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away two tickets at each Party  
in the Park through August 6.  
**See page 50-51 for details!**



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## COVER PHOTO

Our Cover Kids, Joplin and Frankie, had a ball clowning around with their dads!  
Enormous thanks to Tad Meddaugh at The Studio for our cover photography!



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PHOTOGRAPHY: THE STUDIO

## Stating the Obvious

In the past six months, I've noticed a stronger than usual trend toward recognizing dads as equal parents. Maybe this sounds corny or outdated, because I think the frontier of parenthood roles is developing. Still, we remain guilty of inflating the importance of moms' role in parenting and trivializing the other half with terms

like Mr. Mom and word choices that imply dad is babysitting his own children.

Neuroscience researchers Eyal Abraham and Ruth Feldman call this view "matricentric" and assert it limits our understanding of human caregiving and child development. They say it's likely that the human race emerged as a dominant species thanks to active fatherhood. Their research shows that fatherhood is similar to motherhood, particularly when fathers embrace a caring role, and that all humans, regardless of gender, are capable of providing nurturing care to children.

Yet another study conducted by the University of Arizona found whether young women picture themselves as the primary caregiver or primary breadwinner depends on how much they

think men will step up to the parenting plate. Unmarried women ages 18 to 25 who believe men are increasingly active in childcare are more likely to view themselves as primary breadwinners for their future families.

In this edition of Coulee Parenting, you'll hear from several dads who stayed at home or are currently staying at home with their young children. A the risk of saying it yet again, it's my favorite part of this job to learn the extraordinary stories of ordinary parents in our area. Their stories are both revealing and inspiring, and prove parenthood works best as a two-person job.

*Jissa* 😊

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# MICHAEL SCOTT



## About

**AGE:** 51 / **MARRIED:** Polly Scott, 9 years

**CHILDREN:** Ian, 18; Emma, 17; Owen, 14

**JOB TITLE:** Freelance actor, writer, and storyteller;  
Parent Educator at The Parenting Place

**Y**ou've likely heard the name Michael Scott, and not just thanks to the hit television mockumentary, "The Office." If you don't already recognize him, you have probably benefitted from his work at some point. Scott is a regional celebrity known for his skills as an actor, writer, and storyteller, from his "Old School Variety Show" and multiple community theater roles, to his recent Ghosts of Historic La Crosse tours and "Walking with Twain" theatrical summer walking series.

Scott grew up in Brookfield, a western suburb of Milwaukee. In 1986, he began a major in psychology and

a minor in theater at UW-La Crosse. Following completion, he worked in a group home in St. Paul, then spent two summers with a Shakespeare theater in Fairbanks, Alaska.

He returned to La Crosse to become creative director at Midwest Family Broadcasting. If you've ever listened to one of Rose Jewelers' Rose Files, well, that's Michael Scott; he's been writing and recording the beloved radio campaign for 20 years.

For nearly as long, 18 years now, he's been a dad, and was an early adopter of stay-at-home fatherhood at a time

when it was relatively uncommon. Most recently, he's taken his parenting skills to a professional level as a parent educator with The Parenting Place.

### **HOW HAS BEING A WRITER, ACTOR, AND STORYTELLER CONTRIBUTED TO YOUR PARENTING?**

To be a successful actor and storyteller, you need to be focused and completely present. Two vital skills for parenting. A sense of humor also helps a great deal.

### **WHAT ARE YOUR FAVORITE PARENTING TIPS?**

My favorite is something we teach at The Parenting Place, but I've renamed the



strategy 'Riding the Bull.' In bull riding, the goal is to stay on for 8 seconds. The same goal is useful in discipline for a child. (By discipline, I'm not talking about punishment. The meaning of discipline is actually 'to teach, to instruct.')

Once you have connected with your child (hint: squat down, gently say their name, connect before you correct), calmly tell them what you want them to do, and then wait 8 seconds (it's longer than you think!).

If they do what you ask, great! Praise them. If not, calmly ask again and wait another 8 seconds. Again, if they do it, fantastic. If not, calmly give them a small consequence for not choosing to listen.

The theme through all of this is calm. Calm is a superpower, and the more you practice, the better you'll get at it.

#### **THIS ISSUE FOCUSES ON CELEBRATING DADS IN HONOR OF FATHER'S DAY. DO YOU THINK BEING A DAD IS ANY DIFFERENT THAN BEING A MOM?**

When I was a full-time dad, people called me "Mr. Mom," after the movie from 1983. I thought I needed to be Mom, but that was an impossible task. I could never be Mom. I could only be Dad, so that's my advice to men who are the primary caregivers to children: Be Dad in all your awesome Dad-ness.

#### **TELL US ABOUT YOUR OWN DAD.**

He was gone a great deal when I was young due to work. He suffered from toxic masculinity, but he was brave and smart enough to relearn his view of what being a man and a father is. He became the kindest and most gentle person you would ever want to meet.

He was a natural storyteller and he had a welcoming smile for everyone. He liked to give gifts, but not on birthdays or Christmas. His hobby was woodcarving and he would surprise you with a figurine or something and say, 'I thought you'd like this.'

He passed away a year ago, and every day I'm surprised by how much I miss him.

#### **FOR SEVERAL YEARS WHILE YOUR KIDS WERE YOUNG, YOU WERE A STAY-AT-HOME DAD. WHAT WAS THAT LIKE, AND DO YOU THINK THE ROLE OF STAY-AT-HOME DAD HAS CHANGED ANY IN THE LAST DECADE?**

I didn't know too many other dads doing what I was doing 15 years ago. Today, I see a lot more. It was lonely at first, but I was adopted into a 'moms group' and those women became my co-workers of sorts. Being a parent full time to little ones can be isolating and lonely, but we are lucky to have organizations like The Parenting Place and the programming they provide.

#### **TOTALLY RANDOM QUESTION, BUT HOW DO YOU FEEL ABOUT SHARING THE NAME OF THE INFAMOUS BOSS IN "THE OFFICE"?**

It's fun, really. I thought it would go away, but because of Netflix, there is a whole new generation that cringes at, but loves, the escapades of Michael Scott. When I do ghost tours, I allow time for snickering when I introduce myself. **CPC**

#### **FAVORITES:**

**MUSIC:** I'm a huge Bob Dylan fan. I've seen him live 27 times.

**PARENTING MOMENTS:** I love remote, primitive camping (even in winter). I've had one-on-one trips with each of the kids and those trips combine into my fondest memories.

#### **COULEE REGION FAMILY-FRIENDLY ATTRACTIONS AND EVENTS:**

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The pizza farm near Alma. It was great when the kids were little and now, as teenagers, they get no cell coverage out there and my wife and I have great talks with them.

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# LA CROSSE DESIGN INSTITUTE BUILDS BUSINESS AND COMMUNITY WITH LDInk

Students at the district's La Crosse Design Institute (LDI) created a small business. LDInk was started by LDI students with help from UW- La Crosse art education students to create handcrafted t-shirts, tote bags, and other items.

The unique creations are made by spreading black ink on manhole covers and grates. The blank shirts and bags are then pressed down on to the ink, peeled back, and each item is imprinted with a design from the City of La Crosse.

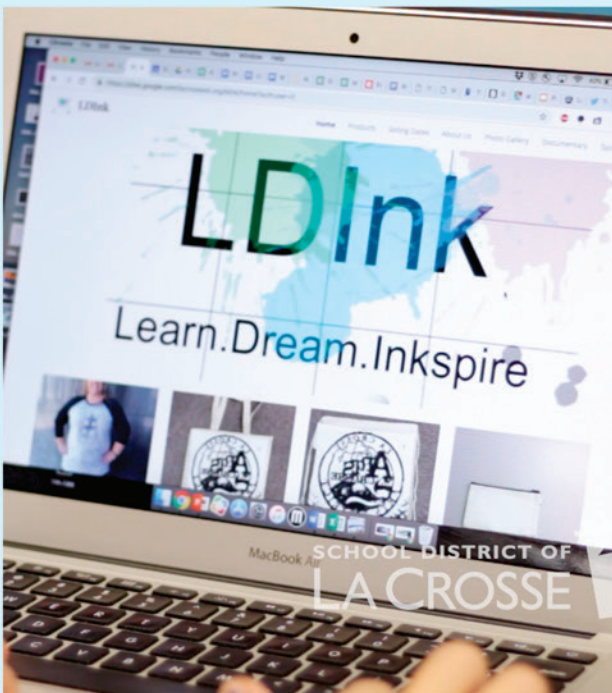
"Our sixth-graders have taken an idea, and created an entire business," said LDI advisor Maggie McHugh. "They learned about budgeting, profits, advertising, building websites, and how to create a product that is desirable to consumers. These students are developing intrapersonal skills that transcend the classroom, making them ready to tackle any problem in today's society."

The students divided into six departments: film, budget, media, website, graphic design, and secretary. The film group made commercial and documentary content. The budget team handled the finances. Students in the social media group created content posts for the LDI Twitter and Facebook pages, with the website team making the business's web page. The graphic design students made the LDInk logo and marketing materials. The secretary kept track of each team's progress and upcoming work and offered assistance and support to the teams as needed.

"I feel like this is such a great opportunity because not a lot of kids get to do this," said LDI sixth-grader Ayda Weege. "You get to learn so much because you get to start your own business and work with a lot of different elements."

LDI students created pieces at various downtown La Crosse locations, inking items for LDInk's first public sale. Art students from UW-La Crosse were there to lend a hand. LDInk sold the items at the business's first booth at the Cameron Street Farmer's Market. \$1,000 was generated from the sale which the students decided to donate to the Family and Children's Center.

Funding for the project's startup was provided by the Herb Kohl Educational Foundation with additional project support offered by Downtown Mainstreet, Inc. and the UW-La Crosse School of Education.



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# LET'S ROCK & ROLL, DADDY-O!

## CELEBRATING A FEW OF OUR FAVORITE THINGS: DADS, SUMMER, MUSIC, BIKING, AND THE GREAT OUTDOORS!

By Lissa Carlson

### THESE DADS ROCK

While all dads rock, some do it more literally than others. Mike Caucutt, Gregg Hall, and Andy Hughes are rock-star dads as band members of The 3 Dads, brainchild of Caucutt.

Caucutt's idea for a children's band was born out of the hero-worship he and his kids held for Hans Mayer, the famed musician of such beloved numbers as "God Bless My Underwear" and "My Brother Eats Bugs." In addition, he had fond memories of an uncle who played guitar while he was growing up. "He would come over and sing and play guitar, and those were good times," Caucutt says. "I wanted other kids to have that experience. There's something about live music that connects us, and we need that now more than ever."

So, with a few children's songs and a "lack of gumption to do any more," Caucutt laughs, "I thought teaming up with some friends would help. Andy and Gregg came to mind, and they were all in from the get-go."

Like their band name implies, all three musicians are fathers. Hall has two sons, Shay, 12, and Waylon, 5; Hughes has two daughters, Marley, 12, and Maya, 10; and Caucutt has daughters Elizabeth, 18, and Katherine (Kat), 10, and son Drayton, 15. They each play in other bands: Hall in Gregg Hall and the Wrecking Ball, and White Iron (he also owns Deece Productions); Hughes in TUGG, as well as Andy Hughes and the Mighty Few; and Caucutt in Mr. Blink.

The group released its first CD, *Cool Beans*, in late 2018 and has been in hot demand on the concert circuit ever since. All three band members are exceptionally civic-minded and attribute that to



musician heritage and the good example set by their families. "Local music is definitely a community connector," Caucutt says.

"Most bands' first gigs are fundraisers," Hughes adds. "And my dad's always been very community oriented. He [Peter Hughes] helped start the Guitar Academy at the Boys & Girls Club. Both my girls went through that."

On that note, are their kids budding musicians? Caucutt's wife, Nancy, is a music teacher. While they required their kids to learn an instrument, they let them choose which one. "We try not to force it on them," he says.

Hughes agrees. "That's exactly what I was going to say: Don't force it on them!"

Both try to influence their kids' love of music by example. Caucutt hopes their kids see how much joy it brings them to be musicians. Hughes says, "I just hope they see that I carve out time to do something that I love, and that we get to do cool things that help the community."

The 3 Dads wants to bring that positive music influence to all families in our area. "Kids are fascinated with seeing the instruments and the experience of musicians playing them and singing together live," Hughes says.



Clockwise from top: Mike Caucutt's family;  
Gregg Hall's family; and Andy Hughes' family.



PHOTO CREDIT: BOB GOOD



You might already be a "Dad-head"\* if you've had the pleasure of hearing the songs "Beanie, Bean, Beans," "Snow Day," "I Like Chocolate Milk," or "Love," all Cool Bean album favorites.

If not, we've got a CD available for giveaway at [CouleeParenting.com](http://CouleeParenting.com).

Either way, be sure to bring your kids and hear them at Coulee Parenting's Party in the Park series, where The 3 Dads will play and lead a singalong at the end of each event. Mark your calendars; all events are 5:30-8 p.m.

Tues., June 25  
Myrick Park

Tues., Aug. 6  
Powell Park

Tues., July 9  
Poage Park

Tues., Aug. 20  
Pettibone Park

Tues., July 23  
Copeland Park

\* (Band member Mike Caucutt's term.  
Think Deadhead fans of the Grateful Dead.)



