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AREA HOME AND HEALTHY LIVING MAGAZINE



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Pictured on cover: 100 issues of *Coulee Region Women*.



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One hundred of anything is pretty impressive. I am amazed and delighted by the characters in our family who have made that 100-year mark. I am impressed every year on the 100th day of school, when my children and I count out 100 pieces of macaroni or 100 pennies to glue on paper for an art project. And I was absolutely dazzled when I first saw our cover layout for this, our 100th issue: a colorful mosaic of *Coulee Region Women* covers, 100 of them in total, every single one we've had since we first began publishing in 2002. That is an accomplishment we are proud of.

It also represents 100 cover women, hundreds more women featured in inside stories, hundreds of topics covered and hundreds of loyal advertisers who have supported us over the years. It represents several editors and dozens of writers who have conducted hundreds of interviews and penned hundreds of stories over the years. It represents thousands of readers—all of you—and thousands of connections made in this community of Coulee Region women.

One hundred is a number with gravity, and I mean that literally. As Diane Raaum and I plotted our cover story—a collection of 100 quotes, one from each of our cover women—we split up, bundled up and lugged around all 100 issues, which, in total, weigh a lot. I must admit it was a little daunting to see 17 years' worth of *Coulee Region Women*

piled on our office table and realize we had to mine each one for memorable words, then edit like crazy to get all 100 quotes to fit in one story. This was no macaroni art project. Clearly, we had issues.

And yet, what a wonderful opportunity to reread all those women's stories, to see how far our community—and its women—have come over the course of 100 issues. We sat, highlighters and Post-it Notes in hand, and read women's words of wisdom to each other over and over. "Listen to this one," we'd say, or "Remember her?" We couldn't help but be nostalgic. When *Coulee Region Women* published its first issue in 2002, I was just moving to the Coulee Region. I came

on board at the end of 2008, very shortly before my second child was born. Now, I've edited nearly 60 issues of *Coulee Region Women*, 10 years' worth in total, and that is an accomplishment I am proud of. I'm also proud of the 16 awards we have won over the years, proof that our magazine is appreciated beyond our loyal local readers.

In this 100th issue, we not only celebrate all the women who have graced our cover over the years, but we also celebrate this community and all the positive changes that have been made in the years since we began. We tackle a few persistent issues—relating to everything from cyber safety to eating well to women's dental concerns—and show you some solutions. We also highlight, as we always do, those who bring beauty and positivity to our region, such as artist Ashton Hall, the Women's Fund of Greater La Crosse and the community of women business owners who are helping West Salem to thrive.

As I write this letter to you for our 100th issue, I feel grateful that we too have been a part of this Coulee Region community, and we look forward to many more years of telling your stories, sharing wisdom and making connections. Our community and our world face many issues these days—but we'll keep bringing you the positive ones.

Betty

coulee region women

AREA HOME AND HEALTHY LIVING MAGAZINE

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GREAT RIVER WRITES

Great River Writes is hosting its second annual writing series this fall to inspire writers of all types. In conjunction with National Novel Writing Month, public libraries and literary organizations in La Crosse and Winona are hosting writing workshops and author chats every Saturday, October 27 through December 1. Locations vary, and range from the La Crosse Public Library to the Winona Public Library and even local breweries.

Community write-ins, craft talks, and expert tips support both published and yet-to-be-published writers of novels, poems, short stories and more. Guest authors visiting this year include Dean Klinkenberg, Wang Ping and Michael Perry. Visit www.lacrosselibrary.org/great-river-writes-1 for details, including a list of visiting authors, topics, times and locations.



A FASHION FEAST

The Women's Clothes

Closet will hold their 11th annual Fashion Cornucopia Style Show and gourmet meal on Saturday, November 3, at Our Savior's Lutheran Church at 612 Division St., La Crosse. Doors will open at 11 a.m. for the first show and 5 p.m. for the second show. The style show features women's and men's fashions from local merchants, including A&S Clothing Company, Dales, Duluth Trading Company, Mainstream Boutique, Surf & Scotch, Touch of Class and Willow Boutique. The event includes live music and tours of the Women's Clothes Closet. Tickets are \$35 each or \$240 for a table of eight and are on sale now with reserved seating available. Quilt raffle tickets, silent auction items and table wine are available for purchase. All proceeds will benefit the Women's Clothes Closet, which provides gently used clothing to low-income women who are entering or in the workforce, or other women in need. For tickets, call 608-782-3468 or visit wccloset@oursaviorslutheranchurch.net.

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CELEBRATE OUTSTANDING WOMEN

The annual YWCA La Crosse Tribute to Outstanding Women celebrates Coulee Region individuals who have demonstrated qualities of remarkable leadership and excellence in their professional and personal endeavors. Join the celebration at the La Crosse Center on Thursday, November 8, beginning at 5 p.m. with a social hour, followed by dinner, awards and recipient remarks at 6 p.m. The 2018 honorees are Karen Dahl, Marilyn Hempstead, Terri Johnson, Miranda Panzer, Jessica Skemp and Theresa Smerud. Young Women of Tomorrow honorees are Linda Xiong, nominated by Cia Siab, Inc.; Kemesha Harper, nominated by Western Technical College; Aurora Waite, nominated by La Crosse Logan High School; and Tracy (Yining) Zhou, nominated by Onalaska High School.



WEST SALEM MAKER'S MARKET

Enjoy a unique shopping experience while getting a jump start on holiday gift-giving at the West Salem Maker's Market, held November 9-11. Find one-of-a-kind gifts while supporting local artists featuring handmade items including jewelry, home décor, aprons, mittens, ornaments and much more. Located in a historic house at 135 Rose St. S. in West Salem, the Maker's Market is open 3-7 p.m. Friday, 9 a.m.-5 p.m. Saturday and 1-5 p.m. Sunday. For more information, find West Salem Maker's Market on Facebook, then prepare to treat yourself to a fun and inspiring shopping experience.

FRESH AUTUMN ART

Fall colors and great art—you'll find both on the Fresh Art Fall Tour. Held Friday to Sunday, October 5-7, 10 a.m. to 5 p.m. each day, this fine art and artisanal craft tour winds throughout portions of Pepin, Pierce and Buffalo counties of west central Wisconsin, flanked by the Mississippi and Chippewa Rivers. Seventeen artists' studios and galleries include dozens of creative individuals doing what they must—making art. This autumn's tour will include the sculpture of Gary "Chris" Christopherson perched on the bluffside above the river village of Nelson, Wisconsin, as well as the Humble Moon Folkstead in Stockholm, Wisconsin, operated by Sarah Smith and Dan Prokosch, featuring Prokosch's metal sculpture and Smith's creative vision in a home for art and crafts. They will be hosting Mavis Kjarland, a batik and watercolor artist. The Fresh Art Tour will offer artists' demonstrations and some visitor participation at the various sites. For more information and a map of tour destinations, visit www.freshart.org.





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100 Issues

Memorable quotes from *Coulee Region Women* cover women.

On the cover of (almost) every issue of *Coulee Region Women*, we introduced you to an area woman—and sometimes more than one. Here, we've collected quotes from each one of those cover stories. Some of the women featured have since changed their workplaces,

some have changed their names and some of the businesses they represented have changed, too. We offer you here a snapshot of who those women were in the issue and year we featured them, what they represented and what it means to be a Coulee Region woman.



2002

"I keep getting older but the reporters stay the same age. You get to teach and support those that are new to the field and enjoy their passion and excitement." —**Anne Paape, WKBT**

"Our natural environment is a common thread between so many different types of people." —**Brenda Haug, Hixon Forest Nature Center**

"Many communities the size of La Crosse had successful children's museums and I decided if we developed the network in town we could do it here." —**Anne Steuer, Children's Museum of La Crosse**

"We have great groups of friends and family and we try to instill fun in everything we do." —**Rita Sanchez, Mrs. Oktoberfest 2002**

"People are most successful being involved in activities that capitalize on their strengths." —**Connie Knutson, La Crosse Symphony Orchestra**



2003

"Keeping the family close knit is my number one goal. I try not to allow that to slip away in the hustle and bustle of running a business." —**Mary Drugan, Drugan's Castle Mound Country Club**

"I understand that although a leader is often called on to make painful decisions, the 'work' could always be carried out in a respectful manner." —**Mary Kay Chess, Gundersen Lutheran Medical Center**

"I look at Clearwater Farm as a tree and the tree bears fruit—in this case building community, involvement, recreation and education." —**Julie Henley, Clearwater Farm**

"Riverfront believes in people making their own choices about their lives." —**Marcia Jagodzinske, Riverfront**

"It is still a man's world. I had moments when I had to prove myself. Not only as a person, but also as a girl." —**Tammy Fisher, University of Wisconsin-La Crosse**

"In the end I can't help the world. I just want to make a dent." —**Nancy Hoff, volunteer**



2004

"We try to be considerate of each other's taste. Doing projects together can be fun and rewarding." —**Karee & Jeff Munson**

"I'm not crazy enough to go bungee jumping or something outrageous, but I try to live my life with passion and guts." —**Mary Monsoor**

"We're just at the beginning of the process of restoring a very large ecosystem. It's very exciting." —**Gretchen Benjamin, Wisconsin Department of Natural Resources**

"Women really want to know someone is listening to them." —**Martha Koloski, WKBT**

"I've learned we can never go back to just the way we were before. Cancer does change you." —**Roxanne Guberud, cancer survivor**



2005

"All the little children are so wonderful; they're so surprised to see that Santa has his wife with him." —**Pat Skiles, "Mrs. Claus"**

"It takes too much energy to be angry. It takes very little energy to be kind." —**Lisa Baldukas**

