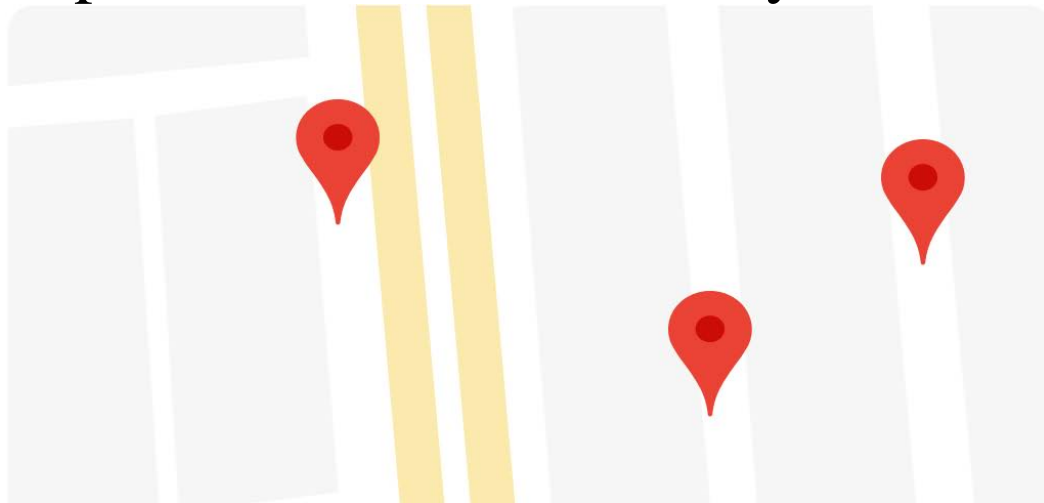




MONTHLY MEETING

WEDNESDAY, NOVEMBER 8, 2023, NOON AT WESTVIEW INN
GUEST SPEAKERS

A Surprise Assortment of Many Businesses!



Our meetings offer networking, information, resources, and a relaxed atmosphere where everyone is welcome. Please plan to attend our meetings! Your membership dues cover an excellent buffet lunch for one representative of your business. Additional representatives pay \$10 toward the buffet lunch.



The WSBA has openings for two new Board members. If you have been tempted in the past to join this fun group, now is the time. Just ask any Board member how fun the group is.



November and December Association Meetings

The Board would like to remind the Membership that we will continue the November nonperishable food drive collection and the December cash collection for the West Salem Lion's Club.

Please bring a nonperishable food item to the November 8 meeting, and cash donations will be collected at the December 13 social meeting.

DOWNTOWN TRICK OR TREATING – SUCCESS!!!

Each year, more and more children and adults participate in the West Salem Business Association sponsored Downtown Trick or Treating event!

This year was no exception!

The Village Administration office purchased enough candy for well over fifteen hundred children. By 4:30, we were fearful we were going to run out! Isn't that a great problem?

Thank you to all who opened their businesses on Tuesday, October 31 to the children for a safe and fun trick or treating event and for all those who came downtown to distribute treats!



Annual Feather Party!

**Friday, November 10, 2023,
from 5:30 PM to 8:30 PM**

148 South Leonard Street, West Salem

Come in and win your Thanksgiving Turkey. Sandwich Menu will be served - Fish Sandwich, Burgers, Onion Rings & Fries

Check out the American Legion Facebook page for more upcoming events!

Thanksgiving is
coming up soon!

West Salem Cares

Wants to make
sure everyone has
the food they
need!

★
Apply TODAY!



WSCaresfoundation.com

When feasting is the order of the day, let us help
you feed your family!

Apply Today!

<https://wscaresfoundation.com/application-link>



Please donate your deer hides to the Lions! Local drop offs are in front of Ace Hardware on Highway 16 and at Nick's Bar on County M in Barre Mills.



LADCO's 52nd Annual meeting will be held January 23rd, 2024. The event will be held in the Riverside Ballroom at the La Crosse Center, downtown La Crosse. UW System president, Jay Rothman will be joining us as our keynote speaker! We are so excited to be able to celebrate 2023's achievements with you all!

