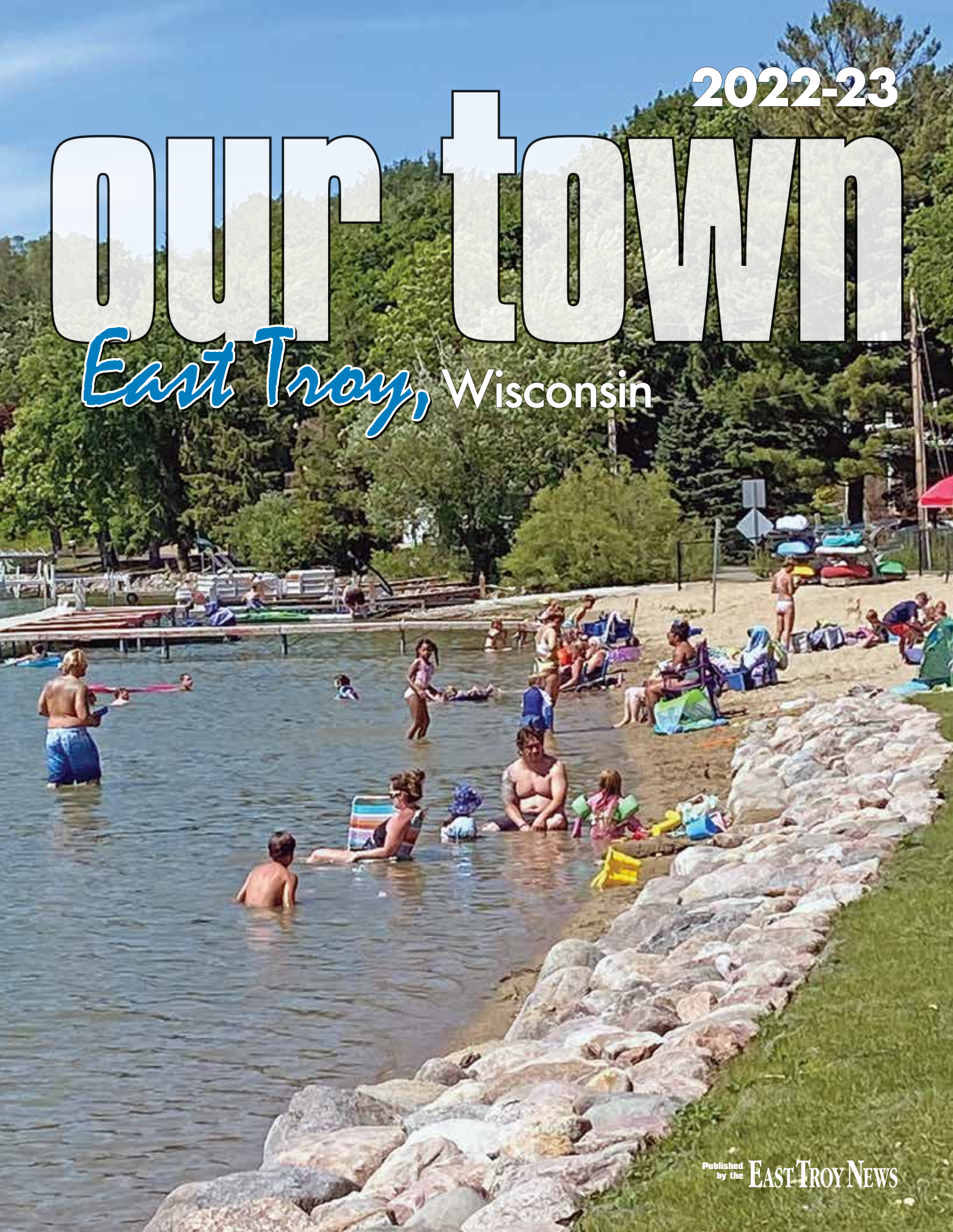


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PHOTO COURTESY OF BOOTH LAKE MEMORIAL PARK Our Town

# AT THE HEART OF **our town**

This memorial, at Booth Lake Memorial Park, honors all members of the U.S. Armed Forces – past, present and future. The memorial was sponsored by East Troy’s VFW Post 7501 and American Legion Post 188 and dedicated on Veterans Day 2001. The M60 A3 tank was built in 1956.

East Troy is a community with heart and has spent the last couple of years finding ways to manage an ongoing pandemic while continuing to grow. The residents in the community are a resilient lot and always ready to help out a neighbor in need.

The tri-Troy area, which includes the Village and Town of East Troy and the Town of Troy, has ramped up the area’s popular events like the annual Fourth of July celebration, community concerts and non-profit fundraisers this year. Drawing in big crowds.

With the road construction project and Village Square improvement projects finished, events returned to the hub of the

downtown district. The Cycling Classic, Day 2 the Tour of America’s Dairyland bike race, also returned after a two-year hiatus, first because of COVID-19 and then the construction.

Visitors and residents alike are able to enjoy the local events, shops and restaurants easier this year with the traffic patterns back to normal.

In the last year we’ve seen new businesses open, including a sushi-taco fusion restaurant, Chinuk Sushi Grill and el Pedro Taco, just off the square.

The community also continues to support the old favorites, frequenting local haunts like the LD’s BBQ, East Troy Brewery and East Troy House along with

shopping InKlink Books and stopping for a coffee at 2894 On Main.

The East Troy Electric Railroad is celebrating its 50th birthday this year and is always a big draw to East Troy and one of the reasons for the Village Square improvement project, which connects the railroad to the square with sidewalks.

