



# *THE SPIRIT of Geneva Lakes*



Vol. 30 No. 1

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## Making art out of winter

There's a certain cruel irony to creating elaborate works of art in such a fleeting medium – one that will melt away when the sun shines and the temperatures climb above freezing. But that's just how it is during the U.S. Snow Sculpting Championships held each year during Lake Geneva's Winterfest. What that means for most of us is that time is of the essence when it comes to getting out to see the stunning works created by competitors. This year's chance comes Jan. 27 through Feb. 4 at Rivera and Flat Iron parks.

COURTESY OF VISIT LAKE GENEVA *Spirit of Geneva Lakes*





# IT'S COMIN' UP

## JANUARY EVENTS

### 1-8 Art Show and Artsy Holiday Market

at Gallery 223, 223 Broad St., Lake Geneva, 10 a.m. to 5 p.m. Geneva Lake Arts Foundation's annual Winter Show and Artsy Holiday Market. Members' show features holiday-themed paintings, prints, photographs, jewelry, pottery, glass works, sculpture and cards as well as stocking stuffers, handmade holiday decorations and artisan gifts.

**1 High South** at the Ridge Hotel lounge, W4240 Highway 50, Lake Geneva, 2 p.m. No cover charge. High South covers hits from the 70s through today with a mixture of original songs that gained them notoriety in the Nashville music scene. [www.ridgelakegeneva.com](http://www.ridgelakegeneva.com)

**1 New Year's Eve celebration** at Lake Lawn Resort, 2400 E. Geneva St., Delavan, 5 p.m. to 1 a.m. Activities and parties in the Frontier Restaurant and Lounge, Lookout Bar and Eatery, Great Room, Geneva Club, Wisconsin Room and Geneva Ballroom. Some activities include balloon drops, movies, indoor 9-hole mini golf and indoor carnival games from 7 to 11 p.m. [lakelawnresort.com](http://lakelawnresort.com)

**1 New Year's Eve at Wilmot Mountain**, 11931 Fox River Road, Wilmot, noon to 12:30 a.m., photo booth, live music, face painting, games, party favors, fireworks and more. [www.wilmotmountain.com](http://wilmotmountain.com)

**3 Crafts by the Lake: Calligraphy** at the Lake Geneva Public Library, 918 W. Main St., 6:30 p.m. Loretta Nussbaum will teach the basics of Calligraphy to participants. Supplies provided. [www.lakegeneva.lib.wi.us](http://www.lakegeneva.lib.wi.us)

**3, 10, 17, 24, 31 America's Pub Quiz Hosted Trivia** at Sprecher's Restaurant and Pub, 111 Center St., Lake Geneva, 8 to 10 p.m. [www.sprecherspub.com](http://www.sprecherspub.com)

**5, 12, 19, 26 Live and Local Music Series** at Wilmot Mountain, 11931 Fox River Road, Wilmot, 7 to 10 p.m. [www.wilmotmountain.com](http://www.wilmotmountain.com)

**6 Wine tasting** at The Bottle Shop, 617 W. Main St., Lake Geneva, 1 to 4 p.m. [thebottleshoplakegeneva.com](http://thebottleshoplakegeneva.com)

**6 Mini Me Fitness** at the Lake Geneva Public Library, 918 W. Main St. Mini workout for parents and kids with a presentation on superfoods and nutrition. Bring a water bottle. [www.lakegeneva.lib.wi.us](http://www.lakegeneva.lib.wi.us)

**6, 13, 20, 27 Victoria Tea and Historic Home Tour** at the Baker House, 327 Wrigley Drive, Lake Geneva, 2 to 4 p.m. Reservations required at 262-248-4700; \$32 per person.

**6, 13, 20, 27 Nino Cruzillini's Family Magic Show** at Grand Geneva Resort and Spa, 7036 Grand Geneva Way, Lake Geneva, 8 p.m. in Swinghurst Theater, \$15 resort guests, \$20

non guests. Reservations suggested at 262-248-8811.

**6, 20 Live music at Studio Winery**, 401 Sheridan Spring Road, Lake Geneva, 4 to 8 p.m. No cover charge. [www.studiowinery.com](http://www.studiowinery.com)

**13 Un-hich'd performing at The Bottle Shop**, 617 W. Main St., Lake Geneva, 5 to 7 p.m. [thebottleshoplakegeneva.com](http://thebottleshoplakegeneva.com)

**16 Dutch Shoe Carving Workshop** with Luke's Lost Arts at the Lake Geneva Public Library, 918 W. Main St., 6 to 7:30 p.m. [www.lakegeneva.lib.wi.us](http://www.lakegeneva.lib.wi.us)

**17 Game Night** at Delavan Lake Store, 2001 North Shore Drive, Delavan, 6:30 to 9:30 p.m. 262-725-6747

**19 Trivia Night** at Delavan Lake Store, 2001 North Shore Drive, Delavan, 6:30 to 9:30 p.m. 262-725-6747

**19 Jazz music** at the Lake Geneva Public Library, 918 W. Main St., 3 p.m.

**20 Tony Rocker as Elvis** at Phoenix Park Bandshell, 405 E. Walworth Ave., Delavan, 7 p.m. Tickets: \$20; fundraiser for the Friends of the Phoenix Park Bandshell. 262-728-9681

**24 Thread-Painted Quilts** with Wendy Rieves at the Lake Geneva Public Library, 918 W. Main St., 6:30 p.m. Meet award-winning quilter and see examples of her thread-painted quilts. [www.lakegeneva.lib.wi.us](http://www.lakegeneva.lib.wi.us)

**25 Quilts from Our House** at Aram Public Library, 404 E. Walworth Ave., Delavan, 1:30 to 3 p.m. Nancy Snyder and Carrie Dodge from The Stitchery will share a sampling of trends and styles in quilting that have taken place over the years. 262-728-3111

**27 Sing-a-Long Sound of Music** at the Young Auditorium, 930 W. Main St., Whitewater, 3 p.m. to midnight. Sing-along to the movie "The Sound of Music." Free event, tickets required from [www.uwu.edu/youngauditorium](http://www.uwu.edu/youngauditorium).

**27 Abominable Snow Race**, Grand Geneva Resort and Spa, 7036 Grand Geneva Way, Lake Geneva, 8 a.m. to 11 p.m. [abominablesnowrace.com](http://abominablesnowrace.com)

**27-Feb. 4 Lake Geneva's annual Winterfest** weekend featuring the U.S. National Snow Sculpting Competition featuring music, magic, refreshments, activities, helicopter rides, shopping and dining. Riviera Park, 330 Broad St. (262) 248-4416

*Although we make every attempt to provide accurate information regarding area events, dates and times may change or events may be cancelled. We suggest you call ahead prior to making travel plans.*

# THE SPIRIT

IS A PUBLICATION OF



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# THE SPIRIT

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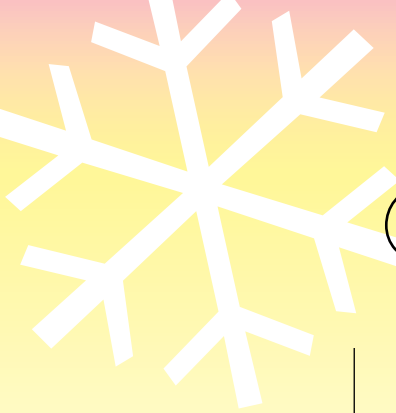
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A woman wearing a colorful knit hat with long earflaps, goggles, and a yellow and black jacket is sculpting snow with a shovel. She is wearing a name tag that says "ERIKKA W". The background is a clear blue sky with falling snow. A large white snowflake graphic is in the top right corner.

# *Sculpting awesome winter fun*

U.S. SNOW SCULPTING CHAMPIONSHIP  
TO AGAIN HIGHLIGHT  
LAKE GENEVA'S WINTERFEST



As the month of January moves along, downtown Lake Geneva comes alive with anticipation of the start of Winterfest.

Winterfest, Jan. 27 through Feb. 4, is a celebration of all things winter and has been highlighted for more than 20 years by the annual U.S. Championship Snow Sculpture competition held in front of the Riviera and now spilling over into Flat Iron Park.

Over the years the festival has grown to include a variety of other activities, including but not limited to, the Abominable Snow Race, Lake Geneva Chili Cookoff, Winterfest Showcase at the Riviera, human dog sled race, the Amazing Yeti Race, helicopter rides, historic teas and tours, and a variety of special activities at businesses throughout the City of Lake Geneva.

Gina Delberti is a Milwaukee resident who has fallen in love with ice sculpting. With some artistic

training, she said she was always interested in creating and making new forms, beginning with the snow on the front lawn throughout her childhood.

"I saw an ad in the newspaper about the Lake Geneva snow sculpture carving competition and was intrigued," Delberti said. "I drove to Lake Geneva, introduced myself to all the sculptors I could find and asked a lot of questions."

She shared her interest in being on a team and, to her surprise, she was called by one of the teams to compete with them for the state championship.

"It took 8 years to win a state championship to qualify for the Lake Geneva U.S. Championship competition," she said.

### *Best of the best*

Winning a state championship is needed to participate in Lake Geneva.

Fifteen teams, each consisting of three sculptors, compete for the national title, said Don Berg,

by **Sandra  
Landen  
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*Sculptors come from many fields. Some are artists who want a platform for their artwork. Others are dentists, lawyers, firemen, teachers, or from trades. Many of us, we just like to play in the snow.”*

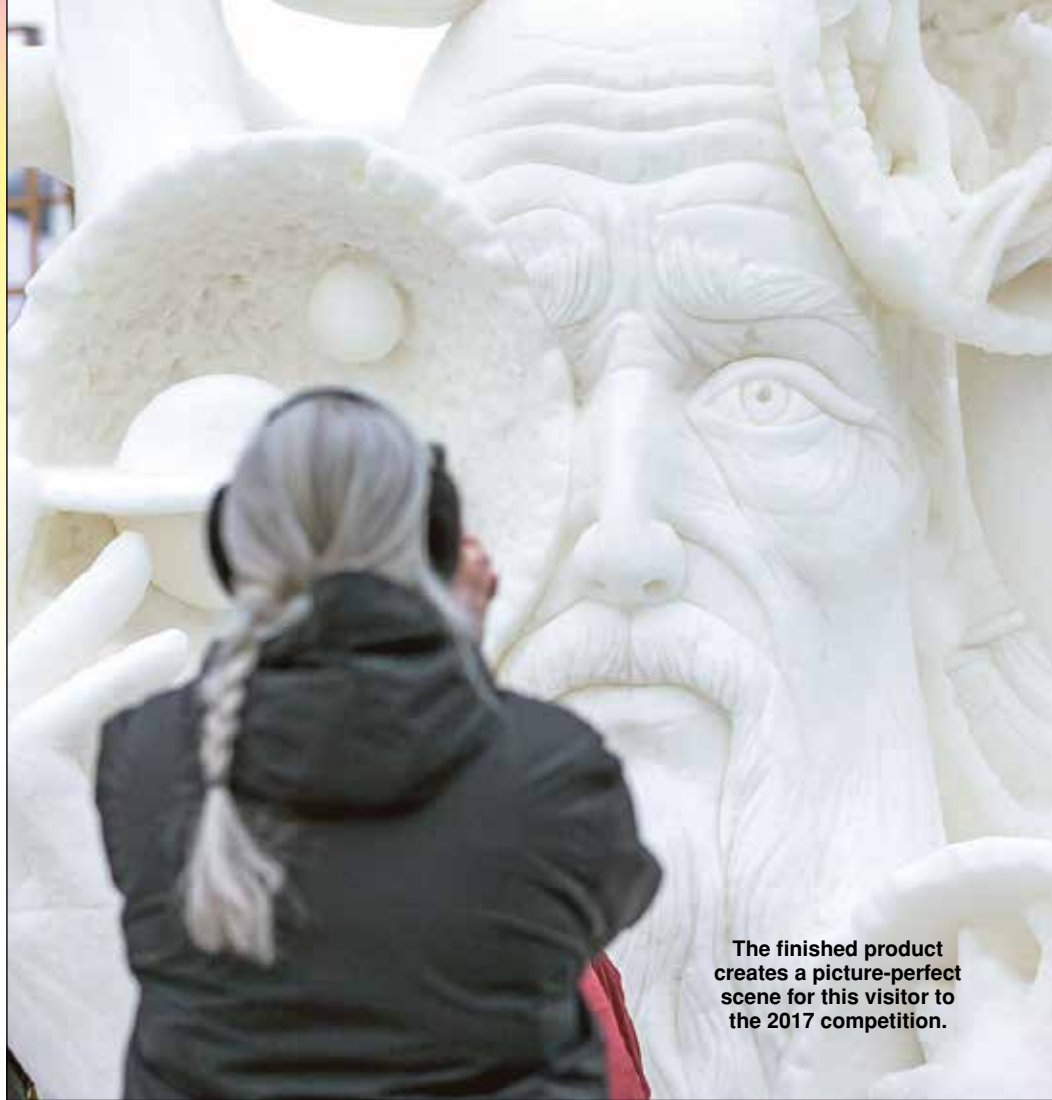
cofounder with Fred Raasch, of Winter Fun the organization that created and runs the competition.

