

JULY/AUGUST 2014
VOL 1 | NO 4

5IVE FOR WOMEN™

FAITH | FAMILY | FRIENDS | FITNESS | FINANCE

Wendler Family
Fighting ALS
Together

**SUMMER
READING**
with Faith

FUN LOCAL SUMMER
FITNESS IDEAS

BUYING A CABIN?
WHAT TO CONSIDER

STATELINE'S PREMIER WOMEN'S MAGAZINE

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With an emphasis on equilibrium and personal growth, *5ive for Women* encourages the on-the-go gal to pause for self-nurturing through insightful articles and thought-provoking features—supporting the not-so-simple balance between faith, family, friends, fitness, and finance.

At *5ive*, we are advocates of healthy priorities and fitness for life, while striving to motivate, energize, and inspire camaraderie of the Stateline sisterhood.



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It is summer! I am thrilled to turn the calendar to July. We made it through the end of school, ladies. Cheers! I'm looking forward to slowing it down a bit and enjoying a beautiful Wisconsin Summer.

Lofty goals await the Theisens this summer. We look forward to seeing the completion of our renovation and moving back into our new, old home. A heartfelt thank you to all the readers who inquired about our journey and encouraged with renovation stories of your own.

In this seemingly never-ending adventure, I have been fortunate—and I did say fortunate—for the opportunity to live with in-laws for a portion of the renovation. They however, may not use the word fortunate. With open arms they welcomed us, four kids plus our college kid for a time, and a loveable but lively Goldendoodle. Needless to say, there have been some challenging moments for all. Regardless, I feel so blessed for the opportunity for our kids to spend memory-making time with their grandparents. Even in the chaos called life, it is the memories of family dinners on the deck, sitting around the fire place, front yard bocce ball tournaments, and family camaraderie that will last a lifetime. There will come a day, I am sure, when my children long for just one more family dinner on grandma and grandpa's deck. I imagine someday, maybe with their own children bustling around them, they will reminisce with gratitude. This experience in our journey is a sacred gift for which I will be forever grateful.

Summer is my favorite time to make memories and this month we share ideas for summer fun without breaking the bank. We'll show you everything you need to know to plan that smashing block party. Have some rainy-day fun learning about the fascinating study of genealogy. Discover the benefits of embracing the different in friendship and be sure to check out this month's fitness feature, sure to give you ideas about staying fit in the summer! We're excited to feature the story of a local man's book picked up by a national publisher. He shares his perspective on family with us.

This summer we'll be running, biking, swimming, boating, and of course it wouldn't be a Theisen summer without a little time in the gym watching the kids play ball. I hope you get out and about this summer making memories! Three cheers to a season made for slowing down. Let us remember to be present and enjoy all summer has to offer here in Wisconsin. The journey continues: Faith, family, friends, fitness, and finance.

Jen Theisen
Publisher & Editor-in-Chief

5IVE FOR WOMEN™

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Bike Night & Hot Rods- Live Music Under the Stars!

These events occur every Tuesday night throughout the summer. We were 'on the scene' for the first bike night of the summer on June 3rd, which benefited Rotary Botanical Gardens and Quaker Steak & Lube served some great food. Each week a different non-profit organization is featured and benefits from the event. In addition, there are various music artists playing and various local restaurants and bars offering their specialties throughout the summer. Show up any Tuesday 5pm-9pm, bike or no bike, and enjoy the fun!



The 105.9 Rock Calendar girls at Kutter Harley-Davidson!



Each Bike Night has different local restaurants and bars offering their specialties.



Visit Beloit Go To Crew member, Melissa Gile, takes a break from her post and joins the crowd for a few minutes of dancing.

Harry Moore Pavilion is full of life and laughter as the group puts their moves together for the final line dance!



Dancin' at Harry's

We were 'on the scene' for a great dancing event in Beloit on June 9th – the best part, it's free and is offered every week all summer long! Check out this group learning line dancing and the "Riner Waltz". Every Tuesday night at 7pm there is a different one-hour dance lesson at the Harry C. Moore Pavilion in Riverside Park, from the rumba, swing, and tango to square dancing. Then, dance the night away at the open dance after the lesson. Such fun, all summer long!



Sisters Stephanie and Samantha Wagner have fun learning the Riner Waltz.



Police officers were among the honor guard to welcome VetsRoll home.



Family members gathered with signs and cameras as the 20 buses arrived.

2014 Vets Roll

More than 200 area residents who served in World War II, Korean War or were “Rosie-the-Riveters” (women who worked in factories, many of which created munitions or war supplies) returned to the Eclipse Center on May 21 as the fifth VetsRoll bus tour returned home. The annual trip began five years ago by John and Mark Finnegan in honor of their father. They lead the fundraising efforts that allow the veterans and “Rosies” to go on the trip with no expenses. The 10 buses on the tour departed earlier that week, traveled to Washington D.C. where the veterans, “Rosies” and their escorts toured memorials, including the Korean War Memorial and the World War II Memorial. The welcome-home celebration at the Eclipse Center began about 10 p.m. after the motorcade arrived at the Eclipse Center. Spectators waved signs for the loved ones and dressed in 1940s era clothes.

Photo Credit: Terry Mayer, CSI Media



VetsRoll participants were entertained with music from the '40s during the welcome home celebration at the Eclipse Center in Beloit.



Rock Aqua Jays

On June 11, the Rock Aqua Jays performed at Traxler Park. The very popular local water ski team performs a show every Wednesday and Sunday throughout the summer (unless they are at state or national tournaments). It is great free family entertainment, and they are a very talented team who are sure to keep your attention. These photos show



the women’s team performing a Batman spoof. Rock Aqua Jays are hosting the national water ski tournament again this year the weekend of August 8-10. This ski team is funded solely through donations, traditional fundraising, special events, sponsorships, advertising, and membership dues. They receive no public funding, and none of its members are paid, so check them out and give them your support!



Casey Goodsell, Bryanna Elzinga, Elissa Parker and Jessica Shelbourn smile at the camera before their performance



Photo Credit: Jennifer Du Puis, The Gazette

Taking 5ive with Angela Moore

by Anna Marie Lux



Angela Moore has been the executive director of the YWCA Rock County since mid-January. She was CEO of the Girl Scouts of the Badger Council for 16 years and retired from that position in 2009. “The mission of the YWCA is so important,” Moore said. “It matches my passion, which is eliminating racism and empowering women.” Moore lives in Beloit. She has served on the Beloit Board of Health, the consolidation board of the Rock County Health Department, the Rotary Club of Greater Beloit and the Zonta Club of Beloit.

FAITH

Moore belongs to Emanuel Baptist Church in Beloit. She has been a member since moving from Virginia to Wisconsin in 1993. From the start, she enjoyed the fellowship and still feels the same 21 years later. Moore teaches Bible classes and chairs the board of trustees, which considers business transactions for the church. The church is pivotal in her life. “I have a strong faith,” Moore said. “My faith is the basis for everything I do and think. I treat people in such a way that demonstrates my faith.”

FAMILY

Moore, who is single, has two adult sons. One lives in Janesville and the other in Beloit with their families. “I am truly blessed to have five grandchildren, four girls and one boy,” she said. “I also have a large extended family.” The family gets together on holidays to reminisce and look at old photos. They also gather around the dinner table. “I usually do a great deal of cooking,”

Moore said. “It has been said that I am a good cook. I always try to include some of their favorite meals.” Among them are turkey with trimmings and pound cake. “It really wouldn’t matter what we ate,” Moore said. “The focus is on getting together and enjoying each other’s company. That is what is critically important.”

FRIENDS

Moore has been blessed with special friends wherever she has lived. One dates to childhood. “Support from friendship is invaluable,” she said. “Whenever I talk with my friends, it is as though no time has passed. We share a connectedness. We complete each other’s sentences. “With online technology, she said it is easy to stay in touch. But nothing beats face-to-face conversations or phone calls, she insists. Moore believes you have to be a friend to have good friends. Among her friends are members of a book club, which she joined 20 years ago. “Reading always has been a passion,” Moore said. “To discuss a book with others gives me a great sense of enjoyment, even if we have differences of opinion. It is invigorating to have an engaged discussion. I believe you are a more rounded person by understanding something through someone else’s eyes.”

FITNESS

“I don’t pay as much attention to staying fit as I should,” Moore said. “As I get older age-wise, I realize how I need to do that. I am resolving to do that now.”

She said fitness also is about staying mentally and emotionally happy. “Working and volunteering helps me keep a great outlook on life,” she said. “To stay healthy emotionally, I surround myself with good friends, laugh often and have a strong faith.” Having a career that helps others gives her strength. “I understand that we will have challenges in life,” Moore said. “But it’s not what you are served in life. It is how you deal with it.”

FINANCE

Moore said that planning for one’s financial future is important. “We must set a financial goal and keep the end in sight,” she said. “We have to focus on what our needs are. It is all so relative, depending on what we value.” She said she would be in a different kind of work if she wanted to get rich. Instead, “I’ve always wanted to make a difference,” Moore said. “I’ve always wanted to save the world.”



Challenge Yourself to Get Involved

By Karla Roach

Years ago, before my husband and I had kids, I found a sense of emptiness inside. Sure, I was busy with work, our many pets at home, and my social life, but something was missing. I began filling that emptiness with my gift of giving back to my community by volunteering. First, it was Junior Achievement. I was fortunate to work for company that was active with J.A. because they allowed for me to donate my time during working hours. Next, I took on the local humane society and the area petting zoo, because of my love for animals. Finally, as my faith grew deeper in religion, I taught third graders CCD at my parish. Whew...then along came the kids and the growth of my family. I vacated those volunteer posts and went on to different positions that better fit in with my new life. Currently, I am concentrated with a committee at my parish and what seems like the endless activities at our children's schools. What I discovered is, no matter what place you are in life, there is always an opportunity that will fit you. Therefore, I dare you to "challenge yourself to get involved!"

Below, are some local volunteer opportunities to take advantage of:

Humane Society of Southern Wisconsin

222 S. Arch Street
Janesville, WI 53548
Phone: (608) 752-5622
www.petsgohome.org

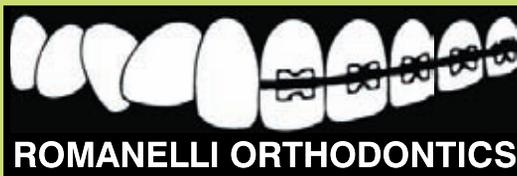
YWCA Rock County

1735 South Washington Street
Janesville, WI 53546
Phone: 608-752-5445
www.ywcarockcounty.org

Boys & Girls Club of Janesville

200 W. Court Street
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910876

FAB FINDS!