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## THIS DAD ROLLS

When Jed Olson was in college, friends from the Coulee Region kept telling him he had to witness the beauty of our area, plus there was this great concrete skate park. As an avid BMX biker, the skate park held the greater pull.

As for the beauty of our great outdoors, his trip from Collegeville, Minn. through Rochester and then to I-90, left him feeling flat and pretty unimpressed. Until he hit Nodine. “I hit the drop at Nodine on a hot July day,” he remembers. “It had just rained, and there was steam coming up out of the bluffs, and it was just breathtaking.”

Still, as much as he loved the scenery (and that skate park, too), he and his wife, Kelly, moved to the West Coast. It wasn’t until they started a family that they considered moving closer to be near extended family.

In a tossup between Duluth, Minn. and La Crosse (they wanted elevation, water, and a ski hill nearby), La Crosse won, and in more ways than one. Not only did our region gain Olson’s citizenship, but his passion for community service and the outdoors. About a decade later, Olson is the vice president of the Outdoor Recreation Alliance (ORA) and owner of VeloCity, an outdoor education and recreation project management company.

Olson’s commitment to community building shows up in his family life as well. As the father of three, Oliver, 12, Wesley, 8, and Maeven, 6, they play host to many visitors, most recently an artist who was painting a mural at State Road School. Olson and his wife love travel and adventure and work to experience that as a family in a variety of ways, whether it’s traveling to historic sites or watching documentaries on Netflix. A trip to Ireland in 2016 with Olson’s grandmother, who was 86 at the time, provided a lesson in family heritage. “That was an amazing trip,” he says. “My grandma shared stories with my kids about immigrating to the U.S. that she’d heard from her grandmother, so they were hearing those



PHOTO CREDIT: MARY LUEBKE, FIRST EXPRESSIONS

stories from someone only one person removed.”

The No. 1 value they strive to impart to their kids is empathy. While Olson says they don’t do this in a structured way, their lives revolve around it. “We challenge them to think about social justice issues,” he says, and talks about a recent homeless person they encountered. “We talked as a family about, if we were in a situation where we didn’t have our house, what would we do? We want them to be able to see the circumstances they’re in and the circumstances others are in; the blessings and the struggles of their own and others.”

For nearly 8 years, Olson was a stay-at-home (SAH) dad. “So many people asked me what I did during that time, because we associate someone so much with what they do,” he says. “And I’d always answer that I do nothing. The people around me got the joke, because of course I was doing a lot. I’ll never get that time back, that age of my children, and we’re very blessed that we were able to do that because of my wife’s occupation.”

Olson’s love of the outdoors also influences their family life, but even he admits it’s a conscious effort. “There’s tons of science out there that puts solid evidence on the benefits of being outdoors,” he says. “In my family in particular, we have to commit to it.”

You wouldn’t dream of letting your child miss the big baseball game, but we’re quick to give up the family bike ride after supper because everyone has too much to do, and Olson admits his family life is no different. During the summer, the Olsons treat Wednesday nights just as they would if one of their kids had a game – it’s the night they make a push to spend time outdoors. “It’s not something we register to do, but we hold ourselves very accountable to spending Wednesday nights actively outdoors,” he says.

Oh, and that skate park that attracted him to La Crosse so many years ago? Last summer, Olson saw his life come full circle when VeloCity played a part in the project to update the skate park by enhancing the bicycle “playground” portion. **CPC**



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# STAY-AT-HOME (SAH) DAD JARED HEESCH



PHOTO CREDIT: SAVANNAH STEIGER PHOTOGRAPHY

## About

**AGE:** 34 / **MARRIED:** Renae, 11 years

**CHILDREN:** Jaden, 8; Jera, 6; Joy, 3; Jenzy, 18 (a foreign exchange student from Uganda); "Chase" (foster son under age 10)

Jared Heesch is one of those people who raises the bar on kindness. Here is a man with three biological children; who is also a foster parent (including one of only three families in the La Crosse region who currently provide emergency foster care); contributes to Bella Goose, his family's coffee/ministry business based in Wisconsin Dells; coaches softball and basketball; cooks a "high 90 percent" of his family's meals; co-leads a church youth group; plays board games with his kids; and the

list goes on. While his daily contributions are impressive, it's his kind, open, humble nature that's most inspiring.

He doesn't do it alone, of course; he has an exceptional partner in his wife, Renae. High school sweethearts from Tomah, Jared and Renae knew they wanted one of them to be available to their kids as a stay-at-home parent. Renae works with PKC Consulting, a full-service accounting firm in Onalaska, and studying to earn her CPA. At the

time they made the decision, Renae was earning the same as him, if not more, so they decided he'd be the one.

His own father served as a predecessor for the decision. Once the owner of multiple Subway franchise locations, Jared's father took an unpaid position as a part-time assistant pastor to spend more time with Jared and his younger brother, Jordan. Time and individuals were valued over money, so much so that Jared's mother gave away the family car – twice – while he was growing up. "Somebody needed it more than she did," he shrugs.

Still, it may be that traditional gender expectations provide Renae and Jared with a deeper appreciation for one another's sacrifices than in families with moms at home. "She is making sacrifices, too," he says. "She misses some things she wishes she didn't, and we both recognize the sacrifice the other is making."

So, what does the average day in the life of this SAH dad look like? In a word, BUSY!

**5 a.m.** – This former defensive lineman in football recently started early morning visits to Eupraxia fitness center.

**7 a.m.** – "If it's tax season, I'll usually do school drop-off," Jared says, then pauses. "Well, pretty much most of the time I do school drop-off."

**8-11 a.m.** – Shopping. Phone calls for his work with Bella Goose. Anything he wants to do without an entourage of kids fits in this time slot.

**11 a.m.** – Today, Joy is writing her name on the dry erase board in the kitchen. "Dad," she confides conspiratorially, "the Y is extremely difficult."



Instead, she types out her name on a toy typewriter, saying each letter as she goes. J – O – Y. She does it again. “J – O ... Let’s see here. There was another Y somewhere...”

“Another Y on the keyboard?” Jared asks, and patiently looks on as she continues to search for it.

**2:30-3:10 p.m.** – They pick up Chase from Head Start and the ‘bigs’ from school. Jared typically allows them 10-15 minutes to decompress before homework and the evening routine.

**5:30 p.m.** – Like many families, evenings are full for the Heesch household. Jared has a weekly lineup of volunteer commitments.

If it’s a sport season, they’ll travel to kids’ games. School concerts and presentations are a family affair. “The kids go to the other kids’ stuff,” Jared says. “We believe in each other – you need to have that.”

What little evening if any remains after activities, volunteer work, and bedtime routines for the littles, might include playing the board games Settlers of Catan or Ticket to Ride. Jared frequently gets together with a group of his friends to play video games in their basement during the winter months.

As Jared reflects on his own upbringing, it deepens his commitment as a father. “I believed that my parents loved me, even more than themselves,” he says. “You pick what you remember about childhood, and the most consistent messages you receive are the ones you’re most likely to remember. It didn’t take long for me to realize that my parents wanted better things for me than they did for themselves.” **CPC**







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# A RACE TO REMEMBER

**Big Blue Dragon Boat Festival offers a chance to celebrate a beloved art teacher.**



The Big Blue Dragon Boat Festival has a message for area youth: Don't miss the boat! They're speaking, of course, about the dragon boats that will race on the Black River by Copeland Park this June 22 and the

opportunity youth have to become part of something much bigger than themselves.

The festival is presented by Mayo Clinic Health System and Boys & Girls Clubs of Greater La Crosse, with proceeds respectively supporting their Center for Breast Care and healthy living programs.

Each youth team includes 20 kids ages 11 and up, plus a drummer to keep everyone paddling in unison. Teams may represent community clubs, sports teams, classmates – any youth groups looking for an extraordinary team experience. Registration is open now through May 31 at [bigbluedragonboat.com](http://bigbluedragonboat.com). Through the generosity of sponsors, youth teams paddle for free.

Team Beron, comprising students from West Salem Middle School and captained by teacher Erika Olson, participates every year. The team formed in 2016 soon after their art teacher, Krista Beron, was diagnosed with breast cancer.

When the team paddled in 2017, Beron was in remission. But by 2018, the cancer had returned and claimed her life. Today, the team paddles in her memory.

"Often today, kids are more focused on themselves," says Olson. "Dragon boating shows them it's not just about what they do individually, but that you have to work all together as a team to move the boat the fastest you can. It shows the power of working together for a common goal, something that is bigger than yourself."

Olson says the camaraderie and the atmosphere on race day is so different from what youth experience in everyday life. "This is something new and different that teaches them about so much more than paddling. I absolutely recommend it." **CPC**



# LET IT ROLL:

## Fun on the water for log rollers

Katie Burke was 6 years old the first time she tried log rolling at the La Crosse YMCA. At that time, it was a fairly new sport to our area, but she and her older brother took to it like fish to water, eventually turning pro. Now, she says, there are approximately eight log-rolling programs in the region.

Log rolling is an individual, relatively inexpensive sport that teaches athletes focus and balance. Picking up the sport for the first time doesn't require much skill or athleticism; Burke jokes that she can easily roll her ankle walking down the sidewalk, but she can log roll. "We've had kids start in life jackets," Burke says. "As long as they're comfortable getting their face wet, they can try it."

Burke, originally from Onalaska, now resides in DePere and coordinates two of the top three log-rolling tournaments in the country as director and co-founder of Three Rivers Roleo, 11 years running. She says professionals range in age from 16 to mid-50s, though the majority of pros are in their 20s and 30s.

So do we boast any famous log rollers locally? Burke laughs. "You certainly do," she says, calling out Carl Rick, Jacob Rick, Garrick Birdsong, Connor Birdsong, and Livi Pappadopoulos as recently recognized champions of the sport.

If you're interested in giving it a whirl, you're in luck. The 11th annual Three Rivers Roleo on Saturday, July 14 features an opportunity for kids to try log rolling for free in an inflatable pool at 11:30 a.m., 12:30 p.m., and 3:30 p.m. Bring a swimsuit and a towel.

Or just come to watch the professional competition, beginning at 11 a.m. The event features food trucks, a history tent, and a 4:30 p.m. performance by the cover band, Sellout. Held at the Great River Landing in Onalaska, Three Rivers Roleo is one of the only outdoor log-rolling tournaments hosted on a national body of water. **CPC**



PHOTO CREDIT: NICK MARCON

For details, visit [threeriversroleo.com](http://threeriversroleo.com).





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# GOTTA DANCE:

## Adaptive show choir camps

Sierra Lyon knows the love of song and dance doesn't discriminate. The 20-year-old Viterbo student spent a few months with a family in Port-Au-Prince, Haiti with two kids with special needs. They loved to sing and dance around the house. It occurred to Lyons, a show choir student through middle and high school, that these kids would love show choir. A bit of research revealed show choir is not an opportunity kids with special needs get to try.

This was the impetus for Abilities in Harmony, an adaptive show choir for all abilities founded by Lyon in July 2017. "A lot of the kids that are in our camps have had siblings who are in show choir, and they see them practice and they just want to be able to try it, too," she says.

Students, ages 11 to 21, are paired with a volunteer who is currently in or an alumni of show choir, or who is studying music and/or special education. They learn vocals and dance movements to two or three numbers that they perform at camp conclusion (Katy Perry's "Roar" was a big hit with students, she says). They also play games and get free dance time, which is a camp favorite. Lyon fondly remembers one student told her mom after camp, "I can't help it, mom, I was just born to perform on stage!"

This is often the takeaway students gain from camp – that they are equally entitled to participate in show choir. "And those who watch the shows realize students with special needs are capable of more than we often give them credit for," Lyons says. **CPC**

**For information or to register for Abilities in Harmony, visit [abilitiesinharmony.org](http://abilitiesinharmony.org).**



PHOTO: ISTOCK

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# DOG DAYS OF SUMMER:

## What to do if your pet goes missing

The summer months can mean carefree living, not just for families but their pets too. More pets go missing around the Fourth of July than any other time of year, according to PetAmberAlert.com, possibly due to the combination of panicked pets around fireworks and less alert owners in vacation mode.

### THE COULEE REGION HUMANE SOCIETY OFFERS THESE TIPS FOR PREVENTING A MISSING PET AND WHAT TO DO IF IT HAPPENS.

- Keep updated photos of your pet with any distinguishable characteristics.
- Microchip and register your pet.
- License your pet.
- Have ID tags on your pet at all times, including your cell phone number. Don't forget to update these if you move or change your number!
- Make sure your voicemail box isn't full. The Humane Society says it often can't leave a message for the owner of a stray dog because of this.

### IF YOUR PET DOES GO MISSING:

- Call all shelters and rescues within a 60-mile radius. If you live in La Crosse County, file a report at 781-4014.
- Contact your vet. Rabies tags will often connect the finders to your vet clinic.
- Post on as many online sites as possible: Facebook, Craigslist, and Nextdoor, and encourage friends and family to share your post.
- Ask neighbors and mail carriers if they've seen your pet or could watch for it.
- Post flyers, and don't give up. The Humane Society says animals who've been lost for months have been reunited with their owners. CPC



PHOTO: ISTOCK

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# THIS IS HOW WE ROLL



**Biking offers fun, fitness, and family time “rolled” into one.**

*We’ve compiled some tips and events to keep you wheeling all summer long.*

## Wisconsin Bike Week

• June 1-9

Coulee Parenting is a proud local sponsor of Bike Week. Look for us at the following family-friendly bike events and check out [WisconsinBikeWeek.com](http://WisconsinBikeWeek.com) for additional Bike Week ride celebrations.

