

coulee region

Complimentary
DECEMBER/JANUARY 2019
www.crwmagazine.com

women

Giving & Forgiving

Jamie Schloegel
A Culture of Giving

FSPA's Revolution
of **Goodness**

Honoring Diversity

The Power of
Forgiveness

Learn to Let Go

Holiday Gift Guide



Have a toothache?

A dental emergency can strike unexpectedly at any time. Dr. Feist, Dr. Siegert, and our team at Feist Siegert Dental can provide same day care with Laser Root Canal therapy.

- Modern, pain free
- Gentle, precise & predictable
- Disinfect with pulses of light



Dr. Jake Siegert

Dr. Jon Feist



Feist Siegert Dental

831 Critter Court - Onalaska, WI
www.78teeth.com

608.790.9464

"Excellent dentists! While I am not fond of having dental work done, I always have the best experience possible here. I have found the staff to be very respectful and I have appreciated the time and effort that Drs. Feist and Siegert dedicated to getting to know me, in addition to how much they remember. This level of effort is not something that one finds regularly. I highly recommend this dental practice."

- Felicia

EXPERT BREAST CARE WHENEVER YOU NEED IT.



When you're concerned about your breasts or breast cancer, you want answers right away. Get fast, easy access to the care that provides those answers at Mayo Clinic Health System in La Crosse. Comprehensive breast care includes 3D mammograms and MBI for the most precise cancer screening, plus expert guidance and targeted treatment to help you feel your best. Our team of providers stays available, so you can regain your peace of mind and get back to an active, healthy life sooner.

Choose extraordinary

Breast Care

Call 608-509-4200 for expert breast care that fits your exact needs and your busy life.
mayoclinichealthsystem.org/breastcare



MAYO CLINIC
HEALTH SYSTEM

coulee region

women

AREA HOME AND HEALTHY LIVING MAGAZINE

11 PROFILE

A CULTURE OF GIVING

Jamie Schloegel leads the La Crosse Community Foundation in making a difference.

15 CAREERS

CUSTOM CARE

Sandra Littlejohn's focus on diversity ensures Gundersen patients get respectful care.

19 FAMILY

THE POWER OF FORGIVENESS

Teaching children to forgive begins by encouraging empathy.

23 HEALTHY LIVING

STAYIN' ALIVE

In an emergency, use CPR to give the gift of life.

25 HOME

JUST THE WAY SHE LIKES IT

Paige Forde's home reflects millennial minimalism.

29 FOOD

GIFTS GOOD ENOUGH TO EAT

Consumables are the perfect gift for the person who has everything.

33 COMMUNITY

A LIVABLE DOWNTOWN

A new neighborhood association serves downtown La Crosse.

35 WOMEN IN THE REGION

FINDING THE GOOD WITHIN US

The FSPA wages a Revolution of Goodness.

38 NONPROFIT

A PASSION TO SERVE

Under Kelley Waddell, the YWCA La Crosse continues a mission of giving.

41 RETAIL THERAPY

HOLIDAY GIFT GUIDE

Find the perfect gifts for those special to you this season.

43 HOW-TO

HOW TO LET GO

Resetting your thinking is the key to moving on from being hurt.

Pictured on cover and above: Jamie Schloegel, executive director of La Crosse Community Foundation. Photo by Tiffany Brubaker Photography. Hair and makeup by Angie Buck.

Giving & Forgiving





All the services you need in one location

Experience the comfortable, healing environment of our Center for Women in Onalaska.

Services include:

Behavioral health | Bone density testing | Continence and pelvic prolapse | Fertility | Gastroenterology | Gynecologic Cancer | Mammogram | Ob/Gyn | Pelvic pain | Primary care | Physical therapy | Sexuality care/counseling | Ultrasound
And more...

gundersenhealth.org/womens-health

GUNDERSEN
HEALTH SYSTEM®

Photo by Tiffany Brubaker Photography



This time of year, emphasis is heavy on giving. With holidays looming, our focus is drilled onto finding the perfect gifts, making the right foods and ensuring that everyone on our list is covered, equally and fairly. I think we can all agree that this process can be stressful and not always filled with joy.

Combine this with the complications that can arise when family members, friends and colleagues gather in various settings, each bringing their own unique set of viewpoints, memories, resentments and hurts. This, too, can bring more stress than joy.

It was in this spirit that we chose our theme, Giving and Forgiving, for this particular issue of *Coulee Region Women*. With it, we hope to bring back a sense of joy to the act of giving, and also bring a sense of peace and generosity to our encounters with fellow humans through the process of forgiving.

I'll be the first to say it's easier to give than forgive. As a working mother, I feel I give all day long. I pour my energy into my career; then, at day's end, I am greeted by a whole host of people who need even more from

me: my children, my husband, my 4-H and knitting club kids, the writers I teach and more. Yet in the end, it's not all those people I feel resentment toward and need to forgive—it's me, for not having been able to give them just a little bit more. It's me, for putting my own needs and dreams last, yet again.

Our writer Shari Hegland, who penned the story on forgiveness on page 19, mentions in her bio that, for her, the most difficult act of forgiveness is forgiving herself. I think many of you, our readers, may agree. We women set our expectations of ourselves—of what we can give—so high that it's inevitable we'll feel we fall short. And the one person we need to give most to—ourselves—is not covered, equally and fairly.

So let's begin there, with ourselves. Let's begin by recognizing and really honoring the many ways we give—to our families, our workplaces, our communities. To help you in doing so, we've featured several women in this issue whose stories illustrate ways women give. We feature givers like Jamie Schloegel of the La Crosse Community Foundation, Sandra Littlejohn of Gundersen Health System, and Kelley Waddell of YWCA La Crosse. We celebrate the irrepressible Franciscan Sisters of Perpetual Adoration as they focus their energy on a Revolution of Goodness, and on Courtney Lokken, who seeks to serve the La Crosse community through a Downtown Neighborhood Association.

Then, we learn to forgive. Two excellent stories—one on teaching forgiveness and one on learning to let go—give specific and grounded advice from local experts on how to work our way through hurts, resentments and emotional pain, with the end goal of releasing these burdens through forgiveness—of others and ourselves.

We hope you find much in this issue to nourish your soul as the holidays near, the days darken and the year ends. We hope to help you recognize yourself as the amazing giver you are and help you realize that everything you do, is enough.

Betty

coulee region women

AREA HOME AND HEALTHY LIVING MAGAZINE

ISSUE 101, VOLUME 17, NUMBER 5
DECEMBER/JANUARY 2019

PUBLISHER
Diane Raaum

EDITOR
Betty Christiansen

DESIGNERS
Lisa Houghton Design
Jaclyn Berg

MARKETING ACCOUNT REPRESENTATIVES

Carol Schank, Director
Sandy Clark
Claire Ristow-Seib

PROOFREADER
Sandy Clark

WEB MASTER
Mader Web Design LLC

PHOTOGRAPHY
Tiffany Brubaker Photography
Jen Towner Photography
Jordana Snyder Photography

DISTRIBUTION
Citywide Marketing Services LLC
Jennie Kolek
Joanne Mihm

Coulee Region Women is published six times per year by Coulee Region Communications LLC 816 2nd Avenue S., Suite 300, Onalaska, WI 54650. Subscriptions available for \$24.95 per year (six issues).

Send check to the address above. All unsolicited manuscripts must be accompanied by a self-addressed, stamped envelope. *Coulee Region Women* assumes no responsibility for unsolicited materials.

©2019 Coulee Region Communications LLC All rights reserved. No part of this publication may be reproduced without written permission from the publisher. *Coulee Region Women* magazine does not necessarily endorse the claims or contents of advertising or editorial materials. Printed at Crescent Printing Company, Onalaska, WI. Printed in the U.S.A.

**For advertising information
call 608-783-5395**

**www.crwmagazine.com
info@crwmagazine.com**

WE WANT TO HEAR FROM YOU!

Send comments, suggestions, ideas or original recipes to:
Coulee Region Women Editor,
816 2nd Ave. S., Suite 300, Onalaska, WI 54650.
Email: editor@crwmagazine.com

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



PROFESSIONAL COLLABORATION IS A POWERFUL WAY TO GET THE BEST CARE AVAILABLE.

At River Town Dental, we work as a team to share knowledge, ideas and strategies in order to give you the most modern dental care. We continually train and update our clinical skills with the latest techniques, materials and technology. Our staff listen to your needs and want to help you look and feel your best.

For a beautiful smile from doctors who share their experience and knowledge with each other and with you, let River Town Dental be your team.

PLEASE CALL FOR AN OFFICE VISIT TODAY. WE LOVE NEW PATIENTS!



**RIVER TOWN
DENTAL**

HOLMEN 608.526.9300 • LA CROSSE 608.788.0030 • RiverTownDentalOnline.com

CHRISTMAS, THE OLD-FASHIONED WAY



Put down the devices and start a new family tradition by spending a day at the Norskedalen Nature & Heritage Center's Old-Fashioned Christmas from 10 a.m. to 5:30 p.m. on December 1. Together, you can make Christmas ornaments with Norskedalen's blacksmith in his shop, tour the homestead in a horse-drawn wagon and get your favorite Norwegian baked

goods at the bake sale. Later, enjoy an old-fashioned Christmas dinner with family and friends and sing carols with a bell choir in Norskedalen's chapel. Throughout the day, enjoy beautiful decorations, family craft projects and holiday music—with a special appearance from Santa between 1 and 3 p.m. Weather permitting, you can even partake in sledding with s'mores and hot chocolate in the shelter. Go to www.norskedalen.org for full details.

THE NUTCRACKER BALLET



The holiday season wouldn't be complete without a performance of the famous Nutcracker Ballet staged by the La Crosse Dance Centre. This timeless tale tells the adventure of self-discovery for Maria, who receives a Nutcracker doll from her Godmother Drosselmeyer on Christmas Eve. Join Maria on her journey as she defeats the evil Rat Queen, travels through a beautiful snow-covered land, and revels in the colorful Land of Sweets. The story unfolds at the Viterbo Fine Arts Center December 7-9, with performances at 7:30 p.m. Friday and 2 p.m. Saturday and Sunday. Tickets are \$19 per adult and \$16 per each child under 18. To buy tickets, go to www.viterbo.edu/fine-arts-center.



AN EPIPHANY CELEBRATION FOR WISE WOMEN

The fourth annual Women's Christmas, hosted by the Franciscan Spirituality Center and held January 3, 5:30 to 8 p.m., is rooted in delightful Irish tradition. On the Feast of Epiphany, the celebration of the coming of the Wise Men to the Infant Jesus, Irish women left the care of their households to the men for a few hours so they could enjoy each other's company away from their domestic responsibilities, especially after the busyness of Christmas preparations.

Whether you claim an Irish heritage or not, you are invited to leave behind your responsibilities for a few hours to enjoy the companionship of other women. Beginning with a simple meal, and led by facilitator Deb Hansen, participants will reflect on the Celtic seasons of Lughnasadh (harvest), Samhain (renewal), Imbolc (awakening) and Beltane (vitality), meanwhile sharing with each other their unique wisdom and wise women gifts of harvest knots, anointing oil, seeds and shawls. To register, go to www.fscenter.org. The cost is \$35; a meal and wise women gifts are included.

ONALASKA BEAUTIFICATION TAKES ON NEW LIGHT



As the development of the Great River Landing in Onalaska progresses, the Onalaska Arts Council, a group composed primarily of women business owners in Onalaska, is launching a fundraising campaign to create and install an original sculpture at Second Avenue and Main Street.

