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InSpire

Magazine

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Vicky Smith, DVM of Willow Pet Hospital, Beaver Dam and Colton a Bernese Mountain Dog.

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MINI

"Animals are such agreeable friends -they ask no questions; they pass no criticisms." - George Eliot

I was never interested in adopting a pet, but a beautiful skinny calico cat came to our front door! She gives us all the benefits of pet ownership listed below!

The love and companionship they provide in a home is proven to:

- Help to reduce stress and anxiety.
- Ease feelings of loneliness.
- Provide unconditional love and support.
- Create a calming presence.
- Gives sense of purpose for pet parents.
- 60% of pet owners meet the recommended weekly amount of exercise.
- The presence of animals significantly improves blood pressure.
- Pets can improve the quality of life for people diagnosed with Alzheimer's and Dementia by decreasing distress, loneliness and depression.

source: health.ucdavis.edu

Celebration Days for You and Your Pet

- April 7: National Pet Health Insurance Day.
- April 10: National Hug Your Dog Day.
- April 11: National Pet Day.
- April 11: Dog Therapy Appreciation Day..
- April 19: National Dog Parent Appreciation Day.
- April 19: National Cat Lady Day.
- April 23: National Lost Dog Awareness Day.
- April 26: National Kids and Pets Day.
- April 26: World Veterinary Day.
- April 27: National Little Pampered Dog Day.
- April 27: National Pet Parents Day. Always the last Sunday in April.
- Last Sunday in April: International Search and Rescue Dog Day.
- April 30: Adopt a Shelter Pet Day.
- April 30: International Guide Dog Day.

If you would like to share the photo of your pet with family and friends go to inspiremagazinewi.com.
Happy Pet Month!

Sincerely,

Denise Fitzsimmons

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BROWNIE

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NELLIE

TOBY

BUDDY

SUNNY

WILLIE & WAYLON

LASSITER

JACK



JORDY

HARPER

WILEY

WAYNE

ORLANDO

GYPSY

CASH

QUINCEY

KEEPING OUR PETS HEALTHY

By Ashley Posthuma

We all love our pets, but caring for their health can be tricky. They can't tell us when something is wrong, and in fact they often try to hide any physical pain from us. That's why it's important to bring your pets to a team you can trust. At Wyllow Pet Hospital, the friendly and experienced staff are ready to treat almost any ailment and provide preventative care, too. Known for going above and beyond, this unique accredited facility has a long track record of providing excellent care for pets—and their parents.

Located in Beaver Dam, Wyllow Pet Hospital provides a wide range of care for both sick and healthy pets. They specialize in customizing care for each individual pet, based on species, breed, age, lifestyle, prior health history, and risk factors for diseases. With an extensive in-house laboratory and partner laboratories, the team can provide complete diagnostic labs services. They also do surgeries, dentistry, digital radiography, ultrasonography, echocardiography, and blood pressure screening. Additionally, they offer nutritional counseling, basic behavior counseling, and new pet services like specialized puppy and kitten appointments.

Beyond treating sick animals, the team strongly advocates for preventative wellness testing to monitor for early signs of diseases. Dr. Vicky Smith, owner and veterinarian at Wyllow Pet Hospital, explains that her team always encourages pet parents to perform routine wellness testing, even if a pet doesn't appear to be sick. "A while back, we had a canine patient that had just started coming to our hospital. Although she was healthy and only 7 years old, we recommended routine bloodwork. Thankfully, the owners accepted the recommendation, and the bloodwork results showed elevated liver values. This led to us discovering that she had a disease causing excess copper to accumulate in her liver, creating liver damage. Based on the dog's happy, bouncy, normal behavior, we never would have guessed that she was facing this disease. Many liver diseases show no signs until they have already caused extensive damage, and by then it is too late to do much to intervene. Because we caught this particular case early enough, we were able to get the patient on a low-copper food and proper medications. She will live a much longer, healthier life because we were able to diagnose her before she progressed to liver failure."

Although that case stands out as a strong example for why pet parents should take their pets in for preventative wellness testing, it is not unique in terms of the individualized care that dog received. At Wyllow Pet Hospital, all staff are focused on providing the best possible care for every patient. All the way from receptionists to veterinary technicians, veterinary assistance, veterinarians, and even the kennel help, it's an organization filled with passionate experts. "We all want what is best for our patients and their people," says Dr. Smith. "We always tailor our care for each individual, since the best choice for one pet may not be what's right for another."

Wyllow Pet Hospital goes even a step further than providing excellent, personalized care for each pet; they have also been continuously voluntarily accredited since 1988. To put that into perspective, only 15% of veterinary hospitals have achieved accreditation (while 82% of human hospitals are accredited!).

The accrediting body, the American Animal Hospital Association (AAHA), evaluates a practice based on over 900 standards. These include anesthesia, dentistry, diagnostic imaging, emergency and critical care, contagious disease, client service, and so much more. By seeking to maintain accreditation, Wyllow Pet Hospital signifies they are willing to go above and beyond the other 75% of veterinary practices in the United States. They hold themselves to a higher standard in order to provide the best possible care, every time.

