

JUNE | JULY 2024
VOL 12 | NO 2

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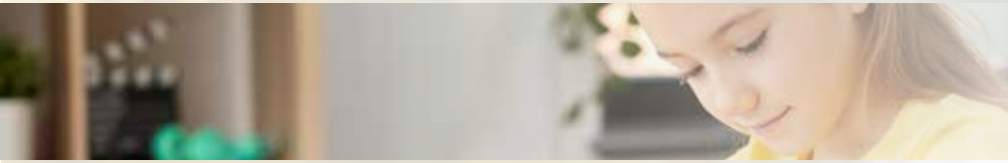
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With an emphasis on equilibrium and personal growth, *5ive for Women* encourages the on-the-go gal to pause for self-nurturing, through insightful articles and thought-provoking features - supporting the not-so-simple balance between faith, family,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

Photo By: Molly Jo Collection

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EDITOR'S NOTE



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*If you want to change the world
go home and love your family
~Mother Theresa*

As I sit down to write this editorial for the June/July issue of 5ive for Women, I am filled with a mix of emotions. My daughter, Grace Theisen, has been a valuable contributor to our publication for many years, bringing her unique perspective on faith, family, friends, fitness, and finance to our readers. However, as she prepares to embark on a new chapter in her life as Grace Pulver, I am both sad to see her go but also excited for the journey that lies ahead for her. The theme for this issue, “boldly beautifully life goes on,” is a poignant reminder that life is constantly evolving and changing. Just as Grace is taking on a new last name and starting a new chapter in her life, the world around us continues to move forward, no matter what challenges may come our way. Grace has always approached life with boldness and grace, and I have no doubt that she will continue to do so in this new chapter of her life. She has been a shining example of strength, resilience, and determination, and I am so proud to have her as my daughter and as a contributor to our magazine. As we say goodbye to Grace Theisen and welcome Grace Pulver, let us remember that life is a beautiful journey filled with twists and turns, ups and downs. And no matter what changes may come our way, we must embrace them with courage, grace, and a bold spirit. Congratulations, Grace, on this new chapter in your life. Thank you for all that you have brought to our magazine, and may your future be filled with love, happiness, and endless possibilities. Life goes on, and I have no doubt that you will continue to embrace it boldly and beautifully.

*The Journey continues in
faith, family, friends,
fitness and finance.*

Jennifer V Theisen
Publisher & Editor-in-Chief

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Midwifery in Menomonie

By Katie McKy



The popularity of the show, “Call the Midwife,” might be partly responsible for the uptick in women using midwives, but there are myriad other reasons to tap the talents of a midwife. For example, the Ohio Association of Advanced Practice Nurses reports that women who use midwives have “a higher level of care satisfaction, a decreased risk of a cesarean birth, reduced rates of labor induction, and reduced risk of regional anesthesia,” among other positive outcomes. Additionally, the American College of Nurse-Midwives says that the “benefits of receiving midwifery care include decreased infant mortality rates, decreased risk of preterm birth, decreased third and fourth-degree perineal tears, lower costs to clients, and increased chances of having a positive start to breastfeeding.”

All these positives likely explain why, according to the Government Accountability Office, midwives attended 12% of births in 2021 in the U.S. and the number of practicing midwives has increased, with about 14,000 practicing today. TruLiving Birth Center is a local place where midwives practice.

TruLiving Birth Center

TruLiving Birth Center in Menomonie, “owned by Knelly Dettinger, is an open model center, which means that any midwife licensed can apply for privileges to serve clients there.” It looks like a cross between a comfy home and a chic spa. It has certified professional midwives, certified nurse midwives, and a doula on staff. Erin Kaspar-Frett is one of its birth professionals.

Erin Kaspar-Frett

Erin Kaspar-Frett, Licensed Midwife (LM), Certified Professional Midwife (CPM) with a Master’s of Science in Midwifery (MSM), works with Jade Dillman, LM, CPM, there.

“We are a team.”

Kaspar-Frett has four children, two that she carried and two that her wife carried, all born at home. She earned a bachelor’s in biology from Hamline University before achieving certification as a doula, a trained labor support person. While pregnant with her first child, she began the master’s program at the Midwives College of Utah. That led to apprenticeships from Minnesota to Bali. In addition to being a midwife, she also teaches online at the Midwives College of Utah and is an active member of the WI Guild of Midwives and NACPM, is a CPM (Certified Professional Midwife) and a Licensed Midwife (WI) and works at TruLiving too.

“Jade and I are only one practice that serves folks there. We also do home birth and have an office down the street.”