The proposed bronze sculpture, which will be created by artist Mike Martino, incorporates colored glass in a sweeping design depicting the circular path of a bird soaring away after making a splash in water. The Onalaska Arts Council hopes to raise \$175,000 toward the goal of installing the sculpture in summer 2019.

Tax-deductible donations can be made through an online crowd-funding campaign at www.gofundme.com. Checks made payable to "Onalaska Enrichment Foundation" (with "sculpture fund" in the memo line) can be dropped off at Onalaska City Hall or mailed to The Sculpture Fund, 711 Pleasant Court, Onalaska, WI 54650.



Fuel Efficient.
Environmentally Sensible.
You'll Love More Miles Per Dollar!

www.hondamotorwerks.com

Phone: 877-4-A-HYBRID 



Honda
MOTORWëRKS

500 4th Street S. (4th & Cameron)



THE MOST WONDERFUL GIFTS OF THE YEAR

AVEDA

THE ultimate
salon & spa

2850 Midwest Drive, Suite 101 • Onalaska, WI 54650

608.782.8720 • www.theultimatesalon.com  

A Culture of Giving

Jamie Schloegel leads the La Crosse Community Foundation in making a difference.

BY DOREEN PFOST
Photos by Tiffany Brubaker Photography

It might be an understatement to say that giving is a way of life for Jamie Schloegel. “As individuals, we have a lot of power to make a difference in the world,” says the La Crosse Community Foundation’s new executive director. She believes that “the world is only as great as the human beings who live here,” and she brings that attitude to her new role at the foundation’s helm.

Created in 1930, the La Crosse Community Foundation was one of the first organizations of its kind in the United States, providing a mechanism for local philanthropists to give back to their community by creating or contributing to permanent endowment funds. The funds are managed for perpetuity, but as they grow, the proceeds are used to support local nonprofit organizations and initiatives. The hallmark of a community foundation, says Schloegel, is that “it

“We live in a community that has a very unique culture of philanthropy embedded in it, and we’re incredibly lucky to have these permanent assets that will never go away. They help to make La Crosse a great place to live.”

—Jamie Schloegel

dispels the notion that you have to be wealthy to be a philanthropist.” There’s no minimum gift level, and even a modest donation can have a big impact.

The two core functions of any community foundation, Schloegel explains, are, first, to receive charitable gifts and, second, to steward those resources wisely. As the foundation’s program director, from 2016 to mid-2018, her job was to work with grant seekers—individuals and groups who have great ideas and need money. “Now, as executive director, the main priority of my role is to grow and secure those dollars so we can increase the amount we’re able to give.”

Guiding gifts to their greatest impact

A community foundation serves as a sort of “philanthropic concierge,” Schloegel says. “By the nature of our traditional grant-making programs, we have a 30,000-foot view of who is doing what in the community. So we’re able to see where the greatest gaps are, and who does what really well.” That knowledge helps Schloegel guide prospective donors who want to know where their contributions will do the most good.

Sandy Brekke, chair of the foundation’s board, says the directors have been inspired by Schloegel’s vision and her passion for the community. “She brings with her a ton of energy, which really energizes everybody around her; that helps us look at things from a different perspective.” One new perspective that Schloegel has recognized and pointed out to the foundation board is that today’s philanthropists are often interested in something more than leaving a legacy for the future: They want to tackle big problems *now* and see the needle move.

As an example of a project whose aim is to “move the needle,” Schloegel encouraged

the foundation board to make a major commitment to the Alliance to HEAL (Halt the Effects of Addiction Locally). The initiative, launched in October, brings together more than 60 local partners to rethink—and perhaps reinvent—the community’s response to the opioid crisis, which in 2017 claimed 29 lives in the La Crosse area. The problem is too big and complex for one organization alone to achieve much change, says Schloegel; it calls for a coalition working together as partners and collaborators.

Where she was meant to be

The massive project is unlike anything that the foundation has previously undertaken. But Schloegel is no stranger to daunting tasks, having stepped into the oversize shoes of Sheila Garrity, the foundation’s first executive director, who held the position for 25 years. “I’m pretty hard on myself, and I have super-high expectations,” says Schloegel. “Following a powerhouse like Sheila can be a bit scary; I’m always asking myself how I can be better.” Garrity, who hired Schloegel for the program director position in 2016, apparently has no such reservations. “Jamie is clearly a professional leader and decision maker,” she says. “The foundation seems to be firing on all cylinders under her leadership.”

And Brekke remarks on how quickly Schloegel appeared to become comfortable in her new role: “She just *became* the executive director right off the bat. It was as if that was where she was meant to be.”

Schloegel’s new role may appear to be a natural progression from her early career ambitions, but she says she didn’t initially plan to be a development professional. As a youngster growing up in Holmen, she felt drawn to the helping professions, and after earning a degree in social work at Viterbo

University, she was employed at Family & Children’s Center, a human services organization that relies on philanthropy. “I realized very early on that my skills were better suited to building relationships,” she says, so when a development position became available at the center, she applied. She eventually served as the organization’s director of development and is just shy of a master’s degree in philanthropy and development at Saint Mary’s University of Minnesota.

Leading by example

Now at the foundation, Schloegel’s management style includes leading by example. Shortly after becoming executive director, she and her husband, Joe, made what she calls “our largest philanthropic gift ever” to create the Schloegel Family Fund for Kids, an endowment that will support programs for families with children affected by abuse.

At home, Schloegel and her husband seek daily to imbue an attitude of compassion and philanthropy in their children, Brennan and Violet. She brings them to work whenever there’s an opportunity, especially for “big check photo ops.” When people ask 10-year-old Brennan what his mother does, he replies, “She asks people for money and then gives it away for good work.”

Every night at the dinner table, each family member shares three things: the best part of their day, their answer to that evening’s silly question and something they’re grateful for. “We use that as an opportunity to point out how we can make life better for others,” Schloegel says.

“As a mom,” she reflects, “I think about how to make the world a better place for when my kids are adults.” The La Crosse area is an ideal place to work toward that goal. “We live in a community that has a very unique culture of philanthropy embedded in it,” she says, “and we’re incredibly lucky to have these permanent assets that will never go away. They help to make La Crosse a great place to live.” 

Doreen Pfof of Elroy enjoys writing about the many nonprofit organizations that make the Coulee Region a wonderful place to live.

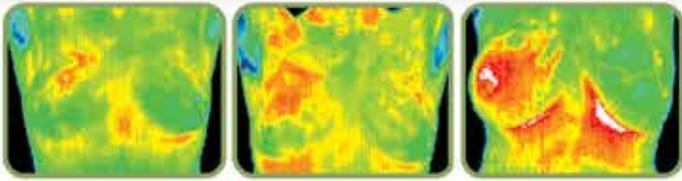
Just in Time

Custom Furniture from
HANCOCK & MOORE



301 Sky Harbour Dr.
La Crosse, WI
608.781.5500
www.iflax.com

Women in Wellness



No Radiation! No Crushing! No Contact!



Naturally Unbridled
Wellness™

- ✓ Breast & Body Thermography
- ✓ PEMF Therapy for Cellular Energy & Pain
- ✓ Naturopathic Wellness Consultations



Patti Bartsch, PhD

**TRADITIONAL
NATUROPATH**

1129 Riders Club Road-Onalaska • 608.799.8326
www.NaturallyUnbridled.com

FITNESS LYING DOWN

Better Movement. Smarter Fitness.

- ✓ Personal Training & Group Classes
- ✓ Movement Screens & Custom Workouts
- ✓ 21 Day Trials for All Fitness Levels



Megan Berner

COACH

1501 St. Andrew St. B202-La Crosse • 608.385.4676
www.FitnessLyingDown.com



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

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

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



- ✓ Restore & heal your heart through **RELATIONSHIP COACHING**
- ✓ Organize & maximize your life with **BUSINESS COACHING**
- ✓ Thrive & feel your best through **HEALTH/WELLNESS COACHING**



Amy LeClaire
LIFE COACH

amy@alignedlife.org | 608.797.9664
www.alignedlife.org

CUSTOM CARE

Sandra Littlejohn's focus on diversity ensures Gundersen patients get respectful care.

BY JANIS JOLLY
Contributed photos

Gundersen Health System administrator Sandra Littlejohn sees herself as a bridge between nontraditional patients and the clinical team. She knows from personal experience what it's like to be a person dealing with sickness and cared for by professionals unfamiliar with her customs.

A Mdewakanton Dakota Sioux woman who had been working at Gundersen for many years, Littlejohn was participating in a Sundance Ceremony nearby with her family when her 10-year-old daughter became ill. She brought her into Gundersen Pediatric Urgent Care, where they diagnosed fluid in her lungs and admitted her to the hospital. Family members came to the hospital room bringing sacred objects from the Sundance Ceremony and prayed for the girl. A hospital chaplain offered a prayer, assuming they were Christian. The family accepted the prayer although they follow a different religion. Littlejohn was surprised that her own co-workers at the hospital knew so little about Native American customs or religion.

Honoring cultural differences

This experience brought home how cultural sensitivity is important in a health care setting. Much of Littlejohn's career has been spent training clinical team members to understand and honor diverse healing traditions.

Experience and research* has shown that when patients from Native American, Hmong or any background different from the mainstream enter the health care system, they do better if their own healing traditions are honored.

Littlejohn's career and education have prepared her well for the task of bridging the gap. She holds a nursing degree from St. Olaf College in Northfield, Minnesota, and a master's degree in Transcultural and Community Care from Augsburg College in Minneapolis.

Now, as Executive Consultant in Human Resources Operations, she continues to be a key contributor to Gundersen's Inclusion Program, which involves creating and updating guidelines on how minorities are treated in the health care system by providing education



Sandra Littlejohn, Executive Consultant in Human Resources Operations at Gundersen Health System

to the staff about cultural differences.

Some changes were mandated by law. In 2000, the national standards for Culturally and Linguistically Appropriate Services (CLAS) clarified goals for health care workers regarding all their patient interactions. In the same year, Executive Order 13166 called for improved access to language services for individuals with limited English proficiency. Littlejohn led colleagues in developing strategies and training modules to put the laws into practice.

Understanding traditions

The principal minority groups seen at Gundersen Health System are Hmong, Hispanic, Amish, Native American and Somali.

Family presence and support during the hospital stay is common among these groups. Often, they have tried traditional healing

methods before coming to a clinic or hospital. They may bring their native healer or shaman, or an elder who expects to be consulted.

Sometimes their practices don't jibe with the hospital rules. But Hmong individuals may wear prayer bracelets, and Native Americans may wear a medicine bag containing sacred objects for healing. Littlejohn says these things are allowed if they are not interfering with the procedure being done.

Today, the Worship Center in the hospital's new Legacy addition can even accommodate religious ceremonies that involve smudging of sweetgrass or burning rituals because of a special air exchange.

Educating about diversity

Littlejohn's expertise reaches into other states as well. For the past 10 years, she has led groups of health care professionals to the Pine Ridge Indian Reservation in South Dakota, where she bridges the gap between the residents, who are quite protective of their people against outsiders, and the doctors, nurses, and nurse practitioners who come to the reservation to serve them. Clinical staff need to know how to use culturally sensitive communication and to honor the input of elders when making decisions.



Littlejohn recently participated in the Multi-cultural Visiting Expert Lecture Series held for Gundersen Health System employees.

