

Raising Awareness

Know your risk factors.

Ask your healthcare provider if you are due for a screening.

NOVEMBER 7
PINK & PEARL DAY



Pink & Pearl supports both breast and lung cancer awareness during October's Breast Cancer Awareness Month and November's Lung Cancer Awareness Month.



Awareness color for breast cancer

Why is breast cancer screening important?

Breast cancer is the number one most diagnosed cancer among Wisconsin women. A mammogram can detect early signs of cancer when they are most treatable.

What is a mammogram?

A mammogram is a low-dose x-ray that can detect early signs of cancer.

When should I be screened?

Annually starting at age 40 (earlier if at high risk or have a family history of breast cancer).

How do I schedule a mammogram?

Call our scheduling department at 920-623-6466 to schedule your screening exam. No physician referral is necessary. Prairie Ridge Health also offers walk-in screening mammograms the last Tuesday of every month from 7 a.m. to 5 p.m.

Are you experiencing breast concerns or have questions about breast health? Talk to your primary care provider or call our Screening and Support Specialist at 920-623-1271.

Pearl Awareness color for lung cancer

Why is lung cancer screening important?

Lung cancer is the second most diagnosed cancer and the number one cancer related death among Wisconsin women.

What is a lung cancer screening?

A lung cancer screening is a non-invasive, low-dose computerized tomography (CT) scan of the lungs.

When should I be screened?

Screening should be considered for current or past smokers ages 50-80 with:

- A smoking history of at least one pack (20 cigarettes) per day for 20 years.
- Currently smoking or quit smoking in the last 15 years.
- No history of or current signs of lung cancer (such as unexplained weight loss of more than 15 pounds).

How do I schedule a lung cancer screening?

Lung cancer screenings require a physician referral.

Appointments are required.

Talk to your primary care provider about getting screened or call the Prairie Ridge Health Screening and Support Specialist at 920-623-1271 for more information.

Walk-in Screening Mammograms 7 am - 5 pm Last Tuesday of EVERY MONTH

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A photo of Santa Claus with some friends by a fire by c.verhage.photo

Skin Cancer Screening Clinic

By Prairie Ridge Health

According to the American Academy of Dermatology Association, skin cancer is the most common cancer in the United States; in fact, 1 in 5 Americans will develop skin cancer in their lifetime.

Prairie Ridge Health, 1515 Park Avenue in Columbus, is hosting a free skin cancer screening clinic Tuesday, Nov. 4 from 3-6 p.m. Dermatologists, Elizabeth Zeeck, MD and Laura Clifton, MD, will be completing the screenings. The free clinic is for walk-ins only with no appointment necessary. Screenings take approximately 15 minutes, including completing paperwork and the skin check. This is a rapid screening for skin caner and should not replace or be a substitute for a regular examination with a physician or dermatologist.

People of all colors and races can get skin cancer. Regular self-skin exams and regular examinations by a dermatologist help people find early skin cancers. The AAD encourages everyone to take steps to prevent skin cancer and detect it early, when it's most treatable. Men over 50 have an increased risk of developing melanoma compared to the general population, according to the AAD.

If you notice any suspicious spots on your skin or your partner's skin, or anything that is changing, itching or bleeding, see a board-certified dermatologist. For more information about the skin cancer screening clinic or to make an appointment with a dermatologist, visit www.prairieridge.health or call 920-623-1200.





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"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

- William Arthur Ward

What do we often take for granted? Our lives are filled with blessings that pass by unnoticed every day. We witness the beauty of the sunrises and sunsets; experience the change of seasons, the love of family and friends, the simple pleasures of a good meal, and the comfort of a warm hug.

It is in acknowledging these seemingly small things that we truly appreciate the richness of our lives.

In the end it is not the grand rare events that define a rich life but the ability to find wonder in the simple, constant blessings that surround us.

And to our veterans, thank you for your selfless service. Your bravery and sacrifice have secured the freedoms we enjoy today.

Have a blessed Thanksgiving!

Sincerely,

Denise Fitzsimmons

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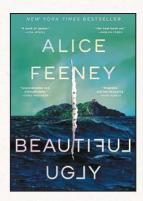
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Beautiful Ugly

By Alice Feeney Reviewed by amelyn Garcia, MLIS Assistant Director/Reference Librarian Waupun Public Library

It was the best and worst day of Grady Green's life. He finds out he has become a bestselling author, and within the hour his wife goes missing without a trace. After struggling for a year with grief, sleeplessness, and an inability to write, his agent sends him to an island off Scotland with only 25 residents. Surely getting away from the reminders and responsibilities and to a place of rest and relaxation will help him regain his writing abilities. However, twists and turns plague Grady throughout his time on the island, and his final method of departure from the island is shocking.









Finding Healing Powers in Flowers

By Dorothy Bliskey

Jessica Jaber, a Marine combat veteran who went to battle in Iraq after 9-11, has discovered the healing power of growing flowers. Owner of Shady Lady Acres, Jessica lovingly grows and tends rows of beautiful blooms. She offers tours, sells flowers to florists and welcomes visitors wanting to pick their own bouquets.

Originally from Fond du Lac, Jessica, 44, currently lives in rural Eldorado where she and her husband Mark Jozefowski, an Army veteran, own a 20-acre hobby farm. Together, they work the land and share space with a few beef steers, chickens and their pet dogs and cats. An entire acre of the farm is devoted to her flower growing business.

"I'm a U.S. Marine Corps combat veteran who found healing in an unexpected place: the flower field," Jessica said. "After many years of struggling to find peace after war, I discovered that nurturing beauty from tiny seeds gave me purpose. It grounded me in something good."

Jessica, at 18, joined the Marine Corp in 1999 without much forethought.

"A good friend of mine had joined the Marine Corps. He came home from boot camp, wearing his uniform and I asked him if he thought it was something I could do. This was on a Friday. On Monday I signed up," Jessica said, noting that on that weekend she also watched the movie "Full Metal Jacket" with friends. It motivated her even further to take action and join the Marines.

Except for a few uncles who were drafted during Viet Nam, none of Jessica's immediate family members had served in the military. When she revealed to her parents that she had joined the Marines, they were stunned. "My parents were in shock. They were very worried," Jessica said. "I told them I'd be fine because we weren't in active wartime as it was pre-9-11."

Boot Camp

In February of 2000 she left for boot camp. Basic training took place at Parris Island, South Carolina, which was an all-female camp at that time and ran for 12 weeks.

"Our training was led by female drill instructors," Jessica said. "We had weapons training, rifle marksmanship, and hand-to-hand combat training. Drill was a major part of boot camp -- learning commands and drill with our weapons."