The railroad has been open throughout the pandemic, requiring masks because of the federal transportation mask mandate in 2020 and 2021, but not this year.

Page 15 had more information on the railroad.

Booth Lake Memorial Park is celebrating its 100th anniversary this year; see Page 5 for more information.

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# A centennial celebration

*Planning underway for Booth Lake Memorial Park's 100th anniversary in August*

By **Dave Fidlin**  
CORRESPONDENT

**I**t all began with a simple gesture – honoring the veterans who served in World War I – and came together with collaboration, a forward-thinking mindset and robust public support.

The rest, as the saying goes, is history.

While so much has undeniably changed in the past century, the fundamental building blocks of Booth Lake Memorial Park remain much the same today as they were in the green space's earliest years.

This summer, the Booth Lake Memorial Park Board and a bevy of municipal officials

and organizations are banding together to pay homage to a site that has brought together countless people from multiple generations.

Booth Lake Memorial Park came to be when leaders in the towns of Troy and East Troy, as well as the Village of East Troy, worked in unison to acquire four lots – 10, 11, 12 and 13 – in the Hultquists subdivision for \$8,000. The site was named after owner Carl E. Hultquist.

A register of deeds filed in Walworth County on Aug. 22, 1922, sums up the mission statement behind Booth Lake Memorial Park. The deed stated the park is “to be used as a site for a building and other memorial in honor of the soldiers, sailors and

marines, residents of the towns who served in the late war against Germany.”

“The park has been one heck of a jewel for the community,” Town of Troy Board Chairman John Kendall said. “It’s the only park in the state of Wisconsin that’s owned by three municipalities. The foresight of the community leaders back in 1921 was unbelievable.”

For Kendall, the 100-year milestone is close to the vest. He has a number of family members who served in the military, and he also recalls how the park helped him at a challenging time in his youth.

“The reason I’m so passionate about this park is because I got hit by a car in 1961,

---

Booth Lake Memorial Park in East Troy is celebrating its 100th anniversary in 2022. The park is a popular spot for families to cool off with a swim on a hot summer day.

SUBMITTED PHOTO *Our Town*

## Save the date!

Booth Lake Memorial Park will host a centennial celebration in August. A multitude of festivities begin Friday, Aug. 5, from 3 to 9 p.m., and continue Saturday, Aug. 6, from 9 a.m. to 9 p.m.

The park board is encouraging any persons that have photos of their time spent enjoying the park be emailed to [clerktreas@townof Troy.com](mailto:clerktreas@townof Troy.com) or contact the clerk's office at 262-642-5292.

right by the park," Kendall, a lifelong Town of Troy resident, said. "I was paralyzed on my left side. I flew up in the air and landed on my head on the side of the road."

Kendall, who also serves as chairperson of the park board, said his prognosis as an 11-year-old was uncertain, at best. But he overcame the odds with perseverance and hard work – and assistance from the majestic body of water that people have enjoyed over the decades.

"When I got out of the hospital ... I was at that lake everyday, doing my rehab," Kendall said. "That lake is very special to me."

Booth Lake Memorial Park is an anomaly in Wisconsin because three municipalities jointly own it. Typically, a public green space in Wisconsin is operated by a singular governing entity – usually a municipality or the county.

The park board that makes all of the pivotal decisions about Booth Lake Memorial Park has representation from all three municipalities.

While much of the original spirit behind the park remains intact today, the park board has made pivotal decisions in the past.

In its first 50-plus years of existence, anyone could visit Booth Lake Memorial Park and enjoy

**top:** The beach at Booth Lake Memorial Park is busy during warm days in the summer. **middle:** Swimming is a favorite pastime on Booth Lake and Memorial Park has a beach for residents. **at right:** Memorial Park on Booth Lake is owned jointly by the Town of Troy, the Town of East Troy and the Village of East Troy and is managed by a park board with representatives from all three municipalities.

SUBMITTED PHOTOS *Our Town*





its amenities. In more recent decades, however, the site has only been available to residents within the three communities.

Kendall said the decision to limit access was reached out of necessity – as population grew throughout the area, the “come one, come all” thinking was deemed untenable.

### Adding a third pavilion

David Picchi, quartermaster of Tri-Troy VFW Post No. 7501, said he is astutely aware of how in-demand the park is. The pair of pavilions within the park have been so popular that residents annually seek out rental space at one of the two venues through the use of random playing cards.

Picchi and others within Post No. 7501 are hoping to alleviate some of the demand in the park’s 100th year. The organization is funding work on a third pavilion, and the project is underway.

“We figured this was a great way to add to the availability with an extra pavilion, to meet the community’s needs,” Picchi said.

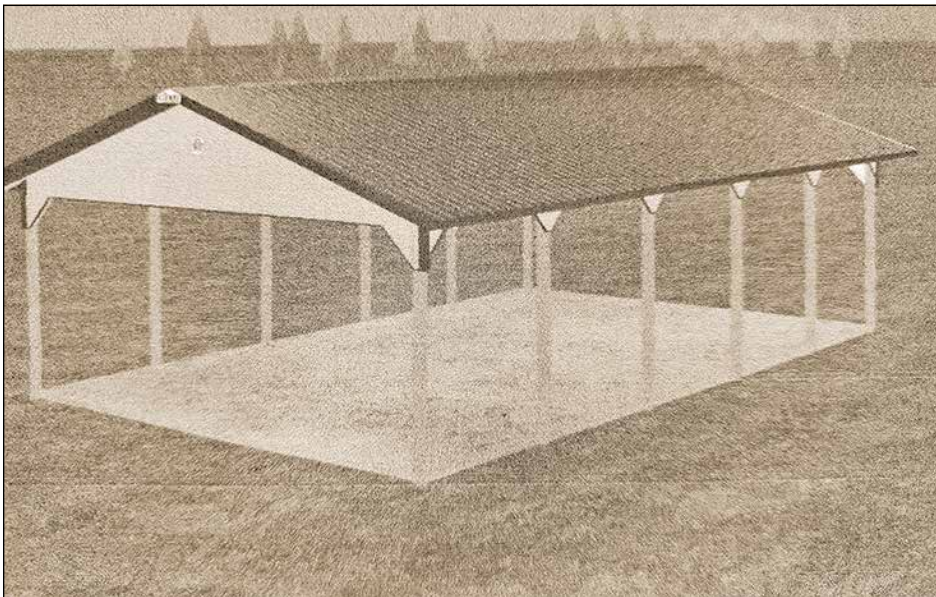
“We wanted to do something to give back to the community, which has done so well in supporting us,” he added.

