



May 2026

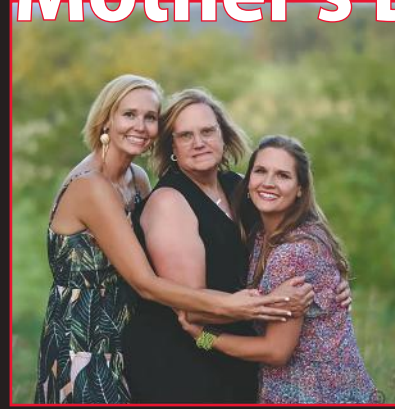


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Magazine

Celebrating Mother's Day



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InSpire Magazine's Restaurant Guide

On the Cover:

Row 1 left to right: Nina & Tia Thomas, Carol Hansen Vanloo & daughter, Heather Sodemann with her daughters, Nancy Foulk & daughter Kayla Hahn, Row 2: Kendra Cichanofsky daughter, Christine Lindner & daughters Hailey & Brinley, Tosha & Lea Quintana, Jennifer Radig & daughter, row 3: Katie Strange with mom & sister, Lisa & Brianna Neuman, Deb Bradley with Jenny & Jessica, Andrea Van Buren & daughters, row 4: Susan Trotter with Chloe & Cassidy, Trisha Schreiber Pieper & Caitlin Pieper, Megan Klumpers & daughter Lillian, Heather Shute Draeger with mother Sue Lynn, row 5: Nicole Grossman, with daughters Alyvia & Bryella, Amber & Julia Redeker, Jeannine Laurren Morris & daughter Lia, Jackie & Brittin Vincent



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My mom, Pat Huizenga.

“Without sacrifice, we would have nothing.”
- *Unknown*

We have two meaningful opportunities this May to honor those who have sacrificed for us.

First, we celebrate Mother’s Day, the second Sunday in May.

Mother’s Day is a beautiful time to reflect on the lifelong love that nurtured us as we grew. Celebrate the uniqueness that makes your mom who she is, and cherish her always, for she deserves all the love in the world!

As my mom approaches 90, she still remains remarkably active. She loves family gatherings, going to church, dancing on Friday nights at the Fox Lake American Legion, baking, playing bingo, shopping and heading out for lunches and dinners. I love her very dearly and feel truly blessed by her presence in my life! Others always tell me how fortunate I am to have her, and it’s a constant reminder to treasure every single moment we have together.

The second is Memorial Day, the last Monday in May.

It’s a day to remember the heroes who gave their lives for our nation. Across the country, communities honor fallen service members with moving Memorial Day parades and ceremonies.

Please take time to reflect on the immense courage and ultimate sacrifice that secures our freedoms today. Check your local communities and see if there is a Memorial Day service near you.

Sincerely,

Denise Fitzsimmons

Publisher

Publisher/Co-founder:

Denise Fitzsimmons
denisef.inspiremag@gmail.com

Accounts Director/Co-founder:

Jill Huizenga
jrhuizenga2@gmail.com

Graphic Designer:

Travis Pohl
travis.pohl@gmail.com

Advertising Sales:

Denise: (920) 296-9443
Jill (920) 382-7200

Subscription Information:

(920) 382-7200

Back Issues:

Call Denise for availability
(920) 296-9443

Contributing Writers:

Dorothy Bliskey, Ashley Posthuma,
Gloria Hafemeister, Dr. Stephanie
Tyjeski, David Pelozo, MD,

Advisory Board:

Patti Walker, Vicki Grant,
Jan Harmsen, Sandra Budewitz,
Kristine Snow, Amber Alvin,
Linda Skjerly

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Triple the Fun on Mother's Day

By Dorothy Bliskey

This Mother's Day – like the past nine – will be three times the fun for Nicole Radtke of Fond du Lac. Her triplet sons, soon-to-be nine years old, might be jumping on the trampoline or riding their bikes full speed down the street or serving her breakfast in bed – a gentle reminder that she is Mom to three loving, active boys who adore her. In reality, they'll be celebrating this Mother's Day at Disneyworld in Florida with their family from May 6-12.

Nicole and her husband Dave Radtke welcomed their three bouncing boys into the world on May 13, 2017 – just one day before Mother's Day. Fischer arrived first, followed by Holden and then, Charlie. Inspire Magazine ran a story on the Radtkes when the babies were about to celebrate their first birthdays on Mother's Day, 2018.

The couple's story was one of hope and love – proving the desire to have a family was a powerful force.

Married in 2014, Nicole and Dave had tried to start a family right away, but Mother Nature didn't cooperate. Prior to her pregnancy, Nicole underwent endometriosis surgery thinking it might help. "It did help, but not to the full extent needed," Nicole said at the time, noting they went on to seek out advice from a fertility expert.

When a pregnancy test finally revealed Nicole was pregnant, she and Dave were thrilled. Two months lat-

er, an ultrasound showed three babies were on the way. They were shocked.

"We both started crying," Nicole said. "We were excited and shocked at the same time. We wondered how we would handle all these babies."

A support group schedule was created to help care for the babies once they arrived. Relatives and friends helped with feedings, diaper changes, and a host of other tasks at night and during the day. As the boys got older, less help was needed.