"Physical training and daily conditioning was also part of boot camp," Jessica explained. "Runs, circuit training, obstacle courses, and rope climbs were part of our daily lives. Other training included swim qualification and water survival training, Marine Corps history and military law, field training -- first aid, land navigation and combat simulation; and uniform, barracks, and weapons

The "Crucible" was the big finale. "It was a 54-hour final test of what we learned during our time at boot camp," Jessica said. "It included hikes with full backpacks, obstacle courses, combat simulations such as evacuating casualties, carrying ammo, and climbing walls. We had limited food and very little sleep during that time. At the end, we were presented the Eagle, Globe, and Anchor which symbolized our transition from recruit to Marine."

Looking back, Jessica said she was in pretty good physical shape heading into boot camp. She credits having played soccer throughout her youth as the main reason.

After basic training, Jessica completed Marine Corps Combat training, and then went for schooling at Fort Leavenworth, Missouri. Her role was in Motor Transportation, with her first duty station at Camp Pendleton, California.

"I was part of the 1st FSSG battalion and assigned to a Motor Transportation Company, which I stayed with until we formed our combat unit to support combat operations in Iraq in January 2003," Jessica said.



Serving Overseas -- 2003

Midstream, within Jessica's first two years stateside, the worst imaginable happened on U.S. soil. On September 11, 2001, terrorists struck the twin towers. Her parents' worst fears were coming to the forefront.

In February, 2003, Jessica and her Marine combat unit were sent as part of the initial ground forces to battle in Iraq. Known as the "invasion" of Iraq, it was the first stage of the Iraq war, launched in response to the 9-11

attacks in the U.S. The operation began with a "shock and awe" bombing campaign prior to the ground forces entering Iraq.



"Being part of the invasion means I was there when we first crossed into Iraq in March 2003 — before bases were set up and before it turned into a long-term occupation," Jessica explained. "It meant pushing fast toward Baghdad -- often under fire - and dealing with sandstorms, limited supplies, and no clear end date."

"We staged in Kuwait for a few weeks prior, and then crossed with the first convoys into Iraq under fire," Jessica said, noting these units are commonly referred to as invasion forces."

"Many veterans informally distinguish between "invasion vets" (initial entry) and those who came during later stability operations."

"During the invasion, our unit was tasked with supporting the 1st Marine Division with supplies such as food, water, fuel, and

The toughest part of being among the ground troops during the initial invasion of Iraq was the fact that no facilities of any kind had been set up for them yet.

"There were no bathrooms, showers, or shelter aside from what we brought. We had to dig holes to use the bathroom. Instead of a shower, we just had a wet cloth. These are things I don't take for granted -- even after 20 years,"

Jessica served in Iraq for nine months. Her four-year commitment to the Marine Corp ended in 2004. She reached the rank of E-4 Corporal and earned awards such as the Combat Action Ribbon, Iraq Campaign Medal, Certificate of Commendation, Navy/Marine Corps Achievement Medal, National Defense Service Medal, Presidential Unit Citation, Global War on Terrorism Service Medal, among others.

There were some challenges fitting back into civilian life when she returned home, especially integrating into a new work environment. "I learned very quickly that I could not talk to others in my corporate job like I would to another Marine. I also found it difficult to talk about my military/combat experiences with anyone."

Healing after wartime - Flower Power

In addition to the discovery that growing flowers was good therapy, a natural support group rose to the surface – her family, friends and the Veterans Association.

"It has taken me many years to find something that helped. Being in nature, being at my farm, being around my family has all been helping in recent years," Jessica said, noting that she's been working with a few great people from the VA for over 15 years as well.

Jessica and Mark bought their 20-acre farm in 2018. In addition to the time it takes to operate the flower growing business, till the land and plant some crops, raise beef and chickens, they both have fulltime jobs. She works in IT from home. Mark works fulltime as a sprinkler fitter.

"Healing also comes in the simple things of life. "We enjoy sitting on our porch at the end of a hard day's work to talk about our day and future plans for the farm. Our dogs and cats come to sit with us as well. It's very relaxing and something to look forward

"When we bought our land, there was a large field to the north of our house and we wondered what we were going to do with it. I got the idea of growing flowers after seeing a documentary on flower farming."

Jessica began to educate herself through workshops, You-Tube, and lots of internet searches on how to grow flowers. Neither she nor Mark had come from a farming background and knew nothing about flowers.

Now, she grows rows of gorgeous, colorful blooms - both annuals and perennials. Among the varieties are Sunflowers, Rudbeckia, Lisianthus, Sweet William, Cosmos, Giant Marigolds, Dahlias, Zinnias, Yarrow, Mint, Coneflower, Delphinium, Hydrangea and Tulips to name a few.

"I enjoy getting my hands in the dirt, nurturing the plants throughout their growing cycle, and finally being able to share the beauty with my community," Jessica said, adding that she enjoys seeing the smiles her flowers bring to the faces of visitors. She adds that her husband Mark, daughter Savannah, 12, and her mother Mary Jaber all help with the flower business.

Future plans for Shady Lady Acres include creating a farm store, along with hosting more events and Pick-Your-Own experiences. "This year was our first time testing out the Pick-Your-Own flowers. People really enjoyed coming to the farm and experiencing a full field of flowers. That really brought me so much joy this year."

Jaber said she is relieved to have found flowers as a healing power - and she is grateful to have served as a Marine.

"I am proud of the experiences I had in the Marines. It taught me some life lessons like the importance of perseverance and grit -- learning to push further than you think you can. It taught me discipline, resilience and self-control in times of stress."

"Most things I've faced in the civilian world are less stressful compared to what I faced in combat. So, during times of uncertainty, I try to remember the times I was faced with unimaginable challenges during combat, and I tell myself I can get through it."

Flowers grown at Shady Lady Acres can be found in some area floral shops such as the Hy-Vee store in Ripon, at the Oshkosh Winter Farmers Market or during on-site farm events such as workshops or Pick-Your-Own experiences. To learn more, go to www.shadyladyacres.com. To stay-up-to-date on upcoming events at the farm, go to www.shadyladyacres.com/newsletter. Follow on Facebook: www.facebook.com/shadyladyacres and Instagram: www.instagram.com/shadyladyacres



A Thankful Body: Reducing Toxin Exposure This Thanksgiving

By Dr. Stephanie Tyjeski

Thanksgiving is a time to gather, reflect, and give thanks for the blessings in our lives—especially our health. Yet as we prepare for the holiday season, it's easy to overlook one of the most important ways we can show gratitude to our bodies: reducing our exposure to harmful toxins. From the food on our tables to the products we use every day, toxins can quietly burden our systems and affect our long-term well-being.

Toxins are substances that can interfere with normal bodily functions. They come from many sources—pesticides on produce, preservatives in processed foods, synthetic fragrances in candles, and even plastic containers used for leftovers. Over time, these chemicals can accumulate in our tissues and organs, potentially contributing to fatigue, hormone imbalances, headaches, digestive issues, and inflammation. The liver and kidneys work tirelessly to filter and remove these substances, but constant exposure can overload these vital organs.

