

January 2026

# Inspire

Magazine

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Each month, our expert doctors will unveil a captivating topic, offering not just insightful information but also practical tips to incorporate into your daily routine.

Embrace the mantra of "Progress over Perfection" and discover that while perfection may be elusive, a healthier, happier you is within reach. Don't miss out on this exciting journey to well-being!

**Our monthly classes are FREE and open to the public.** Meetings are the third Tuesday of every month at 5:30pm at our Beaver Dam office, located at 119 E. Mackie Street.



#### **Tyjeski Family Chiropractic 2026 Class Schedule**

##### **January – Foundations**

Progress, Not Perfection: Building Sustainable Healthy Habits

##### **February – Mental Health**

Stress, Burnout & Nervous System Reset

##### **March – Movement**

Strength for Life: Training for Longevity & Daily Function

##### **April – Nutrition Basics**

Food as Fuel: Eating for Energy, Not the Scale

##### **May – Sleep**

Sleep Is Medicine: How to Rest, Recover & Reset

##### **June – Mobility & Recovery**

Move Better, Feel Better: Mobility, Flexibility & Joint Health

##### **July – Anti-inflammatory Lifestyle**

Environment, Community & Lifestyle: Hidden Drivers of Health

##### **August – Mental Fitness**

Mental Fitness Training: Focus, Resilience & Emotional Health

##### **September – Gut & Metabolic Health**

Gut Health & Metabolism: The Inside-Out Approach

##### **October – Longevity**

Healthy Aging Starts Now: Strength, Balance & Brain Health

##### **November – Detox**

Detox the Right Way: Clean Habits, Clear Energy

##### **December – Integration**

Reflect, Reset & Rebuild: Designing Your 2027 Wellness Plan

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Dr. Jerry Tyjeski adjusts his granddaughter Phoebe Diels.





## Exciting News!

InSpire Magazine is now accessible online at our brand new website [www.inspiremagazinewi.com](http://www.inspiremagazinewi.com) alongside our traditional print edition!

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-Lucy Maud Montgomery

As 2026 approaches, many of us will jot down our New Year's resolutions, eager for a fresh start. To truly weave those goals into your daily life, remember that consistency is necessary. It typically takes around two months for a new habit to feel natural. Do your best to stay committed, but be kind to yourself. View any setbacks as just a temporary detour and jump right back onto your path.

You've got this!

Happy 2026!

Sincerely,

*Denise Fitzsimmons*

Publisher

**Publisher/Co-founder:**

Denise Fitzsimmons  
denisef.inspiremag@gmail.com

**Accounts Director/Co-founder:**

Jill Huizenga  
jrhuizenga2@gmail.com

**Graphic Designer:**

Travis Pohl  
travis.pohl@gmail.com

**Advertising Sales:**

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

**Subscription Information:**

(920) 382-7200

**Back Issues:**

Call Denise for availability  
(920) 296-9443

**Contributing Writers:**

Dorothy Bliskey, Ashley Posthuma,  
Dr. Stephanie Tyjeski

**Advisory Board:**

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

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Dr. Jerry, Joanne, Dr. Stephanie & Dr. Josh  
of Tyjeski Family Chiropractic

# Like a Diamond in the Snow, This Family Business is a Hidden Gem

By Dorothy Bliskey

Tyjeski Family Chiropractic, located in Beaver Dam since 1994 and Watertown since 2017, operates like a well-oiled machine. Its high caliber wellness services, offered in addition to standard chiropractic treatments, are delivered by a tightly knit group of family members. Three are chiropractic doctors who form the backbone of the business -- Dr. Jerry Tyjeski, his son Dr. Josh Tyjeski and Josh's wife Dr. Stephanie Tyjeski. Orchestrating the entire operation is Jerry's wife Joanne who handles the office hustle and bustle as the business manager. Five staff members make this family operation flow effortlessly with superior customer service.

