, which were then translated into StrongWomen curricula.

Bruning coordinates Eau Claire's StrongWomen program, and she oversees evidence-based health promotion programs that help older adults remain healthy and independent. "My background as a health educator, experience as a group exercise instructor early in my career, and my interest in fitness has certainly made an impact for me," Deb explains. She has been very pleased with the program thus far and hopes that it continues to gain momentum, "We recently finished our third session and we had 26 people take part in the classes. Thus far, we have had nearly 70 women participate since November. We see about half of the participants in a new session as first-timers and the other half are returning participants."

There are actually two StrongWomen exercise programs: Strong Women Strong Bones and Strong Women Stay Young. "We offer Strong Women Strong Bones, which includes core exercises on the floor. For those unable to do the floor exercises, we demonstrate a variation that works similar muscle groups," describes Deb. The class consists of a five-minute warm-up, 10 strength-training exercises, two balance exercises, and five minutes of

cool-down with stretching. Each class meets twice per week on Mondays and Wednesdays.

Bruning also points out that, even when local organizations and health clubs offer programs tailored to older individuals, not everyone enjoys working out in a gym. "There are so many activities that women and men can do at any age. I see some older women doing incredible things, and I truly believe that some of the limitations of what we can do are put on us by ourselves," Deb says.

She encourages anyone interested in the program to attend an information session, and adds, "People should know that they don't have to be 'strong' or have prior exercise experience. Everyone starts at her own level and gets stronger from there. Participants learn how to gauge their exercise intensity to determine how much weight to use and when the time is right to increase to heavier weights."

Sharon Hanks, age 72, has been attending the StrongWomen sessions since November 2013. She says, "I didn't know anyone in the group prior to the first class, but I knew that it was good to lift weights to increase bone strength. The camaraderie of the group and the enthusiasm make it fun to attend the classes. The class is free and it's a good way to exercise without the gym fee."

Many women share success stories as a result of the program. "We hear women talk about feeling physically stronger, making it easier to lift and do yard work. In addition, we've known participants that have fallen, but didn't break a bone," Deb reports. A years-old experience propels Deb to continue this programming: "I attended a triathlon as a supporter for my husband. A women in her 40s asked if I would take a picture of her and her mother. It was the daughter's first triathlon, but the mother had been doing races for years. We all can't compete in triathlons, but we can do something."

As baby boomers and the rest of the population continue to age, the StrongWomen program shows no signs of slowing down in Eau Claire County. Bruning encourages community members to access the Exercise Program Resource Guide with 20 different businesses and agencies offering programming for older adults, check out [strongwomen.com](http://strongwomen.com), and learn more about Eau Claire ADRC's programming at [eauclaireadrc.org](http://eauclaireadrc.org). She adds, "It's important to find something you enjoy doing and then find the people that encourage you to keep it going." Now that's strong advice for any age!



Photo credit: Robert Knechke

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# Sweet Angel Baby Cakes – A Sweet Success

By Heather Rothbauer-Wanish

For the past three years, Jenni Berg and Sweet Angel Baby Cakes have been making a difference in the Chippewa Valley and beyond. What began as a fun hobby has turned into a thriving business. Today, Jenni puts her cake passion to work, impacting several charities while delivering sweet treats to her customers.

"I have been baking since I was a very young child. However, my first cake was for my daughter (now nine years old) for one of her birthdays," tells Jenni. She found a cute idea online and replicated it for her daughter. Jenni recalls, "It was surprisingly fun, and I got a lot of compliments on it." Soon other family members and friends began to ask Jenni for cakes. "Things progressed from a hobby to a side business, and it has continued to snowball from there," she explains.

These days, Jenni makes cakes for a wide variety of celebrations, including baby showers, graduations, birthdays, bachelorette parties, baptisms, holidays, housewarming events, and moving celebrations. Her edible works of art have become a family affair. Jenni's husband often helps with deliveries. Of course, Jenni still does all of the baking and decorating, but she is happy to report, "My family is full of opinions; so they are my taste testers when I try out new recipes or develop a new idea."

Jenni has no formal baking training. She credits her do-it-yourself attitude with her success:

In the beginning, I watched a lot of videos, read about various techniques, and spent a lot of time using the trial-and-error method. Believe it or not, I have also picked up tips from watching reality television shows such as *Cake Boss* and *DC Cupcakes*. For me, making cakes involves problem solving, art, and baking into one hobby. And, I love that these cakes are generally part of a big celebration. Seeing the look on a customer's face when I meet his or her vision in cake form is just amazing.

Designing the cake concepts takes time, so Jenni asks potential customers for a minimum of two weeks' notice when ordering.

