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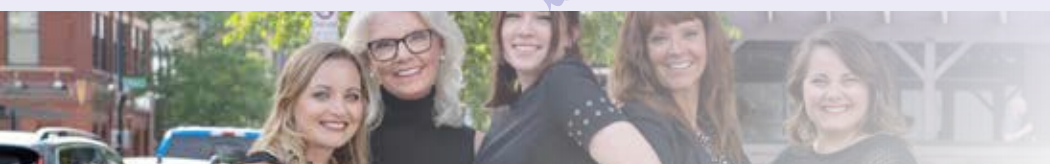
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With an emphasis on equilibrium and personal growth, ***5ive for Women*** encourages the on-the-go gal to pause for self-nurturing, through insightful articles and thought-provoking features - supporting the not-so-simple balance between faith, family,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

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



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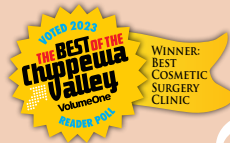
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EDITOR'S NOTE



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*You asked me If I ever stood up for anything.
Yeah, I stood up for my life.*

~Tina Turner

It sounds a bit cliché. Believe me, I know. When I started to think about this issue, I got all the quotes. You know the ones: So far, you have lived through 100 percent of your worst days. Position yourself to succeed by doing things that rejuvenate you. Do your best, and let the rest go. Be yourself, everyone else is taken (Oscar Wilde). Sound advice. However, it made me want to chuck the computer across the room. No offense to the inimitable Oscar Wilde.

Recently, I was in Chicago for a conference and took myself to lunch at an outdoor café. The weather was perfect. I was at a little corner table.

I sipped my almond milk latté and settled in for some excellent people-watching. (Side note: Take yourself to lunch alone.) I saw the sweetest young couple who looked to be about four weeks from delivering what I guess to be baby number one. As they walked by, he reached over and rubbed her belly. She looked up and gave him the sweetest look. I saw three teens with their mamas all decked out in their Swiftie outfits—Tay Tay was in town, and their excitement was palpable as they skipped by the café. I smiled, thinking of me taking Grace to her first Taylor Swift concert when she was 11. The couple sitting next to me appeared to be in their eighties. They did not seem to talk to each other. At first, I thought they were not happy, maybe even fighting. But they looked at each other, gave glances, and seemed to read each other's language. She would look up, and he would hand her the salt, and he leaned in, and she grabbed an extra napkin—a lifetime of learning each other. Halfway through their dinner, she reached over and put her hand in his, and I saw the love between them. I saw kids and families discussing the economy, the weather, the traffic, life.

This same weekend I also did a deep dive into Tina Turner. I first watched the documentary Tina but then decided to go deeper and watch the movie What's Love Got to Do with It. Ladies, she lived her best life despite her circumstances, and she reinvented herself and received terrific success in her second half. Rest in Peace; what an example of living her authentic best life. Tina stood up for her life and all that she believed.

That brings me to the community of women who grace our cover. These women are all examples of how to live your best self and reach back and help other women cultivate their best selves. Enjoy their stories.

I lived most of my life trying to stay extraordinarily busy because if I was busy enough or successful enough, no one would know about or be able to see my pain and fear. Ideally, people would only see my strength because when you are strong, people rarely see your weakness. Now I accept myself, and I have nothing to prove. If you stand close, you will see my vulnerability and willingness to be seen. So, perhaps Mr. Wilde wasn't so far off.

My beautiful readers, suck up every second of this Wisconsin summer, enjoy and lean into your best self and celebrate yourself and all that you are.

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

Jennifer V Theisen
Publisher & Editor-in-Chief

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TAKING CONTROL AND ENFORCING COURT ORDERS

Jennifer N. Brown, Attorney at Weld Riley, S.C.

Ideally, parties in divorce and family cases comply with the court orders regarding physical placement of children, property division, child support, or maintenance. After all, parties have a right to rely on a court order for purposes of planning. However, there may be times when a party is non-compliant, and you need to take action to enforce a court order.

When a court issues an order, it establishes the guidelines that the parties must follow.

For example, if your ex-spouse or ex-partner owes you child support of \$500 per month, he cannot decide to only pay you \$350. There is an order requiring him to pay you \$500 per month. If, for some reason, he cannot pay, the burden is on him to show the court he cannot afford it and to modify the order. Until that time, you have the right to rely on getting \$500 per month for the care of your children.

Similarly, if property was awarded to you under the terms of the judgment of divorce, you have the right to enforce that order if the other party is not complying. If, for example, you are awarded \$50,000 of equity from the home, your ex-spouse does not have the right to pay you less than what you are entitled

to, nor does he have the right to withhold the money beyond the time set for payment in the judgment of divorce.

When parties are not abiding by the terms of the order, the court can intervene by motion of the aggrieved party. In the child support example, the recipient of child support would have the right to motion the court to compel the other party to pay. There are remedies in place if the ex-spouse or ex-partner does not pay. If the payor is currently paying the recipient directly, the court can order that the child support obligation come directly out of his paycheck through an income withholding.

If the payor is behind in his child support obligation, the court can order the party to pay a sum above and beyond the court-ordered monthly obligation to apply to the arrearage. This can also be done through a wage withholding. As a last resort, the court can order more severe sanctions which incentivize a payor to remain current in his child support obligation. All of these remedies, however, require you to involve the court.

In cases of property division, you can take action to make sure you receive what is awarded to you under the judgment of divorce. If the judgment of divorce requires your ex-spouse to refinance the house in order to pay you your share of equity in the home, but he fails to refinance in the time allotted, you can seek enforcement through the court, including the placement of a lien on the property or asking the court to order that the house be sold.

