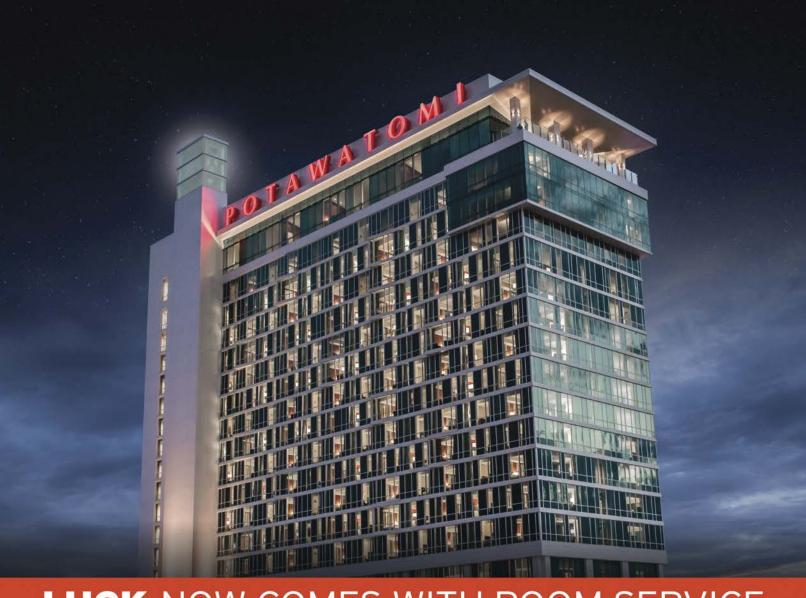


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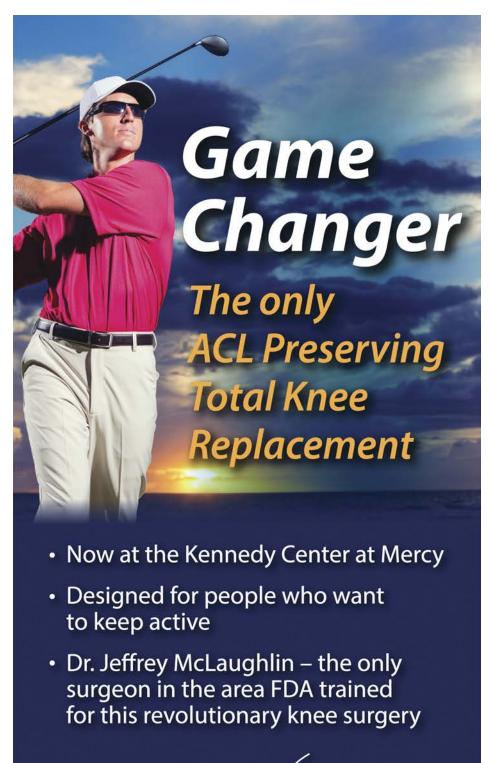
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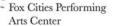
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- ~ History Museum at the Castle
- ~ Homestead Meadows
- ~ Trout Museum of Art





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contents



Cover Story

20th Annual Golden Fork Awards

Area eateries have again pushed the boundaries of delicious food in the Fox Cities for the anniversary of the Golden Fork Awards. Discover the chefs, restaurants and staff who have exposed diners to experiences only they can serve up.

By Amy Hanson

foxcitiesmagazine.com

Are you a history fan? Explore the FOX CITIES Magazine postcard collection each week for #ThrowbackThursday as we share our favorites through Facebook. Keep an eye out to see what's next.



- ► Expanded Calendar Listings Our online events calendar is updated daily with concerts, classes, exhibits and more. Find out "What's Going On" every day of the week.
- ► Dining Directory FOX CITIES Magazine's dining guide is searchable by region and offers information on hundreds of area restaurants from fine
- ▶ Blog Follow our staff blog for an inside look at Fox Cities' dining, arts and cultural happenings.
- ► Downloadable Edition Did you know FOX CITIES Magazine is available for download on our website? Simply click on the magazine cover!

On the Cover

Newcomer SAP Brunch, Brown Bag & Bakery in Appleton earns the ranking of "Best new restaurant" in the FOX CITIES Magazine 2014 Golden Fork Awards. Photo by Julia Schnese

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Arts & Culture

Threading together memories Hobby evolves with new generation of quilters By Amy Hanson



At Home

The hearth of the home Stoves and fireplaces add warmth, style to Fox Cities' homes By Emma Martin



Health & Wellness

Moving outside Exercisers take their workouts outdoors By Amy Hanson



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from the publisher



As we again approach a national election, the cry for change is heard everywhere. Not because my candidate is better than yours or the reverse, but with a growing frustration of what has become the political norm.

We lament gridlock because we want something done, rarely knowing what. As a member of a society comprised of more than 300 million people representing every nationality, race, religion, color and creed on earth, I've come to believe in the original premise

of our forefathers searching for the freedom to be left alone

The ideas, desires and life goals of 300 million will never be successfully corralled into one of two political notions fighting incessantly with and for our money to be used to buy TV time for the purpose of calling each other names.

Only with a government that is small enough to not matter, will that not matter. We should recall the shibboleths of our fathers: "Don't Tread On Me," "Leave Well Enough Alone," "First, Do No Harm," "To Each His Own," "Speak No Evil," "Do Unto Others" ...

- By Marvin J. Murphy

artist spotlight

Wearing your silverware

Mother, daughter aim to preserve heirlooms with jewelry creations

Silverware is often passed from one generation to the next. Sometimes, however, the heirloom pieces get forgotten and are left to collect dust in wooden storage chests, and random shoeboxes.

That's where Darlene Nagan and her daughter, Misty Nagan, come in with their business, Silver Wear, LLC. The mother-daughter duo started making handmade jewelry from recycled

silverware after Darlene's mother, Vonnie Hammer, taught her a year ago.

The idea started back with Darlene's grandmother's silverware. She had collected eggs on the family farm and sold them at market in exchange for Betty Crocker coupons, which were then saved to accumulate her set of silverware. When she passed at

93. Darlene's aunt received the collection. The set was later used by Hammer to create heirloom jewelry pieces that were given to family members.

Since May, Darlene has been selling through custom orders and at the Downtown Appleton Farm Market.

"It's been going like gangbusters," Darlene shares. "It means so much to them to be able to wear a piece of their grandmother's."

Darlene and Misty work with silver-plated or sterling silver silverware because it's easier to bend and also shines up better. They also have workshops that include sanders, buffers and tumblers.

Pretty much every portion of a piece of silver is used in one creation or another. Any extra

Name: Darlene Nagan and Misty Nagan Residence: Appleton and De Pere Medium: Silver jewelry Price range: \$15–50 per piece on average



pieces from a custom order are returned. Darlene and Misty can be reached through their facebook page:

facebook.com/HeirloomSilverWear.

They also look for new pieces, swap and consider purchasing from people willing to sell if the price is right. Other resources include antique shops and hunting online, on sites like eBay where they can find mixed lots.

"It's just so exciting when you get a pattern you've never seen before," Darlene says.

"You think you've seen it all and then you're like, 'Wow! Where did this come from?" Misty

Darlene's favorite pieces to work on have been butter knife rings. "It's a conversation piece," she says. Darlene also refers to baby spoon



rings as a "darling" keepsake.

Misty, on other hand, likes "to bring the unexpected." "I like

anything where we cut the fork tines," she says, like earrings.

She enjoys statement pieces and hopes to do more of them in the future, along with in-home parties and possibly expanding to Etsy. She has been selling her pieces at the farmers market in De Pere, too.

— By Amy Hanson

HIDDEN IN PLAIN SIGHT



Recognize this local architectural detail?

Send us your answer along with your name and address by Oct. 13, 2014.

Correct submissions will be entered in a drawing for a \$25 gift certificate to



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SEPTEMBER WINNER

Dennis Bowman, Kaukauna correctly answered St. John Nepomucene Catholic Church, Little Chute



Houdini's Escape Gastropub is planning a substantial expansion with a patio to open in summer 2015.

Fox Cities gastropub makes noise!

In April 2013, Houdini's Escape Gastropub opened in Appleton, WI. Complete renovations turned an aged tavern into an inviting cozy atmosphere that has people talking. Those who have visited, often say our staff performs their own magic serving a growing number of guests with a kitchen the size of Harry Houdini's water tank.

The most common question visitors have asked

during the past year is, "What is a gastropub?" By definition, gastronomy is "gourmet eating; the art and appreciation of preparing and eating good food." At Houdini's Escape, we describe it best as a place to enjoy chefinspired food in a casual pub setting.

Owners Eric Jacobson and Linda Mischler relish in hearing the ways guests describe Houdini's Escape. From families at brunch to parties of all occasions, their vision has proven to appeal to all demographics. A fan of The Great Harry Houdini, Jacobson says, "It is whatever you want it to be, but

most importantly, it is a place where people come to escape and enjoy themselves on a regular basis!"

Award-winning food: Houdini's Escape has become a place to appreciate not just good food, but the food that received this year's Golden Fork Award for Best cutting-edge cuisine.

Our Chef Team is continuously building upon the successful start of the restaurant. Whether it is making tweaks to the regular menu, creating daily features or

crafting the ever-changing Sunday Brunch menu, the staff knows they must keep looking forward. Executive Chef Scott Halbach says, "We must continue to deliver food at the level that is expected from us, but be able to throw our own unexpected magic touch into it. That is what will continue to drive us into the future."

Craft brew and spirits: The food is not the only

thing that has people talking. With more than 160 varieties of beer—and new craft brews arriving weekly—some customers have called Houdini's Escape, "beer heaven." Specializing in Wisconsin craft brews, all drafts and more than 70 bottles come from the Badger State.

For those seeking lively libations, make sure to ask about our boutique wine selection or signature drinks. We offer a variety of speakeasy prohibition cocktails, seasonal martinis and handmuddled delights. And of

course, no brunch is complete without one of our six varieties of mimosas or a Breakfast Bloody Mary garnished with a hard-boiled egg and candied bacon.

The future: What's in the cards for Houdini's Escape Gastropub? Expansion plans are underway. And like our friend Harry, our cozy pub is set to break free of space constraints. We have more tricks up our sleeves to continue exceeding expectations and providing guests everything they deserve.

golden fork award
2014 Winner

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MOST CUTTING-EDGE CUISINE – 1ST
BEST PRESENTATION – 2ND
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A different kind of gallery night

An Amish-built barn on a spacious farm in the country may not seem like the setting for an art show, but for the fifth year, the Frank family barn will serve as an art gallery for Art from the Barn. Using the barn and surrounding area as a showcase for more than 25 local artists, the event promotes local, fairly priced artwork of all mediums in a warm and remarkable setting.

"It's a family run event, put on by myself, my husband and our children," says Jennifer Frank, coordinator. "It's not a big money-making venture or



something we try to make bigger and bigger each year," she adds.

The event is both a showcase and an arts and crafts sale, with artworks selling at prices artists are comfortable with, but also low enough that visitors will be willing to purchase the work. Frank says this method allows artists to make money from their art because buyers are more likely to purchase their work if it is reasonably priced.

Frank echoes this sentiment of accessibility and when speaking about Art from the Barn and its beginnings.

"One day I was going for a walk up the road and looked back at the barn from across the corn field, and it just came to me. I had the name and everything — it was a fully formed thought," she says. Barn doors opened in 2009 for the first Art from the Barn event.

However, when a barn fire destroyed the century-old structure that Christmas, the event was brought to a brief halt as reconstruction took place. Now, as the event enters its fourth year in a row, participation is so strong that Frank has had to turn away some showcases due to lack of space.

Visitors to the event can expect food, music, amazing local art, hay rides and even goats that the Frank family raises all in a beautiful setting.

"It stands out because it's a family event. Sometimes at shows you're practically running from table to table just to look at everything. This is more like a big party to remind people of local art," Frank says. "I just want everyone to be happy."

Art from the Barn runs Oct. 4-5. More information can be found at artfromthebarn.com.

— By Mia Sato

Fall events

2, 4 Trick or Treat at the Museum! Make Jack-'o-Lantern earrings or a lapel pin in The Glass Studio, Oct. 2, 10am-4;30pm.

in The Glass Studio. Oct. 2, 10am-4:30pm. Oct. 4, 10am-1pm. Bergstrom-Mahler Museum of Glass, Neenah. 751-4658.

10, 17, 24, 31 | Haunted Hearthstone Experience Halloween horror and learn of ghastly Victorian traditions. 6-9pm. Hearthstone Historic House Museum.

Hearthstone Historic House Museum, Appleton. 730-8204.