### FRI., JUNE 7

#### ■ Bicycle Scavenger Hunt

**Start at Cameron Park, 4:30-8:30 p.m.**

All-ages bicycle scavenger hunt. Teams depart the park between 4:30 and 6 p.m. (hunt leader will share the route), then have 90 minutes to gather items, take photos, and answer questions. After party at Rock & Ride. Bring front and rear bicycle lights, pencil/pen, digital camera or phone with camera, and a backpack or bike bag to collect items.

#### ■ Smith’s Mountain Bike Ride

**Smith’s Bike Shop, 5:45 p.m.**

All ages and skill levels are invited to meet at the bike shop and ride to Hixon, up Vista, and to the HPT trails, or meet up with the group anywhere along the way.

### SAT., JUNE 8

#### Bicycle Benefits Ride

**Cameron Park, 1 p.m.**

Get a stamp card from Coulee Parenting at Cameron Park, then enjoy family-friendly surprises at the businesses on the tour. Complete your stamp card for a chance to win prizes.

Get a Bicycle Benefits sticker for \$5 at any of the participating businesses below, and enjoy special perks at participating businesses nationwide. Learn more at [bicyclebenefits.org](http://bicyclebenefits.org).

#### PARTICIPATING BICYCLE BENEFITS BUSINESSES:

- Art Pop on Market
- Children’s Museum of La Crosse
- Full Circle Supply
- Global Grounds
- Great River Popcorn
- Pearl Street Books
- Pearl Street Brewery
- Smith’s Bike Shop

### SUN., JUNE 9

**Open Streets La Crosse, 1-4 p.m.**

**Main Street between 5th Ave. and 9th St.**

A portion of Main Street is closed for families to ride bikes, walk, or skate the streets! Enjoy music, food, stories, painting, yoga, a pet parade, and more!

#### TIPS ON TWO WHEELS

(These suggestions are courtesy of Carolyn Dvorak, southwest region director for the Wisconsin Bike Fed.)

- Take short trips with frequent stops.
- Bring water and snacks along.
- Go somewhere nearby on bike: library, ice cream shop, grocery store, post office, visit a friend.
- Model good riding behavior. Wear a helmet, stop for stop signs, and use the furthest right lane for your destination.
- Take short trips (yes, it’s made the list twice!). Riding should be fun.
- Kids will learn to ride best with lots of practice and riding experiences. Ride often.
- If you’re the only adult on the ride, have the oldest child ride at the front with instructions where to go. Ride behind the kids, further into the lane, causing drivers to give your kids more room when they pass.

## FAMILY BIKE RIDE

**Sunday, July 21, 11 a.m. to 2 p.m.**

**(Rain date: Sunday, July 28)**

**Meet at Weigent Park**

Join us for a leisurely, family-friendly bike ride, for all ages and abilities, that includes stops for ice cream and fun. Join the Parent’Hood at [CouleeParenting.com](http://CouleeParenting.com) for details and a peek at our route. Helmets a must! (Call Coulee Parenting at 317-8748 if a helmet is a hardship.)



PHOTO: ISTOCK

#### FAMILY-FRIENDLY TRAILS:

- Elroy-Sparta Trail
- Great River State Trail
- Root River Trail
- La Crosse Marsh Trail
- Pammel Creek Trail





# GROWING HEALTHY EATERS

YOU CAN (LITERALLY) PLANT THE SEEDS OF HEALTHY EATING WITH YOUR KIDS THIS SUMMER.

## Want kids who eat all their vegetables? Start a garden.

According to Jamie O'Neill, executive director of GROW, gardening improves a child's interest in healthy eating. O'Neill has witnessed this theory in action several times, particularly with arugula. Many students haven't tried it before they work with GROW staff members, who use it in a pesto recipe with students, then watch as they keep coming back for more – in some cases as many as three and four times.

"I went to grad school to try to find out how to get kids to eat healthier," O'Neill says. "Turns out that if they're planting and harvesting, it increases their odds of trying new foods. We've had many parents tell us, 'The only reason my kid is interested in these is because they planted and ate them at school.'"

GROW's mission is to connect kids to healthy foods and nature. Their most recent project is an edible schoolyard at Hamilton/SOTA Elementary School. Raspberry bushes, asparagus patches, and fruiting trees and shrubs make up the garden, with an explorer path that allows kids to get a close-up view of the items growing there.

Gardening offers students more than healthy eating; GROW added a mindfulness component to their curriculum this school year. In collaboration with teachers, they're building tool kits that include mindful activities in the garden. As our community and school districts seek to provide trauma-informed care, O'Neill says, "it turns out gardening has some characteristics naturally built into it that help mitigate adverse childhood experiences (ACEs), including better nutrition, positive role models, and time in nature."



PHOTO: SUBMITTED

Alexa Quam and Samantha Thelemann are founding a new Montessori school in Onalaska that will feature gardening as part of its curriculum. Great River Montessori will be located on county roads ZM and OT, near the wildlife refuge and the bike trails.

Quam and Thelemann, administrators and teachers at the school, plan to utilize as many aspects of gardening in their lesson plans as possible, including parts of the plant, life cycles, and botany, math, and science principles. Vegetables will be incorporated into snacks and lunches, giving students an opportunity to learn how to prepare food. Both say gardening offers students a sense of accomplishment, problem-solving opportunities, as well as an appreciation for nature and motivation to care for it.

### HOME-GROWN ADVICE

Here are tips from O'Neill for parents who wish to provide these same gardening benefits at home:

- Start small. Plant a pollinator patch to attract beneficial insects, or try planting a few fruiting shrubs.
- For the youngest growers, it's best to grow things they can easily pick and eat off the vine, such as snap peas, cherry tomatoes, and many greens. "Eggplant might be fun to grow," O'Neill says, "but

you have to pick it, clean it, cut it, and cook it before you can actually eat it."

■ Give kids age-appropriate jobs, such as watering, planting, and harvesting, activities they typically want to do and are good at.

■ Embrace the lessons in gardening. O'Neill tells the story of a mom who planted potatoes that didn't grow, so she buried potatoes they could dig up together. "It's okay to fail and use that as a chance to learn why they didn't grow," she says.

■ Let go of your expectations. "The biggest thing we've learned is that people come to gardening with certain expectations," O'Neill says. "If kids spill half the seed packet or everything's not in a straight line, just let it go. Be patient. Just spending time in the garden is the really important part." **CPC**



PHOTO: SUBMITTED

# A HAND UP TO A NEW HOME

**For some, homeownership is a more far-fetched dream than it should be. These are people who work hard, do the right things, and still aren't in a position to enjoy what others consider a basic part of the American Dream.**

In the La Crosse area, housing is a huge issue for many, rental or otherwise, says Kahya Fox, executive director for Habitat for Humanity La Crosse. Habitat for Humanity is founded on the conviction that every family should have a decent, safe, and affordable place to live.

Fox says the typical Habitat owner has “done every single thing right. They pay their bills on time, they work hard to save for a vehicle, at least one person in their household works full time, but their income is just too low to qualify for a home,” Fox says. “People can work a decent job and still not afford a decent home.”



## GETTING A HAND UP

In 1992, La Crosse was officially accepted as an affiliate of the Habitat for Humanity program. Since then, more than 40 families have become home owners through the program.

Habitat owners buy their homes at full appraised value, and earn their homes through qualifying financially for the program and “Sweat Equity” hours (helping build the home or other volunteer opportunities). Basically, the homes become affordable thanks to a 30-year mortgage without any interest. A central principle in Habitat’s mission is to provide families a hand up, not a handout.

## DO YOU QUALIFY?

The first step in the Habitat process is to attend a one-hour Homeowner Expo. All classes are held at the ReStore, 3181 Berlin Dr.

## UPCOMING HOMEOWNER EXPO DATES:

Thurs., July 11, 5:30 p.m.

Fri., July 12, 10 a.m.

Sat., July 13, 10 a.m.

Then, families apply to the selection committee, with applications due Fri., August 2 by 5 p.m. Families are then selected by the end of September.

“For people who are thinking about applying and self-select themselves out, I tell everybody, always apply,” Fox says. “First, the most wonderful thing that could happen is that you’re selected, but even if you don’t get selected, we provide you with information and resources to help you get prepared.” **CPC**

## HOW CAN YOU HELP?

There are many ways to contribute to Habitat for Humanity's work, including:

- Giving direct or recurring donations through the website (e.g., \$10 purchases a box of nails; \$2,500 provides the foundation of a house).
- Volunteering at the ReStore or Habitat office.
- Painting flower boxes or bird houses to use as housewarming gifts for new homeowners.
- You can also pitch in to build a home if you're at least age 16. Habitat offers individual, group, and youth & family opportunities, including a Father/Son Build Day on June 15 from 8 a.m. to 3 p.m.

Not coordinated with a hammer? No worries. “We have teams with people who’ve never picked up a hammer before who come to help,” Fox says. “We teach them from start to finish what they need to do.”

**Find the volunteer application and more ideas for how your family can help at [habitatlacrosse.org](http://habitatlacrosse.org).**

## MEET THE NEWEST HABITAT HOMEOWNERS!



**Jenna Bright with Brenten, Emmalee Ann, and their dog, Beatrice.**



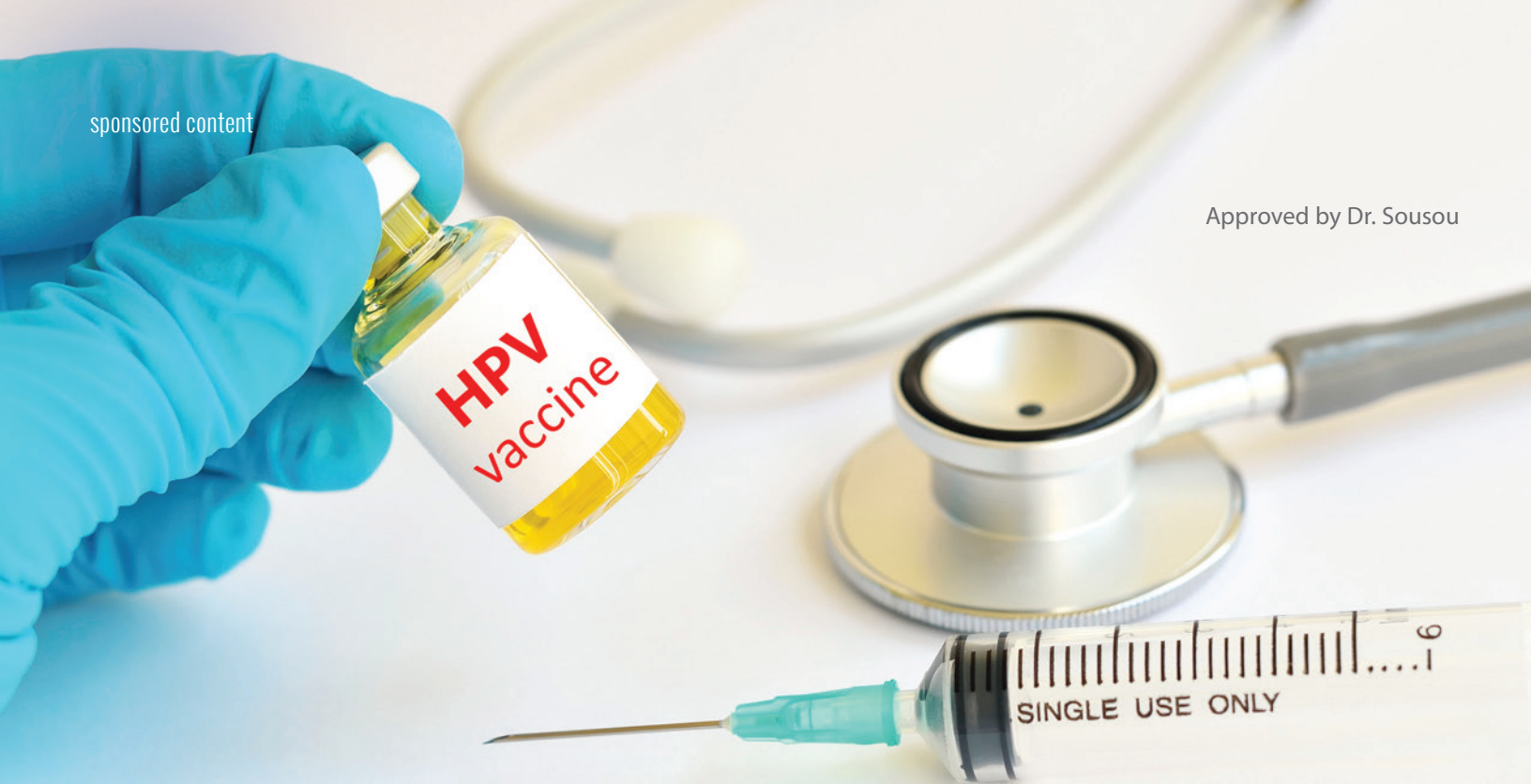
**Renee Russell with Adriel, Raisa, Leto, and Esmae.**



**The Sarah Hicks family includes Jayda, Shannon, Mya, Hugo, and Elias.**

CONTRIBUTED PHOTOS





## HPV IMMUNIZATION: WHO CAN BENEFIT FROM THE ANTI-CANCER VACCINE?

Each year, around 14 million people in the U.S. are infected with human papillomavirus, or HPV. Most will never know it. But for some, the infection may prove deadly. That's because the vast majority of cervical cancer cases are caused by two strains of the virus. And cervical cancer is difficult to treat, especially if it has spread beyond the cervix.