While they do offer the same basic services as other veterinary clinics, they often take extra steps in diagnosing, researching, treating, or finding the right specialist for the more complicated issues that some pets can develop. "For example," recalls Dr. Smith, "we had a dog with mass on the back of his thigh. It was not very big, but we advised sampling the mass to find out more about it. We performed a needle sampling of the mass and advised surgical removal. Although the surgery went well, the biopsy indicated it was a cancer type that would recur. We worked with the owner and veterinary oncologists at the University of Wisconsin Veterinary

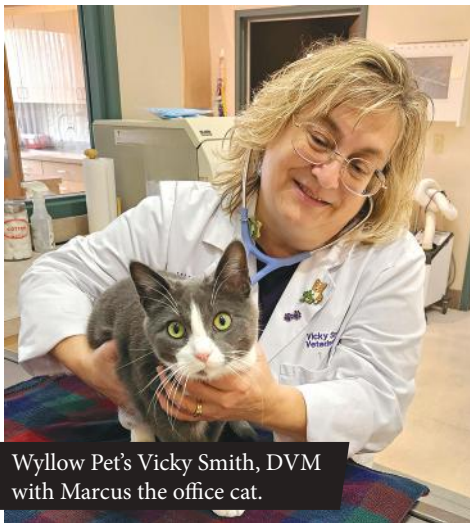
Hospital to provide radiation and medical therapy for the cancer. That patient has now been cancer-free for 2 years and is doing well."

With such a strong track record of providing exceptional care, it's no wonder the community puts their trust in Wyllow Pet Hospital. Wyllow has been providing health care services for the canine officers of the Beaver Dam Police Department and Dodge County Sheriff's Department since King, the first BDPD canine officer, started serving in 1996. They donate their services by providing all routine wellness services at no cost to the police departments, and they even provide services for retired canine officers as well.

As technology continues to advance, Wyllow Pet Hospital stays on the cutting edge to continue providing the best possible service. They recently updated

their ultrasound capabilities with a state-of-the-art ultrasound unit and added a new dental x-ray unit. They have also recently begun offering an online pharmacy, so pet parents can experience the convenience of shopping online, the pleasure of competitive pricing, and the joy of supporting small business and shopping locally—all at once! Online, shoppers can find prescription foods, medications, parasite preventatives, custom compounding of medications, and non-prescription pet products.

These accommodations are just one more example of Wyllow Pet Hospital's dedication to making the lives of local pet parents more convenient, which is something they've been doing since their founding in 1978. With a strong history of serving the community by providing the best possible care for their patients and holding continuous accreditation for over 35 years, Wyllow Pet Hospital isn't just another veterinary clinic. They keep their diagnostics current, ensure the facility and its technology are up-to-date, and their staff provides compassionate and knowledgeable care. This combination results in comprehensive, high-quality care for Wyllow Pet Hospital's furry friends and their families. They make it possible for our pets to live longer, healthier lives, and that's the number one item at the top of every pet parent's list.



Wyllow Pet's Vicky Smith, DVM with Marcus the office cat.



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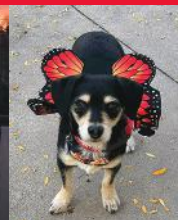
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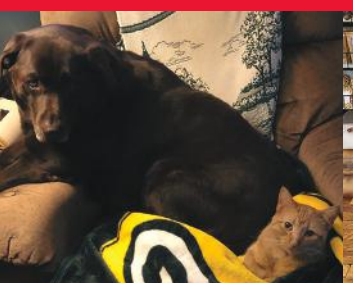
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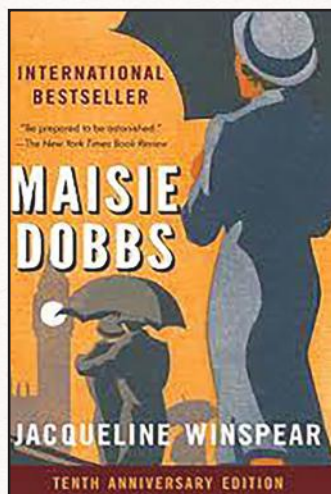
SADIE MAE



MELLO



MOLLY



Maisie Dobbs

by Jacqueline Winspear


Reviewed by

Peggy K. Potter, M.L.I.S.

The setting is before, during, and after World War I, England. Shortly after young Maisie's mother dies her father arranges to put his only daughter into service as a maid with a rich family. Maisie is lucky, they are kind. Even more lucky, the other staff are also kind. The lady of the house learns Maisie can read and undertakes the 13-year-old's education. As the years pass Maisie works hard and studies harder. She is sent to the only university in England that will take female students. Then the war starts. Our young innocent lies about her age and joins the war effort as a Red Cross Nurse.

Two miles from the front, the medical staff patch up a never ending river of soldiers as fast as they can, stabilizing their patients enough to move them on to transport home and real hospitals. The reader gets a view of war, at least this war, that is seldom seen. The lice, the vermin, and the endless mud. Stealing minutes from sleep, our hero falls in love. Maisie kept nursing until right before the war ended and her unit was bombed.

