

March 2026

Inspire

Magazine



Fighting for
People with
Special Needs

2026
Home Edition

Let's Talk About It

A day designed specifically for women.

Saturday, April 18
7:30 am to 11:00 am

From Perimenopause to Menopause: What Every Woman 40+ Should Know

- Managing perimenopause and menopause symptoms
- Myths and facts about hormone therapy, supplements
- Sleep, mood changes, stress, mental health
- Nutrition, weight changes, diet, exercise

7:30-9:00 am Registration & Wellness Booths

7:30-8:15 am *Sunrise Yoga - optional* (registration required)

9-10:15 am Speakers: Ken Ostermann, MD, Leslie Alzuhn-Hansen, MD,
Carolyn Reabe, MD, Jessica Davidson, RDN

10:15 am **Brunch served**

10:30-11 am Panel discussion with PRH providers and specialists

Coffee shop open 7:30-10:30 am

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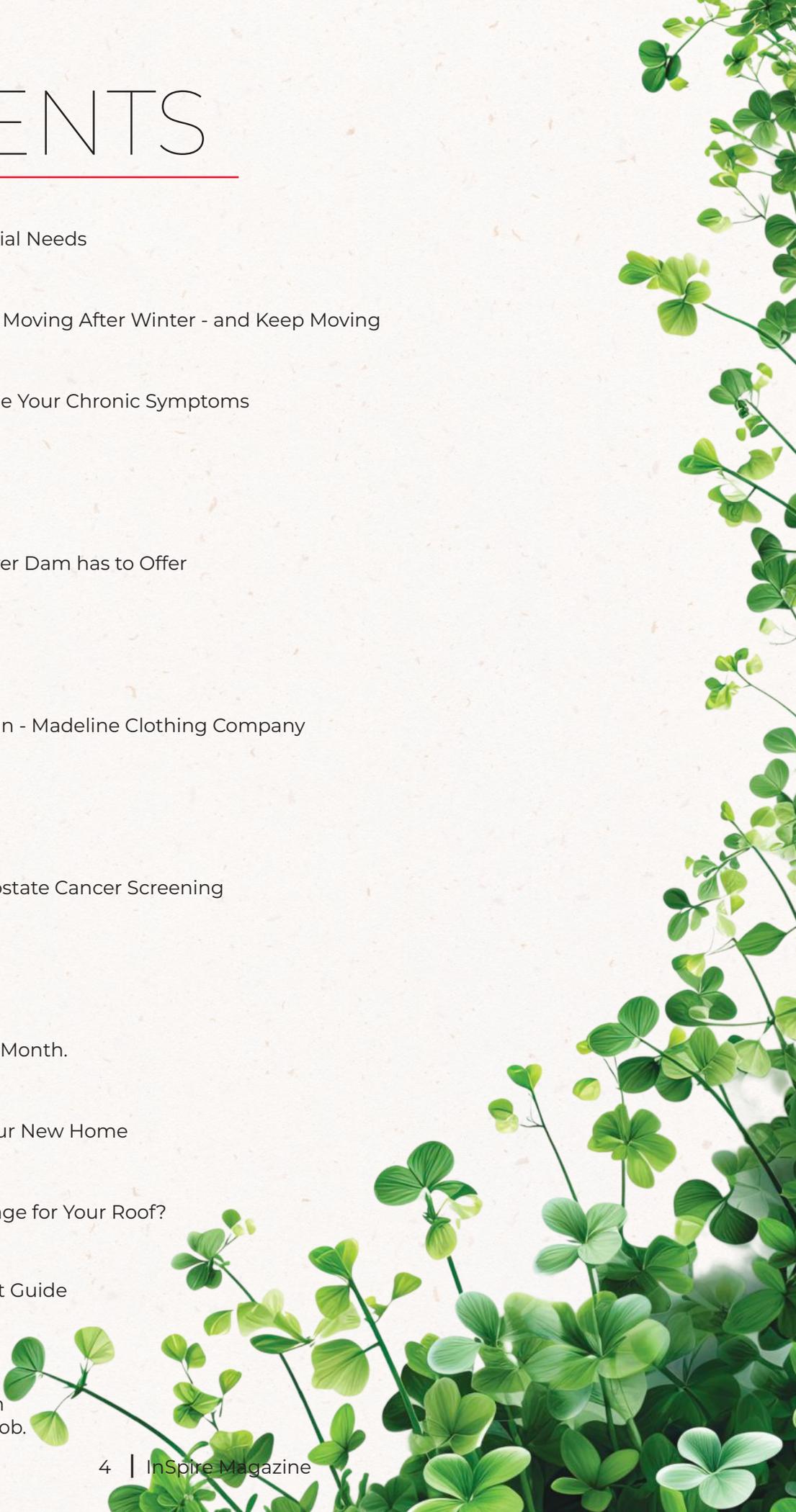
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On the Cover:

Karter Hartzheim of Beaver Dam happily poses for a photo at his job.



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"Blessed is a mother who would give up part of her soul for her children's happiness." *Shannon L. Alder*

This month's cover story features an inspiring article as Kristi Hartzheim shares her unwavering commitment to her son, Karter, who has special needs. This piece highlights his successes and milestones alongside the challenges he's overcome. This moving story celebrates their journey.

I had the opportunity to meet Karter at his place of employment, Hammes Fire & Safety. I can personally attest to his progress; it was a joy to watch him proudly and with much enthusiasm show and explain to me the ropes of his job. He loves what he is doing!

Revisit the beginning of Karter and Kristi's journey in the November 2019 issue of InSpire, available now on our website. www.inspiremagazinewi.com

Happy March!

Sincerely,

Denise Fitzsimmons

Publisher



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Fighting for People with Special Needs

By Dorothy Bliskey

Tim Hammes, owner of Hammes Fire & Safety, and Karter.

When InSpire Magazine first did a story in 2019 on Kristi Hartzheim and her 12-year-old special needs son Karter, daily life was hectic and overwhelming for both of them. Between Kristi trying to advocate for Karter to the school, the police department, and to anyone who'd listen -- and Karter acting on his explosive impulses due to a host of issues he was diagnosed with as a toddler -- life was anything but dull.

Fast forward seven years to 2026. Life has improved dramatically -- for Karter, his mom and everyone coming in contact with him. Things have calmed down and Karter's become a responsible, sociable, and happy 19-year old. Considering his diagnosis, and the trouble that followed him in his school-age years, his progress is remarkable.