Cake creation is Jenni's artistic outlet, but she also enjoys a unique twist to her business: After covering the material costs of her cakes, she donates the profits to various charities. "I have always been passionate about giving back, as I feel truly blessed with all that I have," she says. Finding time to volunteer with local organizations can sometimes be difficult. However, Jenni realized that operating a small business was a way that she could volunteer her talents, "I would rather spend my money on helping other people and feeling like I'm able to make a difference in the world."

With her cake profits, Jenni has donated to a variety of organizations. She had three Little Free Libraries built, donating one to a Native American reservation in northern Wisconsin and placing the other two libraries in the Eau Claire area. She has also donated to Caring Bridge, the Humane Association, the American Heart Association, Boys & Girls Clubs, Relay for Life, Colorado Disaster Relief, Hurricane Sandy Disaster Relief, Kids Kloset, and St. Jude's Research Hospital.

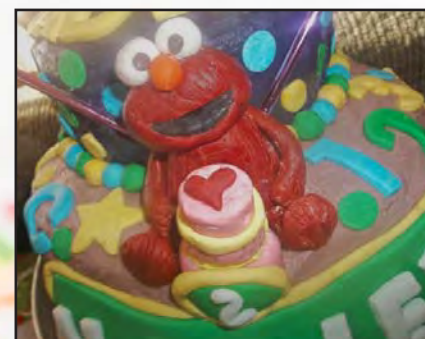
The causes span far and near. Recently, Jenni was able to donate a bicycle to World Bicycle Relief, a charity which provides bicycles to individuals in rural Africa. Locally, she donated money to a family whose house blew up, purchased a high chair for a family in need, donated to a local fundraiser for a child having heart surgery, and "adopted" two children for Christmas last year.

Knowing they are making a difference in the community, Jenni's customers have been even more pleased with their orders. For example, John Samb has ordered four birthday cakes and a 30-cupcake package. He and his fiancée plan to have Jenni make their wedding cake in September. John explains, "I initially ordered from Jenni because I knew her from graduate school. I knew how talented and creative she was, so I was excited to see what she could create."

John has seen firsthand the care and personal touch Jenni puts into each of her orders:

You can tell she puts all of her time, heart, and energy into making your order special. I like knowing that she is custom making my order from great ingredients on a small scale and giving it so much personal care. The icing on the cake is her generosity in trying to better her community by donating proceeds and showing how small business people can make a huge impact.

Through her own unique experience, Jenni hopes to inspire others to apply their talents and hobbies to creatively helping others, "I always tell my husband that many hobbies cost people money. I have found a hobby and side business that doesn't cost me anything except my time—and I enjoy doing it. And, I get to help other people in the process, which makes it so much more rewarding for me."





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# ROAD TRIP!

By Katie Mcky

Many buddy movies center on a road trip; and a road trip can re-center your friendship or sisterhood, which should and could be your closest of communities. A road trip gets you out of your ruts; so stray from your beaten path, away from the coffee shop or the corner bar, and take the road, rail, and river trip less traveled! It can make all the difference. Here are five routes.

## Road Trip 1

Pedal with the ponies! Scores of Amish families have settled in the lovely, low hills between Augusta and Fairchild; and of the little traffic that plies these roads, much of it comes on hooves and wooden wheels. The trail is called **The Stage Coach Bicycle Route** and, although the stagecoaches that once ran the route are gone, the pace of the stagecoach era has returned. The asphalt of the roads makes for smooth cycling—unlike many Rails-to-Trails routes, which are wonderful, but often offer a gritty, crushed-gravel ride. Smooth pedaling frees you and your pals to focus on a nineteenth century symphony: A few key fluttering hens are the conductors, waving wings like wands, while other steadily clucking chickens provide percussion. The vast string section is the thousands of crickets, wielding one wing as a bow and the other as strings. The throaty lowing of the cattle provides the deep end of the horns. But the star players are the children. With their lilting laughter and songs, they fill the role of the flutes and clarinets.

Without electrical diversions, Amish children seem to be in every other yard, playing as children once played—barefooted and simply, with the luxury of summer's long light. Many of them sing on their swings and during their games (drawn in the dirt), many will break their play to wave. Try to spy the Amish schools: single-room buildings in coarse cut fields. The trailhead is at Highway 12/27 on Stone Street in Augusta.

