

An aerial photograph of a city, likely Fox Cities, Wisconsin, showing a large river (Koshong River) winding through the landscape. The city is built on a peninsula or near a bend in the river. There are several multi-lane highways and interchanges visible, including a large interchange in the foreground. The city is surrounded by green spaces and trees. The title 'Fox Cities Magazine' is overlaid on the top half of the image.

Fox Cities

Magazine

THE BIG IDEA

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December 2013

foxcitiesmagazine.com

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FoxCities Magazine

Celebrating the Place We Call Home.



foxcitiesmagazine.com

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The Big Idea

Big ideas can change the way we work and play. Learn about four big ideas that have changed the nature of the Fox Cities.

By Sean P. Johnson

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- The Appleton Boychoir marks 35 years with a special concert.
- Christmas brings the stars out for Xavier's musical holiday review.
- Vote for your favorite picture of "the place we call home."



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- ▶ **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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- ▶ **Downloadable Edition** Did you know FOX CITIES Magazine is available for download on our website? Simply click on the magazine cover!

On the Cover

An aerial view of the Roland Kampo bridge and Highway 441. Photo courtesy of WisDOT.

features

At Home

12 Days of Decorating

Haven't started your holiday decorating? Looking for new ideas? No worries. All you need is 12 days and these dozen tips to make your home a holiday showcase.

By Rachel Martens



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Health & Wellness

Fit After 40

As we hit our 40s, keeping fit seems to take on a host of new challenges. Steps you can take to keep your routine fresh.

By Sean P. Johnson



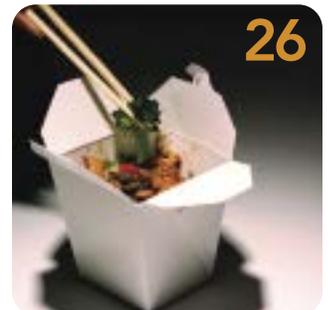
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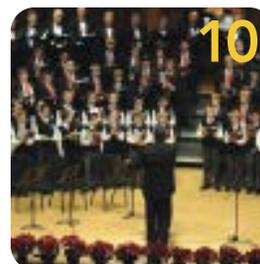
As we get busy during the holidays, we often find ourselves taking our food on the go as well. We offer some tips to keep it healthier and avoid giving yourself the gift of extra pounds.

By Sean P. Johnson



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from the publisher

Remember being told that big ideas aren't worth much. It's big execution that matters.

That describes the Tri County Expressway, now Highway 441.

Ignored by the State of Wisconsin as unnecessary, it took years of effort by dozens of volunteers from all of the Fox Cities, traveling to highway meetings across the state, to finally convince the Department of Transportation that we were serious.

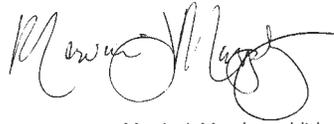
But, not before the three counties involved bought the land for the highway right of way and donated it to the state. A first in Wisconsin history.

This first truly regional effort helped change the parochial politics that plagued Fox Cities communities for years into a new spirit of cooperation.

With a first baby step of a shoulderless bridge that seemed to go nowhere that we lovingly dubbed "The Polish Connection", which even then carried a surprising number of cars, today

441 is such a great bypass that the state wants to double the bridge and six lane the road in order to handle the traffic.

Get your calculator out and start adding up the development on the east side of Appleton, Kimberly, Darboy, Buchanan and you'll know what a really a big idea the Tri County Expressway was. Cities and counties that had long focused on parochialism discovered in themselves the spirit of "Fox Cities" that allowed a truly mutual effort to succeed beyond their expectations.



Marvin J. Murphy, publisher

Marvin Murphy served on the Fox Cities Chamber of Commerce and Industry Tri-County Expressway Citizens Committee. Ruth Ann Heeter, Fox Cities Chamber of Commerce and Industry Executive Assistant-Governmental Affairs was assigned to coordinate that committee's activities and goals.

artist spotlight

For Jenny Van Lieshout, interpretation is the soul of a painting.

Van Lieshout specializes in the abstract, a style of painting that takes interpretation to a whole new level of ambiguity where every individual will hold a different view of the work. This is where Van Lieshout's passion for her art comes from: the radically new and changing perceptions of a single painting.

Van Lieshout's love for art began with her art classes at Hortonville High School. In college, she explored numerous mediums, and found a passion for the textural experimentation that acrylic offers.

Van Lieshout's main goal for her work is to get art into the homes of the Fox Cities and to educate people about art.

"To me," Van Lieshout says, "art is a very personal thing."

In addition to working full-time, teaching art classes both privately and at the YMCA, Van Lieshout sets aside at least a few hours a week for studio time. While some of her smaller pieces can take as little as a day to complete, Van Lieshout has been known to spend months on specific paintings. She is currently experimenting with mixed media, incorporating beads and broken mirrors in her paintings. Her "Wallflowers in Motion" series is inarguably her most popular series among her supporters.

Studio art is not Van Lieshout's sole creative passion, though. She describes the classes she teaches as a wonderful and enriching experience.

"I love being able to experience and learn with these kids," Van Lieshout says.

She finds something truly rewarding in bringing art to people of all ages who have been too intimidated to discover their own abilities. She believes that there is an artist in everyone and devotes her classes to working to bring that artist out.

Van Lieshout hopes to encourage people to embrace the arts more, particularly the abstract.

—By Rachel Martens



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Living Long and Well

“Things turn out best for the people who make the best of how things turn out.”

— John Wooden, former UCLA basketball coach

There is a well-known book titled “Growing Old Is Not For Sissies: Portraits of Senior Athletes.” It reminds us that the aging process does not stop champions at any age. A less well-known publication is “Gifts of Age: Portraits and Essays of 32 Remarkable Women,” which highlights women from all walks of life, cultures and ethnicities who are aging well. Both of these books hold up older adults as heroes and role models for all of us.

Even though the last decades of life may bring wealth, new friends, interests and pursuits, the public looks at the aging process as something to fear. We can put some of the blame on ageism – the perverse obsession with youth and beauty that is prevalent in the United States and to some degree around the world. Overcoming ageism in the media, the beauty industry and several other purveyors of youth enhancement products and services, is a primary focus of the International Council on Active Aging (www.icaa.ca), and many other agencies and organizations that value older adults and recognize the strengths and potential of people over 65 years of age.

But dealing with the stereotypes of aging is really an “inside job.” Many people – especially older adults – feel that the quest for eternal youth is worth the cost of surgery, yo-yo dieting, weight-loss camps and spas, etc. Quite often, these individuals do not live long and well. Current research on successful aging points to a completely different set of attributes that scientists and older adults – true champions – refer to as enhanced quality of life in the last third of the life cycle.

Volunteerism stands out as the number one attribute these champions have in common; followed

by optimism, strong faith and values, friends and positive relationships with family and other significant others. Notice the list does not include genetics or physical prowess. In my own interviews with older adults, including the hundreds I interviewed for the “I Have a Dream, Too” project nine years ago, these are characteristics and attributes people older than 65 talk about.

Certainly diet, exercise, brain-enhancement activities, and no major physical illnesses are part of the composite picture. These, though, do not have the strength of the traits and choices listed in the previous paragraph. Optimism and laughter come out ahead of diet and exercise for an aging process described as quality – not quantity – of life.

The challenge is for each of us to seek those attributes and support our friends, neighbors and even strangers that exemplify that life well lived. There is no monetary value that has been placed on that outcome for each one, and all of us, but we know we are rich when we have it and recognize it in others. Doing gratitude lists,

unrequested acts of kindness, paying it forward for others, are all pursuits we can seek without a plastic surgeon or fitness coach.

To learn more about a Full Life and living long and well, attend any number of educational offerings at Touchmark on West Prospect. For a current schedule, please visit TouchmarkAppleton.com/event. To sign up, please call 920-832-9100.

Marge Coalman, EdD, is vice president of Wellness & Programs for Touchmark, which builds and operates retirement communities in eight states and Canada. More information is available at Touchmark.com.



Robert Huelsbeck (left) and Merlin Loberg regularly spend time in Touchmark’s woodworking shop.



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arts events

3-4 | Holiday Barbershop Bistro Dinner Show

The Fox Valleyaires & the Neenah-Menasha Roundtable Kiwanis' 14th annual dinner show features a 5-star dinner served w/ 4-part a cappella entertainment. 6:30-8:45pm. Grand Meridian, Appleton. 766-1861.

4 | A Christmas Carol

Follow the inspiring transformation of Ebenezer Scrooge as he discovers the true meaning of Christmas. 7:30-10pm. Fox Cities Performing Arts Center, Appleton. 730-3760.

5-8, 12-15 | Christmas Stars 2013

Broadway-style revue featuring secular & religious holiday music performed by a cast of two hundred fifty performers. 7pm. Xavier High School, Appleton. 733-8840.

6 | First Friday Concert Series: Fox Valley Symphony Quartet presents "Whose Melody is it Anyway?"

Yuliya Smead, violin; Janet Bond Sutter, violin; Melissa Gurholt, viola; & Miyoko Grine, cello perform the works of Haydn, Mozart, Bach & more. 2-3pm. Neenah Public Library. 886-6315.

6 | JJ Heller Christmas

Cup O Joy presents JJ Heller for 2 shows. 6:30pm & 8:45pm. Cup O Joy, Green Bay. 435-3269.

6 | A Festival of Nine Lessons & Carols

The beauty of the season & the soaring treble voices of the Appleton Boychoir come together in this concert tradition. 7pm. Lawrence Memorial Chapel, Appleton. 955-2224.