"When you share a laugh with a friend you build and enrich the chapters of your life." —**Lisa Warsinske, Heart of La Crosse**

"Some families might have worries about how to communicate with a child who does not speak English. I compare it to having a newborn. They can't talk, but you find a way to meet their needs." —**Casey Schneider, mom**

"We are fortunate that we have a great place to work and the location offers a view of the bluffs and the Mississippi River." —**Tara Fredrickson, Orthopaedic Section of the American Physical Therapy Association**

"We have a romantic conception of what a chef should look like. Think Chef Boyardee." —**Kate Gerrard, Kate's on State**



2006

"Technology is not what saves lives. It's immunizations. It's access to health care. It's prevention. These save lives." —**Dr. Cheri Olson, Franciscan Skemp Healthcare**

"Technology is rapidly changing. Consider that 20 years ago, we still mostly listened to cassette tape players." —**Carole Gibb, La Crosse Technology**

"We live in a great place and *Coulee Region Women* magazine offers a great opportunity to showcase that." —**Diane Raaum, Coulee Region Women**

"People like to know that their food is locally grown and if not organic, at least more natural." —**Judy Larson, Organic Valley farmer**

"I saw health care as a service industry, doing things for a bigger cause with the opportunity to influence people." —**Rachelle Schultz, Winona Health**

"I want to remain productive until the day I drop dead (at 100 or 120)." —**Carol Ebert**



2007

"I don't have to know what is next. Only what could be next." —**Chelsea Bassett**

"The common thread to improve all relationships is quality communication and a willingness to see the other side." —**Kay Adams, Gundersen Lutheran Behavioral Health**

"The most important insurance policy is to take care of yourself." —**Sarah Frey, Options Clinic**

"What was and always will be a focus of mine is that I can always come home to La Crosse." —**Shannon Carney, jewelry designer**

"Kids can get sucked into that technology vacuum. I have to remind (students) that they are not texting me and they need to write out the words." —**Kelly Leinfelder, Logan High School**

"Pay attention to preventative care in your life and pay attention to symptoms and be your own health care advocate." —**Dr. Dana Benden, Gundersen Lutheran**



2008

"I've learned to be a student every day. I've also learned to be accountable, have a sense of humor and to always look in the mirror first." —**Sue Kolve, Sue Kolve's Salon & Day Spa**

"You have to depend on yourself. There are times when things go wrong and you're alone out there and you just have to learn how to fix them." —**Mary McCullum, Pacific Ocean sailor**

"The word 'naim' means mom in Hmong. She is our hope, our happiness; she represents the kindness and love we see in each other." —**Mao Lee Moua**

"You can stay in the area and enjoy what we are so blessed to have." —**Pat Mutter, Visit Winona**

"Running made me realize that the same attitude could transpire into other aspects of my life." —**Jean Ellis, runner**

"If someone took my piano away I wouldn't know who I am." —**Amy Lauren, musical artist**



2009

"The lessons of the Holocaust are the best way I know to teach the importance of accepting other people's differences and to not be bystanders." —**Darryle Clott, Holocaust educator**

"I do not know a single person who enjoys war, but I do know people who do what needs to be done." —**Amanda Potaracke, U.S. Army Reserves**

"Our immigrant ancestors worried about the opportunities for their kids in our country. We worry about what conditions we will leave the world in for our kids." —**Jai Johnson, La Crosse City Council**

"Putting smiles on our clients' faces and seeing people have fun is really satisfying for me." —**Debbie Hosch, The Big E**

"Within the span of just 15 years, we went from bobby socks and poodle skirts to braless and free love." —**The Boomer Broads**

"To lead, you first must serve." —**Barb Skogen, Festival Foods**



2010

"Keep healthy. Take all health issues seriously. Take nothing for granted." —**Barb Davis & Nancy Stouffer, Lillian's**

"Rivers are very resilient. The Upper Mississippi is Mark Twain's river and it is one of the more natural rivers in the United States." —**Pam Thiel, U.S. Fish and Wildlife Service**

"We're proud of our big thighs and booties. We need them for hip checks and booty blocks (in roller derby)." —**Susan Crutchfield, Mississippi Valley Mayhem**

"If I could have skipped this experience I would. But I wouldn't want to give up my new way of living. I'm a better educator and a better person now." —**Connie Mettelle, car accident survivor**

"I enjoy helping women look and feel their best." —**Andrea Fisher, Lark Boutique**

"I went to school back in the '70s when women were still having to fight their way. It made me so angry." —**Dr. Jean Heyt, Thompson Animal Medical Center**



2011

"Everything I learned how to do I learned how to do at camp." —**Nancy Gerrard, Gerrard-Hoeschler**

"Every 10 years or so I make a change, with the groundwork being laid long before the decision is actually made." —**Fran Rybarik, writer**

"By getting and staying fit, you are able to participate in more activities, and it does wonders with self-esteem." —**Lisa Mathson, YWCA**

"Both sexes' communication styles are valid, just different." —**Dena Huisman, UW-La Crosse**

"We produce excellent dancers. But we want it to be about more, about qualities that will last far beyond the classroom." —**Misty Lown, Misty's Dance Unlimited LLC**

"I would like women to live so they are healthy, not because they think they need to look a certain way." —**Jenna Micek, Mayo Clinic Health System**



2012

"Everyone has a story to tell." —**Betty Christiansen, Coulee Region Women**

"The story isn't necessarily about me. The story is essentially the inspiration this co-op gave me 20 years ago." —**Michelle Schry, People's Food Co-op**

"I think we've been successful because we're focused—we do this not for us, but for the brides, and to be a part of the La Crosse community." —**Nancy Flottmeyer, Weddings by Nancy**

"Go out and explore." —**Kayla Shepard, La Crosse Area Convention and Visitors Bureau**

"I'd love for there to be no need for a free clinic because all could have access to health care." —**Sandy Brekke, St. Clare Health Mission**

"When you consider that the 'work' of shopping falls mainly to women in our society, you begin to realize just how powerful the purchasing power of women really is." —**Susan Schuyler, Coulee Region Women**



2013

"We need to voice the positive behaviors instead of letting people who say negative things get away with it." —**Jennifer Livingston, WKBT**

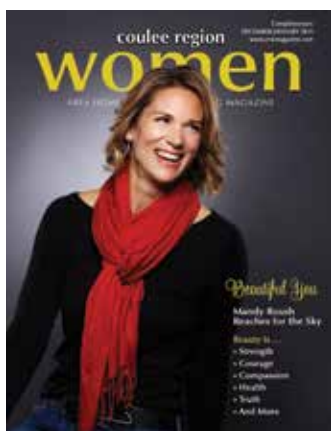
"It's that personal relationship that keeps the customers coming back." —**Louise Coughlin, Cottage Garden Floral**

"Balance isn't really realistic; it's more about integrating. It's about blending the lines between work and family." —**Jennifer Kloehn, The Waterfront Restaurant and Tavern**

"We have been exercising together for 30-plus years, supporting each other emotionally as well as physically through Jazzercise. We are family." —**Barb Erickson**

"The playing field in technology has leveled out. It's a field where men and women can compete equally." —**Cindy Prindle, Hawkins Ash CPAs**

"My role is to mentor young people, to nurture what is percolating inside them." —**Mahruq Khan, UW-La Crosse**



2014

"Yoga meets us where we are at, and asks us to tune in to our body."
—**Mandy Roush, Root Down Yoga**

"We service our customers, but we are also there to service our employees—to help them learn and grow so they are successful."
—**Tami Woods, Radisson La Crosse Catering**

"Paint cures a number of ills."
—**Peggy Rodriguez, Painted Porch**

"As a mom of boys, you just have to wrestle with them sometimes, and rub some dirt in it, and they are fine!" —**Amy DuPont, WXOW**

"We're just another generation moving through this enduring landscape." —**Sara Lubinski, landscape artist**

"We had to keep telling people we were opening a *tapas* bar, not a *topless* bar." —**Corynn Wieland, 4 Sisters Wine Bar & Tapas Restaurant**



2015

"Now I understand how important it is to have insurance, to plan your estate and to know your financial status. Having a relationship with (a financial) adviser before a tragedy strikes can create a sense of security as you wade through all those decisions."
—**Alana Havenstrite**

"I just wear what makes me happy, and in turn, that makes other people happy." —**Rebecca Brown, style blogger**

"I believe we all have our gifts, but if you don't use them, you miss opportunities to grow." —**Vicki Markussen, La Crosse Area Chamber of Commerce**

"People were looking for someone they could trust, a guide who would be there through their retirement years." —**Carol Schank, about Amy Stodola, Edward Jones**

"We are really a very effective, progressive, innovative county, and we have been for a long time."
—**Tara Johnson, La Crosse County Board**

"It takes a village, as they say, not only to raise children, but also to make wine." —**Lynetta Docken-Delaney, Elmaro Vineyard**



2016

"I know every day in life is a gift. What are you going to do with that gift?" —**Ramona Dale, pediatric heart surgery survivor**

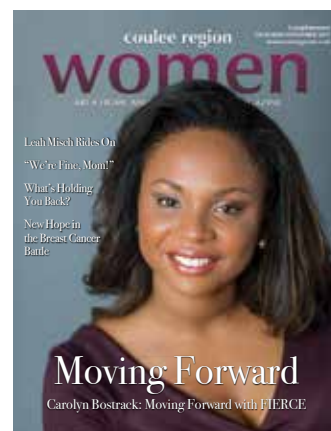
"What we have here is 'Hair-PA,' which is the same as the hospitals' HIPAA laws. I want my guests to know they can come here, relax and leave all their stuff behind." —**Connie Peter, The Ultimate Salon & Spa**