In order to be your best self, you need to be confident in the benefits awarded to you via a court order. Sometimes, that means going back to court to enforce an order. If you find yourself in need of enforcement of an existing order, please contact our office at 715-839-7786.

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Being Your Best Self Includes a Thorough Estate Plan

Maggie McLoone, Attorney at Weld Riley, S.C.

A major part of your focus when working to be your best self is often on reducing tension, stress, and drama in your life. Estate planning surely doesn't come to mind, but it should – it is just as important to consider the effect your planning will have on your loved ones if you become incapacitated or pass away. You want to avoid administrative hassles, questions, and disputes that will tarnish the legacy you are leaving, and a thorough review of your estate plan will help to accomplish that. However, it so often happens that someone's estate plan, or lack thereof, fails to accomplish this goal.

For example, people often overlook their beneficiary designations on life insurance, retirement, and other major accounts. Beneficiary designations generally trump bequests made within a Will or Trust. If your Will states that you want your children to inherit equally, but you

only list one child as a beneficiary on your retirement or bank account, that child will receive the entire account, causing unwanted tension within the family.

Similarly, if you want to divide your assets amongst your children, you may think it's easiest to list one child as beneficiary on each bank account, so then when you pass, they each get that respective account. These accounts are probably going to have unequal values by the time you pass away, which could cause arguments between your children. Moreover, listing different beneficiaries on each account could cause problems for your financial agent if you become incapacitated. If you need assistance paying for something like a nursing home, the agent will need to decide which account to use to pay for that care. Will they use the account they are the sole beneficiary of, or will they use the account that someone else is the sole beneficiary of? This could cause an argument between your financial agent and the other beneficiaries. Rather than doing that, they could all be listed as beneficiaries on each account. Then, when one account is spent down to pay for your care, your children will still be receiving the same amount when you pass.

Make sure your legacy remains the best version of you by ensuring that your estate plan is in place and consistent. If you would like to have your current estate plan reviewed, or would like to put an estate plan in place for the first time, please contact Maggie McLoone at Weld Riley, S.C. with any questions.

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5 Women

HELPING WOMEN TO BE THEIR Best Selves

By Katie McKy

Becoming your best self is never easy. It's never a straight, paved road. Fortunately, you're not alone. There are women in the Chippewa Valley who can blaze your way, marking your turns and explaining why you are making them.

If you need a savvy woman to guide you in estate planning, contact Maggie McLoone of Weld Riley, S.C. or call her colleague Jennifer Brown, who practices family law, for help with many family issues. Need some savvy in investing? Tap Katie Noe of River Prairie Wealth Partners. Want to know your options for looking your best? Call Deb Markham, a Licensed Aesthetician at Merrick Plastic Surgery. If you're facing a terrible challenge and need a role model, an indomitable woman who survived and thrives, you need Ashley Lien. Read on to meet this quintessential quintet of area women.



MAGGIE MCLOONE

Maggie McLoone is an attorney who focuses on estate planning at Weld Riley, S.C.

"We are a general practice law firm, so we can help with a wide variety of issues, but my practice is just primarily estate planning," McLoone said.

McLoone was attracted to estate planning initially because she has a background in accounting. "Estate planning is the area in our firm where tax issues come up the most," she said. "I really like to work one-on-one with people."



Estate planning is complex.

"I like giving people peace of mind surrounding a topic that is really confusing for many," McLoone said. "Most of my clients come in knowing general terms, and knowing they should have some sort of estate plan in place, but they have no idea where to start or what they need."

That's where McLoone makes a difference.

"Drafting a plan that accomplishes their wishes, and explaining it to them in a way that makes sense, really makes people feel better about the plan we're putting in place," she said.

McLoone's legal expertise works like a balm.

"Estate planning can be stressful for people – it makes you think about worst-case-scenarios so that we can plan for them, and you have to trust a stranger with a lot of sensitive information," she said.

If you're thinking that estate planning is just something that happens in your golden years, rethink that position.

"Estate planning is important at all ages and phases of your life," McLoone explained. "Beyond just planning for what happens after your death, which is important, estate planning also involves implementing things like powers of attorney, just in case something happens, and you aren't able to make decisions."



JENNIFER BROWN

Jennifer Brown is McLoone's colleague at Weld Riley, S.C., but Brown focuses on family law. Like McLoone, Brown guides her clients through tough decisions.

"You tend to see clients during a very difficult time in their lives, and you get to help them navigate the process and hopefully come out confident and satisfied on the other side," Brown said.

Brown has practiced family law for ten years. It's been a decade of relationship building.

"I enjoy family law because you can really get to know your clients," she said.

They come to her in myriad situations.

"There is divorce, prenuptial agreements, post-divorce matters like child support, maintenance, or placement modifications, and then there are also adoptions and guardian ad litem work," Brown said. "Any given day, I am working with clients on any and all of those issues, and it really keeps the work interesting."

About half of her clients are women.

"I do the best I can in any given case with the facts at hand. Some clients have mentioned I am a good listener, that I dedicate time to their case, that I strongly advocate for them, and that they appreciate my prompt response times," Brown said. "My goal is for every client to feel like their case is the most important case I have!"

The stakes make it hard to simply walk out of the office some evenings.

"It can be difficult to not to take some of the cases home with you at night," she said. "Again, you are seeing people for an emotionally-charged matter, and it is hard not to absorb some of that. Exercise is a good release for me!"

Brown's colleagues also help.

