

OCT | NOV 2014

VOL 3 | NO 5

5th FOR WOMEN™

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

Courage Issue

Find Your Hero
PERSONALITY

Transparent Talk about
DEPRESSION

What is **CrossFit?**

A Woman
Who's Survived
Cancer with

STRENGTH

PREMIER WOMEN'S MAGAZINE



CATERING FOR ANY OCCASION!

Whether you are planning a casual gathering or elegant occasion, Mega Co-op is a one stop for all your entertaining needs. You can depend on Mega to take the work off your hands.



Stop by to see what kind of beverage options are available for your next meeting or event, no matter the size of your group!

**HAVE SOMETHING
SPECIFIC IN MIND?
JUST ASK!**

We can customize your order.



MEGA CO-OP EAST
1201 S. HASTINGS WAY
715-839-5200

MEGA CO-OP WEST
2615 N. CLAIREMONT AVE
715-836-6342

MEGA HOLIDAY - 17 CONVENIENT LOCATIONS



WIDEST SELECTION of
Rock & Stone

Check Out Our
NEW Website

www.RedFlintRockandStone.com



MULCH



COBBLES



VENEER



WALLSTONE



BOULDERS



FLAGSTONE



OUTCROPPING



RIVER ROCK



STEPPERS



STEPS

Do You Rock?

We Rock!

717 Short Street • Eau Claire, WI 54701
Phone: 800.238.9139 • Fax: 715.835.0662



THE AUTH FAMILY

**A family practice
with real
family values.**

**Teeth
for life!**

Fillings & Preventative Sealants

Crowns, Veneers & Bridges

Root Canals

Extractions

Partials & Dentures

Teeth Whitening

Cosmetic Dentistry

Sedation Dentistry

Regular Check-ups

Routine Cleanings & Gum Therapy

Healthy, beautiful smiles start here!

General Dentistry
Sedation Dentistry
Pediatric Dentistry
Cosmetic Dentistry

Lisa Henson DMD & Joe Theisen DDS

715.834.2032

1102 Regis Court Eau Claire WI

RegisCourtDental
ASSOCIATES
regiscourtdental.com

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

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



Features

- 14 The Courage to Build
Making an Impact One Family at a Time
- 18 Living Gluten-FREE in a Gluten-Laced World
- 20 Captain of Your Soul
- 24 Depression: The Mask She Wears
- 28 Carrie, Cancer & Courage
- 30 CrossFit
Why are so many people talking about it and what are the benefits?
- 36 What is Bankruptcy?

[in every issue]

Editor's Note 06
News From Jen Theisen

Energize 07
Chippewa Valley
Habitat for Humanity

On the Scene 08
Out and About in the Valley

Taking 5ive 10
Meet Women in the Valley

Fab Finds 12
Our Favorite Finds

Foodie Forum 40
Recipes

Quick Fixes 41
By the 5ive Crew

Bookmark 42
Book Review

Rays of Grace 43
By Grace Theisen

Can-Do Decorating 44
Classics Furniture

What's Going On 45
Calendar of Events

Ad Index 46
A List of Advertisers

[also]

Being the Hero 16
in Your Life Story

Curve Ball Courage 22

"Oh My Gourd" 25

Finding the Courage to Face 26
Your Financial Future

Fun and Done 32

Keeping the Green in the Valley 34

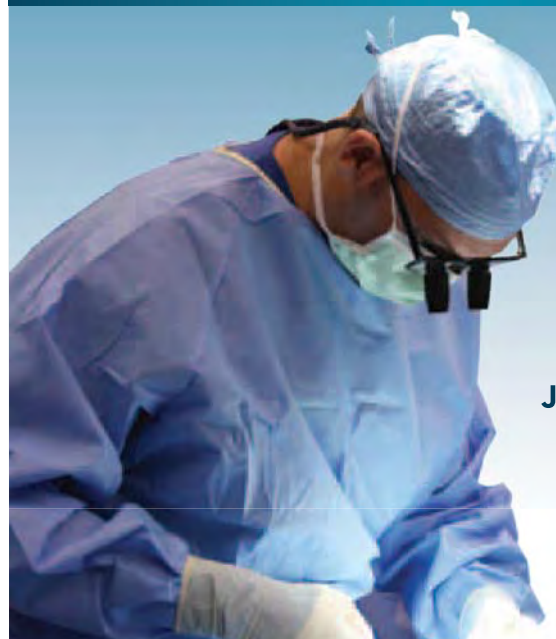
Common Questions about 38
Mammograms

Serving Western Wisconsin for 9 Years!

J. Clinton Merrick, MD is a board certified Plastic Surgeon
and fellowship trained Hand Surgeon specializing in:

- Arthritis
- Joint Replacements
- Ganglion Cysts
- Carpal Tunnel
- Trigger Finger
- Tendon Transfers
- Nerve Repair
- Cubital Tunnel

Dr. Merrick also provides complete Cosmetic and
Reconstructive Surgery Services.



J. Clinton Merrick, MD



MERRICK
PLASTIC & HAND SURGERY

(715) 514-2550

719 W. Hamilton Ave.
Eau Claire, WI 54701
merrickplasticsurgery.com

Eau Claire • Cumberland • Hayward • Ladysmith • Shell Lake



You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do.

Eleanor Roosevelt

Fall is here! Only yesterday it was a sunny 80 degrees. Today, I sit with a fresh cup of coffee as the wind whips and temperatures plunge. The chill in the air reminds me just how quickly seasons can change, in nature and life. Often, the change is sudden and unexpected. This issue is devoted to the concept of courage and how we women can navigate life's seasons with guts and grace.

I openly admit I have officially gone one step over the edge. Between the house remodel, the back-to-school hustle, everyday deadlines and commitments—all while trying to work in some of the wonderful fall activities we love—I've lost my balance. It's time for me to slow down and regroup. An untimely goodbye reminds me of the fragility of life while encouraging me to get back on track. With a heavy heart I say farewell to one of the Chippewa Valley's most vibrant women. She was an illustration of how to live a healthy, joy-filled life to the fullest. She was a picture of all that is good. Her passing, but more so her beautiful life, has moved me to reflect on mine. Am I living my authentic life? Am I living my purpose? If the answer is no, let us lean on courage and start making some changes.

I am thrilled to roll out our courage issue. "Courage is being scared to death and saddling up anyway." This John Wayne wisdom has served as a motto I have tried to live by for the past few years. As women, we realize most great opportunities come with great challenges. We have two options: We can take the path of least resistance, living in complacency, sailing along relatively smooth waters, or we can bravely rock the boat and cruise toward a better life, a purposeful life. I strive to instill this message into the character of my children. To live our best life—our purposed life—usually requires a bit of boat-rocking. The challenging and scary and messy things are often some of our most amazing opportunities. Whenever we accept the challenge to improve our lives, we will contend with obstacles. It is our hope this issue inspires you to saddle up anyway.

This issue, we take a look at the impact of mental illness and its effects on the family. Discover the positive, "ripple effects" of the "hero" inside yourself and others. An article after my own heart discusses the importance and benefit of shopping local, a great reminder to keep it local as we head into the holidays. Learn about an exciting opportunity to get involved with the *5ive for Women* ladies and Habitat for Humanity as a home goes up right here in our very own community. We're especially excited to share stories of brave women making positive life changes as they head back to school, face tough situations, and adventure out in a new hobby or sport.

As we move toward this busy season, I challenge my readers to be courageously present and make time for renewal while leaving guilt at the door. I am taking this challenge myself. Life is precious and I aim to finish this race with no regrets.

The journey continues with faith, family, friends, fitness, and finance.

Jen Theisen
Publisher & Editor-in-Chief

5IVE^{FOR} WOMEN™

VOLUME THREE ISSUE FIVE

PUBLISHER & EDITOR-IN-CHIEF
Jen Theisen

CREATIVE DIRECTOR
Melissa Dorn

CHIEF FINANCIAL OFFICER
Karla Roach

WEBMASTER
Kacey Kaderly

COPYEDITORS
Vicki Larkowski
Briana Craig

DISTRIBUTION
Maureen Therou

PRINTER
Badgerland Printing USA, Inc.

SUBSCRIPTIONS
Please send a check for \$17.95
payable to "Run With It Marketing and
Publishing" with subscription address to
5ive for Women, PO Box 344,
Chippewa Falls, WI 54729-0344
Call 715.579.3626 or email
karla@5iveforwomen.com

ADVERTISERS
Contact Jen at 715.379.6983
or jen@5iveforwomen.com

FOR INFORMATION
On Facebook: 5ive For Women
or email
jen@5iveforwomen.com
melissa@5iveforwomen.com

www.5iveforwomen.com

On the cover:
Image credit: Irina_QQQ



Have a safe and fun Halloween
from all of us at Smiles in Motion.

We will buy your candy! Bring your candy into our office
the week of November 3rd - 7th from 7:30 am - 4:00 pm and we will
pay you \$2.00 per pound! Then we will send your candy to troops overseas
through Operation Gratitude!



Amanda
Spitz, DDS
Pediatric
Dentist

Certified,
American
Board of
Pediatric
Dentistry



Erin
Winn, DDS
Pediatric
Dentist



715-723-2000 | www.sim4kids.com

583 Lakeland Drive, Chippewa Falls, WI

10%

of proceeds from subscriptions
of 5ive for Women during
October and November will be
donated to energize the
following local, philanthropic
cause:



Our Mission Statement

Seeking to put God's love into
action, Habitat for Humanity brings
people together to build homes,
communities and hope.

2233 Golf Rd, Eau Claire

hfh-wi-chip.huterra.com



Braces & Invisalign as low as **\$189** per month

No Down Payment

Includes exam, x-rays &
customized treatment plan

Schedule Your Free Consultation Today!

Online: kristoorthodontics.com | Phone: 715-835-5182 | Toll Free: 1-800-924-4606

on the scene |

Cheri Uelmen Memorial

Tower Ridge Recreation Area,
Eau Claire

Family and friends honor Cheri uelmen during a walk/run memorial celebration. uelmen died recently from injuries received in a bike crash.



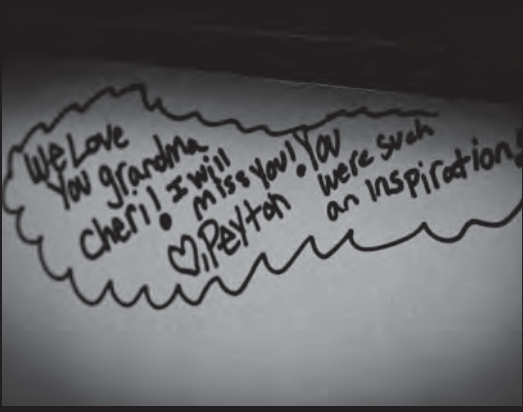
Walkers and runners at the Memorial



Emi uelmen (Cheri's daughter-in-law) with friends that traveled from Minnesota to celebrate Cheri



Bob Losby (Cheri's partner) speaking to the hundreds that came out to honor her



Peyton uelmen (Cheri's granddaughter) signs a poster to her grandma.



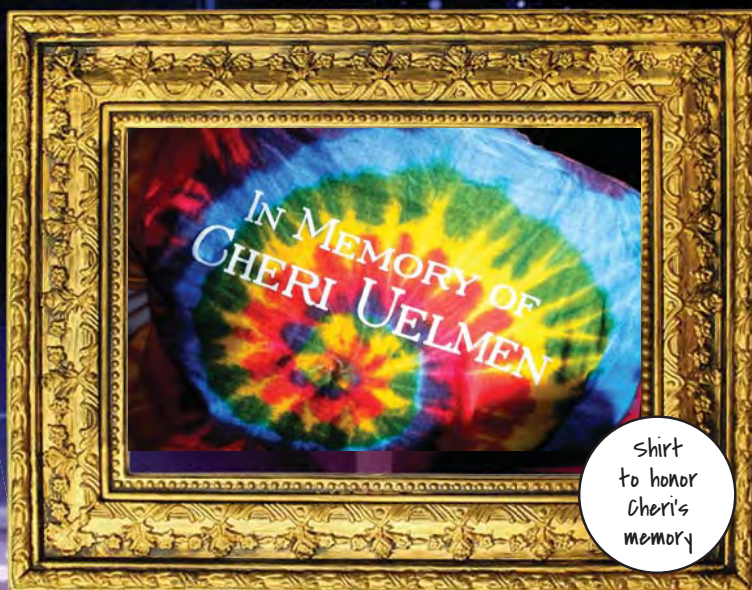
Jeff Kassing, Ryan Fitzgerald, and Jeff uelmen (Cheri's son)



Emi uelmen (Cheri's daughter-in-law) with sisters Stephanie Toutant, Katie Peterson, and Gina Toutant



Orbs
spotted at
the Memorial



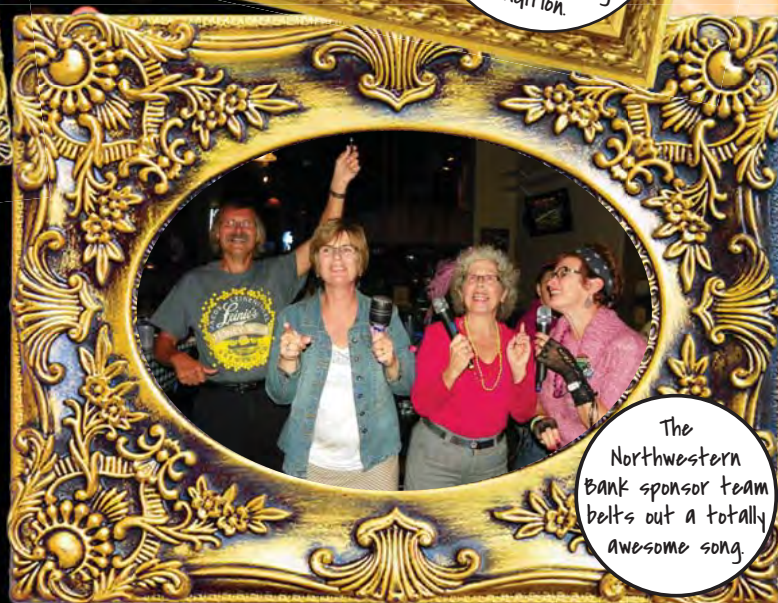
Shirt
to honor
Cheri's
memory



Kohls
volunteers help
out with the
Pretty in Pink
lemonade and
popcorn stand.



