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“Regardless of who you are, you have to work hard in this business.”
 – Gabrielle Dow

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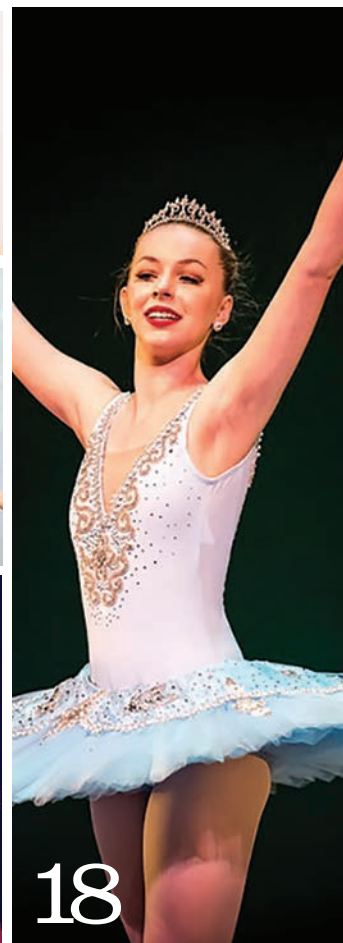
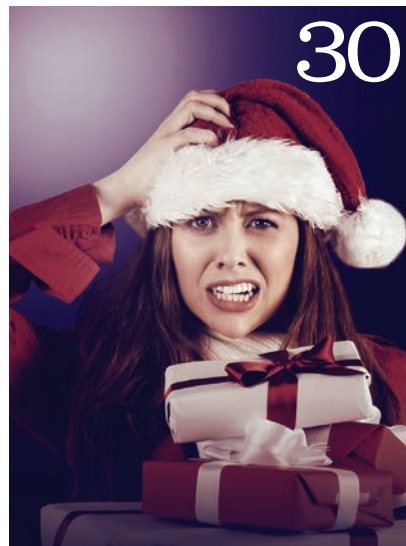
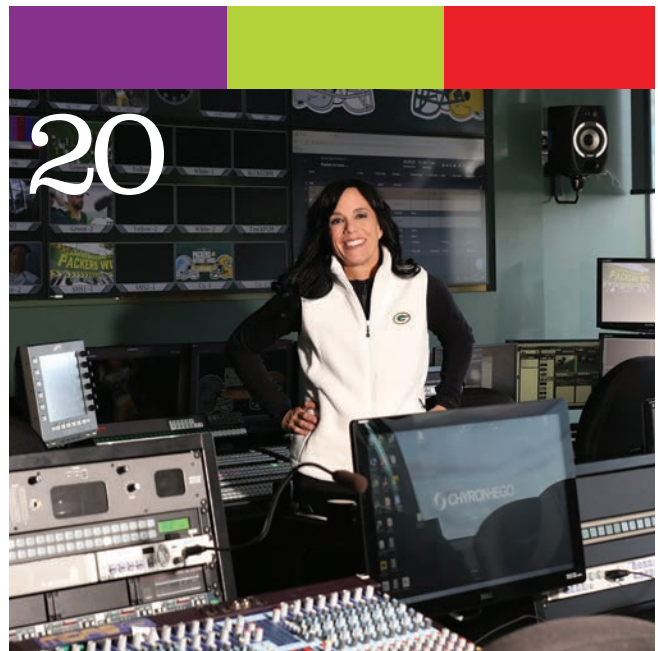
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women

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Publisher
Leslie Asare
leslie@mywomenmagazine.com



Caryn Juidici
Marketing consultant
caryn@mywomenmagazine.com



Patti Hanke
Marketing consultant
patti@mywomenmagazine.com

Contributing writers

Laura Broullire
Katie Carlson
Cheryl Hentz
Kelly McBride Moore
Amanda Renkas
Emily Rae Schutte
Pam Schutz
Melissa Yelle



Cover photography by Kim Berg,
Accent Photography by Kim,
Green Bay.

Hair and Makeup by Jody Graf.

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This sweet woman, Marilyn, has been my secretary, on and off throughout my career, since 1990.

She always “dressed to the nines” even if it was just the two of us some days. To some she was known for making fabulous bars, buns, Jellos, you name it. She often shared her kitchen “tricks of the trade,” and she never frowned on me for making cakes and brownies from a box, even though she only made hers from scratch.

Marilyn went from discreetly fielding phone calls at the office from men (when I was single and mingling) to watching my three daughters grow up before her very eyes. We shared a wonderful bond of trust and love for each other, and if I ever shocked her, she didn’t show it. We laughed a lot, and we never argued. My life was an open book to her.

This October I said goodbye to my dear friend. As I sat in the church basement for the luncheon after the funeral, I couldn’t help but think of how many of those luncheons Marilyn made desserts and worked for. She was known for so many things: going all out and decorating her windows for holidays, caring for her flowers in summer, knitting, getting on her treadmill religiously. She loved dogs, including our rascally Charlie, and that feeling was reciprocated.

If you are lucky enough to have had someone in your life as hilarious, curious, and thoughtful as Marilyn was, thank God for them. Loyal friends like her don’t come along every day.

We have a very interesting cover story about Gabrielle Dow from the Packers, and I think you’ll like her! We love introducing you to the cool jobs ladies have at Lambeau Field.

As promised to the many callers, we are rerunning the cauliflower recipe in this issue, without the error. I apologize for the incorrect information last month.

Bundle up and enjoy this issue of Women!
Leslie Asare, Publisher

WHAT'S YOUR favorite thing to eat on Thanksgiving?



My favorite food to eat on Thanksgiving is jellied cranberries – you know, the kind that comes out like the shape of the can! Cranberries remind me of holiday dinners with my family, sharing food around the table, laughing and enjoying each other's company. My family likes to make fun of me and my obsession with can shaped cranberries, but they are always included in the holiday spread.

Kate Guth, Green Bay



My favorite Thanksgiving feast includes the turkey my mom makes, stuffing my sister makes (no raisins) and pumpkin pie. No cranberries- I ate a big spoonful as a kid when I thought it was Jello!! No cranberries...

Terri Refsguard, Green Bay



I grew up eating traditional Italian and Lebanese dishes on every holiday, but after marrying into a Norwegian family and moving to WI, my Thanksgiving dinner has done a 180. Now the first thing I go for is the Lefse. Shh... don't tell my parents.

Nina Sparano, Appleton



Thanksgiving is probably my favorite eating holiday. I love the "bits and bites" of the turkey that don't make the serving platter when my husband is carving the turkey!

Beth Davis, Appleton



It's almost impossible to pick one thing because it's the best meal of the year! But if I have to pick one, I would say my Grandpa Gary's homemade stuffing. It's been a staple at our Thanksgiving since I was little and is something I look forward to every year!

Mackenzie Utpadel, Appleton



Stuffing! And I'm a stuffing snob. No cranberries. No raisins. No orange peel. Sausage is acceptable, but not preferred. Frankly, I'll make it myself!

Mary Schmidt, Maribel



BEST FACE FORWARD

Modern facial treatments for our modern world

Say the word “facial” and it might conjure an image of a tranquil day spa, a mud masque, warm towels and cucumbers to go over your eyes. While this certainly sounds nice, today’s modern technology takes skin care even deeper – several skin layers deeper, to be exact – with better and more immediate results than ever before.

FACE FABULOUS

There’s no denying that we live in an Insta-age where your face is your calling card. Whether you are taking part in a video chat or uploading a new profile picture, we all want our skin to look healthy and vibrant.

“Social media has changed the way people look at a lot of things,” said Lori Buss, of The Center for Aesthetics and Plastic Surgery. In addition to being a licensed aesthetician for 20 years, she’s also the mother of two high school girls who’ve opened her eyes to the reality of living in this visual age.

“When people see you, they see your face first,” said Michaela Geurts, licensed aesthetician, laser technician and owner of Arabella Spa & Salon in Ashwaubenon. In addition to making a good first impression, taking care of your face is part of taking care of your health – just like going to



the gym or eating well. “Our skin is our biggest organ,” Geurts added.