18 20th Annual Halloween Event An indoor encounter with various nighttime characters that will share fun and factual information. 6-8:40pm. Bay Beach Wildlife Sanctuary, Green Bay. 391-3671.

18 Boofest 🏂

Games, children's costume contest and Halloween activities during the last Farmer's Market of the year. 9am-12pm. Shattuck Park, Neenah. 722-1920.

23 The Day the Creeps came to My House

An "un-scary" Halloween musical featuring Halloween characters and music. 7pm. Xavier Fine Arts Theatre, Appleton. 733-8840.

25 All Hallow's Eve

Old-fashioned Halloween fun with spooky stories, horse-drawn wagon rides, pumpkin carving, creepy characters and 19th-century-style entertainment. With a reading of Washington Irving's "The Legend of Sleepy Hollow" at 5 pm. 2-6pm. Pinecrest Historical Village, Manitowoc. 684-4445.

25 | Halloween Beads 🕿

Learn how to manipulate bead forms into a variety of shapes to make fun Halloween jewelry. Basic flameworking experience required. Call or go online to register. 10am-1pm. Bergstrom-Mahler Museum of Glass, Neenah. 751-4658.

Arts events

1-5, 7-12, 14-19 Always ... Patsy Cline

This musical revue tells the true story of the legend's friendship with her devoted fan, Louise, and features more than 25 of Cline's endearing classics. 7 p.m. Peninsula Players Theater, Fish Creek. 868-3287.

2-4, 9-11 The Guernsey Boys "Behind the Music"

Spoof on the "Jersey Boys," where are they now. 1 & 8pm. Meyer Theatre, Green Bay. 494-3401.

3-5, 9-11 Dracula

Taking some dramatic liberties, Dracula will draw you into all the gothic, mysterious and chill-inducing life — and death — of its namesake novel. 7:30pm, 2:00pm. The Grand Opera House, Oshkosh. 424-2355.

4 Bay Beach Craft Show

Indoor and outdoor booths with handmade crafts only. Free admission. 9am-3pm. Bay Beach Pavilion, Green Bay. 336-4771.

4–5 Art From the Barn

A carefully selected blend of fine arts & crafts, photography and one-of-a-kind gift items produced by local artisans. Sa, 9am-4pm; Su, 10am-3pm. Omro. 685-2094.

8 Native Stitches and Stories 🕿

A tapestry of traditional, native quilt making, history, stories and song artfully woven together by Wisconsin quilt artist Pat Ehrenberg and Oneida Storyteller, Debra Morningstar. 6-7:30pm. New London Public Museum. 982-8520.

10 Art in Motion

An evening with glass master, Paul Stankard, and Ferrari expert, Wayne Obry combines fine art with fast cars. To ensure your invitation to the VIP event and a chance to be seated with our honored guests, pre-register at bmmglass.com. 5-10pm. Liberty Hall, Kimberly. 751-4658.

14 Defamation

The play explores the issues of race, religion, gender, class and law with a twist. Through deliberations and post-show discussions, the audience engages in civil discourse that challenges preconceived notions. 7pm. Esch Hurvis Studio, Warch Campus Center, Appleton. 832-7000.

17 | Camelot

Recount the time-honored legend of King Arthur, Guinevere, Lancelot and the Knights of the Round Table in an enchanting fable of chivalry, majesty and brotherhood. Weidner Center for the Performing Arts, Green Bay. (800) 895-0071.

18 Square Fare

Shop an array of vendors. 8am-1pm. Opera House Square, Oshkosh. (800) 366-4189.

20 | Memory Cafe: Music Hopp with Jack Speech

For those experiencing early stage dementia, mild memory loss or cognitive impairment, and family and friends of those affected. An opportunity for discussion, information, camaraderie, and creative fun. 1:30-3:30pm. Neenah Public Library. 886-6315.

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Art in motion

Fast Ferrari's and glass art can both awe onlookers, but together they make up something truly unique.

On Oct. 10, the Bergstrom-Mahler Museum of Glass and Motion Products Inc. will team up to showcase their respective art.

"This is a nice way to combine two art forms and people who enjoy sculpture, in a variety of ways," says Jan Smith, executive director of the Bergstrom-Mahler Museum. "I think people will appreciate beauty on a variety of levels."

The three-day event titled, "Art in Motion," will be held Oct. 10-12, with all proceeds benefiting the Bergstrom-

On Oct. 10 from 5-10 p.m., people will have a chance to meet glass artist Paul Stankard and Ferarri expert Wayne Obry for dinner and talks at Liberty Hall Banquet and Conference Center in Kimberly. The public may preregister on bmmglass.com and expect to be one of nearly 400 in attendance.

Bergstrom-Mahler offers both tours and talks on Oct. 11. Paul Stankard will begin the day with a glass art demonstration, while Robert Minkoff and Andrew Page, editor of Glass Quarterly, host gallery talks at 10:30 a.m. Participants will then have a chance to view museum artwork up close at 2 p.m.



"Beauty Beyond Nature," the exhibit featuring Paul Stankard's glass art, will continue to be showcased at the Bergstrom-Mahler Museum throughout the weekend, as tours are set for Oct. 12 from 9 a.m. to noon, along with gallery discussions.

During the same timeframe, come for a tour of Motion Products in Neenah to witness a top-end Ferrari restoration facility. Motion Products specializes in 1950s and 60s model Ferraris, but expect to see more muscle cars on display as well.

Bringing attention to two prominent forms of art is the end goal. "We want people to appreciate art, and we have two areas here in Neenah with higher end art," says Beth Nelson, director of marketing at Motion Products.

As Nelson assures, merging these two forms highlights some of the best art Neenah has to offer. A high-end experience awaits those who attend the first-time event.

For a complete schedule and to register for weekend events, visit mpi-ferrari.com or bmmglass.com.

— By Reid Trier



Boasting a stellar cast, including athletes, dancers and musicians, the production connects the street with the elite to deliver a radical urban circus. Weidner Center for the Performing Arts, Green Bay. (800) 895-0071.

28 The National Acrobats of the People's Republic of China A new production featuring original stunts and tricks using props, motorcycles, unicycles and Chinese poles. 7:30pm. Fox Cities Performing

Arts Center, Appleton. 730-3760.

Music events & concerts

3 First Friday Concert Series A performance by Jeff Pockat. 2pm. Neenah Public Library, Neenah. 886-6315.

4, 18 Saturday Night Dances Oct. 4, Jim Vollmer; Oct. 18, Carol and the Keynotes. 7-10pm. Thompson Community Center, Appleton. 225-1700.

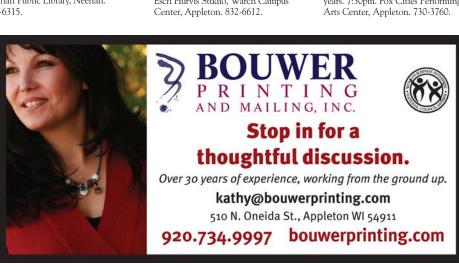
5 Sunday Concert Series Patchouli performs. 2pm. Neenah Public Library, Neenah. 886-6315.

5 | Lawrence University Guest Recital Dez Cordas, featuring double bassist Craig Butterfield and guitarist Matthew Slotkin, offers an eclectic mix of styles from tango to jazz to baroque, 8-9:30pm, Lawrence University Music-Drama Center, Appleton. 832-6612.

6 Lawrence University Guest

Roots raspy vocals paired with an indie folk groove have earned the Speedbumps an IMA Award and showcases across the globe. 7-8:30pm. Esch Hurvis Studio, Warch Campus Center, Appleton. 832-6612.

- 10 Lawrence University Choirs Performance conducted by Stephen Sieck and Phillip Swan. 8-9:30pm. Lawrence Memorial Chapel, Appleton. 832-6612.
- 11 Lawrence Symphonic Orchestra The LSO performs works by Glinka, Tchaikovsky and Borodin. 8-9:30pm. Lawrence Memorial Chapel, Appleton. 832-6612.
- 11 Manitowoc Symphony Orchestra presents Oktoberfest! Sample microbrews before the concert, then enjoy an evening of Viennese music and music from Dorf Kapelle. 7:30pm. Capitol Civic Center, Manitowoc. 683-2184.
- 14 Sweet Honey in the Rock This revered female a cappella ensemble has been uplifting audiences with their mixture of blues, African, jazz, gospel and R&B for years. 7:30pm. Fox Cities Performing Arts Center, Appleton. 730-3760.





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Young singers have chance of a lifetime

This fall, 130 choral students from three area high schools will have the opportunity to showcase their skills on the Fox Cities Performing Arts Center stage in the 11th annual Choral Music Festival.

Each year, the Fox Cities P.A.C. sends out invitations to area high schools and three schools are selected to perform on their own and as a combined choir under the direction of a guest conductor.

The three high schools selected to participate in this year's festival are Appleton North, Chilton and, for the first time in the festival's history, Wrightstown High

"(In the selection process) we look to see which choirs have not participated recently and we try to have a good geographic mix. We just want to get the choirs in and have them participate," says Amy Gosz, director of programming and community engagement at the Fox Cities P.A.C.

In another first for the festival, this year's guest conductor is Beverly Taylor, director of choral activities



Photo courtesy of Rueckle Studios

at the University of Wisconsin-Madison. This is the first time in the festival's history that a conductor from Wisconsin has filled the honorary position.

The choirs will perform a wide variety of choral music chosen by their school directors and three pieces selected by Taylor.

"We know that the Valley has a really strong choral music tradition. We wanted to find a way to celebrate those high school students and showcase them on our stage," says Gosz.

The Choral Music Festival will take place on Oct. 21 at 7 p.m. at the Fox Cities Performing Arts Center, Appleton. Tickets start at \$12 and are on sale now at the box office or online.

— By Jennifer Clausing

21 11th Annual Fox Cities Choral Music Festival

Rising stars from area high school choirs perform individual and ensemble pieces perfected under expert direction. 7pm. Fox Cities Performing Arts Center, Appleton.

23 Ramsey Lewis and his Electric Band with special guest Philip

7:30pm. Fox Cities Performing Arts Center, Appleton. 730-3760.

23 LAM ASTRO and Philharmonia

The Lawrence Academy of Music String Orchestra collaborates with Fox Valley Symphony Youth Orchestra's Philharmonia. 3-4:30pm. Lawrence Memorial Chapel, Appleton. 832-6749.

24 Dinner Show with the Bobby Rivers Band

Enjoy dinner before hearing all of rock 'n' roll's Greatest Hits. 6-9:30pm. Thompson Community Center, Appleton. 225-1700.

28 Lawrence University Guest Recital: Jean-Baptiste Robin

One of the most prominent French organists and composers of his generation. 8-9:30pm. Lawrence Memorial Chapel, Appleton. 832-6632.

31 Savoy Family Cajun Band Music laced with an earthy sensuality, bringing the raw energy of the dance halls of southwest Louisiana to the stage. 7:30pm. Thrasher Opera House, Green Lake. 294-4279.

Opening exhibits

1 Northeast Wisconsin Watercolor

Ongoing. ARTgarage, Green Bay. 448-6800.

3 This Must Be The Place Thru Feb. 22. Features the work of

regional emerging artists, established international artists and works from the Arts Center's collection of vernacular art environment builders, including sculpture, photography and film. John Michael Kohler Arts Center, Sheboygan. 458-6144.

5 The Art of Tablesettings

Thru Oct. 26. This annual exhibition is a treasured icon of thematic displays. Rahr-West Art Museum, Manitowoc. 686-3090.

17 | William Bohne': Art Longa, Vita Brevis — A Retrospective Exhibition

Thru Nov. 7. Public reception, 5-7pm. Baer Gallery, De Pere. 337-3181.

17 Social In/Justice

Thru Nov. 7. Featuring portfolio of prints by artists exploring a range of social justice topics. Godschlax Gallery, De Pere. 337-3181.

24 Selections from the Permanent

Thru Dec. 12. Recent acquisitions gifted by the Kohler Foundation, Inc. Permanent Collection Gallery, De Pere. 337-3181.

26 A Century of Discovery

Ongoing. Rarely seen objects from the museum's permanent collection with different objects being displayed throughout the year. Neville Public Museum, Green Bay. 448-4460.



Community & cultural events

1. 8. 15. 22. 29 Farmers Market on Broadway

The farmers market, presented by Bay Care Clinic, offers fresh food, a variety of vendors and music. Check onbroadway.org for specific listings. 3-7pm. Broadway Street, Green Bay. 437-2531.