Catholic
Charities staff
members show their
support for local
programs with their
favorite 80s song
rendition.



The
Northwestern
Bank sponsor team
belts out a totally
awesome song.

Balladz 4 Babiez

Playmakers Grill, Eau Claire

September 11, 2014

Taking 5ive with Jane Cooper

WRITTEN BY HEATHER ROTHBAUER-WANISH

Jane Cooper is a woman on a mission to lead a happy, whole, and satisfying life. In addition to caring for her special needs son, she takes time for family, tries to find time to center herself, and works diligently to focus on the positive aspects of everyday living. Through both challenging and fulfilling times, Cooper knows that it is important to take a moment and appreciate everything the world has to offer.

FAITH

"It is not that faith has shaped my life. It is that life has shaped my faith," says Jane. Her faith is constantly evolving, and what worked for Jane yesterday doesn't necessarily work for her today. As Jane attended Catholic school as a young child, she had a strong belief in God, reaching for Him during times of turmoil, "As a young girl, my mom told me that God is in everything that is good and beautiful. So, I also put my faith in the beauty of nature: the wind, an unbelievable sunset, a field of crops—our Mother Earth. Those ideas carried me through my younger years."

However, like most people, Jane has experienced tough times that caused her to doubt her faith: "Having a child born with profound special needs made me question where the 'God' was in all of that. I had a hard time believing that it was a part of 'God's plan' and that we just have to 'trust in the Lord' when I saw an innocent baby suffering." Prior to this, Jane believed that if you had enough faith, good things would come. Now, she focuses on learning from others and increasing her own personal development, "I've learned that we all are a lot alike and that our beliefs are quite similar."

"Currently, I am the primary caregiver to my adult son with special needs. Previ-

ously, I was a graphic designer for many years, but gave that up to take care of Isaac. It is a daily struggle to take care of his needs, both physically and medically. I constantly question whether I am doing the right thing for him," Cooper explains. However, instead of focusing on the questions, she is trusting in her abilities as a mom and in the love that connects them to make the right decisions for him moving forward. Jane recommends that women try to be in every moment, slow down, and quiet their minds, "Turn off the self-hate and you will find you love more. As women, we have been taught that there is a mold that we all must fit in, and if we don't, we must not be good enough. Accept who you are in this moment and love yourself."

FAMILY

Jane and her husband, Jeff, have three children: Gisele, age 26, is currently a peace fellow in Nepal working on child labor issues; Isaac, age 22, lives at home with them; and Francis Henry, age 8, attends Hillcrest Elementary School. "I have four sisters and one brother, along with twenty nieces and nephews and one great nephew. Almost all of us live in Chippewa Falls. In fact, several of us live within a few blocks of each other and we lovingly call it 'the co-dependent mile,'" adds Jane.

Jane enjoys spending time with her family; and in the summer months, the extended family has a picnic night at Irvine Park every Wednesday evening. "Everybody tries to make it and most weeks the tables are full," she states. In addition, Jane enjoys throwing parties and always ends up with a full house for the get-togethers: "Because there are so many of us, there are tons of opportunities to celebrate! We are all loud and ob-



noxious, but I can't imagine it any other way."

Because Isaac isn't very mobile and has fragile medical issues, the family spends a lot of time at home. "We love working in our yard, and we enjoy our wonderful neighbors. Going for a ride in the park and getting an ice cream is about as exciting as it gets for us for an outing. It's what Isaac can tolerate and we thoroughly enjoy Irvine Park," she explains. The family also makes an effort to do other things with family friends of their youngest son, Francis.

FRIENDS

Although it can be challenging to find time to meet with friends, Jane knows that it is a necessity, "Forcing myself to take time for a lunch with my friend or a chai with my favorite aunt is crucial to keep me breathing through the next week. I know that it's vital and when I miss it, I can tell. Schedule it—if I don't, it won't happen." She adds, "My best friend is vitally important. I definitely need time for adult time only. And, the funnier and crazier we can get, the better."

While planning outings with friends isn't always a possibility, Jane looks forward to the unexpected meetings, "It is okay if we get-together at the last minute, because it usually ends up being more fun. I'm lucky that I can just pick up where I left off with old friends. It's like time and space never happened and I truly appreciate the time I can spend with them."

FITNESS

Because of the physical demands of taking care of Isaac—which is a workout—Jane finds little additional time for fitness. “Scheduled fitness is the last thing on the list. I know it would make me feel better. However, I do enjoy walking and biking, and I know these things are good for me,” Jane says. In addition, Jane’s sister was a yoga teacher, and they have had times of doing yoga and dance at her house. “Eating good, whole, unprocessed foods is something that I really try to do, and knowing where my food comes from is important to me, too,” she adds.


FINANCE

Jane is a bargain hunter and rarely pays full price for anything. “I find value in re-purposing items and vintage products,” she says. And while she currently doesn’t have traditional “employment,” Jane managed her own business finances when she was a graphic

designer. “I found that it was really important to know what my work was worth. I often completed projects for free, but then realized that my friend who owned a grocery store wouldn’t give me free groceries—my time and skills are worth something, too,” she explains, “And, I was always told to pay myself first.” Because of that, Cooper has had auto-withdrawal from her bank to her IRA right away at the beginning of the month for many years.


Although she balances the five Fs as much as possible, Jane admits there may be no true balance to these demands as each day is different, “Perhaps my balance understands that I need to be okay with myself if I can’t give one demand a lot of attention at a certain point and time and that one day I will get back to it.” So, of the five Fs, family is the most important to Jane, “It’s all unconditional love. We might drive each other crazy now and again, but when it comes down to it, they are there for me and I am there for them.”

Don't let urinary issues stop you from reaching your goals.





Contact the specialists at:
Western Wisconsin Urology, s.c.
715-835-6548
www.eauclaureurology.com
Compassionate Urologic Care

Weddings | Rehearsal Dinners | Events | Room Blocks



Holiday Inn
Featuring
Johnny's
Italian Steakhouse



4751 Owen Ayres Court Eau Claire, WI 54701 www.holidayinn.com/eauclaurewi

Located in Oakwood Business Park 715-830-9889

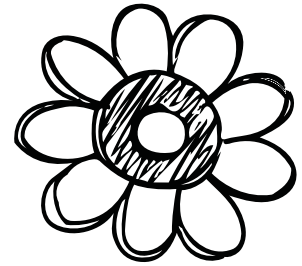


FAB FINDS!

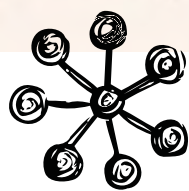


Pleasant Valley Tree Farms Fall Harvest Festival begins on September 20th and runs through October 26th. You're sure to enjoy all the fun-filled family activities!

On Fridays, enjoy the corn maze, hayrides, bounce houses, multiple play areas, Spooky Ridge Trail, Fort Fraser, the pedal toy track, the straw fort and tunnel play areas, gemstone mining, the Magical Woodland Maze with pumpkin bowling and mini golf, the Chuckwagon Corn Dig, the Ponyhop, and more. If you visit on Saturday or Sunday, expect a few more activities such as the petting zoo, the Jack-O'-Launcher pumpkin catapult, Chuckwagon Food Stand, and Annie the Apple Slinger. In November and December, the Winter Wonderland will help you create perfect memories. Start with a wagon ride to select your perfect Christmas tree. Afterwards, they will shake, bale, and load it in your vehicle. Then, visit the Country Store and warm up with free hot chocolate, cider, and popcorn while you select unique gifts for everyone on your list. Weather permitting, from November 28th-30th, Santa and Mrs. Claus will be at the North Pole Ranch from 10 a.m. - 3 p.m. Elk Mound. 715.879.5179 pleasantvalleytree.com



wire delights



Bloomer resident, Gail Nages, loves to make things that make all of us lovely ladies look good. She has premade pieces and she does custom work, too—all handcrafted from silver, copper, and semi-precious stones. One of my favorite pieces is my Tree of Life pendant, which Gail customized for me with deep red beads. Modern, organic, urban, and classic, these styles can be worn while dressing up or dressing down. Check out wiredelights.com, the Wire Delights Facebook page, or email directly to wiredelights@gmail.com

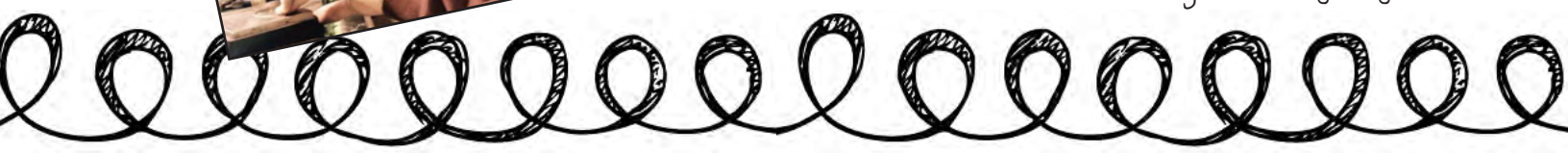
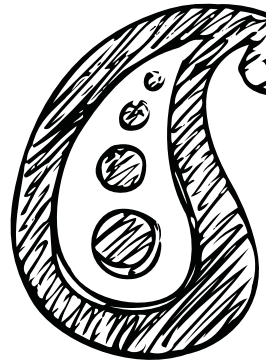




Photo credit: Carrie Anciaux Photography



Image credit: alexmillos



There are several tributes to our veterans in Western Wisconsin. Whether you are commemorating Veteran's Day or whether you want to honor our veterans on any other day of the year, consider visiting one of these sites:

The Wisconsin Veterans Tribute is located at Cadott's River Country Plaza where Hwy. 27 and Hwy. 29 intersect. Unites States and Wisconsin flags fly high with flags from all five branches of our military and many other veterans flags. There is much to see, with several monuments and military pieces. For more information, visit wiveterantribute.org or wisconsinhistoricalmarkers.blogspot.com/2013/07/wisconsin-veterans-tribute.html.

The Northern Wisconsin Veterans Cemetery in Spooner exists "to provide a final resting place for veterans and to create a lasting monument to their achievements and sacrifices on behalf of our grateful nation. The Wisconsin Department of Veteran Affairs operates and maintains three veterans cemeteries ... The Northern Wisconsin Veterans Memorial Cemetery located just off Highway 53 near Spooner ... [is] open to the public for visitation from sunrise to sunset daily."

For more information, including Veterans Day events, call 715.635.5360 or visit dva.state.wis.us/Cem-northern.asp



Photo credit: Nelinda Roberts



This super cute, local shop in Fall Creek offers warm hospitality and a wide variety of retro candy, specialty chocolates, ice cream, coffees, smoothies, frappes, and unique gifts. To make a meal of it, enjoy Kristi's hot soups and tasty sandwiches, pizzas, and flat breads. Check out the daily specials for this del/ice cream parlor/candy store on Facebook, and visit them Monday through Saturday from 11 a.m. to 6 p.m. at 129 E. Lincoln Ave., Fall Creek.



THE COURAGE TO build

Making an Impact
ONE FAMILY
at a time



Having a safe, livable, and warm home is something that most people take for granted. When was the last time you worried about being evicted or having enough money to pay next month's rent? Unfortunately, there are families throughout the nation and in the Chippewa Valley that worry about these things each day. However, the local Habitat for Humanity organization strives to help families achieve their dream of home ownership. Through volunteerism, hard work, and community support, the organization makes a significant impact—one home at a time.

Josh Rizzo serves as Chippewa Valley Habitat for Humanity's development coordinator, and he is happy to explain how Habitat for Humanity works in our community.

Habitat for Humanity builds safe, decent, and affordable homes for hard-working families in need ... My role is to gather support for our organization through volunteer and financial contributions. I build community relationships and align with groups and individuals who want to help make a difference building Habitat homes.

Currently, Rizzo is working diligently to gather volunteers to build the Chippewa Valley's 40th Habitat home.

We have over 230 volunteers signed up to build with us, including 13 corporate groups from JAMF, eBay Enterprise, Thrivent Financial, and more.

The need for these homes in our area is tremendous.

The City of Eau Claire has a waiting list of people applying for subsidized affordable housing and there are generally 400-600 families on that list at any time ... Many families work hard with two, three, or even four jobs, but can't afford an adequate apartment and don't qualify for a conventional loan. We bridge that gap so that families can responsibly make that leap to homeownership.

Not only does the family gain a home, they become tax-paying and community-contributing families. As part of the project, the family selected for the home must actively participate in the building process. Rizzo explains,

There is a very popular misconception that Habitat gives away houses for free. But, families actually make very big contributions to the project.

There are three criteria for receiving a Habitat home: First, the family must demonstrate a need for housing such as inadequate space, unhealthy conditions, or an inability to qualify for a conventional mortgage. Next, the family must be willing to partner with Habitat by putting in 250-400 labor hours (depending on family size). Finally, families must be able to pay for the house.

A Habitat house is not free. We sell homes at a reduced price with an interest-free mortgage. The many volunteers who come out to build the house with free labor make it possible to sell the house at this reduced rate.

This fall, Chippewa Valley Habitat for Humanity is trying a unique program to encourage volunteers.

Women's Builds are growing trends for Habitat affiliates nationwide. In many programs, there are entire homes that were built exclusively by women. Women like the camaraderie and empowerment of building homes, so we thought we would see if there was an interest in the Chippewa Valley.

Thus far, the group consistently has five to 10 women coming out each week to build and socialize.

The 40th Habitat for Humanity home in the Chippewa Valley is slated for a family of eight: a mom, a dad, and six children.

They live in a small apartment with only a few bedrooms right now. They have been very active while working extremely hard on the house. We have been very impressed with their work ethic and dedication to their home.

Typically, the homes are built on a 20-week schedule. However, plans



are ahead of schedule this year because of the extra volunteer hours from the Women's Build.

The construction crew has been impressed with how much the women accomplish each week, so we have adapted the building schedule a bit and expect to be done in less than 20 weeks for this particular home.

While the family that receives a home is changed forever, the volunteers gain valuable experiences, too.

Volunteers come out because they believe in the transformative power of home ownership for struggling families. There is a great sense of pride in helping to build a new house and looking to your right and seeing the future homeowner swinging a hammer alongside of you.

And, Rizzo hopes that the upcoming Women's Builds will further that volunteerism effort throughout the community,

Having a safe place to call home is something that touches everyone's heart.