6-7 | The Amazing Adventures of Robinson Crusoe

The Missoula Children's Theatre proudly presents an original musical. Robinson Crusoe teaches the lesson

that reading invites more than observation. F, 7pm; Sa, 1pm. UWFox Valley.

6-7 | UW-Manitowoc Lakeshore Ensemble Festival of Christmas

Christmas Intrada & Celebration, Festival of Christmas Children's Choir & Tom Zalaski as the narrator. 7:30-9:30pm. Capitol Civic Center, Manitowoc. 683-2184.

6-8, 13-15 | The Sound of Music

Abrams Spotlight Productions presents this final collaboration between Richard Rodgers & Oscar Hammerstein telling the story of the Von Trapp Family singers. F, 7pm; Sa, 1pm & 7pm; Su, 7pm. The Byng Community Theater, Abrams. 826-5852.

7 | Winter Wonderland

Holiday show featuring the voices of the championship Fox Valley Sweet Adelines chorus. A special performance will be w/ the ballet dancers from the Valley Academy of Arts. 7-9:30pm. James W. Perry Hall, Menasha. 982-5639

7 | The Alley Cats

The Alley Cats return for their holiday concert for 2 shows. 3pm & 7:30pm. Thrasher Opera House, Green Lake. 294-4279.

7 | A Living River Quartet Christmas

7:30pm. Cup O Joy, Green Bay. 435-3269.

7, 14, 21 | Spirit of Christmas Past

Travel back in time & celebrate an old-fashioned Christmas. Music from local performers, historical dancing, holiday baking & more. 12-6pm. Heritage Hill State Historical Park, Green Bay. 448-5150.

7-8, 13-14 | "Company Christmas Party"

F-Sa, 7pm; Su, 1pm. Palace of Reifs Mills Dinner Event Theatre, Denmark. 732-3172.

7-8 | Makaroff Youth Ballet Holiday Concert: "The Little Match Girl"

This heartwarming story by Hans Christian Andersen is a tale about a little girl & her Christmas wish. Sa, 1pm & 7pm; Su, 2pm. Stansbury Theatre @ Lawrence University. 257-8288.

8 | Music @ the Library

Featuring Levi Besaw, singer/songwriter, performing Indie, acoustic & folk rock. 2-3pm. Appleton Public Library. 832-6173.

8 | Wisconsin Symphonic Winds

WSW & UW-Oshkosh Wind Ensemble perform Grainger's Lincolnshire Posy. 3pm. UW-Oshkosh Music Hall. 232-8635.

8 | Sunday Concert Series: Bittersweet Christmas Band

Multi-part harmonies & masterful instrumentation on guitar, banjo, mountain dulcimer, hand drum & other percussion instruments. 2-3pm. Neenah Public Library. 886-6315.

10 | Old Fashioned Christmas

The Fox Valleyaires Chorus & quartets offer you a warm & inspirational Christmas musical program for the most wonderful time of the year. 7-8:30pm. Perry Hall, Menasha. 734-9495.

12 | Corey Chisel's Evening of Holiday Mischief

Singer-songwriter Cory Chisel will hold his annual holiday concert at Lawrence University. Joining Chisel will be his longtime collaborator, Adriel Denae, along with Mile of Music performers and Norah Jones' backing band, The Candles. Nicole Rae will also perform. 7pm. Lawrence Memorial Chapel, Appleton. 788-3584.

13 | Swinging Angels Big Band Christmas

Local 16-piece band. 7:30pm. Cup O Joy, Green Bay. 435-3269.

13 | Fox Valley Concert Band

UW-Fox Valley presents the Fox Valley Concert Band's Holiday Concert. 7:30pm. Perry Hall, UWFox Valley. 832-2625.

13 | The Jimmy's

A favorite returns to the great hall. THELMA Sadoff Center for the Arts, Fond du Lac. 921-5410.

13-14 | Doc Severinsen's Jingle Bell Doc

This legendary trumpet player is headed to the Fox Cities to lead a holiday concert featuring the Fox Valley Symphony & a community choir. 7:30-10pm. Fox Cities Performing Arts Center. 730-3760.

13-14 | Holiday Pops

Popular Christmas tunes w/ the Dudley Birder Chorale. 7:30-10pm. Weidner Center for the Performing Arts, Green Bay. 435-3465.

13-15 | The Green Bay Nutcracker Ballet

The Northeastern Wisconsin Dance Organization presents a full-length version of the Nutcracker. F, 7-9pm; Sa, 1-3pm & 7-9pm; Su, 1-3pm. Meyer Theatre, Green Bay. 433-9510.

14 | Green Apple Folk Holiday Concert

Local performers will each share their favorite songs of the season in a family-friendly setting. 7:30-10:30pm. Mosquito Hill Nature Center, New London. 982-2890.

14 | Lawrence Academy of Music Girl Choir: "Yuletide Carols"

300 members of the Lawrence Academy of Music's Girl Choir Program present a holiday concert, "Yuletide Carols". 2-4pm; 7-9pm. Lawrence Memorial Chapel. 832-7038.

14 | Keith Cooper Christmas

Acoustic guitarist. 6:30pm & 8:45pm. Cup O Joy, Green Bay. 435-3269.



A pleasing winter wind will soon blow in from Oshkosh.

On Dec. 8th, Wisconsin Symphonic Winds will celebrate its ten-year anniversary season with a special concert at Music Hall on the University of Wisconsin-Oshkosh campus. Since its inaugural season in 2004, WSW has

Celebrating 10 years of wind

celebrated a passion for complex, beautiful wind music. WSW has played concerts every summer since its founding, including two consecutive years as part of the prestigious Green Lake Festival of Music and an appearance at the Wisconsin Music Educators Association state conference in Madison. Summer is the normal season for WSW, adding a special flare to the upcoming winter performance.

WSW is made up of more than fifty musicians, all volunteers coming from across Wisconsin. Most of the musicians from the inaugural season continue to play in WSW to this day.

The idea to create an adult, professional quality wind ensemble came from a conversation between Rob McWilliams, an associate professor of music at UW-Oshkosh, and Rand Skelton, a freelance musician. The idea received an overwhelmingly positive response

from potential members, McWilliams explains, and, with the support of the UW-Oshkosh Department of Music, WSW was born.

What makes WSW unique is its status as a professional-level group that is volunteer-based and works primarily in the off-season for symphonic orchestras. It is built solely upon a passion for music and bringing musicians together.

"The opportunity to perform some of the most significant repertoire for wind band at the highest level," McWilliams says, is what is so valuable to members.

The Dec. 8th concert will be a joint performance of Percy Grainger's "Lincolnshire Posy" featuring WSW and the UW-Oshkosh Wind Ensemble. The performance begins at 3pm.

—By Rachel Martens

Stars of the Season

"Christmas Stars is not a concert," says director Jim Romenesko when he describes the show. "It is much bigger than that."

Christmas Stars is a Broadway style revue that features a cast of more than 250 performers singing secular and holiday music. This year, the show celebrates its 20th year and will feature a Christmas Parade, visits from Santa and a live Nativity performance as the finale.

This production involves eight individual segments, making it far from your average Christmas concert.

"Most people think it is a concert, but after they have attended the show they come up to us and say they had no idea how big it is," Romenesko laughs.

One of the more attractive parts of performances are the colorful, Christmas themed costumes. There are about 800 costume changes throughout the show, each depicting classic holiday characters like Santa's elves or snowmen.



Performances are lively, with an impressive blend of talented performers of multiple age groups, including children performers.

"The performers are unbelievably talented and will knock your socks off," says Romenesko.

This show is a fun event for the entire family. Segments include your favorite Christmas stories like the classic children's story "Twas the Night Before Christmas," with a comedic twist.

Christmas Stars runs Dec. 5-8 and 12-15 at the Fine Arts Theatre of Xavier High School, Appleton. Performances begin at 7pm, Th-Sa; 1pm, Su.

—By Ashley Ivanssek



14 | George Winston

The Thrasher presents renowned pianist George Winston. 7:30pm. Thrasher Opera House, Green Lake. 294-4279.

15 | Strauss to Sleighride

Join the Neenah Community Band for their annual Christmas Concert & enjoy sounds of the holiday season. 2-3pm. UWFox Valley. 886-6060.

15 | Mannheim Steamroller Christmas

Grammy Award winner Chip Davis has created a show that features the beloved Christmas music of Mannheim Steamroller along w/ dazzling multimedia effects performed in an intimate setting. 7pm. Weidner Center, Green Bay. 494-3401.

15 | Fox Valley Lutheran High School Christmas Concert.

Three choirs will be performing for the event. 1pm. Fox Valley Lutheran High School, Appleton. 739-4441.

17 | LAMP Orchestra

Concert. 7pm. Lawrence Memorial Chapel. 832-6632.

18 | Music @ the Library: Special Edition

Featuring the Renaissance School for the Arts Choraliers. 6:30-7:30pm. Appleton Public Library. 832-6173.

18-21 | Knights on Broadway

"Christmas w/ the Knights." 7:30pm. Michel's Commons @ St. Norbert College, De Pere. 403-3010.

20 | Isthmus Brass

Enjoy a holiday concert tradition at the THELMA. THELMA Sadoff Center for the Arts, Fond du Lac. 921-5410.

21 | Christmas at the Chapel

newVoices celebrates the true meaning of the season w/ the most-loved Christmas songs, audience sing-alongs & candle-lit finale. 2pm & 7:30pm. Lawrence Memorial Chapel, Appleton. 832-9700.