## History of the Business

Jerry Tyjeski, who launched the business 32 years ago, grew in his desire to become a chiropractor starting at a young age. "I had ear infections when I was 4 years old," Jerry said, noting his parents took him to their chiropractor for adjustments that got rid of his ear infections. "Over the years, I used chiropractic for sports injuries, back pain, and allergies. I found relief for all those things and more with chiropractic care."

Growing up in Wisconsin Rapids, Jerry went on to college at UW-Stevens Point where he met fellow student Joanne Graper, a Beaver Dam native who became his wife in 1989.

After graduating as a Doctor of Chiropractic from Logan University in St. Louis, Missouri, Jerry began working in Wisconsin Rapids at the same chiropractic business where he'd been a patient at age four. Two years later, he and Joanne moved to Beaver Dam and opened their business.

As Jerry and Joanne started their family, they welcomed their first son, Josh, into the world, followed by three more children -- daughters Jeni and Jordan and their son Jonah. All are now married adults who live near Joanne and Jerry. The family has also grown to include four grandchildren, all under age four, and two more arriving in spring.

Like Jerry, both Josh and Stephanie earned their chiropractic degrees from Logan University. They married and joined the Tyjeski Family Chiropractic business, opening the doors to more doctors on staff and creating even more services and options for patients.

Josh says it seemed obvious to follow in his father's footsteps. "I really grew up with it. I saw what my dad did and what my mom did in the office," Josh said. "I saw that they loved what they did. They still do. There is flexibility with being business owners. My father was able to coach my sports and be at all my games and concerts growing up. That wasn't the case for all my friends. I guess I saw what we had and said, "Sign me up!"



As Josh and Stephanie graduated with their chiropractic degrees, the opportunity to purchase an additional chiropractic business in Watertown surfaced. “We bought that practice from a friend that wanted to retire,” Joanne said, noting Josh and Stephanie work at both the Watertown and Beaver Dam office, depending on the day.

“The Watertown schedule is set and the same every week,” Joanne said, adding that the office is open three days a week. “It’s designed so Josh and Stephanie are each there and can see patients two times each week, if needed. Also, patients can come to both the Beaver Dam and Watertown office -- whatever is convenient for them.”

### **Working as a Team – Delivering a Variety of Services**

We do our best to make sure all patients meet all the doctors,” Joanne said. “When they want to schedule, they can see whoever is here or request a certain doctor.”

“Each week the three doctors meet and discuss patient files, so they get familiar with everyone,” Joanne explained.

Tyjeski Family Chiropractic utilizes low force chiropractic adjusting techniques, but several other non-traditional treatments and services are offered as well.

Cold Laser, which uses specific wavelengths of light to interact with tissue, helps accelerate the healing process. It helps reduce pain and swelling, increasing functionality and recovery. Custom Orthotics results in specially designed insoles tailored to your unique foot shape and biomechanics. It helps correct alignment, improves posture, and alleviates discomfort in more than just your feet. Zerona Fat Loss Laser treatments are low-level lasers that stimulate fat cells to release stored content without pain or discomfort. The released fat is processed by the body’s natural metabolism and processed through the lymphatic system, boosting your fat loss system.

The family practice also includes special treatments and techniques appropriate for children and pregnant women. In Beaver Dam, Tyjeski Family Chiropractic also

has a wellness center where fitness assessment and health/nutrition training takes place. Free classes are open to the public the third Tuesday of each month at 5:30.

“The Fitness Center on our main level is where classes take place and patients can use the treadmills and do some general exercises,” Joanne said. “It gives them a head start toward getting back to a gym such as the YMCA or even going for the first time. Jerry will help them with balance and flexibility.”

Stephanie explains how, as a team, each of the doctors has their own special focus.

“All three of us are able to conduct all of our services,” Stephanie said. “However, we each have specific interests of our own. Dr. Jerry is really into exercise and conditioning, Dr. Josh is good at working with pregnant women and children, and I specialize in nutrition.”