Home from the war Maisie becomes a private detective, determined to support herself. Her very first case leads her down a rabbit hole that becomes dangerous to both her and everyone around her. A clean and easy enough book for a twelve-year-old and exciting enough for hardened mystery lovers. And just a touch of romance.



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The Joy of Pet Adoption: A Look at Dodge County Humane Society

By Ashley Posthuma



Whether you've driven by the building in Juneau or simply come across a post on Facebook, you may be familiar with the Dodge County Humane Society (DCHS). Their mission is to promote animal welfare by providing care and shelter to animals in need, by facilitating adoptions and by educating the public. Their purpose includes ensuring all animals are treated humanely, finding homes for all adoptable animals, promoting spaying and neutering to control pet overpopulation, and more.

The Humane Society is run by an experienced staff that have been cross-trained in all facets of the job. "From general animal care to vaccinations to adoption counseling to troubleshooting animal issues, all our staff are experts and true ambassadors of our mission," explains Executive Director Kensie Drinkwine, who has been in her role for nearly 10 years.

In addition to a dedicated staff, the shelter utilizes volunteers for a variety of tasks as well. This includes cleaning, animal socializing, dog walking, laundry, lawncare, and animal transportation. There are also volunteers who take the time to create and run fundraisers or special events.

The Humane Society hosts two key fundraisers each year: Puppy Prom and Pet Palooza. Puppy Prom is held in January as a fun night of celebrating the animals and the community. The event includes dinner, entertainment, raffles, and the famous Mutt Strutt, where two of the four-legged guests are crowned king and queen. Pet Palooza is held in July and offers the only opportunity each year for the public to tour the entire shelter. It's a family-friendly event that features music, food, games, basket raffles, a bake sale, and adoption specials.

You may have seen photos of some of these events on the Humane Society's Facebook page,

where they are active in posting photos and descriptions of pets available for adoption. “Facebook and other social media outlets are instrumental in getting our pets into homes,” Kensie says. “Every like and share increases the chances of a pet being seen by their future forever-family.”

There are four main ways a pet typically ends up at the Humane Society. First, they may be a stray animal; these are found outside with no apparent owner or identifying information. Second, they may be a surrendered animal; these are animals whose owner is no longer able to keep them, so they are surrendered to the shelter to find a new home. The third option is a transferred animal, which comes to the shelter via a rescue partner. These partners include rescue groups like Lola’s Lucky Day and various other Humane Societies around Wisconsin. The fourth option is a seized animal, which comes to the shelter through law enforcement. Sometimes these animals need to be rehomed, while other times they just need to be held until the owner can reclaim them.

In fact, one of Kensie’s fondest memories of her time at the Humane Society involves seized animals. In January of 2022, the team spent a Saturday night celebrating at Puppy Prom. However, they were called into action early Sunday morning when their services were required for a home outside Beaver Dam. Unfortunately, the owner had passed away and left 20 dogs running around the home and property. Even though they were on very little sleep and it was the weekend, the entire staff came together to help these animals. It was a long day, but they were able to transport all the dogs to their facility, where they received the grooming, vaccinations, and vet care needed. Every single dog ended up finding a great home.

“Our staff work really hard,” Kensie explains. “Everyone is basically on the clock all the time. It can be a dirty, emotional, and hard job, but they all do it because they are dedicated to these animals.”

Beyond providing basic care for the pets at the shelter, DCHS staff take the time to get to know the personalities of the animals in their custody. They learn each animal’s traits and preferences, and then they get to know the people who are looking to adopt a pet. With patience and knowledge, the staff thoughtfully suggests pets that will meet the adopters’ specific lifestyle needs. The outcome is a pet who is placed in the care of the right forever-family, where they will flourish and bring joy and love to their family—and be loved in return.

For community members looking to support the shelter, there are a variety of ways to help out. People can support the Humane Society by making monetary donations at the shelter or on their website, or they can donate pet supplies. Beyond making donations, people can show their support by simply sharing, liking, and commenting on the shelter’s social media posts in order to amplify the animals’ stories. They can also get involved in things like the fundraising events or even becoming volunteers—walking dogs, socializing cats, or folding the never-ending laundry! The Humane Society also recently launched an online apparel store where people can purchase merchandise to show their support.



"We really appreciate all the support we receive from the community," explains Kensie. "Dodge County is very supportive and generous, and we're proud to be a part of it."

And if you ask around the county, you'll find plenty of people who are thankful for the presence of the Dodge County Humane Society. They have facilitated the fostering and adoption of countless happy pets, and their tireless staff plans to continue this work into the future. It's a mutually beneficial relationship—for the shelter, the community, and the pets.

Sidebar

My husband and I had unexpectedly lost our 12-year-old boxer Lily back in June of 2024. A short time later, my husband suggested we visit the Humane Society to "just look." We spoke with Samantha, an amazing staff member who took the time to listen to us. She suggested Murphy, a dog that was not able to be adopted but was looking for a foster home as he was awaiting an upcoming heart surgery. He had just arrived at the Humane Society that day, and she thought he'd be a great fit for us. Well, she was more than right! We have had him since December 14th and absolutely plan on adopting him once his health is strong enough for him to be adopted. Our experience was incredible, and the staff was amazing. They took the time to understand us and our household, and they were knowledgeable enough to give suggestions on which animals would be a good fit. We have enjoyed our experience working with them and have already discussed returning to find a friend for Murphy.