Local resident Billie B. Gray bequeathed the local VFW chapter funds upon his passing. The donation will cover all of the costs – about \$70,000 – associated with the 30-by-50-foot, open-air pavilion, which will have a steel roof.

“Sitting on a pile of money is no good to us,” Picchi said. “The membership got together ... and figured out what it was we could do. (Gray’s) generosity continues to be felt long after his passing.”

While the upcoming celebration, which is open to everyone – resident or not – is a great way to pay homage to the foresight municipal leaders displayed a century ago, Kendall said he sees a dual purpose behind the program as well.

“We definitely need to thank our veterans,” Kendall said. “We wouldn’t be where we are today without our vets. It’s just an important thing that we need to do. We need to acknowledge it and enjoy a park that reminds us what freedom is all about.”



**top:** Tri-Troy VFW Post No. 7501 is in the process of constructing a third pavilion at Booth Lake Memorial Park.

**middle:** The Tri-Troy VFW post is donating the construction of a new, 30-by-50-foot, open-air pavilion at the park. **at left:** High demand for pavilion space at Memorial Park on Booth Lake is evident with the “lottery” each year for residents to reserve space at the two existing pavilions.

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NICOLE HANSEN *Our Town*

# Glampground keeps growing

## *Camp Kettlewood expands its camping options*

By **Tracy Ouellette**  
EDITOR

Simona and Jeremy Ebner opened Camp Kettlewood in East Troy two years ago, in the midst of the COVID-19 pandemic, and have been successful with the campground over the last two summers.

So much so, they are expanding the campgrounds' offerings in 2022.

"We have 11 campsites now, as opposed to four," Simona said. "Our most notable additions are the antique cedar cabins, built in the 1940s, that were at Camp Potawatami Hills. The owners of that property didn't want any buildings on that site, so we happily took them off their hands."

Simona said it was "no easy feat" to transport the eight cabins to Camp Kettlewood, but there were happy to give them a new home.

"We're just finishing up some outside construction on them and the first guests will be staying in those in mid-June," she said. "It's called the Highlands site and sleeps 10 people with three cabins."

The other cabins will be used for



SUBMITTED PHOTO *Our Town*

**top:** Camp Kettlewood offers glamping campsites sites such as this 1977 Airstream camper, which has a bathroom inside the trailer. This photo was taken at a photo shoot for Madison Magazine. **above:** One of the stars at Camp Kettlewood is this 1957 Holly camper. The campgrounds features vintage, refurbished trailers, decorated to highlight the history of the former Girl Scout campsites.

• CONTINUED ON PAGE 10

upcoming planned campsites, which will open in the future.

"We also have two new tent-camping sites," Simona said. "We have three Boy Scout tents with cots in each tent for those who like a little more rustic camping."

The glamping experience has also expanded for 2022.

"We have our vintage trailer village with three canned ham style trailers that are all from the 1950s and 60s, new this year," Simona said. "That site is a group site that sleeps three to six people."

In addition are the original vintage trailers, including the 1957 Holly, the 1977 Airstream and the group campsite called The Hilton, which features platform tent camping.

"The Airstream has its own bathroom now," Simona said.

Another new addition to Camp Kettlewood is the event venue, which will be hosting two weddings this summer.

"We're on the home stretch finishing the event pavilion. The first wedding is in a couple of weeks; it's some friend of ours, so that's exciting," Simona said.

Reservations are being accepted now for summer and fall at the campgrounds.

"We're so thrilled to still be here for people to come and visit us and build their summer memories," Simona said. "Although we've expanded, there's still very much that air of privacy here where people can stretch out, not be right on top of

each other and enjoy the great outdoors."

### A bit of history

The Ebners purchased the former Oak Knoll Girl Scout Camp at W3524 Highway 20, East Troy, in June 2019 and spent a year fixing up the campgrounds and renovating the lodge.

Simona said she and her husband decided to move out to the country from Milwaukee because they wanted more space and when they started looking at properties to buy, she heard about the Girl Scout camp from a co-worker.

With her husband being "such an outdoorsman" Simona thought it would be a good fit.

So, the couple decided to take the plunge.

### Fixing it up

One of the big issues for the Ebners was they needed to bring everything up to modern code to open.

She said that while her husband is a big fan of rustic camping, she is more of a "glamping" type of girl.

So, they met in the middle and decided to offer both types of camping.

Part of the experience is the antique feel to the campgrounds, which took some doing, Simona said.

"We are still focused on keeping that antique look and preserving the history and especially the Girl Scout history," she



The Hilton campsite at Camp Kettlewood in East Troy has platform tents and features a large campfire cooking/seating area. This photo was taken during a photo shoot with Britt's Knits.