2



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3



4



What's better than shopping outdoors on a sunny summer afternoon? Not much! This FAB FIND takes place rain or shine in the heart of Downtown Beloit. An award winning tradition spanning over 45 years, the Downtown Beloit Farmers' Market draws crowds from miles around. Over 85 vendors gather every week to sell organics, locally grown produce, baked goods, meats and cheeses, eggs, fish, fresh flowers and potted plants, herbs, honey, jams and jellies, sweets, artisan crafts, scents and skin care, and so much more! You will also enjoy some live music at Gantry Park. Find this FAB FIND on Saturday's through Labor Day between 8am-1pm at the **corner of State & Grand in Beloit.**



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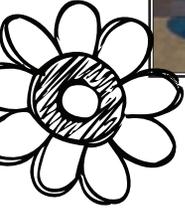
This FAB FIND is hidden between Milton and Newville on the shore of Lake Koshkonong. It's a fabulous place to hang out during the week or on a weekend! The staff are great and there's always something fun happening there. Good food, good drinks, and great company! Fun for the whole family – there's a great beach and playground for the kids, as well as other activities. There's live music every weekend during the summer, all weekend long. Camp out if you want – they have rental camper units or space to pull in your own camper. Pull up to this FAB FIND with your boat, or drive in – either way, you are sure to have a good time. Find them at **1901 E. Highway 59, Milton.**



8



9



The Goodrich Square Splash Pad

This FAB FIND provides for some great, free, family fun. The pad provides for interactive aquatic play for young children, and offers a great "get away" from the summer heat and is also close to some unique specialty shops in and around Goodrich Square. There are concessions available and the pad is open 10am-8pm daily, through Labor Day. There are lots of fun things to do within walking distance, including stopping for a snack or coffee at Charming B's, grabbing a sandwich or glass of wine at Northleaf Winery/Bistro, shopping at lots of fun shops, visiting Milton House Museum or having a picnic at various parks/playgrounds. You may even want to check out the very popular annual chicken BBQ and craft fair nearby on August 17. Locate this FAB FIND at **Goodrich Park on the corner of Parkview Drive and E. High Street in Milton.**

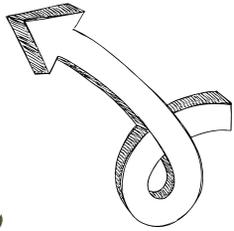


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Rotary Botanical Gardens



12



This FAB FIND is celebrating its 25th Anniversary during 2014. Rotary Botanical Gardens transforms every season with new color themes and displays. But this year, the Gardens added to their annual beautiful display. Over 500 varieties of perennials were added. Also new this year; the kids will enjoy exploring the lush pathways through the expanded "Jungle Garden" or investigating the Thomas Jefferson Historic Garden, which will showcase a collection of plants grown and observed by Jefferson, including a strong focus on vegetables from Jefferson's Monticello Garden. A striking addition is the "Chair in Our 25th Anniversary" garden art project. This is a must-see display. As part of the project, 26 full size Adirondack chairs were hand-crafted from wood, then, local artisans transformed them into art. The dramatic and unique chairs have been placed throughout awe-inspiring landscapes and gardens for display until 25 of them are auctioned off at Rotary Botanical Gardens on September 7. The 26th chair was created and interpreted by renowned local artist, Connie Glowacki. This piece of art is titled "Rose Garden Celebration" and features a picturesque scene taken straight from the French Formal Garden. It will be sold during an online auction this fall. The popular "Pollinators Paradise" theme returns in the Nancy Yahr Memorial Children's Garden. This lovely garden attracts a fluttering flurry of beautiful and beneficial pollinating insects such as Monarch butterflies and hummingbirds. Take advantage of guided garden tours, shop local artisans' works in the Cottage Garden Gallery, partake in educational classes, programs and family-friendly events at this FAB FIND. It's also a lovely place to hold a garden wedding, reception, meeting or other special event. Check it out at **1455 Palmer Drive, Janesville.**



FEED YOUR SPIRIT THIS SUMMER

-these book choices will make reading fun and fulfilling

By Catherine W. Idzerda



When you think of reading on the beach, you usually think of books that are easy and engaging:

a good romance, a satisfying mystery or a best-selling thriller. But “easy and engaging” can apply to books beyond the forgettable paperback fiction found in airports and grocery stores. A recent browse at Janesville’s Hedberg Public Library revealed that beach books can offer something more substantial: a renewal of our faith. I started in the nonfiction 200s, the Dewey Decimal System number that covers religion. I looked for old favorites, classics and books that a person could read in short bursts when time permits. The 200s section browse will work at any public library. Another tip: Try typing “God” and the topic of your choice—marriage, money, food, exercise, children, widowhood, doubt—in the keyword or subject box on the library’s search page. Not all faith-related books are in the 200s. For example, “Women, Food and God: An Unexpected Guide to Almost Everything” by Geneen Roth is found at 616.8526. Here are a few other books I found:



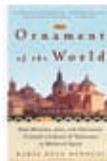
—“**The Jesuit Guide to (Almost) Everything: A Spirituality for Real Life**” by the Rev. James Martin.

You don’t have to be Catholic or even know who the Jesuits are to find this book useful. The Jesuits believe in finding God in all things, and Martin shows readers how that kind of spirituality can provide answers to many of life’s questions: How do I know what I’m supposed to do in life? How do I face suffering? How can I be happy? How can I live more simply? The book is funny, engaging and perfect even for those who struggle with their faith or feel disconnected from religion. Martin gets it: He knows we’re too smart for pat answers, but he doesn’t hesitate to point out the foibles in our reasoning. His gentle dissection of people who call themselves “spiritual but not religious” is masterful. I checked out this book on a Saturday; on Sunday, I bought my own copy.



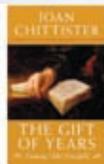
—“**The Too-Busy Book: Slowing Down to Catch Up With Life**” by Linda Andersen.

The author opens her book with a story about speaking to a group of women about “the joyful possibilities of living a less stressed and a more balanced life.” Their response? “Impossible! You don’t know my life.” In their remarks, Andersen said she heard neither the “willingness to change nor any hope that it was possible.” She encourages women to look at their own busy-ness and offers realistic ways to make life more joyful, to find both real and metaphorical “Sabbath places.”



—“**The Ornament of the World: How Muslims, Jews, Christians Created a Culture of Tolerance in Medieval Spain**” by Maria Rosa Menocal.

This is a bit heavy for beach reading, but it’s a mesmerizing story. How did followers of those religions achieve such a goal? What kind of mindset did they need to cultivate to get along?



—“**The Gift of Years: Growing Older Gracefully**”

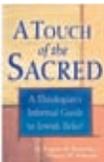
by Joan Chittister.

Despite what the title says, this book is not about growing older gracefully—that cultural cliché that reminds us of nice grandmas in rocking chairs. Rather, it’s about growing older while filled with grace. Chittister, who wrote the book when she was 70, looks at the burdens and gifts of the post-retirement years. These years come with the blessing of self-assurance and the promise of rest after a lifetime of work. Each chapter takes on an issue—time, sadness, solitude, productivity, limitations, immediacy, relationships and nostalgia—and ends with a statement that sums up the “burden of” and “blessing of” each issue. For example, the chapter titled “Future” ends this way: “The burden of these years is to assume the future is already over. ... The blessing of these years is to give another whole meaning to what it means to be alive, to be ourselves, to be full of life. Our own life.”



—“**Seeds of Faith: Practices to Grow a Healthy Spiritual Life**” by Jeremy Langford.

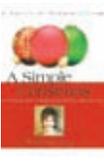
Short chapters include an introduction, a reading or story from Scriptures, and a meditation. In his introduction, Langford writes that his book “doesn’t presume anything about your faith except that you’re interested in taking stock of it openly and honestly.” The meditations cover 21 different “practices,” including the practices of mercy, vocation, being fully alive and letting go. The book also offers tangible ways to incorporate your faith more fully into your life.



—“**A Touch of the Sacred: A Theologian’s Informal Guide to Jewish Belief**”

by Eugene B. Borowitz and Frances W. Schwartz.

Like Martin and his “Jesuit Guide to (Almost) Everything,” these authors understand that ordinary people struggle with their beliefs and their connections to their faith and its culture. The authors are intellectual, but the book manages to be smart and accessible without being patronizing.



—“**A Simple Christmas: A Faith-Filled Guide to a Meaningful and Stress-Free Christmas**”

by Sharon Hanby Robie.

Why should anyone think about Christmas in the middle of summer? The answer is simple: When November comes, the holiday madness will be unstoppable. If you have children and plan to celebrate Christmas more simply, it’s even more important to start the discussion early. Why change? The author lays it out on the first page: “God never intended that this be a time of anxiety and overwork.”



—“**Salty Wives, Spirited Mothers and Savvy Widows: Capable Women of Purpose and Persistence in Luke’s Gospel**” by F. Scott Spencer.

Any book that has the word “hermeneutical” in a chapter title seems an unlikely fit for beach reading. So unless you have a scholarly bent, skip the first two chapters—and perhaps even the third, which is about Mary—and go straight to Chapter 4, which is titled “The Search for the Historical Joanna.” Joanna is a character in Luke’s Gospel whom most readers haven’t ever considered. It’s a pleasure to see the richness of lives such as hers.

William J. Callaghan

Raised with Praise

For William Callaghan, growing up in a large family was a way of life. As the ninth of Martha and Coyne Callaghan's 11 children, William had a lively, vibrant, and loving childhood in an Irish Catholic household. And as he got older, he decided to write a book detailing that experience. His book *Raised with Praise* has been published nationwide and is gaining popularity as people enjoy its positive outlook on raising children.

Callaghan started writing his book in 2000. For seven years, he gathered information, conducted research, and wrote memories about his childhood. Then, in May 2007, the unthinkable happened. Callaghan recalls, "Everything was stolen from my vehicle—the manuscript, photographs, and notes that I had collected during my research."

But, true to the book's message, Callaghan persevered, even more determined to finish, "I decided to really focus on completing this book and interviewed my parents on 10 different occasions." In December 2009, he self-published *Raised with Praise: How My Parents Made Me a Happy Soul*. "My goal was to finish the book

so that my parents could read it before they passed away. My mom actually passed away eight weeks after reading the book."

His mom was the inspiration for the story. Callaghan explains, "My mom dedicated 40 years of her life to raising kids—she was amazing." With her first nine children born in a 12-year span, William's mom was busy. In fact, his parents were raising children through the 1940s, 50s, 60s, and 70s. Even with many children, Martha Callaghan always focused on the positive. Through their mother's tone, body language, and proactive approach, each child felt loved and appreciated. "I firmly believe that there are three things that people want in this world: to be recognized, to feel appreciated, and to be loved—my parents provided that to each of their children," Callaghan explains. "My parents taught us to demonstrate gratitude for what we had and gave us the latitude to work disagreements out on our own."

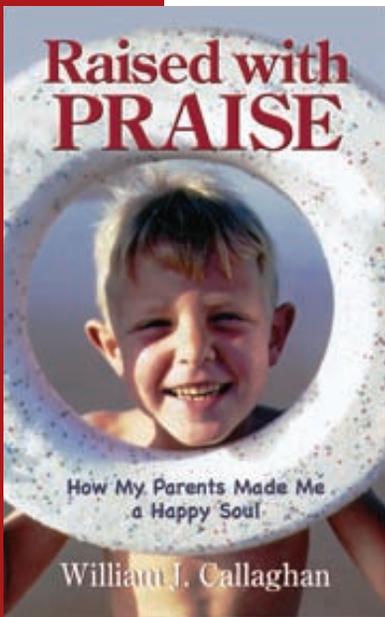
In 2011, Callaghan decided to share his book with a wider audience and sent five complimentary copies to various publishers. Eighteen months later, Tate Publishing called him; they were eager to publish the book. It was officially released nationwide this January and is available at Books-A-Million, Amazon, Barnes & Noble, and various Christian bookstores.

"This book is for all the parents who were once children and ultimately the children who will one day become parents," tells Callaghan. People are most familiar with the parenting methods used in their own families. Yet, we are all brought up differently. "When a couple has their first child, all of those differences are exposed and the parents now need to decide how their own children will be raised."