When it comes to nutrition and healthy eating, public and patient awareness is important. “We are focused on educating our patients, not just on what’s causing their problems and how to fix them, but also on how to lead a healthy lifestyle,” Stephanie said, noting most health problems stem from a misinformed or unhealthy lifestyle. “We not only educate our patients during their appointments, we educate the community by offering free monthly

Wellness Classes to the public and through articles we write.”

Jerry, always a competitive athlete, was drawn to the exercise and conditioning focus at his practice. “I was in soccer and powerlifting in high school,” Jerry said. “As my kids were growing up, I coached a lot of soccer, played some softball and golf, and have picked up the Kettlebell Sport. Chiropractic simply keeps you in the game. Remaining mobile and active is a primary component of healthy aging.”

For Josh, working with children and pregnant moms seems to come easily. “Steph says it’s because I refuse to grow up that I do so well with kids. I have too many scooby doo t-shirts and enjoy buying bigger and louder dinosaurs to entertain the crew of boys. Kids are just fun. They enjoy getting adjusted. When I’m working on them, I get to enjoy



Tyjeski Staff from L-R: Jenny Wendorf, Julie Ziemann, Tyler Ann Downing, Dr. Stephanie Tyjeski (and Archie), Lani Knutson (and Rosie). Back row: Joanne Tyjeski, not pictured: Sara Hamann.



being there and seeing the strong personality that goes along with them just being kids.”

“I don’t know how I ended up with so many pregnant moms on my schedule,” Josh said, noting the program has grown due to public awareness and classes offered in the past few years. “It’s always fun to go through that crazy time with them, especially the first-time moms.”

“Because of our different areas of interest, we’re able to bounce ideas off of each other to create specific individual care plans for each patient,” Stephanie said.

### Family Time

So, what is the secret ingredient that makes this family good at working together?

“The most important thing is we emphasize that family comes first,” Joanne said. “We will work out any differences. We have a great relationship and do a lot of things together in and out of the office. We all are very used to working together.”

“It’s easy to talk with my boss (my mom) and the other chiropractors,” Josh said. “She always said that whatever happened, we were family first, and that work couldn’t interfere with that. And it never has. We can talk, disagree and hash out ideas for work, and then it’s done and we go home. We come back and the slate is clean.”

Another plus Josh has come to enjoy is working alongside his wife. “Working with Steph is great because we are on the same page. Not everyone can say exactly what their spouse does for work. We can share ideas,

conferences and work stories going back 14 years now because, even in graduate school, we have been right there with each other.”

Sharing a common mission gives meaning to working in the family business. “There’s a deeper sense of purpose because we’re not just serving patients, we’re building something meaningful together as a family,” Stephanie said. “We understand each other’s strengths, challenges, and personalities, so we can lift each other up and step in where needed. That support makes the workday more positive and less stressful.”

The entire Tyjeski family gets involved at times. “It’s pretty normal to see our other kids in the office, getting adjusted or working out in the gym basement – an area the family uses. Even my mom, who is 82, comes into the office. Some days there are four generations here!”

Playing together as a family is important. It seems to come naturally. Take, for example, the fact that Jerry, Jordan, and Jonah compete in kettlebell sport. Jordan, Andrew, Stephanie, and Nikole play handbells at Trinity Church. Josh and Jonah are Free Masons, and everyone enjoys the game and puzzle nights.

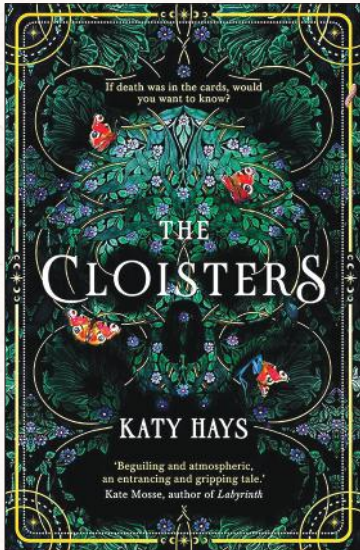
“We have a lake house that we all like to hang out at,” Joanne said. “There is no TV, but there are lots of puzzles, games, books, and lake time.”