"The amazingly supportive and knowledgeable group of colleagues at Weld Riley really helps me provide my clients with fantastic representation and allows us to take a team approach," she said. "If I have business or tax or employment questions in a family case, I know I can get a thorough answer from my colleagues, and that helps me put on the best case possible for our client."

Pooling expertise produces more happy endings.

"I love seeing clients satisfied with their outcomes," Brown said. "If I can get a client to smile and feel as though someone 'had their back' in the case, then it makes my day."



KATE NOE

Kate Noe, APMA®, CDFA®, CLTC®, is a Managing Partner, Financial Advisor, and Chief Marketing Officer at River Prairie Wealth Partners, which is a private wealth advisory practice of Ameriprise Financial

Services, LLC.

"We are one of the largest private wealth teams within Ameriprise Financial with ten locations across Wisconsin, Minnesota, and Iowa," Noe said.

Noe is a little surprised to find herself in finance.

"Growing up, a career in finance was the very last field I expected to find myself in, and I have the embarrassing amount of bank overdraft notices of my youth to prove it," she said. Seventeen years ago, she was working as a marketing executive for a national restaurant chain when she was approached by her now business partner who was looking to add a marketing and business development role to his growing practice.

"As a matter of practicality, more than an interest in finance, I made the leap," Noe said.

Three years in, she was hooked. "I began to feel a pull toward getting my securities licenses and working hands on with clients," she said.

Today, she works with goal-oriented and success-minded higher net worth individuals who recognize the value of advice.

"I especially have a passion for helping women and hold the unique designation as a Certified Divorce Financial Advisor," Noe said. "At this point in my career, I have the privilege of being selective and working with individuals whom I genuinely enjoy."

Noe finds that her clients are comforted by her winding backstory.

"I think there is a sense of relief and solidarity when women discover that my own personal and financial path hasn't been linear; nor has it been perfect," she said. "I have experienced my share of challenges including a painful and chaotic divorce that set me

Get Outside and Blossom!

By Katie Mcky

trees and bees can make us more alert when we're awake and more asleep when we're not.

In one experiment, students were given a difficult math test with a break at the midpoint. Half the students were told to take their break in a park and the other half beside a busy street. When the two groups returned to finish the test, the students who'd rested beneath trees outperformed the other group, again and again.

Yet another way we bloom outside is that we connect with our neighbors, near and far. When you're surrounded by walls, your only contacts will be friends and family. Plus, your television set tells you to be afraid. Outside, you pass smiling people and you picnic beside laughing people. You might hear the exuberant voices of a distant baseball game. You hear the birds sing. You smell the lilacs. You experience the world as a lovely place rather than the frightening place that much media report. Studies have shown that time spent outside in the proximity of your neighbors increases both connections and how you feel about them, even if you don't actually talk.

Understanding the benefits of going outside, what exactly should you do out there? You can begin by simply walking. Eau Claire has extensive biking/walking paths, with lots of bridges and water views. The Third Ward is a comely neighborhood with an array of architectural styles, shaded by big trees filling the air with phytoncides. Menomonie also has shaded, well-loved neighborhoods and Chippewa Falls' Irvine Park has walking trails and hyenas, tigers, and bears. Oh, my!

Images courtesy of Adobe Stock

It's not just flowers that blossom outside. We do, too. Being outside unfurls all our petals and leaves, making us healthier and happier, and it can be as easy as standing under a tree.

Here's why: trees have been on our planet far longer than we have. Our species has existed for about 300,000 years, whereas trees have existed for about 360,000,000 years. So, they've had a lot longer to learn ways to boost their health. For example, trees produce phytoncides, which protect them from mold and bacteria. Some of their phytoncides evaporate, and when we walk beneath trees, we inhale them. The result is almost too good to believe. When we inhale them, our bodies respond by increasing a kind of white blood cell called natural killer cells. These natural killer cells kill tumors and virus-infected cells in our bodies. Yeah, simply sitting under a tree is a deeply healing activity.

The great outdoors has our backs in other ways. The U.S. Dept. of Agriculture reports that you're more likely to actually exercise by stepping outside. Sure, you might have a home gym. Sure, you might have a gym membership. However, there are studies that show that we exercise more often and for longer periods when we exercise under the sun rather than ceiling lights.

Hospital data further show causation between proximity to green spaces and a decrease in chronic illness. One of the many great things about the Chippewa Valley is that green space is always close by. If you tap into that green space, then heart disease, diabetes, arthritis, etc. all become less likely.

There are mental health benefits, too. Studies have shown causation between being outside and an increase in quality of sleep and focus. So,





If you want to go new school, all three towns have pickleball courts, which is popular in large part because

you gain some competency in a session or two. Disc courses also abound in the Chippewa Valley. Mount Simon's disc course is shaded, flat, and fun. Tower Ridge is woody, hilly, and a wonderful workout. Menomonie's Brickyard Disc Golf Course is described by locals as both "beautiful" and "challenging."

If you're looking to laze rather than retrieve a wayward disc from a thicket, you can do as the students do and float the Chippewa River. If you'd rather not bother setting up a shuttle, simply sit in Phoenix Park or Owen Park and watch the students drift. Again, just sitting on a park bench will mean you're still inhaling phytoncides and increasing your concentration and deepening your coming sleep.

The opposite of lazing at Phoenix Park would be the mountain biking trails at Eau Claire's Lowes Park. Climbing the fire tower at Hoffman Hills

State Recreation Area outside of Menomonie will also elevate your heart rate and make your muscles ache. An easier walk or bike ride in the Menomonie area is the Red Cedar State Trail, which parallels the pretty Red Cedar River for 14.5 miles. Chippewa Falls' Area 178 also provides some great water views for mountain bikers.

