

CHARLES JACOBUS PARK

CJPNA

NEIGHBORHOOD NEWS

FALL 2013

www.tosacjpna.com

The newsletter of the Charles Jacobus Park Neighborhood Association, published three times a year.
Serving residents and businesses in Wauwatosa and Milwaukee from Bluemound Road to River Parkway & Hawley Road to 72nd Street

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Neighborhood

Scholastic Book Fair
October 7-11
Jefferson School Lobby

Oktoberfest
Saturday, October 12
Hart Park Muellner Building
6:00-11:00 pm

Tosa Farmers Market • Last Day
Saturday, October 12
8:00 am-12:00 pm

CJPNA Annual Meeting
Tuesday, October 22
McGinn's
7:00 pm

CJPNA Trick or Treat
Thursday, October 31
6:00-8:00 pm

**Check Out The
CJPNA Website:
tosacjpna.com**

details on page 7

Bringing Hope To Boston

By Hailey Danisewicz

Hailey grew up in CJPNA and is the second of four daughters of Michael and Gigi Danisewicz. Hailey is an alumni of Jefferson Elementary, Longfellow Middle School and Wauwatosa East High School. Hailey was diagnosed in 2003, at the age of 12, with bone cancer and treated at Children's Hospital of Wisconsin. She is a recent graduate of Northwestern University and is currently the Development Coordinator for Children's Oncology Services Inc. in Chicago. She competed in the Paratriathlon World Championship in London on September 13, 2013.

There are certain days in history that remain etched in our minds forever—events that we can recall with vivid detail years after they occur. For me, Monday, April 15, 2013, will always be one of those days.

I will never forget walking out of the gym locker room to see a small crowd gathered around the TV. My heart sunk as I read the headline: "Two bombs explode at Boston Marathon." After quickly accounting for all of my friends who were in Boston racing and supporting, the gravity of the situation fully hit me. As both a runner and a devoted marathon spectator, I immediately connected with the victims of this tragedy. I know what it feels like to be a supporter at a World Marathon—to be part of an entire city coming together to cheer on thousands of people as they realize a dream. Marathon Day is supposed to be the happiest day of the year (especially in Boston) and I was shocked and appalled that somebody would try and take away from what is for so many people, the proudest day of their lives.

As I began to learn of all of the amputations being performed as a result of the blasts, it started to



become even more personal. I longingly wished that I could meet some of these people and tell them that they could still run marathons and do triathlons and live big beautiful lives. I wanted to be there for them, just like the rest of this country. But I knew the chance of me encountering one of these individuals in the near future was highly unlikely.

But as I've said many times before, life has a funny way of working out. On Wednesday morning, a week and two days after the bombings, I got a phone call from my friend Melissa, a fellow amputee who was injured in Iraq. She had been

asked to come to Boston with the Semper Fi Fund, a group that works with injured Marines, to meet with some of the victims of the bombings. Melissa was busy hanging with the five living US Presidents (seriously, I'm not kidding—she's kind of a big deal), but the group was really looking for a female to attend to offer a woman's perspective. She suggested my name, and 24 hours later, I was on a plane headed to Boston.

When I landed, I found a group of eight guys—mostly Marines, most amputees—who quickly took me in as one of their own. Some of the guys had visited the Boston hospitals the previous weekend, and the patients loved them so much that they asked them to come back for round two. The group was thrilled to now have a woman on board, and the hospitals were excited to introduce me to their female patients.

We spent all of Friday visiting two hospitals and an inpatient rehabilitation hospital where many of the survivors were being transferred. I was able

Continued on insert

Neighborhood News & Business

Tosa Police Tips: Minimizing Your Burglary Risk

Over the summer our neighborhood experienced a rash of break-ins that left neighbors feeling a bit uneasy. CJPNA editors reached out to the Wauwatosa Police Department to ask for their perspective on the situation and advice for keeping homes safe. They provided the following commentary and a comprehensive list of burglary prevention tips that can be found under the "News" section on tosacjpna.com.