Fortunately, there's a vaccine to protect against acquiring HPV infection and developing HPV-associated disease that can lead to cervical, vaginal, penile, anal, oral, and throat cancers.

"These are devastating cancers," says Costa Sousou, M.D., an obstetrician/ gynecologist at Mayo Clinic Health System – Franciscan Healthcare in La Crosse. "I strongly recommend this vaccine to all my patients who are under the age of 26 and to those who have young teenage children. It can save a child's life."

### WHO AND WHEN TO VACCINATE

The best time to receive the

HPV vaccine is before exposure to the virus, which is the most common sexually transmitted infection in the United States. The immunization is approved for ages 9 to 26. The Centers for Disease Control and Prevention (CDC) recommends immunizing children beginning when they are 11 or 12.

"My children received their first dose when they were 12 years of age," Dr. Sousou says. "I wanted to make sure they were protected in plenty of time for the vaccine to work."

The CDC recommends that boys and girls ages 9 through 14 receive two doses of the HPV vaccine at least six months apart. Older teens and adults up to age 26 should receive three doses of the vaccine. That's because the immune system's response to the vaccine is not as strong at later ages, and requires an additional dose to ensure protection.

### SIDE EFFECTS AND SAFETY

The CDC and Food and Drug Administration monitor vaccines in

the U.S. and have a wealth of data on the safety and effectiveness of the HPV vaccine. Potential side effects are mild and similar to those that might be experienced with other vaccines, such as soreness, swelling, or redness at the vaccination site.

Less common side effects include headache, nausea, vomiting, fatigue, or weakness. And though rare, the HPV vaccine causes some people to feel dizzy or faint. Sitting for 15 minutes after the injection can lower the risk of fainting.

"The bottom line is that this is a safe, effective vaccine that can prevent several types of cancers in both boys and girls," Dr. Sousou says. "It's an easy way for parents to protect their kids far into the future. What a gift to give them."

**Vaccines aren't just for kids. For the recommended vaccine schedule for adults, visit [mayoclinichealthsystem.org/vaccine](http://mayoclinichealthsystem.org/vaccine).**



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# STAY CALM & EMOTIONALLY COACH YOUR KIDS

**Acting as your child's emotional coach using these three Es can help your child's healthy development and make home life E-asier! The key? Stay calm, and practice, practice, practice.**

*Part of Coulee Parenting's ongoing series exploring mindful parenting.*

By Maggie Sonnek



PHOTO: ISTOCK

**I**t's 4:30 p.m. on Tuesday. After a long day at work, you're exhausted. To make matters worse, your spouse is out of town for the week.

You've gotten everyone home from school, day care, and work, and now it's time to start dinner. Just as you set the pot on the stove to boil, you hear screams coming from the bathroom. Your toddler had an accident (ugh, potty training!). As you're cleaning up the mess, shouts come from the bedroom. Your 6- and 8-year-old kids are fighting. In that moment, when you're filled with exhaustion, hunger, and frustration, you give in to yelling.

"Stop that! Just share the toy!" You turn to your toddler. "Do you need to

go back to wearing diapers?!" She starts crying. You return to the kitchen where the water has now boiled all over the stove and is beginning to evaporate. You resort to ordering a pizza and watching TV for the rest of the night.

We've all been there. And in those moments of pure frustration and exhaustion, you don't have the energy or brain power to stop and think about a better solution.

Still, maybe there's another way. Imagine this:

It's 4:30 p.m. on Tuesday. You pick up the kids from school and day care. It's been a long day, and without your spouse to help tag-team, you're already feeling

tired. The second you step into the house, though, you're hit with a delicious smell – dinner, ready, in the slow cooker.

You usher your toddler into the bathroom and set her on the toilet, singing the potty song for extra encouragement. That's when you hear shouts from the other room. You help your toddler wash her hands and calmly walk into the room where your 6- and 8-year-old kids are fighting over a toy.

You kneel down in front of the youngest and ask her to explain her tears. Then, you do the same with your angry oldest. After a quiet and calm conversation, you learn that the source of the fight was the stuffed bunny, Hank. You put Hank down for a rest (he'll be happy to come out again later once the loud voices are gone) and usher the kids to the kitchen where you help them start their homework. You even have the energy to light a lavender-scented candle.

As parents, we've been in both situations thousands of times, maybe even within the same day. Sometimes we lose our cool. Sometimes we keep calm.

The more often we can stay calm and help our kids understand their emotions, the better we will be at creating household harmony and building their resiliency.

Heather Quackenboss, a human development and relationships educator with the University of Wisconsin-Madison's Extension program, works in La Crosse County in the realms of parenting, cultural diversity, financial peace, and well-being. Quackenboss acknowledges that keeping calm can

take practice. She suggests practicing positive parenting tools when we're not completely exhausted.

"In the Midwest, we're kind of allergic to the word happy," Quackenboss jokes. "We think that once we're successful, then we can be happy. I try to flip that. When we're happier, we're more productive. It's the journey, the process, that matters. Not the destination."

Quackenboss says there's value in being our authentic selves and allowing all of our emotions to have a place in our lives – sadness, anger, fear, frustration. She says that kids have all those emotions too, but it's when their feelings are unrecognized that they act out.

That's where parents can help. To nurture and validate our kids' emotions, Quackenboss suggests three things:

- Explore
- Explain
- Empower

### 1. EXPLORE: CONNECT WITH YOUR KIDS ABOUT THEIR EMOTIONS

Kids want to be seen and heard. Quackenboss says that as parents, we need to calmly recognize their emotions and validate what they're feeling.

"This shows our kids that we understand what they're feeling," she says. "Sometimes life is just not going to go the way we want it to go. Giving

ourselves and our kids space to have emotions is healthy."

The key to this process is staying calm, Quackenboss says. Discipline can't happen when parents are angry or when there is an audience (ahem, meltdown in aisle 5).

*Recognizing our kids' emotions might sound something like this:*

**Child:** No! I don't want to use the red bowl, I want the yellow bowl! (tantrum ensues)

**Mom:** I can tell that you're mad about this. Your room is a safe place for your anger. When you're feeling better, let's cuddle and I can help you.

Quackenboss says parents should keep repeating what their kids are likely feeling (upset or angry) and offer a method to help (calm down in a safe place).

"The exploring process happens when the child is behaving in a way that isn't appropriate for the situation," she says. "This process might include time for you and your child to take a break or moment to cool off."

### 2. EXPLAIN: TALK ABOUT ACCEPTABLE BEHAVIORS

When both you and your child are calm and ready to talk, you can explain family expectations, rules at school, and acceptable behaviors in the community.

"When someone behaves in a way

that doesn't meet those explained expectations, it's a learning experience," Quackenboss says. "We go back to their feeling (explore) and state what happened (explain)."

*This might sound something like this:*

**Dad:** You were angry when you didn't get to use the yellow bowl. In our house, it's okay to feel angry. And we don't yell. We use our calm voice and talk about our feelings.

This is the perfect place to practice empathy for our kids. Quackenboss emphasizes the importance of practice, because we won't always feel empathetic, especially when they're having a tantrum about what color bowl they get to use at dinner. Even if we can't relate to their frustration, she says, we can take a step back and remember that life is hard for these little people.

### 3. EMPOWER: WORK TOGETHER TO PROBLEM-SOLVE

Lastly, we can empower our kids to work through an issue or fix their problems. First, take time to listen.

*This might sound like:*

**Mom:** It sounds like you were angry because you couldn't use the yellow bowl. How could we work together to fix this?

**Child:** Could I use the yellow bowl tonight and red bowl in the morning at breakfast?

**Mom:** Great idea! Now let's join the rest of the family at the table. I'm proud of you for figuring out a solution.

Before you roll your eyes and turn the page, let's recognize that a situation will never sound as calm as the scenario above. "It will take practice," Quackenboss says. "It won't always go the way you anticipate, but to recognize emotions and allow space for feelings will help your child know that you, as a parent, understand them."

Empowering kids by coaching them through big and little issues gives them skills of resilience, emotional regulation, and knowledge. You aren't likely to get it right every time, but allowing for and embracing mistakes lets us – and our kids – grow together.







### 5 STEPS TO EMOTION COACHING

These steps, adapted from John Gottman's book, "What Am I Feeling?," go hand in hand with the three Es: explore, explain, and empower.

#### 1. Emotional awareness.

Recognize your own emotions first. Understand all emotions are natural and a valuable part of life. Learn how children express different emotions with facial expressions, body language, posture, and tone of voice.

#### 2. Connect.

Don't dismiss or avoid a child's emotions. See them as opportunities for drawing close and teaching. Encourage sharing and provide guidance before emotions escalate into a crisis.

#### 3. Listen.

Take a child's emotions seriously. Honor what they're feeling and avoid judging or criticizing those emotions.

#### 4. Name emotions.

Instead of telling them how they should feel, help them identify their feelings. Naming emotions helps soothe a child.

#### 5. Find solutions.

Discipline a child for what they do, not how they feel. Encourage emotional expression, but set clear limits on behavior. Help kids think through appropriate solutions. **CPC**

Maggie Sonnek and her husband Eric try to stay calm during tantrums. Fortunately, their three young kids give them lots of practice. When she's not parenting or writing, you can find her exploring the Driftless Area or sipping an iced chai.

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# WHAT A DIFFERENCE A DAY (TRIP) MAKES

**Who says a vacation has to include an overnight stay? A lot can happen from sun up to sundown.**

**Get away just for the day – here’s our list for inspiration!**

## ALMA

Go fishing at the Great Alma Fishing Float, or just catch lunch at an umbrella table on the float and enjoy the experience of dining on the water. Other restaurant recommendations include Pier 4 Café & Smokehouse or, for a kid-friendly, no-nonsense burger and fries, try the Alma Hotel.

Make sure your trip includes a visit to Castlerock Museum, where you’ll find arms and armor dating as far back as ancient Greece and the Romans, with examples from the Dark Ages, the Vikings, and the Golden Age of the “knight in shining armor.” The extent of rare and authentic displays is impressive. Yes, in Alma, Wisconsin! Kids can try on chain mail, surcoats, and hold a sword (it’s lighter than you probably think). Even better, the museum offers a history lesson so engaging, your kids might not even notice they’re getting one!



After a visit to the Castlerock Museum in Alma, head up to Buena Vista Park for photo-worthy views of the Mississippi River.

### UPCOMING EVENTS:

#### *Fire in the Shire*

Sat., June 8, 10 a.m.–5 p.m.

Medieval reenactments, swordsmanship demonstrations, knightly parade at 10 a.m. from downtown to the Castle, a fire breather and sword swallower, food, and family fun city-wide. \$6/adult; \$4/student.

#### *Castlerock in the Park*

Sat., July 6, 1–5 p.m.

Family-friendly fun for knights and ladies of all ages at Reick’s Lake Park, located two miles north of Alma on Hwy. 35, including a children’s melee, archery, homemade catapult, miniature tabletop trebuchet, pony rides, and more.



One of only two known helmets in existence with a face guard embellished with spikes, just one of the many mind-boggling artifacts you’ll find at Castlerock Museum in Alma.

## COON VALLEY

Head to Norskedalen Nature & Heritage Center for a tour and hike of the gorgeous grounds, or time your trip with one of their many special events:

*Music in the Valley*, Wednesdays, June 26–Aug. 7, 5:30–7:30 p.m.

*Midsummer Fest*, Sat., June 22, 10 a.m.–4 p.m.

*Art Fair on the Farm*, Sun., July 7, 10 a.m.–5 p.m.

*Threshing Bee Dinner*, Wed., Aug. 8, 5:30–7:30 p.m.

*Twilight Tour*, Sun., Sept. 8

## FORT MCCOY

You may not picture gorgeous hiking and waterfalls when you hear Fort McCoy, but that’s what you’ll find. Pine View Campground offers a swimming beach, paintball and laser tag, paddleboats, canoes, kayaks, disc golf, 18-hole mini golf, playgrounds, surrey bikes, hiking and biking trails, volleyball and basketball courts, and a variety of lawn games.

Stay overnight at a campsite or rent a yurt or cabin. Fair warning: The reveille call sounds at 6 a.m., but don’t worry – they won’t make you report to duty!

## Norskedalen Nature & Heritage Center



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June 22, 2019

*Music in the Valley*  
Wednesdays  
June 26 - August 14, 2019

*Art Fair on the Farm*  
July 7, 2019

*Threshing Bee Dinner*  
August 14, 2019

*Twilight Tour*  
September 8, 2019

*Civil War Reenactment*  
October 12-13, 2019

*Family Friendly Trick or Treat*  
October 24, 2019

*Ghoulees in the Coulees*  
October 25-26, 2019

*Old Fashioned Christmas*  
December 7, 2019

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

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## KELLOGG-WABASHA, MINN.

Take the scenic route along the Mississippi on Hwy. 61 to Kellogg, where you'll find LARK Toys, a specialty toy shop like no other. From fun historical toy displays and the hand-carved wooden carousel to an endless bookstore and vintage candy shop, you can idle away the hottest hours of the day in cool comfort and even savor lunch, fudge, and ice cream.