"Estate planning isn't about 'What happens to my stuff at the end of the day?' It's about 'What's my safety net as I'm going through life?'" —**Heidi Eglash, Johns, Flaherty & Collins**

"I believe in keeping the best of the past while reinventing and repositioning." —**Deb Lash, The Wedding Tree**

"Every person in that (dragon) boat is important in so many different ways, not just in making the boat go faster." —**Lori Freit-Hammes, Mayo Clinic Health System**

"The Coulee Region is a fantastic place to live, if for no other reason, 'for the health of it.'"
—**Betty Christiansen, Coulee Region Women**



2017

"Through ski racing, I found myself part of an extended family that I want to give back to."
—**Cindy Patza, Mt. La Crosse**

"One of the things I respect most about this amazing woman is her acceptance of others." —**Janie Morgan, about Stacy Shapiro, Shapiro Strategies**

"You'll be surprised at how much can be accomplished if we work together." —**Maureen Freedland, La Crosse County Board**

"This is a very positive time for downtown La Crosse. We leverage the resources, the opportunities and other organizations so that we're all working together." —**Robin Moses, Downtown Mainstreet, Inc.**

"I found in a lot of my math classes growing up that I was one of five or six girls. That's crazy! For the most part, I had male teachers. I thought, we need to have more women going into this." —**Kim Novak, Lincoln Middle School**

"We can only ask ourselves to be better than we were the day before. The next five minutes are a new five minutes that belong to no one else but you." —**Carolyn Colleen Bostrack, Gundersen Health System**

Continued on page 18



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Women's names and titles, and names of places of business, may have changed since original publication.



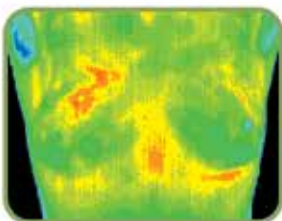
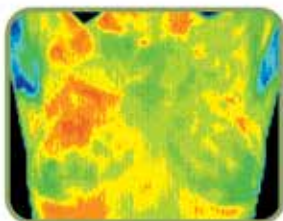
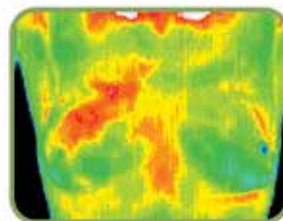
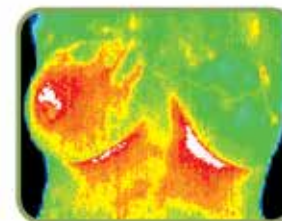
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Celebrating the Good

Coulee Region organizations have addressed tough issues over the past 17 years.

BY ANASTASIA PENCHI

Photo by Megan Kirking, Explore La Crosse



So many things divide us these days. But what brings us together? A lot, it turns out.

As we celebrate our 100th issue of *Coulee Region Women*, we're overwhelmed by just how much good has happened in the Coulee Region in the 17 years since we've begun.

We put a call out to some of the area's best minds in government, business and the nonprofit world to help create a list of some of the positive changes that have happened during our time. Collaboration is a common theme, as is looking for beauty in both people and places. This list is proof that great things happen when we get together to discuss issues we care about.

Let's celebrate 17 years of making the Coulee Region an even better place to live.

HEALTH CARE

Getting health and dental care to the poor and uninsured has been a longtime issue, but the Coulee Region has tackled it. **St. Clare Health Mission** in La Crosse provides free services thanks to a volunteer force of doctors, nurses and others. What started as an idea in 1992 has now served more than 18,000 people. Around that same time, **Scenic Bluffs Community Health Centers** in Cashton opened and has since expanded to offer a health center in Norwalk, dental services in Viroqua and behavioral health services in Sparta, along with Lugar de Reunion, a Hispanic outreach center in Sparta. **Change Direction** and **NAMI** bring attention to mental health issues while the recently renamed **Essential Health Clinic** continues to offer reproductive health care.

HOMELESSNESS

Another longtime issue got a fresh perspective when a new group committed to solving it a step at a time. The **La Crosse Collaborative to End Homelessness** helped La Crosse become the first city in Wisconsin to end veteran homelessness in 2017. Many area nonprofits contributed, such as the **Franciscan Sisters of Perpetual Adoration**. **Catholic Charities** opened the La Crosse Warming Center in 2014.

ADDICTION

Coulee Council on Addictions has supported individuals recovering from addiction (and their families) since 1968, but it just moved to a new building this summer. **Operation River Watch** began in 2006 after eight college students drowned over the course of several years due to excessive alcohol consumption. Student volunteers from Viterbo University, the University of Wisconsin-La Crosse and Western Technical College monitor Riverside Park at night, and the drunken drownings have stopped.

HUNGER

The **Hunger Task Force** has fed people for 20 years through food collections and distributions to meal sites and food pantries. Its Food Bank served 38 programs and collected 633,802 pounds of food 15 years ago. Last year, 1.5 million pounds were distributed to 102 programs. The **Kane Street Community Garden** produced 500

pounds of vegetables in 1998 and now provides more than 34,000 pounds of produce. Food pantries are in schools. And 30-plus years strong, **WAFER** continues to serve.

JAIL POPULATIONS

La Crosse Jail Ministry isn't new, having offered spiritual direction, counseling and rehab support to inmates since 1984, but **Project Proven** is. This Western Technical College partnership provides adult education, basic literacy and GED services. More than 500 people have been helped since 2013.

RACE AND ETHNICITY

U.S. Census data from 2000 to 2010 shows an increase in La Crosse residents reporting as Asian, African American, American Indian and Hispanic, and we need groups to teach us about similarities and differences. The **Hmoob Cultural and Community Agency** has been around longer than the magazine (opening in 1982), but **Cia Siab** came about in 2016 to provide culturally specific and holistic Hmoob programming and services. **Centro Latino** formed in 2015 to serve the growing Hispanic community. The **Ho-Chunk Nation Three Rivers House** and **African American Mutual Assistance Network** continue to represent, while we've added **Black Leaders Acquiring Collective Knowledge (B.L.A.C.K.)**.

DIVERSITY

The Center: 7 Rivers LGBTQ Connection began about the same time this magazine did and continues to expand the understanding of human sexuality, gender identity and the need for equal treatment. **The Greater La Crosse Area Diversity Council** came about in 2007 and addresses equity, inclusion and diversity.

YOUTH

The **Mathy Center** partnership between Viterbo University and the Boys and Girls Club opened its building in 2005. The **YMCA North** branch in Onalaska followed the next year. **The Good Fight**, which uses discipline that comes with boxing to help at-risk youth, started in 2016.

NEIGHBORHOOD REVITALIZATION

The **City of La Crosse** has replaced dilapidated houses and provided repair loans to low-income homeowners for longer than this magazine has been around. **ReNEW** volunteers (coordinated by **Habitat for Humanity** and **Couleecap**), who once cleaned up south side neighborhoods, now focus on the Lower Northside Depot Neighborhood. **La Crosse Promise** offers incentive for building and renovating to transform neighborhoods, and a brand-new **Downtown Neighborhood Association** is mobilizing to meet the needs of a growing population in La Crosse's core downtown area.

TRAILS GALORE

Walking and biking in the Coulee Region is easier thanks to **La Crosse's Bicycle and Pedestrian Master Plan** of 2012, which

prioritized trail connections and bike lanes. The **Bud Hendrickson Nature Trail and Pedestrian Bridge** (dedicated in 2015) connects La Crosse and Onalaska. The reconstruction of **Interstate 90 at Exit 3** includes multipurpose trails. Bikers can travel from downtown La Crosse to Trempealeau, Sparta and beyond thanks to connections to the state trail system.

TRANSPORTATION

A tourism highlight came in 2005 with the **Cameron Avenue Bridge**, which spans the Mississippi River next to the Cass Street Bridge. The **La Crosse Regional Airport** completed a \$14.2 million renovation in 2016, hoping to add nonstop destinations.

HIGHER EDUCATION

Expansion at the **University of Wisconsin-La Crosse** includes improved track and field facilities, dorms and a rec center addition. **Western Technical College** remodeled several buildings, including the Coleman Center. **Viterbo University** is improving its Outdoor Athletics Complex. Agreements between WTC and Viterbo mean more students can transfer between schools.

BUSINESS

We couldn't list every business improvement, but a sampling includes **Logistics Health, Inc.**, which contributed to downtown La Crosse redevelopment; **Gundersen Health System** projects; and the evolution of **Mayo Clinic Health System-Franciscan Healthcare**.

THEATER AND ARTS

The creation of an **Arts District** in downtown La Crosse and the opening of the **Weber Center for the Performing Arts** in 2013 support our love for all things artsy. The weekend arts festival **Artspire** just celebrated its fifth year; **Moon Tunes** has had free concerts in Riverside Park for six.

PARK IMPROVEMENTS

La Crosse's **Grandad Bluff Park** is more accessible, and a new playground is at now-renamed **Poage Park**. La Crosse's south side saw the addition of the beautiful **Chad Erickson Memorial Park**; Riverside Park added **International Friendship Gardens**, and next up is the **All Abilities Trane Park Project**, slated to open next summer. There is a new eagle viewing area near Interstate 90 and riverfront beautification in Onalaska with the addition of **Dash-Park**.

AND MORE

Certainly, we've missed more than a few of the positive developments the Coulee Region has enjoyed while we were busy publishing *Coulee Region Women*. But be assured that each one, named here or not, is appreciated and important to making the Coulee Region even better, year after year. (crw)

Anastasia Penchi, a longtime Coulee Region writer, is proud to have witnessed many of these changes with her own eyes. She can be reached at callmeloislane@hotmail.com.

