Keys to freedom
Luscious lips
Wedding trends

Championing heart health

DR. CARRIE CHAPMAN
Let’s Talk... One Woman to Another

“I see every patient as a unique individual, not as a procedure or treatment. From the moment we meet I will take the time to get to know you and understand your goals and needs.”

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Last year my husband and I went to Green Bay (and saw a lot of you there too!) to see some old favorites at the “I love the 90’s” concert. The big closing act was Vanilla Ice rapping “Ice, Ice, Baby”! Fast forward 20 years to now … and those words take on new meanings. This month brings us to our last child getting her driving temps. She’s the first child to get them in winter, and I’m sure it’s going to be a different experience driving around with her than it was with the other two. From my motherly perspective, there are all kinds of extra horrors on the road for her to be aware of: black ice, freezing drizzle, snow plows … besides learning the rules of the road. Wish us all luck!

Another thing I don’t remember from 20 years ago was worrying about slipping on the ice. Recently I was out with some ladies for lunch, and when we left everyone was pointing out the ice in the parking lot. You’ll be glad to know none of us broke our necks walking to our cars. (I don’t think it helped when I reminded them that falls are the No. 1 reason people go to the emergency room!)

This month we are celebrating heart health. Dr. Carrie Chapman has been a spokeswoman for several years in Northeast Wisconsin about how important it is for all of us. Open up and read her story on page 20 to get to know her a little better. You will also see fun trends in weddings inside this issue, and if you think your lips are too thin … we have a story for you on page 14. I hope you enjoy all the stories in this issue!

And stay off the Ice, Ice, Baby.

Leslie Asare, Publisher
I’m guilty of not making enough time for cardio, so when it comes to heart health, I make sure to always do something each day quickly and with purpose to get my heart pumping. Even if it’s just vacuuming or playing a quick game of laser tag in and out of the house with my son, it feels good knowing that these things can contribute to keeping my heart healthy.

Kristin Cates, Appleton

Being a mom to two young boys, I feel like I am always moving! Our family tends to stay active year-round with outdoor activities and we spend quite a bit of time helping on my family’s dairy farm. Heart health is something that I have taken more seriously as I get older. I try to cut back on salt and make sure to include a good dose of dark chocolate in my diet!

Abby Hopfensperger, Hortonville

I try to watch what I eat. I’m not perfect, but I look for healthy alternatives and avoid packaged foods.

Susan Lucius, Appleton

I read an old Native American proverb many years ago that simply stated: Treat your body like it’s your temple. I respected the thought and over the years have tried to honor that by being mindful of how I take care of my mind, body and spirit in general. Regular exercise (cardio), eat clean (not a lot of fat) and most importantly meditation, massage and yoga (reduces stress). All these aid in a healthier heart and body. The other part is I truly try to accept people for who they are (and sometimes who they aren’t) as it always comes back to me in a good, kind way ... which helps my heart as well.

Michele Oostenbrug, Appleton

I spend as much time as possible focusing on things that bring me joy—spending time with my family, enjoying date night, relaxing at the end of the day with a good show on Netflix. Life is too busy; it’s important to slow down and appreciate what’s right in front of you.

Kelsey McElrath, Appleton

I love running, but between parenting and my career, I’ve found it hard to motivate myself to go for a run. Then, I discovered Fox Cities Moms Run This Town/She Runs This Town, a free, local running group for women. Here, I’ve found information on area group runs and other inspiration to keep me moving, and because of this group, I logged over 600 miles in 2018, and I hope to hit 800 this year!

Tara Brzozowski, Appleton

I try to watch what I eat. I’m not perfect, but I look for healthy alternatives and avoid packaged foods.

Susan Lucius, Appleton

I read an old Native American proverb many years ago that simply stated: Treat your body like it’s your temple. I respected the thought and over the years have tried to honor that by being mindful of how I take care of my mind, body and spirit in general. Regular exercise (cardio), eat clean (not a lot of fat) and most importantly meditation, massage and yoga (reduces stress). All these aid in a healthier heart and body. The other part is I truly try to accept people for who they are (and sometimes who they aren’t) as it always comes back to me in a good, kind way ... which helps my heart as well.

Michele Oostenbrug, Appleton
Getting married and want to know what’s in – and out – for bridal dresses? One need only look at the dresses of Kate Middleton and Meghan Markle to get a feel for today’s trends. In fact, well before last summer’s royal wedding of Meghan Markle to Prince Harry, the American actress started influencing bridal fashion.
Of course, that included sparkling tiaras and some regal-looking dresses, while at the same time, dresses that were very comfortable to wear, even for long periods of time. That said, the trends reported on in bridal magazines are not always the trends seen in the Midwest. Cathy Diette, who owns Edith’s Bridal and Tuxedo with her husband Tom, said that makes sense because trends usually start on either or both coasts, then move toward the Midwest.

**SLEEVES OR SLEEVELESS?**

Because both Kate Middleton and Meghan Markle had sleeves on their wedding gowns, Cathy Diette said many women come in wanting to explore that possibility, but in the end choose something without sleeves. “If they do decide on sleeves, it tends to be more of the illusion sleeves with some lace on them to match the dress.”

Her husband agrees, saying that for some time now most everything has gone strapless with no sleeves. Because of that the majority of dresses they show at Edith’s are shown strapless. “We did buy some dresses with sleeves on them and some brides come in specifically wanting sleeves or cap-sleeves, but we really don’t sell many,” said Tom Diette. “Some of the dresses come with a detachable strap; you can have the dress look one way, then change it for the reception.”