Most burglaries can be prevented by taking simple precautions known as "target hardening." One of the easiest ways to prevent a burglary is to close windows and doors and use existing locks. Believe it or not, many burglary incidents occur because of an unsecured window or door. Windows left open allow potential burglars to reach into your home by cutting the screen and removing items within their reach. Unlocked doors allow burglars to simply walk into your home and take what they like with very little effort. Garage doors left open allow burglars to help themselves to bicycles, snow blowers, lawn mowers, garden equipment and other personal belongings.

Neighbors should also consider the time of day burglaries occur. Generally speaking, residential burglaries occur during the day when the occupants are typically gone, while business burglaries occur during the night when the businesses are typically closed. There are, of course, exceptions to this rule so our advice is to be alert to suspicious circumstances at all times. Because many residential burglaries occur during the day, particular attention should be paid to suspicious vehicles, persons and circumstances observed in your neighborhood during the day.

If you see something unusual and you believe a crime has occurred or is about to occur, you should immediately call 9-1-1. If you would like more information about target hardening your home, contact the Community Support Division of the Wauwatosa Police Department at 414-471-8430 to schedule a free home security survey.

Rummage Sale Coordinator Needed



Are you looking for an easy way to get involved with CJPNA? Do you or someone you know need service hours? CJPNA is looking for a new coordinator for the Annual Rummage Sale. This volunteer position requires only a few hours of time in June. Duties include:

- Advertising the sale in the CJPNA newsletter, collecting and organizing seller registration forms
- Listing the sale in local news media
- Creating a "participating households" map for the event
- Placing signs on corners the morning of the sale (signs provided by CJPNA)

Your help would ensure a fun and festive day of rummaging around the neighborhood. For more information or to volunteer, call Aileen Smith • 453.0703.

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Business Spotlight: Lisa Hoppe Travel Consulting; Your Ticket to the Perfect Trip

You may have dreams to travel far and wide, but you needn't look any further than our own neighborhood for help with planning the perfect trip. Lisa Hoppe Travel Consulting, a family-owned and operated business and long time CJPNA business member, has been providing travel services since 1991. You may have seen the Lisa Hoppe Travel "Sandals" cars driving around the neighborhood, but what you may not know is that Lisa's offices are located on the first floor of her duplex at 60th and Wisconsin Avenue. "Most people aren't aware that we have a thriving business right here in our home. And it's not just me, we employ four travel specialists who are ready to assist anyone in planning the perfect vacation."

Lisa believes that every life needs a good vacation, which is why she and her staff work hard to help plan destination weddings, honeymoons, luxury or value vacations that are tailored to individual needs and expectations. Whether you are planning a trip for one or 100, Lisa's team is equipped to handle your request. One benefit of working with Lisa Hoppe Travel is that Lisa and her staff can provide recommendations based on their own travel experiences. "All of us in the office have traveled extensively around the world and can provide first-hand experience on more than 78 countries. A picture may look nice, but we can tell you how it actually is, with a competitive price." Lisa Hoppe Travel is a member of Vacation.com, the largest consortium in the travel industry, allowing them to get preferred pricing and extra amenities for value-added vacations. Another benefit to working with Lisa and her staff is that you will always receive personalized service from a live person. "We are not a 1-800 number; you don't listen to a recording before speaking to someone in another country. You immediately get a trained professional who can answer your questions."

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Lisa Hoppe Travel has a whole host of credentials and is a member of The American Society of Travel Agents, Cruise Line International Association, Caribbean Tourism Organization and Pacific Asia Travel Association. They also hold destination specialist status with many countries of the world.

Next time you find yourself wanting to get away, check out [www.hoppetravel.com](http://hoppetravel.com) or call (414) 258-8715 to start planning a vacation you'll never forget.

What has been the most challenging experience for your business?
Technology and the busy lifestyle of working families have moved our business to often booking via email. I once planned an entire trip for a father and daughter from California to India and never spoke to him; all the planning was done via email.

What was your most enjoyable travel planning experience?
The honeymooners are the most fun. Their excitement always puts a smile on my face.

Where is your favorite place to travel?
My favorite place is the "next place". I enjoy cultural experiences that challenge me to think outside of my "comfort zone".

Where do you like to recommend people go if they like leisurely vacations? Adventurous vacations?