## Road (& Rail) Trip 2

Hang loose in a caboose! Host a big girls' slumber party in a caboose. Caboosekeepers Dave and Jenny Erickson have outfitted a true Soo caboose for sleepover fun. The floor is original—refinished pine and maple, but raised to a high, honeyed shine. One half of the cupola is preserved, including the original, flipping walkover seat, which allowed the conductor to perch high and easy and watch both ways. The other half has been converted into a bed: the most splendid bunk bed any child could imagine. It's a lofty, comfy cubby with the windows granting views of passing trains, busy train tracks being just a block away. The caboose is red, white, and black; and a black-and-white enamel kitchen table extends the original color scheme. On the table, a basket lined with red gingham holds fat, crimson apples; spotless silverware

with chunky, red handles; assorted chocolates; and jaunty, ruby-red drinking glasses. Soo Line coffee mugs bookend the basket. White, cotton, embroidered café curtains and fresh cut flowers further warm the steel interior.

Dave reports, "I've had some girl groups come through, and they had a great time." Find details about **Caboose Cabins** in Sparta at [caboosecabins.com](http://caboosecabins.com).

## Road Trip 3

Want a wee road trip? Visit **Dell's Architectural Antiques** on 121 Maple Street in Eau Claire ([dellsarchitecturalantiques.com](http://dellsarchitecturalantiques.com)). Laura Ingalls Wilder wrote about her little house in the big woods; but owner Jeff Nelson *saves* those little houses *from* the big woods, as he rescues log cabins from neglect and nature. He also rescues fireplace mantels and fir floors from the bulldozer blades. It's all gathered in the massive horse barn of a former lumberyard, which brims with fireplace mantels, stained glass, chandeliers, wainscoting, cupboards, tubs, bathroom fixtures, tin ceiling panels, railings, and sundry other antiques. There are beveled glass doors from Milwaukee mansions, porcelain pedestal sinks that snug into corners, and elaborate balustrades that will make your eyes go wide. Wander through a forest of maple, oak, birch, and pine floorboards; the stacks tower like trees.

## Road (& River) Trip 4

Roll along Old Man River on the **Wisconsin Great River Road**. It's 250 miles of orchards, river towns, antique shops, bald eagles, and bluffs; and the Mississippi River runs through it. It's the best . . . literally, as it's been voted the Prettiest Drive: Ultimate Summer Road Trip in the US. Get the specifics at [wigrr.com](http://wigrr.com).

## Road (& River) Trip 5

Paddle Milwaukee? Yep! As voyageurs once plumbed Wisconsin rivers, you can rediscover Wisconsin by paddle and portage. Rediscovery isn't constrained to tannic-stained rivers Up North. You can see Wisconsin's largest city on the **Milwaukee Urban Water Trail**.

"It's a safe way to explore an urban environment," says Angie Tornes of the Rivers, Trails and Conservation Assistance Program of the National Park Service. Paddle past Milwaukee's industrial past, beside coal barges and beneath freight trains. But there is more to see than steel. "Green and great blue herons abound," says Tornes.

Thirty-five miles in length, the trail is comprised of the Milwaukee, Menomonee, and Kinnickinnic Rivers. View a map at [mkeriverkeeper.org](http://mkeriverkeeper.org). Rent canoes at Laacke and Joys ([ljoutdoors.com](http://ljoutdoors.com)). To rest, picnic at a park or dock on the RiverWalk for that quintessential Milwaukee quencher: beer.

# SCHOOL DAYS



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# EGOTIATING

You might consider your family, your neighborhood, or your church family to be communities that matter more than your workplace and workmates. However, work may be the community to which you tender the most time. Therefore, your place in that community is crucial. It's also the place that enables us to retire one day. However, it can discomfort us to consider that our place in our workplaces is assigned a quantitative value through salary. Further value is assigned via our work conditions and roles.

Salary numerically affixing value to what we do may make us squirm, but not as much as *negotiating* for an increase in salary, as most women are acculturated to collaborate rather than negotiate. Additionally, research has shown that when women employ the hard-edged, ego-driven negotiating tactics successfully used by men, the people on the other side of the table often view us as aggressive and a sub-optimal teammate.

Linda C. Babcock, a professor at Carnegie Mellon University and founder of its gender equity program, said, "The research could not be more clear in that we tolerate more aggressive or assertive behavior by men more than women."

However, by throttling back on aggression, we show that we care as much as ever about workplace relationships. Yes, it's not fair. Nevertheless, being seen as aggressive can decrease our likability, which can undercut our attempts to ratchet our salary upward and improve our working arrangement.

Babcock said, "It's totally unfair because we don't require the same thing of men. But if women want to be successful in this domain, they need to pay attention to this."

Additionally, there's ego. Women generally are raised to keep ego at bay; but it's still there, given that salary demarcates value. To a degree, men are allowed to let their egos run free in negotiations. We must bridle and harness ours, but this is doable *and* powerful given an understanding of business and nonverbal dynamics.