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

Ladies Night Out
Wed., Oct. 22nd
6-8:30 pm

Come join in the fun
by helping out
Habitat for Humanity
with 5ive for Women!

Call 715-833-8993 or
email info@cvh4h.org to register

Chippewa Valley
Habitat for Humanity

COURAGE TO TAKE TIME *for you!*



IN A STATE OF QUIET RELAXATION



715-835-1100 * Eau Claire



Being the HERO in Your Life Story

Are you ready to trade in your storybook *ending* for a more realistic *beginning*?

Just as nearly every cell in our bodies regenerates every seven years, our lives subtly change, too. Our personal journey continues to morph. But, because we often don't know how to "change things up," many of us continue to play roles that no longer suit us: Opening night has come and gone. We've outgrown the costuming, and the script sounds hollow or even foreign. We barely recognize our own names on the marquee. We know we need to mature our talents; and to do that, we must start where we are: the present!

To begin the journey, we must acknowledge our current storyline. See if you can identify with one of the following three basic characters:

VICTIM. Victim "sleepwalks" through each day, just getting by. Victim wants to change her life and often even talks about it. She realizes changing requires effort, but she frequently becomes stuck—unable to rework old habits into fresh, effective new ones. She uses terms like "Someday...", "If only...", or "I should have/could have...", and "I wish...." At times, Victim uses negative self-talk, which snowballs destructively into other areas of her life.

To uproot this negativity, she needs to revisit her past, honestly examining the validity of low self-esteem and lack of self-confidence. Until this is done, she will continue to put herself down while presenting a nervous smile. Because Victim's mask covers her insecurities, others don't often realize the extent of the self-sabotaging negativity until Victim has a "breakdown moment." Victim doesn't ask directly for help; instead, she tiptoes around until others catch on and invariably end up rescuing her.

If you are a Victim and are hoping to be rescued, you will continue to attract negative relationships in your life until you become aware of your tendencies. To *rescue yourself* from this scenario, you need to learn to STOP the negative self-talk and self-doubt. Begin to look at yourself honestly and love yourself first. Staying on this positive track long term can be challenging, so investing in a coach can ease the scriptwriting process to your better life story.

SURVIVOR. Survivor is well past the "sleepwalker" stage. She wants to live in the moment, but she is still living too much in her past. She continues to dwell too much on what she has endured, instead of recognizing she *has come through it* and has reached a better quality of living. She continues to be dominated by her past instead of dealing with and learning from it. Survivor has clung to being a survivor for so long that she doesn't know there is yet another, even higher, level to rise to. Typically, Survivor is proud of the achievements she attained *on her own*, viewing them as a badge of honor. Survivor, usually having had no advocate but herself in her achievement, does not ask for help from anyone.

To *rescue yourself* from this scenario, you need to learn to look at your past and understand how you were molded from it and what you have learned from it. If you have a negative mind about your past (people, events, and/or places), you will continue to stay stuck from anger and resentment. Learning to have a positive mind from a bad situation will allow you to move forward with change in your life. Don't just survive; thrive!

HERO. Hero recognizes she doesn't have to be All (Survivor) or Nothing (Victim). She sees her strengths, and she uses them; she sees others have strengths they want to share with her, and she accepts them.

She strikes a balance where she offers her expertise and welcomes that of others in her life. Hero lives in the moment and uses the knowledge she has won from her past to move fluidly forward in her life. She sees that blending both her actions and those of others create a more fulfilling life for everyone.

Hero doesn't let the role of "hero" define her. She loves who she is and stays in that positive light. Hero has learned to change former anger and resentment into positives that ripple beautifully into all aspects of her life.

Remember, almost everyone passes through or can strongly identify with one of these three roles (however simply defined). If you have decided to make a change in life, be prepared

**A hero is an ordinary individual
who finds the strength to
persevere and endure in spite
of overwhelming obstacles.**

Christopher Reeve

to commit yourself to the effort. To make the change permanent, you must invest in yourself with time, effort, and often even money. Over time, your investment will be tangible to yourself and to others. A trained coach can help you avoid falling back into your old roles while assisting you to reach the stage you desire.

*Jen Marsich is married and has two very active boys (three, if you count her husband) and a basset hound named Ferris Bueller. After working at Eau Claire's Sacred Heart Hospital for 16 years in Cardiac Rehabilitation, Jen relocated with her family to Woodbury, MN, where she is now a certified health and wellness coach through her business: Live Life BOLD (live-life-bold.com). She coaches women across the country, usually by phone or Skype, empowering them at various stages to design their best **BOLD** life! Contact Jen at livelifebold@gmail.com or 651.302.5812.*



**Honesty.
Respect.
Professionalism.
Courtesy.**

It's how I treat my customers. And you can be sure I'll always do my best to meet your needs.

**Like a good neighbor,
State Farm is there.®**

CALL ME TODAY.

Jeff Flaig Insurance Agency Inc
Jeff Flaig, Agent
421 Island Street
Chippewa Falls, WI 54729
Bus: 715-723-9128
jeffflaig.com



1101013.1

State Farm, Home Office, Bloomington, IL

STYLISH AND PRACTICAL TODAY



62 Years of Toycen Experience

"IT'S REAL EASY!"

www.bloomerford.com • 1-800-314-3673



Internal Medicine & Pediatrics

Dr. Michael Smith and Nurse Practitioner Patricia Sontag focus on family care for women, men, and children.

714 W. Hamilton Ave, Eau Claire

715.830.9990



www.southsidemedicalclinic.com

Primary Care

Board certified specialists providing primary care for infants, children & adults.

New Patients Welcome!

Obstetrics & Gynecology

Dr. Chris Longbella and Dr. Frank LoRusso perform routine health maintenance with a focus on female issues and OB care.

3213 Stein Blvd, Eau Claire

715.836.9242



Providing a personalized, welcoming alternative to large system healthcare

LIVING Gluten-FREE in a Gluten-Laced World

By Karla Roach



Photo credit: marcelodit

Imagine being hungry and then walking into a room lined with exquisite appetizers, gourmet entrées, and professionally decorated desserts. As you look around the display, your mouth begins to water as you contemplate which food you will try first. Life could not get any better! You've hit the food lottery!

Now, imagine walking into the same room lined with the exact same food. Your hunger is the same and your mouth is still watering. This time though, your state of mind is different. In fact, it might even feel like the worst day of your life. There is not ONE thing that you can safely eat without the fear of getting sick. This is the life for someone with food allergies.

Two years ago, this reality shook up my life when two of my children were diagnosed with gluten sensitivity. Although the news was hard to digest (pun intended), it was a relief to have answers to their suffering.

People with gluten sensitivity may exhibit a variety of different signs and symptoms including (but not limited to) headaches, migraines, stomach-

aches, brain fog, depression, joint pain, and skin rashes.

My son, Ethan, had a headache that never went away. It wasn't as severe or debilitating as a migraine, but it was always there. Sometimes, he would awake from sleep with terrible stomach pain and cramps followed by throwing up. The "magical" time of the night was always 11 o'clock. My husband and I were becoming increasingly concerned; but it took a while for us to associate Ethan's symptoms and behavior with food sensitivity because it appeared to us to be result of food grazing and possibly overeating, as his episodes tended to happen after being in a social setting. My daughter, Tessa, didn't exhibit signs until we were linking Ethan's experiences to gluten sensitivity. At the end of that summer, Tessa, in tears, would lie in her bed at night in the fetal position holding her belly. Initially, I wondered if her behavior was simply "nerves" about the upcoming school year; but I knew it was serious and needed to be addressed when she lay down on the ground crying at a local triathlon after eating a hamburger

with a "gluten-laced" bun.

According to the National Foundation for Celiac Disease Awareness (NFCA),

research estimates that 18 million Americans have gluten sensitivity. That's six times the amount of Americans who have celiac disease.

The NFCA defines **gluten sensitivity** as describing

those individuals who cannot tolerate gluten and experience symptoms similar to those with celiac disease but yet who lack the same antibodies and intestinal damage as seen in celiac disease ... **Celiac disease** is triggered by consumption of the protein called gluten, which is found in wheat, barley and rye. When people with celiac disease eat foods containing gluten, their immune system responds by damaging the finger-like villi of the small intestine. When the villi become damaged, the body is unable to absorb nutrients into the bloodstream, which can lead to malnourishment. Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and cancer. (www.celiaccentral.org)

Gluten sensitivity and celiac disease (autoimmune disease) was not new to me or my family. Nearly 20 years ago, my mom, aunt, and older sister were all diagnosed with celiac disease. My older sister's son was also diagnosed at age four. About five years ago, my younger sister and her son were coronated with the gluten sensitivity crown. Since then, all of our family gatherings have been gluten-free. Although I knew about living this lifestyle, it was hard realizing that our life would never be the same again, 24/7. Now before we embark on family outings or vacations, we must research our dining options. When my children go to friends' houses or birthday parties, I talk to the parents about alternative food options, and I



Photo credit: Susan Fox

am prepared to make and send items for them to eat.

The good news about being gluten-free these days is that there are so many options at the grocery store and many gluten-free recipes, too. One piece of gluten-free shopping advice: Pay attention to the sugar load. Some prepackaged items contain additional sweeteners to compensate for taste. The gluten-free label doesn't necessarily mean that the item is healthier. It just means that a gluten-intolerant person can eat that food without a reaction.

So many positives have come out of what I initially felt was a negative for my family. We have a better understanding of what we are consuming, which, in this society, is important regardless of gluten sensitivity. My personal choice is to live a gluten-free lifestyle alongside my family out of respect for them. My mission is to provide *healthy* gluten-free food. This inspiration and passion have led me to pursue a career as a health and wellness coach, focusing on helping families transition to a new lifestyle. I am currently taking classes to get my certification, and I will be able to start seeing clients in the spring of 2015. Although at this time I am unable to give advice with a certification attached to my name, I am always willing to talk to someone in need of a little direction. I have many years of experience cooking and buying gluten-free, and I am passionate about helping others.

The vision of the room lined with exquisite food doesn't have to be haunting to those who cannot partake. It may be just the necessary motivation to do something—to turn a negative into something highly positive and good.

In addition to being a part of the 5ive for Women team, Karla is currently attending the Institute for Integrative Nutrition and will be a certified health coach in 2015. If you have any gluten-free living questions, feel free to contact her at karla@5iveforwomen.com.



Ideal Protein Weight Loss System



Frequent Health Benefits Include:

- Lower Blood Pressure
- Better Cholesterol
- Regulation of Blood Sugar
- Weight Loss
- Increased Energy
- Better Sleep
- Plus Much More


— LOCATED AT —

Stucky Chiropractic Center
2105 East Clairemont Ave
Eau Claire, WI 54701
And
Ideal Weight Loss by Stucky
117 Island Street
Chippewa Falls, WI 54729
(Located inside of Kristo Orthodontics)

Must attend an informational workshop at Eau Claire location to begin program. Find workshop times and dates at StuckyChiropractic.com. Call 715-835-9514 to reserve your spot at a workshop

Contact us:
715-835-9514
www.stuckychiropractic.com

FIND US ON:

Dedicated to Printing Excellence!

**High Quality Offset &
Digital Printing**

Let us print **COLOR for you...**

- Brochures**
- Booklets**
- Postcards**
- Digital Variable Data**
- Business Cards**
- Mailers**
- Envelopes**
- Folders**
- Labels**



BADGERLAND PRINTING USA, Inc.

Ph: 715.874.5149 • Fax: 715.874.5150
*Serving the Chippewa Valley
and Surrounding Areas*

mail@badgerlandprinting.com

CAPTAIN OF YOUR SOUL

By Katie McKy

Considering the emotional costs, changing your job, moving to a new home, or acquiring a degree are cuckoo crazy. How crazy? Well, from 1967 to 1970, a scale was developed that assigned a numerical value to social changes. By the Holmes and Rahe Stress Scale, taking on a new mortgage, changing employment, and returning to school generate significant stress. So, why then would you willingly undertake such changes?

Perhaps William Ernest Henley is your muse. He wrote,

**It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.**

Or perhaps undertaking major change is a matter of *relative* stress. For example, if you live in an older house and you foresee ever-rising energy costs, buying a new house is simply sensible with better windows, better insulation, and more efficient heating and cooling. Or it could also be you really, really need bigger closets.

Whatever the reasons, there are solid reasons to change homes.

Martin Tauger, of Eau Claire RE/MAX Affiliates, says,

We are at historic low interest rates, and buying power is at an all-time high. Plus, a resurging construction market and rising inventory are exceptional, further reasons to purchase a new home.

Of course, there are reasons to move into an older home too, both cosmetic and structural. It's easy to see that old homes are pretty purty with stained glass windows and classic fireplaces, but they've got better bones too, with thicker walls, framing made of old growth wood, and solid wood doors.

However, before you buy that new or older home, you might want to ratchet your income up a few notches by earning or finishing a degree or even acquiring a new degree. There is infrastructure in place to support older students.

Bonnie Isaacson, Nontraditional and Transfer Student Adviser at UW-Eau Claire, says,

UW-Eau Claire has a dedicated office to assist adults with their return to school. Nontraditional Student Services provides advising, advocacy, and support for prospective students through to graduation, and sometimes even beyond! (uwec.edu/nss)

An adviser is available to answer questions to prospective students as well as provide welcome orientations, college success course, mentoring, and programming to students who are enrolled at UW-Eau Claire. Scholarships specifically targeted for returning adult students are available for application.

An older student is often a better student.

Students who return to complete higher education later in life have many advantages. They are typically very dedicated and motivated—they are here for a reason. They are paying for it themselves, so they understand the value and need for a degree to advance in their careers. Returning adult students are well respected by faculty as they appreciate having adults in their classrooms because they bring richness and life experience to the discussion. Many returning students have children for whom they are a positive role model regarding determination and the value of education. A common fear among returning adult students is that their brain cells are 'too rusty.' Many adult students' grade point averages are higher than traditional age students.

And older students typically report enjoying college more.

Most students report appreciating the experience of being a college student. Getting admitted to college later in life can be a dream come true.

If you're looking to change jobs, move house, or construct a new career, there's another resource available to folks: life coaches.