Looking Back

Diagnosed with Cognitive Delay, Autism, ADHD, Oppositional Defiant Disorder, 15Q Duplication, Explosive Personality Disorder and more, Karter was going through bouts of anger, irritability, defiance toward authority, couldn't communicate, and would run away.

His Explosive Personality Disorder is what sent people scrambling. Karter had a passion for setting off fire extinguishers, beginning when he was a little tyke. "He'd see a fire extinguisher and have a meltdown if he couldn't get to it," Kristi said, noting it happened wherever they went if he spotted one.

"His Grampa ("Gramp") was a fireman for Fox Lake. He had a lot of fire extinguishers in his house for safety purposes," Kristi explained, adding that it's when they first realized Karter's fascination with fire extinguishers. "Karter would point toward the fire extinguishers and try to lift them. We always had to be 10 steps ahead of him. It got to the point where it was what he lived and breathed for! He would take them off the wall and try to discharge them, or he'd need to fix the hose if it was off just a smidge," Kristi said. "It didn't matter where we were, it was such a huge impulse he couldn't live his life without them. It soothed and comforted him, much like a favorite blanket or teddy bear."

Positive Changes

Now, instead of setting off fire extinguishers, Karter has a job fixing and testing them through a local company operated by Tim Hammes. He's meeting people and sharing his drive and passion for fire extinguishers. While his job is through the Department of Vocational Rehabilitation (DVR), Karter and his mom first got to know Hammes at Hockey games they attended.

"Karter idolizes Tim and has been a walking advertisement for his company," Kristi said. The job has been a godsend for Karter.

"It's taught him that dreams are always achievable regardless of the "limitations" life says you will have when you grow up with special needs. It's given Karter such a sense of pride and responsibility, knowing he's doing his best and doing what he loves. We took a huge problem or obsession if you will, and turned it into a much needed job. He teaches many people how to use (discharge) the fire extinguisher."

Kristi has been "front and center" with guiding Karter toward positive changes.

Impulses used to take over Karter's life -- to the point that Kristi proposed Project Lifesaver to the Beaver Dam Police Department -- a program that was brought to the county by the Dodge County Sheriff's Office. The program helps locate individuals with cognitive disabilities such as Dementia, Downs Syndrome, and Autism -- those who tend to wander off. The individual wears a bracelet with a transmitter, complete with a tracking signal. Karter, who's had a tendency to wander off, has been in the program since 2016. He's been "saved" (found) five times.

"Police officers know him," Kristi said. "They really do get to know him because they come frequently to change the battery he wears for Project Lifesaver."

Kristi, the ultimate advocate you want in your corner, is attempting to convince other cities to incorporate Project Lifesaver into their communities.

As for Karter, it's another area where big improvements have been made in recent years. While he's still on the Project Lifesaver

program, he no longer exhibits the tendency to run away. “Not that it couldn’t happen,” Kristi said, noting that he will gradually come off the program.

The Power of Advocacy and Getting the Right Help

As an advocate for her son, Kristi said she didn’t approach these challenges alone. Help came from a variety of educational systems, friends and family, several counseling and therapy services, adult mentoring programs, a day care center for young adults, and more.

The journey to better mental health for Karter had its detours and roadblocks, but Kristi’s persistence to get the help needed paid off.

One helpful source was a mental health institution in Madison where Karter resided for four months of intense therapy to control impulses. From there, he was able to transition to the Richardson School for Autism and Behavior Problems, attending five days a week for three years. He was there until about age 14. When Covid hit, he was staying home like everyone else.

Although Beaver Dam High School was his home base, he attended other schools they contracted with that could better meet his special needs. Karter was able to transition to Fundamentals, a school in Appleton for kids with autism. He is in the process of working toward his high school diploma there in the 18-21 program.

Kristi is a staunch advocate not only for Karter but for others with special needs. She fights for their rights. She is a mover and a shaker when it comes to spreading the word about programs that help. She educates the general public about autism and other issues regarding one of our most misunderstood sectors of society. She even goes statewide with her message. Every year she is at the State Capital as part of the “Family Voices” and again at Disability Advocacy Days where she and others share stories about their loved ones and ask for support.

Progress -- Looking Ahead

As Karter rounds the corner to better days ahead, one thing that Kristi says is helping boost his self-esteem is attending Onward Day Care Center in Rosendale four days a week. Open about two years ago, the center is operated by Chanel Becker and is for young adults with special needs who are out of high school, but need a continual learning environment and social outlet.

“Chanel and her team treat each participant as if they were their own,” Kristi said. “She went above and beyond even before having Karter in her program. She sat in on some challenging IEP meetings and tough situations as an advocate for us.”

“When Karter started to go to Onward last June, he was greeted with smiles and welcoming love from the staff. He was able to

create his schedule and set his own goals,” Kristi said. “They were able to give him a wider perspective on interests like sports, book club, tech 101, and other incredible classes. Together, they venture out for breakfast or visit places in the community – they even played bingo with residents at the nursing home.”

“Onward has opened Karter’s eyes to so many things and FRIENDS! Check out their Facebook and explore the wonderful adventures they have. There are a lot of programs to choose from. It’s grown his interests in nutrition skills, community outings, socializing -- even making crafts and selling them in their gift shop on the premises.”



Family and Fun

Karter has a younger brother, Kleyten, 15, who is a sophomore at Waupun High School with plans to join the Marines after graduation. Kleyten is a Cadet for the Beaver Dam Fire Department, plays hockey and works on a farm when time allows. He has also been shadowing the DNR on Wildland Fires and participating in Fire Prevention Week with the Waupun Fire Department.

“Although brothers can annoy each other, Kleyten is right there to defend Karter if someone tries to pick on him,” Kristi said. “He also helps care for Karter if I’m not home. He makes him food, they put on their fire gear and train. They did a whole week of fire training together at Fox Valley Tech.”

For fun, Karter enjoys hanging out with his best friend Jose and playing video games at The Bank E Sports in town, or building with Legos at the local Bricks and Minifigs store. The boys also spend time with their dad and step mom where they take up an interest in hunting and fishing with him.”

“Family is really important. We get together with my sisters, aunts, friends, cousins and have food and play games. We also take annual trips up north with my boyfriend Brian and his kids.”

“Karter is a kid who can give you hours upon hours of advice on fishing and all things fire, and he’ll remember the conversation years later!”

“As far as independence, Karter has made impressive progress since 2019. In the past, I had to make sure he had a babysitter at all times,” Kristi concludes. “Now I can trust Karter to be home for short periods of time on his own. Independence is something that Karter, his family, and advocates work on with him daily. We celebrate the wins no matter how small, and we work through the struggles.”