Kids too old for the carousel? Check out their fabulous miniature golf course. Then take the short drive north to the National Eagle Center in Wabasha, another gem in the area.

The wood-carved animals that make up the carousel at LARK Toys are works of art.

## WINONA, MINN.

The trip along the river on scenic route Hwy. 61 is as much part of the trip as the destination. Stop at the Winona Visitor's Center when you arrive, where you'll behold Lake Winona, with both segments of the lake circled by five miles of blacktopped

trail perfect for biking, rollerblading, or simply walking. Bring your canoe, kayak, paddle board, or bike, or rent one at Lake Park.

Be sure you visit the Minnesota Marine Art Museum, even with young kids. A regional treasure, the museum features "How to Look at Art with Kids," a free guide to navigating the artwork at



Schedule some time in your trip to the Minnesota Marine Art Museum for a visit to the gift shop.

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Prairie du Chien Tourism Council



the museum with little ones. Leave time to peruse their amazing gift shop on the way out.

Follow up your trip with lunch or dinner at the Boat House if you're a foodie family. Try the clam chowder soup, or share the skillet cheese curds for a tasty twist on a regional favorite.

## HARMONY, MINN.

Niagara Cave is one of the top caves in the U.S. for good reason, well worth the hour drive from La Crosse. Witness nature's power and beauty underground with a stream and waterfall, fossils, and the subterranean "wedding chapel." Visit on a hot day and you'll be thrilled to be in the cave – you'll even want to don a jacket. After, pan for gems and fossils or play miniature golf on their 18-hole course.

On your way home, stop in the Lanesboro/Whalen area for a family-friendly bike ride on the Root River State Trail, complete with the Aroma Pie Shoppe in Whalen for a treat at the (nearly) five-mile mark.

## PRAIRIE DU CHIEN

Rich with historic sites and significance, Prairie du Chien is just more than an hour drive south of La Crosse and home to Villa Louis Historic Site, the Victorian mansion and estate of a frontier fur trader. The mansion just completed a restoration to its heyday in the 1890s, making it a great time to visit. Go back further in history at the Effigy Mounds National Monument, a Native American archaeological site with exhibits and presentations, or even further to Wyalusing State Park, where you may find fossils along some of the beautiful hiking paths.

Your trip can be as fun as it is educational with a stop at Prairie Fun Land. Attractions at the park include go-karts, driving range and miniature golf, bumper boats and cars, water wars, and an arcade.

On your way there, drop by Lansing, Iowa to tour the Driftless Area Visitor Center. This beautiful free, new attraction features hiking trails, an indoor/outdoor beehive, a mini-aquarium featuring native fish, a lesson in river history, and educational films.



Just 45 minutes from La Crosse, the Driftless Area Visitor Center features hiking trails and educational displays, free to visitors.

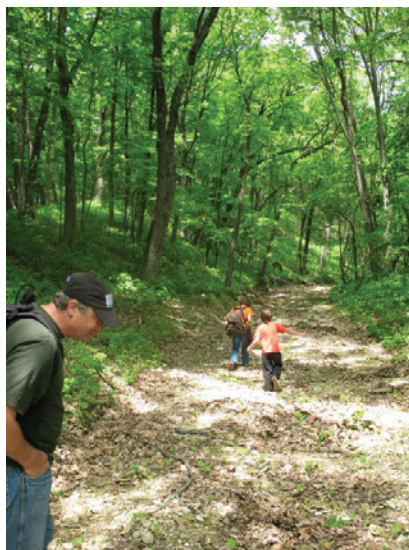
## WISCONSIN DELLS

Sure, it's commercialized, but it wouldn't be if the Dells wasn't such a natural draw, pun intended; the Dells has grown for well over 100 years to cater to crowds of tourists naturally drawn to its nature and beauty. That's what makes it the best of both worlds to visit. Take in a Dells Boat Tour (we recommend a Ghost Boat tour to those brave at heart) and learn the history of the Dells and photography at the H.H. Bennett Studio, then play a round or two of miniature golf, test your problem-solving skills at Wizard Quest or one of several escape rooms, and be sure to get your splash on at Noah's Ark Waterpark. **CPC**



The Dells offer a family-fun day trip on overdrive, with miniature golf courses, escape rooms, and waterparks galore!

We can even help with that last one! **Enter to win Noah's Ark tickets at [CouleeParenting.com](http://CouleeParenting.com) (see page 5 for details).**

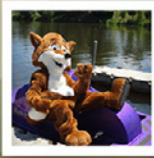


A father and his two boys search for cryonite stems at Wyalusing Park in Prairie du Chien.



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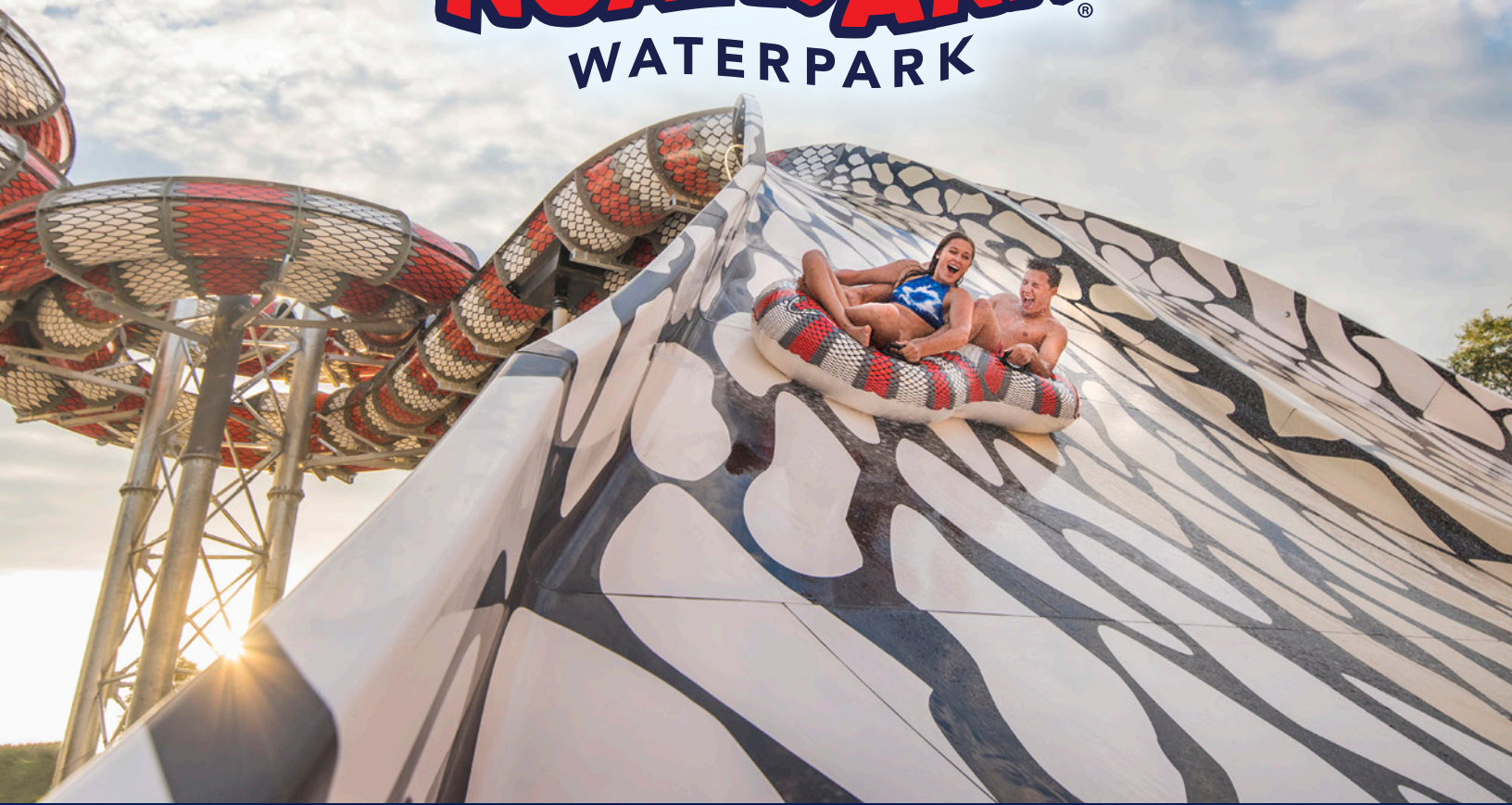
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# SHOUTOUTS

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## *Picture a Legacy*

The power of photography captured **Sarah Petersen** early in life. "I didn't read books when I was little," Petersen says. "I would just page through my mom's photo albums."

Since 2006, Petersen, owner of Sarah Schultz Photography, has been recognized as a leading local photographer. A series of losses and incidents contributed to a pivotal moment for her, including the miscarriage of her son Sam, that intensified her respect for the power of pictures. She began seeing things entirely differently than she had before.

"I realized it isn't just the posed moments in life that matter," she says. "We're so worried about the perfect outfit, the perfect pose, the perfect picture. But what we sometimes miss is the whole purpose of a photo. It's to remember what your child looked like, how it felt to hold them in that moment."

This change affected not only her heart, but her photography work as well. She felt herself drawn to the question: What do we want to remember?

Petersen recognized that our most heartbreaking life stories are still part of our story and the ones that could be most valuable to us, those times when "there are situations for which there are no words." She wants to help people record life-changing and challenging events that aren't necessarily "picture perfect" but worthy of documenting

for their displays of courage and resilience, such as fighting cancer; capturing the wisdom and grace of old age; triumphs over disease and devastation; little warriors fighting big battles; and the legacy of a parent lost to terminal illness for a child.

According to Mary Beth Hensel, Gundersen's director of bereavement education, portraying the bereavement experience has been a part of our human history that's fallen in and out of fashion for centuries. She sees a return to conversations about death and dying, or any type of significant loss, as being recognized as an important, even critical, piece of the process of navigating grief. "Legacy photography offers a medium to reach deep into our grief while celebrating love," Hensel says. "Capturing these profound moments enables legacy building both forward and backward. It provides agency for continuing bonds with our deceased loved ones."

In March 2018, Petersen officially launched a nonprofit called P.S. I Love You, Inc. At no cost to families, P.S. I Love You, Inc. provides fine art photography and uses photos, audio, and video to create a documentary film memorializing a loved one or a season in a family's life. For instance, she recently recorded a terminally ill mom providing marital advice to be viewed one day by her now young children.

Petersen hopes to help others leave a legacy through her work. If you would like to share your story for consideration, or lend support to the nonprofit's work, visit [psiloveyouinc.org](http://psiloveyouinc.org) or contact Petersen at 397-5364.





What do you get when you Google “crochet prodigy”? **Jonah Larson**, 11-year-old overnight crocheting sensation and local Lincoln Middle School student. The quantity of his Instagram followers alone outpaces the population of La Crosse County.

If you’ve seen him in action, most recently on the “Today” show in April, it’s hard to believe someone didn’t accidentally hit the fast-forward button on the remote. So how do you top a nationwide television appearance? With the launch of your own clothing line (imagine Crochet Away t-shirts) and the release of your first book, “Hello, Crochet Friends!” (KWiL Publishing, July 23, 2019), already the No. 1 new release in children’s adoption books on Amazon.

**Want a copy of the book?** KWiL Publishing is offering a giveaway copy to one lucky Coulee Parenting reader. Enter online at [CouleeParenting.com](http://CouleeParenting.com) by Fri., July 19!

### Sara Sullivan and Jerilyn Dinsmoor Awards

Know any La Crosse residents who have made outstanding efforts with social revitalization, beautification, and neighborhood partnerships? Nominate them for the Sara Sullivan Award. Groups and organizations are eligible for the Jerilyn Dinsmoor Award, which recognizes outstanding teamwork and exceptional contributions to neighborhood revitalization. Both award winners will be announced at the Fall Neighborhood Family Social. Complete a nomination application at [lacrosseneighborhoods.org/awards](http://lacrosseneighborhoods.org/awards) by Sept. 20.

### YWCA La Crosse Tribute to Outstanding Women

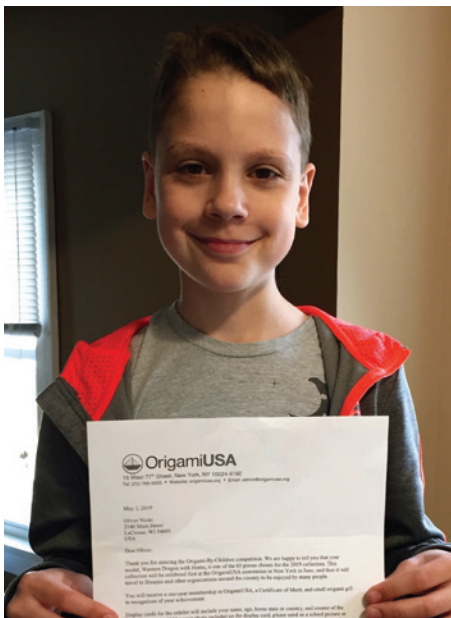
The YWCA is seeking nominations of outstanding people who identify as female who exemplify the YWCA’s mission to eliminate racism and empower women; demonstrate a high level of personal and professional accomplishment; and positively contribute to the improved quality of life in our region. Visit [ywcalax.org](http://ywcalax.org) for nomination materials. The deadline for nominations is Thurs., Aug. 1 by 4 p.m., and honorees will be recognized at the Tribute to Outstanding Women on Thurs., Nov. 7 at the La Crosse Center.