If you're looking for outdoor fun that includes your kids, Altoona's River Prairie Park has a stream for your kids to splash in and several restaurants/bars that abut the park for a little after-splashing, liquid fun for the older folks.

Whatever you choose to do, the key is to do it outside. You likely spent too much time inside from December through

March, nearly as dormant as a snow-frosted oak. Now is the time to make like a spring maple and bloom. Breathe deeply and sigh beneath the sun.



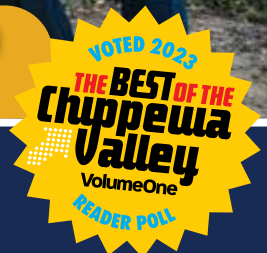
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The Power of Female Friendships

By Katie McKy

The songwriter Van Morrison observed how women look to each other for affirmation in the song, “Wild Nights,” writing, “All the girls walk by, dressed up for each other.”

The question is, why? Why do women look to each other for affirmation? What gives female friendship its faculty? It’s not just shared plumbing and the consequent emotional tides. We share experiences beyond our bodies, because to lesser and greater extents, we walk similar roads.

For example, since Germany’s Angela Merkel retired, the G-7 leadership has reverted to all men, and about nine out of ten Fortune 500 CEOs are men. All 46 U.S. presidents have been men. This might be because there is ubiquitous performance bias when it comes to women and men, with the majority of people overestimating a man’s performance and underestimating a woman’s performance. According to a study published in the *American Political Science Review*, women speak 25% less than men in meetings if both men and women are present, and when women do talk, men often talk over them. Another woman understands our shared challenges.

Attribution bias also hamstring women. I once saw a car on a city street that had veered into a snowbank. Several men were attempting to excavate it. Having done some off-roading and getting many SUVs mired in mud, I suggested that they deflate the tires to put a little more rubber on the snow and to straighten the front tires. I was ignored by all of those men except for one, who repeated what I’d said, but at greater volume. My two suggestions freed the car, and the men

encircled the guy who’d amplified my ideas, literally slapping his back.

“But it was her idea,” he said, pointing to me.

They looked at me and went back to slapping his back.

It’s a rare woman who hasn’t been overlooked and underestimated due to her gender at work, but away from work, there’s even more that unifies us. The most popular hobbies for women in 2023 include journaling (it’s a place to communicate where no one interrupts!), gardening, yoga, walking, baking, reading, photography, knitting, pickleball, golfing, and others. Whereas many men also enjoy walking, photography, reading, golfing, pickleball, and gardening, their list of the most popular pastimes are more likely to also include hunting, fishing, video gaming, watching sports, shooting, home brewing, etc.

Having so much in common greases the skids of female friendships. The common ground of shared interests is a kickstarter for friendship, and you are more likely to be deeply seen, (that is, understood). That’s why, on a couples’ evening out, women often sit beside each other in the backseat with the men up front. You frequently see the same separation at parties. But female-to-female friendship is more than a bigger shared area in a Venn diagram.

Being understood by another woman has stunning health consequences. Research has shown that close female friendships are difference-makers for women, much more than they are for men. When you’re with your gal pals, serotonin and oxytocin, which are the bonding hormones, are released. If you have

insufficient serotonin, you're more likely to be anxious. Oxytocin is a miracle hormone, for it reduces your blood pressure and cortisol levels, increases your pain thresholds, and promotes healing throughout your body. Sure, see your doctor as needed, but see your female friends too, and a cuppa joe with your buddy costs way less than your co-pay.

Being cut off from your buddies and the consequent loneliness is equivalent, health-wise, to smoking 15 cigarettes a day. Just as smoking can be lethal, so can loneliness.

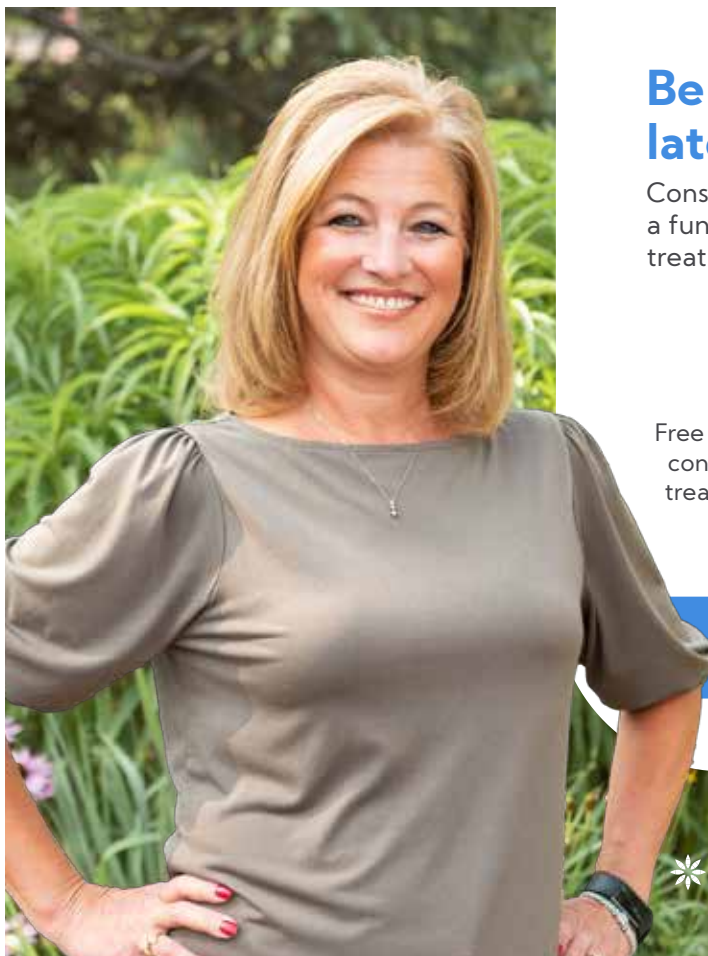
This is not to say that all female friendships are health-boosters and life-extenders. There are toxic friendships that drain your tank rather than fill it. Beware the takers, the gossips, and the chronic complainers. Of course, there are times when it's good and necessary to take and to complain, but when these comprise most of the friendship, your friend sees you more as a service worker and therapist than a true companion.