If you or someone you know needs help with similar issues, no matter what age, feel free to contact the Children’s Resource Center with Tim Markle at crcsouth@waisman.wisc.edu or 800-532-3321. Or contact Kristi Hartzheim at kristih0720@gmail.com

Dust off the Rust: How to Get Moving After Winter—and Keep Moving



Progress Over Perfection



By Dr. Stephanie Tyjeski

Winter has a way of slowing everything down. Shorter days, colder temperatures, and holiday schedules often mean more time indoors and less overall movement. If you're feeling stiff, sluggish, or rusty, you're not alone. The good news? Spring is the perfect time to reset your body and build sustainable movement habits that last all year.

Here's how to safely get moving after winter, how to stay consistent, and how chiropractic care can support your progress.

Why Movement Matters More Than You Think

Movement isn't just about exercise—it's about how your body functions every day. Regular movement:

- Improves joint mobility and flexibility
- Boosts circulation and energy
- Enhances mood and mental clarity
- Reduces aches and stiffness
- Supports long-term musculoskeletal health

After months of reduced activity, your muscles and joints may need a gradual reintroduction to movement.

How to Get Moving After Winter

1. Start Slow and Build Gradually

Resist the urge to jump back into intense workouts immediately. Begin with:

- 10–20 minute walks
- Gentle active range of motion stretching routines
- Light strength training using bodyweight
- Low-impact activities like yoga, tai-chi, or cycling

Consistency matters more than intensity in the beginning.

2. Focus on Mobility First

Before ramping up activity, restore joint mobility. Target commonly tight areas after winter:

- Hips
- Lower back
- Shoulders
- Hamstrings

Active range of motion stretches and mobility drills can help improve range of motion and reduce injury risk.

3. Get Outside

Natural light helps regulate your circadian rhythm and boosts vitamin D levels. Outdoor walks, light hikes, or yard work are excellent transitional activities.

4. Set Small, Clear Goals

Instead of saying "I'll work out more," try:

- "I'll walk 3 times this week."

- "I'll move for 10 minutes each morning."

Achievable goals build momentum.

How to Stay Moving Long-Term

Make Movement Part of Your Lifestyle

Look for ways to add movement into daily life:

- Take the stairs
- Park farther away
- Schedule walking meetings
- Do quick mobility breaks during work

Mix It Up

Variety keeps motivation high and prevents overuse injuries. Rotate between strength training, cardio, flexibility, and recovery days.

Listen to Your Body

Soreness is normal when restarting activity. Sharp or persistent pain is not. Pay attention to how your body responds and adjust accordingly.

Prioritize Recovery

Recovery isn't a luxury—it's essential. Hydration, sleep, stretching, and professional care all support long-term consistency. When first returning to movement, give yourself a day in between to recover from your activity.

How Chiropractic Care Supports Movement

Chiropractic care focuses on optimizing how your spine and joints function. When joints move properly, muscles work more efficiently and the body can move with less strain.

Improved Joint Mobility

Spinal and extremity adjustments can help restore proper motion to restricted joints, reducing stiffness that often accumulates during less active months. We adjust from head to toe depending on what your body needs.

Reduced Pain and Tension

Winter inactivity can lead to postural strain, especially from increased screen time. Chiropractic care can help address tension in the neck, shoulders, and lower back.

Injury Prevention

When your body moves well, you're less likely to compensate in ways that lead to injury. A chiropractor can identify movement imbalances before they become bigger problems.

Personalized Movement Advice

At our office we incorporate corrective exercises and mobility strategies

tailored to your specific needs, helping you build strength and stability safely.

The American Chiropractic Association emphasizes the role of chiropractic care in supporting musculoskeletal health and overall wellness.

A Simple Spring Reset Plan

If you're not sure where to begin, try this weekly structure:

- **3 days:** 20–30 minutes of walking or light cardio
- **2 days:** Basic strength training (bodyweight squats, push-ups, lunges)
- **Daily:** 5–10 minutes of stretching or mobility
- **Ongoing:** Regular chiropractic check-ins for alignment and movement support

Still Want More Help?

This month Dr. Jerry will be taking the lead in class. He will talk about getting moving, teach everyone how to do Active Range of Motion exercises at the level YOU are at! So come ready to move a bit and learn a lot! This free class will give you some basics, and the opportunity to ask questions so you can be your best this summer! Details are below!

The Bottom Line

Your body was designed to move. After winter, it just needs a thoughtful restart. By easing back into activity, staying consistent, and addressing joint health proactively, you can build a foundation for a stronger, more mobile year ahead.

Movement is momentum. Start small, stay steady, and give your body the support it needs to keep going. Do you need help to get moving? Give our office a call to set up an appointment where our doctors will tailor a plan specific to your needs. We love to get people back to the activities they love.

Join Dr. Jerry and myself at our FREE Wellness Class as we dive deeper into the importance of movement and how to incorporate it into your lifestyle. **Please join us at our Beaver Dam location for this FREE class on Tuesday, March 17th at 5:30pm.** Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

Dr. Jerry Tyjeski has been a Chiropractor in Beaver Dam for over 30 years and is the founding Dr. at Tyjeski Family Chiropractic. He has been strength training for over 40 years. The last 15 years, he has been focusing on strength and endurance training and competes internationally at Kettlebell competitions. He has a passion for physical fitness and enjoys helping people find the path to health and wellness.

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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Learn Lifelong Skills to Manage Your Chronic Symptoms

By Susan Baumann



Mind Body OT clinic in Beaver Dam provides outpatient biofeedback therapy as well as craniosacral therapy. Biofeedback therapy is a wonderful option for people living with chronic conditions that would like to learn to master how to effectively manage their symptoms using therapy and self-regulation techniques with minimal reliance on medications. This therapy helps you regain control over your life, rather than letting symptoms determine your day.

Clients quickly learn to interpret their body's signals using state-of-the-art biofeedback technology that monitors your heart rate, respiration rate, sEMG muscle tension of tight/painful areas, skin conductance, and hand temperature. You will learn to master self-regulation techniques that effectively reverse the pain and stress response at onset of stress triggers or worsening pain symptoms.