21 | A Brass & Organ Christmas

Classical Christmas music w/ the Green Bay Symphony Orchestra. 7:30-10pm. St. John the Evangelist Church, Green Bay. 435-3465.

21 | Switchback: A Midwestern Christmas

Switchback returns to the Thrasher for their traditional holiday show. 7:30pm. Thrasher Opera House, Green Lake. 294-4279.

22 | Oak Ridge Boys Christmas

The boys kick off this big show w/ their famous 4-part harmonies & a string of hits that spans 4 decades. 40th Anniversary Tour. Weidner Center, Green Bay. 494-3401.

☪ = Suitable for families with young children. ☎ = Reservation required.

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Songs & Stories for Boys

A festival-concert of tradition, music and Christmas spirit will mark the Appleton Boychoir's 35 year anniversary.

"A Festival of Nine Lessons and Carols' is something every boy treasures," says Kevin Meidl, the Boychoir's Ambassador Director. "They love having such an important place in the community during the special holiday season. Many people tell us that it just wouldn't be Christmas without attending this unique and beautiful event."

Frank Rippl and Jim Heiks founded the Boychoir in 1979. The first concert was that spring with the first Festival in December 1980. The Boychoir has since given musical training to thousands of boys, performing concerts year-round, sometimes overseas. The program has been valuable to the boys, their families, and the community.

"While the Appleton Boychoir is first and foremost about making beautiful choral music with young male voices, the program is so much more," says Bob Duimstra, father of three Boychoir members. "It is about developing boys' self-confidence, self-discipline and self-control, together with teamwork... It is about helping boys in their journey to become men."

"A Festival of Nine Lessons and Carols" tells the Christmas story through the song of the boychoir and readings by members of the community. Appleton mayor Tim Hanna traditionally reads the final lesson.

"The beauty of 'A Festival of Nine Lessons and Carols' isn't what is different but rather what remains the same," Meidl says. "Through economic distress and war the Festival has always been a beacon that calls our community together through music to experience the love and beauty of the Christmas season."

"A Festival of Lessons and Carols" will be performed on Dec. 6 at the Lawrence Memorial Chapel.

—By Rachel Martens

opening exhibits

For a complete list of exhibits, go to foxcitiesmagazine.com

Appleton Public Library. 832-6173

Leif Larson

thru Dec 30. Drawings on plates, 1st floor.

The Aylward Gallery, UWFox, Menasha. 832-2626

Jeffrey Prokash

thru Dec 6. Selected paintings.

Fall Student Show

Dec 13–31. Selected student works.

Baer Gallery at Bush Art Center, St. Norbert College, De Pere. 337-3181

Howard Pyle in Wisconsin

Dec 2–Feb 7. Traces the history of paintings by famed author & illustrator Howard Pyle.

Frank Juarez Gallery, Sheboygan. 559-7181

Living with the Bomb

thru Dec 28. Featuring Brandon Bauer's mixed media installation mapping of the nuclear disarmament movement.

Larry Basky Solo Exhibition

thru Dec 28. Featuring new serigraphs by Basky.

Godschalx Gallery, St. Norbert College, De Pere. 337-3181

Michael Danforth

thru Dec 7. Senior art exhibition.

Lawton Gallery, Theatre Hall, UW-Green Bay. 465-2271

41st Annual Juried Student Art Exhibition

thru Dec 5. Selected works by art students at UW-Green Bay.

Miller Art Museum, Sturgeon Bay. 746-0707

38th Annual Juried Exhibition

thru Dec 28. A juried exhibition in 2 dimensional media by artists from Door, Brown, Manitowoc, Kewaunee & Oconto counties.

Neville Public Museum, Green Bay. 448-4460

Holiday Memories: Prange's Christmas Windows

thru Jan 13. Enjoy a Green Bay holiday tradition at the Neville w/ Holiday Memories: Prange's Christmas Window & the Children Only Shop. All the old favorites will be there—the Snow Babies, Musical Animals &, of course, Bruce the Spruce.

Oshkosh Public Museum. 236-5799

Deck the Halls

thru Jan 12. The Oshkosh Public Museum presents several special activities, events & exhibits for everyone to participate in, including a Christmas Village & Sawyer Family Traditions. Tu–Sa, 10am–4:30pm; Su, 1–4:30pm.

Paine Art Center & Gardens, Oshkosh. 235-6903

Nutcracker at the Paine

thru Jan 6. The Nutcracker story unfolds in the Paine "castle" w/ the historic rooms decorated as the fantastic scenes of the beloved ballet. Pre-registration required for actor-guided tours. Self-guided tours, M–Sa, 11am–4pm; candlelight tours, W&F, 4:30–7:30pm; guided tours, Sa 5–8pm, Su 12:30–3:30pm.

Peninsula Art School & Gallery, Fish Creek. 868-3455

Night Lights: Photographic Light Paintings

thru Dec. 28. Without computer software or special photographic equipment, photographers who do light painting use light sources as simple as flashlights & glow sticks to create dramatic effects. A booth will be set up in the gallery for visitors to try light painting.

Plymouth Arts Center. 892-8409

Annual Holiday Membership Show

thru Jan 24. Artist Bonnita Budysz will judge this exhibit of member work.

Rahr-West Art Museum, Manitowoc. 683-4501

Christmas in the Mansion

thru Jan 5. Beautiful displays in a splendid Victorian Mansion setting. M–F, 10am–4pm; Sa–Su, 11am–4pm.

The Trout Museum of Art, Appleton. 733-4089

Katharine Hepburn: Dressed for Stage & Screen

thru Dec 15. The exhibit includes Hepburn's personal collection of performance clothes spanning her 6-decade career & features rarely exhibited costumes from stage, screen & television, along w/ items from her personal collection on loan from the Kent State University Museum.

☸ = Suitable for families with young children.

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Neenah
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community & cultural events

1 | A Crooners Christmas' Dinner & a Show 🎤

Enjoy some of the best classic & contemporary holiday favorites for a 1-day performance. 1pm. Fox Cities Stadium, Appleton. 733-4152.

1, 5-8, 12-15, 19-22, 26-29 | A Musical Victorian Christmas

Hearthstone Historic House tours featuring decorations reflecting Victorian Christmas carols of the season. Th, 10am-4pm; F, 10am-4pm & 6-8pm; Sa, 11am-4pm; Su, 1-4pm. Hearthstone Historic House Museum, Appleton. 730-8204.

1, 6-8, 13-15, 20-22, 26-30 | WPS Garden of Lights

WPS Garden of Lights @ the Green Bay Botanical Gardens features nearly a quarter of a million twinkling lights transforming the grounds into a stunning winter landscape featuring botanical light displays inspired by its natural features. F-Sa, 5-9pm; Su, 5-8pm. Green Bay Botanical Gardens. 491-3691

1, 7-8, 14-15, 21-22 | Hazelwood Holiday

Hazelwood Historic House will be open for tours. Enjoy the rich history of the Martin Family & Christmas' past in 1 of Brown County's historic homes. 12-4pm. Green Bay. 437-1840

1, 7-8, 14-15, 21-22 | Timm House Christmas

Join us in this historic, Victorian home for "The Music of Christmas." Each room on the first floor of the house will feature décor based on Christmas Carols. 1-4pm. New Holstein Historical Society. 948-7748.

1-10 | Merry-Time Festival of the Trees

More than 2 dozen decorated trees will be sponsored by organizations or businesses & raffled off. Maritime Museum. 743-5958.

1-31 | Oshkosh Celebration of Lights 🎆

From the 100-foot tree & sculptured scenes to the animated light displays, the twinkling beauty & holiday music allows visitors to escape to that magical place only the spirit of the holiday season can bring. 5-9pm. Menominee Park, Oshkosh. 303-9200.

5 | Real Honest Sailing w/ a Great Lakes Captain

Speaker series presented by authors Capt. Gary W. Schmidt & Warren Gerds. 7-9 pm. Door County Maritime Museum, Sturgeon Bay. 743-5958.

6 | Community Christmas Event

Neenah's Community Christmas Event features Live Mannequin windows, Rudolph Run, ice carving, carolers, a hand bell choir & more throughout the Downtown. 5:30-7:30pm. Downtown Neenah. 722-1920.

7 | Holiday Art & Craft Fair

Skip the mall & do your holiday shopping w/ more than 30 artisans & craftspeople. Live music, food & a kids hands-on arts area. 9am-2pm. Fox Valley Unitarian Universalist Fellowship, Appleton. 731-0849.

7 | Bergstrom-Mahler Museum: Holiday Open House 🎆

Annual Holiday Open House w/ family activities. Flameworked glass demonstrations by Beth Wenger Johnstone & Jenna Larson. 10am-1pm. Neenah. 751-4658.

7 | History Fair—Appleton Goes to War!

View displays & learn more about Appleton's role during our nation's wars. 9am-12:30pm. Indoor Farmers' Market. 540-3699.

14 | Christmas & Candlelight

Take a candlelight tour of the historic Hazelwood House while the former lead harpist from the Green Bay Symphony Orchestra plays traditional music in the formal parlor. 6-8pm. Brown County Historical Society, Green Bay. 437-1840.

14 | Saturday Night Dances 🎶

Mader Brother perform polkas, waltzes, country western, rock 'n' roll. Doors open @ 6:30pm. Thompson Community Center, Appleton. 225-1700.

21 | Saturday Night Dances 🎶

Karavan the Band performs 50s-70s rock, some surf, mostly 60s pop British Invasion. Doors open @ 6:30pm. Thompson Community Center, Appleton. 225-1700.