GO BEYOND WASH, RINSE, REPEAT

Back in your grandmother’s era, a bar of soap and some moisturizing cream were typical tools of the trade. Today’s skin care arsenal is decidedly more high-tech. Buss called The Center, with local facilities in Neenah and Green Bay, a “medi-spa,” with results-focused skin services ranging from microdermabrasion and dermaplaning to chemical peels and laser resurfacing.

“This is skin health and skin care,” said Buss. One of her favorite add-on services, an oxygen facial, is a fantastic way to treat redness, she said. “It uses a pure oxygen machine,” Buss said. “After exfoliation when the pores are nice and open, that’s when the oxygen comes in. It’s very calming to the skin.”

Geurts is bringing a new machine to her spa that also utilizes oxygen, plus a radio frequency to tighten pores. “I try to look for what’s trending in Europe and California,” she said. “There’s always something new.”

Before opening her own spa, Geurts said she worked in both the day spa and medical spa environments, and she strives to find a middle ground. “I try to make it very relaxing and comfortable, almost like you are in your own living room at home,” she said. “But we are going to get you some results, too.”

Of the dermaplaning offered at Arabella, Geurts noted that

the procedure gets rid of dead skin and vellus hairs, or “peach fuzz,” that can be bothersome to women. Buss is quick to point out that these hairs will not grow back thicker and darker than before. “That’s an old wives’ tale.”

POWERFUL PLASMA

Followers of Kim Kardashian are already familiar with the platelet-rich plasma facial, or PRP, which uses the client’s own blood to improve the appearance of the skin. Kristin Schultz, master nurse injector at The Center, said the first step is a blood draw. “Then we use a centrifuge to separate the stem cells from the waste products in the blood,” Schultz said. “After that, we take the good cells and inject them into the dermal layer of the skin.”

The blood serum, combined with micro-needling, makes the skin behave as if it’s younger, Schultz said. “And the results we’re seeing are incredible.” The procedure helps to improve skin texture, she said, and the appearance of pores, fine lines, wrinkles and scars can be diminished. A few days of down time after the procedure can be expected, Schultz said, “depending upon the age of the skin. But the results are so worth it.”

OPTION OVERLOAD?

When reading a services list that ranges from a 30-minute customized spa facial to a “celebrity” facial with a liquid filler solution to a pumpkin enzyme peel, the options seem endless. That’s why Geurts sits down for a free, in-depth consultation with all of her new clients to talk about concerns, review options and answer questions.

“I’m here to help the patient,” added Buss. She said complimentary consultations are offered at all four of The Center’s locations in Wisconsin, and she’s happy to meet with new clients to discuss treatments for everything from dull skin and acne to redness, fine lines and sun damage. “They say, ‘I didn’t know that was an option.’”

Both aestheticians said that the recommended timing of appointments depends greatly on the service – and the client. “More mature skin requires more frequent care,” Buss said. “Some clients I see every four weeks. The cell turnover slows way down.” Her patients in their 20s, she added, are often ahead of the game in taking steps to prevent fine lines and age spots. “In the long term,” she said, “their skin is going to look fabulous.” **W**

BENEFITS OF A FACIAL

Lori Buss, longtime licensed aesthetician with The Center for Aesthetics and Plastic Surgery, said there are five main benefits of getting a facial - whether you get one a month or one per year. “The good news is that no matter when you come in, the benefits remain the same,” said Buss.

- Exfoliated skin (dead cells removed)
 - Improved circulation
 - Reduced tension with facial massage.
- (“People don’t realize how tight their facial muscles are,” Buss added.)
- Toxins removed
 - Face looks refreshed and well rested

A photograph of a woman's legs, from the knees down, resting on a white, tufted leather chair. The legs are positioned in a relaxed, slightly bent manner. The background is a soft-focus indoor setting with light-colored walls and a window showing greenery outside.

HAIR REMOVAL 101

Hair removal for aesthetic purposes is nothing new. In fact, the practice of removing body hair can be traced back as far as ancient civilizations. It seems like an unspoken assumption that women should maintain body hair care at all times, given what we see in social media these days.

All societal standards aside, women have been waxing, shaving and even using pumice stones and sandpaper to remove unwanted hair for decades. It's no wonder the body hair acceptance movement looks appealing at times. But just in case you aren't ready to give up hair removal habits yet, here are some tried and true methods to address unwanted body hair.

PROS AND CONS

Even though fads come and go, everyone has a favorite approach when it comes to hair removal. There are pros and cons to each, but one thing is certain, according to Jamie Draheim of Hairfree Solutions. "There is no fast, no pain-free and no cheap method of permanent hair removal." It's important to know the benefits and potential drawbacks of the strategy that works best for each individual, including how much time and money you are willing to invest.

ELECTROLYSIS ENDGAME

Electrolysis has the benefit of being the only proven form of permanent hair removal, according to the FDA. The process takes time, since the procedure involves addressing hair follicles individually. Hair regrowth is inhibited by an electrical current, and can cause some discomfort.

"I tell my clients that even though the process takes a little longer, any pain they may feel is tolerable. It's not pleasant, but isn't as painful as other methods," said Draheim. "You may come in more frequently in the beginning for treatments, but once you're done, you're done."



Electrolysis

LASER FOCUS

If electrolysis doesn't seem like the right choice, laser hair removal may be an option worth considering. Laser treatments are one of the most commonly performed cosmetic procedures in the U.S., but can still be painful for some individuals. With laser treatments, highly concentrated light is beamed into hair follicles, which destroys the hair.

Laser treatments were first popularized in the 1990s, and for good reason. They are precise, usually quick for the technician to complete, and offer predictable results. Many respond well to this hair removal method, and have permanent hair loss after a few sessions.

WAX ON, WAX OFF

Waxing gained popularity in the 1980s, and is still a go-to procedure today. Waxing lasts longer than shaving alone, but is not considered to be permanent hair removal. With this method, a resin-based wax product is applied and subsequently removed, which pulls the hair out from the follicle. Results last up to 6 weeks, but can be much less.

CONTINUED ON PAGE 37



TREATMENT HELPS WOMEN
GET BACK TO NORMAL AFTER
MENOPAUSE

There's no doubt about it — menopause can be tough. There are the hot flashes and night sweats, the mood swings and sleep problems. You may gain weight or experience thinning hair. And vaginal dryness? Yes, unfortunately, that's often part of "the change."

So how can you navigate this time of transition, and still come out feeling good? And what if you have other circumstances — such as childbirth or certain cancer therapies — that leave you on the dry side down below?

These are sensitive questions, and they require a sensitive approach — but you also want real solutions. Here's what you should know.

WHY IT'S HAPPENING

Menopause causes a drop in estrogen that can lead to atrophic vaginitis, or the lack of nourishment of the cells of the vaginal mucosa. This contributes to progressive thinning of the vaginal and vulvar mucosa, which become more delicate and sensitive. Vaginal dryness, itching and burning, pain with intercourse and urinary incontinence can result.

Menopause isn't the only condition that causes these drops in estrogen. Women who have recently delivered a child, especially if they're breastfeeding, can experience similar symptoms. Chemotherapy can cause permanent or temporary early menopause, leading to the same uncomfortable condition.

MENOPAUSE ISN'T THE ONLY CONDITION THAT CAUSES THESE DROPS IN ESTROGEN. WOMEN WHO HAVE RECENTLY DELIVERED A CHILD, ESPECIALLY IF THEY'RE BREASTFEEDING, CAN EXPERIENCE SIMILAR SYMPTOMS.

YOUR PROVIDER IS ON YOUR SIDE

Having a trusted primary care provider or OB/GYN is a critical first step. Talking about vaginal dryness may be embarrassing for you, but your provider has seen and heard it all many times before. He or she understands the discomfort and pain dryness can cause — and that yes, a healthy sex life is still important as you age.

"Patients may be reluctant to broach the topic of vaginal dryness, either out of embarrassment or because they assume there's nothing we can do," said Dr. Herbert Coussons of Bellin Health Generations. "The reality is, we welcome this chance to help women take control of their health and discover real and lasting solutions that can drastically improve quality of life."