Jerry takes pride in the business he launched 32 years ago and the fact it’s grown with the addition of two more Tyjeski family chiropractors. “It’s good to know all the work I’ve done in the community will continue on. Having a business with family leaves a legacy.”

Dr. Jerry & Joanne Tyjeski, centered around all of their family.







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

In the north-western corner of Manhattan, In the middle of a park, stands four medieval buildings brought from France in pieces and reassembled as one building. The Metropolitan Museum of Art has been managing it as a Renaissance Museum and gardens since 1938. All this is true. What happens in this story that begins in this magical place is a fiction.

Recent college graduate, Ann, from the rural state of Washington, takes a summer job at the Met hoping it turns into a permanent position. When she arrives for this job, there has been a mistake: the Met has no room for her. But The Cloisters does. She and new friend Rachael research items for display as exhibits change semi-regularly. It is not long before Ann discovers that her boss wants the two of them to research fifteenth century Tarot cards. The deck is not quite whole but the boss has people searching the world for the missing cards.

The wealthy in the Renaissance believed Tarot cards could tell the future and decide a person's fate. Ann's boss apparently does too. There is a gardener at the Cloisters that takes care of the medieval plants, including the poison garden. This is the perfect location and situation for a murder. Ann dates the gardener, Racheal dates the boss. There is a shady antiques dealer and various other museum employees. Who will die? How and when? Best murder mystery ending ever.

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# A Strong Foundation for a Healthier New Year

By Dr. Stephanie Tyjeski



Every January brings a familiar promise: This is the year I take better care of myself. We clean out pantries, dust off walking shoes, and vow to finally put our health first. But lasting change rarely comes from quick fixes. Just like a home, your health depends on something far more important than what's visible on the surface—it depends on a strong foundation.

## Why Foundation Matters More Than Motivation

Motivation is powerful, but it's also temporary. A solid foundation, on the other hand, supports you quietly and consistently, day after day. In our 40s, 50s, 60s, and beyond, this becomes especially important. Years of work, family responsibilities, injuries, and everyday stress all add up. You may not feel “broken,” but you might notice stiffness in the morning, less flexibility, slower recovery, or a general sense that your body doesn't bounce back the way it used to.

These changes aren't signs of failure—they're signals. And they're often telling us it's time to reinforce the foundation.

## Your Body's Foundation: The Spine and Nervous System

Your spine is more than a stack of bones. These bones house and protect your nervous system, which acts as the body's master communication network. Every movement you make, every breath you take, and every signal between your brain and body travels through this system.

When the spine moves and functions well, the body is better able to adapt to daily demands—whether that's exercise, stress, or simply getting through a busy day. When spinal motion becomes restricted over time, it can affect posture, movement, and overall comfort, often in subtle ways that slowly become “normal.”

Chiropractic care focuses on maintaining healthy spinal movement and alignment, helping support the body's natural ability to function at its best. Think of it as routine maintenance for the structure that supports everything else you do.

## Building Health From the Ground Up

Many people try to build new health habits without addressing the foundation first. They start exercising but struggle with aches and stiffness. They focus on nutrition but feel limited by low energy or poor sleep. These efforts are worthwhile—but they're far more effective when your body is structurally supported.

Regular chiropractic care can complement the healthy habits you're already trying to build by:

- Supporting better posture and mobility
- Helping maintain flexibility and joint movement
- Encouraging balance and body awareness
- Promoting overall physical comfort and confidence in movement

When your body feels more stable and supported, it becomes easier—and more enjoyable—to stay active and consistent.

## A Smart Investment for the Years Ahead

Between ages 40 and 70, health goals often shift. It's less about extremes and more about sustainability. You're not trying to run marathons on a whim—you're trying to stay active, independent, and engaged in the life you enjoy.

