

Back to School 2016  
FREE!

# Coulee Parenting Connection

Volume 16 • Issue 4



## Book It - Back to School!

Get on the right page for your family  
with our illuminating how-to guide!

[www.cpclax.com](http://www.cpclax.com)

# A whole life approach to women's health



## **The Center for Women's Health. Complete care, from a woman's perspective.**

---

Attuned to the needs of women—in body, mind and spirit—the Center for Women's Health approaches health care with a unique understanding. Our services include screening, diagnosis and management of conditions unique to women and those more common or serious in women. It's Mayo Clinic care that's all about you.

---

**Mayo Clinic Health System - Franciscan Healthcare**

La Crosse – 700 West Ave. S. 608-392-9891 or 800-535-9055 ext. 6240

Onalaska – 191 Theater Road. 608-392-5003

[mayoclinichealthsystem.org](http://mayoclinichealthsystem.org)



**MAYO CLINIC**  
HEALTH SYSTEM



Don't forget to  
**bring your smile.**



Luke and Ella have their smiles ready for  
 Viking Elementary and Holmen Middle School.



To watch an amazing video, download a  
 free QR code reader app, then simply point and scan!



**Dr. Holly Grimsliid** and **Dr. Brandon Knapp** are Orthodontic Specialists committed to providing their patients with the shortest treatment times possible. Offering cutting edge SureSmile technology that implements iCAT 3-D imaging and robotics, HG Orthodontics creates amazing smiles for children, teens, and adults!

**www.hgorthodontics.com | 608.782.6778**

# Contents

## BACK TO SCHOOL

(August 13 - September)

10

### A Parent You Know

Wisconsin Teacher of the Year for 2015, Roger King, on important things to teach your kids.

12

### Part of the Parent'Hood

Kevin Bonnar might have more tattoos than any other 4th grade teacher in the region.

15

### Teen Times

Fine-tuning teen brains for critical-thinking skills.

18

### How to Go Back to School

Our special how-to guide devoted to helping you make this the best school year ever!

38

### Word on the Street

42

### Family Fun Calendar



### Giveaway: Family Vacation for 4!

Celebrate going back to school with a night where the fun never stops! **Metropolis Resort in Eau Claire** features **Chaos Indoor Waterpark** and **Action City Family Fun Center**, complete with the area's only trampoline park. Enjoy unlimited play at the indoor go-karts, batting cages, climbing wall, bumper cars, laser tag, mini-bowling, and much more. It's all yours, along with four souvenir bottles with bottomless soda refills.

Register to **WIN** at  
**www.cpclax.com**

### ON THE COVER

There was **no fun** had at this issue's cover photo session, evident in this snapshot taken by the mom of one of this issue's cover kids.

Thanks to our cover kids, **Cecilia Olson** and **Louis John Kalis**, for providing their great personalities, and special thanks to Tad Meddaugh of **The Studio** for turning out yet another memorable cover! And thank you, **Pearl Street Books**, for providing the great backdrop for it all!



## Coulee Parenting Connection

Publisher/Executive Editor ..... Lissa Carlson  
lissa@cpclax.com

Associate Publisher ..... Tracy Jaquette  
Production Assistant ..... Seth Langreck  
Branding & Relations Associate ..... Meg Schoh  
Art Director ..... Renee Chrz  
Contributing Editor ..... Susan Schuyler  
Contributing Editor ..... Lisa Heise  
Family Fun Calendar Editor ..... Seth Langreck  
Distribution ..... Lisa Wilson  
..... Pam Dome  
..... Peggy Drake  
..... Kim Shockey  
..... Jody Peterson

P.O. Box 2576, La Crosse, WI 54602  
608.317.8748

lissa@cpclax.com | www.cpclax.com

This publication is produced bi-monthly by Coulee Parenting Connection. While multiple businesses, schools, and organizations are represented in our pages, and magazines are often distributed to students according to the policies and procedures of each school district, this is not a publication coordinated or endorsed by any public or private school district, nor is it a publication with any religious or political objectives. As a mass media outlet, it is our oath and responsibility to communicate with due diligence, through our content, the plurality of views and opinions reflected in our Coulee Region audience, with a confirmed readership of nearly 25,000 audited annually by Circulation Verification Council.

Schedules, fees, and other information printed in CPC may be abbreviated due to space or periodically change by time of publication. Readers are strongly encouraged to verify information with programs and businesses directly. Phone area codes are 608 unless otherwise specified; addresses without city listed are located in La Crosse; and cities listed without reference to state are in Wisconsin.

CPC does not necessarily endorse the claims or contents of advertising or editorial materials. Parents are urged to thoroughly research any decisions involving their children.

Copyright 2016 by Coulee Parenting Connection, LLC. All rights reserved. All material, including artwork, advertisements, and editorial, may not be reproduced without the written consent of the publisher.







## WHERE LITTLE ONES RECEIVE BIG-TIME CARE

If your child requires specialized care, lengthy travel can add to the challenge. That's why we're proud to offer a level of pediatric expertise often only found in larger cities. From infancy through adolescence, our in-house pediatric specialists provide care in the following areas and more:

- Allergy, Asthma & Immunology
- Audiology
- Behavioral Health
- Cardiology
- Critical Care
- Dentistry
- Diabetes Management
- Education and Learning
- Endocrinology

- Gastroenterology
- Hematology & Oncology
- Neonatology
- Neurology
- Ophthalmology
- Orthopaedic Surgery
- Otolaryngology
- Surgery
- Urology

Specialty clinics are also available for:

- Autism spectrum disorder
- Cerebral palsy
- Cleft lip/palate
- Cystic fibrosis
- Down syndrome
- Learning & development
- Spina bifida

**CALL (608) 775-2599 OR VISIT [GUNDERSENHEALTH.ORG/PEDIATRICS](http://GUNDERSENHEALTH.ORG/PEDIATRICS) TO LEARN MORE ABOUT HOW WE CAN HELP YOUR CHILD.**

**GUNDERSEN**  
**HEALTH SYSTEM®**

*Where Caring Meets Excellence*

Once Upon a Time...  
there was a printer  
that cared.



PRINTING & PROMOTIONS

Onalaska, Wisconsin

[cpcprintpromo.com](http://cpcprintpromo.com)



Call us today  
for all your printing  
and promotional  
product needs.

**608.781.1050**



Printer of Coulee Parenting Connection

The Studio Photography



**Lissa Carlson,**  
**Executive Editor & Publisher**

## Growth vs. Fixed: Put Your Mind to It and Do It

We've compiled lots of great school advice for your family in this issue, but if there's anything you can do as a parent to help your children succeed this year, teach them the difference between a growth and a fixed mindset. By doing so, the research indicates you will teach your kids to be learners over approval-seekers.

So what's the difference between the two? In a nutshell, a fixed mindset assumes we're given a set of talents at birth, whereas a growth mindset believes we are capable of anything we set our minds to doing.

Children with fixed mindsets feel they have to prove themselves over and over again. They give up when they're frustrated, they don't like to tackle things they don't already understand, and they feel the need to establish their intelligence, personality, or character in nearly every situation.

A growth mindset recognizes that you've been dealt a set of talents in life, but these can grow or diminish based on your effort and experiences. Folks with a growth mindset are rarely discouraged by failures and, in the findings of the psychologist who pioneered the work in growth versus fixed mindsets, Carol Dweck, they often don't even recognize a situation as a failure, instead viewing it as a learning experience and an opportunity to do better next time.

As parents, we intuitively encourage our children to adopt a growth mindset when we tell them they can be whatever they want to be. What's not so intuitive is how to teach kids the concrete skills for developing this mindset. Fortunately, growing research tells us we *can* help developing minds embrace a growth mindset, and educators are applying the science to show us how. (I found some

great tools I don't have room to share here, but please see our web exclusives online at [www.cpclax.com](http://www.cpclax.com) for links to specific ideas you can use this school year.)

In May, Scribner published a book called "Grit," by Angela Duckworth, that goes hand in hand with the findings of the value in a growth mindset. Subtitled "The Power of Passion & Perseverance," Duckworth asserts that our society would rather believe a person is successful by talent than effort, when in truth, "the most dazzling human achievements are, in fact, the aggregate of countless individual elements, each of which is, in a sense, ordinary."

Given this, "Einstein was no Einstein" takes on an interesting connotation. Even Einstein, one of the greatest people of all time, attributed his success to tenacity and stick-to-itiveness: "It's not that I'm so smart, it's just that I stay with problems longer," he said. "I have no special talents. I am only passionately curious."

May your school year be full of easy mornings, productive homework sessions, passionate curiosity, and a good dose of stick-to-itiveness!

### Best Wishes

*This issue marks the last for our associate publisher, Tracy Jaquette. Tracy has been with the magazine in various roles since its debut in 2001, and as an active contributor in sales for nearly 10 years. She is largely responsible for much of our greatest sales growth during that time. We will miss her contributions and expertise immensely!*

*Lissa ☺*



Sunday  
**August 21**

**FREE  
ADMISSION**

**FREE  
games  
for kids!**

**Drawings  
for prizes!**

**MDU  
Performance  
Company!**

**Midwest Family  
Entertainments  
with  
Brittany  
Styles!**

**Local  
business  
vendors!**

MDU's  
**Back  
to  
School  
2016  
Bash**

**2:00-5:00**

*Misty's*  
**DANCE UNLIMITED<sup>LLC</sup>**  
*More Than Just Great Dancing!<sup>®</sup>*  
Affiliated Dance Studios

**MistysDance.com**

**608-779-4642** | 980 12th Ave. South | Onalaska, WI 54650



# Send them to school with a healthy smile!



## We offer:

- Hygiene chairs with heat and massage
  - One visit all ceramic crowns
  - Cosmetic dentistry
  - Laser dentistry
  - Reduced-radiation digital x-rays
  - Emergencies and new patients always welcome
- Now offering Invisalign!***

*Please join us in welcoming our 4<sup>th</sup> dentist, Dr. Andrea McNeely.*

(608) 782-7374 • [www.mooresmiles.net](http://www.mooresmiles.net)  
1630 Losey Blvd South • La Crosse, Wisconsin 54601



# All Day Breakfast

Giving you what you asked for, all day long. The newly expanded All Day Breakfast menu will introduce even more options. Starting this September, you can begin enjoying biscuit and McGriddle® sandwiches, even after 10:30 a.m.

*Now Three Times as Awesome*







# A Parent You Know

edited by Seth Langreck



**Name:** Roger King

**Age:** 55

**Married:** Diane King, 32 years

**Children:** Ryan, 30; Trey, 29; Nathan, 29; Drew, 27

**Job title:** Agriscience Instructor for Holmen High School

Roger King's dedication to his students and his profession has not gone unnoticed. Not only has he been recognized on a lengthy list of honors, including multiple times with the Wisconsin Association of Agriculture Educators, he earned the title of Wisconsin High School Teacher of the Year for 2015 from the Wisconsin Department of Public Instruction and the Herb Kohl Educational Foundation.

King, who grew up on a dairy farm outside of Mosinee in central Wisconsin, took the advice of a beloved high school agriculture teacher, who King says gave selflessly to his students. "You should consider being an agriculture teacher," he'd told him one day, and encouraged him to be a leader in Future Farmers of America (FFA).

King began teaching for Holmen High School in 1984 and began to give back to the community immediately. He and his wife, Diane, who's also a teacher, operate a small farm in Holmen that provides space for the Holmen FFA to grow vegetables and poultry for the school's Farm2School Program. The Farm2School

Program is a collaboration among regional public school districts that brings locally grown foods to school menus.

## How do you enjoy spending family time together?

We enjoy spending time on our hobby farm raising chickens and sheep. Our boys showed animals at the fair, and were very active in FFA and 4-H. We also spent time camping and doing outdoor activities. We would travel to see baseball games and other farms along the way.

## In what ways do you share your hobbies with your family?

Today, both Nathan and Trey have small poultry flocks and enjoy caring for animals. As for Ryan and Drew, living in the city limits their ability to have animals, but they both enjoy sports and still play softball in local leagues.

## Tell us your approach as a teacher.

I was brought up with hands-on learning. I grew up on a farm and we always had chores—some more enjoyable than others.

If a machine was broken, we needed to fix it. I watched as my dad welded the pieces together. It looked simple enough, but when it was time for me to learn the task, boy, did I learn. One mistake after another meant redoing that weld until I got it right, and I felt proud.

I want my students to feel the same way when they leave my classroom. They should be proud of what they learned through their accomplishments. They learn by doing.

## What advice would you give parents about getting their kids excited for school?

My son says, "Get them a pencil, and a fresh box of crayons." Which is true! Think of the care we put into new things. Each school year can bring new opportunities and challenges that they can get excited about.



**What values would you like to pass along to your kids and your students?**

Appreciation, commitment, effort, honesty, and respect. *Get involved* in your school and community by *doing*, not just saying, "I am involved." My family is still involved in activities that keep them connected to the community.

**What are some of the most important things parents can teach their kids so they're ready for the joys and challenges of school?**

Talk to them, read to them, be with them, do things with them, and be interested in what they do. One of my fondest memories of my children in school was when [their teachers] asked the parents to play in the band with their children. I am not a musical person, so I had to get out of my comfort zone. It wasn't about how I looked and played, but about me doing things with my son.

We talked about school daily as a family, and we made a point in our busy schedules to have a meal together each evening. Cherish the time to share a home-cooked meal. Everyone can cook.

We had family meetings on Sunday to discuss the week ahead and took notes on how we'd handle the schedule. Now we have a journal of our school years.


**What advice do you give to students as they take their first steps into adulthood?**

I ask them, "What's your passion?" Do what you enjoy. I let them know that I will continue to be a resource to them when they go off to college or in their career.

## FAVORITES

**Music:** Country and classic rock.

**Childhood memory:** Walking to our country church each Sunday with my grandpa, and coming home to have a family dinner after church.

**Coulee Region event:** The La Crosse Interstate Fair is a tradition that all families should get involved in. Each year, FFA and 4-H members have the chance to share the hard work that they put into the fair. 