NEW PROCEDURE OFFERS NEW HOPE

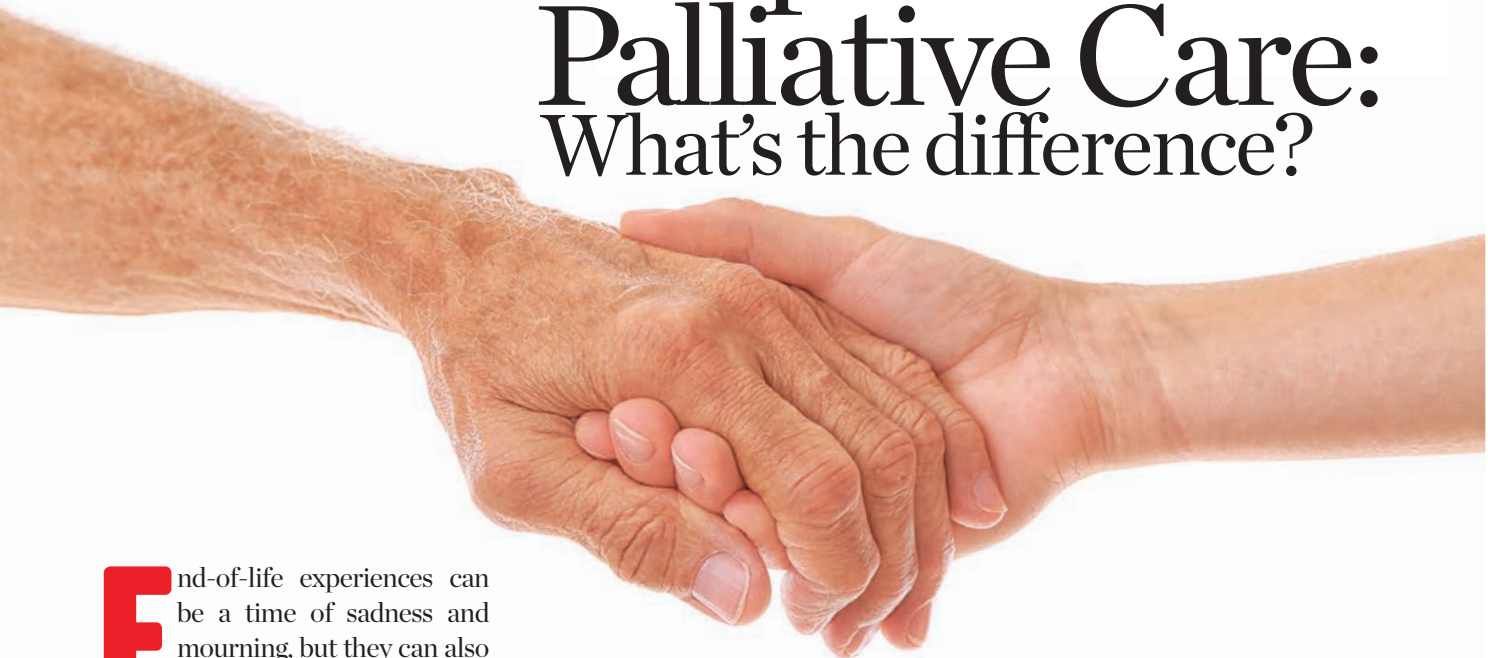
A frank, candid conversation about your symptoms and goals is important to help your healthcare provider recommend the best course of treatment for you. That conversation could include a non-invasive FDA-approved therapy that is new to the Green Bay area — and is already making a difference for women in our community.

It's called MonaLisa Touch® and it's a laser treatment that can restore vaginal health in three short sessions, correcting vaginal dryness, itching, burning, frequent urination and pain with intercourse. It prevents and resolves drops in estrogen by reactivating the production of new collagen — and that gets things back to normal. Bellin Health Generations' Development Drive location is the only clinic in our area to offer the treatments.

"The MonaLisa Touch treatment is a simple and painless in-office procedure that doesn't require anesthesia," Dr. Coussons said. "We recommend three treatments, six weeks apart, for full and lasting results, but women will notice symptom relief after the very first session. It's a quick, easy way to begin feeling like yourself again."

To learn more about MonaLisa Touch, visit www.monalisatouch.com. **W**

Hospice and Palliative Care: What's the difference?



End-of-life experiences can be a time of sadness and mourning, but they can also be a chance for comfort, healing and joy. This month, we celebrate National Hospice and Palliative Care Month. Let's take this opportunity to explore these special services and how they can ease the end-of-life experience for you and your loved ones.

WHAT IS HOSPICE CARE?

Hospice is not a place. Hospice is a type of holistic care that eases suffering, provides peace and comfort, and gives support to loved ones. It is completely individualized to the patient and their desires and wishes.

"Those little things that matter. We really try to make sure we are treating people the way they desire," said Leah O'Barski, CHPN, CHPCA.

Leah is the Senior Director of Professional Services for Heartland Hospice Services of Green Bay. She is certified in both hospice and pal-

liative care nursing and hospice and palliative care administration.

Leah describes the hospice care experience as patient-driven. The length of hospice care varies from patient to patient but is typically defined as care provided when there is a terminal illness with a life expectancy of less than six months.

WHAT IS PALLIATIVE CARE?

Palliative care is a specialized type of care that focuses on providing relief from the stress of an illness and its symptoms. It is based on the needs of the patient, not on the patient's prognosis or life expectancy, and can be provided alongside curative treatment. Palliative care can be arranged for people of any age or at any stage of a serious illness.

Palliative care can be part of hospice care but is not tied to a life expectancy or prognosis, said Lauren Guenther, RN, BSN. Lauren has been a hospice nurse for eight years and works for St. Paul Elder Services, Inc. in Kaukauna. She said that palliative care takes the holistic care model of hospice to an earlier stage of a serious illness.

SIMILARITIES AND DIFFERENCES

Hospice and palliative care are both holistic approaches that aim to provide comfort, support and quality of life for both the patient and their family. Both hospice and palliative care are provided by trained healthcare workers — including doctors, nurses and home health aides — as well as other specialists such as massage therapists, pet therapists, spiritual counselors, music therapists and more.

It truly takes an interdisciplinary team to provide hospice and palliative

care. Lauren said that hospice and palliative care treat more than just physical symptoms of a patient's illness. They take into account emotional, psychosocial and family needs.

Palliative care can begin at diagnosis and continue during treatment, while hospice care begins after treatment of the disease stops and the patient typically has a life expectancy of six months or less.

OVERCOMING MYTHS AND MISCONCEPTIONS

Location: Hospice and palliative care services can be provided within a nursing or assisted living facility, but they can also be given within people's homes, said Leah.

Treatment: According to Leah, hospice care does not necessarily mean that all medications are taken away. Palliative care can be provided alongside curative treatment.

Perception: Hospice and palliative care are not "doom and gloom" stages of life. "Once patients and families realize that we just desire to do whatever it is that they want their life to look like, they realize it's not so scary!" said Leah. "They really embrace it."

Lauren agreed, saying, "Instead of looking at it as 'giving up,' we look at it as a changing in goals." She added that the purpose is making the most of the quality days a person has left.

WHAT CAN A FAMILY MEMBER DO?

Lauren said that the biggest thing you can do when your loved one is entering hospice and/or palliative care services is to understand their goals and support their wishes. Trained professionals can be an intermediary with family members. These professionals can help loved ones explain the patient's wishes without putting the patient into a state of distress.

Leah noted that loved ones can also take advantage of bereavement programs offered by agencies such as Heartland. These services continue over a year after a loved one has died.

VOLUNTEERS ARE ALWAYS NEEDED

Volunteers are crucial to hospice and palliative care services — literally! This is the only branch of healthcare that requires at least 5% of total care hours to be provided by volunteers, said Leah. Individuals interested in volunteering typically undergo a background check first, followed by an assessment of their interests and talents, and then an orientation period. Some will help out with clerical duties and others will work directly with patients. Responsibilities could include talking, listening, playing games, providing pet or massage therapy, reading, praying and more.

Lauren said that volunteers need to be very compassionate, have empathy and have the ability to "be a peaceful presence" for patients and families. These same charac-

"EVERYBODY'S JOURNEY IS UNIQUE. WE PROVIDE PERSON-CENTERED CARE. WHATEVER YOUR GOAL IS AS A PERSON AND AS A FAMILY, THAT IS WHAT WE ARE GOING TO HONOR."