On that note, he said they’ve seen a small increase in the last couple
of years where a bride wants one look for the ceremony, and another look for at night. “There are a couple of gowns where the bottom part of the dress comes off, but those aren’t real popular. They seem to want to have a completely different look for at night, if they are going that route.”

“Some brides choose slip dresses: so, there’s a two-piece dress with a slip under the dress. They can remove the dress and just wear the slip,” so they’re more comfortable for the reception, said Lu Ann Vander Zanden, owner of Bridal Elegance and Formal Wear, adding that if she sees sleeves, it tends to be more of the longer-laced sleeves and “dresses that have dramatic backs.” She also said she’s had some brides who wanted to have caplets or shawls with their gown, such as a lace cape.

**SPEAKING OF LACE — IT’S ALL THE RAGE**

Like the royals, there has long been a desire among some brides locally for a classic look of something more plain or simple, yet elegant at the same time. “A certain percentage of brides want that. It’s very classic, sleek and has no beadwork. Beadwork makes for a heavier dress, as does satin for the fabric. Over the last five years or so, brides have gotten away from having satin dresses only because satin is so heavy. They like the fabric, but they don’t want the weight,” she said.

So what fabric are today’s brides choosing? “Lace has been what everything is about these days, and different types of lace,” said Tom Diette. “Brides like it because it’s beautiful; it’s absolutely stunning. There’s a lot of possibilities for making dresses have a certain amount of fashion to them yet be very classic. And I think that’s the reason (brides are so often choosing lace as the material for their dresses). His wife, meanwhile, said that besides the lace, she’s seeing brides choose chiffons, and more tulle or English net, sometimes with lace appliques.

And Vander Zanden said brides are choosing crepe lace, and even satin. Satin ball gowns are especially starting to come back. It’s more dramatic,
she said. “With some of the fabric, like the stretched Georgette, the dresses are very plain, very simple; there’s nothing on them—not a bead, not anything—and the girls love them. In those cases, if they want any kind of lace, they do something like an Alençon lace, and then they just want the buttons all the way down.”

When it comes to veils and trains, there is a wide variety. Vander Zanden said cathedral veils continue to be very popular in her store. And Cathy Diette said, “Some women want a cathedral-length train, and some want next to no train. It just depends on where the wedding is taking place and the bride’s personal preference. And that varies a lot.”
The results from the Knot’s Bridal Fashion study indicate that for the majority of the 9,690 brides interviewed in the survey, the tough economic times “have not stopped brides from buying their dream dress.” This came from 2011 study, mind you. In today’s world the internet has taken over and yes the numbers are substantially higher that they are not buying the dream dress, they are settling for much less.
What are some of the ways brides can save? They need to prioritize. Figure out what matters most and allocate budgets accordingly. These items should arise out of the honest conversations between the bride and groom and their families. Such discussions can make sure that what matters most is funded.

Brides have to remember that when they pay $3500 for a photographer, they are paying to take pictures of them in the dress of their dreams! Why skimp on something you are going to wear 12 hours and everything revolves around it? Why skimp on the groom’s tuxedo? When he also will be wearing that for 12 hours! Your pictures should last you a lifetime and what you wear should reflect on your personality.

Budgets need to be set. Couples must figure out how much they can pay for individual items like flowers or receptions or photography and then communicate that to the vendors involved. It works better if a dollar amount is mentioned rather than a price range.

Consider your own resources. Do you have unused frequent flyer miles that could cover honeymoon travel? How about an uncle who collects classic cars? Could he provide a unique and elegant ride between the church and reception for the bride and groom? Do you know someone who “knows someone” who could get you a good price on quality champagne?

Step outside the usual. Rather than insisting on a Saturday night wedding, could you move it to a Sunday? It has always been an option but few brides used it. Back in the day, our parents had morning weddings, Sunday weddings, and evening weddings! Every time you choose times, places or options that few others are choosing, you’ll save money in various ways.

Rethink what your wedding means. It is a special celebration for family and friends. Not the way to impress people, think again. Have it your way and keep it personal. At Bridal Elegance and Formalwear our consultants can help you plan a wedding on any budget!

— Lu Ann Vander Zanden
Bridal Elegance and Formalwear owner

Making every event memorable.
Whether you’re looking for a classic cake, small bites or something that stands out in a big way, local bakers can help you match your wedding cake to your style.

“Every wedding consultation I do I start by asking the couples how they met. I want to connect with my clients to get a feel for their style and the kind of day they are having,” says Nea Hahn of Whisk & Arrow in Appleton.

Whether you choose cake, cupcakes or even donuts, these local bakers’ ideas will feed your imagination as you pick the right patisserie for your special day.

TRADITION, TRANSFORMED

“In today’s wedding market it is rare to see traditional and couple in the same sentence, noted Donna Nemecek of Artistic Cakes & Cookies. “Personality and style may be reflected in choices for wedding cake and other wedding items, but many times it is far from traditional.”

Tamara Mugerauer, owner of Tamara the Cake Guru, loves to help couples choose toppers that personalize their cakes. “I’ve seen customized quotes, silhouettes, bobble heads and characters.”

“Another fun trend is the peek-a-boo cake, where a small character or two peeks out from under a layer of the wedding cake. I’ve done Wonder Woman and Spider-Man, puppies, Star Wars characters and Harry Potter, among other favorites,” suggested Mugerauer. “We can also roll the icing on the back of the cake to design a section that fits a couple’s fun side or tells their story.”