2, 9 Oneida Farmers Market

Fresh produce and more. Noon-6pm. N7332 Water Circle Place, Oneida. 819-1933.

2, 9, 16, 23, 30 Menasha Farm Fresh Market

Concert series featuring musical performances and food vendors. Attendees are encouraged to bring chairs. 2-6pm. Downtown Menasha on Marina Terrace. 967-3600.

4 Owl Prowl Hike 🏂 🕿

Learn about the owls of Wisconsin and their fascinating adaptations. Short presentation followed by a night hike to listen and call for owls. 6-8pm. Gordon Bubolz Nature Preserve, Appleton. 731-6041.

4 Rally For The Rescued

This charity ride is being hosted by O'Marro's Public House to benefit the Oshkosh Area Humane Society. Rain or shine. 9:30am-10pm. Oshkosh Area Humane Society. Oshkosh 424-2128.

4 Outagamie County Master Gardeners

Monthly discussions on gardening topics. 10am-11:30pm. Appleton Public Library, Appleton. 832-6392.

4, 11 Future Neenah Farmer's

8am-noon. Shattuck Park, Neenah. 722-1920.

4. 11. 18 Downtown Kaukauna Farmers Market

7:30am-noon. Corner of Second Street and Hwy. 55, Kaukauna. 858-4669.

4, 11, 18, 25 Saturday Neenah Farmers Market

8am-noon. Shattuck Park, 210 E. Wisconsin Ave., Neenah. 722-1920.

4, 11, 18, 25 Downtown Appleton Farm Market

The area's largest farmers market with more than 150 vendors. 8am-12:30pm. College Avenue, between Appleton and Durkee streets, plus Houdini Plaza, Appleton. 954-9112.

4, 11, 18, 25 Downtown Green Bay Farmers Market

7am-noon. S. Washington, Doty and Stuart streets. 437-5972.

4, 11, 18, 25 Oshkosh Farmers Market

8am-12:30pm. 400 & 500 Block of N. Main Street, and 100 Block of Church Avenue, Oshkosh. 252-2532.

5 40th Annual Greenville Fall Craft Fair

Handmade arts/crafts, produce, baked goods. Rain or shine. 9am-3pm. Greensville Lions Park, 757-5661.

6 Potluck 2

Among my Souvenirs Show. \$2 and bring a dish to pass. Sign up at the Thompson Community Center or call ahead. Noon-2pm. Thompson Community Center, Appleton. 225-1700.

7, 14, 21, 28 Creative Journey

The Appleton Public Library invites people to participate and share ideas as we explore and nurture our inner creativity. New members welcome. 10am-noon. Appleton Public Library, Appleton. 832-6392.

8 Native Stitches & Stories

A tapestry of traditional, native quilt making, history, stories and song artfully woven together by Wisconsin quilt artist Pat Ehrenberg & Oneida Storvteller Debra Morningstar. 6-7:30pm. New London Public Museum. 982-8520.

9, 23 | Creative Writing @ the Library

Creative Writing sessions led by Sharrie Robinson. 10am-noon. Appleton Public Library, Appleton. 832-6392.

10-11 | The Pied Piper ⅔

Sara, an orphan girl, and the other townspeople of Hamelin Town turn to the Mayor of Hamelin and his Council when their town is overrun by rats. 7pm. Perry Hall, UW Fox Valley, Menasha. 832-2889.

11 | Fall Craft Bazaar and Beyond

10th Annual Bazaar with a variety of crafts, goods, foods and a silent auction. 9am-2pm. The Salvation Army, Menasha. 886-3612.

12 Maribel Cave Tour

Visit Maribel New Hope Cave, Pancake Cave, Coopers Cave and more. Tours are led by Wisconsin Speleological Society members. 9am-3pm. Cherney Maribel Caves County Park, Maribel. 860-6123.

12, 26 Music @ the Library Sunday afternoon concerts at the

library. 2-3pm. Appleton Public Library, Appleton. 832-6392.

17 Night Hike 🏂 🕿

Discover the sights, sounds and beauty of nature at night as we go for a hike through prairies and forests. 7-8:30pm. Gordon Bubolz Nature Preserve, Appleton. 731-6041.

18 Stories Worth Telling

Join us to wake up the writer within who has been waiting for a chance to share a story. 10am-3pm. The Bridge-Between Retreat Center, Denmark.

19 Lawrence Academy of Music Faculty Showcase Recital

Academy teachers present a free recital for families and friends of the Academy. 1-2pm. Harper Hall of Lawrence Conservatory, Appleton. 832-6632.

20 Knit2Together
Knitters of all experience levels are welcome to join this informal knitting circle. Bring your project, learn new stitches and patterns, or learn to knit from the cast-on. 6:30-8pm. Appleton Public Library, Appleton. 832-6392.

25 Romp in the Autumn Swamp Celebrate the autumn season with tractor hay rides, hiking, pumpkin

decorating, face painting, games and hands-on activities. 3-7pm. Gordon Bubolz Nature Preserve. 731-6041.

25 | Cliff Runner

Lace up your sneakers for the Cliff Runner Marathon and 1/2 Marathon. High Cliff State Park. 570-2799.

Fundraisers

3 United in Recovery

A musical event benefiting STEP Industries in Neenah and The Mooring Programs in Appleton. Featuring musical entertainment, silent auction, desserts and coffee. 6pm. James W. Perry Hall at UW Fox Valley-Menasha. 722-2345.

11 2nd Annual Run for the Hill of It

The Baird Creek Preservation Foundation is challenging runners to a 2nd Annual Run for the Hill of It 5K. Proceeds from the event benefit Baird Creek Parkway. This year, a Little Hill Racers Kid Run is available for youth 10 and younger. 8am. Triangle Hill, Green Bay.





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15 Heels, Hopes & Higher Education: Management Women, Inc. 🕿

Helps fund the scholarship program for post-secondary educational goals of local women. Featuring a silent auction and wine gift bags. 9:30am-5pm. The Marq, De Pere. 609-4217.

Dance Against Violence Sock Hop Charity Event

Swing dance lesson at 6:45 pm. Dance to '50s-'60s Bobby Rivers Band 8-midnight. Buffet, raffles, auctions, games and hula hoop contest. 6:30pm-midnight. Grand Meridian, Appleton. 968-2621.

18 6th annual Downtown Appleton Soup Walk

Participants can taste soups at 15 different restaurants along College Avenue and on the riverfront in Appleton. Noon to 4 p.m. Tickets available now. 954-9112.

18 | Shall We Dance

A friendly dance competition, raffles, hors d'oeuvres, silent and live auctions and more. Proceeds benefit the Sexual Assault Crisis Center. All day. Radisson Paper Valley Hotel, Appleton. 250-2594.

Lectures, readings, presentations & discussions

6 Adult Afternoon Program: Two Fathers, One War

Marcia Pollack Wysocky will discuss her book, "Two Fathers One War." Books will be available for purchase. Book signing to follow. 2pm. Neenah Public Library, 886-6315.

8 Help! My Child Has Anxiety! Presented by Lisa Klarner, Peaceful Horizons, LLC. 6-7pm. Appleton Public Library. 832-6173.

11 Beauty Beyond Nature

Gallery talks with Andrew Page, Glass Quarterly editor, and Robert Minkoff, Minkoff Foundation managing trustee. At 2 pm, view artwork up close with Minkoff, Page and Paul Stankard as your guides. 10:30am-1pm. Bergstrom-Mahler Museum of Glass, Neenah.

13 Suburban Homesteading — Home Creamery Series

Session 1: Yogurt, Kefir and Simple Cheese. Presentation by Linda Conway, Moonwise Herbs. 6:30-8pm. Neenah Public Library. 886-6315

16 EAA's Aviation Adventure Speaker Series: B-24 Over Europe

Doug Tomas will present research findings about his great-great uncle, who was a flight engineer aboard the B-24 Bomber nicknamed, "Ready, Willing and Able," which was shot down over northern Italy in December 1943 during World War II. 7-8:30pm. EAA AirVenture Museum, Oshkosh, 426-6823.

16 Third Thursdays

A variety of nature themed lectures, workshops and demonstrations will be presented. 6:30-8:30pm. Bergstrom-Mahler Museum of Glass, Neenah. 751-4658.

27 Author Talk

Genevieve Davis will discuss her book, "Secret Life, Secret Death." 6:30pm. Neenah Public Library. 886-6315.

29 Global Warming: A Call to Action

Led by the Global Warming Discussion and Solutions group. Co-sponsored by Appleton Public Library. 7-8pm. Appleton Public Library. 832-6173.

Films

2, 9, 16 Thursday Afternoon/Night @ the Movies Two sessions: 4-6pm and 6-8pm. Appleton Public Library, Appleton. 832-6392.

7 Tuesday Night Movie: Godzilla Free and open to the public. Free popcorn and pop. Rated PG-13. 6pm. Neenah Public Library. 886-6315.

13 | Monday Matinee "Blended" starring Drew Barrymore and Adam Sandler. Rated PG-13.1pm. Shattuck Room, Neenah Public Library. 886-6315.

21 Tuesday Night Movie: Mr. Peabody and Sherman Free and open to the public. Rated PG. 6pm. Neenah Public Library. 886-6315.

Classes & workshops

2, 16, 30 Brewing Workshops: Adult Brewing Series

These are hands-on workshops led by Kevin Cullen during which participants will brew beer. There will be a charge for these workshops. Please visit NevillePublicMuseum.org for updates. 6-7:30pm. Neville Public Museum, Green Bay. 448-4462.

2 | Seuss in the Studio Classes: Re-Critters 🏂 💁

Dr. Seuss-inspired studio classes for children ages 3-6 years old at The Trout Museum of Art. Take used up plastic containers, cut and connect with duct tape to transform them into something new and whimsical. Space is limited. 1-2pm. Trout Museum of Art, Appleton. 733-4089.

3, 17 Fitness Fridays

Enjoy various fitness classes with different instructors each week. Everyone is welcome. 9:15-10:15am. Neenah Public Library. 886-6315.

Half marathon to test runners' abilities

High Cliff State Park will "punish runners" when it hosts its first Cliff Runner half marathon on Oct. 25.

Cliff Runner Events feature multiple races each year, including the 10K and the unique Supperun. The half marathon is just another addition for local runners to have fun and challenge themselves.

Registration will remain open through the morning of the race. Rob Zimbler, founder and race director, says he is expecting 150 to 200 participants to fill the state park trail on that Saturday morning.

Racers will enjoy the spectacular atmosphere throughout the park while jogging along the coast of Lake Winnebago on Lime Kiln Trail.

The route and the terrain tests runners in many aspects and it exemplifies the uniqueness of this course.

"A lot of half marathons are on the roads, but here there's going to be rocks and hills," says Zimbler. "We go all the way to the top of the trail and drop back down. Then you go back to the top again and back down again. It's a lot of climbing and it's a fun trail to race."

After those numerous climbs, runners can refresh at either of the two water stations available on the trail.

When the finish line is crossed, participants will enjoy

live music produced from A-Town Unplugged and refuel with free beer and

"Runners like beer," says Zimbler. "Some people think runners are strict people with diets and all these other things, but a lot of runners and trail runners like their beer and like their pizza. It'll be a fun atmosphere"



Photo courtesy of Looking For Molly Photography

Cost of Participation is \$45 and a percentage of that will be given to Purdy Nature Preserve at Apple Creek

For those who do not have an annual sticker to the state park, a day pass will need to be purchased to enter the race.

You can register for the Cliff Runner half marathon at cliffrunnerevents.com or during the morning of the race. However, be prepared to test your body when they sound the horn.

4, 11, 18, 25 | Sketching and Drawing 101 Through studies of life, landscape and an introduction to portraiture you will develop skills and techniques. 8am-noon. Trout Museum of Art, Appleton. 733-4089.

6, 13 Seuss in the Studio Classes: Marine Muggs

Create your own piece of papier-mache unorthodox taxidermy. 4:30-6pm. Trout Museum of Art, Appleton. 733-4089.

7, 14, 21, 28 Cubist Painting Students will learn how to deconstruct, compose and reconstruct what they see in a new manner. 6-8pm. Trout Museum of Art, Appleton. 733-4089.

7 Grief Support

Monthly gatherings for adults who have experienced the death of a loved one. The support group is offered on the first Tuesday of each month. 2:30pm. Thompson Community Center, Appleton. (886) 236-8500.

7, 14, 21, 28 Portraits in pastel with Renee Kulfan 22

This class will be a portrait painting project in pastel. We will work from our own favorite photo as a reference. Focusing on form, proportion and color likenes students will gain the technical skills used to create classic realism portraits. 9:30amnoon. The Art Garage, Green Bay. 448-6800.