Jeanny House, Certified Professional Co-Active Coach at Discover and Thrive, LLC (discoverandthrive.com), says,

I work with people who want to shift and want to make

their lives bigger. I work with people who see that there's something else that's fulfilling and they want to figure out how to get it—whether it's a businessperson with an entirely new idea they want to put into motion or a woman who wants to step into the fullness of her power as a human being or someone approaching retirement and wants to be conscious and create a meaningful, fulfilling third act.

The first coaching session is free!

People can book a complimentary, no-obligation, introductory session. You can talk and talk about coaching, but you have to experience it to understand it. If you're feeling stuck, talk to a life coach!

Ernest Hemingway wrote that "courage is grace under pressure," so courage eases undertaking the big changes of a new home, a new degree, or a new job. What he didn't write is that courage can take you to a state of grace, whether it's a darling bungalow or a gratifying career.

Plan your next getaway with the
Bed & Breakfast Inns
in the Scenic St. Croix Valley



InnsoftheValley.com • 651-998-0185



Dove Healthcare
South Location

Physical, Occupational, Speech, & Aquatic Therapy

Whether you need rehabilitative care after surgery, injury, or illness, your therapy program is personalized to ensure optimal care and results.

- Joint Replacements & Fractures
- Balance Disorders & Weakness
- Stroke & Parkinson's Disease
- Lymphedema, Arthritis, & Chronic Pain



715-552-1035 • dovehealthcare.com
3656 Mall Drive • Eau Claire, WI 54701

Compassion. Respect. Excellence.

By Joe Winter

Near the start of her baseball career, Lisa Segelstrom excelled at overhand pitching, often besting the guys.

At one point, Segelstrom was the first round pick for an up-and-coming regional team. The Women's National Adult Baseball Association (WNABA), based in California, was trying to establish a Twin Cities franchise, along with about seven other teams across the country. Just like the Big League pitchers, Segelstrom could blow a fastball by the best and hit the corners with her impeccable pitches; she even had a "hovering knuckleball."

During tryouts at Bryn Mawr Park in Minneapolis, the Star Tribune featured Segelstrom in a four-column photo on the front sports page: Tall, angular, lean Segelstrom—nicknamed "spiderwoman"—was on the mound uncorking a pitch with about a dozen other hopefuls behind her. Thirty women tried out that day.

That was 20 years ago.

That particular part of her dream was short-lived. First, the Twin Cities WNABA franchise folded due to a lack of numbers. The discontinuation was "heartbreaking" according to Segelstrom, and she was tempted to move to an area where the teams continued, such as California or Texas. Then, Segelstrom was in a car crash and suffered several broken leg bones. So her pitching days were cut short. Now, she'd have to show her stuff from farther behind the plate, while wearing padded gear and a mask.

These days, Segelstrom, 50, of Somerset, fuels her love of the game by umpiring in leagues throughout the Hudson area and the Twin Cities suburbs—especially in the more fast-paced, competitive contests like under-18 men's baseball. Despite being a woman in a male-dominated activity, Segelstrom admits that she does enjoy being in charge and telling the guys what the call is.

Over the years, some other farm team players have expressed admiration for Segelstrom's skill. The most vocal of that group, Dan King, plays for the St. Paul Senators, a 35-and-over amateur baseball team that's only a step down in prominence from the St. Paul Saints.



"She's a baseball player and I'm a baseball player. She's an umpire and I'm an umpire," King says, noting that Segelstrom is head and shoulders above the rest. "She has a high skill level, much better than most. And she really hustles to make the calls." In fact, Segelstrom got King his first umpiring job. He praises, "She has done things in the sport that few if any women have done in the region."

Final call: skill and courage via full swing determination.

CURVE BALL COURAGE

Learn About Regis Catholic Schools Today!

REGIS HIGH SCHOOL
FOUNDED 1952



**FIRST CATHOLIC
ELEMENTARY IN
EAU CLAIRE FOUNDED 1892**

**COED
PreK-12**

850
K-12 Students
For the 2014-15
school year

**2 Child
Development Centers,
Preschool Programs,
3 Elementary Schools,
1 Middle School,
1 High School**



\$258,000
RCS scholarships awarded in
the 2014-15 school year

**Tuition Payment
Plans Available**

**Tuition Assistance
Available**

**2014-15
TUITION**
K-5: \$2,865
6-8: \$2,935
9-12: \$4,655

REGIS CATHOLIC SCHOOLS 5 YEAR ACT SCORES

YEAR	Percentage of Tested to Graduates		Composite	
	REGIS	STATE	REGIS	STATE
2010	98%	67%	24.4	22.1
2011	94%	67%	25.0	22.2
2012	98%	68%	23.0	22.1
2013	91%	71%	24.6	22.1
2014	97%	71%	24.3	22.1



Student Transit offers
bus transportation to
our Regis Catholic
Schools. Please contact
them with any
questions regarding
transportation.

715.839.5116

In the fall of 2013...

RCS FOURTH GRADERS, on composite average, tested in to a 5.8 grade level.

These test scores rank our elementary schools in the top 2% nationally.

RCS 6TH GRADERS, on composite average, tested into a 7.9 grade level.

RCS 8TH GRADERS, on composite average, tested into a 11.9 grade level.

NATIONAL TEST ADMINISTERED: Iowa Basic Skills Test. Fall 2013.

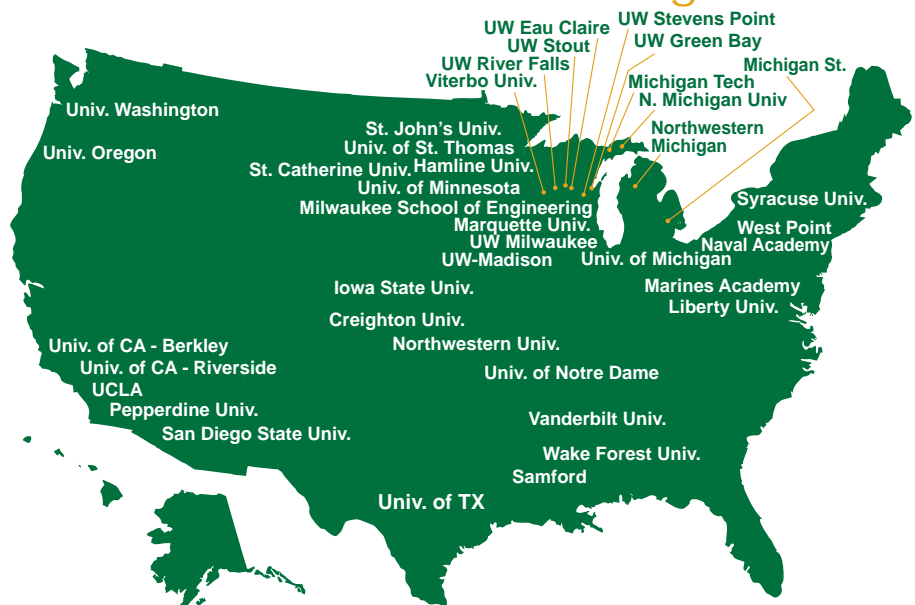
**Fully Accredited K-12
School System Though
June 30, 2019
(5-year Term)**

*Certified by AdvancED and NCA
CASI (North Central Association
Commission on Accreditation
and School Improvement)*

98% of REGIS Graduates Attend College

*"Regis has prepared me well
for college because of the skills
my teachers helped me develop
such as how to take notes, study,
write papers, research, and
succeed in all my college
courses. Regis expects students
to do more, to have a drive to
succeed, and this drive has
carried on into college."*

*Class of 2012 Emma Walters,
Junior at UWEC*



Learning Today, Leading Tomorrow

Regis Catholic Schools is dedicated to educating students of all faiths in a Catholic, Christ-centered environment. We are united by Our Core Values of **Living Faith, Accepting Responsibility,**

Promoting Teamwork, Achieving Excellence, and Inspiring Leadership.

Call Teresa Johnson, Enrollment Coordinator, today to learn more about Regis Catholic Schools. 715-830-2273 ext 3

RegisCatholicSchools.com

DEPRESSION

The Mask She Wears



Feeling sad and blue from time to time is common. However, some women try to hide their more negative emotions, fearing shame about others discovering these feelings. Some women have two personas, allowing themselves to let down their guard privately until they feel they must put on their public persona. By believing that no one truly wants to hear how bad they are feeling, these women might never feel understood or validated, which in turn reinforces their feelings of shame and perpetuates the cycle of depression.

Major depressive disorder is a real, yet treatable, illness. Women with depression have a depressed mood most of the time—showing little interest in life activities, feeling tired, having poor sleep habits, and feeling low self-esteem and a sense of worthlessness. They might gain or lose weight, have poor concentration, and feel like the world is revolving but they're not revolving with it. Commonly, women struggling with depression think about suicide or death.

While many women prefer to hide behind the mask of having it all together, they don't have to. Depression is treatable. Among several means of recovery are medication therapy and talk therapy.

Medication can be prescribed by a medical physician or a specialized doctor—a psychiatrist. Patience is important with medications, as they take time to work and medication changes may be necessary before an effective dose is found.

Talk therapy can take different forms. With individual therapy, the patient meets one-on-one with a master's-level psychotherapist. Another option is group psychotherapy led by a psychotherapist. Common therapies for depression include cognitive behavioral therapy, dialectical behavioral therapy, acceptance and commitment therapy, eye movement desensitization, and reprocessing or motivational interviewing, to name a few.

If seeking therapy, know that your relationships with your psychotherapist and doctor are extremely important. Seek a provider with whom you feel most comfortable and safe, where you can be yourself. Combined treatments of medication and psychotherapy are most successful; however, the choice is yours.

Putting on the happy mask can be a detrimental mistake. Avoidance and neglect of emotions ensure that they continue, often increasing the severity of symptoms and the recovery time. Now is the time to aid our sisters and support one another. Together, we can fight the stigma of depression, share openly, validate each other, and prevent suicide. You are not alone. Help is only a step away to be the real you.

Angela Theisen L.I.C.S.W. practices behavioral health and psychology through the Mayo Clinic Health System in Eau Claire. She is a licensed clinical social worker with a B.A. in psychology and an M.S. in social work. Her special interests include individual/couple/family therapy and behavioral therapy for depression and anxiety, chronic mental illness, and personality disorders.

These materials are meant to serve as a guide and should not be construed as medical advice for any specific fact or circumstance. These materials are intended for general informational purposes only, and you are urged to consult with a competent medical practitioner concerning your own situation and any medical questions you may have.



"OH MY GOURD!!"

By Kathy Jasper

It's finally fall! For a lot of people, what they cook changes with the seasons. Now, you need the warm, comfy meals like stews, soups, and hot dishes. Hopefully you've stocked the freezer and shelves with frozen and canned vegetables from the garden and farmers markets: tomatoes, corn, peppers, peas, and beans at the ready to become slow simmering goodness on your stove. Shredded zucchini and bags of pumpkin or squash are handy for both sweet and savory dinner and dessert favorites. This recipe for pumpkin lasagna can be made with squash, too. I hope you like it; and remember, I'll always be there to help.

PUMPKIN LASAGNA

- | | |
|--|----------------------------------|
| 1/2 pound fresh mushrooms, sliced | dash pepper |
| 1 small onion, chopped | 9 no boil lasagna noodles |
| 1/2 teaspoon salt, divided | 3/4 cup Parmesan cheese |
| 2 teaspoons olive oil | 1 cup reduced fat ricotta cheese |
| 2 cups or 1 can of pumpkin or squash (If frozen, squeeze out some liquid.) | 1 cup mozzarella cheese |
| 1/2 cup cream or half and half | |
| 1 teaspoon dried sage | |

Sauté mushrooms, onion, and half of the salt in oil until tender. Set aside. In a mixing bowl, combine pumpkin, cream, sage, pepper, and remaining salt. Spread 1/2 cup of this sauce in a sprayed 11x7" baking dish. Top with 3 noodles; spread with another 1/2 cup of sauce; top with half of the mushroom mixture, 1/4 cup of Parmesan, half of the ricotta, and half of the mozzarella. Repeat one more time, topping with remaining noodles and sauce. Cover, and bake at 375° for 45 minutes. Uncover, top with remaining Parmesan, and bake 10–15 minutes longer. Allow to cool and set for 10 minutes. Enjoy!!

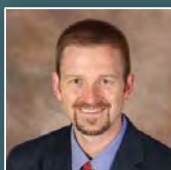
Photo credit: Jenn Huls



Get the Great Legs You've Always Dreamed of

With Innovative VARICOSE & SPIDER VEIN TREATMENT

"Please contact our office to schedule your free screening today."



Peter
Hanson, M.D.



Jacques
Tham, M.D.



Benjamin
Whitis, M.D.

(715) 832-2200

www.cvveincenter.com

1720 Harding Avenue
Eau Claire, WI

Finding the **COURAGE** to face *Your* Financial Future

How to Begin

If you're not sure where to start, begin with a call to your financial professional. If you don't have one, make plans to meet with a few individuals to find a personality to best fit you. You can set up a meeting to talk through your current situation and goals, and then learn what information will be reviewed. It may be best to find someone willing to educate you about his or her various products and recommended services.

Baby Steps

If you haven't visited a financial professional before, start slowly by learning about your options. If you have visited a financial professional but haven't been engaged in the process, now may be the time to become more active and interested in your financial future. Ask questions; learn more about your existing accounts and insurance policies. Then begin discussing strategies such as goal setting and budgeting.

Taking steps, even baby steps, toward organizing your financial life can feel empowering as well as have a positive impact on your future. Leave your fears behind and find the courage to take charge of your financial future. See how the right choices for you can protect your family in the face of the unthinkable, provide for a college education for your children, help you plan for retirement, and give you courage to face your financial future.

Paul Woita of Woita & Associates is a native of Rhinelander, WI, and has resided in Eau Claire since 1977 with his wife, Cathie. Paul has over 30 years of experience in the financial services industry and is passionate about working with his clients to help ensure they reach their personal and financial goals. He enjoys empowering people through education of what can be complicated subjects related to financial services and insurance.

Insurance products from the Principal Financial Group® are issued by Principal National Life Ins Co (except in NY), Principal Life Ins Co, and the companies available through the Preferred Product Network, Inc Securities and advisory products offered through Princor Financial Services Corp. 800/247-1737, member SIPC Principal National, Principal Life, the Preferred Product Network, and Princor® are members of the Principal Financial Group®, Des Moines, IA 50392. Paul Woita, Principal National and Principal Life Financial Representative, Princor Registered Representative, Financial Advisor. Woita & Associates is not an affiliate of any company of the Principal Financial Group®. T14082202gm

Taking charge of your financial future may seem daunting—a task requiring a certain amount of courage. Many people know they should review or put into place important things such as retirement accounts, savings, insurance policies, wills, and more; but not as many do so or review the information frequently enough.

