



# THE *SPIRIT* of Geneva Lakes



Vol. 27 No. 1

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JANUARY 2015

## *INSIDE ~*

- Health and Fitness 2015
- Stained glass artistry
- You'll love your library



*Artist Lynn Garwood captures winter in Wisconsin with  
"BETSEY IN THE SNOW"*



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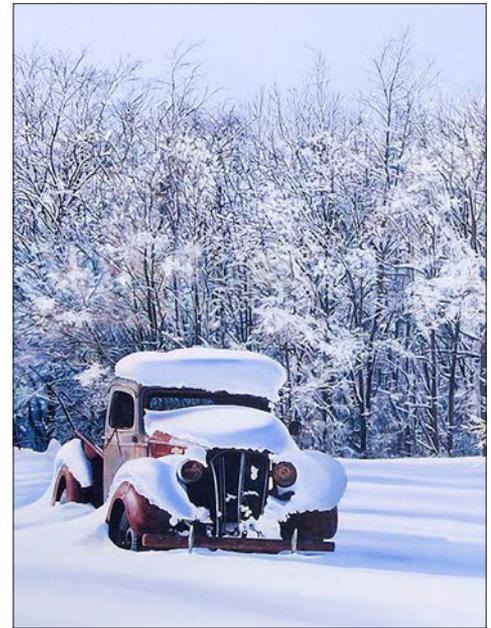


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# C o n t e n t s



- ▶ Local libraries offer so much more than books ..... 7
- ▶ Artist in ‘residence’ finds beauty in mundane ..... 11
- ▶ The best in health and fitness for 2015 ..... 15
- ▶ YMCA offers a balanced approach..... 18
- ▶ The queen of Crossfit ..... 20
- ▶ Group dedicates statue to troops ..... 24
- ▶ Rhythm and Hues: Stained glass artistry ..... 25
- ▶ Grandview offers vistas for all occasions..... 33
- ▶ Through the lens: Winter’s wild ride ..... 39
- ▶ Diamonds to sparkle at Young Auditorium..... 40
- ▶ Nature’s Classroom ..... 41



## Beauty when it’s brutal

Let’s face, recent winters have not been kind – even to hardy Wisconsin residents. But rather than grumble about the weather, Burlington artist Lynn Garwood does her best to find the beauty of the season – and in almost everything else. Where most people see rust and moss on a broken down farm truck, Garwood sees an uplifting combination of man and nature. Kind of heartwarming, don’t you think? See page 11.



# IT'S COMIN' UP

## JANUARY EVENTS

**1 New Year's Day Hike, Richard Bong State Recreation** – State Parks across the nation host New Year's Day hikes as a way to start the year off on the right foot. Meet at the Visitor Center at 1 p.m., 26313 Burlington Rd. (Highway 142), Kansasville. Phone: (262) 878-5600.

**15 Burlington Area Chamber of Commerce Annual Dinner and Auction** – 6 to 9 p.m. at Veterans Terrace, 589 Milwaukee Ave., Burlington, to celebrate the chamber's 71st year. After social hour and dinner catered by Gooseberries Fresh Food Market, the auctions begin. Whether your interests include golfing, cooking, theater, sports, orchestra, tools, ballet, or vacationing, there is something for everyone. For information about this event, call (262) 763-6044.

**17 Antioch's Winter Wine Walk** – 1-4:30 p.m., in downtown Antioch, Ill. Wine Walks are for those 21 and older who are looking to try some great wine, food, and the opportunity to make new friends. The cost of this event is \$40 per person, which includes a commemorative wine glass, event menu, food, bottle of wine, and free drawing prizes. For more information, call (847) 838-4032.

**17 Chocolate City Showcase** – 8 a.m. to 11 p.m., at Burlington High School, 400 McCanna Parkway. Find your inner 'Glee' at this high school show choir competition hosted by the Burlington High School Koral Klub and B\*JAZZled show choir. (262) 763-0200

**17 Go Ice Fishing at Richard Bong State Recreational Area** – Learn the basics of safe and effective ice fishing then try to catch a fish of your own. Equipment is provided. All children must be accompanied by an adult. Meet at the Visitor Center, at 2 p.m., but be prepared to drive. Program is weather dependent. 26313 Burlington Rd. (Highway 142), Kansasville. Phone: (262) 878-5600.

**17 Horse-Drawn Bobsled Rides and Winter Fun at Old World Wisconsin** – 10:45 a.m. to 4:30 p.m. (rides last a half hour; last ride departs at 4 p.m.) Bundle up for an old-fashioned horse-drawn bobsled ride over the snow-covered fields and through the charming Norwegian

area of Old World Wisconsin. Rides last approximately 30 minutes. Afterward, warm up by a blazing bonfire, toast s'mores, and sip hot cocoa. You can also try our sleds, built from 19th-century plans. Adults \$15; children (12 and younger) \$12. Old World Wisconsin is at W372 S9727 Highway 67, Eagle.

**24 Sing-A-Long Wizard of Oz** – 2-3:30 p.m. and 7-8:30 p.m., at the Young Auditorium, UW-Whitewater, 930 W. Main St. Celebrate the 75th anniversary of the film, and sing along with Dorothy, Toto, the Tin Man, Cowardly Lion, and the Scarecrow on the yellow brick road to Oz. The classic movie will be played on the big screen with subtitles for all the songs, and there will be several opportunities to interact with and participate in the fun beyond just singing. (262) 472-2222 or [www.uww.edu/youngauditorium](http://www.uww.edu/youngauditorium)

**28 - Feb. 7 Lake Geneva's Annual Winterfest** featuring the U.S. National Snow Sculpting Competition with music, magic, refreshments, activities, helicopter rides, shopping and dining. Crowning of the U.S. National Snow Sculpting Competition Champion, with second, third and the Peoples' Choice awards during this event downtown at the Riviera on the lakefront. Call the Lake Geneva Chamber of Commerce at (262) 248-4416 or email: [info@lakegenewawi.com](mailto:info@lakegenewawi.com). web: [www.usnationals.org](http://www.usnationals.org)

**31 Go Cross-country Skiing at Bong State Recreation Area** – Bring your skis and join instructor John Meyer to learn about waxing and many other skiing tips. The diagonal stride technique will be taught and practiced. Please pre-register by calling (262) 878-5601. Program is weather dependent. Meet at Shelter No. 1, 26313 Burlington Rd. (Highway 142), Kansasville.

**31 Candlelight Hike at Big Foot Beach State Park** – Bring the family and enjoy an evening hike, snowshoe, or ski along a 0.9-mile trail lit by flickering candles. There will be a bonfire for and S'more kits will be available for purchase. The park will also have an owl program starting at 6 p.m. at the shelter. 6 to 8 p.m. at 1550 South Lake Shore Dr., Lake Geneva. Contact Matthew Daniels at (262) 248-2528 for additional information.

## THE SPIRIT

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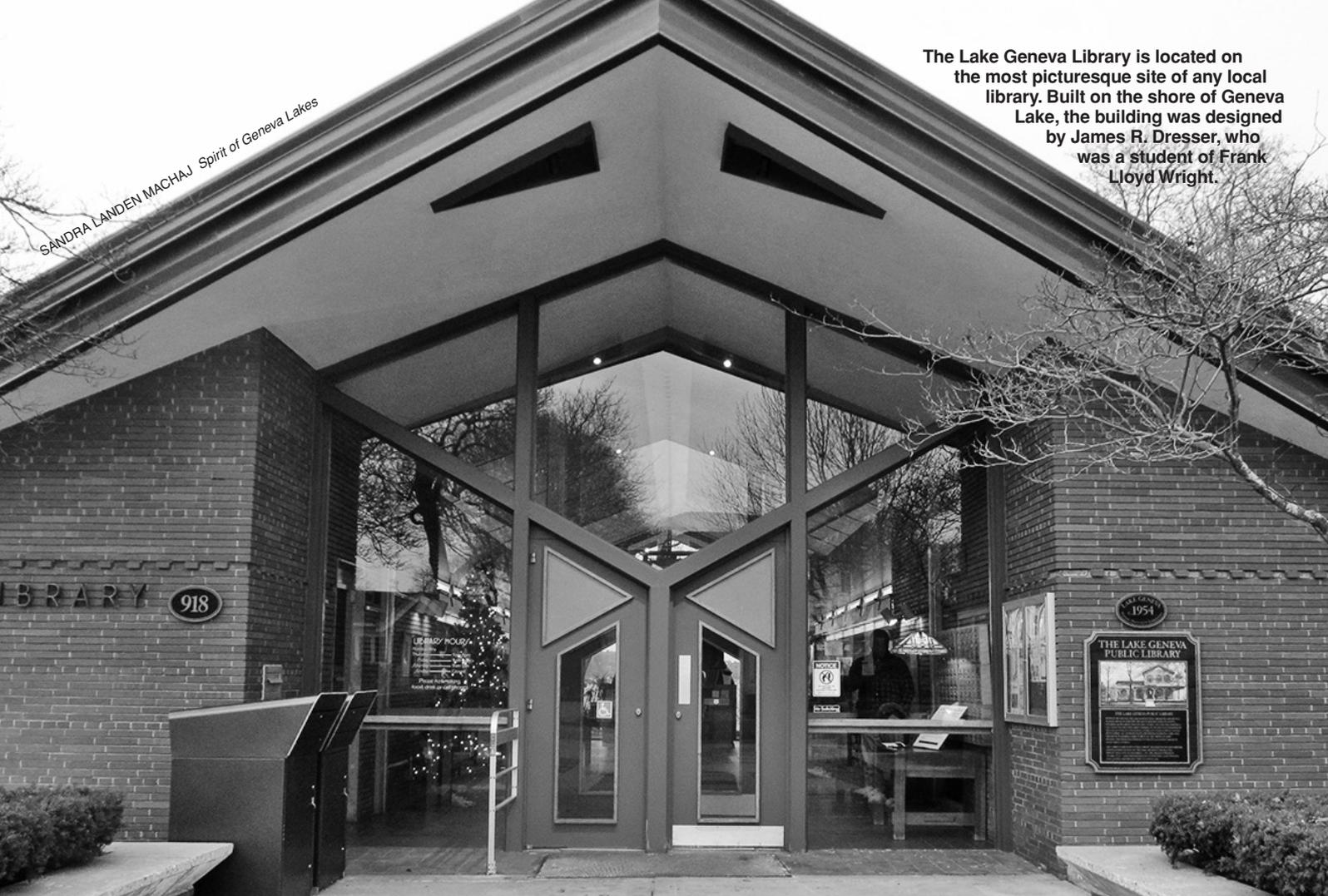
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SANDRA LANDEN MACHAJ Spirit of Geneva Lakes

The Lake Geneva Library is located on the most picturesque site of any local library. Built on the shore of Geneva Lake, the building was designed by James R. Dresser, who was a student of Frank Lloyd Wright.



# A COMPLETE Media Center

Today's  
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by **Sandra Landen Machaj**  
CORRESPONDENT

**C**an you imagine a world without books? Or imagine a world without libraries? For many years neither was available to the general public. Reading was not a skill that most residents possessed in the early days of our nation. Books were extremely expensive and only the very wealthy, educated members of society owned them. Even the wealthy were often limited in the number of books they owned as books were not mass produced as they are today with the advances in printing.

These colonists treasured their books and would only allow close friends to borrow or read them. Some would only allow others to read their books in the owner's reading room and did not allow them to be taken out of the home.

The first library is considered to have been founded in Boston around 1636. In 1638 John

Harvard bequeathed 400 books to the library, which were later donated to the university that bears his name and is known today as one of the best institutions of higher learning.

The Library Company of Philadelphia, which was founded by Benjamin Franklin and his friends in 1731, also claims to be the earliest lending library although it was founded almost 100 years after Harvard's library.

The discrepancy concerns whether the Boston Library allowed the general public to take out materials or whether it was used mainly as a research center.

The Library of Congress is the nation's oldest federal cultural institution. It was founded as a research library for members of Congress with an appropriation of \$5,000. That was a good start for a new library in 1800 but 14 years later it was burned by British troops. It was not until 1897 that the library was opened to the public although the

materials are not circulated. Today it is the largest collection of books and print material and has material available in 460 languages.

● **The modern library**

Today's library is very different from the libraries in the 1600s and 1700s. In fact today's libraries are also very different from the libraries in the 20th century. In the 1950s, 1960s, and even into the 1970s, libraries consisted of books of all kinds – fiction, nonfiction, and resource materials.

Children or adults for that matter doing a research project for school went to the library to look up the material in books. Today things have changed as technology dictates not only the way we do research but also how we read for pleasure.

Today's libraries are not just a house of books. Today's library contains books and all the technology and support means to access materials unable to be housed in each individual library. But books still remain the building blocks of the library.

Today movies and DVDs – so popular with everyone from teenagers to senior

citizens – are among the most popular items to be borrowed from the library. According to Pam, director of the Lake Geneva Library, these items are borrowed almost as often as books.

Technology rooms, which contain computers or WiFi for those who bring in their own laptops or tablets, are found in almost all libraries today. In the morning retired people or those working late day shifts can often be found working on the computers. After school the student population takes over the library's resources to complete their homework assignments.