11 Brewing Workshops: Family Soda

Hands-on workshops led by Kevin Cullen during which participants will brew soda. There will be a charge for these workshops. Please visit NevillePublicMuseum.org for updates. 6-7:30pm. Neville Public Museum, Green Bay. 448-4462.

14 Flame and Fuse Fusion 22

Use a torch to create flamework glass pieces that will be incorporated into a fused piece you will create during the second half of the class led by instructor Beth Wenger Johnstone. Call or go online to register. 5:30-8:30pm. Bergstrom-Mahler Museum of Glass, Neenah. 751-4658.

15, 22, 29 Personal Finance Classes

Led by Devin Czech. Oct. 15 - The Great Escape: Getting ahead of paycheck-to-paycheck living; Oct. 22 - Credit Cards 101; Oct. 29 - Debt CON-solidation. 6-7pm. Appleton Public Library. 832-6173.

16 | Fine art techniques in Photoshop with Sherri Baierl

Baierl will provide an overview of methods used to create composite images that will take your digital photography further into the realm of fine art. It is encouraged that students bring their own laptop or tablet to follow along. 6-8pm. The Art Garage, Green Bay. 448-6800.

23 Leaf Fossils in Glass 22

Create a glass jewelry pendant or glass coaster with a fossil of a real leaf in this class led by instructor Sara Rezin. Call or go online to register. 6-8pm. Bergstrom-Mahler Museum of Glass, Neenah. 751-4658.

29 | Know the Ten Warning Signs

Learn about the treatment and warning signs of Alzheimer's and dementia. Presented by the Alzheimer's Association. 1pm. Shattuck Community Room, Neenah Public Library. 886-6315.

30 | Watercolor: have no fear! With Steve Krueger 2

The goal for this classe is to show students how to make watercolor work for them while having a lot of fun painting and preparing. Demonstrations include mixing colors, painting skies with clouds, trees, rocks, and water reflections. 9am-1pm. The Art Garage, Green Bay. 448-6800.

Children's events

6, 7, 13, 14, 20, 21, 27, 28 Family Story

Elements of kindergarten readiness, such as numbers, colors, shapes, alphabet, concepts, Mother Goose rhymes, classic stories and songs. 10am. Menasha Public Library Children's Department. 967-3670.

7, 21 Animal Stories for Preschoolers

Learn all about bats! Sanctuary staff will read the stories "Stellaluna," by Janelle Cannon and "Littlebat's Halloween Story," by Diane Mayr, followed by a fun craft project. 10am on Oct. 7, 1pm on Oct. 21. Bay Beach Wildlife Sanctuary, Green Bay. 391-3671.

7 Seuss Stories at The Trout Museum of

Hear Seuss's "The Shape of Me," then head up to the studio for a fun art activity. 11amnoon. The Trout Museum of Art, Appleton. 733-4089

8, 15, 22 Seuss in the Studio Classes: Fabulously Fun Fish

Classes for children ages 3-6 years. Create sea creatures inspired by Seuss books. 1-2pm. The Trout Museum of Art, Appleton. 733-4089.

11 Autumn Adventure

Parents and children of all ages can participate in free activities including a scavenger hunt, face painting, apple tasting and pumpkin give-a-ways. Free lunch! Sponsored by the Thursday Morning Breakfast Optimist Club. 10am-2pm. Bay Beach Wildlife Sanctuary, Green Bay. 391-3671.

14, 15, 18 Brownie Home Scientist 🕿

Brownie Girl Scouts will complete 5 steps to earn their Home Scientist badge. Activities include making edible treats using kitchen chemistry, have fun with static electricity, experiments with density, getting messy while exploring gases, and use science to make toys. 14, 15; 5-7pm. 18; 9-11am. Paper Discovery Center, Appleton.

14, 16, 21, 23, 28, 30 | Seuss in the Studio Classes: Seuss on the Loose

Classes for children ages 7-11 years. Two new Seuss-inspired projects develop basic skills for working with clay. 4-5:30pm on Thursdays, 4-5pm on Tuesdays. Trout Museum of Art, Appleton. 733-4089.

23 Exterminate! A Dr. Who Party

A costume party for Whovians of all ages. The event will include trivia, treats and contests. 6:30-8pm. Neenah Public Library. 886-6315.

24 Baby Story Times

For babies birth to age 2 with a parent or caregiver. Older siblings may attend. Focuses on developmental, age appropriate activities for babies and toddlers. 10am. Menasha Public Library Children's Department. 967-3670.

26 Legos @ the Library

Bring a bucket of your own Legos and see what you can create! 1:30-2:30pm. Neenah Public Library. 886-6315.

More on the Web

Expanded Calendar Listings

Our online events calendar is updated daily with concerts, classes, exhibits and more. Find out "What's Going On" every day of the week.

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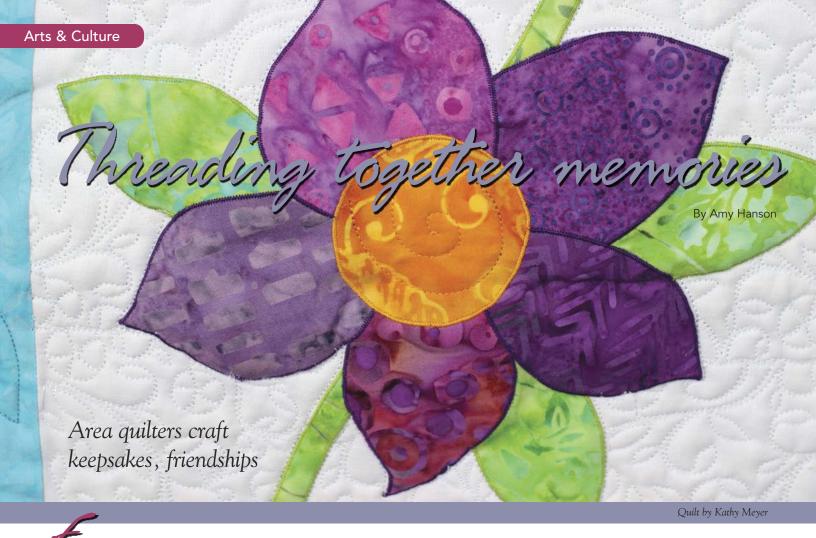
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abrics cut in varying shapes and sizes, swift stitches and special moments sewn together with care. There's nothing like wrapping up in a handmade quilt. As the weather begins to cool, snuggling under one is often a highlight of the season. For area quilters, however, the pastime begins with the bonds, much like the pieces of a quilt, that together form a longtime treasure.



A sisterhood of stitches

For Kathy Meyer of Appleton, it's the camaraderie she enjoys most. "The quilting is part of it," says Meyer, who participates in the Fox Valley's Darting Needles Quilt Guild.

"Quilting is that sisterhood bond, it erases the years between you," adds Kristine Van Eyck, a resident of the Town of Greenville.

Along with being a member of the Darting Needles, Van Eyck also meets with another group of women once a week to work on quilting.

Pat Pollock of Greenville is another Darting Needles member. In addition to the guild, she has gotten together with a group of friends every Friday night for nearly 25 years, along with participating in other circles.

"The social aspect would be very tied with the need to be creative," she adds.

The 11 women who gather as part of the Friday night bunch, started meeting in 1990. Pollock describes the women as "closer than sisters would be." One of the original members developed colon cancer after the group had formed and passed away six years later.

Sharon Erdmann of Appleton takes part in a group at Going to Pieces Quilt Co. and appreciates the social aspect the most. Her husband passed away a few years ago and the activity keeps her busy.

"The companionship of the people, it keeps you alert and you learn new techniques," she notes. "As with any hobby, it becomes your passion and you love doing it."

Needling away

Twenty five years ago, Rhonda Roberts decided to stop in a quilt shop she had passed many times. She was living in St. Louis and decided she needed to start quilting. She didn't know a thing about sewing.

When she later moved to Appleton, Roberts owned her own quilt shop for a while.

"I think what captivates a lot of people is the color and the texture of the fabric. It's homey," Roberts shares. "More young quilters are coming into it and they don't want a home like their mothers. Everything has a revival and pretty soon we'll be using dusty pinks and mauves again!"

Connie Volkman of Appleton, on the other hand, learned to sew at age 12 from her paternal grandmother and was a seamstress until 1989. The Darting Needles member took up quilting around

that time as a means "to beat the winter blues."

She does mostly machine work, but likes the crazy patchwork style, traditional piecing, miniature quilts and Civil War era reproduction fabrics.

"I've done most everything," she adds. "I've learned to never say never. There's always something to learn."



Quilt by Kristine Van Eyck

A stitch in time

Hobby evolves with new generation of quilters

The face of quilting is changing. Bolder hues, patterns and less complicated options have made the pastime accessible to varying ages of crafters.

"People like doing their own thing, especially with Pinterest and Etsy out there," says Vicki Van Deurzen, owner of Piece by Piece.

The Appleton quilt shop was recently selected by Better Homes and Gardens Quilt Sampler® magazine as one of the 10 top quilt shops. The Fall/Winter 2014 issue, featuring the "On a Winter's Night" quilt designed by co-owner Julie Zimmer, is on newsstands now.

This is the first time Piece by Piece was nominated, and the first time it was selected to be featured. An application was submitted at the end of 2013 and in February 2014, Van Deurzen and Zimmer received word from the magazine.

"It's a huge honor to be in this magazine," Van Deurzen says.

Keep Me in Stitches A Modern Quilt Shop is an Appleton destination for modern quilters. The aesthetic is bright colored fabrics, clean lines and a minimal style. Customers typically make quilts of "maybe 20 pieces versus 250 pieces," says owner Jacqi Levy. The style includes larger and bolder geometrics.

'The younger generation has less time to devote," Levy adds. "It's a utilitarian thing. They want to play with the color and shapes, but they want to be finished. They don't want it to be a project that lasts two years."

Mary Klein, co-owner of Going to Pieces Quilt Co. in Appleton with Joanne Mjos, agrees.

"There are plentiful books and designs just for the modern

quilts," she adds. "Often you will see solid backgrounds with bright florals such as Kaffe Fassett prints used in the modern quilts. Modern quilts don't require as much time to make and with time always being an issue with the younger, working women, they are popular just for that reason."

Keep Me in Stiches A Modern Quilt Shop

Younger generations are now seeking out advice on how to make handmade items as well. Van Deurzen points to a change in fabric that happened within the last five years. Batiks, chevrons and children's fabrics - including greys, taupes and yellows, which work into gender neutral nurseries — also have risen in popularity. Juvenile prints featuring owls, foxes, hedgehogs, bears and other creatures are sought after as well, Klein says.

"The designers are doing such fun things," Van Deurzen notes. "They're fun and exciting and colorful. It's not just the paisleys our grandmothers used."

"Today's quilter has a myriad of fabric and pattern choices and creates spectacular quilts that



Quilt by Piece by Piece featured in 2014 Fall/Winter Better Homes and Gardens Quilt Sampler® magazine. Photography by Adam Albright. Used with permission from Quilt Sampler® magazine. ©2014 Meredith Corporation. All rights reserved. www.allpeoplequilt.com.

beautiful to look at and technically excellent,"

She has been creating visual art for five years and previously made utilitarian style guilts for 10. Frocillo's work has been displayed both nationally and locally. In July, she received the "Best of Show" award from the Secura Fine Arts Exhibition for her work, "Remnants of Home." Her solo exhibition will be on display in the atrium of The Trout Museum of Art during the 2015 show.

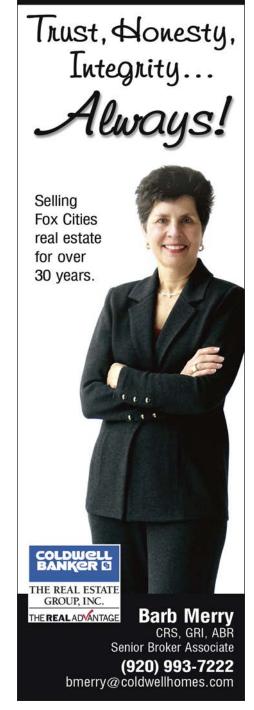
Just as a traditional artist uses brushes and paints, a fiber artist creates original art pieces using fiber that is layered and stitched as a form of visual communication," Frocillo says.

"Quilting is a natural offshoot of the sewing process. Many people start with making clothing or little gifts and suddenly get hit with the quilting bug," says Klein. "They continue to create projects and have found a new hobby. It's a useful hobby and many people make quilts for their children, grandchildren and on and on."