Littlejohn has been employed by Gundersen Health System since 1991. Along the way, she has served as Executive Director of Hospital Operations from 2004 to 2015, when she was a key leader contributing to the building of the new Legacy addition to the hospital. She has been a diversity consultant for her entire career with Gundersen.

She lends her expertise to the larger community and has contributed to panels on health careers at University of Wisconsin-La Crosse and Western Technical College. She was the keynote speaker at the ALANA Conference (Asian, Latina, African, Native American Womyn) at UW-La Crosse in April, and she spoke on unconscious bias at the Wisconsin Diversity Conference in June.

As a minority woman who has navigated the system and emerged a leader, she sees her role as one of service. Yet she must concentrate her efforts where they are most needed. How does she make that choice? "I have faith that the need will find me," she says. **(crw)**

** Notably, from *In the Nation's Compelling Interest: Ensuring Diversity in the Health-Care Workforce* from the Institute of Medicine (Washington, DC: National Academy Press, 2004).*

Janis Jolly, of La Crosse, is a frequent contributor to Coulee Region Women.

An advertisement for the Women's Fund of Greater La Crosse. It features a large photograph of a young woman with long, wavy blonde hair and blue eyes, wearing a white sweater. The text is overlaid on the left side of the image. At the top left is the Women's Fund logo, which consists of two overlapping heart shapes, one pink and one orange. Below the logo is the text "WOMEN'S FUND OF GREATER LA CROSSE" in a bold, sans-serif font. The main headline is "Growing Possibilities" in a large, orange, cursive font. Below this, there are three paragraphs of text in a white, sans-serif font. At the bottom left, it says "DONATE TODAY!" in a bold, orange, sans-serif font, followed by the website "womensfundlacrosse.org" in a white, sans-serif font. At the bottom right, there is a graphic that says "Celebrating 20 YEARS" with a large pink heart shape behind the number "20". The bottom of the advertisement is decorated with a pattern of orange and pink swirls.



STYLE ENCORE®

PERSONAL STYLING

COMPLIMENTARY. CONVENIENT. FUN.

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

LOCATED BEHIND TARGET, ACROSS FROM DAHL AUTO
420 THEATER RD • ONALASKA, WI • 608.779.0515



Sales | Service | Rentals

Join us for our
Holiday Open House
December 7-9, 2018

- Great gift ideas starting at just \$5.00
- Discounts up to 75% off select clothing and accessories
- Great clearance prices on remaining 2018 bikes
- FREE layaway until Spring
- Free coffee, cocoa and cookies
- Huge selection of running & cycling clothing
- Drawing for lots of great stuff including a \$50 gift card each day!
- Locally made Redfeather snowshoes for the whole family for sale or rent
- Fat Tire bike rentals by the day or weekend
- Open 7 days a week
- Gift Certificates available in any amount

(608) 519-5757 • www.rivertrailcycles.com 

106 Mason St • Onalaska, WI 54650 • Corner of Hwy 35 & Mason (just down from the Y)

ITS LIKE HAVING
STORMTEAM 8
IN YOUR POCKET



News8000.com
FIRST ALERT
WEATHER

NOW A PART OF
News8000.com
NEWS 8 • WKBT-TV • LA CROSSE

BEST OF LA CROSSE
2019



VOTE FOR YOUR
LOCAL FAVORITES

www.thebestoflacrossecounty.com

THE POWER OF *Forgiveness*

Teaching children to forgive begins by encouraging empathy.

BY SHARI HEGLAND
Contributed photos



One of the first ways parents teach their children how to forgive and why it is important to forgive is by modeling it themselves, says Mary Cortesi, LCSW, a psychotherapist with The Therapy Place of La Crosse.

“We have difficulty teaching children to forgive if we, ourselves, can’t forgive,” she says. And there are so many reasons that forgiveness is good for all of us: “It reduces long-term stress, it helps with psychological wellness and it helps us develop long-lasting relationships.”

Forgiveness begins with empathy



Mary Cortesi, LCSW,
psychotherapist with
The Therapy Place of
La Crosse

Forgiveness begins with empathy, and empathy is something children begin to develop as early as 4 months, as they learn to distinguish expressions and then to mimic expressions and emotions. But it isn’t until age 5 or 6 that children can really imagine what other people are feeling, Cortesi says. That ability to put oneself in another’s shoes is key to being able to understand the process involved in forgiving.

Think of a time when you were hurt by someone. Now think of a time that you were the cause of hurt. “We all have created hurt,” Cortesi says. Learning to recognize that and also

to offer forgiveness to others “is a way to conduct ourselves in the world respectfully.”

Teaching forgiveness

For elementary-age kids, teaching forgiveness focuses on the process of resolving conflicts, says Lorrie Roeck-Wiese, a counselor at Onalaska Middle School who has also worked in the elementary setting. This includes defining what an apology is, explaining how to use “I” statements to talk about what happened, acknowledging



Lorrie Roeck-Wiese,
counselor at Onalaska
Middle School

who was hurt and stating how the problem can be handled differently in the future.

As children reach their teen years, the focus moves more from the structured skills of apology and forgiveness to relationship building. They talk about what makes a good friend, what should be expected from a friend, how to make choices in friendships and what empathy looks like.

When incidents between peers or between students and teachers arise in school, restorative circles or restorative practices can be used formally to process what occurred and help all involved understand the impact of actions. The discussion asks students to consider what happened, what they were thinking at the

time of the incident, what they have thought about since, who has been affected by what they did and in what way and, finally, what they think they need to do to make it right.

Cortesi points out that apologies and forgiveness should not be forced nor attempted when emotions are at their peak, and that parents and other adults play a strong role in modeling how and when to have those discussions. “Model for them taking time to cool down and coming back to talk about it a bit later,” she says. “Wait until your brain is back online again. Empathy and forgiveness don’t always happen right in the moment.”

Forgiving is not saying “it’s OK”

Both Roeck-Wiese and Cortesi agree that forgiving someone does not mean telling them that what they did is OK. Instead, it is acknowledging that you understand that they are human and made a mistake, and you are willing to give them another chance.

Or not. Roeck-Wiese says that as young people reach middle school, the focus on healthy relationships leads to discussions about times when a second chance isn’t the right choice. “There may be times when you may forgive, but not stay in that friendship,” she says.

In some cases, the formal back-and-forth being taught simply isn’t possible, because the person who caused the hurt can’t or won’t be a part of the conversation. When that is the case, Roeck-Wiese says, she focuses students on three steps:

1. Self-forgiveness for any mistakes they have made.
2. Understanding what is in their control and what is not, and not dwelling on things they can’t control.
3. Letting go. Roeck-Wiese says it is important to be specific with young people about how to “let go,” offering suggestions for ways to put their energy and actions toward other friends, strengths and positives in their lives. For more information on letting go, see page 43.

Forgiving helps the forgiver

Cortesi says that one of the most important aspects of forgiveness is being able to feel that offering forgiveness is for you, not for the person who hurt you.

“It is about you letting go of the poison and releasing the bitterness,” she says. She adds that holding on to hurt doesn’t make it feel better. Instead, it is like weight in your hand that gets heavier with time.

Teaching children how to communicate their feelings, recognize healthy relationships, and understand that emotions come and go—and that they can release some of those emotions through forgiveness—will help them develop stronger friendships and healthier lives. (crw)

Holmen writer and mother Shari Hegland recognizes that, for her, the most difficult act of forgiveness is forgiving herself.



Celebrating Her Heart Health

Join us for an educational luncheon

Friday, February 22, 2019

Come and Enjoy:

- Free Health Screenings
- Exhibits
- Speaker: Andrea G. Winters, PA-C
Gundersen Health System

Tickets: \$25 Individual
Table of 8 - \$200

visit herhearthealth.org for more information

GUNDERSEN HEALTH SYSTEM.  **MAYO CLINIC HEALTH SYSTEM**

© Celebrating Her Heart Health. 2018. All Rights Reserved



LODGE. RUSTIC. BOHO. MODERN. FARMHOUSE. *Refined Repale*. MID-CENTURY. VINTAGE. COTTAGE. GLOBAL STYLE.



SAVVY HOME

- NEW REFINED SELECTION
- NEW REFINED 1 HR CONSIGNMENT PROCESS
- NEW FARMHOUSE & MID-CENTURY ROOMS
- CHRISTMAS BOUTIQUE OPEN THROUGH DECEMBER
- ENVIRONMENTALLY CONSCIOUS DECORATING

1215 OAK FOREST DR. • ONALASKA • 608-779-3549 • SHOP ON FACEBOOK & INSTAGRAM  



Healthy *Women.*
Healthy Families.



So much care, so close.

 (608)637-2101  info@vmh.org  www.vmh.org



Confidently you.

From an eyelid lift to a mommy makeover...

If you're considering plastic or cosmetic surgery, chances are you have a lot of questions. Our team is here to provide answers. Your wishes and decisions are personal. We understand that. Our goal is to make sure you have the answers you need to make decisions that are right for you.



Winona Health Plastic & Cosmetic Surgery

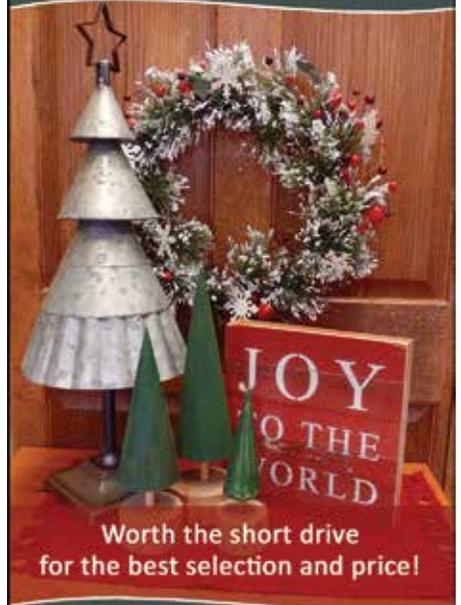
To learn more, visit plasticsurgerywinona.org or call 507.474.3152.

◀ Hans J. Serleth, MD, Board Certified Plastic, Cosmetic and Reconstructive Surgeon

WH Winona Health
855 Mankato Ave. • Winona, MN • 507.474.3152

STOP & SHOP AT
HOUSE WARMINGS

Antiques • Vintage Decor • Crafted & New



Worth the short drive for the best selection and price!

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

Follow us on Facebook!

Tammy Zee's Yoga & Pilates Studio
200 & 300 Yoga Teacher Training School



Your First Class is Always FREE!

Tammy Zee, M.S., C-IAYT, 500 RYT, 200 RYS
www.tammyzyoga.com • 608.386.1217

dztz@acegroup.cc • 432 Cass Street, La Crosse



When we think of yoga, we may of course envision someone doing a yoga pose or meditating to help them better cope and feel better mentally, physically and emotionally. Practicing yoga is a wonderful way to help us deal with whatever life throws our way, but how can we be truly healthy if we are holding on to grudges or anger? Emotional scars or "samskaras" fester in the body and can lead to illness or disease if we don't learn how to let them go. This time of year, give yourself the gift of forgiving to help your overall health. We may remember the grudge or negative event, but we can learn from the experience and move on, helping to keep mind, body and spirit healthy and able to grow. Practicing yoga and learning to forgive are precious gifts to give yourself this holiday season. See you on the mat. **Namaste ~ Tammy**



STAYIN' ALIVE

In an emergency, use CPR to give the gift of life.

BY JULIE NELSON
Contributed photo

You walk into a room and discover your mother, or co-worker, or even a stranger slumped over and not breathing, apparently from a heart attack. Quick, what do you do?