"Grandmas and Grandpas stepped up to the plate a lot back then and still do, allowing time for Dave and I to go out for dinner or a hike in the woods," Nicole said, noting they both love the outdoors, and so do their boys.

As time marched on and the triplets raced from babyhood to toddler to elementary school stages, their personalities developed and exciting milestones were reached.

Charlie was the first one to sit up. Fischer and Holden started walking at the same time. When they entered kindergarten, each was in a different classroom. "They liked to be in different classes, meeting their own friends," Nicole said. "Teachers have been good at communicating with us, and we haven't really seen that there is a lot of confusion with getting the boys mixed up. But I call them by the wrong names a lot."

Both Nicole and Dave have enjoyed watching their sons' personalities evolve. "Charlie is funny and makes people laugh," Nicole said, adding that he tells jokes and makes funny faces. "Holden is very sweet. His teacher this year says he's super kind to the staff and his classmates. And Fischer, being the first-born, seems to naturally take on the role of watching over his brothers."

While the boys play well together, there's been the usual fighting over toys. They are also responsible for a couple of housekeeping tasks – picking up their toys and making their beds.

As active boys, they love to jump on the trampoline in their back yard, sail high on their swings, take their bikes for a ride or go for hikes with Mom and Dad. All are in sports. Charlie competes in soccer. Fischer and Holden play baseball.

Family Fun

Nicole and Dave manage to carve out one-on-one time with each boy. It's made possible thanks to Nicole's mother who stays with the other two. "We like to take just one of them with us to dinner, and we let him pick the restaurant. It's a special outing," Nicole said.

As a working mom, Nicole has two part time jobs. She works as an assistant at a vet clinic and also cleans homes. Dave is in construction with CD Smith.

Still, they manage to get away for some fun family vacations at favorite spots – like the Blue Harbor in Sheboygan or the "Little House" at Green Lake Campground. "We call it the Little House but it's really the park model camper owned by my dad and stepmom," Nicole explained. They also make treks up north to a cabin near Crivitz which is owned by Dave's mom and stepdad. "We like summertime," Nicole said.

The family trip to Disneyworld in May will be the boys' first vacation outside Wisconsin. "Dave's Mom is taking us," Nicole said. "We'll be staying at Pop's Resort located at Disneyworld."

On being a Dad...

Looking back, Dave says he isn't quite sure the shock of having triplets is over. "We don't have any other kids,

so as the boys move into new stages, I never know what to expect," Dave said, adding "Where did nine years go?"

"I have had so much fun with the boys – everything from crawling in the yard to fishing and going to sporting events now," Dave said. "There have been so many changes and some challenges – like needing the extra help when they were babies. But as the years passed, they've become more independent."

The best part, Dave says, has been seeing the boys bond over the years. "It's been amazing to watch them

grow together and relate as brothers -- whether it's arguing, fighting, or helping each other. When one of them is sad, frustrated or just needs help, the others step up to help!"

As Mother's Day approaches, Dave can't say enough about the qualities Nicole brings as a mother and wife. "She is the backbone of this relationship, marriage and family. We, as a family, truly could not be where we are now in life without her."



The Radtke Family current day (above) and back in 2018 (below).



Sidebar: Words of Wisdom From Triplets

The Radtke triplets – Fischer, Holden and Charlie – had something to add to this story, too. When asked the following four questions in April, the boys,

then age 8, gave their candid responses.

What is your favorite fun thing to do when not in school? Building with Legos. (Fischer); Spending time with Mom and jumping on the trampoline. (Holden); Going to Urban Air trampoline park in Appleton. (Charlie)

What's your favorite subject in school? Science (Fischer); Science and Math (Holden); Recess (Charlie)

What are you good at doing? Building things with Legos and Stem Kits (Fischer); Travel baseball (Holden); Soccer (Charlie)

What do you want to be when you grow up? An engineer (Fischer); an Art Teacher (Holden); A recycling man. (Charlie)

Happy Mother's Day



Row 1 (left to right) Nichole Jaqueline Terlisner & Mariah Jacqueline , Amber Stieglitz and daughter, Cindy Tonn and daughter Sheena, Alicia Swain-Durtschi and daughters Stella and Scarlett, row 2: Brenda and Morgan Wells, Andrea Greenwald & Colleen, Callista, Juniper, Trina Clutterbuck (right) with mom and sister, Jennifer and Bianca Hill, Row 3: Amy Reчек and daughter, Ann Reed-Schwartz (right) with Riley and Mitty, Becca Schwandt and daughter, Dawn Lyons-Woods (right) and mom, row 4: Rylie Dickinson & mom Cheryl, Kelly Billings (left) with sisters and mom, Erica Finger (left) with grandma and mom, row 5: Alyssa Stephens (right) and mother, Antonia and Shelby Stone, Holly Taylor with daughters, Amelia Caro-Rios & daughter. Thanks for your submissions, sorry if we missed anyone.