The Wisconsin Digital Library commonly known as Overdrive is available for all Wisconsin libraries. Through this program, patrons may download ebooks and audio books for 7, 14 or 21 day periods. Each patron is allowed up to 10 checkouts at a time.

The other program that is available for Wisconsin residents is called Badgerlink. This program allows the downloading of magazines, art, newspapers and ebooks and is found at most libraries in the area.

According to Lisa Selge, director of the Elkhorn Library, the largest library in Walworth County, "These programs are good as they provide access to books often before individual libraries receive them."

Many libraries have become community centers, offering programs for adults and children that often cover such diverse topics as book clubs, making your own cards, learning to use programs such as Ancestry.com to search family history, or hosting movies and author visits. In many cases the library is becoming the community center of old – it is a place for locals to meet and share information and activities.

Now is a great time to visit a local library to see what is new.

Here are a few of the libraries that offer diverse opportunities for knowledge.

● **Lake Geneva Library**

Many visitors to this library come not because they want to take out a book or do some research, but to see the beautiful building. It is set on the shore of Geneva Lake and designed in the prairie style by architect James R. Dresser, a student of Frank Lloyd Wright. After pausing for the breathtaking view, visitors can turn their attention to the library itself and enjoy the many services and products available.

While Lake Geneva is a municipality of just 7,000 year-round residents, the library actually serves a population of 17,500. Many of the smaller communities that surround the lake may not have a library or may have a smaller facility that does not have the newer technology programs or they may just not have the variety of materials that Lake Geneva has available.

Several technology databases, including Overdrive and Zinio, are available. The library offers a special online book club, perfect for those who are overwhelmed by the thought of reading a whole novel or just have limited time to read. Each day a five-minute portion of a book is downloaded.

Powerspeak is available to lead people on the way to learning a new language. Don't forget Heritage.com for tracing family history.

Contact the Lake Geneva Public Library,



SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

Visiting the library is a special treat in Elkhorn. In addition to a large supply of reading materials, there are cozy reading areas where visitors can sit back in a comfortable chair and enjoy a favorite book.

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918 W. Main Street, at (262) 249-5299, on Facebook or online at [www.lakegeneva.lib.wis.us](http://www.lakegeneva.lib.wis.us). The library is open Monday-Thursday 9 a.m. to 8 p.m., Friday 9 a.m. to 6 p.m., and Saturday 9 a.m. to 1 p.m.

● **Matheson Memorial Library, Elkhorn**

The Matheson Library is the largest library in Walworth County. It is housed in a beautiful facility that combines the original building with the newer addition while still maintaining the character of the original. The library serves not only the City of Elkhorn but also much of the surrounding area.

The Matheson library has the many electronic databases including Overdrive and Badger link. There are 15 computers available for adults and children. After school, many students are found at the library working on projects for class and, of course, some are just playing the latest in video games.

The library has nearly 70,000 items including books, DVDs, audio books, magazines, and newspapers. Throughout the library there are comfortable reading nooks, including one with a fireplace.

The Community Room is used for both library programs and community groups, such as for meetings of the Rotary and Kiwanis clubs.

Visit the Matheson Memorial Library at 101 North Wisconsin, or call (262) 723-2678. Additional information can be



SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

**On the lakefront side, the entire wall of the Lake Geneva Library is glass giving a wonderful view of the lake and shoreline. What better place is there to sit and read?**

found online at [www.elkhon.lib.wi.us](http://www.elkhon.lib.wi.us) or on Facebook. Library hours are Monday-Thursday 9 a.m. to 10 p.m., Friday 9 a.m. to 6 p.m. and Saturday 10 a.m. to 2 p.m.

● **Burlington Public Library**

First founded by the Burlington Library Association in 1908, the library became the city library in 1913 and has continued to grow.

The Burlington Public Library is a

member of the Lakeshores Library System and thus shares a system with them and also the Mid-Wisconsin Library System and the Burlington Area School District, which allows patrons the ability to access materials at all the locations serviced by these systems.

Looking for a special book? Try the Burlington library, which owns over 62,000 volumes. Want to read a favorite magazine? Perhaps it is one of the 174 periodicals subscribed to by the library. Books are



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The library is a member of Zinio, the largest online newsstand where favorite magazines are available for downloading. Looking to learn a new language?

Powerspeak is the program that may help.

The library supports both an afternoon and evening adult book club and offers programs such as Family Lego Night, writing memoirs, and, this past December, a program about sled dogs. Children's story hours are held regularly as well as other youth services.

The Burlington Library is at 165 E. Jefferson, Burlington. It is open Monday through Thursday from 9 a.m. to 9 p.m. and Friday and Saturday from 9 a.m. to 5:30 p.m. It is closed Sunday. The telephone number is (262) 763-7623.

### ● Aram Public Library, Delavan

In 1885 the Delavan Public Library was started under a program called the Caxton plan. It basically worked by having 100 people pay \$1 a year for 2 years and 200 books would be provided by the Caxton Library Company of Chicago.

Then in 1889 the Delavan Lake Library had a donation of 500 volumes, available for loan to any lake resident. The Aram family made a bequest of \$20,000 to build a library to be named the Aram Library in memory of their daughters who died in childhood and, thus, the building in use today was built.



SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

The Matheson Memorial Public Library in Elkhorn has a modern addition to the original building, fusing the old and new into a building of 21,000 square feet. As the largest library in Walworth County, it holds more than 70,000 items including, books, magazines, DVDs, newspapers and resource materials.

Aram Library has a large selection of ebooks, DVDs, CDs and regular books. Its graphic novel section is always expanding. The library participates in the 100 Books Before Kindergarten program, which helps to ensure that children are exposed to the experience of books prior to starting kindergarten.

At the library, patrons are able to access databases for research and to download books through several programs. Overdrive and Zinio are two of the popular databases available.

The Aram Library is at 404 E. Walworth, Delavan. New hours beginning in January are Monday-Thursday 9 a.m. to 8 p.m. Friday 9 a.m. to 5 p.m., Saturday 9 a.m. to 1 p.m. and Sunday 1 to 4 p.m.

### ● Community Library, Twin Lakes

The library in Twin Lakes opened in 1993. It is a part of the Community Library System with branches in Randall, Paddock Lake, Salem, and Silver Lake and is a part of the Kenosha County Library System.

Looking to download a book? Use Badgerlink, which is available at this location and available for all Wisconsin residents. Books may also be borrowed from any library in the Community Library System.

The library is at 110 S. Lake, Twin Lakes, and is open Monday through Thursday from 10 a.m. to 8 p.m., Friday and Saturday from 10 a.m. to 4 p.m. and Sunday from 12 to 4 p.m.

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Lynn Garwood paints at her home in Burlington, with a little help from her 8-week-old kitten, Emmy. Garwood has completed more than 20 realist paintings.

# Artist

IN • RESIDENCE

Garwood finds beauty rusting in the fields of Wisconsin

by **Jennifer Eisenbart**  
STAFF WRITER

It's fair to say Lynn Garwood has an eye for art.

Whether it's in her paintings, or in everyday life, the 49-year-old Burlington artist finds ways to make things beautiful.

In the case of Garwood's front yard, it's the vintage pickup truck – a 1937 Chevy – that caught her attention two years ago on a drive with her husband, Harm.

"I love them, love them, love them," Garwood said about vintage vehicles.

"My husband and I went out for a drive on his birthday, and he bought me that," she said. "I saw that truck ... and said, 'it would be the perfect flowerpot for our front yard.'"

Now, as you turn onto the Garwood property off Schaal Road, the truck is there – this time of year surrounded by wheat stalks.

Garwood, a painter whose work has been featured locally, has painted the truck several times. It will be featured in a book coming out in February.

"I love that truck," she said. "I love that truck in that sense in that I can go out there any time



JENNIFER EISENBART *Spirit of Geneva Lakes*

Vintage farm trucks are a frequent subject of Lynn Garwood's paintings. Where others find rust and decay, Garwood says she finds beauty.



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of day or night, or light, and take a picture.  
“It just brings me joy.”

## The beginnings

Garwood owned a successful sign business – called Biron Signs – for 25 years, painting everything from business signs to boat lettering.

In 2009, however, with four children ranging in age from 8-13, Lynn knew something needed to change.

“It was, honestly, too successful to be a good mom,” she explained. “I wanted to be a more present parent, and let my kids do more stuff.”

So Garwood decided to sell all the equipment, and came back to be a stay-at-home mom.

“They wanted to do sports, and they couldn’t do that,” Garwood explained. Her husband owns a gas station/garage in Silver Lake, and the change in her status meant all four could get involved wherever they wanted.

“The business was very demanding,” she said.

Garwood would occasionally “pick up a brush” to try and come up with a painting, but it wasn’t until she sold the sign business that she found herself suddenly with free time in the evenings.

“When the kids went to bed, I’d start painting,” she said. “I just wanted to be creative.”

“After a few years, I had a huge body of work.”

## The artist

Garwood’s first display went up at a now-defunct Burlington business – The Daily Brew. The coffee shop allowed her to put some paintings on display on one wall.

Paul Armetta, a Burlington resident who helped develop the CATHE Center – saw the display, and asked permission to create a video that would air on YouTube.

“One of his comments was, ‘this looks like 10 different artists painted this,’” Garwood said. “It was kind of my first exposure in the world as an artist.”

“It was a big deal for me to do that.”

What started as a one-wall display has turned into much, much more. Garwood estimates she has more than 20 realism pieces, and a handful of other pieces in different mediums like sketches, watercolors and some surrealistic work in her main medium, acrylics.

“I like it because it dries right away,” she said. “I’m a messy painter. When I work in oils, I smear it all over the place.”

“It’s awful.”

Garwood’s realistic works feature a familiar theme – that of a truck. While her 1937 Chevy is in just one painting (She is working on a second painting of the truck, named Betsy Brown Clementine), trucks are a common theme.

“The trucks, or rusty cars,” she explained. “I like the life that it lived before. I like rust. Rust has a whole lot of color in it.”

“I love when new life, such as weeds, grows through something old,” Garwood added. “People look right past it. I just love it. It attracts my eye every time.”

She enjoys painting old gas pumps for a similar reason.

“The same thing,” she said. “The rust, the character.”

All of her paintings have a unique signature – a positive word put on the canvas at the beginning of the project, and then eventually painted over. Many of her children’s names are disguised in the works as well.

Looking around the studio at her home – Garwood turned the house’s dining room into the studio, complete with a large bay window – those themes are obvious. She outgrew the studio in her bedroom.

“It just wasn’t enough room,” she said.

## Stepping out

Now the collection has grown to the point where it is on display in numerous places.

Many of her current works are actual sites you can see in that area. She’s also signed a contract to sell prints of her work on canvas, and she’s given away a number of paintings to

family. She was also commissioned to paint a piece that is now on display at the Rochester Town Hall.

While she’s had paintings up at The Coffee House at Chestnut and Pine until recently, her next display will also be the biggest step forward – a solo show at The Customs House Museum in Clarksville, Tenn.

“I was asked to be in a ‘women painting’ exhibit,” Garwood said. “I had two pieces in it. I was invited back for a solo showing.”

The exhibit will open in March.

“It’s become a dream,” she said. “It was a dream I didn’t even know I had until I started painting paintings.”

“I want to raise my kids, and do a really good job,” she added. “But I have a dream, and it’s OK if it takes a while to get there.”

For a look at Garwood and her paintings, visit her website at [www.lynngarwood.com](http://www.lynngarwood.com).

“I’m overjoyed to be doing this,” Lynn said. “It’s exciting.”

“I love when new life, such as weeds, grows through something old. People look right past it. I just love it. It attracts my eye every time.”

– Artist Lynn Garwood





JANET DEAVER-PACK *Spirit of Geneva Lakes*

The Aurora Wellness Center, Burlington, offers a wide variety of workout options – from free weights and cardiovascular training equipment to a full basketball court and competition-size swimming pool.

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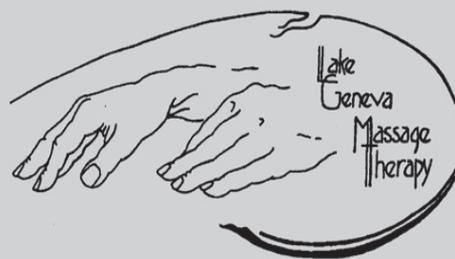
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# Get fit!

Area offers the best in health and fitness for 2015

by **Janet Deaver-Pack**

CORRESPONDENT

November and December of each year often stagger people with a combination of too many holiday treats, hefty Thanksgiving and Christmas meals, stress, parties, shopping, and extra errands.

All this can translate into skipping regular exercise, overeating or not eating the healthiest of foods, depression, and weight gain.

Getting back to a normal schedule of work, constructive home time, and exercise requires more determination and dedication than most people care to devote to it during this season. It becomes just another hassle to juggle with everything else – easy to dismiss from the schedule.

But once the calendar turns to January, people often find that nagging desire to get back on track physically and mentally.

There are a number of local exercise facilities that can help. These businesses feature the cutting edge of fitness technology, as well as older techniques like jogging, circuit training, and Pilates that have proven effective over the course of time.