Why do I Need to?

Life changes can affect our financial needs. With each passing year, we get closer to retirement or our children get closer to needing college funds. Our need for life insurance may increase or decrease. Our will may become outdated as beneficiary information changes. Our risks for long term care or disability may increase. As much as we may wish that things would stay the same, the fact is, change is inevitable. To best care for your loved ones, it may be important to review your current situation and upcoming needs, ensuring a stronger financial future.





It's an all natural, non-GMO, gluten free premium lifestyle product.

THRIVE is a super potent, natural, plant-based nutraceutical designed to target the weaknesses in your body....filling the nutritional gaps that are keeping you from running on all cylinders.

The THRIVE 8 week Experience is an 8 week premium lifestyle plan, to help individuals experience and reach peak physical and mental levels. You're going to live, look, and feel Ultra Premium like never before! Whether your goal is to lose weight, get in the best shape of your life, or simply be the best that you can be, we know the THRIVE 8 Week Experience will get you THRIVIN' in all areas of your life! Individuals on the experience will enjoy premium support and benefits in the areas of: weight management, cognitive performance, digestive & immune support, joint support, lean muscle support, and fatigue

Both Customers and Promoters can get their products for FREE. Email me and mention this ad and get a FREE box of shakes with your order!

www.jodywagner.le-vel.com
715-563-5752 • wagner2422@aol.com

Creating Events to Celebrate Life

TRADITIONAL & CREMATION SERVICES.
SERVING FAMILIES IN THE CHIPPEWA
VALLEY SINCE 1902.

PV PEDERSON-VOLKER
FUNERAL CHAPEL &
CREMATION SERVICES



Stacy Pickerign
Owner/Funeral Director

www.pedersonvolker.com

Serving All Faiths

715-723-4649



David E. Hopkins
Financial Representative
Princor Registered Representative
Investment Advisor Representative
Phone: 715-835-5113 ext. 117



WOITA & ASSOCIATES
Business and Retirement Planning

4410 Golf Terrace, Suite
201, Eau Claire, WI 54701
www.WoitaPlanning.com



Paul A. Woita
Financial Representative
Princor Registered Representative
Investment Advisor Representative
Phone: 715-835-5113 ext. 111

Insurance products from the Principal Financial Group ® are issued by Principal National Life Insurance Company (except in New York). Principal Life Insurance Company, (and the companies available through the Preferred Product Network Inc.) Securities and advisory products offered through Princor Financial Services Corporation, 800-247-1737, Member SIPC. Principal Financial, Principal Life, (the Preferred Product Network), and Princor ® are members of the Principal Financial Group ®, Des Moines, IA, 50392. Paul Woita and David Hopkins, Principal National and Principal Life Financial Representative, Princor Registered Representative Financial Advisor, Woita & Associates is not an affiliate of any company of the Principal Financial Group ® 11010120110

Who's Your Banker?

You get cash from the ATM.
Your paycheck is direct deposited.
You make purchases with a check card.
You see your activity with online banking.
You have no reason to walk into your bank.

Then one day you need assistance.

Your friendly bankers at
Peoples Bank Midwest are ready to help!



**PEOPLES
BANK MIDWEST**
People You Know. People You Trust.

2720 Golf Road Eau Claire, WI 54701 • 715.832.8333 • 800.806.3410
FAX 715.832.8373 • Phone-N-Bank Toll Free 877.733.7743 • www.pbmbank.com



Carrie, Cancer & Courage



By Heather Rothbauer-Wanish

I imagine having a wonderful life with two little boys, many friends, and a terrific future. Then one morning, everything changes. Suddenly, you are uncertain if you will see your sons grow up, and you don't know how long you have to live. For Carrie Malicki, that life and instantaneous turn toward uncertainty was a reality in August 2010. Rather than give up and allow cancer to consume her life, Carrie has faced fear and developed a courageous and admirable approach.

At the time her life changed, Carrie's son Carter was four years old, while Dawson was two years old. Carrie clearly recalls when she first knew something was wrong:

One Sunday morning in August, I was sleeping with my arm above my head. Dawson came into the bedroom early and climbed over me to snuggle in bed. His knee landed on my breast, and I felt a bit of pain and a lump. The scariest thing was when I had my arm down, I could barely feel the lump. But, when I raised my arm above my head, it was much more prevalent.

She made an appointment for the next Tuesday, and she was diagnosed with breast cancer a mere eight days later.

My first thought after the diagnosis was that I wanted to get in my car and just drive and never stop.

As the nurse practitioner began explaining the surgical options to remove the tumor, Carrie just tuned her out.

I had no idea what she was talking about. At one point, I had

to tell her to stop because my brain had not processed anything she said. I asked her if it was okay to call her back to get details of what she was trying to explain to me, and she said that was fine.

Carrie chose to be alone to initially process the devastating news. As with many cancer patients, cancer changed everything in Carrie's life.

I say that I didn't have a rational thought for the first five weeks after I was diagnosed because I was just all over the place. Once I found out that my cancer had not spread and that I had a fighting chance, I decided to give it everything I had. Cancer definitely made me stronger.

Two things that drastically changed in Carrie's life were her perception of time and an even stronger focus on her children.

Life became about living, not just going through the motions. Since my boys were so young when I was diagnosed and my cancer has a high recurrence rate, I wanted to just be there for them.

Carrie believes that her boys saved her life. In addition to becoming very protective of them, she didn't want them to be scared or have their lives turned upside down at such a young age.

I've got two young boys at home who are watching and they need to see their mom live with courage.

They were my rock, but they wouldn't have known that. I started to see life through their eyes and just enjoy every part of it.

I had an epiphany when Carter was comforting me while I was crying. That is when the tide turned. I realized my four year old should not be taking care of me, and that is when the fighter in me came out. If cancer was going to take me away from them, I was not going to let it take any more of the moments we had left.

To battle her cancer, Carrie had surgery, chemotherapy, radiation, and participated in a clinical trial.

All in all, from the day I had surgery to remove my tumor to my last chemotherapy treatment, it was exactly one year.

And now, as a cancer survivor, Carrie realized that everything would be different. She vowed to be more proactive, listen to herself more, have confidence in herself, and take her health and lifestyle seriously.

I knew I would make sure all of my relationships had meaning and purpose. In addition, I wanted to make sure that I left a positive impression wherever I went.

In an effort to create something lasting and positive for cancer survivors, Carrie has founded Surviving with Strength, an organization focused on giving tools, positivity, and resources to survivors.

I started Surviving with Strength because there was so much that survivors were missing. I want surviving to be easy, and right now I don't know that it is. I wanted to create something

that empowers survivors, something local and relevant for wherever they are in their journey.

The first annual Survivorship Event is being held on October 18 at 29 Pines.

We'll be showcasing local resources of survivors, expert speakers, survivor speakers, and a chance to build relationships with other survivors of every cancer and any age.

Carrie believes that all cancer survivors are courageous—herself included.

I've got two young boys at home who are watching and they need to see their mom live with courage. It takes a lot of courage to survive, to really live and feel free of what cancer did to me. It takes courage to focus on all the positive things I've gained from cancer and not focus on the side effects that I live with from chemotherapy, radiation, and nine surgeries.

Although the cancer diagnosis was devastating at the time, Carrie realizes that it provided her with some perspective.

I have the opportunity—every single day—to make that day the best day I've ever had. And that doesn't mean it has to be extravagant, because the simple things in life mean the most.

Today, she just focuses on her definition of success.

My idea of success is to live out the rest of my days with two wonderful children that love me, laugh with me, bake with me, and actually want to spend time with me. If that happens, then I've made it. It's the best life ever.



Dr. Rena J. Christman
DMD, MPH

(715) 726-1060
425 W. Prairie View Road
Chippewa Falls, WI 54729



We are excited to announce that we're now scheduling new patients for Dr. Rena!
Please call today (715) 726-1060.
Moms, we know you're busy, schedule your appointment while your kids visit Dr. Rena!
Helping grow healthier kids, one smile at a time.

Christman4kidsteeth.com
rvpds@christman4kidsteeth.com

CrossFit

Why are so many people talking about it and what are the benefits?

Participants in the *Extreme Weight Loss* program are doing it, the contestants on *Biggest Loser* are doing it, professional athletes have incorporated it into their strength and conditioning programs, and hundreds of thousands of people around the world are doing it. *It is CrossFit.* If you have friends or family doing CrossFit, it's probably all they talk about! So, the question is, what's so great about CrossFit? Why is everyone talking about it? Why is it today's fastest growing fitness program, and why is it so effective?

If you've heard about CrossFit (or even if you haven't) but are a bit intimidated to try it, now's the time to give it a whirl. Coupled with good coaching, CrossFit is a safe, highly effective, and FUN workout!

So, what is CrossFit?

CrossFit is "constantly varied, high-intensity, functional movement." What the heck does that even mean?

CrossFit combines aerobic conditioning with Olympic-style weightlifting and gymnastics in a Workout of the



Image credit: Maridav

Day (WOD). Rather than specializing in any one area, CrossFitters work to become well-rounded and good at everything. CrossFitters work toward being able to run a 5K, squatting more than their body weight, performing box jumps, and doing pull-ups, always aiming to make everyday activities easier. This is the foundation of CrossFit programming: By utilizing broad stimuli, you produce the most favorable results for overall fitness.

CrossFit is also Community

CrossFit is a collection of people who encourage each other through the WOD. Community is your good friend (or maybe someone you don't know very well) working hard next to you. CrossFitters understand that "feeling during the workout" and are also there to push and encourage each other—providing an environment of trust and confidence. Although you may not be able to do something today, you will try it someday, and your CrossFit community will be there for you!

So, now you have an idea of what CrossFit is. But, is CrossFit for you? YES! CrossFit is for everyone! Here are some reasons to try CrossFit:

1 CrossFit is a fun workout!

CrossFit is the opposite of what you've been doing on your long runs or repetitive gym routine. It is short. It is intense. It is hard. It is FUN! You will work very hard for a few minutes at something that appears to be very difficult. At the end of your workout, you will realize you did it! You didn't think you could, but you did! It seemed really hard, but you started to realize you can do anything! After that, it's hard not to tell your friends

and family or post it on Facebook!

2 CrossFit is a faster way to get fit.

CrossFit is constantly varied workouts with high intensity. This means that CrossFitters get more physical benefits in a shorter period of time than if they were doing a single, low-to-moderate-intensity exercise. Recent research shows that CrossFit, which focuses on shorter high intensity workouts, is more effective at boosting metabolism and transforming the body into a fat-burning machine.

3 CrossFit is for everyone.

The phrase "high intensity" can be intimidating, as are some of the movements in CrossFit WODs. Don't worry; everything is scaled to each person's fitness and ability level. CrossFit is beneficial for everyone from young kids to 80-year-old grandparents. If a CrossFitter can't do a pull-up, it's okay. CrossFit programs allow for "scaling" movements, substituting a pull-up with a band or a ring row while imitating the pull-up motion. With practice, pull-ups will come.

4 CrossFit allows you to get stronger without getting "bulky."

Weight training is great for our bodies both during exercise and afterward! Weight-bearing exercise improves bone density and increases lean muscle mass, thereby improving our ability to stay active and independent longer. It also helps improve balance and coordination. But, the benefit most people see is in the way their clothes fit. Adding lean muscle mass stokes our metabolic furnace and helps us burn more calories all day long. So, along with a healthy diet, CrossFitters gener-

ally look lean and athletic, without unwanted "bulk."

5 CrossFit leads to a healthier lifestyle.

CrossFit has changed the lives of many,

- improving self-confidence
- helping shed unwanted body fat and gaining lean muscle
- improving cardiovascular and respiratory health
- improving mobility and flexibility
- gaining more friends with a common interest
- improving nutrition
- helping make fitness challenging and FUN!

Shane Beck is an Eau Claire native and UW-Eau Claire graduate. After working out at a large franchise gym for many years, Shane joined FitELITE CrossFit Eau Claire in 2012. Now, Shane is certified in several levels of strength and performance coaching. He loves watching all ages of athletes develop, push themselves, and work to achieve fetes they didn't think they could. Learn more at fiteliteonline.com. 715.514.1264



FROM STUDENT SPENDER TO

Student \$aver

Students are usually better when it comes to computers and technology. But, when it comes to saving money, parents and grandparents have a leg up on the younger generation. With a **Membership Savings Account** from WESTconsin, you might just turn your student spender into a **Student \$aver**.

Visit **Student \$avers** at westconsincu.org for scholarship information, student loans and free educational resources.

WESTconsin
CREDIT UNION
We belong to you.™

Federally insured by NCUA



13 Convenient Locations!

(800) 924-0022 | westconsincu.org

Dentistry: Are You Missing Vital Information?

Avoid Putting Toxic Materials In Your Mouth / Body!
One Doctor Says, "99% of Disease Starts In The Mouth"
How Is Your Oral Health?



Holistic Dentistry is an important component in ANY health & wellness program

An approach to dentistry that promotes health and wellness instead of only treating "dis"ease.

- Discover If Your Teeth Are Affecting Your Health.
- **Help for Your Kids to Reach Their True Potential.**
- Snoring and Sleep Apnea Solutions.
- **Treatment for TMJ Pain.**
- Orthodontic Alternatives to Extractions/Jaw Surgery.
- **Biologically Compatible Dental Care.**



Dr. Laughlin has spent thousands of hours in continuing education over his 35 years in practice. His knowledge, combined with advanced technologies, provide the best chance to improve your oral health and positively impact your overall wellbeing.

Dr. Reed is passionate about Holistic and Cosmetic Dentistry. He has more than 25 years experience working as a dentist, and has already begun studying orthodontics and dental solutions to sleep disturbance.



Call or visit our website for more info: (715) 426-7777 www.HealthCenteredDentistry.com

FUN and DONE

By Katie McKy

THERE'S LONG-HAUL COURAGE, such as buying a new home or forging a new career, and then there's fun and done courage, such as leaping from a plane or rafting a wild river. Skittering across the waves on a paddleboard or riding a roaring river's standing waves is made doable by Wisconsin's rich topography, with lakes large enough for winds to howl and riverbeds steep enough for water to whiten.