My approach is to take a profile of what a client is looking for on their trip and match them up with the destination that can accomplish their goals within the budget they have set. I'm a SCUBA diver, so I really enjoy the warm waters of the Caribbean and the South Pacific. I've sent people to climb Mount Kilimanjaro and visit waterfalls in Iceland as well as volcanoes in Indonesia. We can get you a ticket to anywhere in the world.

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The News Outside of Jefferson

By: August Hoppe, Buildings & Grounds Committee



If you passed Jefferson Elementary School this summer, you may have noticed some significant updates to the outside of the school. The school district installed new playground equipment for the kindergarten play area and constructed a wheelchair accessible ramp to connect the kindergarten playground with the main playground. Throughout the summer new plantings and mulching updated the look and curb appeal. These new features have greatly enhanced the school.

But, there is more work to be done. The Jefferson Building and Grounds Committee has developed a plan to address some long-standing concerns of Jefferson parents: lack of green space, lack of shade, and the wearing out and eroding of the 1st-5th grade play area at the northwest corner of the school. This plan is called the "Jefferson Drive to 85K." The features of the plan include these key components:

- Expanding and improving the play area by moving the fence to 70th Street, building a retaining wall, leveling the area and planting a grass play surface (a first for Jefferson!).
- Adding a sunshade to provide a respite from the sun (another first for Jefferson!).
- Installing a new rubberized play surface.
- Adding exciting play components including a wheelchair accessible aero-glider.

This new playground will be a cost-sharing venture with the Wauwatosa School District; therefore in order to make it happen, the Jefferson community needs to raise \$85,000. This is a major initiative and we will need the support of our community. The centerpiece of the "Jefferson Drive to 85K" fundraising campaign is the "Buy a Brick" program. Individuals, families, relatives and businesses can purchase bricks to be engraved with custom messages and logos. Please consider buying a brick to help keep our neighborhood school strong, vibrant and attractive. Bricks may be purchased at www.jefferson.donationbricks.com or stop by the school office to pick up a flyer. If you have any questions or would like to help with the "Jefferson Drive to 85K" please contact August Hoppe (414.640.8714 or augusthoppe@wi.rr.com) or Cheryl Neldner (414.736.9955 or cherylneldner@att.net).



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Jefferson: On The Move!

By: Jeffrey Hansher, 5th Grade Teacher

This year Jefferson will have new Art and Music teachers. Abby Finn, previously part of the Waukesha School District, will be Jefferson's new Art teacher and Kimberly Forsythe will teach Music for grades 3-5. Kimberly completed her student teaching in Wauwatosa and is a recent graduate of UW-Milwaukee. They both will be great additions to the Jefferson faculty, which is a nice mix of veteran, mid-career and new teachers.

Linda Hamann, Jefferson's long time Music teacher retired over the summer. She did an outstanding job helping children grow through music. We will miss her and wish her the best in the future.

Faculty once again will be implementing Common Core State Standards, a state-led effort to establish educational standards for English Language Arts and Mathematics. The standards are meant to ensure that students have the skills necessary to prepare them for the future, whether college or the workforce. The standards are benchmarked to international standards so students are competitive in the United States and in the global marketplace.

Have some free time? Want to volunteer? Jefferson always has opportunities to help students and teachers in the classroom. In addition, Jefferson welcomes donations of materials and funds. Contact Principal Stephanie Jajtner at 773-1200 with any questions.

This will be another wonderful year. The Jefferson community is very special!

Scholastic Book Fair hosted by Jefferson School

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Cheers! Prost! Salut! Sláinte!; Tosa's Beer Garden in Full Swing



The TOSA Pool closed on Labor Day, but you can still enjoy Hoyt Park into the fall by stopping by The Landing, Wauwatosa's new beer garden operated by the Friends of Hoyt Park as a way to support the operations of the TOSA Pool and provide a fun, relaxing place for people to gather. It's open Wednesday through Sunday from 3-9 pm, although hours may be adjusted

as the season changes. The Landing offers a rotating selection of beer ranging from some of Milwaukee's favorites to local craft brews and an international assortment. It also has a selection of white and red wines. Patrons can bring in picnic food or purchase hot dogs, popcorn, brats and pretzels from the beer garden. Beer is served in glassware, so if you don't bring your own, you will have to put down a \$5 refundable deposit on a Landing-provided stein.

