

July 2025

Inspire

Magazine



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Dr. Jerry was born and raised in Wisconsin Rapids, WI. When he was just 4 years old, his mom and dad took him to a chiropractor for his first chiropractic adjustment to relieve ear infection symptoms. From that time on, Jerry knew he wanted to be a chiropractor! When he isn't working, Jerry loves spoiling his granddaughters, trap shooting, hunting and lifting weights (especially kettlebells!).

CHIROPRACTOR - JOSH TYJESKI, D.C.

Dr. Josh is homegrown in Beaver Dam, WI! He was involved in Leipsic 4-H, YMCA sports, high school soccer and National Honor Society. He graduated from BDHS, met Dr. Stephanie at his time at UW-Stevens Point, and graduated as a Doctor of Chiropractic from Logan University. Today, Dr. Josh loves gardening, board games, and is a Mason the Dodge County Masonic Lodge #72.



CHIROPRACTOR - STEPHANIE TYJESKI, D.C.

Dr. Stephanie grew up in Stevens Point, WI where she volunteered her time at the humane society. She has been a camper/counselor at St. Paul's Church Camp for the past 15 years (and counting!) She graduated from SPASH high school, attended UW-Stevens Point and finished her Doctorate of Chiropractic degree at Logan University. In her free time, Dr. Stephanie is involved in choir and Handbells at Trinity Church -UM, and can often be found with a book close by.



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Exciting News!

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"Everything that is really great and inspiring is created by the individual who can labor in freedom." ~**Albert Einstein**

The Fourth of July is an opportunity to reflect on the freedoms this country offers. The Declaration of Independence was signed in 1776, when the 13 colonies wanted independence from Great Britain. Since then, America has succeeded in remaining a free country. Because of this we are able to enjoy many freedoms.

This month's cover story includes an interesting profession for an amazing lady, Tanya Reynen. Her career of choice is not so typical. But her passion, drive and intellect enables her to be successful!

Enjoy her story and be thankful we live in a country that gives us the freedom to take advantage of many opportunities and our dreams!

Happy Fourth of July!

Sincerely,

Denise Fitzsimmons

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A Journey From Volunteer to Fire Chief

By Dorothy Bliskey

One stepping stone at a time led Tanya Reynen, 38, to the top rung of the ladder in her chosen career field of firefighter. In April of 2024, she became the first female Fire Chief and Emergency Manager for the Watertown Fire Department. At that same time, construction was beginning on a new fire department in Watertown. This past month, the public toured the new state-of-the-art facility.

Reynen's rise to the role of Chief spanned a 20-year period in the field. It all began when, as a high school junior in 2004, she was a volunteer on the Stonebank Fire Department, a small community near Hartland where she grew up on a farm. The experience ignited a passion within her – a passion for helping others.

"My dad was a volunteer on the Town of Delafield Fire Department," Reynen said, noting she got to spend time there in her youth. "I wanted to drive the engines. At the time, I never thought it would become my career!"

In her volunteer role from 2004-2008, Reynen was a firefighter and an emergency medical technician (EMT). She responded to calls, was assigned a crew, participated in community public education events, assisted with running EMS trainings and was on the ambulance purchasing committee. "My main role was to be a patient care provider and firefighter for the community, and they supported me through my initial fire and EMS certifications," Reynen said.

After completing her Firefighter 1 and EMT certifications, Reynen started looking for more than just volunteer work in the field. She wanted a paying job. She realized her desire for a career in fire service. On to the next step...

In 2006, she was hired by the Town of Brookfield Fire Department, and worked there for 5 years. During that time she got her Paramedic license and also worked at Watertown.

"Working for the Town of Brookfield Fire Department was a part-time job, meaning I was able to bid for hours to work and was assigned hours based on seniority," Reynen explained, noting that after a year she was working two shifts a week or 48 hours a week. This was such a great experience. It's where I learned how to run calls as a staffed crew. I was a lead paramedic once I obtained my Paramedic licensure -- about a year after I started working there."

Reynen had also worked for the Watertown Fire Department in 2008 as a line firefighter/paramedic prior to becoming Fire Chief last year. During this first stint in Watertown, she completed a Bachelor's Degree from UW-Oshkosh in Fire Emergency Response Management and additional certifications. "I loved my time at the Watertown Fire Department, but, by 2016, I was looking for something more."

The next stepping stone on her pathway to fire chief surfaced in 2016 when Lake Country Fire Rescue recruited her to run the EMS Training Center. It was a flexible 40-hour work week and a "promotion" to the Captain level. "We grew the training center from 3 EMT classes a year in one location to over 10 EMT courses in 4 locations, along with numerous other course offerings," Reynen said.