SUBMITTED PHOTO *Our Town*

said.

Camp Kettlewood sits on 80 acres of old-growth forest, shaded nature trails and protected wetlands, according to the website. There is no swimming, however.

For more information, or to reserve a campsite, visit [www.campkettlewood.com](http://www.campkettlewood.com).



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# Exploring expansion

## Grant helps local cheesemaker plan for new creamery

By Tracy Ouellette

EDITOR

Hill Valley Dairy in East Troy was awarded a \$20,000 DATCP Dairy Processor Grant for expansion planning to prepare the dairy operation for a new facility.

Owner Ron Henningfeld said the family-owned dairy is looking at building a new creamery at the East Troy farm.

“Right now we ship in our supplies from a creamery in Milwaukee, but we’re looking at the possibility of building our own creamery here,” Henningfeld said. “The grant funds will give us money so we can work with consultants and business professionals to study the market and put together a plan to see if this type of growth is feasible and if we should do it.”

Henningfeld said the creamery would bring about a half-dozen new jobs to the area initially.

“Just a handful of jobs at the start, if we do this,” he said, “but that could change as production changes.”

Hill Valley Dairy opened in 2015 on the family-owned farm, after Henningfeld developed the concept for a business focused on building and sustaining local community through cheese. In July 2016, Ron and his wife, Josie, took the first steps, making and selling their own cheese to local markets in East Troy and Burlington.

“We’ve grown the business since then,” Henningfeld said. “We’ve found some success making some really great cheese from the family farm. We’ve gotten our feet under us and we’re looking at the steps we can take for what’s next.”

The dairy’s growth led to the opening of a storefront in Lake Geneva in February. Hill Valley Cheese Shop is at 510 Broad St. and offers the dairy’s small-batch artisan cheeses and other cheese-related items.

“We did most of the work on the building ourselves, but we were able to open the shop this year and have a retail front to sell our products,” Henningfeld said. “The second phase for the cheese shop will be our cheese bar where we are going to offer cheese tastings, wine and beer pairings, charcuterie boards and things like that. We’re hoping to get that open about a month from now.”

### History of the farm

According to the dairy’s website,



• CONTINUED ON PAGE 12



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Romari Farms started in 1942 when Roman and Marion Henningfeld purchased a 97 acre farmstead just outside of East Troy.

Roman and Marion left a legacy of herdsmanship and land management to their son, Roman Henningfeld, and wife, Carol, who operated the farm with the help of their seven children from the 1960s and into the 2000s.

The current farm, run by Frank and Colleen Henningfeld, Roman and Carol's oldest son, has 65-head of milking cows plus other livestock. The milking cows, affectionately known as "the girls," are the backbone of the farm, producing 480 gallons of milk on average per day. The girls are a blend of black and white and brown cow breeds.

Cheesemaker Ron Henningfeld is the youngest son of Roman and Carol. For more information, visit [hillvalleydairy.com](http://hillvalleydairy.com).

### About the grants

Gov. Tony Evers, together with the Wisconsin Department of Agriculture, Trade, and Consumer Protection, announced recently that 19 Wisconsin cheesemakers will receive a DATCP Dairy Processor Grant in 2022.

The grants aim to foster innovation, improve profitability, and sustain the long-term viability of Wisconsin's dairy processing facilities.

For more information on dairy processor grants, visit [datcp.wi.gov](http://datcp.wi.gov).

**previous page:** Cheesemaker Ron Henningfeld and his wife, Josie, and daughters, Leni (left) and Rayla, celebrate the opening of the Hill Valley Cheese Shop in Lake Geneva. The small-batch artisan cheese shop opened in February at 510 Broad St. as part of the Hill Valley Dairy offerings. Hill Valley Dairy in East Troy makes a variety of cheeses, including this sampling of products.

SUBMITTED PHOTOS *Our Town*

# our government

*Elected officials, committees, organizations and other key personnel*

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Tami Bartoli – director

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www.easttroywi.gov

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\*Terms expires in 2023.

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Chad Wales

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Bill Wucherer

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Kathleen Tober

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clerktreas@townoftroy.com

# our schools

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Dale Ames, member at large  
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*\*Term expires in 2023.*

### Administration offices

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www.easttroy.k12.wi.us

### Administration

Dr. Christopher Hibner,  
District Administrator,  
ext. 1222

hibchr@easttroy.k12.wi.us  
Kathy Zwirgzdas, Director of  
Business Services, ext. 1223  
zwikat@easttroy.k12.wi.us  
Amy Foszpanczyk  
Director of Teaching and  
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Student Learning, ext. 1227  
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### East Troy High School (Grades 9-12)

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kuesta@easttroy.k12.wi.us

### East Troy Middle School (Grades 6-8)

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### Prairie View Elementary School (Grades 2-5)

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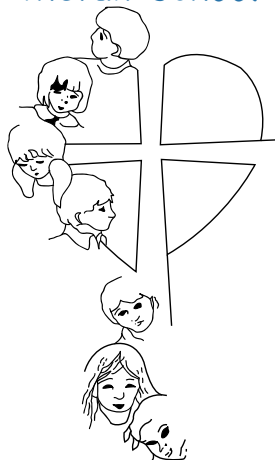
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**Climbing Tree Child Care and Family Education Center**  
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 East Troy, WI 53120  
 (262) 642-5001

**Little Angels Learning Center Inc.**  
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421151

# On the right track

## East Troy Electric Railroad celebrates 50 years

By Tracy Ouellette  
EDITOR

The first electric tourist trolleys left from East Troy on May 27, 1972. Fifty years later, the first trains of the 2022 regular season are ready to roll in East Troy. The trains travel along a 7-mile railroad line between East Troy and Mukwonago, with a stop at the Elegant Farmer along the way.