Whether you're a die-hard individualist who just needs time, space, and a set of free weights so you can go at it yourself, or a person who works better with a partner or in a group, one of the following fitness centers can fulfill your workout needs. They are in the business of making New Year's resolutions for fitness and health come true.



JANET DEAVER-PACK *Spirit of Geneva Lakes*

**Rows of exercise bikes and striders await patrons of the Four Lakes Athletic Club in Elkhorn. The club is one of few in the area to offer indoor tennis courts.**

## Innovations in fitness

Relatively new fitness practices include Water Zumba, a class involving dance moves in a pool with Latin music, and crossover cable machines to develop strength offered at The Abbey's Avani Spa and the Aurora Wellness Center. A climbing wall is an unusual treat at the Grand Geneva Resort.

The RecPlex in Pleasant Prairie offers a 30-minute class workout called CXWORX dedicated to toning the torso and the muscles connecting the upper and lower parts of the body. This exercise combines the high energy of a group workout with the best features

from personal training.

The YMCA in Lake Geneva now offers group classes to members for no additional fee. Four Lakes Athletic Club in Elkhorn assigns a personal trainer to each new member for an hour-long fitness assessment.

There are "fusion" classes that mingle several techniques, such as cardio-vascular exercise with a combination of low- and high-impact aerobics, step class, and sports conditioning. BodyPump class uses proven weight room techniques to strengthen the entire body, such as squats, lifts, curls, and presses. Aqua Tai Yoga involves the gentle

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# FITNESS & HEALTH

## 15

stretching of tai chi matched with yoga movements in a warm-water pool. Aqua Blast is high-energy water aerobics, and Active Yoga is a Vinyasa-style energizing program balancing strength and flexibility.

### Local fitness centers

**Snap Fitness:** These small facilities are friendly, on your way across town, and easy to get to. They pride themselves on being clean, affordable, and having great equipment, especially in the areas of cardio and strength training.

During January, Snap Fitness will make a \$10 donation to the American Heart Association for every new member. For past members wishing to re-join, the re-enrollment fee is waived. There are Snap centers in Burlington, Union Grove, Elkhorn, Twin Lakes, Waterford, Paddock Lake, and East Troy.

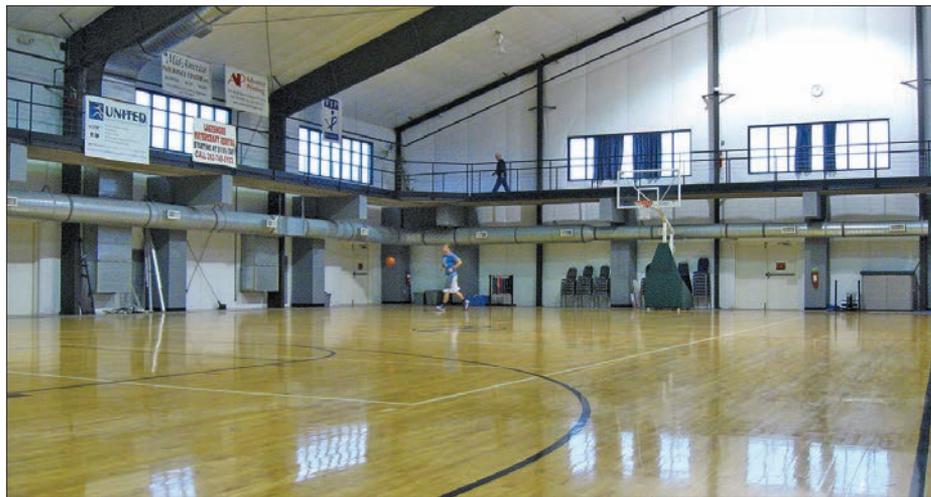
**Curves:** An exercise center for women only, Curves features short intense workouts that produce results quickly. There is also plenty of moral support from women who share your goals. Curves studios are located in Elkhorn, Lake Geneva, and Whitewater.

**Anytime Fitness:** This facility is available to members 24-7. Membership includes free orientation, and a free health evaluation by a personal trainer.

There is a strength training circuit in the middle of the exercise floor that gives a whole-body workout. Showers and a tanning room are on site. "Panic buttons" are available for members with heart conditions, or those who don't want to walk across the parking lot alone.

Anytime Fitness has several area locations, including Lake Geneva, 116-118 E. Geneva Square, (262) 248-2422; Burlington, 2088 Milwaukee Avenue, (262) 763-9000; Delavan, 1420 E. Geneva Street, (262) 728-2407; and Walworth, 541 Kenosha Street, Unit C, (262) 275-2424.

**YMCA, Lake Geneva:** One of the most



JANET DEEVER-PACK *Spirit of Geneva Lakes*

**The hardwood court at the Four Lakes Athletic Club is ringed by a suspended walking track. The club also has six indoor tennis courts.**

enduring fitness and family centers, the YMCA offers a full range of fitness and aquatic programs. The Lake Geneva branch is at 203 S. Wells Street, (262) 248-6211. Please see the more detailed article elsewhere in this issue.

**The RecPlex, Pleasant Prairie:** As the largest municipal recreation and exercise facility in North America, the size and scope of this place is truly impressive. It lists 18,000 square feet of state-of-the-art studios filled with inline trainers, ReFlex treadmills, Cybex arc trainers, free weights, and Free Motion cable strength circuit training machines.

Personal trainers are on staff, and fitness assessments are available on request. The indoor track is 1/6th mile long.

The RecPlex features fitness classes for both children and adults, and buddy training in groups of two to four people. There's an Olympic-size pool with a small indoor water park. Two ice rinks are featured, offering hockey and figure skating lessons. And the list continues with fencing, football, soccer, pickleball, racketball and walleyball, taekwondo, and massage. Some group sessions are free for RecPlex members.

Hours run from 4:30 a.m. to 10 p.m. Monday-Friday, 6 a.m. to 8 p.m. Saturdays,

and 7 a.m. to 6 p.m. Sundays. Call (262) 947-0437, or visit the website at RecPlex.com.

**Four Lakes Athletic Club, Elkhorn:** Tennis is spoken here, and played often on six full-size courts under the direction of Grant Paisley and Jonathan Teune. There are also leagues and tournaments.

The facility also offers basketball and volleyball, free weights, strength training and hammer machines, an indoor track, karate, and many classes. Group fitness is included with membership. Four Lakes is at 351 S. Morrissey Dr., Elkhorn. Call (262) 743-2000 for information.

### Spa/fitness centers

The Lake Geneva area is fortunate to have so many resorts that maintain exercise facilities associated with their spas. Memberships (both single and family) are available. They can be pricey, but worth it to some individuals because of smaller class sizes, accessible weight rooms and individualized attention from attentive staff members.

**The Abbey's Avani Spa, Fontana:** This is the largest spa in the greater Lake Geneva area. Guests staying at The Abbey are welcome to its amenities and yearly memberships are available for locals. Life Fitness cardio stations featuring LCD TV with cable connections keep members apprised of their fitness goals. Treadmills, stair climbers, elliptical machines, stationary bikes, crossover cable machines, and circuit strength trainers give great workouts.

Studio classes include Zumba, Aqua Zumba, yoga, tai chi, Pilates, water aerobics, and indoor cycling. Personal trainers will help you achieve weight or strength goals for an additional fee. For hours and questions, call (800) SPA-1000, or consult the webpage at [www.theabbeyresort.com/spa](http://www.theabbeyresort.com/spa).

**Grand Geneva Resort and Spa, Lake Geneva:** The climbing wall is the most unusual fitness option here, challenging those who attempt it. A cardio "theater" lets members work out while viewing heart

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rates, expended calories, and other important numbers on screens. Piloxing, RIPPED, Pound, and Body Pump are popular toning and muscle building sessions. Aerobics, strength and conditioning equipment, weight machines, free weights, treadmills, ellipticals, recumbent and stationary bikes, rowers, indoor or outdoor tennis, racquetball, basketball, volleyball, yoga, Pilates, aqua aerobics, cross training, and golf are available. Fitness assessments and personal training, as well as tennis and climbing lessons cost extra. Some age limits apply. The Grand Geneva is just off Highway 50 at 7036 Grand Geneva Way. Call (800) 558-3417 for information.

**Geneva Ridge, Lake Geneva:** This resort offers a smaller exercise facility friendly to locals and guests, featuring water aerobics, swimming, fitness classes, group exercise, yoga and stretching. Call (262) 249-3860 for class times and information.

### Wellness centers

**Aurora Wellness Center, Burlington:** This is an impressive facility in its professionalism and dedication to help all visitors become healthier. Their list of workout machines and classes is impressive, and the facility is open seven days a week. Day passes are available.

The exercise floor is filled with 81 pieces of state-of-the-art equipment, including treadmills, ellipticals, weight machines, and a cross-chain machine. There are also free weights. The pool is perfect for lane swimming and water exercises of all types, and is flanked by a shallow warm-water therapy pool and a whirlpool. Basketball and racquetball courts are available.

A suspended padded track around the exercise floor makes walking and jogging fun

and lessens the impact on joints. There is a dry sauna. Lockers and towels are available.

If you need advice about exercising, staff members such as Corey Seitz and Kaitlyn Kram are ready to assist.

The center is open long hours to accommodate most lifestyles, from 5 a.m. to 9 p.m. Monday-Friday, Saturday and Sunday 6 a.m. to 6 p.m. It is next to Gateway Technical College at 300 McCanna Parkway, Burlington. Call (262) 767-7000 or go to [Aurora.org/AWC](http://Aurora.org/AWC) for more information.

### Other health services

**Advanced Quantum Health:** Brad Suhn's office is at 107 N. Third St., Delavan. He helps people back to health by discovering imbalances in hormones, organs, muscles, and bones, and returns them to normal using a computerized system of bioscans that has helped people suffering from diseases. Call (262) 325-7035.

**Medical Weight Loss, LLC:** This firm uses medicines and appetite suppressants to help clients lose weight.

An initial consultation often includes exam, and blood work, as well as medication, diet and exercise programs and pharmaceutical vitamins.

Serving the Lake Geneva area, the company can be reached at (262) 248-7546 or online at [medicalweightlossllc.com](http://medicalweightlossllc.com).

**Lake Geneva Massage Therapy:** Certified therapists Mark and Barb Mitchell provide a multitude of massage services from their office at 905 Marshall St., Lake Geneva.

Among the styles of massage offered are Swedish, neuromuscular therapy, deep tissue, lymphatic and sports. Hot stone massage is available as well as couples massage in same room by a fireplace.

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choice of male or female therapist in a quiet, private room with relaxing music, heated tables and a choice of scented or unscented oils.

Call (262) 249-1230 for an appointment. Gift certificates are available.

**Acupuncture Wellness Center:** This clinic offers traditional Chinese medical services specializing in acupuncture, CranioSacral therapy, Chinese herbs, homeopaths, supplements, and massage therapy to help restore and maintain health.

The center treats pain and illness at the physical and emotional levels. Treatments are designed to alleviate symptoms of injury and disease both chronic and acute, even when other methods of treatment are unsuccessful.

A staff of state-licensed, and national board-certified practitioners provides consultations, treatments, and herbal remedies for a variety of health problems.

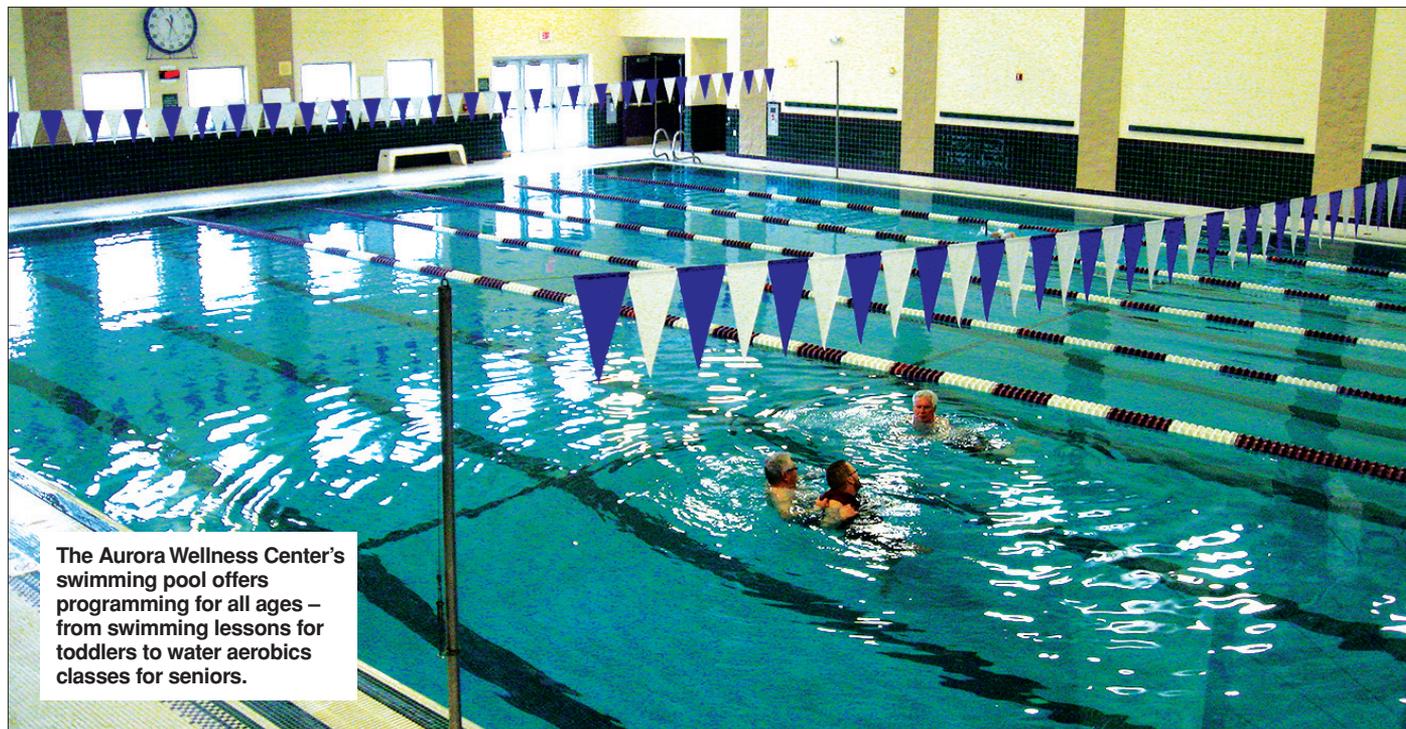
The center is at 612 Wells Street, Suite A, Lake Geneva. Call (262) 249-0770 for information and appointments.

