

2012 YourWellness.mn Medical Directory

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The YourWellness.mn Medical Directory is your guide to finding helpful listings of healthcare providers serving the Southwest Metro region of the Twin Cities.

You'll also find articles on:

- Choosing the Right Doctor
- Choosing a Senior Care
- Facility
- Health Care Trends 2012
- Your Legacy of Giving



2012 medical directory

To request your free copy today or to participate as a healthcare provider in the online YourWellness.mn Medical Directory call Jennifer at 952-345-6477 or email jsorenson@swpub.com.

AUTHOR Q&A

Serving up more stories for the soul

Carver woman contributes two more 'Chicken Soup' stories

BY MOLLEE FRANCISCO
mfrancisco@swpub.com

Sara Matson's life is a bit of an open book — or at least parts of it. The Carver married mother of twin daughters is currently celebrating her fifth story



Sara Matson

featured in the feel-good "Chicken Soup for the Soul" series.

In her latest piece, Matson writes a deeply personal story about working to overcome her inner bully for "The Power of Positive" book published in October 2012.

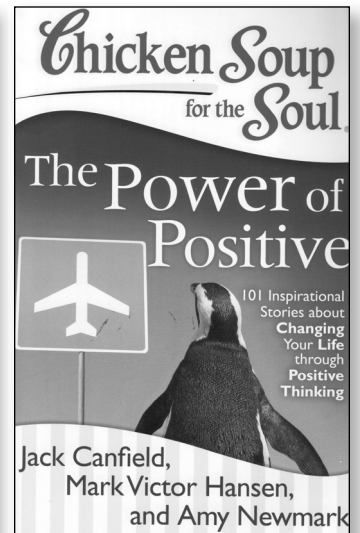
Matson is also featured in "The Gift of Christmas" book reissued this year for the holidays. There, she shares a humorous story about her family dealing with a false alarm fire.

The newspaper caught up with her to ask few questions about her recent work.

Q: Tell us a little bit about "Tinsel, Terror, and Toenails" from "The Gift of Christmas."

A: On Christmas Eve almost 10 years ago, we were getting ready to have family over. Suddenly I saw smoke in the garage and thought there was a fire. After a lot of chaos, which included a 911 call, bundling up our toddlers and taking them to the neighbors, and what seemed to be the entire Carver Fire Department parading through our house, we found out it was a false alarm. The whole adventure was rounded off by a humorous (and slightly embarrassing) discovery.

Q: What does your husband think about you sharing this particular



"Chicken Soup for the Soul: The Gift of Christmas 2012 reissue and "Chicken Soup for the Soul: The Power of Positive" both retail for \$14.95.

story? What about your girls?

A: My husband and daughters enjoyed the story; it's one we retell from time to time, and we always chuckle over it.

Q: What family traditions do you have this time of year?

A: A favorite tradition is our celebration of St. Lucia Day, a Scandinavian holiday. It happens to fall on the same day as my mother-in-law's birthday, Dec. 13. In accordance with Swedish tradition, my two daughters dress up in white dresses, one wearing a crown of candles on her head. Early in the morning, they wake me up to serve me coffee, lussekatte (saffron buns) and cookies. Then, while it's still dark, we pile in the car and do the same thing at my mother-in-law's house. We enjoy it, and I hope my mother-in-law does too! (Incidentally, I'm writing a story about it for another Chicken Soup holiday edition!)

Q: "Battling My Inner Bully" is extremely personal. Why did you want to share that story?

A: Yes, it is extremely personal, but I tend to write about personal things. When I took the story to my critique group, I asked them if they thought it was

too personal. Because they thought it was a story that needed to be told and would help others with similar struggles, I decided to go ahead with it.

Q: What do you hope readers get from it?

A: As I've read the other stories in the "Power of Positive," I have been encouraged and inspired to make positive changes in my life. If my story could do that for a reader or two, I would be very happy.

Q: How many Chicken Soup entries does this make for you?

A: Five: "The Gift of Christmas," "Twins and More," "Teacher Tales," "Find Your Happiness" and "The Power of Positive."