In the early 1900s, TruLiving was the women’s hospital for Menomonie, so it’s seen a lot of babies come into the world. Kaspar-Frett’s interest in midwifery also goes back a long ways.

“I was 12 when my brother was born and that sparked my interest. No, I was not at his birth. Then I learned about midwives in high school. Once I was pregnant, the fire was lit under me to start midwifery schooling.”

Kaspar-Frett has a balanced and nuanced perspective on what midwives offer versus hospitals.

“Some moms have wonderful non-medical experiences in the hospital, so I want to be careful not to demonize the hospital experience. Each family has to make the choice that is right for them, BUT midwifery care, compared to standard OB care that is limited in time, is different.”

Kaspar-Frett understands that many OB’s are wonderful, but have limits placed on them by the organization and cannot spend much time with each person. The midwife approach contrasts.

“We are trained in shared decision making, not only following policies and protocols. I very much feel strongly about making sure we are in it together and I have consent from a parent before anything we do. It’s still birth, it can still be hard, but the support and care is personalized.”

And the payoff is profound.

“The best moments are seeing a parent catch their own baby, the joy on the parent(s) face(s); seeing a sibling meeting the baby, watching the birthing person ‘get over the hump’ or move through the struggle. It’s beautiful.”

However, it takes more than midwives to keep TruLiving Birth Center humming.

Carly Osmera

Carly Osmera is TruLiving’s Birth Center integrator. She does a bit of this and a bit of that.

“I am currently a jack of all trades at the moment! From updating facility policies and procedures, to coordinating property management, to onboarding new midwives, to managing social accounts, to creating courses and other educational content for the community. My main job, however, is to connect with families who are interested in learning more about natural birth or giving birth at our facility.”

Osmera assists families in choosing a midwife for their care and “walks them through all of the necessary steps to feel excited, comfortable and confident about where they get to have their baby!”

And that’s not all she does.

“I also oversee the needs of our team, the community and prior [Tru] Living birth center families to improve experiences and overall care.”

She works at TruLiving because she used a midwife for the births of her three children.

“I was drawn to the midwives’ holistic model of allowing my body to do what God intended it to do. I was able to fully relax, gain insightful tips on labor positions, and feel supported and honored.”

And now she gets to support other mothers.

“I get to connect with other moms, first time moms, and families! I am an extrovert through and through, so this job marries my love for connecting and empowering others and hosting networking and connection events.”

Osmera was born to connect.

“I believe we are not meant to walk through this life alone and am grateful for the opportunity to help others navigate both difficult and exciting seasons of life.”

Supporting so much of what TruLiving offers, Osmera has an overarching view of midwifery.

“I think every pregnant woman should first consider a midwife, unless deemed unsafe with pre-existing medical conditions, and see what they have to offer. Midwives are trained and experienced in helping women navigate the stages of labor and how to remain as relaxed and confident through all of it. They have so many tools in their toolbelt that will leave you feeling capable and amazed of what your body is able to do!” 🌸

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The Valley's Giver & Gift

By Katie Mcky



There are so many ways to bump into Bob Lesniewski. It could be as direct as standing in line with Bob at The Goat Coffee House, where he might ask how you're doing, did you sleep well, and may he buy you a cup of coffee. Or, you might bump into Bob indirectly by attending a Special Olympics event for northern Wisconsin, an organization he founded and directed for 36 years. Do you run, walk, or cheer at the Eau Claire Marathon? Bob served on its committee. Make the frigid leap at Eau Claire Polar Plunge, play in the cancer research-fundraising event at Hickory Hills Golf Course, or pray at the local interfaith prayer service? Bob, Bob, and more Bob.

Ask Bob what led him to give so much for so many years, and Bob answers with a single syllable: Thorp.

"I started to learn my values of community, loving each other, and getting along with your neighbor there," Bob said of his hometown in Western Wisconsin. "I've been living those values ever since."

Bob isn't the only one living out the small-town value of loving each other. In 2008, he became a Benedictine oblate, for he realized that the guiding principles of St. Benedict were the same as the lessons he learned during his Thorp boyhood. An oblate is a person specifically dedicated to serving God.

"My life's purpose and my Benedictine purpose are the same," Bob explained.

Humility is at the core of Benedictine philosophy, so whereas one might think that Bob has led an incredible life, Bob differs.

"I haven't lived an extraordinary life," he said.

And if you ask Bob to explain his motivations for founding the Special Olympics in northern Wisconsin, he humbly explains that it wasn't him giving, but receiving.

"The people who participated in that program were my teachers," Bob said. "They remain my role models because of their values that they live by: simplicity, moderation, gratitude, attitude, community, love, and a compassion for all people."