### Health food stores

**Burlington Health Foods:** Vitamins, minerals, dietary supplements, weight control products, teas, natural foods, juices, and oils are available to augment exercise. There are also muscle rubs and pain relievers. Gluten-free foods are available.

Books and brochures with information on healthy eating, disease prevention, and many other subjects await your perusal. The store is at 165 E. Chestnut St., Burlington, (262) 763-7709.

HEALTH & FITNESS  
**15**



The Aurora Wellness Center's swimming pool offers programming for all ages – from swimming lessons for toddlers to water aerobics classes for seniors.

JANET DEAVER-PACK *Spirit of Geneva Lakes*

MAKE IT A BALANCED YEAR AT THE

# Lake Geneva YMCA

Being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body.

The Lake Geneva YMCA, at 203 S. Wells Street, is a place where you can work toward that balance by challenging yourself to learn new skills, fostering connections with friends through a wide array of affordable programs for all ages, or bringing your loved ones closer together through the many family-centered activities.

The YMCA has been a part of the Geneva Lakes area for more than 130 years. Its commitment to strengthening the community through youth development, healthy living and social responsibility continues to be forward looking.

In 2014, the Y made significant upgrades to its facility and its fitness equipment, and is continuing to expand and evolve its amenities and programs to meet community needs.

Its wellness center is open and spacious, and daylight is abundant from large windows that bring the outside in. A wide variety of cardio and strength equipment is available for a well-rounded workout.

To get people started on the right foot, a complimentary wellness orientation with a YMCA fitness professional is included for members. Additionally, the Y offers 24/7 wellness center access so members can work out whenever it's convenient for them.

Members can swim laps or splash and play at the Y's aquatic center, which features a six-lane lap pool and a warm-water activity pool. A variety of aquatic programs are available for all

ages and interests. There are swim lessons for ages 6 months to adult, water fitness classes, year-round youth and adult competitive swim teams and more.

Two racquetball courts and gyms are also available, and adult sports leagues form throughout the year.

Looking for a group atmosphere to get you moving? The Y is where it's at! New this year for members, the Y is now offering free land and water fitness classes.

Classes are available to community participants for a fee. More than 50 classes are offered each week for ages 14 and older. They include Piloxing, Zumba, Step, Sculpt, Indoor Cycling, Boot Camp, Kickboxing, Aqua Blast, Yoga, Meditation, Tai Chi and a variety of senior fitness classes, to name just a few. Family circuit training for ages 8 and older and youth Zumba classes are also offered. Five-week TRX suspension training classes are also



SUBMITTED PHOTO Spirit of Geneva Lakes

A separate family workout area offers a myriad of cardiovascular workout equipment at the Lake Geneva YMCA.

*Happy New Year!*



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offered for a fee.

Want customized workouts designed specifically for you or a small group of friends? Or do you need someone to keep you accountable or help with injury recovery?

You'll want to explore the Y's affordable Personal Training Packages. Choose from one-on-one training with an experienced, certified personal trainer, Partner Training with you and a friend, or Private Small Group Training with 3-4 friends.

If you or your kids are into competitive sports, the Y has something for everyone. It also serves as the City of Lake Geneva's recreation department. Participants may choose from preschool sports classes, girls and adult volleyball, youth and adult basketball, cheerleading, swim team, karate, disc golf, pickleball, youth baseball/softball, men's softball and more.

Active day camps and school day out programs are offered for children ages 4-12, and preschool enrichment and homeschool

physical education classes are also available to keep kids moving and active.

As you can see, the Y offers something for everyone. But it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.

The YMCA and its friendly, experienced staff are here to help you on your journey to good health. Take advantage of the Y's \$0 joining fee membership special this January, saving up to \$40.

And remember, when you join the Y, you'll belong to something that's so much more than "just" a gym. As a member, you'll create meaningful change not just for you, but for our community.

Stop by the Y for a tour and explore everything it has to offer. Be sure to pick up a YMCA Winter/Spring program guide for a full listing of all programs, family activities and facility offerings, or visit Lake Geneva YMCA.com.

Call the Y at (262) 248-6211 for additional information. Financial assistance is available for YMCA programs and membership.

*This story was written by staff at the Lake Geneva YMCA.*

# HEALTH & FITNESS '15



SUBMITTED PHOTOS Spirit of Geneva Lakes

**ABOVE:** The fitness area at the Lake Geneva YMCA is a flexible space that can be used for classes as diverse as yoga and Zumba. **BELOW:** The large wellness area of the YMCA includes a wide variety of equipment for workouts that range from strength to endurance training.



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# The queen of CROSSFIT



Maggie Rogosienski and her husband Jeremy (not pictured) opened East Troy Body Shop just off the historic downtown square on Main Street in East Troy in October of 2013. It was the first in Walworth County to offer CrossFit training to its members.

TRACY OUELLETTE Spirit of Geneva Lakes

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# Old school workout produces new results

HEALTH & FITNESS  
**'15**

by **Tracy Ouellette**

STAFF WRITER

One of the things Maggie Rogosienski, owner of East Troy Body Shop, wants people to know is that her gym is the place they can throw away that annual New Year's resolution to get in shape.

"I want people to walk into this gym and never have to make those resolutions again," she said.

Memberships to the Body Shop are run on a month-to-month basis because Rogosienski said she would never want to lock someone into a program if they were unhappy.

"Those are the people who are walking out Jan. 31," she said. "And they stay in a membership they're not using and wasting money."

Rogosienski said the philosophy is working, because very few clients who sign up for her gym leave.

"We don't lose a lot of people; they're very satisfied with the changes they see and then they tell their friends and they come in, it just keeps growing," she said.

Affordability and accessibility are high priorities for Rogosienski, who offers discounts for military, law enforcement personnel, firefighters, students and

teachers. She said she wants to make fitness accessible, especially for those who may have fallen away from exercise in the traditional setting.

"Most people get bored working out in big-box gyms that don't offer any personally training unless you pay for it. We give personalized attention in an instructor-led setting without the big price tag."

Rogosienski owns the gym with her husband Jeremy. The facility opened in October 2013 just off East Troy's downtown square at 2920 W. Main St.

The old machine shop, owned by her father-in-law, has been transformed into a bright and colorful workout area to feature the CrossFit training program – something that was brand new to Walworth County in 2013.

"It took a good three months and a lot of elbow grease to clean it up," she said. "My husband and I worked a lot of hours to get this into tip-top shape."

Rogosienski, who lives in Elkhorn with her husband and 2-year-old son, said she always teased her father-in-law that she was going to turn the vacant building that formerly housed his machine shop into a gym.

After the birth of her son, she said she was at a crossroads. Unhappy where she was teaching CrossFit at a Waukesha gym and not finding fulfillment as a personal trainer, she knew things had to change.

A graduate of Lawrence University, Rogosienski also owns Lake Geneva Personal Training LLC, which is housed at the Grand Geneva. She has been a certified personal trainer for the last seven years.

"I needed something bigger," she said. "I wanted to be more than a personal trainer. I'd basically reached the end of that and I needed to grow and knew that growth was going to be opening my own gym."

She also wanted to bring something unique to the community – CrossFit.

According to Rogosienski, CrossFit training is different from other workouts and is constructed from pieces of Olympic lifting, aerobics and gymnastics. It was originally adopted by law enforcement and military personnel, and is easily adaptable for exercisers of any fitness level.

"CrossFit teaches people how to be more efficient and effective with their everyday activities, not just how to do a biceps curl with a big dumbbell," Rogosienski



The Body Shop in East Troy features high ceilings and various apparatus that allow people to make the most of gravity during their workouts for exercises such as pullups.

TRACY OUELLETTE *Spirit of Geneva Lakes*

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explains. “The person best suited for this style of training is someone genuinely interested in living a healthier life overall.”

She said the CrossFit program is for anyone, not just athletes. The moves she teaches are the same for everyone, but the difference comes in the intensity.

For example, if a move calls for the person to lift a bar/pipe, a beginner would use a section of PVC pipe where someone with more experience would use a weighted bar.

“Whether they’ve never picked up a weight before or if they’ve been doing CrossFit for years, it’s the same movement,” said Rogosienski.

“It’s about strength training. I always say it’s about teaching people to be athletes for life,” she adds.

For Rogosienski, the focus is teaching her students the right way to move their body and keeping all the elements of safety in place. She wants people to build healthy lifestyles that they will continue.

“That’s where we come in. They need someone that’s constantly pushing them. Our classes will do that,” she said. “It’s not holding your hand, but we’re there to guide you through it and keep pushing you to challenge yourself.”

But she doesn’t want anyone to think they have to be an athlete to do it. “Most of the people I teach have never done this before,” she said. “They’re either just getting back into fitness, or just starting out.”

She said the program is perfect for that and the camaraderie that forms in the classes also inspires people to stay with it.

“Relationships form,” she said. “It’s really about cheering each other on. You’re basically a team with a common cause – to be healthier and fit.”

“Once people know what it can do for them they’re all for it,” she continues. “I’ve never had to sell a CrossFit membership – it literally sells itself.”

But Rogosienski doesn’t want anyone to think that’s all the gym has to offer, as she knows it’s not for everyone.

In addition to CrossFit, the 6,000-square-foot facility offers personal training, massage therapy and a variety of fitness-related workshops and seminars. Rogosienski also provides postural therapy, which involved specific exercises, stretching and massage to help clients improve their posture and eliminate pain.

“It’s amazing how much posture can affect pain, especially chronic pain,” Rogosienski said.

She said she often works with East Troy acupuncturist Brandon LaGreca to help improve people’s posture.

And one of the newest things at the gym is the competitive high school weightlifting team.

“Any high school student who can get here can join,” Rogosienski said. “The team competes in Olympic clean and jerk and snatch lifts.”

There are four members on the team, but Rogosienski is looking to add to that.

“It’s a great way for kids who might not be involved in organized high school sports to still be part of a team and for athletes, it’s another way to hone their skills. Research shows that these two moves can develop an athlete to a much greater extent,” she said.

For more information about East Troy Body Shop, visit [www.ETBodyShop.com](http://www.ETBodyShop.com), call (262) 642-4244 or find it on Facebook.

**“I want people to walk into this gym and never have to make those resolutions again.”**

*– Maggie Rogosienski*



# Walworth County will never forget

Support Our Troops group unveils memorial in Elkhorn park

by **Kellen Olshefski**

STAFF WRITER

Despite heavy snow and wind, Nov. 24 couldn't have been a better day to dedicate a new statue at Elkhorn's Veteran's Park in honor of troops who have served around the world.

The day marked the 508th, and final, Walworth County Support our Troops rally.

After 10 years and having met more than 500 times since its inception, the group met for its final official meeting, now that to their knowledge, all Walworth County soldiers have either returned home or are no longer in areas of conflict.

Bob Webster – who along with his wife and a dedicated group of volunteers from area American Legion posts – has led the weekly meetings every Monday. The gatherings serve as a reminder to families of military service men and women that not only are they not alone, but their loved ones have not been forgotten.

Webster said after the dedication of the new monument, which the committee purchased, over the years he's held onto a dream.

"That was that I would live to see the last of our deployed troops come home," Webster said, noting the last of the local service personnel known to be in active combat had recently returned to Germany and would be on the way home soon.

"Who'd have thought it, who'd have thought we could have done this for 10 years and have accomplished a few things."

State of Wisconsin American Legion Commander Bob Schappel, who attended the dedication, said he commends and thanks the work of the committee and volunteers who have worked together to show support for troops deployed overseas.



KELLEN OLSHEFSKI *Spirit of Geneva Lakes*

**Bob Webster, who along with his wife Lavonne, has led the Support Our Troops Committee in Walworth County, speaks at a ceremony unveiling a memorial at Veterans Park, Elkhorn.**

Speaking on the topic of the new monument, Schappel said it's important not to forget about it. He said every memorial is unique, but not because of its appearance or where it's placed.