21 | Family Art Days 🎨

Connect w/ your family & get creative together w/ paints, pastels, clay & more! 9am-12pm. Peninsula School of Art, Fish Creek. 868-3455.

28 | Paper Valley Model Railroad Club

Annual open house. View our layouts based on Wisconsin cities & towns w/ many trains running. 10am-3pm. Kaukauna. 475-2659.

fundraisers

4 | Mid-Day Women's Alliance Black & Pink Ball

This year's Black & Pink Ball will benefit B.A.B.E.S., Inc., Respite & Counseling Services. This semi-formal event includes silent auction, hors d'oeuvres, door prizes & entertainment. 6-9pm. Radisson Paper Valley Hotel, Appleton. 427-6763.

lectures, readings, presentations & discussions

4 | Downtown Book Club

Discussion of The Rent Collector: A Novel by Camron Steve Wright. 12-1pm. Harmony Cafe, Appleton. 832-6173

5 | Walk a Mile in My Shoes

A look at the Asian community. 6:30-8pm. Appleton Public Library. 832-6173.

12 | Lecture: Beth Lipman

New Work, Beth Lipman. 6:30-8pm. Bergstrom-Mahler Museum. 751-4658.

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Keeping it Fresh, Not Frozen

Wisconsin's harsh winter winds will not blow your fresh produce away.

While farm fresh is more likely to be associated with spring and summer, you will still be able to find some of your favorites as the vendors of Downtown Appleton's Farmers Market take up residence indoors for the season.



More than 50 vendors will be inside the warm confines of City Center offering fruits, vegetables, baked goods, crafts and other treats. Many vendors will have a familiar face as many participate in both the outdoor and indoor farmers market.

"The majority of vendors that participate inside are also many of your favorite vendors from the outside market," says Djuanna

Hugdahl, Farm Market Director for Downtown Appleton Inc. "You may also find a new vendor that you haven't tried out yet."

Donna Lang, owner of Red Belly Farms grew up farming and has been part of Appleton's Farmer's Market for about ten years. This is their third year at the Indoor Farmer's Market, selling a variety of seasonal produce.

"We grow any vegetable that starts with the letters A to Z," says Lang. "In April, there is asparagus and squash in the fall. It depends on what is in season."

Lang explains that many of Red Belly Farms' customers at the market are also regulars from the outdoor market, and they come back each week.

The indoor farmer's market also offers a different event each month. Every first Saturday of the month, the featured program includes Education & Learning. The second Saturday's program is Health & Wellness. The third Saturday is Kids Day, with an additional Kids Market run by children and the last Saturday of every month is Sample Day.

The Indoor Winter Farmer's Market takes place Saturdays at City Center, downtown Appleton, 9 a.m.-12:30 p.m. through March 29.

—By Ashley Ivansek



17 | Non-Fiction Book Club

Join us for some serious & not-so-serious discussion of contemporary nonfiction. Copies of book available at reference desk. 2pm. Menasha Public Library. 967-3690.

19 | Bilingual Conversation Club

Looking for an opportunity to practice your Spanish & English skills? Meet new people while learning new ways to communicate in both languages. 6:30-8pm. Menasha Public Library. 967-3690.

films

2 | Movie Day at the Library

Join us for a great movie & free popcorn! 2-4:30pm. Menasha Public Library. 967-3692.

5 | Thursday Afternoon @ the Movies

"Adam's Rib" starring Katharine Hepburn & Spencer Tracy, in conjunction w/ the Katharine Hepburn: Dressed for Stage & Screen exhibit @ The Trout Museum of Art. 4-6pm. Appleton Public Library. 832-6173.

12 | Thursday Night @ the Movies

Featuring "Bless Me, Ultima." A turbulent coming of age story about a young boy growing up in New Mexico during World War II. Rated PG-13. 6-8pm. Appleton Public Library. 832-6173.

16 | Movie Day at the Library

Join us for a great movie & free popcorn! 2-4:30pm. Menasha Public Library. 967-3692.

18 | Wednesday Movie

"Much ado about Nothing." Joss Whedon's contemporary spin on Shakespeare's classic comedy. Refreshments served. Rated PG-13. 4-6pm. Appleton Public Library. 832-6173.

classes & workshops

3 | Legal Assistance Clinic

Get free help w/ legal problems including family law, small claims, domestic abuse/harassment, probate/will & property disputes. 4-6pm. Menasha Public Library. 967-3692.

3 | Creative Journey

Explore your creativity using words & music w/ Michael Wertel. 10am-12pm. Appleton Public Library. 832-6173.

4 | "Scent"ational Essential Oils

We will provide the essential oils & teach you how to make a variety of items for holiday giving. 5:30-7:30pm. Gardens of the Fox Cities, Appleton. 750-5462.

5 | Imagination Connection

Show & Tell & Round Robin Creations w/ Val Magno & Elizabeth Eisen. 6:30-8pm. Appleton Public Library. 832-6173.

7 | Outagamie County Master Gardener

Trash to Treasure Garden Ornaments. Presented by Master Gardeners. 10-11:30am. Appleton Public Library. 832-6173.

8 | Kilndformed Glass Class: Fused Glass Holiday Platters

This class will introduce the basics of glass fusing & slumping & you will create a 10"x10" fused & slumped glass platter for the Holidays. 1-3pm. Bergstrom-Mahler Museum, Neenah. 751-4658.

10 | Creative Journey

Free day w/ CJ art supplies. 10am-12pm. Appleton Public Library. 832-6173.

11 | Migraines? Get Relief through Surgery

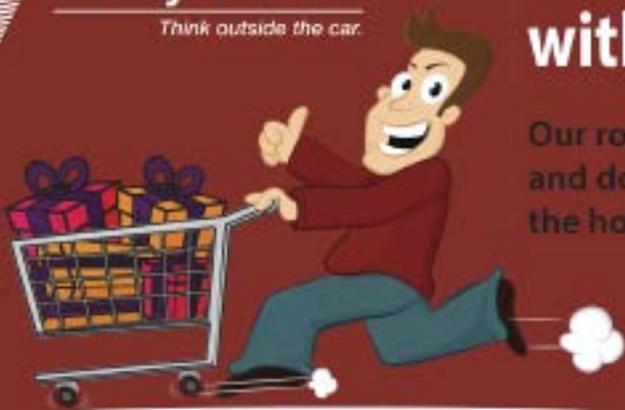
See how you can significantly relieve migraine pain permanently w/ a new, globally recognized surgical treatment. 6-7pm. Appleton Medical Center, Ironwood Room, Appleton. (800) 236-2236.

11 | Wreath Building Workshop

Discover the story of evergreens w/ a hike led by education coordinator Rachel Anderson, followed by a traditional wreath building workshop. 5:30-7:30pm. Gardens of the Fox Cities, Appleton. 750-5462.

12 | Interview & Resume Clinic

Jackie Reuning, West Corp. will review best practices for resumes & interviewing techniques. 3-4:30pm, Appleton Public Library. 832-6173.



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- 16 | Knit2Together**
Multigenerational knitting circle. 6:30–8pm. Appleton Public Library. 832-6173.
- 17 | Creative Journey**
CJ holiday party. Re-gift exchange/bring a favorite dish to share. Seasonal tunes w/ guest guitarist. 10am–12pm. Artist trading cards at 11:45. Appleton Public Library. 832-6173.

children's events

- 3–6, 10–13 | Storytimes**
Our Time: Tu, 10–10:30am. Toddler Time: Tu & F, 10:30–11am. Evening Family Storytime: Tu, 6:30–7pm. Baby Time: W, 9:15–9:45am. Lapsit: W & Th, 10–10:30am. Caregiver required except Our Time. Neenah Public Library. 886-6335.
- 2 | Animal Stories for Preschoolers** 📺
Children & families will learn all about animals that hibernate through stories & crafts. 10–11am. Bay Beach Wildlife Sanctuary. 391-3671.
- 2 | PJ Storytime: Cookies & Holiday Stories**
Wear your PJs and enjoy stories of the season & a cookie treat. 6:30–7pm. Kimberly Public Library. 788-7515.
- 2 | Christmas in the Air**
A festive atmosphere w/ tasty treats & performances. Write letters to Santa & listen to holiday storytelling. 4–7:30pm. Santa will arrive by helicopter at 7pm. EAA AirVenture Museum, Oshkosh. 426-6169.
- 3 | Nutcracker Christmas Party**
A party w/ classical music, stories, crafts & activities based on the Nutcracker ballet. 6:30–7:15pm. Menasha Public Library. 967-3670.
- 7 | Children's Christmas Gift Workshop** 📺
Kids will leave w/ 6 gifts wrapped & ready to give. 9:30–11:30am; 1–3pm. Heckrodt Wetland Reserve, Menasha. 720-9349.

- 7 | Holiday Open House**
Create a glass ornament, cardmaking, scavenger hunt & more. 10am–1pm. Bergstrom-Mahler Museum, Neenah. 751-4658.
- 10 | Holiday Concert w/ Tom Pease**
A concert filled w/ fun, music, singing & jokes. 6:30–7:15pm. Menasha Public Library. 967-3670.
- 16 | Storytime for Preschoolers** 📺
These themed programs will begin w/ a story followed by nature activities or crafts. 10–10:30am. Gardens of the Fox Cities, Appleton. 750-5462.
- 16 | Animal Stories for Preschoolers** 📺
Learn all about animals that hibernate through stories & crafts. 1–2pm. Bay Beach Wildlife Sanctuary. 391-3671.
- 17 | Holiday Party**
Join the library for holiday stories, crafts, treats & fun activities. 6:30–7:15pm. Menasha Public Library. 967-3670.
- 26 | Movie Day**
School's out movie day at the library. Children must be accompanied by responsible adult. 1:30–3pm. Menasha Public Library. 967-3670.
- 27 | Be a Smart Cookie Read-In**
Do an hour or more of reading w/ us & take part in our literacy effort. Earn a certificate & Smart Cookie sticker. 9am–4pm. Menasha Public Library. 967-3670.
- 31 | Noodles Around the World**
Discover how different cultures ring in the New Year. 9am–5pm. Building for Kids Children's Museum, Appleton. 734-3226.