Your friend in the  
Village Shopping Center,  
La Crosse.



If you are not a U.S. Cellular® customer, we would love to meet you!  
Stop in for a conversation about our valuable switcher offers & get  
**10% OFF Fitbit Fitness Trackers & other fitness accessories.**

 [facebook.com/uscellular.lacrosse](https://facebook.com/uscellular.lacrosse)

 **cell.plus** *excellence matters*

**In Village Shopping Center**  
1537 Losey Blvd., La Crosse  
608-519-5440

**10% OFF Meet Us Offer:** Non-U.S. Cellular customers only. Valid only at U.S. Cellular Authorized Agent location in La Crosse. PA368027



# Part of the Parent'Hood

edited by Lissa Carlson



The Studio

**Name:** Kevin Bonnar

**Age:** 36

**Married:** Lindsay, 11 years

**Child:** Charlie (aka Poot), 2-1/2

**Job title:**

4th Grade Teacher at Northern Hills Elementary

Trainer at Eupraxia

Assistant Varsity Baseball Coach, Onalaska

Kevin Bonnar admits he probably has more tattoos than your average elementary school teacher. "They each have their own story," he says, "and I wear them with pride."

Bonnar didn't always know he wanted to be a teacher. Before he met his calling, he spent a few years working on drilling rigs in Wyoming, and then tending a sports bar for five years. Both gave him useful life experience he says helped shape him as a teacher.

He's proud of the long hours he invested working on drilling rigs, working his tail off out in the elements. It gave him an appreciation for those who earn their paycheck through "sweat, blood, and time," he says. All of the years he spent bartending taught him a lot about people and communication, and gave him an interesting perspective on the community he grew up in.

In 1998, his mom moved to Galesville to be nearer to family ties in the Chicago area. Bonnar visited the area a lot, so when the time came for him and his wife, Lindsay, to set out on their life adventure together, they chose the Coulee Region.

## Tell us briefly about your family.

I have a great family. My wife, Lindsay, and I recently moved up to Onalaska. Now we are right down the block from my mom and two minutes, 24 seconds from the school where I teach!

Lindsay is the manager at Eupraxia in Onalaska. She keeps our family very healthy and active. I am thankful everyday that she is Poot's mother, because she works very hard to give our daughter everything she needs to be happy and healthy. I admire her dedication in this area, and I am also a beneficiary of her healthy habits!

Our daughter, Charlie, is a doll. She loves sweet potatoes, princess dresses, watching baseball with daddy, and books. She also loves "Frozen", Thomas the Tank, Scooby-Doo, and Harry Potter (I know, weird, right?). We are just so blessed to have her in our lives!

We also have two wonderful dogs, Gwynnie and Digger, and three cats, Bug, Hemmi, and Momma Kitty. We always joked that the pets were good training for being future parents. For example, when we adopted Gwynnie, I used to have to drive from the south side of La Crosse to the Onalaska dog park twice a day with her for about an hour of playtime. This



was just to get her to stop eating cat poop, not break out of her kennel at night, and quit barking at Digger for no reason, and one time she even took a nap! As a daddy, I find myself doing similar things — in some cases for the same results.

As a teacher I also have my school “kiddos.” Now that I am living and teaching in the same community, it’s fun to see students and their families around town. These relationships help fill up a little bit of an empty feeling that we got when we moved away from our hometown in Wyoming 11 years ago.

### How do you enjoy spending family time together? In what ways do you share your hobbies with your family?

My family likes to take the dogs for walks, go to the farmers market, just get out and about. Our favorite time together is when we all snuggle up and read books before Charlie goes to bed.

I also love that we go to church together as a family. Poot will ask to go to church and see her friends, and it just melts our hearts. She also loves reading her Bible and saying her prayers, which are equally heart melting.

### What is your most memorable parenting moment thus far?

No way can I pick just one. A good friend once told me to try and capture at least a minute of video of Charlie each week, because her growing up will go so fast. I try to do that, because it is going by way too fast!

### What values did your parents teach you that you’d like to pass along to your own child?

I have two tattoos that help guide me to be a good parent: one says “Mother’s Patience” and the other says “Father’s Pride.” I needed both of these things growing up and my awesome parents provided them, and I hope to pass them on through my parenting and teaching.

I believe if I can be patient as a father and also teach my daughter to be proud of who she is, then everything should work out. I try to bring these into the classroom too: The teacher needs to be patient and the learner needs to be proud!

### How do you balance work, parenting, and being a husband?

It’s super hard. Teaching, coaching, training, and getting in quality family time is tough. I have noticed this getting better now that we

live, work, and play in Onalaska. It makes it easier for Lindsay and Charlie to sneak in quick visits at school, and less commute time makes it easier to get home after baseball games to catch some bedtime snuggles and stories.

The area I need the most work on is finding time to be a husband. I’ve gotten really good at being a teacher, trainer, coach, and daddy, but I need to work on husband time.

### What is your best tip for managing stressful parenting moments?

Be patient and breathe. My last year of teaching 2nd grade, my students and I wrote on the board, “Take a deep breath and smile.” We used it multiple times a day. Now, as the parent of a two year old, the same advice applies, multiple times a day.

### Any advice for other parents?

Read with your kiddos. It is a wonderful investment, and the memories of that time together are priceless. Spend just 10 to 20 minutes a day to calm it down, get lost in some books, and answer all those sweet, sweet questions that kids have!

Set routines and habits. Kiddos need that structure and safety in their lives; without it you are really making it hard for them to learn and grow. Bedtimes, healthy foods, house rules, and relationships are all meant to be stable parts of a child’s life, so do your best to make these things solid.

### If you could possess any super human power, what would it be?


I would love to be able to see my nephew Brennan just one more time. I lost him right after Poot was born and I would love for him to see her again and just be a part of her life. That would be awesome!

## FAVORITES



**Book:** “Where the Red Fern Grows,” by Wilson Rawls, a great love story between a boy and his dogs.

**Childhood memory:** Playing baseball. From running bases in diapers at practices for my dad and brother, to hitting home runs and pitching shutouts in late July as a teenager, I loved it.

**Activity:** Trout fishing in the Driftless Area is pretty sweet! 



Ignite community activity

**Registration & Info at:**  
[www.offnfunning.org](http://www.offnfunning.org)



**You Crazy Monkey!**  
**Youth Obstacle Course**  
**Saturday Aug. 13**  
 Arcadia, WI  
 Held in conjunction with  
 Ashley for the Arts  
 Presented with: **ASHLEY Arts**  
 Ages 5 - 13 Only



**Twisted Maze Run**  
**Friday Sept. 09**  
 West Salem, WI  
**Run/walk in the DARK**  
 All ages welcome - 13 & under free!



**Apple Affair Bike Tour**  
**Saturday Oct. 01**  
 Galesville, WI  
 6 mile to 75 mile supported  
 tours. Held in conjunction with  
 the Apple Affair Celebration.  
 Presented with: **River Trail**  
 All ages welcome - 13 & under free!



**R U Chicken Trail Run**  
**Saturday Nov. 12**  
 Arcadia, WI \*chip timed for 2016  
 2.3 mile, 7.8 mile & 1/2 mile  
 of fast, feather-flying fun!  
 All ages welcome - 13 & under free!

**Like what we do and want to help?**  
**Volunteer!**  
 All events need a few helpful hands.  
 Email [volunteer@offnfunning.com](mailto:volunteer@offnfunning.com)  
**Make a donation!**  
 Keep 13 & under free and pricing affordable  
 for all. Head to [www.offnfunning.org](http://www.offnfunning.org)  
 and use the 'donate' button on  
 the right side of the screen!  
**Sponsor!**  
 Email [sponsor@offnfunning.com](mailto:sponsor@offnfunning.com)  
 for all the details.

**Connect with us:**  
[www.facebook.com/offnfunning](http://www.facebook.com/offnfunning)  
[info@offnfunning.com](mailto:info@offnfunning.com)  
[www.offnfunning.org](http://www.offnfunning.org)  
 Use this code:  
**2016CPCoffnfunning**  
 for 10% off adult online registrations

Thank you  
 2016 Partners!  




Event proceeds advance the mission of  
 Communities Off n' Funning a 501(c)3  
 non-profit organization dedicated to getting  
 kids, families and communities up, out and  
 active. Learn more at [offnfunning.org](http://offnfunning.org)

# Saving People Money Since 1936

**... that's before there were shopping carts.**

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

**GEICO®**







# Fine-Tuning Teen Brains

Brain growth in adolescence creates a perfect opportunity for developing critical-thinking skills.

by Susan C. Schuyler

Ever wonder what runs through the minds of teens when they make poor choices? Whether they drive too fast or experiment with drugs, teenagers have a bad reputation for dangerous behaviors that their parents often write off as poor decision-making.

Really, we can blame biology.

Adolescents' shoddy thinking is due to their brain development, according to psychologist Tesia Marshik, assistant professor at the University of Wisconsin-La Crosse. She says biology sets teens up to make bad decisions because two of their major brain systems mature at different rates.

The limbic system, which is mature by puberty, is the more primitive or "reptilian" part of the brain that responds strongly to emotions, Marshik says. The gray matter in the prefrontal cortex separates man from beast by helping us think before we act. She says this frontal lobe isn't fully developed until after adolescence, at about age 25. "It's like having the engine of a Ferrari, but then having faulty brakes," Marshik says.

"Adolescents show adult levels of intellectual capability earlier than they show evidence of adult levels of impulse control," says a 2008 article in the *Annals of the New York Academy of Sciences*. Although this makes teens vulnerable to risky behaviors, Marshik says this gap in brain development also is "an optimistic time, because they start to understand themselves and others better."

## Ready to Learn

The changes in the frontal lobe also mark the beginning of teens' ability to solve problems and think critically, according to the National Education Association.\*

The Oxford Dictionary defines critical thinking as "the objective analysis and evaluation of an issue in order to form a judgment." Mastering these critical-thinking skills is essential to success as an adult.

Sadly, Marshik says, research suggests that even though adolescents' brains are primed to learn these vital life skills, U.S. schools don't really require teens to use them. "There tends to be a lot more of teaching to the test and less time to explore ideas," she says.

## U.S. Schools Fall Short

A *Nation at Risk*, published in 1983 by the National Commission on Excellence in Education, reported that "many 17 year olds did not possess the higher-order intellectual skills this country needed." The dire report spurred educators to teach these skills, he says, and by 1990 many states had programs in place to teach critical thinking.

However, research indicates that despite these efforts, critical-thinking skills continue to be weak among U.S. students. A 2005 report published by the National Center for Education Statistics found only 6 percent of 12th graders could make "informed, critical judgments about written text." The problem persists, and educators and politicians continue to seek solutions.

## Local Schools' Efforts

Coulee Region educators and administrators are working to fully integrate critical thinking into local high school curriculums. "The emphasis

\* "Brain Development in Young Adolescents," by Peter Lorain. [www.nea.org/tools/16653.htm](http://www.nea.org/tools/16653.htm)



## Online Learning Resources for Students

Study Guides and Strategies website has several pages with strategies to improve reading and research skills. Explore them at [www.studygs.net/shared/reading.htm](http://www.studygs.net/shared/reading.htm).

The Critical Thinking Community, a nonprofit organization, offers detailed guides, "How to Study and Learn," and "The Art of Close Reading," at [www.criticalthinking.org](http://www.criticalthinking.org). Use the site search, enter Critical Thinking in Everyday Life, and use the link For Students: 9 Strategies.

Dr. Stephen Chew of Samford University created a series of five short videos "How to Get the Most Out of Studying," based on cognitive research to describe effective learning strategies. Search for them on YouTube.

is to bring critical-thinking activities into our regular curriculum and instruction so that all students have these experiences, without having to seek them out," says Dr. Michael Lichucki, director of curriculum, instruction, and assessment for the School District of La Crosse.

Andrea Kramer is on the ground floor of one such classroom initiative at La Crosse's Logan High School. She oversees Advancement Via Individual Determination (AVID), a research-based, college-readiness program that helps students with critical thinking, literacy, and math skills. Its goal is "to train teachers so all students in the school have access to these best practices," Kramer says. "It is exciting to see how many teachers at Logan and Central High Schools have been affected by the AVID program."

Students at Onalaska High School may join a group to sharpen critical thinking that meets during resource hour. "Their focus is how to actively listen, use rhetoric, and engage in an appropriate, thoughtful

manner with others that have differing opinions," says Jared Schaffner, the school's principal.

Sarah Ormes, an intellectual disabilities teacher at Onalaska High School, offers a variety of avenues to help her students learn. "Teenagers are extremely innovative and creative, and allowing them to use this creativity aids in their self-confidence and self-esteem," she says.

## How Can Parents Do Their Part?

Parents can build on schools' efforts to help teens build critical-thinking skills. Marshik suggests that parents get in the habit of taking time to talk with teens about their experiences. Although she says parents often stereotype adolescents as intentionally difficult to reach, "when you can get them to talk, I think people can be surprised how thoughtful they are." Look for the sidebar to this story for conversation prompts.

Also, parents should reframe teens' academic experience differently. "Parents,

Looks like **SOMEONE** forgot to download the **WXOW WEATHER APP**



**DOWNLOAD THE FREE WXOW WEATHER APP**

- all new **LOCATION BASED ALERTS**
- **LIGHTNING OVERLAY** display
- control your **PUSH NOTIFICATIONS**
- live **WEATHER FEED**







especially American parents, focus a lot on just grades,” Marshik says. In doing this, she says we’re reinforcing the idea that achievement is more important than thoughtfulness.

However, the most important thing that parents can do to support their teens’ learning is to stay involved, even if teens resist. “Research shows that having parental support is really, really important,” Marshik says.