For starters, keep the *focus on productivity* rather than the players. This requires preparation, of course. Enter the negotiation, which is likely to be a discussion of numbers (your salary, your workload, etc.), with your own set of numbers—those cold, clean indicators of your creativity and productivity. Long before the negotiation begins, *record and catalog the praise* that your productivity has garnered. Also, *cultivate a relationship with a mentor*. It's one thing to toot your horn; but if your mentor is playing the same tune in that room, you're more likely to be heard. That mentor doesn't have to be another woman. A male mentor might give insight into what men are being paid; and that should be your goal, even if you have to reach it via a different route.

So, go into the negotiation *prepared*, and don't let your personality and your productivity muddle, which can muddle your thinking, as ego will start to tug at you. The key is to egotiate—or manage your ego—as much as you negotiate.

Additionally, *use your strengths*. There's a reason that restaurant managers tend to place women in the public contact roles rather than hidden in the sweaty kitchen: we tend to have strong interpersonal skills. So, rather than focus on what you want by using "I" statements, accordingly frame the discussion by employing "we."

Also, *recognize* that your gains (a salary increase, increased flex in work conditions) necessarily entail loss (less capital for the company, more accommodation from supervisors and colleagues). Pretending otherwise can undercut your position, as you'll seem shortsighted and selfish. Simply naming the costs can present you as a person cognizant of workplace dynamics and therefore more worthy of a raise. Doing so also tenders respect to the person or people on the other side of the table—and as you give, so shall you receive.

Never forget that 70% of all our communication is nonverbal. Sit accordingly. Whereas your anxiety about negotiating in a culture where women are less free to be aggressive might have your small intestine tied into a constrictor knot, *pretend*. Whereas we tend to think of children as the great pretenders, effective adults are also great pretenders. Don't lean away from the others. Don't cross your arms. Lean into the negotiation. Open those arms. Fake it until you can make it.

Lastly, *don't negotiate by email*. Email negates the nonverbal, doesn't convey tone, doesn't make use of a mentor, and might not give you the space to make your full case: your quantified achievements and the subjective praise you've earned. Additionally, email removes crucial feedback. You'll be bereft of the nonverbal feedback that women tend to decode so well. You won't be able to tweak your approach accordingly.

Some studies show that women tend to work longer hours and make fewer mistakes, thus warranting equal pay and then some; but don't make the mistake of entering negotiations without having done your homework, and remember that clearheaded egotiation will serve you.

*Katie Mckay 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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# The Truest Test

Photo credit: Minerva Studio

By Katie MckY

Samuel Johnson said, "A decent provision for the poor is the true test of civilization."<sup>1</sup> There are Western Wisconsinites who manifest this, who believe that civilized community is constituted of caring. The doctors, administrators, nurses, and other volunteers who tender time and talent to the free clinics in Eau Claire and Chippewa Falls do more than simply share space with others in the Chippewa Valley. They pass Johnson's "true test of civilization."

Maribeth Woodford, the executive director of the Chippewa Valley Free Clinic at 836 Richard Drive, has a front row seat to those who pass the true test with flying colors and those who are served by the generosity. She says, "The gratitude of the patients is so rewarding. Finding solutions to overwhelming problems is so rewarding."

The Chippewa Valley Free Clinic is as named: truly free. It's not just free, but a cornucopia of free. Woodford describes,

*At the Free Clinic, we provide health services at no cost to the patients, from programs to services to medication. They have to be at 200% of the federal poverty level and have no other reasonable insurance available. We're the safety net. If someone has nowhere else to go, they come here. We fill the unmet needs and we provide basic healthcare. Our walk-in clinic is like any other family healthcare clinic. If you have flu symptoms, urinary tract infections, and upper respiratory issues, we can treat you. We also treat hypertension, diabetes, and some minor cardiac care. For specialized care, we work with the other health systems. We also run a diabetic clinic and do foot care, education, nutritional education, and eye care. We're like any other clinic. We just have financial criteria. We run a quality compassionate clinic leaving all egos and judgments at the door and respect our patients wherever they are on their journeys. We also run a mental health clinic, which provides psychiatric care, social work, talk therapy; and we also run a vision clinic. Our vision clinic provides optometrists and free eyeglass vouchers. Some have been wearing the same glasses for 10 years...held together by tape and the lenses are gouged and scored with scratches. Some haven't seen an eye doctor in many years. Many insurance companies (and even Badgercare) don't provide eye care. We've had*

<sup>1</sup> Boswell: *Life of Johnson*

*people let us know they're going for a job interview but were worried because their vision was so poor. We reached out to the community and said the need was so important, and they stepped forward and raised the money for the eye equipment. We also have local ophthalmologists and optometrists and other team members who volunteer.*

Since it's fully free, who or what pays the utility and other bills?

