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# women

AREA HOME AND HEALTHY LIVING MAGAZINE

## AGES & STAGES

of Coulee Region Women





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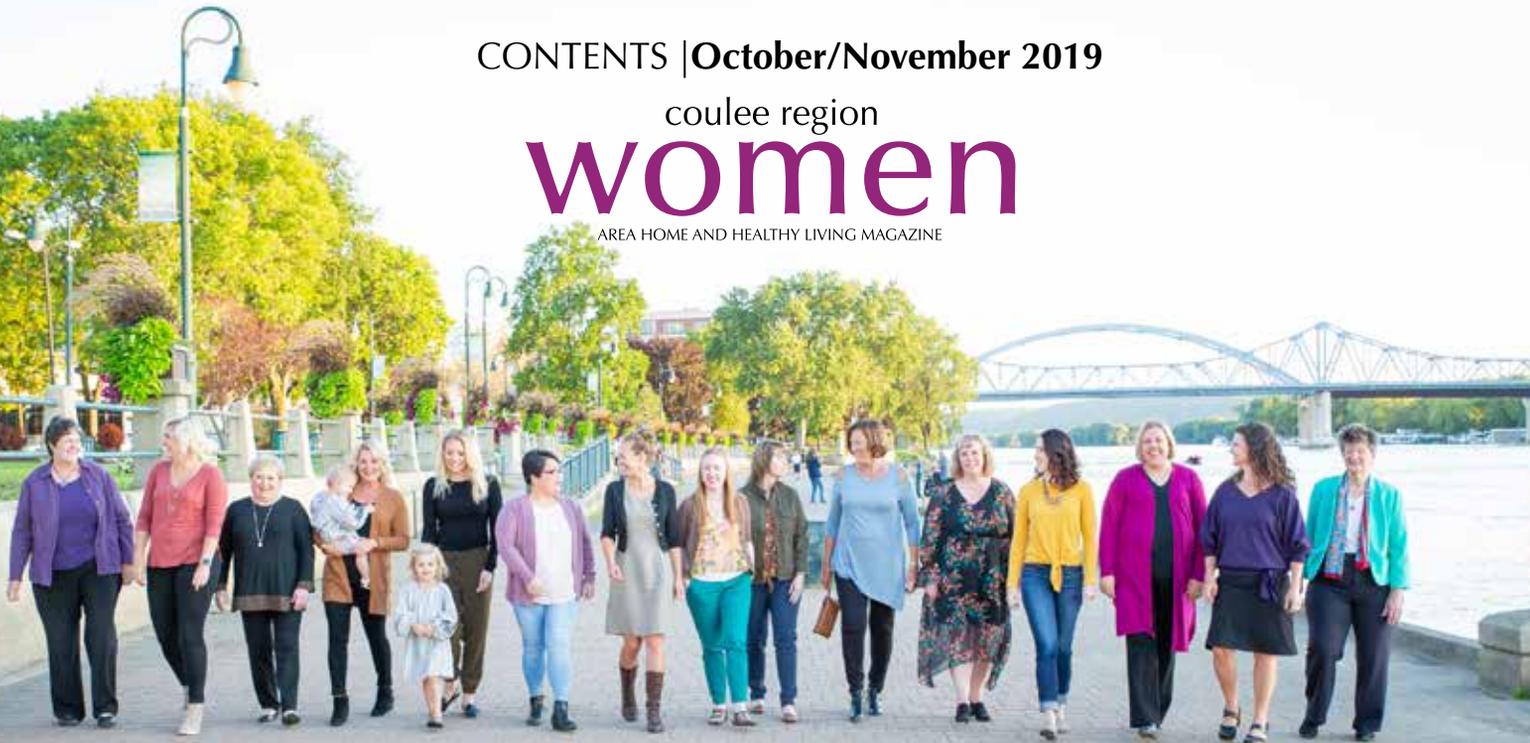
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# women

AREA HOME AND HEALTHY LIVING MAGAZINE



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Pictured on cover and above: On cover, back row from left: Sara Olson, Susan Robinson, Cindi Kyte, Marcia Newquist, Kimberly Coyne, Christy Wopat, Rosalie Schnick, Paige Brush. Middle row from left: Jess Witkins, Adrienne Orso, Emily Gutschenritter, Abbie Leithold-Gerzema, Megan Kopp, Grace Kopp. Front row from left: Mao Kong, Wren Kopp, Abby Brush. Photos by Jordana Snyder Photography.



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**When we sat down to plan** our “Ages & Stages” issue of *Coulee Region Women*, we opened our meeting with one question to spur inspiration: What was a great age in your life? Not surprisingly, the numbers ranged. For many, it was their 20s, when a long chain of “firsts”—first apartment, first job, first taste of self-sufficiency—showed them they could believe in themselves. For others, the great age came later—with confidence in a career, with marriage, with a house—and with it, a feeling of strength and order, a sense that “I’ve got this.” Some enjoyed being empty nesters and the freedom that comes with that stage. We all had an age or stage of life we looked back on fondly, and yet we realized that, no matter where we were, there was more to look forward to.

That’s certainly the idea we hope to convey with this issue, and we’ve sought to do that by collecting the stories of women in a variety of ages and stages, with diverse passions and perspectives, to give you a snapshot of the vast array of women in the Coulee Region. Judging proudly from this collection of women—displayed on our cover—we are creative and compassionate; we want to make a difference, and we do; we are mothers, daughters,

grandmothers and aunts; and we have experienced much in our time here on Earth. We are artists and immigrants, scientists and musicians, and above all, women who care very much about our community. We recognize that we can learn from each other, regardless of age and experience. And for all the stages we’ve moved through, we know there is more to look forward to. We know because we can look to the women around us—their challenges and triumphs, their joys and sorrows—and see the evidence in their lives.

In this issue, for example, we learn from women like Roz Schnick and Christy Wopat that grief can not only be endured, but transformed into compassion that changes lives. We learn from Mao Kong that challenges lead to opportunities, especially when combined with determination. We see artists whose careers have been inspired by their life stages, and we see generations of women celebrated in families, family businesses and service to others. All of them illustrate how women of any age, and in any stage of life, are assets to families, to communities and, importantly, to each other.

As we put together each issue of this magazine, we at *Coulee Region Women*, witness firsthand just how reliant we women are on each other—for insight, for inspiration and for expertise. We are honored by the willingness of women to tell us their stories and share their experiences, often in the hope of inspiring or educating others. We are indebted to our advertisers, who believe so much in the importance of telling those stories that they support us in sharing them. And we rely on our readers—women of every age and stage—who are the fabric of this community we live in.

There is no match for the wisdom of those who have been through the ages and stages we are now entering. And when you look at the women you encounter each day with that perspective, the world—our workplaces, our families, our community—becomes a very exciting place.

We hope this issue inspires that excitement as well as gratitude—for where we are, where we have been and what we can be.

*Betty*

# coulee region women

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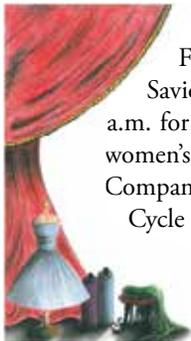
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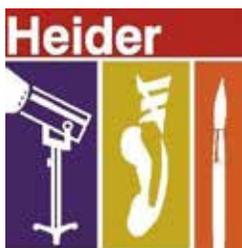
## BOARD ON AGING & LONG TERM CARE NEEDS VOLUNTEERS



**The State of Wisconsin Board** on Aging and Long Term Care is recruiting qualified applicants to become trained advocates for residents served by the Volunteer Ombudsman Program. Volunteer Ombudsmen make unannounced weekly visits to an assigned local nursing home between 8 a.m. and 8 p.m., providing a valuable opportunity for residents to share concerns, offer ideas and talk with someone independent of the facility.

The Volunteer Ombudsman Program promotes residents' rights, and Volunteer Ombudsmen are a voice for residents who don't have family or visitors. The residents look forward to the weekly visits with their Volunteer Ombudsman, and Volunteer Ombudsmen often say that they get more satisfaction out of being an advocate for the residents than they give—it's a win-win for everyone! For more information, contact Jenny Knudson, Volunteer Coordinator, at 800-815-0015 or email [boaltc@wisconsin.gov](mailto:boaltc@wisconsin.gov).

## NINE RATS AT HEIDER CENTER



**Making art can** be a lonely experience, but not if you are a RAT. A group of nine Retired Art Teachers (RATS) has been meeting on a regular basis for several years to take a look at each other's current work, give feedback and suggestions, make connections and be inspired. The Heider Center Gallery in West Salem will host *Nine*, a show featuring the art of these nine women, from October 16 through November 29.

Each artist is on her own unique journey, but all value the work done by the other eight. Accompanying the art at this show, you will find quotes from comments made at critiques, selected by each artist to be of particular importance as she moves forward. Members of the Nine are Jeanne Arenz, Lynne Burgess, Julie Chamberlain, Pat Morse Gund, Lynn Hobart, Chris Hamilton Johnson, Pam Knudtson, Marianne Stanke and Marcia Thompson.

The Heider Center Gallery is located at the main entrance to the theater at the Marie W. Heider Center for the Arts at 405 Hamlin Street, West Salem. The Gallery is open to the public on Monday, Wednesday and Friday from 12-4 p.m. and during performances. For more information, go to [www.heidercenter.org](http://www.heidercenter.org).

## YWCA TRIBUTE TO 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 spheres of influence. Join the celebration at the La Crosse Center on Thursday, November 7, beginning at 5 p.m. with a social hour, followed by dinner and recognition of nominees and honorees.

Honorees are those who identify as female and have demonstrated a commitment to the YWCA La Crosse's mission to eliminate racism and empower women. These women may be leaders in their spheres of influence, advocate for transformative social change or reinforce policies, practices, attitudes and actions intended to produce more equitable outcomes for all. They lift up and empower other women and girls and give back to their community through their time, talent and/or resources.

## THE PENGUIN PROJECT

**The La Crosse** Community Theatre is



proud to launch a new program for aspiring actors of all abilities: the Penguin Project, whose first performance, *Annie Jr.*, will premiere October 11. The Penguin

Project provides children with special needs an opportunity to develop creative skills, partner and network with others and participate in a fully realized musical production.

The artists, who are participants 8 to 20 with special needs, will take to the stage to perform a modified version of the musical, having been selected through a screening process based on interest, general abilities and communication skills. All artists will sing, dance and act in the show, with on-stage assistance from mentors—children and young adults 8 to 20 without special needs who have worked side-by-side with the artists throughout the rehearsal process.

Performances are Friday, October 11, at 7 p.m., and Saturday and Sunday, October 12-13, at 2 p.m. For tickets, go to [www.lacrossecommunitytheatre.org](http://www.lacrossecommunitytheatre.org) or call 608-784-9292.