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Life and memories are stored in our body. At times we may say we've got "issues in our tissues." In yoga, we call issues Samskaras, or the road maps of our life. If we emotionally hold on to these issues, they will show up in our body. They can make us feel tired, with tight muscles. We lack focus, and we feel ungrounded. This can lead to illness or disease somewhere in the body.

Practicing yoga helps us better deal with issues that arise throughout our life. Yoga can help loosen tight muscles, improve our concentration, help us feel grounded and feel full of vitality. See you on the mat! Namaste ~ Tammy

TACKLING PRIVACY ISSUES

Keep your family cyber secure with advice from the LCPD.

BY JESSIE FOSS
Contributed photo

Americans are some of the largest consumers of online markets in the world, but as cyber activities become more a part of our everyday lives, we are not necessarily smarter and more secure in our online presence. In 2017 alone, the global cost of cybercrime exceeded \$600 billion.

Cybercrimes aren't just happening in other parts of the country. They are something La Crosse Police Department Lieutenant Avrie Schott sees in the Coulee Region.

Keep kids safe



Lieutenant Avrie Schott, La Crosse Police Department

Schott says talking to your kids about their cyber activities is an important part of their safety, and she offers the following ideas on how to get the conversation started.

Ask younger kids: What's your favorite website? Have you ever seen something online you didn't want to see? Do you ever talk to people you don't know online? What do you talk about?

Ask tweens and teens: Can you show me which sites and apps you're using? Would you feel comfortable if I checked your accounts? What kinds of things do you post? How do you decide whom to add as a friend? How much personal information do you share online?

"I would also encourage parents to know what your child is accessing and using; ask them, talk with them about the sites and check their settings," Schott says.

She also encourages parents to ensure kids feel comfortable sharing online concerns they may have. Kids should feel comfortable reporting people online who make them uncomfortable.

School resource officers and school DARE officers are great resources for cyber protection, Schott says.

Protect yourself, too

Kids aren't the only ones who should protect themselves online, especially when it comes to scams. Schott offers the following tips to help avoid being taken advantage of:

- Never give personal information such as your name, birth date, Social Security number or bank account numbers over the phone or online. Banks and other financial institutions will never call you and ask for this information.
- Stay in contact with your financial institution and work with its fraud department.
- TransUnion, Equifax and Experian are the three credit-reporting agencies. You can check your credit score with each once a year for free. Make sure there is no fraudulent activity.
- Contact your local law enforcement department to file a complaint if you have been scammed.
- You can always contact local law enforcement to find out if there are any scams in the area they are aware of.

Cybersafety for Kids

NetSmartz is an interactive, educational program of the National Center for Missing & Exploited Children (NCMEC) that provides age-appropriate resources to teach children how to be safer online and offline. The organization offers these tips and ideas:

Set ground rules

Establish clear guidelines on what sites kids can visit, what apps they can download and when they can have access to electronics.

Go beyond safeguards

Installing monitoring software doesn't guarantee your child will be safe online. Time, attention and conversation are the best tools to protect them.

Report

If your kids are dealing with cyberbullies or potential online enticement, report it to the website, cell phone provider, law enforcement or www.cybertipline.org.

Know the platforms

Online enticement happens across all

platforms, so be aware of the sites, games and apps your children frequent. Ask them to show you how they use them.

Be proactive

Teach your kids to spot common tricks used by online offenders. According to NCMEC CyberTipline reports, these include

- engaging the child in sexual conversation/roleplay as a grooming method
- directly asking the child for sexually explicit images of themselves or offering to exchange images
- developing a rapport with the child through compliments and other supportive behaviors such as "liking" their online posts
- sending unprompted sexually explicit images of themselves
- pretending to be younger
- offering incentives for explicit content

Spot the red flags

Children who are experiencing online enticement may be

- spending increasing time online
- getting upset when they are not allowed on their devices
- taking extra steps to conceal what they are doing online
- receiving gifts from people you don't know

Talk about it

Regular conversations about safety can go a long way in increasing trust and communication.

Get involved

If you have kids who like to play online games, ask if you can play, too.

Don't pull the plug

Taking away internet access because they may have made mistakes online doesn't solve the problem. [crw](#)

Jessie Foss is a freelance writer living in La Crosse.



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The secret to success in a small house is meticulous organization. In the Banks home, architect husband Michael created custom space for everything from kitchen appliances to the layout of a multipurpose living area.

Good Things Come in Small Packages

A small home provides unexpected benefits.

BY HEIDI GRIMINGER BLANKE
Photos by Jen Towner Photography

You might think living in a small house means living austere, but the 610-square-foot home of Melanie and Mike Banks is as full and rich as any of its larger cousins.

Living in a small house in a more minimalist manner wasn't always part of Melanie's plan. After a divorce, she left her 10-acre "farmette," including its chickens, donkeys and beloved horses. "Downsizing is usually related to an event," she says, and it certainly was for her. Living on her own meant a tighter budget, and this home on French Island fit the bill. She purchased it shortly before meeting her now-husband, Mike. Melanie and Mike are the third owners of this 1940s-era home.

With only a kitchen, bathroom, living room and single bedroom, the house didn't allow Melanie to bring much from her old house. Not only were the houses of different styles; the items just didn't fit. "It's not apples to apples," she points out. Still, she arrived at her small house with "a garage full of dishes, artwork and furniture."

Mike's skill as an architect was vital in determining how the space would work while maintaining a cottage look. "His architectural style is so amazing that I could see the kitchen in draft form," Melanie says. A skilled carpenter and excellent contractor made for a smooth renovation.

Small but mighty

One enters the house via the back deck and steps into the mudroom. It just so happens this mudroom is a wall right off the entry that holds keys, a dog leash, hats, purses and even a broom. Turn around, and you're in the galley kitchen, a work of art and pinpointed organization.

Melanie stresses the need to know what you want to store before making any kind of storage plans. Every inch of space had a plan, Melanie says, somewhat similar to the way space is utilized on a boat.



In this small house, every inch of space, even in the mudroom (far right), is wisely used.

“Mike asked me to plan my kitchen before he started drawing,” she says, so she had to determine where every appliance, dish and can would go prior to construction. Mike’s suggestions for how it could all come together are evident in the drawers constructed to fit everything from dog food to a KitchenAid mixer. Cabinet and drawer depths vary according to their planned contents. Even the water heater found its own home behind the refrigerator.

A place for everything

When downsizing, Melanie emphasizes not only the need for a strategy, but also the need to expect moments of panic. “Nobody mentions that there are going to be times that you’re going to feel it’s not working,” she says. Even a self-determined downsizing is “a shedding, a process. I’ve had to reframe my own identity and learn again how to be satisfied and content. Be excited about the vision of what can be.”

The living room/dining room/office combo might seem quite a bit for one small room to handle, but it feels as open as any contemporary great room floor plan. White floor-to-ceiling pillars separate the living room from the other two stations so that one gets the feeling of individual rooms without adding walls.

A door across from the dining area opens to a bathroom roomy enough for two people. It is filled with layers of cabinetry and houses a large shower. From there, a closet offers passage between it and the bedroom and contains its share of built-ins. The bedroom itself, with its seasonal bed coverings, holds bookcases and two bongo drums, yet it still feels roomy.

Despite the few rooms, a circular path is part of the floor plan, allowing the perfect racetrack for a grandchild and dual access from each space for adults.

Outside, the deck leads to a backyard anchored by a crabapple tree and multiple bird feeders. Raised beds line the driveway. A light-filled three-season room, accessed from the deck, adds more office space and a sleeper sofa to houseguests. It will also house Melanie’s future fairy garden business.

And everything in its place

Part of the success of this little house is the way in which items are kept out of sight, yet easily accessible. The printer hides in the furnace closet; the television is inside a beautiful hand-built piece of furniture; clothes nestle in drawers under the bed. Yet evidence of who the Bankses are stands out in the open. Somehow, the bedroom makes space for four string instruments hanging on the wall (Melanie plays the ukulele and Mike plays guitar), the living room for a grandson’s display area, and the walls for artwork with meaning to the couple. Carved Celtic touches appear throughout the home. “The spiritualness of the Celtic world just draws us to it,” says Melanie.

The Bankses point out that a tiny house is easy on the budget compared to larger abodes. From flooring to cabinetry, the reduced amount of materials means a lower cost. Any new item requires forethought, but there is still room for spontaneity. When they purchased a bread maker, for example, size and where it would fit were important considerations.

Melanie was slightly dubious at first that this tiny house could hold everything she needs, but she quickly came to the realization that this was the house meant for her. “My garage became a staging center for years because it was hard for me to decide emotionally to let go of things,” she says. Living small has enabled her to find out what objects she truly needs and to find a place for every item. In the end, few items made the transition from her old place to her new.

“Adaption is really the key in small spaces because things work, and then they don’t, and then you keep tweaking,” says Melanie, noting the importance of function in those spaces.

While a small home can certainly be freeing, Melanie’s favorite part is “the creativity and challenge of making a small home work. When things have a place, it allows harmony.” *(crw)*

Heidi Griminger Blanke, Ph.D., has no idea how she’ll ever downsize when the time comes. She’s lived in the same house for 25 years with, fortunately or not, plenty of storage space. Nevertheless, she’s inspired by this story.

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BEYOND THE PEARLY WHITES

Area dentists weigh in on women's dental issues—
and how to address them.

BY JUDITH MUNSON
Contributed photo



Sometimes, a trip to the dentist completely turns around a person's life. For women especially, a dentist keen to their specific issues—whether TMJ, hormone-related changes or others—can provide a world of relief.

Is it a migraine or TMJ?