MINIMAL DESIGN MEETS MAXIMAL TASTE

Although the past few years have seen some scaling back and a little more minimalist of an aesthetic, “Cake is making a little bit of a comeback,” said Dawn Ebert, co-owner of Simple Simon Bakery in Appleton.
“Our cakes are very minimalist in design but very complex in flavor. In our cake tastings we try several cakes and dozens of buttercream flavors and mix and match until we find the perfect combinations that reflect the couple and their day,” said Hahn. “I’m all about timeless deliciousness.”

“Naked cakes are popular — minimal frosting, no color, just good cake,” Nemecek said.

Naked doesn’t mean plain, though, and white-on-white designs give couples the opportunity to encrypt cakes with their secret songs and symbols. “For a subtle effect, people can add white-on-white designs, such as song lyrics or an image,” Ebert said. “These can be incorporated on the cake in a way that the average eye can’t pick up but adds that layer of meaning for the couple.”

**MAGICAL MOMENTS AND ENCHANTED REALMS**

Speaking of special effects, whimsical cakes that evoke romantic woodland scenes remain popular.

“A favorite design in my shop has been a birch tree concept — our homemade rolled fondant wrapped around the cake with touches of earthy colors,” Nemecek said. “Names carved in a heart on the cake add a whimsical, personal touch.”

“The birch bark or other tree stump or bark cakes are very popular now with the trend of outdoor or barn weddings,” explained Mugerauer. “I created a topsy-turvy groom’s cake with gorgeous sugar flowers tilting the tiers.”

You might even choose to look into the earth for magic. Ebert enjoys exploring this theme with geode cakes. “These cakes have the beauty of an amethyst, for example, carved into the cake.”

**NO CAKE? NO PROBLEM**

“Cupcakes have been popular for many years,” Nemecek said. “Their popularity seems to reflect the convenience of individual servings and eliminates the need for someone to cut the cake.”

Mugerauer also loves using cupcakes to add individual flair. “For one same-sex couple, we did all rainbow treats around the traditional wedding cake,” she said.

“Donuts are super hot for weddings now,” seconded Ebert. “And people are choosing brunch-style weddings with cream puffs, pastries, cinnamon rolls and eclairs. We’ve even done weddings with coffee bars and fancy desserts like petits fours, mini-cheesecake bites, gourmet bars like bourbon salted caramel — no dinner. Desserts of all sorts are really trending.”

**END THE CAKE WARS BY FINDING YOUR PERFECT “PIECE”**

“Trust your judgment,” said Ebert. “If you don’t like cake, don’t get cake! It’s your day. You deserve to enjoy what’s on the plate.”

“Today’s couples are about the experience, about their stories,” Mugerauer agreed. “Isn’t that what it should be?”
LUSCIOUS-LOOKING LIPS WITHOUT PLASTIC SURGERY
ull, luscious-looking lips have been desired by women for years; it seems that in recent years it has become even more so. This can be accomplished by fat-grafting or having a “lip lift” done, but not every woman has the money or desire to undergo plastic surgery. The good news is they don’t have to. They can achieve those beautiful lips without plastic surgery.

Meanwhile, some people may have a “gummy-looking” smile due to genetics, or their smile has changed with age; maybe a person has downturned corners of their mouth, or they’re getting wrinkles above their lips. These problems can also be addressed using non-surgical methods.

**INJECTABLE TREATMENTS TO THE RESCUE**

Probably the easiest, most direct way to shape one’s lips and give them the desired fullness is through dermal fillers injected directly into the lips. There are several different fillers on the market, and each one has a slightly different purpose. Two of the most popular fillers are Juvéderm® and Restylane®.

Kristin Angell-Schultz, BSN, RN and Master Aesthetic Clinician at The Center for Aesthetics and Plastic Surgery tends to stick with Juvéderm®, depending on the complaint or desired outcome, of course. “If a younger gal is looking for just augmentation or larger lips, I always stick with the Juvéderm family of products. I love Juvéderm Vollure for younger girls,” she said, adding that Juvéderm Vollure is a cosmetic hyaluronic acid dermal filler designed to treat mild to moderate wrinkles and folds that form in the lower face. “It gives enough of a lip augmentation, but it doesn’t make the patient look like they’ve had work done.”

We’ve all seen bad work done in certain celebrities. Angell-Schultz said that kind of bad result or weird look gives many patients pause when talking about using filler near their lips. “If I mention putting filler near their lip, some patients completely freak out, and it’s just because of bad work walking around. It really does take an artistic eye and knowing the beauty of the face and what artistically makes the face look good to be able to make lips that match the face and look natural,” she said.

Most of the fillers are made of hyaluronic acid, said Dr. Victoria Negrete, medical director at Excelin Medical Spa and a board-certified dermatologist at Forefront Dermatology. “It’s a sugar molecule that is naturally made in our skin, but we lose it as we age. (So, the filler) helps replenish or restore the volume in the lips,” she said.

Hyaluronic acid can hold up to 1000 times its weight in water. That is why the lips naturally look so plump and supple. A lip injection treatment can last anywhere from six to 12 months, even longer in some cases; it all depends on the person and how quickly they metabolize products.

The two fillers Negrete uses most often are Juvéderm and Restylane. “Some fillers are used to create volume and plump up the lips; some are meant to give more definition, such as in the case of smoker’s lips,” she said. “It creates more of a defined border. It also can prevent lipstick smudging in those lipstick lines. Some are also used to inject into the wrinkles and fine lines around the mouth (to make the wrinkles just disappear).”

