

# Sue Knopf

Sue Knopf has designed and laid out the interiors of more than 200 books since 1988, when she founded Graffolio. She works primarily on one- and two-color books and also creates maps, tables, graphs, forms and diagrams.

Sue's book projects have included technical manuals, memoirs, institutional and city histories, novels, travel guides, plays, inspirational books, biographies and puzzle books.

She's worked with Triumph Books, Marian Hartnett Press, Airborne Press, Great River Publishing, Impact Publishers, American Society of Safety Engineers, Applause Books, Mountainside MD Press and Performing Books, among others.

She has also taught graphic design at Viterbo University and Western Technical College.



"Sue runs an efficient, dedicated, creative service. Trust her to meet your deadlines and your budget."

GLENN YOUNG,  
FOUNDER AND PUBLISHER EMERITUS,  
APPLAUSE BOOKS

## Barron & Washburn Counties

Trail miles: 35.9  
Connecting route miles: 12.4

Segments & Points of Interest	Miles	E	W	W	W	Map No.
Rusk/Barron county line	0	48.3				10F
<b>Henlock Creek Segment</b> CTH F northern Trail crossing to Frothingham Rd.	5.5	5.5	42.8			10F
Connecting Route Frothingham Rd. to Barron/Washburn county line	4.2	9.7	38.6			10F
<b>Toussaint Segment</b> Barron/Washburn county line to CTH 55	9.3	19	29.3			10F-10F-8F
Connecting Route CTH 55 to 30th Ave. (CTH 90)	5.9	24.9	23.4			8F
<b>Bear Lake Segment</b> 30th Ave. (CTH 90) to 20th Ave.	4.2	29.1	19.2			8F+7F
<b>Greasy Lake Segment</b> 20th Ave. to Pershing Rd.	7.2	36.3	12			7F
Connecting Route Pershing Rd. to French Lake Rd.	2.3	38.6	9.7			7F
<b>Timberland Hills Area Segment</b> French Lake Rd. to Lake 22 Rd.	9.7	48.3	0			6F
Washburn/Barnett county line						
To Western Terminus Barron & Washburn City	5.0	53.3				E
5.0 miles						
5.0 miles						

The Ice Age Trail route in Barron and Washburn counties winds through three different landscapes. To the east are the Blue Hills, a 1.6-billion-year-old quartzite range. To the west and north is the Superior

## Ice Age Trail Companion Guide

ICE AGE TRAIL ALLIANCE

### La Crosse Method™ Sublingual Immunotherapy Practice Protocol

ALLERGYCHOICES, INCORPORATED

**IDT Technique: Optimized Titration**

- Technique of administration of antigen is identical to standard intramuscular, except for starting dilution.
- In contrast to giving a number & starting dilution for all antigens, varying-strength starting dilutions are used for different antigens, based on observed response and the patient's own history on an Oral-Immune or Placebo-Treat course first.
- Goal to find Zone 2 with growth response (i.e., 7mm wheal in 10 minutes) with further confirmation by giving additional reduced-strength dilutions as needed.

**IDT Technique: Advantages of Optimized vs. STD IDT testing**

- Speeds up testing.
- Minimum number of skin tests & patient discomfort.

### Other Recognized Skin Test Protocols

**Modified Quantitative Testing (MQT) - from Krouse JM et al, Otolaryngology Clinic N Am (2003) 855-868**

- Skin Prick Test (SPT) is first used as a rapid measure of reactivity.
- Using the Multi-Test II device is considered to yield a skin response equivalent to a 1:1500 w/v IDT; this first step is similar to a 0.5 dilution.
- SPT can then be refined with a single stronger IDT in the case of a negative response or a single stronger IDT in the case of a positive response.
- The combination of SPT with IDT yields an estimate of the strength of the allergic response that can be interpreted and used in treatment plan preparation.

**MQT Summary**

- SPT Wheel Size = 9mm, No ID, Interpret as #6 EP
- SPT Wheel Size = 8mm, Apply ID
- If 5.5mm, Interpret as #4 EP
- If 5.0mm, Interpret as #5 EP
- If 4.5mm, Interpret as #6 EP
- SPT Wheel Size = 7mm, Apply ID
- If 4.5mm, Interpret as #6 EP
- If 4.0mm, Interpret as #7 EP

### CONTEMPORARIES

The photos, taken from the *Albion Chalmers* building, show the tower of the old courthouse coming down on April 22, 1963. Courtesy of La Crosse Public Library Archives.