“Call 9-1-1.”

Yes, good. Now, what else?

“Start CPR? But what if I don’t know how to do it correctly?”

In a situation like this, there is no point in hesitating, says Marlis O’Brien, the training center coordinator at Mayo Clinic Health System. She says even if you don’t know all there is to know about CPR, you’ve got nothing to lose by attempting to do what you can. “If you think about it, the person is already dead. If you try something, you are giving them a chance at survival.”



Marlis O'Brien, training center coordinator at Mayo Clinic Health System

Just do it

Okay, so let’s get back to the moment you see the person slumped over. You’ll probably naturally take some steps to find out if the person is breathing. That’s good.

Go ahead and tap the person and/or shout at them. Look for regular breathing; if the person isn’t breathing normally or only has an occasional gasp (referred to as agonal gasps, which are considered a dying reflex), start compressions.

If you have access to an AED (automated external defibrillator), yell to someone else to grab it for you while you start chest compressions. If you’re all alone, get the AED yourself. The AED will walk you through the next steps. If the person shows no signs of life after the defibrillator has been applied, begin chest compressions.

Find the beat

Don’t worry about the breathing part of CPR, says O’Brien; just push on the center of the person’s chest, fast and hard, with the heel of your hand. How fast? About 100 to 120 pushes per minute, which is the beat of the song “Stayin’ Alive.” For something a bit more current, try compressing to the beat of Lady Gaga’s “Just Dance” or “Rock Your Body” by Justin Timberlake.

Keep up the compressions until the paramedics arrive, and encourage anyone around you to take turns with you. “There is actually enough oxygen in the blood for a person to survive four minutes, if you can just keep the blood circulating,” says O’Brien, “so it’s clearly worth it to try something.” If you’re alone in a remote area, O’Brien says, go until you’re exhausted. “That way you’ll know you tried everything you could.”

Get educated

While doing compressions is relatively simple, like most things, you’ll respond better in an emergency if you have some practice ahead of time. O’Brien is part of the Sudden Cardiac Arrest Association, a local group of volunteers dedicated to providing training, free of charge, to those who request it. They do sessions at the American Legion, at high schools and for groups such as churches or running clubs. To set up a training session, call SCAA at 855-317-7222 or email info@suddencardiacarrest.org.

So, *now* if you were to walk into a room and find someone slumped over and not breathing, what would you do? That’s right, you’d try CPR. After all, the *best* thing that can happen is that you will save a life. 

Julie Nelson is the Community Engagement Coordinator for Great Rivers United Way. She is grateful she has never needed to use CPR and glad to know that if she ever does, it’s not that complicated.

Beyer
Cabinets LTD.

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



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

608.786.2220

houzz Like us on Facebook

PAINTED PORCH
Décor Extraordinaire



Urban Farmhouse • Romantic Vintage
Rusty Elegance • Comfy Chic
Open every Thurs., Fri., Sat. 10-5:30
200 Main St. La Crosse • 608-782-6222 • f



The Genuine. The Original.

OVERHEAD DOOR

7Rivers
region

*Give the gift that you can
open more than once!*

Overhead Door 7 Rivers Region, Inc.
W6797 Abbey Rd. • Onalaska
608-783-6080 • www.overheaddoor7rivers.com

Practically Posh
Life well decorated



608-782-8200 2815 Loscy Blvd. S
La Crosse, WI
Store Hours (Across from McDonalds)
M-F 9:30-6:00
Sat 10:00-5:00
Sun 11:00-3:00 f Practically Posh

Interior design services available
by Let's Imagine Design

Just the Way She Likes It

| HOME |

Paige Forde's home reflects millennial minimalism.

BY JESSIE FOSS

Photos by Jordana Snyder Photography



Paige Forde's home blends millennial minimalism with a vintage vibe. Every piece in her home has been carefully chosen, with no excess.

The house sits on the south side of La Crosse and blends in with the others. It's a bit smaller, perhaps, than some of its neighbors, but it's nothing out of the ordinary. Its occupant, however, isn't the typical house dweller.

At 22, Paige Forde is on the young side for having a house of her own. But Forde, who is a senior majoring in marketing at the University of Wisconsin-La Crosse, has never considered herself the typical college student. And she wouldn't have it any other way.

An alternative to college living

"The typical college lifestyle doesn't appeal to me," Forde says. "I've enjoyed living alone. It's allowed me to excel at school."

Forde knows her arrangements aren't for everyone—she says her lifestyle probably isn't appealing to those looking for the "college experience"—but it's been great for her.

"I've loved everything about it," she says. "I was lucky to be able to go straight into living in a house near campus. It was a big change, but it didn't take too long to get used to."

Forde says organization and prioritizing her days has been key in adjusting to living on her own. She writes everything down in to-do list style and incorporates household tasks into her study breaks.

"Cleaning my house and doing the dishes actually help me to relax," she says. "I can't focus on one thing for too long. Some students can go to the library for hours on end, which is admirable, but my brain just doesn't work like that."

Forde credits her parents and sisters with her desire to live on her own. Her parents purchased a home in La Crosse when her sisters attended college in La Crosse. But there is an eight-year gap between Forde and her sisters, so when it came time for her to begin college, her sisters' house had already been sold. It was also time to find another house.

The family looked at several homes before finding the perfect fit for this college student.

"I saw this house and instantly knew this was the one," Forde says. "I was so excited, I called my mom from the bedroom."



A cool, neutral palette with accents of 1950s pink results in a clean, airy space with room to breathe. Vintage details, like the record player below, add a spark of color, character and joy to Forde's streamlined decor.



A millennial touch

The approximately 900-square-foot house features two bedrooms, a bathroom, an open living room and dining area and kitchen.

Taking a cue from Chip and Joanna Gaines of HGTV fame, Forde repainted every room in a neutral palette and added color in with accessories. Her favorite accent color is pink, which appears in the home in the form of pillows, antique bathroom accessories and kitchen dishes.

Forde says she's never been a big fan of pink, but something told her it was the right accent color for her house, and it has since become the inspiration for her house. She recently found out her bathroom walls used to be the exact shade of pink she's decorating with.

"It's interesting how these trends come and go, because pink used to be huge in the 1950s, and here in 2018, millennial pink is the new thing," Forde says.

With the help of her family, Forde has also updated landscaping and took the doors off the kitchen cabinets, leaving exposed shelves for her to display her dishes and other kitchen items.

Choosing old over new

Forde describes updating and decorating her home as a "never-ending process of getting it how I want it."

Refurbishing an older home hasn't come without its challenges, Forde says. She has had to get creative with storage and when replacing plumbing—modern faucets don't want to easily fit old pipes.

One thing that is important to Forde is keeping her home minimalistic. She knows exactly what is in her house and looks to

reuse items whenever possible. She says almost everything in her home was either given to her or purchased at secondhand stores. One of her prized possessions is a record player her mom rescued from the Dumpster at Forde's high school.

"For me, it's all about giving things a new life. I'd choose old over new any day," Forde says. "Some of these antiques are over 60 years old and still in mint condition. That's so breathtaking to me. They don't make things like they used to. All in all, I love having something that has a history and really speaks to me."

A minimalist trend

Forde's sentiment on minimalism isn't unlike that of her peers' feelings on the subject. Millennials (those born between 1981 and 1996) are leading the minimalism trend. Industry trends show millennials prefer spending their money on experiences like travel and concerts rather than on things.

Forde keeps her home minimalistic by doing a deep clean about twice a year and giving away items that no longer serve a purpose for her. She is also picky about what she brings into her house and where it goes. She only buys items that "call out" to her when she's shopping.

Changes are in store for Forde. Her boyfriend will be moving in soon, and she graduates in May. Forde would eventually like to attend graduate school, but she plans on staying in La Crosse, and in her home, for at least a few years after graduation. 

Jessie Foss is a freelance writer who lives in La Crosse. She loves seeing how other people live and what they do with their living spaces. She loved being able to see Paige's space.

Your FULL SERVICE Design Center...The Board Store Showrooms

Kitchen Remodels



Call Brandy,
our Kitchen Designer,
today!
608.782.8877

Bath Remodels & Accessibility



Call Marge, our
Certified Aging-in-Place
Specialist today!
608.782.8877

And...FLOORING



Call Kathy, our
Flooring Specialist,
today!
608.779.9440



The Board Store Home Improvements • 514 Copeland Ave - La Crosse, WI • 608.782.8877
Monday-Friday: 8a.m.-6p.m. | Saturday: 8a.m.-4p.m. | Sunday: Closed • www.theboardstoreonline.com



SURROUND YOURSELF IN DESIGN



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



JSPLACROSSE.COM

JS
JP

Jordana Snyder PHOTOGRAPHY
CREATIVE + FUN PHOTOGRAPHY

By Appointment: Photographing Weddings, Family, Professional Portraits and More...

608.397.5854

ELEVATIONS By: **Wisconsin**
CABINETS • DESIGN • SOLUTIONS BUILDING SUPPLY

Visit our showroom for more great ideas!

Taking Your Kitchen Dreams to the Next Level!

N5566 Frontage Road - Onalaska • Mon-Fri 8am-5pm • Thurs 8am-8pm
608-781-3900 • www.wibuildingsupply.com

houzz Like us on Facebook: WBuildingSupplyOnalaska

hidden valley Designs
Your Window Treatment Specialists!

Bright glare and UltraViolet Rays from the sun can be at their worst during our Midwest winters. Save your beautiful views, furniture and floors with Solar Screen Shades.

Available as inside or outside mounted, 4 lift systems and many fabric styles from Sheryl and Nikki at Hidden Valley Designs!

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

GIFTS GOOD ENOUGH TO EAT

Consumables are the perfect gift for the person who has everything.

BY BETTY CHRISTIANSEN

Contributed photos



Homemade edible gifts—like chocolate sauce or custom liqueur—are tasty, festive and never the wrong size.

Holiday giving presents a particular challenge for my extended family. My sisters and I don't need more "stuff." My parents desire nothing but our company at Christmas. And in keeping with our frugal natures, we've set a gift limit of \$20 per recipient. The one request that pops up every year: consumables!

Edible gifts are delicious, fun to make and always welcome. They are easily customizable for recipients with particular tastes, allergies or food sensitivities. Using local ingredients—such as maple syrup or honey—adds a regional flair. And packaging them in reusable containers—such as glass bottles or jars—cuts down on waste.

You can embrace this idea as well for your hard-to-buy-for relatives, friends and colleagues, all the while adding a merry tradition of treat-making to your holiday routine. Following are several easy and inexpensive recipes; countless more can be found via an online search for "edible gift recipes." My favorite source is America's Test Kitchen's *D.I.Y. Cookbook*, which has inspired gifts from homemade marshmallows and preserved lemons to do-it-yourself Nutella.

HOMEMADE COFFEE LIQUEUR

- ¼ cup instant coffee (may be decaf; avoid using freeze-dried)
- 3 cups sugar
- 2 cups boiling water
- 1 vanilla bean
- 2½ cups vodka

Dissolve coffee and sugar in the boiling water. Let cool and transfer to an empty glass quart jar. Split vanilla bean four ways and add it and the vodka to the coffee mixture. Cover and shake well. Let stand 30 days, shaking mixture once every day. Strain, then bottle in smaller decorative bottles or jars.