Chiropractic care fits naturally into this mindset. It's proactive rather than reactive. Instead of waiting for something to hurt enough to demand attention, you're choosing to care for your body before problems limit your lifestyle.

Much like regular dental cleanings or annual physicals, chiropractic visits can be part of a long-term strategy to protect your quality of life.

## Start the Year on Solid Ground

As you set intentions for the new year, ask yourself this question: Am I building my health on a foundation that will



support me long-term?

A strong foundation doesn't just help you start healthy habits—it helps you keep them. Chiropractic care can be a powerful piece of that foundation, supporting how your body moves, feels, and functions as you move forward.

We are dedicating this upcoming year to making health decisions that focus on Progress Over Perfection. Our theme is "Health that Sticks is 2026". Each month's free wellness class will focus on some small changes you can make in your life to create that solid foundation that will support your health goals. Good Habits don't have to be an "all or nothing". They can be incremental changes, a little better each day will add up to a lot by the end of the year. See our ad on page 3 for the schedule of topics and mark your calendars now to make health your priority.

This year, don't just aim for change. Aim for stability, strength, and progress—starting from the ground up.

If you don't have a chiropractor lined up, give our office a call to set a strong foundation for the new year.

**Join me at our FREE Wellness Class**

as we start the foundation to getting your health habits to stick in 2026 starting with a stable foundation in the structure of the body. We'll look at how to support the body through the nervous system and what happens when you don't. Please join us at our Beaver Dam location for this FREE class on Tuesday, January 20th 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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# Your (Kidney) Stones Can Get Satisfaction

By Watertown Regional Medical Center

About 1 in 10 Americans will experience a kidney stone in their lifetime. These painful stones form when minerals in urine crystallize, but with the right care, they're treatable and often preventable. That care is conveniently available to residents of Dodge and Jefferson counties at Watertown Regional Medical Center.

## What Are Kidney Stones?

Kidney stones are hard mineral deposits that form in the kidneys when substances like calcium, oxalate, and uric acid become concentrated in urine. These stones can vary in size from a grain of sand to a golf ball, and may travel through the urinary tract, causing intense pain.

## How Common Are They?

1 in 10 people will have a kidney stone at some point, and more than 500,000 Emergency Room visits occur annually due to kidney stones. Prevalence increases with age and is higher in men.

## Why Do People Get Kidney Stones?

Several factors contribute to stone formation:

- Dehydration: Not drinking enough water concentrates urine.
- Diet: High intake of salt, sugar, and animal protein.
- Medical conditions: Obesity, diabetes, gout, and digestive disorders.
- Genetics: Family history increases risk.
- Medications and supplements: Excess vitamin C, calcium supplements, and certain drugs.

## Symptoms to Watch For

Kidney stones often cause symptoms when they move through the urinary tract, including:

- Severe pain in the back, side, or lower abdomen
- Pain or burning during urination
- Blood in urine (pink, red, or brown)
- Cloudy or foul-smelling urine
- Nausea, vomiting, fever, or chills

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## Prevention Tips

You can reduce your risk with a few lifestyle changes:

- Drink plenty of water: Aim for 2–3 liters daily.
- Limit salt and sugar: These increase calcium in urine.
- Eat calcium-rich foods: Helps bind oxalate in the gut.
- Moderate animal protein: Too much can raise uric acid.
- Balance oxalate intake: Avoid excess spinach, beets, and almonds if prone to stones.
- Get a 24-hour urine test: Helps tailor your prevention plan.



- Shock wave lithotripsy (ESWL): Breaks stones into smaller pieces.
- Ureteroscopy: Removes stones using a thin scope.
- Percutaneous nephrolithotomy (PCNL): Surgery for large or complex stones.

## When to See a Doctor

If you experience severe pain, blood in urine, or signs of infection, contact your healthcare provider immediately. Urologists are on call 24/7 at the Watertown Regional Medical Center Emergency Room.