"What's really unique about it is it represents the character of the community," he said. "It shows the community cares, the community wants to remember and recognize."

Schappel said the purpose of the memorial is to remember the fallen, though it's equally important to remember those fallen are the sons and daughters of the community.

"When they give their lives, the community gives a little part of their lives as well," he said.

Schappel noted a memorial's importance as a healing symbol as well, a symbol of how the community comes together to move toward the future.

"What those individuals have given, what the community has given and what the community does now to remember them," he said.

Schappel continued, noting he too has had individuals close to him fall in combat and often thinks back to a quote from Gen. George Patton about his fallen soldiers:

"It's foolish and it's wrong to continue to mourn these men. Rather, what we need to do, is thank God that these men lived."

"That is what I'd like to leave with you when you look at this memorial," Schappel said. "Be thankful that these men and women lived and were willing to do what they did for their community. And that you as a community has stepped up and embraced that and said, they were a part of us, they'll always be a part of us, and we'll remember."



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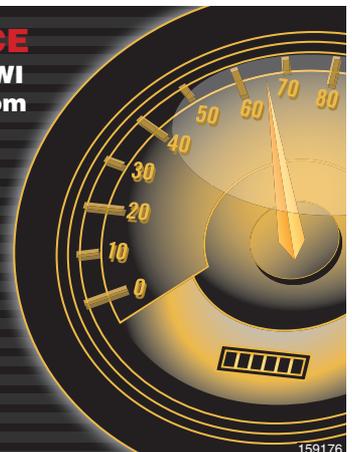
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# Rhythm & Hues

Small shop in Lake Geneva turns out stunning stained glass art

by **Janet Deaver-Pack**

CORRESPONDENT

There's a small white building in Lake Geneva about four blocks north of downtown on Madison Street. It used to be The Paint Spot, a business that sold home improvement supplies. It was also the former home of Geneva Online, one of the first local companies to offer Internet services.

The northern part of the building is set apart by an unobtrusive banner announcing "Gilbertson's Stained Glass Studio: Designers & Creators of Art Glass." This gives just a hint of the extraordinary artistry that takes place within. Open the door (visitors are often greeted by Libby, the Jack Russell terrier) and that artistry envelops the individual in a wealth of color and texture.

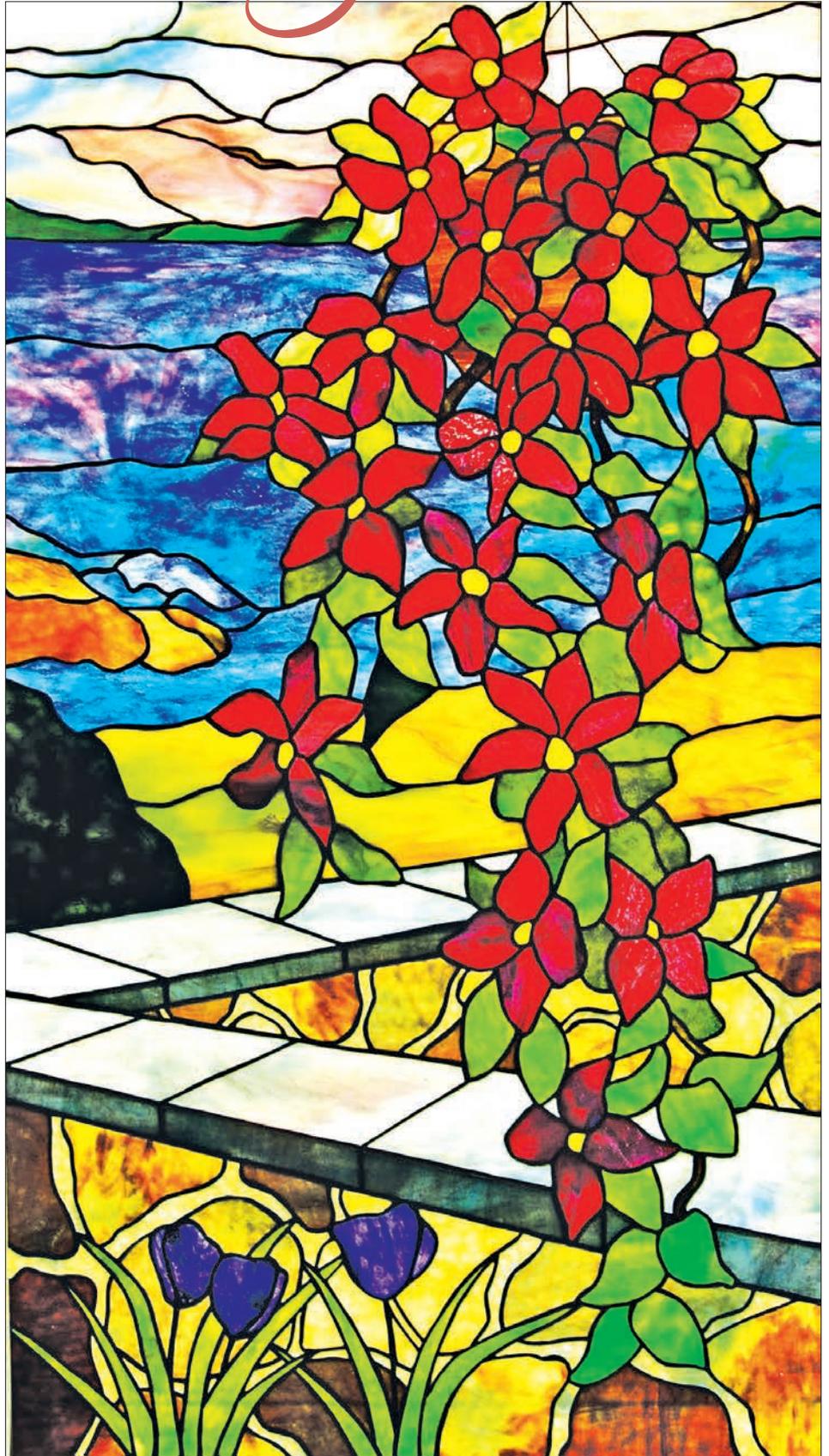
Ed Gilbertson, Sr., known as "Gil," is a Stoughton native who had always intended to be a metal sculptor. Gil eventually settled in West Virginia and started a business there. Masketeers, Inc. became well known during the 1950's, 60's, and 70's for popular metal and wood wall decorations, children's furniture featuring birds and animal motifs, and Old World-style maps of wood and brass.

Gil "fell into" his stained glass career in 1976 because a friend persuaded him to try it. He worked the first six years from his horse farm, where he raised his two boys.

After family members persuaded him to return to the Upper Midwest in the early 1980s, Gilbertson picked Lake Geneva as a good place to open a stained glass business.

Gil's son, Ed Gilbertson, Jr., was 22 when his father persuaded him to move to Lake Geneva from California where he had been living. They opened Gilbertson's Stained Glass Studio in 1983.

The business was housed in a one-story building across from The Next Door Pub. It was relatively small and had few windows – not good for



displaying glass. A cramped workroom and an office made the space feel crowded. One wall stored sheets of the colorful glass Gil and Ed needed most often. Despite the cramped quarters, the team began building a reputation for their stained glass artistry.

### Art for the ages

Ed said he didn't realize when he got into this business that he'd become part of a long artistic tradition stretching back to the ancient Egyptians and Romans. Glassmaking requires hot kilns, plenty of silica, and metal salts added at the appropriate time during the heating process for color.

The British Museum showcases two elegant Roman glass pieces: the Portland Vase (midnight blue with a carved white overlay of human figures and trees), and the Lycurgus Cup (a vessel initially appearing dull yellow, but showing impressive red-purple via transmitted light).

The first known centers of colored glass manufacture were

Antioch, Sidon, and Tyre in Phoenicia (now Syria and Lebanon). Important European Christian churches originally fashioned stained glass-style windows from thin slices of alabaster stone in wooden frames.

Basilicas, churches, and monasteries were constructing stained glass windows as early as the year 675. It was used to illustrate Biblical stories for illiterate church members, and to commemorate saints or important patrons. Stained glass was also used to depict heraldic devices belonging to noble families.

Guilds proudly displayed their sigils in colorful glass at their headquarters. Only the very wealthy could afford it. Techniques making dynamic blues and reds (such as those in the famous Rose Window of Chartres Cathedral, France) required expensive cobalt and precious gold. As years passed and techniques were refined, the spectacular windows became more complicated, developing fused and layered glass that gave formerly flat pieces unusual depth, texture, and color.



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SUBMITTED PHOTO *Spirit of Geneva Lakes*

The “Mermaid” is a three-panel window, designed and installed by Gilbertson’s Stained Glass of Lake Geneva. This spectacular scene is installed in a condominium office overlooking the ocean in the Cayman Islands.

Wars and rebellions destroyed many elegant windows across the world. Tomb raiders in Egypt broke glass pieces such as perfume containers in favor of ones made of gold. French Revolution mobs demolished or burned many churches. The few windows escaping damage were often neglected. The Reformation in England and Ireland saw many antique colored windows shattered, and replaced with less expensive uncolored glass.

Along with the demise of the elegant windows, ancient techniques for making and constructing leaded glass fell out of practice and were forgotten.

Nineteenth Century designers in Europe, Australia, and the United States rediscovered the beauty of stained glass, and reintroduced it. Old painstaking ways of leading glass were reimagined and retooled. American names such as John La Farge (inventor of opalescent glass) and Louis Comfort Tiffany (holder of several patents on opalescent glass making, and

likely the instigator of using copper foil rather than lead) became well known.

Along with English designers William Morris, Edward Burne-Jones, Scotsman Charles Rennie Macintosh, France’s Francis Chigot of Limoges, and artist Marc Chagall, brilliance and color returned to windows in artistic styles such as art nouveau, art deco, and prairie style.

This time, the brilliant artworks were not limited to churches and occasional businesses, but were embraced by anyone who could afford to have a stunning, custom-designed piece as part of their home, school, or workplace.

### Father and son succeed

Gil taught his son everything he’d learned about cutting and leading colored glass, painting on glass, and installing windows.

“Those first few years were pretty lean,” Ed remarked.

But he and his father persevered. They

taught classes and sold stained glass making supplies until enough jobs came in to live on. They quit teaching and selling supplies as soon as possible, and were finally able to focus on what they loved most.

People began to notice that the small door humbly emblazoned with “Gilbertson’s Stained Glass Studio” led to magnificent creations inside. Local churches became aware that the father and son team offered repair and restorations as well as new works of art. Businesses, schools, and homeowners began contacting Gil and Ed, asking them to design and make custom windows, lamps, and mirrors.

“The ’90s were very good years,” Ed said.

Soon after their website went online in 1997, a request for a project came from the Cayman Islands. The Gilbertsons were asked to create and install a three-part window in a condominium office overlooking the ocean. The central focus was an underwater mermaid. The project



Dimensional stained glass flowers hanging in Gilbertson's showroom and studio are a few of the unique items available for sale. Custom orders are welcome.

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Colorful Glass, Mixed Media Mosaic by Patricia Strenger

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expanded into a 7 1/2-foot freestanding work that required fusing, glass painting, layering, and sandblasting techniques.

Along with the mermaid, turtles, a variety of fish, and a vivid selection of sea life such as coral, clams, starfish, and anemones “swim” across the glass. Bronze frames painted with a verde green patina – nearly the color of seaweed gave the heavy work strength. More large commissions soon followed.

It was Ed who insisted the studio needed more space so they could handle those larger commissions.

“When church committees or representatives of businesses who want stained glass come to visit, they needed to see our work in a more professional setting than the one we had,” he said.

### A place to grow

Ed soon found a likely place. After 50-plus years in business, The Paint Spot on Madison Street was closing its doors and putting the building up for sale. Knowing it was a good opportunity, Ed plunged into a mortgage.

The place offers much more space to store pieces of glass. It also accommodates many worktables. Tucked around and above those are brilliant samples of the artists’ work. The studio even has a billiard table. “That’s for when I get frustrated,” grins Ed.

As he talks, Ed fastens the back on a light box with small screws. The box holds two antique glass photographic plates featuring night sky pictures taken during the early 1900s by a camera attached to the Yerkes Observatory’s famous 40-inch telescope. The plates are framed by two hues of leaded glass, both in rich blues that perfectly set off the silvery images.

The piece includes tiny LED lights inside the box, making the impressions



BRUCE HEARD *Spirit of Geneva Lakes*

**Above:** Ed Gilbertson polishes two antique glass photographic plates from Yerkes Observatory he made into a light box. **Right:** Hand-made items for sale in Gilbertson’s show room include glass apples, a colorful plate, a candle reflector, and a Tiffany-style table lamp.



seem to float. “Tiffany layered his pieces, up to six-seven layers of glass,” Ed said, polishing the glass plates. “That’s what made many of his windows so striking as far as color, depth of field, and texture. It also added weight, so you must engineer and support layered windows much differently than a single layer panel. The support can be crafted into the window to make it appear as part of the overall design.”

Good support becomes very necessary when a window weighs 200 pounds or more. “We learn a lot taking old windows apart,” Ed said.