Today, Callaghan is thrilled that he was able to write a book celebrating his parents and the positive ways they raised their 11 children. "Life is 10 percent what happens to you and 90 percent how you react to it," he says. From growing up in an encouraging and affirmative household, Callaghan knows that he was blessed to have parents who nurtured his faith and instilled an ability to react appropriately to challenging situations, "As a father, I've tried to use these same techniques in raising my own children."

Callaghan encourages anyone considering writing their own book to use today's technology to self-publish, "You need to dedicate a lot of time to write a book, but there is truly nothing like seeing your dream come true." He adds, "When all of my hard work and information was stolen, it was like God saying 'finish what you started.'" Clearly, William Callaghan can now add author to his list of accomplishments. More importantly, he is pleased that the book resonates with an audience and provides insights, humor, and a story-telling approach to raising children with praise, "The book means something different to everyone that reads it. I feel really blessed.

Heather Rothbauer-Wanish owns Feather Communications, a local company that provides freelance writing, workshops, and assists job seekers with new resumes and cover letters. In addition, Heather teaches business courses at several local universities.



girls' night

Our girlfriends provide us with a support network which adds to our lives unlike any other type of friendship. A good way to strengthen our friendships is to see each other regularly for some good ol' fashioned fun and bonding time. Whether it happens once a week, once a month or once a year, Girl's Night is something that every woman anticipates. Make those special times more memorable by choosing a theme to celebrate!

Cultural Night Out If you and your gal pals love the theatre or ballet, why not make a night of it? Just be sure to arrive early or stay late to get in some time to connect and catch up with each other. Our community offers many different cultural activities. Ideas include: theatre, book signings, lectures, symphonies or poetry readings. It's also a great way to experience something new. Check out these websites to see what's out there: janesvillepac.org hedbergpubliclibrary.org beloitfilmfest.org www.edu/youngauditorium overturecenter.com beloitjanesvillesymphony.org

Exchange Party: Now here's a nifty idea that is both simple and cheap! We all have stuff that we no longer use or wear or even have too much of. Why not share your goodies? With some of these ideas, you could even offer a prize for the best or worst things. You could also draw numbers for who gets to choose first. Think of this as a more useful twist of the classic White Elephant gift exchange!

- Book Exchange: read new books by swapping with friends
- Favorite Recipe Exchange: make it a potluck!
- Swap favorite healthy or all-natural recipes (food, cleaning, beauty)
- Coupon Swap Party
- Dust Collectors: Swap clothes, house items, toys and whatever you have that is collecting dust
- Garden Exchange Party: Everyone bring the surplus from their garden
- Clothing Swap: bring something cool that you don't want anymore, but someone else might want, make it a fashion show
- Fashion Accessory/Jewelry Swap: remember those earrings you just had to have but have only worn once?
- Kitchen Gadget Swap

Now all successful Girls Nights' should include a little wine! That is just a given! Here are my latest recommendations:
Apothic Red and Apothic White: Both are blends of different varieties which makes these wines appealing to almost everyone. They tend not to be too dry or too sweet. The Apothic Red is a blend of Syrah, Merlot, Zinfandel and Cabernet Sauvignon. You'll taste flavors of rhubarb and black cherry with hints of mocha and vanilla. The Apothic White blends together Chardonnay, Riesling and Moscato for a tropical flavor with hints of spice. And just in time for summer there is Apothic Rose! Try this refreshing blend of Zinfandel, Pinot Noir and Syrah with offers hints of strawberry and watermelon. Yum! The average cost is around \$10.00 each and all can be found locally.

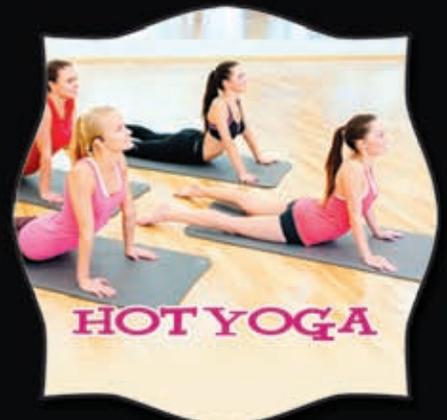
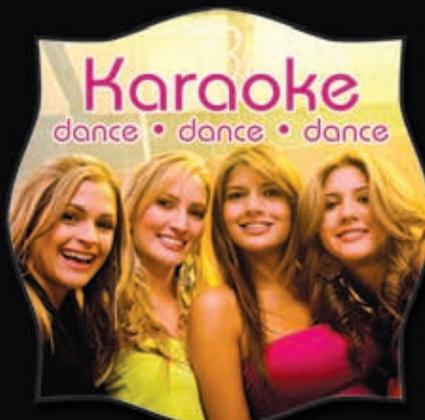


All you really need for a successful girl's night is to do something fun, relax, and have enough time for conversation so you can catch up on everything that your gal pals have been up to. Even a few hours spent on the deck with a couple friends can lift your spirits! And wine...don't forget the wine... Have a fabulous time!

Cheers!
Kari Gates

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You "CAN" Do It

Written by Kathy Jasper

It seems a little early to talk about canning, but if you've been thinking about wanting to try it, this is a good time to start.

I used to do a little canning years ago with my mom, green beans, pickles, the pressure cooker, the usual. Scary!! I don't even own a real canning pot and I can do this. Now I have a garden in Tilden with my sister, Ann and I have vowed to find a way to use what we grow and not waste.

This recipe for Rhubarb Marmalade (the word marmalade lets you know it has orange peel in it) is perfect for the beginner. You can use it like jam or a friend said it is good warmed up on ice cream. Preparation is the key to canning. I love to come home from work or get up early on a Saturday morning, wipe down my counters, scrub and scald the kitchen sink and begin. I find it very relaxing. If you're out of rhubarb this season, save this for next spring.

Here's what you need:

Large pan like a soup pot or Dutch oven
1 dozen ½ pint canning jars with covers
Wooden spoon
A jar gripper
Tea pot or pan for boiling water
Skillet for boiling lids

Rhubarb Marmalade

6 cups chopped fresh rhubarb
6 cups sugar
2 medium oranges

- 1.) Combine rhubarb and sugar in a large pot. Grind oranges including peels in a food processor; add to rhubarb mixture. Bring to a boil. Reduce heat and simmer, uncovered, stirring often until marmalade sheets from a spoon, about 1 hour.
- 2.) Pour into hot sterilized jars, leaving ¼ in. headspace. Adjust caps. Process in a boiling water bath (jars completely covered) for 10 minutes.
- 3.) Yield about 8 half pint jars

A natural thickening happens between the rhubarb and the oranges, so no pectin product is needed. Once you've tried this, the choices are endless and I will always be available to help. Enjoy!!

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STAYING STRONG: Team Wendler Takes on ALS

...with a little help from friends

By Gina Duwe

Trickett (Fewell) Wendler looked at each day this spring as a bonus. "I did not think that I would be here now," the 40-year-old Milton native said. It's been about a year since Wendler started her battle against ALS, also known as Lou Gehrig's disease. She's been fighting longer than the family members she watched die from the disease. "My dad went so fast. My aunt was under a year," she said. "I really didn't think that I'd still be here."

As soon as she was diagnosed in June 2013, her family celebrated her 40th birthday, and she renewed her wedding vows with her husband, Tim.

While ALS takes over her body, her mind remains sharp. She tells people she's still able to have a good time, even though she can't climb stairs or join her three young children on waterslides. "But I can still, with my husband's help, do a lot of different things," she said, explaining how she gets around in a wheelchair.

She attributes part of her mentality to the positive energy she has received from Milton and Janesville residents who have rallied around her in the past year. "It affects you; it gets in your body," said Wendler, who now lives in Waukesha. "All the love and support from my hometown and work friends, I feel like it's helped me not progress faster."



DIAGNOSIS

Wendler first thought she had fibromyalgia after feeling pain in her left leg. By the end of a work trip to California, she was limping during regular walking. The former global operations manager for education service at GE Healthcare thought maybe she had pulled something. "I didn't think it was going to be anything so serious," she said in a phone interview. A visit to a neurologist determined it was a "pretty likely possibility" she had ALS, a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. The progressive degeneration of the motor neurons in ALS eventually leads to their deaths. When the motor neurons die, the brain is unable to initiate and control muscle movement, according to the ALS Association. Patients in the later stages of the disease can become totally paralyzed.

Wendler flew with her husband to Massachusetts General Hospital in Boston for a second opinion. The clinic there has studied ALS for years. The trip confirmed the diagnosis, though a patient is diagnosed with ALS only by ruling out everything else, she said.

Her diagnosis is unusual as less than 5 percent of people with ALS are younger than 40. Diagnosed June 20, 2013, she was taking Zumba classes in March and in a wheelchair by July, Wendler wrote in the spring edition of the ALS Association Wisconsin Chapter's HopeLine publication, where she detailed her progression. "ALS, to me, feels like my body is taking my mind hostage," she wrote. Fatigue is a big part of the disease. She compares it to the twitching and tired-muscle feeling after a long run or weightlifting—except that's how she felt after taking 10 steps from the bathroom to the bedroom. Her left leg is completely paralyzed, and she has a tiny bit of movement in her toes. She's lost muscle strength everywhere. "I'm just about to the point where a curling iron is too heavy to hold," she said. She always has help dressing, and even neighbor kids help put on her shoes because she can't reach her feet. She's starting to have swallowing issues, and her rate of speech is starting to slow. In May, she participated in the Janesville Walk to Defeat ALS but needed nearly two days to recover from it.

ADVOCATE

Wendler is part of a clinical trial at Mass General testing new drugs, though there's a 50 percent chance she has the placebo. "I'm a human guinea pig," she said. She's focusing her energy on awareness of the disease and advocacy for laws that would allow patients earlier access to drugs that could help. If she is receiving the drug through the clinical trial and it is helping, she would not be allowed to continue it after the yearlong trial until it reaches the market, which can take another two to three years, she said. That's too long for her. "It's terribly unfair to the people who are willing to put themselves out there," she said. Her GE job was demanding, requiring global travel. Now, she gets her brain stimulation through advocacy. She plans to work with Wisconsin lawmakers to push for a Right to Try bill. Colorado is the first and only state to pass the law that gives terminally ill patients access to drugs in phase two testing without going through the Food and Drug Administration. "It's my life, my risk," she said. "I should be able to have what I need."

Wendler met with lawmakers in Washington, D.C., in May to advocate for ALS awareness. "That was pretty rewarding," she said. Legislators mentioned how important it is for people to advocate for ALS because other diseases such as Alzheimer's and AIDS have had serious attention. Treatments are available so people can live with the chronic diseases. No progress on ALS has been made in the last 75 years, Wendler said. "I took the same drug my dad took when he died from it" in 1997, she said. More than half the people she talks with don't know about ALS, and they ask what the recovery time is, she said. They don't know it's a terminal illness with an average of two to five years, she said. Only 5 percent live longer than five years.



SUPPORT

Wendler and her husband have made taking care of her a family affair for their children, Tealyn, 10; Tanner, 8; and Torynn, 6. "We talk about it. We try to focus on the fact that I'm not giving up. I'm fighting," she said. "I'm trying to spend good time with them and just enjoy every minute we can." Looking back on her experience with her father's ALS, she questions whether she did enough. She tries to let her kids know how proud she is of how they're helping her. They also talk as a family about the disease, and the kids are involved in the ALS fundraising walks, including a May 2014 walk that occurred in Janesville.