*We take donations of time, talents, and treasures. Our community supports our clinic as we in turn support our community. Many local churches contribute, as well as businesses and individuals.*

If you want to be one of those giving individuals, Woodford invites you to tour the Clinic, "They can use our website to donate or simply stop by. We're welcome to people coming by. I'll be happy to give a tour."

And how did Woodford come to the Chippewa Valley Free Clinic?

*I chose a life of meaningful non-profit work. That comes from my family values. My parents were very giving to their community. They led by example. I was the VP of American Cancer Society for the state of Minnesota, which meant long hours and intense work. I'm still in administration, but it's such a direct service to the community and I love that about the non-profit world.*

If you want to be Woodford's colleague, the Clinic has diverse needs.

*Sure, we need volunteer doctors and RNs, but equally as important is the administrative side and all the ancillary support. Think of every other clinic and how it's run. We have to do the very same thing through volunteerism. We have volunteers who clean the clinic on a weekly basis, provide food for our medical teams, do data entry, administrative support staff, and receptionists.*

The giving also benefits the community at large.

*Our goal is to give care sooner rather than sicker. Most wait too long before they go to an emergency room. Our patients average about \$106 per clinic visit. An emergency room visit is \$700 for a respiratory infection and about \$1300 for asthma. These are Western Wisconsin price point figures. So, we're*

very cost effective to the community. We keep healthcare costs down.

Up the road in Chippewa Falls is the Chippewa Open Door Clinic, which serves Chippewa and the surrounding counties that don't have free clinics. It is located at 130 West Central Street.

Mary Meyers, the Clinic's coordinator and a nurse by training, says, "It's a really great environment in which to work. People are drawn to working here. They just really want to help other people. It's the most positive place I've ever worked in."

Want to help? Mary says,

*We have a website that is [www.chippewaopendoor.org](http://www.chippewaopendoor.org), and people can make donations online. There's also a volunteer application available through the website or they can just give me a call. It's nice to chat with people. If they're interested, they can come down on a Clinic Night. We always need medical volunteers, but most of our volunteers don't have a medical background. We have people working in administration, filing, reception, and enrolling people in the patients' assistance programs which the pharmaceutical companies have for low-income people. They can qualify for certain medications at no cost. We work hard to enroll them in those programs because we are stewards of the money that is donated to us, so we try to use it as best we can by procuring medications through the pharmaceutical assistance programs. AmeriCares and Direct Relief are national non-profits and they also make medications and medical supplies available at no cost to free clinics. Every couple weeks, they send an email about what's available and we put in our request. They also make personal care products like shaving cream, sunblock, and toothpaste available. Those items are expensive and make a difference, such as allowing people to go to work and feel good about themselves.*

Menomonie also has a clinic; so if you're looking to contribute to your community, you might find the best fit by looking at more than one. Meyers says, "We're all a little different. Someone once said, 'If you've seen one free clinic, you've just seen one free clinic.'"



\*All proceeds will support our Adoption & Pregnancy Support Programs.

# Balladz 4 Babiez!!

Join Catholic Charities in a fun and interactive 80's themed sing-along night complete with costume contests, karaoke and videos from your favorite bands of the decade! Break out the big hair, jelly shoes and prep up that polo shirt for this "totally happening" event!



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# FOODIE FORUM



*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.*

These two recipes are perfect for this Community of Women issue. My recipe box and many cookbooks are brimming with recipes from friends, family, and coworkers from the three time zones we have lived in over the years. What a great way to remember special people.

The first recipe is so fitting for this time of year. Tomatoes and basil are at their peak. More importantly, this recipe is from my sister, who would have been celebrating her 53rd birthday this September. She notably influenced my foodie journey. I received the second recipe last year (thanks Susan via Sherri) after blueberry picking for the first time. I highly recommend grabbing some friends and heading to one of the berry farms in our local "blueberry mecca"—fun, easy, and bursting with unmatched deliciousness. I hope you'll share your feedback and favorite recipes on our Facebook page.

Bon Appetit,  
Lanette

## SPAGHETTI MEAT SAUCE

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 pound ground sausage   | 1 teaspoons parsley              |
| 1 pound ground hamburger | 2 teaspoons fresh basil, chopped |
| ½ cup chopped onion      | 1 teaspoon chili powder          |
| 1 can tomato soup        | 1 large can tomato paste         |
| 1 quart whole tomatoes   | 1 can water                      |
| 2 teaspoons salt         | 1/3 cup brown sugar              |
| ¼ teaspoon pepper        | 1/3 cup vinegar                  |
| 2 teaspoons oregano      |                                  |

Brown meat and onion. Add soup, tomatoes, and spices. Cook 15 minutes. Add remaining four ingredients. Cover and simmer one hour, stirring often. Freezes well.