— LAUREN GUENTHER, RN, BSN

teristics apply to anyone who wants to work in hospice or palliative care. Establishing boundaries is also key to preventing burnout in this line of work, she said.

Heartland has a We Honor Vets program in which veterans receiving hospice or palliative care are matched with veteran volunteers, said Leah. Both patients and volunteers benefit from the experience of talking to a fellow veteran.

Vigil volunteers help ease the burden of family members in a patient's final days and hours. They spend time sitting with a dying person so they are not alone. Leah said this can be a very comforting presence for loved ones. **W**

SEVEN FINANCIAL TIPS FOR THE END OF 2019

The last two months of the year are a perfect time for family, fun and ... finances?

That's right! Area financial professionals recommend taking a closer look at your finances at the end of the year, to make sure 2020 gets off to a great start. Read on for seven actionable tips that you can implement before the end of the decade.

MEET THE PROS

First, let's meet our experts! Kate Thome, LUTCF, CLU®, ChFC®, RICP®, is a financial advisor for Synergy Advisory Group LLC in Neenah. She can be reached at 920-215-3262. Christine A. Rondeau, CFP®, is a Financial Advisor for IPI Wealth Management, Inc. in Neenah. She can be reached at 920-886-1300. Both of these women are great sources of information and advice if you'd like to dig deeper into any of these tips.

TIP #1: REBALANCE YOUR FINANCIAL INVESTMENT PICTURE

In light of 2019's strong bull market, Kate recommends doing a rebalance of your financial investment picture. Make sure you aren't over-weighted in any particular area. Work with your financial advisor to ensure that your portfolio is balanced at the

risk level you have chosen for your age and risk tolerance. For example, you may want your investments to be a 50/50 split stocks and bonds.

TIP #2: REVIEW YOUR 401(K) OR EMPLOYER-SPONSORED RETIREMENT PLAN

Christine points out that some plans only allow a once-a-year change to contribution amounts or fund changes, so make sure you know the rules of your plan: "If you can increase the amount you are contributing, think about doing that as soon as you can. The more you put away for retirement, the better!" One way to do this is to increase your salary percentage put away by one or two points every year.

TIP #3: KEEP YOUR HOLIDAY SPENDING IN CHECK

It's no surprise: We tend to overspend in the fourth quarter! Between food, gift-giving, traveling and bills related to the colder weather, many people accumulate above-average bills this time of year. Avoid spending more than you can afford by tracking expenditures, sticking to a budget and keeping an eye on credit card charges. You don't want to start the year in more debt, said Kate.

TIP #4: CHECK YOUR RMD'S

For those over 70 1/2, Christine recommends ensuring you have taken your Required Minimum Distributions (RMDs) from all of your IRAs by December 31st. If you have more than one IRA, you can add up the RMDs and take them from just one IRA. Meet with your financial advisor for help!

Christine continued: "If you haven't taken your RMDs, and you don't need the income, consider gifting it, tax-free, to a charity close to your



heart. Gifting directly from your IRA to your charity or church is called a Qualified Charitable Distribution (or QCD) and can be a great way to help an organization you care about while saving you taxes at the same time.”

TIP #5: MEET WITH YOUR CPA OR TAX PROFESSIONAL

Both Kate and Christine stress the importance of meeting with your tax professional before the end of 2019, so you can take advantage of any advantageous deductions or adjustments.

For example, Kate said that converting IRA’s to Roth IRA’s must be done by the end of the year, but a tax advisor would be able to advise if this is a good idea or not. The same goes for charitable donations.

Christine said you can also discuss any changes in your income and ensure you are withholding enough taxes. If you are retired, you can discuss the QCD option or ask if you should take more from qualified plans, when in a lower tax bracket. “Loop in your Financial Advisor and you have a very strong team to ensure you are doing all you can to grow your investments and save on taxes,” Christine said.

TIP #6: MEET WITH YOUR FINANCIAL ADVISOR

“The end of year is a great time to review, rebalance, catch up on changes that happened during the year and make any adjustments to your financial plan, as needed,” said Christine.

Set up a meeting with a trusted advisor so you can go into 2020 with peace of mind. This might be the most important investment you ever make in your financial future!

TIP #7: REMEMBER WHAT’S IMPORTANT

Money and finances are important, but so is time with loved ones.

“Life is fragile,” Kate said. “Money comes and goes, but family is only here for a short time. Make family a priority this time of year, as it should be.”

To dig deeper into these topics, consult with Kate or Christine or your chosen financial advisor. Let’s get 2020 off to a great financial start! **W**

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Kate Thome, LUTCF, CLU®, ChFC®, RICP®
920-215-3262 Ext. 126
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COVEY *cares*

Every working mother knows it takes a village to raise a child. A pediatrician, lactation consultant, daycare, family, friends and a supportive partner can all be important members of the proverbial “village.” Parents rely on these resources, and if one village member is missing, the gap is felt deeply. If you live far away from family or ever had a daycare provider call in sick – you know what I’m talking about.

How would your village change, then, if your child has a condition that limits their mobility or ability to care for themselves? What happens when that child becomes an adult and still needs care?

For over 350 Fox Valley families, the need for additional care is real for their loved ones and Covey is a vital part of their village. Covey centers in Oshkosh and Appleton serve individuals age 7 to 64 with respite care, life enrichment, skill-building opportunities and caregiver support. Their professional staff and volunteers are trained to serve the needs of children and adults with a wide variety of abilities.

A covey is a small group of birds. They stay together throughout their lives for protection and comfort. As a group, they are stronger and safer; they are able to do things they couldn’t do alone. At Covey, the participants, staff and



families believe in creating possibilities, and they believe in doing it together.

Covey’s mission is “to empower people with disabilities and their families to fully engage with the community.” Therefore, their services go far beyond the practical. Covey CEO Pam Schutz is driven by this mission. “To me, ‘engage with’ are the most important words in our mission. It means that the people we serve are valued and they belong. The most vulnerable among us need a village and Covey facilitates important community connections for our participants who are at risk of being isolated by their disability.”

By attending Covey programs, participants develop skills to achieve greater independence, experience social connectedness, explore interests and pursue dreams.


Caregivers who receive the necessary support experience fewer physical and mental health concerns. Covey support allows them to focus on strengthening other important relationships and pursue personal fulfillment through activities like employment or volunteering.

To Covey, engaging with the community also means serving the community. Covey has embarked on an initiative to find opportunities for participants to contribute their skills and talents through volunteering. “Our program participants have big hearts and they want to give back. We’re so proud of our local business and nonprofit partners who help us do that,” said Brittany Rewolinski, Covey Program Director.

Covey wants to deepen community relationships and bring more awareness to their work. "To anyone reading this, I'd say that you are a part of the community that we are trying to engage with," says Schütz. "Everyone matters when caring for our most vulnerable participants and I want to personally invite you to join us in our mission," said Schütz.

Covey is a 501(c)(3) organization and is funded by state and county initiatives, but also relies on generous donations from community members like you.

Additionally, Covey has many opportunities for caring volunteers to assist at respite houses, help with participant programs, volunteer at Covey events and provide general office support.

To make a donation or find a volunteer opportunity, visit www.covey.org for more information. 



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CLASSICAL BALLET, CREATED FOR YOU: The Makaroff Youth Ballet's production of **The Nutcracker**



With the holidays around the corner, start dreaming of sugar plums — as you watch young dancers' dreams come true on stage!

"I love the tradition that The Nutcracker brings to the holiday season," said Makaroff Youth Ballet (MYB)'s Executive Director Katy Hopp. "The Nutcracker allows the dancers to see their growth. There is a beautiful connection formed between our company dancers with the younger school students, as they reminisce about previous parts and experiences."

SETTING THE STAGE

The first bars of the familiar opening music of The Nutcracker are not the real beginning.



photo by Simon Roselaar

The story of the Makaroff Youth Ballet started decades ago, when Nikolai and Juanita Makaroff came to Appleton. Nikolai was a Bolshoi-trained ballet dancer who was captured by the Nazi regime during World War II.

Nikolai met Juanita in New York, where she was studying at School of American Ballet Theatre, and they moved to Appleton. In 1960, they founded the Makaroff School of Ballet.