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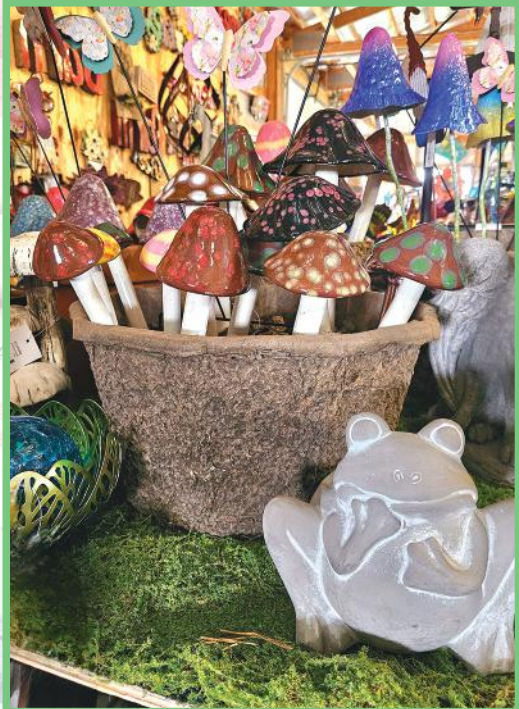
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Sleep Is Medicine: How to Rest, Recover & Reset



By Dr. Stephanie Tyjeski

I'm writing this with one eye open. Not metaphorically—literally. The other one keeps trying to close on its own, like it's staging a quiet protest. Our 7 month old decided sleeping in mom and dad's arms was much better than the crib last night. Leaving my husband and I to greet the next day with very little sleep and a big temptation to fuel up on caffeine.

This is the part no one quite explains: how sleep deprivation doesn't just make you tired, it rearranges you. Words slip away mid-sentence. I walk into rooms and forget why. I reread the same paragraph three times and still couldn't tell you what it said. And yet here I am, trying to write about sleep—how important it is, how to get more of it—while running on what feels like fumes and muscle memory.

Because the irony isn't lost on me. I know sleep matters. I can feel it in my bones, in the way everything feels just a little harder than it should. Patience runs thin faster. Small problems feel bigger. Sleep isn't a luxury—it's the foundation holding everything else up. And when it's shaky, everything wobbles..

Sleep is one of the most essential functions of the human body, yet it is often overlooked in today's fast-paced world. While many people focus on diet and exercise as pillars of health, sleep is just as critical. It is during sleep that the body restores, repairs, and prepares itself for the demands of the next day. When the body does not get enough sleep, nearly every system is affected—sometimes in ways that are not immediately obvious.

How Lack of Sleep Affects the Body

One of the most immediate effects of insufficient sleep is on the brain. Sleep plays a key role in cognitive processes such as memory, attention, and decision-making. Without enough rest, concentration declines, reaction times slow, and it becomes harder to process information. Chronic sleep deprivation can even affect mood, increasing irritability, anxiety, and the risk of depression.

The cardiovascular system is also heavily impacted by poor sleep. During normal sleep, heart rate and blood pressure decrease, giving the heart a chance to rest. When sleep is cut short, this recovery period is reduced, which can lead to higher blood pressure and increased risk of heart disease over time.

The immune system depends on sleep to function properly. While sleeping, the body produces proteins called cytokines that

help fight infection and inflammation. A lack of sleep reduces the production of these protective substances, making the body more vulnerable to illness and slowing recovery when sickness does occur.

Sleep also influences metabolism and weight regulation. Hormones that control hunger—such as those that signal fullness and appetite—become imbalanced when sleep is insufficient. This often leads to increased cravings, overeating, and a higher likelihood of weight gain.

Additionally, the endocrine system, which regulates hormones, can become disrupted. This can affect everything from stress levels to growth and reproductive health. Over time, chronic sleep deprivation can contribute to serious long-term health conditions, including diabetes.

What this all means is that no system in the body can function without sleep. That is how important it is. Here are a few ways to ensure you get good quality sleep and what to do if you miss a night of good sleep.

Four Ways to Improve Sleep

Improving sleep does not always require drastic changes. Small, consistent habits can make a significant difference.

1. **Stick to a Consistent Sleep Schedule** - Going to bed and waking up at the same time every day helps regulate the body's internal clock. Our sleep hormones must rise and fall at certain times in our sleep called our circadian rhythm. If you go to bed and wake up at inconsistent times, your hormones won't have a rhythm to them. Even on weekends, maintaining a consistent routine can improve sleep quality and make it easier to fall asleep.
2. **Create a Relaxing Bedtime Routine** - Engaging in calming activities before bed—such as reading, taking a warm shower, or practicing deep breathing—signals to the body that it is time to wind down. Avoiding stimulating activities, especially screen time, can also help the mind relax. One of the worst things you can do is doom scroll through social media on a phone or tablet emitting blue light which signals the brain through the eyes that it is daytime when in fact the opposite is true.
3. **Optimize Your Sleep Environment** - A comfortable, quiet, and dark environment promotes better sleep. Keeping the room cool, reducing noise, and using blackout curtains or a sleep

mask can make a noticeable difference. The darker the room, the better. Again, lack of light signals to the brain through the eyes that it is time to go to sleep.

4. **Limit Caffeine and Heavy Meals Before Bed** - Consuming caffeine late in the day or eating large meals close to bedtime can interfere with the ability to fall asleep. It can take caffeine, from one cup of coffee, about 10 hours to be eliminated from the body. If you eat a large meal close to bedtime, your body will use the energy it needed for sleep to digest your food instead. Choosing lighter snacks and avoiding stimulants in the evening can support more restful sleep.