The East Troy Electric Railroad opened its 2022 season April 23 and East Troy Railroad Museum President Ryan Jonas said they were happy to a good showing.



Ryan Jonas

“Opening weekend went wonderfully, we had great weather and had a really decent turnout,” he said. “Our takeaway from the weekend was that people are excited to get out and do things again and we’re happy to provide opportunities for them to do that.”

While the COVID-19 pandemic didn’t shut the railroad down in 2020 or 2021, riders were required to wear face masks on the trains during the last two seasons. That has changed for this year because the federal transportation mask requirement has been lifted, Jonas said.

“Come on out and have a great, fun time,” Railroad Operations Manager Jim Feyerherm said. “We’ve been cooped up for two years now, get out join us for a train ride.”

### Celebrating the railroad

The railroad’s 50th birthday is cause for celebration and there are special events planned all season long.

“This year will be special for our volunteers and a great time for people to come out to ride our trains,” Jonas said. “When you take a ride on our trains, you’ll hear about the history of the electric railroad line, which has been in continuous use since 1907. This year you’ll also hear about the hundreds of volunteers and what they have done to maintain this railroad and restore its trolleys, streetcars and interurban cars for 50 years. It really is an amazing



**top:** The East Troy Electric Railroad restores historical railway cars like this one, called the Sheboygan Trolley. **above:** South Shore Car 30 rides the rails from East Troy to Mukwonago on the last section of the Milwaukee Electric Railway & Light interurban rail system, which is now operated by the East Troy Electric Railroad.

SUBMITTED PHOTOS Our Town



story.”

“We’ve been here a long time,” Feyerherm added. “We picked it up in 1972 and we’ve come a long way. The fact that we’ve been here for 50 years is a pretty big deal, and with all the ups and downs, we’re still here, we’re still alive and growing.”

Tickets for the regular trains are available in advance at [www.easttroyrr.org](http://www.easttroyrr.org).

Walk-up tickets can be purchased on a space-available basis. Guests are advised arrive early and pick up their tickets in the depot before boarding.

## Dinner trains return

The railroads Dinner Trains are back for 2022.

“Our Dinner Trains are the only electric train dining in North America,” Jonas said. “We provide the opportunity to sit back, relax and enjoy a four-course meal with a full bar on the rails.”

Feyerherm added that the East Troy Depot hosts live music before each Dinner Train.

The popular Sunday Brunch Trains are also back. Brunch Trains are Aug. 21, Sept. 18 and Oct. 16.

For more information and to purchase dining event tickets, visit the railroad’s website.

## Special events in 2022

The East Troy Railroad is hosting several special events this year, including old favorites and a few new ones.

East Troy-Mukwonago Day kicked off the Memorial Day weekend where all residents of East Troy and Mukwonago rode for free.

The trains ran later in the evening that day to give everyone a chance to ride.

Other upcoming events include:

- Aug. 13 – Chicago Day with 1920s CTA Cars, South Shore Interurbans and NPS Rangers; and

- Sept. 17 – Beer Tasting Train with Black Point Estate).

## Fun in the fall

Starting Sept. 10, the railroad celebrates Harvest Fest in conjunction with The Elegant Farmer. Trains depart hourly on Saturdays and Sundays during Harvest Fest. See the website for more details.

“The Fall Harvest Fest is always a big hit,” Feyerherm said. “We take people down to the Elegant Farmer, they can pick apples and shop and then come back.”

Additionally, in October the railroad is introducing its new Halloween Trains where children can trick-or-treat along the line.

## About the railroad

The East Troy Railroad Museum operates 14-mile round trip train rides from its historic East Troy depot and museum to Indianhead Park in Mukwonago, with a stop at the popular Elegant Farmer store and deli.

The non-profit museum is operated, maintained and managed by more than 130 volunteers dedicated to engaging visitors in the heritage of electric interurban railways and trolley systems through restoration, preservation and operation of historic equipment.

“We’re always looking for volunteers,” Feyerherm said. “Join in on the fun and volunteer with us, we have all kinds of things to do, from mowing the grass to running a train.”

Feyerherm added that while the railroad operates from late spring to fall, with the addition of the Christmas Trains, volunteers work year round.

“We have a lot of dedicated, passionate folks and there’s someone working on a train every day,” he said. “We do a lot of restoration on the cars, and fully restore almost one car a year and they do a great job, the cars look fantastic, just like they did way back when.”

For more information, visit [www.easttroyrr.org](http://www.easttroyrr.org) or call 262-642-3263.

## Train schedule and tickets

The trains on the East Troy Electric Railroad run:

**Saturdays** from April 23 to Sept. 3, departing from the East Troy Depot at 10 a.m., 11 a.m., noon, 1 p.m., 2 p.m. and 3 p.m.

**Sundays** from April 24 to Sept. 4, departing from the East Troy Depot at 10 a.m., noon and 2 p.m.

**Fridays** from June 3 to Sept. 2, departing from the East Troy Depot at 10 a.m., noon and 2 p.m.

Free Parking is available in East Troy. The railroad cars are heated and rest rooms are available at the East Troy Depot and the Elegant Farmer.

Cost is \$9.50 for children age 3 to 14, \$15 for adults, \$12.50 for seniors.

Children age 2 and younger ride for free with adult. People can ride all day long on their ticket.

Tickets available at [www.easttroyrr.org](http://www.easttroyrr.org).