This Thanksgiving, you can express gratitude for your body by choosing habits that lighten its toxic load. Start with food. Opt for organic or locally grown produce when possible to avoid pesticide residues. Choose fresh, whole ingredients instead of highly processed foods that often contain artificial additives, dyes, and preservatives. When roasting your turkey, use herbs and spices—like rosemary, sage, and thyme—for flavor and antioxidant benefits, rather than relying on pre-made seasoning packets with hidden chemicals.

The kitchen isn't the only place where toxins lurk. Cleaning products, scented candles, and plastic storage containers can release harmful compounds into the air and food. This holiday, try natural cleaning solutions like vinegar and baking soda, swap plastic wrap for beeswax or glass containers, and burn soy or beeswax candles instead of synthetic ones. Even simple changes like opening windows while cooking—can help reduce indoor air pollutants.

Finally, remember the power of hydration and movement. Drinking plenty of water supports your kidneys and helps flush out toxins. You may feel like lying down for a nap after a big Thanksgiving dinner, but your body will actually do better with a little exercise. Most of us have our stretchy pants on, so why not go for a comfortable walk to encourage circulation and detoxification through sweat and it will also help improve your digestion.

This Thanksgiving, let gratitude extend beyond the dinner table. By nourishing your body with clean food, fresh air, and mindful choices, you give thanks not just for health—but for the remarkable resilience of the body itself. That's something truly worth celebrating.

We believe in the importance of an annual program to help detox. It helps your body recover from the nutritional and environmental stresses and gives you a "reset" on eating a healthy diet. Many of our patients not only experience improved gut health, they also notice a reduction in joint pain, better sleep, reduced mental fog and increased energy/stamina. We use the 28-Day Standard Process Detox Program because it is a structured, whole-food-based regimen. You eat healthy food found in your local stores and support it with shakes that are high-quality, targeted nutritional supplements. While you can do this program any time at our office, we will be running our Group Detoxification Program again starting January 1st, 2026 in conjunction with Standard Process International. This is a great way to start the year off feeling your best by eliminating toxins from your body.

If you are interested or would like more information, please come to our free Wellness class in November. Details for the class are listed below. Sign up for the program by the end of the day on Tuesday, December 16th, so you can have your kit in time for the New Year. During the program, you will have weekly support as well as being able to join online groups through Standard Process for some extra support and ideas.

So go ahead, enjoy the holidays and throw in some of the changes listed above. Then, make a resolution to start the New Year by putting your health first, and the SP-Detox program is a great place to start!

Join me at our FREE Wellness Class as we cover what toxins do to the body, where you're being exposed to toxins, and what to do to avoid toxin exposure. Please join us at our Beaver Dam location for this FREE class on Tuesday, November 18th at 5:30pm. Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

Yours in Health. Dr. Stephanie Tyjeski

Dr. Stephanie graduated in December 2016 with her Doctorate in Chiropractic at Logan University. She continued on at Logan University to receive her Masters in Nutrition and Human Performance. She is also certified as a Digestive Health Professional through the Loomis Enzyme Institute. She currently works at Tyjeski Family Chiropractic and Wellness Center where she offers personalized nutritional counseling.

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The art of photography is complex. It involves navigating the right lighting, photo composition, camera settings, and so much more—not to mention the fun, welcoming environment a photographer must foster with their subjects. Cassandra VerHage has been doing all this and more for the past twenty years. In addition to being a photographer, she is the owner of c.verhage.photo, a photography studio located in downtown Waupun.

Cassandra's passion for photography began in high school. She reflects, "I started thinking about becoming a photographer after having my own senior portraits taken. I loved how those images captured such an important time in my life, and I wanted to give that same feeling to others." She applied for the photography program in Madison and spent her summers working for a professional studio, where she fell in love with the art of storytelling through portraits.

As for entrepreneurship, Cassandra can't exactly pinpoint when that passion began. "I think it's in my blood," she explains, adding that she grew up watching her parents run their own furniture store and admired their passion. When she got her photography business off the ground, her parents were huge supporters. "My dad helped me make smart decisions and taught me a lot about business ownership, while my mom became the brains behind the books—keeping track of paperwork, finances, and all the behind-the scenes details. Owning a business always felt natural to me—it's hard work, but it's also incredibly rewarding."

Without question, Cassandra declares that the most rewarding part of her career is seeing clients' reactions when they view their portraits for the first time. She loves watching their faces light up, hearing them say "This is so us," or even seeing tears of joy. "Knowing I've created something that will be treasured for generations is what keeps me inspired," Cassandra says.

On the other hand, the biggest challenge of owning a business... is owning a business! "There's always something to juggle," Cassandra explains, "whether it's time management, staying inspired creatively, or balancing the demands of work and family. But I've learned to view challenges as opportunities to grow."

While it's easy to identify a photographer's job as taking photos, there's a lot of behind-the-scenes work that goes into keeping c.verhage. photo up and running. Beyond actual photographing sessions, Cassandra spends hours editing, designing, ordering products, and helping clients choose the perfect way to display their images. She also manages marketing, scheduling, website management, emails, and all the other small details that go into a business. "It's not just about taking photos, it's

about creating a full-service experience that results in finished, heirloomquality artwork," Cassandra says.

At the end of the day, when the finished portraits are delivered and hung and everything fits perfectly, it's incredibly rewarding—for both the family and Cassandra. "Seeing a family's home transformed by having their own story beautifully displayed is better than any Pinterest dream," she says.

But getting to that end result takes a lot of creativity, planning, and even continuous education. The field of digital photography is constantly evolving, and Cassandra takes steps to not only keep up but stay ahead of the curve. Her professional lab selected fewer than 100 photographers nationwide to form a leadership photographer group, and Cassandra is a proud member. The group meets regularly to learn new techniques, styles, and approaches to better serve clients. Cassandra has even taught within the group and was featured in leading a mini-series on studio design and the importance of printing and creating custom wall décor.

In a world where almost all photos live on a screen, Cassandra is passionate about bringing memories to life through printed art. She has a special love for designing custom wall displays that tell a family's story, and she guides her clients through every step of the process. From helping select the best portraits to rendering exactly how the display will look in their home, Cassandra makes the process seamless.

This passion is reflected on the walls of her own studio, where she was featured in a filmed transformation project two summers ago. The project included installing over 50 new portraits on her walls, and the film crew spent three days documenting the process and interviewing Cassandra about designing spaces that celebrate family through printed art.

While running a business keeps Cassandra busy, she still makes time for life outside photography. "I love traveling and spending time with my family," she says. Cassandra and her husband have been married for ten years and have two kids who keep them laughing and busy. "Whether we're playing pretend with dolls or monster trucks, biking outside, or having a board game night, those little moments together mean everything."

Her ability to treasure these moments—whether in her own life or identifying and capturing them in the lives of others—is just one reason Cassandra has been a trusted photographer for over twenty years. From managing the back end of her business to staying up on the latest in digital photography to taking time for creativity, owning a business is a balancing act that Cassandra is making look easy.