Michelle Litzer

My fiancé Bradley and I visited the Dodge County Humane Society in December of 2019. I had seen a photo of Russett on the shelter's Facebook page and already fallen in love. It was a little harder to convince Bradley though, as we hadn't even closed on our house yet.



Bradley told me that if no one had adopted Russett by the time we closed on our house, we could get him. I liked that idea, but I didn't want to take a chance; I secretly paid a down payment so the shelter would hold him for me. During those weeks, the Humane Society was so helpful. They housed him and didn't charge us extra money—they said they thought we were the best fit for Russett, so they were happy to do everything possible to assist us.

We already had two cats when we brought Russett home, but he was so sweet and gentle with them. He was the best big brother, letting the cats snuggle him and sleep with him. One of the cats would "make biscuits" on him, and he would just lay there happily. A few months later, we got Russett a friend—another dog named Mia. Eventually we added a few more rescue cats, and in total we had 6 pets. Russett loved all 5 animals very much.

Russett's adventures included going for walks, going to the dog park, taking car rides, going hiking at state parks, swimming, and even riding along for trips to the store. We took him to the dog par, almost every day, where he met other dogs—some were also from the Dodge County Humane Society. It was so wonderful to see so many "pound hounds" play with each other, surrounded by their new loving families.

Bradley and I are getting married this October, and we had made special arrangements for Russett and Mia to be in our wedding. Sadly, Russett recently passed away, and we are heartbroken he won't physically be there on our day, but we know he'll be with us in spirit.

Russett filled our house with love, made our family complete, and transformed our first house into a home. He was the first thing we woke up to every morning, whether that be from morning snuggles, kisses, or him stealing our blankets and pillows.

Claire Luebke





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Nourish to Flourish

By Dr. Stephanie Tyjeski

In part 4 of our “Best Year Yet” series, we are going to focus on supplements. Join our free classes to learn more about the importance and variety of supplements! Here is a brief introduction, and as always, I am happy to answer questions at our class on Tuesday, April 15, at 5:30 at our Beaver Dam office!

In today’s fast-paced world, maintaining a balanced and nutritious diet can be challenging. Despite our best efforts, many of us struggle to get all the essential vitamins, minerals, and nutrients from food alone. This is where supplements come in, offering a convenient and effective way to ensure that our bodies receive the support they need to function optimally. However, with an overwhelming number of options available, it’s crucial to understand why we need supplements, how to choose high-quality products, and which ones everyone should consider adding to their daily routine.

Why Do We Need Supplements?

Supplements act as a safeguard for filling nutritional gaps in our diets. Factors such as busy lifestyles, poor eating habits, or specific health conditions can prevent us from consuming the right balance of vitamins and minerals through food. Even with a well-rounded diet, soil depletion, food processing, and individual health variations can reduce the nutrient density of what we eat. So, while we can’t “diet” our way to perfection, supplements offer a handy “backup” for those who need a little extra support. While supplements can’t replace a healthy diet (though a pill that replaces kale would be a game-changer), they can support overall well-being by promoting better digestion, strengthening the immune system, and enhancing mental clarity. They’re also ideal for individuals with specific dietary restrictions, like vegetarians, vegans, or those allergic to gluten—because, let’s be honest, not everyone has the luxury of eating “rainbow salads” for breakfast, lunch, and dinner.

How to Choose Good Supplements

Choosing the right supplements is like choosing a Netflix show—there’s a lot to sift through, and not all of it’s worth your time! First, always consult a healthcare provider before introducing new supplements into your routine, especially if you have pre-existing medical conditions or are on medications.

When selecting supplements, prioritize brands that follow good manufacturing practices (GMP) and undergo third-party testing. This ensures that you’re getting quality products, free from contaminants, and that the label actually matches what’s inside. Avoid supplements that make outrageous claims or are marketed as “miracle cures.” There’s no such thing as a pill that can “cure your Netflix binge.” Stay realistic!

Essential Supplements Everyone Should Take

While individual needs vary, there are several supplements that can benefit almost everyone.

1. **Multivitamins** – A daily multivitamin can act as a broad safety net, providing essential vitamins and minerals. Avoid multivitamins that have a lot of fillers that are listed under “other ingredients” and make sure they do not have copper in them.
2. **Vitamin D** – Particularly important for those who live in regions with limited sunlight (Hello Wisconsin!), vitamin D is crucial for bone health, immune function, and mood regulation. Many people are deficient in vitamin D, especially during the winter months, so a supplement can be an easy solution.
3. **Omega-3 Fatty Acids** – These essential fats, found in fish oil, support heart health, brain function, and reduce inflammation. If you don’t eat fatty fish regularly, consider adding an omega-3 supplement to your diet. This is the most important to have a high quality supplement. If you tend to burp up your fish oil, it’s usually not high enough quality.
4. **Probiotics** – Beneficial bacteria in the gut are essential for digestion, immune health, and mental well-being. A quality probiotic supplement can help maintain a healthy balance of gut flora, especially if you’ve recently taken antibiotics or have digestive issues.
5. **Magnesium** – This vital mineral supports muscle function, bone health, and helps manage stress. Many people don’t get enough magnesium from their diet, especially those who consume a lot of processed foods.