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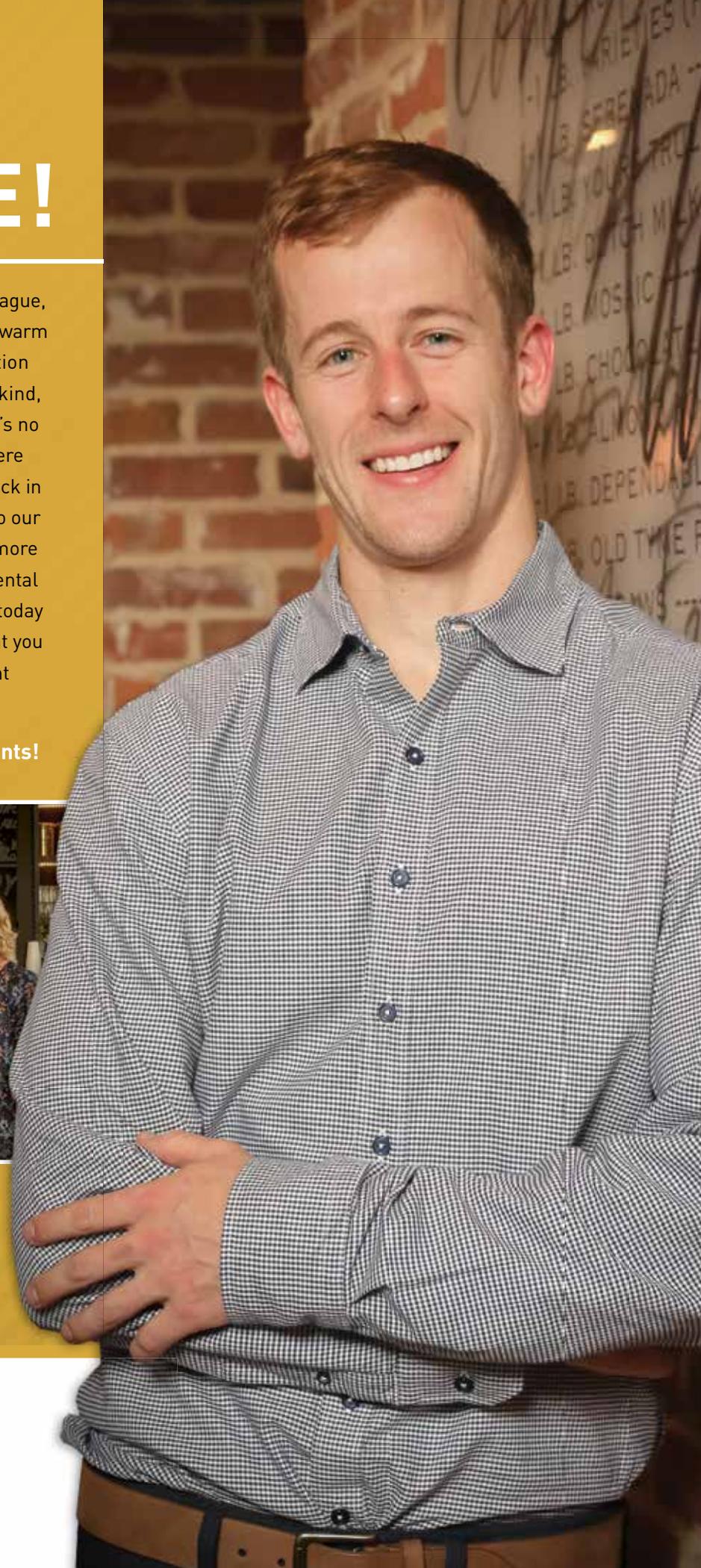
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# AGES & STAGES of Coulee Region Women

We've run the numbers on the women of the Coulee Region for a snapshot of who we are.

BY JUDITH MUNSON

## This issue of *Coulee Region Women*

takes a look at women in our region at different ages and stages of life and engaged in a variety of pursuits that reflect the diversity of opportunities this region has to offer. We thought it'd be interesting to get an idea of what the numbers have to say about the lives of women across our region.

## Generations of women

First of all, how many of us are there? According to 2017 Census Bureau data, there are 48,660 women in La Crosse County compared to 45,146 men. More than 76,600 women populate the Coulee Region as a whole—across La Crosse, Vernon and Monroe Counties.

Let's take the 48,660 women in La Crosse County and break that number down by generation. For purposes of definition, the Silent Generation was born before 1946; Boomers were born from 1946 to 1964, Gen X from 1965 to 1981, Millennials from 1982 to 1996 and Gen Z from 1997 to 2012. Gen Alpha follows with those born after 2012.

Nationally, Boomers—children of the post-WWII baby boom—are about to lose their status as the largest generation to Millennials this year. However, Gen Z, soon to graduate college and enter the workforce, will eventually outnumber Millennials, according to government studies.

The numbers regarding La Crosse County women mirror the national trends with one caveat: Gen Z's numbers are exceptionally high, most likely due to the influx of college students. Here's a more thorough look at the region as a whole:



Generational breakdowns by the numbers are great for providing a snapshot of how women are contributing with our livelihoods and leadership. And regardless of generation, we all have a lot to learn and share from each other, and this spirit of cooperation versus competition is what will keep Coulee Region women thriving for generations to come.

## Taking center stage

Now that we have an idea of the ages of women in the Coulee Region, let's look at stages. Going by numbers supplied by the Wisconsin Small Business Development Center at the University of Wisconsin-La Crosse, we know that as of 2017, there were at total of 76,613 women in La Crosse, Vernon and Monroe Counties. Here, we identify "stages" by noting the number of women in the workforce, the number of women of retirement age and the number of households with children.

### Number of Coulee Region women in the workforce as of 2017

Female Employment Data	La Crosse County	Vernon County	Monroe County	Total (Coulee Region)
Civilian employed population 16 years and over	31,009	6,317	9,971	47,297

### Number of Coulee Region women at retiring age as of 2017

	La Crosse County	Vernon County	Monroe County	Total (Coulee Region)
# of women at retiring age of 65	9,846	2,955	3,747	16,548

### U.S. Census-by household 2017 data

Household Data	La Crosse County	Vernon County	Monroe County	Total (Coulee Region)
# of family households	28,130	8,241	11,697	48,068
# of female householder, no husband present	3,986	928	1,789	6,703
# of households with children under 18	12,031	3,293	5,210	20,534

A final note on the numbers: From 2010 to 2018, the total number of women in the region increased 9.6 percent. We're a growing demographic full of passion for our families, careers and communities—as the women featured in this issue will show. **crw**

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

Generation	Age	Number in La Crosse County
Gen Alpha	1-6	2,990
Gen Z	7-22	18,779
Millennials	23-38	10,488
Gen X	39-54	10,182
Boomers	55-73	12,815
Silent	74+ 4,779	

*This data represents a breakdown of estimates of from 2013-2017 (source: American Community Survey via the Mississippi River Regional Planning Commission).*

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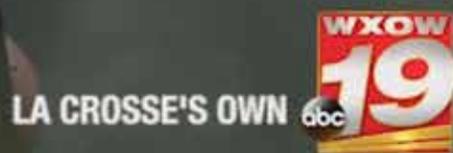


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# FOUR GENERATIONS

The women of a close-knit multigenerational family have learned much from each other.

BY BETTY CHRISTIANSEN  
Photo by Jordana Snyder Photography



From left: Abby Brush, Grace Kopp, Paige Brush, Sara Olson, Megan Kopp and Wren Kopp.

**It's rare and wonderful** these days to find multiple generations of a family who are as close in proximity as they are in their relationships. They rely on each other for support, assistance and love. They hand down family stories and pass along what they've learned. They seek each other out when they need a good laugh or a good cry, and when it comes time for some fun, they join together.

We found such a family of grandmother, mother, daughters and granddaughters and asked them to share their experience as a family of women of all ages and stages. Here's who they are and what they have to say:

**Abby Brush**, 31, is a social worker who works with children with special needs. She is "mom" to a Chiweenie named Mabel.

Her sister, **Megan Kopp**, 33, is a registered nurse and a Jazzercise instructor. She is married with two daughters: Grace, 4, and Wren, 1.

Their mother, **Paige Brush**, 58, works at Holmen Middle School. She is married with three children and two grandchildren.

Her mother, **Sara Olson**, 74, has been married for 58 years. She's a mother of two, grandmother of four and great-grandmother of two.

### **What is the best part about being in a family of multigenerational women?**

The best part is having a close bond among the different generations and having the opportunity to learn and understand where our family came from.

—Abby

Spending time together. It's a blessing to have four generations of women in our family, and to be as close as we all are is amazing!

—Megan

The closeness we all share and spending time together.

—Paige

We have always been very close. We love shopping together and getting together for family dinners—even laughing and crying together. It is wonderful knowing we are always there for each other, no matter what.

—Sara

### **What's an important thing you've learned from a family member older or younger than you?**

I have learned from my great-grandma Nonnie and the others before me to love unconditionally, cherish the little moments and forever be kind. Life is what you make it, and I can only hope to live half the life that she did.

—Abby

My grandma has done a wonderful job of instilling good manners and proper etiquette in all of us.

—Megan

My mother taught me anything is possible with love and support. My mother married my dad at the age of 16. They are still happily married 58 years later.

—Paige

My daughter, Paige, was diagnosed with a nonmalignant brain tumor two years ago. It was devastating news to her and our family, but she remained positive, strong and calm. She helped our whole family get through it. She taught me that if we stay strong and have a positive attitude, we can get through almost anything together.

—Sara

**What piece of advice would you give a woman of another generation, either younger or older than you?**

Cherish every moment you have with the older generations of your family. You can learn amazing things from them, and not many are granted that blessing.

—Abby

Always take the time for your family and friends. There will always be laundry, dishes and cleaning to do, but the opportunities to make memories with loved ones may be limited, so enjoy them.

—Megan

Always be kind to others. Never hold on to anger.

—Paige

Respect others, have a positive attitude, love and laugh a lot. This I learned from my mother, who was part of “Us” until she passed five years ago at age 95.

—Sara

**What are you most looking forward to in a future age or stage of life?**

I hope that we can continue to keep the four generations alive and that someday my kids will be able to grow up with a great-grandma. Some of my fondest memories are trips to Moline, Illinois, to visit Nonnie and spend time as a family.

—Abby

I am hoping to have a relationship with my girls as they grow up like the one I have with my mom.

—Megan

Spending time with my family and watching my grandchildren grow up.

—Paige

I look forward to spending time with family and friends, staying healthy and still being fit enough to do Jazzercise!

—Sara 

*Betty Christiansen also comes from a long line of strong and loving women, and though her generations are down to three, she's grateful to have known and been loved by all the women who came before.*