The design of The Landing features European picnic tables with seating for 280 people, shade sails and umbrellas, low-level party lighting and ADA-approved permeable gravel. The Landing offers walk-up food and beverage service in the Bathhouse's newly restored north entrance, with its maple woodwork and refinished WPA-era brass hardware.

Visit friendsofhoypark.org/The-Landing or their Facebook page (www.facebook.com/TheLandingAtHoytPark) for additional information.



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What's Happening in Tosa?

By Dennis McBride, Alderman & CJPNA Member

Wauwatosa City Hall is a busy place. Even during the recent recession, many projects, like Café Hollander and The Enclave apartments in the Village and the new Colectivo Coffee in the CJPNA neighborhood, came to pass. As the recession has eased, developers are proposing more projects.

The coming addition of Nordstrom to Mayfair Mall – the City's biggest taxpayer – made a lot of news, but the biggest development in recent years is the new UWM Innovation Campus on Watertown Plank Road near Highway 45. When complete, the campus is expected to have a taxable property value of \$100 million, quite an increase from the zero value that land had when the County owned it. Over time this will contribute to property tax relief for City taxpayers.

Many other projects are in the pipeline. All offer the potential for more tax relief. Closest to the CJPNA is the new luxury apartment complex proposed for the old Western Metals site behind the foundry on State Street. If the project is approved and built, it could add \$25 million to the tax base as well as clean up an old, blighted industrial site.

These developments should help the City pay for its urgent capital improvement program. For many years, the Common Council pinched pennies and ignored the need to maintain streets and to regularly replace 50 and 100 year-old water and sewer pipelines. Terrible road conditions and regular flooding finally forced a change in policy. Now we're being forced to play catch-up, and to pay more, to replace roads and pipes that should have been replaced on an ongoing, systematic basis years ago.

That is the City's greatest challenge, along with declining financial support from state and federal governments: how do we balance the budget when we must spend so much to replace aging roads and sewers, while maintaining other services? In the 2013 City assessment, residential properties declined an average of 9% in value. However, the increase in commercial property values compensated for that decline. This means commercial properties will pay more of the tax burden.

This is how it should be, because commercial development, though desirable, strains our roads and services. Every year, because of Wauwatosa's central location and great neighborhoods, our city becomes more of a magnet for medical research, high-end retail and luxury apartment housing.

With hard work and a bit of wisdom, we should be able to keep Wauwatosa desirable and strong.



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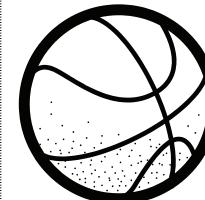
CJPNA Annual Meeting

Tuesday • October 22 • McGinn's

The CJPNA Board of Directors invites you to attend the annual meeting for the neighborhood association on Tuesday, October 22 at 7pm at McGinn's (5901 W. Bluemound Rd.). The meeting is open to all members and is especially recommended for those who are interested in serving on the Board. Appetizers and drinks will be provided.

MEN'S BASKETBALL LEAGUE

Join us for exercise and camaraderie...CJPNA Men's Pick-up Basketball meets each Thursday night throughout the school year.



Location: Jefferson Elementary School

Time: 8:00 pm - 9:30 pm

Cost: \$3.00 per session

Age(s): 35 - 55

E-mail: Brian Hawthorne with questions:
brian.d.hawthorne@jci.com

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Oktoberfest 2013

Saturday, October 12 • Hart Park Muellner Building

CJPNA will be hosting our annual Oktoberfest party at the Hart Park Muellner Building from 6:00 pm – 11:00 pm. Join your neighbors for plenty of German beer, food and entertainment provided by the band "Random Maxx" a 5-piece band who will be making their CJPNA debut.