Q: Having successfully written a handful of "Chicken Soup" stories now do you find yourself saying "That could be a story ..." when life's little moments happen?

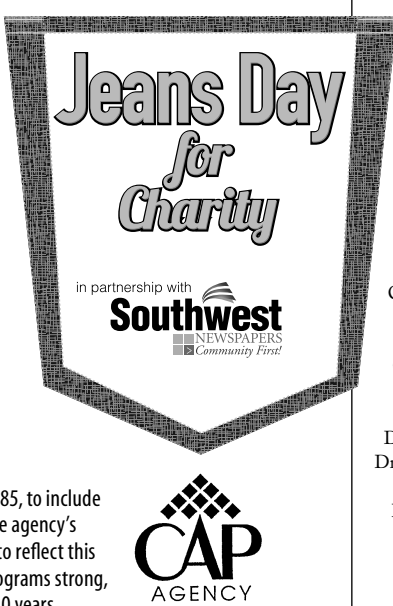
A: Yes, I'm always on the lookout for possible story ideas.

More information

For more information about Sara Matson, visit saramatson.com.

December's Charity CAP Agency

Organized in 1965, as part of President Lyndon Johnson's "War on Poverty" movement, the agency began as the Scott-Carver Economic Council providing co-op farming programs, Head Start and Senior Citizen Centers to residents of Scott and Carver Counties. The CAP Agency expanded its service area in 1985, to include residents of Dakota County. The agency's name has since been adopted to reflect this expansion. Now numerous programs strong, three counties wide and over 40 years old, the CAP Agency offers a varied menu of services in each county, and continues to grow and evolve to reflect its commitment to address the unmet needs of the community. <http://preview.capagency.org>



Help make Jeans Day for Charity a SUCCESS!

Join our growing list of participants...

- Canterbury Park - Shakopee
- Cardinal Stritch University - Eden Prairie
- Chanhasen Villager - Chanhasen
- Chaska Herald - Chaska
- Community Bank - Chanhasen/Chaska
- Cub Foods - Shakopee
- D. Fong's Chinese Cuisine - Savage
- Dockside Minnesota Magazine - Shakopee
- Drazan, Henke & Associates, PLLC - Chaska
- Eden Prairie News - Eden Prairie
- Edible Twin Cities Magazine - Shakopee
- Prior Lake American - Prior Lake
- Prior Lake Pet Hospital - Prior Lake
- Quello Clinic - Chanhasen
- Ridgeview Medical Center - Waconia
- Savage Pacer - Savage
- Savvy.mn Magazine - Shakopee
- Shakopee Valley News - Shakopee
- St. Francis Regional Medical Center - Shakopee
- The Goddard School - Chanhasen
- Vein Clinic PA - Chanhasen
- Western OB/GYN - Chaska/Waconia

Jeans Day is celebrated the last Friday of each month!

If your organization is interested in participating, please contact Jennifer Sorenson at 952-345-6477 or jsorenson@swpub.com

FUEL U

Spark 2013 with an evening of Fashion, Food & Faith.

Join Savvy.mn Magazine and Twin Cities Live for a fun-filled evening of fashion, food and faith. This event is designed to provide the inspirational fuel you need to follow your passion in 2013.

Monday, Jan. 21 • 6 p.m. to 9 p.m.
Chanhasen Dinner Theatre, Fireside Theatre
 501 West 78th St., Chanhasen

\$20 per person, plus fees
 To purchase tickets, go to Savvy.mn and click on Soirees.

Ticket price includes one free drink, appetizers, goody bag and door prizes.

FASHION



Jodi Mayers
owner of Corset Styling

Jodi will share her story of jumping off the corporate track to pursue a life-long dream of working in fashion. She will share trials and tribulations of owning and running a small business and the importance of surrounding yourself with strong women. Fashion doesn't have to be frustrating, expensive or time consuming, and Jodi will provide practical tips and tricks for looking and feeling your best every day.

