

LIFESTYLES

Middleton Woman Joins NAMI Walk in Support of Colleague, Mother

By Katherine Perreth

Times-Tribune

MADISON—On the first Sunday of October at noon, conflicting Green Bay Packers game or not, a throng of Wisconsinites from all walks of life gathers in support of mental health and those with mental illness.

For years, the National Alliance on Mental Illness (NAMI) festivities and roundtrip walk, between Madison's Olin Park and Monona Terrace, has featured Dr. Chris Kammer as DJ, a contingency of enthusiastic musicians from the University of Wisconsin marching band and NBC 15 news anchor Leigh Mills, whose own mother suffered with mental illness.

This year, a group of 70 walkers wore yellow #LIVE-LIKEAMBER T-shirts in memory and honor of Unified Newspaper Group (UNG) reporter Amber Levenhagen. The 25-five-year-old was killed in an August 2019 car accident and had planned to participate in NAMI Walks Dane County.

Levenhagen was the 2017 second-place recipient of the Wisconsin Newspaper Association's "Rookie Reporter of the Year" award and by all accounts had a promising career ahead of her.

Amber's parents, Robert and Jill Levenhagen, expressed appreciation for the large group of family, friends and co-workers who came from near and far to remember their daughter and support a cause she embraced.

"It's overwhelming," Jill Levenhagen said, grateful tears choking her voice before she added, "this is a magical day, about Amber and raising (mental illness) awareness." Levenhagen said her daughter had been very open about her own struggles with depression.



Katherine Perreth-Times Tribune

Wearing his #LIVE LIKEAMBER T-shirt, Robert Levenhagen, center foreground, walks in memory and honor of his daughter, local reporter Amber Levenhagen. She was killed in an August car accident and had planned to participate in NAMI Walks. Approximately 70 family members, friends and co-workers gathered to support the Levenhagens, remember Amber and raise mental illness awareness.

Middleton resident Emilie Heidemann, a community editor for UNG, said she participated for multiple reasons.

"I'm walking in her memory, because Amber was a colleague who became a really good friend of mine," Heidemann said. "And because my mother died by suicide a few weeks before Amber was killed."

The loss of two loved ones in such a short period of time has given her anxiety and caused her to develop PTSD (post-traumatic stress disorder), Heidemann said. "I'm not going to sugarcoat it," Heidemann declared. Support from family, friends and co-workers has enabled her to cope.

"You don't realize how good people are until a tragedy," Heidemann said, asserting that tragic events also "help start a conversation on why mental health is so important and we should be talking about it."

On this day, for those walk-

ing in memory, honor and gratitude, Heidemann summed up the prevailing NAMI Walks at-

itude: "We carry pain, but there are reasons to live."

St. Mary of the Lake to Hold Annual Country Fair

WESTPORT—St. Mary of the Lake Parish will hold its 58th Annual Country Fair on Oct. 20, from 10 a.m.-4 p.m. The event features their world-famous fruitcakes, a delicious roast beef dinner (starting at 10:30 a.m.), along with a resale shop, bake sale, and raffles. Resale shop hours: Sat. 8 a.m.-2 p.m. and Sun. 10 a.m.-3 p.m. The church is located at 5460 Mary Lake Rd., just off Hwy M near Westport.



Your SEARCH is over!

Really, my dear, when it comes to finding a job, there is no substitute for the classifieds. It's elementary! Try it today!

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)		
1. Publication Title	2. Publication Number	3. Filing Date
TIMES-TRIBUNE	347-380	09/26/2019
4. Issue Frequency	5. Number of Issues Published Annually	6. Annual Subscription Price
Weekly	52	\$45
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®)		Contact Person
Times-Tribune, 1126 Mills Street, P.O. Box 286 Black Earth, WI 53515		Marlene Schoenemann Telephone (include area code) 608-767-3655
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)		
News Publishing Company, Inc., 1126 Mills St., P.O. Box 286, Black Earth, WI 53515		
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)		