Kudos to **Mary Lindahl**, assistant nutrition manager for the School District of La Crosse since 2006, honored by Emerson Elementary School as the district’s 2019 School Lunch Hero. Among a school’s hardest working professionals, nutrition staff value students’ well-being by offering service with a smile and striving to create tasty, healthy meals that meet strict nutrition standards, which sometimes takes heroic effort!



**Emalea Cogdill**, an accounting teacher at Galesville-Ettrick-Trempealeau High School, won an Accounting Career Awareness Grant for \$1,906 from the Wisconsin Institute of Certified Public Accountants. The grant allows Cogdill to take students on tours of the business offices at Milwaukee County Zoo and Fiserv Forum to witness a variety of accounting functions.





Way to go, **Oliver Nicks**, 11, who is among 65 child origami artists selected for the 2019 Origami-By-Children collection. Nicks, who's been doing origami since 2nd grade, learned about the contest on the Origami USA website and entered his piece, Western Dragon with Horns.

The collection will be exhibited at the Origami USA convention in New York in June before traveling to libraries and other organizations nationwide. Western Dragon with Horns was chosen from 134 entries submitted from 10 countries worldwide. Each of the models selected for the collection represents exceptional originality and craftsmanship, according to Origami USA.

**Altra Federal Credit Union** received a Diamond Award from the Credit Union National Association Marketing & Business Development Council for its website, redesigned in 2018. In a network of 1,300 credit union marketing and business development professionals, awards were given in 36 categories at the council's annual conference held in March in Las Vegas.



School District of Holmen senior **Delilah Xiong** was awarded a \$10,000 Herb Kohl Educational Foundation 2019 Initiative Scholarship at a recognition luncheon hosted by Wisconsin philanthropist and businessman, Herb Kohl. The scholarship recognizes students who have demonstrated a high level of motivation, shown strong promise for achieving success in college and beyond, and overcome significant personal obstacles or adversity. Xiong, a first-generation college student, plans to become a digital artist and create picture books for children. She will attend Greenville Technical College in South Carolina, then transfer to Lander University for their art program.

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### Children's Miracle Network Hospitals Heroes:

- Keaton Dahl, La Crosse
- Julian Franzwa, Goodview, Minn.
- Mason and Ethan Hurd, Blair
- Hunter Smith, Holmen

Watch future issues of Coulee Parenting to learn more about this valiant lineup of young people with challenges and their commitment to raising awareness of CMN Hospitals' significant contributions.



Keaton Dahl, La Crosse



Mason Hurd, Blair



Hunter Smith, Holmen



Julian Franzwa, Goodview, Minn.



Ethan Hurd, Blair



### Coulee Parenting Connection

sponsored two students at the La Crosse Area Chamber of Commerce Honor Student Banquet in April, celebrating the top 5% of graduating seniors:



PHOTO: DESIGN PHOTOGRAPHY

**Lauren Lansing**, a Central High School student, plans to pursue a major in genetics at the University of Wisconsin-Madison.



**Charlotte Linebarger**, also a Central student, will study biology, music, and Spanish at Lawrence University, where she will play for the women's soccer team.

We asked their parents for advice on how to raise academically talented students. Both families indicated they read a LOT to their kids when they were little. Lansing's parents also encourage moms and dads to be engaged with their kids; watch them, listen to them, try your best to understand them, and keep a very open mind. **CPC**



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[www.theparentingplace.net](http://www.theparentingplace.net) | 608-784- 8125



PHOTOGRAPHY: ISTOCK

## So much to do, so little space!

Visit [CouleeParenting.com](http://CouleeParenting.com) and check out our enhanced web features, as well as a printable list of ongoing weekly events!

In fact, while you're there, join the Parent'Hood to get event updates delivered right to your inbox!



[WWW.COULEEPARENTING.COM](http://WWW.COULEEPARENTING.COM)

Our calendar lists special events appropriate for children, parents, and families. Sometimes event details change after publication. Please use the contact information provided in each listing to verify times and locations. Enter your events online at [www.CouleeParenting.com](http://www.CouleeParenting.com). Back to School edition deadline: **Friday, August 2 for events August 23 – October 4.**

## MAY 2019

25  
SAT

### ANIMALS IN THE AREA

Children's Museum of La Crosse, 207 5th Ave. S.  
10a–12pm, 784-2652, [funmuseum.org](http://funmuseum.org)

Animal crafts, activities, and games and furry (and not so furry) friends to meet and learn about with the Coulee Region Humane Society. Free with admission.

25  
SAT

### PRECIOUS PRAIRIES

Children's Museum of La Crosse, 207 5th Ave. S.  
1–2pm, 784-2652, [funmuseum.org](http://funmuseum.org)

Learn about WisCorps, animal habitats, conservation, and meet some unique critters. Free with admission.

25  
SAT

### MAJOR MOVEMENTS

Children's Museum of La Crosse, 207 5th Ave. S.  
1–2pm, 784-2652, [funmuseum.org](http://funmuseum.org)

Learn why birds fly, snakes slither, and humans walk, and meet some Wiscorps animals who have their own unique qualities. Free with admission.

25  
SAT

### WOODWORKING KIDS NIGHT

My Shop Maker Space, 501 Saint Andrew St.  
2–6pm, 738-2587, [myshopmakerspacelax.com](http://myshopmakerspacelax.com)  
Bring the kids to put together something special. Materials provided.

25-26  
SAT-SUN

### NEWSIES

Weber Center for the Performing Arts,  
428 Front St. S.  
2pm, 7:30pm (Sat.); 2pm (Sun.); 784-9292,  
[webercenterarts.org/event/newsies](http://webercenterarts.org/event/newsies)  
La Crosse Community Theatre presents the rousing tale of Jack Kelly, newsboy and leader of a ragged band of 'newsies' who strike against unfair working conditions in turn-of-the-century New York City.

## JUNE 2019

ALL  
MONTH

### DAIRY DAYS

Children's Museum of La Crosse, 207 5th Ave. S.  
784-2652, [funmuseum.org](http://funmuseum.org)

The Dairy Council's Cow Display is back, and every child receives a cheese stick.

1-2  
SAT-SUN

### ROCK, GEM, & MINERAL SHOW

Onalaska OmniCenter, 255 Riders Club Rd.,  
Onalaska  
10am–5pm Sat.; 10am–4pm Sun., 507-895-8109,  
[rockinbabe@acegroup.cc](mailto:rockinbabe@acegroup.cc)

Demonstrations, rock identification, food court, and vendors offering worldwide agates, geodes, crystals, fossils, jewelry, rough & slabs, polished stones, books, and more. \$2; ages 6 and under free.

2  
SUN

### BEST BABY SHOWER IN TOWN

Children's Museum of La Crosse, 207 5th Ave. S.  
12–3pm, 784-2652, [funmuseum.org](http://funmuseum.org)

Free admission and helpful resources for expectant parents and those with young children. Sponsored by Mayo Health System.

7  
FRI

### NATURE LOVERS FRIDAYS

Chad Erickson Park Trail, 3601 Park Ln. Dr.  
10:30–11:30am, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)

Join La Crosse Public Library for hike, hunt, story, and learning about forest friends!

8  
SAT

### OPEN BARN & GARDEN

Clearwater Farm, 760 Green Coulee Rd., Onalaska  
9am–12pm, 780-5682, [clearwaterfarm.org](http://clearwaterfarm.org)

Visit farm animals and enjoy summer garden crafts and activities.

11  
TUE

### SUMMER LIBRARY CARNIVAL

La Crosse Public Library Main, 800 Main St.  
4–6pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Games, face painting, bounce house, toddlers-only inflatable, and more during this special Summer Dare kick-off.

12  
WED

### THE UNHUGGABLES NATURE CLASS

Hazel Brown Leicht Memorial Library,  
201 Neshonoc Rd., West Salem (12:30–1:15pm)  
F.J. Roberts Library, 2548 Lakeshore Dr.  
(3:30–4:15pm)

Onalaska Public Library, 741 Oak Ave. S.,  
Onalaska (6:30–7:15pm)  
[lacrosscountylibrary.org](http://lacrosscountylibrary.org)

Award-winning educator and conservationist David Stokes combines humor, music, and sign language to teach about some of nature's fascinating creatures: frogs, insects, snakes, turtles, and mice.

## BERRIES, ANYONE?

June is strawberry season, followed by raspberries and blueberries!

### KATHAN'S HOMESTEAD BERRIES

3610 N. Pine Creek Rd., La Crescent, MN  
507-895-4633, [facebook.com/KathansHomesteadBerries](https://www.facebook.com/KathansHomesteadBerries)

### JOLIVETTE FAMILY FARMS

W3452 State Rd., West Salem  
Open all week, 7am–9pm; 786-0432; [jolivettestfamilyfarms.net](http://jolivettestfamilyfarms.net)

### REX MOSELEY'S FRUIT

AND VEGETABLE FARM  
23933 Cortland Ave., Warrens  
378-4543, [facebook.com/RexMoseleysFruitAndVegetableFarm](https://www.facebook.com/RexMoseleysFruitAndVegetableFarm)

### BLUEBERRY RIDGE ORCHARD

E2795 Hageness Rd., Eleva  
715-287-3366; [blueberryridge-orchard.com](http://blueberryridge-orchard.com)

### BLUEHOUSE BLUEBERRIES

W5859 O Nelson Rd., Holmen  
386-3292, [facebook.com/BluehouseBlueberries](https://www.facebook.com/BluehouseBlueberries)



# STOP SUMMER LEARNING LOSS

By June, most children in the U.S. have closed the books for the school year. After a summer of “hanging around,” intellectually under-stimulated children can lose reading and math skills. Kids who are behind tend to dislike school and perform poorly.

When children do spend the summer merely “hanging around,” studies show that summer learning loss equals at least one month of instruction. Summer “slide” is more pronounced for math facts and spelling than for other tested skill areas.

It's important to consciously plan activities that seem like fun for kids while reinforcing number skills. What better way than some money games? Kids love to play games and are fascinated by money. Here are some ideas:

- **Family Change Jar.** Have everyone in the family empty their change into a large jar so they can see the money accumulating. After a time, have everyone guess how much is in the jar, and then count it. Award prizes, of course!
- **Play “Bank.”** Put a pile of coins in the middle of the table. By turns, roll a die and take that number of pennies from the pile. As you accumulate enough pennies, you can trade them in for nickels, dimes, or quarters. The first player to get one quarter wins the round.
- **Make Coin Caterpillars.** Gather a number of coins of all denominations. Lay a few out in a wavy row on a piece of paper. Draw legs and feelers on the paper to turn the row of coins into a cute caterpillar. Add up the value of the coins to see how much your caterpillar is worth or assign each child an amount—say, 75 cents—and have them select coins adding up to that amount to form their caterpillar.
- **Board games.** In Monopoly, players buy, trade, and develop property and collect rent from their opponents. In The Game of Life, players work their way from college through retirement, paying out expenses along the way. In The Allowance® Game, players do chores, collect an allowance, then get to spend it. Traditional board games also give you an opportunity to play along with your children.
- **Video Games, Online Games, and Apps.** Many of the traditional board games, like those mentioned above, have online versions. MassMutual has developed Save! The Game, an app for the iPad and iPhone. Disney has developed The Great Piggybank Adventure. Visa has developed Financial Football, which teaches teens about personal finance using the rules and structure of the National Football League. Most of these games are free.

## Make the Most of Your Summer “Down Time”

While your children take time to continue their learning, consider focusing part of your summer “down time” on your household's finances. To learn more or access helpful materials, speak with a local financial professional or visit [www.charterpointwealthstrategies.com](http://www.charterpointwealthstrategies.com)

Provided by Joel Dettwiler a Financial Planner, ChSNC® with Charterpoint Wealth Strategies, courtesy of Massachusetts Mutual Life Insurance Company (MassMutual)  
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## Together, we can help you reach your goals.

At Charterpoint Wealth Strategies, we are committed to providing the guidance you need to help reach your financial goals. Our financial professionals work to earn your trust delivering custom solutions and sharing your financial priorities. To take a step toward building your financial future, contact us today.



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LIFE INSURANCE + RETIREMENT/401(K) PLAN SERVICES + DISABILITY INCOME INSURANCE + LONG TERM CARE INSURANCE + ANNUITIES

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13  
THU

**THE UNHUGGABLES NATURE CLASS**  
Onalaska Public Library, 741 Oak Ave. S.,  
Onalaska (10-10:45am, 12:30-1:15pm)  
**John Bosshard Memorial Library,**  
1720 Henry Johns Blvd., Bangor (3:30-4:15pm)  
**Holmen Public Library,** 121 W. Legion Street,  
Holmen (6:30-7:15pm)  
See June 12

14  
FRI

**OUTDOOR PLAY DATE**  
**La Crosse Public Library South,**  
1307 16th Street S.  
10:30-11:30am, 789-7103, [lacrosselibrary.org](http://lacrosselibrary.org)  
Play outside with good books, hula hoops, lawn  
games, bubbles, chalk, and more. Best for ages 0-5.

14  
FRI

**POP-UP LIBRARY**  
**Erickson Pool, 2412 Losey Blvd. S.**  
1-2:30pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
STEAM (Science, Technology, Engineering, Arts,  
and Math) activities at the pool with La Crosse  
Public Library. Free admission with library card or  
book donation. Ages 5 and up.