And for non-emergencies, our

## Treatment Options

Treatment depends on the size and location of the stone:

- Small stones: Often pass naturally with hydration and pain management.
- Medications: Alpha blockers (e.g., tamsulosin) help relax the ureter.

Urologists specialize in diagnosing and treating kidney stones and can help you develop a personalized prevention and treatment plan. Call us at 920.206.3042 to learn more or make an appointment. To learn more about all urology services offered at Watertown Regional, visit [WatertownRegional.com/urology](http://WatertownRegional.com/urology).



  
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# 7 New Year's Resolutions for Better Health

By Marshfield Clinic

The start of a new year is a time we think about bettering ourselves. We often make health-related goals like eating better and exercising more. Having a reason to accomplish your goals, like reducing your risk for heart attacks and strokes, can make it easier to stick to your resolutions.

Exercising 30 minutes a day can be a great idea for a New Year's resolution goal.

Marshfield Clinic providers recommend seven resolutions to help you achieve better health this year.

## **Improve your lab value numbers**

During an annual visit with your primary care provider, your care team will check your weight and blood pressure, plus you may get a blood draw for common lab tests. When you have your lab values, you can look to improve those numbers in the New Year.

Blood pressure, cholesterol, fasting blood sugar, body mass index and waist size say a lot about your risk for heart disease, strokes and chronic illnesses.

If your numbers aren't in the normal range, make it a goal to get there within six months or by your next annual appointment.

## **Shop the perimeter of the grocery store**

Bettering your health can start in the kitchen or really, the grocery store. Fresh veggies, fruit, lean meat and low-fat dairy, usually found around the perimeter of the store, are part of a heart-healthy diet.

When you venture to the inside aisles, look for high-fiber, low-sodium and low-fat options like nuts, beans, whole grain bread and cereals and frozen fruits and vegetables.

## **Learn to cook meals from scratch.**

When you cook at home, you know exactly what ingredients go into each meal. Include whole grains, protein, fruits and veggies in each meal. If you really want a quick meal at home, you can meal prep.

## **Exercise 30 minutes a day**

The American Heart Association recommends adults exercise 150 minutes per week or 30 minutes a day, five days a week to improve heart health. If 30 minutes is challenging, start with 10 or 15. Anything is better than nothing.





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## The Clothing Pallet

At The Clothing Pallet, we strive to bring you new deals every week! With our ever-changing new inventory, you never know what you'll find. From discounted home goods to clothing and shoes for the whole family, there's always something exciting in store.

We're celebrating our 7th anniversary January 7-10! Join us for special sales, giveaways, and treats as we celebrate seven amazing years. We are incredibly grateful for the continued support from our community!

### A Few of Our Favorite Things

#### Men's and Women's Clothing

We do our best to keep a wide selection of women's styles available. You'll find women's bottoms in sizes 0-18 and tops ranging from XS-3X. Men's pants size 30-42 and tops S-XXL. Inventory varies based on the pallets we are able to purchase, so every visit brings something new!

#### Bedding

Bedding remains one of our most popular categories. We often have:

- Sheets
- Pillows
- Comforters
- Mattress toppers
- Blankets
- Quilts
- ...and more!

We carry great quality brands we know you'll love.

#### Kids' Clothing

Our kids' area is always a hit!

Winter: Coats, snow pants, and other cold-weather gear.

Summer: Plenty of swimwear options.

We frequently have a wide variety of kids' shoes available as well.

#### Store Hours

Wednesday: 9-12

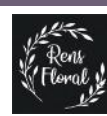
Thursday: 9-2

Friday: 9-2

Saturday: 9-2



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**Blue Heron Antiques** - 309 E. Main Street  
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**Hoya Hop House Brewing** - 514 E. Main Street  
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**Rens Floral** - 317 E. Main Street  
**Stone + Suede** - 417 E. Main Street  
**Wind & Unwined** - 310 E. Main Street



Walking is the simplest way to meet your cardio exercise goals, but any physical activity that raises your heart rate will do. Shoveling snow, raking leaves or dancing around the living room to your favorite music count as cardio. Exercise is inexpensive compared to medications and procedures.

