

AccuWeather.com® Forecast

**JANESVILLE ALMANAC**  
 Sunday's high .....53  
 Average high .....44.2  
 Sunday's low .....40  
 Average low .....25.1  
 Rain .....0.00 inches  
 High a year ago today.....60  
 Low a year ago today.....26

**STATE FORECAST**  
 Clouds and sun today. Partly cloudy tonight; a rain or snow shower in spots in northwestern parts. A shower in spots tomorrow; any time in the northeast and northwestern parts, during the afternoon elsewhere. Wednesday: mostly sunny.

ACCU WEATHER 5-DAY FORECAST FOR JANESVILLE

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Periods of clouds and sunshine 55° 36° Winds N 7-14	Intervals of clouds and sun 54° 37° Winds NNW 6-12	Mostly sunny 53° 34° Winds N 7-14	Partly sunny, breezy and mild 56° 39° Winds SW 10-20	Times of clouds and sun 58° 38° Winds SSW 10-20

NATIONAL FORECAST

Monday, March 15, 2010

Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are for selected cities.

WEATHER TRIVIA™

At what temperature are large snowflakes most likely to occur?

Near or just above the freezing mark.

IN THE SKY

The new moon is today. This is when the moon is between the sun and Earth. The dark side is toward Earth.

Source: Longway Planetarium

SUN AND MOON

Sunrise today 7:09 a.m.  
 Sunset today 7:02 p.m.  
 Moonrise today 6:42 a.m.  
 Moonset today 7:14 p.m.



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Road Conditions  
 By phone: 1-800-ROAD WIS  
 On the Internet: http://www.dot.state.wi.us

The Northeast coast will endure some more rain and gusty winds today. Spotty showers will keep other parts of the region damp. While dry weather prevails over the South, a chilly rain will wet the southern High Plains and a shower or two will dot Minnesota. Milder air will surge from California to Montana and Washington.

National extremes yesterday for the 48 contiguous states  
 High: San Angelo, Texas at 86°  
 Low: Bodie State Park, Calif. at -10°

NATIONAL CITIES

City	Today	Tuesday	City	Today	Tuesday
Atlanta	55 37 pc	60 42 pc	Milwaukee	53 37 pc	49 35 pc
Boston	44 34 r	49 36 s	Minneapolis	52 38 c	48 34 c
Chicago	50 37 pc	53 37 pc	Nashville	53 41 pc	54 41 c
Cincinnati	49 38 c	56 38 pc	New Orleans	66 48 s	62 49 pc
Cleveland	44 34 c	50 34 pc	New York	46 40 r	52 41 pc
Dallas	64 47 pc	62 42 pc	Orlando	72 47 s	72 48 pc
Denver	45 26 pc	60 33 s	Philadelphia	46 36 sh	56 38 pc
Detroit	49 34 pc	54 35 pc	Phoenix	78 56 s	81 57 s
Dubuque	55 36 pc	51 35 pc	Reno	64 35 s	68 37 pc
Honolulu	81 68 sh	80 68 pc	Salt Lake City	54 35 s	59 39 s
Indianapolis	47 38 c	57 38 pc	San Diego	76 55 s	75 57 s
Las Vegas	72 48 s	76 53 s	San Francisco	67 49 pc	64 50 pc
Los Angeles	83 54 s	83 56 s	Seattle	57 51 c	56 43 r
Marquette	50 29 c	48 27 pc	St. Louis	53 43 c	56 43 pc
Memphis	57 44 pc	56 43 c	Washington, DC	51 38 c	57 41 pc

WORLD CITIES

City	Today	Tuesday
Athens	57 43 pc	56 45 s
Baghdad	98 71 c	88 55 pc
Beijing	39 25 pc	46 28 pc
Berlin	34 26 i	36 30 pc
Buenos Aires	78 55 s	74 60 s
Cairo	83 53 s	71 49 s
Johannesburg	73 55 pc	71 54 t
Kabul	73 43 s	77 47 s
London	52 37 pc	52 37 s
Mexico City	81 47 s	69 44 t
Paris	50 39 pc	53 41 t
Rome	58 39 s	57 41 pc
Sydney	78 63 pc	79 61 s
Tokyo	57 54 r	61 45 r
Toronto	54 37 pc	52 37 pc

Doctor/Healing includes body, mind and spirit

Continued from 1A

The UW Health system has an "Integrative Medicine" program. Its motto is: "Mind, body, healing."

What makes Kaiser's story so engaging is the way her life choices lead to her present job: listener and healer.

After getting a bachelor's degree in biology at the College of St. Catherine in St. Paul, Minn., Kaiser wanted an interlude of meaningful work before heading to medical school.

The Peace Corps was her choice, and she spent three years teaching science in Samoa, an island between New Zealand and Hawaii.

"I remember when I was accepted into the Peace Corps, I called my parents and said, 'I'm going to Africa!'" Kaiser said. "And my mom said, 'You better stop at the library first.'"

After returning home, she worked at a University of Minnesota research lab and as a volunteer EMT in rural Minnesota.

She loved the sense of camaraderie the EMT job provided. She worked shifts two to three days long with the same group of folks, responding in the middle of blisteringly cold January nights to house fires or snowmobiles through the ice.

All the while, her life was beginning to shift.

"I've always had a social justice bent, that's undeniable," Kaiser said. "I was really spending more time invested in social justice causes than studying for my MCATs."

During that time, she met a Sinsinawa Dominican Sister. The order has long been committed to creating a "holy and just society."

She became a candidate and then a novice in the order. The sisters encouraged her to get a master's degree in theology at the Aquinas Institute in St. Louis before going to medical school.