In 2000, their daughter Jeanette returned to Appleton after a successful career as a professional ballerina, and the school and nonprofit MYB became what it is today.

“Many people still see ballet as something young girls do for fun,” said Makaroff. “We have helped show the community it is a serious art form.”

OVERTURES

With a combination of classical training and serious work ethic, the MYB prides itself in delivering performances that are professional — and accessible.

According to Lawrence University Professor of Dance and Makaroff Board of Directors member Margaret Paek, “It is rare to have this quality of traditional ballet available in a community of this size.”

“Not only do we provide the community with opportunities to see performances like *The Nutcracker*,” noted Paek, “we also increase access by providing classes during Mile of Music and performances of shows like *Peter and the Wolf* for the Appleton Area School District.”

In order to make *The Nutcracker* come to life for all viewers, Makaroff has added a literary twist: Clara visits various lands she has read about in her books.

DRESS REHEARSAL

“Ballet dancers work so hard to make their art appear effortless, but in the studio I have seen the sweat, the sore feet and blisters, and the complete and utter exhaustion from dancing a challenging pieces such as the *Nutcracker*’s snow scene,” noted Hopp. “I have also seen the confidence, resilience, pride, and passion that our company members gain from their experiences in ballet.”

“These classes teach work ethic, time management, perseverance, and most of all passion. Ballet, for most of us, is not something you can ever perfect,” explained Jennifer VanElzen. “My daughter Kylie’s passion for classical ballet training started when she was about 10. No matter how tough class was, she had a fire in her that no one could put out, she had set a goal to be in the company at Makaroff.”

“Joy was 10 years old, anxious, scared, full of self-doubt and certain that she will not do good in this art called ballet when we adopted her from an orphanage in the Philippines,” said Marla Sarino, “but we had read in her adoption profile that she loved to dance.”

After three years under Makaroff’s tutelage, “Joy has blossomed,” said Sarino.

CURTAIN CALLS

Despite the blisters and hard work, these young dancers retain a sense of magic.


“The beauty of dance lies in the dancer’s ability to amaze an audience with exhilarating movements



photo by McKenzie Images

while relating to the people on a personal level,” said Duyen Bagwell of her daughter. “Dance, to Kodi, is magic. It is an experimental frame in which she can think and practice, together with other people.”

“Dance is something that can benefit everyone,” Paek agreed. “Often people don’t see themselves as dancers, but we all move, in some way every day. Crafting that movement and movement awareness can affect all our lives.”

The Makaroff Youth Ballet will perform *The Nutcracker* at Lawrence University’s Stansbury Theatre on Friday, December 13 at 7 p.m.; Saturday, December 14 at 4 p.m.; and Sunday, December 15 at 1 p.m. Prices are \$18 in advance, \$20 at the door, and \$15 for all students. Seating is reserved, and the best way to purchase is to visit www.makaroffyouthballet.org. 

BRAND CHAMPION

Packers VP of marketing,
fan engagement savors
team mentality

It's late Monday morning at Lambeau Field. Gabrielle Dow is perched on an office swivel chair, her hair and makeup tended to as she prepares for an interview and photo shoot. Her executive assistant stands nearby efficiently taking notes as Dow rapidly fires instructions ranging from logistics for sideline personnel and security credentials to concert plans for early next year and scheduling availability of VIP guests.



COVER PHOTOGRAPHY BY JASON PAMENTER, Jdog STUDIOS, FREMONT.
All clothing provided by the Packer Pro Shop.

Dow keeps a calm, but precise focus on her constantly evolving to-do list. As the vice president of marketing and fan engagement for the Packers, she basically oversees the entire game day experience — aside from the actual football game itself.

She's admittedly very passionate about her work, but not typically this frenetic. On this particular October day however, she's just a few hours from Monday Night Football kickoff where 81,441 fans will fill the sta-

dium to cheer on the Packers as they defeat the Detroit Lions in the final seconds of a nationally televised match-up.

"We're always planning ahead," she laughs as her executive assistant leaves the room. "No rest for the wicked."



ON BRAND

For five years, Dow has helmed the Packers' retail operations, brand and marketing division and the digital, broadcast and game presentation division. Prior to that, she spent eight years as the vice president of marketing for the



Baltimore Ravens NFL team.

“The Green Bay Packers are 100 years old. If you look at it like that, the Ravens are millennials,” Dow explained. “They’re sandwiched between the Washington Redskins, the Philadelphia Eagles and the Pittsburgh Steelers — all well established teams. So in Baltimore, we were actively growing a fan base. The Packers have a brand and fan base that rivals any other team in the NFL, so our goal here isn’t necessarily to grow that but to do a great job reaching everybody.”

When Dow started here in 2014, she knew she wasn’t going to be reinventing the wheel when it came to the Packers fan experience.

“Day in and day out, we want you to follow us socially. To subscribe to our podcasts,” Dow said. “We want you to engage with us as much as possible the week leading up to a game so when you get here it’s everything you expect it to be.”

She and her team tweaked little elements of the game entertainment: music changes, how breaks between plays are addressed as a production.

“At home, you can have five devices running simultaneously. It’s less expensive. Your beer may be a little colder and your brat may be a little hotter,” she said. “So we need to provide the very best experience we can so the fans choose to watch the game here at Lambeau Field. We already had the tradition and history. I just added a little salt and pepper to the already fabulous soup.”

SETTING THE STAGE

Part of the struggle for Dow is enticing the younger generation to connect with the brand as a whole, and not necessarily one individual star.

“What keeps me up at night is how do I keep up with connecting with the Generation Z-ers? They tend to follow one or two players, not a whole team,” Dow said. “To them, Cam Newton is cool because he dabs and wears funky clothes to post-game interviews. They think Patrick Mahomes is cool because he does something funny in a commercial.”

With the Packers, her marketing approach is more of a focus on the team dynamic.

But when game day arrives, Dow doesn’t take a seat to watch that team dynamic in action. Her duties are spread across the entire stadium. She likes to roam the parking lots prior to the kickoff. Her favorite atmosphere is the Johnsonville Tailgate Village. As the game gets underway, Dow is all business. Part of her staff’s role is to assess the volume of the fans, whether they’re energized by the game and accompanying displays on the TundraVision (they don’t call them “Jumbotron” at Lambeau Field, of course).

“Coach LaFleur tasked us with being the biggest, best, loudest environment in the NFL,” Dow said. “So we had to figure out how do we reinvigorate and make Lambeau Field as competitive as other stadiums.”

That’s one of the ever-changing elements of working in Dow’s industry:



A new coach means a new point of focus. And in her 13 years in the NFL, she's had four head coaches — two in Green Bay, two in Baltimore.

"After a while, you realize this is a business," Dow

said. "You want to make sure you understand what the coach wants and fulfill that. It's all hands on deck because we all have the same goal: Winning."

So Dow focuses on creating an environment that helps everyone — her staff and even the coaches and players — be successful. She aims to get replays up as quickly as possible. She aims to amp the fans on Packers third downs and get extra loud on opponents' third downs. New video features are meant to make fans'



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history and will also be available in the Pro Shop.

Also under Dow's marketing umbrella, the team is preparing to launch its new "alternative uniform," which will replace the current blue "classic" jersey that the team wore this year against the Denver Broncos. The uniform will debut prior to the 2020 NFL draft. And on the draft topic, Dow submitted a proposal to host the 2022 NFL draft in Green Bay (the decision hasn't been announced yet).

DOUBLE DUTY

Dow attended the University of Oregon and enrolled in law school there after graduation. During a public relations internship with the Portland Trailblazers she realized sports marketing was her passion and also enrolled in the university's Masters of Business Administration program. She simultaneously graduated with a law degree and an MBA.

experience more meaningful because the more involved the fans are, the better the players do.

"Players feed off that energy," she said.

As vice president of marketing and fan engagement, though, her roles extend beyond two preseason and eight regular season home games. She travels for every away game to assess the competition's fan experience and attends each Super Bowl to study up at the "big game," too.