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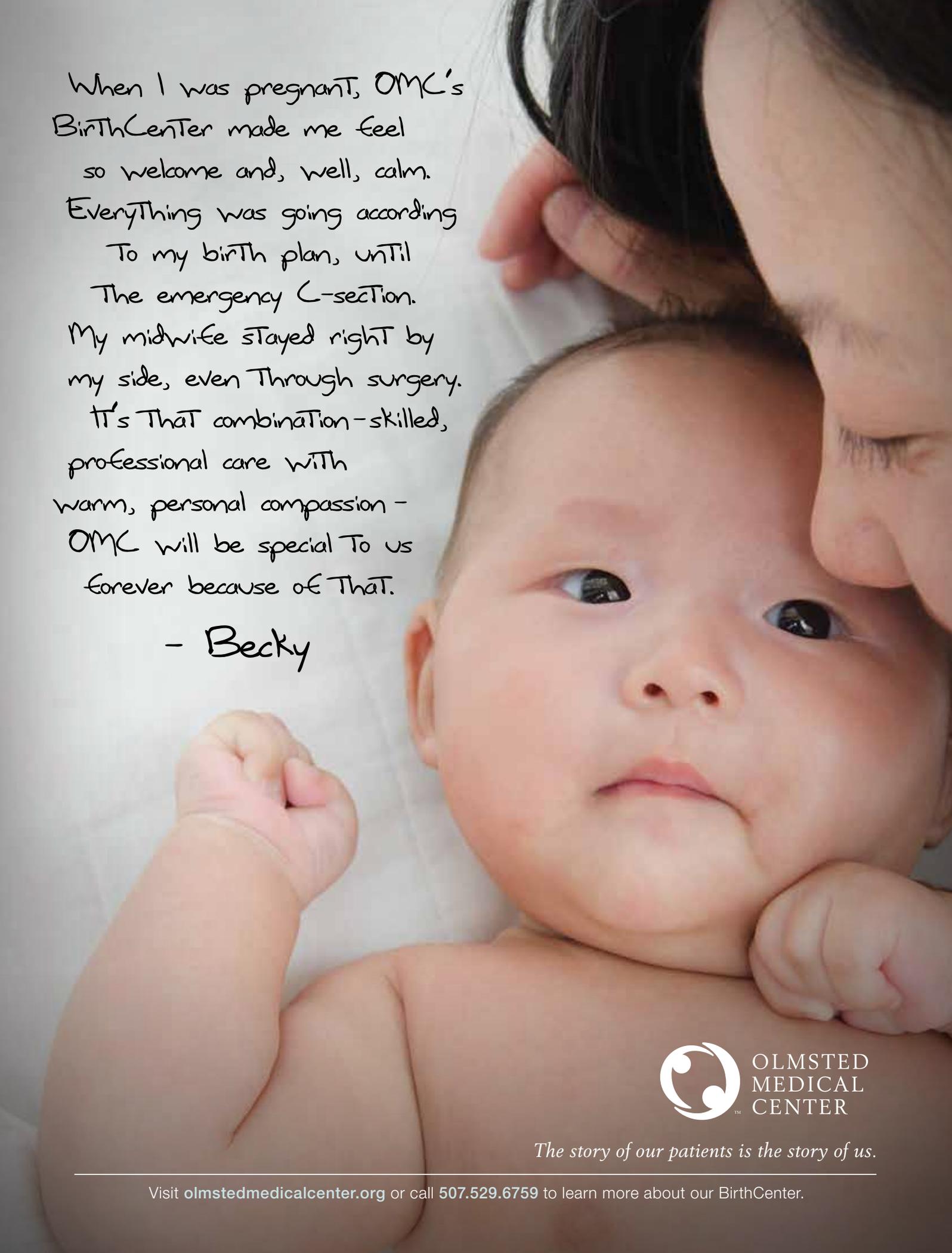
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*Abbie Leithold-Gerzema of Leithold Music leads the Children's March at a La Crosse Concert Band performance.*

## MUSIC FOR THE GENERATIONS

**Abbie Leithold-Gerzema continues a long family tradition of advocating music-making.**

BY TALLITHA REESE

Photo by Sonya Mix

**A beloved local business** that's lasted through the ages is Leithold Music, which has been a part of downtown La Crosse since its founding by Fred Leithold in 1888. Currently, the business is helmed by the fourth generation of the Leithold family: Abbie Leithold-Gerzema and her brother, Paul Leithold.

Leithold Music is a full-line music retailer that sells a multitude of instruments, amps and PA equipment, and print music, and also offers instrument rental, instrument repair and lessons. The business has served the La Crosse area for over 131 years.

### The music woman

Leithold-Gerzema attributes the continued success of the family business to a longstanding passion for music that has passed through generations. "We love making music ourselves, and we love helping others make music," she says. "Previous generations survived tough economic times by sheer tenacity and the joy of sharing music. It's not

about sales, but about helping the customer choose the right product for their needs, wants and budget."

Having grown up in the midst of such an established family business, Leithold-Gerzema has been on the payroll for 39 years. She started working in the print music department when she was just 12 years old, and before that, she assisted with the annual inventory of product between Christmas and New Year's, when all family members were enlisted to help.

After graduating high school, Leithold-Gerzema attended Drake University in Des Moines, Iowa, where she pursued a music business degree as a pipe organ and church music major.

While at college, Leithold-Gerzema had internships at Des Moines churches and worked at a music business in the area, but she returned to work at Leithold Music during breaks. After graduating, she began working full-time at the family business.

## Upholding the family legacy

Leithold-Gerzema's father, Roger Leithold, was active in the business well into his 80s, but he gradually began to step away from daily management in the 1990s, giving Leithold-Gerzema and her brother more responsibilities within the business. The siblings' mother, Teresa, also taught piano lessons right up until the week of her passing in February 2019.

"Our parents were excellent role models in our business, in our community and in our home," says Leithold-Gerzema. "It's quite a legacy, of which I'm proud and extremely humbled. After our parents' deaths, I was overwhelmed by the multitude of cards with sentiments and personal stories from those who were influenced by Mom and Dad."

Continuing that legacy at Leithold Music and encouraging others in their music-making is something very important to Leithold-Gerzema, whether she's in the front office working on rental accounts, in the print music department assisting piano teachers, in her balcony office working on marketing or at the front desk answering phones and guiding customers.

"I love seeing others light up in their own music-making," she says. "A young woman with a disability taking piano lessons tells me how important music is in her life; an older organist needs assistance finding music with easy pedals so she can continue playing in church. I helped a gentleman choose an appropriate piano piece to learn on his own and listened to his progress. He brought me a special piece of art that he had carved."

## Advocating music for all

Leithold-Gerzema is a self-described music advocate—supporting and educating people of all ages and abilities on music-making through

her business, but also beyond that through community volunteering, her faith and church work and within her own family.

She serves as the secretary and development director for the La Crosse Concert Band's board of directors and is the "March Lady" at weekly summertime concerts, leading marching children waving American flags through the audience.

Leithold Music also supports other community musical organizations such as the Da Capo Concert Band, La Crosse Youth Symphony Orchestras, La Crosse GirlChoir and BoyChoir, Coulee Region Gospel Choir, Choral Union and more.

A particularly special project that Leithold Music is part of is "Play It Forward" in conjunction with the La Crosse Symphony Orchestra.

"We receive donated instruments from patrons of the La Crosse Symphony Orchestra, put them in playing condition and place them in La Crosse schools for use by students who are unable to afford purchase or rental of an instrument," explains Leithold-Gerzema.

For both the woman and the business, it always comes back to supporting music-making for all, regardless of age or ability.

"We want everyone to know how important music can be to one's life—emotionally, socially, physiologically, spiritually. There's research to back it up," says Leithold-Gerzema. "It's not just for the musically gifted. Anyone can enjoy making music at any level of proficiency." **(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](http://www.wordsbyreese.com).*



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*Clockwise from left: Mao Kong, WTC distinguished alum and nurse at Gundersen Health System. Kong (center front) and her family in Laos, before their move to the United States. Kong (center front) and her siblings in California.*

## A MISSION TO SERVE

Inspired by her own life journey, Mao Kong helps others on theirs.

BY MARTHA KEEFFE  
Contributed photos

**“I have very vivid memories** of having to grow up very fast,” says Mao Kong of Onalaska, who moved to the United States from a refugee camp in Thailand. “As the eldest daughter in the family, I was expected to get up at 4 a.m. to help get the water, then clean and cook over an open fire. And I was only 6 years old!”

Now a registered nurse and nurse adviser at Gundersen Health System in La Crosse—and the recipient of the 2019 Western Technical College (WTC) distinguished alumni award, which recognizes dedicated service to the community or nation, leadership,

personal and professional growth and achievement—Kong attributes much of her present successes to the valuable life lessons she learned while growing up.

“As a kid, I learned about hard work right away; then, when my family migrated to Fresno, I learned that in order to make it here, I had to work even harder. As a 9-year-old, moving to California without ever having lived in a city or being able to speak the language, I felt like I was living in a different type of jungle. Suddenly I had to walk to school with lots of people. There were cars and streets, and I

was faced with culture shock. It was scary.”

Determined not to let her fears discourage her, Kong quickly employed clever techniques to manage her new surroundings. “Though I couldn’t speak the language, I really excelled at multiplication,” recalls Kong, who remembers being angry at not being able to communicate effectively with her teachers. “I used that skill to get my teachers to notice me, to prove to them that I was smart. I really wanted them to be proud of me.”

### Finding a voice

In addition, Kong digested a steady diet of TV sitcoms like *Family Matters* and *Full House* to teach herself how to speak English. “It took me about three months to learn basic English,” says Kong, “but that little bit of knowledge gave me the courage to speak up for myself.”

It was this newfound confidence—coupled with an innate desire to help others—that led Kong toward a career in service to others. “When I was 16, I wanted to be the first Hmong Mother Teresa,” laughs Kong, who went on to study theology for four years through the Christian and Missionary Alliance. It was there that she had the opportunity to join a mission trip to Laos. “The three months that I spent there and connected with people in the jungle made me want to be a parish nurse, do mission work and serve the Lord.”

### Finding a mission

And she has done just that. In the years since she returned from Laos, Kong married, moved to La Crosse, became mom to a now-12-year-old daughter and a 2-year-old son, and began building a resume packed full of volunteer experiences, awards and degrees in both nursing and leadership. “I’ve worn a couple of different hats over

the years, especially when I worked as an advocate for underserved populations in programs like DART (Domestic Violence Intervention Project) and as Diversity Coordinator at Viterbo University, WTC and University of Wisconsin-La Crosse,” she says. “I’ve also worked with the Crime Victims Project of the La Crosse Police Department, and I loved it. I was so active and involved.”

Involvement in these volunteer roles inspired Kong to pursue her degree in nursing. “Those experiences really made me want to combine the skills I learned while working with these programs with something in the medical field.”

And, considering that the La Crosse area has a large Hmong population but few representatives in health care, Kong also felt compelled to draw on her personal and professional accomplishments to support and guide those in her community who feel uncertain about their education and futures. Together with her husband, whom she describes as her support system and greatest fan, she mentors Hmong youth, helps Hmong couples understand the ins and outs of opening a business, and takes every opportunity to share her message of hope with whoever will listen.

“I’m very ambitious, determined and bold, but I never want to be overbearing or imply that you’re on your own,” says Kong of her personal ministry to do what she can to help people succeed. “I tell people to open themselves up to having someone walk alongside them, to hold their hand and to guide them. And, if I can become a nurse, anyone can!” **(crw)**

*Martha Keefe lives and writes in La Crosse. She appreciates the opportunity to write about inspiring, positive and motivated people like Mao.*

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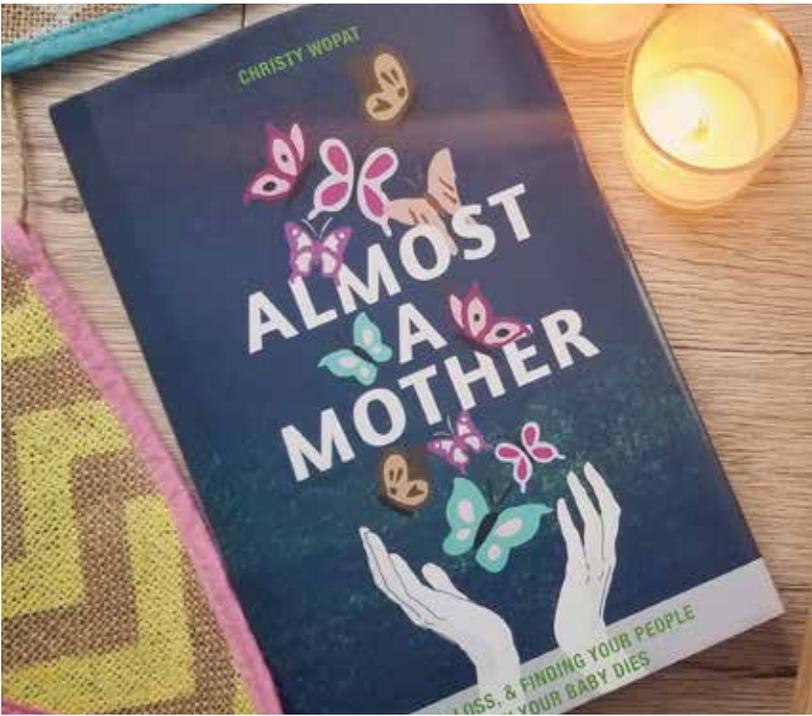
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# A Journey of Loss and Love

**Author Christy Wopat helps mothers navigate the stages of grief.**

BY ELIZABETH D. LIPPMAN  
Contributed photos



After her twin babies died, when words were very much still hard to find, Christy Wopat pursued those words with a dogged authenticity that placed her deep within the paradox of grief—the private and public, personal and universal, painful and cathartic. It was hard, she says, to put herself “back into those moments” to make the story of Sophie and Aiden relatable to readers. But she did. And her determination not only helped her navigate her loss but continues to help others journey through theirs as well.