You can do exercise in many forms and make fitness a family affair. Go skiing or ice skating in the winter. When the weather warms, bike, play tennis or swim as a family.

### **Your pet is your health companion**

It's not your traditional health advice, but getting a dog is a huge motivator to walk 30 minutes or more per day if you're up for other pooch care duties.

The benefits of having a pet go beyond companionship. The American Heart Association suggests that owning a pet can help lower unhealthy cholesterol and triglyceride levels.

There are more benefits of pets, including boosting mental health, lessening depression and adding responsibility for your children's benefits as well.

### **Limit screen time to 60 minutes a day**

Screen time limits aren't just for kids.

Spending less than one hour of your time at home in front of a TV, tablet, smartphone, personal computer or video game system will encourage you to be more physically active.

Set some goals of 15 minutes less screen time or find another hobby to replace rather than spending time in front of a screen.

The new year is a great time to get together with your primary care provider. To make an appointment with a Marshfield Medical Center-Beaver Dam provider in Beaver Dam, Waupun or Horicon, call 920-887-5975.

## **Primary Care Providers** **Beaver Dam, Horicon, Waupun**



**Lindsey Cleary**  
DO



**Nicholas Brahm**  
DO



**Mesfin Abera**  
MD



**Andrew Guminski**  
MD



**Ruth Grams**  
APNP



**Amy Zangl**  
PA-C

[marshfieldclinic.org/beaverdam](http://marshfieldclinic.org/beaverdam)



**Marshfield Medical Center**  
**Beaver Dam**





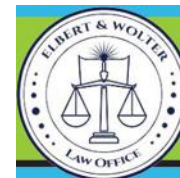
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# NYE Brunch - Breakfast Tostadas



## Ingredients

6 small corn tortillas  
2 Tbsp. extra-virgin olive oil, divided  
Kosher salt  
1 (15-oz.) can black beans, rinsed and drained  
3 Tbsp. water  
1 cup shredded pepper jack cheese  
1 avocado, halved and pitted  
Juice of 1/2 lime  
2 Tbsp. chopped fresh cilantro  
Freshly ground black pepper  
6 large eggs  
Pickled jalapeños, pickled red onions, and salsa, for serving

## Directions

Preheat oven to 400°. On a large baking sheet, arrange tortillas in a single layer. Lightly brush both sides with 1 tablespoon oil; season with salt. Bake until golden and crispy, about 15 minutes.

In a small bowl, mash beans with a fork until mostly smooth but with some chunks remaining. Stir in water.

Divide beans among tortillas and spread in an even layer. Top with cheese. Continue to bake until cheese is melty, about 5 minutes more.

In another small bowl, smash avocado until smooth. Stir in lime juice and cilantro; season with salt and pepper.

In a medium nonstick skillet over medium heat, heat remaining 1 tablespoon oil. Working in batches, crack eggs into pan and cook until whites are set, about 3 minutes; season with salt and pepper.

Top tortillas with smashed avocado, 1 egg, jalapeños, onions, and salsa.