Bob recruited volunteers by explaining how they, too, could learn from the athletes and their families.

"When I went out to speak and find volunteers, I told them that they would be observing people who are living the lives that we should all be living," Bob said.

By the numbers, Bob's imprint on the Valley is staggering. Thousands of athletes and their families have laughed, cheered, and sweated at the Special Olympics, the Polar Plunge draws 700-800 people each year, and the Eau Claire Marathon hosts 1500-1600 runners and walkers. But there's one number that doesn't motivate Bob: salary.

"Everything that I've done, I've enjoyed," Bob said. "My motivation wasn't the money I made. I have been able to do what I've done because I've never felt like I've had a job. I think my joy is contagious."

Again and again, Bob reminds everyone of the source of his attitude and gratitude: the Special Olympians.

"I learned my positive attitude from them," Bob said.

Bob now applies his persuasive positivity to the Interfaith Prayer Service.

"Three times a year, we have Christians, Muslims, Quakers, Jewish people, and more gather in prayer, in community," Bob explained. "I ask people, 'Have you ever spent time with a Muslim?' How can we get along if we don't take the time to spend time with people? We need to listen to each other and learn from each other."

Bob believes community is transformative.

"When you gather people, when they form community, the world becomes a better place," Bob said.

Bob's optimism was put to the test during Christmas of 2019.

"My doctor's Christmas present to me was, 'Bob, you have cancer.'"

Bob feared the worst.

“My immediate reaction was, ‘Am I going to die tomorrow?’” Bob remembered.

His doctor said, “No.”

So, Bob then reached for the best.

“I said to myself, ‘I am going to live from day to day. Today is the only day that matters.’”

Bob believes that cancer gives him the opportunity to really live each day.

“Life is good. I still have a tumor in me after chemo and radiation, but it’s not growing, and I’m not confined to a wheelchair or bed,” Bob said. “I still get to live my life by the values that are important to me.”

And Bob reverted to what he learned as a kid in Thorp -- to love his neighbors, a lesson reinforced by the Benedictines.

“I asked myself, ‘How can I serve people with cancer?’ I’m not a doctor, so I can’t do research, but I can bring people together, so I said, ‘Let’s organize a golf outing!’ Bob said. “We can raise money that the researchers can use to develop better medications and treatments and vaccines, a better quality of life.”

Bonus: Bob loves the game of golf and works at the Hickory Hills Golf Course!

“We’re in the midst of organizing and networking excitement for our fourth annual golf outing on June 21st,” Bob said. “About 75% of the people who are playing this year have played in the past, so we have a lot of repeat golfers, with 108 golfers in all.”

If you want to be a difference-maker like Bob, he shares the key.

“I found early in my life that anything you do, whatever you’re doing, involves people,” Bob said. “So, how do you relate to people? You need to continually develop your love for all humanity to get things done. Use your values to motivate yourself.”

If you happen to bump into Bob at Culver’s or the The Goat Coffee House, Bob might offer to buy you a coffee, but maybe, just maybe, before he offers, consider being like Bob -- buy his coffee. Or if you’re pinching pennies, simply say, “How are you today?”

Bob is proof that kindness builds community. So, consider truly emulating Bob by going forth and finding other ways to serve your neighbors and build community. ★



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CRACKING THE CODE:

Understanding Dyslexia in Children

By: Angela Axelrod



“It’s the craziest thing,” a mother tells me. “It’s like she knows how to read the word one day, but forgets it the next. Or if she sounds out the word and reads it on one page, she needs to sound it out again when the word appears on the next page! Or she just guesses and doesn’t even try to sound out the word.” The parent sighs. “I know she’s smart, but she is just not catching onto this, and now her teacher said she is at least one grade level behind. She’s really struggling with spelling, too. Our other kids learned to read with no problem at all, so we are at a loss as to what is going on!”

It’s a common story I hear in my private practice as a school psychologist. A family will contact me, frustrated by their child’s lack of progress in reading despite doing all of the “right” things at home – reading together every night, practicing spelling and sight word lists, having the child participate in a reading intervention program at school. Other common frustrations include children who guess at a word by just looking at the first letter, relying on the pictures to help them read words, or slow, laborious reading in general. Many times, the answer to these difficulties is what we refer to as a Specific Learning Disorder with Impairment in Reading, or Dyslexia, which is a term used to indicate an abnormality in how someone is able to read words.