14-23  
FRI-SUN

**DR. EVIL & THE BASKET OF KITTENS**  
**La Crosse Community Theatre, 428 Front St. S.**  
7pm (Fri.), 2pm (Sat. and Sun.); 784-9292;  
[lacrosecommunitytheatre.org](http://lacrosecommunitytheatre.org)  
Dr. Evil wants to destroy the world, but a basket of  
kittens on his doorstep turns his plans upside down.

15  
SAT

**A DAY OF PLAY**  
**Erickson Pool, 2324 Thompson St.;**  
12:30-2:30pm (Erickson Pool), 3:30-5:30pm  
(North Side Community Pool)  
Join the Children's Museum for fun and games at  
the pool! Free with pool admission.

16  
SUN

**HAPPY FATHER'S DAY**  
**Children's Museum of La Crosse, 207 5th Ave. S.**  
12-5pm, 784-2652, [funmuseum.org](http://funmuseum.org)  
Free admission for all fathers and fun crafts and  
activities just for you and Dad!

17-18  
MON-TUE

**WILD THINGS:**  
**2-Day Activity**  
**Hazel Brown Leicht Memorial Library,**  
201 Neshonoc Rd., West Salem  
12:30-1:30pm, 399-3372,  
[lacrosecountylibrary.org](http://lacrosecountylibrary.org)  
Nature-themed games and crafts for grades 2-4.  
Call to register.

18  
TUE

**MUSIC OF KEN LONNQUIST**  
**La Crosse Public Library Main, 800 Main St.**  
2-3pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Heralded the best thing to happen to kids and family  
music by Minnesota Parent.

19  
WED

**MUSIC OF HANS MAYER**  
**Onalaska Public Library, 741 Oak Ave. S.,**  
Onalaska (12:30-1:15pm)  
**F.J. Robers Library, 2548 Lakeshore Dr.**  
(3:30-4:15pm)  
**John Bosshard Memorial Library,**  
1720 Henry Johns Blvd., Bangor (6:30-7:15pm)  
[lacrosecountylibrary.org](http://lacrosecountylibrary.org)  
Ever eat bugs? Dig for worms? Sing about these and  
other animal antics.

19  
WED

**MARIO KART TOURNAMENT**  
**La Crosse Public Library North, 1552 Kane Street**  
3-4:30pm, 789-7102, [lacrosselibrary.org](http://lacrosselibrary.org)  
Join in some friendly competition on the Wii U!  
Grades 3-6.

21  
FRI

**NATURE LOVERS FRIDAYS**  
**Myrick Park Center, 789 Myrick Park Dr.**  
10:30-11:30am, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Join La Crosse Public Library for hike, hunt, story,  
and learn about forest friends!

22  
SAT

**MIDSUMMER FEST**  
**Norskedalen, N455 O. Ophus Rd., Coon Valley**  
10am-4pm, 452-3424, [norskedalen.org](http://norskedalen.org)  
Pioneer demonstrations, food, woodturning,  
horse-drawn wagon rides, music, and more.

25  
TUE

**JEDI TRAINING ACADEMY**  
**La Crosse Public Library Main, 800 Main St.**  
2-3pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Test your Jedi skills: build lightsabers, practice  
using the Force, create Jedi names, more.  
Costumes welcome.

25  
TUE

**PARTY IN THE PARK**  
**Myrick Park, 2000 La Crosse St.**  
5:30-8pm, 317-8748, [CouleeParenting.com](http://CouleeParenting.com)  
Free family fun, including Big E rides, yoga/dance  
classes, music by the 3 Dads, WisCorp's CritterMo-  
bile, MTU bus tours, food for purchase, and much  
more. Sponsored by Mayo Health System; hosted by  
Coulee Parenting.

26  
WED

**THE BUG SHOW**  
**Onalaska Public Library, 741 Oak Ave. S.,**  
Onalaska (10:30-11:30am, 12:30-1:30pm)  
**John Bosshard Memorial Library,**  
1720 Henry Johns Blvd., Bangor (3:30-4:30pm)  
**F.J. Robers Library, 2548 Lakeshore Dr.**  
(6:30-7:30pm)  
[lacrosecountylibrary.org](http://lacrosecountylibrary.org)  
Bruce "the Bug Guy" Giebink has hissing roaches,  
scorpions, tarantulas, and more. Ages 4 and up.

28  
FRI

**DISNEY FANDOM FUN**  
**La Crosse Public Library Main, 800 Main St.**  
10:30-11:30am, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Celebrate your favorite Disney characters with  
crafts, songs, games, and more. Costumes wel-  
come. Ages 0-5.

28  
FRI

**POP-UP LIBRARY**  
**North Side Community Pool, 816 Sill St.**  
1-2:30pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
STEAM (Science, Technology, Engineering, Arts,  
and Math) activities at the pool with La Crosse  
Public Library. Free admission with library card or  
book donation. Ages 5 and up.

## JULY 2019

2  
TUE

**DAN KIRK, JUGGLER**  
**La Crosse Public Library Main, 800 Main St.**  
2-3pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Dan Kirk juggles his way through reading fun.

3  
WED

**BOARD GAME DESIGN LAB**  
**La Crosse Public Library Main, 800 Main St.**  
3-4:30pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Create a custom board game, teach others, and test  
it out. Bring it home for your next family game night.  
Grades 3-6.

5  
FRI

**NATURE LOVERS FRIDAYS**  
**Hixon Trail (Lower), 800 Milson Ct.**  
10:30-11:30am, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Join La Crosse Public Library for hike, hunt, story,  
and learn about forest friends.

9  
TUE

**PLAY-DOH PALOOZA**  
**La Crosse Public Library Main, 800 Main St.**  
2-3pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Create Play-Doh, slime, and more with delicious  
scents, vibrant colors, and glitter!

9  
TUE

**PARTY IN THE PARK**  
**Poage Park, 500 Hood St.**  
5:30-8pm, 317-8748, [CouleeParenting.com](http://CouleeParenting.com)  
Free family fun, including Big E rides, yoga/dance  
classes, music by the 3 Dads, WisCorp's CritterMo-  
bile, MTU bus tours, food for purchase, and much  
more. Sponsored by Mayo Health System; hosted by  
Coulee Parenting.

12  
FRI

**PIRATE AND PRINCESS PARTY**  
**La Crosse Public Library North, 1552 Kane St.**  
10:30-11:30am, 789-7102, [lacrosselibrary.org](http://lacrosselibrary.org)  
Grab an eye patch or crown and join in for books,  
crafts, snacks, and other treasures. Costumes  
welcome. Best for ages 0-5.

13  
SAT

**OPEN BARN & GARDEN**  
See June 8

16  
TUE

**REPTOMANIA**  
**La Crosse Public Library Main, 800 Main St.**  
2-3pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Check out snakes, lizards, and frogs, and learn all  
about their lives, with scientist Steve Schindler.

17  
WED

**HEDWIG AND FRIENDS**  
**Hazel Brown Leicht Memorial Library, 201**  
Neshonoc Rd., West Salem (12:30-1:20pm)  
**Holmen Public Library, 121 W. Legion Street,**  
Holmen (3:30-4:20pm)  
**Onalaska Public Library, 741 Oak Ave. S.,**  
Onalaska (6:30-7:20pm)  
Learn owl facts and meet a live owl from the Inter-  
national Owl Center.

17  
WED

**IRON CHEF, LIBRARY EDITION**  
**La Crosse Public Library Main, 800 Main St.**  
3-4:30pm, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Each group of chefs will be given a bag of  
ingredients (and a surprise ingredient) to cook up  
something delicious. Grades 3-6.

19  
FRI

**NATURE LOVERS FRIDAYS**  
**Riverside Park/Friendship Garden, 100 State St.**  
10:30-11:30am, 789-7128, [lacrosselibrary.org](http://lacrosselibrary.org)  
Join La Crosse Public Library for a hike, a hunt, a  
story, and learn about forest friends.

20  
SAT

**APOLLO 11 MOON LANDING**  
**50th Anniversary**  
**Children's Museum of La Crosse, 207 5th Ave. S.**  
10-2pm, 784-2652, [funmuseum.org](http://funmuseum.org)  
Celebrate the Moon Landing throughout the  
museum with special games, activities, and science  
experiments! Free with admission.



# AUGUST 9-11 2019

## THE ONLY IRISHFEST UNDER A ROOF

Southside Fest Grounds • La Crosse, Wisconsin

CELEBRATING 15 YEARS



- Harp stage
- Cultural tent
- Wee Folks area
- Highland games
- Genealogy Tent
- & much more

Skerryvore • We Banjo 3 • Screaming Orphans  
Gaelic Storm • Seo Linn • Connla • Athas  
Seamus Kennedy • Ian Gould & more

GET MORE INFORMATION AT  
[WWW.IRISHFESTLACROSSE.ORG](http://WWW.IRISHFESTLACROSSE.ORG)

Wednesdays | June 26 - 31  
10am - 11am  
Winnebago Park | Tomah

Winnebago Wednesdays  
games • art • play • learning • fun



June 26 - Active Day  
July 3 - Petting Zoo Day  
July 10 - Music Mania  
July 17 - Transportation Day  
July 24 - Art in the Park  
July 31 - Petting Zoo

Lunch is served at 11am thanks to the Tomah School District. Lunch is free for children, there is a small fee for adults. DPI regulations require lunches be eaten in the park. Activities are geared for infants through age 8. There must be a ration of one adult to every four children.

[www.theparentingplace.net](http://www.theparentingplace.net) | 608.374.4190

## DON'T MISS THE BOAT THE BIG BLUE DRAGON BOAT FESTIVAL



Join us for a whole lot of family fun as we support area breast cancer survivors and healthy lifestyles programs at Boys & Girls Clubs of Greater La Crosse. Admission is free. Visit [bigbluedragonboat.com](http://bigbluedragonboat.com).

- Games and inflatables
- Face painting and kids crafts
- Memorabilia and giveaways
- Magician and balloon artist
- Spectacular racing
- Food trucks

Saturday, June 22 | Copeland Park, La Crosse, Wisconsin



## JOIN THE PARTY! JOIN THE PARENT'HOOD!

Your connection to all of  
the things your family loves  
the most in the Coulee Region!

Visit [CouleeParenting.com](http://CouleeParenting.com).  
Enter your email address.

**BOOM!**

Welcome to the Parent'Hood!  
It's that simple.



**CouleeParenting.com**

# Seeking ways to connect with other families in the community?

Coulee Parenting is expanding its commitment to families by bringing them face-to-face in authentic and meaningful (but mostly fun) ways.

Add your name to our membership list. Just visit [CouleeParenting.com](http://CouleeParenting.com), enter your email address, and BOOM! You just joined the Parent'Hood. It's really that simple!

## What are Parent'Hood perks?

- Mostly FREE but always affordable family-friendly events
- Special play dates and mom's nights
- Interactive, supportive social media groups
- Educational opportunities to strengthen your family and grow as a parent
- and much more!

Add yourself to the Parent'Hood membership list for reminders and updates about our upcoming events. Just visit [CouleeParenting.com](http://CouleeParenting.com) and enter your email address. BOOM! You just joined the Parent'Hood!

Get ready to do great things together!

Let's start with our first FREE family-friendly events! There's Party in the Park, a series of park events to build community and make fun family memories, as well as a family bike ride in partnership with BBBB!



### Family Bike Ride

Proud collaboration with BBBB

**Sunday, July 21, 11 a.m. to 2 p.m.**

**(Rain date: Sunday, July 28)**

Want route details?

Join the Parent'Hood for updates!

How can your business or organization play a part? Call 317-8748!



**YOU ARE INVITED!**



MAYO CLINIC  
HEALTH SYSTEM

# PARTY IN THE PARK

**Party in the Park is held on Tuesdays from 5:30-8 p.m.  
See the schedule below for dates and locations. Each party features:**

- Big E inflatable rides
- La Crosse MTU bus tour
- Music by The 3 Dads
- WisCorps CritterMobile (think turtles and snakes)
- City of La Crosse Police Department's K9 crew demos
- Family yoga & dance classes
- Food trucks, including Fathead Steve's, Cloudy's, Taco Town\*
- and much more!

**Join the Parent'Hood at [CouleeParenting.com](http://CouleeParenting.com) for party updates!  
Or just show up for any of the party dates below!**

These are RAIN or SHINE events. In the event of a downpour or storm weather, we'll see you at the next party!

\* Food truck items available for purchase.

## PARTY IN THE PARK SCHEDULE

**Tues., June 25**  
5:30-8 p.m.  
Myrick Park

**Tues., July 9**  
5:30-8 p.m.  
Poage Park

**Tues., July 23**  
5:30-8 p.m.  
Copeland Park

**Tues., Aug. 6**  
5:30-8 p.m.  
Powell Park

**Tues., Aug. 20**  
5:30-8 p.m.  
Pettibone Park



MAYO CLINIC  
HEALTH SYSTEM



Coulee  
Parenting  
Connection

**23**  
**TUE**

### PARTY IN THE PARK

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

**5:30-8pm, 317-8748, CouleeParenting.com**

Free family fun, including Big E rides, yoga/dance classes, music by the 3 Dads, WisCorp's CritterMobile, MTU bus tours, food for purchase, and more. Sponsored by Mayo Health System; hosted by Coulee Parenting.