The most powerful female friends, the ones that top off your tank with serotonin and oxytocin and increase your health and lifespan, are the ones who are grateful. They don't daily bemoan. They express daily gratitude

-- for you, for good health and good food, for a roof and a bed, and for each evening's gilding light. They're the ones you can trust, and you can determine their trustworthiness because they don't gossip about others, which means they won't gossip about you. They're kind to strangers, which means they're stuffed with goodness. In all these ways, they're a role model, and they affirm your goal to be grateful, trustworthy, and kind. They're also risk-takers, happy to try a new food, a new place, or a new pastime.

The Beatles wrote that we "get by with a little help from (our) friends," but that's not the whole story. We can thrive with our friends, increasing both the quality of our lives and the quantity of our days. ♡

"The question is, why? Why do women look to each other for affirmation?"



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Save Our Swim



When the outdoor pool in Chippewa Falls was in danger of closing, residents stepped up.

By Alyssa Van Duyse

Katie Crise cherishes the memories she has of going to the public outdoor pool in Chippewa Falls.

As a childhood resident of the west hill in town, the pool was close, and it was something Crise and her mom could do together.

"I couldn't tell you the number of times we went to the pool in the summer," she said. "We loved to be near any sort of water, but the pool was the perfect spot for us to enjoy together."

Crise's mom passed away in June 2022 – just as Crise was ramping up efforts to save the pool she and her mother spent so much time at years ago.

"When the lifeguards would need a break and the whistles blew, my mom and I would make our way to the concession stand to get our favorite treat, a Cow Tail," Crise said. "Sitting in the grass, dripping wet in our swimsuits, were such moments of happiness."

"Those memories sit with me to this very day."

They also prompted her to save the pool.

Crise, her husband and two daughters moved back to Chippewa Falls in 2021. Ten months later, on April 12, 2022, Crise saw a local newspaper report that the Bernard F. Willi Outdoor Pool was in danger of closing because of disrepair.

"That sparked something in me," she said. "I had dreamed of spending those summer days with my two young daughters at the pool as my mom had with me."

Two days later, Crise, 32, created a petition and promoted it through a Facebook group named Save Our Pool – Chippewa Falls. That petition garnered more than 1,300 signatures from people throughout the Chippewa Valley. Two weeks later, with Crise's leadership, more than 30 community members packed the Chippewa Falls City Council Chamber in support of the outdoor pool. Several members of the newly-formed Save Our Pool grassroots group, including Crise, spoke in favor of saving the pool.

"I began trying to amplify the community's voice and support moving the pool forward in a positive way," she said. "We've come so far, but we have much more work to do."

Joe Jasper, 23, from rural Chippewa Falls, didn't make it into town much to hit up the pool. He didn't have a good understanding of how important the pool was until his mom, Sherry Jasper, needed another person to fill her lifeguard recertification class.

"It's not the most glorious or inspiring reason," Joe Jasper admits. "But not all stories have great beginnings."

He finished the class in time to start lifeguarding the summer after his sophomore year of high school. Jasper chose to lifeguard at the outdoor pool because he wanted to work with the sun shining on his face, he said.

Looking back, he said the public pool taught him and other kids in the community about much more than swimming.

He learned how to be a good employee. He had to learn to be organized, show up early, stay late and handle constructive criticism.

"Even though I was on a crash course in how to work, I liked lifeguarding at the pool," he said.

Jasper's second and third summers at the pool reinforced his good work ethic, and he was allowed to step into a leadership role. In his fourth summer, he became the head manager.

"That summer was the best summer of my life," he said. "My coworkers became family. That's what makes the pool special – it's the bonds we formed."

"The pool is a place to make memories and bond. It's also an attraction for the city of nearly 15,000 people," Jasper said. "The pool is a critical part of Chippewa Falls in the summer."

"Irvine Park, the Leinie Lodge and the BFW Pool are the trinity of what makes Chippewa so incredible," he said. "The pool gives kids the opportunity to play outside with friends old and new, kids tire themselves out while parents get to relax, and high schoolers and college kids get the working experience of a lifetime."

As Crise continues the long journey to save the pool, she reflected on why she is so passionate about this topic.

"Water is at the core of our community," she said. "We live it and breathe it in the Chippewa Valley. Our community deserves to have a safe space to learn to swim, be with friends, family and community members, and enjoy the sunshine."

POOL TIMELINE

➡ APRIL 12, 2022

Eau Claire Leader-Telegram reports the Bernard F. Willi Chippewa Falls outdoor pool likely will close for good after the 2022 season, according to comments from Chippewa Falls Parks and Recreation Director John Jimenez and council members during a city council meeting the previous evening. In his address to the City Council, Jimenez cites facilities in disrepair and out of compliance with federal mandates.

➡ APRIL 14, 2022

Chippewa Falls resident Katie Crise starts a petition via Facebook called Save Our Pool – Chippewa Falls. That petition garners more than 1,300 signatures from people throughout the Chippewa Valley. Crise also starts a Facebook group named Save Our Pool – Chippewa Falls, which has more than 800 members as of 3/23/23.