Anxiety and Panic: we will identify your body's unique physiological responses to stress and anxiety and teach you the skills needed to reverse the "fight or flight" autonomic response during the moment of stress triggers. These are tools you will use for life that will minimize or eliminate your need for anti-anxiety medication. Included in this therapy is a biofeedback stress test on day one to assess your body's unique physiological responses to stress, instruction in diaphragmatic breathing, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension in tight facial and neck and upper trap muscle groups; instruction in self-regulation techniques to quiet the mind and calm the body and nervous system, instruction in therapeutic journaling and anti-anxiety strategies to use at onset of stress triggers to reverse the stress response and prevent full-blown panic attacks, discussion of caffeine, nicotine and other applicable dietary considerations and discussion of realistic physical movement and stretching and support system.



Anxiety Testimonials:

"The trauma from the tornado that destroyed our home on May 15th of 2025, left my nervous system in constant fight-or-flight. Susan was very instrumental in helping me navigate through the biofeedback sessions showing me how my body could

finally exhale and how I can regulate my stress in a way that feels achievable and sustainable. I felt support, grounded and empowered with tools to manage my nervous system. I walked away feeling lighter, calmer, and more confident in my ability to heal. I am deeply grateful for Susan and her passion for helping me and her continuous journey to empowering others." Diana Ogle

"Meeting with Susan was transformative! I have struggled with anxiety my entire life and I need to find new and effective ways to cope with it. Biofeedback did just that! It taught me different (and simple) strategies to help calm my nervous system. Susan's kindness and compassion, felt at every session, helped to make this a life-changing experience for me." Julie M.

Chronic Pain/Fibromyalgia/Headaches: we will use a combination of biofeedback therapy and craniosacral therapy to treat your chronic pain and help you master the self-regulations skills needed to minimize the severity and duration of flare-ups with minimal reliance on medication. Included in this therapy is a biofeedback stress test to assess your body's unique physiological responses as well as instruction in diaphragmatic breathing, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension of targeted tight and painful muscle groups; instruction in multiple self-regulation techniques designed to reverse the pain and stress response; instruction in stretching, anti-inflammatory diet, neuroscience of persistent pain and neuroplasticity involved in recovery and inclusion of craniosacral therapy for direct pain relief.



Chronic pain testimonials:

"As a chronic pain sufferer for over 30 years, I have tried many treatment options. The thing that I appreciated most about being treated by Susan was that she personalized my treatment regimen to deal with the particular issue that I was dealing with on the

particular day of my treatment. Susan treated me as a person, not

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just a patient. She adjusted my treatments to meet my needs and did not attempt to treat me following a standard of protocol for everyone. I would highly recommend that if you are thinking about scheduling an appointment to be treated by Susan to do so.” Bill Dorn

“The pain of chronic fibromyalgia with insomnia was concerning to my sleep medicine doctor. He highly recommended that I seek Susan’s professional care. I am so thankful I did. Susan performed biofeedback therapy and with the results we created a plan of breathing exercises, muscle relaxation techniques, mindfulness meditation, and guided imagery. Susan practices compassion and understanding while she is teaching you to manage chronic pain and insomnia. I continue to incorporate what she taught me and am forever grateful to her.” Sue R.

Insomnia: we will use a combination of biofeedback therapy and CBT-I (cognitive behavioral therapy for insomnia protocol) to reset your circadian rhythm and teach you techniques to quiet your racing mind and relax your body to achieve consistent, restorative sleep. Included in this therapy, you will receive instruction in sleep hygiene guidelines, diaphragmatic breathing techniques, biofeedback-assisted neuromuscular re-education to downtrain excess muscle tension if pain/discomfort is interfering with your ability to sleep; instruction in several mind quieting techniques to combat racing mind interfering with ability to fall asleep, as well as discussion of dietary and exercise factors that contribute to better sleep.

Insomnia testimonials:



“I have struggled with insomnia for about 5 years. I’ve tried melatonin, magnesium and prescription medication without much success. I saw Susan Baumann for treatment with guided imagery, sleep time restriction and relaxation techniques. In

six weeks, her treatment greatly improved my sleep. Thanks so much Susan!” Tim Rentmeester, MD

“Susan Baumann, Mind Body OT, gets 5 stars. She taught me a skill set under the umbrella of Cognitive Behavioral Therapy – Insomnia (CBT-I) that cured my insomnia! CBT-I is an excellent technique for those of us who prefer not to take medication or who cannot tolerate medication to treat sleep disturbances, but it requires a patient, sensitive, and intelligent instructor and Susan was just that. And an added bonus is that I use the biofeedback and meditation techniques I acquired under her tutelage not just at bedtime, but throughout the day, every day, to lead a more relaxed, mindful life.” C.A.

Urinary Incontinence/Pelvic Floor Rehab: urinary incontinence is preventable and fixable. Biofeedback therapy is effective for resolving leakage and eliminating the need to wear protective pads or take bladder medications with unpleasant side effects. You will receive instruction in effective pelvic floor muscle strengthening using internal sEMG sensor while isolating from abdominal co-contractions in sitting and standing positions for quick and sustained contractions. You will also receive instruction in urge delay technique, fluid modification, postural strategies and a home program.

Pelvic floor Testimonials:



“Finally! Dry nights thanks to biofeedback therapy. I would say I have an 85% improvement!” S.P. (85 y.o. female)

“As we grow older, sneezing, laughing and coughing challenged my bladder, but working with Susan in biofeedback therapy provided me with the ability to work on a pelvic floor routine that has given me peace of mind with control of my bladder. It is truly important to have people support you and give you a peace of mind that we as women are going through this together. I am fortunate to have Susan be my cheerleader and make me feel confident again.”

Kristi Hartzheim

Craniosacral Therapy: craniosacral therapy is a very gentle, hands-on therapy designed to calm the nervous system and relax your muscles. Because craniosacral therapy is so gentle, it is very well tolerated by those suffering from severe chronic pain that may not be able to tolerate traditional deep tissue massage. Craniosacral therapy is also helpful for people living with high stress and anxiety to effectively reverse your body out of the “fight or flight” stress response. Sometimes craniosacral therapy can help people with insomnia to quiet body and mind to promote a better night’s sleep. Craniosacral sessions will leave you incredibly relaxed and calm, and biofeedback sessions will teach you how to stay that way.