CANDIED GINGER

- 2¼ cups sugar, divided
- 2 cups water
- 8 ounces fresh ginger, peeled and sliced thin

Combine 2 cups sugar and water in a small saucepan over medium heat and simmer until sugar is dissolved. Add ginger slices and simmer for about 45 minutes, until ginger is tender. Strain. Spread ginger slices on a wire rack set over a baking sheet, and let dry 6 to 12 hours. Ginger should be tacky but not damp.

Combine ginger and remaining sugar in a medium bowl, and toss until ginger is evenly coated. Transfer ginger to airtight containers, where it will keep at room temperature for about 2 weeks.

CHOCOLATE SAUCE

- 1 cup water
- ½ cup sugar
- ½ cup cocoa powder
- ¼ cup light corn syrup
- 4 ounces bittersweet chocolate, chopped
- ½ tsp. vanilla

Combine all ingredients in a saucepan, and heat over medium heat, stirring, until the chocolate melts. If desired, stir in 2 T of a flavored liqueur, such as raspberry or orange. Let cool, divide into small airtight containers and chill.

MAPLE CREAM

- 2 cups maple syrup, preferably local
- 1 sliver of butter
- Ice (for cooling bath)

Prepare ice bath by filling a bowl or sink with a layer of ice. Place maple syrup and butter (only a very small amount is needed to prevent syrup from boiling over) in a saucepan and insert a very reliable candy thermometer. Heat syrup over medium heat until temperature reaches exactly 235°F. Quickly remove from heat and place pan in ice bath until temperature cools to 100°F. Immediately remove pan from ice and stir syrup with a wooden spoon, briskly and steadily, until it thickens, anywhere from 10 to 30 minutes. (Have a partner handy to step in and stir if needed.) Pour into an airtight container; maple cream will keep at room temperature for up to 2 months.

CRISP SPICED NUTS

- 2 large egg whites
- 1½ tsp. salt
- ¾ cup sugar
- 2 tsp. Worcestershire sauce
- 2 T paprika (preferably Hungarian sweet)
- 1½ tsp. cayenne pepper
- 1½ cups whole blanched almonds
- 1½ cups hazelnuts
- 1½ cups pecans
- 6 T unsalted butter, melted and cooled

Preheat oven to 325°F. In a bowl, using an electric mixer, beat egg whites and salt until very foamy; gradually beat in sugar, Worcestershire sauce, paprika and cayenne. Stir in nuts and butter, combining well, and spread in a large, shallow baking pan.

Bake nuts 30 to 40 minutes, stirring every 10 minutes, until crisp and golden. Spread nuts on a sheet of aluminum foil and let cool. Transfer nuts to airtight containers, where they will keep at room temperature for about 1 week. Makes about 4½ cups.

Betty Christiansen is the editor of Coulee Region Women. Homemade Nutella, along with honey and maple syrup from her family's farm, are on the gift list this year.



ELMARO VINEYARD

2016 Wisconsin Winery of the Year!

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

608-534-6456
N14756 Delaney Rd
Trempealeau, WI

Tue.-Thu. 12-6 p.m.
Fri.-Sat. 10 a.m.-7 p.m.
Sun. 12-5 p.m.

Thu. 12-6 p.m.
Fri.-Sat. 10 a.m.-7 p.m.
Sun. 12-5 p.m.

Winter Hours
Start Jan. 1

Wine Pairings for the Holidays

It's time to entertain! Here are some holiday hints for celebrating with a great wine pairing:

Think red! Whether it's the bright red of a fresh cranberry wine or the dark red of an aged red or Cassis, a glass of beautifully colored wine can be the highlight of a holiday table setting.

Wine and food pairings are easy for holiday dinners. Turkey, dressing and desserts all go with a chilled rosé or cranberry wine, and of course countless red and white wines pair well with holiday meals. An Internet search of "turkey dinner wine pairings" will give you ideas for any taste.

Desserts are the grand finale of a tremendous culinary event! Ports or port-style fortified wines are often paired with rich desserts.

Take your toast up a notch by creating your own Kirr Royale. With one part Crème de Cassis and nine parts Champagne or sparkling wine, a Kirr Royale is a holiday in itself. If your friends prefer a spritzer, substitute a lemon-lime soda for the Champagne.

Around the living room, outside on a chilly afternoon or in the kitchen, a mulled or spiced wine can create a warming experience. Try the many options available and create your own recipes.

Happy holidays from our homes to yours!
Lynita Docken-Delaney
Winemaker, Elmaro Vineyard

You're worth it!

You've worked hard to get where you are. Now it's time to protect yourself and put your assets to work according to your priorities.

- Comprehensive Estate Planning & Maintenance
- Real Estate
- Business Planning
- Charitable Planning
- Long-Term Care Planning

Call Heidi Eglash today to get started on your path to peace of mind.



JOHNS, FLAHERTY & COLLINS, SC

Good neighbors. Great lawyers.

608-784-5678
johnsflaherty.com



For today, retirement and every moment in between.

Financial planning shouldn't be a one time event. Which is why our approach is flexible enough to adapt with you as life changes. It's one way we can help you feel more confident about your financial future. Call us today for your complimentary initial consultation.



Hanson & Associates

A private wealth advisory practice of Ameriprise Financial Services, Inc.

608.783.2639

500 2nd St South,
Ste 101
La Crosse, WI 54601
hansonprivatewealth.com



The initial consultation provides an overview of financial planning concepts. You will not receive written analysis and/or recommendations.

Investment advisory services and products are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

Ameriprise Financial Services, Inc. Member FINRA and SIPC.

© 2018 Ameriprise Financial, Inc. All rights reserved. (08/18)

SCHUMACHER

Funeral and
Cremation Services

KISH



"Our Family Serving Your Family"

Let Us Help You Celebrate a Life

Traditional • Cremation • Preplanning

La Crosse 608.782.1252
La Crescent 507.895.2518
Onalaska 608.781.5623
schumacher-kish.com

ewh small business
accounting

Income Tax Preparation



Angela Jones

- Make sure you're covered on the new tax law changes
- Capture all of your tax saving deductions
- Easy to use tax organizer
- Online refund tracking
- Electronic filing of taxes
- Filing of extensions
- Quarterly Income tax estimates and payments
- Personal and Business Returns

ewh Small Business Accounting S.C.

1052 Oak Forest Drive, Suite 205

Onalaska, WI

608-781-5625

www.ewhsba.com

ACCOUNTING • PAYROLL SERVICES • BOOKKEEPING
TAX SERVICE • CONSULTATION

KNOW YOUR
TRUE COST
 OF TRAVEL
 Flying Can Be Easy



Try Our Cost Calculator at
lseairport.com



2850 Airport Rd
 La Crosse, WI 54603
 (608) 789-7464



MAGIC 105
 Today's Hit Music!

ON-AIR LINEUP

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

10A-2P GARY MICHAELS

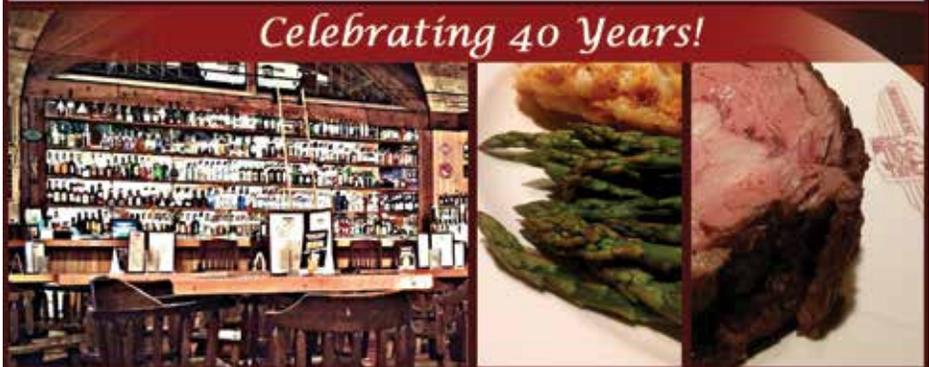
2P-7P MATT CUERVO

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



FREIGHTHOUSE RESTAURANT

Celebrating 40 Years!



Fine Dining

Featuring "Prime Beef" & Fresh Seafood

\$30 GIFT CERTIFICATE for only \$25

Valid through noon on Dec. 24, 2018

Gift certificates from the Freighthouse Restaurant are a holiday tradition!

Located in Historic Downtown La Crosse
 107 Vine Street - La Crosse • 608.784.6211 • Open Daily
www.freighthouserestaurant.com

A LIVABLE DOWNTOWN

A new neighborhood association serves downtown La Crosse.

BY SAMANTHA STROOZAS

Contributed photos



Courtney Lokken, La Crosse, has spearheaded the development of the new Downtown Neighborhood Association.

Courtney Lokken represents the determined and dedicated qualities a civil servant must possess in order to better the community as well as the society. Lokken has guided the development of a new neighborhood association in La Crosse, tentatively named the Downtown Neighborhood Association, which will support the growth of the residential downtown and its surrounding neighborhoods: from the Mississippi River to West Avenue, and from Cass Street to the marsh.

Lokken sees this association as a natural step for the city and its downtown residents. “There was no Downtown Neighborhood Association when I moved here,” says Lokken, a resident of the new neighborhood. “The idea grew out of organic conversations among neighbors. My close friend, Jacqueline Marcou, was running for City Council. We both noticed the area that we were living in, the Washburn Neighborhood, had a healthy association, but those living north of us in Goosetown were struggling to sustain their association, and folks living in commercial downtown had no association at all.”

A return to urban living

As downtown La Crosse has enjoyed a business boom, which includes many new residential options, downtown residents were often left without resources of sustainable community development. “We all saw a need for more support in the residential area of downtown,” Lokken explains. “The commercial district has gone through so much revitalization, it was a natural next step to envision how we could lift up the residential component of downtown.”

In October 2017, Lokken and others hosted a public information forum to gauge community support. After that, they formed a steering committee of 10 people with diverse backgrounds and met in January 2018 to focus on “logistical work to get the association off the ground.” In September, they had their first regular meeting for the public.

“We hope to change the conversation surrounding what it means to live in downtown La Crosse,” says Lokken. “We love the diversity of our neighborhood, and in forming an association, we hope to promote a more livable neighborhood with a vibrant sense of community.” Boosting the aesthetic appeal of downtown and the surrounding neighborhoods has reinforced a greater sense of culture and community.

Investing in a community

The vision of the association revolves around welcoming and intentional, thoughtful acts. “My vision is that more people will see the value in our neighborhood and move to it and make their homes in our neighborhood,” says Lokken. “There are lots of different ways to invest in your community, be it social, financial, or civic. There is inherent value in the neighborhood, and we want to see more people putting down roots.”

Lokken has engaged herself intimately with her community in order to create an efficient and successful association that will encourage all residents to take pride in their neighborhood and city as a whole. And it’s noteworthy that, increasingly, women are stepping into these community-building roles. “More and more,” Lokken says, “women are starting to embrace their strength and power and be comfortable with that power. I’m learning not to minimize my own skills or abilities, and instead, I’m trying to be comfortable in a leadership role and use my skills to effect positive change in my community.” 

Sam Stroozas is a student studying journalism and social justice at University of Wisconsin-La Crosse.

| ACCOMPLISHMENTS |



Freighthouse Celebrates 40 Years

The Freighthouse Restaurant is celebrating its 40th anniversary. The restaurant opened in October 1978, has received the Heritage Award by the La Crosse Historical Preservation Society and is a National Historic Site. The Freighthouse was built in 1880 and contained the freight offices of the Milwaukee Road, handling all incoming freight. Freight services were halted in 1955. After this, the building was used by private businesses until 1978, when renovation began to preserve one of the few remaining 19th-century railroad depots and the Freighthouse moved in. The restaurant, a favorite among Coulee Region residents, features fresh seafood and prime beef.