Sleep is not a luxury—it is a biological necessity. Its influence extends far beyond simply feeling rested, affecting the brain, heart, immune system, and metabolism. Maybe instead of an infant keeping you up at night, your mind won't seem to shut down..... or, you do fall asleep, but wake up in the middle of the night for no reason. By understanding the importance of sleep and making small adjustments to daily habits, anyone can improve their sleep quality and overall health. It may take some time to change your sleep habits, but it is well worth it for your health.

Join me at our FREE Wellness Class as we take a look at what could be preventing you from getting the best sleep of your life and simple steps to take in order to rest, recover, and reset. Please join us at our Beaver Dam location for this FREE class on Tuesday, May 19th 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 as a chiropractor at Tyjeski Family Chiropractic and Wellness Center where she also offers personalized nutritional counseling.

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Resetting Your Home for Spring

By Ashley Posthuma

May is here! That means summer is right around the corner. But before warm weather fully hits and you're ready to spend more time outside, take the time to give your house a spring reset.

The idea of a spring reset (or what some people like to call spring cleaning) is important for a couple reasons. First, it helps shake out any remaining germs from winter illnesses. Second, seeing a deeply clean and organized house signals to your brain that a new season is here. And third, it's a great time to officially swap your winter wardrobe and decorations for all your spring and summer staples.

When I'm planning my spring reset, I like to start with a checklist of all the major tasks to accomplish. This is because I tend to become distracted by side projects I find along the way, but I know that if I stick to crossing the major things off my list first, I can always come back to those smaller projects later.

First, I like to focus on the traditional "spring cleaning" aspects. This year, my main tasks included doing a deep sanitization of the bathrooms, emptying the fridge and cleaning its shelves, scrubbing all baseboards and floors by hand, deep cleaning the carpets and rugs, and deep cleaning all appliances (yes, even the oven). Spring is a great time to tackle projects that don't get done regularly because they can be challenging, like moving the furniture to clean the floors beneath. Of course, I layered in my normal tasks as well, like laundry and dusting.

In addition to those deep-clean tasks, a spring reset is a great time to declutter your house. Start with your closet: which of your winter clothes did you not wear a single time in these past few months? They can probably be donated. Then, as you go room to room, identify anything that could be donated and throw it into a dedicated box. Remember that decluttering and owning less objects is an excellent way to make it easier to clean in the future as well!

Once you really get into the zone, it helps to have a fun distraction to pass the time. For many people, this could mean music or a podcast. Personally, I finished over half an audiobook by the time my cleaning was done. Pro tip: If you don't know

how to access audiobooks or don't want to purchase them, the Libby app offers free audiobooks—all you need is a library card!

After the hard work of deep cleaning is done, it's time for my favorite part: redecorating for the season. It can be nice to swap out some heavier, more winter-focused décor for lighter pieces that remind you of spring and summer. Remember to dust and clean everything before putting it away so that it's in nice shape when you pull it out next year.

Along the lines of swapping out seasonal items, I take this time to transform my closet as well. All my heavy boots go into my shoe bin, and my sandals take their place on my shoe rack. Sweaters get stored under the bed while tank tops and lightweight clothes are hung up in the closet. If you need proof that summer is around the corner, seeing your favorite summer clothes back out is a definite mood booster!

Although the idea of a spring reset or "spring cleaning" can feel daunting, the outcome is worth the effort. A clean, fresh house brings a sense of peace and lets you know the winter has officially passed. It alleviates any stress over the house being a clean and healthy environment, and it just feels more welcoming.

While some people may have hours to dedicate to scrubbing down their house, many people are very busy on a day-to-day basis. Breaking cleaning tasks into smaller chunks and assigning them to each family member can be a way to make spring cleaning more attainable. It's also important to remember that progress is better than perfection. Just because you weren't able to dust under the couch doesn't mean the rest of the work you put in is meaningless. Focus on the wins along the way, and don't beat yourself up for the parts you haven't been able to get to. Add them to a future cleaning list and tackle them down the line!

Ultimately, I love the endeavor of a spring reset because it gets me in the mood for summer. It helps me appreciate my home, and it gives me more peace to relax in a clean environment. I encourage you to evaluate your home, create your own list, and take the time to prioritize your peace of mind with a nice spring reset this season. Happy spring, and happy cleaning!



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BEST PLANTS FOR CONTINUOUS BLOOMS THROUGHOUT THE SEASON?

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Perennials - Catmint, Black-Eyed Susan, Salvia, Gaillardia and Sedum

WHAT ARE THE BEST WAYS AND TIMES TO WATER A GARDEN AND POTS?

1. Early in the morning between 5 and 9am or late afternoon or early evening. Avoid watering when it is windy and very sunny.
2. Water at the base of the plants.

WHAT ARE SOME LOW MAINTENANCE PERENNIALS?

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Cornflower - high drought tolerance, ability to thrive in poor soil conditions, lack of need of fertilizer, and natural resistance to pest.