Tickets will be \$12 in advance, and \$15 at the door. There will be several raffle items available as well. Bring a friend, a dish to pass and come enjoy this great neighborhood event. You can pre-register at La Tarte or online at www.tosacjpna.com

If you have any questions, please contact: Todd Halverson • todd.halverson@cnh.com or Laura Temke • laura.temke@me.com • SEE INSERT



Become A Registered CJPNA Member at [www.tosacjpna.com!](http://www.tosacjpna.com)

Registered members have access to our full website, including information about events like Oktoberfest and the Chili cook-off, links, online payment options, news, directories and more.

Existing members need to visit the website and register via the Membership Registration button in the Welcome section. Once your account is approved by the administrator, you will receive login information for the website.

New members can join the CJPNA from the website by clicking on the "New? Register Here" box at the bottom left of the home page. You will be guided through the registration and payment process and will receive your login information once your account is approved.

Questions? Email the webmaster at laura.temke@me.com

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Behind the opaque plate glass windows at 822/826 North 68th Street, Jody Janus has transformed a once-busy daycare space into a peaceful and private massage and yoga studio.

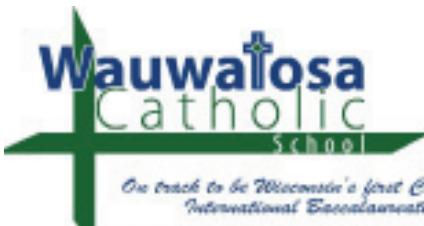
Jody and her family (her husband, three boys and some fish) have lived in the CJPNA neighborhood for five years. Jody was born and raised in Wauwatosa and is a graduate of Wauwatosa East. However, much of Jody's adult life was not spent in Tosa. She has lived in Minneapolis, Portland, Seattle, Flagstaff and Moscow (Idaho).

Initially a graphic designer, then a stay-at-home mom, Jody discovered the mind and body benefits of yoga and began studying with a variety of teachers, eventually becoming a certified instructor. While living in Idaho, Jody studied massage and added certified massage therapist to her resume. Prior to opening her business on 68th Street, Jody offered massage and yoga at two different locations. When the 68th Street location became available, the time was right to bring everything under one roof and Jody is excited to have her business in the CJPNA neighborhood.

Yoga is offered Monday through Saturday and includes classes such as Yoga For Your Core, Power Flow Yoga, Candlelight Yoga and Yoga Basics. A single class is \$15 and multi-class passes are also available at a reduced rate. New students receive their first class free. Most classes have 6-10 people, allowing for personal attention and modifications for different abilities. Many people initially try yoga for stress relief, healing or injury prevention. Jody is honored to work with people on their journey and hopes her students take her yoga teachings "off the mat" and incorporate what they learn into their daily lives – to be more aware, to listen to themselves and to feel clear, strong, joyful and empowered.

Massages are tailored to a client's individual needs and include relaxation, therapeutic, pregnancy, sports, deep tissue, a wide variety of techniques, senior and chair massages. A one-hour massage is typically \$65, but Jody offers new clients a \$50 rate for their first visit. Jody works with clients to provide personalized service, helping with healing, alignment, relaxation and more.

Jody looks forward to meeting more of the CJPNA neighbors and is happy to work with people to create a one-of-a-kind experience – perhaps a bridal shower yoga party, corporate chair massage, personal training (yes, she is certified in that too!), home care visits, or one-on-one classes. Visit her website at www.jodyjanus.com, or better yet, call her at 414/732.1612 or email her at jody@jodyjanus.com to learn more.



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New Neighbor Meet & Greet

On September 6, Sherri and Patrick Ross hosted a "Meet and Greet" for new neighbors. The last year has seen an influx of folks moving into the CJPNA area, and the Board thought it would be a good idea to have an event welcoming all the new additions. The event was well-attended by new and long-time neighbors. Sherri (CJPNA New Neighbor Coordinator) and Pat were generous hosts, with a great beer and wine selection and lots of goodies. This event will likely be repeated in 2014.

Is There A New Neighbor On Your Block?

If the answer is "Yes" let us know! The CJPNA would like to give all new neighbors a warm and friendly welcome!

New neighbors will receive the most recent CJPNA newsletter, and a form to complete for a free one year membership in the CJPNA.

Please contact Sherri Ross at 510.0673 with any new neighbor contact information.