The 1991 Milton graduate said she's been amazed by the support her family has received from Milton and Janesville residents, despite living outside the area for 10 years. "It really has given me a lot of faith, and the kindness of others you've never met," she said. "That hometown feeling—you just can't replicate." She has 1,400 followers on her "Team Trickett Wendler:

Fewell to Fight ALS" Facebook page, and probably half are from Rock County, she said. She offered advice for other families coping with terminal illness. She said she let some emotional walls down as the disease progressed, giving people a window into ALS, which in turn helped her find faith and hope.

"The disease isn't just about the one person. Everybody loses in this disease, and everybody who knows you and cares about you, they all feel it," she said. People want to help so badly, she said, and she offered advice she received: Accept offerings of help and say, "Thank you." "Let people do little things to help you. It makes them feel better," she said.

When she was diagnosed, Wendler said she didn't know if she could stay mentally "with it" and not be consumed every day by the thought of doing everything for the last time. It still crosses her mind, she admits, but her husband doesn't let her feel like she can't do anything. "He tries to make it so if there's anything I want to do, he finds a way to do it," she said. "He really keeps

me feeling like I'm not sitting on the sidelines all the time. He makes me feel like I'm still part of the game."



Their kids are there for her, too. "How can I let them down? I can't let them down," she said. When she has a bad day, she'll say—with tears in her eyes—"I really wish I could put my own socks and shoes on." Her daughter has an answer, "Mommy, don't cry. It's not your fault."

"I stay strong because they're so strong for me."



TO HELP:

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www.teamtrickett.com

*Funds from the concert will further research for ALS and assist the Wendlers purchase an eye tracking device for Trickett.

GLEANNED *Gene Gold*



The root of the word *genealogy* is gene. Our genes shape our noses, but genealogy is about much more than the shape of your septum. Genealogy also explains the shape of your family's character, those values that serve as your life's tiller. William Faulkner wrote, "The past is never dead. It's not even past." So, it goes with genealogy. We look back to see why we are where we are.

Lee Miller, who lives in Chippewa Falls and is a program assistant at a health clinic, is a woman who's looking back. Her genealogical curiosity was germinated by a gap. Her father was able to impart little about his family's history, and Miller's grandparents had died young; so Miller forayed into the past.

I started my genealogy "career" at the local Register of Deeds by looking up their death certificates. Those certificates gave me dates of birth and death, what they died from, their parents' names and birth countries, and even things like occupations. Right away, I was hooked on my family's history!

Since then, Miller has learned, like Santa, who was naughty and who was nice.

I learned that my great-great grandfather married his stepsister, who he was raised with. (Scandal!) I learned that my great grandfather was a prominent tavern-hotel owner in Minnesota during the prohibition and how he continued to sell the alcohol, until the government came in, dumped his supply, and shut him down. I learned that a good majority of my ancestors lived good long lives, with only a few tragedies.

Miller also gleaned medical information.

I learned about what medical issues plagued my family, like diabetes.

In connecting with her ancestors, Miller feels more connected to the Chippewa Valley.

I have always had an interest in history, whether it's U.S. or local, but researching my family's history has given me more of an appreciation of where I live today.

Miller has also enjoyed the searching as much as the finding.

I felt like a detective looking for clues, finding clues to fill in the pieces to my family puzzle. I found every morsel of information fun and interesting. Every piece of information leads to another piece of information. I consider myself my family's history collector and keeper.

Of course, Miller, like all detectives, has hit dead ends.

I was surprised how easy it was to find some information on one family line and so hard to find anything on another. Sometimes I wonder if an ancestor I am searching for just fell off the earth.

However, Miller's failures are more than offset by her finds, and photos are her favorite find.

I LOVE PHOTOS! Photos of my grandparents, great grandparents, and in some cases, my great-great grandparents. At the start, I had very few photos of my grandparents' generation and earlier. Now I have a vast collection of photos of those generations. It is truly amazing!

If you want to be amazed too, Miller has some advice for you.

When I started my research, I mostly used the genealogy websites that are free. Some of the best are findagrave.



com, familysearch.org, and badgerlink.net, just to name a few. Our local library also has a fabulous search engine for obituaries in our local newspaper. I also signed up on ancestry.com, which has been an amazing tool, mostly because it has allowed me to connect with other people researching the same family lines. Through Ancestry, I have met the most amazingly nice people, and the best part is they have shared photos! Organization is key; start organizing all your information at the beginning.

Erin Brecka, an engineer technician in Eau Claire, is also gene-sleuthing. How did she become curious about her past?

Many years ago, I took a history course at the University of Wisconsin-Eau Claire that focused on the Tudor period in England. I was sharing some of the stories with my mother one night, and she mentioned that my grandfather always said we were related to Jane Seymour and that we had colonial and Revolutionary ancestors. At the time, I was more interested in passing my course, but I filed that information away. It was probably a decade later when I was watching the Showtime series, The Tudors, and got really curious—I wanted to know if my grandfather's stories were true.

Brecka went sifting through the sands of time searching for the nugget. She found something shiny, but isn't sure if it's pyrite or gold.

It isn't clear if we're related to Jane Seymour or not. If we are, it's through her "illegitimate" nephew, John Seymour. His mother, Catherine Fillol, was having an affair with her father-in-law. She was pregnant with John when her husband, Sir Edward Seymour, learned of the affair. Catherine was sent to a convent; and when John was born, he was simply "sent

away." Nothing more is really known of him. My earliest ancestor I can trace back is named John Seymour. It is possible this John is the same John. There are many, many men named John Seymour with similar birth and baptismal dates in England around that time, but John's oldest brother was the 1st Earl of Hertford. My known ancestors from England all lived in Hertford, so it's possible.

However, Brecka did determine that she's descended from America's Revolutionaries.

I have seven proven Revolutionary ancestors and many are mentioned in the war stories I've found.

Her family's patriotic past has Brecka applying for membership in the Daughters of the American Revolution (DAR).

The DAR focuses on historic preservation, patriotism, and history education. To join, you need proof of direct lineage to a Revolutionary patriot. Unless you are related to current members of the DAR, it can be very time-consuming and difficult to find the proof necessary to join the DAR.

Brecka isn't the first in her family to conduct genealogical research or apply to the DAR.

Some of the stories I've discovered were written in the late 19th century about my ancestors from the 17th century, which makes it even more interesting as the writing style was so different. There were other women, several generations back, who applied to the DAR and wrote some angry letters after they were refused membership, which is a little funny.

Whatever the DAR does, Brecka's gleaned stories are gold.

I've found that most of the original settlers of Hartford and Norwalk, Connecticut, are my ancestors. There are monuments in each city with the names of my ancestors etched on them. Knowing this gives me a sense of ownership over cities I've never even visited, so my mother and I are planning a trip out there!

And the stories have told Brecka that there's true grit in her gene...alogy.

My Swedish great-great grandmother married my great-great grandfather, an African American man, only 20 years after President Lincoln issued the Emancipation Proclamation. Remembering these stories and what the women in my family went through gives me strength to face whatever comes along.

Brecka offers professional genealogical services and can be reached at yourfamilies.blogspot.com.

Katie MckY, the author of *Wolf Camp*, *Pumpkin Town*, *It All Began with a Bean*, and *Tough Kids, Tough Classrooms*, visits scores of schools every year, where she performs and teaches writing. In the summer, she retreats into the cultivated tranquility of her garden and the wild tranquility of the Canadian wilderness.

DARING TO EMBRACE DIFFERENT

From: Mary E Bliss
Date: March 13, 2014
To: Jen Theisen
Subject: Daring to be Different article

Hi Jen,

I wrote this article after hearing news story after news story about the growing intolerance in our society of those who may be a little different from us. Sometimes don't you want to say, "Why can't we all just get along!?"

Thank you!
Mary Ellen Bliss

When I was growing up, I attended private grade school and high school. Even though my family wasn't rich by any means, my best friends during grade school were two girls who came from the wealthiest families in the city. They had the latest and greatest toys and lived in mansions, but I took it all with a grain of salt, not giving their wealth much thought. In those blissful pre-teen years, popularity wasn't based on how much money your parents made. Everyone was treated equally.

Then came my first day of high school, or what I refer to as my "Rude Awakening" (yes, the event was traumatic enough to deserve capital letters). I came to the cafeteria for lunch and saw my two best friends sitting at a table with girls I didn't recognize. I eagerly rushed over to join them; but before I could even reach the table, I could see the other girls looking me up and down, quickly critiquing everything from my hairstyle to my knee-socks. Without missing a beat, they bluntly told me there was no room for me to sit with them, even though there were four seats open. I naively looked over at my friends for their reassurance that I was welcome. My friends, however, were doing everything in their power to avoid eye contact, and the uncomfortable silence became deafening. I grew up 10 years in those 10 seconds as I slunk away to another table, realizing I wasn't in Kansas anymore.

I quickly learned in high school that I wasn't going to conform to my classmates' criteria for what it took to be popular. But that was okay, because I was comfortable in my own skin. I never minded being a little different from others—I unashamedly listened to Frank Sinatra when other kids listened to hard rock; my ambition was to be the head flutist in the orchestra when others wanted to be head cheerleader; and instead of spending time ogling cute boys in the library, I kept my nose in the latest mystery novel. You get the idea.



My secret for achieving happiness in high school, and in the decades since, can be summed up in three words: acceptance, respect, and confidence. Acceptance in being happy with who I am and not tying myself up in knots trying to be what others think I should be; understanding that other people will have different opinions, views, and values than me, and I should respect those differences, even if I don't always agree with them; and confidence and self-assurance to trust my instincts to do what I know is right, even when that choice isn't necessarily what is popular.

We all grow up in different environments, with varying influences and experiences that shape our opinions and views of life. Every day we encounter people who are different from ourselves, whether by ethnicity, religious beliefs, physical attributes, mental abilities, or so-called social standing. And while it's true that when we're looking to make friends or start relationships, we tend to gravitate toward people we believe are similar in outlook to ourselves, if we limit ourselves in this way, we can often miss out on many interesting experiences. Let's face it—our lives would be pretty dull if we were only surrounded by cookie-cutter versions of ourselves. And while it may be more comfortable to have like-minded individuals around us, if we do so exclusively, I don't think we'll ever really challenge ourselves to continue to grow and learn.

Accepting and embracing others who are a little different from us can prove to be a new and richly rewarding experience. As author Robert Fulgram once remarked, "We could learn a lot from crayons: some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box." Differences—like the vibrant hues of crayons—are a beautiful thing!

A native of La Crosse, Mary Ellen has been a colleague at Sacred Heart Hospital since 2006, where she has dual roles as an administrative assistant for the Center for Spiritual Care and as a writer for the Communications Department.

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Go Camping or RVing!

By Karla Roach

Back in the day, before the birth of our children, my husband, Paul, and I enjoyed camping. Not just camping, but rustic camping. One of our favorite trips was while living in Texas. We camped along the Guadalupe River. It didn't take much to make us happy. We had little to no money, living on a Specialist in the Army's income. For us, there was just something nice about living simplistically for a few days.

Somehow now, five children later, rustic camping doesn't sound quite so romantic. Enter the RV! A true hotel on wheels! A few years ago, we decided to rent one for the first time for a short get-away to Paul's step-dad's lake property in Minnesota. While sitting shotgun, I remember spinning my chair 180 degrees behind me, I saw my kids all sitting at the table, eating snacks, and drawing pictures. It was an incredible thought for them to be able to walk over to the refrigerator to grab a snack while moving along the highway! Then they would bounce over to the sofa and look in amazement out the lofty window of our massive vehicle. Oh, and the best part, we didn't have to stop to use a bathroom. We had one on board! What an incredible invention this RV was! Though it was a bit over-the-top for the traditional camper in us, RVing was a fun experience that our children will be fond of forever. One day, when Paul and I find ourselves alone again, we will return to a trip or two of rustic camping, living simplistically for a few days.