Craniosacral testimonial:



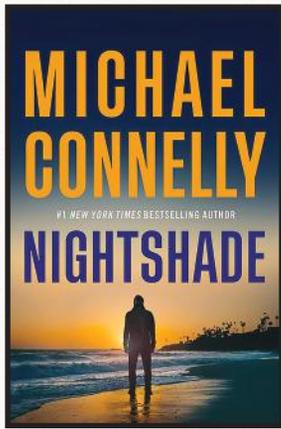
“Lifelong insomnia brought me to Susan. Together we have tried many ways to facilitate better sleep. My favorite methodology she uses is craniosacral therapy. I lie on a table like for a massage. While I listen to positive guided imag-

ery, Susan expertly calms my nervous system using a gentle, hands-on manual therapy and I finally (at last) relax enough to catch a wink or two. That relaxed feeling and brief rest during that therapy really does stay with me. I highly recommend trying craniosacral therapy – especially with Susan.” J. Pietsch

“Susan helped me recognize when my body is in fight-or-flight, and provided the skills to help me adjust accordingly. These skills combined with the craniosacral therapy and her compassionate instruction, have been life changing for managing stress/chronic pain and life challenges. She is a gift to our community!” Elaine R.

Chronic Pain Support Group: this group is offered on the first Wednesday of every month; open to the public, and free-of-charge. Guest speakers are featured covering topics on a multitude of ways to help people live well with chronic pain.

Mind Body OT is the private practice biofeedback clinic of Susan Baumann, OTR, BCB. She has been a practicing occupational therapist since 1989 and certified in biofeedback therapy since 2001. Mind Body OT clinic opened in 2019 in Beaver Dam. If you have questions regarding if this therapy can help you, call Susan at 920-382-6900 for a free 15- minute phone consultation.



Nightshade: A Novel

by Michael Connelly

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

Connelly, author of *The Lincoln Lawyer*, *Renee Ballard*, and *Harry Bosch* series has created a new character, Stilwell. He is a disgraced Los Angeles sheriff's detective. For punishment he is put in charge of the sub station on Catalina Island, 40 minutes by boat, west of Los Angeles. This place is a sleepy place where the locals all know each other and it feels like a small town. Nothing happens Monday through Friday. The weekends receive a flood of rich party people from the mainland and Stilwell then gets busy with drunk and disorderly tickets. For Stilwell it is more a vacation than a punishment. Until a dead body is found at the bottom of the harbour.

A young Jane Doe is recognizable only by the deep purple streak in her hair. About the same time one of the island's protected buffalos is killed on a preserve far from the touristy areas. Stilwell begins working on both cases with the murder taking precedence. Stilwell is ordered to stand down, let the homicide department take over the murder case. He can't. Catalina has become his home and he knows it better than detectives that have never been there. He quietly interviews people who may have information about either crime, on Catalina and the mainland. Then his girlfriend is kidnapped. He's all in. Fast paced and exciting, this mystery is an excellent addition to Connelly's legacy.

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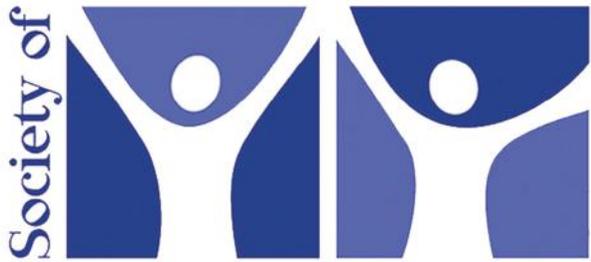
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How to Prevent Colon Polyps

By Marshfield Clinic

Early detection and removal of colon polyps with a colonoscopy is the only way to prevent colon cancer from forming.

Colon polyps are not cancer, but the first sign that colon cancer may be developing. They can change to cancer in up to 10 years depending on various genetic and environmental factors.

Removing polyps during a colonoscopy can prevent colon cancer from forming in 90 percent of cases.

Types of colon polyps and how to find them

They can vary in form with some being less or more likely to cause colon cancer:

- **Adenoma:** There are several types of adenomas, but in most cases, these can lead to cancer. If this type is found during your colonoscopy and all polyps are removed, you typically return for another colonoscopy in three to five years.
- **Hyperplastic:** These polyps usually are benign and typically do not lead to cancer. Your colonoscopy would not be repeated for another 10 years if these are the only polyps found.

While there are several ways to discover colon polyps, the best way is to have a colonoscopy.

A genetic test called Cologuard® uses a swab of your stool to detect DNA from colon polyps that have a predisposition for turning into cancer. This test is an option for people with average risk for colon cancer.

Cologuard is 90 percent effective at detecting colon polyps or early cancer, but a colonoscopy gives doctors a higher reassurance for colon cancer detection and prevention.

A CT colonography, sigmoidoscopy or fecal-immunochemical test are other colon cancer screening options.

Preventing colon polyps

Many factors have been linked to developing colon polyps and cancer, but these are not as strong a factor as age, family history or inflammatory bowel diseases.

Excessive consumption of red meat, cigarette smoking, obesity, alcohol use and lack of physical activity also can lead to an increased risk.

Eating vegetables and high-fiber foods, taking vitamins that contain folic acid and taking aspirin and nonsteroidal anti-inflammatory drugs, such as ibuprofen, are thought to help prevent developing colon polyps even after they are removed during a colonoscopy.

These choices have been shown to decrease the likelihood of developing polyps and ultimately cancer.

It is the combination of genetic and environmental factors that affect how susceptible you are.

If colon cancer is detected

Colon cancer is the third most common cancer for American men and women. Each case is different in terms of curability and aggressiveness. Prognosis often depends on how early the cancer is caught.

Most colon cancers are treated with surgery and chemotherapy. Radiation treatment may come into play if a patient has advanced colon cancer.

If you have questions or are due for a colonoscopy, call MMC-BD's surgical clinic at 920-887-0379.



Come & Experience Waupun

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Madeline Clothing Company

Madeline Clothing Company is an upscale women's consignment boutique located in the heart of Downtown Waupun. We offer ever-changing inventory, so there is always something new to discover each time you visit.

Our boutique features carefully curated, like-new name brand clothing, shoes, handbags, jewelry, home decor, and new gift items. As a consignment boutique, we make elevated, high-quality style affordable, allowing you to shop your favorite brands without paying full retail.

We proudly carry a wide range of sizes XS-3XL, with denim available in sizes 00-24, so more women can find pieces that fit beautifully and confidently.

Whether you are refreshing your wardrobe, investing in a designer handbag, or searching for the perfect gift, we are here to help you create your own unique style.

A Few of Our Favorite Things

1. Handbags

From everyday brands in like-new condition to luxury investment pieces through The Madeline Reserve, we proudly offer authentic designer handbags including Louis Vuitton, Gucci, Chanel, Prada, and more, bringing timeless luxury at accessible pricing.