There’s no magic bullet for teaching kids to learn critical thinking, says Jay Giedd, a neuroscientist at the National Institute of Mental Health. “The more technical and more advanced the science becomes, often the more it leads us back to some very basic tenets of spending loving, quality time with our children,” he says. “The brain is largely wired for social interaction and for bonding with caretakers.” **CPC**

*Susan Schuyler is a contributing editor for CPC.*

## Building Better Teen Brains

The following tips are reprinted from “Parents & Teachers: 6 Ways to Inspire the Teen Brain,” by Sandra Bond Chapman. They can enhance teens’ brain performance and frontal-lobe development.



- Teach your teen to think of many unique interpretations of movies, books, political discussions, unsettling school or peer issues, or works of art.
- Ask your teenager to give you a “message” from a book or movie or hurtful experience rather than a long-winded retell without reflection.
- Have your adolescent interpret the lyrics of a favorite song from positive and negative perspectives, and do the same for your favorite song.
- Watch a favorite TV show with your teen, and share different take-home messages for each character.
- Push for a multitude of answers to a question or problem versus seeking the “right” answer.

For the complete article, visit [www.psychologytoday.com](http://www.psychologytoday.com).



# I can't wait to

## Be a Girl Scout!

### Troops Forming Now



**JOIN TODAY** [gsbadgerland.org](http://gsbadgerland.org) or **800.236.2710**



# HOW TO Go Back to School

Our team at CPC wants to help you and your family have the best year ever. To that end, we've put together this guide for you. Choose the topics that speak most to you, and may you learn something valuable for the upcoming academic year!

written & edited by Lissa Carlson, Seth Langreck, and Lisa Heise





# HOW TO Sail on School Mornings

Most of us have lost it at least once in the effort to get kids out the door on time. The start of the day can set the tone for the rest of it, so it pays to give it some love. Think back to last school year. Where did you struggle?

## Getting out of bed.

Set a bedtime that ensures adequate, age-appropriate sleep, and account for a wind-down routine that eliminates screens. Follow the routine religiously. For instance, have a drink of water and a small snack; go up to bedroom; prepare clothes for the next day; and read or chat quietly before lights out.

## Getting out the door.

Where's the hangup?

- Choosing clothes?  
Do this the night before. No changing your mind in the morning!
- Going through the hygiene routine?  
Set a timer for getting dressed, brushing your teeth, combing your hair, etc.
- Last-minute scramble to find homework or permission slips?  
Do this the night before as part of the bedtime routine.

## Look for patterns and come up with solutions.

My kids are forever coming downstairs without socks, then running back for them just when we're about to go out the door. Rather than fight the mad dash for socks every day, this school year, I plan to keep a basket of socks by the front door.

For older kids in need of extra incentive, consider establishing rewards or consequences for running late (i.e., loss of screen time or allowance).

— LC



# LACROSSE WELLNESS CENTER

## FALL ACTIVITIES



### TOTS & TIKES TUESDAYS

October 4th - November 8th  
Ages 1-5 • 10am - 12pm  
1 hr of structured play, games, & crafts  
1 hr of free play!

### PARENTS

Stay, workout, or have a Cabin Coffee  
\$49 members; \$59 non members

### FAMILY FUN NIGHTS

\$4/CHILD, \$20/  
FAMILY MAX (\$50 THREE OR MORE)  
Nonprofit, military get 10% off

**Friday, September 16th**  
(Fall Kickoff Bash) 5-7pm

**Friday, October 21st**  
(Halloween Costume Party) 5-7pm

**Friday, November 18th**  
(Veterans Day Celebration)



**Sign up today!**

### SCHOOL'S OUT DAY CAMP

A day filled with fun and games provides an opportunity for all.

Activities include soccer, bouncy house, kickball, flag football and more.

All while  
**EARNING MONEY  
FOR YOUR SCHOOL**

Part of the day's funds will go back to your child's elementary school! See our website for details.

7am - 4 pm - 1st child - \$30,  
2nd child - \$25, 3rd child - \$20

### YOUTH FLAG FOOTBALL & SOCCER LEAGUE

Ages - 3&4 Grade Division  
5&6 Grade Division

**SOCCER LEAGUE**  
Saturdays • 8-10am  
Oct. 1 - Dec 17 \$50/Player

**FLAG FOOTBALL LEAGUE**  
**SESSION 1**  
September 8th - October 20th  
(Playoffs October 27th) (8 weeks)

**SESSION 2**  
November 3rd - December 22nd  
(Playoffs December 29th) (8 weeks)  
No league November 24th

Thursdays, 5pm-7pm • \$80 per player;  
Registration fee: \$25 • 7 players per team

2839 Darling Ct., La Crosse

**Call to register for various activities!**

**608.781.7627 • www.laxwc.com**



**Let's go back to  
school together.**

**Watch  
ASSIGNMENT:  
EDUCATION**

**Tuesdays at 6 PM**

**NEWS**

Our Community. Your Station.



 *WKBT Lisa Klein*  
*lklein@wkbt.com*



# HOW TO Go Back to School

## A Family How-to Guide.



## HOW TO Get to School

by Matthew Christen

Whether kids are biking, walking, boarding, or blading, getting to school can be a great way to work physical activity into a student's day.

### Benefits include:

- better readiness for learning;
- increased sense of independence;
- better ability to handle stress;
- and a boost in the ability to fight common illnesses and the onset of some chronic diseases.

If you're sold on the benefits, but concerned about letting kids roll, consider these suggestions for common issues:

### Take a bike class to alleviate safety concerns. Many of the same basics can be applied to boarding or blading.

Ninety percent of biking injuries can be avoided with effective training and instruction. For training opportunities, check with Urban Connections online at [www.urbanconnections.biz](http://www.urbanconnections.biz), your local Park and Rec, or the YMCA.

### Make sure bikes and equipment are in good repair.

Check over any equipment in anticipation of heading back to school, and conduct any necessary maintenance. Here's an ABC quick check for bikes; until you get the process down, you can always take the bike into a local shop for a simple checkup.

- A is for proper air inflation. Under inflation is the most common cause of flats. Be sure each person can use a tire pump and gauge. Teach where to locate tire pressure on the side of the tire.

- B is for brakes. Do the brakes work? If the bike has hand brakes only, be sure the levers do not come close to the fingers while they grip the handlebar.

- C is for chain, and making sure that it is lubricated properly. Avoid letting the chain get too dry or caked with too much crud.

### Develop a route appropriate for your student's age and abilities.

For peace of mind, agree to a route that your child will use daily. Maybe your child can only travel a partial distance by bike or foot. Choose a safe, accessible drop-off location that allows students to actively travel the remaining distance. Petition your school administration to establish some of these walk or bike zones to attract multiple students to increase safety.

### Travel the route together a few times before school starts.

Help your child with problem-solving at intersections, turns, or other what-ifs along the way. Modeling will allow you to feel much more relaxed when you send them on their way that first day of school. Bonus: You can time these "practice" trips so you can gauge when they need to leave to get to school on time.

*Matthew Christen is an active transportation facilitator. In 2015, he received the Bridge Builder Award from the City of La Crosse Neighborhood Revitalization Commission for his work with Logan Bike Works after-school program, a bike shop for middle school students.*

## HOW TO Find Wifi in a Pinch

Kids have an assignment due online, but the internet is down? We feel your pain. Here's a list to keep handy with five hotspots throughout the Coulee Region.

### ROOT NOTE

115 4th St. S.

Mon.-Sat., 8:30 a.m.-midnight & Sun., 8:30 a.m.-6 p.m. • 782-7688

### BARNES & NOBLE

3800 State Rd. 16, Onalaska

Mon.-Sat., 9 a.m.-9 p.m. & Sun., 10 a.m.-8 p.m. 785-1330

### FESTIVAL FOODS

600 N. Holmen Dr., Holmen

Sun.-Sat., 6 a.m.-11 p.m. • 526-3339

### HAZEL BROWN LEICHT LIBRARY

201 Neshonoc Rd., West Salem

Mon. & Wed., 10 a.m.-8 p.m., Tues. & Thurs., 1 p.m.-8 p.m., Fri., 11 a.m.-5 p.m., & Sat., 10 a.m.-1 p.m. • 786-1505

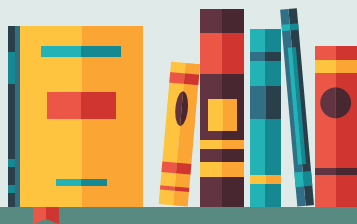
### JOHN BOSSHARD MEMORIAL LIBRARY

1720 Henry Johns Blvd., Bangor

Mon. & Wed., 10 a.m.-8 p.m., Tues. & Thurs., 3 p.m.-6 p.m., Fri., 10 a.m.-5 p.m., & Sat., 9 a.m.-1 p.m. • 486-4408

**Visit [www.cpclax.com](http://www.cpclax.com) for a map showing other locations. Just be sure you do it while the wifi is working!**

— SL

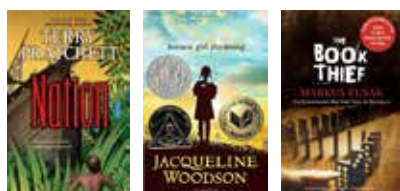


# HOW TO Go Back to School

## A Family How-to Guide.

### HOW TO Get Great Book Suggestions

*Check out these suggestions for back to school reading from the experts in Youth Services at the La Crosse Public Library.*



#### Three Books to Read Before College

**"Nation,"** by Terry Pratchett  
(2008, HarperCollins)

*When a natural disaster leaves them stranded, Mau and Daphne must overcome language and cultures if they want to survive in the jungle.*

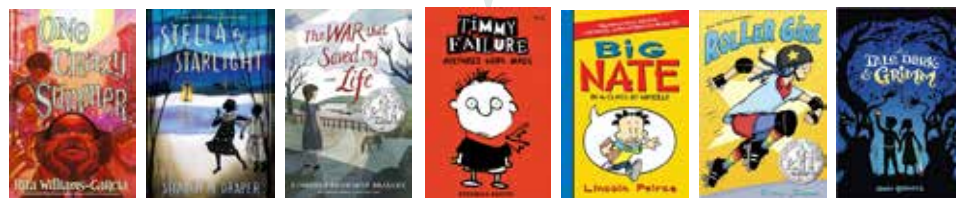
**Age: 12-14**

**"Brown Girl Dreaming,"** by Jacqueline Woodson (2014, Nancy Paulsen Books)  
*Growing up in the North and South as an African American, Woodson shares her experiences during the 1960s and 1970s.*

**Age: 13-16**

**"The Book Thief,"** by Markus Zusak  
(2005, Knopf Books)  
*Ten-year-old Liesel Meminger lives in Germany during World War II and befriends Max, a young man hiding from the Nazis. Death narrates Liesel's story and shares insights about life.*

**Age: 14-18**



#### Real Problems Teens Face

**"All American Boys,"**

by Jason Reynolds & Brendan Kiely  
(2015, Atheneum/Caitlyn Dlouhy Books)  
*Americans Rashad and Quinn - one black, one white - realize how racism and prejudice didn't stop after the civil rights movement.*

**Age: 13-18**

**"I'll Give You the Sun,"** by Jandy Nelson  
(2014, Dial Books)

*Twins Jude and Noah drift apart as they become teenagers, but they mend their relationship through tears and laughter.*

**Age: 14-18**

**"Gabi, a Girl in Pieces,"** by Isabel Quintero  
(2014, Cinco Puntos Press)

*Isabel opens her diary and shares her experiences of college applications, pregnancy, family addiction, and self-identity.*

**Age: 14-18**

#### Fiction that Brings History to Life

**I Survived Series** by Lauren Tarshis  
(2010, Scholastic Press)

*This historical fiction series brings terrifying events to life with vivid storytelling. Each book focuses on a different historical event during different time periods.*

**Age: 7-11**

**"One Crazy Summer,"**

by Rita Williams-Garcia (2010, Amistad)  
*Cecile and her sisters visit their emotionally distant mother and are sent to a summer camp sponsored by the Black Panthers, where they have a radical time.*

**Age: 9-11**

**"Stella by Starlight,"** by Sharon Draper  
(2015, Atheneum Books for Young Readers)  
*When the Ku Klux Klan returns to Bumblebee, North Carolina during the 1930s, Stella and her brother see something they weren't supposed to witness.*

**Age: 9-14**

**"The War that Saved My Life,"**

by Kimberly Brubaker Bradley  
(2015, Dial Books)  
*Ada, age 9, escapes her cruel mother and follows her brother Jamie as they find safety in the English countryside during World War II.*

**Age: 10-13**

#### Great Books for Reluctant Readers

**Timmy Failure Series** by Stephan Pastis  
(2013, Candlewick Press)

*Timmy Failure and his pet polar bear Total run Total Failure Inc., the best detective agency in town. Every story has Timmy and Total encounter new cases and new problems.*

**Age: 8-11**

**Big Nate Series** by Lincoln Peirce  
(2010, HarperCollins)

*Big Nate isn't the teacher's pet, but he knows that he's bound for greatness. Each book follows his adventures and misadventures through middle school.*

**Age: 8-11**

**"Roller Girl,"** by Victoria Jamieson  
(2015, Dial Books)

*When Astrid's best friend goes to a different summer camp, she develops her self-identity at roller derby camp.*

**Age: 11-14**

**"A Tale Dark and Grimm,"** by Adam Gidwitz  
(2010, Dutton Books for Young Readers)  
*Hansel and Gretel travel out of their world and find themselves in eight other classic fairy tales. They learn how to write their own destiny.*

**Age: 12-16**

*Special thanks to the staff members at the La Crosse Public Library who contributed to this list.*

— SL





## Relax your body... Soothe your soul.

**\$49<sup>95</sup>**  
60-Min. Custom  
Massage Session for  
New Clients  
(reg. \$69<sup>00</sup>)  
New Clients w/ Coupon Expires 10/31/16





Open 7 Days  
a Week  
Extended  
Hours  
Licensed  
Therapists

Call or book online at  
[lavidamassageonlaskawi.com](http://lavidamassageonlaskawi.com)  
1220 Crossing Meadows Drive  
Ste 270, Onalaska  
608.783.3008

Gift Cards Available



LaVida Massage will take care of all your aches and pains. So relax - we've got your back.  
Session includes time for consultations and dressing.