Who Are the People *in Your Neighborhood*?

With summer weather upon us and school out for the season, neighbors are outside cleaning up yards and making repairs after a long, harsh winter. The barbecue grills are fired up and the patio furniture is hauled out of storage. As we head outdoors, there is no better time to reconnect with your neighbors.

“The biggest and easiest crime prevention is just knowing your neighbors. They are the eyes and ears of the community,” states Kyle Roder, Community Relations Officer for the Eau Clair Police Department (ECPD).

For a safer neighborhood, you need to know who is in your neighborhood and why, explains Roder, who has been an officer for more than 10 years. In a time when everyone is on social media, these face-to-face relationships with neighbors are the key to safety.

ECPD Deputy Chief of Patrol Chad Hoyard points out that the community is seeing more daytime issues in neighborhoods. “Who knows best who should be in your neighborhood?” he asks. “It is you. Pay attention to details such as unfamiliar vehicles and strangers.”

Hoyard, who has been with the local police department for 18 years, recommends that if you do not know your neighbors, you need to introduce yourself and get to know them. Take your dog for a walk when others are outside so you can connect with people. Be in your front yard so you are visible. If you live near a school, choose to be outdoors when the kids are going to and from school so you are available if they need help.

“The community needs to be a partner in keeping the community safe,” Hoyard explains.

But making connections with neighbors when everyone is busy can be challenging. Taking the initiative to plan a neighborhood meeting or party is an easy way to bring every in a neighborhood together at once. Check your city’s ordinances on permission to close a portion of your

road for a neighborhood block party. This type of road closure request is most appropriate for cul-de-sacs or dead end roads. Another option is to plan an outdoor gathering in a public park in the neighborhood. If there is no public space, neighbors could invite the gathering into their yards. Some neighborhoods have formal neighborhood associations that meet regularly at churches or local businesses. This information is also available on your city’s website.

What is the value of a neighborhood party or meeting? “It is being proactive to make connections happen,” States Hoyard. Neighbors can exchange contact information. They can learn about each other’s schedules and when people work. With this type of information, you can not only watch out for each other, but you are more likely to recognize when something is not right in the neighborhood. “You can be a better neighbor,” Hoyard adds.

Hoyard shares an example from his neighborhood where he noticed a neighbor’s garage door open. He knew the habits of his neighbor, and it was very unusual for the door to be left open for a long time. He called his neighbor and learned that he had left for vacation, forgetting to close the garage door on his way out of town. Hoyard was able to secure the door and avoid a possible theft in the neighborhood.

Knowing your neighbors can also help you avoid disputes with them. For example, if you know that your neighbor works the night shift on Friday night, you can choose to wait until later in the morning on Saturday to mow your lawn. This avoids potential conflicts.

Along with sharing information about each other at a party or meeting, neighbors can talk about how to have a safer neighborhood by following these simple recommendations:

1. Remember to lock your homes, garages, sheds and vehicles.



2. Put some indoor lights on timers, and use shades so lights can be seen, but the inside of the house is masked.
3. Use motion lights outside entrances.
4. Maintain landscaping so that trees and shrubs do not create hiding places.
5. Let a trusted neighbor know when you are on vacation and have him or her check on your house.
6. When you are out of town, discontinue mail and newspapers, and have your yard and sidewalks maintained (snow removal or lawn mowing).

Roder points out that neighborhood groups also can create a unified voice on neighborhood issues. There may be a quality of life issue, such as noise or parking, that the group can bring to the city to support a change in laws or policy in order to solve a problem.

Community events bring citizens together, too. Various local communities participate in National Night Out, which is Tuesday, August 5. For example, Janesville Police Department and Janesville Parks & Recreation Division have a celebration that night with free food and drinks for families, kids games, police demonstrations, and several community booths. There's even a 5th annual Run Against Crime 5K that evening. Check with

your city to see what their plans for National Night Out entail.

National Night Out promotes neighborhood spirit and police community partnerships. It's a free event which provides opportunities for the communities to interact with law enforcement, fire and EMS personnel from around their area. "There is a focus on kids," says Roder. "We want kids to have positive contacts with all the agencies. Police, fire, and EMS are here to help people."

Roder encourages any neighborhood associations or groups who want to participate in National Night Out to contact their local law enforcement agency to see how to get involved.

Lucie McGee is a former assistant city attorney for the City of Eau Claire. She is a 1997 graduate of Hamline University School of Law, where she was Editor-in-Chief of the Journal of Public Law and Policy. She also has a Master's Degree in Journalism from Indiana University, Bloomington.

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by the five Crew



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This barely there, tinted mineral formula evens out minor imperfections on the face and body, and the superthin fluid is so delicate, you won't believe it's an SPF 50-with semimatte coverage nonetheless. I am very cautious with sunscreen but I love that I can get a little color at the same time. This is a great summer fix without getting burned.



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Homemade Rice Bags

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••• If you have photos you would like us to consider for our "On The Scene" feature pages, send high resolution photos (300 dpi or greater) with a description of the event and people in the photos to info@stateline5iveforwomen.com



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Kick-Start Summer Family Fitness

By Angelea Presti

Families that play together stay fit together. But too often the living room's comfy sofa gets most of the workout. With longer days and cloudless, warm weather, summer is an ideal time to focus on family fitness. Not only does family exercise enhance well-being and develop stronger relationships, but it also makes staying fit a lot more fun. Besides that, it boosts energy, promotes healthy sleep patterns and reduces the risk of diabetes, heart disease and some cancers. The Rock County area offers lots of ways for individuals and families to get active this summer, including 64 parks and bike trails, aquatic attractions and sports leagues.

Go on a walk or ride a bike.

Even if it's just in the neighborhood, a walk around the block is a simple, free activity families can do together. Try making your walk a scavenger hunt or adventure walk; children love to find things along a stream, under trees or at beaches. According to Better Health Channel, just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. Rock County's Ice Age Trail is part of a 1,200-mile paved trail that highlights Wisconsin's Ice Age heritage and scenic beauty. As one of 11 National Scenic Trails in the country, the Ice Age Trail offers long and short adventures in walking, biking, hiking, and even snowshoeing and cross-country skiing during the winter.

The Ice Age Trail Alliance, which supports and protects the trail, offers the ColdCache Program as a family-friendly activity that gives people a chance to go on a treasure hunt, learn navigational skills and explore the trail's history. Participants choose from a list of natural trail landmarks to find. Once they discover the ColdCache, participants justify their find by answering a question or performing a simple task. Those who investigate more sites can earn awards.

Make a splash.

Another way to beat the summer heat is a day trip to the city pool. Swimming is a healthy activity that can be done at almost any stage in life. According to Mayo Clinic, an average 160-pound person burns 423 calories swimming laps for one hour. The Edgerton pool, Milton High School pool and Rockport Pool in Janesville are popular places to get fit through adult lap swimming, swimming lessons and water aerobics classes.

Rockport Pool is open to the public every day through mid-August. With a 50-meter pool, separate diving well and a baby pool, the

facility accommodates all ages. It's a prominent summer destination for kids and day camps, in part because of its special events—Swim a Lap Day, National Ice Cream Sandwich Day, Kids Day and S'mores Day—that feature discounted admission, free ice cream and fun activities. New this summer at Rockport is Log Rolling Basics, a class that teaches the skills and history of the unusual sport of logrolling. The class meets from 5-6 p.m. Tuesdays, June 17-July 22, for those ages 18 and older and from 5-6 p.m. Thursdays, June 19-July 24, for ages 7-17.

Think retro.

Just like adults, children need three types of exercise daily: aerobic, muscle strengthening and bone strengthening. Children ages 6 and older should get at least 60 minutes of physical activity per day. It doesn't need to be all at once; it can occur throughout the day in short bursts. To meet that requirement, parents can spend an hour or two every night doing an old-fashioned physical activity with the family. Get out the hula hoops and jump ropes and have a competition. Play childhood games such as hopscotch, Simon Says, four



square and hide-and-seek. Those games are good for bones because they help bones grow and stay strong. These simple family activities can replace sugary sweets and treats on milestones or special occasions, such as birthdays. It's a healthy example of how to gradually build fitness into a lifestyle.

Make a commitment to yourself; get involved.

Parents can show that exercise and good health are important by being active themselves. The average woman's muscle begins transitioning to fat at age 35. Therefore, it's important to start incorporating fitness into your lifestyle at a young age. The stateline area offers several adult sport leagues, fitness programs and exercise classes during the summer and throughout the year. FitPro Services is an independent association of instructors that brings the trendy workouts of Zumba, PiYo, Pound and R.I.P.P.E.D. to southern Wisconsin and northern Illinois communities. As an alternative to gym memberships, which can be costly, the association is extremely affordable and has no contracts. Classes incorporate fun moves, popular dance music and a judge-free environment to give participants a full-body workout. Each class focuses on strengthening the core, increasing flexibility, enhancing agility and balance, and maintaining physique in ways that are fun, safe and effective. Janesville also is home to Dawson Ball Fields, a four-diamond softball facility. From mid-May through mid-August, the city's recreation division operates adult softball leagues six nights per week. These leagues give adults, businesses and organizations an opportunity to get together on weeknights to play and have fun. If softball's not your style, Riverside, Traxler and Lustig parks in Janesville offer other activities, from adult sand volleyball and disc golf tournaments to pickleball, golf and even shuffleboard.



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Estate Planning Basics

Estate Planning Basics

While alive and healthy, we find significant value in having the ability to make our own decisions regarding all aspects of our lives, including our finances, health, property, and raising our children. To ensure our wishes remain after death, creating an estate plan is essential. What is an estate, anyway? From a legal and financial perspective, a person's estate is his or her net worth. An estate plan is written documentation designating various legal arrangements to be put in place after death, including who will pay your bills and distribute your assets, and who will care for your children. I will provide a brief overview of common estate planning documents and explain why each is an integral part of a good estate plan.

WILL

A will is a document that assigns certain legal rights over your estate after your death. These may include the right to: receive your estate (these people are called beneficiaries), care for minor children after your death, and serve as your personal representative with the responsibility of paying your bills and distributing your estate. A will also designates whether your beneficiaries will receive an inheritance outright or through a trust, which I'll get to later. There are certain types of property that pass outside of a will, and are distributed by other guidelines. Those include: survivorship marital property which goes directly to your spouse, life insurance proceeds which are distributed to the designated beneficiaries, and property that is jointly owned, which pass to the surviving owner(s). Do I need a will? It is recommended that every person over 18 years of age have a will. If you die without a will, the court appoints a personal representative to distribute your estate according to state law. So, if you have minor children, have accumulated some assets, and/or have assets you'd like to pass to specific persons, you should probably have a will.

TRUST

A trust is an agreement that specifies how certain property is to be managed after your death and names a person to manage that property for the beneficiaries. The most common type of trust is a revocable trust. A revocable trust can be changed or revoked by you as long as you have the mental capacity to do so. The person(s) with the responsibility of managing the trust is called the trustee. For a trust to be valid it is important to "fund" the trust after it is created, by placing some of your property, whether liquid funds, real property, or personal property, into the trust. Why should I have a trust? While there is no single reason why a trust might be the right fit for you, different circumstances make creating a revocable trust very useful and smart. Property placed into trusts avoid probate, which is the court-supervised procedure for distributing a person's assets after he or she has passed. Probate can be costly and time-consuming, and bypassing most, if not all, of the probate process can be highly favorable.