Innovative Graphics Wins National Award

The La Crosse-based design company Innovative Graphics, and owner/designer Renee Chrz, was recently presented with Graphic Design USA's prestigious American Graphic Design Awards™ for Chrz's design of the La Crosse Symphony Orchestra's 2018-2019 season brochure.

For 55 years, New York-based GDUSA has sponsored competitions to spotlight areas of excellence and opportunity for creative professionals. GDUSA's American Graphic Design Awards™ honors outstanding work across all media. Roughly 10,000 entries were submitted, with a highly selective group recognized with a winner certificate.

For your graphic design needs, contact Innovative Graphics at 608-788-1909 or ig@centurytel.net.



Nora Roughen-Schmidt to Speak at National Main Street Conference

Nora Roughen-Schmidt, executive director of Viroqua Chamber Main Street, has been selected to teach a session on how to set up pop-up shops at Main Street Now, the national Main Street conference held this year in Seattle, March 25-27, 2019.

Viroqua Chamber Main Street, under the leadership of Roughen-Schmidt, has been recognized numerous times for its downtown revitalization efforts, which have included the establishment of pop-up shops—short-term storefronts that occupy otherwise vacant retail space and offer a trial opportunity for an artisan or merchant. The Main Street Now conference provides attendees with an opportunity to learn about innovative methods and practices for improving their downtowns.

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



Mary Riedel Counseling Services, LLC

Come as you are

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

A caring and confidential atmosphere including:

- Therapy for Depression & Anxiety
- Relationship Counseling
- Grief Counseling
- Childhood sexual abuse & assault



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

info@MaryRiedelCounseling.com
www.MaryRiedelCounseling.com

tiffany brubaker
PHOTOGRAPHY



newborn photography
in studio or in your home
www.tiffanybrubaker.com
tiffany@tiffanybrubaker.com



When it comes to your to-do list, put your future first.

To find out how to get your financial goals on track, contact your Edward Jones financial advisor today.

www.edwardjones.com



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



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

Edward Jones
MAKING SENSE OF INVESTING
Member SIPC



A REVOLUTION of Goodness

Rosalie Hooper Thomas (left) and FSPA president Sister Eileen McKenzie co-chaired the Revolution of Goodness.



FINDING THE *Good* WITHIN US

The FSPA wages a Revolution of Goodness.

BY SUSAN T. HESSEL
Contributed photos

If you don't think the words *revolution* and *goodness* fit together, then you don't know the Franciscan Sisters of Perpetual Adoration (FSPA) and their affiliates. Through prayer and reaching out to a wide range of people across the country, the Catholic order works to improve the world by helping us find and act on the goodness in each of us.

The sisters and their affiliates are far from naïve about troubles in the world. They aren't playing "the Glad Game," as the perennially positive Pollyanna did in the 1913 book by Eleanor H. Porter and the movie starring Hayley Mills.

"The Revolution of Goodness is not Pollyannaish," says Sister Eileen McKenzie, who became president of the FSPA on November 1. "Let's focus on goodness. We have been focusing on evil. We have 24/7 sound bites about everything bad. You can experience this phenomenon of goodness that we consider so sacred that we call our God the Source of All Goodness. It's a life force within us."

A phenomenon of goodness

The idea is to make goodness spread around our community, country and world.

The FSPA has a long history in La Crosse, dating back to 1871, when the sisters moved from Jefferson, Wisconsin, to La Crosse's St. Rose Convent. Seven years later, the sisters began their prayers of

perpetual adoration 24/7 every single day of the year for 140 years. Chiefly, the affiliates are women, but men are welcome, too.

These highly accomplished FSPA religious women—more than 1,000 in the 1950s—ministered around the country and world.

The Revolution of Goodness started in June 2018, during a mission assembly that included affiliates and guests invited in from the community. In preparation, sisters and affiliates reached out to someone they didn't know or perhaps found challenging. Through a process called Appreciative Inquiry, these individuals were asked about the goodness they have had in their lives.

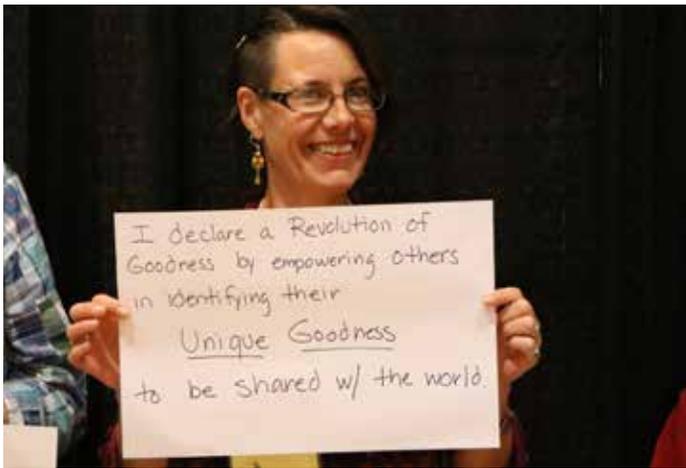
It was an amazing experience, says Sister Karen Lueck, immediate past FSPA president. "People perked up when asked those questions. You could feel the energy that was put out into the world as a result."

What is goodness?

"Goodness is what we are born with," Lueck says. "It says in the Bible that God created everything good. I believe everybody has good; maybe it is in our soul. We are exactly as God made us to be. We need to recognize and act on that. You have to act on it."

Among affiliates is Rosalie Hooper Thomas, who co-chaired the Revolution of Goodness with McKenzie.

"My hope for the future is that we can bring forth goodness in all people. It's there. So much press is given to all the negativity and



FSPA affiliate Krista Clements Orlan shares her message of revolution.

hatred. We will counter that,” Thomas says. “We will continue to have these conversations and get to know each other. The way forward is to be in conversation with people so we can understand, see and hold the goodness in them and in all creations.”

From those many conversations, “three provocative movements” came from the Revolution of Goodness:

Relationships: We build bridges of relationships that stretch us to be people of encounter who stand with all suffering in our Earth Community.

Gospel Living: We are freed through joyful Gospel Living to be transformed in love and goodness for community and mission.

Unity in Diversity: We celebrate authentically unity in diversity

by challenging ourselves to unveil our white privilege.

The conversations could be difficult, however, particularly about diversity. “We have to challenge ourselves to unveil our white privilege,” McKenzie says. “We are pretty much white and pretty much privileged.”

Lueck agrees. “Most of are not aware of white privilege because we have not lived with a lot of diverse people.”

The path of humility

The FSPA and its affiliates realize they have only “scratched the surface” with this revolution, but clearly they are on to something. Consider the revolution that Pope Francis called for—a revolution of tenderness—at his surprise talk at TED, the gathering of ideas through short, powerful talks.

“How wonderful would it be if the growth of scientific and technological innovation would come along with more equality and social inclusion,” Pope Francis said. “Tenderness is not weakness; it is fortitude. It is the path of solidarity, the path of humility. Please, allow me to say it loud and clear: The more powerful you are, the more your actions will have an impact on people, the more responsible you are to act humbly. If you don’t, your power will ruin you, and you will ruin the other.”

The Revolution of Goodness seeks just the opposite: not ruin, but the building up of everyone. [\(crw\)](#)

Susan T. Hessel is a writer/personal historian who thanks the FSPA and affiliates for encouraging her to turn off her 24-hour news channel to write this article.



CHRISTMAS OPEN HOUSE

SATURDAY, DEC. 15 | 5:00-7:30PM
 SUNDAY, DEC. 16 | 8AM-12:30PM

INVEST IN HOPE THIS CHRISTMAS, AND HAVE SOMETHING BEAUTIFUL FROM ACROSS THE WORLD UNDER YOUR TREE!

First Free is part of the fight against human trafficking, a \$150 billion dollar business that exploits those most vulnerable. The Set Me Free Shop sells merchandise created by survivors in safe homes. Proceeds support them so they can be free.

 **FIRST FREE CHURCH** | 123 MASON STREET, ONALASKA, WI

La Bella Nails & Spa



- NOW OFFERING PERMANENT MAKEUP:**
- "3D" Microblading Eyebrows
 - Powder Eyebrows
 - Eyeliner
 - Full Lip Color
 - Lip Liner
 - 3D Areola Pigmentation 

Pedicures • Manicures • Shellac Nails
 Dipping Powder • Acrylic Nails • Pink & White
 Builder Gel Nails • Eyelash Extensions • Waxes/Facials

CALL TODAY FOR YOUR FREE CONSULTATION!

608-782-6009 • 40 Copeland Ave - Suite 106 • La Crosse

Kristin Ottesen Upholstery



New Style Re-purposing

608.797.6553

www.knottesen.com

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

For a free estimate send photographs to:

knottesen24@gmail.com

Holmen, WI

urban SHOETIQUE



**Shoes
&
MORE!**

Onalaska

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

Winona

118 East 2nd Street
 Winona, MN 55987
 608.881.1852

www.theultimatesalon.com





Kelley Waddell, the new executive director of YWCA La Crosse, seeks to strengthen all area families. Here, she celebrates hers.

A PASSION TO SERVE

Under Kelley Waddell, the YWCA La Crosse continues a mission of giving.

BY LEAH CALL
Contributed photo

Kelley Waddell has devoted her life to helping others. And for her, there's no better place to do that than the YWCA La Crosse. As executive director since February 2018, Waddell values her ability to serve the most vulnerable among us, whether that's women, children or families.

"At the YWCA, we have the opportunity to do a lot of justice work in our community, and that can be very impactful," says Waddell. "We really work on being an inclusive organization and advocate for equal rights for everyone. It is great to be part of that."

Important work

Waddell oversees the YWCA's four pillars of hope: economic empowerment, supportive housing, advocacy and mentoring, and racial and social justice. Efforts to empower women include providing affordable child care and training for employment. The YWCA collaborates with other area resources to also provide housing for women and families dealing with addiction, homelessness and minor criminal offences. The goal is to enable women and families to overcome adversity and contribute positively to the community.

Advocacy for children is the charge of volunteers involved in YWCA's Court Appointed Special Advocates (CASA) for Kids program. "Those volunteers are assigned to cases of kids that are removed from their homes in the child welfare system," explains Waddell. "They provide an invaluable service to our community."

Waddell calls programming in the racial and social justice pillar the "foundation of the YWCA." Justice Circles are part of a restorative justice program that takes place in La Crosse's Lincoln and Logan Middle Schools

with a goal of keeping kids in school and out of the juvenile justice system.

"We're embedded in the schools; we're embedded in these housing programs," notes Waddell. "We do a lot of behind-the-scenes work, but it is really important work. We work with a lot of people who sometimes get left out of other programs in our community."

A full life

Before taking the position at the YWCA, Waddell worked as director of social services for the Salvation Army in La Crosse, and she is still involved in the La Crosse Collaborative to End Homelessness. "When you live in the homelessness world for a long time, it's hard to get that out of your system," says Waddell. "It's a nice way to still be involved in that."

Waddell attended college in Colorado, where she met her husband, Heath. The couple moved to La Crosse from Oklahoma seven years ago. Since the move, they've had two children: Haddie, 3, and Lawson, 1. The family lives on a small farm in the Town of Onalaska.

"We spend a lot of time horseback riding, hiking, biking," says Waddell. "We are a busy outside family."