Limited Openings for Fall!



## La Crosse Montessori Preschool

- Hands-on, individual learning
- Respect for the child
- Peaceful Montessori environment
- Fosters independence and self-motivation
- Children 2½-5 years
- FREE 4K program
- New full day program beginning Fall of 2016
- Music and Spanish programs

[www.lacrossemontessori.com](http://www.lacrossemontessori.com)  
Schedule a visit! Contact: 608.782.3320 • [Laxmontessori@gmail.com](mailto:Laxmontessori@gmail.com)

## YOUTH & ADULT INDOOR HITTING LEAGUE

### THE BATTER'S BOX

### BASEBALL & SOFTBALL


- Have fun and stay competitive during the off-season
- Softball (fastpitch and slow pitch) and baseball for all ages
- Interactive game play

Games will be  
Sunday, Monday,  
and Tuesday evenings  
• 2 sessions Oct. 30 & Jan. 8

**SEE YOU AT  
THE CAGES!**

**WE'RE IN THE  
WINONA MALL**  
1213 Gilmore Ave. • Winona  
**507.459.5565**  
Call ahead to reserve cage time,  
walk-ins are welcome!  
[www.theplaygroundwinona.com/  
indoor-batting-cages/](http://www.theplaygroundwinona.com/indoor-batting-cages/)





## PLATO'S CLOSET

# Fabu-LESS Fall Trends

608.782.6822    3133 STATE HWY 16 • LA CROSSE    [www.platosclosetlacrosse.com](http://www.platosclosetlacrosse.com)



## It's time for Back to Swim School!



Swimming is an important life skill--one that can provide opportunities for fitness and recreation, but also the potential to save your child's life.

Keep your child's swim skills growing throughout the year!

- Top-notch Instructors
- Heated Indoor Pool
- Small Classes

608.799.8183  
[weeswimacademy.com](http://weeswimacademy.com)



# HOW TO Go Back to School

## A Family How-to Guide.

### HOW TO Help with Homework

The metaphors for homework are endless: torture; the nightly battle; an uphill climb; just like being bitten by a feral cat...Well, maybe it's not universally hated, but for most of us, the struggle is real.

Two truths about homework, however: It isn't going away any time soon, and it doesn't have to be painful.

Jodi Brueggeman, high performance learning coordinator for the La Crosse School District, offers advice for helping kids get the most out of homework.

#### Learn the teacher's philosophy about homework.

At the beginning of the school year, learn the teacher's expectations and purpose of homework. Is it mostly to practice skills? Is the teacher using homework to measure learning, or does she expect it to be free of errors? Every teacher approaches homework differently, notes Brueggeman, and it's important to gauge expectations up front.

#### Establish a plan — and stick to it.

Having consistent expectations regarding when, where, and how homework is completed is of great benefit to a student, says Brueggeman. "Some kids work best right after school—give them a small mental break, a snack, and then do homework," she says. "Others need to play for a while and then do homework after dinner."

In addition to when they do it, help establish good habits in terms of where they work. Help them find a place that is comfortable, well lit, and free of distractions.

#### Help as needed, but don't do it for them.

If they're frustrated or stuck, suggest looking back at class notes, calling a friend from class, or looking it up online. Encourage children to approach their teachers the next day with questions. If a child is consistently taking a long time to finish, a parent or caregiver should communicate with the teacher and ask for suggestions.



#### Remember that attitude is contagious.

"Approach homework with a positive mindset," Brueggeman says. "It doesn't have to be negative—it's an opportunity to sharpen skills and review what you've learned."

Role-modeling a love for learning is another great way to change the tone around homework. Brueggeman recommends sitting down with a student when it's time for homework, but don't look over his or her shoulder. Take a family break from screen time and open a book or read the newspaper while your student works.

Every child operates differently, and it may take a few tries to find what works. Smile, breathe, and hang in there!

— LH

### HOW TO Save for College

#### 529 College Savings Plans

You can enjoy the double whammy of tax benefits while saving for your kids' college education if you participate in a 529 plan. In 2016, any adult can reduce Wisconsin taxable income up to \$3,100 per beneficiary per year, according to the Wisconsin 529 College Savings Program website at [www.529.wi.gov](http://www.529.wi.gov).

And by any adult, we mean grandparents, aunts, uncles, or even your neighbors; since 2014, anyone can take advantage of the tax breaks (prior to 2014, only close relatives were eligible). So go ahead and ask that stranger across from you if she'd like to enjoy the tax benefits of contributing to your child's college fund.

In Wisconsin, you can create an account directly with Edvest, or work with a financial planner to create a Tomorrow's Scholar account. Both offer easy and flexible ways for families to save for college.

#### La Crosse Promise Neighborhood Program

Build a new home or renovate an existing one in specific La Crosse neighborhoods and you could earn up to \$50,000 in college scholarships, \$25,000 per child, for any accredited public or private college in Wisconsin. Check out [www.lacrossepromise.org](http://www.lacrossepromise.org) for details.

— LC







start their

adventure

enroll now 2016/17

[www.lacsrosseschools.org](http://www.lacsrosseschools.org)

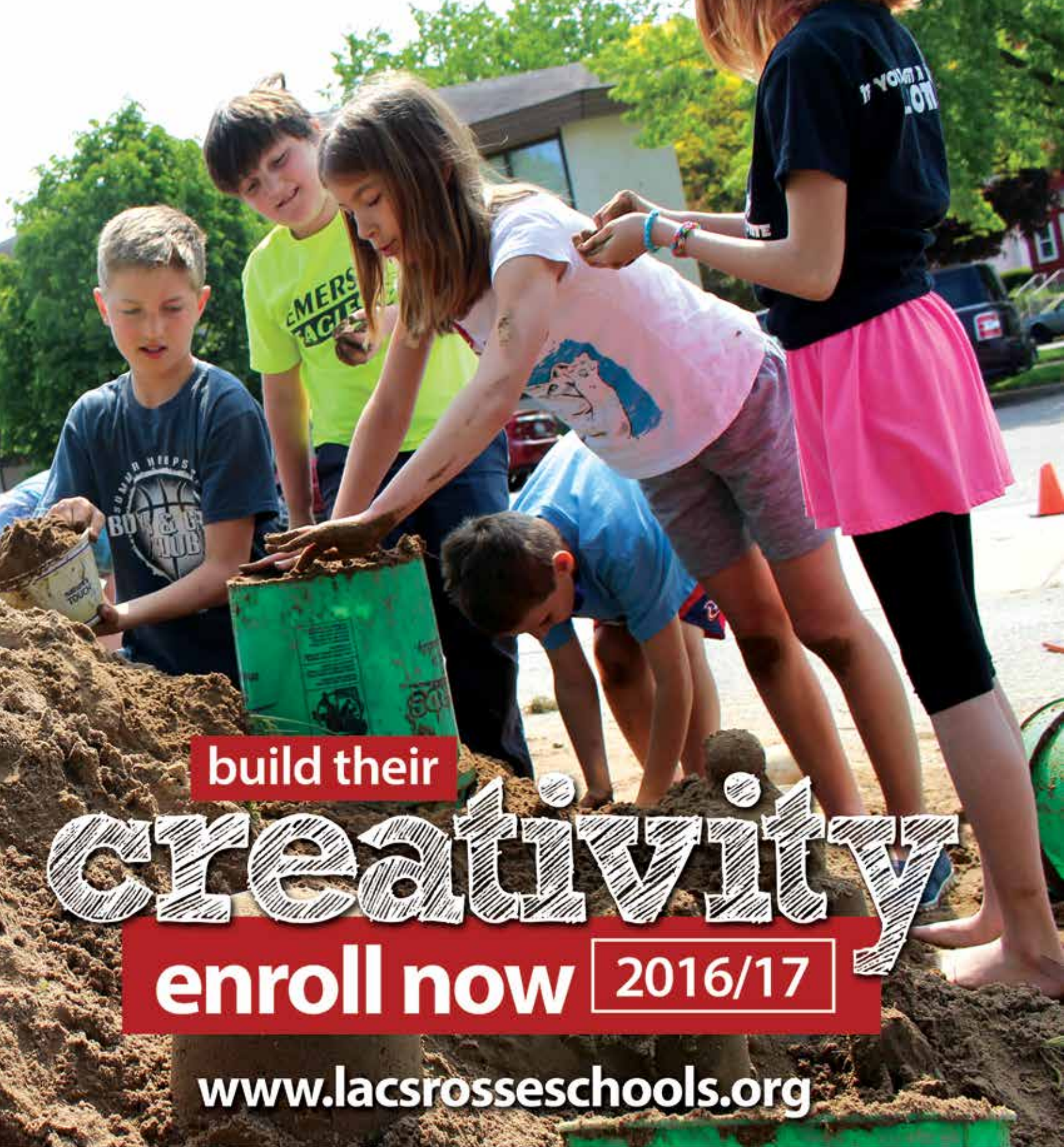
SCHOOL DISTRICT OF  
**LA CROSSE**



STAY CONNECTED







build their

creativity

enroll now 2016/17

[www.lacsrosseschools.org](http://www.lacsrosseschools.org)

SCHOOL DISTRICT OF  
LA CROSSE



STAY CONNECTED





# HOW TO Go Back to School

## A Family How-to Guide.



## HOW TO Write a Great Paper

Here are four tips for helping children write a high-quality paper without actually doing it for them, courtesy of Coulee Region author and teacher Amanda Zeiba.

### 1 Brainstorm topics.

Challenge them to make a list of different ways to explore an idea that go beyond the obvious. It will give them interesting options to choose from while also improving their critical thinking skills.

To illustrate, maybe the topic is cell phone use. A student might suggest writing about why students should be allowed to carry phones in school. Less obvious ideas might be an essay about how cell phones make us less social, or 10 educational uses for cell phones.

### 2 Introduce your child to quality research sources.

Not all sources are created equal, especially on the internet. Remember that websites that end in .org, .gov, and .edu are typically more credible than sites that end in .com.

A few websites Zeiba recommends: PBS Kids, National Geographic Kids, Kids Health, The World Fact Book, and KidRex.

### 3 Divide up your topics and time.

If your child needs to write a five-paragraph essay, the first and last paragraph will be dedicated to the introduction and closing, leaving three paragraphs for solid facts. Have your child pick three subtopics and free write everything they know about that topic for 10 minutes. Repeat this for each subtopic. Do one each night, if time allows, or take breaks between subtopics. Then, highlight the best pieces of information/best sentences in each free write. Finally, use those selected lines to construct a well written paragraph.

### 4 Give your child an age-appropriate editing checklist.

Rather than checking your child's paper for errors, have them do it. The teacher may have sent home a rubric or specific guidelines that can help you create this checklist.

#### Example:

- Is their name on the paper?
- Did they include a title for their essay?
- Did they use correct capitalization, punctuation and spelling?
- Are sources cited accurately?

**Bonus Tip:** Zeiba says interviews are an excellent way to make a paper stand out in a good way. Not only are interviews a great source of information, but they can create positive interactions with adults and may even spark a passionate interest in a topic.

Find more of Zeiba's writing tips in "Under Construction: A Young Writer's Workbook," a spiral-bound writing journal, available on her website at [www.amandazeiba.squarespace.com](http://www.amandazeiba.squarespace.com)

— LC

## QUALITY SOURCES

PBS Kids

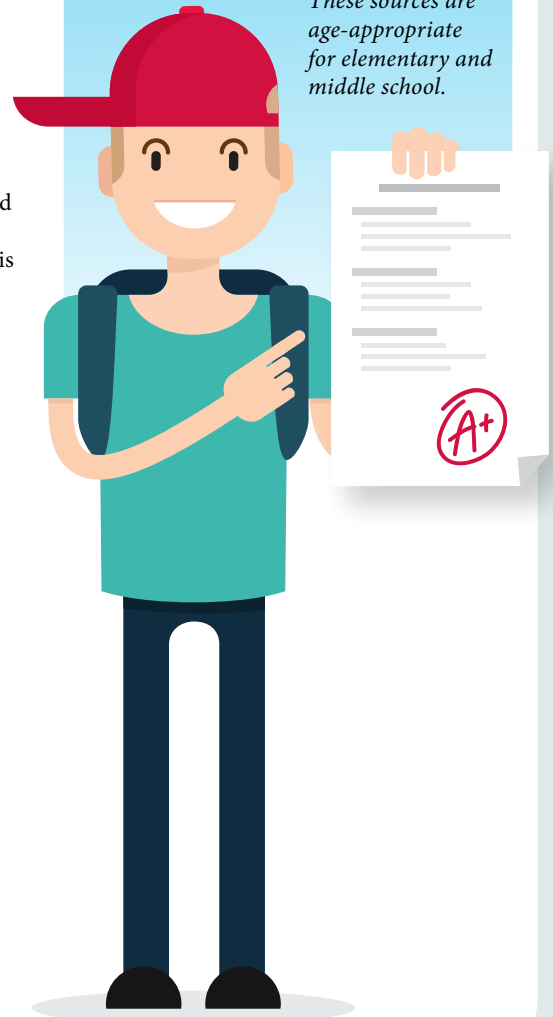
National Geographic Kids

Kids Health


The World Fact Book

KidRex

*These sources are age-appropriate for elementary and middle school.*





Contact **Andrea Hansen**  
608.785.8733 or  
ahansen@uwlax.edu  
www.uwlax.edu/ssp



# Self-Sufficiency Program

Thinking about college and wondering where to start?  
The Self-Sufficiency Program (SSP) helps low-income parents explore and prepare for college. The course is free and childcare is provided.  
Sessions start each January and September  
**FALL SESSION BEGINS 9/20/16**  
**APPLY NOW!**

**Back to School for Parents, too**  
uwlax.edu/ssp  
FOLLOW US ON 



## HOW TO Gain Robotics Skills

Robotics has made learning engineering skills cool, as kids gather to design and build robots as teams. While we haven't seen Kilroy wandering the bluffs, robotics programs have been emerging in Coulee Region schools for a decade. They've come from varied sources—notably through a special electronics program offered at several local high schools by Western Technical College through a career preparation grant.