**26**  
**FRI**

### DANCE PARTY DISCO

**La Crosse Public Library Main, 800 Main St.**

**10:30-11:30am, 789-7128, lacrosselibrary.org**

Dance party with music, movement, and fun, best for ages 0-5.

**27**  
**SAT**

Your World Around You

**Children's Museum of La Crosse, 207 5th Ave. S.**

**10-2pm, 784-2652, funmuseum.org**

Celebrate National Parks & Recreation Month with La Crosse Parks, Rec, & Forestry Department. Free with admission.

**27**  
**SAT**

### 29TH ANNUAL RAIL FAIR

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

**10am-4pm, 4000foundationltd.org**

Train sales and shows, steam locomotive tours, a caboose and grand crossing tower, and food and entertainment.

**31**  
**WED**

### BOOK DOMINO CHALLENGE

**La Crosse Public Library Main, 800 Main St.**

**3-4:30pm, 789-7128, lacrosselibrary.org**

Help build a jumbo-sized domino chain through the library, inspired by Seattle Public Library's world record-winning 2,131 book chain. Grades 3-6.

## AUGUST 2019

**3**  
**SAT**

### GET UP & GO DAY

**La Crosse Public Library Main, 800 Main St.**

**10am-12pm, 789-7128, lacrosselibrary.org**

Outdoor fun celebrates Wisconsin Public Television's annual PBS Kids Get Up & Go Day, with special musical guests, The Beat Buds.

**3**  
**SAT**

### 2019 BIG LATCH ON

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

**10am-12pm, facebook.com/**

**events/716622812044520**

A global event to promote and celebrate breastfeeding.

**6**  
**TUE**

### PARTY IN THE PARK

**Powell Park, 1002 West Ave.**

**5:30-8pm, 317-8748, CouleeParenting.com**

Free family fun, including Big E rides, yoga/dance classes, music by the 3 Dads, WisCorp's CritterMobile, MTU bus tours, food for purchase, and more. Sponsored by Mayo Health System; hosted by Coulee Parenting.

**10**  
**SAT**

### OPEN BARN & GARDEN

**See June 8**

**20**  
**TUE**

### PARTY IN THE PARK

**Pettibone Park, 700 N. Pettibone Dr.**

**5:30-8pm, 317-8748, CouleeParenting.com**

Free family fun, including Big E rides, yoga/dance classes, music by the 3 Dads, WisCorp's CritterMobile, MTU bus tours, food for purchase, and more. Sponsored by Mayo Health System; hosted by Coulee Parenting.

## FREE Concerts in Riverside Park



**Wednesdays 7:30 pm**  
**June 12, 19, 26, and**  
**July 10, 17, 24, 31**



**FREE Bus shuttle before and  
after concerts from:**

**former K-Mart (pick-up 6:15)**

**Shopko South (pick-up 6:40)**

**Valley View Mall Park-n-Ride (pick-up 6:15)**

**Shopko North (pick-up 6:40)**



**Young listeners are  
invited to join in the  
weekly Children's  
March, parading  
the aisles with  
American flags!**

**www.LaCrosseConcertBand.org**  
**Abbie@LaCrosseConcertBand.org**  
**Abbie at 608-784-7555**  
**Facebook and Twitter!**

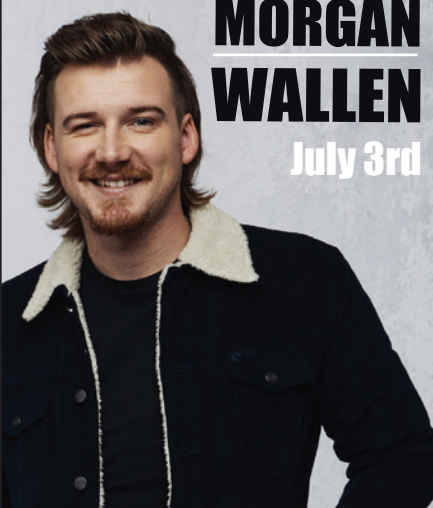




**ENTERTAINMENT.  
MUSIC.  
FOOD.  
FUN.**



**July 3<sup>th</sup> - July 6<sup>th</sup>, 2019**  
**La Crosse, Wisconsin**



**MORGAN  
WALLEN**  
July 3<sup>rd</sup>



**Join Us  
July 4<sup>th</sup>  
for Kwik Trip's  
Fireworks  
Extravaganza!**

**KWIK TRIP**



**Xtreme Team  
BASKETBALL**

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



**Stay Cool This Summer**  
**Year Round Fun at  
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Choose full week or single day/s


**Themes include:**  
Building • Art • Space • Dinosaurs  
Vehicles • Science • Animals • PLAY • & more

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



VITERBO UNIVERSITY AND  
MISSOULA CHILDREN'S THEATRE PRESENT

**PINOCCHIO**




Conceived and Written by Jim Caron

Music and Lyrics by Michael McGill  
and Jim Caron

**Saturday, Nov. 2 at 1 and 4 p.m.**  
**Viterbo University Fine Arts Center Main Theatre**  
Box Office 608-796-3100 [www.viterbo.edu/tickets](http://www.viterbo.edu/tickets)

Geppetto fashioned the puppet in the image of a small boy. Even as the lonely and kind woodcarver worked far into the night, he was not aware that the wood under the chisel had come from the trunk of an enchanted tree. But the Blue Fairy was aware, as she watched from afar and gave to that puppet the gift of life. Thus begins the Missoula Children's Theatre adaptation of one of the most beloved of all children's stories. As Geppetto and the friendly urchins spin their magical tale, we learn with Pinocchio that there are no shortcuts on the road to becoming a real, live boy.

**Auditions will be held Monday, Oct. 28 at 3:45 p.m.  
at the Viterbo University Fine Arts Center.  
Call 608-796-3735 for more information.**



WISCONSIN arts BOARD  
Creativity. Culture. Community. Commerce.

# Fairs & Festivals

**FRI-SUN, MAY 31-JUNE 2**

**JUNE DAIRY DAYS**

**Village Park, West Salem**

Events at various times, [junedairydays.com](http://junedairydays.com)  
Bands, events, parade, fireworks, and more to entertain the whole family.

**FRI-SAT, JUNE 7-8**

**ARTSPIRE**

**The Pump House Regional Art Center,  
119 King St.**

Events at various times, 785-1434,  
[artspire.thepumphouse.org](http://artspire.thepumphouse.org)

Free, all-inclusive, community art celebration combines visual, performing, literary arts, dance, and more in a primarily outdoor setting.

**WED-SUN, JUNE 12-16**

**WINONA STEAMBOAT DAYS**

Events at various locations and times,  
[winonasteamboatdays.com](http://winonasteamboatdays.com)

Five days of carnival, live music, boat races, a grand parade, and fireworks. Join us for a week full of fun!

**SAT, JUNE 15**

**LA CROSSE COUNTY DAIRY BREAKFAST  
Creamery Creek Holsteins, W1250  
County U, Bangor**

**6-11am, 343-6220, Find us on Facebook**  
Breakfast and fun on the farm for the whole family. Local food, open barn and farm tours, kids activities and inflatables, NEW Dairy Tasting Tent, Educational Tent, Spin-to-Win Wheel, and more.

**FRI-SAT, JUNE 21-22**

**CELEBRATE ONALASKA**

**Van Riper Park, 206 Riders Club Rd.,  
Onalaska**

Events at various times,  
[celebrateonalaska.com](http://celebrateonalaska.com)

Good food and great entertainment. Free activities for all ages and a fireworks display.

**SAT, JUNE 22**

**BIG BLUE DRAGON BOAT FESTIVAL**

**Copeland Park, 1130 Copeland Park Dr.  
7am-4pm, [bigbluedragonboat.com](http://bigbluedragonboat.com)**

A colorful and spirited competition on the Black River. Funds raised support the Center for Breast Care and the Boys & Girls Clubs of Greater La Crosse.

**WED-SAT, JULY 3-6**

**RIVERFEST**

**Riverside Park, 50 State St.**

Events at various times,  
[riverfestlacrosse.com](http://riverfestlacrosse.com)

Entertainment, food, drink, and fun over the 4th of July weekend. Kids 12 and under are free.

**WED-SUN, JULY 10-14**

**WINONA COUNTY FAIR**

**Winona County Fairgrounds, 506 W 6th  
St., St. Charles, MN**

Events at various times,  
[winonacountyfair.com](http://winonacountyfair.com)

Fair food, carnival rides, commercial booths, 4-H & open class exhibits, and grandstand shows.

**SAT, JULY 13**

**YOUTH OUTDOOR FEST**

**Veterans Freedom Park, 200 Clinton St.  
10am-2pm, [facebook.com/events/  
veterans-freedom-park/youth-outdoor-fest-2019](https://facebook.com/events/veterans-freedom-park/youth-outdoor-fest-2019)**

Experience outdoor recreation activities available in the Coulee Region, arts and crafts, live animals, food, and more. Free admission.

**SAT, JULY 13**

**DRIFTLESS MUSIC FESTIVAL**

**Eckhart Park, Decker St., Viroqua  
12-10pm, [driftlessmusicfestival.com](http://driftlessmusicfestival.com)**

Diverse music, local food, and good company under the trees. Enjoy one show or pack a blanket and chairs and stay all day. Free admission.

**WED-SAT, JULY 17-21**

**LA CROSSE INTERSTATE FAIR**

**West Salem Fairgrounds, N4985 County  
Road M, West Salem**

Events at various times,  
[lacrosseinterstatefair.com](http://lacrosseinterstatefair.com)

Carnival, exhibitions, food, and fun. Free admission.

**SAT, JULY 27**

**2ND ANNUAL BLUE FRUIT FEST**

**Blue Fruit Farm, 31762 Wiscoy Ridge Rd.,  
Winona, MN**

**3-8pm, 507-454-8310, [bluefruitfarm.com](http://bluefruitfarm.com)**  
Farm tours, berry and jam tasting, live music, pizza, and desserts from the Blue Heron.

**SAT-SUN, JULY 27-28**

**AAUW ART FAIR ON THE GREEN**

**UWL Campus, 1725 State St.  
10am-5pm (Sat.), 10am-4pm (Sun.),  
[lacrosse-wi.aauw.net/art-fair/event](http://lacrosse-wi.aauw.net/art-fair/event)**

Fine art and food for sale, admission goes to fundraise local scholarships and grants.

**FRI-SUN, AUG. 9-11**

**IRISHFEST**

**Southside Fest Grounds, 615 2nd St. N.  
3pm-12am, [irishfestlacrosse.org](http://irishfestlacrosse.org)**

Irish/Celtic music, food, beverages, dancing, and culture for the whole family. Kids 17 and under are free.

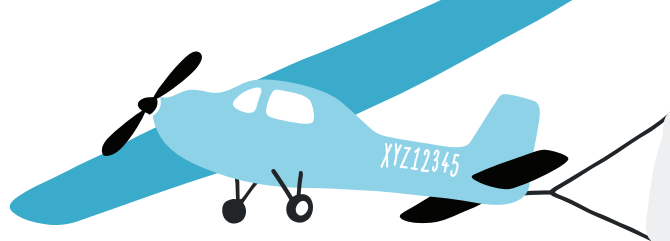
**FRI-SUN, AUG. 16-18**

**KORNFEST**

Events at various locations, Holmen  
Events at various times, 526-4444

Annual community celebration filled with fireworks, a parade, a car show, swap meets, carnival, music, charcoal chicken, and, of course, delicious buttered corn. Free admission.





# SUMMER FUN HUNT

Coulee  
Parenting  
Connection

**Meet Hopper, our Coulee Region park-hopping friend for the Summer edition! He's visited 12 of our area's favorite spots in La Crosse, Onalaska, Holmen, West Salem, and La Crescent, Minn.**

Can you figure out where he's been? If so, let us know! If you can name even half of the places he's been, we'll enter you for a Target gift card. Just email [lissa@cpclax.com](mailto:lissa@cpclax.com) (must use the subject line **Summer Fun Hunt**).

You can even take a selfie at the same places and post to our Facebook page, #CRHopper. While you're there, find the treasure we hid for you near Hopper's photos. Caches are a camouflaged container with our logo, with a few fun knickknacks and a logbook inside.

**Find our caches or take it to the next level with official geocaches. Here's a quick guide:** (For Coulee Parenting caches, skip to number 5.)

1. Go to [www.geocaching.com](http://www.geocaching.com) and register for a free account or upgrade for \$30/year to access premium content.
2. Download the free geocaching app (optional).
3. Enter your location and click the magnifying glass to search.
4. Click the name of the geocache you want to find.
5. Enter its GPS coordinates and navigate to it (unless you have the app).
6. Bring a pen to sign the logbook, then return the geocache to its original hiding spot. Remember to respect nature; don't disturb rocks and plants.
7. Mark it as found and share your experience and photos with others.



1. 43.8405 N, 91.2499 W



2. 43.958333 N, 91.250000 W



3. 43.893611 N, 91.206389 W



4. 43.781111 N, 91.202778 W



5. 43.882222 N, 91.234722 W



6. 43.7986191 N, 91.2499424 W



7. 43.9106 N, 91.2263 W



8. 43.818355 N, 91.255104 W



9. 43.797500 N, 91.231944 W



10. 43.898056 N, 91.114722 W



11. 43.769722 N, 91.205278 W



12. 43.916139 N, 91.215500 W



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