“Just a few weeks ago, I actually had someone write and tell me that I saved her life,” said Wopat, a fourth-grade teacher and writer from Holmen. “I cried for two hours. Never, ever could I have imagined that kind of an impact.”



Christy Wopat, teacher and award-winning author of *Almost a Mother*.

## Words borne of loss

Born prematurely, Sophie and Aiden passed away within 24 hours of their births, in April, 2009. Wopat quickly turned to other people’s words for help, but nothing she found, she says, sufficed. Tired of the platitudes that failed to honor the intensity of her own experience, she decided to write, something she’s done since childhood.

“Since I was a little girl, I always kept a journal. I loved to write in school, but never considered myself a writer,” she says. “When my twins died, I googled ‘What do you do when your baby dies?’ and I was given a list of hundreds of blogs that other women all around the world were writing.

“I realized really quickly that not only did I want to write just to write down the events as they were happening,” she says, “but it also became a tremendous source of therapy for me when it came to my grief and anger. I could express myself without anyone there to judge me or answer me back with the comments that I was finding to be so hurtful in real life.”

Her words continued to take shape, and *Almost a Mother: Love, Loss, and Finding Your People When Your Baby Dies* was published in March, 2018 by Orange Hat Publishing.

## Writing your truth

The response, Wopat says, has been “something beyond my wildest dreams.” She receives messages from across the globe thanking her for sharing with honesty and vulnerability. It is not what she imagined when she was writing the book and preparing herself for being its only reader. “Honestly, I’m surprised every time I find out that someone not only read it, but also it helped them in some way,” she explains.

Wopat and her husband, Brian, have since had two more children, Avery and Evan. They and her students, she says, think it’s “so cool” that she is an author. “I love to tell them when I have book signings or presentations or speaking events, because they always want to hear about it. They make me feel pretty awesome, I must admit!” She was also recently named runner-up for the Norbert Blei/August Derleth Nonfiction Book Award by the Council of Wisconsin Writers.

Wopat is working on a book of humorous essays, as well as a picture book that gives, she says, a “real-life, honest, raw view on infant loss for kids.” She’s also working as a book coach, helping others transform their stories into book form.

“Get the story out first,” she tells aspiring authors, suggesting they not worry at all about the writing at first. “When you’re thinking about truth, or what really happened, it is *your* truth you are concerned with,” she notes. “Other people might remember something a different way, and that’s OK. It doesn’t make you a liar; it means we all have different experiences and perceptions.” 

*Elizabeth Lippman works in library youth services and holds a master’s degree in literary nonfiction. The mother of four children, she enjoys paper marbling, trail running and gardening.*

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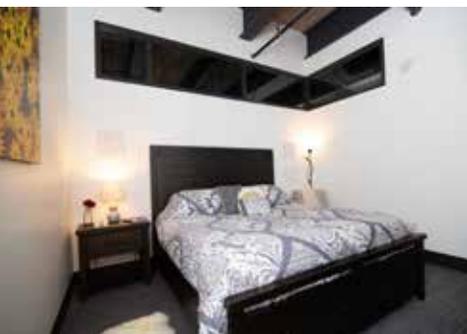
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# A LOCAL LANDMARK

History, modernity and downtown convenience make  
Landmark on the Rivers a great place to live.

BY HEIDI OVERSON  
Photos by Frontier Photography



*Landmark by the Rivers, the former La Crosse Plow Company, has been transformed into modern, industrial apartments and retail space.*

**Downtown La Crosse** is witnessing an explosion of things that make life a whole lot brighter: new eateries, coffee houses, unique shops and boutiques, and the new fountain and band shell in Riverside Park, to name a few. Visitors enjoy the vibrancy and beauty. Some even choose to stay.

Serving this need, local developers have created new residential options for people who simply must live downtown. Grand apartment buildings pepper the downtown area. The newest one, Landmark by the Rivers, recently opened for leasing, and it's like nothing the area has ever seen.

## Steeped in history

Listed with the National Register of Historic Places, Landmark by the Rivers is downtown's premier apartment complex with 64

one- and two-bedroom units on the second and third floors and a sprawling first floor boasting over 80,000 square feet of commercial space. This mixed-use level will eventually be filled with shops, offices and a signature restaurant or café. Shoppers, diners and residents will delight in the uniqueness of this building, which blends La Crosse history with modern-day amenities and décor.

You've driven by this building countless times, located at 429 Second Street North, right next to the Oktoberfest grounds. You might have dismissed it as one of La Crosse's old, abandoned warehouses. Built in phases between 1909 and 1914, the building was first home to La Crosse Plow Company, a factory that produced plows and other agricultural implements. Allis-Chalmers possessed ownership of it from 1929 to 1969. In 1970, G. Heileman Brewing Company bought the building, operating it as Machine Products



Cozy common space inside allows for community building within the lofts.



An old map of downtown La Crosse displayed in a common area is a nod to the building's history.



An outdoor patio allows residents to enjoy a spectacular view.

Company, which produced torsion bars and jet engine parts. When that dissolved in 1994, the building sat silent, waiting for its new life.

## One family's vision

Three visionary women, sisters Sandra and Kristine Cleary and their mother, Gail, knew the time was right to revive the building. They had acquired the building from their father and husband, Russell Cleary, a prominent leader in the community, upon his death in 1997. In recent years, seeing how the downtown area was thriving, the women took action. Knowing the building had good bones and an excellent location, the Clearys worked to create the impressive apartment and mixed-use complex that exists today. Honoring the building's history, they kept many reclaimed industrial components throughout it. The women also hung historical photos and murals on the walls of the common areas, creating a sort of historical exhibit.

The original factory smokestack stands tall outside the building. It can be prominently seen from the inside as well, and the Clearys envision the restaurant or café being designed around it so the public can enjoy this piece of history while they dine.

Other amenities include a rooftop recreational area with an amazing view, a patio, a clubhouse on the top floor, a fitness center, a business center, a multipurpose room, common areas on each floor, workspaces, storage units and a pet-washing station. A covered parking garage stands where a former factory foundry was located; the roof windows were placed to let in light and give the aura of the original foundry. A cozy coffee bar is located on the first floor by the on-site manager's office.

## A Landmark resident

The very first tenant, 29-year-old Emily Gutschenritter, moved in to her two-bedroom unit in July. "I had been searching for the perfect apartment for a while and immediately liked the Landmark because of its modern, industrial look," she says.

She moved from a country home near De Soto, so she shortened her work commute to and from Gundersen Health System on South Avenue by 60 minutes. "That was perk No. 1!" she says. "I also chose renting over buying a home so I didn't have to worry about mowing lawn, shoveling snow or taking my garbage to the dumpsite anymore. I can focus on my job and enjoy more of a social life now."

Gutschenritter worked with the on-site residential property

manager, Michelle Kelly, to choose the perfect unit to meet her needs, desires and lifestyle. She chose a two-bedroom unit that overlooks the Freighthouse and Riverside Park. "Being in this location is absolutely wonderful. I can open my living-room window and see and hear events," says Gutschenritter. "I have been enjoying Moon Tunes, the music at the Freighthouse and even the Fourth of July fireworks ... all from my couch!"

She's understandably looking forward to Rotary Lights and Oktoberfest. (She can see the whole Oktoberfest grounds from the Landmark's rooftop balcony.) She also has a walking trail behind her apartment, so she can escape the city and enjoy nature when she needs to.

"I wasn't really sure I'd enjoy living downtown, but it's better than I ever imagined," says Gutschenritter. "I can walk to have coffee or dinner with friends; I walk to the farmers market and to church. I can even get groceries; it's all within walking distance."

The unit she rents is spacious yet cozy. There is ample closet and storage space, high ceilings, huge windows and plenty of room for entertaining. The open-concept living area provides a great space for a couch, chairs and a table. The bedrooms are rustic and spacious, and each has their own full bathroom. Gutschenritter opted for a unit with white walls versus one with brick walls, which is an option. "I just felt it would be easier to decorate with pictures," she explains.

The unit opens into the hallway, which still has a bit of a charming "factory feel." Residents sense they're part of something special when walking around the apartment or throughout the building's hallways, commons and amenity rooms. Gutschenritter certainly does.

"I'm honored to be the very first resident here," she says. "But looking at all of the pictures and reclaimed components, knowing the history, I also feel honored to be a part of it. It feels like I'm a now part of the history of it as well."

Live, work and play, as the Clearys say. You can do it all here. The Landmark truly honors La Crosse's past while offering wonderful modern-day amenities and conveniences. On top of that, the management is warm, friendly and welcoming. It's truly a place that feels like home. [crw](#)

*Heidi Overson is an area writer who would move to the Landmark in a heartbeat. Being a history buff, she loved the historical aspect of the building and its past.*

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## A LIFE DEDICATED

Roz Schnick creates a legacy of love that spans a lifetime.

BY JANIS JOLLY

Photo by Jordana Snyder

**Rosalie “Roz” Schnick** is an example of the power of love—love she has both received and given. Much of the love she received came from her husband, Ron, whose love and support over their 43-year marriage encouraged her to strive to reach her full human potential. When he died in 2012, she chose to live the rest of her life devoted to honoring his memory.

Ron made significant contributions in his own right to causes he valued, such as the Salvation Army. When he had time, he accompanied Schnick when her own work in environmental science led her far from home—to Europe, Asia, Canada, Australia, South Korea and Hungary—supporting her and cheering her on.

In this career, Schnick worked on high-visibility environmental projects such as maintaining registrations for fishery chemicals that control the sea lamprey in the Great Lakes, developing and coordinating a \$30 million project that helped obtain approval from the FDA for drugs that are safe for use in aquaculture nationally and internationally. She directed and wrote a 714-page manual on techniques to mitigate the effects of human activity on the Upper Mississippi River system, the results of which can be seen in Pools #7 and #8.

### Honoring a memory with service

When Ron died, Schnick rose out of severe grief to focus on her new life's work: helping every person obtain their greatest human potential. Since then, she has focused on projects that affect the quality of life for people, both physically and spiritually.

Schnick joined the Rotary Club of La Crosse in January 2015 and committed herself to its motto: “Service Above Self.” In doing so, she has experienced another example of receiving love through giving it. “I would not be doing the things I am doing today if I had not joined



*Philanthropist and volunteer Roz Schnick has devoted her life to the memory of her husband by helping others achieve their greatest potential.*

Rotary,” Schnick says. “There is a special support I feel from my fellow members that I cannot even put into words. They have become like family to me.”