Students learn to program the movements of small robots using computer software and a micro-controller, but along with building robotics, students are building character. As they compete, they are often judged on team spirit, professionalism and maturity, and ability to overcome obstacles in addition to their robotics abilities.

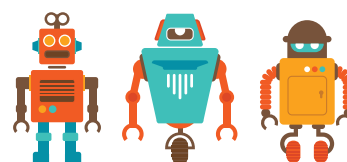
For several years, Western has hosted a robotics challenge at the culmination of its school outreach programs. In April 2016, the Logan High School robotics team swept the 10th annual competition in events such as a blind navigation course and a maze race.

Local competitions have been just the beginning, however. Also in April, the Holmen High School robotics team competed with 700 teams from around the world at an international robotics event in St. Louis. They had six weeks to design a robot that could defend a fortress and make evasive maneuvers. Every type of talent came together for the Holmen robotics team effort as they created a theme around their robot and designed promotional materials.

Several Coulee Region high schools have active robotics teams that participate in various competitions, including Onalaska, Onalaska Luther, Westby, West Salem, and Central, as well as La Crescent.

At the elementary and middle school levels, many districts are implementing basic robotics programs where kids can experience designing and programming. Ask your school about opportunities to get involved.

— LH



## Coulee Region Adult Day Center

Coulee Region Adult Day Center welcomes elderly and disabled clientele from various backgrounds. Our agency provides:

- overnight respite care in a home environment setting
- fun and stimulating activities with trained staff
- specialized care for your loved one
- day programming
- shower services

**Choose Coulee Region Adult Day Center and treat yourself to a day off.**



1062 Oak Forest Dr.  
Suite 160  
Onalaska  
(608) 519-2306



777 North Street  
Sparta, WI 54656  
(608) 487-9160

**HOURS: Monday - Friday  
8:00 A.M. - 4:30 P.M.**

**celebrating 5 YRS of Caring!**

**couleeregionaduldaycenter.com**

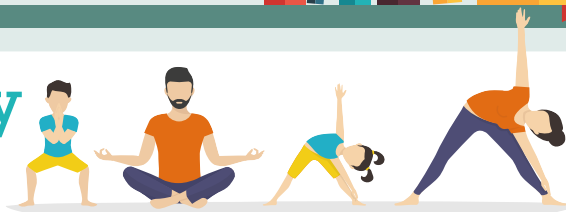


# HOW TO Go Back to School

## A Family How-to Guide.



## HOW TO Stay Fit & Healthy



Stay fit as a family and you'll enjoy more energy, better focus, less stress, and more confidence. Sonya Pennel, owner of Burn Boot Camp with locations in La Crosse and Eau Claire, says it's important for parents to lead the way for their families to follow. She offers these five tips for incorporating exercise into your family life.

### Make exercise a family goal.

Hold a family meeting and talk about why you want to make some changes. "Surprising, but our kids will help hold us accountable to the things that we try to 'squeeze' into our day," Pennel says.

### Make it fun.

Move as a family. You don't need a lot of equipment to get fit. Hixon Forest, the Human Powered Trails, and the bluffs in general all offer hiking and biking trails.

### Find a gym that embraces family life.

For instance, Burn Boot Camp offers free child care and camps are only 45 minutes.

### Meal plan.

Back to school means after-school activities. Eating fast food all of the time, or grabbing takeout after a team practice, will destroy all the good you are trying to do. Spend time each week planning out your meals so you have healthy snacks to grab and go, and easy dinners ready to fuel your back to school schedules. The local farmers markets can give inspiration to the week's menu and help build a healthy foundation for kids. Check out the CPC calendar for dates and times at [www.cpclax.com](http://www.cpclax.com).

### Appeal to your kids' tech side.

Kids these days are preoccupied with their phones and electronic devices. Of course, we probably don't need to tell you that "Pokemon Go" is a popular, trendy game that gets families outside and walking together.

Fitbits or apps get everyone actively tracking their progress. Or turn on the iPod and have a dance party in the kitchen while you are making dinner.

— LC



**BACK SCHOOL**

You're making your list and checking it twice!  
But it's not the holidays. It's back-to-school time!  
Shop at Once Upon a Child for your student's  
first day of school outfit and all their clothing needs.

3133 State Hwy 16 • La Crosse, WI 54601 • 608.779.5437  
[www.onceuponachildlacrosse.com](http://www.onceuponachildlacrosse.com)

**once upon a child**

**STYLEO ENCORE**

420 Theater Road, Onalaska  
608.779.0515  
[www.style-encoreonalaska.com](http://www.style-encoreonalaska.com)

Styles you need and we have!



# HOW TO Go Back to School

## A Family How-to Guide.



Alyssa Yang

### HOW TO Study

Alyssa Yang may be a familiar name to some CPC readers; she was the winner of our 20 Under 20 essay contest in spring. A recent graduate from Central, she is now a first-generation college student at UW-Green Bay.

The road to this accomplishment wasn't easy, and she offers this great advice for other students who may struggle to study.

#### Find what works.

Every student has a way of getting into the “study zone.” Here are some tricks for helping your student find the best way.

- **Music.** Try classical, show tunes, or a movie soundtrack.
- **Rewrite class notes.** Yang swears this was the best technique for her to review and memorize material.
- **Videos.** Teach kids how to search for instructional videos on YouTube, which has become a treasure trove for getting help when a teacher isn't handy, or a parent isn't quite sure how to do new math!
- **Get off campus.** Sometimes, a trip somewhere new can actually help a student better focus. Try a coffee shop or one of the public libraries.
- **Have a study buddy.** Just having someone “in the zone” alongside a student can help. Yang found it helpful to have a friend check her work and let her know if she was doing it right. Parents can do this at home while kids are doing homework by establishing a routine time for studying and homework, when parents use the time to read or pay bills.

#### Consider a student support group.

For instance, TRiO Programs are federal outreach programs designed to support students, known initially as Upward Bound, Student Support Services, and Talent Search. There are now eight TRiO programs. Regionally, the La Crosse Promise hosts Future Centers that serve high school students at Central, Luther, Logan, and Aquinas. Check with your child's school to learn what programs are available and which offer the best fit for your student.

#### Take advantage of study opportunities at school.

Yes, it's great for kids to make social connections at school, but encourage your student to use study halls and other time at school wisely. First, the atmosphere is ready-made for learning over the distractions in the living room, dining room, or their bedrooms

at home. Second, it frees up after-school time for the things they'd really rather do! And third, they've got access to teachers who can help effectively answer homework or study questions they may have, which brings us to Yang's next tip.

#### Establish good relationships with teachers.

Yang admits that while teachers can seem intimidating to some students, they care about helping kids learn, and it's their job. Teach your student to tackle these tough confrontations effectively by reminding them they're demonstrating to teachers that they care about learning the material. “I have sucked it up and admitted [to a teacher] that I didn't have a clue what they were talking about,” Yang says.

— LC







## Coulee Parenting Connection

**WE'RE ALL  
ABOUT THE  
COULEE  
REGION'S  
LITTLE PEOPLE.**

*How can we support  
you as their parents?*

### LOOKING FOR FUN WAYS TO CONNECT?

Visit our **Family Fun Calendar** at [www.cpclax.com](http://www.cpclax.com). Let us deliver ideas right to your inbox by joining our newsletter community, the Parent'Hood (see the newsletter link on our home page).

### PARENTING IS OUR MIDDLE NAME, AND CONNECTIONS IS OUR LAST.

We often hear that a mom learned about a program because of our publication, or a family attended an event for the first time thanks to our calendar. We're proud to be your resource in a community we think is a pretty great place to raise a family!

*Support your local  
parenting publication,  
and you support Coulee  
Region families!*



# Watch Me Grow

INFANT PORTRAIT PROGRAM | [www.TheStudioLax.com/WatchMeGrow](http://www.TheStudioLax.com/WatchMeGrow)



**THE STUDIO**

for more information, call 608.782.1080 or visit link above  
[www.TheStudioOnMain.com](http://www.TheStudioOnMain.com) | [Facebook.com/TheStudioPage](https://www.facebook.com/TheStudioPage)





**Paul's**  
HEATING & AIR CONDITIONING INC.

Winter can be  
**"RUFF"**  
on your furnace.  
Call Paul's Heating  
before your furnace  
"PACKS" it in.



At Paul's Heating, we're committed  
to you, our customer.

608.784.0751 • [www.paulsheating.com](http://www.paulsheating.com)

PROFESSIONAL. PROMPT. CERTIFIED. COST EFFECTIVE.

**COME JOIN US!**

**SEPT. 29 - OCT. 2  
2016**

**LA CROSSE, WI**



**4 DAYS!**

**3 PARADES!**

**2 FESTGROUNDS!**

**1 GREAT TIME!**



**608.784.FEST  
OKTOBERFESTUSA.COM**

# CHILD SEAT CHECKS

**LAST CHECK OF THE YEAR!**

**3:00 - 7:00 P.M., THURSDAY, SEPTEMBER 1**

SPONSORED BY:

**Brenengen Auto**  
*Customer for Life*

**BRENENGEN CHEVROLET  
990 W HWY 16  
WEST SALEM, WI**

**FACT: OVER 80% OF  
PARENTS ARE NOT  
INSTALLING THEIR  
CHILD'S CAR SEAT  
CORRECTLY!**

**SAFE  
KIDS**  
COULÉE REGION

**get active**



**STOP IN AND A CERTIFIED CHILD PASSENGER SAFETY TECHNICIAN  
WILL FIT YOUR SEATS OR BOOSTERS.**

**IT'S FREE & NO APPOINTMENT NECESSARY!**

**WWW.BRENENGEN.COM**

**WE'RE WAITING  
FOR YOU**



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**HAPPY  
HEALTHY  
WHOLE**



**Visit the Y today  
to make friends,  
have fun and try  
something new.**

**TRY THE Y TODAY  
FREE WEEK PASS**

Present this pass to the Member Services Desk at time of visit. Anyone 18+ must present photo I.D. at time of use. Children under age 7 must be accompanied by an adult at all times. Only valid for new Y Members.

Expires 12/31/16  
Member Service Code: CPCAD

**LA CROSSE AREA FAMILY YMCA**  
YMCA-La Crosse 1140 Main St. La Crosse, WI 608-782-9622  
WWW.LAXYMCA.ORG  
YMCA- North 400 Mason St. Onalaska, WI 608-782-9622



# HOW TO Go Back to School

## A Family How-to Guide.



### HOW TO Discourage Underage Drinking

Parents often take the attitude that kids are probably going to drink before they're legally eligible at age 21, but recent studies show maybe they need to change their tune.

The American Academy of Pediatrics says that while it's common for adolescents and young adults to try alcohol and other psychoactive substances, parents should not "condone, facilitate, or trivialize" this experimentation. Data from the National Longitudinal Study of Adolescent Health showed that four factors influenced a young person's drinking experiences:

1. **Whether or not parents were monitoring their teen's behavior.** As you might expect, parents who didn't pay attention were more likely to have teens who engaged in binge drinking.
2. **Whether or not parents encouraged dialogue about drinking, being supportive and offering advice warmly and kindly.**
3. **How frequently parents drink.** Although the study didn't ask about amounts, research shows the frequency of parents' drinking sends a powerful message about what's acceptable consumption.
4. **Whether or not parents thought their kids were drinking.** It became a sort of self-fulfilling prophecy for parents to just assume their kids would try drinking underage.

And should you provide your child's first taste of alcohol? The data says no. Fifth graders whose parents permitted them a taste were twice as likely to be drinkers by 7th grade.

The experts behind the study also found that parents are the key to prevention campaigns over trying to target messages to teens. Educated parents have the ability to conduct prevention campaigns under their own roofs.

*For more information, see "How Parents Can Help Their Underage Kids Resist Alcohol," by Aimee Cunningham, published on [www.npr.org](http://www.npr.org) on July 6, 2016.*

— LC



## The Company Store

OUTLET

Tent Sale Returning Labor Day Weekend!  
Up to **60% off** Every Day!

Hours: Monday-Friday 10am-7pm  
Saturday 10am-6pm • Sunday 12pm-5pm  
301 Sky Harbour Dr. LaCrosse, WI 54603 (I90 - Exit 2)  
608.783.6646

**Red Balloon**  
Early Learning Centers

**NOW ENROLLING**  
for our  
**FALL PROGRAM!**

**LOCATIONS NEAR YOU**

**LA CROSSE:**  
1417 S. 13th Street • 608.784.9406  
[jennieb@redballoonelc.com](mailto:jennieb@redballoonelc.com)  
2910 Gillette Street • 608.781.3550  
[melissah@redballoonelc.com](mailto:melissah@redballoonelc.com)

**ONALASKA:**  
573 Braund Street • 608-781-8580  
[kimk@redballoonelc.com](mailto:kimk@redballoonelc.com)

**WEST SALEM:**  
359 Leonard Street • 608.786.3130  
[jessican@redballoonelc.com](mailto:jessican@redballoonelc.com)



531 Main Street,  
Downtown La Crosse



Baby & Home Goods  
Innovative & Eco-friendly  
Gifts & Every Day Necessities.



608.519.2110  
www.fullcirclesupplylax.com

**Great Deals Every Day!**



Looking to stretch your grocery budget? Meet Co-op Basics! Featuring non-GMO, organic, and natural pantry items and grocery staples at low prices every day. (We've lowered over 150+ items!)

**People's FOOD CO-OP**  
Good. Honest. Local.  
www.pfc.coop | 608-784-5798  
315 5th Avenue South, La Crosse



## HOW TO Go Back to School

A Family How-to Guide.



Back to school usually means new teachers, new relationships, and new expectations. Establishing a strong line of communication with teachers should be a priority for parents during the first month of school.

What's the best way to do that? Ask the teacher!