**SHOP AROUND AND KNOW WHO YOU’RE GETTING**

Most places offer free consultations. Negrete said it’s important to consult with a professional to see what you’re best suited for, based on what you’re trying to achieve. “Not everyone is a candidate for everything; it’s not a one-size-fits-all. And make sure that physicians are board-certified and that the staff is appropriately trained.”

Angell-Schultz completely agrees with that advice: “It’s important to realize that someone may get a different opinion no matter who they go to about what they may need or what product they should use to get the results they want. So, look at a clinic’s website and ask to see pictures of work they’ve done before embarking on work of your own. Ask about their credentials and how long they’ve been practicing. And take advantage of places that offer free consultations and education on the various products, so you can make an educated, informed decision.”

Finally, even if you decide not to do anything, don’t smoke and avoid exposure to the sun’s harmful UV rays. Those two things can wreak havoc on a person’s skin.
Taking a lifelong approach to lowering or keeping cholesterol levels within a safe range – starting with children as young as 2 years old – is the best approach to reducing everyone’s risk of heart attacks or strokes. That’s one of the main takeaways from updated guidelines released in November by the American Heart Association and the American College of Cardiology and endorsed by 12 different medical organizations. The guidelines were a significant improvement from the 2013 guidelines, said Dr. Ann Liebeskind, with Mobile Health Team.

“These guidelines are very comprehensive and cover all facets of cholesterol management. They address a lot of special populations of people with high cholesterol, including many different scenarios in adults, but they also include kids for the first time. Previously we had separate guidelines endorsed by the American Academy of Pediatrics for children,” she said.

SEVERAL TAKE-HOME MESSAGES IN NEW GUIDELINES

There are 10 take-home messages in the guidelines, Liebeskind said, but
the most important message was that a heart-healthy lifestyle is recommended no matter one’s age. This was the first time it’s ever been acknowledged that high cholesterol doesn’t begin in adulthood.

“What most people don’t realize is that high cholesterol is most often a genetic problem. Being overweight can make it worse or bring on new problems, but cholesterol is most often set by a person’s genetics,” she said. “There’s no way you can look at someone and know whether they have high cholesterol, including children. The No. 1 take-home from the new guidelines is acknowledging that risks develop starting young and we need to look at this as a holistic lifetime thing; people should know their numbers and practice healthy living.”

The guidelines also recommended that kids have their cholesterol levels tested. It’s no longer something adults only should be doing.

The second big takeaway is that they are going back to thresholds of treatment, meaning looking at numbers for cutoffs. In the 2013 guidelines the recommendation was that anyone who was at high risk should be on a high or medium dose of a statin and leave it at that.

“There were several reasons why that guideline was published, but it was a very temporary decision. Now that there’s a lot more data they’re going back to saying optimal cholesterol for LDL – “bad” cholesterol – should be to goal,” said Liebeskind. “If a person is high risk it should be less than 70; for most everyone else, it should ideally be less than 100 for a person’s bad cholesterol.”

It is worth noting that the American Heart Association says nearly one of every three American adults have high levels of LDL cholesterol, which contributes to fatty plaque buildup and narrowing of the arteries. People with LDL levels of 100 mg/dL or lower tend to have lower rates of heart disease and stroke.

Liebeskind said people should not just think because their numbers are good that they have nothing to worry about. “The guidelines recommend looking beyond just their basic numbers and incorporate family history and genetic predisposition. People really should see someone who can do a thorough risk assessment, no matter what age they are, and they should take that information seriously.”

**TAKING A PROACTIVE APPROACH**

Other things people should be doing, no matter what their numbers are, said Amel Elshaier, DNP with the Heart Failure Survival Center of America, include having regular check-ups with their doctor; monitoring their blood pressure and cholesterol levels; having a healthy diet and exercising regularly; and effectively managing any health conditions they may have.

If people cannot achieve their optimal goals through nutrition and activity, it may make sense to use medications. Statin medications are usually the first choice because they’re effective and inexpensive. But there are others that can be considered.

“One of the newest medications incorporated in these guidelines is PCSK9 inhibitors. They are an injection for cholesterol, but they are certainly not for everyone,” said Liebeskind. “They are only for people who are of very high risk. These new guidelines help specialists like me know when it’s appropriate to use those and helps give some guidance for when they should be covered by insurances, too, because unfortunately, they’re very expensive.

“The Center works with insurance companies to get them approved,” said Elshaier. “They are delivered to the patient’s home and they administer the injections themselves – usually every two weeks or once a month, based on their tolerance. They are very effective and have been able to lower the bad levels by as much as 50 percent.”

Following the recommendations may not reduce every person’s risk of high cholesterol or the diseases that can follow as a result. But every little bit a person does can help somewhat, and something is better than nothing. ✉️
Sturgeon Bay heart disease survivor selected as one of eight “Real Women” to represent the American Heart Association’s Go Red for Women national movement

Go Red for Women® is the American Heart Association’s movement to end heart disease and stroke in women all over the world.

The American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives, is honoring eight women, who are sharing their stories to inspire others as part of the next national class of Go Red for Women’s “Real Women.”

“Real Women” are national volunteers selected to represent a diverse sisterhood of survivors, who actively, urgently and passionately participate in the Association’s Go Red for Women movement. Often the surprising faces of cardiovascular disease, Real Women share their powerful survivor stories to raise awareness and inspire others to take charge of their own heart health through education and lifestyle changes.