Please see the Eventbrite link below to purchase tickets. ***Remember:*** If you are a yearly member with LADCO, please be sure to purchase the tickets labeled "Member Admission".

<https://www.eventbrite.com/e/ladcos-2023-annual-meeting-tickets-739783300767?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl>

Alora Fitzgerald, Administrative assistant



Email: alora@ladcolax.com, Phone: 608-784-5488, Cell: 608-738-7121, Website: www.ladcolax.com

More Tips about: Living Well in Anxious Times



Terrible news about war and terrorism can be extremely unsettling, but completely avoiding news is probably not the best solution. To strike a balance, consider these few tips: 1) Schedule—not just prioritize—your self-care practices such as exercise, meditation, and hobbies to help reduce stress and promote mental well-being. 2) Maintain a supportive network of loved ones you can share concerns and process emotions with. 3) Focus on what you can control—your goals, daily activities, and well-being are still important! 4) If anxiety feels overwhelming, speak to a mental health professional at your Employee Assistance Program (EAP). 5) There are now free apps *that block other apps* and let you get news or schedule access only at specific times. Some will even block you from tweaking the schedule in case you get the urge to peek!

Need a unique holiday gift idea? Please consider purchasing West Salem Bucks from the West Salem Business Association. Each gift certificate can be used at any of the merchants listed on the back of the “bucks”, each gift certificate has its own expiration date, and each “buck” can be issued in any denomination you would like to gift. See Treasurer Jodie Curtis at the Highway 16 Branch of Union State Bank.



Do You have Shift Work Sleep Disorder

Shift work sleep disorder (SWSD) affects about 10% to 40% of employees—like health professionals, truckers, first responders, pilots, online customer service agents, factory workers, and retail clerks—who work irregular, nontraditional hours (shift work). Preventing SWSD requires six to seven hours of quality sleep nightly, but many life factors can make this goal difficult to achieve. The key is effective sleep hygiene to avoid health effects associated with SWSD, including insulin resistance and diabetes, anxiety, depression, lower bone density, and even lower fertility and neurodegenerative disorders like dementia. Tips: Create a sleep schedule and a comfortable sleep environment, and avoid exposure to digital screens and drinking coffee and alcohol before bedtime, as they disrupt the sleep cycle. Get regular exercise a few hours before bedtime. Avoid eating prior to sleeping. Learn more: sleepeducation.org



West Salem Business Association
Membership Renewal Season is now open. Feel

free to use the
website to renew
your membership.
Renewal forms
will be emailed

**YOUR
MEMBERSHIP
MATTERS**

out next month so watch your inbox!



Bangor • Campbell • Holmen • Onalaska • West Salem

NOVEMBER 2023

For more information about any of these programs, please see our website at lacrossecountylibrary.org and click Youth Programming or Adult Programming.

REGIONAL READ

This year's Driftless Regional Read is *What Happened to You?: Conversations on Trauma, Resilience, and Healing*, by Bruce D. Perry and Oprah Winfrey. driftlessregionalread.com

Library programming includes:

WRITING THEIR WAY HOME

Veterans' Stories and Survival with Doug Bradley

ONALASKA LIBRARY
Tues, Nov 7 at 1 pm



NOTEWORTHY

FALL MOVIES

See our website for movie titles, dates, and times.

DEMENTIA LIVE

Experience what it might be like to live with dementia!

ONALASKA LIBRARY
Mon, Nov 6
9:15 am to 3:30pm

Call ADRC to reserve a one-hour timeslot: 608-785-5700

CLOSED DATES

On **Wednesday, November 15**, all locations will **close at 12pm** for staff training.

All locations will be closed **Thursday, Nov 23 and Friday, Nov 24** for Thanksgiving.

YOUTH PROGRAMS

FALL PROGRAMS

See our website for more info about:

- Story Times
- Teen Time
- Messy Kids Art
- Hands-On Science Fun!