“Each state that holds a sanctioned state competition is allowed to send its winning team, although Alaska is allowed to send two teams,” he said. “In addition the winner of the previous year’s national competition is also invited to return.”

This year the 2017 winning team is not able to return because of other engagements, so the second-place team will be at the competition. That is the team Delberti is a member of. She said they are looking forward to another exciting competition and hopefully a first place finish this year.

The snow sculptures begin with a round, compacted pile of snow 8 feet by 10 feet high. Because of the large amount of snow needed to form the blocks, snow is trucked in from the Grand Geneva Resort and poured into the forms. Then the snow is packed in to form a solid block. The blocks are produced on Monday and Tuesday, this year Jan. 29 and 30.

The actual sculpting competition



The finished product creates a picture-perfect scene for this visitor to the 2017 competition.

The snow sculptures begin by compacting snow into a container 8 feet in diameter by 10 feet high.



PHOTOS COURTESY OF VISIT LAKE GENEVA  
Spirit of Geneva Lakes



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The 2017 winning team of sculptor Dave Andrews and team members Steve Bateman and Kevin Sawicki pose with their snow structure.

begins on Wednesday and continues until 11 a.m. Saturday morning. At that time all tools are down and no further changes can be made to the sculpture.

Some sculptors are out late at night or working through the night, putting their design into final form. Sometimes the need to work late at night or all night is because of weather conditions, while others just need the extra time because of the intricacy of their design.

### *Here come the judges*

The sculptures are out in the open and visitors are free to watch the artists turn the block of snow into the finished product.

The sculptures are judged by the members of the teams in the contest. No one is allowed to vote for their own work.

The sculptures are judged on creativity (50 percent), technique (30 percent), and message or visual force (20 percent). Three awards are given: Gold, the U.S. National Snow Sculpting Champion Award; Silver, the State of Wisconsin Award; and Bronze, the City of Lake Geneva Award. In addition, visitors to the competition are allowed to vote for the People's Choice Award. The award ceremony is at 3 p.m. on Saturday Feb. 3.

"Being a member of a team is often difficult since the competitions usually require several days attendance to create the sculpture. Many of us have full time jobs and have to use vacation time to compete. But it is a great use of that time," Delberti said. "Sculptors come from many fields. Some are artists who want a platform for their artwork. Others are dentists, lawyers, firemen, teachers, or from trades. Many of us, we just like to play in the snow."

Each snow sculpture takes about 100 man or woman hours to complete and during that time it is estimated each team will consume about 30 mugs of coffee and hot cocoa.

"We really don't get cold," Delberti said. "We dress in layers and as we get involved in the work of sculpting often have to remove some of our outer layers. Our favorite weather is a crisp cold day with a little cloud cover so the sun doesn't melt the blocks."

Last year's national champion, sculpted by David Andrews, Steve Bateman, and Kevin Sawic Ki was a sculpture entitled "Myrtha and the Dance of the Willis."

### *No power tools allowed*

Carving the sculptures is done with four major tools and no power tools are allowed. The sculptors may use their own equipment or equipment will be provided to complete their work.

An ice chopper is used to chop away

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large chunks of snow from the block. A snow saw is needed to cut through the thick parts of the block. For cutting through the smaller parts of the snow and creating curves the machete is the tool of choice. Lastly a chisel is used to remove small amounts of snow to create the many details that are seen on the finished sculptures.

The Snow Sculpting Competition draws more than 20,000 people each year to Lake Geneva making parking somewhat difficult. But thanks to the City of Lake Geneva, free parking will be available in downtown Lake Geneva throughout the festival, as the meters will be turned off. The free parking will continue through the end of February.

For those who are too late to grab a parking spot in downtown Lake Geneva can head over to the Home Depot Parking Lot at 550 Edwards Blvd. to park in the northeast corner of the parking lot and take advantage of the free shuttle to downtown. Drop off and pick up is at Center and Geneva streets. The bus will run Saturday and Sunday, Feb. 3 and 4, from 8 a.m. to 8p.m., with one bus leaving every 20 minutes. The city highly recommends not parking on the lake.

### ***Other activities***

While in the area viewing the snow sculptures, be sure to visit the kids snow blocks in Flat Iron Park to view the work



**A family watches as a snow sculptor puts the finishing touches on his work.**

COURTESY OF VISIT LAKE GENEVA Spirit of Geneva Lakes



of future sculptors. Then head into the Riviera to view the Marketplace, grab a seat to listen to the music while enjoying a place to warm up, take a rest and enjoy some food and drinks. Visitors may also like to take some time to visit the sponsors' exhibits and purchase some souvenir items.

Last year a new activity was introduced at the Mountain Top of the Grand Geneva Resort. The Abominable Snow Race is a 4- to 6-mile run through a winter obstacle course with 20-plus obstacles to overcome. The event includes a timed Elite race and a Hero race (military, fire and police) and open heats. Register early as there are a limited number of participants allowed. The Abominable Snow Race will be held at Grand Geneva Resort on Saturday, Jan. 27.

Yeti's Lodge will have fresh craft beer and live music, dancing and photos with Yeti.

The Baker House will have Historic Teas and tours. The Grand Geneva Chophouse Brunch will be on Sundays, Jan. 28 and Feb. 4. Harbor Shores offers a treat for families. Attend the Souper Family Fun Night also on Jan. 28. Share some soup and then enjoy an evening of family games and entertainment.

Winter is always time for chili and



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To complete the Abominable Snow Race, participants must make their way through 20 or more obstacles to reach the finish line. The participants will find their way along a trail of 4-6 miles. The race is held at the Mountain Top at Grand Geneva Resort on Jan. 27.

Winterfest means it is time for the annual chili cook off. On Saturday, Feb. 3, from 11 a.m. to 3 p.m., sponsored by Lake Geneva Country Meats and Hawk's View Golf Club. The event is held at Hawk's View and is a family friendly activity. Chili sampling, live music, indoor golf competition and children's activities will make this a fun afternoon.

Go to VisitLakeGeneva.com/winterfest for a complete look at all the activities and to register for any of the events.



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With a smile on their faces, this couple carries logs as they progress along the Abominable Snow Race Route.

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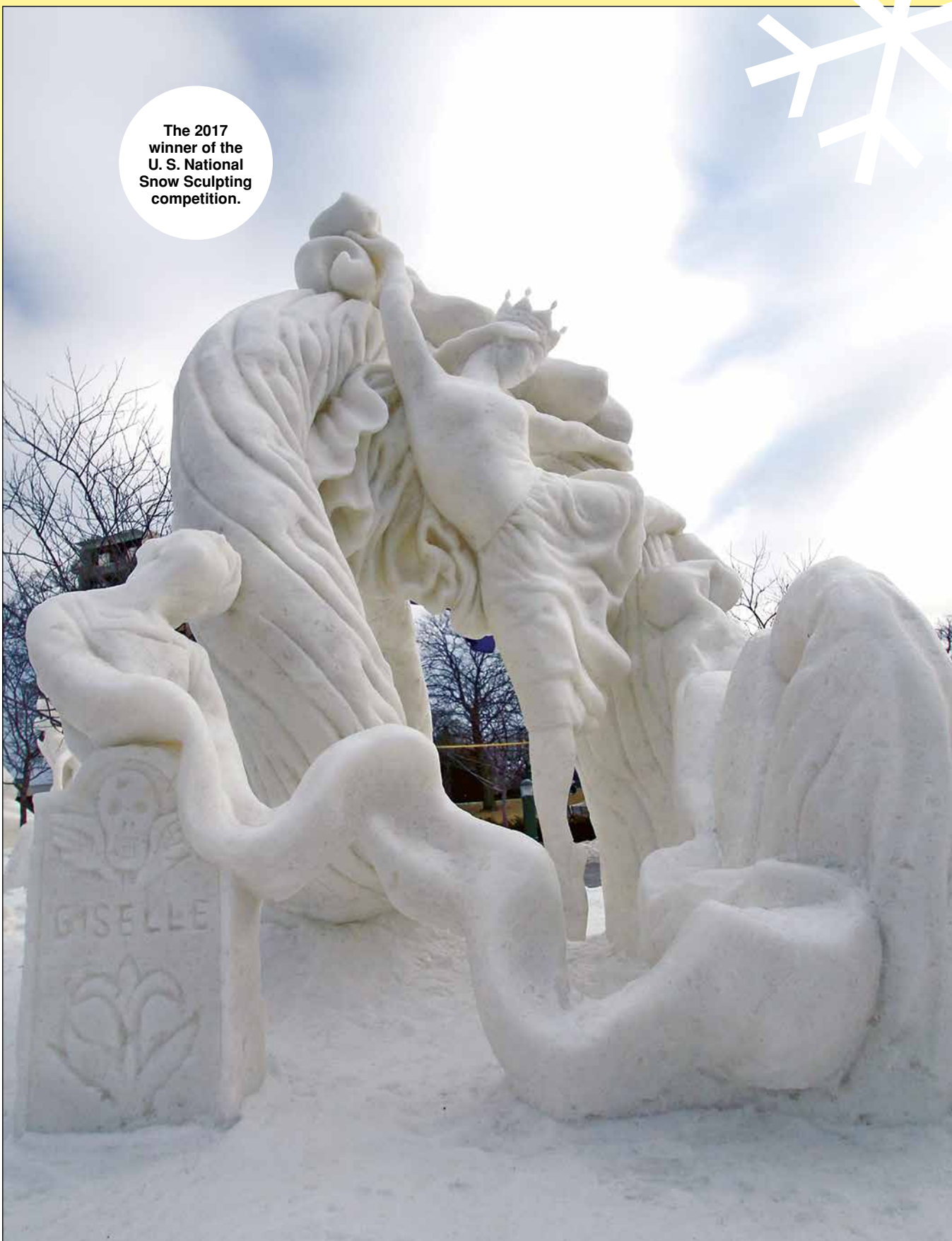
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# Winterfest

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Lynn Garwood finds the name of one of her children scribed within one of her paintings that hangs in her Burlington studio.



## INSPIRED BY WORDS

Area woman wins international award for one of her paintings

by **Vicky Wedig**

STAFF WRITER

VICKY WEDIG PHOTO  
*Spirit of Geneva Lakes*

Underneath each of Lynn Garwood's paintings is an inspirational expression.

"I always start my painting with a positive word," said the Burlington artist who tied for first-place in September in an American Art Awards international online art contest with her painting "Betsey in the Mist."

Sometimes portions of the words are visible when the painting is done; sometimes they're not.