➡ MAY 3, 2022

More than 30 community members pack the Chippewa Falls City Council Chamber in support of the outdoor pool. Several members of the newly-formed Save Our Pool grassroots group speak in favor of saving the pool. The community learns that the three

main challenges are the cost to run the pool, lack of lifeguards to hire and many of the structures are in disrepair.

MAY 10, 24 and June 7, 2022

Members of the Save Our Pool group attend the Chippewa Falls City Council and Park Board meetings and speak in favor of saving the outdoor pool. At each meeting they ask for a special committee to be formed.

JUNE 13, 2022

The pool is set to open, but the Parks and Recreation department posts on Facebook that it does not have enough lifeguards to open the pool for a few days.

JUNE 14, 2022

Save Our Pool members attend the Chippewa Falls Park Board meeting and ask for a special committee to be formed to research and make a recommendation to the Park Board. The Park Board votes to form a special committee.

JUNE 16, 2022

The pool officially opens for the season.

SEPTEMBER 13, 2022

The city's newly formed Pool Committee meets for the first time. Pool Committee members are John Jimenez, CF Parks, Recreation and Forestry director; Jack Haye, CF Parks, Recreation and Forestry manager; Christopher Gilliam, CF City Council member; Travis Siebert, CF Park Board member; Katie Crise, Save Our Pool community leader; and Alyssa Van Duyse, Save Our Pool community leader. The Committee discusses goals, budget, pool analysis and options.

OCTOBER 11, 2022

The Pool Committee meets to discuss hosting a survey to get community feedback. The Committee also discusses several other aquatic options at the outdoor pool location. The Committee agrees to take November and December to craft the survey and come back after the new year.

FEBRUARY 14, 2023

The Pool Committee reviews the rough draft of the survey and gives feedback for changes. The Committee also narrows down dates for the public listening session. It agrees the session will be used for listening to the public's suggestions, and not for back-and-forth communication. The goal of the survey and listening session is to collect as much feedback as possible to guide the Committee.

March 14, 2023

The Pool Committee reviews and approves the updated survey, which will be available by digital link from Monday, March 27, through Friday, May 5. The marketing plan includes social media through several channels and a news release to be sent Monday, March 27. The Committee also approves the date of the listening session. The session will be from 5 to 6 p.m. Monday, April 17, in the basement auditorium of Chippewa Falls City Hall, 30 W. Central St., Chippewa Falls.

March 27, 2023

The Pool Committee opens a survey to gain the wants and needs of the community regarding the Bernard F. Willi pool space. The survey is online and takes less than five minutes to

complete. A news release is sent to local media to promote the survey and the listening session. The information is also disseminated on the Save Our Pool FB page and website, and the Chippewa Falls Parks, Recreation and Forestry FB page.

April 17, 2023

In addition to the online survey, the Pool Committee hosts an in-person listening session to hear the needs of the community. About 30 people attend the session.

May 9, 2023

The Pool Committee meets to discuss the survey results.

Alyssa Van Duyse is a marketing professional with a passion for content creation and strategy with 25 years of experience as a writer, journalist and storyteller. Her goal is to create compelling articles that resonate with readers. When not working she can be found pursuing her hobbies, which include playing the accordion at Oktoberfest, swimming and laughing with her husband and daughter.



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How to Take a Family Trip

ON A SMALL BUDGET

By Kimberly Blaker

Traveling is a great way to enjoy new experiences, learn about the world, bond with your family, and take a break from the monotony of daily living. But the cost of travel can be prohibitive. So many of families don't get away as frequently as they'd like or miss out on places they've dreamed of visiting due to cost. Fortunately, there are lots of ways to travel and explore the world without breaking the bank.

Visit Family or Friends

When thinking about where to travel on a small budget, consider visiting places near family or friends to help keep the costs down. Depending on the situation, it could reduce or eliminate the need for a hotel, rental car, or eating out every meal. Traveling to an area near family or friends can also reduce your entertainment cost, since spending time visiting and catching up will serve as part of your entertainment. It's also an excellent opportunity to have your own local tour guide since your family or friends who live there will know all the hot-spots, attractions, and not-to-be-missed sight-seeing.

Compare Costs

With so many airlines, hotels, and tours to choose from, planning a trip can be overwhelming. Fortunately, many websites simplify this by allowing you to enter your travel dates and preferences to compare prices and features from different companies. These websites are particularly helpful for comparing costs in a single place and keeping track of your findings. Many travel comparison sites also show ratings, so you don't waste your money on a seemingly good deal that turns out to be a bad experience. Different travel comparison sites focus on particular parts of traveling, such as airfare or hotel. Some of the most popular include Booking.com, Priceline, Expedia, Kayak, and Trivago.

Search Smart

When searching Online for travel deals, there are a few tricks to know in order to get the best deals. Many websites use cookies and can see when you've been searching for specific hotels or flights. There is some evidence, according to William McGee, aviation advisor for Consumer Reports, that pricing may be based in part on your search history. An easy fix is to clear the cookies in your browser before visiting the same travel website again, so the site can't track you following specific companies, destinations, or deals.

There are also many theories about the best time to book your flight, with the most common being on a Tuesday afternoon, six weeks before your trip. While this exact date is subject to debate, it does seem that airline fare sales tend to start on Tuesdays. Your best bet is to start checking fares early and pay attention to any patterns. Some airlines also have better deals if you book at least two weeks before your trip.

Road Trip!