## East Troy Railroad 2022 Dinner Trains

### SURF-N-TURF

**Aug. 13**

Wisconsin Cheese Board, 6-ounce Filet topped with Jumbo Shrimp, Truffle Oil Potatoes, Sautéed Farm Fresh Vegetables

### FAMILY PICNIC TRAIN

**Aug. 20**

All Beef Hot Dogs with assorted toppings, with Kettle Crunch Potato Chips, pickles and Fresh Fruit

### SOUTHERN DELIGHT

**Aug. 27**

Southern Shrimp Dip with Alabama Crackers, Slaw Salad, Baby Back Pork Ribs with Bourbon BBQ sauce, Creamy Buttermilk Mashed Potatoes, Summer Kernelled Corn

### TASTE OF EAST TROY

**Sept. 10**

Wisconsin Cheese and Sausage Board, Skordalia, Smoked Ham on a Pretzel Roll, Country Bratwurst Bites, Mac-N-Cheese, Potato Salad

### FALL HARVEST

**Sept. 24**

Chopped Salad, Beef Bourguignon or Orange Rustic Roughy, Roasted Garlic Smashed Potatoes, Roasted Farm Fresh Vegetables

### OKTOBERFEST

**Oct. 1**

Cucumber and Radicchio Salad, Sauerbraten, Brussels Sprouts, German Dill Mashed Potatoes, Soft Pretzel Roll

### AUTUMN GLOW

**Oct. 8**

Wisconsin Cheeseboard, Mixed Green Salad, Whisky Glazed Brisket, Cheddar Mashed Potatoes, Sautéed Asparagus

### SWEETEST DAY

**Oct. 15**

Wisconsin Cheese Board, Autumn Walnut Salad, Beef Tenderloin or Blackened Salmon, Red Skin Mashers, Roasted Seasonal Vegetables

### SURF-N-TURF

**Oct. 22**

Wisconsin Cheese Board, 6-ounce Filet topped with Jumbo Shrimp, Truffle Oil Potatoes, Sautéed Farm Fresh Vegetables

### ADULT HALLOWEEN

**Oct. 29**

Spooky Salad, Cider Marinated Short Ribs or Bourbon Brown Sugar Chicken Quarter, Smoked Cheddar Scalloped Potatoes, Seasonal Vegetables



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# Flavor fusion

Chinuk Sushi Grill and el Pedro Taco offer unique taste combinations

By **Sandra Landen Machaj**

CORRESPONDENT

Earlier this year a new and exciting restaurant opened just off the square in downtown East Troy.

The Chinuk Sushi Grill and el Pedro Taco, 2919 Main Street, offers a fresh take at dining in the area.

“We are an Asian fusion restaurant,” said Michael Salvatore, manager of restaurant. “We offer a variety of unique food combinations that appeal to many palates.”

While many may not think of Asian Fusion and sushi as typical Wisconsin fare, it has been very well-received by customers, according to Salvatore.

For some, this type of food has been a special treat that they were only able to enjoy when out of town where this specialty type of restaurant was available. To others, Asian Fusion food is an entirely new experience that often becomes a regular part of their dining experience.

Asian fusion is a method of cooking that combines ingredients from different culinary traditions that may originate in different regions of the same country or from different countries and cultures. They are then presented in a new way. This method of cooking became popular in the 1960s and



1970s and continues to evolve in today’s fine restaurants.

“Everything we serve is made by hand. Our head sushi chef, Jino, who is from Korea, is known for his unique creations,” Salvatore said. “Because each piece of sushi has to be hand created, customers need to be patient. We have three additional sushi chefs who work with our head chef. Each chef puts their own special touch on their sushi rolls.”

## A modern look

The building itself is unique and gives off a relaxing vibe. A modern exterior with large windows is accented with natural wood and

white trim. The bar is casual with beautiful wood plank tables and bar, all finished in a natural wood tone. The wood itself was repurposed from a 120-year-old barn that was being torn down in the area.

The bar is full service offering traditional mixed cocktails made to order. They also carry Sake, a Japanese libation.

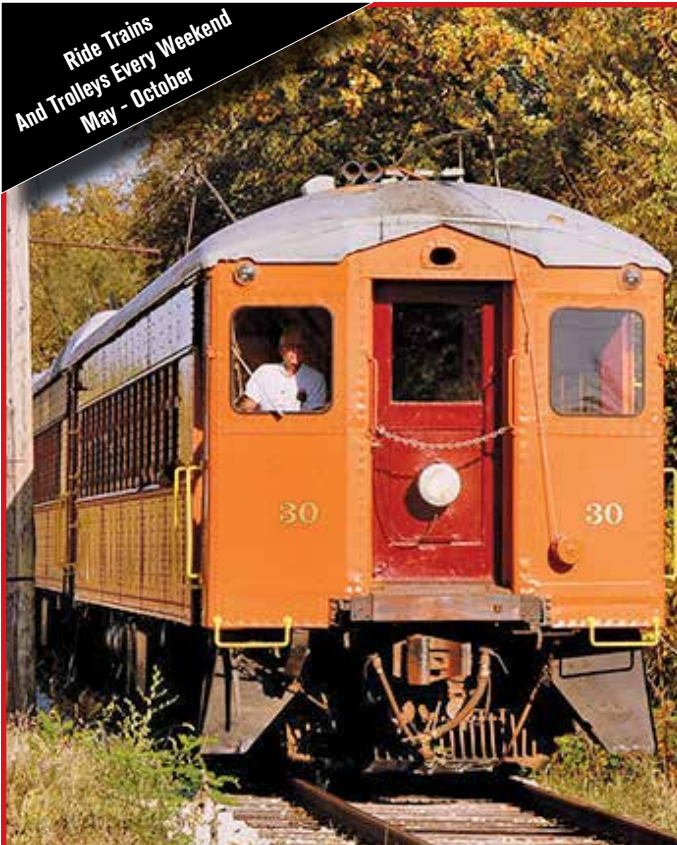
“There are four grades of sake, and we offer all four,” said Salvatore. “Each grade has a special way to be served. The lower grades are served warm, but the top grade is always served cold.”

