

Second Opinion

LOCAL ALTERNATIVE HEALTH AND HEALING

September/October 2019

FREE



INSIDE:

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SCHOOL	DATE	TIME	LOCATION
Indoor Sports Center	Oct. 14	3:00 – 7:00 PM	Conference rooms
Northstar	Oct. 16	1:00 - 5:00 PM	Multipurpose room
Altoona Elementary	Oct. 21	9:00 – 11:00 AM	OT room
Altoona High	Oct. 22	2:00 - 4:00 PM (students only)	Gym
		All community: 4:00 - 5:30 PM	
Delong	Oct. 23	1:00 - 5:00 PM	Library
Fall Creek	Oct. 29	9:00 - 12:00 AM	Administrative Entrance
Augusta High	Oct. 29	2:00 - 5:00 PM	Commons
South	Oct. 30	1:00 - 5:00 PM	IMC



Eau Claire City-County
Health Department

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Why we do what we do.

Our goal is to connect Chippewa Valley consumers with alternative health and wellness resources and products that will help them lead healthier, happier lives. The idea of keeping it local and helping people discover how many incredible services and offerings our little backyard may offer has been a major driving force in everything we do in the magazine. *Second Opinion's* mission is to help educate and empower folks in the region to live healthier and more fulfilling lives.



balanced *living*

tips and ideas
for a healthy and
balanced life

OCTOBER IS FAIR TRADE MONTH

Fair Trade is a tangible contribution to the fight against poverty, climate change, and global economic crises. The World Bank reports that more than one billion people still live at or below \$1.25 a day. The World Fair Trade Organization (WFTO) believes that trade must benefit the most vulnerable and deliver sustainable livelihoods by developing opportunities especially for small and disadvantaged producers. Recurring global economic crises and persistent poverty in many countries confirm the demand for a fair and sustainable economy locally and globally.



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All Rahu® products are vegan, organic, sulfate-free, paraben-free, gluten-free, cruelty-free and support indigenous economies. Amazon Beauty® is dedicated to the preservation of the Amazon rainforest and the indigenous people that live there. In the process of bringing the Amazon's greatest products to you, Amazon Beauty® Inc. has committed itself to building sustainable communities and creating learning centers within the Amazon rainforest.

Our story begins deep in the Amazon rainforest thousands of years ago where the women of the Quechua-Shuar tribe discovered the beautifying properties of rahu oil. The oil's fortifying and shine-inducing effect on hair and nourishing and lasting glow on skin, quickly elevated it to an honored ingredient that has solidified its place in Amazonian beauty rituals for centuries.



In the 1990s the women of the Quechua-Shuar tribe revealed this ancient beauty practice to renowned New York City hairstylist, colorist, and advocate for the conservation of the Amazon, Fabian Lliguin, a native Ecuadorian of Quechua descent.

rahu.com

FIT EXPO TO SPONSOR



FITNESS EXPO has always given a limited number of booths to non-profit organizations at a steep discount to help support their cause. This year we've decided to go a step further and sponsor a non-profit to help them raise funds during EXPO. Our non-profit this year is "Catch A Lift".

This program funds fitness programs for post 911 wounded veterans. Currently there are 12 veterans in Wisconsin waiting for programming which may consist of gym memberships, equipment for those that may not be able to use regular gym equipment, nutrition counseling, and scheduled connections with Catch A Lift (CAL) coaches.

Catch A Lift will set up a HANG Competition during our event (and pre-event outside). Our guests can donate for a chance to participate. Each hour a competitor will be randomly chosen to receive CAL Swag. The competitor with the longest hang of the day will receive a prize as well. Businesses, organizations, groups, or individuals may also opt to donate or sponsor a vet. Typical programming is \$1,200 per Vet annually.

Our hope is to sponsor all 12 Wisconsin vets waiting for programming for at least one year. It may be a lofty goal, but I believe we can achieve this goal if we can get the word out there.

For those interested in sponsoring a vet prior to our event Kim at kim@kimbentley.fitness.



Raising Monarchs Who Migrate *by Beaver Creek Reserve*

A recent article on a study of monarch butterflies raised in captivity has a lot of people aflutter. On June 24, National Public Radio shared a story on social media of a graduate student at the University of Chicago who ordered monarchs from a breeder and "made an accidental discovery: the butterflies had likely lost the ability to migrate" [1].

The article continued to report that the student chose a breeder that supplies butterflies for educational settings with the goal of speeding up her experiments. They discovered the breeder's butterflies had rounder, smaller top wings similar to non-migratory butterflies. When they were put in a flight simulator, unlike the wild North American butterflies they'd been raised alongside, they did not orient south. They concluded the captive-bred butterflies were unlikely to migrate. The findings were published in the Proceedings of the National Academy of Sciences (PNAS) journal [2].

Beaver Creek Reserve has been raising monarchs for nearly 10 years. Each year we train more and more community members how to raise monarchs in their own homes to help increase the population. Because of this article, many people have questioned whether their own citizen efforts are potentially producing non-migrating monarchs, so we asked our own specialist. "I think it's quite likely that some captive-raised monarchs may lose their ability to migrate," explained Jim Schwiebert. "Especially those that are sourced from places in the southern United States, Florida in particular, where the majority of the monarch ranchers exist." Monarchs are able to overwinter in Florida and even parts of southern California due to the year-round mild climate.

Schwiebert continued, "I think our records at Beaver Creek show pretty strongly that our monarchs do make it to Mexico, considering we've had 10 tag returns in the 20 years that we've been tagging. So I don't think this article is directed at home hobbyists, or small-scale operations like Beaver Creek, who only raise native monarchs from wild collected stock and then release them."