"It just kind of becomes part of the piece," she said.

But, the words have served their purpose during the process of creating the work.

"It's for me," Garwood said. "It's to uplift my own feelings."

The words "love," "peace" and "inspiration" were painted vertically the length of what later became a painting of three old gas pumps. Parts of the words can be seen in the finished piece.

One piece, called "Happy Collaboration," has 56 words painted under it – words generated from friends on Facebook who suggested things like "compassion," "blessed" and "gratitude." All were included in the collaboration – a painting of



seashells with an ocean in the background.

### *High praise*

Garwood entered five of her pieces in the American Art Awards competition that is judged by 25 of the best galleries in the country, she said. Her paintings went up against works of art from 56 countries. She and another American artist tied for first.

Her painting is of a rusty late-model Chevrolet truck that sits next to her driveway off Schaal Road. The painting, her husband, Harm's, favorite, hangs in their home and is unlikely to be sold, she said.

Another of Garwood's paintings – a piece called "Fallen" that depicts autumn leaves – hangs in the Burlington Family Chiropractic Clinic. The piece started with the word "beautiful" painted on the canvas. The word can't be seen now, but, while Garwood was painting it, a friend suffered an accident, and Garwood prayed for her friend on the backdrop of the word "beautiful" as she painted the leaves.

Later, when the painting was on display at the Zhou B Art Center in Chicago, the center had a meditation event during the Rooted in Mother Nature exhibition, Garwood said. Two women who didn't know each other said they were drawn to the leaf painting while meditating. It turned out one

of the women had just finished chemotherapy; the other was just starting, Garwood said. She said the painting is a healing piece, and appropriately hangs in the chiropractic office.

**Lynn Garwood starts each painting with an inspirational word that will be painted over as the art progresses.**

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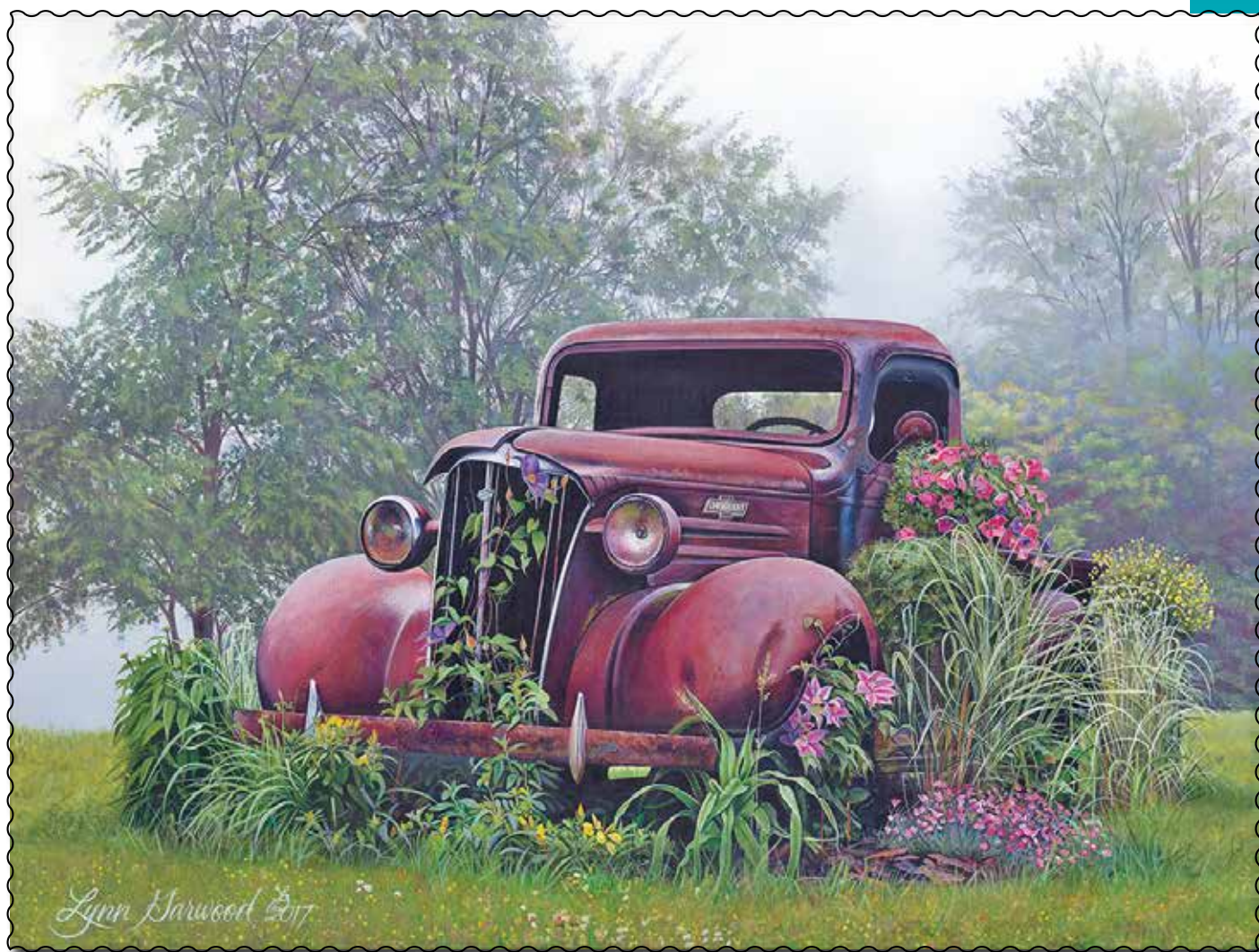
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The words 'love,' 'peace' and 'inspiration' were painted vertically the length of what later became a painting of three old gas pumps."



SUBMITTED PHOTO Spirit of Geneva Lakes

**Lynn Garwood's painting, "Betsey in the Mist," tied for first place in the American Art Awards international online contest in 2017.**

"It has a life of it's own," she said. "It's bringing peace to people."

"Fallen" was also displayed at the Salmagundi Club on Fifth Avenue in New York City in July. Lynn and Harm Garwood visited the nearly 150-year-old art club in Greenwich Village while the painting was exhibited.

### *More awards for artist*

Garwood's work also is displayed at the Starline Factory in Harvard, Ill., where she has won three people's choice awards.

Garwood also took part in the first Pour Your Art Out fundraiser in the Grand Geneva Ballroom in October. At the

event, which raised money for Big Brothers Big Sisters of Racine, Rock, and Walworth counties, Garwood sold prints, greeting cards featuring her prints and original works of art.

Soon T-shirts and other items featuring Garwood's works and cheery emblems will be available with her latest endeavor. Garwood and her best friend since high school in Lombard, Ill., Laurel Harmon, are launching a business called Sunny Marks. Sunny Marks will feature bright, cheerful, inspirational words and pictures – lots of suns and waves, Garwood said – on things like T-shirts, coffee mugs, plates and baby onesies. Garwood and Harmon want people to pick up their items and say, "Awww!"

"This has to be fun," said Garwood, who hopes the



products will launch online and in area gift shops around March. "We're still in the acquiring the knowledge mode."

### *A new venture*

The ladies have begun acquiring the equipment needed to transfer their designs onto their products and will use the garage space once used for Garwood's sign painting business for their new venture.

After discovering her talent for art while attending Glenbard East High School, Garwood studied commercial art in college and operated Biron Signs in Burlington for 24 years. When her third child, Jaclyn, was about 8 years old, Garwood decided running a business and raising four children was too much. She gave up her sign business but needed an outlet for her creativity.

"As a creative person, if you don't, you go crazy," she said.

Around 2009, she began painting at night after her kids were tucked in, and her second career as an artist began. Some of her works feature her children – Jake, 21, Jose, 19, Jaclyn, now 18, and Jesse, 16 – and, in some, their names can be found scrawled amid the brush strokes.

**Lynn Garwood and her best friend since high school in Lombard, Ill., Laurel Harmon, are launching a business called Sunny Marks. Sunny Marks will feature bright, cheerful, inspirational words and pictures on shirts and other items.**



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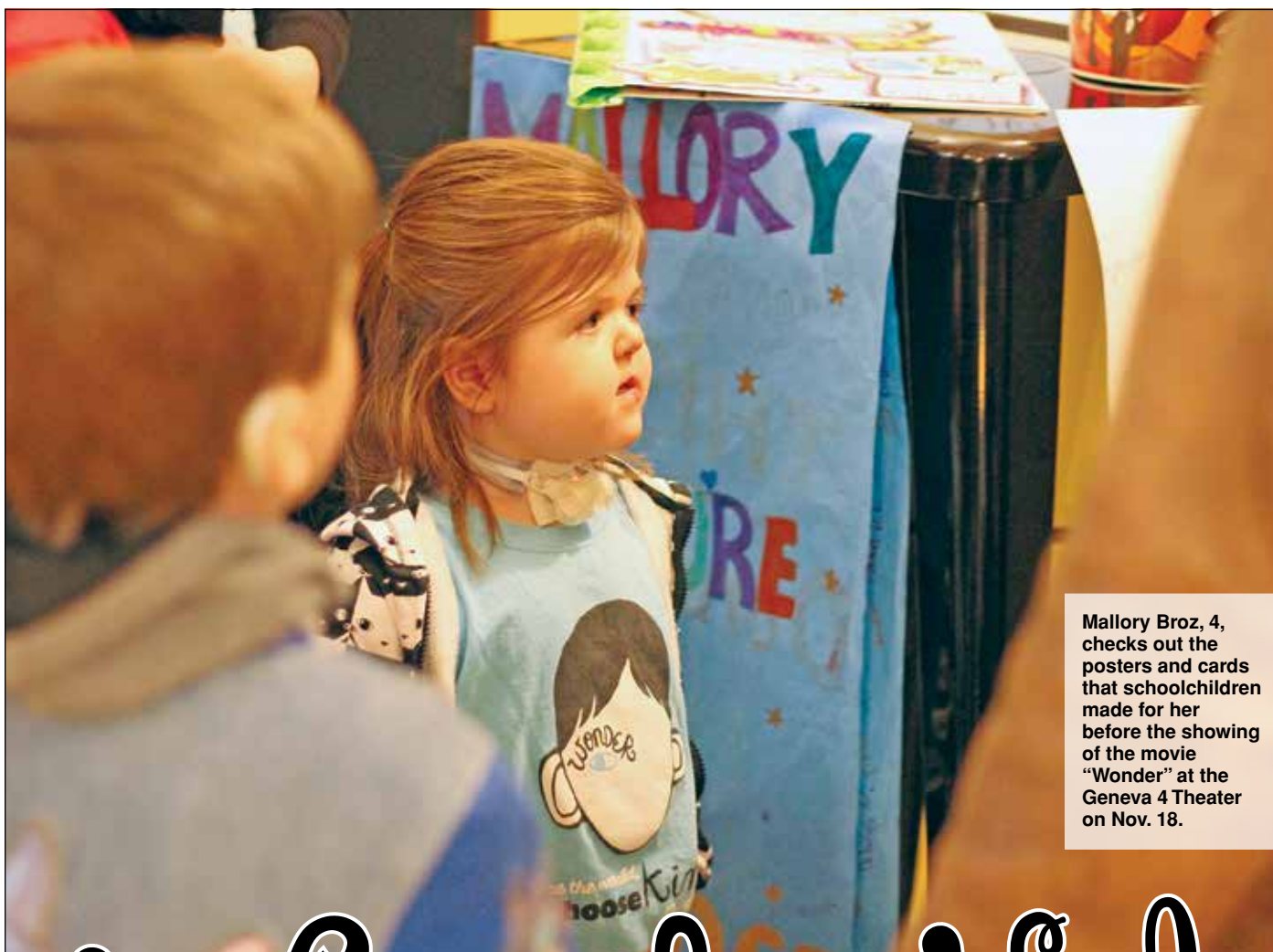
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Mallory Broz, 4, checks out the posters and cards that schoolchildren made for her before the showing of the movie "Wonder" at the Geneva 4 Theater on Nov. 18.