Learning how to read is a pretty remarkable feat, especially given all of the neurological processes that go into it. Unlike speech, the human brain is not “pre-wired” to read. Simply put, for most students the wiring, or neural connections, of learning how to read gets laid down quite easily – they are exposed to instruction, they crack the phonics code, and they easily map words into their brain. For about 1 in 5 students, gaining these skills and becoming proficient readers does not happen as easily. The different parts of these children’s brains that should work together to lay down the wiring and build neural connections don’t work well together; as a result, these children require more frequent, intensive instruction to get that wiring laid down. These children may have Dyslexia.

Dyslexia is a neurobiological disorder that causes a marked impairment

in the development of basic reading and spelling skills. It affects up to 20% of the population, with varying degrees of severity.

There are many myths surrounding Dyslexia, with the most prevalent one being that Dyslexia is reading words or letters backwards. In fact, Dyslexia is not a visual problem – it’s a phonological and language problem. Students with Dyslexia have difficulty processing and manipulating the sounds of language. Letter reversals, however, are common in all students with developing literacy skills, and students with Dyslexia stay in those early learning stages. Another common myth is that students with Dyslexia have low intelligence; in actuality, students with Dyslexia typically have average or high intelligence.

Teachers are often the first to notice that a student is having difficulty with reading, but parents can watch for signs as well. Some indicators of Dyslexia in early elementary school include difficulties with generating rhyming words, learning letter names, associating letters with sounds, segmenting words by syllables, and reading common one-syllable words. Some students may also have difficulty with rapid recalling of names of objects, letters, or numbers. Most students with Dyslexia also struggle with spelling skills.

School personnel typically do not “diagnose” Dyslexia. However, a school psychologist may be able to tell you that a student has traits or symptoms consistent with Dyslexia. When a student is being considered for special education services (an Individualized Education Plan or IEP), school teams determine eligibility under the categorical impairment of Specific Learning Disability. Many students with Dyslexia are eligible for special education services under this categorical label. Options for formal diagnosis include assessment by licensed psychologists working in clinical or private practice settings. Typically, assessment for Dyslexia includes an individually administered intellectual ability assessment and complete developmental history. Other skills assessed should include phonemic awareness, rapid naming, decoding skills, reading fluency, listening comprehension, spelling, reading comprehension, and orthographic processing. A licensed psychologist may also need

to assess whether other common co-occurring disorders such as ADHD or Specific Learning Disorders in Mathematics or Written Expression also exist.

In schools, most students with Dyslexia would benefit from accommodations made in the classroom setting, either informally or through a formal plan such as a Section 504 Plan. Accommodations that may be of benefit include extended time for classroom and standardized testing, clarification or simplification of written directions, and use of assistive technology such as audiobooks or text-to-speech functionality. Many students may qualify for an IEP and require specially designed instruction from special education teachers. Parents of students with Dyslexia are encouraged to find a tutor or program that specializes in techniques grounded in the science of reading, which includes systematic, direct, explicit instruction in phonics and reading fluency. Students require instruction that includes many opportunities

for responding and frequent corrective feedback. If Dyslexia is untreated it can lead to anxiety, depression, and continued school difficulty.

Dyslexia is a lifelong condition but with early identification and diagnosis, along with appropriate support and instruction, students with Dyslexia can have academic and career success. 🌟

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FRIENDS

Bold and Beautiful Things to Do In the Valley This Summer

By Katie McKy

Yes, *The Bold and the Beautiful* is a soap opera, but it's also a wonderful way to live your life -- a yin and yang counterbalance of thrills and being chill. Here are some ways to both challenge yourself this summer and to also simply sit back and smell the roses, to find both the bold and the beautiful.

Be Bold

Mountain Biking

You don't have to solo-row across the Atlantic to be bold. Anytime you stretch yourself, whenever you try something new, you're being bold. For example, have you ever been mountain biking? Lowes Creek County Park is just half-a-mile south of Eau Claire, but its 250 acres of trees and water make you feel like it's a million miles away. Pedaling under the cooling canopy and splashing your bike across the creek is summer-iffic fun. The rises and dips also present you with strength and balance challenges, which we all need. It costs \$5 for a day pass and \$30 for an annual pass. Walkers and dogs are also welcome, but if you've never tried mountain biking, be bold and give it a try!

Backyard Camping

Yes, backyard camping isn't as bold as camping in the frosty Rockies with its grizzly bears, but if you have kids, they'll love the adventure of sleeping outside. If you want to provide them with a lifetime memory, bring some snacks into the tent and tell them a scary story about the Big Bear of Eau Claire, who only roams at night, looking to steal snacks from unsuspecting children. Then have your spouse or a pal snort and growl outside the tent, coming closer and closer and sounding hungrier and hungrier. They'll remember this game their entire lives.