While at Lake Country Fire Rescue, Reynen was promoted to Deputy Chief of the Training Center and Personnel. She managed all hiring processes, oversaw the COVID emergency plan and assisted with a large merger of two other departments.

A crucial step took place in November of 2023 when Reynen completed the Executive Fire Officer program and started looking for “the next thing.”

“Although I had my associate’s and bachelor’s degrees, completing the Executive Fire Officer (EFO) program has been the most influential aspect of my training and education,” Reynen said, noting it had been a career dream to achieve it. “It helped my critical thinking approach. It gave me a broader understanding of research and data-driven decision making. I never imagined I would qualify to get accepted into the EFO program, which is highly competitive.”

Always reaching for the “next step” in her career journey, Reynen’s sprint to the Chief position occurred when the Fire Chief of the Watertown Fire Department accepted a similar position in another city, and he suggested she apply for his position.

Looking back, keeping in touch with the Watertown Fire Chief through the years helped Reynen get to the finish line. Prior to the new job opportunity, Reynen had been contacted by the Watertown Fire Chief to help develop a plan for delivering Paramedic Continuing Education in Watertown. She was excited to have a reason to return and contribute in that capacity, while still working at Lake Country Fire Rescue.

“I feel the most important role I have as Chief is to ensure our staff are prepared mentally, physically and with the proper tools and equipment in order to serve the city and townships in the best way possible. Sometimes this means I am working on ordinance updates to allow for smoother processes. Other times I am there to listen and give advice or encourage others to manage an issue on their own so they can grow.”

While she feels everyone takes it in stride that the fire chief is a woman, some lighthearted moments have risen.

“When I first started, a few folks approached my Deputy Chief and assumed he was Chief. We’ve had some good chuckles watching the reactions when people realize I am the Chief. It hasn’t happened lately, and I am sure the future is much more open to females in Chief positions.”

Reynen’s advice for young women thinking of getting into firefighting as a career – even the role of Fire Chief – is to “Go for it!”

“It takes a special mindset to take on the challenge of proving yourself in a field where you might be one of the few—but don’t let that intimidate you,” Reynen said. “Show up with confidence, work hard and let your actions speak louder than any doubts others may have. Don’t expect special treatment, and don’t carry a chip on your shoulder. Earn respect through



The Role of Fire Chief

With a year as Fire Chief under her belt, Reynen wears many hats, including that of Emergency Manager. From overseeing the budget, department operations, leadership sessions, and emergency responses to updating policy and procedures, hiring, and personnel development, Reynen is busy in her element.

Various factors prompted her desire to take on the role of Fire Chief.

“At the core of my why is a strong desire to advocate for our line staff and support them in every way I can,” Reynen said. “I know firsthand the incredible things our crews are capable of when they are empowered to thrive.”

“Another driving force comes from something my dad often said when I was growing up: We’re here to help others be better.” While he likely meant we are supposed to be helpful, I took it to heart—not just as an EMS provider, but later as an instructor at Lake Country, where I saw the exponential impact of teaching and mentoring students to become EMS professionals. That same motivation drives me now in Watertown: to make a meaningful, lasting impact by supporting and developing our staff.”

your integrity, grit, and consistency. Most importantly, know that you belong, and by showing up as your authentic self, you’re opening doors for the next generation of capable women to do the same.”

In her personal life, Reynen and her husband Chad, who works as a fire sprinkler fitter, are busy raising two daughters -- Madison, 11, and Emilee, 7.

Reynen, who loves the outdoors, says she is happiest when gardening, kayaking, camping, or just spending time near the water. “Being outside helps me recharge, especially after the demands of the job. I truly value quiet time with my immediate family, whether it’s a weekend getaway or just an evening at home.”

Time away includes relaxing trips to their vacation home “up north.” The choice of a dream vacation a bit further away would be the Dominican Republic or Arizona, Reynen said.

“While I enjoy traveling and seeing new places, I’ve learned that it’s the simple moments at home, in the garden or with my family that help me reset and stay grounded.”



Prevention is Power:

Outsmarting Heart Disease, Diabetes, and Osteoporosis

By Dr. Stephanie Tyjeski

In a world full of fast food, screen time, and high stress, it's easy to feel like chronic illness is inevitable. (To make sure we are all on the same page, chronic illness is defined as either persisting for a long time or a constantly recurring disease). We typically think of chronic conditions as “older” people problems. However, we are seeing younger and younger people developing them. Even in an age where medical breakthroughs are rapidly advancing, it's surprising how many people still suffer from diseases that are largely preventable. These conditions not only take years off your life but also rob you of the energy and vitality you deserve. But many of the most common and life-altering diseases are actually preventable. Three of the biggest threats to long-term health—heart disease, type 2 diabetes, and osteoporosis—are strongly linked to lifestyle choices. The best part? You can take simple steps today to protect your future health.