For anyone interested in raising monarchs, it is best to live catch caterpillars or eggs and then release them as soon as the butterflies

emerge from their chrysalis. But don't worry if the Monarchs that emerge in June, July and even early August don't immediately head south. Those early generations stay here to breed and then die. It's the generation of monarchs hatching in mid to late August and September that migrates south.

Brianne Markin, Marketing and Development Coordinator at Beaver Creek Reserve, finds the generational migratory pattern of these butterflies simply fascinating. She said, "When we release the later generation of monarchs into our butterfly house ahead of tagging them, they mostly congregate on the southern side of the house. After they are tagged and released, they head south instinctively."

Monarchs, as well as many other pollinators, have declined in drastic numbers primarily due to the use of pesticides and habitat

loss. Monarch butterflies will only lay their eggs on one plant: milkweed. The caterpillars will only eat one plant: milkweed. So if there is no milkweed, there are no monarchs. Use of pesticides in areas along the migration route has also contributed to a population decline. By raising monarchs from either an egg or a caterpillar we can give them a much better chance at surviving to adulthood in order to reproduce.

If you are concerned about the plight of the monarch and want to help, but maybe aren't ready to make the leap to raising them yourselves, there are still plenty of things you can do.

1. Plant milkweed.
2. Plant more milkweed by educating others to plant milkweed or not mowing ditches or other areas where milkweed grows.
3. Help Beaver Creek by finding eggs or caterpillars.
4. If you have milkweed growing on your property, bring it to us to feed our hungry horde. The bonus is that our trained volunteers will often find eggs and caterpillars on it as well!
5. Donate to Beaver Creek Reserve, Journey North or another organization working to preserve Monarch habitats.

1. <https://www.npr.org/2019/06/24/735389108/monarch-butterflies-born-in-captivity-have-trouble-migrating-south-study-says>; 2. <https://www.pnas.org/cgi/doi/10.1073/pnas.1904690116>



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Looking for something fun to do on a Friday or Saturday night? Come on out and try our night maze! It's fun for all ages - just remember to bring your flashlight! The night fun is every Friday and Saturday in October, weather permitting and the last entrance is at 9:00. Come see what everyone's talking about!

Activities:

Sept. 11 10:30 - Adult walking tour of the orchard

Sept. 19 10:30 - Kid walking tour of the orchard

Sept. 28-29..... Veteran's Appreciation Weekend at the Orchard

Oct. 4..... Start of the Night Maze - runs every Friday and Saturday night in October, weather permitting.

Oct. 12..... 1:00-3:00 - Musical Pumpkins

Oct. 27..... 12:00-3:00 - Trick or Treating in the Maze.



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Corn Maze
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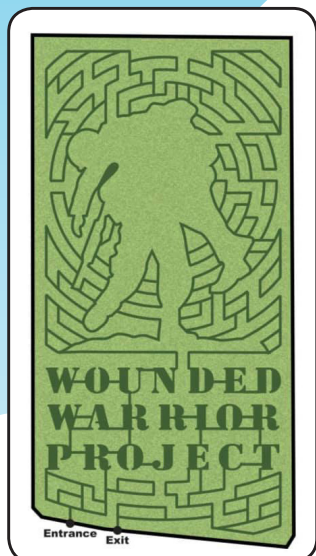
Opening mid-September a wonderful place for families and groups. You can take a challenging tour through the **6 ACRE** corn maze or take the little ones through the

fantasy trick-or-treat corn maze. Purchase **pumpkins** and fall produce of every shape, size and color. There is a **country store** filled with fall decor, and Halloween merchandise.

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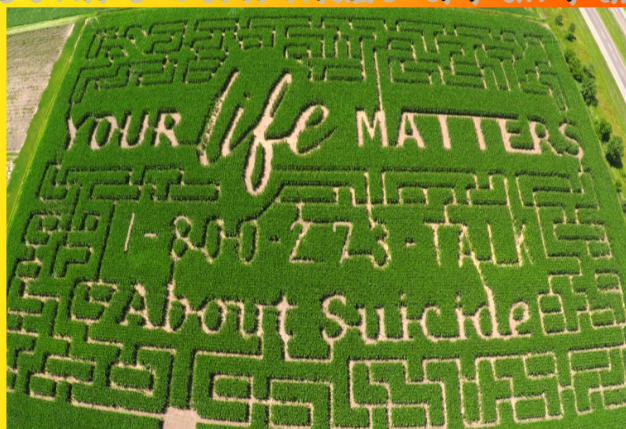


FREE SPECIAL EVENTS:

- September 21 Snake Discovery from 1 to 3
- Sep 28-29 & Oct 19-20 Pumpkin Chunkin Weekends
- October 5..... Robert the Magician – shows at 1 & 3
- October 12..... Pickles the Clown from 1 to 3

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Open September 21 - October 27

Govin's Corn Maze

in Menomonie

Open September 21 - October 27

- 11 Acre Corn Maze

- Flashlight Maze
- Pumpkin Patch
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- Apple Cannon
- Pumpkin Cannon
- Farm Animals

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Corn maze at Govin's

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To stay up to date on where we will be and upcoming events, check us out on our web pages and social media!



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Silver Fillings: Just ugly? Or harmful too?

This is a picture of a "Silver" or "Amalgam" filling. It is 50 - 52% MERCURY! If the mercury in this filling were spilled in a school, it would be evacuated....