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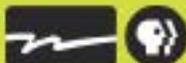
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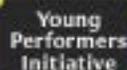
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Young Performers Initiative



A Dozen Ways to Deck the Halls

By Rachel Martens

12 Days of Decorating Tips for the Holiday Procrastinator

If you are hearing about turtle doves and partridges, and you still haven't decorated for the holidays, you might be a bit behind.

No need to panic. If it takes 12 days to shower a true love with the gifts of the season, surely you can decorate in the same amount of time. We've got some surefire tips to give your home a festive, holiday look.

All you need is 12 days and a dozen ways to make your halls festive while looking like you planned it for months.

1 **On the first day of decorating:** Pick a palette. Anne Morrissey and Holly Olson-Stevens at Anne Morrissey Interior Design say to start by finding a fresh, new, design-driven color palette, and filter all your decisions accordingly. Kiwi and Graphite are some of their favorites. For a more traditional look, try hunter green or a rich ruby.



2 **On the second day of decorating:** Pick up some real garland to decorate mantles, banisters or doorways. Leslie Wilson and Christa Vogt at Bellwether Interior Design say real greenery gives high end appeal without the cost of faux garland. A quick addition of pine cones, ornaments or other pops of color embellish this solution.



3 **On the third day of decorating:** Avoid the time and hassle of outdoor Christmas lights by adding single candle lights in the front windows of your home. The result is a simple, classy, and quick way to get the same effect as Christmas lights. You can even find electric candles with a timer option to give your home a soft glow from dusk until daylight.

4 **On the fourth day of decorating:** Add pine and cedar blocks tucked around objects on bookshelves and tables. Greg Curtiss at The Wreath Factory says this adds a touch of Christmas and provides the nice fragrance of the Holidays. If you have special ornaments, place them on ornament stands or tuck them on top of the pine and cedar on bookshelves or tables to show them off. Also, if you have extra colored glass ornaments, place them in a shallow bowl or a clear glass vessel and set it on a table or bookshelf to add a little sparkle.

5 **On the fifth day of decorating:** Wilson and Vogt point out that candles are key for holiday entertaining. Spread candles throughout your entertaining area and put a spark to them! You can buy inexpensive candles and hurricane glasses from a dollar store or go for intricate holiday-themed candle holders. Holiday scented candles also add a warmth and spirit to your home a guests are sure to notice and appreciate.



6 **On the sixth day of decorating:** If you're looking for something unique to get your creative juices flowing, a quick option is to create your own wreath. Purchase a wreath form from a hobby store or buy a wreath from a thrift shop. Add your own details

like old family photos, moss, burlap ribbon, succulents, ornaments, birds or snow flakes.



7

On the seventh day of decorating: Making your own mercury glass is as easy as 1, 2, 3. Step 1: Spray the inside of a plain glass vase with a water vinegar solution. Step 2: Spray over the water with silver or gold spray paint. Step 3: Once the paint has dried wipe away the water. You'll be left with a beautiful mercury glass vase that cost only a few dollars.



8

On the eighth day of decorating: If you're looking to

make a high end statement, Wilson and Vogt say it's all about quantity and repetition. Purchase several apothecary jars of varying sizes and shapes and add a different material to each jar. Pine cones, candy canes, vintage bulbs or cinnamon sticks would be good options, but don't be afraid to get creative! Decorate your mantle, dining table or buffet table with your festive jars.



9

On the ninth day of decorating: Warm up your entry by keeping your large summer planters out during the holidays. Empty out your plants from the previous season and add boughs cut from your Christmas trees or evergreens in your yard. Add long sticks purchased from a hobby store along with faux berries, pine cones, bulbs, etc. Anne Morrissey Interior Design suggests birch logs or LED branches to add height. This could be applied to window boxes as well.



10

On the tenth day of decorating: Go green for the holidays by making a wreath from old paper.

Lisa Gavronski of Cedar Harbor suggests using old magazines, books or sheet music. Cut the sheets in half and fold each end to meet in the center, then fold them around a wire circular wreath frame. Embellish your wreath with a holiday ribbon.



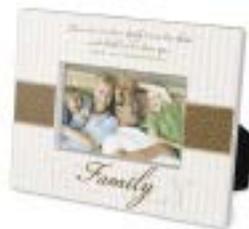
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On the eleventh day of decorating: Create an easy, modern, textural tablescape by rolling a raw burlap runner down the length of your table in a color that supports your design plan, Anne Morrissey Interior Design suggests. Layer vessels, wood discs and other natural elements and coordinated decor.

12

On the twelfth day of decorating:

Gather your favorite family photos in frames and arrange them in a special spot to showcase your family. The Wreath Factory's Curtiss says this is another great place to add pine and cedar accents.



Any one of these tips, a combination, or all of them together will help you make your home glow with the warmth of the holidays this season, minus the time and planning. So, whether you decorated on Nov. 1 and are looking for some additional touches, are preparing to decorate this weekend or love to procrastinate and have 12 days or less, these ideas have you covered.



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THE BIG IDEA

By Sean P. Johnson

Four Big Ideas that changed the Fox Cities

Sometimes we take our greatest assets for granted.

"I just drive it. I don't think about it," says John Bubolz, chairman of the citizens committee that lobbied the state to fund and build the Tri-County Expressway, now known as Wisconsin Trunk Highway 441.

Every day, Fox Cities' residents benefit from similar community assets without giving them a second thought. Assets like Highway 441, the Fox Cities Performing Arts Center, the Fox River Mall and Outagamie County Regional Airport have changed the way we work and play.

They are big ideas that changed the Fox Cities.

Tri County Expressway/441

If Highway 441 didn't directly spur the growth many Fox Cities communities experienced the past three decades, then it was the artery that made that growth easier.

The few minutes it takes to zip from community to community along the highway is hardly enough time to realize that many people never thought the roadway would amount to more than a dream. Yet without it, much of the residential and commercial growth in the eastern areas of the Fox Cities may not have happened.

"It provided the access we needed," says Eric Fowle, executive director of the East Central Wisconsin Regional Planning Commission. "There was a lot of land near that corridor that was just sitting there. It created the access and opportunity for development."

It was 20 years ago, 1993, what is now known as Highway 441 was completed and opened from end to end. It's been more than 30 years since some of the first elements such as the Roland Kampo bridge opened and began to better connect the Fox Cities.

The highway now handles as many as 70,000 vehicles a day during peak traffic times and is considered an essential element of northeast Wisconsin's highway infrastructure. Not bad for a road the state did not want to build.

"I had one meeting where I was told we should just give the land back to the farmers," said Michael Marsden, the former Outagamie County Highway Commissioner who worked more than 20 years on the project. "We just kept plugging away at it."

Highway 441 can be traced back to a big idea from the early 1960s, when a transportation plan for the region first marked out the "Tri-County Expressway," and local communities preserved the roadway corridor by including it in the official street maps.

From there, things moved slowly, though steadily, as communities along the route

acquired right-of-way and commissioned additional planning studies. In 1975, the Roland Kampo Bridge opened, and by 1979 a citizens group formed to coordinate lobbying efforts to get the state to participate in the project.

"It took longer to get it funded than it did to actually build it," recalls Bubolz.

Supporters argued the roadway would save time, money and lives by improving traffic flow through the Fox Cities and taking traffic off of an already crowded Highway 41. Armed with the slogan "If you were driving on the Tri-County Expressway, you'd be there by now," the group eventually got local buy-in, then brought the state onboard.

In 1984, Wisconsin designated the Tri-County as a major highway funding project,

"There is no doubt it made the Fox Cities the dynamic community it is today," Bubolz said. "It's been a boon to our community."

Fox Cities Performing Arts Center

Oscar Boldt clearly remembers the phone call he took on a spring day in 1999.

The question posed was a theoretical one, but loaded: can you build a performing arts center in downtown Appleton by 2002? He recalls saying it was technically possible, but questioning whether enough money could be raised in time to pay the costs.

Three years and nearly \$50 million in contributions later, including the \$8 million gift from Aid Associate for Lutherans, now



and in 1985 placed it on the state trunk system as Highway 441. By 1986 the project has been added to the state's six-year plan for funding and first construction work began in 1988.

The highway was completed in 1993. The state is now planning upgrades to many sections to handle the volume of traffic using the highway on a daily basis.

Thrivent, that sparked the campaign, the curtains of the Fox Cities Performing Arts Center raised for the inaugural performance, a concert by Tony Bennett.

That event marked so much more than the completion of an ambitious project, it also ushered in a new era of downtown revitalization, with the PAC as a crown jewel attraction bringing people and disposable

income into the Fox Cities.

"It was really a concerted effort by a lot of people that created a cultural mecca that makes people want to come to downtown Appleton," Boldt says. "It's made the downtown an interesting place to go."

Now in its 11th year, the PAC continues to play a central role in a resurgent downtown that includes an eclectic mix of retail, office space, restaurants, a new hotel and additional cultural attractions such as the Appleton Building for the Arts and Houdini Square. Recent economic studies attribute \$17.8 million in annual economic activity to the PAC, which helps to fuel the ongoing transformation of downtown Appleton.