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Step Into Comfort: 3 Must-Haves for Every Season

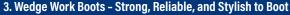
At Brooks Shoes & Repair, we believe the right footwear can make all the difference—whether you're at work, on the run, or simply enjoying life in comfort. This season, we're highlighting three musthaves our customers love: Birkenstock, Brooks Running, and men's wedge work boots.

1. Birkenstock - Timeless Comfort, Everyday Style

From errands around town to evenings on the patio, Birkenstock remains a classic for all-day comfort and versatile style. With supportive footbeds designed to mold to your stride, Birkenstocks are more than just sandals—they're a lifestyle staple. Whether it's the iconic Arizona or a cozy slipon clog, you'll find a pair that carries you seamlessly through the seasons.

2. Brooks Running - Built for Miles (and Smiles)

If running or walking is part of your routine, Brooks Running is your go-to brand. Known for their cushioned support and lightweight performance, Brooks shoes help every step feel effortless. Whether you're training, chasing a fitness goal, or just want a comfortable everyday sneaker, Brooks Running keeps you moving with energy and ease.



Work boots don't just need to be tough—they need to feel good, too. That's why wedge work boots have become a customer favorite. With slip-resistant soles, sturdy construction, and cushioned comfort, they're built to handle long shifts while still looking sharp. From job sites to weekend projects, wedge boots strike the perfect balance of durability and everyday wearability.

A Legacy of Quality and Service

Brooks Shoes & Repair has been proudly serving Waupun and the surrounding community for over 88 years, offering old-fashioned customer service and quality footwear for work, athletics, and dress. The business began in 1937, when Mr. Roy Brooks started doing shoe repair from the back of his garage. This November marks a special milestone—the 88th Anniversary of Brooks Shoes & Repair and Gary and Katie's 8th year as owners! To celebrate, we invite you to join us for our Anniversary Sale, November 3-15, featuring special savings, giveaways, and the same friendly service you've come to expect.

Repairing and Restoring—The Heart of What We Do

In addition to offering the best in footwear, we're proud to carry on our founder's original craft. Our repair services include new soles and heels, leather repairs, glueing, and stretching, helping extend the life of your favorite pair. Whether it's a beloved boot, a trusted work shoe, or a well-worn favorite, our skilled repair work keeps your footwear going strong.

Why Shop Local with Brooks Shoes & Repair?

We're more than just a shoe store—we're your neighbors, and we're here to help you find footwear that truly fits your needs. At Brooks Shoes & Repair, you'll experience the kind of personalized service you won't find anywhere else. Where else can you go that keeps your size, fit, and needs on file? Here, you receive one-on-one assistance and exceptional customer service every time you visit. Our knowledgeable staff takes the time to measure, fit, and guide you to the perfect pair, so you leave feeling confident and comfortable.

Step Into Your Next Favorite Pair

At Brooks Shoes & Repair, we take pride in offering footwear that works as hard as you do—and feels great every step of the way. Stop in to explore these must-haves, learn more about our repair services, and help us celebrate 88 years of serving Waupun with an Anniversary Sale November 3-15!







#experiencewaupun





















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Christmas with c.verhage.photo

By Cassandra VerHage

Christmas at the studio is truly my favorite time of year! The 13-foot tree goes up at the end of October, and by November 1st, it's full-on Christmas mode. My holiday events run throughout November, giving me plenty of time to deliver prints, storybooks, wall décor, and Christmas cards well before the holidays.

Santa visits three times during the month for The Santa Experience, which families travel hours for each year. Every season has a new theme,—like Santa's Workshop, where kids make and paint toys with Santa, or Santa's Kitchen, where they bake and decorate cookies together. This year's theme is S'mores with Santa, where families will gather around the fire near Santa's cozy camper for stories, laughter, and a touch of magic. My favorite products from these sessions are storybooksmany families add a new volume each year, creating the sweetest collection that grows alongside their children. I also love designing statement pieces for the fireplace or living room—portraits that preserve the wonder and innocence of the season forever.

For something simpler, I offer Holiday Simple Sessions, perfect for updating family or children's portraits. These make wonderful gifts for parents and grandparents who have everything except new photos of the people they love most. They can be seasonal or timeless, perfect to display year-round.

And if you're a fan of themed sessions, don't miss this year's Home Alonee limited-edition shoot—based on everyone's favorite '90s Christmas classic! We've recreated Kevin's house, the feathers, the Wet Bandits, and more for a one-of-a-kind experience. Storybooks and collage prints from these sessions make amazing holiday décor for years to come.

If you'd like to create a session of your own, booking is open now at www. cverhagephoto.com. Holiday sessions are already filling up fast, so grab your spot today. Time stops for no one—preserve this moment in time while it's here.

Gift certificates are also available! They're the perfect gift for that mom (or mother-in-law) who's been asking for updated family portraits for years. The best part of working with me is that everything is taken care of—from designing the session and selecting your favorite images to choosing the perfect wall sizes and delivering finished, ready-to-hang artwork. Your images won't sit on a hard drive waiting to be printed—they'll be proudly displayed on your walls for everyone to see and enjoy.









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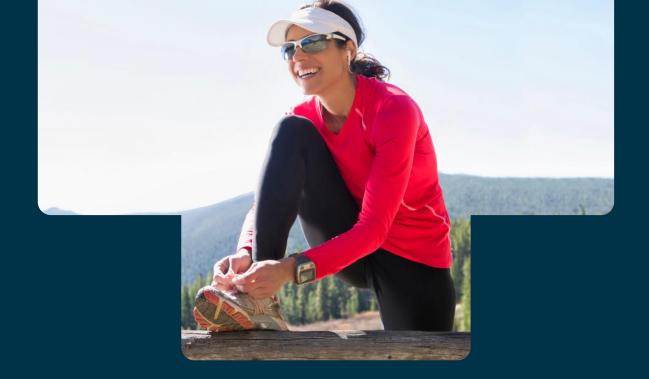
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Hand surgeons operate on patients with problems like carpal tunnel syndrome, arthritis and congenital issues and injuries like breaks and lacerations.

Our hands are at the center of what we do every day. Because of this they are prone to injury, which can make day-to-day tasks difficult. Hand pain or injuries may require you to see a hand surgeon to discuss the possibility of hand surgery.

What does a hand surgeon do?

Hand surgeons take care of the entire hand from the skin down to tendons and bones. They can operate on patients with problems like carpal tunnel syndrome, arthritis and congenital issues and injuries like breaks and lacerations. Hand surgeons can treat both children and adults.

Hand surgeons most commonly see patients with carpal tunnel and arthritis. But they often also see surgical cases for wrist fractures, hand and finger fractures, and lacerations to tendons.

When should you see a hand surgeon?

It is recommended that patients see a doctor within a day or two of trauma to the hands. Additionally, if there has been something that came about slowly but has continued to be bothersome for longer than 3-4 weeks, you should see a doctor.

Severity of your injury or pain will determine whether your doctor will refer you to a hand surgeon. Treatment is individualized for each patient. The first step is to try conservative treatments like physical and occupational therapy before turning to surgery. If non-surgical treatments do not work, your doctor may refer you to a hand surgeon to address the problem.