Sam Bina, a 3rd grade teacher at Spence Elementary School, advises early and clear dialogue between parents and teachers. Usually, says Bina, teachers send introductory letters letting parents know the best way to contact them, should the need arise. He emphasizes that all teachers are different in their preferences, so meeting them at an open house before school starts is the best bet. If you don't see written correspondence from the teacher, ask him or her, "What's the best way to contact you?"

Bina, for instance, prefers talking directly with parents instead of email communication. "I'm a big fan of

communicating verbally during a prep time or after school, or even before school if they let me know ahead of time," says Bina. In email, it's sometimes hard to understand the tone or intent of the message, he observes, and face to face or over the phone offers that extra understanding regarding the feelings behind the words. If communication needs to be more ongoing and regular, Bina cites instances where the parent and teacher send a notebook back and forth on a regular basis, with the agreement that the correspondence should be maintained on both ends. It comes down to a partnership between parents and teachers to meet the needs of each child.

Another important move on the part of parents, says Bina, is to submit all information forms the teacher has requested. The more knowledge the teacher has about a student, the better he or she is able to address that child's specific needs.

— LH





## FREE PRE-SCHOOL PROGRAM

Apply Now for the Aug. 2016-May 2017 school year  
ALL children including those with a disability are welcome to apply

- Serving 3 – 5 year old children
- Half day center based programming
- Some bussing available
- Home based programming with Friday classroom socialization
- Enrollment space is limited
- View our 9 Centers online

Apply now at  
Head Start Central Office  
(608)785-2070 or (888)223-2406  
or print application from website

**HeadStartCouleeRegion.com**

*(Eligibility based on family size,  
income, and other criteria)*



Join the refill revolution!

Why recycle when you can refill?

Over 200

Natural Personal Care  
& Cleaning Products

• Easy • Affordable • Eco-friendly



608.519.2110

[www.fullcirclesupplylax.com](http://www.fullcirclesupplylax.com)

**AQUINAS  
CATHOLIC  
SCHOOLS**

## IT'S TIME TO JUMP BACK INTO SCHOOL!!

Currently Accepting Fall Registrations!

**SET YOUR TOUR AND SHADOW DAY TODAY**

Aquinas High School (9-12)	(608) 784-0287
Aquinas Middle School (7-8)	(608) 784-0156
Blessed Sacrament Elementary (3-6)	(608) 782-5564
St. Patrick Elementary (Pre3-6)	(608) 783-5483
Cathedral Elementary (Pre3-2)	(608) 782-5998

**Check us out online: [www.aquinasschools.org](http://www.aquinasschools.org) or call (608) 784-8585**  
This institution is an equal opportunity provider.

135 South 4th Street  
Downtown La Crosse

# fayze's

Restaurant & Bakery

## ONE FREE kid's meal\*

with purchase  
of adult meal

- Breakfast
- Lunch
- Dinner

\*Kid's meal from 12 & under kid's menu.  
Please clip out & bring in this coupon.  
ONE free kid's meal per coupon. Expires 10-31-16

Not valid with any other coupons or offers

608.784.9548

[www.fayzes.com](http://www.fayzes.com)



Since 1989  
**LEITHOLD MUSIC**  
116 S. Fourth Street • Downtown La Crosse  
(608) 784-7555 • 1 (800) 286-6743 • www.leitholdmusic.com

**Rental Payments  
\$25 per month**  
for most instruments\*

*Up to 24 months' rent  
applies to purchase!*



\*Rent determined by  
value and age of  
instrument. Please call  
for more information.



**Month-By-Month  
INSTRUMENT RENTALS**  
with option to purchase

**(608) 784-7555**  
www.LeitholdMusic.com

maidlikew  
cleaning and organizing

Residential Cleaning Services  
to the Coulee Region

**BUY ONE** deep clean  
**GET ONE FREE** for a limited time.

Get your name entered in a chance to win  
**FREE CLEANING FOR A YEAR**  
with every BOGO you purchase.

Ashley & MacKensi 608.780.6589  
www.maidlikewllc.com  
maidlikewcleaning@gmail.com  
www.facebook.com/maidlikew



# HOW TO Go Back to School

A Family How-to Guide.



## HOW TO Handle School Stress

Lauren Gourley, a licensed clinical social worker, neutralizes the fear of stress as our enemy in a single sentence: "Stress is not positive or negative; it's just a thing. Everyone experiences it."

How we respond to stress, says Gourley, is what really matters. In the case of academics, stress can be a catalyst for high performance. "Normal stress over a test is what encourages us to study and do well," Gourley says. In other cases, it can be the reason a child feels sick, grouchy, or loses sleep.

### Here are some tips for handling school stress.

#### 1. Know how your child responds to and manages stress.

Does she get headaches? Lose her appetite? Does he have trouble sleeping? Is strict adherence to a routine a helpful way to manage stress?

#### 2. Listen and be empathetic.

If a child expresses unwillingness to go to school, for instance, ask what exactly is hard for your child. Maybe it's the morning routine, a learning problem, or challenges with friends.

After identifying the source of the struggles, it's important to ask questions and empathize. You might say, "Sometimes I feel that way too." Gourley suggests recalling a family story where someone faced a difficult challenge and managed to do well. "Talk together about those stories," she advises. "Then, project into the future a possible successful outcome."

#### 3. Talk to a child's teachers if attempts to manage stress at home aren't successful.

"With open lines of communication, you, your child, and your child's teachers can make a wonderful team," Gourley says.



## How to Square Breathe

Breathe in while counting to 4.

Hold that breath to the count of 4.

Breathe out as you count to 4.

Pause for 4 beats.

Repeat.

### 4. Teach kids coping strategies and calming methods, such as “square breathing” (see box for technique).

“Take slow, deep breaths if we have too many worried thoughts,” Gourley says. She also suggests creating a quiet space at home for your child to unwind after school.

### 5. Sleep!

Sleep is a major factor in learning and stress management, Gourley says. “We store what we’ve learned in our long-term memory when we’re asleep.” Children between the ages of 5 and 12 need at least 10 hours of sleep every night. If kids don’t get enough sleep, they have to re-learn information, adding stress and subtracting healthy coping capabilities.

### 6. Relax.

One way a family can manage stress together, says Gourley, is to make sure the family calendar is not too over-scheduled. Everyone needs downtime, including parents. If adults can model healthy behaviors and coping strategies, they filter down to children.

Finally, Gourley encourages parents to know when to ask for help. “If your child continues to lose sleep, shows a change in appetite, is irritable a lot of the time, or experiences major melt-downs on an ongoing basis, it’s time to get a professional involved,” she says. “There is so much that we can do to help.”

— LH

## Announcing...



Dr. Hanks with La Crosse  
**Pediatric Dentistry**



has taken over  
Dr. Shea’s  
Pediatric Dental  
office.

**608.782.4054**

Call us today to  
meet Dr. Hanks &  
the same great staff!



[www.childrensdentalexcellence.com](http://www.childrensdentalexcellence.com)

South of Festival Foods, 2 Copeland Ave., Suite 203, La Crosse



Because shopping is cheaper  
than therapy.

# Treehouse

Home Décor • Gift Shop • Accessories Store *gift & home*

**ESCAPE. BROWSE. RELAX.**

9546 E. 16 Frontage Road • Onalaska, Wisconsin 54650 • 608.783.4438

[www.TreehouseGiftAndHome.com](http://www.TreehouseGiftAndHome.com)





# Word on the Street

compiled by Seth Langreck

## Tell It in Your Own Words

**Students face academic and legal consequences for plagiarizing.**



by Tony Gingrasso  
Attorney  
Johns, Flaherty & Collins, SC

Let's face it: You can find virtually any information on the internet, be it history, science, art, literature, and even law. Since information is easily accessible, it's easy for students to be dishonest.

Plagiarism is now more common than ever. In fact, more than half of all students plagiarize, according to a national survey published in Education Week. When caught, students may face failing grades, suspension, or even expulsion. And if they continue copying other students, they could also face legal implications.

Legal consequences for plagiarism are covered under copyright laws—laws designed to protect work from being copied. Practically speaking, that means people may not copy paragraphs from other sources without citation, nor paraphrase someone else's ideas to imply the ideas are their own. Doing so opens plagiarizers to civil lawsuits as well as potential criminal charges.

Granted, copying content for educational purposes is sometimes considered fair use and therefore allowed under certain circumstances (i.e., proper citation), but remember that education is about preparing kids for the future—a future where stealing others' work is not allowed.

There are three easy ways for students to avoid plagiarism:

1. Teach your child about attribution and citations.
2. Have sources out of sight when your child begins writing.
3. Teach your child that plagiarizing isn't just dishonest; it's theft.

## Great River Folk Fest

**The 40th annual folk fest is a great family affair.**

Great River Folk Festival returns to Riverside Park for three days, Aug. 26-28. The festival provides guests from across the Midwest with a family fun atmosphere of music, crafts, and children's activities.

Erin Maslowski, the festival's organizer of children's programming, reminds families that the festival is an opportunity for kids to explore folk. "This [is] a really amazing, must-do event for families, introducing kids to folk music and art while spending time outdoors," says Maslowski.

Festival tickets are separated into a Friday night concert, Saturday day pass, Saturday evening concert, and Sunday pass with a closing concert. For current ticket options and prices, visit [www.greatriverfolkfest.org](http://www.greatriverfolkfest.org).

To get a taste of the music of some of this year's talent and learn more about what your family can enjoy at the fest, visit [www.cpclax.com](http://www.cpclax.com) to hear an exclusive podcast with the team at the Great River Folk Festival.



## Back to School Immunization Clinics

Immunizations, also known as vaccines, keep diseases like measles and mumps away from kids and out of schools. The La Crosse County Health Department is dedicated to promoting wellness and preventing disease in individuals by offering childhood immunization programs. A \$15 fee covers all vaccines at the clinic.

Families should bring their children's immunization records and, if they have them, ForwardHealth cards. Contact the La Crosse County Health Department at 785-9723 for details about requesting a fee waiver.

### WED., AUG. 24

Mathy Boys & Girls Club, 811 8th St. S.  
4-8 p.m.

Erickson Boys & Girls Club, 1331 Clinton St.  
4-8 p.m.

### THURS., AUG. 25

Lincoln Middle School, 510 9th St. S.  
4-6 p.m.

### MON., AUG. 29

Hintgen Elementary School, 3530 28th St. S.  
4:30-6:30 p.m.

### TUES., AUG. 30

Northside Elementary School, 1611 Kane St.  
4-6 p.m.







## DUNGEONS, DRAGONS, AND FAMILIES UNITE

The 2nd annual Coulee Con brings the comic convention scene to your backyard. Join the 2nd Annual Coulee Con for three days of gaming fun at the La Crosse Center, Aug. 26-28. Families can learn about live action roleplaying, tabletop games, collectible card games, and more.

Friday and Saturday will focus on open gaming, tournaments, and booths, with weekend passes for \$35 and one day passes for \$20. Sunday will be a family day, with \$5 family passes (up to two adults and up to four children). Open gaming will be available throughout the entire convention. Find a table, set up, and have fun!

For further information, visit [www.couleecon.com](http://www.couleecon.com) or email Josh Hertel at [coordinator@couleecon.com](mailto:coordinator@couleecon.com).

## Parent Talk

Casual conversations about topics that matter.

Meet other parents, kick back with snacks and refreshments, and casually talk parenting—and you even get child care out of the deal. A new collaboration brings together several organizations serving children and families for a seven-week series of classes at the YMCA-North focused on a variety of topics, including positive discipline, daily routines, mealtimes, helping kids manage emotions, and many other topics relevant to raising kids ages birth to 10. Attend all seven sessions or just pick the topics that matter most for your family, each Sunday from Sept. 11 to Oct. 23, 2-3 p.m. at YMCA-North, 400 Mason St., Onalaska.

Cost for the entire series is \$5-\$10. Register online or by calling the Y at 783-9622. Participating organizations include Gundersen Health System, Holmen School District, Early Childhood - CESA #4, and The Parenting Place.

### SESSION TOPICS:

#### SEPTEMBER 11

*Positive discipline for growing resilient kids: What works in discipline.*

#### SEPTEMBER 18

*Morning, daytime, and bedtime routines, oh my! Strategies to make daily transitions work.*

#### SEPTEMBER 25

*Yuck! I don't like that! Make mealtime an enjoyable time.*

#### OCTOBER 2

*Helping kids manage strong emotions.*

#### OCTOBER 9

*Playtime on a budget: 10 ways to use loose parts and dollar store items to engage your child.*

#### OCTOBER 16

*Curbing the tantrum, for kids of all ages*

#### OCTOBER 23

*Using praise effectively to build self-esteem. A second series will be held Thursdays, Nov. 3 - Dec. 15, 5-6 p.m. at YMCA - La Crosse, 1140 Main St.*



WORK FROM HOME, OR  
SUPPORT PARENTS WHO DO!

For your ad in this special section,  
please contact Meg at  
608.317.2625 for details!  
[meg@cpclax.com](mailto:meg@cpclax.com)



**DISCOVER AU PAIR CHILDCARE**  
♥ CPR/AED INFANT CARE ♥ NIGHTS & WEEKENDS  
♥ SUMMER & AFTERSCHOOL ♥ HOLIDAYS  
IN THE COMFORT OF YOUR OWN HOME!