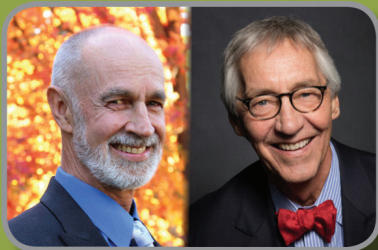


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



As noted on Dr. Mercola, Dr. Oz, and 60 minutes, Mercury fillings may have a **significant negative impact** on your overall health and wellbeing.

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Solarize Eau Claire is offered by the Midwest Renewable Energy Association with full support of the City of Eau Claire, Chippewa Valley Technical College, the County of Eau Claire, and the City of Altoona.

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..... Fall Gardening Tips from Tin Roof

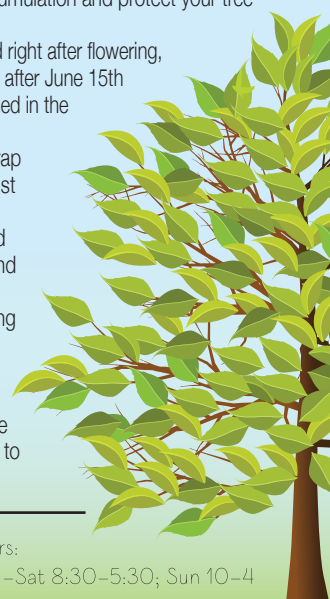
Plant Beds

- Remove dead annual plants and all debris after the first frost. Leaving debris may aid in overwintering diseases or insects that could infect next season's plants.
- Certain perennials can remain throughout winter, their seed heads providing food for birds and small critters. Only leave healthy plants to prevent the spread of disease and insects next season. Here are a few types of perennials that help wildlife throughout winter: black eyed susan, blazing star, coreopsis, purple cone flower. Sunflowers, although annual, are also a source of nutrients for many little critters over the winter and may even reseed themselves the following season.
- Mix compost or manure into the soil to build up nutrients.
- Renewing mulch in the fall helps keep plants dormant during periods of warm up over the winter. After cleaning out dead plants and after the ground has frozen, add 4-6" of fresh mulch.
- Clean all tools and any pottery with warm, soapy water or a 10% bleach solution. Make sure tools are dry before storing to prevent rust.



Trees, Shrubs & Evergreens

- To avoid critters chewing on young tree trunks, use tree guards or chicken wire. Rabbits can chew trees into their 5th and 6th seasons. Take into consideration snow accumulation and protect your tree 3-4' from the ground up.
- Flowering shrubs should be pruned right after flowering, so only prune shrubs that bloomed after June 15th in the fall. All others should be pruned in the spring after bloom.
- Use burlap to make a shield or wrap evergreen shrubs to protect against winter wind and sun.
- Keep evergreens properly watered throughout the growing season and into the fall. Decrease watering in September to encourage hardening off, then water thoroughly in October until the first freeze.
- Do not prune evergreens after August. It encourages new foliage growth which may be susceptible to winter burn.



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Solarize Eau Claire

Solar energy is no longer an idea of the future, it's here and now, and it's accessible for homeowners and business owners alike. Eau Claire City and County, along with Chippewa Valley Technical College and the City of Altoona have partnered with the Midwest Renewable Energy Association to coordinate a group-buy of solar panels through a new program known as Solarize Eau Claire.

A group-buy significantly increases the volume of purchasing, which in turn reduces up-front costs of installing solar panels on your home or business. The program will provide residents and businesses the opportunity to invest in their own high-quality renewable energy solar installations with potential savings on installation costs, while also helping businesses reach sustainability goals (that 30% tax credit ends this year folks!). Basically, you have a larger number of people/businesses working together for a great cause with great benefits, both short term and long term.

Solarize Eau Claire is a subsection of Grow Solar, a Midwest-based organization that seeks to build an open and advantageous solar market in order to provide long-term benefits to communities. With the help of Grow Solar, group-buys have been extremely successful in many cities including Portland, Milwaukee, Chicago, and several states from California to Vermont.



Solarize Eau Claire began its program in August of this year and they are offering free education sessions throughout Eau Claire and Altoona during the month of September and into early October. These sessions will provide education as to how solar power actually works, information about pricing options, and offer the ability to sign up for competitive contractor selection. Check out their website for more information or to find a session: <https://www.growsolar.org/eauclore/>.

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Mammograms Save Lives

Health Department Reminds of the Importance of Breast Cancer Screening

Mammograms save lives. Yet, we know that many women are not getting into the clinic for this routine breast cancer screening. Today, we know much more about this disease, including the importance of regular breast cancer screenings to catch the disease early and get women into treatment sooner.

Breast cancer is the most commonly diagnosed cancer in women in the United States. Breast cancer will develop in about one in eight women during their lifetime. The main factors that influence your risk of breast cancer include sex, age (most breast cancers are found in women who are 50 years old or older), family history, and inherited genetic changes.

In Eau Claire County, data shows only 54% of Eau Claire County female Medicare enrollees ages 65-74 received an annual mammography screening in 2016. Breast examinations and mammograms increase the chances breast cancer will be diagnosed early. Finding breast cancer early can improve the chances that breast cancer can be treated successfully and with more treatment options, less extensive surgery, and ultimately, better treatment outcomes.



While many women now have access to breast cancer screenings through private health insurance, the Health Insurance Marketplace or BadgerCare Plus, there will continue to be women without health insurance. The Wisconsin Well Woman Program (WWWP) is another option for these women. WWWP provides breast and cervical cancer screenings statewide to eligible women aged 45 through 64. "We want to see access to preventive screening available to all. This program helps ensure that more women have access to this important screening," says Jackie Krumenauer, Wisconsin Well Women Program Coordinator. Eau Claire City-County Health Department provides coordination of WWWP for Eau Claire and 7 surrounding counties: Chippewa, Dunn, Jackson, Pepin, Pierce, Trempealeau, and St. Croix.