Jon Feist, DDS, partner at Feist Siebert Dental in Onalaska, specializes in temporomandibular joint (TMJ) syndrome, in which the jaw's teeth, bones and muscles are out of alignment. It can cause grinding, popping, clicking and locking of the jaw and severe headaches often misdiagnosed as migraines. People experience one or two symptoms or possibly all of them over time.

Women, he says, are more prone to TMJ than men. "Female bone and muscle structure is less robust than males'. If you're having headaches three to four times a week, those may not be migraines. Migraines occur only three to four times a month."

Feist sees people every day who have suffered for years with TMJ not knowing the diagnosis existed. One patient in particular stands out: Feist took just one look at his jaw, and he knew.

"How long have you had headaches?" Feist asked.

Incredulous, the patient explained he had headaches three to five times a week, and he missed work by having to stay home and sit in a darkened room. Doctors had fused his neck twice, prescribed Percodan and Oxycontin and scheduled him for a third fusion. He was told this one might end the headaches, but there was a 50-50 chance he'd be paralyzed.

Thankfully his dental visit was scheduled first. Feist asked him to delay the surgery and to call him one month after he inserted a bite plate to ease the TMJ. One month went by, then another. They finally connected.

"He said, 'I can't come in. I'm too busy living: working, hunting, fishing.' He came back after he broke the mouthpiece and had a

headache the next day," says Feist.

TMJ is all about positioning. "You have three components to your jaw: teeth, bones and muscles," says Feist. "If there's the slightest imbalance, the weak link suffers, resulting in popping, locking or headaches."

Treatment is a nonsurgical, noninvasive process. After repositioning a patient's bite with the mouthpiece, braces may need to be worn for 18 to 24 months to complete the realignment. Advances have decreased the price and time required for treatment significantly in the last two years.

Feist suffered from TMJ's symptoms as a youth, before learning of the diagnosis. Even treatment in dental school failed to help. He studied TMJ as a postgraduate and found relief for his own symptoms, earning an LVI Mastership distinction for his work on the topic.

Hormones, hormones

Women are definitely more susceptible to suffer from dental problems than men, says Kristine Halverson, DDS, with Maplewood Dental in Onalaska. "Most of these issues are related to hormonal fluctuations during different phases of our lives," she explains.



Kristine Halverson, DDS,
Maplewood Dental

The first phase, puberty, is rather famous for its spike in hormones for both sexes, sometimes causing inflamed gum tissue, or gingivitis.

"Home care and avoiding sugar, soda, juices and energy drinks will help prevent swollen, irritated and bleeding gum tissue," says Halverson. "As you can imagine, this can be painful. We have seen that teens who use an electric toothbrush tend to be more successful at keeping gingivitis at bay, as these toothbrushes typically have a timer to help encourage brushing for a

minimum of two minutes at a time.”

If teens floss at least three times a week, it's enough to keep inflammation to a minimum, she says. “It is not uncommon for teens to rush through oral care, not realizing the consequences it can have years later, including decalcification of teeth, which makes them more susceptible to requiring numerous dental restorations in the future,” she says.

The next phase where hormones wreak havoc is pregnancy. “The increase in estrogen and progesterone can create pregnancy-induced gingivitis,” says Halverson. “This can continue past pregnancy, especially in mothers who are nursing. If left untreated, this type of gingivitis can lead to periodontal disease.”

That's important for baby as well, since women with periodontal disease are more likely to have preterm and low-birth-weight babies. Women who have gestational diabetes are at a greater risk for infection risk in the mouth, gum disease and tooth decay. Morning sickness introduces a more acidic environment in the mouth, making women more susceptible to cavities, so she recommends rinsing with water after each episode.

“It is ideal to treat any dental issues before pregnancy to prevent the need for work during pregnancy, so it's crucial to keep regularly scheduled dental appointments,” she says. “Some dental insurance companies will also cover more frequent dental cleanings during pregnancy to help prevent problems from occurring.”

Fluoride treatments during pregnancy can reduce the risk of decay, and for those opposed to fluoride, xylitol-sweetened, sugar-free gum can also reduce risk.

Finally, during menopause, hormonal changes and certain

medications result in a dry mouth due to decreased saliva production. “This condition creates side effects such as sore gums and increased decay risk. Decrease sugar intake, increase water intake and try products such as Biotene or sugar-free gum to soothe gums and stimulate saliva flow,” says Halverson.

Prescription side effects

Menopause is often when women battle osteoporosis, and side effects of medications prescribed for it often complicate oral care in women, says Jake Siegert, DDS, partner at Feist Siegert Dental.

This class of drugs known as bisphosphonates alters the metabolism of your bones. Brand names include Boniva and Fosamax. “If you need dental surgery, these drugs may affect the bone around teeth and its ability to heal from the procedure, and the drugs may stay in your system for years.

“Although osteoporosis can affect both men and women, I have yet to encounter a male taking a bisphosphonate prescription,” says Siegert.

Siegert advises telling your dentist if you're taking these medications and trying to schedule dental surgery prior to taking them.

To help strengthen teeth in general and avoid decay, he recommends bathing teeth in a minimal intervention (MI) paste. “It's based in calcium phosphate, which is basically vitamins for teeth that help prevent cavities and diminish white spots left from braces.” MI paste is available at most dentists and online. [\(crw\)](#)

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

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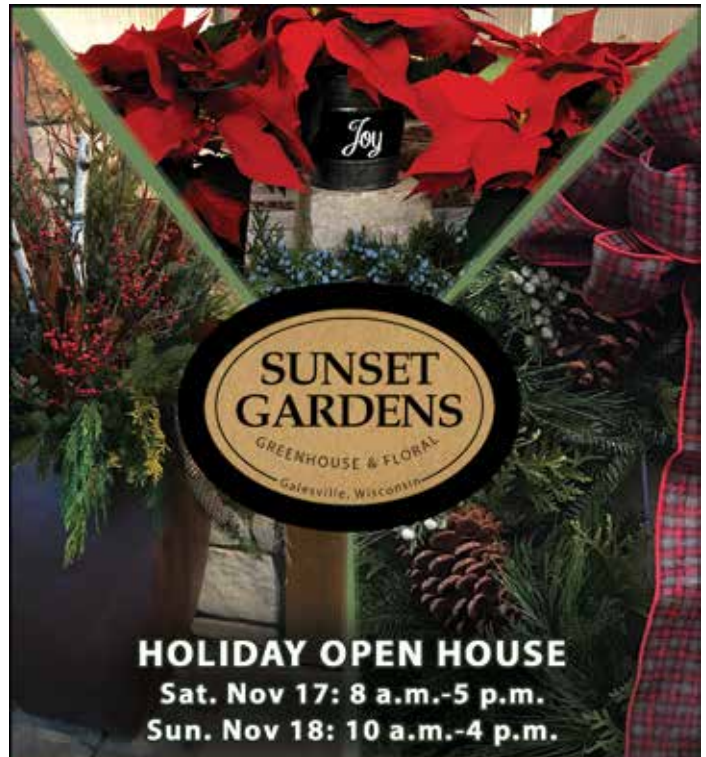
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HEALTHY EATING HACKS

Tackle the issue of eating right, one habit at a time.

BY JULIE NELSON

Contributed photos

It's the dilemma of nearly every American woman: how to eat healthy when everywhere you turn, you encounter snacks, treats, highly processed food and even restaurant food that is excessively salted or “enhanced” with flavor-producing butter and fats. We *know* about eating a balance of whole foods and plenty of fruits and vegetables, but we're not as good at putting the theory into practice.

The good news is that local dietitians say you don't need to eat strictly healthy food every day of every week in order to maintain a healthy weight. So what are some tips for incorporating healthier eating habits?

Start somewhere

Pick one eating habit you know you could improve, and do it right one day of the week. For example, I chose Monday. When I started in the working world, I would regularly stop in the break room and nibble at whatever baked good was there. So I made a deal with myself: On Mondays, I would either bring a piece of fruit, or I would go without a snack. And you know what? It didn't kill me. I didn't starve. And I haven't gone the entire rest of my life never sampling a coworker's special homemade treat.

Make a new habit

Over time, I added Tuesdays to that routine and eventually found other good habits to start. Now, I find it really easy to resist the goodies of the break room, especially those that are not homemade or are not fresh. In fact, I actually get a little headache-y if I eat sweets before lunch.

The same holds true with substituting water for soda, a piece of fruit for a bag of chips, lunch brought from home for fast food or one cookie for dessert instead of five. Start somewhere, and you'll discover the more you practice your healthy habit, the more you prefer the taste of your new food and the better you'll feel overall.

Following are recipes from local dietitians. Sample them and start a healthy—and delicious—new habit.

SWEET POTATO BLACK BEAN BURRITOS

Cindy Solis, Gundersen Health System

Serves 6

- 1 large sweet potato, peeled and chopped
- 1 medium onion, chopped
- 1 T water
- 1 T olive oil
- 1 clove garlic, minced
- 1 green pepper, chopped
- 1 15-ounce can black beans, drained and rinsed
- 1 cup frozen corn, thawed
- ½ lime, juiced
- 2 tsp. cumin
- 2 tsp. oregano
- 1 tsp. chili powder
- 1½ cups shredded cheese
- 1 cup salsa
- 2 avocados, pitted and sliced
- 6 8-inch tortillas

In a microwave-safe bowl, combine sweet potato, onion and water. Microwave on high for 5 minutes, or until the sweet potato is soft and easily pierced with a fork. Meanwhile, in a large skillet, heat oil, garlic and green pepper. Sauté until green pepper is tender. Add beans, corn, lime juice and spices. Add potato mixture. Stir until heated through. Remove from heat. Place one-sixth of the mixture on each tortilla and sprinkle with cheese. Top with salsa and avocado.