"It really anchors the district," says Jennifer

an eye on downtown living, Stephany says.

Downtown supporters say the PAC may prove to be the spark that ignited the downtown's evolution toward what is being called the creative economy, which attracts not only artisans and galleries, but creative professions such as architects, web designers, marketing and public relations professionals and programmers.

It's also helped renew a sense of place that makes events such as Mile of Music possible.

"I love what's happened with our downtown," says Maria Van Laanen, executive vice president of the Fox Cities PAC. "I think the PAC has become an icon for investment and the value people here place on arts and community."

economy as both a hub of activity for tenants as well as supporting easy access for those doing business with and for businesses here.

"It's been a central generator of economic activity on its own, but if we didn't have it, I'm not sure that some of the companies here now would have their headquarters here or be involved at the same level," says Karen Harkness, economic development director for the city of Appleton.

It could have turned out much differently.

When Outagamie County was developing plans for a new airport in the early 1960s, it approached Winnebago County about developing a shared facility. Winnebago County nixed the idea, having invested heavily in the Oshkosh Regional Airport.

In 1965, Outagamie County sited the airport in Greenville, and it has been growing steadily since, becoming one of the state's busiest airports in terms of combined passengers and commercial activities. It trails only the Milwaukee and Madison airports in terms of cargo handled, according to the State of Wisconsin Aviation Activity Reports for 2012, and is fourth in the state for passenger traffic behind those two airports and Green Bay.

In addition to passengers and cargo, the airport has become a prime area for industrial and commercial development, best represented by the growing Gulfstream operation located there, which in the past year has added nearly 100 new jobs. The airport and Fox Valley Technical College recently announced the addition of a \$30 million safety training center for the airport grounds.

A recent economic impact report by the Wisconsin Bureau of Aeronautics determined the airport's direct economic impact on Outagamie County is nearly \$300 million annually. The state is currently updating those figures for 2013.

The airport is a vital organ in the economic health of the region, especially for industries that need easy access both into the region or connecting to other parts of the country, says Appleton Mayor Timothy Hannah. Having an airport close has helped them succeed and kept them from relocating to other regions.

The airport has also been a cradle of economic development he says, noting that



Stephany, the executive director for Appleton Downtown Inc. "It's been the catalyst for a series of improvements."

In addition to the dollars, the PAC has helped change the demographics of who plays and lives in the downtown area. More than 44 percent of the patrons the venue attracts come from outside the Fox Cities Area. Downtown now attracts more than revelers in their early 20s. Baby boomers have returned, some with

Outagamie County Regional Airport

If the Fox Cities Performing Arts Center is the area's cultural and creative window to the world, then Outagamie County Regional Airport is the door through which those people and ideas pass.

While less a project and more a long term investment, the airport has played an important role in supporting the region's

both Midwest Express and Wisconsin Air started at the airport. Now, it's the growth of Gulfstream and the partnership with FVTC for a safety training center.

"Gulfstream may not be well-known, but they employ a huge workforce for the region," Hannah says. "People from all over the world come here to pick up their airplanes."

Fox River Mall

Many expected the Fox River Mall would kill downtown Appleton.

When developers first announced their plans to build a new indoor shopping mall in the Appleton area, many community leaders lobbied for a downtown location for fear the mall would pull shoppers out of the stores there and leave the downtown barren.

Today, nearly 30 years later, both are thriving, no doubt at least in part because of the 16 million shopper visits Fox River Mall attracts to the Appleton area each year.

"It's given us a brand and made us a destination for shoppers," says Pam Seidl, executive director of the Fox Cities Convention and Visitors Bureau. "In the end, both have flourished. It's created an opportunity for the complimentary and specialty retail we find downtown."

The CVB has long capitalized on the mall's attraction, billing the Appleton area as "Wisconsin's Shopping Destination." It has the



ability to attract shoppers from more than 150 miles away who are willing to stay overnight.

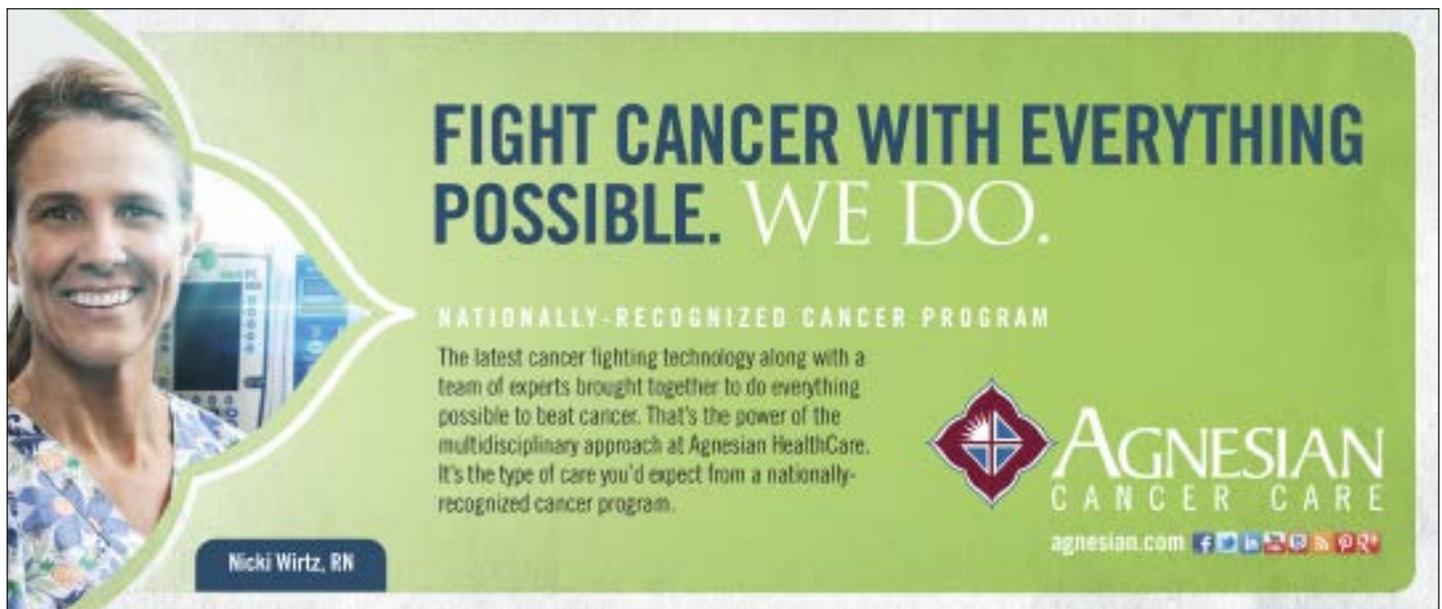
That attraction has helped power the development of thousands of feet of retail space in Grand Chute and the surrounding area, as well helped draw folks to the area's other entertainment and cultural attractions.

"The mall has become a great regional draw that has contributed to the great regional

growth we have seen in this area," says John Burgland, senior general manager.

Burgland agreed the mall draws from an exceptionally large area, up to 200 miles away in some cases, which has made it a truly "super regional" attraction.

"But people don't just come for the mall," Burgland says. "While they are here, there are plenty of great things for them to do." 



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Keeping Fit After 40

By Sean P. Johnson

Creativity and Practicality Keys to Keeping a Fitness Regimen

Jenny Tovar admits it would be easy to skip her regular workout at the Fox West YMCA on those days she just doesn't feel up to it.

In her 20s and 30s, she might have even done so, knowing she would make it up the next day, with no real consequences. Since turning 40, she has discovered that staying motivated - and keeping fit in general - has become a much greater challenge.

"You lose your fitness level so much quicker and it is so much harder to get back to the level you are trying to maintain," says Tovar of the challenges of keeping fit now that she's in her early 40s. "If I miss it, I really feel it."

Tovar has been conscientious about her workout routines since she began weight lifting with her husband nearly 20 years ago. Keeping a four to five day-a-week routine did not seem to task her as much until recently. Lately, it has been more of a struggle to maintain that commitment.

Driving by the Y on her way home from Greenville to Oshkosh makes it harder to skip.

"It's not that its harder to do, it's just harder to stay that motivated," Tovar says.

Times of change

Tim Hatlestad knows all too well the reasons it seems so much harder to stay fit after 40.

While there's nothing magical about 40, Hatlestad, a physical therapist with Thedacare's Encircle Health, says that many people begin to struggle with their fitness routines during that decade of life, which coincides with physical, mental and general life changes that can put fitness on the back burner for many.

Physical changes can include anything from cumulative effect of injuries to changing hormones to a metabolism that slows as we age, says Hatlestad. Then there is the comfort level that hits folks in their 40s, when it becomes easier to accept missing workouts.



“Your 40s can become a tough time with both physical changes and other commitments,” says Hatlestad. “There is just a mental and physical fatigue that goes with that.”

That fatigue can make maintaining a fitness program a challenge in a number of ways, from staying motivated to overcompensating when making up for missed workouts, resulting in injuries and even more off time.

Have a plan

These challenges, whether they hit at 40 or later, need not spell the end of regular workouts or that a fitness program should be abandoned. Indeed, a fitness routine is a critical component of healthy aging, Hatlestad says.

What’s important at this stage of life is to acknowledge and accept the hurdles, and create a plan to overcome them.

“There is still a lot you can do,” Hatlestad says. “In fact, many people can probably do a lot more than they think. You just need to plan it out.”