She is also a member of the La Crosse Exergy Project Team, which advocates for sustained economic development, renewable energy and environmental protections through conservation and rural development. In September 2018, she spoke at the Mississippi River Cities and Towns Initiative annual meeting, where she explained how the La Crosse Exergy Project can help solve the Mississippi River Dead Zone and extreme flooding issues in a holistic way with the help of a new partnership with Rotary. This collaborative effort involves Rotary, the Andrew Young Foundation and mayors along Mississippi River—including La Crosse Mayor Tim Kabat—who are working to protect and improve the Mississippi River watershed.

### Causes close to her heart

Gundersen Health System's Hospice program was such a big help to Schnick during her husband's illness that she has raised money to be used by Gundersen for

helping others deal with the process of dying. She also won the 2018 Conductor Wannabe Contest for the La Crosse Symphony Orchestra with Gundersen's Hospice program as her charity.

Rotary, YWCA, environmental groups and many, many other groups and projects have benefited from her knowledge, time and energy. In 2017, she received the Women's Fund of Greater La Crosse Roberta Zurn Outstanding Women in Leadership Award. The award recognizes a woman who encourages the advancement of women and girls in society—a fitting tribute to a life dedicated to helping others. 

*Janis Jolly is a retired copy editor who has moved south from Duluth to the Twin Cities to La Crosse.*

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## ACTIVE AT ALL AGES

No matter your age, physical fitness offers empowerment.

BY SAMANTHA STROOZAS

Contributed photo



**We all know** the importance of exercise and an active lifestyle. And chances are, we each have our favorite method of getting this exercise, one that seems to have worked for us for years. But here's where it's worth maintaining a flexible mind as much as a flexible body—as we age, our exercise requirements and regimes must change as well.



*Dr. Kimberly Coyne,  
Gundersen Health  
System*

For advice on this topic, we turned to Dr. Kimberly Coyne of Gundersen Health System, who not only specializes in women's health, but makes a practice of healthy living through exercise herself. A family practice physician for 15 years who spent nine years in active duty with the Air Force, Dr. Coyne is living proof that physical fitness is an important component of a woman's life. "While I was in the Air Force," she says, "they always emphasized physical fitness and readiness for duty." This continues

to be true not only for herself as a mother of five, but for her patients as well, regardless of age.

### Fitness throughout the ages

Fitness in young women sets the foundation for their physical health past their teenage years. "Helping girls at that age understand what it feels like to get out of breath and to push yourself through that uncomfortable sensation is important in their growth," says Dr. Coyne. Many young girls understand what being active is and how physical fitness exists in their life through the behaviors of other family members. Therefore, it is important to find a way to talk about physical fitness in all families and to encourage it in families who may not emphasize the importance of physical fitness. "We have to ask how they start exercising, and how we help them do that," says Dr. Coyne.

Exercising does not stop in adolescence. In a woman's 20s and 30s, Dr. Coyne explains, fitness must incorporate a balance of cardiovascular workouts and muscle building, "These types of balanced exercises set

up women for reducing injuries as they age,” she says.

For women in their 40s and 50s, Dr. Coyne notes, some women may not be able to participate in the high-impact/high-intensity activities common in young adulthood. Transitioning to a self-paced or lower-impact routine may help shift the focus to maintenance. More recovery will be needed between exercise sessions.

In her 60s and older, much of a woman’s exercise should be rooted in walking. “Walking has many benefits, such as improved sleep and cognitive function, and less depression and anxiety,” says Dr. Coyne. “It is not about focusing on the intensity of the walking, but more on the regularity of it. Try to shift from walking five days a week to every day of the week.”

### Balance to avoid injury

For any age, a blend of cardio exercise and muscle building is a key factor to remember while working on your physical fitness. “You cannot just focus on cardio like some people try to do,” explains Dr. Coyne. “You also have to pay attention to how the muscles in your body are working. Exercising is challenging. It is all about pushing yourself out of your comfort zone.” The level of comfort one may feel while exercising can be different for everyone, but feeling uncomfortable is not necessarily a bad thing. “When you push exercise to the level of being slightly uncomfortable, that is where a lot of the benefits are gained,” says Dr. Coyne.

As women’s bodies change with age, the impact and injury risks of exercise also change. The healing abilities of your body also lessen. “Our exercise and rigor need to change across the lifespan. You cannot

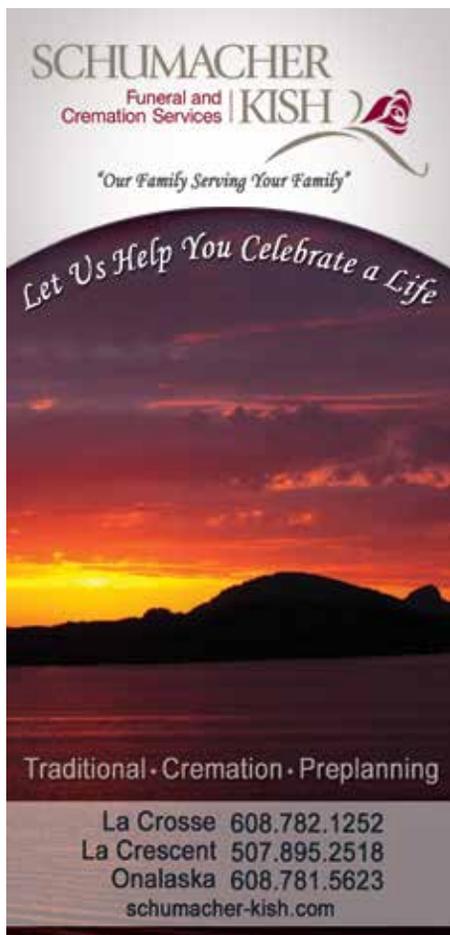
do the same exercises that you have been doing for years. Our bodies do not have the same regenerative abilities that they once did,” says Dr. Coyne.

Injury is always a risk when exercising, but the injuries that different age groups experience vary. Ligament sprains (ACL tears) and muscle strains are the most common in the younger population because young women’s bones are strong. Occasional stress fractures in this age group are common as competitive sport pushes training limits. In the 40s and 50s, tendon overuse injuries are the main issue as tendons require longer recovery time after bursts of exercise. Among women in their 60s and 70s, loss of balance becomes a factor in injuries. “You must incorporate balance training into your exercise programs in order to minimize the risk of injury as you age,” says Dr. Coyne. “By incorporating balance training into your exercising throughout your lifespan, and not only when you are older, you can work to reduce injury in the future as well.”

### Endurance and confidence

Besides the physical benefits of being active, exercise can also give women a sense of empowerment. “There is a large self-confidence aspect in physical fitness,” says Dr. Coyne. “Regardless of age or size, it is about being confident through exercising, and a lot of this is gained through the psychology of exercise and the natural endorphins that further support empowerment.” 

*Samantha Stroozas is a student at the University of Wisconsin-La Crosse. She hopes all women are allowed the space they need to feel empowered and confident in order to live their lives authentically.*



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# Feeding the Female Body

Women's nutritional needs change throughout life.

BY SHARI HEGLAND

Contributed photos

**Just as women's bodies** come in many shapes and sizes, nutritional requirements for healthy living don't come as a one-size-fits-all solution. Women's nutritional needs differ from those of men, and our nutritional needs also change as we pass through different stages of life.

"We do have a unique set of needs, given our ability to bear children," says Jamie Pronschinske, a registered dietitian with Mayo Clinic Health System in La Crosse. She adds that many essential elements are needed throughout a woman's lifetime, though some of those needs change as women transition from childbearing years into menopause.

## Needs for growing bodies (and babies)

One key nutrient needed in greater amounts by teens, young women and those who are pregnant is iron. Women need more iron, in part, due to the blood loss during menses. According to the National Institutes of Health, recommended daily allowances (RDA) for women between the ages of 19 and 50 are 18 mg of iron daily, while men the same age need as little as 8 mg.



Jamie Pronschinske,  
Mayo Clinic Health System,  
La Crosse

Pronschinske urges women to get as many nutrients as possible through food, rather than supplements, and notes that good sources of iron include red meat, fish and chicken. Non-heme iron, found in plant-based foods, can be acquired by eating dark leafy greens such as kale, chard and spinach; beans and lentils; and fortified breakfast cereals. She suggests pairing sources of non-heme iron with foods high in vitamin C, which can aid in absorption. (For an example, see the recipe on page 38 for Half-Veggie Burgers, which adds lentils along with beef, plus a bell pepper for vitamin C.)

Another key nutrient for younger women, especially those who are pregnant or may become pregnant, is folate, needed to prevent neural tube defects in utero. Again, dark leafy greens, such as those found in the Sautéed Sesame Kale recipe on page 39, are a good source, along with beans and some fortified grain products such as cereals, breads or pasta.

"Sometimes, women do need supplements to meet their folate needs," Pronschinske says, "especially during pregnancy."

## Changes come with menopause

As women enter menopause, their need for iron decreases. So do their total caloric needs and the amount of alcohol considered to be "moderate," which may be less welcome changes. "We need to be more mindful of portion sizes as we get older," Pronschinske says.

"Because women typically have less body mass than men, we burn fewer calories," she says, and women lose an average of 3 to 5 percent of muscle tissue each decade after 30. That may be offset some by getting the recommended amount of exercise (150 minutes per week), especially strengthening exercises such as strength training, yoga or tai chi.

As we age, Pronschinske says, other physical conditions may also interfere with our dietary habits or how we absorb nutrients, such as a loss of appetite or poor oral health that may occur among elderly individuals. Older adults may also feel less thirsty, making it necessary for them to be more intentional about drinking adequate fluids.

## Lifetime essentials

Two nutrients women need to focus on throughout their lifetimes, due to an increased risk of osteoporosis, are calcium and vitamin D. They are essential in our younger years—through age 30—to build bone density, and after that to maintain that density.

Pronschinske says dairy products are among the best sources of calcium, and many are also fortified with vitamin D. For those who can't have dairy, or choose not to, options for getting the needed requirements include fortified dairy alternatives, such as some nut- or soy-based beverages, along with certain varieties of tofu (check labels for calcium content). If you choose the right tofu, both the Southwest Tofu Scramble and the Blue Banana Smoothie on page 38 are great sources of the calcium you need.

While we do get some vitamin D from sun exposure, Pronschinske notes that it can be difficult to get enough with our midwestern climate. Dietary sources of vitamin D include egg yolks, fatty fish and fortified products, but supplementation may be needed.

As an overall rule, Pronschinske suggests following the MyPlate method of determining proportions, while considering how calorie needs vary based on activity level. Essentially, the MyPlate method calls for a protein source roughly the size of a deck of cards, one-fourth of your meal as grains or starches and the rest as fruits and vegetables, totaling at least five servings of fruits or vegetables a day, plus three dairy servings. This provides the best guidelines for how to eat throughout a lifetime.



## HALF-VEGGIE BURGERS

*Good and Cheap: Eat Well on \$4 per Day* by Leanne Brown

Serves 8

- 3 cups lentils or beans, cooked
- 1 cup bell pepper, finely chopped
- 1 lb. lean ground beef
- 1 egg
- 1 tsp salt
- ½ tsp pepper

Roughly mash the lentils or beans, then mix with the peppers, meat and egg in a large bowl. Season with salt and pepper. Form into eight patties. Grill the patties either on the grill or in a pan on the stovetop over medium-high heat. Sear until dark brown on one side, then flip and do the same on the other side. Serve on whole-wheat buns with toppings of choice.

*Per serving (1 patty) using 90 percent lean beef: calories 200, fat 7g, saturated fat 2g, cholesterol 60mg, sodium 340mg, carbohydrate 16g, fiber 6g, protein 19g, iron 3mg.*

**Dietitian tip:** Both lentils/beans and beef are good sources of iron. The bell peppers give a boost of vitamin C, which can help with the absorption of iron.