FOOD



Elizabeth Ries
television and radio personality — co-host of Twin Cities Live

Elizabeth will talk about her adventures in urban homesteading, living a more sustainable life and the importance of knowing where your food comes from. She will share stories of her little Minneapolis house that sits on .13 of an acre and houses her, a Westie, 3 chickens and at least a thousand Red Wiggler worms. Elizabeth will also tell you how she balances her loves of television, radio and farming.

FAITH



Jodi S. Livon
owner of The Intuitive Coach LLC

Intuitive Coach, Medium, and Author Jodi Livon delivers straightforward guidance to approaching some of life's most challenging events. Trusting her intuition has empowered Jodi as a woman and business owner. Jodi will talk about her how she accesses her intuition and how people can learn to tune in and recognize their own intuitive voice.



Emcee TCL's Emily Engberg

PUBLICNOTICES

NOTICE TO CONTRACTORS RIVERVIEW POND REPAIR AND BANK STABILIZATION CITY OF EDEN PRAIRIE IMPROVEMENT CONTRACT NO 10-5772

Notice is hereby given that sealed bids for the Riverview Pond Repairs and Bank Stabilization Project in Eden Prairie, Minnesota, will be received, opened and read aloud at 10:00 a.m. on January 14th, 2013, at the Eden Prairie City Center, 8080 Mitchell Road, Eden Prairie, MN 55344.

The major work items for the base bid include the following:
 5500 C.Y. Site Grading
 200 Ton RiprapMNDOT Class IV
 700 SY Tensar North American Green P300 TRM
 10,500 S.F. Vegetated Reinforced Stabilized Slope (VRSS)

Each bid must be accompanied by a bid bond for at least five percent (5%) of the amount of the base bid, made payable to the City of Eden Prairie. The bond shall be forfeited to the City in the event that the bidder fails to enter into a contract to complete the work.

A mandatory prebid meeting will be held at 10:00 a.m. on January 4, 2013, at the Eden Prairie City Center, 8080 Mitchell Road, Eden Prairie, MN 55344. CONTRACTORS who are not represented at the prebid meeting will be disqualified.

The City of Eden Prairie reserves the right to retain the deposits of the three lowest bidders for a period not to exceed sixty (60) days after the date and time of the opening of the bids. No bids will be withdrawn for a period of sixty (60) days after the date and time of the opening of the bids.

Contractors who desire a copy of the plans, specifications and proposal form may purchase them from Barr Engineering Co., 4700 W. 77th Street, Edina, Minnesota 55435, upon deposit of one hundred dollars (\$100.00). Deposits will be non-refundable.

Digital copies of the plans, specifications and proposal forms

are available at www.questcdn.com for a fee. These documents may be downloaded by selecting the project from the BIDDING DOCUMENTS link on the SEARCH PROJECTS page. For assistance and free membership registration, contact QuestCDN at 952-233-1632 or info@questcdn.com.

The Council reserves the right to reject any and all bids, to waive irregularities and informalities therein and further reserves the right to award the contract(s) to the best interest of the city. All proposals must be addressed to the City of Eden Prairie, Attn.: Engineering Division, 8080 Mitchell Road, Eden Prairie, MN 55344 and shall have endorsed thereon:
 Riverview Pond Repair and Bank Stabilization
 Bids Close 10:00 a.m. January 14, 2013
 Addenda No.'s _____ included

By order of the city Council
 CITY OF EDEN PRAIRIE
 (Published in the Eden Prairie News on Thursday, December 20, 2012; No. 3458)

Early Deadline Notice due to the New Year Holiday will be Wednesday, December 26, 2012 at 4:00 p.m. for the January 3, 2013 edition of the Eden Prairie News.

Faxes are not accepted.

Don't be a Christmas Grinch

Find Details and More Events at:

LETSGO.MN
discover minnesota music, art, theater & family fun

Presented by: **savvy.mn** **TCL** **Chanhasen**
 TWINCITIES DINNER THEATRES

For more information or questions contact Jennifer at jsorenson@swpub.com or 952-345-6477.

Engaged? Just Married?

Share your good news with our readers.

For more information call 952-942-7885
EDEN PRAIRIE NEWS