Life is full for this giving Coulee Region woman with a rewarding career, an active family and a community she is happy to call home. "This is one of the nicest, most genuine, kindest communities I have ever lived in. It is great to be part of such a close-knit community that has welcomed us with open arms." 

Freelance writer Leah Call is thankful for all that Kelley and others at the YWCA do to make life better for everyone in the region.

ROHDE PAINTING .COM

"Raising the Standard"

608.783.6237

Satori Arts
Gallery



A National Historic Landmark "Known for the Unusual"
www.satori-arts-gallery.com • 201 Pearl St. - La Crosse • 608.785.2779

**Solid
Surface
Specialist**
Kitchen & Bath Surfaces
In Business Since 1987



Kitchen & Bathroom Countertops
Granite • Quartz • Corian

Onalaska | 608.783.7663 | www.solidsurfacespecialist.com



Handcrafted gifts, apparel,
home goods, treats,
wine, beer, art, cards
jewelry & more

11364 Main St
Trempealeau, WI
608-534-2119



CUSTOMIZED JEWELRY



Viroqua Public Market
Something for everyone on your list.

100+
Vendors!

215 S. Main St. in Viroqua

New Year, New you.



Save 10% on
1:1 Personal Training
&
Fitness classes
throughout Jan.

MISCHELLE LEE

Certified Personal Trainer
608.790.7958

TrainWithMichelle@yahoo.com

CHANGING LANES
FITNESS/NUTRITION

Changing Lives Through:

- Nutritional Coaching
- Meal Planning
- Warrior Based Yoga
- Small Group Training

Cheryl Killilea

608-792-8545

www.changinglanesfitness.com



**Memories Make the
Perfect Gift**



Home Movie,
Slide & Picture Transfers
to DVD or Digital

Take 5 Productions - Onalaska • 608-790-3608
www.take5productions.net



**WEDNESDAY IS
BURGER NIGHT
AT fayze's**

**HALF OFF ANY
OF OUR BURGERS**

**SERVED
WITH
FRIES**

**WEDNESDAYS
ONLY**

3:30 P.M.-CLOSE
www.fayzes.com
784-9548

Children's Fine Art Portraiture

JT

JEN TOWNER
PHOTOGRAPHY

www.jentownerphotography.com



Since 1888

LEITHOLD MUSIC

116 S. Fourth Street ■ Downtown La Crosse
(608) 784-7555 ■ (800) 288-9743 ■ www.LeitholdMusic.com

Music provides a lifetime of pleasure,
satisfaction and fun. The music you love
is inside Leithold Music in
Historic Downtown La Crosse.

YAMAHA PIANOS



**Mainstream
Boutique**



\$20 OFF
of \$100

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

www.facebook.com/
mainstreamboutiqueonalaska

La Crosse Symphony Orchestra
Multi-year's theme...

**MOULIN
ROUGE**

Thank you to this year's sponsor

WELLS FARGO

the 29th Annual
Valentine Ball

You are invited
to the
**PREMIER
EVENT**
of the Year!

Saturday, February 9, 2019
Contact us today to reserve your table
608.783.2121 follow us on facebook
to learn more!

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

DMH
Dawn Marie Harris, Attorney

Over 25 years of experience



Dawn Marie Harris
Attorney

**Employment & Labor Law
Family Law
General Civil Litigation**

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

Holiday Gift Guide

Enjoy SHOPPING LOCALLY THIS SEASON
FOR UNIQUE GIFTS THAT FIT THE INTERESTS OF EVERYONE ON YOUR LIST.



FOR THE *Comfort Connoisseur*
Urban Shoetique (Onalaska): Giesswein wool embroidered house slippers, \$104; Little Journey knit scarf, \$85.

FOR THE *Fashionista*
Mainstream Boutique (Onalaska): Joy Susan clutch, \$39; Joy Susan plaid scarf, \$29.

FOR THE *Jewelry Lover*
Satori Arts (Downtown La Crosse): Semi-precious stone bracelet, \$198.

FOR THE *Wine Enthusiast*
Elmaro Vineyard (Trempealeau): Corkatoo double-hinged corkscrew, \$15; double-wall vacuum insulated wine growler, \$30; Elmaro Rosa sweet red table wine, \$12.

FOR THE *Art Admirer*
In the Making (Trempealeau): Floral painted trivet, \$24; Wisconsin framed art, \$28; wire rowboat sculpture, \$17.

FOR THE *Interior Decorator*
Practically Posh (La Crosse): Primitives by Kathy holiday pillow, \$44.99; Split P graphic woven throw, \$34.99.

WHO WANTS A **SNOW DAY?!**



GET YOUR SCHOOL CLOSINGS FIRST FROM



**Stormtracker
WEATHER**

and...DOWNLOAD THE WXOW WEATHER APP!

SCHOOL CLOSINGS • STORMTRACKER FORECASTS • LOCATION BASED ALERTS



How to Let Go

Resetting your thinking is the key to moving on from being hurt.

BY JUDITH MUNSON
Contributed photos



Out of all the platitudes that belong in the great trash heap of weak attempts at consolation, “forgive and forget” should be buried as deeply as possible.

As with most clichés, there’s not a whole lot of thought behind it. To those who have suffered egregiously at the hands of another, it’s insulting, and for those hurt to a less-severe degree, it’s not helpful.

What if you can’t forget? What if the pain doesn’t dissipate? Area health professionals who help people move past emotional pain understand there’s a process required, and it’s not a onetime fix. Forgiving, letting go and moving on require a daily reset in our thinking.

You don’t have to forget

“I don’t think you have to forget in order to forgive,” begins psychotherapist Mary Riedel, owner of Mary Riedel Counseling Services. “That’s where people tend to get stuck. Pressure from others

to forgive feels like minimizing whatever the transgression was or saying that it doesn’t matter anymore. You shouldn’t have to tell yourself that.”



Clare Lewandowski, clinical psychologist at Mayo Clinic Health System

Clare Lewandowski, clinical psychologist for Mayo Clinic Health System in La Crosse, agrees: “It’s a myth that you have to stop feeling angry to forgive. It’s not about condoning, forgetting, excusing or calming down. It’s about going forward to feel better and to stop feeling the pain,” she says.

She recommends putting thoughts and feelings down on paper that answer the following: Who hurt you, and how and why do you feel this so deeply? “It doesn’t matter how you write it out—it



by being present with them and then moving on,” says Riedel. The goal of meditation is not to not think. That’s impossible. “It’s to gently bring your awareness back to your breath over and over to strengthen your ability to move on from unwanted thoughts.”

Breaking the hold of negative thoughts

Getting unstuck is often made more difficult by the guilt we feel from, well, remaining stuck. We don’t have to beat ourselves up for still having these thoughts, since, as Riedel says, that’s how the brain works. Our job is to train our brain to fire up new thoughts.

The first step is identifying negative thought patterns and asking, “Do I want to stay here?” For one dysfunctional reason or another, some people do. Perhaps they define themselves by righteous indignation, or anger at others is in some way validating.

“And they suffer physiologically living like this,” says Lewandowski. “Studies suggest there’s cardiovascular effects, plus it’s psychologically unhealthy and may result in self-destructive behaviors or loneliness.”

One path to changing our mind-set is to turn our response on its head. “Instead of allowing thoughts of revenge to run the show, try showing compassion or just being civil” to the person we’re upset



Mary Riedel, owner of Mary Riedel Counseling Services

with, says Lewandowski. This behavioral shift might break something in us, she says—hopefully, the hold negative thoughts have on us.

Take pride in moving forward

Due to the vagaries of how we process emotion, conquering these thoughts is rarely done after one battle. “It is not at all unusual for a person to forgive or let go of a resentment only to realize a short time later that they are holding on to it again,” says Tock. “This is where repetition is needed. We decide, again and again, to let it go. It’s slow, deliberate work.”

“When we let go of what happens to the other person, when we can accept that part of life is living with unfairness, that’s when we start healing,” says Riedel. “We’ll sleep better, have a brighter outlook, be more optimistic and have better self-esteem. And people should take pride in moving forward in the process.

You’ll know you’re there if you’re not thinking about it or talking about it anymore.”

One tool Riedel recommends is the free Insight Timer app, which offers guided meditations, including some about forgiveness. Certain experiences, especially if they’ve haunted a person for years, may require the help of a professional.

And the effort is worth it. “Before forgiveness, we feel heavy and burdened,” says Tock. “After forgiveness, after having let go of the anger, resentment and bitterness, we are lighter and free to live our life.” **(crw)**

Judith Munson is a freelance journalist and memoir writer living in western Wisconsin.

doesn’t have to be pretty,” says Lewandowski. “But this process is helpful in unlocking emotional pain and moving away from it.”

“Forgiving is not synonymous with being OK with an injustice,” says Jacquelyn Tock, mental health and addictions therapist for Gundersen Health System in La Crosse. “It’s about deciding to stop being connected to the injustice and to the person who caused harm.”

Choose a positive thought process

If the offender doesn’t care that they’ve hurt you or won’t accept that what they said or did was hurtful, that’s out of your control, explains Riedel. “If we stay focused on the injustice of that, that’s a



Jacquelyn Tock, mental health and addictions therapist at Gundersen Health System

fruitless thought process because we can’t control what someone else feels or what happens to them. We may need to accept that justice may never happen, especially if (the offender) is no longer with us. “

Instead, Riedel directs people to focus on what they *can* control, which is to make a choice: Choose a healthier state of mind by choosing a positive thought process that stops the negative tape in our heads from playing over and over.

What Tock fears for people who struggle with letting go is becoming someone they’re not. “It’s as though we end up absorbing the hurt that was caused

to us, and it can color our perspective of others and of the world and, in turn, we might end up adopting negative, pessimistic outlooks that are not consistent with who we really are.”

“It’s okay to be sad about what happened, but you can’t live there,” says Riedel. “So I help clients understand how the brain works. Just because thoughts of anger, hurt and resentment about what happened keep popping up doesn’t mean we have to dwell on them. We can train the brain to go where we want it to go.”

Enter meditation, the practice of concentrating away from negativity to peace. “Meditation can be a way to heal painful memories



Freedom...
to focus on what
you enjoy most.