## BLUE BANANA SMOOTHIE

Academy of Nutrition and Dietetics

Serves 1

- 1 cup fat-free milk
- ½ cup frozen banana slices
- ½ cup frozen blueberries

In blender, puree everything until smooth. Serve immediately.

*Per serving (entire recipe): 190 calories, fat 1g, saturated fat 0g, cholesterol 5mg, sodium 105mg, carbohydrate 38g, fiber 4g, protein 10g, calcium 307mg, vitamin D 115 IU.*

**Dietitian tip:** Dairy products, like milk, will be our best sources of calcium, plus many dairy products have added vitamin D. These two nutrients are needed for strong bones and can help reduce the risk of osteoporosis.

## SOUTHWEST TOFU SCRAMBLE

Chef Heather Vanhorn, Morrison Healthcare,  
Mayo Clinic Health System

Serves: 2

- 8 oz. extra-firm tofu
- ⅛ tsp black pepper
- ½ tsp garlic powder
- ½ tsp cumin powder
- ¼ tsp chili powder
- ¼ tsp turmeric
- 1 T olive oil
- ¼ red onion, thinly sliced
- ½ red pepper, thinly sliced
- ¼ tsp salt
- 2 cups kale, loosely chopped
- ¼ cup roasted corn

Pat tofu dry and roll in a clean, absorbent towel. Mix black pepper, garlic powder, cumin, chili powder and turmeric in a small bowl. Set aside. Warm a large skillet over medium heat. Once hot, add olive oil and onion and red pepper. Season with salt and stir. Cook until softened, about 5 minutes. Add kale and corn; cover to steam for 2 minutes.

Using your hands, crumble tofu into bite-size pieces. Add tofu to the pan and sauté for 2 minutes; season with spice blend. Stir immediately, evenly mixing all ingredients. Cook for another 5 to 7 minutes until tofu is hot all the way through. Optional: Serve with salsa, hot sauce, and/or fresh cilantro.

*Per serving: calories 240, fat 15g, saturated fat 2g, sodium 360mg, carbohydrate 16g, fiber 5g, protein 15g. Excellent source of calcium, iron, folate, vitamin K and phosphorus.*

**Dietitian tip:** Tofu is an excellent source of calcium when a calcium salt (e.g., calcium sulfate) is used to coagulate or “set” the tofu.

# SAUTÉED SESAME KALE

Mayo Clinic Staff

- 3 T low-sodium soy sauce
  - 3 T rice vinegar
  - 1 T maple syrup
  - 1 T sesame oil
  - ½ tsp dry ground ginger or 2 tsp fresh ginger, peeled and minced
  - 3 garlic cloves, minced
  - 1½ lb. kale, trimmed and cut into 2-inch pieces
- Cooking spray  
Optional: Toasted sesame seeds for garnish

Combine first six ingredients in a large bowl, stirring with a whisk. Add kale; toss to coat. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add half of kale mixture to pan; sauté 4 minutes or until wilted and tender. Transfer to a bowl. Repeat procedure with remaining kale mixture.

*Per serving (¾ cup): calories 72, fat 3g, monounsaturated fat 1g, saturated fat <1g, cholesterol 0mg, sodium 276mg, carbohydrate 10g, fiber 3g, protein 4g, folate 123mcg.*

**Dietitian tip:** Dark leafy greens, like kale, are a “powerhouse” of nutrition. They are good sources of folate and vitamins A, C and K. [\(crw\)](#)



*Holmen freelance writer Shari Hegland almost always eats all the things she is supposed to eat, and then also eats the things she shouldn't. She's still working to find the balance.*



## 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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Adrienne Orso, *Tree Bone Arts*



Marcia Newquist, *Creative Jewelry by Marcia*



Susan (top) and Lynn Robinson,  
*Mother Nature's Gems*

## MORE THAN MEETS THE EYE

Passion and story fuel the art of jewelry makers in different stages of life and career.

BY LEAH CALL  
Contributed photos

**For three area women,** jewelry is more than the extra sparkle that completes an outfit. It's their business, and it's their art. And each woman's story—begun at a different age and stage of life—is as unique as her designs.

### Adrienne Orso, *Tree Bone Arts*

After returning from military deployments in South Korea and Iraq, Adrienne Orso wanted to focus her life on peace. She found it first in Nepal, where she spent three years helping implement organic farming practices, then in the wooded hills of Viola, where she lives with her husband, Joe, and two young children, Siporah, 6, and Wendell, 2.

Orso also found peace making her unique earring designs from natural and repurposed material found near her home. Turning her jewelry-making art into a business fits perfectly into Orso's lifestyle.

"Our goal is that our work and our life are melded together," says Orso. "So when we are working, our children are part of that. It's not separate." Her family currently lives in a tiny house while they build a new home.

Orso's children are involved in most activities, whether it's gardening, home construction or earring-making. "Making jewelry is creative and I love it, and they see that—they get to be with me. We

do a lot of the collecting and dreaming together."

Materials for Orso's nature-inspired creations include 10 types of wood, bark, roots and naturally shed antlers, all found in the nearby woods.

Each of her one-of-a-kind pieces has a unique story, which Orso enjoys sharing with customers at the Cameron Park Farmers Market or occasional art fairs, including the American Association of University Women (AAUW) Art Fair on the Green, where she recently won the Best Green Art award. *Tree Bone Arts* earrings are also available on Etsy.

While Orso hopes to grow the reach of her Etsy site, she won't give up that person-to-person connection. "I love the art fairs and the farmers market, meeting people and chatting with people. So that will always be part of the mix. And the kids love it, too. My daughter can explain the earrings as well as I can."

### Marcia Newquist, *Creative Jewelry by Marcia*

Marcia Newquist was an empty nester when her jewelry business really took off. In fact, she turned jewelry making into a second career after 35 years at Western Technical College.

Newquist first started making jewelry in 2007 while recovering from surgery. At first it filled a creative need. Then it became a passion.



Left: Wood and metal earrings by Tree Bone Arts. Center: Metal necklaces by Creative Jewelry by Marcia, including the Healing Heart necklace (bottom). Right: Fest-themed jewelry by Mother Nature's Gems.

"When I turned 50, I felt like I wanted something more fulfilling in my life outside of my eight-to-four job," recalls Newquist. She started selling at small shops and at art fairs, including the AAUW Art Fair on the Green, where she's appeared since 2011.

After retiring, Newquist took courses through the Flourish and Thrive Academy, designed to help jewelry makers build a business. "I didn't want to be that 80-year-old person wondering what I could have done with my business if I really had tried."

Newquist spends about 30 hours a week making jewelry. She works with gemstones, clay and metals. She also specializes in turning items passed on by deceased loved ones into stylish jewelry keepsakes.

Her signature creation, the Healing Heart necklace, honors survivors of domestic violence. Newquist donates 5 percent of every sale to La Crosse's New Horizons shelter. "I do this because I have two people near and dear to my heart who went through that," she says.

Find jewelry and a listing of upcoming events at [www.creativejewelrybymarcia.com](http://www.creativejewelrybymarcia.com).

### Susan and Lynn Robinson, Mother Nature's Gems

Eight years ago, Susan Robinson began making jewelry as an activity she did with her mother, Lynn Robinson. Soon the women were making items for friends and family. Then they launched Mother

Nature's Gems, selling their pieces at the Viroqua Public Market and Treasures on Main.

Today the Robinsons have found a niche with specialty jewelry inspired by area events, including Oktoberfest, Applefest, Riverfest and Irishfest.

Robinson is a vendor at the Craft and Vendor Market in downtown La Crosse, where customers can come to create their own designs from a wide selection of area-themed charms.

"I enjoy meeting with my customers to help them select charms and build a jewelry piece that is unique to them and the occasion," says Robinson. "I do a lot of custom designs of charm bracelets, necklaces and pins for the Oktoberfest family members and grenadiers."

The Robinsons have expanded beyond jewelry, now offering Wisconsin- and Minnesota-themed magnets, keychains, ornaments and other souvenirs.

"One thing that sets our jewelry apart is that our pieces are made almost exclusively of stainless steel," notes Robinson. "Stainless steel is hypoallergenic, tarnish-resistant and durable, so it will stay beautiful forever." <sup>(crw)</sup>

Westby-based writer Leah Call just added some items to her wish list after seeing creations by these talented women.



*Cindi Kyte gives the children's sermon in a service at Myrick Park, La Crosse.*

# Still More to Give

**Cindi Kyte nurtures community youth of all ages.**

BY DOREEN PFOST  
Contributed photos

**By nature, if not by design,** Cindi Kyte's is a life focused on bringing people together and building community. Even as a child, she was the one looking around the room to see who was being left out, who seemed to need a friend.

As Director of Children's Ministry at La Crosse's First Presbyterian Church, Kyte helps foster a sense of community for families of young children, from birth through fifth grade. She is responsible not just for the church's nursery and Sunday school, but also for an array of social and outreach events, including movie and bowling nights, Vacation Bible School and "cooking camps" in the church's ample kitchen. Her role includes extending a welcome to families and local children, even if they are not church members.



*Cindi Kyte*

## Connecting through community

Feeling welcome and included is important for anyone, says Kyte, but especially for children. "They need places to feel like they belong," she says. "They need to have a community, but they're not going to get that unless their parents are connected as well." While many families forge connections through school, extended family or other networks, "a lot of folks can't plug into those places for whatever reason," so Kyte seeks to provide opportunities through her programs.

First Presbyterian's pastor, Taylor Haley, says, "Cindi obviously has a love for children, but not only that; she really cares about the entire family a child comes from, regardless of what that family looks like."

Kyte didn't plan to work in children's ministry; her education and career were in social work. But 15 years ago, when her own children

were young, her church was in need of a children's director. It made sense to help out. And after her children grew up, "I realized, 'I really like this.'"

She also realized she really likes La Crosse. Her husband Rick's job at Viterbo University brought them here, although their roots and relatives are in Minnesota and points west. Now empty nesters, they could live wherever they like, but this has become home. "We love the community so much, we never think about moving," Kyte says. And the couple have put that empty nest to good use: for three years they've been volunteer hosts for the Family and Children's Center's Host Homes program.

## Opening her home

Host Homes provides transitional housing for homeless youth, outside of the conventional foster care system. "They're great kids," says Kyte. "They're just in a situation where they don't have a place to live." While some students just need a bedroom, most are also looking for a nurturing environment and the guidance of caring adults: "Someone to engage with, to have fun with, to teach them how to cook eggs ... a shoulder to cry on," says Kyte.