To learn more about the WWWP program or the eligibility requirements, contact the local Wisconsin Well Woman Program coordinator at 715-839-4718 or visit the Eau Claire County Wisconsin Well Woman Program website @ www.echealthdepartment.org.

Breast cancer screening guidelines vary based on a woman's age and risk factors for breast cancer. Talk to your doctor about the screening plan that is best for you. For additional information about breast cancer, visit the American Cancer Society at <http://www.cancer.org/cancer/breastcancer/index>.

The Wisconsin Well Woman Program pays for mammograms and pap tests

You may be eligible for services at no cost to you if:

- * You are a woman, age 45-64,
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3 Health Tips to Control the Stress Monster *by Julie Court*

Do you feel stressed by the pace and pressures of daily living? Are worry and anxiety eating away at your insides while you try to smile and get through another day? Don't let stress destroy your physical, emotional, or mental health. Tame the stress monster by putting the life-giving boundaries of rest, reflection, and restoration in place to reclaim the joy of living.

Health Tip #1: Choose Rest

The first step into a healthier lifestyle is choosing to rest. When we are physically exhausted, we get cranky, make poor decisions, and become passive. Getting a good night's sleep helps us make better decisions and think more creatively.

The world would be a better place if we gave ourselves permission to take a timeout or a nap when we are feeling worn out.

Choose not to make any destructive statements, drastic changes, or major decisions when exhausted or overwhelmed.

Health Tip #2: Practice the Art of Reflection

The second step for balanced living is taking the time to reflect. Practicing the art of reflection brings clarity when we have made a mistake and need to apologize, change direction, or start anew.

Reflection is also a powerful tool to regain our focus and positive direction in life. As necessary and healing actions come into focus, we can shape a healthier and more thankful response. Contemplation allows us to see the good all around us. We see what we focus on.

Health Tip #3: Restore Key Relationships

The third step toward stress-free living begins with restoring key relationships. In the midst of life's struggles, we need to stay connected as we traverse health issues, loss, or trauma.

By connecting and communicating, we can reach agreement in essential areas with the core people in our lives.

If we are in conflict with others, we can use a tool called active listening to change the tone of any misunderstanding and lower everyone's defenses. Vital connection is re-established.

Conclusion

Rest, reflection and restoration of relationships empower us to take personal responsibility to meet our own spiritual, mental, social and physical needs. I love helping clients manage stress, maintain an optimum frame of mind, and clearly and effectively communicate even while navigating changing tides.

As a transformation coach, Julie Court offers a free 20-minute consultation. Contact her at NewLifeForToday.com for more information. Julie lives and works in Eau Claire, WI.



Make Time for You

by Sandra Anderson

Today life is layers of busy schedules, many of which often don't include time for "self" on the daily TO DO List. You maybe aware of tight shoulders or neck, increased pain, being worn out by certain co-workers or family members, but you ignore it. Ignoring stressors gives them time to become bigger stressors that can become bigger health problems or contribute to chronic pain.

"We do have the time, we don't make the time." -- J. Peebles

Stress is not all bad. When it is in small manageable doses, it can be an incentive to do and be better. However, when you constantly work and run in emergency mode, your mind, body and soul pay for it. You and others may notice you are overwhelmed, frazzled, short-tempered, or unhappy more than your normal.

Stress is your body sensing and responding to any kind of danger, demand or threat. When the body senses danger, real or perceived, its defenses kick in high gear. These are automatic processes known as fight or flight, or stress response.

This is your body's way of helping and protecting you. When it works well, it helps you to be focused, mindful and alert. Like having the extra strength to defend yourself in an emergency situation.

There is a point when stress is not a helper. The nervous system isn't the best at knowing the difference between emotional and physical threats. Chronic stress can add to or create major health issues, such as mental wellbeing issues, digestive issues, weakened immune system, aches and pain, heart diseases, or problems with sleep, weight, memory or thinking.

Make time to improve how you handle stress with one, some or all of the following.

Move Energy. Science has proven that regular exercise does lift one's mood. Increase your activity and break the cycle of stress.

Connect with People. Spend time with others whom you enjoy and are comfortable to be around. In person, connections can trigger our stress reliever hormones. Pets can be helpful, too.

Connect to Your Senses. A quick way to reduce stress is by connecting to one or more of your senses: sight, sound, taste, touch or moving. Find ones that work well for you.

Practice Relaxing. You can't remove all stress from your life, but you can change how it affects you. Techniques like meditation, deep breathing, yoga, and healing touch can activate your body's relaxation response, allowing you to experience the opposite of the stress response.

Improve Your Diet. Foods you eat can improve mood or make it worse. Eat a well-balanced diet with plenty of green vegetables.

With awareness of your body, and mind, you can make time to protect it. "In-powering" how you mentally think and feel means learning to know the signs and symptoms of your chronic stress. Everything that you are mindful of can be addressed. Knowing your nervous system is overwhelmed gives you a chance to create balance. Make the time, or just find a little, to take steps to help reduce those harmful effects.

And, enjoy the results!