Plus, there are other major projects under her guidance:

The organization just launched its Connected TV apps and is gearing up to load its Legacy Documentary onto the apps soon. The documentary, which was a three-year project completed by the Packers' documentary committee, digs in to the team's 10-decade

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A female vice president for an NFL program is unusual. According to the 2018 Racial and Gender Report Card published by The Institute for Diversity and Ethics in Sport, of about 410 NFL vice presidents, 18 percent, only 74, are female. It's a role that Dow takes personally.

“Regardless of who you are, you have to work hard in this business. It's hard to break into this business. You not only have to prove yourself, you have to be forward thinking and always on,” Dow said. “As a woman, you can't be afraid to share ideas – to empower other men and women around you and to make a place for yourself at the table.”

OUT OF OFFICE

Dow doesn't necessarily “un-plug” like most people do when they leave work. Part of her role is being accessible almost constantly. But she and her family – husband Jeff, 14-year-old daughter Danielle and 10-year-old son Jackson – enjoy escaping north to Lee Lake where they have a cottage. They're in the process of building Dow a “she shed” on their lake property, too.

Jeff works from home and coaches both children's volleyball teams and the family enjoy time vacationing together, too. They took a trip to Australia together this year, where they got to partake in a family favorite sport: surfing. The trip, of course, wasn't completely relaxation for Dow. She was chosen to be the keynote speaker for a sports conference and brought the family along to combine the two.



That's the nature of the beast, for Dow.

"I'm always checking my phone, always logged in to a computer," she said. "My favorite part of my day is working in this business and working with such great people who care about the Packer brand. I have worked for five teams now and this is the first time I have ever seen the word 'stewardship' used in a team's values. Stewarding the Packers brand on a daily basis is my favorite part of my day." **W**

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UP CLOSE AND PERSONAL



Full Name: Gabrielle V. Dow

Age: 47

City: Green Bay

Title & company: Vice President, Marketing & Fan Engagement

Professional organizations or groups: Board Member of the Special Olympics, Wisconsin

Education details (degree and school): Undergrad: Univ. of Oregon, JD/MBA: Univ. of Oregon

Who is in your immediate family?

Husband Jeff, Danielle - 14, Jackson -10

What are words your friends or family would use to describe you? High energy, passionate, good sense of humor and productive.

Do you have any self-care routines?

I am an early riser and usually get up around 4-4:30 a.m. My husband turned an area of our home into a gym. My daily routine is a Beach Body workout from 5-6:00 a.m. It's my time for me.

What are your "words to live by"? We have several Vince Lombardi quotes posted around the office, so I tend to gravitate toward them. One of my

favorites from him is: The measure of who we are is what we do with what we have. I also like "work hard, play hard."

Hobbies? Reading.

Favorite local restaurants? Hinterland, A'Bravo, 1919 Tap & Kitchen and The Turn at Tiletown.

What is something few people know about you? I backed into a wood-burning stove while staying in Yosemite's High Camp and was air-vacced via helicopter through Yosemite to their Base Camp to have the doctor on staff review my 3rd degree burn on my leg.

What do you do for exercise? Beach Body's 80 Day Obsession or Lift4.

Favorite book? Rebecca by Daphne du Maurier.

Favorite movie? I am more into series like Game of Thrones, Downtown Abbey and Outlander.

Dream vacation? Last spring we traveled to Australia. Next on the list is Costa Rica, New Zealand and Maui.

Do you have any pets? 1 rescue dog (Lucy), 3 cats (Duke, Jackie Beans and Mandy).

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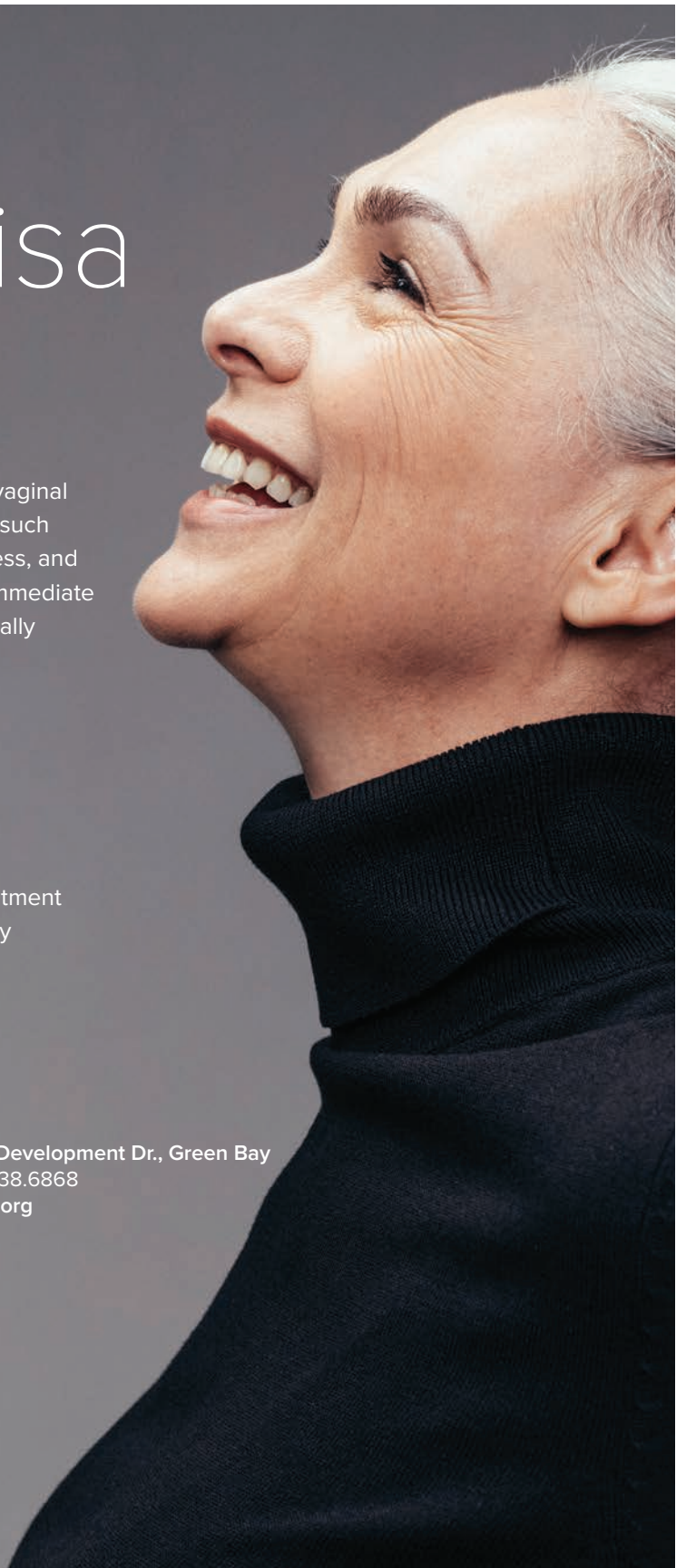
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MENTAL HEALTH FOR THE HOLIDAYS: HOW NOT TO GET OVERWHELMED

The holidays are soon approaching and for many of you this means long to-do lists and a lot of additional stress and headaches. However, it's important to remember what the holidays are truly about and to make sure you're properly managing your mental health and well-being.

There are a few ways in particular that you can get ahead of any anxiety you're feeling

and not easily become overwhelmed. What you want to avoid is taking on too much and feeling rundown or getting sick and missing out on all the fun. Read on to learn more about how you can stay well and genuinely enjoy yourself over the next few months.

THE IMPORTANCE OF MENTAL HEALTH

When you don't feel great mentally it's hard to function to the best of your ability as you go about your schedule and difficult to be there for others. Good mental health is important because it allows you to perform well at work and maintain long-lasting relationships with others. When you're in a good mood and have more natural energy, life doesn't feel as taxing and over-



whelming. Never underestimate how much better off you'll be when you focus on living in the moment and practicing gratitude for all your blessings.

REMEMBER YOU HAVE A CHOICE

Whenever you're feeling weighed down, focus on the fact that you have choices. Kaela Gedda, Life Coach for Female Entrepreneurs, reminds us to keep in mind that everything is a choice. She states, "We get to choose where we put our time and energy. If

we want to be a perfectionist about it, it's a choice (i.e. decorating the house each season, giving gifts to all, going to all the parties). For instance, we can choose to say yes to the holiday parties we're most excited about and no to the others, so we don't get overlooked. We can want to think a certain way or not. Controlling your own schedule is always a choice, so remember you don't have to say yes to everything."