The program benefits her and her husband as well, she says. "It shifts the focus from what we're doing to what somebody else is doing." They missed having young people at home, and they had a house with room to spare. "We just felt like we had more to give," she says. That includes being a friend and building community, one person at a time. **(crw)**

*Doreen Pfost is a freelance writer in rural New Lisbon, Wisconsin. She enjoys sharing stories about kindness and community.*



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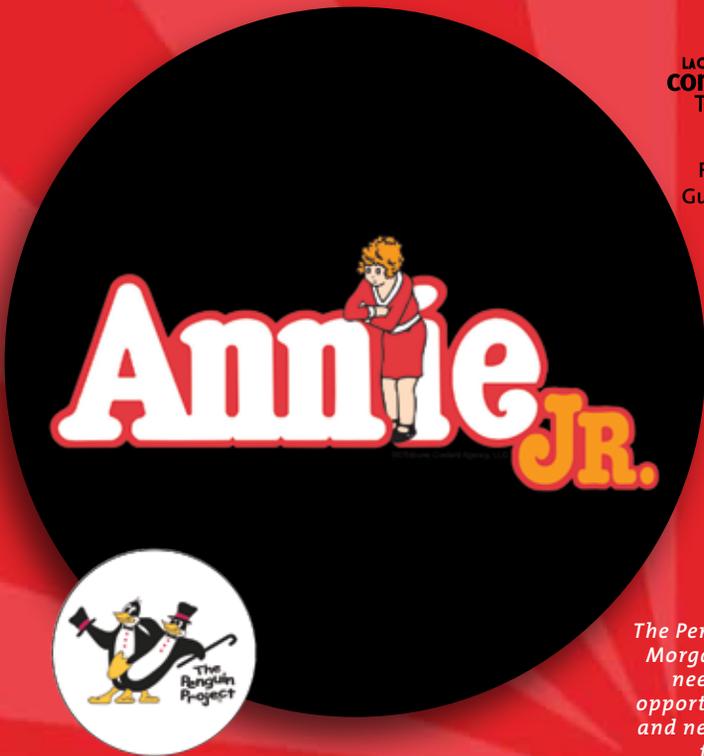
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The members of the La Crosse County Association of Home and Community Education display blankets they made and donated to the Family & Children's Center in La Crosse.

## IT'S A NEW AGE IN HOME & COMMUNITY EDUCATION

The La Crosse County Association of HCE isn't just for homemakers.

BY BETTY CHRISTIANSEN

Contributed photo

**While growing up**, your mother or grandmother may have belonged to an organization called Homemakers, a group composed mostly of rural ladies who got together to share recipes, canning techniques and ideas for home decorating. Importantly, it was also a way for women to socialize and make friends in sometimes-isolated settings.

Fast-forward several decades, and meet the new Homemakers.

### HCE: the new Homemakers

The organization that began as Homemakers has been changing with the times and women's roles in the workforce and home. Now known as HCE—which stands for Home and Community Education, a program of the University of Wisconsin-Extension—the organization has broadened to embrace women and men of all ages, vocations and types of homes—both urban and rural. What hasn't changed are the opportunities HCE offers for education, service and community building.

The organization that is now the Wisconsin Association of Home and Community Education (WAHCE) started in 1914, when Congress established the Cooperative Extension Services. In the years since, there have been many changes to the organization—but its focus remains the same: education, service, families and communities.

### Education and service

Sheryl Smith, the membership/marketing chair for the La Crosse County Association of Home and Community Education (LAHCE), and Cathy Onsager, the president-elect, are passionate about the opportunities offered by HCE. "We offer educational programming, which is open to the public and free," says Smith. Much of this education is on topics relevant to our mothers and grandmothers—gardening, food preservation, meal preparation and more—but it's newly important for modern women who care about healthy living and knowing where their food comes from.

Also important to HCE is community service, not only locally, but internationally. Local clubs have embraced service to Nicaragua in particular, making and sending quiltlets to that country and donating sewing machines and cooking supplies, some to create self-help opportunities for women to provide a living.

Locally, HCE provides early literacy programming through the Wisconsin Bookworm Project. Now in its 21st year, Wisconsin Bookworms reaches almost 6,000 children in 54 counties by providing free books in handmade book bags for children from limited-income families. This year, members also made and donated over 100 fleece and flannel blankets to the Family & Children's Center.

### Enthusiastic, progressive, caring

WAHCE has member associations in 59 counties in Wisconsin, but membership locally, like the term *homemaker*, has faded. "At one time, there were around 500 members and 32 clubs," says Smith. "Now, there are four clubs and 40 members."

But November 3-9 brings HCE Week and the beginning of a new membership year, and Smith and Onsager invite local women and men to join. Clubs meet monthly, or participants can become members-at-large. "This allows members to just help as they can, without having to go to meetings," Smith says. But, she adds, "The meetings are a lot of fun. It's a great place to meet enthusiastic, progressive people who want to make a difference."

There's even a place in HCE for kids, who are welcome to participate in volunteer activities. This year, HCE will be partnering with 4-H, allowing HCE members to pass their knowledge of service and cultural arts by educating 4-H members on project-related topics. It's a wonderful opportunity for cross-generational connection.

To learn more about HCE and its programs, contact Sheryl Smith at 608-317-2411 or rosh927@charter.net or go to [www.wahceinc.org](http://www.wahceinc.org).

*Coulee Region Women editor and publisher Betty Christiansen found much in common with the mission of HCE.*



**The Wedding Magazine Celebrates 15 Years**

Publisher Nancy Flottmeyer is pleased to announce that *The Wedding Magazine Coulee Region* is celebrating its 15th annual issue. Printed locally, it promotes the area's talented and diverse wedding industry. Flottmeyer, who has been part of the wedding industry for almost 18 years with her company Weddings by Nancy, has enjoyed watching the Coulee Region's wedding industry grow each year. "We have some of the most creative, reliable, hardworking and genuine wedding businesses in the Midwest. We love promoting them while inspiring couples for their big day. It is humbling that they share their talent and expertise in each of our issues." The 15th anniversary issue will be available October 9.



**La Crosse Chamber Chorale Welcomes New Directors**

The La Crosse Chamber Chorale is pleased to announce a new artistic director, Christopher Hathaway, and a new executive director, Renee Chrz.

Hathaway is the director of choral studies at UW-La Crosse, where he conducts the Concert Choir and Choral Union and supervises the choral music education program. Chrz is the owner of Innovative Graphics and is excited to combine her appreciation of music and her philanthropic spirit into the executive director role.

Both look forward to sharing the 2019-20 season with the community. Unity, diversity, understanding and peace will inspire their 34th season, themed Celebrating All of Us! Visit [www.chamberchorale.org](http://www.chamberchorale.org) to learn more.

**La Crosse Public Library Director Hands Off Baton**



Shanneon Grant (left) and Kelly Krieg-Sigman

The La Crosse Public Library is thrilled to announce that Shanneon Grant, longtime library employee and recent director of the Sparta Free Library, has returned to the La Crosse Public Library as the new director effective August 19. "I've truly loved my two years as the library director in Sparta, but having worked at the La Crosse Public Library previously for so many years, I am very excited to be returning in this new role. I'm truly looking forward to working together toward an even more vibrant future for our library and community!"

Grant fills the shoes of longtime La Crosse Public Library director Kelly Krieg-Sigman, who retired June 3. Krieg-Sigman had been director of the library since March 2003 and had served as the director of libraries in Illinois and Wisconsin for nearly 20 years before that. "I've been running libraries for 34 years," Krieg-Sigman says. "I'm ready to hand off the baton."

"The library and our community are incredibly fortunate to continue our success with a new director who helped get us to where we are now," she adds. "Shanneon knows the organization and she knows the community."

**Mrs. Oktoberfest Won't Stand Idly By**

After La Crosse Holocaust educator Darryle Clott persuaded Holocaust survivor Elie Wiesel to visit La Crosse, she adopted his 11th commandment: "Thou shalt not stand idly by." Clott won't be standing idly by in her new role as the 2019 Mrs. Oktoberfest, announced at the Mrs. Oktoberfest reception September 24.

A lifelong educator, Clott is best known for bringing more than 20 notable Holocaust survivors to speak in La Crosse. Fittingly, Clott has selected a theme of "Teachers Inspire" for her year as Mrs. Oktoberfest. She and her husband, Marv, have been married since 1996.

Clott is humbled and honored to be selected. "I feel blessed beyond measure," she says.



**YWCA La Crosse Announces New Director**



Lauren Journot comes to the YWCA La Crosse with 6 years' experience within the YWCA organization, most recently serving as the Youth Services Program Director for YWCA Northeast Kansas in Topeka. Journot holds degrees in early childhood education and communication studies with a minor in women's and gender studies. A single parent who put herself through school, Journot has a passion for helping all women overcome obstacles and reach their full potential. "Success should be accessible to everyone," she says. "Race and gender should never be a barrier, and we at YWCA La Crosse strive to eliminate racism and empower women in everything we do."

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



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Photos by Jen Towner Photography

For sophisticated fall fashion, look no further than your local boutique. Unique styles, personalized service and inspired browsing—who could ask for more?



**Touch of Class, downtown La Crosse**  
Modeled by Kali Goodwin

*Rebecca "Lola" jeans, Vilagallo "Nadia" jacket, Vilagallo "Dover" blouse, Michelle Fortress of Inca "Michelle" mules, Syna earrings.*



**Mainstream Boutique, Onalaska**  
Modeled by Brittney Waraxa

*Clara Sun Woo liquid leather jacket, \$152; Papillon dress, \$64; leggings, \$39; Madeline booties, \$69; Bi Jou necklace, \$39; ring, \$34.*



**Urban Shoetique, Onalaska, Winona, downtown La Crosse**  
Modeled by Jossie Kozelka

*American Made cardigan, \$156; Yanak mini dress, \$156; Liverpool "Ponte" leggings, \$89; D'Orsay "Jungle Band" shoe, \$149; Amy Louise necklace, \$48; Amy Louise earrings \$25.*



**Unique Boutique, downtown La Crosse**  
Modeled by Ashley Atteln

*White Birch hoodie vest, \$36; Zenana tunic sweater, \$36; Zenana leggings, \$19; Green Jute eco-friendly bag, \$28.*

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# MOST JURA-CHIC COUPLE

Two dino fans take a road trip to the Jurassic Age.

BY JESS WITKINS  
Contributed photos



Dinosaur Ridge



Grand Canyon National Park

*What do you call a dinosaur fart?*

A blast from the past.



Grand Canyon National Park



Lower Antelope Canyon

*What do you call a terrible, horrible, unpleasant dinosaur?*

A Thesaurus.

**My husband, Joe, and I** always plan a summer vacation. In fact, it's in our wedding vows, so I'm guaranteed one trip a year. What can I say? I'm a writer. I wanted it in writing.

This year, we decided to visit one of our country's most well-known landmarks, the Grand Canyon. Between Wisconsin and Arizona, however, is a lot of land, including some prime archaeological sites. And as two big dinosaur fans, we had a T-Rexcellent adventure.

## Dinosaur Ridge

Our first stop was just outside of Denver, in Morrison, Colorado, at Dinosaur Ridge. It's an interesting archeological stop for dino buffs like us, known for its fossilized dinosaur tracks. It has over 300! It's also the site where the first stegosaurus was found. Guests can walk the ridge road or pay for a shuttle tour, but if you've been cooped up in the car awhile, we recommend walking.

## Grand Canyon National Park

They don't call it "Grand" for nothing! The national park left this first-time visitor quite speechless. Of course, when you're traveling during peak tourist season, it's important to have a flexible schedule and an eye on the weather. While I wouldn't call my husband or myself "early birds" back home, we did wake up before sunrise two mornings in a row to do our hiking trips while the weather was still cool and we could go at our own pace. And since we'd accomplished so much in the morning hours, we could read, relax or take a nap during peak heat in the afternoons.

## Lower Antelope Canyon

Heading north from the Grand Canyon, Lower Antelope Canyon is another breathtaking stop in Page, Arizona. For landscape photographers, it's one of the most sought-out sites. Much of what we see at the Grand Canyon is a view from above, but Antelope Canyon offers the view from inside. We had fun winding around and seeing the images nature carved into stone.

## George S. Eccles Dinosaur Park

Continuing our way north, we hit up some side treks in Utah, including Diamond Fork Hot Springs in Springville and the planetarium and eateries of Salt Lake City. But Ogden, Utah, hosts the George S. Eccles Dinosaur Park—that's five acres of life-size dinosaur models, a museum full of fossils and interactive exhibits, and a park for kiddos.