[WWW.CWIGHT.AUPAIRNEWS.COM](http://WWW.CWIGHT.AUPAIRNEWS.COM)  
Free consultation! (608) 632-0372



\$50 OFF ANY NEW SESSION THROUGH 09/30/16  
BY MENTIONING THIS AD WHEN BOOKING

OLD BREW	BETTER & NEW!
<b>COFFEE FACTS</b>	<b>FACTS ABOUT EDGE</b>
<ul style="list-style-type: none"> <li>• Hot! Handle with caution</li> <li>• May exacerbate anxiety, irritability, heartburn, &amp; insomnia</li> <li>• 90mg of caffeine</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy, sustained energy*</li> <li>• Improved mood*</li> <li>• Sharper thinking &amp; Focus*</li> <li>• 3, clean key ingredients</li> <li>• 90mg of caffeine</li> </ul>
<p><small>*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.</small></p>	
<p><b>plexus</b> WORLDWIDE INDEPENDENT AMBASSADOR</p> <p><b>Heather Betsinger</b> Plexus Gold Ambassador #182720 608.397.2006 <a href="http://www.heatherbetsinger.myplexusproducts.com">www.heatherbetsinger.myplexusproducts.com</a></p>	

**move it or lose it**  
Get Active. Stay Independent!  
Improve your strength and balance to reduce your risk of falls.  
Specializing in working with elderly adults who may have cognitive issues.  
Offering private exercise sessions in your home.  
Call 608.790.7654 for your free consultation  
[www.moveitorloseit.info](http://www.moveitorloseit.info)



# IMPROVE LONG-TERM HEALTH & PREVENT

## CANCER FOR YOUR CHILDREN

by: Patrick Conway MD, Radiation Oncologist

Most parents worry about how well they are raising their children. When my wife was six months pregnant with our first child, I exposed my own fears when I told her I didn't think I was ready to be a parent. Timing has never been a strength of mine.

All my years of medical training as a cancer physician have had minimal impact improving my role as a parent. However, one aspect of parenting that has been aided by my experience in cancer care is ensuring that our children are vaccinated for the Human Papillomavirus (HPV).

### What is HPV?

HPV is a commonly transmitted virus spread by both males and females through genital and oral contact. The Center for Disease Control estimates 79 million people are currently infected with HPV, and 14 million more become newly infected every year. Most people are unaware they were ever infected and have no long-term problems. Because they're unaware of the presence of HPV, infected persons can unknowingly transmit the virus to others.

Although the majority of HPV infections are cleared by a person's own immune system, some strains will incorporate into the tissue and cells of the affected area and lead to the development of cancer.

### Cervical and Head/Neck Cancers

HPV has been shown to cause most types of cervical cancers. In the U.S. there are 13,000 new cases of cervical cancer diagnosed each year resulting in 4,000 deaths. Through the use of the HPV vaccine and early screening tools, like the Pap smear, the risk of pre-cancerous lesions and cervical cancer in women could be dramatically reduced.

There are 12,000 new cases of HPV related head and neck cancer in the U.S. per year. While there has been a decreased incidence of smoking related cancers of the head and neck region, cancer providers worldwide are seeing an alarming increase in HPV-related head and neck cancers. The sites of these cancers are usually in the tonsil region or at the base of the tongue.

Treatment for these cancers of the head and neck can include surgery, radiation, and chemotherapy. While these cancers are frequently cured, treatment can result in long-term alterations in the function of the mouth and throat.

Oral cancers have no prevention or screening tests. Currently, our only prevention strategy is use of the HPV vaccination to lower the risk of the development of a malignancy.

**GUNDERSEN**  
HEALTH SYSTEM®



Coulee Region  
Immunization Coalition





### About the Vaccine

The HPV vaccination lowers the incidence of HPV-related infections, with the long-term goal of reducing the risk of HPV-related cancers for those individuals who've been vaccinated. Despite the fact a vaccine to prevent HPV has been around for 10 years, completion rates for the series of three vaccinations is a dismal 30 percent throughout the U.S. Even with low vaccination rates however, there has been a marked decrease in the incidence of the types of HPV strains contained in the vaccine.

Currently, the recommended vaccine is Gardasil 9, which protects against nine different strains of HPV. These include the strains that can cause genital warts and, more importantly, the strains that have a higher risk to cause cancer. The vaccine is recommended for boys and girls ages 11-12. Additionally, males and females can be vaccinated thru age 26. The vaccine is given in three injections spaced several months apart. Side effects from the vaccine are temporary and can include pain at the injection site, low-grade fever, and headache.

### REFER TO THE CDC WEBSITE

<http://www.cdc.gov/hpv/parents/vaccine.html>, for more information regarding HPV and use of the vaccine.

Please be an advocate for your children's future health and talk to your healthcare provider regarding the HPV vaccine. By working with your child's healthcare provider, the completion rates of the HPV vaccine can be markedly improved. More importantly, we can protect our children from the risk of cancer.



**Dr. Conway** is a Radiation Oncologist practicing at Gundersen Health System and the father of four children. For more information on the HPV virus and the vaccine, **please call 608-785-9723** or email [bweigel@lacrossecounty.org](mailto:bweigel@lacrossecounty.org). This article is supported by the Coulee Region Immunization Coalition.

This publication also supported by the Cooperative Agreement Number: IP13-130101PPHF14, Increasing Human Papillomavirus (HPV) Vaccination Coverage Rates among Adolescents funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.



We know you  
are busy...  
let us help.



As busy parents, professionals, and family managers; we know you wear many hats. We are here for you and your entire family, and can provide comprehensive care under one roof without waiting.

- Braces or Invisalign
- Effective same-day teeth whitening
- Cerec technology for same-day crowns
- Options for drug-free relaxation
- Snoring solutions
- Dentures for Grandma & Grandpa



Dr. Jon Feist and  
Dr. Jake Siegart

We look forward to  
taking care of your family.

**Feist Siegart Dental**  
608.790.9464

831 Critter Court  
Onalaska, WI 54650  
[contactus@78teeth.com](mailto:contactus@78teeth.com)  
[www.78teeth.com](http://www.78teeth.com)



# Family Fun Calendar

compiled by Seth Langreck

Our calendar lists special events for children, parents, & families. Sometimes event details change after publication. Please use the contact information provided in each listing to verify times & locations before making the trip to an event. Deadline for our Fall edition is Fri., Sept. 9.

**Connection** effect  
family time matters

## AUGUST

**Fri., Aug. 12 - Sun., Aug 14**

### Ashley for the Arts

**Memorial Park, 551 Memorial Dr., Arcadia**  
**323-6805 • ashleyforthearts.com**

Enjoy 5K walk/run, games, scavenger hunts, food, & live music by Chicago.

### Bangor Lions Fun Daze

**Bangor Village Park, James St.**  
**villageofbangor.com**

Games, live music, food, parade, & more.

### Fountain City Days

**Fountain City**  
**687-7481 • fountaincitywisconsin.com**

Enjoy Lion's Club famous grilled chicken, softball tournament, live music, & more.

### Irish Fest

**Irish Fest Grounds, 615 2nd St. N.**  
**irishfestlacrosse.org**

Celebrate all things Irish with music, dance, food, & more.

**Sat., Aug 13, 20, 27; Sept., 3, 10, 17, 24; Oct. 1**

### YMCA Kids' Marathon

**Sites in La Crosse & Onalaska • 9:30-10:30 a.m.**  
**782-9622 • laxymca.org**

Encourage kids to engage in weekly activities & healthy eating. Kids receive booklet, prizes, t-shirt, & entry into Maple Mile Fun Run on Sat., Oct. 1. \$15.

**Sat., Aug. 13**

### You Crazy Monkey! Youth Obstacle Course

**Arcadia High School, 756 Raider Dr.**  
**3 p.m. • offnfunning.com**

Run, climb, crawl, balance, & scramble through an obstacle-filled course made for kids.

**Sun., Aug. 14**

### Concerts in the Park

**Halfway Creek Band Shell, 300 W. Roberts St., Holmen**  
**5-7 p.m. • 526-2152 • holmenwi.com**

Enjoy different music styles each night including children's music, rock, jazz, bluegrass, country, & more. Free.

**Mon., Aug. 15**

### Nifty Nature

**Children's Museum, 207 5th Ave. S.**  
**8:30-11:30 a.m. • 784-2652 • funmuseum.org**

Adopt a caterpillar, make a worm farm, & learn about animals. Five-day & half-day camps for ages 4-7. Register.

### Summer Celebration

**La Crosse Wellness Center**  
**7:30 a.m.-3:30 p.m. • 781-7627 • laxwc.com**

Join in summer camp with music, movies, fitness, art, snacks, & more.

**Wed., Aug. 17 - Sun., Aug 21**

### Houston County Fair

**Houston County Fair Grounds,**  
**203 S. History Lane, Caledonia, Minn.**  
**507-725-3397 • houstoncountyfair.com**

Discover skid steer rodeo, bull riding, demo derby, live music, truck & tractor pull, & more.

**Fri., Aug. 19 - Sun., Aug 21**

### Holmen Kornfest

**holmenlions.org**

Enjoy food, fireworks, car show, music, parade, dance, & more.

### Viroqua Wild West Days

**Wild West Days Grounds, 925 Nelson Pkwy., Viroqua**  
**637-2575 • thewildwestdays.com**

Go back in time with horse-drawn parade, rodeos, kids games, dancing, pony rides, & more. \$3/adult, \$2/kid.

**Sat., Aug. 20**

### Threshing Bee

**Norskedalen Nature & Heritage Center,**  
**N455 O Ophus Rd., Coon Valley**

**10 a.m.-4 p.m. • 452-3424 • norskedalen.org**

Celebrate a grain threshing complete with a wide variety of demonstrations & threshing dinner.

**Sun., Aug. 21**

### Darby's Dancers Fundraiser

**Misty's Dance Unlimited, 980 12th Ave. S., Onalaska**  
**2-5 p.m. • 317-1423 • mistysdance.com**

Raise funds for Darby's Dancers, a nonprofit dance program for children with special needs (dancers receive weekly classes, dancewear, shoes, & recital costume at no cost to their families).

### Celebrate Family Fun Fair

**Chad Erickson Memorial Park, 3601 Park Lane Dr.**  
**1-4 p.m. • 789-8640 • cityoflacrosse.org**

Family fun activities include tug of war, slack lining, backyard games, water balloon fights, & more. Call 789-8640 to register by August 17 to receive a free drawstring bag.

**Wed., Aug. 24**

### Back to School Immunization Clinic

**Erickson Boys & Girls Club, 1331 Clinton St.**  
**Mathy Boys & Girls Club, 811 8th St. S.**  
**4-8 p.m. • 785-9723 • co.la-crosse.wi.us/health**

Prevent disease in schools with La Crosse County Health Department's childhood immunization program. Please bring your Forward Health card & your child's immunization record. \$15 fee covers all vaccines. Contact La Crosse County Health Department at 785-9723 about waiving the fee.

Find additional ongoing activities  
and special events online at  
[www.cpclax.com/calendar](http://www.cpclax.com/calendar)



**DON'T Miss it!**

# OCEAN BOUND!

**children's museum of la crosse** *silly smart*

- Observe underwater scenes as you operate a submarine
- Play fun games to learn about water use
- And much more!

*Included with admission*

207 5th Ave S  
La Crosse, WI 54601  
608 • 784 • 2652

**at the Museum ONLY until Sept. 4**

## FERGUSON'S ORCHARDS

Open Daily  
10am to 6pm

- \* Apples \* Pumpkins \* Play Area
- \* Country Store \* School Tours
- \* Wagon Rides \* Gift Shop

**OPEN SEASON:**  
Aug. 27 to Nov. 6  
608.539.4239

Find out all the great things that are included in your admission by visiting our website!  
[www.fergusonorchard.com](http://www.fergusonorchard.com)

ADMISSION REQUIRED TO THE ORCHARD & FARMER TOM'S BARNYARD

**Bring your family back to nature at Norskedalen!**



*Spend quality family time:*

- Walking and hiking through wooded trails
- Looking for trout in the Arboretum Ponds
- Learning the heritage of our area through the Bekkum Historic Homestead
- Attending any of Norskedalen's events!

*Check our website for details:*

**[www.Norskedalen.org](http://www.Norskedalen.org)**



## Riverfront SERVICES FOR YOUTH WITH DISABILITIES

*Real Work. Real Life. Real Abilities.*

### Innovative Support...

for youth with disabilities so they may live more meaningful lives.

Offering a sensory friendly place to help youth **LEARN** and **grow**.  
*A commitment to individual needs*

### SERVING YOUTH AGES 3-18

- **After School & Summer Program**
- Supportive Home Care
- Mentoring
- Family Skills and Behavioral Assessment
- Skill Development and Enhancement
- Supported Employment
- Wellness Management and Recovery
- Education for individuals and families

**VISIT OUR OPEN HOUSE**  
Tuesday, August 16 • 3-6pm  
Come tour our After School and Summer Program Facility located at 2828 Huber Court, La Crosse

Call 608-784-9450 to reserve your spot in our After School Program today!

**[WWW.RIVERFRONTINC.ORG](http://WWW.RIVERFRONTINC.ORG) | 608.785.3514**

Black River Falls • Janesville • La Crosse • Mondovi • Tomah • Viroqua



**14th Annual**  
**La Crosse Storytelling Festival**

**Sept. 9 & 10, 2016**  
**Myrick Park**

*"If you want your children to be bright, read them Fairy Tales. If you want them to be brilliant, read them even more Fairy Tales."*  
 ~ Albert Einstein

**Fri. 6-9 p.m.**  
**"Tales of the Creepy & Scary"**  
 Show your library card and pay only \$2/ticket! (appropriate for young children until intermission)  
 Sponsored by La Crosse Public Library

**Sat. Noon-9:30 p.m.**  
 Highlights for families:  
 Hans Mayer Concert, Children's Story Tent, Children's Activities, Karen Wendt, Bob Kann, Juggler, Balloon man, Evening Adult only Cabaret

**For more information, please visit:**  
**www.lacrossestoryfest.com**

**Tickets available at the gate only:**  
**\$5/person/day**  
**\$15/family/day**  
**\$25/whole weekend family ticket**

**\$1 OFF**  
 with non-perishable food item

**Thurs., Aug. 25**

**Back to School Immunization Clinic**

**Lincoln Middle School, 510 S. 9th St.**

**4-6 p.m. • 785-9723 • [co.la-crosse.wi.us/health](http://co.la-crosse.wi.us/health)**

Prevent disease in schools with La Crosse County Health Department's childhood immunization program. Please bring your Forward Health card & your child's immunization record. \$15 fee covers all vaccines. Contact La Crosse County Health Department at 785-9723 about waiving the fee.