If you're traveling as a family, the cost of airline tickets for everyone adds up quickly. Depending on how far you plan to travel, a road trip might be a good option. Your journey can become part of your vacation. Gas for one car which can hold everyone will likely cost much less than airline tickets for multiple people. It can also be better for the planet. If you're feeling extra adventurous, rent an RV to save on both your travel and lodging costs (but do the math for the added fuel costs). You can typically find RV parks along any route for much lower prices than staying in a hotel. It can also be a fun bonding experience for your family or group to travel this way.

Discounts and Deals

Websites like Groupon and LivingSocial offer significant discounts on specific travel deals. Because they only offer deals to particular places



Image courtesy of Adobe Stock

"Another way to reduce your travel cost is to save up money for travel with travel rewards credit card that cater to your travel interests."

within a range of dates, this is a good option if you want to travel but don't have a specific destination or date in mind. Depending on your age and interests, some companies host trips and group tours with lodging, attractions, and travel costs included. Traveling with a tour group can result in deeper discounts than traveling alone. Topdeck and Contiki are popular group tour hosts that cater mainly to young adults and offer specific budget travel options. For all ages, Flash Pack and Austin Adventures are excellent choices.

Companies such as Costco or AAA also offer travel packages at discounted prices. Additionally, by signing up for a free membership on certain websites, such as Hotels.com, you can earn free hotel-stay nights and get exclusive discounts on hotels.

Another way to reduce your travel cost is to save up money for travel with a travel rewards credit card that caters to your travel interests. Many airlines offer credit cards on which you can earn miles to redeem for future travel. Some specific travel destinations, like Disney, also have credit cards you can use to earn rewards toward future vacation costs. Capital One and many other credit card companies offer similar travel reward credit cards that provide greater travel flexibility.

Realize that with a little creativity and effort, traveling doesn't need to be out of reach just because of a small budget. If you plan ahead and travel smart, you can find lots of opportunities to explore the world around you.

Kimberly Blaker is a freelance writer. She also owns an online bookshop, Sage Rare & Collectible Books, specializing in out-of-print, scarce, signed, and first editions; fine bindings; ephemera and more at sagerarebooks.com



Travel Locally

It's easy to overlook fascinating or exciting attractions, sightseeing, and activities that are close to home. If you have the travel bug but lack the time or money for a big trip, do some research to see what opportunities and adventures you can find nearby for a weekend or day trip. This can save you a lot of money on travel and lodging expenses. Plus, it's easier to pack food for a short journey instead of eating out, which can also save you money. You might be surprised at what exciting new things you've been missing out on locally or nearby.

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back financially and left me as the sole provider for my three young children.”

Noe’s rocky road endows her with insight.

“I believe I’ve been granted the ability to understand the big picture and guide others because of my life experiences, not in spite of them,” she said.

You might think that Noe’s job is spreadsheets brimming with numbers, but it’s so much more.

“I love the relationships I have with my clients, to celebrate and mourn alongside them,” she said. “To be trusted with such an intimate part of their lives is an honor that never ceases to amaze me.”

Of course, there are setbacks.

“The hardest part of my job is knowing that ultimately there is only so much I can control,” she said. “I can’t influence the markets, and sometimes, no matter how well you prepare, your very best attempts simply fall short.”

Then there are the many days where best attempts don’t fall short.

“My favorite days are when my clients and I see a plan come together as intended,” Noe said. “When I see the relief and joy that comes with helping them create a retirement income stream, send kids and grandkids to college, build their dream lake home, or just simply reassure them they are on solid financial footing.”

Noe shines light on wealth-building.

“Giving purpose to your money, including what you’re saving, is one of the most important steps in building wealth. Any financial advisor worth their weight starts with a financial plan before they talk about investments and how much you should be saving,” Noe said.

“Sustainable wealth isn’t created by throwing money into an IRA and hoping someday it will be enough. It’s built by creating a plan; defining your goals, truly understanding where you stand financially today, what resources you have access to, how to maximize those resources, and what potential risks exist that might knock you off course.”



DEBRA MARKHAM

Debra Markham is a Licensed Aesthetician at Merrick Plastic Surgery. She worked ten years as a Medical Lab Technician, working behind a microscope in hematology, bacteriology and chemistry.

“I then decided to pursue my passion in the health and wellness industry,” Markham said. “My focus was understanding and gaining knowledge of skin physiology and the benefits of medical grade treatments and products.”

She believes that the change was the best decision she’s ever made. Nowadays, Markham consults with clients and they formulate a plan for skin treatments depending on the needs and desires of each individual, which might be acne, scarring, sun damage, anti-aging, fine lines and wrinkles, Rosacea, or overall skin health improvements.

“The trust, respect and loyalty so many have given to me over the years is so very powerful,” Markham said. “I am so happy to see my clients returning to me on a consistent schedule, knowing they put their trust in me.”

Approximately 80% of her clients are female, and they range in age from 12 years to 92 years old. Markham is happy to help all of them achieve their best selves.

“I am incredibly grateful and fulfilled to have chosen a career that touches so many people in such a positive way,” she said. “I help them feel and look their best on their skin health journey.”

Markham invests considerable time in continuously upgrading and updating her knowledge about skincare. All the research and learning has enabled her to not only deliver state-of-the-art skin care, but to build her business, whatever the challenges.

“Being a professional in Medical Aesthetics for so many years, it humbles me when I take the time to think about how far I’ve come amid the distractions, downturns, and competition,” Markham said.