Six weeks after losing her mom to a pulmonary embolism, Molly Schroeder of Sturgeon Bay had a heart attack when a clot blocked one of her main arteries. The 21-year-old soccer player learned she had a congenital condition and a family history of heart disease increasing her own risks, and how lifestyle changes could help her take charge of her heart health.

Each of the eight Real Women selected for this year’s national class has a unique heart or brain health journey. They have all worked hard to transform their health and well-being – including moving more, eating smart and managing blood pressure. They not only serve as an inspiration for family, friends and others who hear their stories, but band together to use this national platform to encourage all women to make heart health a priority.

“I was 21 and in the best shape of my life and had a heart attack,” Molly says. “It could happen to anyone so it’s vital to know your family history. Starting your health journey when you’re young, understanding how diet, exercise and sodium can affect you, is so important.”

While nearly 80 percent of cardiac events can be prevented through education and lifestyle changes, cardiovascular diseases continue to be the leading cause of death in women, claiming the lives of one in three women. To treat, beat and prevent cardiovascular disease, women should understand family health history, know their numbers and make healthy behavior changes.

For more information visit: https://www.goredforwomen.org/en/about-heart-disease-in-women/real-women/molly-schroeder
Life’s Simple 7:
1. Stop smoking 5. Manage blood pressure
2. Get active 6. Control cholesterol
3. Lose weight 7. Reduce blood sugar
4. Eat better

My Life Check is an accurate assessment of how you are doing in these seven areas. It’s based on the knowledge and expertise of medical experts from the American Heart Association. Once you’ve taken My Life Check, your heart score will help you understand what simple steps you may need to take to improve your heart health. From there, you will be directed to specific action plans that will teach you how to change your behaviors and move you closer to your individual health goals.

My Life Check was designed by the American Heart Association with the goal of improved health by educating the public on how best to live. These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference.

It’s never too late to make better choices for health. It’s better to stop heart disease before it even starts. The AHA recommends starting with small, simple changes and goals. Research shows those who can reach cardiovascular wellness goals by age 50 can expect to live another 40 years free from heart disease and stroke.

Find out where you stand with Life’s Simple 7 by taking the My Life Check assessment at MyLifeCheck.heart.org.

In the New Year, American Heart Association encourages residents to learn about Life’s Simple 7 and get your health checked

It’s time to set your New Year’s Resolutions and the American Heart Association wants Wisconsinites to make a resolution to get their health checked with My Life Check and Life’s Simple 7. These are easy, free tools to measure your heart health.

Life’s Simple 7 is a list of the seven health factors and lifestyle behaviors that measures and tracks a person’s ideal cardiovascular health. Improvements in these areas can have a great impact on quality of life and life span.

One purpose. One color.

Go Red in February.

Wear red at school, at work and out in the community to bring attention to heart health.

Let’s save lives together.

Proud to sponsor the American Heart Association and Women’s Heart health.
A human heart has two complementary sides that work in unison to power our bodies. Just like the ventricles and atria of the hearts Dr. Carrie Chapman treats as a cardiologist, her life has two chambers that sustain her: A robust medical practice and her family.
Cardiologist folds message of health and fitness into focus on fun for family
“I get up several hours before my family in the morning so I can get as much work done as possible,” Chapman said. “Because when they’re up, I want my focus to be on the kids.”

As a cardiologist, Chapman specializes in cardiovascular imaging, which means she focuses on performing and evaluating echocardiograms, nuclear imaging and CT imaging to diagnose diseases or malfunctions of the heart. She spends about 80 hours per week reviewing patient charts, seeing patients in clinic, reviewing studies and test results and occasionally working overnight call at The daCare Regional Medical Center.

“Before I go into a room, I’ll review everything and have a game plan so we can have a real conversation when I sit down with them,” Chapman said. “That’s usually one of the first things I’ll ask: ‘So how are you doing?’”

Chapman’s goal is to truly get to know her patients and help them be as healthy as possible. The way she treats her patients stems from a hospital stay she had as a 9-year-old. She spent a month in traction for a badly broken arm.

“That’s where I learned compassion for patients. How little things can go a long way,” Chapman said. “I know how much it can mean for someone to hold your hand and spend a little time. When I walk into the room, I try to have that human touch. I don’t open up the computer right away to start typing.”
GOING RED

Chapman’s undergraduate degree, medical degree and residency were all completed at the University of Wisconsin-Madison. So she’s used to rooting for red. But running parallel to her work as a cardiologist is her participation in the American Heart Association (AHA).

As part of her work with the AHA, Chapman plans to provide a keynote address at the May 3 benefit at The Bridgewood Resort Hotel in Neenah. This year she plans to use her time on stage to speak to a health topic she is passionate about: vaping among teens.

Chapman has spent the last two years as a member of the AHA advocacy committee, which means she and other physicians lobby state lawmakers to steer policy in a more heart-healthy direction.

“I started to do this because I wanted to make statewide changes,” Chapman said. “It’s eye-opening. You can reach so many people through policy. Enacting policy changes sounds so boring, but it’s the best way to help the most amount of people. That’s what I want to do: Reach more people.”

With about four days of meetings in Madison per year and many more Fox Valley work sessions, the group chooses which topic they’d like to steer lawmakers to correct.

“Our most recent policy changes, which I am very proud to support, have been the passing of laws requiring high school seniors be trained in CPR prior to graduation and that all 911 dispatchers be trained in coaching CPR over the phone,” Chapman said.