DURABLE POWERS OF ATTORNEY

A durable power of attorney is a document that gives another person legal authority to act on your behalf in certain capacities, such as legal and financial matters. Your Power of Attorney may handle banking and pay bills, hire an attorney, sell real estate, and run your business, among other things. Is a durable power of attorney necessary? A person designated to act on your behalf is a smart way to ensure your affairs are managed in during a period of incapacity. If you do not have a chosen Power of Attorney, the court must appoint a person to act as your guardian if you become incapacitated. Designating this authority through a durable power of attorney generally avoids the need for the court to appoint a guardian and/or conservator.

ADVANCE HEALTH CARE DIRECTIVE

An advance health care directive is a set of written instructions which specify the care to be given regarding your health should you become incapacitated, and identifies an agent you choose to make health care decisions on your behalf. A health care directive can be as general

or as detailed as you choose. Generally, it will indicate the course of treatment to be given by health care professionals. A more specific directive may include directions regarding anesthesia, resuscitation, and even organ donation and after-death care such as funeral arrangements. Why is an advance health care directive important? Most people are unaware that the spouse of an incapacitated person does not have guaranteed authority to make legal decisions on his or her behalf in many states. Only forty states (and the District of Columbia) have laws specifying who can make these decisions, and in some of these, spouses are not given first priority. In some states, the doctor or nurse makes the decision, and in others, the court makes a determination. If you want to ensure your health care wishes are followed by naming a trusted individual to have this power, an advance health care directive is essential.

FINAL THOUGHTS

The concept of planning one's estate can be stressful and overwhelming. While documents can be drafted using online templates, the only way to guarantee your documents are done correctly and are tailored specifically to your needs is to work with an attorney. The right attorney should ease concerns and help you feel comfortable with the process. Finding an attorney you trust, and one who is willing to work with you on your schedule, is extremely important.

Disclaimer: This article should not be construed as legal advice and is intended for general information purposes only. If you have any questions, you should consult your legal counsel.

Gretchen Burgess is an estate planning attorney in the Janesville area, and serves all of Southern Wisconsin. She is the managing attorney at Law Offices of Gretchen J. Burgess and can be contacted at (608) 436-4430 or gretchen@gburgesslaw.com

Owning Recreational Property with Others

Plan Ahead and Relax

By Bill Milne and Cindy Hangartner

Whether inherited or purchased, recreational property ownership poses a variety of considerations when owned with multiple people, especially when the owners span several generations. You should consider issues such as how the property is titled, scheduling and use of the property, payment of expenses, and succession of ownership interests. Thoroughly discussing these matters and putting your decisions in writing now will make it much easier to relax and enjoy the recreational property as intended, knowing that you will be able to avoid unpleasant surprises.

Title Matters. If you own the property outright (rather than through a separate entity like a trust or limited liability company), how the property is titled is important. A common form of ownership is *joint tenancy*. Joint tenancy is essentially a “last person standing” concept, meaning if one owner passes away, his or her interest expires and is immediately passed to the surviving owner(s). One consequence of joint tenancy is that some family members, such as your grandchildren, may be excluded from ownership even if they have used the property for years. The other common form of ownership is *tenants in common*. Here, each owner may decide who inherits his or her property interest.

Address Common Ownership Issues in Writing. Although the deed to your property will address your ownership and what happens to it after you pass away, it will not address scheduling and use of the property or payment of expenses. Consider these questions: Who may use the property for

holidays? May a guest use it? Who will pay expenses such as insurance or taxes? What if you disagree on improvements? Perhaps more importantly, what if someone abuses the rules you have set?

Additionally, a simple deed will not protect the family's interests if one of the owners faces creditor or liability problems, or gets divorced. These situations may cause a lien against the property, or an owner's interest may be transferred to someone you did not intend when you bought or inherited the property.

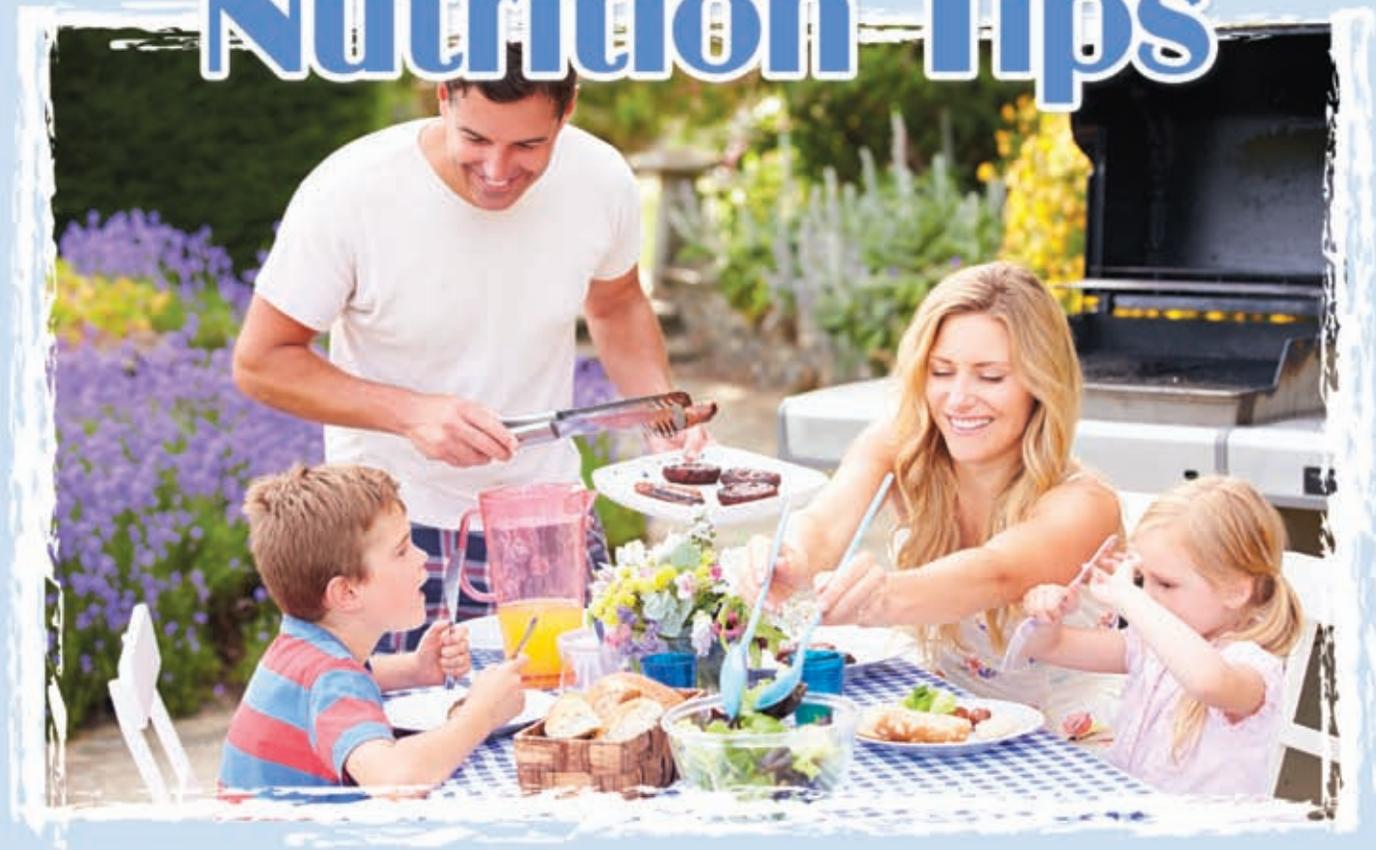
We commonly see inherited property owned by a trust, where the trust terms address these issues. However, a more recent trend is to transfer the property to a limited liability company, which offers more flexibility and thoroughly outlines common ownership issues through an operating or member agreement.

Owning recreational property with others is becoming more common. The opportunity to own hunting land or a cottage is exciting and can lead to great family memories; but involving multiple owners may create complications. If you anticipate and plan, you can avoid a sticky real estate or probate mess.

Attorney Bill Milne is a shareholder with Weld, Riley, Prens & Ricci, S.C., who practices in the areas of estate and business succession planning. Attorney Cindy Hangartner is an associate with Weld, Riley, who practices in the areas of tax and estate and business succession planning.

These materials are meant to serve as a guide and should not be construed as legal advice or a legal opinion on any specific fact or circumstance. These materials are intended for general informational purposes only, and you are urged to consult with competent legal counsel concerning your own situation and any legal questions you may have.

5ive Food & Nutrition Tips



What's for dinner? If you're anything like me your evening meal planning begins on the drive home from work as you start to take mental inventory of what is in your fridge and pantry and say to yourself "What the heck am I am going to make for dinner?" Why is this so difficult? And what can we do to make it easier? Here are 5ive things you can do to ease the dinner rush hour in your home:

- **Plan ahead**

This is easier said than done AND it's the single most important thing you can do. It will save you money and once you develop a routine it gets easier. Plan to sit down one day to plan your menu for the week. This is where I take input from my family and consider the schedule of events for the week. What day will I use the crock-pot? And when will we need to "eat on the fly" on the way to an evening event?

- **Have a back-up plan**

What are a few staples you can keep on hand that you can easily turn into a meal on a moment's notice? Eggs are an easy foundation for a quick meal. Omelets, scrambled eggs, frittatas, egg sandwich....or go all out and do breakfast for dinner which is always a hit at my house. Grilled cheese, tacos, spaghetti to name a few more. And frozen vegetables are an easy way to balance out any meal.

- **Be flexible**

Sometimes the plan changes and you have to roll with it. Be open to substitutions and switch things around as needed. It's also okay to plan for meals away from home – we all need a night off and planning a Friday pizza night might be the nicest thing you do for yourself all week. Load up on the veggies and add a side salad...that was easy!

- **Be assertive**

It's tough to please everyone's specific palate, and for the sake of your own sanity it might be time to give up trying to please everyone. Be committed to preparing healthy meals and when someone disagrees with the taste or the presence of the color green, kindly and gently point them in the direction of the pantry where they can find an alternative – in my house its peanut butter and jelly.

- **Find a local business,**

home-based or otherwise, or even small groups of women/friends that specialize in healthy meal planning. Many focused groups or businesses are committed to helping you feed your family healthy meals. Some offer organic and preservative-free seasonings, sauces and oils that are delicious and healthy. Some hold workshops that can be fun and easy and you may even go home with meals to store in my freezer for whenever you need them.



Karen Woodland is a certified dietician, licensed nutritionist, certified diabetes educator and holds certificates in adult weight management. She owns her own business, Full Circle Nutrition of Janesville. www.fullcirlenutrition.org

FOODIE FORUM



Summer is here, and that means time to enjoy the outdoors. These two recipes are easily portable. The chicken recipe works well for picnics, sack lunches, or dinner on the patio. Please share your favorite chicken recipes on our Facebook page.

Bon Appetite,
Lanette

Lanette Hesse lives with her husband and three children in the Eau Claire area. When she is not computer consulting, volunteering or enjoying outdoor activities, she loves to be in the kitchen cooking for her family and friends.