Black-Eyed Susan - hardy, low maintenance options for gardening, featuring low-growing ground covers perfect for gardens and rock gardens and upright tall varieties for borders. They are drought tolerant that thrive in full sun.

Sedum - offers versatile, low maintenance both ground cover and acts as excellent erosion controlling ground cover, low maintenance, and drought resistant.

WHICH FLOWERS ARE BEST FOR ATTRACTING BEES, BUTTERFLIES AND HUMMINGBIRDS?

Butterflies - like butterfly bushes, zinnias, phlox, and milkweed just to name a few.

Bees - like bright nectar-rich and pollen heavy flowers in blue, yellow, purple and white colors. Popular flowers include asters, milkweed, sunflowers, coneflower and bee balm.

Hummingbirds - are attracted to red orange or pink tubular flowers such as salvia, bee balm, trumpet vine, columbine and fuchsia.

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Kate's father, John, started in the family business in the early 1950's. An accomplished musician and music teacher, John also gave piano and organ lessons right in the store. Kate joined the family business at the age of 19, working alongside her father, and in 1992 she decided to purchase it from him. For 20 of those years, Kate also worked on the bench as the store goldsmith.

Customers in Waupun are greeted by sights of an old fashion Jewelry store with beautiful 8 foot tall, beveled glass wall cases and ornate floor cases. Staying current with jewelry designs and trends, Kate hand picks every piece of jewelry and loose diamond that is sold in the store.

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7 Lifestyle Changes to Prevent a Second Heart Attack

By Marshfield Clinic

Once you've had a heart attack, your chance of having another is higher. A heart attack weakens the heart, making it more susceptible to problems caused by plaques and blockages.

The good news is lifestyle changes can reduce your risk of having a second heart attack. We recommend patients who have had heart attacks take these steps to prevent future cardiac events.

1. Take medication as directed.

If you've had a heart attack, you will head home from the hospital with cardiac medications. Some may be temporary, but you may need to take medications for the rest of your life.

Medications to lower blood pressure and cholesterol and antiplatelet agents combined with baby aspirin to prevent clots often are prescribed after a heart attack. These medications improve health conditions that make heart attacks more likely. You should take them even if you feel good and your blood pressure and cholesterol are under control.

Second heart attacks in the first year are more common in people who don't follow through with their medications.

2. Go to cardiac rehab.

Cardiac rehab helps get your heart back in shape for regular physical activity and exercise after a cardiac event. Stick with your program so you can safely exercise and strengthen your heart to prevent a second heart attack.

3. Keep chronic health conditions under control.

High blood pressure, high cholesterol and uncontrolled diabetes put stress on the heart and make a second heart attack more likely. Keep these conditions under control with medications, a healthy diet and exercise.

Aim for LDL cholesterol of 70 or lower and blood pressure of 120/80 if you've had a heart attack.

4. Eat a heart-healthy diet.

Foods low in saturated and trans fat are especially important if you've had a heart attack. Eat fewer fried foods, cookies, donuts and

packaged snacks to help control your cholesterol and diabetes.

5. Exercise regularly.

Between 30 and 60 minutes of cardiovascular exercise five times a week is recommended after your doctor clears you for physical activity. Staying active strengthens your heart so a second heart attack is less likely.

6. Get a flu shot.

Respiratory infections can affect your heart rate and blood pressure, which puts stress on your heart. Get the flu shot every year, and ask your health care provider if you need the pneumococcal vaccine.

7. Attend all your medical appointments.

Your cardiologist will monitor how your heart function is improving after a heart attack and adjust your medications as needed. Seeing your primary care provider also is important to screen for respiratory illnesses and depression that are hard on the heart.

Know the signs of a heart attack

Most patients are very aware of the symptoms they had with their first heart attack, so stay alert for similar symptoms.

Contact your health care provider immediately if you notice any of these possible heart attack symptoms:

- Chest pain or pressure
- Pain in one or both arms, the back, neck, jaw or stomach
- Fast or irregular heartbeat
- Shortness of breath
- Dizziness
- Weakness
- Fainting
- Cold sweats

To learn more about the MMC-BD Cardiology Program, call 920-356-6588, or call 920-356-6361 for our Cardiac Rehab Department.

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Chicken-Bacon-Ranch Pasta Salad



Ingredients

Kosher salt
1 lb. gemelli or penne
1 Tbsp. . extra-virgin olive oil
2 lb. boneless, skinless chicken breasts
Freshly ground black pepper
4 slices bacon, cooked, crumbled (about ½ cup)
1/2 cup ranch dressing
2 Tbsp. . thinly sliced chives

Directions

In a large pot of boiling salted water, cook gemelli, stirring occasionally, until al dente according to package directions. Drain and transfer to a large bowl.

Meanwhile, in a large skillet over medium-high heat, heat oil. Season chicken with salt and pepper and cook, turning halfway through, until an instant-read thermometer inserted into thickest part registers 165°, 5 to 8 minutes per side, depending on thickness. Transfer to a cutting board, let rest for 10 minutes, then cut into 1" pieces.

To bowl, add chicken, bacon, and ranch and toss until combined; season with salt and pepper. Top with chives.