What to expect after hand surgery

Recovery is different for each person based on the procedure. There is good blood flow to the hands and not a lot of risk of infection. Typically, patients can expect to take it easy for 1-2 months after hand surgery.

Hand surgery may be the answer to hand-related pain and injuries. However, modern technologies are giving hand surgeons more options than ever to provide patients with less painful, less invasive options for solving their hand-related issues.

Technology for hand surgery is helping to improve recovery time. Carpal tunnel syndrome can now be treated through laparoscopy, which involves routing a tiny instrument through a small incision in the wrist. This method is less invasive and painful for the patient and has a quicker recovery time.

Before surgery is even needed, advancements are occurring with medications to treat hand ailments. Medicine can treat Dupuytren's disease, which causes the skin at the base of the fingers to abnormally thicken and the fingers to bend, complicating daily activities. Dupuytren's disease used to require a surgical treatment. But now, an injection can dissolve the extra growth.

If you are experiencing recurring or ongoing hand pain, talk to your primary care provider.

To learn more about hand surgery and orthopedic care at Marshfield Medical Center-Beaver Dam, call 920-219-4009.



Caring for children with RSV, or respiratory syncytial virus, at home can be nerve-wracking. As a common respiratory infection, RSV symptoms may include runny nose, decreased appetite, coughing, sneezing, fever and wheezing. While symptoms typically only last a couple of weeks and resolve with rest and fluids, RSV can be dangerous, especially in infants.

RSV can cause dehydration, trouble breathing and additional serious illnesses, such as lung infections like bronchiolitis or pneumonia, which are often causes of hospitalization in infants.

Tips for caring for RSV at home

In many cases, RSV will go away on its own. As a parent, you can help treat your child's symptoms at home as they occur, similar to what you'd do for a bad cold. While symptoms typically only last a couple of weeks and resolve with rest and fluids, RSV can be dangerous, especially in infants.

Tips for caring for RSV at home include clearing out mucus and improving breathing. You can help do this through:

- Nasal saline rinses to flush out excess mucus.
- Using a bulb syringe to suction mucus from your child's nose.
- Using a cool-mist humidifier to help thin mucus to allow it to drain more easily.

Make sure your child gets plenty of rest and stays comfortable. Sleep is essential because it helps their body recover faster and gives their immune system the energy it needs to fight off the virus.

If your child has a fever, consider giving them a fever-reducing medicine. Acetaminophen can be given at any age. Ibuprofen can be given to children six months and older.

Talk to your child's health care provider about proper medication dosage and if your child has any medication restrictions.

Keeping your child hydrated is important

When your child is sick, they likely aren't eating and drinking as much as normal. This can increase their risk of dehydration.

Children are more vulnerable to dehydration than adults. Their smaller body size means

it doesn't take as much fluid loss to cause dehydration.

To help reduce the risk of dehydration:

- Try feeding your child more frequently if they aren't eating as much.
- Using the bulb syringe to help clear their nose before feeding may improve food
- For breastfeeding children, it may help to pump and then feed from a bottle.
- In older children, popsicles, ice chips, soups or Pedialyte may help improve hydration.

Monitor how much your child is drinking.

If your child is drinking less than normal and if they have fewer than five to six wet diapers daily for infants or no wet diapers or urination for eight hours in toddlers, talk to your child's provider.

Monitor for additional signs of dehydration including sunken eyes, irritability, unusual fatigue, crying with no tears and a dry mouth or tongue.

Know when to see a health care provider for RSV

If your child is breathing too hard or too fast to feed effectively, they should be brought to the emergency department.

Talk with your child's health care provider if they show other signs of worsening illness including wheezing, persistent irritability and if they are showing signs of dehydration.

Immunizations for RSV are available to help protect your child from severe illness

To help protect newborns, a maternal RSV vaccine is recommended during weeks 32 through 36 of pregnancy. The vaccine can be administered from September to January to help ensure protection for a baby if they are born during peak RSV season.

An immunization is available for infants and young children. It's recommended for:

- Infants younger than 8 months of age, born to mothers who did not receive a maternal RSV vaccine during pregnancy. This should be given to infants shortly before the RSV season, or within one week after birth, if born during October through March.
- Infants and young children aged 8 19 months, who are at an increased risk of severe RSV disease. This includes some children who were born prematurely and have chronic lung disease, are immunocompromised, have severe cystic fibrosis or are of Indian or Alaska Native heritage. This should be given to children between October through March.

To make an appointment with a Marshfield Clinic primary care provider, call 920-887-5975.

Shop, Dine and Enjoy the **Entertainment Beaver Dam has** to Offer This Holiday Season!

November

Monday - Sunday 10 - 23: Holiday Hustle Shopping Event - Downtown Beaver Dam Saturday the 22nd at 7:00pm: Beaver Dam Area Orchestra Fall Concert at Beaver High School Saturday the 28th through January 3: - Rotary Lights Display in Swan City Park Saturday, the 29th - 10am to 3pm: "Get Caught Shopping Small" - Beaver Dam Business



December

Saturday the 6th: Jingle and Mingle

Saturday the 6th: Santa's Hometown Holiday Adventure - throughout Beaver Dam. Holiday Parade - starting at 5pm -Downtown Beaver Dam. Holiday Open House - Beaver Dam Chamber & Visitor Center

Sunday the 7th at 4pm: Red Kettle Concert - Beaver Dam High School Auditorium **Sunday, the 13th:** Beaver Dam Area Orchestra Holiday Concert at Beaver High School - 5:00pm family concert and 7:00 full concert - Beaver Dam High School Auditorium.

Saturday the 13th: Cocoa Walk from 10am to 3pm - at participating businesses

For more information go to beaverdamchamber.com



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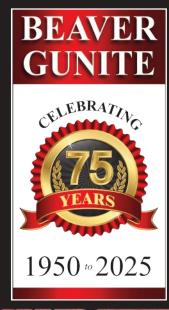
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Weekly Specials

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Weekly Dining

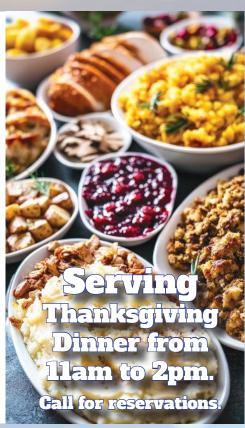
Wednesday 4:30-8pm & Fridays 4:30- 9pm both days serving upstairs, please use the south entrance.

Brunch with the Grinch December 7th

New Year's Eve

Featuring Piano Fondue **Dueling Pianos**

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Ingredients

4 cod fillets, about 1" thick
Kosher salt
Freshly ground black pepper
1 lemon, sliced, plus wedges for serving
2 garlic cloves, smashed, unpeeled
2 thyme sprigs
1 cup cherry tomatoes
1/4 cup extra-virgin olive oil, plus more for dish
1/4 tsp. crushed red pepper flakes
2 Tbsp. finely chopped fresh parsley

Directions

Arrange a rack in center of oven; preheat to 400°. Pat cod with paper towels until dry; season all over with salt and pepper.