Camping in the Woods

There are so many places to camp in the Chippewa Valley, from town parks to county parks to state parks. If camping isn't your thing, then it's an opportunity for you to be bold by doing something that stretches you. Jimmy Buffet sang about "changes in latitude, changes in attitude," but simply sleeping outside your comfort zone can shift your perspective, too.

Handy tips: before you pitch your tent, get on your hands and knees and sweep the site of sticks and stones. Also, if



there's a slope, arrange your sleeping bag so that your head is higher than your feet to avoid a morning headache.

Bonus: if you've never camped, you'll learn that whatever you eat, everything tastes better outside.

Solicit and Apply Coaching

Being bold isn't just about physical challenges. You can also subject yourself to emotional challenges, such as asking a trusted friend to critique and coach you. When you solicit such feedback, be as specific as possible. Don't ask, "What could I do better?" Rather, narrow the focus with questions like "When I'm stressed and overwhelmed, how might I improve my reaction to that stress?" or "If you've ever seen me mired in an old hurt, what can I do to extricate myself?"

Take a Class to Learn Something New

The assumption that you can't teach an old dog new tricks is flat-out wrong. Sure, children learn many things, such as language and technology, faster than us, but we never lose the capacity to learn...as long as we're bold. UW-EC can help with its Continuing Education courses, which come through classrooms and online. You could learn to appreciate the birds that sing outside your doors in Backyard Birding or acquire the "physiological and emotional marathon training tools" for long-distance running. Learn how to use herbs to mitigate suffering through Herbalism for Everyday Use. Spring Edibles will teach you what plants are free for the taking. As long as you're learning something new, you're being bold.

Born to be Wild

If you want something with a little more vroom, consider CVTC's Motorcycle Safety Courses. The Basic Rider Course

consists of one hour of classroom instruction and ten hours of range riding. Motorcycles are provided. If the open road hooks you, buy your own bike and move up to the Basic Rider Course 2, where you'll travel at higher speeds and learn advanced street strategies for fun and safe riding.

The Beautiful

Letting Go

One of the most beautiful, loving things that you can do for yourself is to simply let go of dusty old hurts. It is said that "not forgiving is like drinking rat poison and then waiting for the rat to die." Holding onto hurt clouds your eyes from seeing and appreciating the present. It keeps you from appreciating the many wonderful moments that comprise our lives, because it locks you not only into your past, but into some of the worst moments of your past.

Savor

Summer evenings in the Valley can be golden. Everything looks dusted with gold. Even an old, peeling house or a rusty truck can seem to glow. You can't see this unless you're there, so act like a hound dog bred to track beauty. Step outside into the golden light. Go to Owen Park and walk beneath its cathedral canopy. Stroll Chippewa Fall's East Hill in the evenings and see how its Tudor and Queen Anne

homes are at their very best when gilded with summer's light. Or simply sit at Phoenix Park and watch the rivers laze by. But wherever you are, really look. Carpe vesperi. Seize the evening.

Accept your Mortality

Ernest Becker, in his Pulitzer Prize-winning book *The Denial of Death*, considered the many ways we deny that one day, we too, will be gone. When we manage to fool ourselves, our days become less precious, because we believe we will go on and on and on, like the Energizer Bunny. Accepting our mortality makes us far more likely to focus on the beauty that enfolds us.

Have you ever stopped to listen to the Eau Claire River gurgling under the S Bridge? Rather than simply drinking your coffee, bring it to your lips as if it were the finest, rarest wine. Revel in it. When you take your next shower, consider that the kings and queens of ancient Europe never knew such pleasure. And remember that you will never have to forsake the joy of warm water cascading over you. So, luxuriate in these moments before they're gone. Carpe Pulchritudo. Seize beauty. 🍷

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Viva la Difference!

Goat Yoga is doubly relaxing

By Katie Mcky

Hidden Timber Soul Sanctuary in Fall Creek offers yoga classes with certified instructors in their recently-built studio. However, their yoga is strikingly, playfully different. Owner Kristina Brett-Buckman, a lifelong animal lover, saw that yoga (which is relaxing) and goats (which are also relaxing) were perfect partners.

"Goats are a lot like dogs," Kristina said. "They want to be loved on."

In the classes, goats might weave in and out of people's legs and pass beneath them if they're in a downward dog pose.

"They use people like tunnels," she said. "There's a lot of laughter. There's room for playfulness and joy."

Guests are given animal crackers, which they're free to distribute to the goats.

"It's your time. Spend it as you wish. If just want to just sit and have a goat moment, that's completely up to you," Kristina said. "The instructors are big on you spending your time in the class as you choose."

The goats mirror the mood in the room. For example, if the guests are working on breathing, the goats might simply lie beside someone and lie with each other.