The Great Depression because it was estimated to employ at least 400 men for a year during its construction. The proposal called for a \$750,000 building that would house city and county offices, an auditorium that could seat 3,500, city and county jails, and the county detention house.<sup>10</sup>

In 1940, a civic center had been proposed with an estimated cost of \$2.25 million. It included a city-county building, a combination auditorium-convention hall and heating plant, and a county office building in an area bordered by State, Pine, Fourth and Sixth Streets. Discussions about the joint city-county building proposed in 1937 returned in the 1950s and 1960s, but the county eventually built its own \$2.3 million courthouse/office/safety building in the proposed civic center area bordered by Fourth, Sixth, Badger and Pine Streets.<sup>11</sup> At that point efforts were made to save the old courthouse, with the hope of keeping it and its land from being used commercially. Among the supporters for saving it for some historic purpose was William J. Koch, who said he wrote his essay, "Save Our Court House and its Historical Ground," in the best interests of La Crosse County and posterity.<sup>12</sup>

The historic site—and symbolic temple will have much impact with generations to follow. These things being self-evident, and during an era when the Communists are having a field day spreading communism to all corners of the world, it certainly no time to tear down or destroy the symbols which are the very roots of our democracy...

When Montgomery Ward purchased the courthouse as a site for a new retail store, the *La Crosse Tribune* viewed it as "A Shot in the Arm For Downtown" because of the potential to lure shoppers from a greater distance and to encourage other retail development downtown.

A photo headline published in 1965 described the end result: "History Grows To Progress" Swanson's Heavy Movers began tearing down the old courthouse in April 1965.<sup>13</sup> Later, after Montgomery Ward closed its downtown store in 1986, the site was used for county parking. Still another La Crosse County Courthouse, this time built for \$18.4 million, opened in August 1997 after some two thousand people took the opportunity to have a tour of the facility on July 27, 1997.<sup>14</sup> However, the 1965 courthouse was retained for office use as the La Crosse County Administrative Center, and a third major building, the La Crosse County Health and Human Services Building was constructed in 1990.

**Standard Hotel**

When the Standard Hotel (named after the city's first mayor, Thomas B. Stoddard) opened in 1904 at a corner shared with the La Crosse County Courthouse and old post office, its luxuries included marble floors, dark oak woodwork and bronze grillwork. This Elizabethan Corinthian style building had 107 bedrooms and fourteen rooms for servants. Each room had its own telephone, quite a novelty then. The original staff of eighty included thirteen bellboys dressed in green uniforms, and many of the employees lived in the hotel early on. A basic room rented for \$2.50 to \$5 a day, while suites cost \$5 to \$8 a night.<sup>15</sup>

The Stoddard was built by subscription of La Crosse's business elite at the turn of the century, including W.W. Cargill, J.J. Hogan, Henry Gund, Mrs. Elsie Gile Scott, L.J. Easton, L.C. Colman, Mills Tourtelotte, F.A. Copeland, S.V. Hyde, Hixon and Company, B.I. Edwards, A. Hirschbuhl, F.P. Hixon and M. Fuak.<sup>16</sup> Many other individuals, business leaders, banks and other institutions donated, making the Stoddard a "quasi public institution."<sup>17</sup> Originally budgeted for

The Stoddard Hotel is an all city block in 1904, shown as a postcard of Spruce Street, La Crosse, Wis. The wonderful old hotel came down in 1965 when efforts to save it proved futile. Courtesy of La Crosse Public Library Archives.

### A History of La Crosse, Wisconsin in the Twentieth Century

LA CROSSE COUNTY HISTORICAL SOCIETY

father, and two siblings, Gerda and Willy, respectively two and four years older than I. All of us children were born in the bedroom upstairs. The only thing I was ever told about my birth was that I arrived in the afternoon of a busy day when there was a big funeral coffee going on downstairs. To this day, people gather at the inn after a church service to memorialize the departed with speeches and songs, and of course lots of coffee and fancy cakes. On that February day of my birth, Grandmother Elise was put in charge downstairs while the midwife helped my mother upstairs. My mother said she that I was a longer baby than my siblings, and she had trouble getting the receiving blanket to cover my feet I guess it follows that I also grew taller than either my sister or brother and, indeed, my parents. Yet I am only a bit over 5'5".

The inn was built in 1846. It was old and impractical. Originally it was a retirement home for a minister, I was told, and it was my grandfather, Soren Wilhelm Petersen, who converted it to an inn and the adjoining grocery and farm supply store.

We lived in the inn and restaurant. The restaurant had five tables with red and white checked tablecloths—Danish colors, of course. The four windows were hung with lace curtains, and my mother kept potted plants on the sills. The room was heated by a beautiful large floor-to-ceiling-type stove called a Kakkeloven. It was decorated with ornate light green tiles. Behind a counter there was a tall wooden cabinet that held different kinds of glasses and lovely small cups for coffee punches.

The inn as it looked when I was a child.

### My Seven Lives

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