Per serving: 250 calories, 6g fat, 10g protein, 44g carbohydrate, 9g fiber, 360mg sodium.

MINI VEGGIE PIZZAS

Romi Londre, Mayo Clinic Health System

Serves 2

- 4 slices zucchini or eggplant, ½ inch thick and 3 inches in diameter
- 2 tsp. olive oil
- ⅛ tsp. salt
- ⅛ tsp. black pepper
- ¼ cup pasta sauce
- ¼ cup part-skim mozzarella, shredded

Preheat the oven or toaster oven to 425°F. Brush both sides of eggplant or zucchini slices lightly with oil. Sprinkle salt and pepper on both sides and arrange on a baking sheet. Bake until slightly tender, about 4 to 6 minutes for zucchini and 6 to 8 minutes for eggplant. Turn once during baking. Spread 1 T of sauce on each slice and top with 1 T of shredded cheese. Place back into the oven for 3 to 5 minutes to melt cheese.

Per serving (2 pizzas): 120 calories, 8g fat, 4g protein, 10g carbohydrate, 4g fiber, 340mg sodium.

SPAGHETTI SQUASH WITH MEATBALLS MARINARA

Cindy Solis, Gundersen Health System

Serves 6

- 1 large spaghetti squash
- 1 lb. turkey sausage
- 1 jar marinara sauce
- Parmesan cheese, optional

Preheat oven to 400°F. Fill a 9x13-inch pan with about 1 inch of water.



Using caution, cut ends off the spaghetti squash. Stand the squash on the flat end and cut in half. Use a spoon to remove seeds and pulp. Place squash facedown in a baking pan. Bake 45 to 60 minutes or until squash easily separates with a fork.

Meanwhile, make meatballs out of turkey sausage. Fry until cooked. Heat marinara sauce.

When squash is cooked, remove it from the oven and carefully flip faceup to cool slightly. Scoop spaghetti squash onto plates. Top with hot marinara sauce and meatballs. Sprinkle with cheese if desired. Serve with garlic toast.

Per serving: 220 calories, 9g fat, 16g protein, 21g carbohydrate, 2g fiber, 680mg sodium. (crw)

Julie Nelson is the Community Engagement Coordinator for Great Rivers United Way. She will readily admit to a weakness for homemade chocolate-chip cookies.

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The Art and Science of Food and Wine Pairing

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

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

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

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

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THE LADIES OF LEONARD STREET

Thanks to its women business owners, West Salem is thriving.

BY JANIS JOLLY

Contributed photos



West Salem's downtown is thriving, thanks to the innovation of women entrepreneurs in a wide variety of businesses. Photo by Jessica Sands Photography.

Like old, sad songs, many small towns are fading away. Their small businesses are replaced by big box stores or the internet. Folks move away; the lights grow dim. It happens all over the country.

But not in West Salem.

Here, a grassroots revival is underway, with 20 or more women opening or taking over ownership of storefronts on the town's main drag. The Ladies of Leonard Street are a force to be reckoned with.

Celebrating the small town



Sierra Klisch,
Ohana Yoga

When you stroll down Leonard Street, you will see activity all around, from a photography studio, coffee house, yoga studio, tax service, bar, florist, beauty salon and

many more businesses, all owned by women. But they aren't just doing business; they are creating community.

Sierra Klisch is a yoga teacher and part owner of Ohana Yoga. In order to attract people to come downtown, she and her partner, Sarah Allen, knew they had to reach out to the West Salem community. One of their first efforts this year was to organize the Ohana Market, a one-day shopping and fun day downtown. They invited 30 craft and food vendors to a nearby park, then added yoga classes and live music. "It creates an environment for families to come together in our downtown area when they come to town," Klisch explains. Profits from the event were donated to the West Salem Park & Recreation Department to improve the park.

Sarah Allen, Klisch's business partner, says the downtown is coming back because the town is growing. "The West Salem



Sarah Allen, Ohana
Yoga

downtown is such a beautiful place with so much history. Our community supports our local businesses, and we truly feel like a family all working together."

The Leonard Street businesspeople also support the West Salem Village Market, a farmers' market with arts and crafts vendors and entertainment that takes place 3 to 6 p.m. on Fridays in the summer.

As Stephanie Bentzen, owner of the event venue B's Place, points out, women opening businesses was not planned; it was more like a happy coincidence. She, along with her husband, David, remodeled a historic brick building that had been a grocery store, a

general store and a hardware store, among other things. “Refurbishing the beautiful old buildings brings out the creative side of many people,” Bentzen says.

Community and healthy living

For Kliscz, yoga practice is far more than a business. She credits it with turning her life around. As a mother of two young children, she experienced severe anxiety attacks and didn’t want to use the drug-based therapies recommended by doctors. She started doing yoga at home, and within a week she felt better and was sleeping better. “You get out of yoga what you seek,” she explains. “Some people want to improve agility or strength and they can do that with yoga. I wanted to control my thoughts. Yoga makes a connection between breathing and movement. When you concentrate on doing this, it forces you into the present moment.”

She eventually took classes to become a yoga instructor, becoming certified in 2017, and bought into Ohana Yoga in 2018. A wide range of classes are offered: vinyasa flow, a basic style with connected poses that refresh the whole body; barre, a combination of ballet moves and yoga; chair yoga and more. Besides Kliscz and Allen, there are two massage therapists and a registered holistic nutritionist in the practice.

Allen, who grew up in West Salem, is thrilled to see the changes in her town. The growth in population has been steady: from 3,500 in 1990 to around 5,200 today. The West Salem, businesswomen want everyone to feel a part of the community. “*Ohana* means ‘family’ in Hawaiian,” says Allen, “and that is exactly what we plan to bring to the community: a place where families can make memories.” **(crw)**

Janis Jolly is a freelance writer from La Crosse.

The Women of West Salem

Ohana Yoga—Sierra Kliscz and Sarah Allen
 Kristin at Ohana—Kristin Schomberg
 My Nutrition Alternative—Madeline McIntee
 Hale, Skemp, Hanson, Skemp & Sleik—Sarah Fortune
 and Peggy Herlitzka, attorneys
 Bi-State Realty & Appraisals—Tricia Storandt
 The Silverado Saloon—Jen Wyoiki
 Jones Chiropractic LLC—Denise Jones
 Jessica Sands Photography—Jessica Sands
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 Oma—Kristina Sage
 Village Cut & Curl—Karla Dvorak
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BREAKING DOWN BARRIERS

The Women's Fund of Greater La Crosse celebrates 20 years of empowering women.

BY ELIZABETH D. LIPPMAN

Contributed photos



Members of the Women's Fund of Greater La Crosse celebrate at their 2018 grant award event.

For many of us, a few miles of road are easily traveled. But for some women, they can be a seemingly unbeatable obstacle to self-sufficiency. The Women's Fund of Greater La Crosse is celebrating 20 years of helping area women transcend such barriers—whether through education, child care supplies or, in one case, a simple bike trailer.



Kaycie Green, executive director of the Women's Fund of Greater La Crosse

The Women's Fund was established in 1998 after organizers noticed that not a lot of charitable giving in the community benefited women, says executive director Kaycie Green. This year, the group will award more than \$70,000 to Coulee Region organizations encompassing 20 programs doing just that.

"One of the things this organization has been able to do is provide very targeted small amounts of money at a time in a woman's life that is really critical to her ability to either maintain self-sufficiency or reach that next level," says Green. "To make it to the job. To be able to get child care. To have diapers or feminine hygiene products so they don't have to be ashamed of not being able to afford those things but can operate in our society in a way that empowers them."

What generosity can do

The initiative was founded as a dedicated fund of the La Crosse Community Foundation. During its first year, the Women's Fund issued \$2,000 in grants to area projects. After years of steady growth, the group established itself as its own nonprofit organization in 2010. They later established a quasi-endowment fund to help ensure that their ability to provide grants remains sustainable.

The Women's Fund serves as the sole funder of the Women's Transportation Fund, which provides onetime support to women

facing transportation issues that prevent them from attaining self-sufficiency. A recent grant helped provide an area mother with a bike trailer that allowed her to transport her child to his father's home by bike instead of by foot—and now allows her to transport groceries for her family.

Other support, all of which is dedicated to programs that benefit women and/or children, helps give women access to resources ranging from parenting support to opportunities in the science field to a high school education.

Green, who has been involved in policy advocacy around women's issues elsewhere, began her work as executive director of the Women's Fund in La Crosse earlier this year.

"Being in this role is such a privilege," Green says, "because I'm able to see the extreme generosity of individuals who live here firsthand. I think this is probably the most giving community I have ever been in, and it's really humbling and amazing to be able to witness it every day."

Slowly building to make a difference

The group hosts two feature events each year—the Spring Fling and Fall Luncheon. This year's luncheon will be held October 18 and will feature journalist Laura Ling, who endured a 140-day captivity by North Korea after reporting from the China-North Korean border on the trafficking of North Korean women.

"It's been a good opportunity to look back and see just how far this little fund has come," Green says of the group's 20th-anniversary year. "I think people are amazed when they realize how long we've slowly been building this work and how, when you keep your head down and work on things you care about in your community, it can really make a difference." *(crw)*

Elizabeth Lippman is a school librarian and freelance editor based in Winona. She holds a master of liberal studies degree in literary nonfiction and Appalachian studies.