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



Contact Us:
trustpointinc.com

La Crosse, WI | 608-782-1148
Minneapolis, MN | 612-339-2343
Eau Claire, WI | 715-461-7018

ADVERTISER INDEX

| | |
|--|-------|
| Aligned Life Coaching, LLC..... | 14 |
| Altra Federal Credit Union..... | 48 |
| Ameriprise Financial/Hanson & Associates..... | 31 |
| Beyer Cabinets LTD..... | 24 |
| Board Store, The..... | 27 |
| Body by Michelle..... | 39 |
| Celebrating Her Heart Health..... | 20 |
| Changing Lanes Fitness/Nutrition..... | 39 |
| D.M. Harris Law, L.L.C..... | 40 |
| Edward Jones..... | 34 |
| Elevations by Wisconsin Building Supply..... | 28 |
| Elmaro Vineyard..... | 30 |
| EWH Small Business Accounting..... | 31 |
| Fayze's..... | 40 |
| Feist Siegert Dental..... | 2 |
| Fitness Lying Down..... | 14 |
| Freighthouse Restaurant, The..... | 32 |
| Gundersen Health System..... | 5, 47 |
| Hidden Valley Designs INC..... | 28 |
| Honda Motorwerks..... | 9 |
| HouseWarmings..... | 22 |
| In the Making..... | 39 |
| International Furniture..... | 13 |
| J Company..... | 28 |
| Jen Townner Photography..... | 40 |
| Johns, Flaherty & Collins, SC..... | 31 |
| Jordana Snyder Photography..... | 28 |
| Kristin Ottesen Upholstery..... | 37 |
| La Bella Nails & Spa..... | 37 |
| La Crosse Area Builder's Association..... | 36 |
| La Crosse Media Group..... | 32 |
| La Crosse Regional Airport..... | 32 |
| La Crosse Symphony Orchestra..... | 40 |
| Leithold Music..... | 40 |
| Mainstream Boutique..... | 40 |
| Mary Riedel Counseling Services, LLC..... | 34 |
| Mayo Clinic Health System..... | 3 |
| Naturally Unbridled Wellness LLC..... | 14 |
| Overhead Door Company of the 7 Rivers Region, Inc..... | 24 |
| Painted Porch..... | 24 |
| Pilates Studio LLC, The..... | 36 |
| Practically Posh..... | 24 |
| River Town Dental Care..... | 7 |
| River Trail Cycles..... | 17 |
| Rohde Custom Painting Inc..... | 39 |
| Satori Arts Gallery..... | 39 |
| Savvy Home Consignments..... | 22 |
| Schumacher-Kish Funeral and Cremation Services..... | 31 |
| Set Me Free Shop..... | 37 |
| Solid Surface Specialist..... | 39 |
| Style Encore..... | 17 |
| Tammy Z's Yoga & Pilates Studio..... | 22 |
| Take 5 Productions..... | 39 |
| Therapy Place of La Crosse, The..... | 14 |
| Tiffany Brubaker Photography..... | 34 |
| Trust Point..... | 45 |
| Ultimate Salon & Spa, The..... | 10 |
| Urban Shoetique..... | 37 |
| Vernon Memorial Healthcare..... | 21 |
| Viroqua Public Market..... | 39 |
| Winona Health..... | 22 |
| WKBT Newschannel 8..... | 18 |
| Women in Wellness..... | 14 |
| Women's Fund of Greater La Crosse..... | 16 |
| WXOW News 19..... | 42 |

ACCOMPLISHMENTS

| | |
|-----------------------------------|----|
| Freighthouse Restaurant, The..... | 34 |
| Innovative Graphics..... | 34 |
| Viroqua Chamber Main Street..... | 34 |

COMMUNITY CALENDAR

ONGOING EVENTS

American Association of University Women (AAUW) 2nd Sat. of each month (Sept.-May), 9:30 a.m., aauwlacrosse@hotmail.com, aauw-wi.org.

Business Over Breakfast La Crosse Area Chamber of Commerce, 4th Wed. every month, 7:30-8:45 a.m. Preregister 608-784-4807, lacrossechamber.com.

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

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

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

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

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

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

Onalaska Area Business Association 2nd Tues. of each month, noon-1 p.m., La Crosse Country Club, oaba.info.

Onalaska Hilltopper Rotary every Wed. noon-1 p.m., La Crosse Country Club, Onalaska.

Onalaska Rotary every Mon. at 6 p.m., lower level of Blue Moon, Onalaska.

Onalaska Toastmasters Club 1st and 3rd Mon. of each month, noon-1 p.m., Goodwill, La Crosse.

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

Viroqua Toastmasters Club 2nd and 4th Thurs. of each month, 7-8:30 p.m., Vernon Memorial Hospital, Taylor Conf. Rm., Lower Level, Viroqua.

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

Women's Alliance of La Crosse (WAL) 2nd Thurs. of each month, noon, The Waterfront Restaurant, Kasey Heikel 608-519-8080, drkasey@naturallyalignedchiro.com.

CALENDAR EVENTS

Dec. 1, Norskedalen's Old-Fashioned Christmas, 10 a.m.-5:30 p.m., Norskedalen Nature & Heritage Center, www.norskedalen.org.

Dec. 1-2, *Out of Darkness, Light!*, 7:30 p.m. Sat., 2 p.m. Sun., Viterbo Fine Arts Center Main Theatre, www.viterbo.edu/fac.

Dec. 1-24, Charity Gift Wrap Station Presented by Habitat for Humanity, Valley View Mall, www.myvalleyview.com.

Dec. 1-24, Holiday Giving Station, Valley View Mall, www.myvalleyview.com.

Dec. 1-24, Santa Visits & Photos, Valley View Mall, www.myvalleyview.com.

Dec. 1-31, Rotary Holiday Lights, open daily 5-10 p.m., Riverside Park, La Crosse.

Dec. 2-9, *Enchanted April*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun, Toland Theatre, Center for the Arts, UW-La Crosse.

Dec. 6, Lefse Making Class, 5:30-7 p.m., People's Food Co-op, La Crosse, www.pfc.coop.

Dec. 6-16, *A Game's Afoot*, 7:30 p.m. Thurs.-Sat., 2:00 p.m. Sat.-Sun., Weber Center for the Performing Arts, www.lacrossecommunitytheatre.org.

Dec. 7, Holiday Food Samples, 11 a.m.-2 p.m. and 4-7 p.m., People's Food Co-op, La Crosse, www.pfc.coop.

Dec. 7-8, *Santaland Diaries*, 7:30-9:30 p.m., The Pump House, www.thepumphouse.org.

Dec. 7-9, La Crosse Dance Centre's Nutcracker Ballet, 7:30 p.m. Fri., 2 p.m. Sat.-Sun., Viterbo Fine Arts Center Main Theatre, www.viterbo.edu/fac.

Dec. 7-9, River Trail Cycles Holiday Open House, www.rivertrailcycles.com.

Dec. 8, Canadian Pacific Holiday Train Arrival, 8:45 p.m., Amtrak Station, La Crosse.

Dec. 8, Family & Children's Center Building Bricks for Hope: Lego Building Contest, 9:30 a.m.-3:30 p.m., Valley View Mall, www.myvalleyview.com.

Dec. 13-16, *Miracle on Christmas Lake*, 7:30-9:30 p.m. Thurs.-Sat., 2-4 p.m. Sun., The Pump House, www.thepumphouse.org.

Dec. 15, Jingle Bell Walk/Run and Rudolph's Dash, 8 a.m., YMCA-North, Onalaska, www.laxymca.org.

Dec. 19-20, String Ties Holiday Bluegrass, 7:30-9:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

Dec. 21, Six Appeal Vocal Band, 7:30 p.m., The Heider Center, www.heidercenter.org.

Dec. 22, An Unforgettable Nat King Cole Christmas, 7:30 p.m., Weber Center for the Performing Arts, www.webercenterfortheperformingarts.org.

Dec. 23, Lorie Line, "Lord of Lords," 3 p.m., Weber Center for the Performing Arts, www.webercenterfortheperformingarts.org.

Dec. 26, Red Cross Blood Drive, 12:30-5 p.m., Valley View Mall, www.myvalleyview.com.

Dec. 27-30, Winter Recharge Camp, Living Waters Bible Camp, Westby, pre-registry required, www.lwbc.org.

Dec. 31, Skyrockers New Year's Eve Fireworks Display, midnight, atop Grandad Bluff.

Jan. 3, Women's Christmas, 5:30-8 p.m., Franciscan Spirituality Center, www.fscenter.org, pre-pegistry required.

Jan. 5-7, WAVE Frostbite Swim Meet, La Crosse YMCA, www.laxymca.org.

Jan. 11, Johnsmith with Larry Dalton & Dan Sebranek, 7:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

Jan. 11, Trampled by Turtles, 8-10 p.m., La Crosse Center, www.lacrossecenter.com.

Jan. 12, "New Year, New You" Health & Fitness Expo, 10 a.m.-6 p.m., Valley View Mall, www.myvalleyview.com.

Jan. 12, New Year's Resolution Walk/Run, 8 a.m., YMCA-North, Onalaska, www.laxymca.org.

Jan. 12, Snowflake Junior Ski Jump Competition, Westby, www.snowflakeskiclub.com.

Jan. 13, La Crosse Bridal Expo, 10 a.m.-2 p.m., La Crosse Center, www.lacrossebridalexpo.com.

Jan. 19, Johnny & June, "Johnny Cash Tribute," 7:30 p.m., The Heider Center, www.heidercenter.org.

Jan. 19, Old School Variety Show, 7:30-9:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

Jan. 20, Wedding World 2019, 10 a.m.-1:30 p.m., La Crosse Center, www.weddingworldlacrosse.com.

Jan. 21, Paint & Pour Workshop, 7-9:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

Jan. 24-Feb. 10, *Wait Until Dark*, 7:30 p.m. Thurs.-Sat., 2:00 p.m. Sun., Weber Center for the Performing Arts, www.lacrossecommunitytheatre.org.

Jan. 25-26, Magic of Isaiah: "The Conjuror," 7:30-9:30 p.m., The Pump House, La Crosse, www.thepumphouse.org.

Jan. 25-26, New Works Art Festival, 7:30 p.m., Weber Center for the Performing Arts, www.viterbo.edu/fac.

Jan. 27-28, *The Velveteen Rabbit*, 3 p.m. Sun., 10 a.m. Sun., Page Theatre, Saint Mary's Performance Center, Winona.

Feb. 2, Women's Health Fair, Valley View Mall, www.myvalleyview.com.

Feb. 9, La Crosse Symphony Orchestra's Valentine Ball, 5:30 p.m., Waterfront Cargill Room, 608-783-2121, www.lacrossesymphony.org.

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



Stimulate your skin's ability to **HEAL ITSELF**

Experience a natural way to rejuvenate and repair your skin. SkinPen® microneedling stimulates new collagen and elastin production at the cellular level. It is effective for minimizing large pores, acne scars, stretch marks, fine lines and wrinkles – giving you laser-like results with little to no downtime.

\$300 per treatment
Package of three treatments for \$800
(for ideal results)

Call to schedule:
Dermatology, Onalaska Clinic: (608) 775-2382
Plastic Surgery & Aesthetics, La Crosse Campus,
East Building: (608) 775-1943

Learn more at gundersenhealth.org/skinpen

GUNDERSEN
HEALTH SYSTEM®



**“A+ CHECKING IS AWESOME!
YOU GET A GREAT RATE PLUS ATM REFUNDS
AND THEY HAVE A SWEET MOBILE APP!
(ALTRA) MAKES IT REALLY EASY TO
MANAGE ALL OF MY MONEY. ”**

Mark Wojnarek | Altra Member

A+ Checking

Earn **2.50%**^{APY*}

- Nationwide ATM refunds
- No minimum balance
- No monthly fees

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

Altra

Federal Credit Union

www.altra.org • 608-787-4500

*Helping you live your **BEST** life!*

*Membership eligibility required. Available for personal accounts only. Qualifying accounts earn currently posted Annual Percentage Yield (APY) on balances up to \$15,000; Portion of balance over \$15,000 earn 0.40% APY. If all requirements are not completed and/or posted in any given cycle, the entire account balance earns 0.10% APY for that cycle. Qualification cycle means the full calendar month beginning on the 1st and up to the last calendar day at 2 pm CST. Rates subject to change monthly. **Debit card transactions processed by merchants and received by Altra as ATM transactions do not count towards qualifying debit card transactions. Only debit card transactions processed by merchants and received by Altra as Point of Sale (POS) transactions count towards qualifying debit card transactions. ATM fee refunds available for ATM withdrawals made from A+ Checking account only. Dividends calculated and paid each calendar month on the daily balance. Federally insured by NCUA.