"My thesis was on medical ethics, and I was writing these papers looking at the conventional medical system," Kaiser said. "At the same time, I was working as a technician in an emergency room and seeing how things were done."

Her advisor, Sister Mary Margaret Pazdan, was concerned about the vein of frustration that ran through much of Kaiser's written work.

As an ER technician in a community hospital, Kaiser saw care that involved "utter separation of the body from the spirit, from the community, from relationships."

It wasn't that the staff didn't care.

"So many of the nurses and doctors want to do so much more, but they're confined by insurance coverage, confined by how much time they have and confined by what resources they have," Kaiser said. "A community hospital doesn't have the same resources as a research hospital."

Instead of giving a falling-down-drunk a meal and a bed for the night, medical staff wanted to give an alcoholic a chance of recovery.

Kaiser's advisor finally got her to articulate "her vision for health care values."

At the core was her belief that medicine and healing are about relationships—your relationship with yourself, your God and your provider.

She wasn't—and still isn't—opposed to traditional medicine, but she saw herself in a different role.

"My heart goes out to MDs," Kaiser said. "When you're limited to seeing somebody for 10 or 15 minutes, all you can do is get the nuts and bolts—where does it hurt, how long has it hurt, what makes it feel better. Many of my MD friends feel terribly confined by that."

She, on the other hand, has 90 minutes to two hours with each patient.

"With the society the way it is, everything is fast: The Internet is fast, people drive fast on the highway, pharmaceutical medicines are very powerful and very fast—and they're not always inappropriate," Kaiser said. "We would never do anything to discourage a person from working with a doctor, or suggest that they change a treatment protocol a doctor had given them."

It's not us versus them, it's us and them.

Kaiser got a doctorate in naturopathic medicine from the National College of Naturopathic Medicine in Portland, Ore. She spent three years in private practice in California and is board certified by the North American Board of Naturopathic Examiners.

She is licensed by California as a primary care physician.

Along the way, she made the difficult decision to leave the Dominicans.

"I found my relationships with the sisters very life-giving," Kaiser said. "I found my relationship with the church ..."

She paused for a long moment and then finished her sentence with, "... not very life-giving."

Back in the Midwest after so many years, she thinks she's found the right place to be a listener and healer for body, mind and spirit.

Mural/History depicted on walls

Continued from 1A

The house has wonderful original features: wooden floors, built-in cabinets, crown molding, paneled walls, fixtures and hardware.

As Ackerman-Riley worked on the rest of the house, she noticed the piles of historic information in Delaney's dining room. Delaney always was talking to people about this historic thing or that historic thing, Ackerman-Riley recalled. Meanwhile, Delaney spotted a mural in a home magazine.

The idea was born.

"I appreciate my city's history," Delaney said. "I really enjoy looking back and seeing what was here."

Hours of research followed.

The women used old maps to navigate streets that have in many cases changed names. They searched the historical society's archives and took field trips.

"We found a lot of things that we remember as kids that aren't there anymore," Ackerman-Riley said. "It's kind of fun to be able to see them in the city again."

Some photos were hard to find, like a rendition of the gas ball across the street from the former Schuler furniture store on North Main Street. Delaney remembered seeing it when she was young and walked to Traxler Park—then Goose Island—to skate. Delaney finally got a photo from the owner of City Ice.

The mural is painted on all the walls and is positioned true-to-life. It connects between doorways and windows and transitions from one wall to the next. The limbs of a century-old oak on the house's south side frame the dining room's southern doorway.

Ackerman-Riley painted hundreds of miniature people



Marthea Ackerman-Riley uses a lighted magnifier to help her paint the details in a mural of Janesville during the early 1900s. Ron and Margaret Delaney commissioned the work for their historic home on West Jackson Street.

and buildings through a magnifying glass.

When people sit down to dinner, their attention invariably wanders to the intricate scenes.

The Tallman House is the focal point and is on the east wall. The women took some artistic license, and Ackerman-Riley painted silhouettes of William Tallman, Abraham Lincoln and a family cat in the window. All were at one time in the house although not in the time period chosen by the women.

Most of what is pictured is historically accurate. Milton Avenue is still country, and the downtown skyline is correct. Viewers see the old courthouse and the Stone House, which will eventually be moved to the Tallman property. The cemetery is still in Jefferson Park. The Burr Robbins Circus that wintered in Janesville is in the distance. Excavating is going

on at Atlas Pit and a hay wagon moves toward the Corn Exchange.

On the south and west walls, Samson Tractors—the forerunner of General Motors—is painted. The homes of Carrie Jacobs Bond and Francis Willard are represented, as is the Sinissippi Golf Course, which will become the Janesville Country Club. The nuns are building Mercy Hospital.

Delaney fudged a bit by including Riverside Park and its train on the north wall. That wouldn't come until after the late 1920s. But the park holds too many good memories to be left out, she said.

The mural includes bits of whimsy, such as a cloud that looks like an angel, a hot-air balloon, or a pen with its open gate and a woman with a broom chasing a fleeing pig.

"Those are the things that Ron and Margaret and I have

fun with," Ackerman-Riley said. "I'll paint them in and won't tell them about it and see if they have discovered them."

The Delaney grandchildren live in the mural. Kylie is an artist painting on the river bank; Taran is hauling a deer from the woods; Austin is golfing a hole-in-one; and Dillon and his grandfather are fishing, both with fish on their lines.

Ackerman-Riley, a retired electrician from General Motors, has been working on the mural several days each week since August. Pieces of yellow paper mark the spots where future buildings or people will go. She figures she'll finish in several weeks.

The women said they have learned a lot about their city.

"Any time I go out, I look at it differently now," Ackerman-Riley said.

As for the pink wallpaper, it's been kicked upstairs.

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