1. Heart Disease: The Silent Killer You Can Outsmart

Heart disease remains the leading cause of death worldwide, but it's also one of the most preventable. It often develops from years of poor diet, lack of exercise, smoking, and unchecked stress. High blood pressure, high cholesterol, and inflammation are all red flags that the heart is under strain. We often forget that the heart is a muscle and needs to be taken care of just like the other muscles in our body.

Prevention Tips:

- Eat a heart-smart diet rich in proteins, healthy fat like coconut oil, and vegetables.
- Cut down on highly processed foods and sugary foods that feed inflammation.
- Move more—aim for at least 150 minutes of moderate activity per week.
- Avoid smoking and limit alcohol.
- Manage stress with mindfulness, good quality sleep, and social support.
- Know your numbers - regularly check your blood pressure, cholesterol, and blood sugar levels

2. Type 2 Diabetes: A Growing Threat You Can Reverse

Type 2 diabetes develops when the body becomes resistant to insulin or doesn't produce enough insulin. It

doesn't happen overnight. It develops over years as the body becomes resistant to insulin, often due to poor diet and lack of exercise. If left untreated, it can damage the heart, kidneys, eyes, and more—but it's highly preventable. Studies show that even modest weight loss—5 to 7% of your body weight—can significantly reduce your risk.

Prevention Tips:

- Focus on a balanced diet with high fiber, non-processed protein, and healthy fats.
- Limit refined carbs (those low in fiber) and sugary drinks.
- Maintain a healthy weight—losing even 5-7% of excess weight can significantly reduce your risk.
- Get regular physical activity to improve insulin sensitivity.
- Stay on top of blood sugar levels with regular checkups if you're at risk.

3. Osteoporosis: The Bone Thief That Can Be Stopped

Often called the “silent disease,” osteoporosis weakens bones, making them brittle and prone to fractures. It's especially common in older adults—particularly women—but bone health starts long before symptoms appear. Everyone seems to know that you need calcium for your bones, but did you know you need high levels of stomach acid to absorb your calcium? If you are taking antacids or a medication for heartburn or acid reflux, you are limiting the amount of calcium your body is able to absorb from foods or supplements. If you have heartburn or acid reflux, come see me. We have ways to heal your stomach so you can gain the best nutrients from your food.

Prevention Tips:

- Boost calcium and vitamin D with Dairy, leafy greens, supplements and sunlight are your best allies.
- Weight-bearing exercises - activities like walking, dancing, or resistance training help build and maintain bone mass.
- Avoid smoking and limit alcohol. Both habits interfere with bone formation and calcium absorption.
- Start young - Peak bone mass is reached by your early 30s, so it's never too early—or too late—to take action.

The Bottom Line

Heart disease, type 2 diabetes, and obesity are among the most common—and preventable—health challenges of our time. The choices you make every day matter. By focusing on nutrition, movement, and mindfulness, you can take control of your health before disease takes control of you. Prevention isn't just about avoiding illness; it's about creating a life of energy, confidence, and longevity.

Start small, stay consistent, and remember: your future health begins today.

Join me at our FREE Wellness

Class where we'll dive deeper into each preventable disease as well as lifestyle changes you can easily add to be proactive about these diseases. Please join us at our Beaver Dam location for this FREE class on Tuesday, July 15th at 5:30pm. Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

Yours in Health,
Dr. Stephanie Tyjeski



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

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Downtown Watertown: Full of Flavor, Finds, and Festivities

Downtown Watertown isn't trying to imitate somewhere else—it's carving out its own identity. Whether you're looking to explore local events or shop for something unique, downtown Watertown is where things are happening.

A Curated Retail Experience

In the heart of downtown, longtime shops continue to thrive, offering a carefully curated selection of apparel, accessories, and gifts that blend style, sustainability, and local flair. These retailers are known for their standout products, from on-trend clothing to distinctive home décor and furniture, each item chosen with intention. Many also showcase handmade goods from regional artists, including jewelry, soaps, prints, and other one-of-a-kind pieces. While they serve loyal local shoppers, visitors make up a significant part of their customer base, drawn in by the unique finds and welcoming experience. Beyond their storefronts, these businesses are deeply woven into the fabric of the community and work as active partners in events, growth, and the ongoing evolution of downtown.

Discovering Local Flavors

It's not just about shopping. The downtown area is also a culinary destination. The local cafés offer freshly roasted coffee and relaxed atmospheres where patrons can savor their favorite brews while soaking in the neighborhood vibe. For those looking for a meal, local eateries offer elevated comfort foods, ranging from award-winning burgers to dye-free, all-natural homemade ice cream. Downtown also features a craft beer tap house with rotating selections, and several spots serve up creative cocktails and classics.