"They're so chill," she said. "They heal, and they don't even know it."

There are alpacas at Hidden Timber Soul Sanctuary, too.

"The alpacas are like cats," Kristina explained. "They can be stand-offish, but you feel calmer when you're near them."

Yoga in the alpaca pasture is coming.

"We think they won't interact with our guests a lot, but they are very zen," she said.

What's also zen-supporting are the 13 wooded acres, which adds to the calming, healing experience, according to guests.

Hidden Timber Soul Sanctuary offers four classes of goat yoga each week.

"We also do private events for businesses, such as team-building or bachelorette parties," Kristina said.

Other offerings are in the works. Tiffany Brett-Buckman is Kristina's spouse and a life coach.

"We're planning half-day retreats with Tiffany's life coaching," Kristina said. "They will feature a variety of healing modalities. The first retreat we are currently planning will include such things as a sound bath, a goat yoga class, a group reiki session, Nia dance, and breathwork."

Tiffany currently conducts most of her life coaching sessions over Zoom, but not all, as the goats, alpacas, and trees draw more than yoga lovers.

"Some like to come in-person to hang with the alpacas and goats, and it's just so picturesque," Kristina said.

The alpacas and goats don't just beguile Hidden Timber Soul Sanctuary's guests.

"The best thing about our business is the animals, being able to interact with them."

The Brett-Buckmans had no prior goat or alpaca experience.

"We moved here in 2022 and got the animals the following year," Kristina said. "We read everything we could and talked to alpaca farmers."

This is their first year to shear the alpacas.

"We're going into a co-op," Kristina said. "They help us through the whole process, which is great because we've never done it before. The co-op will process the fiber, and we'll get a fiber credit to buy hats, mittens, etc., which we might feature in our Etsy store."

Goats, yoga, alpacas, and the shading trees...Hidden Timber Soul Sanctuary is a place to take a deep breath and smile. 🌿



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Rays of Grace

By Grace Theisen

I ran up the stairs and jumped into my mom's bed, "That was the best first date I've ever been on. I am going to marry him." I'm not sure if she believed me, or if she thought it was the Spotted Cow talking, but I was right. I get to marry that boy in 50 days.

Our first date was in December of 2021, but our story starts in the summer of 2019. I was going into my junior year of college. School was my top priority, but I admit I became slightly distracted when a cute boy from my hometown followed me on social media. Of course, I did some investigating (aka Instagram stalking). I found out that this boy played junior hockey in Omaha (my college town) and that he was currently attending college at the United States Air Force Academy—this earned him the title of Air Force Hockey Boy in the group message. My younger brother was applying to college at the Academy; so being the good sister I am, I thought it was only right that I ask Air Force Hockey Boy if he had any pointers.

Matt and I had good banter (I thought so at least) and planned to go on a date over the 4th of July because we would both be back in Wisconsin. I

drove seven hours only to get ghosted that weekend. He wasn't giving me the effort I wanted, so slowly we lost touch. I secretly hoped that I would run into him over holiday breaks, but our paths never crossed.

Two years later, I felt my phone vibrate in my scrub pocket during my clinical rotations. My stomach dropped when I picked up my phone and read "Snapchat from Matt." He said, "Hey, how are ya?" I was annoyed, because he had ghosted me for two years, and thought that he could just walk back into my life. I was also giddy. I responded with a simple "?" He immediately texted me and apologized and said he had some explaining to do.

Over Christmas break, he picked me up (in an Uber) for our first date. We spent the following days living in what felt like a Hallmark movie. Eventually, I went back to school and Matt went back to pilot training. We were both in the busiest academic year of our lives and lived 15 hours from each other. On paper it was "bad timing" but we both knew that this was it. Our weekly Facetime average was about 15 hours, and we traveled to see each other any chance we could.



Photo Credit: Eliza Porter Photography

The more I learned about Matt, the more confident I grew in the statement I made to my mom after our first date. We were engaged the following Christmas and are getting married on the 5th of July—exactly five years after Air Force Hockey Boy ghosted me. (Don't worry, I'll never stop giving him a hard time about that.)

I don't know a whole lot about marriage yet, but what I can say is it's worth it to wait for someone who makes you feel like you're living in a Hallmark movie. Matt is more than I could have dreamed of when thinking of who my husband would be. I am lucky to love him, and can't wait to start our lives together as husband and wife.

*For the last time,
Grace Theisen*

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Considering the Legacy You Will Leave

By Maggie McLoone



People frequently spend time thinking about the legacies they will leave behind and take action to make sure their legacy is a positive one. Unfortunately, some people fail to properly think about the impact of their estate plan, tainting their legacy. For example, if your children have to deal with a complicated and messy probate proceeding, which may damage their relationships with their siblings or other family members, it may negatively impact their perception of you and your legacy.