“I AM INCREDIBLY GRATEFUL AND FULFILLED TO HAVE CHOSEN A CAREER THAT TOUCHES SO MANY PEOPLE IN SUCH A POSITIVE WAY. I HELP THEM FEEL AND LOOK THEIR BEST ON THEIR SKIN HEALTH JOURNEY.”
-DEBRA MARKHAM



ASHLEY LIEN

When 5ive for Women last checked in on Ashley Lien, whose ex-husband Dan Peggs was former Altoona Schools Superintendent, Lien and her four daughters were awaiting a verdict on Peggs' possession of child pornography.

They were hoping for some closure.

Lien said at the time, "Much of our future hinges on what is done in sentencing, and so we have lived in limbo for quite some time. True healing will not be able to start for me until there is some closure."

Peggs was sentenced to eight years in prison, followed by ten years of supervised release.

"All four girls will be 18 by then," she said. "The maximum could have been ten. I felt good that the judge took it so seriously and took the girls into account."

And was there some closure?

"There is definitely some closure," Lien said. "We know what the future will look like for a few years, and that allows us to move forward."

However, Lien's life remained fraught with challenges even after the verdict.

Peggs gave her the HPV virus.

"I know it came from him because I know 100% what I was doing," she said.

The HPV virus led to cervical cancer, and the cancer metastasized to her lymph nodes.

"I did chemo and radiation here, and five-week intensive treatment in Madison," Lien said.

She's been in remission for a year, but the complications continue.

"I feel pretty good, but what I didn't expect was being thrown into menopause at 35," Lien said. "My hormones are off, and I have to worry about bone strength. Menopause induced by radiation is much more intense than regular menopause."

When Lien was still married, she wrote a blog called Parenting with Principal,

referencing her husband's profession, but nowadays, she parents with principle and shares what she's learned.

"I've helped other women in similar situations," Lien said. "My long-term goal is writing a book, and I've gone back and forth with the idea of becoming a professional counselor."

School will have to wait, for Lien is a little busy right now with girls aged 10, 8, 6, and 4, but parenting with principle is working for this family.

"The girls are thriving and doing well, and I'm very blessed."

These five women are working hard in the Valley as role models and advisors, to help the rest of us become our best selves. ♡

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Bon Appetit, Lanette

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



Photo Credit:
Mary Moua

STREET CORN APPETIZER

INGREDIENTS

- 16 ounces cream cheese
- ½ cup sour cream
- 2 tbsp fresh lime juice
- 2 cups cotija cheese
- 2 cans canned corn or 30 ounces cooked or roasted corn on the cob
- 1 jalapeño pepper chopped
- 1/8 cup chopped red onions
- ½ cup fresh chopped cilantro

Preheat oven to 350. Mix everything and then bake 20 minutes. Garnish with more fresh cilantro and serve with favorite chips.



Bon Appetit!

SALMON CAESAR SALAD

MAPLE SALMON MARINATE:

- 1/3 cup real maple syrup
- 1/8 cup soy sauce
- 1 garlic clove, minced
- 1/8 cup honey

Mix and pour over 5 oz of fresh salmon. Let salmon marinate for an hour. Bake on baking sheet covered with tin foil, skin side down, for 15 minutes at 400 degrees. Combine Romaine lettuce, Caesar dressing of choice, grated Parmesan cheese. Top with salmon and croutons.

ANGEL FOOD CAKE

- 1¾ cups superfine sugar (buy or pulse granulated sugar in food processor)
- 1 cup plus 2 Tablespoons cake flour
- ¼ tsp salt
- 12 large egg whites at room temp
- 1½ tsp cream of tartar
- 1½ tsp vanilla

Put oven rack on lowest position and preheat to 325. Pulse sugar in blender or food processor, then remove 1 cup and set to the side. Add cake flour and salt and pulse about 20 times. In separate bowl,

use a mixer to whip egg whites and cream of tartar until foamy. On high speed, whip for 5 or 6 minutes, slowing adding 1 cup sugar as you go, until soft peaks form. Gently fold in flour mixture with rubber spatula. Slowly pour into UNGREASED 9 or 10-inch tube angel food pan (not Bundt). Gently shake pan on counter to smooth out cake. Bake for 40-45 minutes. Remove and cool upside down on wire rack for 3 hours. Serve with whipped cream or ice cream and blueberries and lemon zest. Edible flowers are also a special touch.

BOOKMARK

Book Review by
Maureen Therou



AFTER YOU

By JoJo Moyes

I read Moyes book *Me Before You* a couple of years ago, then saw the movie. Now Moyes has written a sequel called *After You*. I totally loved Louisa Clark after the first book, and I was even more impressed with her character in *After You*.

This is a novel about coming through grief after the one you love has died. Sounds rather depressing, but Moyes has a way of making you chuckle throughout the entire book. You travel with Louisa as she takes on a troubled teen, Lily, an unknown daughter of Will Traynor.

About the Author:

Pauline Sara Jo Moyes was born in 1969. She is an English journalist, novelist and screenwriter who studied at the University of London. She lives with her husband, Arthur, and their three children in Essex, England.

Louisa became the caretaker of Traynor, a quadriplegic, and she developed a loving relationship with him. His death left Louisa in a sea of despair.

Enter Sam, a paramedic who met Louisa in a very unusual way. Will Louisa be able to work her way through her grief to be able to lead a full life again? Moyes will keep your emotions soaring as she writes unpredictably throughout the book. I felt this was a great read; Moyes does not disappoint.



Image courtesy of Adobe Stock

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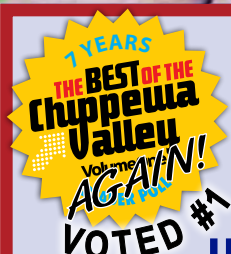
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