While the bar is light and casual – a place to enjoy a beverage and an appetizer while one gathers with friends – a step

**top:** A couple enjoys sushi and a cocktail at the bar at Chinuk Sushi Grill. The restaurant offers a good place to relax and enjoy the freshly made cocktails and the individually created sushi rolls. **above:** Chinuk Sushi Grill and el Pedro Taco, 2919 Main St., East Troy, opened in February. Located just off the square, the restaurant features an Asian Fusion style of cooking.

SANDRA LANDEN MACHAJ *Our Town*

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Visit [www.easttroyrr.org](http://www.easttroyrr.org) or call 262.642.3263 for more information

**FALL HARVEST**

**Saturdays & Sundays, Sept. 10-Oct. 30**



**East Troy Railroad Museum Inc.**

2002 CHURCH STREET, EAST TROY, WI 53120  
(262) 642-3263

[www.easttroyrr.org](http://www.easttroyrr.org)

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into the formal dining room produces a very different vibe.

The formal dining room has white tablecloths and is perfect for that special date night dinner. It offers a more serene vibe, as one enjoys the specially made foods created by chef Jino.

A special sushi table where the chef creates the sushi rolls one piece at a time is in the dining room. There is seating around the chef's table for customers who prefer to eat there while watching him create their food.

Eating in an Asian fusion restaurant requires time and patience as everything is made to order. The sushi rolls are hand rolled by the chef, with each chef adding a special touch. Asian fusion requires savoring each unique ingredient in the food to appreciate how they work well together for the special taste.

"Quality ingredients are important when creating dishes. We use top quality fresh seafood in all our dishes. The fish is always fresh as we purchase it daily," Salvatore said. "Each day we purchase fresh salmon, tuna, and yellow tail in addition to other fresh fish that may be available. We only purchase fish that is sustainable."

Salvatore also notes that on some evenings – especially if you have a later reservation – they may run out of some specific varieties of the fish if it is particularly popular. But there are always other great choices from the menu.

### El Pedro Taco

The el Pedro Taco portion of the menu presents starters such as Panko breaded shrimp, guacamole or a variety of tacos, including al pastor (Mexican pork), Korean BBQ Pork, pescado (fish) or other varieties again keeping the Asian Fusion style of cooking by incorporating items such as the tempura or Korean BBQ pork into the traditionally Mexican taco.

According to Salvatore, while some may have questioned the choice of an Asian fusion restaurant for this area, it has been very successful. Almost 93% of the customers are local residents who are embracing the new experience in food. Reservations, especially on weekends, are full.

"Along with our relaxing



This is an array of freshly made maki rolls, which was the special of the day on a recent visit.

SANDRA LANDEN MACHAJ *Our Town*

décor and fine food, our staff is our greatest asset. They are a young group who work hard and work well together as a team," Salvatore said. "They are always anxious to please the customer and are willing to explain food items that may be new to their customers. We are very proud of our hard working staff."

Because of the time required to create the special foods offered here, reservations are required on Thursday, Friday and Saturday and highly recommended on other days. The restaurant is open from 5 to 9 p.m. Tuesday through Saturday.

Reservations can be made online at [chinuksushi.com](http://chinuksushi.com) or by calling the restaurant after 5 p.m. at 262-749-1452.

In nice summer weather, being outdoors in the evening, with family or friends is always a comfortable way to end the day. This summer there will be a new addition – a rooftop bar. The bar offers full service and Korean Barbecue cooked on the roof on a hibachi grill.

"We are very pleased with the success we have had since opening. Most nights our reservations are completely filled before we even open," said Salvatore, who has managed several restaurants in the Lake Geneva area. "Sometimes we can fit additional guests at the bar but we recommend making a reservation to be certain of getting in."

*Chinuk Sushi and el Pedro Taco is at 2929 Main Street, East Troy, just off the square. Call at 262-749-1452 after 5 p.m. for reservations. Or visit the website [chinuksushi.com](http://chinuksushi.com).*

# Is spinal decompression therapy right for you?

By **Dr. John Friedrichs, DC**  
CONTRIBUTOR

Back pain will hit eight percent of the population at one time or another. It is one of the most debilitating musculoskeletal conditions known and drug and surgical intervention has limited success with many dangerous side effects.

This is where lumbar and cervical spinal decompression therapy with the DOC Spinal Decompression comes in. Spinal decompression has clinically proven to help improve herniated discs, degenerative discs, sciatic pain, bulging discs, arthritis, stenosis and more. Spinal decompression is safe, effective, drug free and is usually very relaxing for the patient.

Before the DOC Spinal Decompression, individuals suffering from herniated discs



Wisconsin Spinal Rehabilitation Center has offices in East Troy and Brookfield. Dr. John Friedrichs offers more than 25 of chiropractic and wellness services.

SUBMITTED PHOTO *Our Town*

and other disc conditions usually have been given pain medications, encouraged to abstain from physical activities, recommended for physical therapy, and if the symptoms continued or progressed patients typically

have been sent for spinal surgery.