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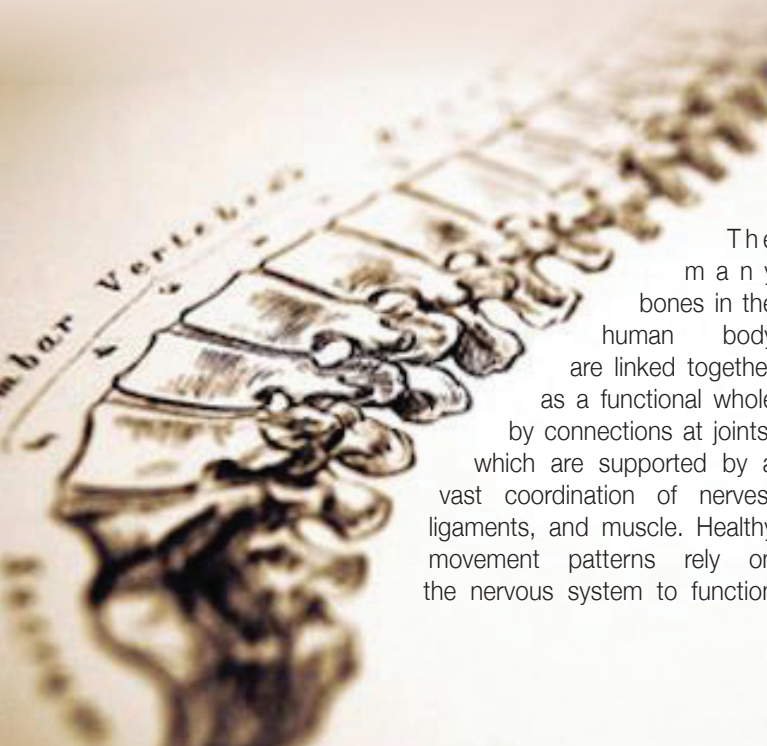
chiropractic care

Preserve Healthy Movement with Chiropractic Care

By Dr. Judy Soborowicz, Active Health Chiropractic

If someone has recommended chiropractic to you, but you don't know how it could be different from what you have already done, you might just want to think about giving it a try. Chiropractic, one of the fastest growing natural health care professions in the world today, is uniquely focused on healthy function of the nervous system in relationship to the musculoskeletal system, without the use of drugs or surgery.

Both systems talk to each other within the body. The nervous system includes the brain, spinal cord and all the nerves present in every part of our body. The muscles and bones of our body make up our musculoskeletal system. Our ability to effortlessly adjust our movements from a rapid, intense athletic event to one that requires slow deliberate motion depends on the coordination of these systems. Pain, decreased movement, or loss of balance can be useful feedback and may reveal disruptions in healthy movement patterns. Application of a chiropractic adjustment where necessary leads to correction of abnormal movement patterns, thus reducing pain and restoring strength, performance and function.



The many bones in the human body are linked together as a functional whole by connections at joints, which are supported by a vast coordination of nerves, ligaments, and muscle. Healthy movement patterns rely on the nervous system to function

without our constant conscious attention. Old injuries such as ankle sprain, or shoulder or spinal injury may show up in movement even after the acute pain has gone away. The complex reason for this is simple. The many joints and muscles in the body allow for great flexibility and the nervous system allows for great adaptability. We are able to compensate and replicate movements so well that hidden loss of joint function may not be immediately obvious.

Chiropractic adjustments are applied to joints of the body where loss of motion leading to changes in movement has occurred. Think of walking on a boot cast after an injury or surgery. Walking with the boot, along with the underlying injury, creates an unavoidable movement dysfunction. Functional movement should be restored once the boot is off, but often times dysfunction is retained and simply becomes a part of the way one moves. The inevitable effects of movement dysfunction become known over time appearing first as changes in athletic performance or poor balance, and eventually can lead to chronic repeated sprains, strains, tendonitis, reduced mobility, headaches, poor posture, weakness, fatigue, and arthritis. Due to prolonged dysfunctional movement over time, compensations can even result in the need for pain medications or even surgical repair.

Movement is key to social and physical activity. Dysfunction saps energy, increases the use of harmful or addictive medications, and reduces independence and quality of life. When stretching/strengthening exercises, time, and/or pain medications alone haven't led to an improvement or preservation of your ability to move, consider chiropractic. A specific chiropractic approach analyzing the functional whole of your movement may reveal an underlying cause not previously addressed. Observation of movement patterns using gait (walking) and reflexes can reveal old patterns of compensation that are able to be corrected using specific chiropractic adjustments.

A chiropractic adjustment addresses movement of the joints and muscles in the body as a functional whole, restoring joint integrity and correcting compensation and dysfunction wherever possible. Chiropractic is a unique and powerful approach, working in concert with the body's own natural coordination via the nervous system and musculoskeletal system to restore stabilization and joint integrity as well as optimize movement and overall expression of life.

Doctor Judy Soborowicz provides chiropractic at Active Health in Eau Claire, with her husband, and fellow chiropractor John.

Chiropractic in Today's World Written by Dr. Lucas Bruffat, on behalf of Stucky Chiropractic

Technology in today's world rules us in virtually every avenue. Just look around and count how many heads are buried in phones perusing the latest social media updates. We are constantly being inundated with information, yet sometimes there are still things that aren't understood or even known about. One of those topics is chiropractic.

What is a chiropractic adjustment? I still hear people say it's all about "cracking" or they only associate chiropractic with pain relief. While this is true, chiropractic is great at a variety of aspects regarding pain relief, but it has a much deeper value to us all. It is a means to allow the body to take care of itself, yet it deals with one of the most important and intricate systems of the body.

Think about all the tasks you do on a daily basis that you don't even acknowledge but they get done. Your heart continues to beat, your lungs continue to provide you with the air you need, and your food is digested. All of this happens without us giving it a glimmer of thought. So how do we accomplish these things, and how does chiropractic help?

The nervous system is the primary control system of the body. It is the originator, regulator, coordinator, and perpetuator of all functional cellular activity of the body. The spinal cord and nerves are protected by your vertebrae. Your spinal joints have over 800,000 mechanoreceptors at each vertebral level. When a proper chiropractic adjustment is delivered to the vertebral unit, a neuronal connection occurs in the brain from the firing of spinal mechanoreceptors.