Growth with a Local Soul

Downtown Watertown is also experiencing a thoughtful transformation. With investments in streetscape and façade improvements, better lighting, and pedestrian-friendly designs, the area is blossoming into a vibrant city center without sacrificing its local feel. In recent years, there was a substantial expansion and renovation of the Watertown Public Library, which has become a dynamic community hub offering modern amenities, collaborative spaces, and expanded programming for all ages. Just steps away, the addition of the Bentzin Family Town Square has introduced

a stunning public gathering space right in the heart of downtown. This beautifully designed plaza now serves as a regularly programmed event venue, hosting everything from concerts and night markets to family-friendly festivals.

A Steady Calendar of Community Events

Downtown doesn't slow down.

Throughout the year, Watertown rolls out a lineup of events that bring people together, from seasonal festivals to small-scale pop-ups.

- July 4 – 4th of July Parade
- July 17 - Downtown Watertown Craft Beer and Seltzer Walk
- July 19 – Christmas in July Sidewalk Sales
- September 25 – Downtown Watertown Wine Walk
- October 25 - Pumpkin Palooza and Boo Bash
- November 21-23 – Women's Only Weekend
- November 29 – Christmas Parade of Lights
- Year-round – live music, vendor markets, and more at the Bentzin Family Town Square



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July & August: Music in the Park Concerts 6:30 - 8:30pm
2nd & 4th Tuesdays – Memorial Park
Sponsored by Hustisford Historical Society

July 3: Bingo – 5pm Doors Open, 5 - 6:15pm Registration,
6:30pm Calling Begins – Hustisford Community Hall

July 5: Karaoke from 9pm - 1am - Sinissippi Lake Pub

July 6: Jack Tell - 12 - 3pm - Sinissippi Lake Pub

July 12: LSA Lake Shake Fireworks Extravaganza 9:30pm
Fireworks will launch off of Camper's Island to maximize
viewing all around the lake and community.

July 12: Royal South - 6pm -9:30pm - Sinissippi Lake Pub

July 13: Blue Moon Alley - 12 - 3pm - Sinissippi Lake Pub

July 17: Pat McCurdy - 6:30 - 9:30pm - Sinissippi Lake Pub

July 19: Foocoustics - 6 - 9pm - Sinissippi Lake Pub

July 20: Andy Braun - 12 - 3pm - Sinissippi Lake Pub

July 20: Polka Dance - 1 - 4:30pm – Music by Zwifel Brothers –
Hustisford Community Hall

July 27: Joshua Lubbert - 12 - 3pm - Sinissippi Lake Pub

August 2: Karaoke - 9pm - 1am - Sinissippi Lake Pub

August 2: Polka Dance - 1 - 4:30pm – Music by Jon Dietz & the Twin
Lakes Trio – Hustisford Community Hall

August 3: 90's Jake - 12 - 3pm - Sinissippi Lake Pub

August 3: Sunday Brunch – 8:30am-1pm -Hustisford Community Hall

August 7: Bingo – 5pm Doors Open, 5 - 6:15 pm Registration,
6:30 pm Calling Begins – Hustisford Community Hall

August 10: Open Jam – 1 - 5 pm – Hustisford Community Hall

August 10: Charlie Wiggins - 12 - 3pm - Sinissippi Lake Pub

August 17: Patrick Murphy 12 - 3pm - Sinissippi Lake Pub

August 23: Venetian Night - Hustisford Lions Club -Riverside & Lions
Park

August 24: Joshua Lubbert 12 - 3pm - Sinissippi Lake Pub

August 30: Royal South from 6 - 9:30 pm -Sinissippi Lake Pub

August 31: Whitney Rose 5 - 8pm - Sinissippi Lake Pub

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PATH of Hustisford

By Tanya Lemke

PATH of Hustisford had a busy and productive year in 2024 and that momentum has kept going into 2025! On Friday, February 28, 2025 Tracy Malterer and myself (Tanya Lemke), from the PATH of Hustisford board, attended, by invitation, a community needs forum held by Dodge County and UW Extension. Kudos to Dodge County and Extension for getting ahead of budget cuts and creating this forum to get community advocates and stakeholders together to prioritize needs within the county and fight for necessary funding and programs. Dodge County was the first county in the state in 2025 to do something like this.

There was a wide array of participants in attendance, tackling issues regarding community development, youth development, community education, and agriculture. We realized that, like PATH, there are many grass roots organizations in many small towns in Dodge County, working hard to get things done within their respective communities and the county. We also had the opportunity to speak with attendees from the state level and share ideas and concerns. It was a very worthwhile forum and the connections we made may be very beneficial to our community as a whole.