# A Wonderful GIRL

Family uses film's spotlight to raise awareness of daughter's differences

by Vicky Wedig  
STAFF WRITER

After being blessed with five boys, Cathy Broz was thrilled to learn her sixth child was a girl. At her 20-week prenatal check-up, everything looked great. But, at 30 weeks, doctors noticed extra fluid around the baby and began running tests. Before Mallory was born, Cathy and her husband, Frank, knew all the plates in their daughter's skull were fused as were her fingers and toes.

At birth, she was diagnosed with Pfeiffer syndrome, a rare genetic disorder that affects the shape of the head and face. She also bears characteristics of Apert syndrome that prevents the skull from growing normally.

The disorders are on the spectrum of craniofacial diseases, brought to public light with Eric Stoltz's character Rocky Dennis in the 1985 hit "Mask." In the movie that starred Cher as Dennis' bold mother, Dennis had craniodiaphyseal dysplasia, which results in neurological disorders.

Mallory has Type 1 Pfeiffer Syndrome, which Cathy Broz said is on the mild end of the spectrum.

“

*She just wants to be like everyone else. The more exposure we give to kids with special needs, the more accepted they'll be.”*

“She’s kind of on the lucky side,” she said.

### A ‘Wonderful’ response

The group of disorders gained public attention again recently with the release of the movie, “Wonder,” based on the book by the same name.

In the book, 10-year-old Auggie, who has mandibulofacial dysostosis, enters public school in fifth grade after being home-schooled until that time. Auggie is bullied because of his facial deformities but ultimately is held in high regard among his schoolmates.

Cathy Broz said she has been aware of the book for a couple of years, and, when she heard the movie was being shown beginning in November at the Geneva 4 Theater, she decided to pitch the idea of a fundraiser.

Broz said other people on a Facebook network for families with children with craniofacial disorders had had fundraisers

to benefit various organizations, and she thought the movie-showing would be a good opportunity to do so.

### Local theater helps

She reached out to Geneva 4 events coordinator Sue Lamberton, who was receptive to the idea.

Lamberton said the movie has launched a “be-kind” movement among school-age kids.

“This is huge in the schools,” she said. “How wonderful for us to promote this with our youth.”

The Geneva 4 Theater donated \$2 from every ticket sold to the movie, “Wonder,” the weekend of Nov. 17 and 18 to the Children’s Craniofacial Association. An anonymous donor kicked in another \$1 per ticket for every movie-goer who posted a selfie while at the show.

Those efforts generated several hundred dollars, Lamberton said.

The Broz family, of the Town of Linn,

went to see the show Nov. 18, and Cathy Broz gave a short presentation about the disorder before the movie began.

What the Broz family didn’t know is that Lamberton had contacted five area schools before the movie launched to have a penny drive to benefit the Children’s Craniofacial Association.

Those efforts – from Jackson Elementary School, First Lutheran and the Alternative High School in Elkhorn and Reek and East View elementary schools in Lake Geneva – generated another \$300-plus, for a total of about \$700, Lamberton said.

### An ‘amazing’ night

The theater also expected about 1,800 students to attend the movie throughout the following week, and the students also made oversize poster-board cards for Mallory. Lamberton completed Mallory’s night in the limelight with a crown.

“Mallory was a princess for the night,” she said. “It was an amazing movie.”



Mallory Broz and her family – parents Frank and Cathy (from left), and brothers Quentin, Andrew and Nicholas, gather for a photo during a recent screening of the film “Wonder.”



Cathy Broz said the local showing of the movie provided an opportunity not just to raise money for a worthy cause but to expose Mallory to the community and gain acceptance for people who look different.

She said the theme of “Wonder” is “be kind,” which applies more broadly than treating people with disabilities kindly.

Cathy Broz said Mallory attends Lakeland School in Elkhorn now and functions at about a 2-year-old level. But, eventually, she will attend Woods School with her brothers, and she wants the community to be exposed to people with special needs.

“Appearances aren’t everything. She just wants to be like everyone else,” she said. “The more exposure we give to kids with special needs, the more accepted they’ll be.”

Broz said her family has experienced very little negativity toward Mallory. The support of older brothers Tyler, 19, Jeremiah, 14, Andrew, 12, Nicholas, 11, and Quentin, 6, helps, she said. Broz said the boys are so positive about their sister that it catches on among their friends, who greet Mallory enthusiastically.

### Surgeries on the horizon

Mallory will need surgeries until she’s full grown to make room for her brain to grow. The surgeries involve taking apart the plates of her skull and putting them back together to create growth, Cathy Broz said.

Mallory’s first surgery – at 9 month’s old – involved installing hardware on her skull that her parents had to turn to separate the plates. The process was heart-breaking for her parents, but Mallory seemed unfazed.

“It was painful for us,” Cathy Broz said. “She takes everything like a champ.”

Expanding the space between the plates allowed new bone to grow there, she said.

Mallory, now 4, has had eight surgeries to date including three on her hands to separate her fused fingers. Even with her fingers connected to each other, Mallory learned to hold cups and modify the way she did things, Cathy Broz said.

“She figures out how to make everything work,” she said.

Like other 4-year-olds, she plays with her brothers’ toys, chases her cats around the house and watches her favorite shows on Nickelodeon.

“She’s very independent,” Broz said. “She’s very playful.”



**Mallory Broz and her mother, Cathy, react to the posters and cards kids made for Mallory, who has Pfeiffer syndrome, a craniofacial disorder, during a showing of the movie “Wonder.”**





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# Resolve to be financially fit

## Sugar Creek Mutual offers tips to protect your assets

Your home is generally the largest investments you'll make in your lifetime and property and liability insurance policies help protect you and your finances when a loss occurs.

Insurance companies assist in recovery from a loss by covering the costs associated with a claim, according to the staff at Sugar Creek Mutual Insurance Co., Elkhorn. The costs range from repairing damage from storms or fires to providing additional living expenses while you are temporarily displaced and cannot live in your home after a covered loss.

Where do you start? Here are some tips from Sugar Creek Mutual:

- Ask friends and neighbors what their experience has been with a company or agent.
- Get quotes from several companies with agents that are able to explain the coverage that they are quoting.
- Do not shop on price alone. Service from the insurer is critical when you have a loss. Are you able to speak to your claim representative or do you have to listen to a long answering service message and speak with a new person every time you call?
- How much insurance coverage do you need? What you paid for your house is not the same as what it would cost to repair a partial loss or replace your home in the event of a total loss. Cost estimates based on the size, style, and age of your home should be used to estimate an insurance value. Generally, the costs are greater to rebuild or repair a home than it costs to build new.
- You should choose the highest deductible you can afford to limit small claims. You do not want to make claims for small losses. Insurance should be in place to protect you from the financial shock of a large claim but not used as a maintenance program. Many companies offer discounts for higher deductibles and for maintaining a claim-free history.

### Update and record

• Maintaining your home with updated electrical and plumbing systems, replacement of roofs, repairing minor damages to siding, windows, and doors, not only make your home more appealing to live in, it helps reduce the risks of fire, wind, and water damage.

Fire, windstorm, theft, and other perils are what your policy



SUBMITTED PHOTO Spirit of Geneva Lakes  
Sugar Creek Mutual Insurance Company is at 17 W. Walworth St., Elkhorn. The firm is owned by its policyholders and has been around since 1873.

“

Maintaining your home not only makes it more appealing to live in, it helps reduce the risks of fire, wind, and water damage.”

covers. Flooding is not a covered peril on a standard home policy and is a stand-alone policy.

- You should also review your home inventory annually making sure your contents are adequately insured. A good practice is to walk through your home and photograph or video record each room, opening drawers and closets to record what you have. It is relatively easy to upload the photographs or video to cloud storage to maintain this record off site.

You may also want to add scans or photograph receipts for more substantial purchases such as appliances, furnaces, air conditioning, furniture, or fixtures so you know the age and values. After a loss it is difficult to recall what you had and these records will help you document your claim. Typically, contents coverage is between 50 to 70 percent of the value of the residence.

Homeowner policies also provide additional living expense coverage if you are unable to live in your home following a loss.

- Policies generally have limits on certain items. Review these coverages with your agent to decide if you need a rider, which increases the coverage for specific items such as collections, art, jewelry, or other items.

### Liability coverage

- The liability portion of homeowners insurance covers you against lawsuits for bodily injury or property damage that you or family members or pets cause to other people, as well as court costs incurred and damages awarded.

You should have enough liability insurance to protect your assets. Most homeowners' insurance policies provide a minimum of \$100,000 worth of liability insurance, but higher amounts are available and, increasingly, it is recommended that homeowners consider purchasing at least \$300,000 to \$500,000 worth of liability coverage.

- If you own property and or have investments and savings that are worth more than the liability limits in your policy, consider purchasing a separate excess liability or umbrella policy.

Umbrella or excess liability policies provide coverage over and above your standard home (or auto) liability policy limits. These policies start to pay after you have used up the liability insurance in your underlying policy. In addition to providing additional dollar amount coverage, umbrella or excess liability often offers broader

coverage than standard policies.

The cost of an umbrella policy depends on how much underlying insurance you have and the kind of risk you represent. The greater the underlying liability coverage you have, the cheaper the umbrella or excess policy. To write an umbrella or excess policy, most companies will require a minimum of \$300,000 underlying liability insurance on your standard homeowner's policy.

### About Sugar Creek

The firm's policyholders own Sugar Creek Mutual Insurance Company, at 17 W. Walworth Street in Elkhorn, Wisconsin. Since 1873, Sugar Creek Mutual has provided coverage to policyholders through local agents. A board elected from among the firm's policyholders directs the company.

Sugar Creek Mutual is financially strong with \$5 in surplus for every \$1 in written premium.

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# Where fitness is a SNAP

New year  
brings new  
resolutions  
for healthy  
lifestyles

by **Sandra Landen Machaj**  
CORRESPONDENT

While most of us try to maintain a regular fitness routine, the holidays often wreak havoc with schedules and commitment to healthy living. Missed workout sessions combined with increased cookie consumption often results in both weight gain and a decrease in fitness.

While some use the excuse that their fitness center is not open during the time they are available to work out, Snap Fitness is there for everyone all the time.

"We are open 24 hours per day seven days a week," said Penny Ahl, owner and manager of Snap Fitness in Elkhorn. "So there is no reason that time cannot be found to attend the fitness center to get a workout in."

Ahl has been a part of the Snap Fitness franchise in Elkhorn since it opened on July 7, 2008. She began as the opening general manager and continued to work for the organization until the franchise was available for purchase in 2014.

Ahl bought the franchise and continued as the general manager.

**Penny Ahl, owner and manager of Snap Fitness in Elkhorn displays some of the fitness equipment that is available for member use.**



SANDRA LANDEN MACHAJ, Spirit of Geneva Lakes

She said she has always been interested in health and human performance and enjoys watching members work toward, and attain, their goals of health and fitness. As the mother of three and a certified personal trainer, she said providing the opportunity for others to reach their potential was the perfect choice.

### A different approach

Ahl said Snap Fitness differs from other fitness centers in that each member receives a key to the door.

"This way members can safely come to workout at any time of the day or night that is comfortable for them," she said. "The doors lock after admitting the member so no one may enter who is not a member. In addition the premises are under the watch of Night Hawk Security, making working out at any time of the day or night safe."

Snap Fitness also offers members the opportunity to develop a personal website, which can record information about their workout, weight, and

progress. Individualized care pages can be customized to meet each member's needs.

Ahl said the fitness center contains a wide variety of high-quality, state-of-the-art strength training machines by Cybex and TRX. While some fitness centers may contain workout machines that are not in the best of shape, Ahl said that is never a problem here.



SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

**Snap Fitness is at 10 W. Evergreen Parkway, Elkhorn. The facility is open to members 24 hours a day.**

"Our equipment is well maintained and undergoes frequent maintenance to be sure that they are safe and able to give the members the workout they need," she explained.

### Strength or cardio?

The fitness center is divided into two separate rooms. The first room, where one enters from the outside, contains machines to work out large muscle groups, which are grouped together for convenience. The treadmills are also located adjacent to one





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Mike Mancini begins a weight lifting routine during a recent visit to Snap Fitness in Elkhorn.

SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

another.

While many love the treadmill and see it as an extension of their outdoor walking or running routine, others find it a chore and may choose to work on the treadmills with a buddy. Taking the time to chat, while continuing to workout can make the time and the workout move along at a better pace for many.

Several televisions, powered by Dish Network, also help the time pass more quickly while one continues to grind out the miles.

Lined up along the front windows, bikes used for spinning stand in a row. Spinning has become popular with exercisers and a good cardiac workout, Ahl said.

"It is important that when working out a variety of exercises that allow for the workout of all muscle groups and some cardio workout be part of the program," Ahl said. "Both strength and cardio are needed for a healthy body. It is also important that one indulges in regular exercise using a variety of different exercises. This will not only ensure that all muscle groups are exercised but also will help to prevent boredom with the program which could result in skipping workouts."

### **Low-impact exercise**

Cardio workout is important to everyone for a healthy heart, Ahl said. Because high impact exercises such as running, which puts stress on the joints, is not appropriate for some people, low-impact cardio workouts are the alternative. People who suffer from arthritis may have pain in their joints and can further damage the joints if involved in high impact activities. People who need a low-impact cardio workout, such as one that can be accomplished while sitting down, can still maintain their cardiac health and benefit in other ways.

"Keeping active, even when doing low-impact aerobic exercise, can also help mobility," Ahl said.

The strength room contains a variety of weights for all levels of physical ability. Free weights can also be used by those who need a sitting position for safety.

Tucked in the back of the room





**“Both strength and cardio are needed for a healthy body. It is also important that one indulges in regular exercise using a variety of different exercises. This will not only ensure that all muscle groups are exercised but also will help to prevent boredom.”**

is the tanning booth, which is an add-on amenity. For an additional charge of \$16.50 for 30 days, it allows one visit to the tanning booth per day for the 30-day period.

One of the advantages of belonging to Snap Fitness is that members have access not only to the facility in Elkhorn but also all other Snap Fitness centers. Their key, which is issued after joining the fitness facility, allows access to all Snap Fitness centers, including the nearby centers in Twin Lakes and Burlington.

Ahl said the ability to use other facilities is real plus when traveling. With the 24 hour availability there is always time to head for the center, even if it is for a short workout.

### **Choosing a fitness center**

When looking to join a fitness center it's important to consider what amenities it provides and how they will be used. Signing up for a fitness center that has a swimming pool is probably more expensive for the member because of the cost of maintenance for the pool or other facilities. If the member is a swimmer, the extra cost might be worth it, but they're not, it might make sense to look elsewhere.

“Membership (at Snap Fitness) is \$41.95 per month and may be at least partly covered by one's insurance wellness benefits,” Ahl said. “We honor many insurance programs.”

They also give discounts to help you get started with a wellness program.

Ahl also recommend checking out at the kinds and condition of the machines at the fitness center under consideration and be sure they are in working condition.

“At Snap Fitness the equipment is always kept in shape,” she said.

Sometimes people feel they are not



**Dumbbells, free weights and a variety of benches are available for members to use in strength-training routines.**



**A row of bikes used for spinning workouts is lined up along one of the walls at Snap fitness.**

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**This section of Snap Fitness contains the machines that can be utilized to help work out the large muscle groups. Having them clustered in one section allows members to exercise sequentially.**

SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

capable of working out to improve their health. They may feel they are too old or too out of shape.

“Not true,” Ahl said. “We have members from 16 years of age to 83 years who use the facility regularly. One of the 83-year-old members refers to her membership as ‘her exit warranty.’ She feels it keeps her in good health.”

One of the things Ahl said she enjoys the most, owning the fitness center, is when she sees the changes in members who workout regularly.

“It is always rewarding to see people improve their health and fitness level due to their hard work,” she said.

### Family fitness encouraged

While 16 is the youngest, with parent permission to use the facility on their own, 14 and 15 year olds can workout under the guidance of their parents. Making family fitness a priority at an early age is an important way to teach children the importance of fitness,” Ahl said.

Among the advantages of belonging to Snap Fitness is that there are no long-term contracts. All memberships are month to month.

“If you are going to be out of town for an extended period of time, memberships can be placed on a freeze for \$5 per month. There is also no reactivation fee,” Ahl said.

“Because we are a smaller facility, it is possible to keep the fees affordable. At this time we do not offer any classes or have any

personal trainers working on staff but we do offer the personalized individual webpage to track your progress,” Ahl said. “With our 24 hour/7 day a week model we are always available when you are ready for your workout.”

*Snap Fitness is at 10 W. Evergreen Parkway, Elkhorn. They can be reached by telephone at 262-723-7627. Or visit their website [www.snapfitness.com/gyms/elkhorn](http://www.snapfitness.com/gyms/elkhorn).*

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# What is CrossFit?

CrossFit is a fitness regimen, developed by Greg Glassman over several decades, specifically designed to improve fitness and health.

CrossFit is constantly varied functional movements performed at high intensity. According to [crossfit.com](http://crossfit.com), All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. These are the core movements of life. They move the largest loads the longest distances, so they are ideal for maximizing the amount of work done in the shortest time.

Intensity is essential for results and is measurable as work divided by time – or power. The more work done in less time, or the higher the power output, the more intense the effort. By employing a constantly varied approach to training, functional movements and intensity lead to dramatic gains in fitness.

The community that spontaneously arises when people do these workouts together is a key component of why CrossFit is so effective, and it gave birth to a global network of CrossFit affiliates that number over 13,000. Harnessing the natural camaraderie, competition and fun of sport or game yields an intensity that cannot be matched by other means.

The CrossFit program is driven by data. Using whiteboards

as scoreboards, keeping accurate scores and records, running a clock, and precisely defining the rules and standards for performance, we not only motivate unprecedented output, but derive both relative and absolute metrics at every workout. This data has important value beyond motivation.

Overall, the aim of CrossFit is to forge a broad, general and inclusive fitness supported by measurable, observable and repeatable results. The program prepares trainees for any physical contingency – not only for the unknown but for the unknowable, too. Its specialty is not specializing.

While CrossFit challenges the world's fittest, the program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. The load and intensity are scaled and the program doesn't change. The needs of Olympic athletes or beginners differ by degree, not kind.

Source: [www.crossfit.com](http://www.crossfit.com)



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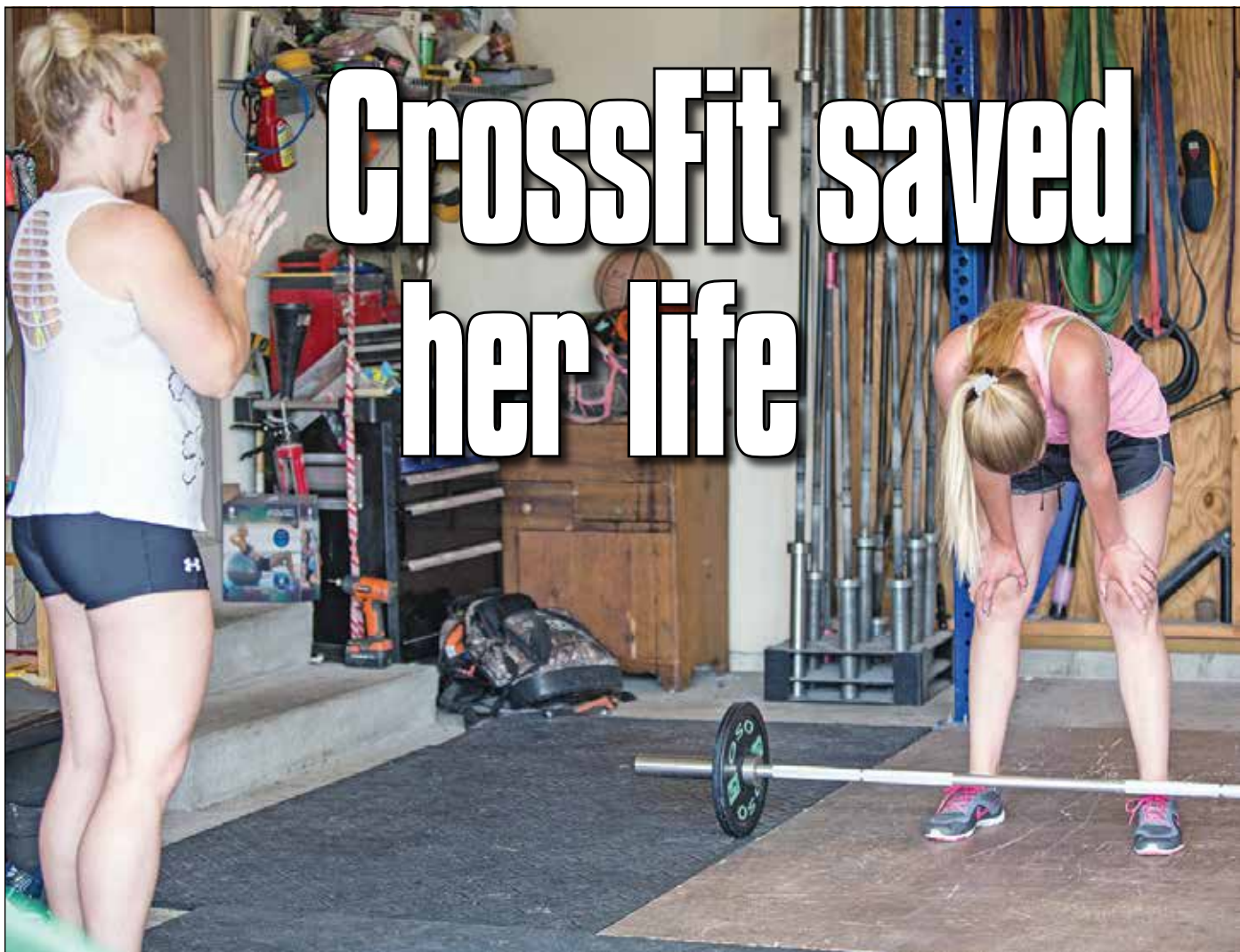
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# CrossFit saved her life

SUBMITTED PHOTO Spirit of Geneva Lakes

CrossFit Repentance Fitness co-owner Kristina Baxter (left) cheers on client Mo Strasser during a workout session at her home last year. Baxter and her husband opened a facility in Burlington last fall.

## LOCAL WOMAN'S WEIGHT LOSS PLAN LED TO A NEW BUSINESS



hat started as a way to get healthy has turned into a growing business for a Waterford couple, who opened a CrossFit gym in Burlington last fall.

Four years ago Kristina Baxter took up CrossFit to get in shape.

"CrossFit literally saved my family's life," she said.

"My husband and I were both 80 pounds overweight and on our way to developing chronic disease issues – high blood pressure and diabetes."

Baxter, who is a nurse, said she began her journey at a CrossFit gym in East Troy when things reached a level she just couldn't tolerate anymore.

"I was not about to go into a size 22 pant," she said. "I decided to start working out and Joel (her husband) joined me

by **Tracy Ouellette**  
STAFF WRITER

a month or two later. He saw it was challenging and, truthfully, someone told him his wife was going to get skinny and leave you for a skinny guy, so he started coming with me."

With balancing work – Joel Baxter is a territory manager with Reinders Inc. – and three kids, it wasn't long before the Baxters decided they needed an easier way to work out and created their own CrossFit gym in their garage.