STRENGTHENING YOUR SQUAD

WITH SARAH JOHNSON
FROM THE JOY LABS

ONALASKA LIBRARY
Sat, Nov 4 | 10 am



GENERAL PROGRAMS

FLOYDE'S SENIOR MOMENTS

ONALASKA LIBRARY
Wednesdays at 10 am

November 1
Holocaust Remembrance

November 8
History of the La Crosse Tribune

November 15
One-Room Schools

November 29
Coulee Region Giving Hearts Choir



GAME DAY

BANGOR LIBRARY
Thurs, November 9
1:30 pm

UKE FOR THE HOLIDAYS



ONALASKA LIBRARY
Rehearse holiday music
Sat, Nov 11 at 12 pm

Perform 12/9 at 12 pm while ringing bells for Salvation Army (indoors)

FREE 1:1 TECH HELP

ONALASKA LIBRARY
Wed, Nov 15
Drop-in hours
10 am to 12 pm



JIGSAW PUZZLE BATTLE

ONALASKA LIBRARY
Sat, Nov 18
10:30 am



SUPPORTING YOUR CHILD'S SPEECH AND LANGUAGE DEVELOPMENT

ONALASKA LIBRARY
Wed, Nov 29
6 pm

CUPCAKES & CANVAS

BANGOR LIBRARY
Thurs, Nov 30
6:30 - 8:30 pm



LACROSSECOUNTYLIBRARY.ORG
608.399.3390

Flip the Script with Positive Self-Talk

"Self-talk" is how we think and reason. It's the inner voice that influences your mindset and actions. The words or scripts it produces are either positive or negative but are often outside our awareness. With practice, you can take control of self-talk messages, steer them to be positive, overcome negative scripts, and make self-talk a superpower. In moments of adversity, ask yourself "Is my self-talk lifting me up right now or dragging me down?" If it's negative, fight the script. Immediately replace a negative script such as "I can't do this" with a positive script like "This is a big challenge, but I have the innate capacity to learn and grow from this experience." Key: Self-talk isn't about denial; it's about embracing challenges, learning from failures, and anticipating positive outcomes. The payoff for a positive self-talk habit is huge—more resilience, improved well-being, and more effective relationships.





Join us and create a custom porch pot, 3 sizes to choose from that fits your porch perfectly! Registration is required along with \$30 down (non-refundable) to hold your spot and start your pot! Remaining balance for your pot choices paid the night of! Space is limited so register soon! Event will be held in Hunter's Party Room with a drink or two included! Call or stop in to register!

November 28, 2023 – 6:00 to 7:30 p.m.
Under the Rust
132 Leonard Street S, West Salem

Pancake Breakfast with
Santa

Come have pancakes and get your photos with Santa Claus

Berg Hemker Olson American Legion
148 S Leonard Street
West Salem, WI

Saturday, December 2

8:00 AM until 11:00 AM

Free will donations accepted



Coulee Health

6 days ago · 🌐



Dr. Kyle is now offering dry needling!

A few of our favorite dry needling benefits are:

- ✦ Pain Relief from muscle tension and trigger points
- ✦ Improved Range of Motion and Function
- ✦ Muscle Relaxation
- ✦ Faster Recovery Time
- ✦ Enhanced Blood Flow (even after the therapy is done!)
- ✦ Chronic Pain Management
- ✦ Sports Injury Return to Play

Comment **BOOK** to schedule a **FREE** 15 minute discovery call with Dr. Kyle to learn if dry needling may be right for you!



Just to remind you: Christmas--It's around the corner, amigos



920 West City Highway
16, Suite B, West Salem



www.westsalemwi.org

IN THIS ISSUE:
Monthly Meeting Reminder

DON'T FORGET!

Please remember to bring a non-perishable food item to the November 8 regular Association meeting. All items donated will be delivered directly to the West Salem Care & Share food pantry

West Salem Business Association
P. O. Box 84
West Salem, WI 54669