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Meet Mrs. Oktoberfest

Mary Mickelson, Corporate Travel Agent with Travel Leaders for the past 30 years, was named Mrs. Oktoberfest 2018 during the annual Mrs. Oktoberfest reception on September 26. Mrs. Oktoberfest is a designation given to a woman noteworthy for her profession and community work. In addition to her position at Travel Leaders, Mickelson is an active member of Downtown Rotary, Mobile Meals and the Mary Grace Sieber Foundation. Mickelson has also been involved in Girl Scouts, International Exchange student programs, Riverfront Game Night, United Way, School District of La Crosse committees and other community organizations. She is grateful for the opportunity to serve the Coulee Region as Mrs. Oktoberfest.



Women's Fund of Greater La Crosse Awards 2018 Grants

The Women's Fund recently announced the 20 local programs receiving its 2018 grant funding. The Fund is providing \$71,700, the largest amount awarded to date.

For 20 years, the Women's Fund has supported projects that impact attitudes and actions that benefit women and girls; promote opportunity, health and self-sufficiency for women; and encourage women and girls to develop as philanthropists.

"We are proud to support the efforts of local organizations that are making a difference in the lives of women and girls in our community," says Kaycie Green, executive director.

For a complete list of recipients, visit www.womensfundlacrosse.org.



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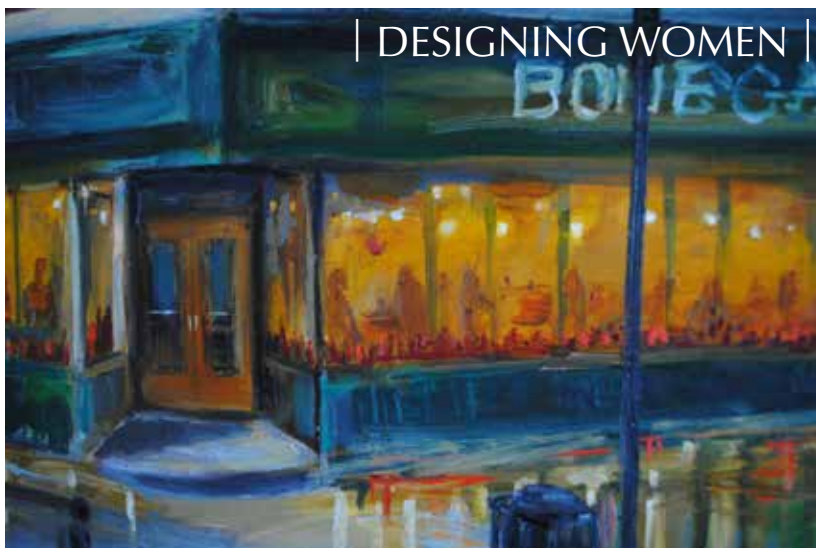
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The Emotion of Art

Travel and community inspire painter Ashton Hall.

BY TALLITHA REESE

Contributed photos

For local painter Ashton Hall, emotion is the most vital part of her art. Though she says she is generally categorized as a fauvist—often using nonnatural color and expressionism—Hall notes that there isn't one concept she admires more than others.

"My subject matter and medium tend to change from project to project, keeping my work exciting and experimental," she explains. "It's the emotion the painting evokes that is crucial. I'd like others to relate with the different themes I choose."

Artistic roots

Growing up in the small town of Bangor, there wasn't all that much for Hall and her friends to do, so she grew interested in art. Her father, noticing her interest, provided notebooks for her to fill with drawings. In high school, Hall was inspired by Italian baroque artist Artemisia



Ashton Hall, artist

Gentileschi, a young woman who became a great oil painter while struggling through adversity. Hall became fascinated with learning how to paint and checked out library books, hoping to teach herself the art.

Now, for the past five years, Hall has largely focused on her art career, and in October 2017, she made her artistry a full-time pursuit. She works with oil paint, acrylic and oil pastel. "The oil pastel is my go-to medium that combines both my spontaneous nature and technical ability," says Hall. She adds that, over time, her work has matured, and now she often likes to use themes that involve the public in her work.

Hall recently included the public in an exhibition displayed at

the County Administrative Building from June to September. *The Colors That Define Us* depicted local artisans and art advocates in the La Crosse area who have influenced Hall. She created abstract pieces using a color palette chosen by participants.

Hall describes the Coulee Region art community as "sparse but growing," noting that five years ago, there wasn't much opportunity for upcoming artists, but that has been slowly changing.

Chasing inspiration

Hall finds inspiration for her work within challenge, moods and travel.

When coming up with a concept for a show, she challenges herself by giving herself specific guidelines. Certain moods will often draw her to colors that she tries to use in an abstract way she hasn't yet tackled.

Travel provides Hall with a "change of scenery" that keeps her from "feeling boxed in" as an artist. This year she has traveled to Colorado, Texas and Arizona for new experiences, and she says she created her best work during the Navasota Artist in Residency program in Texas she participated in during the fall of 2016.

Hall regularly takes on commissions and is working on a mural on the side of Grounded Specialty Coffee in downtown La Crosse. She is also looking for a new voice in her oil pastel paintings.

"I'm looking for female figures to model and tell me their heartfelt stories for a painting, so I can create a show that is figurative and storytelling," she explains. (crw)

Tallitha Reese is a freelance writer and content manager based in Cashton. She owns Words By Reese, and you can find out more about her and her work at www.wordsbyreese.com.

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BY PAIGE FORDE

Photos by Jordana Snyder Photography

Moisturizers and toners and masques, oh my! It's not uncommon to have a never-ending battle trying to find products that resolve your every skin issue. Luckily, three local salons can tell you how to build a regimen tailored to your individual skin type.

Dry

If you notice flaking, rough patches, or an overall “tightness” to your face, you likely fall under this skin type. For dry skin, **Ultimate Salon & Spa** owner Connie Peter recommends plant-based Aveda products with hydration as their primary purpose.

Cleanser: To ensure comfort with sensitive skin, this rich, creamy cleanser gently removes dirt and makeup without stripping away moisture.

Moisturizer: When it comes to moisturizing dry skin, full and quick absorption is key. This hydrating lotion does exactly that.

Pro Tip: For dry skin, one moisturizer is not always enough. Aveda's treatment lotion is a power drink for your skin. Use it to pump up your skin hydration levels.

Masque: When your skin needs some extra pampering, treat yourself to a facial masque that will replenish and soothe dryness. This treatment will serve as a stress reliever and provide protection from the elements.



Aveda Botanical Kinetics (from left):
Purifying crème cleanser, \$23;
Hydrating lotion, \$35; Intense
hydrating masque, \$25; Hydrating
treatment lotion, \$27.



Face Reality Skincare (from left): Acne med 10%, \$19; Mandelic face and body wash, \$28; Ultimate protection SPF 28, \$25; Vitamin A corrective II serum, \$50; Acnebeta-C toner, \$18.

Oily

Those who fall under this category may notice a tacky or slick feeling with a shine. Oil buildup leaves the skin susceptible to breakouts. Stephanie Andresen, owner of **Brilliant Bodywork**, suggests treatment from Face Reality Skincare products to help clarify acne-prone skin.

Cleanser: Start with a non-pore-clogging cleanser that leaves your skin revitalized and residue-free.

Gel & Moisturizer: After cleansing, this gel acne medication helps keep oil buildup at bay and prevent breakouts. Pair this with a light, soothing moisturizer that provides protection from the sun.

Toner: This alcohol-free toner contains natural antimicrobial properties that disinfect the skin and provide exfoliation.

Serum: To accelerate the cell cycle, this serum contains retinol and vitamin A. These ingredients reduce frequency of acne, as well as minimize the appearance of scars, pores and fine lines.

Pro Tip: Acne-prone skin has many different causes and is not cured, but controlled. Seeing a skin care professional that understands acne and using products designed to work with your skin will help keep your skin clear.



Glo Skin Beauty (from left): Pumpkin enzyme scrub, \$36; Hydrating gel cleanser, \$30; Conditioning hydration cream, \$38.

Combination

When it comes to combination skin, it's all about finding a balance of ingredients that target both oily and dry areas. **Orange Pearl Salon & Spa** aesthetician Kiersten Leon recommends products from the Glo Skin Beauty line.

Cleanser: When combined with water, this product transforms into a gentle foam that cleanses, hydrates and balances the skin. It never strips moisture yet leaves you feeling squeaky clean.

Moisturizer: This ultra-hydrating moisturizer not only strengthens skin with rich antioxidants, it helps prevent future dryness.

Pro Tip: When applying your moisturizer, rub the product between your hands and gently press it into your skin to ensure full absorption.

Scrub: This deliciously scented scrub uses eco-friendly jojoba beads and gentle enzymes to rid the skin of dead cells, leaving you with a radiant, soft complexion. **(crw)**

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TRAVEL WITHOUT ISSUE

Use internet review sites to your advantage when you travel.

BY CHRISTINE HALL

Contributed photos



Sometimes a hotel looks nice from the outside, but you wouldn't know of the superb service it provides unless you read the reviews on it. Here, the Drury Plaza Inn in Santa Fe, New Mexico.



After being offered a continental breakfast at the Southernmost House in Key West, Florida, with a view like this for morning coffee, why go anywhere else?

Women have never been so free to travel. Yet while we no longer need chaperones, companions or husbands accompanying us on our adventures, we still run into issues: safety issues, prejudices and even scams. How do we avoid these pitfalls? Other than personal references, there is the wonderful world of the internet and its many review sites. How can you use them to choose what's right for you? Start by knowing what you want out of your trip and go from there.

It's in the details

Many places—whether restaurants, hotels or attractions—are rated very highly (five stars) with glowing reviews that say “wonderful food,” “comfortable rooms” or “great staff,” but dig for the details. If you're looking for a family-friendly resort, for example, look for reviews that describe just *how* that resort is family friendly—do they offer activities for kids, is the staff sociable with children, do they offer amenities for youngsters?