Conclusion

Supplements are not a one-size-fits-all solution, but they can play an important role in ensuring we nourish our bodies and thrive. By selecting high-quality supplements and making informed choices, we can fill nutritional gaps, support our health, and enhance our overall well-being. Remember, supplements should complement a healthy lifestyle, not replace it. Nourish your body with the right nutrients, and you will flourish for years to come.

Join me at our FREE Wellness Class where we'll dive deeper into choosing good quality supplements and which supplements you should be taking to help with certain disorders. **Please join us at our Beaver Dam location for this FREE class on Tuesday, April 15th 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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By Patti Walker, Community Relations Manager at Prairie Ridge Health.



Gabbie Taschwer practicing in Madison.

Gabbie Taschwer, PT, DPT, at Prairie Ridge Health (PRH) in Columbus, has been water skiing for as long as she can remember and on March 21, celebrated her third time competing with Team USA at the 2025 World Ski Show Championships in Mulwala, Australia.

“I believe my first time on the water was at 18 months in my dad’s arms, and I started skiing by myself when I was three years old,” said Taschwer, who grew up in McFarland, Wisconsin by Lake Waubesa. “My parents were professional water skiers who performed all over the United States and passed down their passion, turning water skiing into a family sport.”

Taschwer’s water ski career includes over 20 years with the Mad City Ski Team in Madison, Wisconsin, eight years with Tommy Bartlett’s Ski Team in Wisconsin Dells, one year with Holiday Park Ski Team in Germany, and two years at SeaWorld in San Antonio, Texas.

“I love that water skiing has no limit and is unique. You can always learn something new, advance a skill in some way, or create your own trick. I love that it is a family-based sport that has allowed me to travel with my family all over the world,” said Taschwer. “Water skiing brings together individuals of all different backgrounds and skill sets. I enjoy the challenge of finding everyone’s strengths to be able to create the best possible show.”

As a Physical Therapist, Taschwer brings this skill set with her to the work environment. “I value feedback from my coaches in water skiing, so I try to replicate that in the physical therapy department for my patients, so I can give them the best care possible,” she explained. “No patient is

the same. I can be creative with the exercises to personalize them to the patient and assist those who participate in unique sports.”

Taschwer, who started at PRH in 2023, received her Bachelor of Science in Kinesiology from the University of Wisconsin – Madison and her Doctorate of Physical Therapy from Rosalind Franklin University of Medicine in North Chicago, Illinois.

“We have a good medical support system on the ski team,” said Taschwer. “We have an occupational therapist and a physical therapy assistant on the team as well. On our home team and Team USA, we lead stretches and warmups. It’s nice to help our teammates and make everyone ready for action. It’s been awesome building my skills and sharing knowledge with other athletes.”

Team USA consists of 35 skiers (17 female and 18 male) and 5 support staff. The competition starts with an individual competition (swivel, jump and doubles) with Taschwer competing in the Women’s Freestyle Jump.

“Team USA will be trying to set a world record by having the first all-female four-person front flip off the jump ramp. We have successfully completed this in practice, and we are hoping to execute it in tournament,” said Taschwer. “Over the past five years, I have worked alongside several of my teammates to advocate for more opportunities for female jumpers on the jump ramp. We have created an environment where women can compete in freestyle jumping, something that was previously unheard of. This has been a very rewarding and challenging process, and it’s exciting to see opportunities for female water skiers grow.”

The final days of the competition, March 22-23, include a show ski competition involving a 60-minute themed show performed by countries including Belgium, Canada, Australia and the United States.


And what's next for Gabbie Taschwer after Worlds? She plans to continue using her passion for water skiing with her home team in Madison and within her career as a physical therapist with her team at PRH. "I feel grateful that I have these skills to assist my teammates and my patients. And I'm so grateful for the support PRH gives to its workers who have other passions in their careers. I think that builds a really strong community in the hospital."

The Mad-City Ski team performs Memorial Day through Labor Day on Sundays at 6 p.m. at Law Park by the Monona Terrace in Madison. The shows are free for all ages and are family friendly.

For more information about the 2025 World Water Ski Show visit www.mulwalawaterski.com.au/

For more information about the Mad-City Ski Team visit www.madcityskiteam.com/





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Dr. Pepper-Pineapple Glazed Easter Ham



Ingredients

1 bone-in whole ham (10 to 15 lbs.), fully cooked
20 whole cloves
1 can Dr. Pepper
1 cup pineapple juice
1/2 cup brown sugar
1/3 cup Dijon mustard
Sliced pineapple, for serving

Directions

Preheat oven to 350°. Score ham in a diamond pattern and dot with cloves, then transfer to a roasting pan and cover loosely with foil. Bake until warmed through, 2 1/2 to 3 hours.

During the last 10 minutes of cooking, heat Dr. Pepper, pineapple juice, brown sugar, and mustard in a small saucepan over medium heat and cook until reduced by half.

Remove foil from ham and brush all over with glaze. Continue glazing ham every 10 minutes until caramelized and shiny.