## BLUEBERRY PIE

- |                            |                   |
|----------------------------|-------------------|
| 9-inch deep dish pie shell | <b>Topping</b>    |
| 1/3 cup flour              | 1 cup flour       |
| ½ cup sugar                | ½ cup brown sugar |
| 1 teaspoon cinnamon        | 1 stick butter    |
| 4½ cups fresh blueberries  |                   |
| 1 tablespoon lemon juice   |                   |

Preheat oven to 425°. Combine flour, sugar, cinnamon, and berries. Spoon into pie shell and drizzle with lemon juice. Combine topping ingredients and crumble over pie. Bake on a cookie sheet for 30 minutes. Then cover pie with foil and bake 20 minutes longer. Cool and enjoy.



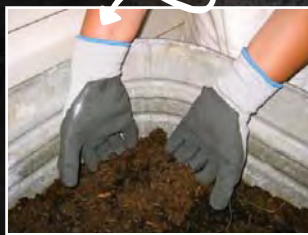
## tips & tricks by Greg the Meat Man

For a great handmade fresh sausage for your spaghetti, try our Mega Fresh Italian bulk sausage. Our sausage is made fresh daily at your Mega CO-OP using the leanest of pork shoulders. Our pork is all natural with no added hormones or antibiotics and seasoned with the finest Italian sausage seasonings by our expert Meat Specialists. If it's a leaner alternative you're looking for, we would be happy to grind your choice of boneless chicken breast or chicken thighs while you shop and season them with the same high quality Italian sausage seasonings, absolutely free.



# Quick fixes

by the five crew



## Garden Gloves

Rubberized garden gloves make gardening easier. The textured, durable rubber (or latex) palms easily grip tools and wooden handles. They're so sturdy, they even protect hands from rose thorns. And hands get less muddy when digging in moist soil.

## Peter Rabbit Organics™ Pouches

These pouches are the perfect on-the-go fix for moms with young children. The tasty fruit/vegetable combinations will save the day while nourishing your toddler—without the mess. All five varieties are USDA certified organic with no added sugar or salt, packaged in BPA-free squeeze pouches. [peterrabbitorganics.com](http://peterrabbitorganics.com)



## Harvart® Live Trap

With this live trap, we have caught and removed nearly 30 chipmunks so far this summer! It is so easy—just place a treat in the spring-loaded platform and set out the trap. Every day we set it out, we caught another little chipper to release. Traps are reusable indefinitely, and completely guilt-free!



## Diy To-go Cups

Avoid spills on-the-go by placing a paper baking cup over the top of a canning jar. Fasten with canning lid, pop a straw into the paper top . . . and voila!



## Dry Brushing

Dry brushing exfoliates, stimulates the lymphatic system, increases circulation, reduces cellulite, relieves stress, improves digestion and kidney function—and it's just plain invigorating! Simply brush the body with a high quality dry brush made from natural materials. Always brush toward the heart, and avoid the face. A healthful addition to our daily bathing routines.



## Back-to-School fix: Homework Space

A quick fix for children is a quick fix for mom. Before the school year begins, select a place for each child to do homework. Help them set it up with supplies. If it's a shared space, store supplies in a special box. Sanity, check!



# The Tea Rose

By Jennifer Donnelly

We still have a few more weeks of summer; so get comfortable, sit on the deck, pour yourself something to drink, and pick up a good book. How about the historical fiction novel, *The Tea Rose*? Published in 2004, it is the first book in a trilogy about London's East side in the 19th century.

In 1888, East London is a city of light and dark—thieves, whores, and dreamers mingle; and children play in the streets by day while a killer stalks those same streets by night. Seventeen-year-old Fiona Finnegan, the

daughter of Irish immigrants, works in a tea factory. She and her lifelong love, Joe Bristow, dream of owning their own shop one day. With only their faith in each other, Joe and Fiona strive to achieve their goal with much sacrifice and hard work.

Fiona's dreams are destroyed when the actions of a dark, brutal man take nearly everyone and everything she loves. Fearing for her own life, she is forced to leave London. She

travels to New York, where—with her resilient spirit along with the ghosts of her past—she rises to the top of the tea trade. Fiona's old "ghosts" do not rest; so she ventures back to London where a deadly encounter with her past becomes the key to her future.

*The Tea Rose* is a story of a family's destruction, of murder and revenge, of love lost and love refound, and of a woman's determination to survive and triumph. It has a dark start, but for good reason: you need to feel the desperation of Fiona's life to be able to fully appreciate the rest of the story.

This unforgettable story of missed opportunities and second chances is over 500 pages long. But it will draw you in with characters that you love to love and some you love to hate.