2. Gift Items and Faith-Based Finds

Our gift selection is thoughtfully curated and constantly refreshed. We carry faith-based devotionals, meaningful jewelry, essential oils, Jesus tees and hats, local vendor products, and new arrivals throughout the season. Whether gifting or treating yourself, we have you covered.

3. Denim

Denim is a customer favorite and a foundation of our boutique. We carry the best brands in flattering, on-trend fits and versatile washes that work for everyday wear or elevated styling. With sizes 00-24, we make it easy to walk out feeling confident in your perfect pair.



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Air Fryer Orange Chicken



Ingredients

2 lb. skinless, boneless chicken breasts
1/2 tsp. kosher salt
1/4 tsp. freshly ground black pepper
2 large eggs
1/4 cup all-purpose flour
1/2 cup plus 1 tbsp. cornstarch
1 1/2 cups orange juice
1/4 cup packed light brown sugar
2 Tbsp. low-sodium soy sauce or tamari
2 Tbsp. rice vinegar
2 cloves garlic, minced
1/2 tsp. minced fresh ginger
1/4 tsp. crushed red pepper flakes
2 tsp. toasted sesame oil
Sliced scallions & toasted sesame seeds, for serving

Directions

Cut chicken into one inch cubes and place in a medium bowl, pat chicken dry with paper towels; season with salt and black pepper. In a shallow bowl, beat eggs to blend. In another shallow bowl, whisk flour and 1/2 cup cornstarch. Coat chicken in egg, then toss to coat in flour mixture, shaking off any excess.

Coat an air-fryer basket with cooking spray. Working in batches, arrange chicken in a single layer in basket; spray chicken with cooking spray. Cook at 400°, tossing halfway through and spraying with cooking spray, until golden brown and cooked through, about 10 minutes. Transfer chicken to a clean large bowl.

In a measuring cup, whisk orange juice, brown sugar, soy sauce, vinegar, and remaining 1 tbsp. cornstarch.

Coat a small pot with cooking spray and heat over medium heat. Cook garlic, ginger, and red pepper flakes, stirring, until fragrant, about 2 minutes. Add orange juice mixture and bring to a boil. Cook, stirring occasionally, until thickened and slightly reduced, about 10 minutes (you should have about 1 1/4 cups sauce). Add oil and stir to combine.

Pour orange sauce over chicken and toss to coat. Garnish with scallions and sesame seeds.



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Why Men Should Prioritize Prostate Cancer Screening

Prostate cancer is one of the most common cancers among men in the United States, and early detection can make a life saving difference. Screening helps identify cancer before symptoms appear, when treatment is most effective. At Watertown Regional Medical Center, we encourage men to learn about their risks, talk with their healthcare provider, and make informed decisions about screening.

Why Screening Matters

Screening looks for cancer before symptoms develop. The goal is to detect prostate cancer early – because prostate cancer often grows slowly, many men don't notice symptoms until the disease has advanced.

The prostate specific antigen (PSA) blood test is the most common screening tool. PSA levels can be higher in men with prostate cancer, but they can also rise due to other conditions such as infection or an enlarged prostate. That's why it's important to discuss results with a healthcare provider who can interpret them in context.

A clinician may also perform a Digital Rectal Exam (DRE) to feel for abnormalities in the prostate. If results are abnormal, your provider may recommend additional testing, such as imaging or a biopsy, to determine whether cancer is present.

Who Should Be Screened?

The American Cancer Society recommends that men talk with their healthcare provider about screening at the following ages:

- Age 50 for men at average risk
- Age 45 for men at high risk (including African American men and those with a father or brother diagnosed before age 65)
- Age 40 for men at even higher risk (more than one first degree relative diagnosed early)

This conversation helps men understand the benefits, risks, and uncertainties of screening so they can make the choice that's right for them.

Understanding the Risks and Benefits

Like all medical tests, prostate cancer screening has potential risks, including false positives, false negatives, or detection of cancers that may never cause harm (overdiagnosis). That's why shared decision making with your provider is essential.

However, for many men – especially those at higher risk – screening offers peace of mind and the possibility of catching cancer early, when treatment is most successful.

Take Charge of Your Health

If you're a man age 50 or over – or younger with risk factors – now is the time to talk with a healthcare provider about prostate cancer screening. At Watertown Regional Medical Center, our team is here to guide you through the process, answer your questions, and help you make informed decisions about your health.

Your future is worth the conversation. Schedule your screening discussion today. Visit WatertownRegional.com/urology or call us at 920.261.1334.





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CELEBRATING WOMEN'S HISTORY MONTH

By Ashley Posthuma

Did you know that March is Women's History Month? It's a time to reflect on the accomplishments of the women who have come before us, celebrate the women achieving amazing things every day, and recognize those in our own lives who have made an impact on us.

Personally, I love learning about the unsung women of the past who have made major contributions to our daily life. I find it inspiring that even when society largely considered them inferior, there were so many women who found ways to make a difference in the world.

For example, consider American chemist Stephanie Kwolek. You may not have heard her name before, but she's responsible for the saving of countless lives across the world with one ingenious invention. Kwolek graduated in 1946 with a degree in chemistry, and she quickly found herself developing synthetic fibers in a postwar America. Throughout the 1950s and '60s, Kwolek conducted endless research into strengthening molecular chains and building stronger fibers. Eventually, she developed what would become known as Kevlar, the chemical compound that can be made into fiber five times stronger per weight than steel. Today, Kevlar is used in radial tires, flame-resistant fabrics, bulletproof vests, and much more.

Another woman who deserves celebration during Women's History Month is Mary Edwards Walker, the only woman who has ever received a United States Medal of Honor. Walker was born in New York in 1832 to parents who valued education so highly, they started their own school to ensure their daughters would be just as educated as their son. Eventually, Walker went to medical school to become a surgeon but had a hard time finding work since the public wouldn't accept a female doctor. When the Civil War began, Walker was denied serving as a medical office because she was a woman, so she instead opted to serve as an unpaid volunteer surgeon. Thanks to her dedication and hard work, she eventually became the first female U.S. Army surgeon. Eventually, she was captured by the Confederate troops where she served as a spy for several months. After the war ended, she

focused her efforts on fighting for women's rights and "dress reform;" she was arrested in 1870 for wearing "men's clothes" rather than a dress or skirt. She continued this brave battle for the rest of her life, even opening up her home to others who were harassed for not conforming to the traditional ideas of how society should dress.