In a 13" x 9" baking dish, combine lemon, garlic, thyme, tomatoes, oil, and red pepper flakes. Toss to coat and spread in an even layer. Nestle cod pieces into baking dish.

Bake cod until opaque and fish easily flakes with a fork, 25 to 30 minutes, depending on thickness of fillets.

Top with parsley. Serve with lemon wedges alongside. Spoon pan sauce over.



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Sunday, November 2: Community Hall Brunch from 8:30 am to 1pm. Brunch takes place at Hustisford Community Hall, 316 E.Tweedy Street.

Sunday, November 9: Polka Dance from 12:30 to 4:30 at the Hustisford Community Hall, 316 E.Tweedy Street.

Saturday & Sunday, November 29 & 30: Countryside Gardens Open House from 8:30am to 5pm. Located at W3582 Perch Road.

Saturday, November 29: Cookie Walk from 9am to noon. John Hustis House at Memorial Park - sponsored by Hustisford Historical Society.

Sunday, December 7: Community Hall Brunch from 8:30 am to 1pm. Brunch takes place at Hustisford Community Hall, 316 E.Tweedy Street.

Saturday, December 13: Cookie Walk from 9am to noon at St. Michael's Lutheran Church located at N4911 Gray Road.

Check Out All the Activities!

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First Thursday of Every Month

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First Sunday of Every Month 8:30am - 1pm

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Coming this holiday season for the first time, West Bend will be hosting an authentic, European style Christmas market the Christkindl Markt - Downtown West Bend - on 6th Avenue. Dodge County and surrounding communities are invited!

With West Bend being just 45 minutes to the east of Beaver Dam on State Hwy 33, and with many Dodge County communities even closer, this is an easy trip for a new, family-friendly, holiday experience.

This free "Old World Christmas Market" will be held Thanksgiving weekend, Friday, November 28th, 5:00 pm to 8:00 pm, Saturday, November 29th, Noon to 9:30 pm and Sunday, November 30th from Noon until 5:00 pm.

Visitors can enjoy heated tents on 6th Avenue between Elm Street and Hickory Street, just south of Old Settlers Park, the mini park in the heart of the downtown. In addition to a vendor tent and a beverage/entertainment tent, there will also be 6 marktstands - traditional outdoor wooden stalls - at the market. Artisan craft and food vendors will be selling out of the traditional outdoor stalls as well as having vendor space in one of the two tents. 6th Avenue will transform into a vibrant holiday market in the European tradition for the holiday weekend.

In addition to the artisan vendors, there will be authentic German food and beverage items available for hungry shoppers, including traditional glühwein, the warmed, spiced wine of the season. Menu items will include bratwurst, weisswurst, wieners, kartoffelpuffer (homemade potato pancakes), lauch-kartoffel suppe (leek potato soup), bretzels (pretzels) mit käsesauce (with cheese sauce), heisse schokolade (hot chocolate), kaffee (coffee) and warmed glühapfelwein (non-alcoholic apple cider). Plus there will be both German and American beer.

There will be sweet treats such as lebkuchen (gingerbread), pastries, cookies and cakes. Guests can purchase a souvenir Christmas ornament or ceramic glühwein tasse (cup) for holding your wine, hot chocolate or hot cider.

The public will be entertained by live German American bands and dancers and with recorded Christmas music in both German and English throughout the weekend.

In addition to the holiday market there will be special downtown retail promotions throughout the weekend. The first evening of the event comes at the end of the annual shopping extravaganza of Black Friday. The nearly two dozen specialty shops of downtown West Bend will be celebrating the first of its four Merry & Bright Shopping nights that night - the four Fridays before Christmas. The theme for the night is Candy Canes and participating shops will be gifting small candy canes to shoppers.

Downtown retailers invite shoppers to support them on Small Business Saturday, the first full day of the Christkindl Markt. The downtown features family-owned boutique apparel, jewelry, clothing accessory, home décor, sports memorabilia, sporting goods, vintage records, gourmet popcorn, antiques and other unique shops, perfect for that one-of-a-kind, or exclusive, gift purchase.

Sunday morning will welcome holiday bicycle riders with the Santa Bike Ride in downtown West Bend. Then on Sunday evening, immediately following the close of the Christkindl Markt, West Bend hosts its annual night time Christmas Parade. The traditional event proceeds from the north and goes south down adjacent Main Street, a short block off of the holiday market.

But there's an additional reason to stop in the downtown specialty shops the weekend of the Christkindl Markt. There will be multiple chances to enter to win one of several prize baskets of wine and kitchenware. Participating shops will be celebrating a special holiday tradition from Germany, asking patrons to find the "hidden" pickle ornament in their business. Patrons who find the pickle ornament in any of the participating businesses will receive a raffle ticket to be entered into the drawing. Shoppers can find the pickle and enter once each day at every business throughout the three day event. With multiple chances to win, shoppers are encouraged to visit all the participating shops!

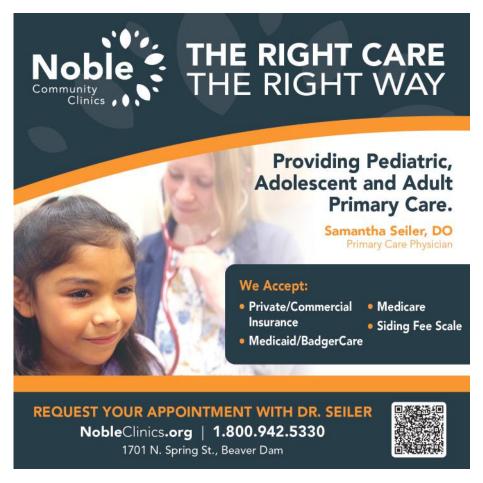
This will be a family event. Children will enjoy meeting the Christkind - the Golden Haired Gift Giver - at the market. She distributes presents and is happy to take photos with children or the whole family. Both Saturday and Sunday there will be live chainsaw art demonstrations on the patio adjacent to the market where the City of West Bend Christmas Tree lights up Old Settlers Park. On Saturday kids can join in the band with Peggy Mueller and Friends, by taking up one of Peggy's "extra" instruments. And, children will love the challenge of finding the pickle ornaments in participating downtown shops and businesses.