You don't have to trek to the Colorado to ride a roaring river. The Peshtigo, Wolf, and Menominee Rivers offer whitewater up to Class IV, which is described by the International Scale of River Difficulty as "intense, powerful ... rapids." Wildman Adventure Resort has outposts on the Peshtigo and Menominee. The Menominee River outpost has 8-10 person rafts and 4-5 person rafts. They call the smaller rafts their Wild Ride. Where the bigger rafts plow through waves, the small ones are tossed hither and yon. Think of the two rafts as a Greyhound bus on a bumpy road versus a Porsche on that same road. How do women react when first reaching the

riverbank?

Rebecca Kanzenbach, manager, says, *We see the ones who are super excited and ready to face whatever the river throws at them. Of course, we see the timid, nervous ones, too. However, whatever their mood when starting the trip, they tell us that they never regret it.*

The journey is eased by the guides.

When they first put on the river, the guides will go over everything, such as paddle commands and safety orientation and there are smaller rapids first where they practice.

You don't necessarily need gradient to scoot along water. Lake Winnebago's gusts will allow you to skitter like a water spider. Kevin Gratton, the owner/operator of Wind Power Windsurfing & Kiting Center in Fond du Lac, believes that women are especially adept at this balance challenge.

Women tend to listen a little better, whereas the guys often try to muscle everything. It's really a matter of balance and technique. I have a Ladies' Night every Thursday and some women have been coming for years. One reason wind surfing hasn't grown faster is that friends teaching friends don't have the right equipment. You need smaller, lighter sails that aren't as powerful to learn. Plus, your board should be wider so balance isn't as critical. With those tools, success comes in a couple hours.

If skittering over waves isn't enough of a thrill, you can fly way over waves by learning to fly at Eau Claire's Heartland Aviation. An introductory flight lesson is only \$70 and you'll fly that plane within minutes.

Char Hintz, a pilot who works at Heart-

land Aviation, says,

As a child, I had never flown before, even in a commercial airline. I was hooked from that first flying lesson. It was thrilling to learn to fly. I then got my private pilot's license, instrument, commercial, and multi-engine. There's just something about aviation. When it gets in your blood, it's there forever and there's a greater opportunity for women because we are a minority. We go further and faster in aviation because of this, but several women have come through Heartland to learn to fly just for fun.

Of course, there are people who use planes as leaping platforms. Lynn Broberg, an instructor at Skydive Wisconsin, is one. Her first fall out of the plane led her to fall in love with falling, but she recalls that initial trepidation,

It scared me so much the first time that I almost didn't go. As we waited to go up, I could not stop pacing. I got hooked up, the door came open, and as soon as I left the step, I just wanted to enjoy the experience because there was no turning back. I had so much fun. I'm so fortunate that I jumped. After I landed, I said, 'How do I learn to do this on my own?' That was eight years and 2,600 jumps ago. Words can't express what an awesome sport and community this is.

Skydiving has been transformative for Broberg.

It's very empowering. Once you do it, you feel that you can conquer the world. It's just one giant leap that can take you anywhere you want.

Once again, women who participate in this act of courage will find they have an advantage.

Only 16% of our community is female; so being a minority, we are afforded certain privileges and we have a special bond. We get the attention and they want to help us learn.

Of course, fun and done doesn't always mean you're done, for the first plunge out of a plane or down a whitewater river might be the first of many, as a lark becomes a lifelong passion.



Pink Ribbon Boutique

at The Medicine Shoppe



Welcoming October and Supporting Breast Cancer Awareness Month

Georgia Carlson, Certified Fitter of Mastectomy Supplies,
invites you to stop by for a private appointment
at the Pink Ribbon Boutique located at
603 N Bridge Street in Chippewa Falls

**Call 715-723-9192 ext. 1202
to schedule an appointment**

We carry a large selection of post breast surgery products.
Our mission is to improve the quality of life for women
following breast surgery.

Also, visit with Georgia at:

Empower Me

Sponsored by Marshfield Clinic

Thursday, October 23

29 Pines Conference Center



keeping the GREEN in the valley

Sigh. Being brave can be exhausting. Need a break? Find a bud and go shopping! Luckily, the Chippewa Valley is a fine place to find one-of-a-kind shops. And spending your hard-earned money at local merchants keeps the green in our verdant valley! There are other bennies, too.

Joyce Pugh, the owner of **Country Treasures**, the gift shop and Hallmark store in Chippewa Falls, says,

The importance of the downtown to a community can't be underestimated. It's the heart. People need to see a vibrant downtown. A city isn't its mall complex because one mall is like another and there's so much history in our downtowns. It's our duty to preserve that.

Shopping locally also delivers personal service and staff who know their products.

We know a lot of our customers by name. It feels like family when someone we know enters the store. When they enter, they see someone they know instead of some young person who was hired last week. Customer service is what sets a specialty store apart from big box stores.

Across and down the street from Country Treasures is **Foreign Five**, which is a mélange of jazzy clothing, rich chocolates, flowers, gifts, wine, gourmet foods, and even a bridal salon. There's a lot to see; so if you need to top your tank, adjoining Foreign Five, **Lucy's Deli** will put the yummy in your tummy. Another kind of refueling is down the road and around the corner at **The Garage Salon and Spa**, which is a sleek, chic refashioning of a former garage and the place that puts the ah-h-h in spa, with facials, hot stone massages, and other delights.

On the way to Eau Claire, just off Highway 53, **Bra-vo! Salon and Spa** offers a Caribbean Therapy. It begins with a dry exfoliation followed by a smoothing, detoxifying seaweed masque, a comforting body wrap, and a scalp massage. It finishes with a steam shower and Caribbean cocoa and mango butter rub. That puts the ah-h-h in ooh-la-lah! **Camille's Sidewalk Café** is adjacent, which allows you to tour the world on flatbread pizza. Its offerings are as eclectic as Kickin' BBQ Chicken, Bang-

kok Thai, and Zorba the Greek.

On the north end of Eau Claire, there's **Lydia's Lighting**, which offers scads of lights, but also myriad gifts, as well as decorating expertise, tailored to Wisconsin's climate.

"People in Wisconsin," Patti Denk, of Lydia's Lighting, says,

don't always realize the warmth of color that's needed in a home because of the length of our winters. Pastels are cooler, so you should use them in hot climates. They're nice there because they don't show dust, but they don't work well in Wisconsin and we don't need dust-hiding pastels anyway because we don't have the same amount of dust here.

On fun and funky Water Street, there's **Willow on Water** gift shop, which ponies up big city élan, arrayed in ways that work as Belgian chocolate for the eyes. Abutting Willow on Water is **Starr's Sister Salon**, which puts the fun in funky! Just down the street is **Details Direct**, a women's clothing shop chock full of fashion. Abutting Details is **Avalon Floral**, which is worthy of a good, long look ... and sniff!

Over the river and through the woods (of Owen Park) is downtown Eau Claire. Start with **Brent Douglas Flowers & Artist Gallery**, a family affair that has that cozy family feeling coupled with an artist's eye for color and form. Then there's **Tangled Up in Hue**, an artists' cooperative and perhaps the best-named business of all time. Got kids? Well, then, you've got **That's Adorable!**, a kids' clothing consignment shop. If you've got the time, peruse the **Antique Emporium**, which is where world-class art and artifacts from around the world meet big game, also from around the world. **Scandinavian Imports** and **Silver Feather Jewelry** are Barstow icons. Go see why and consider **The Livery** for lunch, dinner, or drinks. It's both fun and yum.

Before you leave Eau Claire, stop at the quintessential local store, **The Local Store**, run by the good folks of Volume One. It's just as hip as you'd expect it to be.

Down the interstate is Menomonie. Start with **Legacy Chocolates** on South Broadway Street. Also, finish with Legacy Chocolates. Yes, it's that good. Also stop at **The Raw Deal**, which works with fruit, veggies, and nuts like Avalon and Brent Douglas Floral work with flowers. You'll be saying, "I want to have my veggies and eat them too!"

Over on East Main Street is **La Dee Dah**, which describes itself as fun, funky, and fabulous. Trust me. They aren't lying. Across the street is **Anshus Jewelers**, which proves that old-fashioned values don't tarnish. John Anshus, co-owner, says,

People come here because we're so nice. We treat people the way we would want to be treated. We also strive for better value than the big box stores.

And as customers return, the staff stays.

Anshus's daughter, Lisa, says,

We don't have much turnover. They come and stay and it's wonderful. We love it. We're so entwined with each other and we know each other so well.

So, go shopping with your buds. Get to know your Valley well. Entwine with it. You'll love it!

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



Never stop believing in comebacks

ALCOHOL AND DRUG TREATMENT
MENTAL HEALTH SERVICES



libertascenter.org
715.723.5585 or 800.680.4578
2661 County Highway I
Chippewa Falls, WI 54729-1498



4³⁰ COFFEE
AM HOUSE

608 N Bridge St, C.F.

715.720.6165

M-F 6:00am - 5:00pm

Sat 7:30am - Noon



Handicap Accessible



what is bankruptcy?

By Christine A. Gimber

People occasionally find themselves with medical debt, credit card debt, or other debt that has grown too large for them to maintain any longer. As a result of not being able to pay accumulated debt, a person may find herself subject to lawsuits and even garnishment of wages. With no other options, bankruptcy may be the only way to find relief.

Bankruptcy is a legal means for a person to have their debts modified or discharged entirely. To achieve this, a person must file a petition in the Federal Bankruptcy Court. The petition will list all of a person's debt, real estate, personal property, and income.

In a Chapter 7 bankruptcy, the debtor will ask the Bankruptcy Court to discharge all of her unsecured debt so that it no longer has to be repaid. A debtor may ask that secured debt, such as car loans or a home mortgage, be repaid under the original terms of the loan or may ask that the loan be modified. In some instances, a debtor may permit the creditor to take back the collateral securing the debt.

In a Chapter 13 bankruptcy, commonly known as a "wage earners plan," a debtor will propose a "Plan" to repay all or some of her debt. Creditors can object to the terms of a proposed Plan. The debtor and her creditors will usually negotiate a Plan that is acceptable to all parties. Once a Plan is accepted, or "confirmed," the debtor will make regular pay-

ments to the Chapter 13 Trustee, usually a set amount from each paycheck. The Trustee will then accumulate the payments and distribute funds to the creditors according to the terms of the Plan. Chapter 13 Plans can continue for up to five years.

Bankruptcy is a serious decision with long-term consequences. The filing of bankruptcy will immediately reduce a person's credit rating. Credit bureaus will carry a bankruptcy on a credit report for up to ten years. This will make it more difficult and expensive for a person who has filed bankruptcy to get credit in the future. It may even make it more difficult to rent a house or an apartment. A person should not enter into bankruptcy lightly. Rather, before filing bankruptcy, a person should talk with an attorney or financial planner to explore any other options that may be available short of filing bankruptcy. If a person determines her best option is to file bankruptcy, it is recommended she retain the services of a qualified attorney to help her through what can be a complex and lengthy process.

Attorney Christine A. Gimber is a shareholder and the Managing Partner of Weld, Riley, Prenn & Ricci, S.C. Christine practices in the field of collections and creditors' rights.

These materials are meant to serve as a guide and should not be construed as legal advice or a legal opinion on any specific fact or circumstance. These materials are intended for general informational purposes only and you are urged to consult with competent legal counsel concerning your own situation and any legal questions you may have.



Since 1952, Friendly Service
Dedicated To Our Faithful Customers!
(Some things just never change)

Toyceen Motors



You'll find a friend **GMC**

1-888-TOYCEN2 • Bloomer • ToyceenMotors.com
Behind the steeple on Martin Road

Big City Talent. Small Town Value.



**Weld,
Riley,
Prenn
& Ricci SC**

**36 Attorneys available to serve your
legal needs in the following areas**

- ♦ Business & Real Estate ♦ Mediation Services
- ♦ Probate & Estate Planning ♦ Adoption Services
- ♦ Tax Planning & Tax Controversy ♦ Immigration
- ♦ Workers Compensation ♦ Labor & Employment
- ♦ Family & Divorce ♦ Criminal Defense

3624 Oakwood Hills Parkway ♦ Eau Claire, WI 54701
715.839.7786 ♦ wrpr.com



JODI GOBRECHT

EAU CLAIRE COUNTY CLERK OF COURT

- ✓ Current Acting Clerk of Court
- ✓ 19 Years Relevant
Experience in the Clerk of
Courts Office
- ✓ 13 Years Management
Experience
- ✓ 6 Years as Chief Deputy
Clerk of Court
- ✓ Proven Performance
- ✓ Outstanding Work Ethic
- ✓ Fiscally Responsible

VOTE NOVEMBER 4TH

votejodigobrecht@gmail.com

Paid for by Friends of Jodi Gobrecht,
Abby Johnson Treasurer

COMMON QUESTIONS ABOUT MAMMOGRAMS

By Holland Ravelle, M.D., Radiology and Medical Director of the HERS Breast Center in Eau Claire

“Is it time for my mammogram already?” This is the most frequent question we get in the HERS Breast Center. I know how quickly that yearly screening mammogram can sneak up on busy women, but putting it off for a few months or a year can be dangerous. Since there is no prevention for breast cancer, the American Cancer Society recommends yearly screening mammograms to increase the chance of early detection and treatment. We also find that the women who skip one year tend to continue to skip for two or three years.

“Can I skip my mammogram since I don’t have a family history?” Most women who develop breast cancer do not have a family history of breast cancer. The biggest risk factors for breast cancer are being female and increasing age. Because we have no control over the two biggest risk factors, the remaining risk factors do not influence the yearly recommendation.

On the other hand, some women have a known increase in risk because of family history or other factors. It is even more important that these women get their yearly mammograms. Are you unsure of your risk? We do a free risk assessment on all women with a family history.

“Why do you have to squish?” Most women find mammograms only mildly uncomfortable, but some women dread their yearly mammograms because the compression is painful for them. Compression is necessary to decrease the breast thickness and to prevent motion. Decreased thickness makes abnormalities more apparent and also decreases the amount of radiation. Fortunately, the compression only lasts for a few seconds. It may be helpful to schedule your mammogram at a time of the month when your breasts are less tender.