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Who's Who in CJPNA

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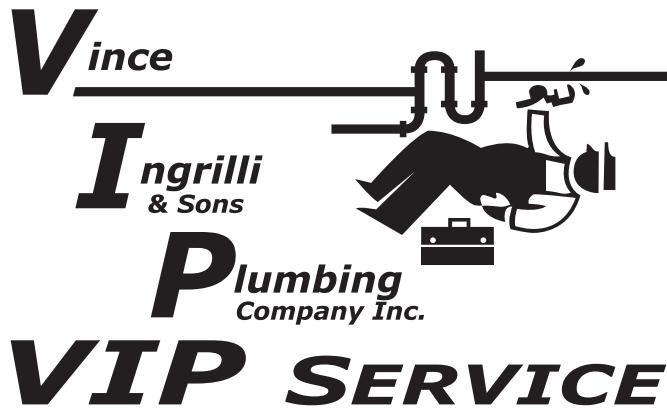
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BOSTON continued from page 1

to meet with six incredible women, most of whom sustained amputations in the bombings. These women were of different ages and different life experiences, but each of them moved me in a special way. Some of them recalled their memories of Marathon Monday, and expressed how lucky they felt to have made it out alive. We talked about their futures—the good, the bad, and the ugly. We addressed their fears and concerns, but we mostly shared all of the ways that losing our limbs have made our lives better. We talked about how I can get different designs on my prosthetic, and how I paint the toenails on my fake foot to match my real one. We told them about how the entire nation was captivated by their stories, and how they would go on to inspire the world by choosing to live life fully.

I went into these visits worried about saying the right things, thinking that my words were my most powerful tool. But I quickly realized that just being there was enough. One of the most poignant moments was during my first visit of the day. I was walking into the room of a young woman who had lost one of her legs in the blast when I ran into her mother in the hallway. As soon as this mother saw me, her face lit up and tears started to form in her eyes. She told me I was beautiful and pulled me into a hug, and in that moment, I could feel a sense of comfort rush over her. Until then, her only conception of life as an amputee was her daughter in a hospital bed. Though she had met some of the Marines the previous weekend, she had yet to meet a woman who was in the same situation as her daughter. But right there, in the middle of the hallway, she realized that her daughter was not going to have to sacrifice her confidence, her fitness, or her femininity. She could be a beautiful, thriving woman who is comfortable in her own body. All of that, communicated in a hug. It was an amazing feeling that I will never forget.

I think that a lot of the impact of these visits won't be felt until much later on. You can only get so deep in a 45-minute visit 10 days after your amputation. But I hope that I can continue to be there for these women even after they settle into their new lives at home. I hope that they call me when they buy their first pair of heels, or when they want to know how to talk about their injury with that new guy that they're dating, or when they are wondering how to respond to questions from kids on the street. And even if they don't call me when these things come up, I hope that they will at least think of me and remember that even with the loss of a limb, their lives can be amazing.

While the visits with the patients were extremely moving, I had another potent experience in Boston that I could not have predicted. On Friday morning, I woke up early to get a run in before the long day of hospital visits. Most of the runs that I do these days have a very specific training purpose, but I decided that this run was going to be just for me. No watch, no recording of splits, no preplanned route—just me and my thoughts in a beautiful new city. But it didn't take long for me to realize that this run was about much more than just me. It might sound crazy, but a lot of times I forget that I have one leg; and because I'm around it all the time, I forget that seeing an amputee on a running blade is something that most people find out of the ordinary. But on this particular day, I was especially cognizant of the thing that makes me different. While I don't want to overstate anything, I can't help but think that my presence made an impact on the people that I encountered in those 60 minutes. But I'm telling you, I could feel it. I felt it in the smiles from my fellow runners, the head nods from the pedestrians on their way to work, and the fist bump from the guy selling newspapers on a street corner. I want to think that for this city, on this day, this was exactly what they needed. I want to think that for these people, seeing a girl with a fake leg run through the city was sign that everything was going to be okay.