Finger Chicken

1 cup sour cream	2 teaspoons dry mustard
1/4 cup lemon juice	1 teaspoon paprika
2 cloves garlic, minced	1/4 teaspoon cayenne pepper
dash of Tabasco® sauce	1 1/2 teaspoons salt (for breading)
salt & pepper, to taste (for marinade)	ground black pepper, to taste (for breading)
4 pounds boneless chicken tenders	1/4 cup butter, melted
2 cups saltine crackers	
1/4 cup dried thyme	



Combine sour cream, lemon juice, garlic, Tabasco sauce, salt and pepper. Pour over chicken, and marinate for 4 hours or overnight.

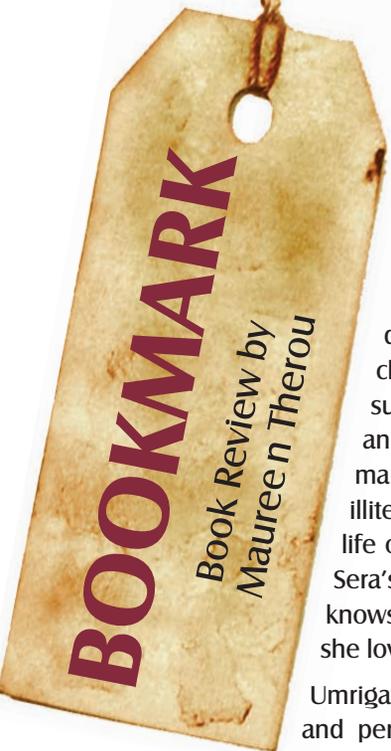
In a food processor, combine saltines, thyme, mustard, paprika, cayenne, salt and pepper. Roll the chicken in crumb mixture, shake off excess, and arrange tenders on baking sheet. Drizzle with butter, and bake at 375 for 35 minutes or until golden brown. We usually serve this at room temperature.

Greek Lemon Pasta Salad

1/2 cup extra virgin olive oil	1 cup chopped yellow peppers
1/4 cup lemon juice	1 1/2 cup small cherry tomatoes, halved
1/4 cup whole grain mustard	1 cup chopped cucumber
2 cloves of garlic, minced	1 1/2 cups feta cheese
2 teaspoons grated lemon peel	1/2 cup green onion, chopped
12 ounces cavatappi pasta	

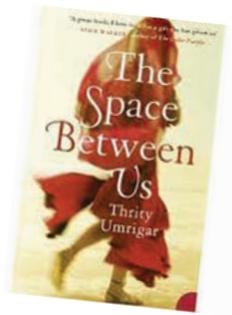


In a bowl, whisk olive oil, lemon juice, mustard, garlic, and lemon peel. Cook pasta according to package directions; rinse and cool. Toss pasta with whisked dressing and remaining ingredients.



The Space Between Us

By Thrity Umrigar



This evocative novel is set in modern day India. It is a story about two women and class divisions. Sera Dubash is an upper class Parsi housewife whose rich surroundings hide the shame and disappointment of an abusive marriage. And Bhima is a stoic illiterate grandmother, hardened by a life of despair and loss. She has been Sera's housekeeper for many years, she knows the Dubash family intimately, and she loves them as if they were her own.

room—and that elephant is class. There is always a “space” that cannot be bridged.

The story is fiction; however, Bhimi is real. She was a servant from the Umrigar's childhood home. Like Thrity remembered Bhimi, you will remember this book long after you lay it down.

About the author:

Thrity Umrigar lived in Bombay until the age of twenty-one. She was always excruciatingly aware of the poverty around her. Writing was her way of making sense of the world outside and inside her home.

Umrigar attended Ohio State University; and in 1999, she was awarded the Nieman Fellowship to Harvard. Now, she lives in Cleveland, has a PhD in English, and teaches creative writing and literature at Case Western Reserve University.

Umrigar weaves a tale that is powerful and perceptive, demonstrating how the lives of the rich and the poor are intrinsically connected, yet vastly removed from each other. It shows us how the strong bonds of womanhood are able to overcome the divisions of class and culture.

Servants observe many happenings in the homes of their employ. Bhimi knows the family secrets; and because of this, an unlikely friendship develops between the woman of the household and the servant. But there is an elephant in the

“Or perhaps it is that time doesn't heal wounds at all, perhaps that is the biggest lie of them all, and instead what happens is that each wound penetrates the body deeper and deeper until one day you find the sheer geography of your bones . . . has collapsed under the weight of your griefs.”

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RAYS OF GRACE IV WRITTEN BY GRACE THEISEN

MY FAVORITE SUMMER MEMORIES

I have so many favorite summer traditions. I enjoy going to Lake Wissota to watch 4th of July fireworks. I like spending a week on a lake in Hayward. And I love going to my cabin in the woods. By far my favorite summer thing to do is to spend a week at Camp Manitou.

Camp Manitou is filled with fun. There's The Blob—basically a huge blown up garbage bag floating in the lake. To get to it, campers climb a tower, leap off yelling something, and then land on The Blob. The weight of the jumping person compresses one end of the Blob sending the person sitting on the other end flying through the air and into the lake. (It's much safer than it sounds). And then, there's the infamous MUD HIKE—an amazing walk through a swamp. Hikers get to share the trail with a wide variety of bugs and creatures . . . and people pretending there are creatures to scare everyone else. At the end of the hike, you have to literally swim through mud so thick and sticky, people have to help you get to the end. Although this sounds gross, it is so worth it. I wonder how many lost shoes are stuck in the mud hike at Camp

Manitou.

Camp Manitou is a place where kids can have fun and just be themselves. Some people play a lot of sports games. Others like to sing, act, or just mess around. About the only thing you can't get away with at camp is to do nothing. Doing nothing is not allowed. At the end of the week, there is a friendship fire (I know, it sounds a little cheesy). The friendship fire is my favorite thing about camp. There, everyone sits together and reflects on what has gone on throughout the week. I look around the campfire and only see friends: old friends I've known since I was 8 years old, and new friends who were strangers to me only a week before. And we all get together to share friendship. This is when I realize what a special place Camp Manitou is.





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WHAT'S GOING ON

JULY 2014

July 1st, 8th, 15th, 22nd, 29th – BIKE NIGHT & LIVE MUSIC UNDER THE STARS at Kutter Harley-Davidson, 3223 N. Pontiac Drive, Janesville. 5pm. Features food, live music and a beer garden. Proceeds benefit local nonprofits.

July 1st, 8th, 15th – MAIN STREET ENTERTAINMENT at Lower Courthouse Park, 51 S. Main St., Janesville. 7pm to 8:30pm. Local bands perform.

July 2nd – STORY AND STROLL at Rotary Botanical Gardens, 1455 Palmer Drive, Janesville. This program is designed for preschool aged children and a caregiver. Storytellers read several seasonal stories and songs, then go for a stroll in the Gardens or play a few games indoors, depending on the season. 10am-11am. For more information call 608-752-3885.

July 2nd, 4th, 6th, 9th, 13th, 16th, 23rd, 27th, 30th – ROCK AQUA JAYS WATER SKI SHOW at Traxler Park, 600 N. Main St. Janesville. 6:30pm. Call 608-754-9849. The Aqua Jays perform shows on Sundays and Wednesdays throughout the summer.

July 3rd – KIDS NOON TIME ENTERTAINMENT at Palmer Park CAMDEN Stage, 2501 Palmer Drive, Janesville. 12:30pm-1:30pm. Bob Kann is a storyteller, magician, and goofball performing crazy stunts and beguiling tricks. He comes at you from all angles, tickling the funny bone, dazzling the eye and charming the mind as a storyteller. He masterfully enchants children and adults by pulling them into his stories, making them come alive

July 3rd-5th – MILTON FOURTH OF JULY FESTIVITIES throughout the city. Bands, beer tent, softball tournament, UW Marching Band, carnival, taste of Milton, 10K run, parade. 868-6900 for more information.

WHITEWATER FOURTH OF JULY FESTIVAL: at 312 Whitewater St., Whitewater. Events include live music, water ski shows, a parade and fireworks. Parade is at 10 a.m. Friday. Visit ww4th.com.

July 3rd-6th – EVANSVILLE FOURTH OF JULY CELEBRATION at Lake Leota, Evansville. Festival includes live music every night, a parade at 9:45 a.m. Friday, kids' activities, softball tournament, karaoke, dunk tank, food, classic car show and fireworks shows on Friday and Sunday. Visit evansville-wi.net.

July 4th – DELAVAN FOURTH OF JULY CELEBRATION in downtown Delavan. Features a pancake breakfast, live music, softball, canoe/kayak regatta, Flying Dragons demonstration, kids parade, pig roast, fireworks and more.

POPS ON THE ROCK 4th OF JULY FESTIVAL at RiverFront, Highway 51, Beloit. 7:30 p.m. Outdoor concert followed by fireworks. Call 608-362-0964.

FOURTH OF JULY PARADE AND FIREWORKS in Brodhead. Parade at noon, starts at 11th Street and West Third Avenue and proceeds down Third to County E. Fireworks start at dusk.

July 5th, 12th, 19th, 26th – BELOIT FARMER'S MARKET at 300 Block of State Street, 400 Block of East Grand Avenue and Gantry parking lot. 8am-1pm. Shop in a wonderful open-air market with over 90 vendors weekly selling local produce, organics, baked goods, honey, jams & jellies, herbs, bedding plants, fish, meat, eggs & cheese, fresh flowers, artisan crafts, scents & skin care. Rain or Shine!

JANESVILLE FARMER'S MARKET at Downtown Main Street, 100 N. Main St. Janesville. Featuring fresh produce, apples, berries, vegetables, meats, eggs, honey, baked goods, plants, soaps, hand cream, herbs and weekly entertainment. 8am-1pm. For more information call 608-289-9292.

July 6th – MOVIE ON THE LAWN at 715 Campus Street, Milton. At dusk A free family event hosted by The Gathering Place. 868-3500 for information.

July 6th – ROCK ROLL N RUN TRIATHLON at Traxler Park, 600 N. Main St., Janesville. 7am. Triathlon starts with a half-mile swim in the Rock River, then continues with a 14-mile bike ride around Janesville before ending with a 5K run through the Janesville Farmers Market and courthouse historic district. Cost: \$55-\$115. Visit rockroll-run.com.

July 10th – CONCERT IN THE PARK at North Goodrich Park, Milton. 6:30pm. Hosted by The Gathering Place. Free community event with food available for purchase.

July 10th – KIDS NOON TIME ENTERTAINMENT at Palmer Park CAMDEN Stage, 2501 Palmer Drive, Janesville. 12:30pm-1:30pm. Heat Wave involves talented youth ages 12-17 who actively contribute in all aspects of the show. This Rock County Show Choir was founded in 1991, teaching performance skills and developing talent while providing a positive outlet for 4-H youth.

July 11th, 18th, 25th – FRIDAY NIGHT COMEDY at Armory. \$10. Doors open at 5:30pm. Shows at 8pm.

July 11th, 18th, 25th – MUSIC AND MORE at Harry C. Moore Pavilion Riverside Park, 1160 Riverside Drive, Beloit. 7pm-9pm. Great live music along the scenic Rock River! Visit <http://www.friendsofriverfront.com/music-and-more>.

July 12th – HOME GARDEN TOUR throughout Janesville. 9am-3pm. Features nine Janesville home gardens. Visitors can linger in the gardens and enjoy the scenery, listen to performances by local musicians, ask homeowners gardening questions and network with other garden lovers. Visit rotarybotanicalgardens.org. Cost: \$10-\$12.

STORIES & STONES WALK at Oak Hill Cemetery, 1725 N. Washington, Janesville. 10am-11am. Meet at the Oak Hill Cemetery Chapel for this series of informal historical walk. Wear comfortable walking shoes. For more information, call Sherry Thurner at 608-756-2651.