Remove ham from oven and let rest, 15 minutes, then slice. Serve with pineapples.



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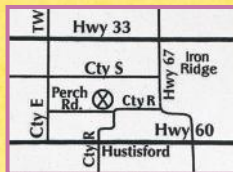


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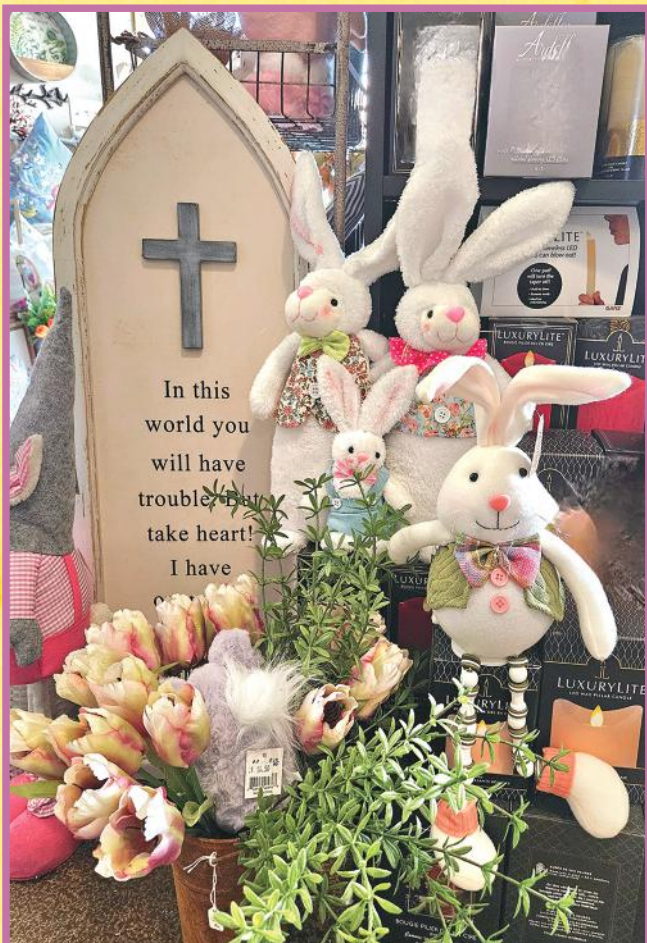
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Choosing the Best Sunscreen

By Marshfield Clinic Health System

If you are having fun in the sun without sunscreen, you are likely to get a sunburn. What people don't realize is that you are also accelerating aging, increasing your risk for cancer and causing wrinkles.

This is why dermatologists recommend making sunscreen a habit.

You have to apply and reapply for the best sun protection. Try various brands and formulations and choose the one you don't mind using because if you don't like it, you won't use it.

Choosing the best sunscreen

When it comes to the best sunscreen for your face and body, it is most important to use a broad-spectrum sunblock of 50 SPF or higher and then make sure you reapply it.

It can't be stressed enough that the best thing people can do is find a sunscreen they like and get in the habit of applying it. Once they are in the habit of using it, they'll start to recognize the moments when they forget to apply it.

When it comes to the best sunscreen for your face, some prefer a stick or lotion for their face because spray sun blocks should not be inhaled and can get into your eyes. However, a sunscreen stick may be more difficult to apply to your entire body, which is why some feel other sunscreens are the best body sun blocks.

As far as "chemical" versus "physical" and gels and lotions, the choice is yours. Chemical sunscreens contain special ingredients to reduce UV penetration to the skin. Physical sunscreens contain fine particles of titanium dioxide and zinc oxide to block UV radiation.

How to apply sunscreen

Each sunscreen is different, but here are some general rules for applying different types of sunscreens.

How to apply lotion sunscreen:

- Rub in 1 teaspoon per arm
- Rub in 2 teaspoons per leg, chest and back
- Reapply based on sunblock recommendations



Dr. Kirsten
Carly Krohn

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How to apply a sunscreen stick:

- Apply four passes back and forth
- Rub the sunscreen in
- Reapply based on sunblock recommendations

Reapplying sunscreen

After you initially apply your sunscreen, it is important to reapply. Read individual directions for reapplication instructions.

Some like to use a cream or lotion in the morning before hands and body are sweaty from the heat. Then, they can reapply.

Waterproof and sweat-proof sunscreens also should be reapplied, because regardless of sunscreen claims, anything applied in the morning will be gone by afternoon.

More sun block tips

If you're not a fan of sunscreen or need additional tips, consider:

- UPF clothing. Outdoor clothing with Ultraviolet Protection Factor (UPF) ratings are made to be breathable and cool. Sun protective clothing can be helpful for children who dislike topical lotions or adults with sensitive skin.
- Broad-brimmed hats are in. Grab a brimmed hat for sporting events or summer gatherings to create your own shade and sun protection.

Dr. Kirsten Carly Krohn is a board-certified dermatologist who performs skin cancer screenings and treats common skin diseases like acne, psoriasis, eczema and other rashes with Marshfield Medical Center-Beaver Dam. She also has a keen interest in managing autoimmune diseases like lupus and vitiligo. To make an appointment with Dr. Krohn in Beaver Dam or Columbus, call 920-356-6306.