Once, while we were traveling in England, we stayed at a country manor golf course. I was hesitant because we were traveling with our 10- and 12-year-olds, and this was clearly an adult-focused place. When we arrived, however, the reception desk had a list of activities in the area for us that our boys might be interested in, and when we got to our room, they had wind-up bathtub toys for the kids to play with. Talk about making our family feel welcome.

Superb staff

So often you will read in reviews, “The staff was very friendly.” Look for evaluations that give you more specifics than that,

especially if you are traveling solo or as a single mom. You don't need a staff that's overly friendly or asks personal questions. You want a staff that is approachable and professional. If you are looking for a hotel and read reviews that describe front desk employees as helpful in giving great recommendations for dining and attractions, that's a plus. Staff who give you coupons or discounts for these establishments are even better.

Often, a reviewer will describe a problem they had during a stay and give kudos to a staff member for rectifying it. That's a big plus, also. When researching an upcoming trip, I read a review of a boutique hotel in which a woman traveling alone for business made the mistake of bringing dresses she could not zip up by herself. One of the female front desk employees was kind enough to come up every morning and help her. *That's* service! But the review shouldn't be limited to one front desk staff—or waiter or tour guide. If you read a review and the *entire* staff is noted as excellent, you can probably be guaranteed that it is truly a five-star place.

We stayed at a Drury Plaza Inn in Santa Fe, New Mexico, a couple years ago that had recently opened a new hotel. We were impressed by the over-the-top service given to us by not just the reception desk, but the housekeepers, the maintenance people, the concierge—*everyone* employed at the hotel. They stopped whatever they were doing to ask us if we were having a good time. Was there anything we needed? Their superb hospitality training was reflected in the reviews we read beforehand, which is why we chose to stay there. We left feeling as if we had been treated like special guests, not because the rooms were superior to any other hotel's, but because the staff made us feel that way.



Reviews will help you decide the difference between a mediocre included hotel breakfast (top) and a great one (bottom).



Sometimes a picture really is worth a thousand words. Photos of food on travel review sites show food as it really is, and if it looks delicious, it probably is.

Dining options

Traveling solo and want a safe place to stay that is self-contained with good food and service? Look for a hotel that has consistent reviews that speak to “feeling secure.” Also look on the maps travel sites provide to see if the hotel is in a section of town where you can easily walk to shopping or dining. Check out reviews for the hotel’s restaurant so that if you don’t want to go out at night alone, you can be assured of staying in or ordering room service.

If you are traveling solo and are on business, a breakfast that is included in the price is worth its weight in gold. It saves you time and money. But beware of getting a stale roll and a bad cup of coffee—reviews can help you discover this. Some of the best breakfasts I’ve had are the included free “continental” ones because of the special elements they include. Recently, we spent a glorious time at a Victorian mansion called the Southernmost House in Key West, Florida. We had not intended to partake of the breakfast that was included because we wanted to get out into the city each morning. But after the first breakfast, we looked forward to it daily. Homemade pastries, fresh fruit, excellent coffee and an incomparable view—there could not have been a better breakfast anywhere. I stressed this in my own review of the inn.

For restaurant reviews, look for photos. They are always a good indicator of mouthwatering cuisine. And if reviewers consistently

describe a certain dish at a restaurant as excellent, that might be what you want to order when you visit.

The good, the bad and the ugly

What’s the first thing you want to do when you have a bad experience? Tell everyone about it! Often, people only post reviews when they’ve had a bad experience, so you must wade through some of the bad reviews to get to good ones. If a place gets a few bad reviews, look for a response from management. Oftentimes, there could be a viable reason for a bad experience. However, if an establishment consistently gets bad reviews, stay away. You and I are out there writing those reviews, so let’s listen to each other.

Don’t forget that not only hotels and restaurants are reviewed, but so are attractions, airlines, cruises, parks, battle sites, museums, trails, beaches and more. Most any place you want to visit has some sort of rating to help you decide whether it’s worth your time and money. Best of all, many reviews give you excellent insider tips on how to enjoy a place to its full potential. [\(crw\)](#)

Christine Hall holds the No. 1 spot on Trip Advisor’s leader board for reviewers in the La Crosse area, having given almost 500 reviews of tourist sites from around the world. She relies heavily on not only Trip Advisor, but other review sites to research a spot before traveling there.

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COMMUNITY CALENDAR

ONGOING EVENTS

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

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

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

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

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

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

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

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

Oct. 5, PFC Annual Picnic & Apple Pie Contest, 4-6:30 p.m., La Crosse People's Food Co-op, www.pfc.coop.

Oct. 5, Society of Broken Souls, 7:30 p.m., The Pump House, www.thepumphouse.org.

Oct. 5-6, Coulee Region Humane Society Make a Friend for Life Pet Adoption, 1-5 p.m., JCPenny Court, Valley View Mall, www.myvalleyview.com.

Oct. 6, HorseSense Fall Harvest Festival, 11 a.m.-3 p.m., Coon Valley, www.hssr.org.

Oct. 6-7, *The Old Maid and the Thief*, 7:30 p.m. Sat., 2 p.m. Sun., Viterbo Fine Arts Center.

Oct. 7, *Manual Cinema: The End of TV*, 3 p.m., Page Theatre, Saint Mary's Performance Center, Winona.

Oct. 7, Pumpkin Palooza Fall Fest, 11 a.m.-2 p.m., Valley View Mall, www.myvalleyview.com.

Oct. 11-14, Wisconsin Science Festival, Children's Museum of La Crosse, www.funmuseum.org.

Oct. 11-21, *Fools*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun., La Crosse Community Theatre, Weber Center for the Performing Arts, www.lacrossecommunitytheatre.org.

Oct. 12-14, *Cats*, 7:30 p.m. Fri.-Sat., 2 p.m. Sun., Viterbo Fine Arts Center.

Oct. 12-14, Civil War Immersion Weekend, Norskedalen, Coon Valley, www.norskedalen.org.

Oct. 12-21, *The Laramie Project*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun, Toland Theatre, UW-La Crosse.

Oct. 13, Historic Downtown Day, www.lacrossedowntown.com.

Oct. 13, Sparta Half Marathon/5K, 8 a.m.-12:30 p.m., Elroy Bike Trail, www.spartahalfmarathon5k.com.

Oct. 13-14, Sports Card & Collectibles Show, Sears Court, Valley View Mall, www.myvalleyview.com.

Oct. 14, Tour of Upper Living, www.lacrossedowntown.com.

Oct. 18, Catapult: Magic Shadows, 7:30 p.m., The Heider Center, www.heidercenter.org.

Oct. 20, Enchanted Forest, 10:30 a.m.-3 p.m., Myrick Park Center.

Oct. 25, Family Trick-or-Treat, 5:30-7:30 p.m., Norskedalen, Coon Valley, www.norskedalen.org.

Oct. 26-27, Ghoules in the Coulee, 6-9 p.m., Norskedalen, Coon Valley, www.norskedalen.org.

Oct. 26-28, Special Occasion Shows: Holiday Gift Show, Valley View Mall, www.myvalleyview.com.

Oct. 27, Downtown Trick-or-Treating, 11 a.m.-3 p.m., www.lacrossedowntown.com.

Oct. 27, Platinum Edition: Halloween Spooktacular, 7:30 p.m., Viterbo Fine Arts Center.

Oct. 28, La Crosse Area Music Teachers Association Annual Halloween Recital, 1-4 p.m., Valley View Mall, www.myvalleyview.com.

Oct. 28, Tonic Sol-fa, 4 and 7 p.m., The Pump House, www.thepumphouse.org.

Oct. 31, Red Cross Blood Drive, 12:30-5 p.m., Center Court, Valley View Mall, www.myvalleyview.com.

Nov. 1-4, *Almost, Maine*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun., Frederick Theatre, UW-La Crosse.

Nov. 2-3, Professional Championship Bull Riding, 7:30 p.m., La Crosse Center, www.lacrossecenter.com.

Nov. 3, *Robin Hood*, 1 and 4 p.m., Viterbo Fine Arts Center.

Nov. 3-11, *Pixies, Kings and Magical Things*, 11 a.m. Sat., 2 p.m. Sat.-Sun., Veterans Studio Theatre, La Crosse Community Theatre Production, www.lacrossecommunitytheatre.org.

Nov. 7, *Pinocchio*, 6:30 p.m., Page Theatre, Saint Mary's Performance Center, Winona.

Nov. 8-17, Dark La Crosse Radio Show, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun., The Pump House, www.thepumphouse.org.

Nov. 9, Holiday Open House, 4-8 p.m., www.lacrossedowntown.com.

Nov. 9-11, *The Wolves*, 7:30 p.m. Fri.-Sat., 2 p.m. Sun., Weber Center for the Performing Arts.

Nov. 10, *Places Please!* 7 and 9 p.m., Valência Arts Center, Winona.

Nov. 10-Dec. 24, Santa Visits & Photos, Valley View Mall, www.myvalleyview.com.

Nov. 15-18, Annual Holiday Fair, 12-9 p.m. Thurs.-Fri., 9 a.m.-5 p.m. Sat., 10 a.m.-3 p.m. Sun., La Crosse Center, www.lacrossecenter.com.

Nov. 17, Northern Symphony Orchestra, 7:30 p.m., The Heider Center, www.heidercenter.org.

Nov. 23, Black Friday, Valley View Mall, www.myvalleyview.com.

Nov. 23-Dec. 31, Rotary Holiday Lights, open daily 5-10 p.m., Riverside Park, La Crosse.

Nov. 24, Small Business Saturday, www.lacrossedowntown.com.

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



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