EXERCISE REGULARLY

Working out isn't only about staying physically fit, but mentally fit and stable as well. Getting daily physical activity is an excellent way to reduce your stress and not get overwhelmed with the holiday activities

such as shopping, family gatherings and parties. Find a routine that works for you and exercises you actually enjoy doing so you're motivated to break a sweat each day. Furthermore, it's a wise idea to get outside and breathe in some fresh air whenever possible. Connecting with nature and participating in activities outdoors (even when it's chilly outside) will make you feel alive and give you time to clear your mind and reconnect with yourself.

PRIORITIZATION AND DOWNTIME

Improve your mental health over the holidays and steer clear of feeling overwhelmed by taking better care of yourself. There are a lot of self-care activities to choose from that you can add to your daily routine that will provide you with more natural energy and lift your mood. For example, read a good book, take a warm bath or go to bed at a decent hour and unplug from technology every so often. Shopping, spending time with family and attending parties and events will be a lot more pleasurable of an experience when you're well-rested, eating healthy foods and burning off calories.

Life Coach Lisa Klarner believes that one of the most important ways you can manage your holiday stress and not get overwhelmed is to be kind to yourself. "Know when you need to take breaks and be alone for a few minutes. Give yourself permission to step away from it all when you know you need it before it gets out of hand." The same goes for your professional life, "During the holidays work can get busy, so prioritization is necessary. If you feel you need time off then just take it. If you want to give yourself a gift then take some time off to help you reduce the stress. Intentionally disconnect from work and let others know you're not available. Pay attention to and recognize what you need and then follow through."

OPEN UP TO OTHERS

Your mental health will suffer less when you're open and honest with your feelings and emotions. If you're feeling overwhelmed then maybe it's time to take a break and spend some time with someone you trust and feel comfortable being vulnerable with such as a close friend, family member or life coach. You don't have to always be the strong one who's put together and perfect. Everyone has flaws and insecurities, so

remember that you're no different from the rest when you're feeling anxious or overwhelmed.

MAKE LISTS

You can avoid getting overwhelmed this holiday season by committing to making to-do lists. This way you don't have to keep all that you need to get done floating around in your mind, which can cause you to feel distracted. Get out a pen and paper or use an app on your phone and document what's upcoming and what you need to get done and by when. It'll feel rewarding to cross items off your list as you tackle each individual project or task.

CONCLUSION

It's not much fun to be cranky and feel overwhelmed when there's so much to be thankful for and cheerful about over the holiday season. Therefore, put this advice into practice and start to notice how much more relaxed you feel as you approach each new day. Most importantly, be kind to yourself and others and put your energy into improving your mental health and enjoying the holidays, instead of dreading them. **W**

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You've got mail, but how holiday cards arrive varies widely

It won't be long before the holiday greeting cards start arriving. I don't know about you, but while I love to get cards by any means, having them sent to my home is still my favorite way of receiving them. There's just something special about opening a card that someone picked out and handwrote a message or addressed the envelope in their own handwriting. It's personal, and it means something. Apparently, others feel the same way.

According to the Greeting Card Association, despite our living in a digital world, the sales of greeting cards has actually held steady for the last several years. This means about 6.5 billion greeting cards are purchased in the United States every year. The annual retail sales of greeting cards are estimated to be between \$7 to \$8 billion in total. Most of those cards are Christmas cards, followed by Valentine's Day and Mother's Day.

"Our research on how and what consumers use to communicate shows that consumers recognize and value higher-quality paid greetings when they want to make more meaningful connections. They see paper cards as one of the most deeply meaningful ways of expressing themselves," said Patrice Molnar with American Greetings.

Kevin Lanham, director of merchandising for Silver Star Brands based in Oshkosh, said they haven't seen any change in their Christmas card sales either. "I think people are buying more special cards for holiday greetings, rather than the boxed cards. We haven't seen any slowness in our boxed cards, but I think it just depends on the year as to what type of boxed cards are selling."

"We're seeing more of a religious trend now versus the general Christmas card greeting," Lanham continued. "Photo cards, of course, have taken off over the years with things like Shutterfly. Cards where you put in your own photo also do extremely well. It gives it that extra personalized greeting. Bottom line, I think people are still old-fashioned when it comes to the holidays, so I think people still like to receive an actual paper card in the mail, definitely more than receiving an electronic card. I think e-cards probably get lost among all the emails we all seem to get."

WHAT DO MILLENNIALS PREFER?

One would think that because of the dig-



ital world in which we live, the younger set would prefer doing e-cards, but Lanham said millennials must be looked at in two different ways. “E-greetings or texts may be preferred if they’re single. But once they start to settle down and get married or start a family, they are very fond of the photo-type Christmas card,” he said. “Shutterfly is very trendy as are other similar e-vendors where they can order quick and easy utilizing images that they have stored on their phone.”

Molnar shares a similar opinion about digital or e-cards. “American Greetings sees consumers turning to digital greetings as a complement to paper greeting cards, not a replacement. Many consumers will celebrate an occasion by sending both a paper and digital greeting. While consumer trends continuously change, greeting card shoppers across all markets still search for the opportunity to celebrate individuality and acknowledge diversity. It’s critical to provide cards that target what shoppers are looking for.”

THIS YEAR’S CHRISTMAS CARD TRENDS

How companies decide what their holiday cards should look like is to conduct trend research, said Vistaprint creative manager and trend specialist Jen Movitz. “Trend research plays a big role when deciding what cards to create. Looking at popular culture and what visual trends can translate to paper is key. Such trend inspiration comes from fashion, interior design, and even floral design. It can range anywhere from clothing and jewelry to plants and rug patterns.”

A great example of one of this year’s popular card trends is plaid – it’s everywhere right now. “Stores are filled with plaid clothes and home decor. This classic pattern brings warmth and coziness to the cold winter months and is perfect for holiday cards,” Movitz said. “Another popular trend is greenery. Greenery is so universal and pairs nicely with any style. It has a natural understated beauty that our customers love. Other trends we’re featuring this year include Natural & Rustic, and Festive Typography.”

“Flat cards are more popular and trendy, although we offer folded cards as well. We create many cards with minimal text on the front and customers can use the backside to include a longer message if they want a more personal touch, Movitz continued. “Personal touches are always important to our customers. And we know it makes a big impact on card recipients as well. Many of the cards we create offer photo uploads

and gold foil additions. Touches of gold are very popular in all areas of design and it’s a great way to make a statement or add personality.”

So, as you get ready to tackle your holiday greeting card list this year, remember this: while email, Facebook or Facebook Messenger, Instant Messenger, Instagram or some other online communication is preferred for most things during the rest of the year, there’s nothing quite like receiving a card in the mail during the holidays. **W**

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FALL AND WINTER: TIME TO COZY UP TO A WARM FIRE

We've already experienced some pretty chilly days and nights, and with winter not far away, we'll have plenty more. But cold weather or not, there's nothing quite like sitting in front of a cozy fire – whether to read a book, share a glass of wine or just to fall asleep by.

But there are different kinds of fireplaces to choose from: wood-burning, gas, electric, even stoves that use pellets. What's really the best kind to have in today's world, and what's the most popular?

WOOD-BURNING AND GAS FIREPLACES

Gagnon Clay Products sales manager, Rick Thebo, said the wood-burning fireplace industry has become pretty quiet. “There's still a percentage out there, but it's extremely small. It's now mostly high-efficiency, airtight, high-heat output-type products. That market is strong, but not to the level the gas units are. Gas probably controls about 60 percent of the market, at least in our region. Gas products could include anything from a traditional fireplace with logs, to a fireplace that's real modern with glass, light kits and things with the flame through them.”

Steve Boegh, owner of Fox Valley Stone and Brick, agrees that gas is still the most popular type of fireplace today and that wood-burning fireplaces are dropping in popularity. He also said that government regulations are going to play a factor in their use in the future, which could make their use even less popular. “We're moving into the next set of government regulations, which they call 2020 Compliance. It makes units very efficient, and very clean, but it's going to be very restrictive as far as these big roaring fires that people are used to seeing. We're not going to have those anymore because the only way they can make units burn longer

and cleaner is to make them smaller.”