There will be plenty of German American entertainment over the weekend, with much of the talent homegrown in Washington County. Performers will include The Music Venders - performing annually at area German American events such as Mai Fest and Oktoberfest in Germantown and for many years at the WTKM stage at the Dodge County Fair. Peggy Mueller & Friends will appear, boasting a resume that includes performances at German Fest Milwaukee, and local German American bars and restaurants like the Bavarian Bierhaus and Von Rothenburg Bier Stube. The Milwaukee Donauschwaben Dancers will dance over the weekend; this group has experience performing at just about every German American event in southeastern Wisconsin. The Biermen, now a standard at many of the Oktoberfest celebrations (and other events throughout the season) throughout metropolitan Milwaukee, are in the line up for the Christkindl Markt. Chris Vesche and his Band In A Box will also be performing on the weekend. Chris, as a solo act, has had many performances at area German American bars and restaurants and at some festivals. The local River City Blaskapelle, West Bend's nod to its musical, German, heritage, will also be on the entertainment line up for the weekend. And, there may be a surprise opening performance on Friday evening to kick things off!

Downtown West Bend's Christkindl Markt is brought to you in part by West Bend Insurance Company Charitable Fund at the West Bend Community Foundation, the State Bank of Newburg, Equipment Rentals, Inc., Delta Defense and the City of West Bend, as well as other sponsors.

For more information, visit downtownwestbend.com and go to the "Events" tab, or call 262-338-3909. See you at the Christkindl Markt - Downtown West Bend. Bis bald und aufwiedersehn!







In Reeseville, Wisconsin, Stanton Legacy Acres is more than a hemp farm. It is a family vision—rooted in service, resilience, and innovation—that has blossomed into a Dodge County Favorite 2025 and a shining example of veteran- and woman-owned entrepreneurship.

From Soil to Story

What began as a modest homestead on Low Road has grown into a trusted name in local wellness. Founded by John and Martina "Marty" Stanton, the farm reflects both deep roots and forward vision. With John's eight years of service in the U.S. Army and his passion for cultivation, he now spends countless hours in the fields, grow room, and greenhouses, nurturing each hemp plant from seedling to harvest. His dedication forms the backbone of Stanton Legacy Acres.

Marty's path into farming was less expected. A respected pastor in Waterloo and Marshall and the treasurer for the township of Lowell, she had never pictured herself starting a hemp farm. Yet her gift for leadership, connection, and education has made her the farm's heartbeat. Her ability to blend compassion with entrepreneurship has turned a family

idea into a thriving business rooted

in community care.

Their son Corey adds another dimension to the farm's strength. A veteran and father himself, Corey brings youthful energy, technical skill, and a spirit of innovation. From refining formulations to exploring new ways the farm can serve families, Corey ensures the mission continues to evolve while staying true to its roots.

Woman-Owned, Community-Focused

Marty is more than a co-owner—she is the visionary behind Stanton Legacy Acres. She directs product development, ensures rigorous quality standards, and builds the relationships that connect the farm to Dodge County and beyond. Her leadership underscores the essential role of women in agriculture, an industry where female voices have often been underrepresented.

She also embraces collaboration. By partnering with other woman-owned businesses like The Dove Apothecary, Marty is creating a network of women entrepreneurs lifting each other up while expanding access to natural wellness solutions.

Products with Purpose

From field to family, every product at Stanton Legacy Acres is created with transparency and care. Their offerings—ranging from CBD tinctures and pain creams to pet treats and smokable flower—are processed in-house and tested for safety.

Marty has also pushed the farm to be a source of education, not just products. She often speaks with holistic groups, community gatherings, and local coffee-clutch circles, sharing knowledge about hemp's benefits and breaking down misconceptions. For her, From Our Farm to Your Family isn't just a motto—it's a promise of both quality and understanding.

Community Recognition

Being named a Dodge County Favorite 2025 is more than a title it reflects how deeply Stanton Legacy Acres is woven into local life. From farm tours to vendor shows, Marty and her family continually invite neighbors to share in their story.

That recognition has also reached a national stage. Stanton Legacy

Acres is proudly endorsed by health and wellness coach Dr. Forbes Riley, whose platform has amplified the farm's reach and validated the heart behind Marty's leadership.

Looking Ahead

Stanton Legacy Acres shows no signs of slowing down. With John continuing to anchor the growing process and Marty expanding products, education, and

partnerships, the farm is preparing for thoughtful, sustainable growth. Their products can be found right at the farm, online at www.Stanton-LegacyAcres.com, at vending and event shows across Wisconsin, and in select local stores—keeping their mission accessible to both neighbors and new customers alike.

For those looking to learn more, place an order, or connect directly, the Stanton's can be reached at StantonLegacyAcres@gmail.com or by phone at (920) 210-2303.

Their story demonstrates what's possible when roots are planted firmly in purpose: veteran discipline, women's leadership, and a commitment to innovation rooted in family and community. In Dodge County—where authenticity and connection matter most—Stanton Legacy Acres is cultivating far more than hemp. They are cultivating a legacy.

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Thanksgiving Dinners and pies will need to be picked up by **5pm Wed, Nov 26th**





Knitting for Sammie

By Gloria Hafemeister

A visit to a Historical Society event featuring unique antique items led to a lesson in what it means to be patriotic.

At this event I saw a knitting machine, used generations ago to make socks. What was interesting about the machine is that I learned the American Red Cross, during World War I, encouraged knitters to make socks for soldiers by offering the machine free to anyone who donated 30 pairs of socks.

Jim Hoefler, a Watertown craftsman who owns one of these knitting machines, explained how the machine allowed volunteers to make 400,000 pairs of socks for soldiers fighting for our country. He introduced me to another knitter, Kim Montgomery, of Juneau who uses the machines yet today to make wool socks that are more comfortable than any sock that can be purchased in a department store.

The story behind the machine, however, is fascinating because it made me think about how many people, particularly women, jumped at the opportunity to do whatever they could to help in the war effort.

It got me thinking about the real meaning of patriotism. The closest I found that defines it is on the internet from "AI". "Patriotism is the love for, and willingness to serve and sacrifice for, one's country and fellow citizens, stemming from pride and concern for the nation's well-being. It involves more than just pride; it's

about taking action to improve the country, uphold its values, and participate in its civic life."

It made me want to learn more so I visited Kim at the Dodge County Antique Power Club's school house where she often demonstrates her sock-making skills.

According to Kim, the machine was actually invented prior to World War I. It took off in popularity, however, when the Red Cross saw it as a way to get even more of the badly needed socks to soldiers.

They found plenty of volunteers to knit socks for the troops but by offering the machine in exchange for donations of socks, they could meet the great need.

"Knit for Sammie!" became the rallying cry of American Red Cross knitters. American soldiers were called Sammies, short for Uncle Sam.

Kim points out "People back then cared about their country - Boys lied about their age just to join the military because they wanted to help. Women wanted to do anything to help those in the service."

Trying to understand why socks were so important, I learned that many of our front-line soldiers in World War I suffered from trench foot caused by weeks and months in wet trenches. Trench foot could cause gangrene and lead to amputation. The soldiers needed to change socks many times a day to avoid getting trench foot. The biggest need for our soldiers was for socks.