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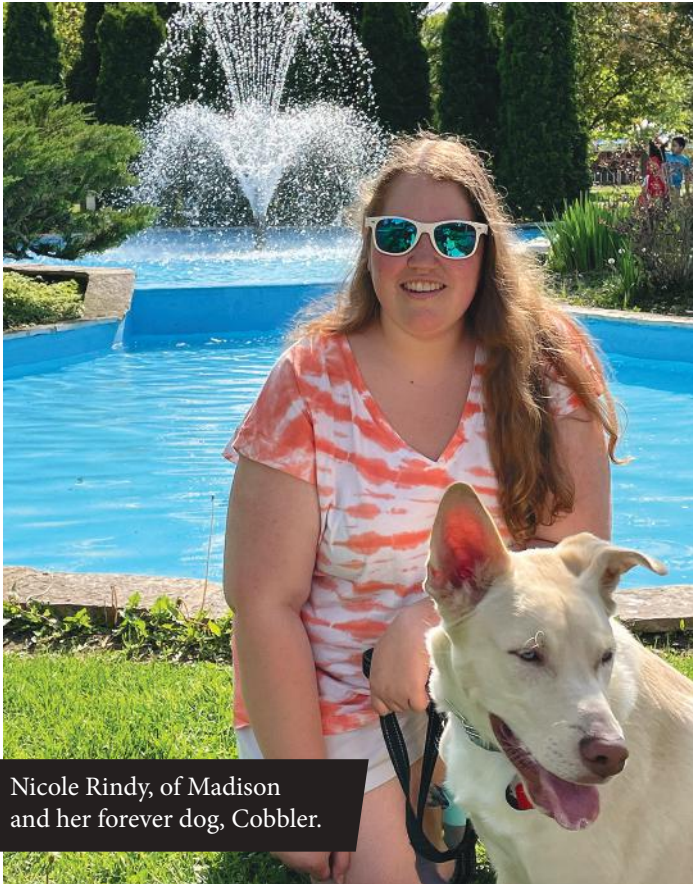
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Sandi Paws to the Rescue!

By Dorothy Bliskey



Nicole Rindy, of Madison
and her forever dog, Cobbler.

When Victoria (Vicky) Timreck of Fond du Lac lost her 16-year-old dog Sandi, she mourned the loss terribly. But, from that sad experience, a noble cause emerged. Vicky founded a dog rescue operation she named Sandi Paws Rescue. Launched in 2014, Sandi Paws Rescue began on the front porch of Vicky's home. During the first 10 years, 9,000 dogs and cats have been adopted by eager families.

Six years later, Vicky's husband Ron Timreck passed away. "He helped me so much with Sandi Paws Rescue, and his wish was that I, along with my co-founder Nancy Ward, would keep the program going."

"My husband was my soul mate, and Sandi was my dog soulmate," Vicky said, noting Sandi was a female Shetland Sheepdog (Sheltie). As a therapy dog, Sandi visited places like nursing homes, prisons, children's hospitals, and schools with Vicky. "The day we put her down, we were at the library and the kids were reading to her. She couldn't see or hear them anymore but she knew where she was. She knew the kids were around her in a circle, and she would put her paw on the pages."

Her husband's passing and his wish made Vicky more determined than ever to take Sandi Paws Rescue to new heights.

In memory of her husband, Vicky established Papa T's Pet Pantry. The idea is that people struggling financially to feed their pet, can come and get pet food for free any time of the day. A pet pantry is outside the building.

Eventually, Sandi Paws Rescue moved from Vicky's home to a building on Main Street in Fond du Lac. At the start of this year, a building was purchased on West Ninth Street. None of the locations are used to house the rescued dogs and cats. Instead, the buildings are used for offices, supplies, donations and equipment. Eventually there will be a dog bath and dog classes on site.

As a foster-based, non-profit, all-volunteer run organization, Sandi Paws places the dogs and cats with foster families until they are adopted. Large adoption events such as those held monthly at the Fond du Lac County Fairgrounds may result in a dog or cat getting adopted on the spot. But those not getting adopted at an event are fostered by pet-loving families in the area and around the state.

"We have an amazing group of volunteers and foster families," Vicky said. We are 100% volunteer-based, and there are no paid employees."

While some of the dogs and cats at Sandi Paws Rescue are "owner surrenders" – pets that come from owners voluntarily giving up their pet for valid reasons – most are dogs and cats rescued from Alabama and Mississippi. Many are pets that have been abandoned.

"Down south, some run loose or people dump an unwanted pet off in the middle of a wooded area," Vicky said. "We have found a basket of puppies along the side of road; a dog tied to tree, puppies struggling without a mother, dogs rescued because people just desert them."

"Some come with issues we work really hard to fix," Vicky said. "One of my own dogs is terrified of pick-up trucks. Some literally have to be carried into homes until they feel safe."