ELECTRIC IS ALL THE RAGE

Electric fireplaces are starting to become more prevalent because the younger people, especially millennials, aren't growing up in a house where they had a



wood or other type of fireplace. They don't even really know truly what a fireplace is like for an atmosphere, said Thebo. 'So, they see an electric fireplace and say 'Wow, that's really cool.' Also, being that we're living in an electronic world today, electric's becoming a very popular thing. And the money that manufacturers are putting into this product is making electric fireplaces even more realistic each day.

"The other nice thing about electric fireplaces is that you can burn them in July, even if it's 100 degrees out, because they don't throw any heat if you don't want them to, creating a nice ambience," Thebo continued. "And for bedrooms, for example, they come with timers so you can set it on for a half hour or whatever and go to sleep with your fireplace lighting up the room. It makes for a very relaxed atmosphere."

Boegh agreed that electric is gaining in popularity – more so than they ever thought it would be. He attributes much of that to the fact that lifestyles are different and fast-paced. With electric, they can flip a switch and it's on. "Also, with electric fireplaces, there's no cleaning, there's no maintenance, you can get different colored flames, it's the ultimate consumer-friendly product. And they're all LED, so unless you're running the heating element on them, they literally cost you nothing to operate."

"On the other hand, wood to burn is somewhat expensive. Gas is very economical, but there's still a cost," he continued. "So ultimately, you can get the ambience of a fire with an electric fireplace and the costs are minimal to nothing. Installation is minimal and you can literally put one anywhere you want because there's no chimney."

FIREPLACES IN THE GREAT OUTDOORS

Many people today are using their backyards as extended living spaces, so it's not uncommon for them to want a fire feature of some sort in the yard.

"Trends in other outdoor uses include everything from pre-fabricated wood units to masonry wood units, and on the gas side there is pre-fabricated gas with the traditional look with the wood logs, or the glass media," said Thebo. "There are linear units that are very long, but short in height. The flame is exposed to the outdoors, but you can get a guard by it so accidents don't happen."

Boegh cautions against having a landscaper install any kind of outdoor fire feature – whether it's a fireplace or firepit. "The problem with hiring a landscaper to do it is that after the fact, when you try to get it serviced, it becomes very difficult. If you don't sell it and don't install it, most of your insurance companies won't let you service things any longer. So, go to a professional for something like this."

Finally, if you're doing something outside, pay attention to where you're installing them. "First, if it is wood-burning and comes close enough to the home it needs to be a UL-approved appliance. Second, people should also pay attention to the prevailing winds. You don't want smoke blowing in the house every time you have a fire." **W**



PEOPLE AND EVENTS
from Green Bay to Oshkosh

AROUND TOWN



Hamilton was playing at the Fox Cities PAC on Oct. 2.



Amanda Chavez and Liz Schultz



Kristy Kellner and Sarah Morgan



Marla Micoley and Diane Roundy

The Sexual Assault Crisis Center held Shall We Dance at the Red Lion Hotel in Appleton on Oct. 19.



Brian and Shelly Cantrell



Dawn Christensen, Heather Schimmers and Jennifer Schrepf



Renee Breton, Stacey Hennessey and Brittany Voigt



Michelle Swardenski and Lacey Coonen



Eileen Spoo and Jen Bauer

Fashions from the Heart was held on Oct. 8 at the Radisson Hotel in Green Bay.



Gary and Marti Ziegelbauer



Laurie Delebrea, Mary Morrow, Jill Clement and Marti Ziegelbauer



Kim Berg and Lisa Maloney



Diane Nagy and Sherri Valitchka



Michelle Madl-Soehren, Tori Welhouse and Julie Gile

The YWCA held a Women's Empowerment Conference on Oct. 18 at the YWCA of Green Bay.



Renita Robinson and Joan Schaupp



Danielle Freeman and Emily Schwartz



Kristina Shelton and Robin Tinnon



Lea Krueger, Michele Petska and Tammy Duescher



Gail McNutt and Jodi Dahlke



Linda Maxwell and Megan Lehmann

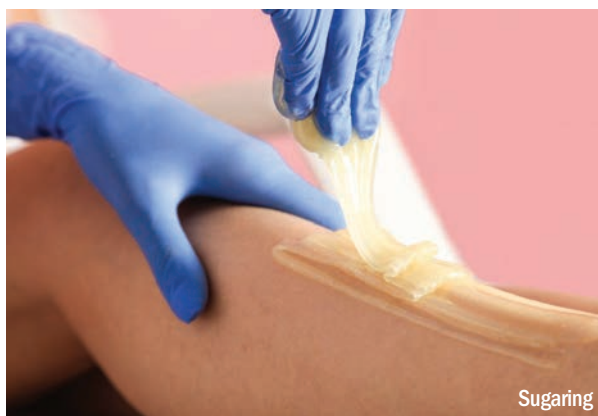
HAIR REMOVAL 101 | CONTINUED FROM PAGE 9

A non-permanent solution may actually be a good thing, according to Lacy Hardy at Sunflower Spa. “Some clients like trying out waxing, so they can see if they like it or want to commit to something more permanent. It’s also not quite as painful for some, and inexpensive by comparison.”

SUGAR, SUGAR

Leave it to the ancient Egyptians to have a great solution to a modern-day problem. Sugaring originated in the Middle East centuries ago, and has recently surfaced as a gentle alternative to waxing.

Sugaring uses a sticky, gel-like paste made from sugar, lemon juice and water for hair removal. The paste is applied similarly to how wax would be used, except the sugar paste is organic, biodegradable and hypoallergenic. It tends to be gentler than waxing, since the paste sticks only to hair and is not pulling at the skin. And results last 3-5 weeks.



AT-HOME METHODS

Of course, there is always the fastest and potentially easier task of shaving at home. Shaving is not without its flaws and regrowth may be quick, but it’s easy to add to

your personal care routine. Shaving cream and razors are inexpensive when compared to salon methods. And what shaving lacks in permanence, it makes up for in time and cost savings.

Depilatory creams also offer an easy at-home way to remove hair. Using this product may last slightly longer than shaving alone, but will have to be reused in 4-5 days. However, like shaving, depilatory creams are also virtually pain-free.

INVESTMENT IN PERMANENCE

No matter which hair removal method is most appealing, everything comes down to personal preference. Some may find trying several different strategies valuable, or decide they want a more permanent solution. It’s worth noting that every culture views hair care differently, and it’s really up to each individual to decide what works best for them in the long term. **W**



cauliflower no-crust quiche

Quiche can be loaded with extra calories from eggs, milk and cheese, not to mention the crust. But this quiche does away with the crust while maintaining the flavor.

Ingredients

- 2 teaspoons olive oil
- ½ cup chopped onions
- 5 large eggs
- ½ cup low-fat milk, rice milk or soy milk
- ½ teaspoon salt
- 1½ cups chopped cauliflower
- ½ cup shredded low-fat cheddar cheese
- 1 teaspoon paprika

Directions

Preheat oven to 375°F. Lightly oil an 8-by-8-inch casserole dish or 9-inch pie pan with olive oil or butter. Spread onions evenly in the dish and place in the oven while you prepare the other ingredients.

In a small bowl, beat eggs, salt and milk with a whisk.

Remove dish from oven with mitts and spread cauliflower and cheese evenly. Pour egg mixture over cauliflower, onions and cheese. Sprinkle with paprika.

Bake for 30 minutes, until cauliflower is cooked and casserole is golden brown.

Cooking Notes

Quiche can be refrigerated in a sealed container for 2 to 3 days.

Broccoli can be used as a substitute for cauliflower.

Nutrition Analysis (per serving)

Serving size: 1 slice. Serves 4.

Calories: 203; Total Fat: 14g; Saturated Fat: 6g; Cholesterol: 282mg; Sodium: 492mg; Total Carbohydrate: 7g; Dietary Fiber: 1g; Sugars: 4g; Protein: 13g

Recipe courtesy of eatright.org. Tracee Yablon Brenner, RD

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Name one kind of facial:

Share one money tip in this issue:

What do you prefer? Gas or wood fireplaces?

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