At the time, there was only one commercial sock manufacturer in the world and they were working at capacity producing 5,400 pairs of socks per day for the army which was far short of the need. An experienced hand knitter could knit a pair of socks in a week. School children learned to knit and worked on socks during breaks. Office workers gathered together and helped each other learn to knit. In colleges, boys dropped out to enlist in the military to help the country they loved. College girls took time in their day to get involved in knitting. Women at home who felt helpless had the satisfaction of contributing to the greater good by knitting. But even with all of the hand knitting, the need for socks for our troops could not be met.

Mabel Boardman, the only woman on the Red Cross Central Commission, realized that hand knitters would not be able to fulfill the dire need for socks, so the Red Cross mobilized and purchased small Circular Sock machines and set up set up training rooms, then distributed the machines and yarn and patterns to civilians to knit socks. Any individual who pledged to knit at least 30 pairs of socks for our troops was able to keep the knitting machine and continue to use it to make socks for their own family. Our troops had enough socks to keep their feet dry to avoid trench foot and in late 1918, the war ended.

Watching Kim skillfully operate her antique machine, I learned it takes ten pounds of wool to make 30 socks. I also learned there are numerous brands of sock knitting machines around.

She points out, "These machines have personalities. Each is unique." Kim uses only wool and a little nylon so the socks can be machine washed. She also spins her own yarn.

She got involved with Antique Power Club when the school house was moved onto the farm to house smaller items and more household type things. It gave her something to do while her husband and grown children showed their tractors out on the grounds.

She says, "It was the connection to the military that sparked something in me that I am doing something that so many women did back in the World War I years."

So what is so unique about her socks? She says, "Because I make them to size. That's why they are so comfortable."

She points out, "Most socks come in packs and are labeled - size 6 - 10. That means the heal can be anywhere and it will be uncomfortable. There is nothing like wearing a pair of socks that fit your feet perfectly."

Those who loyally buy her socks say they are comfortable, winter and summer. While wool might seem too warm to wear in summer, she says, "It wicks the moisture away from the skin so even in hot weather, feet will feel cooler and in cold weather they feel warm. That's why they worked so well for the soldiers in the trenches."

Kim has always been a knitter and spinner. She still likes to spin her own yarn for her projects and she enjoys demonstrating both at the Antique Power Club shows.

An EMT for Juneau for the last 16 years, she says "Knitting is a way for me to relieve stress after I've been on an especially emotional call. It's a way for me to decompress when I get home."

Using the knitting machine has also opened up many social activities for her. There are groups of people who get together on a regular basis to knit socks together on these machines. She says, "Spinners hold 'spin ins'. These groups hold 'crank ins."

Each year she goes to a retreat where the knitters learn from each other. Each participant brings her own machine and there are many different brands and styles.

"I had this machine and didn't know how to use it," she illustrates. "I wanted to learn because I always knitted but I was starting to get some arthritis in my hands and it was hard to knit. I went to a 'crank in' at Racine for four days and learned. The ladies were incredible - they taught me how to use it."

Noting how much fun they have, she said, "At all these events every time someone finishes a pair, they ring a cow bell."

The first pair of socks she made is now in a shadow box that her daughter gave her as a reminder of where she started.

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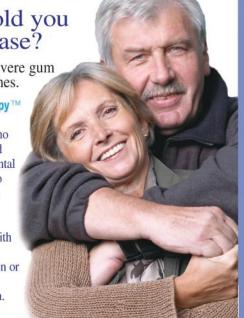
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Restaurant Guide

Beaver Dam County Club

The 1966 Bar & Restaurant located in the South entrance of the Beaver Dam Country Club. Wednesday night bar opens at 4, dinner service 4:30 to 8pm, Friday night bar opens at 4, dinner service 4:30 to 9pm, Sunday Brunch 10:30 - 1:30pm. Check out our specials on Facebook!

Boat House Pub & Eatery

N10575 Chief Kuno Trail - Fox Lake (920) 928-3470 Open Wed - Sun 11am - Close, Mon 3pm - Close. Daily Specials - all you can eat Wings, Wednesday "Dollar Days", Sandwich Menu, Homemade Half-Pound Burgers & Pizza, Children's Menu, Weekend Dinner Specials

Buchanan's One Away

118 Lake Street, Hustisford - (920) 349.3400 Homemade Pizza - Serving thin and New York crust pizzas. Check website for current hours.

Feil's Supper Club

2 miles south of Randolph on Hwy 73 (920) 326-5544 Herb's famous homemade bread, onion rings and salad bar. www.feilssupperclub.com

Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990 Serving coffee, specialty drinks, desserts & soups. Sandwiches, drive through & meeting room available.

Iron Ridge Inn

131 S. Main Street - Iron Ridge (920) 387-3348

Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm

Family Owned Supper Club Est. 1972. Serving Up: Choice Cut
Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas;

Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For
All Occasions. www.ironridgeinn.com

Lake Street Inn

147 North Lake Street - Hustisford (920) 349-8936 Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

Old Hickory Dining

W7596 Hwy 33 East - Beaver Dam (920) 887-7179
An expanded lunch menu is available Monday - Friday from 11:00am-3:00pm from Memorial Day - Labor Day. Monday dinner service available Memorial Day - Labor Day. Enjoy casual dinner service on select weeknights. Hours and menu vary seasonally. Fish Fry is available most Friday evenings from 4:00-8:30pm. Special Events (up to 250 guests) welcome. Facebook: Old Hickory Golf Club. www.oldhickorygolf-club.com

Park Avenue Sports Cafe

709 Park Ave - Beaver Dam (920) 885-4510 Mon - Fri 11am - late night, Sat & Sun 7am to late night (serving breakfast), Family Friendly Atmosphere. www.parkavesportscafe.com

The Shores of Fox Lake

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576

Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us Fridays and Saturdays from 4pm to 9pm and Sundays and Mondays from 4:30pm to 9pm. Open Thursdays May 1st - September 30th. Voted Dodge County's Best Supper Club 2 Years in a Row!

Visit us on Facebook: The Shores of Fox Lake Steakhouse www.theshoresoffoxlake.com

Sinissippi Lake Pub

N4571 County Road E - Hustisford (920) 349-9333 Fantastic Food & Sensational Service Follow us on Facebook for our hours, menu, daily specials and exciting events.

Snapper Vick's Mexican Restaurant

N5007 Country Road WS - Woodland (920) 625-3441 Closed Monday, Tue - Sun 4:30 - 9pm, Famous for Mexican entrées.





Several Ways to Give in November and December

- · Roundup at the Register.
- Donate Your Gently Used Clothing and Household Items.
- Monetary Donations Can Be Mailed, Dropped Off at the Store or Donate Online through Beaver Dam Area Community Foundation Link for SDVP Fund Food Pantry Expansion.

Offering a Variety of Services

- Food Pantry
- Thrift Store
- · Financial Assistance Supporting Dodge County

St. Vincent De Paul Thrift Store

125 Dodge Drive, Suite 100 Beaver Dam, WI 53916 920-885-6971 www.svpdodgecounty.org

Thrift Store Hours

Monday - Saturday: 8am - 7pm Closed on Sunday

*Donations can be mailed to address listed on the left.



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