PATH volunteer committees continue to do great things around Hustisford. In 2024, the Community Gateways and Arts committee completed and dedicated their first community mural project on Tweedy Street. This mural was designed by Grace London, who, along with her parents, did the bulk of the painting with some help from committee and community members. Two additional murals on Lake Street were completed and dedicated in May of 2025. One is an historic mural on the Gillich Building, located on the corner of Lake and Griffith Streets. This mural was designed and painted by James Barany, a professor at the Milwaukee Institute of Art

and Design. It reflects the rich history of Hustisford and the indigenous peoples that inhabited the area before the arrival of John Hustis. The other mural is across the street on The Laundromat. This mural was designed by a former Hustisford resident, Trina (Pieper) Kingston and was painted by the Committee, of which her parents are part of. This particular mural offers a large set of wings, perfect for taking pictures in front of. The response to these murals has been largely positive and people are showing more and more community pride, as Hustisford's downtown corridor gets some aesthetic updates!

The Community Gateway and Arts Committee also saw the completion of their Lion's Park and Tweedy Street Bridge Vintage-style Lighting project. Planning for this project began in 2023 and was successfully completed and dedicated in May of 2025 with great response and fanfare.

All of these projects are 100% volunteer led. Also important to note, these projects were completed through community fundraising efforts, private donations, in kind donations from Hustisford Utilities, Josh Prescher, and JW Electric, and from grant awards from some amazing charitable organizations like the Watertown Community Health Foundation, the Beaver Dam Area Community Foundation, the Zilber Family Foundation, the Green Bay Packers Foundation, the Hustisford Lions Club, the Lake Sinissippi Association, Sinissippi Ski Club, and the Hustisford Business Association. PATH and these projects would not exist, if not for the concerted efforts of incredible community volunteers and supporting organizations. When people care and put boots on the ground, amazing things are possible.

Looking to the future, the Community Gateways and Arts Committee is well into the planning and fundraising



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stages of their Pelican Sculpture project to mark the gateways to Hustisford out by Highway 60. Two 10 foot metal pelican sculptures will be created by local artist, Carl Weber, will point the way. They have already received Township and WI DOT approval for placement and we are eagerly anticipating completion once all funds have been raised.

The PATH volunteer group working on Neider Park improvements has some awesome plans in the works for a pavilion, a dog park and other great improvements for the park. The Lake Sinissippi Association (LSA) will be partnering with PATH on these projects. We are actively seeking additional volunteers interested in participating in Neider Park improvements. Please contact PATH at Pathofhustisford@gmail.com or call Tanya Lemke to discuss at 920-0763-4845. These projects will be an excellent addition to our community.

Coming this fall, PATH will be hosting a Wisconsin Rural Partners Small Community Forum on October 7 from 7:30am-1:00pm at the Hustisford Community Hall. The Small Community Forums provide resources and a venue for everyone who cares about the future of Wisconsin's small (and mighty) communities. The forums bring together residents, community leaders, elected officials, business leaders and civic-minded individuals to share best practices and discuss strategies to address the unique opportunities and challenges facing our communities. PATH is honored that Hustisford was chosen to host this event as it draws in a diverse mix of rural group representation from Dodge, Washington, Jefferson, and surrounding counties. We welcome the opportunity to network with those in attendance and to bring new partners and ideas into the fold. More information can be found at <https://wiruralpartners.org/>.

We look forward to seeing what the remainder of 2025 has in store for PATH of Hustisford and our community. If you would like more information, have an interest in getting involved, or wish to donate to PATH, please visit www.pathofhustisford.com or send an email to Pathofhustisford@gmail.com.

PROJECTS BACKGROUND

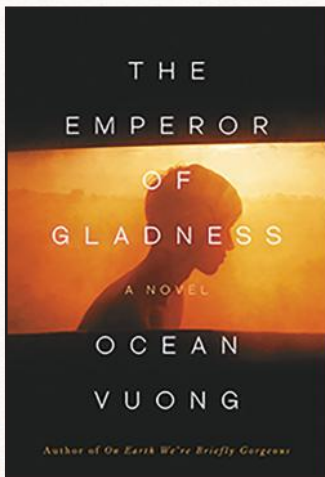
These project stems from over 2 years of strategic planning by 20 planning and design professionals facilitated by UW-Extension, as well as the PATH of Hustisford team, over 300 community surveys, and a Community Design Charrette held in May of 2022 with the Hustisford community. An extensive summary report of was completed by the UW Design Team.

PATH MISSION STATEMENT

Facilitating the Progress, Advancement, Transformation and Heritage of Hustisford. Through community-based decision making and involvement, we seek to create a community of opportunity through the actualization of educational, economic and recreational improvement and development.

PATH of Hustisford Path of Hustisford is a 501c3 non-profit organization. For more information, visit www.pathofhustisford.com or email Pathofhustisford@gmail.com.