“Will my mammogram cause cancer after repeated doses of radiation?” Although there is a theoretical risk that the small amount of radiation from mammograms will eventually cause cancer, the risk is small when compared to the benefit of early

detection.

“When can I stop getting mammograms?” I get this question weekly. I wish I could offer a simple answer, but it depends upon more than just age. Stopping mammograms depends more on overall health factors and is best determined by consulting with your primary doctor.

“Why do I need a mammogram if I don’t feel anything?” The whole point of mammograms is to find cancer before you can feel something. Early detection of breast cancer leads to less invasive and more successful treatment. Whether or not a cancer can be felt depends on the type of cancer and also where it is in the breast.

There is continual research on better ways to detect breast cancer. One of the newest technologies in practice is called tomosynthesis—sometimes called 3D mammography. This procedure is the same as a mammogram but the images show more detail. Many breast imaging centers are using this new technology in hopes of increasing cancer detection.

So instead of asking why you need a mammogram, this year I implore all of you to instead ask, “When is my next mammogram scheduled?”



Mayo Health System Contacts

HERS Breast Centers
Luther and Clairemont
Campuses 715.838.3926
Eau Claire

Chippewa Valley 888.662.5666
Bloomer, Chippewa Falls,
and Colfax

Northland 715.537.6747
Barron, Cameron, Chetek,
Prairie Farm, and Rice Lake

Oakridge 866.544.6144
Mondovi and Osseo

Red Cedar
Menomonie 715.233.7777
Glenwood City 715.265.7321
Elmwood 715.639.4151

Foot Surgery • Sports Medicine • Wound Care • Diabetic Foot Care • Children



Serving the Chippewa Valley for 16 Years

With Offices in
Eau Claire, Menomonie, and

NOW OPEN

in Chippewa Falls!

Same Day Appointments!

HESSE FOOT & ANKLE
CLINIC SC

Call us toll free at 866-749-FOOT
or visit hessefootandankle.com

Eau Claire Office
3902 Oakwood Hills Pkwy
Suite #3

Menomonie Office
2524 Hills Court

Chippewa Falls Office
 St. Joseph's
Hospital



Experience Hudson This Holiday

This holiday season, plan a Hudson getaway for some local cheer. During your escape west along the river, shop picturesque downtown for unique gifts and eat at award-winning restaurants. Enjoy our main street holiday lights and ongoing events.

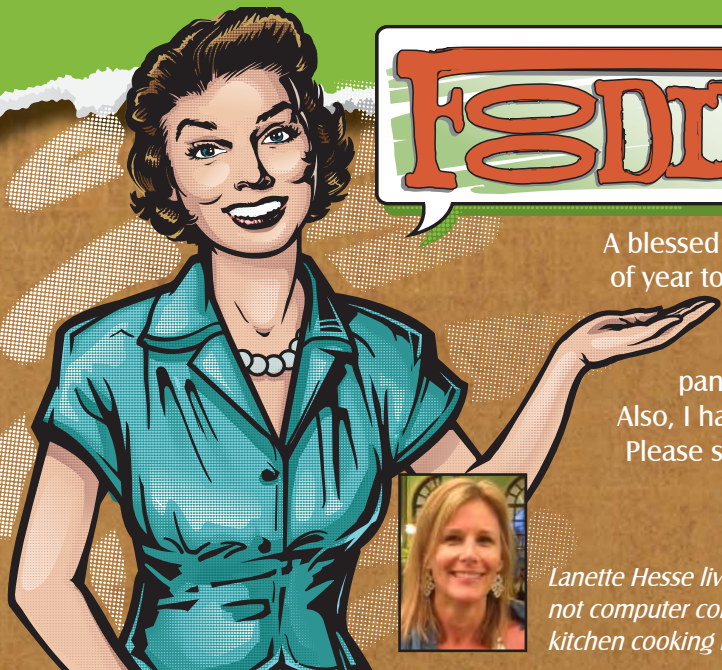
experiencehudson.com

Abigail Page Antiques
Afton House Inn &
Afton Hudson Cruise Lines
Art Doyle's Spokes & Pedals
Barker's Bar and Grill
Casanova Liquors
CocoBello
Dilly-Dally Gift Shoppe
Et Cetera
Grapevine Interiors "At Home"
Knoke's Chocolates

La Rue Marché
Lakefront Framing
Lavender Thymes
Marnie Marie Photography
The Nova of Hudson
Pangea
Pier 500
Phipps Inn Bed & Breakfast
San Pedro Café
Seasons on St. Croix Gallery



©2014 Hudson Advertising Opportunities Group. For more information, call the Hudson Area Chamber of Commerce and Tourism Bureau at (800) 657-6775 or visit SayHelloToHudson.com.



FODIE FORUM



A blessed fall and Thanksgiving to you and your family. This is a great time of year to cook up some comfort food. I realize it might take some "courage" to invest the time to make this labor-intensive lasagna, but it is well worth it. I usually double this recipe to make two 8x8" pans and a 9x13" pan, freezing two and baking the other right away. Also, I have included a dessert I make for book club. I hope you enjoy it! Please share some of your favorite fall desserts on our Facebook page.

Bon Appetit,
Lanette

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

LASAGNA BOLOGNESE (serves 8-10)

2 tablespoons butter	2 tablespoons olive oil	1/8 teaspoon allspice	1 cup heavy cream
1 cup chopped onion	1/2 cup dry white wine	1 bay leaf	1 teaspoon salt
1 clove garlic, minced	2 cups chopped tomatoes	1 teaspoon dried oregano	dash nutmeg
1/2 cup chopped celery	3 tablespoons tomato paste	3 tablespoons butter	1 pound oven-ready lasagna noodles
1 pound Italian sausage	2 cups beef stock	6 tablespoons flour	1 pound mozzarella, grated
1 pound ground beef	1/2 teaspoon sugar	2 cups milk	1/2 cup grated Parmesan cheese

To prepare meat sauce, sauté the onion, garlic, and celery in 2 T butter for 8-10 minutes. Move to a 4-quart saucepan. Back in the frying pan, sauté the sausage and beef in olive oil until lightly browned. Drain. Add the wine to the meat; boil and stir until wine is almost evaporated. Add meat mixture to saucepan, followed by tomatoes, tomato paste, stock, sugar, and seasonings. Simmer partially covered for 1 hour, stirring occasionally.

To prepare Besciamella, melt 3 T butter in microwave in 8-cup glass bowl. Stir in flour. Add milk and cream. Whisk until smooth. Microwave to boiling until sauce thickens, stirring every few minutes. Add salt and nutmeg. Set aside.

Butter one 9x13" pan (or two 8x8" pans). To assemble, layer 1/2 of the meat sauce on bottom, then 1/2 the noodles, 1/2 the Besciamella, and 1/2 the mozzarella. Repeat layers. Top with Parmesan. Bake 350° for 30 minutes. Let stand 5 minutes.

PUMPKIN ROLL (serves 8-10)

3 eggs	1 teaspoon baking powder	2 cups powdered sugar, divided
1 cup sugar	2 teaspoons cinnamon	1/4 cup butter, softened
2/3 cup pumpkin	1 teaspoon ginger	6 ounces cream cheese, softened
1 teaspoon lemon juice	1/2 teaspoon nutmeg	1 teaspoon vanilla
3/4 cup flour	1/2 teaspoon salt	

Preheat oven to 375°. In a bowl, beat eggs for five minutes. Gradually add sugar. Stir in pumpkin and lemon juice. Separately, mix flour, baking powder, spices, and salt; then fold into the pumpkin mixture. Spread onto a buttered 15x10" jellyroll pan. Bake for 15 minutes. Turn the cake onto a tea towel sprinkled with half the powdered sugar. Roll the towel and cake together. Cool for 2 hours. For filling, cream the butter, cream cheese, vanilla, and remaining powdered sugar. Unroll cake to spread with filling. Re-roll and refrigerate until ready to serve.



tips & tricks by Zach the Wine Specialist

Pair a red wine with this lasagna bolognese. A nice Chianti—such as Bolla—will have a fruitier, lighter flavor. A red blend—such as Apothic Red—will be bolder and slightly more dry. These red wines are best served slightly chilled (60-65° F). Refrigerate a warm bottle for an hour before serving, or pull an already-cooled bottle from the refrigerator an hour before serving.

For dessert, you can't beat a good Moscato. Marco Negri is a very good selection. Moscato should be served at 45-55° F. Store your Moscato in your refrigerator to serve it at a moment's notice.

Quick fixes

by the five Crew

Gallbladder Health

Gallstones are a common ailment for ladies in their late 30s-40s. Some people have been able to prevent stones through diet including apple juice, lemon juice, hot lemon water, citrus fruits, apple cider vinegar, ginger, peppermint tea, and raw juice. The chemistry behind this idea is that apple cider vinegar and other foods work to dissolve potential gallstones. Of course, if you are suffering from an attack, see your doctor right away. But if you're seeking prevention, give this a try.



Photo credit: Bildagentur Zoonar GmbH

Rodent Fix for Fall

Fall is here, and that means mice are looking for a warm place to stay: our homes! Here are some less-toxic solutions: (1) If you already have mouse holes, try sealing their entryways with green kitchen cleaning pads or copper scouring pads secured to the sides of the hole. (2) Mice hate the smell of dryer sheets. So, tuck a few around those spots on the outside perimeter of your home where you anticipate a mouse breach. (3) Rodents also detest peppermint oil. Place a drop or two on a cotton ball, and put the cotton balls by doorways or heat vents, etc. (4) If you have a cat, place small tubs of used Kitty litter around entrances of the house. The mice will sniff the smell of cat urine and clear off in a jiffy.



Image credit: Kuttelvaserova Stuchelova

Fall Decorating Fix: Gourds

Gourds come in all sizes, and they provide versatile, inexpensive decorating options. Simply paint a few gourds (in fall colors or white for Halloween ghosts) or hollow them out for vases or candle holders. Display on a tray or use candlesticks as mini pedestals. Arranged in a clear glass bowl, tall glass jar, or on the mantle, with pine cones, acorns, bittersweet branches, fall leaves, and dried corn cobs, you have a cornucopia of creative options!



Photo credit: Nancy A Thiel

North Bay Trading Co® Soup Mixes

These natural, hearty, low sodium dry soup mixes are the perfect way to stay healthy and warm as Wisconsin temperatures grow colder. All four of North Bay's classic, multi-ingredient soups are easy to prepare—vegetarian as is, but modifiable to your tastes. For a great way to give a taste of the Northwoods, consider a gift box. Flavors: Spicy Southwestern, Minnesota Grown Wild Rice, Whole Wheat ABC Pasta Veggie, and 32 Bean & 8 Vegetable. For great cooking tips and to order, visit northbaytrading.com/soup or call 800.343.0164.



Gift Fix: Photo Books

Need a gift for a wedding, birthday, or the holidays? Online photo books are super-easy to create. Or try a heritage cookbook: Gather family recipes and photos and use an online template to complete the project. Voila! Snapfish.com's 5x7" photo books start at just \$11.99, and createmycookbook.com offers customizable, spiral bound cookbooks starting at \$19.95.



Shower Fix: Soap Dispensing Sink Brush

They're not just for dishes. Keep a soap dispensing sink brush in each shower/tub and do your scrubbing while you're showering! It's a simple way to keep the tub from getting gross between deep cleanings.



The Round House

By Louise Erdrich

This story takes place on a North Dakota reservation where a woman is brutally attacked. It is a fusion of two stories: the story of the assault on Geraldine Coutts and the story of a teenage boy whose world and self are torn apart and reassembled in a year's time. The story vibrates with urgency, probing the moral and legal ramifications of a terrible act of violence.

Geraldine is reluctant to reveal the details of her attack, either to the police or to her husband, Basil, and her

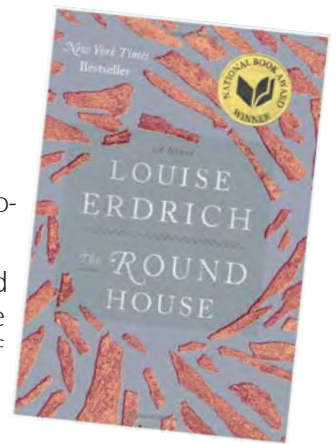
13-year old son, Joe.

Told in Joe's voice, the story he chronicles transforms a sad, isolated crime into a revelation about how maturity changes our relationship with our parents. The teenager becomes frustrated with the slow pace of the law; so, Joe and three of his friends take matters into their own hands. Through Joe's narration, Erdrich chronicles the attack's disastrous effect on the family's domestic life, its impact on their community, and

Joe's premature introduction to a violent world.

Round House is a well-balanced mystery, thriller, and coming of age story, which may make you think of *Stand By Me*. It is a gripping story with a moral twist.

This is the first novel I have read by Erdrich, but I know that I will have to delve into more of her novels.



About the Author

Louise Erdrich is an American writer of several novels, volumes of poetry, short stories, children's books, and a memoir of motherhood. She often features Native American characters and settings. Erdrich was born in 1954 in Little Falls, Minnesota. Her father was of German descent, and her mother was a Turtle Mountain Chippewa (a Native American tribe in North Dakota). Erdrich and her husband, Michael Dorris, raised six children, three of which were adopted. Two years after she and Dorris separated, he committed suicide. Erdrich lives in Minnesota near her daughters. She owns an independent bookstore, Birchbark Books.

HB
HOUSE BLEND
LIGHTING + DESIGN

DESIGN CABINETRY
FURNITURE LIGHTING
ACCESSORIES

www.houseblendstudio.com

215 north bridge street
chippewa falls, wi
(715) 726-2000

store hours
weekdays 9-5:30
saturdays 10-4

find us on
www.houzz.com

TREND ALERT
PONCHOS

COTTON/CASHMERE \$88
100% CASHMERE JUST \$138

**A WARDROBE ESSENTIAL
AND A GREAT GIFT!**

DETAILS
FINE APPAREL & ACCESSORIES
detailsdirect.com
502 Water Street
Eau Claire, WI
715.834.1946

RAY'S OF GRACE X1X

WRITTEN BY GRACE THEISEN

PATIENTLY WAITING

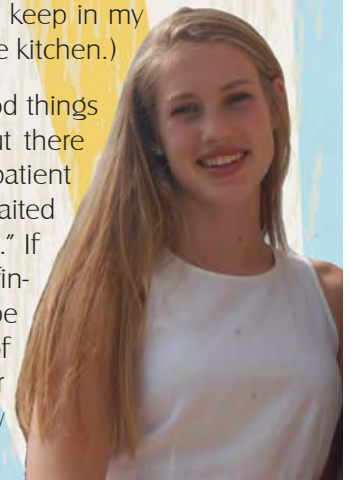
"Patience is a virtue." "Good things come to those who wait." These are a couple of mottos that have been repeated quite a bit by my family lately. Several months ago—and it was several months—I told you that my family had just bought a new house that had been built in 1861. ("New" is kind of a funny word to describe a 150-year-old house, but the house was new to my family at least. Pretty much everything else about the house was old: old paint, old floors, old plumbing, old electrical wires, old heating system. There was not old air conditioning, because there wasn't any air conditioning!)