Some guidelines recommended by Hatlestad include:

- Be consistent. Don’t do it in spurts, even if it means less activity. Plan your routines out and schedule time for rest and recovery.
- Cross train. Variety is a good thing. It can reinvigorate a tired workout, both keeping it interesting and keeping you motivated.
- Apply common sense. Acknowledge your shortcomings, slow down and take breaks when necessary.

Be regular

Following those rules could mean doing more cardio and less weight lifting, riding a bike instead of running and perhaps mixing the basketball routine with some time in the pool.

Again, regularity is the key.

“Not just when, but what am I going to do,” Hatlestad says.

The regularity gets even more important as people continue to age, says Colleen Brickner, a therapist with Appleton Retirement Community in downtown Appleton. Regular activity for physical fitness help keep us mentally and emotionally fit as we age, Brickner says.

“It can be the thing that gets them out of bed each day and that can be the difference to their overall health,” Brickner says.

Of course, the fitness routines at Appleton Retirement Community are modified to deal with physical challenges including limited range



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The YMCA of the Fox Cities has come a long way in 125 years.

Yet the mission has not changed all that much — helping people live a better life.

Perhaps known today for its fitness and humanities offerings more than its humble beginnings over a corner grocery in 1888 where men gathered for bible study. It's still about providing constructive activities that can help people improve their lives, says Sue Pawlowski, YMCA of the Fox Cities community relations director.

"We still have bible study," Pawlowski says. "Today, one of our main goals is making sure that everyone has positive activities they can engage in."

That has meant changing and adding activities that both keep to the times and help the organization fulfill its mission.

It's also meant tremendous growth. The organization started in Appleton over what was then the Pardees Grocery store at 112 E.

College Ave., in 1888. Now, there are five locations - Appleton, Neenah-Menasha, Heart of the Valley in Kimberly, Fox West in Greenville and Apple Creek, on Appleton's north side.

There were 158 members after that first year. Today, the YMCA of the Fox Cities counts more than 40,000 memberships and has an operations budget of \$20 million. It is the largest daycare provider in the area.

From swimming lessons to basketball, and

fine arts to martial arts, the Y has constantly adapted its programs to meet the needs of the Fox Valley. In addition to fitness and sports, the Y is often the place many are first exposed to music, art or dance classes.

As the population has aged, both social and fitness programs for seniors have become more prevalent.

"As we look back at the changes, it's really been about the community," Pawlowski says. "It's never just been about gym and swim."



YMCA of the Fox Cities highlights:

- Founded in 1888
- Current Appleton location opened in 1915
- Neenah-Menasha YWCA incorporated in 1935
- Camp Nan A Bo Sho purchased in the 1960s
- Neenah-Menasha and Appleton first affiliate in 1977
- Full day and partial day daycare first offered in 1982
- Appleton and Neenah-Menasha officially merge as one organization in 2000
- Heart of the Valley YMCA opens its doors in 2002.
- Fox West YMCA opens its doors in 2002
- Apple Creek YMCA Program Center opens in 2012
- YMCA of the Fox Cities celebrates 125 years in 2013

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of motion, arthritis, lack of balance and even depression. Most of the activities are performed with the participants seated to prevent falls, and focus on simple range of motion activities.

Still, the residents are plenty competitive, and exercise times are one of the most popular activities in the building, for both the physical and the social benefits. Plus, it can be a lot of fun.

"It really gives them self-confidence. They feel really positive" says Sara Fawcett, the marketing director for Appleton Retirement Community. "It really helps their brain and plays a huge part in maintaining a positive attitude."



It's attitude

Attitude and socialization play a vital roles in overall fitness, particularly as folks age, says Heidi Erickson, a recreation programmer with the city of Appleton Parks and Recreation Department.

The city has for several years been offering fitness classes in a variety of settings. Offerings include yoga and Zumba, things that are simple to do and will help get the heart rate up.

"These are classes anyone can do and do at their own pace," Erickson says. "We want to get them moving and get their heart rate up."

They also take fitness out of the gym and classroom. One simple activity the city offers to get folks moving are historical walks around downtown Appleton, which "gets them going and gets them with other people."

For Tovar, adding new wrinkles to her routine are what keep her engaged. She now meets with a personal trainer at least once a year to review her routine and consider new activities.

One of those was training for and running in her first 5K, which she did in San Diego and considers a big accomplishment and a departure from her normal routine.

"The new ideas give me a lot more motivation," she says. "My goal is to stay fit, and I have to be creative to keep myself going."



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Thrivent Financial for Lutherans has put together a high level overview of the financial information you should be aware of and consider during the various stages in your life. This is intended to be informative only, and everyone's needs will vary based on their personal situation. You should always seek advice from a licensed professional when considering the purchase of financial products.

20s

In your 20s, you're usually just starting off in your first job and struggling to make ends meet; beginning to build a financial portfolio is probably not at the top of your to-do list. However, this can be a critical time as it can set your financial foundation for the rest of your life. A top priority should be building an emergency savings account to help you get through an unexpected loss of a job or a large and unexpected financial obligation. This should be separate from your normal savings and should only be drawn from under extraordinary circumstances. Also consider looking into disability income insurance to make sure your income and savings are both protected if you were ever unable to work due to a long-term illness or injury. Disability income insurance will serve you well throughout your career but the sooner you purchase, the better protected you'll be. Additionally, this can be a time to begin thinking about starting an investment portfolio, if you have the means, as the longer you're invested the greater potential for long-term growth. Work with a financial professional to ensure your investments align with your appropriate level of risk for your specific situation.

30s

Your 30s are the prime time to continue building a solid financial future. Hopefully you're comfortable in your career, perhaps have gotten married and may even have begun building a family. This is when your financial options start to open up and you may want to start thinking about life insurance to offer protection for your family's future against an unexpected death and loss of income. Term insurance for yourself and coverage for your children are usually affordable, easy to procure and can offer additional financial protection for you and your family.

This is also when you should be getting serious about your savings plans. Retirement savings should be at the top of your mind as you've started to make more money in your 30s and are becoming more comfortable navigating your bills and expenses. IRAs, 401(k)s, annuities and other retirement savings tools are important for you at this stage since the earlier you start saving, the more you'll accumulate. And it's never too early to start thinking about college savings for children.

40s

In your 40s, many people have teenage children, tackle new challenges and opportunities in their professional lives and have established a level of income they can rely on comfortably. You can start to work with your child to investigate the various options (savings, aid, loans, grants, etc.) to help pay for post-secondary education. This also might be a time to start considering additional life insurance, as your assets and need for protection have grown as you've prospered both personally and professionally. Since you're probably about halfway through your career, you should also start to keep an eye on the retirement horizon and on your overall retirement strategy. Make sure it aligns with your goals and dreams for after your career ends.

50s

Your 50s are an exciting time in your financial life. Your children have probably left the nest and retirement is just around the corner. You should think about establishing a floor of guaranteed income, possibly by purchasing an annuity or insurance product, to meet your essential expenses that will continue into your retirement. This is the time to start considering how you want to live in retirement and beyond. What level of income would you like after you retire and how will you maintain your standard of living? Are you protecting your savings from the high costs of extended care? Whether you're looking to purchase long-term care insurance or not, this is also a time when you should discuss your extended care plans with loved ones, and how that might affect everyone involved.

60s

In your 60s, your retirement has probably arrived or is right around the corner. This is where managing assets, investments and financial strategies are critical. Even at this stage of life it is important for you to have some of your financial assets in an investment portfolio carefully managed for growth consistent with your risk profile. Meeting regularly with your financial representative at this life stage will help you stay on track with your financial goals. This is also a time to consider leaving a legacy through a life insurance policy that designates your children or a favorite charity as a beneficiary. The death benefit from life insurance can ensure that your spirit of generosity lives on and the causes you care about will be supported in the future. Another option for securing your future is Medicare supplement insurance, which will help with medical bills not covered by Medicare. This protection can help safeguard your retirement assets from additional costly medical bills.

No financial journey is the same. We all have different needs and goals at different stages of our lives. However, with a solid financial program in place along with the support of a financial professional, you can be prepared to make a lifetime of wise financial choices.

This article was prepared by Thrivent Financial for use by Fox Valley area representative Tess Domnie. She has offices at 122 E College Ave, Ste 1C, Appleton. She can also be reached at 920-224-9128

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Eating on the go

By Sean P. Johnson

Keeping healthy during the holiday rush

It's the gift you don't have to give yourself.

That five to 10 pounds you gain around the holidays because you are on the go and less watchful of what you eat. The schedule gets hectic, and takeout food becomes a regular part of how we manage.

It doesn't have to be that way.

Fox Cities restaurant owners agree. There are plenty of options to make your takeout healthier, they say. They are happy to help you avoid those post-holiday pounds.

Chinese & Asian Cuisine

Asian cuisine, in its original form, is generally healthy, Kust says. But restaurant versions of those dishes often involve frying and heavier sauces, which add calories and fat. Still, there are plenty of ways you can make that next order better for you.

Things to consider:

Steamed vegetables and steamed rice are great options when ordering, and you can always ask for sauces on the side. If sushi is your passion, look to the simple rolls - think tuna - instead of the monster or tempora varieties, which are usually higher in fat and calories. Vegetables, rich in fiber and vitamins, make you feel full quicker and are a good option, as are shrimp and chicken instead of beef and pork.

What the restaurants say:

At GingeRootz, each dish is made to order, which makes accommodating healthier

requests easier, says Doris Ng, co-owner of GingeRootz. They're also happy to put things on the side, since with takeout, they already separate many parts of a dish.