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Understanding Asthma: Why Specialized Care Can Make a Difference

By David Peloza, MD,
Allergy and Immunology, Prairie Ridge Health

Asthma is a common, long-term condition that affects the airways in the lungs. It can cause symptoms like coughing, wheezing, shortness of breath, and chest tightness. Although asthma often begins in childhood, it can develop at any age and many adults are also diagnosed later in life.

Asthma in Children vs. Adults

In children, asthma is one of the most common chronic illnesses. Symptoms may be triggered by allergies, respiratory infections, exercise, or environmental factors like smoke or pollution. Some children seem to “outgrow” asthma, but symptoms can return later in life.

Adult-onset asthma can be different. It is often less linked to allergies and can be more persistent. Adults may experience more severe symptoms and may not respond as quickly to standard treatments. Because symptoms can overlap with other conditions, asthma in adults is sometimes underdiagnosed.

Why Proper Management Matters

Uncontrolled asthma can interfere with daily life, sleep, work, and school. It can also lead to serious flare-ups that may require emergency care or hospitalization. With proper treatment and monitoring, most people with asthma can achieve good control and maintain an active lifestyle.

The Benefits of Seeing an Allergist

While many patients receive asthma care from primary care providers, research shows that involving an allergist or asthma specialist can significantly improve outcomes. Allergists can perform skin testing to identify potential allergen sensitivities and also utilize biomarker guided care. Specialists are experienced in current evidence-based guidelines and tailor treatment plans to individual triggers and disease severity.

1. More Accurate Diagnosis and Targeted Treatment

Allergists use advanced diagnostic tools and testing to confirm asthma and identify triggers. This leads to more precise, personalized management strategies and better long-term control. Allergists can also administer allergen immunotherapy (“allergy shots”). Further, allergists have access to advanced therapies and can prescribe biologic medications, which are not available in primary care.

2. Better Asthma Control and Fewer Emergencies

Specialist care is associated with better overall asthma control, improved quality of life, and higher patient satisfaction. Additionally, patients treated by allergists have been shown to experience fewer hospitalizations and emergency room visits, along with improved physical functioning and fewer activity limitations.

3. Cost Effectiveness Over Time

Although specialist visits may seem like an added cost, studies show that allergist-led care is more cost-effective overall. This is largely due to fewer emergency visits and hospital stays, reduced unnecessary medication use, and better disease control.

Takeaway

Asthma is a manageable condition, but the level of care matters. Whether diagnosed in childhood or adulthood, working with the right healthcare provider can significantly improve quality of life.

If asthma symptoms are not well controlled, or there have been frequent flare-ups, it may be time to consider seeing an allergist. Evidence shows that this step can lead to better control, fewer complications, and even lower healthcare costs over time.

Data Source: American College of Allergy, Asthma and Immunology – Asthma Management and the Allergist: Better Outcomes and Lower Cost

David Peloza, MD grew up in the Fox Valley/Neenah/Menasha area, earning his degrees and completing his training at the University of Wisconsin – Madison and the Medical College of Wisconsin - Milwaukee.

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Throughout history there always seems to be wars and rumors of wars. Wars change the lives of people who answer the call to serve their country. Soldiers who come home carry with them wounds and memories. Their names and circumstances may be different but their needs are the same.

Those who currently serve need a kind word from home, the simple conveniences of toothpaste and homemade cookies. When those soldiers return from service, a visit, letter, handmade quilt or birthday card can be a welcomed gift.

Founded by an Act of Congress after World War I, The American Legion advocates for the unique needs of every generation of veterans, service members, and their families who pledge to protect our nation.

The Hustisford American Legion Post 420 was formed October 20, 1928. The original plans for the organization were made after the funeral of a civil war veteran Fred Schwieder on July 14, 1928 when a \$10 memorial from relatives of the veteran became the nucleus of the group's treasury. Before that the local group was a part of the Juneau post.

Shortly after organizing, Post 420 held its first Armistice Day program in the village, and today the post annually conducts Memorial Day services.

The legion has contributed to local programs including scholarships, sponsoring students to Badger boys State and transporting local students to the county Student Government Day each year.

Those efforts continue today under the leadership of Randy Nehls who enlisted in the Army in the early 1971 after spending

two years at the University of Wisconsin-Oshkosh. When he returned from the military he continued to farm with his wife, Karen, on his family's Clyman farm until his retirement.

In recent years he has dedicated most of his time to the Legion. A couple of years ago and last year he was honored as Dodge County's Legionaire of the Year. Before becoming Post 420 Commander he served as Legion Adjutant and firing squad commander. He was also Dodge County Legion Adjutant and is now Dodge County Council Chaplain.

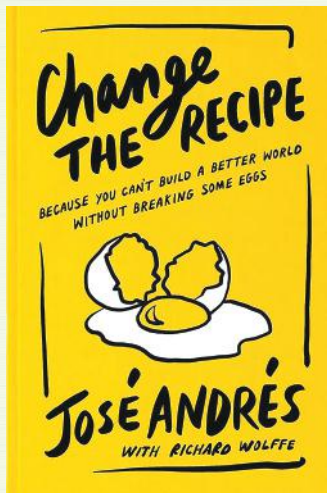
He has been involved in many of the projects of the Legion including the annual Memorial Day program, veterans' funerals, placing flags on gravestones of veterans and fundraising events. A few years ago, he led the efforts to raise funds to replace the stolen war markers from the local cemetery.