"It was a hard trade off. Joel and I would hand the kids off in the parking lot of the gym, or with mom and dad," Kristina Baxter recalled. "So, I decided to purchase the equipment and do it at home because I knew I was never going to stop."





**“CrossFit literally saved my family’s life. My husband and I were both 80 pounds overweight and on our way to developing chronic disease issues – high blood pressure and diabetes.”**

**– Kristina Baxter**

CrossFit had become part of my life.”

She said it wasn’t long before a friend, who saw how much they liked the exercise regime, asked if he could come over and use the equipment in their garage with them.

“When that happened, I thought it would be a good idea to get my certificate to help him do CrossFit properly,” Kristina Baxter said. “So, in June of 2016, I become a certified CrossFit instructor.”

Since then, she has taken on eight clients.

“It was all by word of mouth,” Kristina Baxter said. “It just exploded over the last six months.”

And, Repentance Fitness was born.

“We chose the name because to repent means to turn around – to do a 180 and go in the opposite direction,” Kristina Baxter said. “My husband is a minister at Hope Church and our motto is ‘We can do all things through Christ’ and when you’re standing over a bar and praying ‘Oh, dear Jesus, please let me lift this up’ you really have to believe you can do all things through Christ who strengthens me.”

Kristina Baxter said CrossFit is different from a lot of other exercise methods partly because of the friendships that form and the support participants give and get from each other.

# Dining Directory

**MARS RESORT** • W 4098 S. Shore Dr., Lake Geneva. **262-245-5689**. A classic Wisconsin Supper Club on the shores of Lake Como. Newly updated Piano Bar, live music in the summer. Open daily: 11am. Out of this world ribs and spectacular sunsets! L, D, FF, \$\$ ¥

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**LUISA’S RESTAURANT** • Just off Hwy. 50 - 12 mi. east of Lake Geneva. **262-537-4795**. “Best Kept Secret” in Italian & American cuisine. Catering available. Tues.-Thurs. 4pm-9pm, Fri. & Sat. 4pm-10pm, Sun. 4pm-9pm. Closed Mon. D \$ ¥

**CHAMPS SPORTS BAR AND GRILL** • 747 W. Main St., Lake Geneva. **262-248-6008**. Featuring new items on our menu: hand rolled taquitos, prime rib burgers, baja fish tacos and country pot roast sandwich. L, D, FF \$ ¥

**PIRATE’S COVE** • 622 State Rd. 50, Delavan. **262-728-9333**. L, D, FF, ¥

**PIE HIGH PIZZA** • 441 Mill St., Fontana. **262-275-1777**. [www.piehighpizza.com](http://www.piehighpizza.com) Pizza place, American restaurant, fast food. Laid back pizza joint featuring dine-in, take away or delivery. The best stone baked pizza around. Mon.-Thurs. 4pm-8:30pm. Fri. 4pm-9:30pm. Sat. 11:30am-9:30pm. Sun. 12pm-8:30pm. L, D, FF \$\$ ¥ ☺

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**DADDY MAXWELL’S** • 150 Elkhorn Rd., Williams Bay. **262-245-5757**. [www.daddymaxwells.com](http://www.daddymaxwells.com). B, L, D, FF, SR, GF \$ ¥ ☺

**Key**

B: Breakfast L: Lunch D: Dinner NC: No credit cards accepted \$: Mostly under \$10 \$\$: Mostly under \$20 GF: Gluten free  
\$\$\$: Mostly under \$30 FF: Fish Fry ☎: Reservations requested ¥: Alcohol served ☺: Kids menu SR: Senior menu

*Information is subject to change. Please contact individual restaurant for more information.*

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SUBMITTED PHOTO Spirit of Geneva Lakes

**Repentance Fitness co-owner Joel Baxter makes sure client Adam Filz uses proper form during a workout.**

“That’s what CrossFit really is,” she said. “It’s community; it really is just about giving each other support, guidance and direction.

“I have these three ladies who come five days a week,” she continued. “Most start out at two or three days a week, then it becomes kind of addicting and they start coming more. These three ladies have lost 90 pounds together in a five-month time frame. Their confidence has shot through the roof.”

CrossFit is also tailored to the individual’s needs, Kristina Baxter said. Exercise programs are personalized to each participant’s ability and there is a lot of one-on-one support.

“Sometimes, when just starting to go to a gym, people have no idea what to do or where to start,” she said. “They just stare at the equipment not knowing what to do. I liken it to a public-vs.-private school situation. You might have a kid who does OK at public school, but when given the personal one-on-one support in a private setting, they excel.”

Kristina Baxter said the support she and her husband provide doesn’t stop with the exercise moves.

“It’s a whole-body and mind thing,” she said. “We walk them







SUBMITTED PHOTO Spirit of Geneva Lakes

Repentance Fitness co-owner Joel Baxter (from left) watches as his wife Kristina Baxter instructs Mo Strasser, and Demi Schneider-Smith on the proper technique for one of the CrossFit exercises.

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through proper nutrition as there's so much bad information out there. We give them basic education on that because it's not just working out, it's a mix of 70 percent nutrition and 30 percent exercise."

With her clientele increasing rapidly and more interest every day, Kristina Baxter said she and her husband soon realized their garage was too small for what they wanted to provide the public.

She said they received financing from the Wisconsin Women's Business Initiative Corporation. "They've been very, very supportive."

CrossFit Repentance Fitness is in the back of the Bruesewitz building at 925 Milwaukee Ave., Burlington. "We wanted to offer something that's basically life changing and get the word out that there are things out there that really do help people and we want to help you," Kristina Baxter said.

For more information, call (262) 514-3581 or find Repentance Fitness online at [crossfitrepentance.com](http://crossfitrepentance.com).

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# Banish stress at a local spa



## A VARIETY OF SERVICES HELP WINTER MELT AWAY

by **Sandra Landen Machaj**

CORRESPONDENT

At this time of year people dream of relaxing on a beach in Hawaii or on a Caribbean island where they can recharge and enjoy the warm sunshine and prepare to tackle this new year.

Unfortunately, for most people, the budget after the Christmas buying season has usually been depleted to the point that these options are not possible and warm tropical breezes remain a dream in the midst of a Midwestern winter.

So instead, the usual New Year's resolutions are made. We will eat healthier, lose that extra weight, exercise regularly, and make

time for adequate sleep.

Unfortunately for most people who attempt these changes by themselves, they last for a few weeks and once again life interferes.

It is not long before one succumbs to the fast food lunch, skips the daily workout and that promised bedtime doesn't happen because there is always one more thing to do.

But there is hope.

If a short getaway fits your budget, you may want to spend a few days at a local spa and enjoy some of the many services available.

Here's a look at three options in the area:

A couples massage at WELL Spa + Salon at the Grand Geneva Resort in Lake Geneva is among the many relaxing services available at area spas.



COURTESY OF GRAND GENEVA RESORT *Spirit of Geneva Lakes*



## • Wild Roots Salon and Studio

7510 288th Ave., Salem, offers a wide selection of options for self-improvement. Many people schedule visits with a friend to make it a fun spa day.

"A good way to start is by signing up for a Pilates class. Pilates works with the core muscles, which gives our body good posture and stability," owner Carli Schmalting said during a 2016 interview with Spirit magazine. "We have people in Pilates from (age) 16 to 75 so don't feel you are too old to start. Many of those at the higher end of the age spectrum can find improvement in their core body strength and improved flexibility, even from such ailments as MS, bursitis or stroke."

Yoga classes are also offered and have a variety of times and teachers. Yoga is great for flexibility and muscle strength and for helping relieve the stress.

Massages also offer a popular way to relieve stress and rejuvenate the body – it's also a total pampering experience. Can't make that trip to Hawaii? Try a massage.

The salon is affiliated with Turning Leaf Acupuncture for an added level of relief and relaxation.

Schmalting said she loves to teach and she will work with clients to help bring out their natural beauty. She will help clients design a makeup plan that brings out their best. She also works to help customers find a new hairstyle and teach them how to manage it for everyday wear. How often do people come home from a salon appointment pleased with a new look,

but also aware that it will never look that good again?

Visit the website to see additional services offered at [www.wildrootssalon.com](http://www.wildrootssalon.com) or call 262-586-0199 for more information or to schedule a day at the spa.

## • WELL Spa + Salon at Grand Geneva Resort

7036 Grand Geneva Way, off Highway 50, 2.9 miles east of downtown Lake Geneva, offers a full-service spa and fitness center with packages to suit your needs.

The WELL Spa + Salon offers an array of body treatments, massages and nail services using a range of organic products and fragrant aromatherapy oils.

Connected to the WELL Spa is an expansive fitness center, which features:

- Full-size indoor basketball, tennis and volleyball courts;
- Junior Olympic-size lap pool;
- 35-foot indoor climbing wall;
- Multiple daily group fitness classes.

It is a perfect place to take advantage of a retreat from the busy world of electronic devices and relax while partaking of the many spa services available. Or perhaps you prefer to relax by enjoying time in the fitness center, swimming the lap pool, playing basketball or tennis.

An acupuncturist is part of the staff to work with clients to help relieve chronic aches and pains.

Visit Grand Geneva Resort's website [www.Grandgeneva.com](http://www.Grandgeneva.com) for full information about services and spa packages. Call 800-246-5468 for more information or to make reservations.

## • Calladara Spa at Lake Lawn Resort

240 E. Geneva St. (Highway 50), Delavan. The Calladara Spa is a full-service spa providing a serene atmosphere in which to unwind and enjoy the effects of the high quality services. Located on Delavan Lake, the spa works to share the aura of the beauty of the water with its clients. Packages, which include an overnight or several days at the resort, are available for individuals or for couples.

Visit the website [www.lakelawnresort.com](http://www.lakelawnresort.com) for a complete list of services and packages. Call 262-728-7950 for more information or to make reservations.

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# The Birkie



AMERICAN BIRKEBEINER FOUNDATION © JAMES NETZ *Spirit of Geneva Lakes*  
 Commemorating the original Birkie in Norway in 1206, two warriors, Turstein and Skurvold, accompanied by Inga ski into town carrying the baby Prince Haakon to save him from being killed by insurgents. They carry a doll until near the end when it is replaced by a real child.

American  
 Birkebeiner is a  
 cross-country  
 skiing tradition



Scandinavian people introduced cross-country skiing to the United States, many of them settling in the Upper Midwest because the climate resembled that of their homeland in Scandinavia.

Tony Wise envisioned a cross-country ski race through the woods of northern Wisconsin.

In 1973, the owner of the Telemark Lodge and Ski Resort near Cable realized that dream, when 34 men and one woman completed the first 50-kilometer race that began in Hayward and ended at his resort. An additional 19 women and juniors skied a shorter route from County Highway OO to Telemark.

Thus, history was made and the American Birkebeiner and the Kortelopet

by **Sandra  
 Landen Machaj**  
 CORRESPONDENT

This woman competes in the Korteloppet, a classic cross-country ski style event as part of the Birekebeiner.



were born. That annual tradition and celebration continues today, but it wouldn't have been possible without some brave souls in Norway more than eight centuries ago.

People living in the harsh northern points of Scandinavia needed a way to traverse the mountainous, snow-covered terrain. Originally they tied wood they had whittled into long, thin boards to the bottom of their shoes or boots to glide along the snow.

And they put them to good use in the year 1206 with Norway in the midst of a civil war.

It involved heroic actions by Birkebeiner skiers, so called because of the birch bark leggings they wore for protection when skiing in the rough terrain.

King Sverresson was under attack and worried about the safety of his illegitimate son, so he entrusted the safety of his only heir to the Birkebeiners to transport the 18-month-old child through treacherous



A group of Elite men's skiers make their way along the course skiing in the skating style.