Another fascinating woman of history was Mary Anning, English fossil hunter and anatomist. Anning lived from 1799-1847, and despite no formal training, she followed in her father's footsteps to become a "fossil collector" and then exceeded his footsteps with her self-taught skills in geology, anatomy, paleontology, and scientific illustration. Anning's most famous finding was the first-ever intact plesiosaurus skeleton she uncovered in 1824. She became somewhat of a celebrity at the time, famous for her findings. However, she was often not given full credit for many of the fossils she excavated; some were even mentioned in prestigious journals without her name at all. Still, she utilized her skills to make important scientific discoveries that helped us learn about historical wildlife.

Of course, not all influential women are in the past. Today, we're privileged to see so many trailblazers who are still leading the way in their industries, their communities, and their passions. While not everyone is serving as a war spy or making groundbreaking scientific discoveries, we are doing the best we can to inspire those around us—even if it's just with a smile or a kind word.

This Women's History Month, take the time to learn more about the influential women who came before us. And then take a moment to reflect on all the influential women in your life today. Maybe it's as simple as sending a text message, but use this month to let someone know that they have made a difference. To take things one step further, consider that even on the days when you feel frustrated, upset, and insufficient, you impact those around you. The choices you make are shaping today's history for tomorrow's generation—and how exciting is that?



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Take the First Step Toward Your New Home

By: Natalie Kollin, Horicon Bank



If buying a home is on your horizon, now is the perfect time to start planning. While the mortgage process can feel unfamiliar at first, having the right guidance makes all the difference. With a trusted local lender and a little preparation, you can move forward feeling confident, informed, and excited about what's next.

Smart tips for first time homebuyers:

- **Find your comfort zone.** Focus on a monthly payment that fits your lifestyle—not just the maximum you qualify for.
- **Know your credit.** A healthy credit score can unlock better loan options and more purchasing power.
- **Look beyond the down payment.** Closing costs, taxes, and insurance are all part of the bigger picture.
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Do You Have the Right Coverage for Your Roof?

By Erie Insurance

Roofing insurance claims can be complicated. That's why it's so important to have the right homeowners coverage for your roof.

Replacing a roof is one of the more expensive home projects a homeowner will encounter. According to Home Advisor, the 2025 national average a homeowner will spend on installing a new roof is around \$9,500, up from more than \$8,000 in 2020.

While you can save up over months or years to replace an old roof, sudden damage from something like a windstorm doesn't give you that option. Don't wait until you need to submit a claim to understand what your policy can – and can't – pay to replace. Keep reading for general answers to a few common questions. As always, your local Erie Insurance agent can give you more specific information (including a free quote customized just for your home).

How does homeowners insurance cover my roof?

Short answer: It depends on your policy — but some offer more coverage than others.

Longer answer: Buying insurance is all about your comfort level with risk. A cheaper policy means you might pay a little less right now, but you could be stuck paying more out of pocket later if you need to file a claim.

With homeowners insurance, there are different ways you can choose to be compensated when you experience a sudden loss that's covered by your policy. That is known as your "loss settlement option." Simply put, it's how your insurance company assesses the cost to rebuild, repair or replace your stuff.

At ERIE, coverage for your roof is factored into the cost to insure your dwelling. Loss settlement options for your dwelling may vary by state, so talk to your ERIE agent to better understand your options.

Common loss settlement options that provide coverage for your roof include:

- **Guaranteed Replacement Cost (GRC)**1 which pays for the full cost of restoring your roof, even when the cost to repair is more than the roof is actually valued at. That's the perk of the "guaranteed" replacement cost – it pays to make your home good as new again1. If you have an ErieSecure Home policy, GRC is already wrapped into your coverage.
- **Extended Replacement Cost (ERC)** which gives you a predetermined amount of cash you can dip into if repair costs run high. With ERIE, that cushion is 25%. Replacement cost which pays to repair the damage to your roof without factoring in depreciation.
- **Actual cash value (ACV)** which factors in the roof's age and condition to determine how much it's worth as-is when you file a claim. That's known as a depreciation amount. When the bill comes in from the roofers, an ACV policy factors in depreciation and only pays up to the amount your roof is currently worth – even if the cost to repair or replace your roof is higher than that.
- **Functional replacement cost** is the amount that it would cost to repair or replace the damaged roof with less costly common construction materials and methods which are functionally equivalent to obsolete, antique or custom construction materials and methods.

So, when it comes to insuring a big investment like your roof – you can see how your loss settlement option can make a big difference in how you can be reimbursed after a loss.

ERIE's new roof loss settlement option

Due to the increasing severity and frequency of roof claims, ERIE is introducing a new optional endorsement: Roof Surfaces Windstorm or Hail Loss Settlement. This endorsement provides coverage for roof surfaces on your home as well as other structures covered by your homeowners policy when they are damaged by hail or a windstorm. Covered roof surfaces include exterior shingles and panels, gutters and downspouts, skylight components, roof vents and more.

Age of roof and insurance

At ERIE, roof losses are paid based on the loss settlement that you select for your home, unless you have selected Roof Surfaces Windstorm or Hail Loss Settlement.

Remember that homeowners insurance is designed to cover the cost of sudden and unexpected damage. Generally, your policy doesn't cover damage from delayed maintenance or routine wear and tear to an old roof.

If your roof is worn or in poor condition, having a roof covered on an ACV basis could become a big financial burden if you have to file a claim.

For example, let's say your roof has seen better days. Then, bam! Lightning strikes and your neighbor's tree falls on your roof. What happens next?

- If it's insured on an ACV basis: If your roof is damaged near the end of its life expectancy, you'll likely see a larger deduction for depreciation... but you'll still get the same bill for what it costs to repair or replace it. That could leave you stuck paying the difference out-of-pocket.
- If you select Roof Surfaces Windstorm or Hail Loss Settlement: Losses to your roof would be subject to the Roof Payment Schedule. This schedule is used to determine how your insurance company would pay for a roof claim based on factors, such as the age of the roof and materials.
- With replacement cost: There is no deduction for depreciation. This means you may pay a little more in premium for that policy (vs. ACV) –but you won't be hit with out-of-pocket expenses.

One way to make a replacement cost policy more affordable is to increase your deductible. Your deductible is the amount you pay out of pocket after a claim and before your insurance company pays its part.

Ask your insurance agent to show you the cost difference with different deductibles so you can decide which dollar amount is best for your budget.

What makes ERIE's coverage different?

Here are a few factors – known as "provisions" – to look for:

- **Mandatory deductible** or an amount that you will have to meet before the insurance company will cover your claim. (ERIE allows you to choose your deductible for your home and property based on what's comfortable for your budget.)
- **Wind or hail deductible** or a separate dollar amount that applies to loss caused by wind or hail. Some carriers may require a higher wind or hail deductible without giving you a choice. At ERIE, it is an optional customization that can help lower your premium.