He is particularly passionate about two of the Legion's projects: Dodge County Student Government Day and helping out each year at Wisconsin's Camp American Legion at Lake Tomahawk.

Dodge County's student government day went on for many years and then there were some years when it did not take place. In 2025 Randy, with help from others around the county, brought the event back.

To get it started again Nehls approached Dodge County Circuit Court Judge Kristine Snow who enthusiastically supported the idea and works with the program each year.

The event, held this year on April 17, includes 50-60 students from all of Dodge County's high schools. It begins in the County Board room where County Board officers and



Change the Recipe: Because You Can't Build a Better World Without Breaking Some Eggs

By Jose Endres
 Reviewed by Pamelyn Garcia, MLIS
 Assistant Director/Reference Librarian
 Waupun Public Library

This is a little book that projects big messages. While all of us are not on location feeding people from opposing sides in a war zone, as the author did, the messages presented can apply to you. I will outline several that stood out to me. The first is "success is something that is shared". If we invest in each other and encourage each other, we all become better and experience mutual success. Another is the importance of going to the source and hearing someone's story first hand, instead of hearing it from another or relying on experts studying from afar. Misunderstanding and miscommunication are the root causes of many assumed disagreements. Be willing to have those conversations. A third message that stood out was the importance of finding the right people for your team. With the right team, you can do amazing things.



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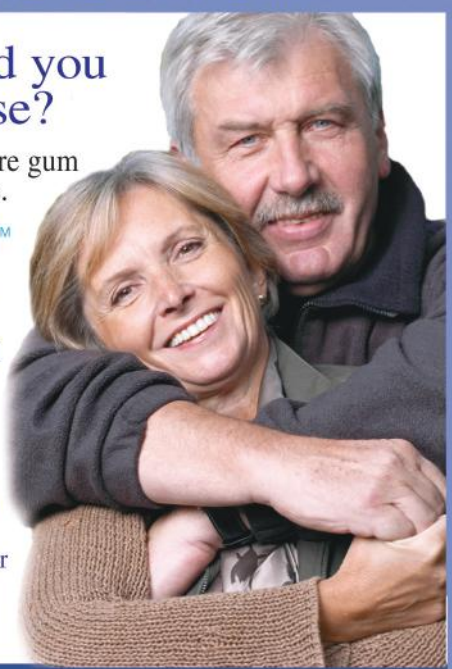
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officials explain how the board works and outline duties of the various departments within county government.

Students then choose dual county employment tracks for an opportunity to learn more about law enforcement, emergency response, highways, human services and health departments.

In the afternoon students participate in a mock trial in Judge Snow's courtroom. Before going into the courtroom, they pass through the security screening just as they would at an airport.

During their lunch break they learn about military and scholarship opportunities and Randy tells them about Camp American Legion.

Randy is very passionate about this camp and for the last three years has gone up one week each month from June to September. In spring he and his wife go up to the camp to clean the Dodge County Legion cabin and help prepare the facility for the camping season. In October after the camping season they return to winterize the cabin.

The camp is owned and operated by the American Legion Department of Wisconsin. Camping there is free for Wisconsin Veterans, active duty and reserve military and their family members and families of the fallen/WI Goldstar.

Guests stay on-site in one of 20 cabins on the lake. They are provided meals and snacks and many opportunities for activities and relaxation at no cost.

Randy describes, "The camp was started 101 years ago for physical rehab of Wisconsin's World War I vets and has progressed in the years following to less attention on the physical needs of the veterans and more attention to the mental needs."

He notes, "Whole families can go from Memorial Day to the second weekend of September. In any given week there will be 40-50 campers."

While many of the campers are families, some older vets may bring a grandchild along to help them get around.

Each week there are 8 volunteers assisting the campers – 4 men and 4 women.

One of Randy's duties as a volunteer is operating the pontoon boat, taking campers fishing each morning and evening. Campers sign up to go with 6 or 8 going on each trip.

"While we are on the boat, I get some conversations going and that really helps them," he notes. "Sometimes a camper doesn't know anyone on the boat and is kind of quiet so I try to get him talking about their military experiences and soon the group begins to share stories."

The camp includes Quigney Hall, a large recreation facility that has bean bags, trivia games, a pool, shuffle board and a library. There is a beach area for younger children where life jackets are required and another swimming area for experienced swimmers.

One of Randy's favorite activities at camp is the "blind canoe race."

He describes, "The parent is blindfolded and sits in the back of the canoe with the oar. The child sits in front and tells the parent how to paddle to get around the swimming dock. It's

hilarious hearing the child give instructions to his or her parent. Sometimes they use their fingers to point directions, forgetting the parent is blindfolded and they end up going around in circles."

If they so desire campers can take a pontoon out on their own on Carr Lake, a smaller lake that is completely visible from the camp. Other times Randy or other volunteers take campers for a ride on Blackhawk Lake. Both are part of the Minoqua Chain of Lakes.

On Wednesdays interested campers enjoy a pontoon ride to Minoqua. "It's a one and one-half hour trip and we drop them off in town to shop and explore for an hour or so."