The Emperor Of Gladness: A Novel

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

Nineteen year old Hai has decided that life holds nothing for him and he will kill himself. He crawls/hobbles to the center to the last bridge leaving Gladness Connecticut and prepares himself to jump into the raging, rocky river below. Eighty something Grazina, from her shack on the river, almost below him, talks him down and into her house. They have a lot in common. He came from VietNam when he was two. She came from Lithuania as a young bride after WWII. They both hate Communists. They both miss their many dead relatives. They both start out very much alone. They both need help.

She needs someone to be sure she takes her many pills. He needs a place to live. She has dementia. He has a drug problem. Out of options he moves in. Their grandmother and grandson relationship develops over a year. That year is so sad it will make you cry and so funny you will laugh out loud. "Stunning... A heart-felt and powerful examination of those living on the fringes of society, and the unique challenges they face to survive and thrive." -Oprah Winfrey. Author Vuong, is a professor of creative writing at New York University. This is his second novel. He has also written two poetry books. Definitely one of the best books I have ever read.

Dr. John M Eaton D.D.S., S.C. FAMILY & COSMETIC DENTISTRY

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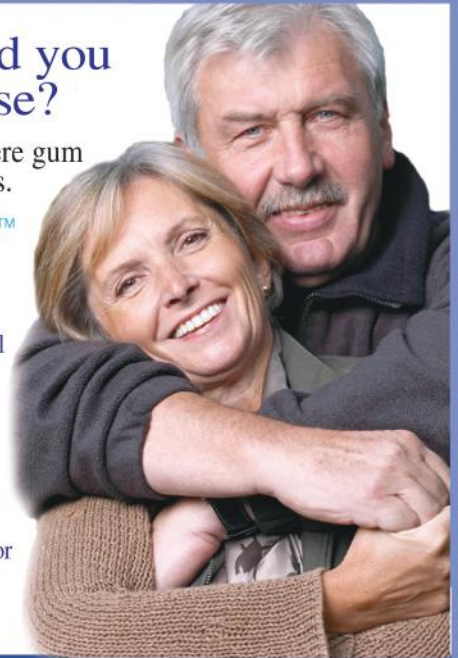
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Chopped Italian Sandwich



Ingredients

1 Roma tomato, sliced
 1/2 small red onion, thinly sliced (about 1/2 c.)
 4 oz. Black Forest or capicola ham, sliced
 4 oz. provolone, sliced
 2 oz. Genoa salami
 2 oz. hot soppressata or pepperoni
 1 cup shredded romaine
 1/3 cup sliced roasted red peppers
 1/4 cup sliced drained peperoncini
 1/3 cup mayonnaise
 3 Tbsp. store-bought or homemade pesto
 2 Tbsp. red wine vinegar
 1/2 tsp. onion powder
 1/2 tsp. Italian seasoning onion powder
 Kosher salt
 Freshly ground black pepper
 2 (10") ciabatta rolls, halved, toasted

Directions

On a large cutting board, chop tomato, onion, ham, provolone, salami, soppressata, lettuce, red peppers, and peperoncini with a sharp knife, tossing as you go, until bite-sized pieces form.

In a large bowl, combine mayonnaise, pesto, vinegar, onion powder, and Italian seasoning; season with salt and pepper and stir to combine. Add chopped ham mixture and toss with a spatula or spoon until coated.

Distribute chopped mixture between rolls. Cut each roll in half to serve.



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Restoring Control and Balance to Empower Diabetes Patients

By Patti H. Walker, Community Relations Manager at Prairie Ridge Health

Balance, empowerment, and shared decision-making are at the core of Kelly O'Heron's patient-centered approach as a diabetes educator at Prairie Ridge Health Hospital and Clinics.

O'Heron became a certified Diabetes Specialist in 2023 after working with weight management and behavioral change as a dietitian for 15 years. "I kept running into diabetes when working with patients and I wanted to become more specialized," said O'Heron. "I was in the field of nutrition and could have done anything, but the community really needed help with diabetes and I fell in love with the patient care side of it."

"Every single patient gets their own individual plan that we decide on together. That's my favorite part," she explains. "If I can relieve this overwhelming feeling of loss of control and empower them again, we can help them recognize that little changes will go a long way."

One of the common things O'Heron hears from patients is the idea of forbidden food. "Often they will say, 'tell me what I can't eat,'" said O'Heron. "There is no forbidden food. We help teach balance. If it is your birthday, we are not going to tell you that you cannot have a piece of cake. My goal is to improve your quality of life while living with Diabetes. How do we make it to where you are not thinking about diabetes all the time and can live a normal life with it."