### About the Author:

Jennifer Donnelly is the author of five novels and a picture book for children. *The Tea Rose* is her first novel. Donnelly grew up in New York State and attended the University of Rochester, majoring in English literature and European history. She lives in New York's Hudson Valley with her husband, daughter, and two rescue dogs.



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# RAYS OF GRACE XV111

WRITTEN BY GRACE THEISEN

## COMMUNITY FAMILY VACATION

Every summer, my family vacations at Tiger Musky Resort near Hayward. We meet up with our extended family and long-time friends. We boat, fish, and swim; and we do our best to stay off of our electronic devices. Although we do not gather on a holiday, the get-together feels like a holiday gathering.

Sometimes it gets a bit crazy. We assemble in the main lodge for karaoke. No offense, but some people in my family should not sing with a karaoke mic. (Um, Dad!) Then there is this challenge event involving the consumption of a minnow, a worm, and a leach. It is strange that a family can bond around something so gross.

We spend a lot of time boating. We go fishing some, but frankly my family doesn't know a lot about fishing. So we get bored fishing and just swim. At some point, we started swimming in the middle of the lake where my brothers came up with a new floating technique:

Put life vests on upside down with your legs through the armholes. The vests fit like oversized diapers—my whole family floats around in the middle of the lake perched upon their floatable diapers. It's a funny sight!

Then there are the games: bean bag toss, card games, Scrabble, and a huge Monopoly tournament. Let's just say that the family gets a bit competitive.

Before long, the cheating begins. My dad and I plan to form a Monopoly tournament alliance so we can beat my Aunt Bri. Get ready for the protests and attempts to change the rules!

As I look back on our annual lake get-togethers, there are too many good times to count. I also realize how easy it is to leave everything at home—including my electronic devices!



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# What's Going On Calendar of Events

## AUGUST 2014

**August 3 – Indianhead Swap Meet and Car Show** – 7 a.m.-5 p.m. Features 700 show cars, plus food and refreshments. Northern Wisconsin State Fairgrounds, Chippewa Falls. \$3 in advance, \$5 at the gate. Free admission for children under 12. For more details, call 715-832-0552 or visit indianheadcarshow.com.

**August 5 – National Night Out** – 5-7 p.m. This community event brings citizens together to get to know neighbors and local police while celebrating the united stand that we take as partners against crime and disorder in our community. Music, carnival games, dunk tank, inflatables, snow cones, popcorn, hot dogs, chips, balloons, fingerprinting, and prize giveaways. Owen Park, 1st Ave., Eau Claire. Free. For more details, read “Who Are the People in Your Neighborhood?” in the June/July 2014 issue of 5ive for Women, or visit [www.eauclairewi.gov](http://www.eauclairewi.gov).

**August 8-10 – Pure Water Days Celebration** – 5-7 p.m. This 37th annual citywide festival provides affordable family-oriented activities for all ages and celebrates Chippewa Falls’ pure water. The event is coordinated by Chippewa Partners Inc. For more information, call 715-723-0331 or go to [visitchippewafalls.com](http://visitchippewafalls.com)

**August 15-17 – Beowulf: The Dragon** – Fri/Sat 7:30 p.m., Sun 3 p.m. In this theatre production, Beowulf has vanquished the swamp demon, Grendel, and the sea hag. He prepares to leave Denmark and return to his homeland. After some intrigue, he sails to Geatland only to find turmoil. Beowulf faces his greatest challenge, a dragon that has terrorized thousands. State Theatre, 316 Eau Claire St., Eau Claire. \$18 adult, \$16 senior, \$8 student. [eauclairearts.com](http://eauclairearts.com)

**August 18 – United Way Golf Tournament** – 7:15 a.m. Lake Wissota Golf. To register, call 715-834-5043 or visit [uwgcf.org/golf](http://uwgcf.org/golf).

**August 23-24 – Annual Festival in the Pines** – Begins 9 a.m. each day. This 32nd annual festival has over 250 vendors, with something for everyone. Family entertainment, children’s games/rides, two stages feature live music. Carson Park, Eau Claire. Air conditioned shuttle busses are free. \$6 regular admission, \$5 seniors, children 11 & under are free. More details at [festivalinthepines.com](http://festivalinthepines.com).

**August 23-24 – Chippewa River Rendezvous** – Travel back to the 1600s and learn about the Wisconsin’s history. Prize drawings, silent auctions, historical demonstrations, delicious food, large modern day flea market, car show, craft fair, bountiful farmers market, worship service, and Historical Trader Row. Mill Yard Park, Cornell. Call 715-579-4571 for more details.