Hope is a powerful thing. It is found in places you would never expect during times when believing in good feels impossible. Whether we realize it or not, each of us serves as a source of hope for others every single day. If we're lucky, we are able to see the impact immediately,

though sometimes it isn't brought to our awareness until many years later. Hope can derive from the words we say, but more often it comes from the things that go unspoken. Hope is a friendly smile, a reassuring touch, a warm embrace, a morning run, and a prosthetic foot with toenail polish. We were able to give a little hope to a group of people when they needed it most, but what the people of Boston may not realize is that they gave us the same thing in return. They restored my hope in human nature by reminding me that even in the face of evil, there is so much good in the world. They gave me hope in the future of their city with their resiliency, unity, pride, and outpouring of love. I will forever remember those 48 hours in Boston as one of the most humbling experiences of my life.

I have to extend a huge thank you to the Semper Fi Fund for allowing me to join in this incredible opportunity and for treating me as a member of your family. Thanks to the survivors and loved ones for letting me into your lives and allowing me to experience your emotions with you. And thanks to the city of Boston for being so wicked awesome. I can't wait to come back and run through your streets once again, this time in the company of some inspiring heroes with running blades of their own.

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Lost In Transition (aka Summer 2013)

Funny story: when I started this blog a year and a half ago, my intention was to write a new post every week. That plan failed after about three weeks. I then decided that once a month was much more appropriate/doable... until that failed too. Then I managed to go over four months without a single update on what turned out to be a very eventful summer. I don't want to make any more empty promises by saying I will never let this happen again, but after struggling to condense four months of my life into an easily digestible blog post, I have a feeling that it won't.

Shortly after my last post, I went to Austin, TX to race at the Paratriathlon National Championship. Dare2tri was once again well represented with 12 athletes proudly wearing the uniform. My class of above-knee amputee women had some new competition this year, and I went into the race honestly not knowing how I would stack up. The girls I raced against were indeed fast, but I was lucky enough to cross the finish line second only to my friend Melissa Stockwell. It was exactly the result I was hoping for, and I finished the race happy with how I placed and excited for what the rest of the season would bring.

After Nationals, I immediately jumped into final exam mode for the last time of my life (or at least until I get bored and go to grad school).

And just like that, college was over. It wasn't the dramatic ending that you would expect, but then again, my entire college experience was far from typical. After struggling to find my place on campus for my first year and a half, I eventually found my place outside the college bubble when I discovered the triathlon world. In my last two years, I spent so much time working, training, and racing that in a lot of ways, I felt like I had already graduated. While my college experience ended up being vastly different from how I thought it would be when I entered as a freshman, I am nonetheless grateful for all that Northwestern has given me, and for how it shaped my last four years.



Dare2tri ladies at the "Red, White & Cruise" fundraiser for Worlds

LOST IN TRANSITION continued from front of insert

The day after my last final, I returned to Boston for the second time with the Semper Fi Fund. While my first visit included a large group from the Fund, this time it was just me and my friend Bobby, a Marine and fellow amputee. Bobby's aunt, who lives in Boston and had become the hospital's most regular visitor, organized a jam-packed schedule of visits for our 30-hour trip. By that point, it had been almost two months since the bombings, so many of the survivors were either in the rehabilitation hospital or being transferred home. Thus, this second trip was even more fulfilling for both the Bostonians and us. Psychologically, they were in a much better place to talk, and because many of them had gotten a taste of what life would be like at home, they were ready to take the practical advice that would have been premature in April. It was amazing to see some of the people that I met during my first visit and to see how far they had come in such a short time. I was also able to meet some new people who gave me chills with their recollections of Marathon Monday, and inspired me with their hope for the future. One of the coolest things was seeing how close the dozen or so people who had lost limbs had become. In a matter of months, these people went from being complete strangers to a second family, and were now stopping by each other's rooms, calling to check in, and sharing advice with those who were farther behind in their recovery. It really goes to show you that even in the worst tragedy, there is a silver lining, and that the goodness in people always does prevail.