This year, they’re eyeing clean drinking water availability for all Wisconsin school children and addressing the dangers of teens and vaping.

With three children of her own, it’s a topic she’s anxious to tackle.

Chapman and husband David have three sons: Johnathan (12), Thomas (10) and Andrew (7). It’s a lot to juggle with such a demanding job. How
Dr. Carrie Chapman

“I’M A SUPERWOMAN ... AND I HAVE A VERY SUPPORTIVE FAMILY. YOU CAN’T DO ANYTHING LIKE THIS ALONE. THEY’RE THE BEST PART OF MY LIFE, SO I JUST DO IT.”
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Aurora BayCare Medical Center is a joint venture of Aurora Health Care and BayCare Clinic.
does she do it all?

“I’m a superwoman,” Chapman laughs. “… and I have a very supportive family. You can’t do anything like this alone. They’re the best part of my life, so I just do it.”

SETTING THE EXAMPLE

Chapman spends a lot of time emphasizing activity and healthy choices for her patients. So it’s important for her and her family to practice what she preaches.

Each Sunday, Chapman sits down with her children to make a meal plan for the week. Sometimes they’ll grocery shop together, and sometimes they end up competing with each other in meal challenges that incorporate nutritious ingredients.

“We still have pizzas and ice cream like everyone, but we really do concentrate on fresh, home-cooked meals,” she said.

And to Chapman, what’s even more important than ingredients is who’s sitting at the table.

“We eat dinner together as a family even when I’m on call,” she said. “I’ll run home and have dinner before running back to the hospital. I really believe that families that eat and play together are the happiest.”

As for exercise, Chapman tells patients to get at least 30 minutes of exercise a day. She follows her advice and tries to squeeze a workout in before her family wakes up in the morning. She trained for and completed the 2018 Fox Cities Marathon in September – the first time she’s completed a 26.2-mile running race.
“I don’t think I’ll do another one. That was more of a bucket list experience,” Chapman said.

She’d rather fold her free time into activities with her kids – from summer evening hours to vacation days.

“We do almost everything as a family,” she said. “I work so much. Why on earth would I want to take a vacation without my kids?”

They spend a lot of summer nights at the baseball diamond, where all three boys play and David coaches.

“AS STRESSFUL AS STARTING A NEW BUSINESS IS, I CAN SLEEP AT NIGHT BECAUSE WHAT WE’RE DOING IS GOING TO PROVIDE A WONDERFUL SERVICE WITH GREAT ACCESS.”
And the whole family is quick to head out for water-skiing together.

Instead of purchasing a vacation home, the Chapmans have turned their Fox River waterfront property into a getaway without the effort of going anywhere. They have a dock to hop into the boat and water-ski along the river. They installed an outdoor kitchen complete with a pizza oven for warmer weather meals. They plan and tend a garden and even terraced some of their waterfrontage for a small vineyard. With 12 each of red and white grape plants, the operation is still in its infancy, but Chapman said eventually their setup could produce enough for about 100 bottles of wine.

“We haven’t actually bottled any of it yet ... we’re still learning how to do it all,” Chapman said. “It’s like a science experiment with testing the pH levels and adjusting things.”

A NEW VANTAGE

David, who had been in pharmaceutical/medical sales, reduced his hours last year and has now been spending most of his time helping behind the scenes as Chapman and her colleagues start a new venture.

Originally a private practice called Appleton Cardiology, the group of what is now 15 physicians were absorbed by ThedaCare in 2011. In what is the group’s 50th anniversary, Chapman said the time has come to strike out on their own again.

Beginning in April, they’ll be leaving their offices at ThedaCare
The 15 physicians at Heart and Vascular of Wisconsin are continuing the legacy of world-class independent cardiovascular care that started in Appleton in 1968. We are proud to care for patients at locations throughout northeast Wisconsin including our new Heart Institute near the Fox River Mall.
Hobbies?
All outdoor Wisconsin activities.

Favorite local restaurants?
Fratello’s, Osaka.

What is something few people know about you?
I have an identical twin and she is a veterinarian.

What do you do for exercise?
Run/walk/bike.

Favorite book?
Crime/mysteries.

Favorite movie?
Whatever my kids are watching.

Dream vacation?
Anywhere I can spend time playing with my kids.

Do you have any pets?
Rey, my chocolate lab.

Do you have a role model?
My parents. They worked very hard to provide for our family. We didn’t take vacations or have expensive things but I never felt like I missed out on anything growing up. We had good basic family values. I hope to raise my kids the same way.

What are your “words to live by”?
Laugh and enjoy. Live healthy.

What inspires you?
My patients inspire me. I see them often at their worst and then can see them transform their lives to be healthier individuals. It’s very rewarding.
WE EAT DINNER TOGETHER AS A FAMILY EVEN WHEN I’M ON CALL. I’LL RUN HOME AND HAVE DINNER BEFORE RUNNING BACK TO THE HOSPITAL. I REALLY BELIEVE THAT FAMILIES THAT EAT AND PLAY TOGETHER ARE THE HAPPIEST.

and launching a private practice. Heart & Vascular of Wisconsin will open on W. Grande Market Drive in Appleton, just behind the Fox River Mall.

As the physician leader for Heart & Vascular of Wisconsin, Chapman is helping lead the charge for the new facility. And David is assisting by helping set up the institute and meeting with contractors.