The ability of this process to occur uninhibited is paramount to the vital functions that are required for us to continue to eat, sleep, breathe, move, think, and react to what life throws us! This is why a chiropractic adjustment can impact a person's blood pressure, bladder function, fertility issues, immune system as well as positively impact a child's brain development and function. Chiropractic serves as a means to ensure these processes are allowed to occur without interruption. The adjustment is how we can encourage the body to do what it knows how to do best, and that is to take care of itself and adapt to its environment.

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Sciatica

A Real Pain in the Butt!

By Dr. Emily Smith, Smith & Prissel Chiropractic

We are all too acutely aware of the ever rising cost of health care and the societal impact of the over-prescribed addictive medications that have been used to treat chronic pain. Low Back Pain (LBP) is one of the most costly musculoskeletal issues affecting our population. Though it may seem like everyone knows someone who has had spinal surgery, in reality, surgical frequency is extremely low. Most people opt for and have success using alternative treatments such as chiropractic, physical therapy, acupuncture and massage. These modalities offer a treatment for the cause of the LBP, which can vary greatly.

It is estimated that 80% of people will have LBP at some point in their lifetime [1] and as many as 40% of these individuals will experience the “joy” of sciatica [2]. The sciatic nerves are the longest and largest nerves in the human body, boasting a thickness the size of your thumb. They each run from the lower back, down the back of each leg to the toes. The sciatic nerves exit the pelvis on either side, through a pelvic notch in the middle of the buttocks and underneath the often tight piriformis muscle.

The term ‘sciatica’ refers to radiating pain in one or both legs due to stretching, swelling or compression of the sciatic nerve or the multi-level nerves from the low back and sacrum that feed into it. This pain can also present itself in the form of numbness, tingling and/or weakness. The area of the leg where symptoms appear can help to further determine which area of the lower back is involved. The intensity and longevity of the symptoms may determine the appropriate next steps, though chiropractic care has become the go-to for anyone experiencing LBP and/or pain in the leg.

Treatment typically consists of aligning the spine with a gentle and specific chiropractic adjustment, releasing interference to the spinal nerves, allowing the body the ability to heal from within. LBP often involves pain or spasm in the muscles of the lower back. Though this can be incredibly frustrating, it’s important to realize that these muscles are simply doing their job. By spasming, they are limiting movement and protecting the body from causing further damage and also providing soft-tissue stability when the bony spinal structure may lack stability.

Chiropractic care can lessen LBP and sciatic symptoms by getting to the root of the cause!

1. <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
2. <https://www.health.harvard.edu/pain/sciatica-of-all-the-nerve>



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The Glass Orchard: Combining Art and Agriculture

The Glass Orchard was established in 2017 when owners, Jon Chapman and Dawn Passineau, purchased a property with plans to build a glass studio. The property is home to a 4-acre orchard that produces 10 varieties of apples, which the owners manage and harvest themselves. Their love of the arts and creating objects by hand provided a natural transition to become orchardists in addition to glass artists. They feel that like art, the orchard also demands creativity, passion, and perseverance.

Apples are just one of this unique business's diverse endeavors. New this year, the orchard will be introducing two varieties of their very own apple cider wine along with wine tasting throughout the season. In the fall, their retail store offers fresh apples, u-pick apples, wine, blown and fused glass, household goods, jams, syrups, honey, cider as well as local handmade art. Live glass blowing demonstrations on specific dates will be available to view onsite when visiting their orchard this fall. Observe firsthand how some of the pieces in the store are created.

From architectural installations to home decor, creativity and craftsmanship are at the forefront of their practice. They are excited to share with the community their passion for glass as an artistic medium.

Be sure to check out the Fall Glass Pumpkin Patch sale, where over 500 hand blown glass pumpkins will be on display, all made by the owners in their studio. The Glass Orchard continues to offer apples, orchard products, and seasonal glass gifts through the holiday season.

Year round, they offer private and public hands-on classes in glass suitable for all ages and experience levels. Contact Dawn and Jon at theglassorchard@gmail.com or (715) 252-0720. They look forward to meeting you and talking all things apples, glass, and art.

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The Watershed Café Celebrates 5 Years By Summer Kelly

On July 24, 2019, the Watershed Café celebrated its 5th anniversary--a significant milestone for the authentic restaurant we've all come to know and love.

For many guests, the Watershed Café is a home away from home. Stepping through the front door instantly produces a mix of excitement and comfort likened to coming home after being away for a period of time. It just feels right. Since its start, Steve and Rita Rasmuson envisioned their café as an inviting, laid-back place of community. They desire it to be a gathering place for friends, family, neighbors, and people of all walks of life to enjoy intentionally prepared, made-from-scratch meals. "Our intent is to create an open, welcoming, and approachable environment," Rita said passionately. "We strive to make sure that anybody and everybody can eat good food." While the restaurant has gone through incredible growth and change in its five years, making fresh and sustainable food accessible for all has always been at the heart of this family-owned business.

What started in 2014 as a breakfast and lunch coffee-shop stop, the Watershed Café quickly transformed into a cornerstone of community activity and a restaurant beyond the Rasmuson's original dream. Customers continued to request more: more specials, more menu options, and more dining hours. To keep up with demand, the Rasmusons created new dishes, expanded their menu,

featured dinner options, and extended their business hours (twice!). "The outpouring of community support is what drives us," Steve expressed with his warm enthusiasm. "We are what we are because of the people who encourage us and embrace what we do here," added Rita.