Finally, after nine long months, we are coming to the end of construction. Did I say "nine long months"? I meant nine VERY LONG months! Supposedly and hopefully, construction is coming to an end.

No more knob and tube electrical wiring. No more drains that do not drain. No more using 10 blankets to keep my nose from frosting while I sleep. Among other things, I look forward to not wearing my ski jacket to bed. (I won-

der what they wore to bed on cold nights 150 years ago) No more pushing buttons to turn on lights. Or should I say, pushing buttons and hoping that the lights turn on? Sorry, but I'm sort of used to flipping a switch and knowing that the light will come on. Knob and tube, I won't miss you. Nor will my iPhone, iPad, or even my curling iron (which I expect to keep in my bathroom, and no longer in the kitchen.)

"Patience is a virtue" and "good things come to those who wait." But there comes a point when being patient is overrated. And those who waited deserve to enjoy "good things." If I have to write about this unfinished house again, I won't be patient and won't have a lot of good things to say. It is time for my family to settle into our new 150-year-old house.



Your Eyes are the window to your soul... and also *Your overall health*

Featuring

- OPTOMAP RETINAL EXAMS FOR EARLY DETECTION OF EYE DISEASE
- LARGE SELECTION OF EYE GLASSES, FRAMES AND DESIGNER COLLECTIONS
- OUTSTANDING STAFF AND SERVICE

Helping to predict your medical future.

Northwoods Family Eyecare LLC
Your vision is our focus

203 NORTH BROADWAY
STANLEY
715-644-2710

113 N. BRIDGE ST.
CHIPPewa FALLS
715-723-9187

VISION SOURCE

WWW.VISIONSOURCE-CF.COM

coop
stronger together
strongertogether.coop

JustLocalFood
COOPERATIVE

At the co-op,
fresh delicious food
is just the beginning.
Nourish your family.
Discover local foods.
Connect with others
and help build a strong
community. It all comes
together at the co-op.



**Just Local Food
Cooperative**

**Open Daily
8 am - 9pm**

1117 S. Farwell St.
Eau Claire, WI 54701
715.552.3366

Take the Plunge &
mix it up this fall!



COURTESY OF CLASSICS FURNITURE STUDIO

Call Jen
for the
Gift Guide

Advertising
SPECIAL

715-379-6983

*Family Owned and Operated
Since 1960*



LaGrander's Hillside Dairy is committed to producing superior cheese products that exceed all quality standards and customer expectations. Award winning Colby, Colby-Jack, Pepper Jack, Monterey-Jack, and Cheddar cheese are LaGrander's specialty, along with the best fresh cheese curds around.



W11299 Broek Rd, Stanley **715-644-2275** www.lagranderscheese.com



What's Going On Calendar of Events

OCTOBER 2014

October 4 – Parade of Colors Fall Hike on the Ice Age Trail – 9 a.m. This beautiful, annual fall hike offers several hike options and includes a shuttle, refreshments, and fun. Chippewa Moraine Ice Age State Recreation Area, 13394 Cty. Rd. M, New Auburn. For more, call 715-967-2164 or visit chippewamoraine.iceagetrail.org/chapter-events.

October 8 – Chippewa Valley Habitat for Humanity Women's Night – 6-8:30 p.m. EVERY Wednesday. Help build or renovate homes for community families in need. Women interested in volunteering should email info@cvh4h.org to sign up. cvh4h.org

October 11 – Pooch Party in the Park – 10 a.m. Fun with your Pooch! Hot dog eating contest at 1 p.m. Blessing of the animals at 2 p.m. Costume contest at 2:30 p.m. Microchipping, paw print art, bouncy house, face painting, pet photographer, beer, and many canine-friendly vendors. This event will support of the Happy Tails Dog Park. 841 Chippewa Crossing Blvd., Chippewa Falls. happytailsdogpark.org

October 11 – Spooky Stacker Stomp 5K – 8 a.m. Registration, 9 a.m. Kids Dash, 10 a.m. Run/Walk. Fun, non-timed, interactive run/walk. Strollers and leashed dogs are welcome. Bring the whole family for music, raffles, refreshments, and photo opportunities with friendly Halloween characters. Awards for costumes and medals for top finishers. All proceeds will go to support Cornell Area Betterment Assoc., the Stacker Preservation Fund, and the Cornell Food Pantry. Mill Yard Park, Cornell. Get more details and register online at cornellwi.com/stackerstomp.

October 13-23 – Annual Chippewa Valley Book Festival – Twenty-nine authors will visit various Chippewa Valley public venues, libraries, and schools. Talks, book signings, meals with authors, writing workshops, and more. For all the details, visit cvbookfest.org.

October 16 – Clean Sweep – 8 a.m.-noon. Chippewa County makes it easy for residents to get rid of household hazardous waste, appliances, and electronics. Drop off: Northern Wisconsin State Fairgrounds, Chippewa Falls. Sponsor: Chippewa Co. Recycling Program. 715.726.7999

October 23 – Witches Night Out – 3-8 p.m. Ladies, head to downtown Menomonie for shopping, socializing, and snacking. Register at participating stores for a chance to win over \$1,000 in prizes. Bring your sisters, moms, daughters, girlfriends, neighbors, coworkers. Free.

Through October 26 – Pleasant Valley Tree Farms Fall Harvest Festival – Hayrides, corn mazes, and MUCH more. Elk Mound. Visit pleasantvalleytree.com for full details.

NOVEMBER 2014

November 1 – Bazaar & Bake Sale – 9 a.m.-2 p.m. Crafts, silent auction, baked goods, and LEFSE, LEFSE, LEFSE! Lunch available. Saving Grace Lutheran Church, 2124 East Ridge Center, Eau Claire. 715.514.3552

November 6 – Ladies Night in the City – 5:30-8:30 p.m. Ladies can get together to relax with a cocktail, sample new products, shop for themselves, their homes, or the holidays, all while registering to win door prizes all night long! Metropolis Resort, 5150 Fairview Dr., Eau Claire. For tickets and details, visit ladiesnightinthecity.com.

November 6 – Taste of the North – 6-9 p.m., Sample the delights of the region's food and beverage producers, learn from the experts, browse the art galleries, and listen to live music. Funds will benefit the Heyde Center's mission to bring quality arts to the Chippewa Valley. Admission: min. donation \$30/person. Heyde Center for the Arts, 3 High St., Chippewa Falls. cvca.net

November 10 – Annual Caregiver Resource Fair, Dinner, and Town Hall Meeting – 4-8 p.m. Keep Calm and Care On: Keeping Your Cool as a Caregiver. Key-note speaker: Janie Jasin, plus Mary Pierce and Tim Davis. Catered dinner, on/offsite respite care, exhibits, and more. No cost. To register, call 800.919.8040. chippewavalleycaregiving.org

November 11 – Veterans Day – For Chippewa Falls events, visit vfwpost1038.org; for the N. WI Veterans Cemetery in Spooner, visit dva.state.wi.us/Cem-northern.asp; for the WI Veteran's Tribute in Cadott, see wisconsinhistoricalmarkers.blogspot.com/2013/07/wisconsin-veterans-tribute.html

November 17 – Mondays in Motion – 6-8 p.m. Too cold to go out but don't want to stay home? Join a family exercise class at 7 p.m. or use the hallways to walk. Sponsored by Mayo Clinic Health System. Registration not required. Alliance Church, 502 21st St. N, Menomonie

November 22 – Annual Craft Country Expo – 9 a.m.-3:30 p.m. Over 85 exhibitors. Lunch available. Door prizes. \$1 admission. McDonell Central High School, 1316 Bel Air Blvd., Chippewa Falls

Beginning November 27 – Christmas Village – Opens Thanksgiving Day 5-6:30 p.m. for walk through only. Open daily after that 7 a.m.-9:30 p.m. until New Years Day. Irvine Park, Bridgewater Ave., Chippewa Falls

November 28 – Santa Arrives – 10 a.m. in the BMO Harris parking lot. Visit Santa at the Rutledge Charity Building until 3 p.m. and every subsequent Saturday through December 20 from 11 a.m.-3 p.m. 404 N. Bridge St., Chippewa Falls. 715.723.6661. visitchippewafalls.com

index of advertisers

4:30 AM Coffee House.....	35
Badgerland Printing	19
Bloomer Ford.....	17
Chippewa Valley Vein Center	25
Christman Dental	29
Details Fine Apparel and Accessories	42
Dove Healthcare.....	21
Eau Claire County Clerk of Court.....	37
Health Centered Dentistry	31
Hesse Foot & Ankle	39
Holiday Inn	11
House Blend Lighting + Design	42
Hudson Chamber	39
Inns of the Valley.....	21
Just Local Foods.....	43
Kristo Orthodontic Specialists	7
LaGranders Cheese	44
Le-Vel	27
Lotus Spa	15
Mega Foods.....	Inside Front Cover
Merrick Plastic and Hand Surgery	5
Northwoods Family Eyecare	43
Pederson-Volker	27
Peoples Bank Midwest.....	27
Red Flint Rock and Stone.....	3
Regis Catholic Schools	23
Regis Court Dental Associates	3
RCU.....	Back Cover
Sacred Heart Hospital.....	47
Smiles in Motion	7
Southside Medical Clinic.....	17
State Farm.....	17
St. Joseph's Hospital.....	35
Stucky Chiropractic	19
The Medicine Shoppe	33
Toycen Motors.....	37
Weld, Riley, Prenn & Ricci SC.....	37
Westconsin Credit Union	31
Western Wisconsin Urology	11
Woita & Associates	27

PHOTOGRAPHER
TRACY HEIDTKE PHOTOGRAPHY
tlheidtke@msn.com





3D Community Health: **Discussing Diabetes** HOLIDAY EDITION

Wednesday, November 19

5:30-7 pm

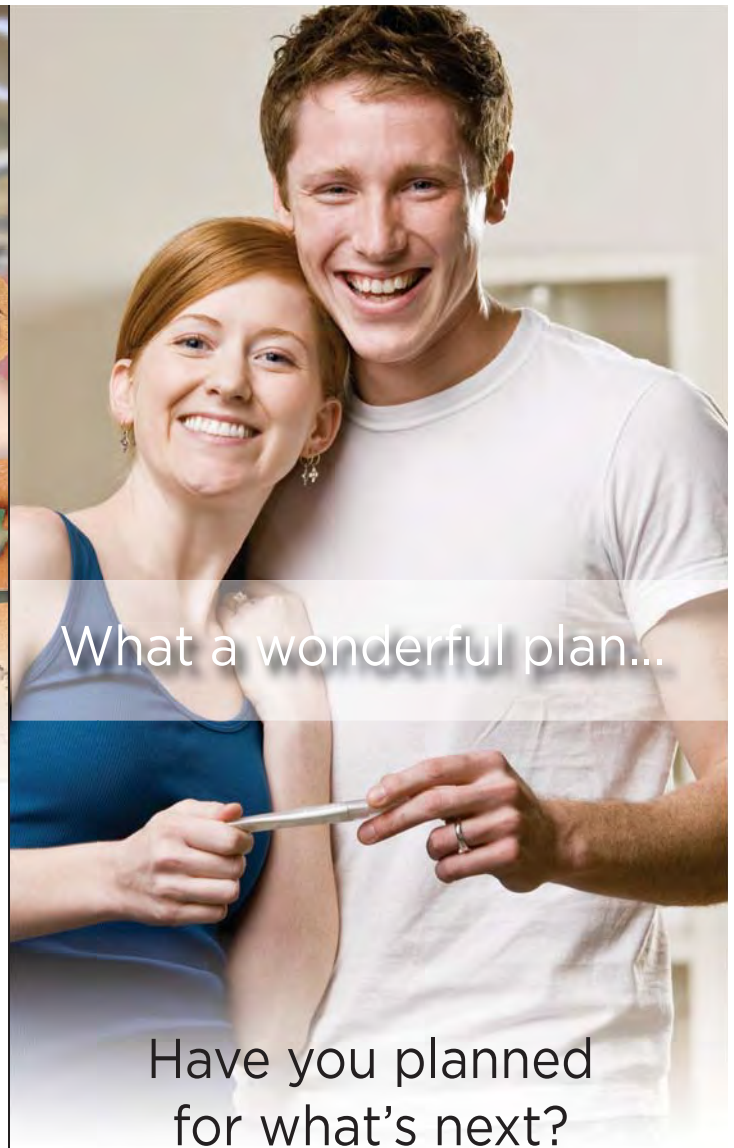
**29 Pines/Sleep Inn &
Suites Conference Center**

Join us for this special Discussing Diabetes & Metabolic Syndrome event. The evening will include keynote presenter **Terry Benson, MD, Internal Medicine specialist** who will discuss the latest information in the treatment of diabetes and new medications. Other presenters and exhibitors will offer a cooking demonstration, exercise demonstration and a variety of health information and screenings. Free. Refreshments provided.

Please call our reservation line,
715-717-7300 to reserve a seat.



AFFILIATES OF HOSPITAL SISTERS HEALTH SYSTEM



What a wonderful plan...

Have you planned
for what's next?

At Sacred Heart Obstetrics & Gynecology,
Dr. Erica Barrette specializes in treating you well,
from complete gynecology services for all ages
to personalized prenatal care. Dr. Barrette offers
flexible appointment times including early
morning and evenings.

Call today
715.717.5350



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

3213 Stein Blvd. Eau Claire





Your dream is
only a dream
until *you* make it
happen

RCU can help
you plan & save.
Start today!



ROYAL CREDIT UNION

rcu.org/certificate • 1-800-341-9911

Your savings federally insured to \$250,000
NCUA National Credit Union
Administration, a U.S.
Government Agency