**August 30 – Leader Telegram Buckshot Run** – 7:30 a.m. Carson Park, Eau Claire. [specialolympics.org/buckshot](http://specialolympics.org/buckshot)

## SEPTEMBER 2014

**September 4-25 – From Houdini to Hugo: The Art of Brian Selznick** – Opening reception 7:30-9 p.m. Sept. 4. Gallery hours 10 a.m.-4:30 p.m. weekdays, 6-8 p.m. Thurs., and 1-4:30 p.m. weekends. Exhibit features illustrations by prominent children’s book illustrator Brian Selznick. Curated by the National Center for Children’s Illustrated Literature. [theinventionofhugocabret.com](http://theinventionofhugocabret.com). UWEC Haas Fine Arts Center Foster Gallery, Eau Claire. For more information, contact Tom Wagener, gallery director, at [wagenetk@uwec.edu](mailto:wagenetk@uwec.edu) or 715-836-2328.

**September 11 – Great Community Cookout & Tailgating Party** – 4-8 p.m. Main Street of Menomonie’s annual event with delicious food from area vendors. Children can enjoy games and explore some big trucks during the Touch-A-Truck portion of the event. All located behind the Visitors Center in Downtown Menomonie. For more, visit [mainstreetmenomonie.org/great-community-cookout-tailgating-party](http://mainstreetmenomonie.org/great-community-cookout-tailgating-party).

**September 13-14 – Chippewa Valley Homebuilders Remodelers Showcase of Homes** – Whether you are considering remodeling a project of your own, or are just interested in viewing some of our area’s beautiful homes, this 6th annual showcase is the perfect way to spend the weekend. Eau Claire. Call 715-835-2526 or visit [cvhomebuilders.com](http://cvhomebuilders.com).

**September 19-21 – Oktoberfest** – Dust off your dirndls, lederhosen, and dancing shoes for this 12th annual celebration featuring 4 stages with over 30 entertainers. Authentic German food, beer, kids games, dancing, and giant pumpkins. Northern Wisconsin State Fairgrounds, Hwy. 124, Chippewa Falls. For ticket locations and more details, go to [visitchippewafalls.com](http://visitchippewafalls.com) or call 1-866-723-0340.

**September 20 – Chippewa Valley Farm-City Day** – 10 a.m.-2 p.m. An educational, interactive one-day event on a working farm, aimed to educate our community about where and how our food is produced and to show how agriculture has evolved over the past 50 years. Guided tours of the dairy farm, agricultural educational displays, food for purchase, children’s activities, and many special attractions. Free admission. GJ Jerseys, Gary & Josh Olson Farm, S12055 Cty Rd D Strum, WI. Contact Mark Hagedorn at 715-839-4712 or [eauclaire.uwex.edu](http://eauclaire.uwex.edu)

**September 21 – Bubble Wonders: Anything is Possible** – 2 p.m. Amazing bubble tricks including the bubble caterpillar, volcano bubble, gigantic dancing bubble, bubbles inside of bubbles, kid in a bubble, and much more. \$8 adults, \$7 seniors, \$3 youth, \$20 for family of four. Heyde Center for the Arts, 3 S. High St., Chippewa Falls. [cvca.net](http://cvca.net)

**September 27 – Chippewa Valley Loop de Loopy** – 11 a.m. Triathlon and after-party. Loopy’s Bar & Grill, 10691 Cty. Hwy. X (Bus. 29), Chippewa Falls. Call 715-723-5667 or visit [www.active.com](http://www.active.com)

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## PHOTOGRAPHER

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St. Joseph's Hospital  
LIVE & LAUGH :: 2014

CELEBRATE



## Live & Laugh

WOMEN'S EVENT

**Wednesday, August 27**  
**5:30 pm - Exhibits**  
**7 pm - Keynote**  
**Sleep Inn & Suites / 29 Pines**  
**Conference Center**

Join us, along with professional speaker and storyteller Kim Wagner, who will enlighten, challenge and motivate you to see yourself as fabulous. Go ahead - celebrate life!

Reservations required. The first 350 people to sign up online will be admitted. Go to [WEAU.COM](http://WEAU.COM), click Community First, before August 8.

Event is free with donation of personal supplies or non-perishable food to benefit Chippewa Valley High School.

For more details, go [www.stjoeschipfalls.com](http://www.stjoeschipfalls.com) and click News & Events.



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Sacred Heart Hospital  
WOMAN TO WOMAN :: 2014

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**TUESDAY,**  
**SEPTEMBER 9, 2014**



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Anita Renfroe doesn't  
mind at all!*

Join us for either lunch or dinner at this year's Woman to Woman.  
**Guest Speaker: Anita Renfroe**  
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**Florian Gardens, Eau Claire**  
**Call 715-717-1600 for more information or to register.**



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