As the demand for good food increased, so did the Watershed Café's network of local food producers. With Rita's natural ability to make mindful connections with those around her, she built strong partnerships with farmers and suppliers committed to land stewardship and sustainable practices. These vital sources provide the Watershed Café with fresh and seasonal vegetables, herbs, dairy products, pasture-raised meat, coffee, maple syrup, honey, and whole foods. "A small footprint makes a big impact," Rita shared. "Collectively, we need to know where our food comes from, how it was grown, and the farmers who grew it. That is the first step to ensure the impact of our footprint is a positive one."

The Rasmusons salute each guest, every valuable staff member, the farmers and sustainable sources, the St. Croix River Valley Community, and the global community, thanking everyone for their support in the last five years. They are grateful for being able to share in moments, great and small, at the Watershed Café. They look forward to celebrating many more of these moments in the years to come!



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Hay River Pumpkinseed Oil

By Becky Streeter

You've heard of vegetable and olive oil, and maybe even coconut and grapeseed oil. But chances are likely you don't have pumpkinseed oil in your cupboard. And if you think you can stash away the innards from those Halloween jack-o-lanterns, you will be surprised to find out that it's a bit more complicated to extract this delectable kitchen complement.



It's not that pumpkinseed oil is new, per say (the Austrians have been using it for more than 300 years!), it's just new to the United States, even though we pretty much invented the pumpkin in the first place. Way back in the day, Christopher Columbus was so impressed with pumpkins that he brought them back to Spain. The awe ensued and

soon the American pumpkin was finding its way all over the continent. The Austrians started digging in to these new plants and discovered a myriad of health benefits, including a great ratio of Omega 3 and 6 fatty acids as well as Zeaxanthin (a specific beta-carotene known to help the health of the macula in the eye). Not to mention a fantastic taste.

In the early 2000's, Ken Seguine and Jay Gilbertson discovered this amazing product and immediately fell in love. "We had never tasted anything like it," Seguine says. "If you've ever roasted pumpkinseeds, that's what it tastes like. It's delicious. Almost everybody that tries it likes it." At the time, Seguine worked for Aveda, which was founded by a man from Austria. Seguine

was gifted a bottle of pumpkinseed oil at a trade show. After one taste, Seguine and Gilbertson figured it was high time for America to reclaim the pumpkin and the benefits it has to offer.

Hay River Farm near Menomonie opened in 2005 and became the first American source for pumpkinseed oil. An 80-acre organic certified farm named for the river flowing behind it, Seguine and Gilbertson thought it would be a great place for pumpkins. "We started off testing about 12 different varieties to identify one that worked for us," Seguine says. They finally landed on naked seed or hullless pumpkins--a naturally occurring genetic mutation discovered in 1870 in the Austrian fields. They grew a test crop, and the oil turned out great. They've been sharing it ever since.

Seguine says, "It makes a great vinaigrette salad dressing or a wonderful bread dip--just pour on a plate, salt, and dip bread. You can also have it on top of popcorn, vegetables (especially broccoli and asparagus), and even on vanilla ice cream with a little salt."

Hay River pumpkinseed oil can be found at Just Local Foods and Menomonie Market, or you can order straight from their website at <https://www.hayriver.net/>.

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There's a New Chef in Town

By Becky Streeter

Meet Eric Mendoza: The Lakely's new chef. Hailing from Orange County, CA, Eric made his way to Eau Claire, WI and fell in love with the culture, community, and food. In a city that prides itself on keeping things local, Eric's philosophy for cooking fits right in.

Landing a position at a five star restaurant in Laguna Beach, CA right after culinary school really sparked a love of farm-to-table restaurants for Mendoza. "I started in a great place that taught me how to use fresh, seasonal ingredients," he says. "This launched me onto a career path that involved only seeking out farm-to-table restaurants that were chef driven and constantly changing their menus. It's my philosophy on cooking and always has been, so it was a great fit and transition to become a part of the Lakely."

Mendoza likes to source from any farmers in the area growing or producing great product. Networking is huge priority for him. Mendoza says, "Going local is incredibly important to me for a ton of reasons: It supports local workers, promotes a sense of community, allows the public to see and know that great food is attainable, it is healthier for us, it's less expensive than sourcing from across the globe, it tastes better and cooks better, it's more exciting to play with, and it supports our ecosystem." Clearly he fits right in at the Lakely, and in Eau Claire.

Mendoza already loves working at the Lakely. He says the staff is great and he enjoys the feeling of seeing people smile because of a great meal (both those that are eating and those that are cooking/serving). He sees restaurants, especially the kitchen area, as being a team sport. Without the kitchen crew, he wouldn't be able to execute his vision. The Lakely is a fairly small restaurant and kitchen, so he's careful to not burn the staff out with his big ideas, but he does want to teach them how to make great food and to do it over and over again so they are all learning and becoming stronger cooks. "I love that the Lakely has a great culture and great people," he says. "It makes it a lot easier to go to work knowing you have support."

Never dreaming that he'd wind up in Wisconsin, Mendoza is having a blast so far. "I'm loving the town, the football culture and the people. I feel blessed to have come into such a cool place at a time like this. I believe the universe has a plan and sometimes you just have to be accepting of what it hands you. Your 'dream' is not always going to present itself in the way you want or think it should."

Keep an eye out for some tasty new items from Chef Eric at the Lakely this fall including a chilled gazpacho, tomato salad, street corn, a new burger, a house made vegetarian pasta, a flat iron steak, and a ricotta fritter dessert.

Wisconsin: The Dairy State? By Becky Streeter

Wisconsin has been widely known as the Dairy State since the late 1800's — it even says “America’s Dairyland” on our license plates. However, with current trends in the dairy market, we may not be able to tout this title much longer.