Conflict in the administration of an estate can come from many different places. One place is the level of control you give your children. If you're creating a very restrictive trust which only allows them to receive limited resources from their inheritance at a time (rather than allowing them to inherit outright), they may believe that you did not trust them. There are certainly valid reasons to limit the amount of inheritance an individual gets at one time, but if your children are responsible enough to handle their inheritance, and your intention is to give them the entire bequest eventually, it may be unnecessary to limit the amount they are receiving at the outset.

If you are going to disinherit one of your children, you should consider the impacts that will have on your other children. Is it going to put the child administering your estate in an uncomfortable position, where they may have to deal with an estate dispute with one of their siblings? Ideally, your wishes will be well-established within your planning prior to your passing, alleviating awkward conversations that your executor will need to have with their siblings. Where there is potential for a dispute, it is also worthwhile to consider implementing a professional trustee to administer your trust, so your children are not the ones who will need to have uncomfortable conversations with their siblings.

The individual you choose to administer your estate may also cause issues. Many individuals simply choose their oldest child, or the child who is the most organized -- they do not necessarily choose one child over another because they do not trust the other child or children. However, if that has not been properly communicated to the child who was not chosen, they may make unintended assumptions

about your choice. If your children are able to work together, and are responsible enough to handle the administration of your estate, it may be worthwhile to consider naming them as co-trustees or co-personal representatives so that one does not feel you did not trust them. Or, if you are only going to name one child to administer the estate, you should consider having a conversation with your other child or children to avoid offending them, and avoid creating animosity between them and the individual administering your estate.

In deciding how to administer your estate and why, it is important to ensure that you have a trustee or executor in place who understands the wishes established within your estate plan and will correctly follow them. For this to happen, your wishes need to be clear and stated in properly executed estate documents (either your Will or through a Trust). It is not enough to simply tell your children what you want to happen, because verbally communicating your wishes is not enforceable when your children attempt to move forward with administration. Instead, your wishes should be clearly stated in your estate planning documents, and those wishes should be consistent with wishes that you have communicated to your children.

When implementing your estate plan, it is essential to consider the legacy you want to leave behind. Will your children hold animosity toward you because you were disorganized, creating a complicated probate proceeding? Will your children feel like you did not trust them, because you put someone else in charge of the probate proceeding or placed unnecessary restrictions on their inheritance? Will your children feel confused because the wishes communicated within your trust are different from what you told them, or were your wishes so unclear that your trustee is not administering your trust as you had intended? These are all important considerations to ensure that, when you pass away, your legacy is not unnecessarily tarnished by your estate planning (or lack thereof).

To ensure that your estate plan reflects the legacy you would like to leave behind, please contact Weld Riley, S.C. for a consultation.

Maggie McLoone is an Associate Attorney at Weld Riley, S.C., where she focuses on probate and estate planning. Maggie is originally from the Chippewa Valley. In her spare time, she enjoys reading, baking, and spending time with her pet guinea pigs.



Image courtesy of Adobe Stock

Foodie Forum



I hope this issue finds you doing things you enjoy with people you love. For me, that's preparing and sharing meals together. I recently had an opportunity for some fresh scallops and served them on some homemade pasta to highlight the seafood. Cheers to summer!

**Bon Apetit,
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

SEARED SCALLOPS WITH PASTA

INGREDIENTS

- 28 oz scallops
- 2 tablespoons salted butter
- 5 ramp stems and bulbs, chopped
- 1 small yellow onion, diced
- ½ cup white wine
- 5 oz jarred sun dried tomato strips in oil, drained (reserve 1 teaspoon of the jarred oil for cooking)
- 1¾ cups heavy cream
- Salt and pepper, to taste
- 3 cups baby spinach leaves, washed
- ½ cup fresh grated Parmesan cheese
- 2 teaspoons dried Italian herbs
- 1 tablespoon fresh parsley, chopped

INSTRUCTIONS

1. Thoroughly pat scallops dry with paper towels.
2. Heat olive oil in a large pan or skillet over medium-high heat until hot and sizzling. Add the scallops in a single layer without over crowding the pan (work in batches if needed).
3. Season with salt and pepper to taste and fry for 2-3 minutes on one side (until a golden crust forms underneath), then flip and fry again for 2 minutes until crisp, lightly browned and cooked through (opaque). Remove from skillet and transfer to a plate.
 - Melt butter in the pan. Sauté onion until soft (about 4 minutes). Add in the ramps and sauté until



fragrant (30 seconds). Pour in the white wine and allow to reduce to half, while scraping any bits off of the bottom of the pan. Add the sun dried tomatoes and cook for 1-2 minutes to release their flavors.