Conservative chiropractic and spinal decompression therapy has demonstrated significant back pain relief in most people, yet it is known that there are some cases when

surgery is seemingly the only other option. Our goal is to prevent the surgical and drug option altogether.

Spinal Decompression is helping thousands suffering every day avoid surgery and renew their spinal health. Numerous patients sleep through the procedure and others may listen to their music during treatment. This method is extremely relaxing and usually painless.

Discover the options available for neck or back pain, sciatic pain, herniated discs or degenerative discs associated with arthritis and stenosis. Do all you can to avoid surgery.

*Dr. John Friedrichs, DC, is a wellness consultant and chiropractor with Wisconsin Spinal Rehabilitation Center in East Troy and Brookfield. Visit [SpinalRevival.com](http://SpinalRevival.com) for more information.*

# How can you lose inches fast with contour light therapy?

By **Dr. John Friedrichs, DC**  
CONTRIBUTOR

Contour light therapy is a 635 nm red light and near infra red light therapy that was originally developed as an adjunct treatment to liposuction. The technology has been used safely in the medical community for more than 40 years.

The contour light opens the fat cells, liquefying the fat and allowing the fat to exit the cell. As a result, the fat cells shrink revealing noticeable results immediately. The contour light accelerates fat burning and speeds up the metabolism.

The contour light opens the rib cage to lower thighs (front and back), upper arms, face, neck and décolleté all in one 25-minute session. Contour light therapy has been FDA cleared in the clinical setting.

The results include spot reduction on the arms, neck, back, breasts, saddlebags, inner thighs, knees – virtually anywhere you have excess fat. There is no pain, bruising, swelling or burning. And best of all – no downtime.

Those who follow our eating guide and nutritional support have shown to get even better results. You must want to improve your health to get results. Results are always best when a testimonial is provided. We are fortunate to have many clients share their wonderful results on our website at [WellConsulte.com](http://WellConsulte.com).

Benefits of red light therapy, our contour lights, include:

- Improves circulation by increasing nitric oxide production;
- Reduces muscle spasm by increasing circulation;
- Relieves painful joints and muscle pain;
- Reduces acne blemishes;
- Stimulates collagen—thus reducing wrinkles and smoothing skin;
- Supports healthy thyroid function;
- Assists in reducing weight and inches by expelling waste from within fat cells;
- Reduces symptoms of neuropathy by increasing circulation to injured nerves;
- Slows dermal aging lines; and



Contour light therapy is just one of the wellness services available at Wisconsin Spinal Rehabilitation Center.

SUBMITTED PHOTO *Our Town*

- Increases energy with increased circulation.

## How many sessions are required?

How many inches do you want to lose? Every person has different goals and desires. It is our goal to help identify your reasonable attainable goal and then work with you to reach it. Typically 12 to 36 visits are needed for best results.

So if you are looking to

regain your health, lose weight and inches quickly and safely, find a Contour Light Therapy center that also teaches you appropriate eating skills and habits. There is no better time than now to get healthy again.

*Dr. John Friedrichs, DC, is a wellness consultant and chiropractor with Wisconsin Spinal Rehabilitation Center in East Troy and Brookfield. Visit [SpinalRevival.com](http://SpinalRevival.com) for more information.*

# our churches

## East Troy Bible Church

2660 North St.  
P.O. Box 376  
East Troy, WI 53120  
(262) 642-7604  
office@etbcwi.org  
www.easttroybiblechurch.org  
Worship services: Sunday at 9 a.m.

## First Congregational Church of East Troy, UCC

Michael Fields Agricultural Institute  
N8030 Townline Road  
East Troy, WI 53120  
(262) 642-5186  
fcceasttroy@gmail.com  
Find the church on Facebook.  
Worship services: Sunday at 8:30 a.m.  
at Michael Fields.

## Good Shepherd Lutheran Church

*(Missouri Synod)*  
1936 Emery St., East Troy, WI 53120  
(262) 642-3310  
gschurch@wi.rr.com  
www.gslet.org  
Worship services: Saturday at 5 p.m.  
and Sunday at 9 a.m.

## Mukwonago Baptist Church

1610 Honeywell Road  
Mukwonago, WI 53149  
(262) 363-4197  
www.mukwonagobaptist.org  
Worship services: Sunday at  
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Sunday school: 9:30 a.m.  
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## Orchard Hill, Assembly of God

N9590 Highway ES  
Mukwonago, WI 53149  
(262) 363-5443  
www.OrchardHillAG.com  
Worship service: Sunday at 10 a.m. with  
Kids' Church and nursery.

## St. James United Methodist Church

2945 Main St., East Troy, WI 53120  
(262) 642-7642  
church@easttroyumc.org  
www.easttroyumc.org  
Worship services: Sunday at 9 a.m.  
Handicap accessible.

## St. Paul's Evangelical Lutheran Church

*(Wisconsin Synod)*  
2665 North St., East Troy, WI 53120  
(262) 642-3200  
www.stpaulset.net  
Worship services: Sunday at 9 a.m. and  
Thursday at 6:30 p.m.

## St. Peter the Apostle Parish

1975 Beulah Ave., East Troy, WI 53120  
(262) 642-7225  
stpeterset@wi.twcbc.com  
www.steepleconnection.com  
Sunday Mass at 8 a.m., 10 a.m., 5 p.m.  
on Saturday.

## Troy Center United Methodist Community Church

N8801 Briggs St., East Troy, WI 53120  
(262) 642-7320  
Worship services: Sunday at 8 a.m.

## Valley View Community Church

*Member, Willow Creek Association*  
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