AMERICAN BIRKEBEINER FOUNDATION © JAMES NETZ *Spirit of Geneva Lakes*

mountains and rugged forests from Lillehammer to Trondheim.

There he was raised until crowned Norway's King Haakon Haakonson IV and is said to have changed northern Europe's history.

Beginning in 1932, Norway organized a commemorative race to honor these brave Birkebeiners in which participants carry packs equal to the weight of an 18-month-old child.

### The modern race

Participation in the modern Birkebeiner has continued to increase, with an estimated 11,000 skiers taking part in the two major events. The commemoration has turned from a cross-country ski race into a week of outdoor fun and festivities.

It's easy to get caught up in the beauty of being there, whether as a competitor or a spectator as snowflakes fall, gently landing on trees and earth, turning the ground into a world of white, glistening in the winter sunlight.

And there is nothing as exhilarating as gliding along a ski trail, arms and legs in sync, moving rhythmically with the rush of the crisp, cold air blowing gently against one's face.

As a tribute to the Norwegian heritage and in honor of the original harrowing journey with the baby prince, two Birkebeiners dressed in clothing circa 1206, accompanied by Inga, representing the child's mother, will encourage skiers along the way. They carry a doll symbolic of Prince Haakon until arriving in town, where a real child replaces the doll.

### Largest race in America

The Birkebeiner is the longest cross-country race in North America, covering 55K for the classic style of skiing and 50K for the newer skating style. The Kortelopect covers 29K and is recognized as the second largest cross-country ski race on the continent.

This year's Birkie is scheduled Saturday, Feb. 24.

The event has been held every year since 1973, except for in 2000 and 2017 because of a lack of snow.

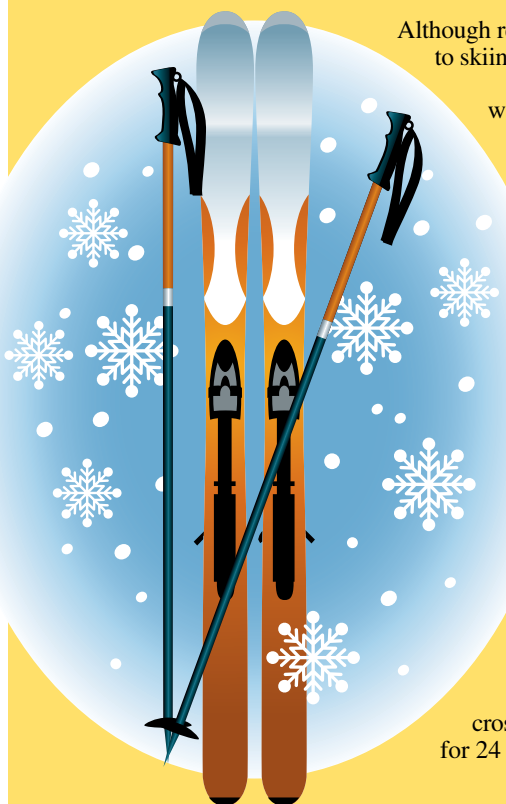
"Even though the official race was cancelled, we were able to bring in some snow for a short ski," said Nancy Knutson, director of marketing and communication for the American Birkebeiner Foundation. "Still, people continued to come and enjoyed a Birkie party."

The course features many hills and forests. At one point, the trail requires skiing across Lake Hayward, unless, of course, it doesn't freeze over.

At the end, the sound of church bells greets skiers as they approach the "international" bridge across Highway 63, adorned with flags of many countries. As participants enter downtown on Main Street in Hayward, cowbells begin to ring.

A variety of other specialty races are held on the Thursday before the Birkie. The Adaptive Birkie is for para-athletes who will compete in three categories. Bring your four-legged companion to participate in the Barkie Birkie Skijoring, an event

# Cross-country skiing close to home



Although registrations have closed for this year's Birkie, numerous opportunities are available to skiing enthusiasts throughout southeastern Wisconsin.

Listed are a few places in the Lake Geneva area to go for an hour or two or for a weekend getaway:

- **Big Foot State Park**, 1550 S. Lake Shore Drive, Lake Geneva. Located one mile south of downtown Lake Geneva, cross-country skiing is allowed in the park with your own equipment.
- **Grand Geneva Mountain Top**, a 5.1-mile cross-country ski trail open for children and adults. Trail open from 10 a.m. to 4 p.m. Trail pass \$10 per day. Skis rented
- **Geneva National**, 1221 National Avenue South, Lake Geneva, 262-245-7000. Skiing permitted on Gary Player course when snow level appropriate. Complimentary skis to registered guests.
- **Duck Pond Rec Area**, Wild Duck Road, Fontana, 262-275-6136. Cross-country skiing allowed on all trails after snowfall. Bring skis. No ski rental available.
- **Lake Lawn Resort**, 2400 E. Geneva St., Delavan, 262-728-7950. Skiing allowed on trails along lake. Skis available for rent. \$5 for adults.
- **Wildwood Park**, Sweet Road and Wildwood Drive, Darien, 262-728-5585. Twenty-six acres open for cross-country skiing when sufficient snow.
- **Kettle Moraine State Forest-South Unit**, S91 W39091 Highway 59, Eagle, 262-594-6200. Nordic, McMillen and Scuppernong trails open when adequate snow has fallen. Check trail line at 262-594-6202 before coming out. Vehicle admission pass required. State trail pass for those over 16. Equipment purchase or rental.
- **Clearwater Outdoors**, 744 Main St., Lake Geneva, 262-245-7000. Alpina cross-country skis available for purchase or rental. Skis, shoes and poles included, \$25 for 24 hours. May be reserved online.

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It's easy to get caught up in the beauty of being there, whether as a competitor or a spectator as snowflakes fall, gently landing on trees and earth, turning the ground into a world of white, glistening in the winter sunlight.”

that features dog power. Entrants must be at least 13 years old with a healthy, well-behaved and immunized dog. The novice trail is 3K while the expert trail will cover 5K.

### Youth are welcome

The Barnebirkie is open to youth 3 to 13 and attracts close to 1,000 children each year. Trails range from 500 meters to 3K depending on age and skill. A Junior Birkie is open to youth from age 6 through high school. They may ski individually or in the team relay race.

For the last five years, the Birkie Giant Ski Race has

been held. The event covers only 50 yards on Main Street in Hayward. It involves using a 25-foot ski with five partners. All six use their poles to compete against another team and the clock.

Those not ready to ski the entire Birkie can enter the Prince Haakon race held on Friday afternoon. This 15K event is for less experienced skiers, and participants have the option of skiing in a noncompetitive way.

The Birkie continues to draw 40,000 visitors to Cable and Hayward regardless of the weather.

The American Birkebeiner Ski Foundation, a nonprofit



The downtown streets of Hayward are lined with spectators as they welcome a group of skiers finishing the race.





The Junior Birkie is open to skiers from 6 to 18 years of age. Many of these participants move on to become the future Birkebeiners.

AMERICAN BIRKEBEINER FOUNDATION *Spirit of Geneva Lakes*

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organization, also holds a number of summer activities to promote healthy, active lifestyles year-round.

The foundation maintains and grooms the Birkie trail and has opened the Tony Wise Museum of the American Birkebeiner in Hayward.

“Without Tony Wise’s vision, the Birkie would not be what it is today,” ABSF Executive Director Ben Popp said. “Wise’s vision brought the cross-country skiing world together with the founding of the Worldloppet, an international sports federation of cross-country ski marathons.”



AMERICAN BIRKEBEINER FOUNDATION *Spirit of Geneva Lakes*

**Above: The Birkie International Bridge spans four lanes across Highway 32 and is lined with the flags of nations. The cow bells sound when skiers emerge over the bridge. Above left: This photo depicts adaptive skis which allow even those with physical disabilities to participate in some of the activities. Below: Special races for children include the Barnebirkie which is open to children from 3 years of age.**



AMERICAN BIRKEBEINER FOUNDATION © JAMES NETZ *Spirit of Geneva Lakes*

# 'Get Back in Shape' program offered

From 6:45 to 7:45 p.m. Jan. 15 at the Lake Geneva Public Library, exercise instructor and personal trainer Ruth Rorig will present "Get Back in Shape in 2018."

Rorig invites her audience to make this the best year ever by adding positive shifts to increase flexibility, balance, strength and wellness. She will introduce ways to assess mental and physical condition, make better food choices and energize with movement and breathing. Participants are invited to wear comfortable clothing to participate in stretching and basic exercise movements. The program is sponsored by the Friends of the Lake Geneva Public Library.



Ruth Rorig leads participants in the "Get Back in Shape" program, which will be presented at the Lake Geneva Public Library on Jan. 15.

Rorig has Bachelor of Science and Master of Education degrees from the University of Wisconsin-Whitewater.

She completed her Experienced Registered Yoga Teach-500 Level Yoga Certification in India. She is also a certified Reiki practitioner, Ayurveda coach, holistic trainer and Silver Sneaker instructor, as well as a mind and body personal trainer at the YMCA in Lake Geneva.

Everyone is welcome to attend the program at no charge. More information can be obtained by calling the library at 262-249-5299 or visit the library's Facebook page or lakegeneva.lib.wi.us.

SUBMITTED PHOTO Spirit of Geneva Lakes

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Sunset Grill offers a fresh  
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by **Sandra  
Landen Machaj**  
CORRESPONDENT

*A*long the southeast shore of Lake Mary in Twin Lakes, a familiar building has recently taken on a new identity. Rebranded as the Sunset Grill, this building with a whimsical lake scene painted along its impressive front, reopened on Nov. 14.

This restaurant building is a very special place due to its placement on the lake with not only a spectacular view,

but also a perfect position to take in the nightly sunsets. It is the only restaurant along the shore with the optimal view.

The restaurant's staff acknowledges that trying to entice new customers at a time when weather and holiday preparation is foremost in customers' minds requires some interesting and unique ideas to make this place their favorite place to gather, either for a meal or as a spot to gather with friends for a drink.

Chandra Webster, manager of the newly opened Sunset Grill, and part of the ownership group of the restaurant, has no fears that they will not be successful.

"We come in with a strong restaurant

background and an amazing chef with great ideas for interesting and tasty foods," Webster said.

For the past 25 years, Webster has worked in restaurant management in a variety of places such as Lake Geneva, St. Thomas, and in Spain. So why open a restaurant in Twin Lakes with that international experience?

"I grew up here in the Twin Lakes area," Webster said. "It was time to come home."

## *Food with the view*

Webster said she believes this location when combined with excellent food is ready for a restaurant that will become a



Sunset Grill is on the shore of Lake Mary in Twin Lakes at 511 Wilmot Road. This newly re-opened restaurant welcomes all with a whimsical painting of the lake on the front of the building.

SANDRA LANDEN MACHAJ Spirit of Geneva Lakes



This plate of smoked salmon is presented in an attractive manner. Chef Patrick soaks the salmon with beet juice and coriander to give it a rich red color and additional flavor.

Among Chef Patrick's specialties is shrimp stuffed with cream cheese and crabmeat, seasoned with herbs over a bed of sautéed spinach accompanied by a seasoned wild rice dish.



favorite of both local residents and visitors to the area.

"We hope to provide good food, good service and awesome booze," Webster stated as key to the plan to build the restaurant's popularity. The staff is new to the location although some have worked together in the past. Having a staff that is compatible, and used to working together leads to a better team that strives to provide the best to customers, according to Webster.

The building is at 511 Wilmot Avenue near the center of Twin Lakes. It is strategically located along the shore of Lake Mary for a beautiful view of the lake at any time of the day and a spectacular view of the sunset each day. The dining room has a spacious look that provides a relaxing experience. Tables are not packed together as they are in many restaurants. The view itself makes a trip to Sunset Grill worthwhile but the quality foods prepared by Chef Patrick are reason enough to return.