- Reduce heat to low-medium, add the heavy cream and bring to a gentle simmer, stirring occasionally. Season with salt and pepper to your taste.
- Add in the spinach leaves and allow to wilt in the sauce, then add in the Parmesan cheese. Allow sauce to simmer for a further minute until cheese melts through the sauce.
- Stir in herbs; take pan off the heat and add the scallops with their juices into the pan. Mix through slightly before serving.
- Serve over pasta, rice, zoodles, cauliflower mash, cauliflower rice or steamed vegetables.

PASSION FRUIT MARTINI

INGREDIENTS

- 4 fresh passion fruits
- 3.5 fl oz vanilla vodka
- 1 fl oz passion fruit liqueur
- 1 fl oz vanilla syrup
- 1 fl oz fresh lime juice
- 1 fl oz pineapple juice this helps to create the frothy topping when shaking
- 3.5 fl oz Prosecco or cava

ALSO:

- 3 cubes ice (for shaking)

INSTRUCTIONS

1. Add three cubes of ice to a cocktail shaker.
2. Slice the passion fruits in half.
3. Scoop the insides out of three of the passion fruits and place in the cocktail shaker.
4. Add the vanilla vodka, passion fruit liqueur, vanilla syrup, lime juice,



- and pineapple juice to the cocktail shaker. (this aerates the drink and helps to ensure a lovely foamy top). Shake until the ice has melted.
5. Strain into two coupe glasses and top each with the remaining passion fruit halves.
6. Serve each martini with a separate shot of prosecco.

Bon Apetit!

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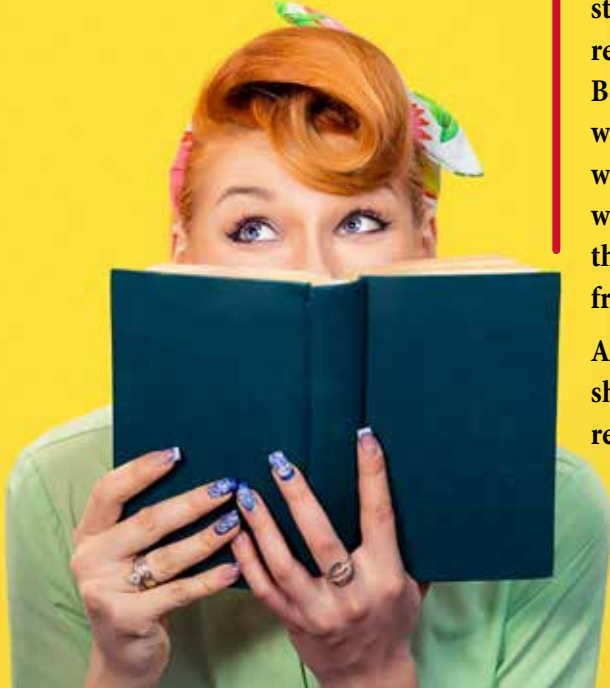
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Book Review by
Maureen Therou



THE TENNIS PARTNER

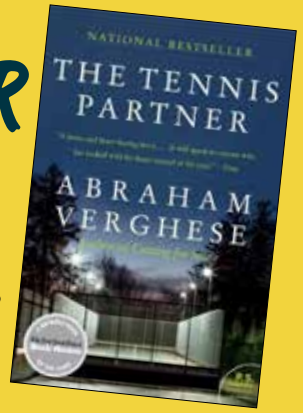
By Abraham Verghese

The Tennis Partner is a memoir by Abraham Verghese that looks into the author's friendship with medical student David Smith. Smith was recovering from a drug addiction. Before going into medicine, Smith was also a pro tennis player. Verghese was a good tennis player, so the two wound up on the court every chance they got, thus leading to a deep friendship.

As their relationship progresses, they share many heartfelt conversations regarding Verghese's failing marriage

and Smith's battle with addiction. It is a tale of loyalty, loss and the healing powers of tennis.

I found this book to be a very compelling story that brings out the ugliness of addiction and the agony of divorce. It will leave you with much to reflect on long after turning the last page. If, however, you are looking for a lighthearted summer read, this may not be the book for you.



About the Author:

Abraham Verghese was born of Indian parents in 1955. He grew up near Addis Ababa, where he began his medical training. He is currently a physician and professor of medicine at Stanford University and lives in Palo Alto, California.

Other books by Verghese include *Cutting for Stone*, *My Own Country* and *The Covenant of Water*.