“As stressful as starting a new business is, I can sleep at night because what we’re doing is going to provide a wonderful service with great access,” Chapman said. “I’m so excited about the investment in the latest and greatest cameras and technology,” Chapman said. “We’ll be offering patients a step above what’s available in the Fox Valley.”

When the institute opens in April, the first phase will feature clinics, stress testing, diagnostics and basic procedures. By 2020, the second phase is expected to include a full surgical center allowing for heart catheter procedures and pacemaker surgeries.

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Unlocking the keys to freedom

The Garage for Good helps domestic abuse survivors one oil change at a time

The difficult decision to leave an abusive relationship is wrapped up in multiple issues for women: fear, children, finances and self-esteem. Often the abuser literally holds the keys to freedom in access to the family vehicle. And, once a woman makes the decision to leave and seek help at a shelter, transportation is a critical need to getting back on the road to self-sufficiency.

In 2018 JumpStart Auto Repair opened its doors as one of the most innovative initiatives in Northeast Wisconsin. The “Garage for Good” provides services found at most auto repair shops, but with a twist. For domestic abuse survivors referred by Harbor House or Christine Ann, all parts and services are provided free or at a greatly reduced rate. For everyone else, services are provided at a competitive market rate — but with the knowledge that fees are helping women in their community. Proceeds help survivors get back on the road to drive safe cars, and customers are educated about the efforts to end domestic violence. Already, many customers have added donations onto their service bills.

“Many times women will give an extra donation for someone else who is having trouble paying for repairs,” said Beth Schnorr, executive director of Harbor House.

“We knew people would be drawn to the mission of the business, but we can’t get over the support the community has given us,” said Beth Oswald, executive director of Christine Ann.

The social enterprise is funded by donations and a grant from the Fund for Basic Needs; it is operated jointly by Harbor House Domestic Abuse Programs in Appleton and Christine Ann Domestic Abuse Services in Oshkosh. The Fund for Basic Needs is supported by funds raised by the U.S. Venture Open, the nation’s single largest one-day charitable event dedicated to ending poverty. For leaders of the regional initiative to end the root causes of poverty, the fresh approach to self-sufficiency for survivors was a game changer.

“We review hundreds of collaborative grants, but JumpStart was one of the most innovative social enterprises we had encountered,” said Greg Vandenberg, director of giving and community engagement for U.S. Venture. “It helps survivors take control of their lives and provides a path for sustainability.”

JUMPSTART IS SPARKING CHANGE

JumpStart began as a pilot project at Fox Valley Technical College, then moved into a Neenah location that was formerly home to Randy’s Auto
Service. Since serving customers at this location, customer satisfaction is over 90% and JumpStart has retained more than half of the previous customer base.

On a recent afternoon, two former customers from Randy’s stopped in for service while the phone rang with future appointments.

“I have never had a day where we haven’t had enough work,” said Katie VanderWielen, general manager for JumpStart. “People love the concept and we keep getting return customers.”

VanderWielen is an automotive pro with past experience as a service manager at area dealerships. When she was given the opportunity to get in on the ground floor at JumpStart she couldn’t turn it down — she is a domestic abuse survivor.

“When you’re in a relationship and you’re told certain things for so long somewhere deep inside you, a voice says ‘I don’t deserve it.’ I want to show there’s hope that you can get out, and make a life and a future,” she said.

For domestic abuse survivors, they cannot afford car repairs but also cannot afford to stop driving dangerous vehicles. According to the Fox Cities LIFE study, the poverty rate for single women raising children in the Fox Cities is eight times higher than married couples.

“The No. 1 reason why survivors don’t leave their abusers is because they can’t afford to,” said Jenny Krikava, development and marketing manager for Harbor.

Nearly $1.6 million has been awarded in grants to 135 nonprofit organizations supporting innovative programs helping those in need throughout Northeast Wisconsin. The Basic Needs Giving Partnership is funded through the U.S. Venture Open by generous donations from corporations, family foundations and individuals to stop the root causes of poverty. In 2018, the event raised $4.13 million for the fund. Grants are administered by teams established at community foundations in Brown County, the Fox Valley and the Oshkosh area.

SURVIVORS OF DOMESTIC ABUSE

- Transportation is one of the most critical needs identified among survivors
- A lack of independence and self-sufficiency is strongly felt for those who do not have reliable transportation
- Survivors with limited finances cannot afford the costs affiliated with a reliable vehicle
- Access to reliable transportation is essential for survivors who are unemployed and searching for work

Source: Harbor House research
FOUR WAYS TO DECLUTTER WITHOUT HURTING THE ENVIRONMENT
If you’ve started to take a look around your house and it’s looking a little cluttered after the holidays, it might be time to get rid of the old in order to make way for the new. We spoke with Christine Miller, the Recycling Coordinator for Outagamie County, and she gave us some great tips to help you get rid of your old junk without dumping it in a landfill.

PASS IT ON

“If you are at home and you’re cleaning out your closet or basement and you run across items that are still usable, but not useful to you anymore, you can 1) have a garage sale and sell them or 2) you could donate them to a local charity,” said Miller. “Facebook has a really good market now for items that people no longer have a use for so that can really help keep good, valuable materials from going into the landfill.”

HAZARDOUS MATERIALS

If you start cleaning under your kitchen cabinet and find old cleaners you’d forgotten you even had, you’ll want to dispose of those carefully, since many of the chemicals they contain can be toxic.

“We suggest you take them to a local hazardous waste collection,” said Miller. “They usually run in the spring, through the summer months, so reach out to your local municipality to find out if there’s some kind of collection program for hazardous materials, like cleaners and poisons.”