Levy strives to keep an interest in quilting alive. The three shops also offer classes and groups.

"If a little girl comes in with her grandma and her grandma is a quilter, we will grab that little girl," Levy notes adding that home economicstype classes aren't taught as much in schools anymore. Quilting teaches color theory, algebra, geometry and eye-hand coordination, she adds.

"You're using all that stuff you don't realize, but you're having fun," Levy says. "Plus, it's a zen thing." - By Amy Hanson











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"Remnants of Home" by Carole Frocillo: photo courtesy of The Trout Museum of Art

Continued from Page 14

Although Meyer has been sewing her adult life, there is one thing she hates to do.

"Someone said, 'Asking a quilter to hem a pair of pants is like asking Van Gogh to paint a garage," she joked.

Meyer says she typically works off of patterns using a domestic sewing machine to complete her projects including baby and T-shirt quilts, along with those for comfort, which she gives as gifts.



Piecing and designing is the way Van Eyck approaches quilting. She learned how to quilt from her grandmothers, one did a utilitarian style while the other took more of an art approach. She began by quilting on an old treadle. Today, Van Eyck does both machine quilting and hand applique. She finds inspiration in architectural elements, nature, and by watching others. She prefers a more modern or contemporary approach.

> "Sometimes, you have to let your designs pop as if you're working with a black and white photograph instead of a color one," shares Van Eyck who was wrapping up a quilt made with neutral grays and tans.

Fabric finds

"Every time you go into a quilt store, it's tempting," says Meyer. "Quilters know good quality fabric. We're kind of snobs that way.'

Mever enjoys working with earth tones because she finds them



soothing. She selects fabric based on color, texture and the intuitive feeling she gets.

Pollock, who prefers hand applique, discovered Hawaiian-style quilting three years ago. The style uses large, symmetric patterns and often features bold, stylized botanical designs on a white background. It's also a portable style of quilting that allows Pollock to utilize only one needle, one thread and one scissors. She gravitates to batik fabrics.

"You get excited about a new fabric or design and you just start," she shares. "You never know what you're going to like and when you'll get back to it. ... If I like them, I'll buy three yards at a time, and if I kind of like it I'll buy a yard of it."

Roberts is drawn to brighter colors and whites, she says. She's made between 800 to 1,000 quilts to date and has a basement full of fabric — likely enough to do a king-size quilt, front and back, every day until she turns 200, Roberts estimates. She tends to work on four to five quilts actively at a time and quilts with a group.

Unfinished objects

Like other area quilters, Volkman has her own UFOs or unfinished objects at least a dozen at any given time — but says she is now more project-based with her work. She finds ideas from books, patterns, magazines, shops, fellow quilters and the internet. Volkman also estimates she's made more than 1,000 quilts since she used to also make samples for the Quilt Sampler, an area shop,

until they closed in 2000.

"My daughter will call and say, 'Mom, I'm going to paint the bedroom, can you make me a new quilt?" she shares.

Erdmann typically has three to four quilts she's working on at a time in varying degrees of doneness and has a method to how she approaches her work — handwork and binding in the evening, and piecing and quilting during the daytime.

"You get into a zone when you're quilting, and everything is peaceful and quiet and relaxing," she adds.

Van Eyck. has completed several hundred quilts by her estimate and gives the majority away as gifts or to charity. She says she'll usually have 75 projects, in varying stages, going at a given time.

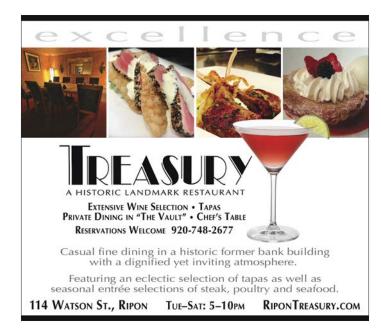
"I'm the one who likes to have several balls up in the air at one time," she says with a laugh.

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Quilt by Pat Pollock







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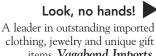
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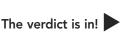
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As we celebrate the 20th anniversary of the Golden Fork Awards, we also recognize the accomplishments of area eateries that have pushed the boundaries of delicious food in the Fox Cities. To the chefs, restaurants and staff who have exposed diners to experiences only they can serve up, we toast you and your efforts over the course of the last year. And, to our readers, we appreciate you taking the time to recognize your favorite establishments — the places that whet your appetite, tempt your taste buds and keep you coming back for more mouthwatering treats that become a feast for the eyes as much as your stomach. Congratulations to all the restaurants that have received a Golden Fork this year, and to our first-time recipients, we welcome you to the table.

Turn to Page 28 for a complete list of winners.

BEST overall

Carmella's an Italian Bistro, Appleton

Five years and going strong, sisters Nicole DeFranza and Kristen Sickler are back on top. The co-owners of Carmella's an Italian Bistro have earned the first Fork position in 10 categories this year, that's three more categories than last year and a fifth of the 2014 ballot.

"We're constantly trying to be better," says DeFranza. "We really take it to heart when people tell us the good things, and we really take it to heart when people tell us the bad things."

The customers and staff come first at Carmella's, according to DeFranza. Creating an atmosphere where people want to work harder and create "an experience for guests" makes the management duo proud as they lead by example, she adds. Their philosophy is to bring staff in who share their vision and support the idea of welcoming customers into the restaurant as if it were their own home.

DeFranza is excited by the opportunity to grow staff from within her company as the sisters branched out and added SAP Brunch, Brown Bag & Bakery this year.

"It's been a very cool experience," she says. "Obviously, a busy, crazy year as well."

Between the two businesses, the sisters employ approximately 120 employees. With the opening of SAP, they were able to shift some positions, but also welcome new faces to the team.

"It's a super big honor to know that it's coming from the people who support us all the time," DeFranza notes of winning "Best overall restaurant."





BEST burger

Milwaukee Burger Co., Appleton

Sometimes, you just want a burger. That's what Milwaukee Burger Co. is banking on. After opening in February, the hamburger hangout has earned its first Golden Fork for "Best burger."

"It's hard to come into an area and receive something like this right away," says Kimberly Olsen, general manager. "I think our burgers are pretty awesome, obviously."

All burgers are hand patted at the restaurant and made from 100 percent Angus beef. Customizable burger options also are available. Favorite Specialty Burgers, like the Cheese Curd Burger, is served with provolone, Burger Co. Sauce and cheese curds.

"Appleton loves our Cheese Curd Burger!" Olsen shares.

She is hoping the Golden Fork honor "makes more people aware that we're here and come in to enjoy Milwaukee Burger Co."

supper club Mark's East Side, **Appleton**

The "Mark's East Side Difference" is what Rhoda Steffel, general manager, believes clinched the "Best super club" category for the restaurant this year.



Photo courtesy of Mark's East Side

"Every customer who walks through the doors is important to us," she says.

The business' philosophy puts an emphasis on its employees and service, in addition to the orders.

"You can't duplicate our staff," Steffel continues. "Anyone can make what we make, but there's only one Mark's East Side staff."

The staff also takes pride in maintaining the restaurant's customer base.

"We're honored to be recognized like that," says owner Mark Dougherty of the Golden Fork Award. "We work very hard to please our guests."

new restaurant

SAP Brunch, Brown Bag & Bakery, Appleton

Nicole DeFranza and Kristen Sickler decided to roll the dice and open up SAP Brunch, Brown Bag & Bakery when a space just a few doors down from Carmella's an Italian Bistro opened up. The gamble, which started as the brainchild of DeFranza's nephew, Owen, five years ago, has turned into a jackpot. The eatery, with its cool vibe of vintage and modern decor, and eclectic menu, has been attracting attention since its doors opened at the end of May. SAP garnered this year's Golden Fork for "Best new restaurant."

"Overwhelmed by the love and support of this community," says Nicole DeFranza of her reaction to the news. "Carrying over to SAP how we treat our guests at Carmella's has paid off."

DeFranza gives credit to a great customer base, the new faces who come in on a regular basis and the staff who have contributed to SAP's success.

"It feels really good. It feels like we're doing it all over again," she says.

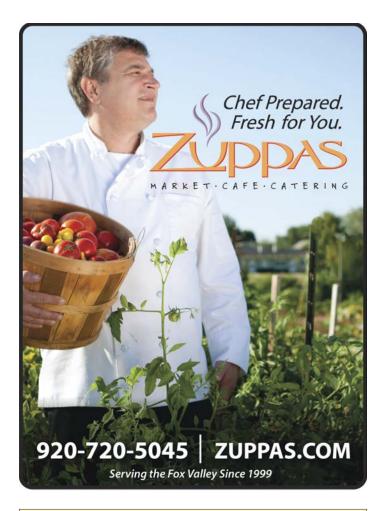
DeFranza loves being able to work with local businesses, farms and farmers as well.

"We have so many resources available to us right here in Wisconsin outside of the restaurant as well," she says.

The newcomer to the restaurant scene took first place in six Golden Fork categories. Not bad for the new kid on the block. DeFranza says she feels super thankful, humble and honored to be recognized.









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2014 Golden Fork Award Winner Best Asian food Best noodle dish

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HEST asian

Basil Café, Appleton

"We are just blown away and extremely, extremely grateful at all the response we've received from the Fox Cities," says Larry Chomsigengphet of winning the Golden Fork Award for "Best Asian restaurant."

The general manager is thankful to the community for putting Basil Café in the company of other phenomenal Asian restaurants in the area, he says.

"For us, it's about focusing on fresh, authentic Asian food," Chomsigengphet shares. He puts an emphasis on this philosophy, along with staying attuned to the quality of what comes out of his kitchen.

He has been surprised and taken aback by winning "Best Asian restaurant" for the first time this year.

"I don't think it still has hit any of us," he says, noting it's a "tremendous accolade."

BEST indian food

Sai Ram Indian Cuisine, Appleton

Take a trip to the land of spices and curry here in the Fox Cities. Sai Ram Indian Cuisine serves traditional fare for lunch and dinner. Selected as the winner of the "Best Indian food" and "Most vegetarian friendly" categories, Sai Ram has welcomed guests for 15 years. The restaurant recently celebrated the milestone in July.

"It's mostly our fresh cooked food that people come in for," says Neehar Chalasane, general manager. "We have a huge variety of vegan food and Indian food.'

Popular dishes served at Sai Ram are the Chicken Makhani and Chicken Tikka Masala. There is no MSG in any of the items on the menu.

"A lot of times, people are surprised that there is an Indian restaurant in the Valley," Chalasane notes.

For those who have yet to try Indian food, don't let the unknown stop you. There are a range of menu options available, including ones that don't pack as much heat.

"Just ask the staff and they will help guide you through your first Indian experience," Chalasane says.





live entertainment

Cena Restaurant, Appleton/Cannova's Pizzeria, Neenah (tie)

Cena Restaurant started offering guests live entertainment in 2009 and continues to make beautiful music in this category. The restaurant offers jazz on Tuesdays and a rotation of musical genres on Saturdays.

"Sitting down for dinner and listening to jazz is a little rare in this day and age," says Brian Leslie, general manager.

Local musicians are primarily featured at Cena and Leslie notes that there are plans in the works for the future.

"I'm pleased, humbled," he shares. "I'm not the one doing the heavy lifting around here. It's the artists."

Cena shares the Golden Fork for "Best live entertainment" with Cannova's Pizzeria.



bar & Greene's Pour

House, Neenah You don't need a pub crawl as an

excuse to check out Greene's Pour House. Taking home "Best

bar & grill," for a Golden Fork three-peat, Greene's continues to be a dining destination.

"It's outstanding!" exclaims owner Bobby Greene. "You work hard, and it pays off. Our customers are awesome and I can't say enough."

Greene operates his restaurant under the guidelines of "treating everyone like they're coming into your house," he shares. The staff knows the name of customers and treats them like valued friends.

Standout menu items like Fish Tacos and Pig in a Pretzel, a pulled pork sandwich served on a pretzel bun and topped with caramelized onions and coleslaw, have put Greene's Pour House on the map. The restaurant typically goes through 30-40 tacos in a day and on average, 70 on a Friday, Greene adds.

"She's made it happen," says Greene of his chef. "People come in just to see what our Kayla will come up with next."

Greene's also serves up a weekly fish fry.

"Our fish frys are great. We're usually jam-packed on Fridays," Greene says.