Stained glass artisans before 1900 often made their own tools. Glass was “nibbled”



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These windows feature a fantastic array of blooms on doors and sidelights overlooking the porch of a private residence.

SUBMITTED PHOTO *Spirit of Geneva Lakes*

away a sliver at a time with a special pliers-like device to achieve a close fit to the next piece. Modern artisans often shake their heads in wonder over such techniques.

### Reconstruction business

Gil retired from the business in 2007 and moved to Nashville, leaving Ed the sole owner. A crew of four full-time artisans and craftsmen assist him, along with one part-time accountant.

“We just shipped a window to New Orleans. We can ship work anywhere,” Ed said.

His business excels in reconstruction of old windows, and in constructing new door panels, lampshades and fixtures, bathroom windows, transom windows, kitchen cabinets, mirrors, beveled glass, three-dimensional sculptures and almost anything unusual. His favorite projects are what he calls “high-end crazy stuff” that requiring ornate, tricky techniques involving painting, plating, fusing, and metal.

Ed recently submitted a design for a large window

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for Adlai Stevenson High School in Lincolnshire, Illinois. The piece measures 6 1/2 feet tall by 22 feet wide, or 150 square feet. It highlights the school's motto, "Every Student to Succeed," its excellence in art, music, and sports, and its upcoming 50-year anniversary. Ed was waiting for approval of the design as this edition went to press.

The stained glass crew at Gilbertson's just finished a big restoration at Taliesin, Frank Lloyd Wright's sanctum near Spring Green. "That was 40-some zinc channel windows," Ed says. It was exacting labor.

The project he's currently working on is in Evanston, Ill. "It's challenging restoration and conservation work," Ed explained, eyes shining behind his glasses. He loves a challenge. "We worked on historical American windows by Tiffany, La Farge, Maitland Armstrong, Mary Tillinghast, and many others. It's a private museum that will also house fabulous antique clocks." The museum is expected to open in the summer of 2015.

### The future looms

When asked where his business might be in the next 10 years or so, Ed cocks his head and thinks a moment. "I'd like it to stay busy, like it is now. I like meeting customers, and bidding jobs."

He also enjoys encouraging budding artists in the Badger High School Art Department's stained glass class.

"I'm pretty content right now. More large public and commercial art installations would be good. I also want to make more of my own pieces."

"I have a son named Max. He's in college now, and is very artistic. He loves

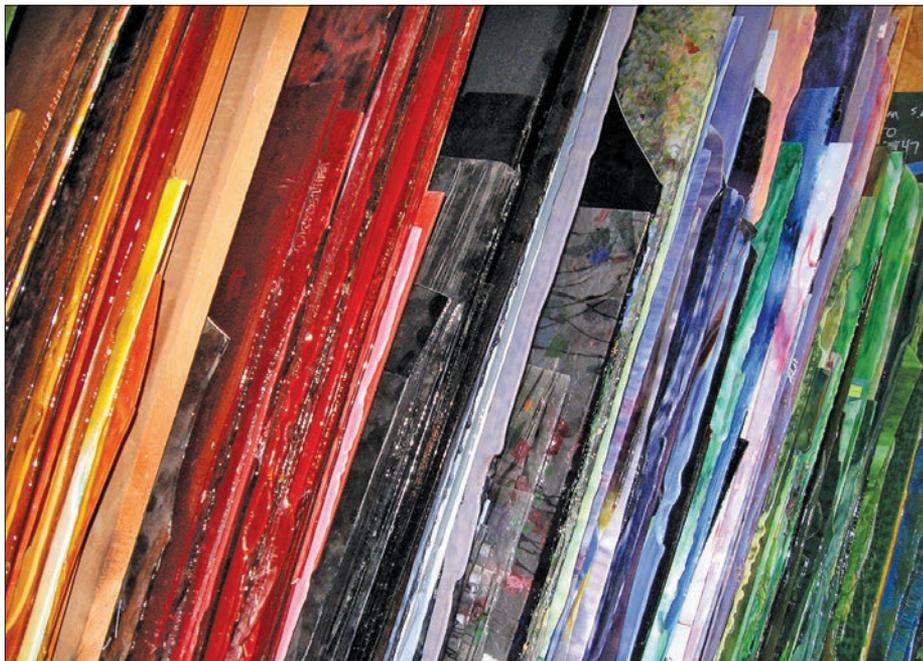
photography and drawing, and is very good at both." Ed smiles. "Maybe someday..."

Maybe someday there will be a third generation Gilbertson at the shop in Lake Geneva.

*Gilbertson Stained Glass Studio is at 705 Madison St., Lake Geneva. Call (262) 248-8022 or visit stainedglassart.com for additional information.*



BRUCE HEARD *Spirit of Geneva Lakes*  
An Art Nouveau-style window designed and made by Gil Gilbertson. It is displayed prominently in the showroom and studio.



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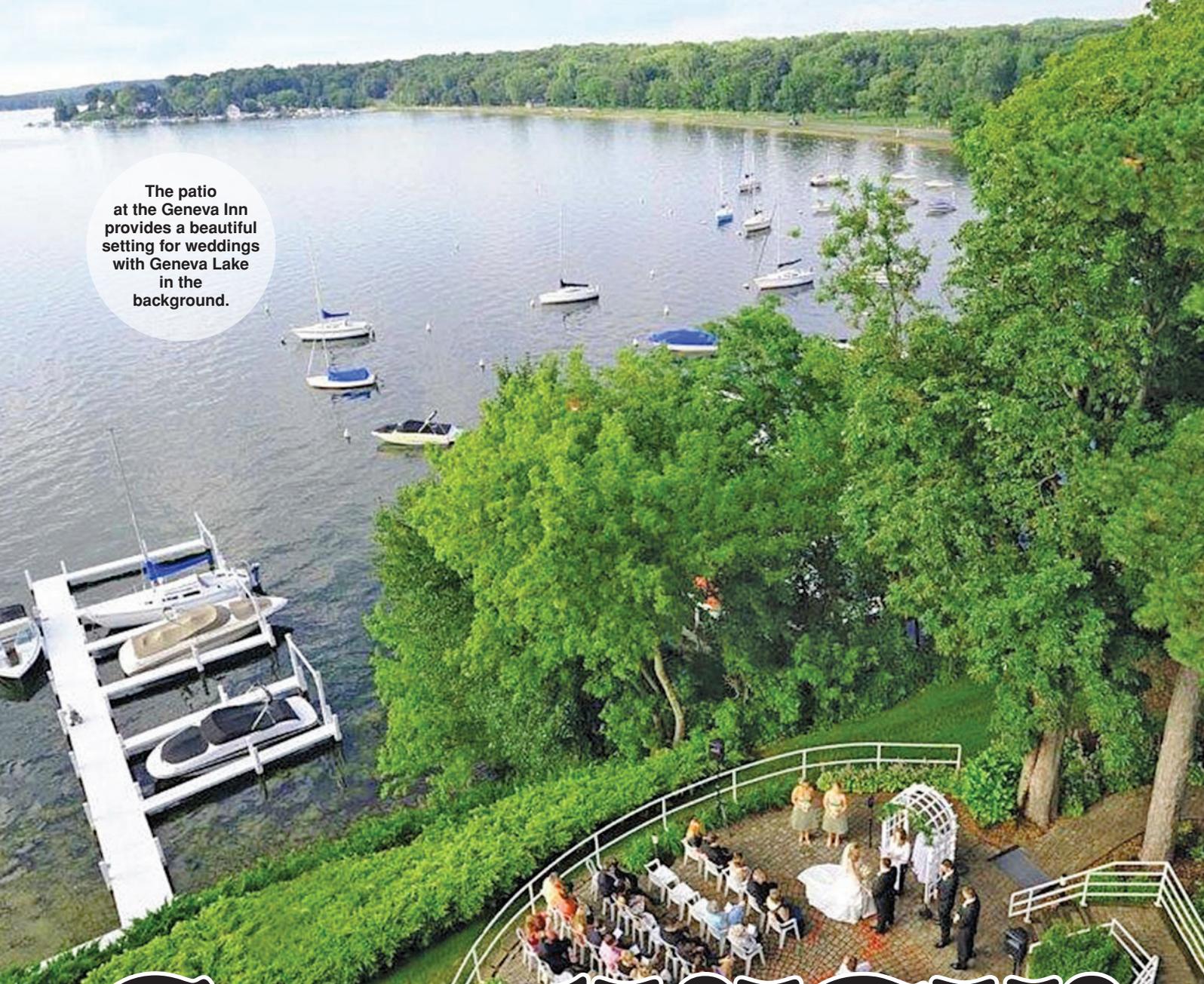
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The patio at the Geneva Inn provides a beautiful setting for weddings with Geneva Lake in the background.

# GrandVIEW

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by **Sandra Landen Machaj**  
CORRESPONDENT

Have you ever felt that you were in one of the most beautiful places in the world? That just might be how you'll feel as you enter the Geneva Inn.

The beautiful white multi-storied building perched on a bluff overlooking Geneva Lake presents a view that is so beautiful it will take your breath away.

On a recent visit to the Geneva Inn and the

Grandview Restaurant, I was welcomed by Diane Watson, manager of the restaurant and special events, and Susan Lorr, manager of the inn. As we were ushered into the gorgeous dining room, with its complete wall of glass, the spectacular view of Geneva Lake had me mesmerized for a few seconds. On this clear crisp day, the lake was blue and calm and the occasional white clouds floated above.

As we began to talk about this beautiful place, its history, and services, it was obvious



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that I did not need to ask – “What makes this place special?” – for here it was right before my eyes.

The Geneva Inn is the only hotel and restaurant located on the lakefront and its position gives an unimpeded view of the lake. But as I was to learn it is not just the view but the friendly service and great food that add to the ambience.

### Historical site

Like most of the area, the land where the Geneva Inn now stands was originally a Potawatomi Indian campsite. The first white settler to build a home in the area was A.H. Button, who not only left his impact on the area but also his name for the area still known as Button's Bay. Button, a carpenter and contractor, was hired in 1883 to build a large summer estate, which was to be called Gypsy Lodge on the site where the Geneva Inn now stands.

The property was purchased from Julian Rumsey, a former mayor of Chicago by J. Hall Dow for \$800 an acre. Unfortunately Mr. Dow passed away after enjoying his summer home for only two years. The property was subsequently sold to Arthur Kaye who was known for his ownership of Kaye's Park a popular resort. After several other owners the property was renamed Sunnycroft Lodge and then the Shore Club where through several owners over the next 40 years it remained a popular fine dining restaurant and lodge. Its final name before the current ownership was Button's Bay Inn.

At the age of 105 years, the Button's Bay Inn was purchased by Mr. and Mrs. Clarence W. Schawk in 1989. After much deliberation the old building was demolished due to the extensive repairs and structural problems that needed to be corrected.

On June 13, 1990, the new Geneva Inn held a grand opening and took its place as the premier hotel and restaurant on the lakefront. For the past 25 years, the Geneva Inn has continued to grow and prosper.

### Dining with a view

The Grandview Restaurant has been the destination for many people celebrating special occasions. Birthdays, anniversaries, family reunions are often celebrated with dinner at the Grandview Restaurant.

“This is a popular spot for couples to get engaged. They will usually request a window table and if possible we try to accommodate their request,” Watson said. “Many of the couples will go out on the patio to propose.”

Often other customers who have requested a window table are disappointed until they see why the table was given to a “new engagement.” Other diners often join in cheering the newly engaged couple.

The Grandview Restaurant provides some of the best food in the area prepared by Head Chef Matt Hankins, who is known for his creative meals.

Lunches are very popular with both social and business associates. The



SUBMITTED PHOTO Spirit of Geneva Lakes

The Grandview Restaurant dining room offers stunning views of Geneva Lake and elegantly presented meals.

Grandview is known for its famous Gulyas, a rich meat and vegetable soup with an Eastern European flavor. The lunch menu lists both light entrees such as soup, or salad and sandwich or various specialty salads.

Sandwiches and burgers are on the menu as well. The Wagu burger with baby shrimp, pepper bacon, havarti cheese and garlic scampi sauce is an interesting choice. I recommend the crab cakes.

In warm weather, diners may take advantage of lunch on the patio to breathe in the fresh outdoor air and enjoy a full lake view. Lunch is served 11:30 a.m. to 2:30 pm Monday through Saturday.

The Grandview offers a variety of options for breakfast. From Monday through Saturday from 7:30 to 10:30 a.m. traditional breakfast items are offered including a Grandview Omelette and eggs Benedict. On Sundays from 7:30 to 10 a.m. traditional ala carte breakfast items are available but the real treat is the Sunday brunch served from 10:30 a.m. to 2 p.m. The special treat is the four-course brunch, which begins with a glass of champagne and ends with a Chef's dessert or ice cream.

Dinner at the Grandview is especially spectacular if you are there at sunset. High-quality steaks, fish and seafood prepared with Chef Hankins' special sauces are popular choices. Dinner is served daily from 5 p.m. and Sundays from 4 p.m.