As a Diabetes Specialist, O'Heron sees patients ages 12 and up with Type 1 Diabetes, Type 2 Diabetes, and gestational diabetes. She also offers guidance for patients who have diabetes and are on insulin.

O'Heron is one of three outpatient Diabetes Care and Education Specialists at Prairie Ridge Health who help patients manage their diabetes effectively. Education includes one-on-one counseling sessions, optional support groups, and workshops covering topics such as glucose monitoring, meal planning, physical activity, and stress management.

"We form a partnership with your primary care provider, allowing us to order diabetes supplies, continuous glucose monitors, as well as oral and injectable medications. We also offer follow-up support and regular assessments to monitor progress and make any necessary adjustments to the treatment plan," said O'Heron. "I tell patients that our

approach is a triangle. Diet, Exercise and Medications. These are the three things that can change your blood sugar levels. You get to decide how much of each you would like to focus on."

During the first appointment patients share their story so that a treatment plan can be designed especially for them. The Diabetes Specialist also assists with prior authorizations navigating insurance and pharmacies. "If I can hear some of the patient's concerns and questions, and relieve some of the angst, then we can move forward with their shared decision-making plan."

O'Heron grew up in the St. Louis and Wausau areas before attending University of Wisconsin Madison College. "I love the Madison area. My family and I love the culture, the amount of free activities for family and children, live music, festivals, the restaurants and all of the parks and playgrounds."

For more information about the Diabetes Education Program at Prairie Ridge Health call 920-623-1311 to ask questions, learn about services, receive guidance, or verify benefits.



Kelly O'Heron, RDN, CD, CDCES



Snapper Vick's

Maybe it's been a long time since you've dined at Snapper Vick's Mexican Restaurant. The cuisine is still amazing along with their delicious margaritas. They also serve American food! The drive is short considering the delicious menu... no deep fried food! The quaint but friendly restaurant is tucked away in Woodland and Tim and Lisa Becker are always happy to see old friends and make new ones!

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A photograph of a man with a sunburned face and shoulder, looking back over his shoulder at a beach. The background shows a sandy beach with other people and the ocean under a clear blue sky.

Your Summer Sunscreen Guide

By Ashley Posthuma

While it may have felt like it took forever to arrive, summer is officially here! It brings all the exciting parts it's known for, like longer days, warmer weather, and of course, sunshine. But while it feels great to soak in some rays, we've probably all soaked in a few too many at one point or another and ended up sunburnt. That's why I decided to take a deep dive into the world of sunscreen to help us all become a little more prepared this summer.

First, why bother with sunscreen at all? I'll admit, I didn't start consistently wearing sunscreen until I was probably in my mid-twenties. My skin doesn't burn very easily, and I assumed preventing sunburn was the only reason people wore sunscreen. Of course, I have come a long way since then and am much more conscious of it now, but you may not know all the benefits of sunscreen. It's important to protect against sunburn, yes, but also against skin cancer and premature aging. Skin is the body's largest organ, and it's what protects us every day. When we're in the sun, we must do our best to protect it.

Next question: How do you choose the right sunscreen? According to the American Academy of Dermatology (AAD), it's important to choose a sunscreen with an SPF of 30 or higher, water resistance (for swimming or any water-inclusive outdoor activities), and broad spectrum (UVA and UVB rays) coverage.

While we're on the topic—what is SPF again? SPF simply stands for Sun Protection Factor, with the main idea being that the higher the number, the more protection the sunscreen provides. SPF 15 filters about 93% of UVB rays, 30 filters about 97%, 50 filters about 98%, and 100 filters about 99%. But keep in mind, that protection is against UVB rays, which are called "burning rays." They don't fight off UVA rays, which are called "aging rays." This is why it's so important to get sunscreen with broad-spectrum protection that shields against both types of rays.

The Dermatology Physicians of Connecticut describe SPF like this: If your skin would normally burn in 10 minutes without protection, SPF 30 theoretically allows you to stay in the sun 30 times longer—or about 300 minutes—but only if it's applied and reapplied correctly.

Okay, so how do you correctly apply sunscreen? The first thing to remember is that it takes about 15 minutes for your skin to absorb sunscreen and actually receive the benefits of its protection. This means you should try to apply before you've ever set foot outside, giving your skin time to properly prepare. Next, it's important to protect every exposed part of your skin—including ears and where your hair is parted if you're not wearing a hat. Wearing SPF-30 lip balm is also a good idea.

Can I use spray sunscreen? The biggest risk with spray sunscreen is inhalation, which is why it's typically not recommended for use with small children. It can also create uneven coverage, especially if applied on a windy day. Dermatologists typically recommend non-spray sunscreens, but if you find yourself using one, ensure you're taking your time to spray all exposed skin evenly—and keep your mouth shut while you're spraying it!