"We have a lot of guests who get really creative with their dishes," Ng says. "We try to help them out as much as possible."

Ng says they have multiple vegetable options —vegetables fill you up quicker — and are often inspired by some of the healthy combinations customers have requested.

Pizza

Pizza is a classic takeout dish that can satisfy so many appetites. It's also a dish that can be easily tweaked to make it a healthier option. It can start by thinking about what you plan to order with it. Hint: lay off the garlic bread and think green.

"Think about a salad as your appetizer, and ask for the dressing on the side," Kust says. "And remember



"People need to prepare themselves for the rush," says Regan Kust, personal trainer with Aurora BayCare Sports Medicine. "No one else will put your health first but you."





that vegetables as toppings are more filling than processed meats and better for you.”

Things to consider:

Ask for thin crust and check to see if a whole grain option is available. Going light on the cheese and consider adding lots of veggies or meats such as chicken.

What the restaurants say:

“No matter how you slice it, the cheese will always have fat,” says Frank’s owner Jeannie Pierri Brice. “We do have a traditional pizza margherita that is a good option, and we have created a pizza with a long list of vegetables that is quite popular.”

The pizza is thin crust and Frank’s has different cheese options available, she says. Frank’s also uses meats free of fillers and additives on its pizzas.

Mexican Food

While traditional Mexican dishes can also be quite healthy, the Americanized versions are often covered with sauces adding calories and fat, fried, or both. But there are some Mexican standards that are quite good for you and make for a great option when ordering on the go.



“Salsa is a great option,” Kust says. “It can be quite filling and a great way to keep your portions in check.”

Things to consider:

Beans are good for you as well, but take care to avoid the refried versions that contain lard or pork. Guacamole is a great alternative to sour cream, ask for it on the side. If you really want the stuffed burrito, think about splitting it up into smaller portions and saving some for future meals.

What the restaurants say:

“The calories and fat in many of

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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. A lot of recipes tell me to freeze or refrigerate my cookie dough before baking. Why is that? —Robert, Appleton

A. This is a very timely question, Robert, as we are nearing the holiday baking season.

Many recipes dictate that cookie dough is chilled before rolling or forming to allow the fat in the cookie dough (usually butter, margarine or shortening) to firm up. There are a few reasons for this. If we put warm cookie dough into a hot oven, the fat will actually melt and spread excessively before the starch in the flour has a

chance to set-up. This could result in a very thin, flat cookie. Therefore, the cooler the temperature of the dough, the less the cookie will spread. This is one reason why frozen cookie dough works so well.

Another reason to chill cookie dough is to allow the gluten (the elastic protein formed from ground wheat and other grains) that was developed during the mixing

process to relax a little bit. Not only will this help to produce a more tender cookie, but it will also help in the rolling process for recipes such as gingerbread.

Finally, chilling the dough makes it easier to roll out for cutting, and the less we roll the dough the less gluten is formed and the more tender the final cookie will be



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.

DRINK OF THE MONTH

Recipe courtesy of:
Osorio's Latin Fusion,
Appleton

GINGERBREAD COOKIE MARTINI

Fill a shaker 1/2 full of ice & add:

- 1 1/2 oz. Kringle Cream Liqueur
- 3/4 oz. Kahlua
- 3/4 oz. Pumpkin Smash Liqueur
- 1/2 oz. The King's Ginger liqueur

Shake vigorously. Pour into a chilled martini glass & top with a light shake of cinnamon.



these dishes is always going to be in the cheese and sauces," says Kim Fimmel, co-owner of Osorio's Latin Fusion. "Just ask for them on the side."

Fimmel says Osorio's has many dishes featuring fish, as well as vegetarian options, delivering the great flavor diners are looking for while also providing healthier options.

Deli

Just saying deli conjures up thoughts the food is healthier, which is not always the case.

"Just because something says salad on the label doesn't make it healthy," Kust says. "If it has mayo in it, that's fat and calories you need to watch out for."

That being said, deli takeout does offer some healthier options for you to consider, including leaner meats and whole grain breads.

Things to consider:

In addition to whole grain rolls, add extra vegetables to your sandwiches. Skip the cheese if you can. If not, consider lower fat options. Forgo the butter, consider the soups and choose baked chips.



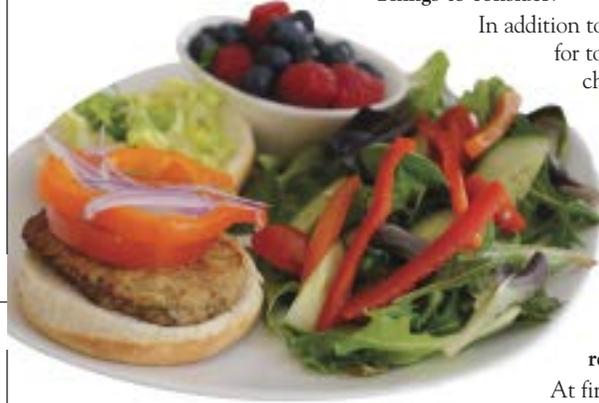
Burger & Fries

Some might consider this mission impossible, but there are ways to make a tasty burger a bit better for you. It may not be your healthiest option, but there are ways to keep the calories and fat to a minimum.

"This is where moderation is important," Kust says. "Consider a junior-sized burger and load it up with lots of vegetables."

Things to consider:

In addition to lots of veggies for toppings, skip the cheese and the butter, either on the bun or the burger. No fries. Ask about a side salad instead.



What the restaurants say:

At first blush, Mihm's Charcoal Grill owner Janet Haufe jokes and says

"No. It's a burger and there is no way to make it healthy." She quickly adds, however, to ask how lean the meat is - Mihm's uses 85 percent lean beef - and to make sure it's grilled. They'll also serve it without the bun, if requested.

"We have a lot of folks substituting coleslaw for fries these days," Haufe says. "The burger is a guilty pleasure for many, but we do offer a grilled chicken sandwich."



Antojitos Mexicanos

207 N. Richmond St., Appleton. 380-0244.

A family-owned restaurant in downtown Appleton serving authentic Mexican cuisine. Come in and check out our new food and drink menus! Be sure to try the guacamole, which is made right in front of your eyes. Our dining room might be small, but we guarantee that the flavors will be BIG! Happy hour M–Th, 3–6pm, featuring homemade sangria and fruity drinks. Mondays and Wednesdays are 2-4-1 house margaritas all day! Come in for our lunch specials, starting at \$5.99, M–F, 11am–2:30pm. Open M–Sa, 11am–9pm; closed Sunday. We also offer carry out!

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 seven 2013 FOX CITIES Magazine Golden Fork Awards, including Best Overall. Su–Th, 11am–9pm; F & Sa, 11am–10pm. Reservations accepted for parties of 6 or more. carmellasbistro.com

GingeRootz Asian Grill

2920 N. Ballard Rd., Appleton. 738-9688.

Winner of the 2013 FOX CITIES Magazine's Golden Fork Award for Best Asian Food! Discover how the finest ingredients come together to create a new world of flavor. Stop in for lunch or dinner in our contemporary dining area, or relax with a drink in the Zen Lounge. Have a special event on the horizon? From business meetings to birthdays, our banquet room will spice up any party. Relax on our new heated patio! Open daily 11am–9:30pm; bar open 11am–close; Happy Hour, M–Th, 4–7pm with complimentary appetizers with drinks. gingerootz.com

The Kangarooost

3301 W. Prospect St., Appleton. 766-7662.

Serving diner style food with a local flair, Kangarooost presents chef inspired versions of classic favorites. On the menu, which changes seasonally, expect to find pastries made from scratch daily, a



custom Kangarooost coffee blend and the freshest ingredients sourced locally from area farmers whenever possible. Open 7 days a week for breakfast served until 11am and on the weekends until 2pm. Kitchen hours: Sunday-Wednesday, 7am–2pm; Thursday, 7am–8pm; Friday, 7am–9pm; Saturday, 8am–9pm. Now serving a limited cocktail menu, along with beer and wine from local distillers and brewers. www.thekangarooost.com

Mi Casa Mexican Grill

2190 S. Memorial Dr., Appleton. 731-6200.

Enjoy Mexican cuisine made using family recipes influenced by the Veracruz, Oaxaca & Puebla regions of Mexico, including homemade tamales and soups. The Mole sauce has been handed down for generations. Family run, we offer daily specials and the grill and smoker are always fired up and ready. Our full bar features homemade Tamarind & Jamaica margaritas. Enjoy a meal or drink on our patio. Open M, W–Su at 11am. Closed on Tuesdays. micasamexicangrill.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 seven 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. www.SaiRamCuisine.com

Stuc's Pizza

110 N. Douglas St., Appleton. 735-9272.

1395 W. American Dr., Menasha. 725-2215. With twelve Golden Fork awards to our name, including 2009's "Best Gourmet Pizza," you can't do better than Stuc's for great pizza in a casual, family-friendly environment. Famous for our Chicago-style deep-dish pies, we also make a mean New York-style hand-tossed, and a crispy thin crust. Sit back with a beer or glass of wine, and see why our pizza is "The Good Mood Food." Or, dig into a calzone or one of our many pasta dishes. Our second location is now open on Hwy. CB and American Dr., right off of Hwys. 10-441 – we're spreading the good mood! stucs.net

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, beverage 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." www.vincelombardisteakhouse.com

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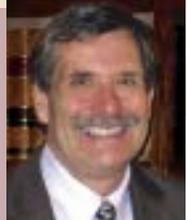
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