**Fri., Aug. 26 - Sun., Aug 28**

**Great River Folk Fest**

**Riverside Park**

**784-3033 • [greatriverfolkfest.org](http://greatriverfolkfest.org)**

Celebrate folk music with food, arts, & crafts, family-friendly activities, concerts, & more.

**Coulee Con**

**La Crosse Center, 300 Harborview Plaza**

**[couleecon.com](http://couleecon.com)**

Gaming culture with board games, collectible card games, tabletop roleplaying games, live action roleplaying, & more. Reduced entry fee of \$5 for families on Sunday.

**Fri., Aug. 26**

**Aquinas Fest**

**Copeland Park, 1130 Copeland Park Dr.**

**3-11 p.m. • 784-0707 • [aquinascatholicsschools.org](http://aquinascatholicsschools.org)**

Join Aquinas Catholic Schools for games, food, & dancing.

**Sat., Aug. 27**

**The Parenting Place Annual Children's Festival**

**Myrick Park, 2000 La Crosse St.**

**9 a.m.-noon • 784-8125 • [theparentingplace.net](http://theparentingplace.net)**

Find child-directed play & activities including mud kitchen, campground, pretend zone with shoe store & pizza shop, teddy bear picnic, & more. Free hot dogs.

**Sun., Aug. 28**

**Concerts in the Park**

**Halfway Creek Band Shell, 300 W. Roberts St., Holmen**

**5-7 p.m. • 526-2152 • [holmenwi.com](http://holmenwi.com)**

Enjoy different music styles each night including children's music, rock, jazz, bluegrass, country, & more. Free.

Find additional ongoing activities  
 and special events online at  
**[www.cpclax.com/calendar](http://www.cpclax.com/calendar)**

**Mon., Aug. 29**

**Back to School Immunization Clinic**

**Hintgen Elementary School, 3530 28th St. S.**

**4:30-6:30 p.m. • 785-9723 • [co.la-crosse.wi.us/health](http://co.la-crosse.wi.us/health)**

Prevent disease in schools with La Crosse County Health Department's childhood immunization program. Bring Forward Health card & child's immunization record. \$15 fee covers all vaccines. Contact La Crosse County Health Department at 785-9723 about waiving the fee.

**Tues., Aug. 30**

**Back to School Immunization Clinic**

**Northside Elementary School, 1611 Kane St.**

**4-6 p.m. • 785-9723 • [co.la-crosse.wi.us/health](http://co.la-crosse.wi.us/health)**

Prevent disease in schools with La Crosse County Health Department's childhood immunization program. Bring Forward Health card & child's immunization record. \$15 fee covers all vaccines. Contact La Crosse County Health Department at 785-9723 about waiving the fee.

**SEPTEMBER**

**Thurs. Sept. 1 - Sun., Sept. 4**

**La Crosse Area Bicycle Festival**

**Cameron Park, 300 5th Ave. S.**

**[explorelacrosse.com/bikefest](http://explorelacrosse.com/bikefest)**

Ride the best bicycle trails in the area. All rides leave from Cameron Park. Free.

**Thurs., Sept. 1**

**Free Car Seat Safety Check**

**Brenengen, 990 W. Hwy. 16, West Salem**

**3-7 p.m. • 785-9792 • [brenengen.com/child-seats/](http://brenengen.com/child-seats/)**

Get a free car seat safety check from Brenengen.

**Fri., Sept. 9 & Sat., Sept. 10**

**La Crosse Storytelling Festival**

**Myrick Park, 2000 La Crosse St.**

**[lacrossestoryfest.com](http://lacrossestoryfest.com)**

Listen to area storytellers. La Crosse Public Library co-sponsors Friday night's "Tales of the Creepy and Scary" from 6:30-9 p.m. Show library card for \$2 admission. On Saturday, children & adult storytelling from noon-4:30 p.m. \$5/person; \$15/family; \$25/family weekend pass.

**Fri., Sept. 9 - Sun. Sept. 11**

**Villa Louis Carriage Classic**

**Villa Louis, 521 N. Villa Louis Rd., Prairie du Chien**

**8 a.m.-4 p.m. • 326-4436 • [carriageclassic.com](http://carriageclassic.com)**

See competitive carriage driving & obstacle classes. \$12.50/adult; \$6/child.



**VITERBO UNIVERSITY**  
**Ronald McDonald®**  
**Arts for Young America**  
**2016-2017 FAMILY SERIES**



Missoula Children's Theatre presents  
**Rapunzel**  
**Saturday, Nov. 5 at 1 and 4 p.m.**  
 Viterbo Fine Arts Center Main Theatre

Conceived and Written by Michael McGill  
 Music and Lyrics by Michael McGill



Casa Mañana presents  
**A Year with Frog and Toad**  
**Sunday, Jan. 29 at 3 p.m.**  
 Viterbo Fine Arts Center Main Theatre

**All Tickets  
 on  
 Sale Now**

Book and Lyrics by Willie Reale  
 Music by Robert Reale  
 Based on the books by Arnold Lobel  
 Originally presented on Broadway by Bob Boyett, Adrienne Lobel,  
 Michael Gardner, Lawrence Horowitz, and Roy Furman  
 World Premiere at The Children's Theatre Company, Minneapolis, Min.



**Doktor Kaboom**  
**LIVE WIRE! The Electricity Tour**  
**Saturday, March 11 at 3 p.m.**  
 Viterbo Fine Arts Center Main Theatre

Chris Perondi's  
**Stunt Dog Experience**  
**Sunday, April 23 at 3 p.m.**  
 Viterbo Fine Arts Center Main Theatre

Viterbo University  
 Fine Arts Center  
 Box Office 608-796-3100  
[www.viterbo.edu/fac](http://www.viterbo.edu/fac)

WISCONSIN arts BOARD  
 Creativity, Culture, Community, Commerce.



FOR GROWNUPS WHO CARE ABOUT KIDS  
**the parenting PLACE**

The Parenting Place Presents  
**Children's Festival 2016**  
 rain or shine!

**Saturday, August 27th**  
**9am-noon at Myrick Park**

dinosaur island • kid's campground  
 soap factory • mud kitchen • AND MORE!

Buttons...  
 \$4 each • 3 for \$10 • \$5 at the event  
 children under 1 are free  
 scholarships are available

**608.784.8125**  
[theparentingplace.net](http://theparentingplace.net)

**Bebop & Bundles**

MUSIC TOGETHER  
 BRIDGING DIVERSITY HOME!

**NOW ENROLLING!**  
**BRAND NEW**  
**MUSIC TOGETHER STUDIO**  
**LOCATION: 1221 CALEDONIA ST.**  
 Join us for our  
**GRAND OPENING CELEBRATION WEEK**  
**August 15-22**  
**FALL SESSION STARTS**  
**September 17**  
 Enroll in a demo: on our website, see Classes/Demo  
 Now also offering classes in Holmen. Reserve your demo today!

Kathryn Skemp, director (608) 738-1609  
[bebopandbundles@gmail.com](mailto:bebopandbundles@gmail.com)  
[www.bebopandbundles.com](http://www.bebopandbundles.com)

**WEEKEND PLANS?**

Coulee Parenting Connection  
 LET US  
 HELP YOU  
**FIND FUN**  
**WAYS TO**  
**CONNECT**  
**WITH YOUR**  
**FAMILY!**  
 Visit  
[www.cpclax.com](http://www.cpclax.com)  
 for our family fun  
 calendar, and join the  
 ParentHood for ideas  
 delivered to your inbox!

**Fri. Sept. 9**

### **Fish Hook Fest**

**Copeland Park, 1130 Copeland Park Dr.**

**5:30 p.m. • 782-2281 • [explorelacrosse.com/fishhook](http://explorelacrosse.com/fishhook)**

Enjoy live music & support breast cancer research at Fish Hook Fest. \$5 is donated to Steppin' Out in Pink. \$10; free/ages 10 & under.

### **Twisted Maze Run**

**Hidden Trails Corn Maze, W4704 Hwy. 16, West Salem**

**8:30 p.m. • 484-0602 • [offnfunning.com](http://offnfunning.com)**

Race through Hidden Trails Corn Maze in the dark. Ages 13 & under free with paid adult registration.

**Sat., Sept. 10**

### **Steppin' Out in Pink**

**Gundersen Health System-La Crosse Campus, 1836 S. Ave. • 7:30 a.m.-noon • [steppinoutinpink.org](http://steppinoutinpink.org)**

Celebrate 11 years of fundraising for local breast cancer research individually or as a team. Registration begins 7:30 a.m. Walk starts 9 a.m.

**Sun., Sept. 11**

### **Concerts in the Park**

**Halfway Creek Band Shell, 300 W. Roberts St., Holmen**

**5-7 p.m. • 526-2152 • [holmenwi.com](http://holmenwi.com)**

Enjoy different music styles each night including children's music, rock, jazz, bluegrass, country, & more. Free.

### **Norskedalen's Twilight Tour**

**Norskedalen Nature & Heritage Center, N455 O Ophus Rd., Coon Valley**

**5-8 p.m. • 452-3424 • [norskedalen.org](http://norskedalen.org)**

Go back into the past for a living history tour. Led by guides with lantern lights, visitors meet area historical characters. Register.

**Wed., Sept. 14 - Sun., Sept. 18**

### **Vernon County Fair**

**Vernon County Fairgrounds, 210 Fairgrounds Rd., Viroqua**

**[vernoncountyfair.com](http://vernoncountyfair.com)**

Midway attractions, commercial exhibits, grandstand entertainment, 4-H judging, truck pull, demolition derby, children's shows, & more.

Find additional ongoing activities  
and special events online at  
**[www.cpclax.com/calendar](http://www.cpclax.com/calendar)**

**Thurs., Sept. 15 - Sun., Sept. 18**

### **Applefest**

**La Crescent, Minn.**

**507-385-1817 • [applefestusa.com](http://applefestusa.com)**

The biggest apple harvest of the year offers contests, rides, crafts, banquets, & more.

**Sat., Sept. 17 & Sun., Sept. 18**

### **Hmong New Year Festival**

**CRUSA Soccer Fields, 2400 Hauser St.**

Join the local community & celebrate Hmong culture with music, dancing, food, shopping, & sports.

**Sat., Sept. 17**

### **22nd Annual Tri-Quest**

**Drugan's Castle Mound Country Club, W7665 Sylvester Rd., Holmen**

**7 a.m. • 792-6013 • [tri-quest.org](http://tri-quest.org)**

Run 5K, bike 33K, & golf 18 holes to support Boys & Girls Club of Greater La Crosse. Register individually or team by Sept. 1 for discount.

### **14th Annual Down Syndrome Awareness Walk**

**Onalaska OmniCenter, 255 Rider Club Rd.**

**10 a.m. • [secure.qgiv.com/event/gla16/](http://secure.qgiv.com/event/gla16/)**

Join neighbors & help raise awareness for individuals with Down Syndrome. Enjoy Big E rides, face painting, raffles, & more.

**Sun., Sept. 18**

### **Concerts in the Park**

**Halfway Creek Band Shell, 300 W. Roberts St., Holmen**

**5-7 p.m. • 526-2152 • [holmenwi.com](http://holmenwi.com)**

Enjoy different music styles each night including children's music, rock, jazz, bluegrass, country, & more. Free.

**Tues., Sept. 20**

### **Suicide Awareness Event**

**Riverside Park**

**6-7:30 p.m. • [uwlax.edu/conted/suicide-prevention](http://uwlax.edu/conted/suicide-prevention)**

Special event to promote awareness.

**Wed., Sept. 21**

### **Suicide Prevention Summit**

**La Crosse Center, 300 Harborview Plaza**

**8:30 a.m.-4:30 p.m. • [uwlax.edu/conted/suicide-prevention](http://uwlax.edu/conted/suicide-prevention)**

Increase an understanding of suicide, its prevalence, & the risk factors for specific populations, & acquire tools for prevention, assessment, & intervention. Cost: \$120/general; \$50/student.

**Fri., Sept. 23 & Sat., Sept. 24**

### **Local Lupus Alliance 6/24 Hour Goosebumps Run/Walk**

**Goose Island Park, W6488 Cty. Rd. G1, Stoddard**

**24-hour starts 2 p.m. Fri; 6-hour starts 9 a.m. Sat. [locallupus.org](http://locallupus.org)**

Promote awareness about lupus, an autoimmune disease, by walking or running at your own pace. No entry fee; donations welcome. Register.

**Fri., Sept. 23 - Sun., Sept. 25**

### **Warrens Cranberry Festival**

**Warrens**

**7 a.m.-5 p.m. • 378-4200 • [cranfest.com](http://cranfest.com)**

Discover crafts, great food, cooking demonstrations, pie eating contests, Sunday parade, & more.

**Sat., Sept. 24**

### **Fall Festival on the Farm**

**Deep Roots Community Farm, W4406 Cty. YY**

**2-7 p.m. • [growlacrosse.org/fall-festival](http://growlacrosse.org/fall-festival)**

Join neighbors for cooking demos, community art projects, music, and more. Proceeds help GROW La Crosse continue to connect kids to healthy food & nature.

**Thurs., Sept. 29 - Sun., Oct. 2**

### **Oktoberfest**

**Downtown La Crosse**

**784-3378 • [oktoberfestusa.com](http://oktoberfestusa.com)**

Join 56th Annual Oktoberfest & celebrate with food, music, & fun.







## braces & invisalign

FOR A SMART, BEAUTIFUL,  
BACK-TO-SCHOOL SMILE!



Our patients enjoy our office for the **quality care** received by Dr. Dave and his talented team, the **funny jokes** that Dr. Dave shares, and our **patient centered activities** that everyone can take part in! The American Association of Orthodontists recommends all children be seen by the young age of 7. Contact our office to speak with our **friendly front desk team** to schedule a **complimentary consultation**. We can't wait for you to experience what La Crosse County knows is **the best!**

**KUJAK**  
ORTHODONTICS

Dave Kujak DMD, MS