How often do you reapply sunscreen? Once you've applied your base coat (remember, at least 15 minutes before going into the sun!), be mindful of reapplying regularly. Experts say you should reapply every two hours at a minimum, but even more often if you're sweating or in water. If you're with other people, try to remind each other to reapply when you think of it. And remember, even on cloudy days, up to 80% of UV rays can penetrate clouds. So as long as you're outside enjoying summer activities, you can't forget the sunscreen!

Is there anything else to know? You'll notice I didn't recommend any specific sunscreens. That's because there are so many kinds out there to meet your specific needs. Whether it's for sensitive skin, scented or non-scented, creamy or more gel-like, there's a sunscreen out there for you. Be sure to do your research before investing to make sure you're choosing the right option with healthy ingredients and a strong reputation for efficacy. And if you're reaching for the sunscreen that's been sitting in the cabinet since last year, make sure to check the expiration date! Sunscreens DO expire and lose their effectiveness.

Of course, I'll add the disclaimer here that I am in no way a medical professional, but I am passionate about staying safe and having fun all summer long. If you have more questions, take the time to conduct your own research. There are a lot of great resources on skin health and wellness that will help your family have a happy, safe summer!

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What is Calcium Scoring?

A calcium scoring test uses low-dose CT-scanning to determine how much calcium is present in the heart vessels. A higher score indicates presence of disease in the heart vessels and a higher risk for heart problems like heart attacks.

Your doctor may recommend Calcium Scoring if you have risk factors for the development of coronary artery disease including:

- High Blood pressure (hypertension)
- Smoking
- Obesity

- Diabetes
- Family history of heart disease
- Physical inactivity

What the Score Means

- Score of 0: No detectable calcium; low risk of heart disease
- Score of 1-99: Mild evidence of CAD; low to moderate risk
- Score of 100-399: Moderate plaque burden; moderate to high risk
- Score of 400+: Extensive plaque; high risk of a cardiac event

The test is not for patients who have had heart surgery; have been diagnosed with heart disease; or have cardiac stents, pacemakers or implantable defibrillators.

The test is intended to detect heart disease in early stages. It helps to find heart disease before there are symptoms and give an opportunity to take aggressive measures to prevent heart problems.

Calcium scoring is available at Marshfield Medical Center-Beaver Dam. To find out if a calcium score test is right for you, speak to your primary care provider.

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Improvements made in 2024:

- Opening of the 1966 Bar and Restaurant located at the south entrance - serving Wednesday 4:30pm to 8pm, Friday 4pm to 9pm and Saturday 10:30am to 1:30pm.
- Bar and Restaurant Open Year Around
- Now booking Weddings, Anniversaries and Special Events
- New Golf Cart Fleet
- Improved Sand Bunkers

Here's what's new in 2025:

- Continued cosmetic updates inside the club house and restaurant
- Chef and Superintendent recently hired
- Container Cabin for rent on the property - anticipated completion sometime in July call for more information.
- Tree removal on the course
- New roof
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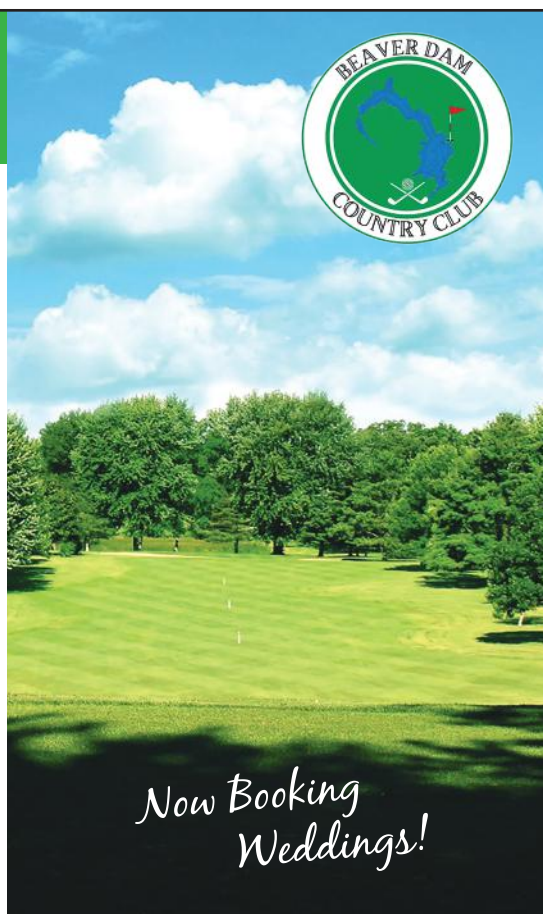
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Here's what's new in 2025:

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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!

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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.

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Savings Up to \$5,400

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