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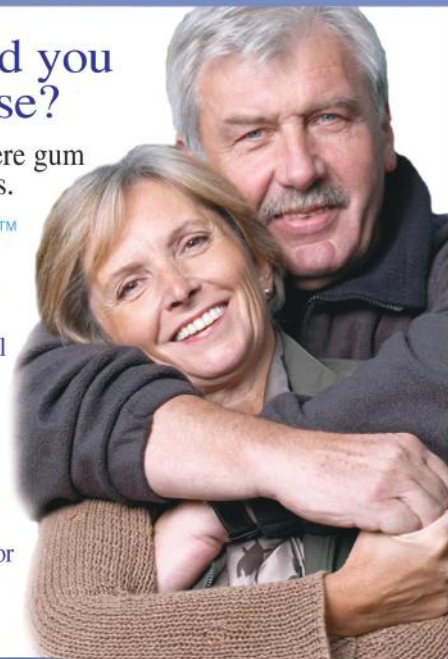
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"Sometimes they are fine. Once they know they are safe, they blossom into a wonderful family member. We get them to wherever they need to be before we find them the right home. We don't pick and choose. A dog in need, is a dog in need."

One happy dog owner, Nicole Rindy, from the Madison area, got her forever dog, Cobbler, from Sandi Paws Rescue in 2021. "We always had a family dog growing up and I wanted a furry friend to keep me company while living on my own after college," Nicole said, noting she also knew having a dog would help get her out of the house and live a more active lifestyle due to daily dog walks.

Browsing on the internet she found Sandi Paws Rescue and started looking at photos and the background story of the dogs up for adoption.

"There were so many cute balls of fluff, but one really caught my eye," Nicole said. "It was this adorable 4 month-old cream colored boy with blue eyes, a pink nose, and floppy ears. His name was Cobbler. I wasn't originally looking for a male dog, but he was too cute to resist."

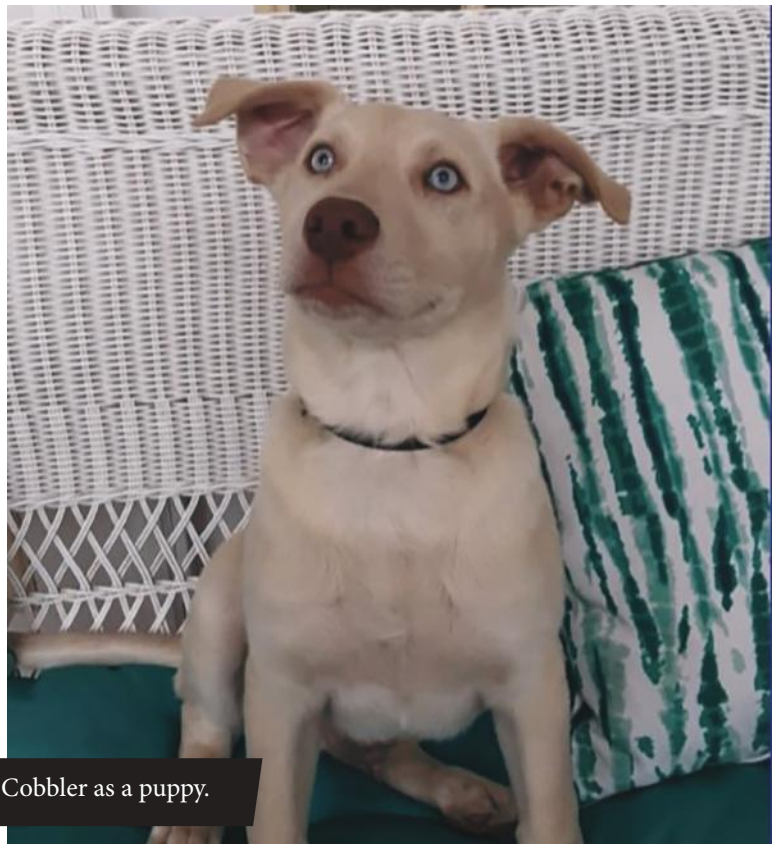
She applied immediately and heard back from Sandi Paws Rescue the next day. "They explained that Cobbler was coming up to Wisconsin from Alabama in a van with a bunch of other furry friends and that I could meet him when he got here in a couple of days."

Nicole picked up Cobbler from a foster family in Fox Lake who had him for just the first night after he arrived from Alabama – a day late due to a snow storm that delayed the trip.

"I was fairly certain I wanted to adopt Cobbler, but meeting him at the foster family's home sealed the deal," Nicole said. She notes that Cobbler, who turns 5 this October, enjoys going for walks, swimming, hiking, playing fetch, and doing zoomies in the snow. "And he howls when he hears emergency sirens."

As Sandi Paws prepares to move into their new location in Fond du Lac, Vicky said volunteers are stepping forward to help. Donations to Sandi Paws and fundraising by the organization enabled Sandi Paws to purchase the Ninth Street location.

"It will allow our organization to consolidate operations and provide a location for animal adoptions that occurs outside of monthly intake events," Vicky said, noting that volunteers are needed to help finalize the laundry room, the dog wash (which will be open to the public) and the landscaping. Anyone interested in volunteering or with fostering or adopting a dog or cat can contact Sandi Paws Rescue by email at sandipawsrescue@gmail.com, by phone at (844) 948-1311 or on their Facebook site.



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Marshfield Medical Center
Beaver Dam