BEST ribs

Photo courtesy

of Famous Dave's

Famous Dave's, Appleton

Looking for a place to indulge in quality barbecue? Make a trip to Famous Dave's, recipient of the Golden Fork for "Best ribs." Ditch your fork, tuck a napkin and dive in, but be prepared for sticky fingers and

> lip smacking. General manager Robert Stanley has been at Famous Dave's for 14 years. The restaurant has been making ribs the same way in the 20 years since they opened, he says. That

means smoking from scratch nearly every day, using the same authentic product for consistency and adding special Famous Dave's seasonings.

"We're very happy to hear that people like Famous Dave's ribs," says Stanley. "We appreciate everybody voting for us."









Third Street Diner, Menasha

Breakfast, lunch and dinner, Third Street Diner keeps hungry bellies full seven days a week with traditional diner favorites.

Have a hankering for meatloaf? You'll find it here. Homemade soups, made from scratch, also can be found on the menu. And, don't forget the pancakes. Owner Michelle Meyer says her mother

used to make them, and while they're not quite the same, they are pretty close.

"Pleasantly surprised," says Meyer about her reaction to winning the "Best diner" category. "We really try hard to keep our quality up, and consistency in our food so you know what you're getting."

BES cutting-edge cuisine

Houdini's Escape Gastropub, Appleton

It's easy to fall into a routine, but the executive chef of Houdini's Escape Gastropub is hoping to make "new" the norm.

"I was proud," shares Executive Chef Scott Halbach of being recognized with the Golden Fork for "Best cutting-edge cuisine" for the first time this year. "That's a category specifically for what we strive for and stress."

Houdini's has been open for under a year and a half, but the kitchen staff and front of house has worked to develop relationships with its clientele, Halbach notes. Bringing in

unexpected menu items, pairing ingredients in new ways and pushing the envelope of cuisine is on Halbach's radar.

The gastropub allows diners to be a part of the action. Houdini's also serves a variety of seafood, including scallops and Ivory King Salmon on a

rotating basis. A plated brunch with a weekly menu was recently added as well. In addition to "Best cutting edge cuisine," Houdini's also earned categories,





What's Happening at

Village Hearthstone !!!

October Beer Dinner

October 14, 6:00 Features Lakefront Brewery's Jim Klisch

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TICKETS MUST BE PURCHASED IN ADVANCE: 920-853-3013

Third Annual Beaujolais Dinner

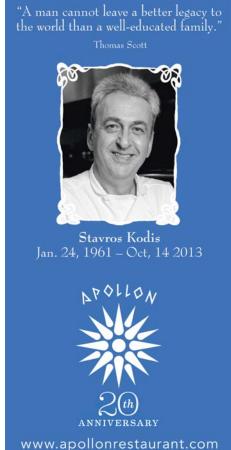
November 20, 6:00

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FAVORITE hidden gem

All Seasons Coffeehouse, Appleton

While it may be slightly off the beaten path of Wisconsin Avenue, All Seasons Coffeehouse has become a go-to coffee and dining destination in the Fox Valley. From a selection of caffeinated beverages to soups, sandwiches and salads, along with treats to tempt the sweet tooth, like macaroons, it's not hard to see why All Seasons was given the honor of "Favorite hidden gem."

"I'm super, super, super excited," says owner Liz Stuck. "We hear that so often that we're a 'hidden gem.' 'Tucked away' is another one."

Serving everything from scratch and pouring good, quality coffee is what Stuck thinks led to the recognition. All Seasons also received second place nods for "Best cup of coffee" and "Best cafe."

"I think people are pleasantly surprised," she shares. "I'm very excited to get the opportunity to win this."

Stuck invites the community to stop in and discover what All Seasons' staff and menu have to offer.









AND THE WINNERS ARE:

Bt5 overall

1st Carmella's an Italian Bistro 2nd Houdini's Escape Gastropub

HEST new restaurant

1st SAP Brunch, Brown Bag & Bakery 2nd (tie) Milwaukee Burger Co. Gather Americana Restaurant

BESI ambiance

1st Carmella's an Italian Bistro2nd Fratellos Riverfront Restaurant

BEST asian food

1st Basil Café

2nd GingeRootz Asian Grille

Bt5 bar & grill

1st Greene's Pour House 2nd Milwaukee Burger Co.

HES breakfast

1st SAP Brunch, Brown Bag & Bakery 2nd WeatherVane Restaurant

BES brunch

1st SAP Brunch, Brown Bag & Bakery 2nd Houdini's Escape Gastropub

BtS buffet

1st Golden Corral 2nd Island Sushi and Grill

BEST burger

1st Milwaukee Burger Co. 2nd Houdini's Escape Gastropub

business lunch

1st Houdini's Escape Gastropub 2nd Ground Round Grill & Bar

sta café

1st Copper Rock Coffee Company 2nd All Season Coffeehouse

Bt5 chain restaurant

1st Chipotle Mexican Grill 2nd Culver's

Bt5 chef team

1st Carmella's an Italian Bistro 2nd Gather Americana Restaurant

chinese

1st Dong Po Restaurant 2nd GingeRootz Asian Grille

cooking IIIIS like mom's

1st Mary's Family Restaurant 2nd The Cozzy Corner

BES craft brew pub

1st Stone Cellar Brewpub 2nd Appleton Beer Factory

tell cup of coffee

1st Copper Rock Coffee Co. 2nd All Season Coffeehouse

the cutting-edge cuisine

1st Houdini's Escape Gastropub 2nd SAP Brunch, Brown Bag & Bakery

dessert

1st (tie) Carmella's an Italian Bistro SAP Brunch, Brown Bag & Bakery 2nd Osorio's Latin Fusion

BESI diner

1st Third Street Diner 2nd (tie) Mohnen's Family Restaurant Mihm's Charcoal Grill/Schreiner's Diner

fried/broasted chicken

1st Mary's Family Restaurant 2nd Van Abel's of Hollandtown

BES fish fry

1st Mark's East Side 2nd Ground Round Grill & Bar

BEST gourmet dine-in deli

1st New York Deli 2nd Zuppas Market Cafe Catering

BEST gourmet pizza

1st Stuc's Pizza 2nd Glass Nickel Pizza Co.

BEST greek/mediterranean

1st Apollon 2nd Josef's Gyros & Kabobs

FAVORITE hidden gem

1st All Seasons Coffeehouse 2nd Basil Café

REST indian

1st Sai Ram Indian Cuisine 2nd India Darbar

BEST italian

1st Carmella's an Italian Bistro 2nd Victoria's Italian Cuisine

BEST late-night dining

1st Muncheez Pizzeria 2nd Sal's Pizza

BEST live entertainment

1st (tie) Cena/Cannova's Pizzeria 2nd Stone Cellar Brewpub

BESI mexican

1st Solea Mexican Grill 2nd El Azteca

non-chain fast food

1st Tom's Drive In 2nd JD's Drive In

noodle dish

1st Basil Café 2nd Noodles & Company

patio dining (non-waterfront)

1st Carmella's an Italian Bistro 2nd Ground Round Grill & Bar

방법 presentation of entrée

1st Carmella's an Italian Bistro 2nd Houdini's Escape Gastropub

BEST ribs

1st Famous Dave's 2nd The Cozzy Corner

salad entrée

1st SAP Brunch, Brown Bag & Bakery 2nd Carmella's an Italian Bistro

BEST sandwich

1st SAP Brunch, Brown Bag & Bakery 2nd Houdini's Escape Gastropub

seafood

1st Carmella's an Italian Bistro
2nd (tie) Houdini's Escape Gastropub
The Red Ox Seafood and Steakhouse

Steak

1st George's Steak House 2nd Vince Lombardi's Steakhouse

BESI soup/chili

1st Mary's Family Restaurant 2nd Houdini's Escape Gastropub

Bt5| supper club

1st (tie) Mark's East Side Dick and Joan's Supper Club 2nd The Red Ox Seafood and Steakhouse

BEST sushi

1st Katsu-Ya of Japan 2nd (tie) Koreana Korean Cuisine and Sushi Bar/Nakashima of Japan

take-out/delivery

1st Muncheez Pizzeria 2nd Glass Nickel Pizza Co.

traditional pizza

1st Muncheez Pizzeria 2nd Stuc's Pizza

BESTwaterfront dining

1st Fratellos Riverfront Restaurant 2nd Pullman's at Trolley Square

Htal waitstaff

1st Carmella's an Italian Bistro 2nd Sai Ram Indian Cuisine

Btbl wine list

1st Carmella's an Italian Bistro 2nd Red & White Wine Bar & Shop

worth the drive

1st Village Hearthstone Restaurant and Catering

2nd Bob & Geri's Black Otter Supper Club

wegetarian-friendly

1st Sai Ram Indian Cuisine 2nd Basil Cafe

Best overall restaurant • Best ambiance Best new restaurant • Best breakfast Best new restaurant • Best breakfast

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Best brunch • Best dessert • Best salad entrée
Best sandwich

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HEST traditional pizza

Muncheez Pizzeria, Appleton

Who wants a pizza pie? If you're in need of a slice, head to Muncheez Pizzeria. Voted "Best traditional pizza," Muncheez offers a "super tasty" selection, says owner Paul VanderLinden.

"I'm super excited," says VanderLinden of the award. "We've worked real hard in the four years since I bought (Muncheez) and reopened it. ... I can't wait to tell the employees."

VanderLinden attributes a combination of high-quality ingredients and original recipes with being noticed. The Chicken Bacon Ranch is Muncheez's No. 1 seller and VanderLinden's favorite is the Chicken Alfredo.

The pizzeria is open 365 days a year. In addition to its College Avenue location, you'll also find the Muncheez cart at locations like the Downtown Appleton Farm Market.

"We're really grateful to our loyal customers for helping us to win this award," adds VanderLinden.

steak

George's Steak House, Appleton

Prime rib every night. Two sizes of filet mignon, New York strip, rib eye and sirloin. Oh, and there's also porterhouse and T-bone. Is your mouth watering yet? Taking the "Best steak" category once again, George's Steak House doesn't skimp on covering the steak gamut.

"We've established reputation over number of years we've been open with the quality food that we serve," says Brad Quimby, who helps operate George's, along with his

22-ounce Angus Porterhouse

business. "We just focus on what we are, which is a steak house. It's been our recipe for success, I guess."

parents who own the

the

Don't expect your order to be covered up with fancy sauces and seasonings either. "Truly what we do here is keep it simple," Quimby adds. "It comes down to the center of the plate and what tastes the best.

If steak isn't your preference, however, George's does also offer a large selection of seafood so there are plenty of options for everyone in your dinner party.

BES worth the drive

Village Hearthstone Restaurant and Catering, Hilbert

The next time you have some time to spare, drive a bit further and discover this year's "Best worth the drive" Golden Fork recipient.

"We're thrilled. It's just so nice to be included in an auspicious gathering of folks," says Tracy Berge, chef/general manager. "We endeavor always to offer an experience that's unique."

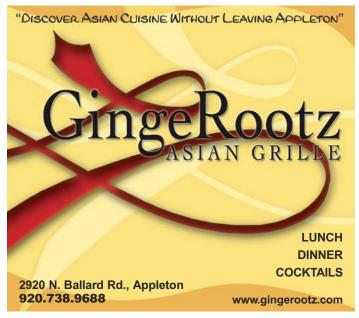
Berge and her staff strive to maintain a relationship with the farms around the restaurant. Often times, patrons are surprised by what Village Hearthstone offers.

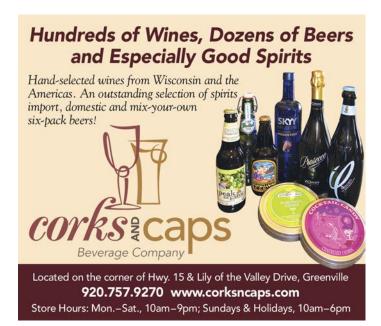
"It shows that rural areas are worth exploring," Berge notes, although she adds that the restaurant is really only about 15 minutes or so outside of Appleton. "Over and over again, people are saying that they're surprised to find a restaurant like this."

Comments from visitors including Elkhart Lake, Milwaukee, Chicago, Appleton, Sheboygan, De Pere, Green Bay, Ireland and France have been enthusiastic. Village Hearthstone also is in close proximity to High Cliff State Park.

"We get lots of love from our guests. They're awesome people." Berge shares. "We're so appreciative that people are happy to make the drive out in the country."











Below zero temperatures, snowstorms and wind chills.

Nothing cuts through the chill of a harsh Wisconsin winter quite like coming home to the warmth of a fireplace or stove. The latter, stoves are increasing in popularity as they are both a stylish and an economical heat source. A heat source that could especially benefit homeowners who use liquefied petroleum gas (LP gas) as their primary heating fuel should Wisconsin again experience a winter shortage.