George S. Eccles Dinosaur Park



George S. Eccles Dinosaur Park

## The Mammoth Site

One of our favorite discoveries this trip was the Mammoth Site in Hot Springs, South Dakota. An ongoing and still active archaeological site, guests can tour a centuries-old sinkhole with the largest number of mammoth skeletons ever found. Currently, they've uncovered over 60 mammoths. The guides are very knowledgeable, and tours include an educational film on the site's history, a guided tour illustrating the skeletons found and tools used, and access to their museum.



Mammoth Site

*What did the dinosaur say when it saw the volcano erupt?*

What a lavalay day!



Mammoth Site

## Rapid City, South Dakota

One of our favorite cities to visit, Rapid City hosts both the Reptile Gardens and the Dinosaur Park. Visitors at the Reptile Gardens can learn about gators, snakes and birds, as well as meet the Gardens' most famous residents, the giant tortoise. (The one we met was named Peabody. He's only 11, but tortoises can live well into their hundreds!)

The Dinosaur Park offers a great view of the city and a chance to meet locals and tourists alike. Family friendly and playful, it's an iconic view and an easy walk in any season.

However you spend your vacation, keep what matters in mind. Spending time with the people you love, learning new things, and laughing as often as possible will ensure everyone has a dino-mite time. (crw)

*Jess Witkins is a writer, blogger and storyteller. Her mission: making pathetic look cool since 1985. She can often be found wordmongering in the Coulee Region's many coffee shops.*



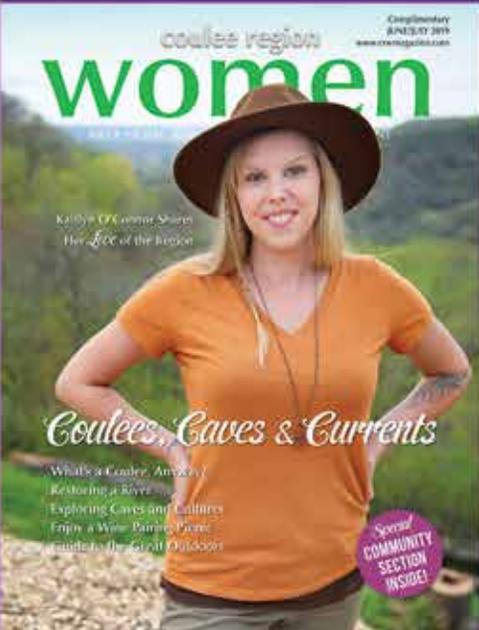
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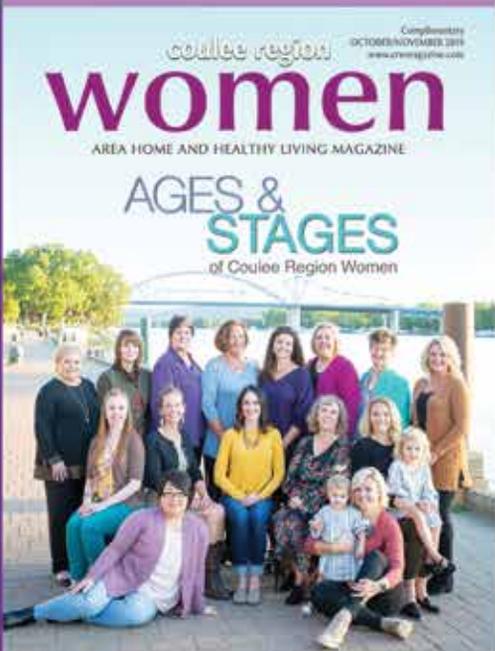


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# Community Calendar

## ONGOING EVENTS

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

**Coulee Region Professional Women (CRPW)** 4th Tues. of each month, Shelli Kult, [crpwomen@gmail.com](mailto: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](http://lacrossechamber.com).

**La Crosse Rotary** every Thurs. noon-1 p.m., Radisson Center, [www.rotarycluboflacrosse.org](http://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](mailto: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](http://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, Schmidty's, noon-1 p.m., Shari Hopkins, 608-784-3904, [shopkins@couleebank.net](mailto:shopkins@couleebank.net).

**Women's Alliance of La Crosse (WAL)** 2nd Thurs. of each month, noon, The Waterfront Restaurant, Visit [www.womensalliancelacrosse.com](http://www.womensalliancelacrosse.com) for more information.

If your organization would like to be included in our Community Calendar, please contact us at [editor@crvmagazine.com](mailto:editor@crvmagazine.com) or call 608-783-5395.

## CALENDAR EVENTS

### OCTOBER

**Oct. 4-20**, *Bad Seed*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun., Veterans Studio Theatre, La Crosse Community Theatre Production, [www.lacrossecommunitytheatre.org](http://www.lacrossecommunitytheatre.org).

**Oct. 5**, Phil Thompson presents Billy & Elton: The Hits, 7:30 p.m., The Pump House, La Crosse, [www.thepumphouse.org](http://www.thepumphouse.org).

**Oct. 5-6**, *The Bewitched Child*, 7:30 p.m. Sat., 2 p.m. Sun., LaCroix Black Box Theatre, Viterbo University.

**Oct. 6**, Pumpkin Palooza Fall Fest, 11 a.m.-2 p.m., Valley View Mall, [www.myvalleyview.com](http://www.myvalleyview.com).

**Oct. 11-13**, *Annie Jr.*, Lyche Theatre, La Crosse Community Theatre Production, [www.lacrossecommunitytheatre.org](http://www.lacrossecommunitytheatre.org).

**Oct. 11-13**, Civil War Immersion Weekend, Norskedalen, Coon Valley, [www.norskedalen.org](http://www.norskedalen.org).

**Oct. 11-13**, Into the Woods, 7:30 p.m. Fri.-Sat., 2 p.m. Sun., Viterbo Fine Arts Center.

**Oct. 11-20**, *Romeo and Juliet*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun, Toland Theatre, Center for the Arts, UW-La Crosse.



**Oct. 11-13**, The Seasons of Our Lives, 7:30 p.m. Fri.-Sat., 2:30 p.m. Sun., The Pump House, La Crosse, [www.thepumphouse.org](http://www.thepumphouse.org).

◀ **Oct. 12, Historic Downtown Day**, 10 a.m.-9 p.m., [www.lacrossedowntown.com](http://www.lacrossedowntown.com).

**Oct. 12**, Sparta Half Marathon/5K, 8 a.m.-12:30 p.m., Elroy Bike Trail, [www.spartahalfmarathon5k.com](http://www.spartahalfmarathon5k.com).

**Oct. 13-20**, Sports Card & Collectibles Show, Sears Court, Valley View Mall, [www.myvalleyview.com](http://www.myvalleyview.com).

**Oct. 16-Nov. 29**, *Nine* art exhibit, Mon., Wed., Fri. 12-4 p.m., Heider Center, West Salem, [www.heidercenter.org](http://www.heidercenter.org).

**Oct. 18**, The Fleetwood Mac Experience, 7:30 p.m., Weber Center for the Performing Arts.

**Oct. 19**, Enchanted Forest, 10 a.m.-3 p.m., Myrick Park Center.

**Oct. 20**, The Rock & Roll Science Show, 2 & 4 p.m., Weber Center for the Performing Arts.

**Oct. 23**, AARP Tricks, Treats & Games, 6-8 p.m., The Crow, 100 3rd St. South, La Crosse.

**Oct. 24**, Farewell Angelina, 7:30 p.m., The Heider Center, [www.heidercenter.org](http://www.heidercenter.org).

**Oct. 24-26**, Ghoulies in the Coulees, 5:30-7:30 p.m., Norskedalen, Coon Valley, [www.norskedalen.org](http://www.norskedalen.org).

**Oct. 25**, Boo-Seum Halloween Party, 5:30 p.m., Children's Museum of La Crosse, [www.funmuseum.org](http://www.funmuseum.org).

**Oct. 25**, "I Love Local" Annual Fall Party, 4-7 p.m., La Crosse People's Food Co-op, [www.pfc.coop](http://www.pfc.coop).

◀ **Oct. 26, Downtown Trick or Treat**, 11 a.m.-2 p.m., downtown La Crosse.

**Oct. 26**, Platinum Edition: The British Invasion—Music from Across the Pond, 7:30 p.m., Viterbo Fine Arts Center.



**Oct. 27**, La Crosse Music Teachers Association Halloween Showcase, 1 p.m., Valley View Mall, [www.myvalleyview.com](http://www.myvalleyview.com).

**Oct. 29**, *That Golden Girl's Show! A Puppet Parody*, 7:30 p.m., Viterbo Fine Arts Center.

**Oct. 31-Nov. 3**, *Church and State*, 7:30 p.m. Thurs.-Sat., 2 p.m. Sun, Frederick Theatre, Morris Hall, UW-La Crosse.

**Oct. 31-Nov. 3**, *The Knight of the Burning Pestle*, 7:30 p.m. Thurs.-Sat., 3 p.m. Sun., Page Theatre, Saint Mary's Performance Center, Winona.

### NOVEMBER

**Nov. 1-2**, *The Rocky Horror Picture Show*, 7 & 10 p.m., Weber Center for the Performing Arts.

**Nov. 1-9**, Dark La Crosse Show, 7:30 p.m. Thurs.-Sat., 2 p.m. Sat. Nov. 9th, The Pump House, [www.thepumphouse.org](http://www.thepumphouse.org).

**Nov. 2**, Fashion Cornucopia style show for Women's Clothes Closet, 11 a.m. and 5 p.m., Our Savior's Lutheran Church, 612 Division St., La Crosse, 608-782-3468.

**Nov. 2**, Missoula Children's Theatre presents Pinocchio, 1 p.m. and 4 p.m., Viterbo Fine Arts Theatre.

**Nov. 5**, AARP Talk to Me Event, 8-11 a.m., Cool Beans, 1221 La Crosse St., La Crosse.

**Nov. 7**, YWCA Tribute to Outstanding Women, 5-8 p.m., La Crosse Center, 608-781-2783 x226.

**Nov. 9-17**, *Fantastic Folklore by the Great Brothers Grimm*, Veterans Studio Theatre, La Crosse Community Theatre Production, [www.lacrossecommunitytheatre.org](http://www.lacrossecommunitytheatre.org).

**Nov. 15-16**, Scarborough: The Music of Simon & Garfunkel, 7:30 p.m., Weber Center for the Performing Arts.

**Nov. 15-23**, Viterbo University presents *Miss Bennet: Christmas at Pemberley*, 7:30 p.m. Fri.-Sat., Weber Center for the Performing Arts.

**Nov. 21-24**, 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](http://www.lacrossecenter.com).

**Nov. 23**, AARP HomeFit Workshop & Local Resource Fair, 10 a.m.-12 p.m., Black River Beach Neighborhood Center, 1433 Rose St., La Crosse, pre-registration required by calling 877-926-8300.



**Nov. 23**, Salute to Glen Campbell, 7:30 p.m., The Heider Center, [www.heidercenter.org](http://www.heidercenter.org).

◀ **Nov. 29, Rotary Lights Parade and Lighting**, 5 p.m., begins at Sixth and Main Streets in La Crosse, ends at Riverside Park.

**Nov. 29-Dec. 31**, Rotary Holiday Lights, open daily 5-10 p.m., Riverside Park, La Crosse.

**Nov. 30**, Small Business Saturday, downtown La Crosse.



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