As Memorial Day nears Randy and other Legionnaires are busy

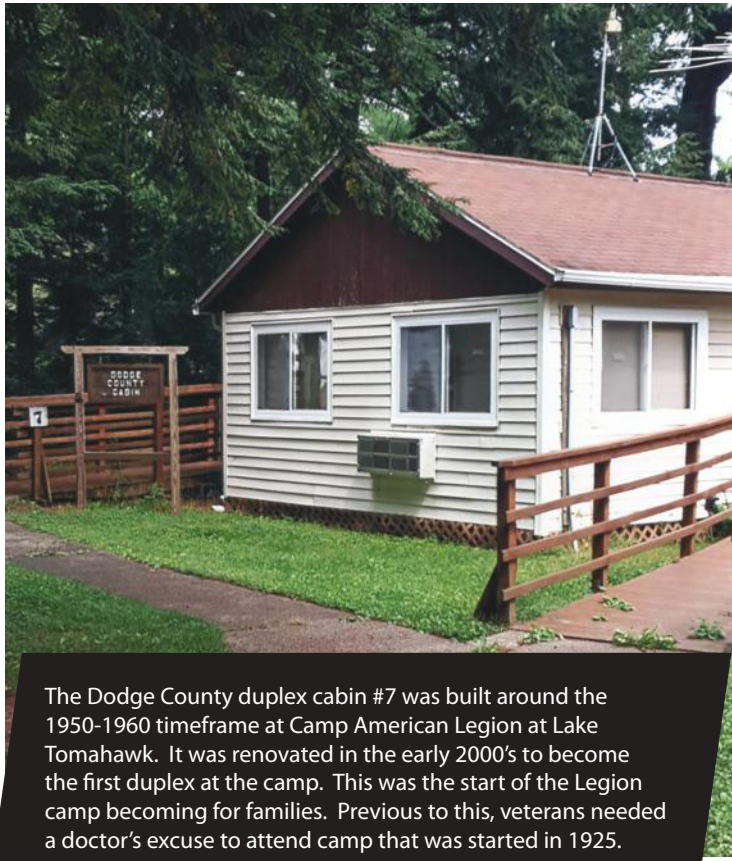
planning for the annual event.

In years past the program began at the cemetery with children placing a flag in the flag holders dedicated to all the wars the U/S. military has been involved in. The Post 420 then leads the children and usually the school band down the street to the bridge on Highway R to honor those soldiers who died at sea. From the bridge they walk to Memorial Park for a formal program including a speaker, flag ceremony, playing and singing of the National Anthem and playing of Taps by a high school student.

This year in honor of the USA 250 Years of Freedom the Legion is planning a parade that they hope will include businesses, organizations, churches, clubs, youth groups and community members with patriotic displays.

Randy says, "We want folks to show their American pride as we commemorate the 250th anniversary of our country and remember the sacrifices made to preserve our freedoms."

He adds, "This is a meaningful community tradition and a wonderful opportunity to demonstrate patriotism, unity and appreciation for our veterans."



The Dodge County duplex cabin #7 was built around the 1950-1960 timeframe at Camp American Legion at Lake Tomahawk. It was renovated in the early 2000's to become the first duplex at the camp. This was the start of the Legion camp becoming for families. Previous to this, veterans needed a doctor's excuse to attend camp that was started in 1925.

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2026 Season Events

Tuesday, April 28th 6:00pm

Hike Waupun, Hwy 28 Parking Lot & Social at Culvers in Waupun

Tuesday, May 12th 6:00pm

Pickleball, BD Courts on Grove Street

Tuesday, May 26th 6:00pm

Frisbee Golf Crystal Lake Park Social at Stooges Patio

Tuesday, June 9th 6:00pm

Hike Palmatory Drive, Horicon and Yoga 7:00PM at Palmatory

Tuesday, June 23rd 6:00pm

Kayaking Waterworks Park, Kayak rentals available

Tuesday, July 14th 6:00pm

Hike Horicon Marsh Visitor Center & Social at Ice Cream Station

Tuesday, July 28th 7:00pm

Yoga at Lakeview Park, BD 7:00PM

Tuesday, August 11th 6:00pm

Kayaking Canoe Launch (end of Nebraska Street in Horicon)-bring your own kayak & Social at Rock River Tap

Tuesday, August 25th 6:00pm

Pickleball BD Courts on Grove Street

Tuesday, September 8th 6:00pm

Sunset Hike at Ledge Park, Horicon & Arandas Mexican Grill in Horicon

Tuesday, September 22nd 6:00pm

Pickleball BD Courts on Grove Street & Social at Ooga

(Events will be held on the 2nd and 4th Tuesday April 28th through September 22nd)

Socials are held after the activity and are always optional!

Events are subject to change due to weather contact dcwomensoutdoorclub@gmail.com with questions or check for updates on Dodge County Women's Outdoor Club Facebook page

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InSpire Magazine's 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

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Iron Ridge Inn

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Lake Street Inn

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W7596 Hwy 33 East - Beaver Dam (920) 887-7179
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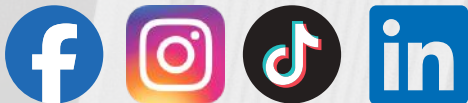


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