There are many factors to consider when contemplating the addition of a stove to any home. Being well informed on the different types, styles and sizes will help ensure that your new stove is a perfect fit for your needs and space.

There are stove types for single family homes, townhomes and even condos. Some stoves offer convenience and versatility while others provide a stronger heat source for potential energy savings.

Wood stoves

"A wood-burning stove is for people who really want to lower their utility bills," says Eric Romenesko of Elite Fireplace in Appleton. Along with heating efficiency, these stoves also offer the rich smell and crackling sound of a wood fire experience.

"Interest in wood-burning units has greatly increased in the past year due to the harsh winter and LP shortage," shares Jeremy VanDera of Darboy Stone and Brick in Darboy. One consideration VanDera adds, is that woodburning units must be vented vertically out of a home. A fireplace and stove professional can assist in assessing ventilation needs when adding a stove to an existing home.

Another factor that should be considered when determining if a woodburning unit is right for you is your access to seasoned firewood. If you are able to obtain inexpensive hardwood to burn, that will ultimately make the addition of a wood-burning model more cost efficient. Wood stoves also do require regular maintenance to run properly and safely. Maintenance such as chimney cleaning done by a certified professional.

Gas stoves

Fireplaces and stoves that run off of natural gas are currently inexpensive to run, user-friendly and involve little to no maintenance, describes Steve Boegh of Fox Valley Stone and Brick in Neenah.

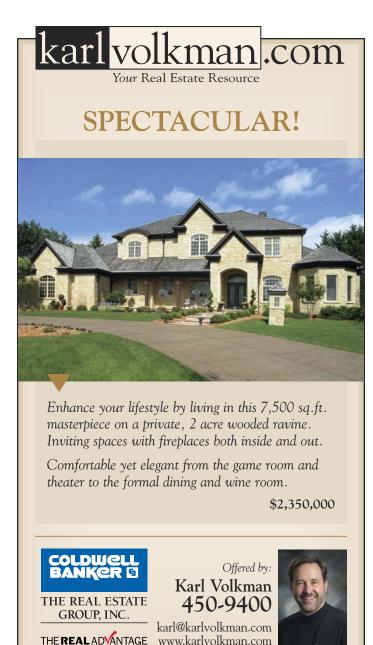
"Approximately 75 percent of customers I speak with arrive looking for natural gas fireplaces or stoves," adds Boegh. The ease of use of natural gas

models is attractive to many homeowners. These units can be turned on and off with the flip of a switch and there is no preparation to begin heating or waiting for the fire to extinguish before going to sleep for the night.

"Gas stoves vent through a wall, which can easier when incorporating a unit into

New 2015 Emission Standards

The U.S. Environmental Protection Agency has issued new manufacturing standards for wood and wood pellet units beginning Jan. 1, 2015. The standards will reduce emissions being released into the air by new fireplaces and stoves. More information on the standards can be found at www2.epa.gov/residentialwood-heaters.









an existing home," says VanDera. Another benefit of a natural gas unit is that it will run during a power outage, serving as a needed heat source until the utility company is able to restore power for the area, he adds.

Electric stoves

For individuals living in an attached home, such as a condo or townhouse, a portable electric stove is able to provide the glowing ambiance and atmosphere of a fire. With the latest LED technology, electric units are now able to offer a more realistic flame appearance. They also can provide heat, but the cost of doing so should be evaluated. Electric stoves deliver on-screen digital readouts on thermostat information as well.

"Electric stoves are an option for everyone," shares Romenesko. Because electric models are portable, they also can be easily moved to a different room if desired.

Wood pellet stoves

As an alternative heat source, wood pellet stoves throw a lot of heat and do not require as much storage space as units that need firewood logs. Like natural gas units, wood pellet stoves can be vented out of a wall. Wood pellet stoves do involve more maintenance than other stove types as they run on multiple electric motors. Also, because wood pellet prices can fluctuate, costs should be factored into the overall heating efficiency money savings.

Stove styles

Wayne Bodde of Warm Sensations in Kaukauna says that the three primary materials used for stove manufacturing are steel, cast iron and soapstone. Each material offers different decorative design elements and heating features.

Steel stoves offer simplistic and straight line design features. It is a material that heats quickly when the fire is started and as the fire begins to diminish, steel cools down quickly as well.

Cast iron stoves are available in designs that are ornate and decorative. These stoves are described as having character and beauty in visual appearance. According to Bodde, cast iron units also hold heat slightly longer than steel models.

Soapstone is a stove material that also provides a more decorative appearance. Because it is a relatively soft material, soapstone provides a "soft heat" meaning it soaks up intense heat slowly. In turn, the stone releases the heat slowly. A soapstone unit holds heat significantly longer than steel or cast iron models.

Stove sizes

When determining the size of the stove that is right for your home, the first consideration should be the footprint of the stove and how much room you have available in the space where it will be installed. Along with the footprint of the stove, the size will influence how large of an area receives the heat generated from the unit.

Thinking About Remodeling?

There are a lot of options out there, and we'd like to help you choose the right one for you. Call the NARI-Fox Valley's Homeowner Hotline, 832-9003, or visit us on the Web at remodelfoxvalley.com.

We'll send you a free brochure on how to select a contractor, and a list of NARI remodelers in the Fox Cities.













According to epa.gov, a small stove can be used for zone heating anoften-used, specific area of a home such as a family or living room. Zone heating can reduce fuel consumption, conserve energy and save money while maintaining comfort.

Beyond stoves

If you decide that a fireplace may be a better fit than a stove for your home, there are no shortage of options to fit your needs and preferred decor style. Styles range from traditional to modern.

"Modern-looking appliances have become increasingly popular. The modern look has really gone into full gear. There has been continued growth of sleek and modern fireplaces with clean, linear lines with less metal and more glass. Whatever the look you are trying to achieve, new technology means that you're limited only by your imagination," says Romenesko.

According to Romenesko, fireplaces now offer features that include panoramic views and traditional log set alternatives such as rocks, crushed glass or driftwood. Similar to a television, many homeowners are choosing to place their fireplaces higher on walls. Fireplace designs are allowing for this trend by creating enclosed natural gas fireplace models which are able to be placed anywhere in the house. Fireplaces are now often found in more than living rooms, they are in areas such as bedrooms, kitchens, and even bathrooms.

"Stoves are strong, but fireplaces are still the most popular," adds Romenesko.

Getting started

According to Boegh, "Starting the process of incorporating a stove or fireplace into a home begins with education in order to make a knowledgeable decision." Knowing and communicating your home's style, heating goals and lifestyle to a licensed professional is key. Asking questions and doing research will help ensure that the right model for you is safely installed for years of enjoyment and home heating. K





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he window of warm weather in Wisconsin is short, but that's all the more reason to breathe in some fresh air while you can. Area workout facilities also are taking advantage of this timeframe by offering outdoor classes.

"It's a nice idea that the southern states can do on a regular basis, but for us it's a real treat," says Paula Beyer, health and fitness director of the Heart of the Valley YMCA in Kimberly. The shortened period acts as a motivator, she adds.

Apple Creek YMCA

"You'll find our instructors doing very creative things with our clients outside," says Jill Rasmussen, Apple Creek YMCA program center director. "We do provide that unique and different thing out here at Apple Creek. ... It's not just all about fitness. It's a well-rounded package.'

The Apple Creek YMCA in Appleton is situated on land that was gifted by the Purdy family, and lends itself to an active outdoor environment and landscape where wildlife including deer, turkeys and birds are prevalent. There's also a pond.

"Nature is used as our obstacle," Rasmussen

adds. Boot camp classes utilize large rocks, logs, hills and trees. There is a confidence course to aid in balancing and old, 50 foot-long fire hoses that were salvaged from area fire stations. When snow begins to fall, there also is the occasional class outdoors that utilize the elements.

"It's going to push you harder than a flat surface," says Chelsey Latimer, fitness coordinator. Jesus Hill, as its referred to, is utilized a lot. Participants are known to do bear crawls and push-ups on the hill, in addition to carrying tires up it. According to Latimer, it is a very steep hill.

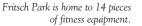
"Boot camp is going to be one of those mainstays in the fitness industry because people like to take their workouts more intense," Latimer adds.

In the future, monkey bars will be added to the regimen. While this may seem like child's play, adults soon forget how much of a challenge those types of exercises can be, adds Latimer who sees clients thinking how easy those tasks once were and now they have to work to do one or two bars.

The natural surroundings and sounds of the nearby Bruce B. Purdy Nature Preserve and amphitheater lend themselves to yoga and tai chi classes. As the weather cools, classes are still

periodically held outdoors. Watch for signups for classes again in spring and summer.

"The mindbody experience is beautifully enhanced when vou're outside," Rasmussen says. "We work very creatively with our group to get them



safely outside into that experience."

There also are trails on the nature preserve grounds. Naturalist-led themed hikes, including ones centered on bird watching and nighttime surroundings, are held as well. Fall hikes and snowshoeing are available during autumn and winter. Snowshoes can be rented at the Y.

In addition to hiking, a 50K ultra trail run will utilize the nature preserve for a portion of a collaborative race being held on May 30, 2015. Another 5K trail run will be held on the grounds

> on June 20, 2015. Watch for more information on both.

> "They're confined to an individual environment almost all day for their work," says Rasmussen of YMCA class participants. "Their minds and bodies ache for an opportunity to get out and experience fresh air."

> Since outdoor opportunities exist year round at the Apple Creek YMCA, Rasmussen doesn't

Summer Boot Camp at the Apple Creek YMCA. Photos by Julia Schnese





see the need to retreat indoors and take on the "bear mentality" when the cold comes.

"If you dress appropriately, it's a fantastic opportunity to get outdoors and enjoy your physical fitness," she says.

PUSH Personal Fitness and PUSH Group Fitness

"We basically use the parks as our playground," says Derick Bielmeier, owner of PUSH Personal Fitness and PUSH Group Fitness in Appleton. "People love it! ... It definitely draws more people in because they know we'll be outside."

The personal trainer notes that his clients prefer being able to do things in the grass and utilizing equipment like benches versus the traditional setting of the studio. Classes like Workout in the Park also are good for all skill levels and can be modified easily to fit everyone's ability.

"We will run them outside hopefully as long as we can," he adds. "Hopefully, until November."

In addition to boot camp-type classes, Bielmeier also holds classes outside, which focus on specific muscle groups like the PUSH It - Lower Body. That particular class works out calves, gluts, quads and hip flexers.

Appleton Parks and Recreation

Fritsch Park

Outdoor classes also are available through the Appleton Parks and Recreation department. The fall session runs through Oct. 24.

A high-energy, interval-driven boot camp will get those of all skill levels moving. "It's really for everyone," says Heidi Erickson, recreation programmer.

"Body weight calisthenics are the most common (exercises)," adds instructor Zack Welhouse of what people can expect. "Push-ups, sit-ups, jumping jacks and burpees are amongst the most popular when we are outside as we are in the summer and early fall. Other equipment can be used like large tractor tires for flipping, group push-ups and carrying in groups. Picnic tables can be pushed across the grass like football sleds in groups of three to six at a time. Car tires are a favorite for buddy work and singular upper body work. Overhead presses that work the shoulders and triceps are a staple work out

> done with car tires. Running distance, steps and step-ups on picnic tables are a great cardio option incorporated into the hour."

> Welhouse says he sees people joining the class with a specific goal in mind.

> "The No. 1 reason participants join our boot camp are two in the same - to lose weight and to get into shape," he says. "Many of our participants come from stationary office jobs where they sit most of the day. Other reasons include reduction of stress and a different kind of challenge outside of the normal running or biking activities. Some participants utilize boot camp to prep for our region's adventure/mud runs like, Edge the Ledge and Tough Mudder."

> Exercise enthusiasts also can work on their "flexibility, toning and balance" with a yoga class for beginners and experts held at

the Scheig Center, the former Gardens of the Fox Cities, in Memorial Park during the summer months.

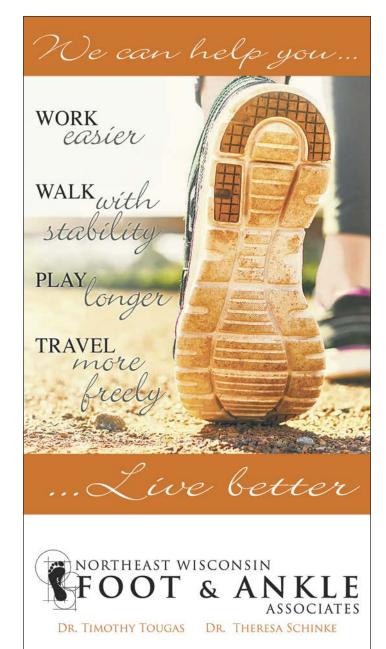
"It's kind of a unique place with the garden surrounding you," Erickson says.