One of the highlights of my summer was the two weeks that I spent at my favorite place in the world—One Step camp. I spent the first week with my beloved 11 and 12-year olds in the Stepping Up program. I've been a counselor in this group for the last two years, and my favorite thing about them is that as long as you act excited, you can get them pumped about absolutely anything. (True story: we once entertained them almost TWO HOURS with a hula hoop contest. You would think these kids were watching Game 7 of the World Series, but I promise you, it was just hula hoops.) During the second week, I was a counselor in Watersports, a program of 13-16 year olds that centers around, you guessed it, water sports. We spent the week kayaking, paddle boarding, water skiing, and just enjoying each other's company.



CAMP!

office prior to coming on full-time, it's still been very much an adjustment. But I am extremely lucky not only to have a job out of college, but to be doing work that I care about with people I enjoy.

Of course, through all of this, I have still been training daily and racing when I can. I am still running the Chicago Marathon for Team One Step in October, and have made it to 13 (.1!) miles while still feeling great. I'm admittedly a bit behind in my mileage, but I've spent the last month or so focusing on shorter, faster runs in preparation for the Paratriathlon Worlds. Training-wise, it's been a bit of a tough summer. After making some big gains in early spring, I started to see my times plateau despite the fact that I was training more seriously than ever before. It was all stemming from a bad mental state, but it ended up impacting my physical state as well. I'd always said that I would only continue with triathlon

as long as I loved it, and while I was still loving the three disciplines individually, I was not loving the stress, the drama, and the pressure that came with it. I really started to question my future with the sport, and began to wonder if all of this was really worth it.

But here's the funny thing about training funks—they really do make you stronger. After a couple bad months, I finally pulled myself out of it, and things slowly started to improve. And then at the end of August, all the bullshit became worth it when I had the best race of the season at the Life Time Chicago Triathlon. It was one of those perfect races where everything goes your way, and you end up falling in love with the sport all over again. And after a summer riddled with training lows, that day was a reminder of why I do what I do. That race not only reinvigorated my love for the sport, but gave me a huge confidence boost going into my next big race. It's the race that's been on my mind all season—the Paratriathlon World Championship in London, England.

And that, I suppose, brings me up to the present. I am leaving for London on September 9th and will race on the 13th. With a week to go until race day, I am now embarking on the most difficult phase of training: the taper (read resting up and not doing anything stupid). I have a feeling that this could be a real breakthrough race for me, so I am trying my best to remain relaxed and focused for the next week. I trust the training I did, am confident in what I can do, and am excited to see how the race will pan out. I will post a recap on Worlds later in September, but your best bet for any updates before that is good old Facebook.

So that's my summer in a nutshell. I admire your attention span if you actually read this entire thing. I would really like to be more like you.

Cheerio!

UPDATE FROM SEPTEMBER 13, 2013 • Hailey wins Gold at the Paratriathlon World Championship in London, England!

To subscribe to Hailey's inspirational blog please go to: <http://roadtotriumph.wordpress.com>. Watch your newsletter for updates and excerpts from Hailey as she continues her journey.

MINUTES continued from page 7

Treasurer (Radcliffe): Radcliffe reports the current bank balance is \$1339; when outstanding checks are deposited, the balance will be about \$2202 (in addition to a \$4500 CD being held). Membership income is down, likely because of so many households electing to sign up for five-year memberships. Radcliffe will check with Temke on the status of PayPal membership payments; payments aren't coming through, according to bank statements.

Neighborhood Association Council (Haase): The NAC is holding a cribbage tournament on November 8; would anyone like to organize a CJPNA team?

Annual Meeting (Skanavis): Set for October 22 at McGinn's at 7 pm (pending reservation of room – Koester will call).

Social (Newman): August 9 TGIF at Blakeley's home.

Business Memberships (Haase/Newman): Is Alterra interested in a business membership; Newman will contact them. Haase is leaving the board and will give up business membership responsibility. Newman suggests two people take over the position. Thanks to Haase for his years of service.

Cyclocross Race (Young): Set for Oct. 20 in Doyne Park. This is a warm-up/test event in anticipation of the event being held at Jacobus Park next year.

Jacobus Park Playground (Koester): Notes the playground is in bad shape and asked whose responsibility it is to handle upkeep. Young will contact the county.

Meeting adjourned 9 pm.

Next meeting: September 17 at Koester's home, 6725 Cedar St., 8 pm.