### Rooms with views

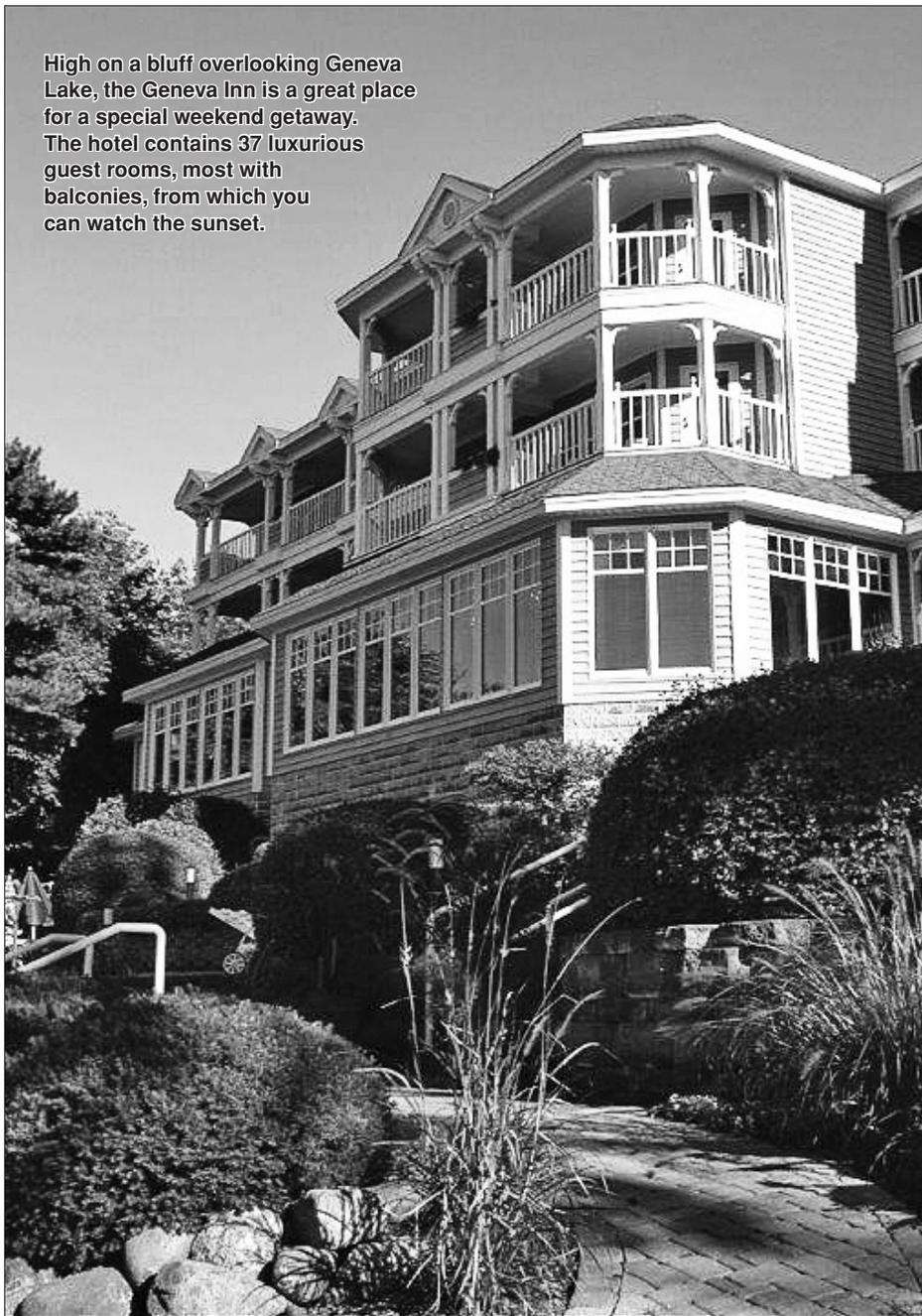
The Geneva Inn has two private rooms for meetings, showers, family reunions, and weddings. The Bayberry located on the first floor will hold up to 40 persons. The room is warm and cozy and seating arrangements can be arranged to suit your needs. If your group requires a larger space, the Hawthorne Room on the lower level will handle up to 80 persons. The room is especially popular for weddings and contains its own bar.

Wedding ceremonies may be held in the individual room or in the atrium of the hotel or, in mild weather, out on the patio. The most beautiful setting for the wedding ceremony is out on the patio where appetizers or cocktails can be served after the ceremony.

The Geneva Inn itself contains 37 rooms, most with balconies and many with a lake view. The rooms are luxuriously appointed and contain a king-size bed, two queen beds or two double beds. Many of the rooms feature an oversized whirlpool bath for your relaxation. Private balconies, especially those overlooking the lake, provide a spot to sit and enjoy the sunset while sipping a glass of wine or other beverage.

The inn offers several special packages. If you are planning a special time away to celebrate a special anniversary, honeymoon, or other special occasion, the "Innclusive" package is a special getaway that is

High on a bluff overlooking Geneva Lake, the Geneva Inn is a great place for a special weekend getaway. The hotel contains 37 luxurious guest rooms, most with balconies, from which you can watch the sunset.



SUBMITTED PHOTO *Spirit of Geneva Lakes*

available year round and requires a two-night stay; it includes hors d'oeuvres upon arrival and one night's dinner for two in the Grandview Restaurant. Taxes and gratuity on the hotel accommodations and the other items in the package are included. The Intimate package is another getaway that includes hors d'oeuvres and Champagne. Again, all taxes and gratuities are included. Call for rates and availability.

While the 25th anniversary of the Geneva Inn and Grandview Restaurant does not occur until June, festivities at the inn in celebration of the event will begin in January, including discounts offered on rooms. Other special events will be announced during the year.

Starting in January the Grandview will host wine dinners on a monthly basis. The first one will be held on Jan. 30 and will showcase Cambria wines. The wines will be paired with food to bring out the best in both. In subsequent months other wines will be showcased. The cost is \$65 per person.

Regular special events include the Saturday night piano bar beginning at 6:30 p.m., half-price wine in the lounge on Tuesdays from 4 to 6 p.m. and half-price appetizers in the lounge on Thursday from 4 to 6 p.m.

Don't wait for warmer weather to visit the inn and restaurant. Each season offers a different view of the lake. This time of year an eagle that nests in a tree nearby flies past

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Above: The rooms at the Geneva Inn are all luxuriously appointed. Some of the Lakeside rooms include an oversized whirlpool. Below: The majority of the rooms at the Geneva Inn have balconies – a perfect place to sit and enjoy the view, perhaps while sipping on a cup of coffee or a glass of wine.



SANDRA LANDEN MACHAJ Spirit of Geneva Lakes

the window on a regular basis. In winter the lake is frozen with snow lining the shore, in spring the trees are coming alive as the new leaves are opening and the boats begin to appear on the lake. In summer the lake is alive with activity.

Watson said her favorite season is fall when the trees are bursting with colors of red, yellow, orange, and brown.

Picture perfect – just like the inn itself.

The Geneva Inn and the Grandview Restaurant and Lounge are at N2009 South Lake Shore Dr., Lake Geneva. For reservations or information call (262) 248-5690, visit online at [www.genevainn.com](http://www.genevainn.com) or on Facebook.

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# History of Street Cops

*Gangs Guns and Cabrini Green Housing Snipers*

By Greg Zito

Cabrini Green Housing had snipers firing on the police, residents, firemen, anyone in the area of the Cabrini Green Housing, every day. In 1970, Sergeant James Severin and Officer Anthony Rizzato were murdered by snipers at Cabrini Green Housing Units. Their killers are serving 199 years in prison. Eight years later, my partners and I worked Cabrini Green housing area arresting gang members and in four years confiscated over 660 various types of weapons. We also arrested five snipers at different times and locations, firing at residents, the police, and firemen. My partners and I survived through the years as Chicago police officers.

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# Winter's wild ride



**Craig Krueger, 6, of Burlington, and his grandfather, Bill Mynatt, of San Diego, enjoy a wild ride down the Devor Park sledding hill in Burlington last winter. Sledding is just one of many outdoor winter activities available to area residents.**

*Photo by ED NADOLSKI Spirit of Geneva Lakes*

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# Diamonds to sparkle on Valentine's Day

The performance season at the University of Wisconsin-Whitewater's Young Auditorium continues in February with a special Valentine's Day concert.

In 1957, The Diamonds released an instant million selling hit, Little Darlin'. Fans will have a chance to get carried away again this Valentine's Day with their music. Tickets are less than \$30 and dining is available. The concert is sponsored by Fort HealthCare

Here's a look at other upcoming shows.

- **March 2, 2015 Million Dollar Quartet.** This Tony award-winning touring Broadway musical is making a stop for one night at Young Auditorium, retelling its famous story about a famed recording session that brought rock n' roll icons Elvis Presley, Jerry Lee Lewis, Carl Perkins and Johnny Cash together for one night in the recording studio. Tickets less than \$50 dining available. Sponsored by Commercial Bank

- **March 18, 2015 - The Great Gatsby.** This classic literary work is now brought to the stage with this compelling production by Montana Repertory Theatre. With themes from the Roaring Twenties that resonate with current times, this show brings the beauty and poetry of the original masterpiece to life. Tickets less than \$33.

- **April 11, 2015 - Church Basement Ladies-The Last (Potluck) Supper.** Don't miss your chance to see the fifth and final installment of the hilarious Church Basement Ladies series! Tickets for less than \$37. Sponsored by Fairhaven

- **April 19, 2015 - Brahms Requiem Wisconsin Chamber choir with full orchestra.** Artistic director, Robert Gehrenbeck, leads this 40 member Wisconsin Chamber Choir, joined by the UW-Whitewater Chamber Choir, with their a cappella choral singing and professional orchestral accompaniment comprised of members of the Madison Symphony Orchestra and the Milwaukee Ballet Orchestra. Tickets less than \$21.

- **April 29, 2015 - Pilobolus.** Pilobolus performances are characterized by a strong element of physical interaction between the bodies of the performers and exaggerations or contortions of the human form, requiring extreme strength, flexibility and athleticism.

Tickets for any show can be purchased online, by calling the box office at (262) 472-2222, or in person. New this year, tickets that are purchased online can also be printed at home.

For more information about the shows, ticket options, or to review an interactive season brochure online, visit [www.uww.edu/youngauditorium/season](http://www.uww.edu/youngauditorium/season) to learn more.

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Frank Guske and Joanne Gasperik sit in a shelter near a pond on the Moelter Foundation land. The two have spent many hours clearing buckthorn and brush from the land.

# Nature's classroom

Moelter Foundation offers hands-on learning for youth

by **Anne Trautner** STAFF WRITER

**F**or years, when Charles Moelter, 87, would look out over his 235 acres of woods, ponds, streams and prairie, he wanted to preserve the property.

Located about one mile east of Lake Geneva on Highway 50, the land had served as his family's farm, but Moelter dreamed that one day he could use the land to educate people about the environment.

Today, his vision has become a reality. Scores of children and young people have come to the property since 2003, when the land entered into a conservation easement. Boy Scouts, area schoolchildren and inner city youth have all visited to camp, fish, canoe, paddleboat and experience nature.

"That is my goal, to have kids out here to enjoy it," Moelter said.

## The call

Moelter thought it would be simple to preserve his land. He did not want to sell the property. Instead, he figured he would just give it away to someone who would be a good steward of the land.

"If you love something, you don't want to sell it. It's like selling your kid," Moelter said.

But Moelter couldn't find anyone who would accept his gift.

The Williams Bay Audubon Society was not interested. University of Wisconsin officials said they didn't have the money to manage the land. And Walworth County turned down the free offer.

Finally, Moelter approached the Geneva Lake

Conservancy, which agreed to provide a conservation easement for the land 11 years ago.

But Moelter still wanted to somehow use the land as an educational tool.

Meanwhile, Frank Guske, a Lake Geneva Scoutmaster, was in the process of trying to find a local place for his Boy Scout troop to camp.

Guske called everyone he knew who owned 10 acres of land to see if the Scouts could use the property. No one obliged, but a friend told Guske about Moelter.

So Guske called Moelter in March 2004. It was the beginning of a true partnership.

"We both wanted the same thing, something for these kids," Guske said.

"It was a magical happening," said Joanne Gasperik, Moelter's wife.

## Building a dream

The first time Guske came to the Moelter farm, he couldn't walk down the trail because it was so overgrown.

Since then, Guske and Gasperik have spent countless hours clearing buckthorn and brush from the property.

"I help Charlie with his dream. He's my friend. That's what friends do for each other, help them live their dreams out. His dream was to use this as a tool to educate kids," Guske said.

Other friends and many Scouts have donated time as well to help clear the land and build shelters. Monetary donations have provided electricity for a pavilion with weather curtains and a well.

In 2011, a handicapped-accessible shelter was built near

the pond, and a windmill was erected to aerate the pond. To provide light for that pavilion, Jared Blada, who attended Badger High School, added solar panels in 2012 for his Eagle Scout project.

With all the activity, Moelter is thrilled that the old farm has developed into something bigger than he had anticipated.

“Something like this is really beyond imagination, but we plodded along, taking baby steps all along the way,” Gasperik said.

Guske said not many people have the courage to take what they have earned and give it away as Moelter has.

“You work your whole life, and it should stand for something. This guy actually had the brains to do it,” Guske said.