Town of Menasha Parks and Recreation

For those looking to workout outside on their own time and not have to worry about the fees associated with a class, the Town of Menasha Parks and Recreation Department offers an alternative at Fritsch Park.

The park is now home to 14 pieces of TriActive America fitness equipment that allow users to increase their cardio, muscle strength and flexibility, while developing their upper and lower body. The companion exercise components, which can be left outside and used year round, are located next to each other to encourage and challenge participants as they exercise.

"My job is to watch the national trends in parks and recreation," says Michael Kading, director of Parks & Recreation for the Town of Menasha.



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ask Chef Jeff

Have a culinary question? Send us an email or go to our website and click on Your Input.

Q. What is quinoa and how can I make it into a satisfying meal? - Larissa, Kimberly

A. According to Wikipedia, quinoa is "a grain-like crop grown primarily for its edible seeds. It is a pseudocereal rather than a true cereal or grain, as it is not a member of the true grass family." Note



that this is the first time I have used the word "pseudocereal" before. What is unique about quinoa is that it is known to be a "super grain" because the seeds contain all of the essential amino acids and thus form a complete protein. Quinoa comes in a variety of colors from dark brown to near white, and when cooked has a pleasant texture with a nutty, somewhat sesame-like flavor.

Quinoa can be prepared very

similarly to rice. Before preparing, it is important to rinse the quinoa as there is a bitter exterior that helps protect the seeds from predatory birds and animals. It makes a great side dish as a pilaf and picks up the flavors of broths, stocks and aromatic herbs and vegetables very well. One suggestion is to sauté some vegetables like carrots, celery and onions in a pan. Then, add some stock and quinoa. Cover and simmer until done. Just another example of how delicious can be nutritious!

Chef Jeffrey Igel is the chair of the Culinary Arts & Hospitality Department at Fox Valley Technical College, Appleton. "Chef Jeff" has spent his entire career in the restaurant and hospitality industry, serving in many capacities.



Recipe courtesy of: Gather Americana Restaurant

Sean Casey, bartender extraordinaire at Gather Americana, crafted a fantastic drink you'll fall for this autumn. Atwater Decadent is a strong brown ale brewed with three kinds of chocolate by Atwater Brewery in Detroit Michigan and the beer is currently available at Gather Americana.

OOOH, THAT'S MY JAM!

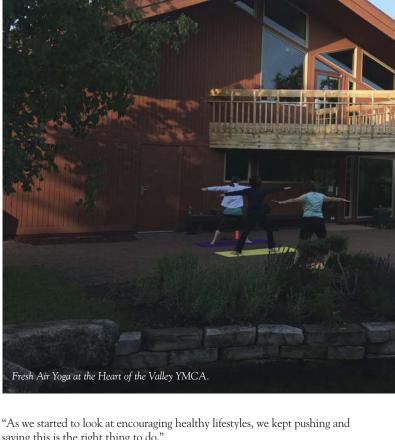
- 1³/4 ouncess High West double rye whiskey
- 1 ounce Cynar Artichoke Liquer
- ³/4 ounce lemon juice
- 1 heaping bar spoon of house-made Atwater Decadent beer jam

Combine all ingredients in shaker cup with ice. Shake hard and strain into a chilled martini glass. Garnish with a torched orange peel.

Editor's note: To make the beer jam, Casey combines 4 pints of beer; 4 cups of sugar; a bit of clove, allspice and orange zest; the juice of one lemon and a vanilla bean. He brings that to a boil, removes from heat and lets it sit overnight. The next day, he adds pectin and lets it sit 30 minutes. After that, it's ready to be stored in heat-proof containers.



Photo courtesy of John Chastian



saving this is the right thing to do."

As updates were made to the park during the master plan process, \$25,000 was spent on the fitness equipment upgrade. If the addition goes over well, it's possible it will be added to another park in Menasha on the west side of the river, Kading notes.

"It's fun watching a park get done and start being used," he shares.

People are utilizing the equipment, designed for ages 16 and up or with adult supervision, throughout the day, Kading adds.

"At lunchtime, I look and see (business) people workout for 10 to 15 minutes and get back in their cars," he says.

A movement class incorporating the equipment is slated for the future. The pieces have directions for use and suggested exercises.

A mile-long, stone and asphalt trail also is integrated into the park for additional exercising options.

Heart of the Valley YMCA

"A lot of our participants just thoroughly enjoy being outside," Beyer says. "They just like the outdoor feeling. They don't want to be confined within four walls."

The Heart of the Valley YMCA offers boot camp classes, along with Awakening and Fresh Air Yoga during the summer months. Interested participants should make a note on their calendars to follow up on offerings





Photo by Jill Ziesemer

come spring. Class attendees will have the opportunity to "feel that connection with nature" when the classes are able to be held outside.

"They want to be a part of the boot camp phenomena," Beyer says. "Boot camp is nice for the person who doesn't want the dancey choreography."

Boot camp also offers the opportunity to get back to the roots of childhood and running outdoors.

"You can do all those things you did as a kid. Kind of take it back," Beyer adds. There's the opportunity to run trails, complete stations, do jumping jacks and for the advanced classes, lift tires and engage in exercises with heavy ropes weighing approximately 50 pounds.

"They will be sore, but if they're willing to stick with it, there is a sense of community that is built," Beyer notes of the participant benefits.





where to dine

Carmella's: an Italian Bistro

716 N. Casaloma Dr., Appleton. 882-4044.

Authentic Italian cuisine in a European-style setting with a lively atmosphere and welcoming staff. Enjoy pastas, entrees, appetizers, salads and sandwiches any time of day. Divine desserts are made in-house and the wine list spotlights Italian wines. We offer a private dining area for small groups, and off-site catering. Winner of 10 2014 FOX CITIES Magazine Golden Fork Awards, including Best overall. Su-Th, 11am-9pm; F & Sa, 11am-10pm. Reservations accepted for parties of six or carmellasbistro.com.

Gather Americana Restaurant

213 S. Nicolet Rd., Appleton. 750-7290.

From an early morning breakfast pickup to an endof-day, hand-crafted cocktail in our expanded lounge, Gather is the Fox Cities' premier destination to work, unwind and socialize. We've brought together fresh, locally grown ingredients and combined them to give you a true farm-to-table experience in small, medium and large offerings. Gather together and enjoy impeccable field-to-fork dishes, a craft beer or hand-selected wine in a comfortable, relaxing environment. Now featuring grab-and-go deli items, picnic essentials and fresh local produce in the deli. gathereat.com.

Houdini's Escape Gastropub

1216 S. Onieda St., Appleton. 574-2616.

Winner of the 2014 FOX CITIES Magazine Golden Fork Awards for Best business lunch and Most cutting-edge cuisine. Houdini's offers elevated cuisine in a pub and grill atmosphere which creates a magical dining experience unlike anywhere in the Fox Valley. Order a chef-inspired feature created daily, and watch it disappear before your eyes. A large selection of more than 160 local craft and microbrew beer and a rotating wine list complement our seasonal food offerings. Unexpected menu items aren't the only thing mesmerizing guests — enjoy a fabulous brunch menu Sundays from 10am to 4pm. Open M-Sa at 11am, Su at 10am. houdinisescape.com.

Mark's East Side

1405 E. Wisconsin Ave., Appleton. 733-3600.

Mark Dougherty welcomes you to his friendly neighborhood restaurant for the area's largest selection of German cuisine. Enjoy hand-cut steaks, fresh seafood and house specialties, or relax with friends in our comfortable bar. Offering a wide selection of liquor, import and domestic beer, and an upscale wine list. FOX CITIES Magazine 2014 Golden Fork Award winner for Best supper club and Best fish fry. Continous serving Monday-Friday beginning at 11am, Saturday at 4:30pm. (closed Sundays). Happy hour M-Th, 3-6pm. markseastside.com.

Sai Ram Indian Cuisine

253 W. Northland Ave., Appleton. 733-3003.

One of the finest authentic Indian restaurants in the Midwest and winner of eight FOX CITIES Magazine Golden Fork awards for Best Indian food. We offer a menu of options from vegan and vegetarian, to chicken, lamb, seafood and beef. All dishes are prepared fresh to suit your taste. Not a curry fan? No problem! Try our famous tandoori or biryani dishes in our newly remodeled, candlelit dining room. Lunch: M-Sa, 11am-2pm. Dinner: M-Th, 4:30-9pm; F & Sa, 4:30-9:30pm. SaiRamCuisine.com.

SAP

708 N. Casaloma Dr., Appleton. 257-2194.

Sap offers breakfast and lunch classics any time of the day! We use locally sourced eggs from organicfed chickens in all of our dishes, and our pork is from a farm down the road. Stop in for a coffee or espresso drink and a from-scratch pastry or dessert from our bakery case. Our deli case is full of artisan Wisconsin cheeses and meats, organic rotisserie chickens and house-made favorites. No time to sit down? Order to go! On warmer days, we'll open the garage doors on our four-seasons patio. Winner of six 2014 FOX CITIES Magazine Golden Fork Awards, including Best new restaurant. Open M-Su, 7am-8pm. sapbrunch.com.

Stone Cellar Brewpub

1004 S. Olde Oneida St., Appleton. 731-3322.

Located in the Between the Locks, a 156-year-old historic brewery building. Stone Cellar Brewpub features the Fox Cities' best handcrafted, national award-winning beers made on premise. The restaurant features an extensive menu including steaks, seafood, pasta, burgers, award-winning pizza, creative appetizers and traditional pub favorites. In addition, enjoy our selection of gourmet sodas made in the brewery. We even have Appleton's oldest beer garden! Come enjoy the unique atmosphere, experience excellent food and great service. Brewpub fare with a flair! stonecellarbrewpub.com.

Third Street Diner

300 Depere St., Menasha. 727-9500.

Winner of the 2014 FOX CITIES Magazine's Golden Fork Award for Best diner, Third Street Diner is hailed for its homestyle cooking. With everything made-to-order, you can't beat the large portions, reasonable prices, and even at the busiest times, the wait is never long! Stop in for our soulsatisfying, all-day breakfasts, award-winning desserts, homemade soups and daily specials all served by our friendly staff. Hours: M-Sa, 5am-7pm; Su, 5am-2pm.

Vince Lombardi's Steakhouse

333 W. College Ave., Appleton. 733-8000.

Located inside the Radisson Paper Valley Hotel. Honored with the NFL's Most Valuable Property (MVP) Award in 2009. Extraordinary steaks, superb wines and legendary service. Enjoy world-class dining set among Coach Lombardi's personal memorabilia and classic photos. Experience a commitment to excellence in food, beverages and service that is commensurate with the standards of our namesake. The award-winning restaurant features extraordinary USDA prime cuts of beef and a wine list that Wine Spectator Magazine has named "one of the most outstanding in the world." vincelombardisteakhouse.com.

Zuppas - Market, Café & Catering 1540 S. Commercial St., Neenah. 720-5045.

Our top-flight chef team led by Chef Peter Kuenzi, urban cafeteria setting and penchant for local ingredients, ensure that your food is creative, fresh and ready fast. For breakfast, lunch and dinner, Zuppas Café offers chef-prepared soups, sandwiches, salads and more. Enjoy handcrafted pastries and desserts with coffee or take home a variety of fresh prepared salads and entrees from our deli. Our Green Room is perfect for your personal or business gathering. M-F, 8am-8pm; Sa, 11am-3pm; closed Su. Visit zuppas.com for daily specials.

the place we call home

Area photographers share their vision of **Action**

Tracy Van Zeeland of M.C. Kinney Photography, Appleton



Katie Ball of Studio 609 Photography LLC, Appleton

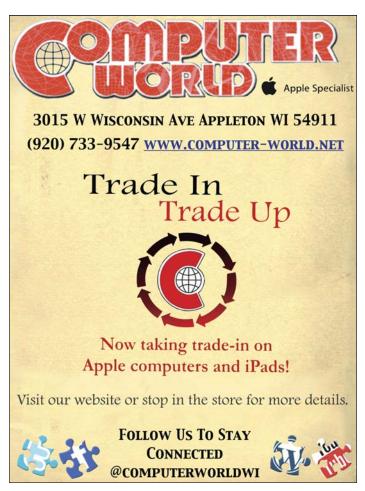




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