Filing a homeowners insurance claim for roof damage

- Uncertainty is part of life – but that’s why you have insurance. If you think your roof is damaged and you’re considering filing a claim, here’s what to do:
- Prevent further damage. Once the scene calms down (such as a hailstorm), take action to prevent any further damage to your home and belongings if it’s safe to do so.
- Document what happened. Take photos of the damage and list what was affected. (An updated home inventory can be helpful here.) List any date or timeframe that the event occurred.
- Call your insurance agent. Your agent can explain your options and help you understand if and how to file a claim.
- Know how to spot a scam. Sometimes, fraudulent or dishonest contractors – known as “storm chasers” – show up after severe weather hits. Storm chasers may point out pre-existing damage, create their own damage, or say that there is damage when there isn’t. Learn the signs to spot hail fraud and tips for hiring a reputable contractor.

Homeowners insurance that protects you without surprises

Not sure what coverages you selected? You can find your dwelling amount and policy limits on your declarations page. (If you’re an ERIE customer, that’s easy to find in your Online Account.)

If you are unsure what your home insurance can cover – and what it can’t – ask your agent. Or you can request a homeowners insurance quote from a local ERIE agent near you

Then relax and enjoy more of what makes you and your family happy knowing that your home, the investments you made in your home and the things you value most are protected.



Salim Mohammed, of Pine Hill Insurance consults his clients on home owners insurance.

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Opening Saturday May 2nd!
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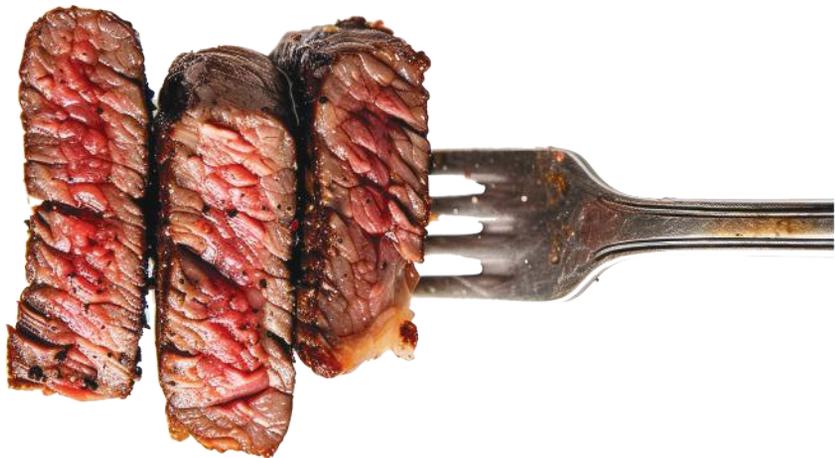
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Restaurant Guide



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.oldhickorygolfclub.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

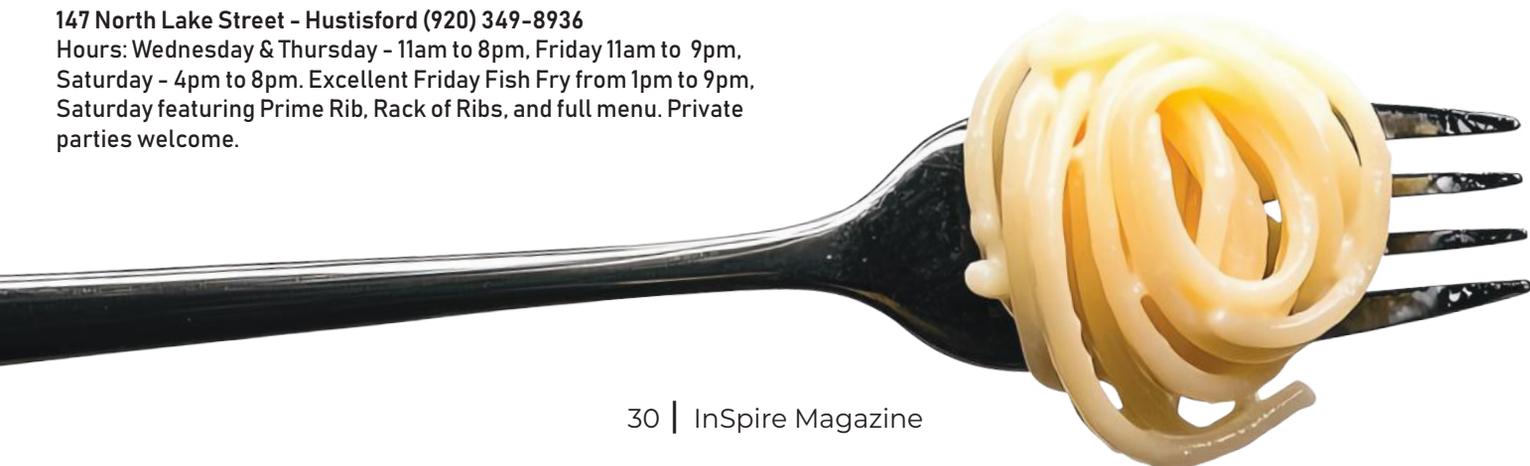
N10604 Chief Kuno Trail - Fox Lake (920) 928-2576
Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us 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.





*Begin your
day with
renewed
energy*

Mindful Connections Adult Yoga - Ages 18+

Our Mindful Connections program is excited to offer weekly yoga classes designed to help you slow down, breathe deeply, and begin your day with renewed energy.

These sessions provide a wonderful opportunity to unwind, reconnect with yourself, and set a positive tone for the rest of your day. Whether you're brand new to yoga or already enjoy the practice, we welcome you to take this mindful hour just for you.

March 10-April 21

Every Tuesday from 8:30-9:30 a.m.

July 14-August 18

Every Tuesday from 8:30-9:30 a.m.

Join us for a relaxing and gentle practice suitable for all experience levels.
Classes held at Prairie Ridge Health Hospital, 1515 Park Avenue, Columbus, WI

Classes are hosted by
Prairie Ridge Health psychotherapist, Alena Eichenseher, LCSW
Classes are not free and are billed to insurance.

Registration required.

For more information or to register please call
920.623.1200 x3
or 920.623.7600

**Please wear comfortable clothing.
You may bring your own mat
or a mat will be provided for you.*

Prairie Ridge

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