Depending on where you live, you might not have access to a hazardous waste collection facility until it warms up. Some of the smaller municipalities don’t have a permanent building dedicated to hazardous waste collection, so they have to be outsourced from larger municipalities and held outside. With the tendency of Wisconsin winters to be very cold and snowy, holding them in winter simply isn’t feasible.

UNWANTED CHRISTMAS GIFTS

If you love your aunt, but you don’t love the gifts she tends to get you, it’s OK to re-gift them – we won’t tell. You can also sell them at your next garage sale or donate them to a local charity.

PACKAGING

Finally, Christmas tends to come with a lot of packaging, and if you’re not sure how to dispose of it all, it’s always better to ask than to guess.

“When it comes to packaging, we really want people to make sure they’re not just guessing or hoping that a package is recyclable,” said Miller. “Reach out to your local municipality, your local community, and find out what is acceptable and not acceptable in your community, because you can go from one side of Wisconsin to the other and the programs may change, some of them fairly drastically. Smaller recycling programs likely have fewer types of materials they can accept and recycle, while larger municipalities and larger communities tend to have a more broad collection of types of packaging that they can accept, so really reaching out to your local program to find out what they accept and do not accept is really the No. 1 recommendation.”
Girl Scout Cookie season is almost here, much to the chagrin of those who’ve added weight loss to their New Year’s resolutions. Besides tempting and delicious treats, let’s break down exactly what the Girl Scout Cookie program is all about.

When Girl Scouts began selling cookies, it was mostly just that—an opportunity for Girl Scouts to earn money to support their Troop projects and plans. Over the years, the Girl Scout organization saw the skills it was developing and worked to build a curriculum around it. The Girl Scout Cookie Program is far more than “just” selling cookies. It is a program that develops five important skills recognized as the preeminent financial literacy program for youth today.

It was once common for schools to teach financial literacy skills but that is becoming rare. Yet as family budgets are stretched, it is more important than ever for young people to be financially literate. The Girl Scout Cookie Program helps girls become familiar with these skills and to apply them through real-life action. In fact, many Girl Scout alumnae tell us their experience selling Girl Scout Cookies was a critical first step on a path to successful careers. Girl Scouts is are powering the next century of girl leaders toward amazing futures!
House. “It’s economically based. The ability to get a job, to keep a job, all comes back to transportation.”

THE ROAD TO SUCCESS

In the coming year, leaders identified unlimited opportunities for JumpStart. The garage is a women-run business with female auto techs that have a mission of educating women about auto maintenance. Recently JumpStart was approached by Appleton East High School to provide internships for teens interested in auto maintenance.

“There is a potential for us to grow further,” Schnorr said. “We want to look at expanding opportunities for female mechanics and we want our service to be top notch.”

The garage is focused on the “Purple Carpet Experience,” a brand experience that provides an honest assessment of vehicle repairs, respects the customer, and educates women about automotive maintenance (domestic violence awareness is represented by a purple ribbon). There’s also the possibility of expanding into other businesses nearby that can provide employment for survivors such as a coffee shop or hair salon located next to the garage.

One of the unintended consequences of a garage with a mission is it has become a safe space for people to talk openly about domestic abuse. VanderWielen’s personal experience with domestic abuse coupled with the mission of JumpStart has initiated referrals to Harbor House.

“Sometimes it’s easier to say ‘there’s a problem with my car’ than ‘my relationship is a disaster,’” Kirkava said.

“It helps survivors to know they are with like-minded people,” Oswald said. “They feel more comfortable knowing that Katie has been there and she gets their struggle.”

JumpStart is showing leaders and sponsors that customers are ready to spend their dollars with businesses that have a social mission.

“We want to inspire,” Kirkava said. “If everyone would take a part of their business and add a social mission to it, what could that do to our communities?”

JumpStart Auto Repair is located at 896 S. Commercial Street in Neenah and is open Monday-Thursday from 7:30 a.m. – 5:00 p.m. and Friday from 7:30 a.m. – 4:00 p.m. For more information, visit www.jumpstartautorepair.com.
 recipe

baked potato crisps

Sliced red potatoes from Idaho tossed with sweet potato strips yield a dish that’s as pretty as it is great tasting. It’s also kid-pleasing!

Ingredients
Vegetable oil cooking spray
1 large sweet potato (about ½ pound), peeled
2 to 3 red potatoes (about ½ pound), scrubbed with peel on

2 tablespoons extra-virgin olive oil
1 teaspoon salt
½ teaspoon black pepper

Directions
1. Preheat oven to 400°F.
2. Spray a large baking sheet with cooking spray.
3. Slice the potatoes very thinly (use a food processor if you have one).
4. Place the potatoes in a bowl; add the oil, salt and pepper. Toss to coat.
5. Transfer the potatoes to a baking sheet. Spread them out in a single layer. Bake for 10 minutes; turn the potatoes over.
6. Bake for an additional 5 to 10 minutes, or until the potatoes are slightly crisp and golden brown.

Nutrition Nugget: Scrub the sweet potatoes and slice with the skin on. It’s edible and adds fiber.

Substitution: Substitute an equal weight of an Idaho or a Russet potato for the red ones; scrub well and follow the recipe.

Nutrition Analysis (per serving)
Calories: 160; Total Fat: 7g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 590mg; Total Carbohydrate: 23g; Dietary Fiber: 2g; Protein: 2g.

Recipe courtesy of eatright.org.

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