Due to great advancements in technology, cows are producing more milk, and faster, than ever before. Danielle Endvick, Communications Director for the Wisconsin Farmers Union, says annual milk production per cow in Wisconsin nearly doubled over roughly 40 years, from 12,331 pounds in 1980 to 23,725 pounds in 2017. While this may look great on paper, it's had a disparate impact on farmers. This trend has led to a severe “glut of milk” on the market.

With overproduction, and the encouragement of continued overproduction by programs like Dairy 30x20 (a government initiative to grow Wisconsin’s milk production to 30 billion pounds annually by 2020), there are serious industry concerns of excessive milk on the market. With too much milk, dairy buyers don’t want to pay competitive wages to farmers, and farmers end up making scant profits. According to figures compiled with Wisconsin Center for Dairy Profitability data from 2009-2014, dairy farmers received as little as three cents profit for every gallon of milk sold, considering cost of production.

Outside investment and ownership in dairy farms also plays a role in current pricing trends for milk. “Wisconsin farmers continue to see increasing pressure on the market from outside investment and expansion of mega Concentrated Animal Feeding Operations (CAFOs) from out-of-state owners and milk being cheaply sourced from flooded markets out-of-state,” Endvick says. “With commercial giants like Walmart investing in their own infrastructure to process dairy, the outlook for dairy markets to naturally balance is bleak.”

The latest figures reflect Endvick’s concerns. According to the Wisconsin Department of Agriculture, Trade and Consumer Protection, Wisconsin lost nearly 700 dairy herds in 2018 alone.

As someone who grew up on a dairy farm and saw the effects of hardships firsthand, Endvick’s heart goes out to today’s current farmers. She says, “When I see these family farms going out of business, I see a piece of our Wisconsin heritage that we will likely never get back.”

Local farmer and army veteran Jeff Peck from Chippewa Falls deeply feels these trends in the dairy market. Peck Farms was established in 1942 by Peck’s great grandfather. He currently

has 180 milking cows and 165 replacement heifers. Peck says the low wage he earns from milking is throwing his farm into disrepair. “We are unable to replace machinery, upgrade facilities, rebuild a snow collapsed heifer shed, or grow our business in any way,” he says. “Our financials look worse now than they did four years ago, and we basically haven’t been able to improve or replace anything in that time.”

Peck remembers better days when they used to be a show farm, giving tours and even hosting presidential candidates. Now the number of visitors has dwindled, and though most still enjoy viewing cows, a certain amount of sadness fills Peck because he knows he’s generally going backwards. “Even if I had the

time for maintenance and beautification, I don’t have the money,” he says. “We’ve had to get more familiar with our banker. He wants us to cut our personal draws or sell off the cabin and hunting land my dad owns.” Anything to make ends meet.



Endvick points out that dairy farmers are notoriously optimistic, and there is reason to believe there is hope on the horizon. Dairy prices are finally starting to trend upward after a long, volatile stretch. According to a report from the National Agricultural Statistics Service, in Wisconsin the June 2019 average milk price was \$17.90 per 100 pounds of milk, down 20 cents from May but \$1.40 above June 2018.

There is also a movement within the dairy industry called Dairy Together, through which farmers and the industry can come together for their cause. "This movement is a farmer-led movement, organizing for long-term structural reform to the dairy pricing system, as well as short-term emergency measures to support farmers during the price crisis," Endvick says. "Dairy Together is also looking outside of strict policy measures to build values-based supply chains with allies and partners in the market to achieve a higher price for family farmers. Dairy Together is building power in the policy and market arenas by building a durable coalition of farmers, farm organizations, allied consumer and environmental organizations, and supply chain partners."

Local partners are also mobilizing on behalf of struggling dairy farmers. Alpine Valley Music Theatre in East Troy, Wisconsin, will be hosting Farm Aid 2019 on September 21. This will be the second time Wisconsin will host this music festival in its 30 years running. This event is designed to raise awareness of the struggles family farms are facing and the need to reform policies forcing America's family farmers out of business. Says Endvick, "It's really going to shine a light on the crisis in America's Dairyland, growing monopolization in our food system, and the need for fair prices if we want to keep family farmers on the land."

Even in the midst of some industry optimism, Peck is still uncertain about the future of his farm. Too many hard years prevented him from making so many necessary updates

that, even if the market turns around, it will be difficult to get his feet on solid ground again. He feels he has a few options, all of them risky:

1. Eliminate debt by selling half his land and trying to rent land to keep the cows fed and have a place to haul manure.
2. Find other ways of adding value to his farm in order to keep his cows. An example would be crafting his own brand of cheese. It's a time-consuming endeavor to what is an already time-consuming business.
3. Make a controlled exit from dairy farming, as so many other farms have done in the recent years.
4. Keep on keeping on —

hope that things really will change and not be worse ten years from now than they are today.

Though he loves dairy farming, Peck is glad he received a degree in Agriscience when he was younger, just to make sure he has something to fall back on. It gets harder and harder every day to see the state of his farm: "I currently get up at 4:30am and work weekends and holidays just to watch our buildings get older and finances go the wrong direction. My dad was optimistic the first two years of low prices, saying we had been here before. Now, after four years, he wants nothing to do with the checkbook — he doesn't want to have to decide which of our industry partners gets paid and which don't."

To learn more about the dairy industry, feel free to check out any of the following websites:

Wisconsin Farmers Union - <https://www.wisconsinfarmersunion.com/>;
Dairy Together - <https://www.dairytogether.com/>;
Farm Aid 2019 - <https://www.farmaid.org/>

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