## Property history

The Moelter property was first homesteaded on March 25, 1841, when Patrick Powers bought the land and had the original farmhouse built. The land later became the property of the Homan family, whom Moelter and his parents bought the land from in 1948.

“The native Americans loved this land,” Gasperik said. “Everyone who has owned the land since then has loved the land, and we are just custodians.”

After purchasing the property, the Moelters raised dairy and beef cattle, as well as pigs and goats, on the farm. However, in 1955, the barn burned down, and Moelter went to work as a general contractor in

Chicago. The farm was rented out to neighbors to use as a cornfield.

In 1980, another fire destroyed the original farmhouse.

In August 1984, Moelter and Gasperik began building their new house on the property.

Moelter placed the land into the conservation easement in 2003, and in 2006, he created the Moelter Foundation LTD, a nonprofit organization whose purpose is preservation, conservation and education.

“It is still Moelter property, it’s just never going to be destroyed. It’s never going to be developed. It’s going to be for people to enjoy,” Guske said.

## The future

Because the land can be used for education, a school or dormitory could one day be built on the property.

“Anything that is construed as educational is allowed,” Moelter said.

To help further education, the Moelter Foundation recently started a scholarship program.

The land is a haven for animals as well. Fellow Mortals, a wildlife hospital, releases animals on the Moelter property after they have been rehabilitated.

Moelter and Guske hope to one day construct a heated building on the land that could be used year round for group meetings.

In addition, there is a grass landing strip

on the property. Moelter, who is a licensed pilot, hopes that an organization such as the Civil Air Patrol will one day be able to utilize that landing strip.

Part of the property’s future is remembering the past. The goal is to maintain the land as it has always been. In addition, people who have been on the land are remembered there.

That is what Boy Scouts will do during a camporee to be held on the Moelter Foundation property Oct. 17-19.

A memorial will be held for Nathaniel (Nate) Walter, who was an Eagle Scout with Troop 236 and who had camped on the Moelter land several years ago. Nate died at age 16 on June 27, 2013, after a car hit him as he drove a riding lawnmower.

Boy Scouts held a similar memorial in 2010 for Carter Dorwin, a 9-year-old Cub Scout who died in a car crash.

With as many as 300 Boy Scouts and their families camping at this month’s event, all the camping sites on the property will be used, some for the first time.

Scouts will learn at the fall camporee to leave no trace behind, so future generations can enjoy the land as well.

“It is heaven down here. Everybody that has been out here, it has changed their life for the better,” Guske said.

For more information about the Moelter Foundation or to make a donation, go to [www.MoelterFoundationLTD.homestead.com](http://www.MoelterFoundationLTD.homestead.com).



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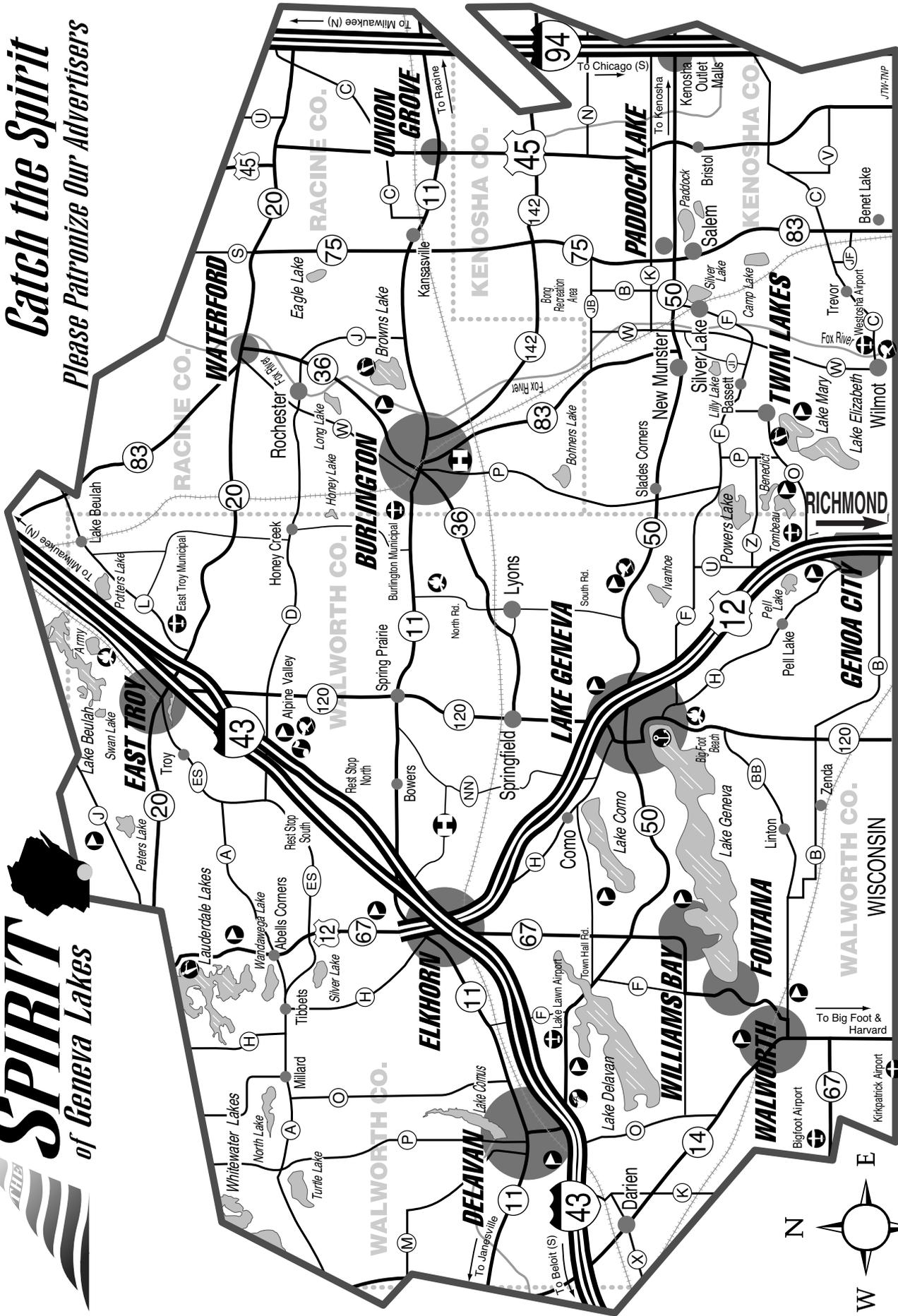
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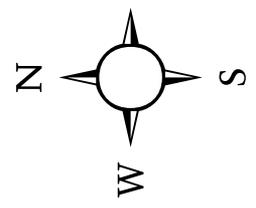
Acupuncture Wellness Center .....	16	Lauren's Antiques & Art Center.....	22
Advanced Quantum Health, LLC .....	14	Lucke's Cantina .....	8
Auto Works Plus.....	18, 36	Luisa's Restaurant .....	24
BJ Wentkers .....	26	Marino's .....	18
B&J Tree & Landscaping Inc. ....	36	Maxxx Motorsports.....	9
Bruno's Liquors.....	34	Medical Weight Loss .....	48
Burlington Footwear .....	32	Oh My Gauze.....	19
Burlington Health Foods .....	32	Paradise Park Assisted Living .....	26
Chocolate Expressions .....	32	Pete's Tire .....	28
Circle of Friends.....	22	Potawatomi Bingo & Casino .....	2
Custom Craft Carpentry.....	29	Ray's Automotive .....	36
Fairhaven .....	15	Revive Gallery .....	28
Fontana Jeweler.....	3	Rushing Waters Fisheries .....	37
Geneva Crossing Senior Neighborhood ....	29	Sandy's Upscale Consignment.....	22
Geneva Lakes Manor.....	14	Snap Fitness .....	15
Hawks View Golf Club.....	36	Sorgs Packing, Inc.....	4
History of Street Cops .....	38	Steve's British Connection .....	8
Hobby Town Usa .....	20	Sugar Creek Mutual Insurance .....	46
Home Again Restaurant.....	10	The Geneva Inn .....	4
Hunters Auto Service.....	24	The Rauland Agency Inc .....	45
Initial Designs, LLC .....	36	The Shy Violet .....	32
Keller Williams Premier Realty.....	12	Toe to Toe Ballet.....	28
Kiddy Korner .....	40	Reflections of the Past .....	22
Komfort Heating & Cooling .....	30	UWW Young Auditorium.....	40
Lake Geneva Massage .....	14	Walworth State Bank.....	38
Lake Geneva Pie .....	31	Water Warehouse.....	38
Lake Lawn Resort .....	47	West 20 Ranch & Saddle Co.....	20

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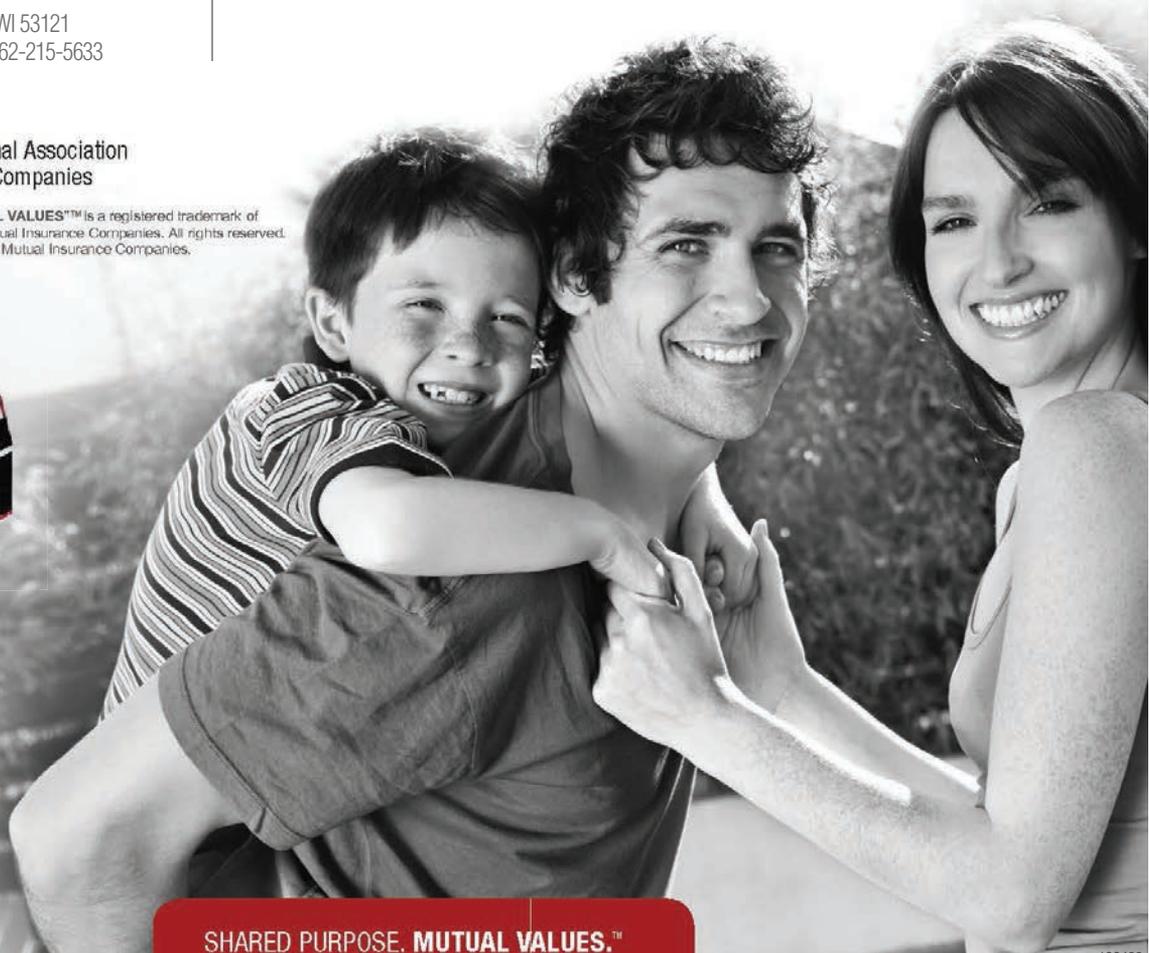
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**THE LOSS OF**  
**20-30 POUNDS**  
**IN THE FIRST**  
**MONTH!!**

*"I lost 10 pounds*  
*in the first week"*

-Alexandra

***How About***  
***10 Lbs.***  
***in Ten Days?!!***

**WHEN YOU'RE TIRED**  
**OF FOOLING**  
**AROUND...**  
**CALL US.**

*"I wanted to lose 30 pounds*  
*and did it in just 6 weeks!"*

-Gail

*"I took off 13 pounds*  
*in 7 days!"*

**LOSE**  
**THOSE**  
**HOLIDAY**  
**POUNDS!**

Call  
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**OR VISIT:**

**[www.medicalweightlossllc.com](http://www.medicalweightlossllc.com)**



Start-Up Includes: Appetite Suppressant Medication, Fat Burner Injection, EKG, Laboratory/Blood work, Medical Consultation and Exam, Diet program, Exercise guide, Fat Burner Capsules and Pharmaceutical Vitamins