The menu is very diverse with

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something for most tastes. Looking for something to munch on while enjoying a drink? Any of the menu's starters could easily be shared with a friend, while enjoying a relaxing afternoon or evening drink. If a group of friends or family is meeting a variety of items from the starter menu will please everyone.

The bar is a favorite place to gather – especially on Sundays when people gather to watch sports on the seven televisions spread throughout the room. Sunday is all-day Happy Hour where \$1 Miller Light, \$2 house drinks and \$3 Bloody Marys are available. The specials include a Bloody Mary Bucket that contains approximately 3-½ drinks, sliders, wings, and onion rings. It is only available on Sunday.

### *Variety prevails*

“We look to offer a variety of foods on our menu,” Webster said. “We will have a seasonal menu with changes to reflect the foods of the season.”

Being on the lake it is not surprising that they focus on daily fresh fish. The catch of the day, selected by Chef Patrick, includes options such as monkfish, trout, grouper, and salmon.

For the chef, the goal is to prepare fish in ways that keep diners coming back. On a recent visit the shrimp stuffed with cream cheese and crabmeat, served with a chipotle cream sauce that was not too spicy was offered. The shrimp were presented over a bed of sautéed spinach. It was paired with a white and wild rice side. The entire dish was absolutely delicious.



In the warmer weather, patrons flock to the outdoor deck for a meal while enjoying the lake view.



Traditional salads and casual favorites, which include a variety of sandwiches – from pulled pork to grilled chicken, pot roast, and grilled salmon – are on the menu. Shrimp, steak, or chicken Caesar wraps are also great choices. Portions are generous.

The Sunset Grill also has its share of specialty burgers, from the classic Sunset Burger to the Monster Burger, which comes complete with avocado, grilled onions, bacon, mushrooms, jalapenos, tomato, and pepper jack cheese.

A variety of full entrees are available including a 12-ounce rib eye steak and the fresh catch of the day.

Chef Patrick prepares a variety of foods ranging from gourmet items to comfort foods that are especially enjoyed in the cold weather. Pot roast and baked mostaccioli, which appear on the menu daily, are comfort foods waiting to be enjoyed.

The seafood pasta, which combines shrimp, mussels, and calamari in a choice of sauces is served over a bed of pasta.



SANDRA LANDEN MACHAJ *Spirit of Geneva Lakes*

The spacious casual dining room overlooks Lake Mary. The walls contain many photos of the Aquanauts water ski team.


## A go-to place

“We hope to make this a place where everyone is welcome and that includes families,” Webster said. “We plan to make this your go-to place when considering eating out – a place enjoyed by local residents and equally by visitors to the area.

“To help do that, we are now providing free dinners from the children’s menu every day for children under 10,” she said. “If you are looking to have a business or family party, we do have a private room available.”


In addition to the Catch of the Day there is also a daily special. Tuesdays are known as Tapas Tuesday where small plates are paired with the appropriate wine or martini. On Wednesday it is the all-you-can eat pasta. Then there is Throwback Thursday where half-pound burgers are available at the throwback price of \$5.

And on Friday a traditional fish fry is featured. Cod is the fish of choice and it’s prepared deep-fried or baked. The fish fry is served with a choice of potato, including potato pancakes, and cole slaw. Saturday night brings



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SANDRA LANDEN MACHAJ Spirit of Geneva Lakes

The entire west wall of the dining room, including this section of bar, has large picture windows for a view of the lake – especially its beautiful sunsets.

the prime rib special for all the carnivores in the group.

“We will continue to provide the best possible food, which will be prepared with the finest ingredients available,” Webster said. “Our special ingredient is love, which will be part of everything we prepare.”

While it will be several months before the winter weather begins to fade away and the outdoor amenities – including the Tiki Bar and the outside deck – are open, the management at Sunset Grill is already making plans for upgrading the outside facilities.

“We plan to make some changes down at the waterfront with the addition of a beach area near the Tiki Bar,” Webster said. “We will be adding some bistro tables to sit and enjoy appetizers and cocktails and some torches to add to the ambience.”

The docks will again be open for visitors

to arrive by way of the water.

“We will also offer delivery to your boat at the dock of food, beer, or ice. Order ahead and everything will be ready for us to run it out when you arrive,” Webster said.

So come for the view and fall in love with the food. Or come for the food and fall in love with the view.

*Sunset Grill is at 511 Wilmot Ave., Twin Lakes. The phone number is 262-448-6555 and it is on the web at [www.sunsetgrilltwinlakes.com](http://www.sunsetgrilltwinlakes.com) or Facebook.*

*Winter kitchen hours are Tuesday through Thursday from 3 p.m. to 9 p.m., Friday from 3 p.m. to 10 p.m., Saturday from 11 a.m. to 10 p.m. and Sunday from 11 a.m. to 9 p.m.*

**“We hope to provide good food, good service and awesome booze.”**

# Concerts to return to Alpine Valley

by **Tracy Ouellette**

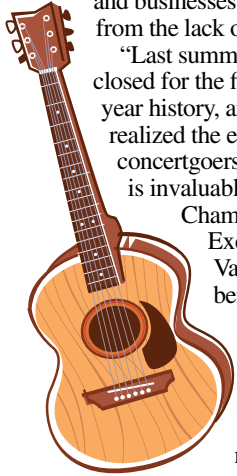
STAFF WRITER

Local officials say they are excited to see Alpine Valley Music Theatre will be up and running again this summer after Live Nation suspended concerts for the 2017 season.

"This hurt us this year. It was traumatic," East Troy Village Board President Scott Seager said. "The hotel dollars that go to our chamber, which is our tourism entity were not what we hoped for and places in town like McDonald's and Shell and the restaurants and businesses on the square suffered from the lack of traffic."

"Last summer, the amphitheater closed for the first time in its 40-year history, and we all quickly realized the effect Alpine and it's concertgoers have on our town is invaluable," East Troy Area Chamber of Commerce

Executive Director Vanessa Lenz said. "The benefits that Alpine brings to both East Troy and Walworth County are huge, giving a boost in tourism, employment and national exposure."



Calls to Live Nation, which books the acts for the music theater in East Troy, were not returned as of deadline, so it is not know how many concerts are planned and what updates were completed in the off season. The outdoor theater seats up to 37,000 and is said to be among the best outdoor theaters in the state.

In March, Jon Reens, Live Nation vice-president of marketing for Midwest music, told the newspaper upgrades were planned for the theater, expo roof and food and beverage equipment, along with replacing some of the vending equipment.

A public hearing was held at the Nov. 13 meeting of the Walworth County Board of Supervisors Executive Committee meeting, for consideration of the music theater's 2018 business and sanitary license application and

**“THE BENEFITS THAT ALPINE BRINGS TO BOTH EAST TROY AND WALWORTH COUNTY ARE HUGE, GIVING A BOOST IN TOURISM, EMPLOYMENT AND NATIONAL EXPOSURE”**

– Vanessa Lenz, East Troy Area Chamber of Commerce executive director

operations plan. Alpine General Manager Brain Rutkowski said the facility plans on installing showering facilities and a general store on the campgrounds this year and possibly make improvements to the campsite.

The public hearing was closed after the plan was presented and there were no comments from the public. The committee voted unanimously to approve Alpine's plan.

Seager said local businesses will gear up to serve the additional tourists and concertgoes in summer and was looking forward to finding out what acts would be in concert.

"Hopefully they can look beyond just Dave Matthews and Jimmy Buffett and book some of the smaller acts to draw more people," Seager said. "While last year was tough, the local businesses know they can't depend on revenue from other sources like this, but they definitely look forward to it and when it's gone, it hurts."

Lenz said the chamber is on board with helping promote the music theater and concerts. "We love Alpine and will do what we can to make sure it's a venue that's here forever," she said.

Alpine Valley Music Theatre is at 2699 Highway D, East Troy. For more information, call (262) 642-4400 or visit [alpinevalleymusictheatre.org](http://alpinevalleymusictheatre.org).

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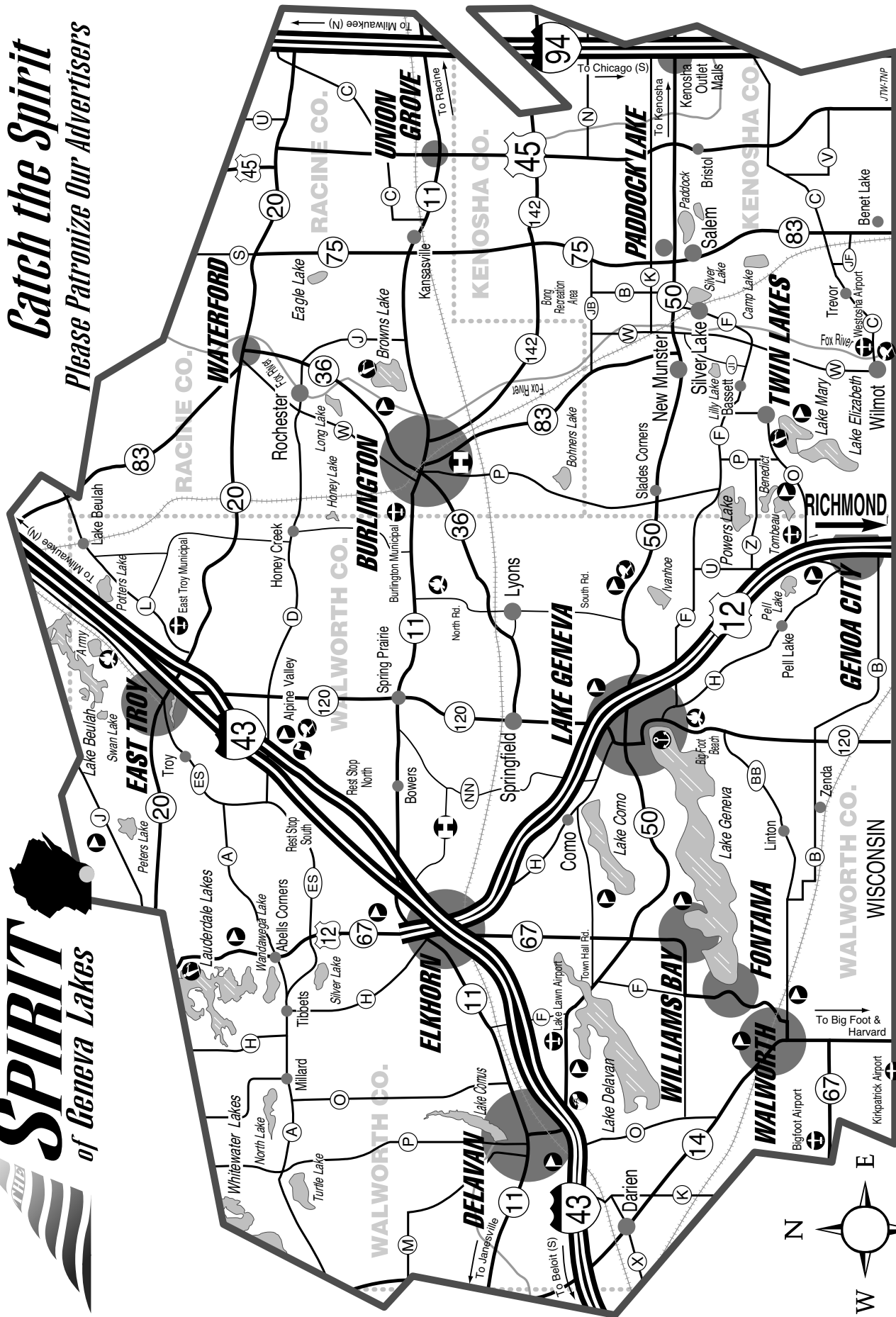


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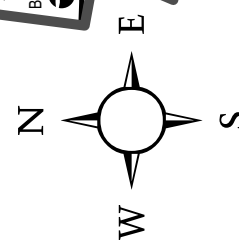
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