HISTORIC WALKING TOUR: LOOK WEST DISTRICT at Lincoln-Tallman House, 440 N. Jackson St, Janesville. 9am-10am. Enjoy a guided tour, learning about the people, places and heritage of the neighborhood. Free event.

July 16th – 20th – GREEN COUNTY FAIR at 2600 10th Street, Monroe. Visit greencountyfair.net.

July 17th – GOLF PLAY DAY at Koshkonong Mounds. 11am. The Milton Area Chamber of Commerce's hosts but it's open to the public; individuals and teams – a great girls day out on the links! Call 868-6222 for more information.

July 18th – GARDEN GALA at Rotary Gardens, 1455 Palmer Drive, Janesville. 5pm. Waited dinner, musical entertainment, raffle and live auction. Cost: \$100. Call 608-752-3885 or visit rotarybotanicalgardens.org.

July 18th-20th – TOBACCO HERITAGE DAYS in downtown Edgerton. The event features free admission, a carnival, arts in the park, car show, baseball and softball, parade, truck pulls, mini tractor pull, petting zoo, live music, food and more. Call 608-751-2258 or visit edgerton tobaccodays.com.

July 19th – CITY-WIDE RUMMAGE SALE throughout Janesville. Check Janesville Gazette for locations or call 608-754-3311.

July 19th-20th – EARTHSONG COMMUNITY FESTIVAL at 2214 Kennedy Rd, Janesville. Outdoor (under the tents) event featuring psychic readings, jewelry & crafts and aura photos, as well as body energy therapies including massage, reiki, foot detox, sound healing and more. Admission is free.

July 22nd – 27th – ROCK COUNTY 4-H FAIR at the Rock County 4-H Fairgrounds, 1301 Craig Ave., Janesville. Animal judging, carnival rides and games, live entertainment. Main stage performer is George Thorogood. Additional cost for Thorogood performance is \$15. Fair admission is \$5-\$24. Visit rockcounty4hfair.com.

July 26th – 6TH ANNUAL SHOPPING EXTRAVAGANZA at 409 Pleasant Street (the Hendricks Center for the Arts). 9am-1pm. The Voluntary Action Center in conjunction with the Beloit Farmers Market. Shop in air conditioned comfort where a variety of vendors will be displaying candles, toys, jewelry, cosmetics, purses and accessories, home decorating, gourmet and natural foods, quality handmade crafts, and more from a variety of vendors.

July 26th – FESTIVAL OF SUMMER AND MAXWELL STREET DAYS at Elkhorn Town Square. The Elkhorn Rotary Club's annual corn and brat festival includes the city's Maxwell Street Days. Along with food and music on the square, visitors can check out crafts from local vendors.

HISTORIC WALKING TOUR: COURTHOUSE HILL at Jefferson Park, VanBuren & Atwood, Janesville. 9am-10am. Enjoy a guided tour, learning about the people, places and heritage of the premier historic district of restored homes. These mansions show what life was like for Janesville's upper class in the latter half of the 19th century. This tour also includes stories of mystery and mayhem from Janesville's past neighborhood. Free event.

CALENDAR OF EVENTS

AUGUST 2014

August 1st – CELEBRATE BELOIT WEEKEND & STREET at the 300 Block of State Street - Downtown Beloit. Sidewalk sales will run from 8am-2pm. Street Dance and beer tent include Reverend Raven and the Chain Smokin' Alter Boys playing 5:30pm-7:30pm and The Eddie Butts Band plays from 8pm-11pm. Admission for adults is \$5; Children 4-11 are \$1; 3 and under are free.

RELAY FOR LIFE at Rock County Fairgrounds, 1301 Craig Ave. Janesville. 6pm. Event includes a survivor reception and 6pm survivor lap, children's activities, silent auction, remembrance ceremony and all-night activities. On-site registration is available for teams or individuals.

August 1st, 8th, 15th, 22nd, 29th – FRIDAY NIGHT COMEDY at Armory. \$10. Doors open at 5:30pm. Shows at 8pm.

August 2nd – TALLMAN ARTS FESTIVAL at Lincoln Tallman Restorations, 440 N. Jackson St., Janesville. 10am-5pm. Juried event draws artists from throughout the Midwest. The event celebrates arts, culture and entertainment and includes a pie auction and crafts for children. Cost: \$4. Visit rchs.us.

August 2nd – 3rd - MISS WI ROYAL & ROYAL TEEN PAGEANT at Janesville Performing Arts Center, 408 S. Main Street, Janesville. Saturday, 5pm-7:30pm. Sunday, 1:30pm-5pm. 2015 contestants will be vying for the titles as they compete in Personal Interview, Eveningwear, Swimwear and Community Involvement at Saturday's Preliminary Pageant Competition. The top 10 semi-finalists will be moving on to Sunday's Pageant Finals Show. Tickets: \$8. Call 608-758-0297.

August 2nd, 9th, 16th, 23rd, 30th – BELOIT FARMER'S MARKET at 300 Block of State Street, 400 Block of East Grand Avenue and Gantry parking lot. 8am-1pm. Shop in a wonderful open-air market with over 90 vendors weekly selling local produce, organics, baked goods, honey, jams & jellies, herbs, bedding plants, fish, meat, eggs & cheese, fresh flowers, artisan crafts, scents & skin care. Rain or Shine!

JANESVILLE FARMER'S MARKET at Downtown Main Street, 100 N. Main St. Janesville. Featuring fresh produce, apples, berries, vegetables, meats, eggs, honey, baked goods, plants, soaps, hand cream, herbs and weekly entertainment. 8am-1pm. For more information call 608-289-9292.

August 3rd, 6th, 13th, 17th, 20th, 24th, 27th, 31st – ROCK AQUA JAYS WATER SKI SHOW at Traxler Park, 600 N. Main St. Janesville. 6:30pm. Call 608-754-9849. The Aqua Jays perform shows on Sundays and Wednesdays throughout the summer.

August 5th, 12th, 19th, 26th – BIKE NIGHT & LIVE MUSIC UNDER THE STARS at Kutter Harley-Davidson, 3223 N. Pontiac Drive, Janesville. 5pm. Features food, live music and a beer garden. Proceeds benefit local nonprofits.

August 5th – NATIONAL NIGHT OUT at Janesville Police Department, 100 N. Jackson St., Janesville. 5pm-7:30pm. Janesville police officers will offer free food, drinks, kids games, giveaways, educational booths, displays, a 5K Run Against Crime and SWAT, Taser and K-9 demonstrations.

August 6th – STORY AND STROLL at Rotary Botanical Gardens, 1455 Palmer Drive, Janesville. This program is designed for preschool aged children and a caregiver. Storytellers read several seasonal stories and songs, then go for a stroll in the Gardens or play a few games indoors, depending on the season. 10am-11am. For more information call 608-752-3885.

August 8th, 15th, 29th – MUSIC AND MORE at Harry C. Moore Pavilion Riverside Park, 1160 Riverside Drive, Beloit. 7pm-9pm. Great live music along the scenic Rock River! Visit <http://www.friendsofriverfront.com/music-and-more>.

August 8th-10th – ALL AMERICAN PRO RODEO at Highway 11 at South Footville Road, Footville. 7pm on Fri/Sat. 1pm on Sun. A concert is planned for Saturday night. Call 608-751-3037.

COVERED BRIDGE DAYS AND WILDFLOWER FESTIVAL in the downtown area, Veterans Park, Putnam Park and Legion Park, all in Brodhead. Includes an art festival, fun run/walk, First Brigade Band concerts, ball tournament, thresher, horse show, car show, tractor pulls, pontoon rides, food, volleyball tournament, historic wagon tours, pony rides, street dance, street vendors and more. Visit brodheadchamber.org

NATIONAL WATER SKI TOURNAMENT at Traxler Park, 600 N. Main St. Janesville. Free admission.

August 9th – HISTORIC WALKING TOUR: FOURTH WARD DISTRICT at St. Patricks Church, 315 Cherry Street, Janesville. 9am-10am. Enjoy a guided tour, learning about the people, places and heritage of one of Janesville's oldest neighborhoods and largest historic district. This district shows a mix of homes from mansions to workers' cottages punctuated by two churches representing the Irish and Norwegian communities. Free event.

August 14th – MESSY FEST at Cravath Lakefront Park, 341 S. Fremont St., Whitewater. 7pm-9pm. Kids can get messy at the park by painting their feet, making mud cups and taking a ride on the chocolate slip 'n slide.

CONCERT IN THE PARK at North Goodrich Park, Milton. 6:30pm. Hosted by The Gathering Place. Free community event with food available for purchase.

August 15 - WALK A MILE IN HER SHOES at The Pontiac Convention Center, Janesville. Registration 4:00pm, Walk 5:30pm with a reception to follow. Benefits YWCA Alternatives to Violence programs. www.ywcawalkamile.org

August 16th – ROTARY CORN ROAST AND MUD VOLLEYBALL at Traxler Park, 600 N. Main St., Janesville. 8am-7:30pm. All the free sweet corn you can eat will be available along with other food and beverages for purchase. There will be mud volleyball, children's games and activities, live music and "Making the Grade" awards presentation for high school students. Cost: \$1-\$2.

August 17th – MILTON ANNUAL CHICKEN BBQ & ARTS/CRAFTS ON THE LAWN at North Goodrich Park and on the grounds of the Milton House Museum. Arts & crafts start at 9am, chicken BBQ starts at 11am. Music, food, craft vendors and fun.

RIVERSIDE MUSIC FESTIVAL at Riverside Park, North Pavilion, 2200 Parkside Dr. Janesville. 11am-6pm. This free concert features Go-Deans Doc's Rock Band, the Turtle Creek Chamber Orchestra, the UW Rock County Jazz Ensemble, and more! In addition to the great music, enjoy delicious food, beer and wine provided by local businesses. There will be a kids play area with a bounce house, clowns, face painting and balloons, and shuffleboard and pickleball tournaments for the adults. Bring your chairs and blankets for a great day in the park! Sponsored by Friends of Riverside. Email Greg Roy at royalvj31@gmail.com.

August 23rd – VICTORY FUN RUN AND WALK at Edgerton Hospital and Health Services, 11101 N. Sherman Road, Edgerton. Noon to 2 p.m. Event includes honors for military veterans. Visit edgerton-hospital.com.

HISTORIC WALKING TOUR: COLUMBUS CIRCLE at Columbus Circle & Elm Street, Janesville. 9am-10am. Enjoy a guided tour, learning about the people, places and heritage of one of Janesville's "pocket neighborhoods" where modest-sized period revival houses look inward toward tree-lined streets and small parks. Free event.

August 27th – 31st – WALWORTH COUNTY FAIR at Walworth County Fairgrounds, 411 E. Court St., Elkhorn. Livestock judging, concessions, tractor and truck pulls, carnival rides, exhibits, demolition derby and grandstand show. Visit walworthcountyfair.com/2014.

ROCK RIVER THRESHEREE at Thresherman's Park, 51 E. Cox Road, Edgerton. Farm and rural history comes to life with classic and antique steam engines, pile drivers and threshing shows, plus family entertainment and a daily parade of power with antique tractors. Visit threshere.org.

August 30th – Sept 1st – LABOR FEST at UAW Grounds, 1795 LaFayette Street, Janesville. Festival features teen mud volleyball; rock climbing walls, puppet zoo; puppet show; co-ed volleyball; car display; live music; beer garden, craft fair and bike show!

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