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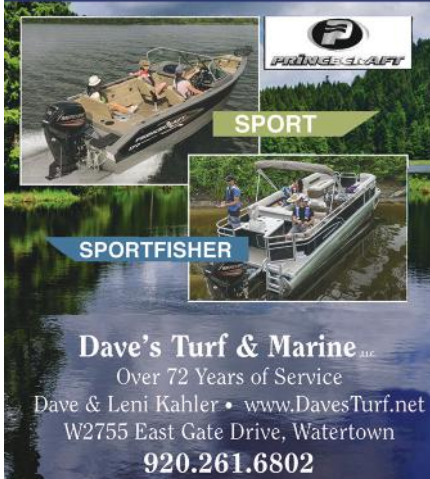
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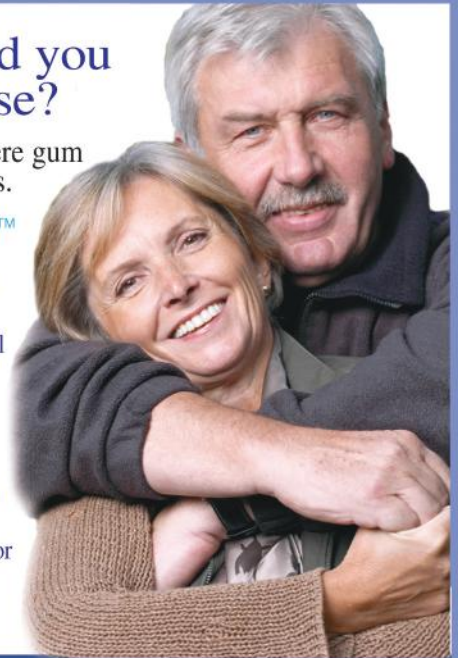
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# New Year's...Quarterly Goals?

By Ashley Posthuma

Happy January! It's the time of year where can officially take a sigh after the madness of the holidays. We (hopefully!) take time to pause and reflect on the past year, and we think about what we hope to see in the coming year.

Often this manifests in some form of New Year's resolution, where we tell ourselves we're going to make one big life change. This could be going to the gym every day, eating healthier, keeping the house cleaner, starting a new hobby, and the list goes on. And usually, we're pretty good at keeping this resolution...for about a week. But it's hard to make a big adjustment to our routine and actually stick to it.

A year feels like a long time (until it goes by in the blink of an eye), which gives us the sense that we can procrastinate our goals for a while before attempting to achieve them. As humans, we are also hardwired for short feedback loops. We like to see progress and growth, and if we aren't seeing them quickly enough, we lose interest or feel discouraged.

But like any college student will tell you, nothing increases productivity like a looming deadline. Shorter timeframes mean you must move quickly and intentionally to achieve your goals, and you also feel more motivation to do so.

That's why the idea of quarterly goal-setting might be the right approach for anyone looking to make a change in the new year but unsure where to start. Setting quarterly goals has also been called living the "twelve-week year" because you approach each quarter like it's a fresh year.

Every three months, you set a goal (or several) for yourself to accomplish within the next quarter. From there, you map out the steps you'll need to take to achieve your goal; one to two achievable steps each week is optimal. By keeping goals shorter and more attainable, you'll be able to achieve more over the long run than you would by just giving yourself an open-ended resolution to accomplish at some point during the year.

Besides being more achievable and easier to break down into smaller steps, quarterly goals are more flexible. Rather than setting a major goal for the year and being sidelined by life's unexpected distractions, you can instead use the context of your current state to set attainable goals. If you know you're going to be extremely busy in the next couple

months, you can adjust your goals to something simpler, like drinking 5 glasses of water each day. That way, you still feel a sense of achievement by reaching a goal, no matter how small, and you've built up a positive habit over the quarter.

With smaller timelines come faster wins, and achieving your goals naturally leads to more motivation. You may find that over time, you're even motivated to set more challenging goals (that are still reachable and appropriate for the time and energy you're able to give them).

Setting small goals may not sound effective, but if you set two attainable goals per quarter, by the end of the year you will have conquered 8 new achievements! Compare that to the one New Year's resolution you may or may not have stuck with anyway, and it's an easy choice.

I find that it's easiest to keep my goals on track when I schedule time in my calendar to conscientiously sit down and check in with my progress. I also like to display sticky notes at my desk to keep my goals front and center, because if they're not in front of my face, I have a tendency to let them slip. But every time a new quarter starts, even if I haven't achieved my goals, I appreciate the fresh start to try again—no waiting until January 1.

If setting a quarterly goal sounds like a good idea but you're not sure what goals you want to achieve, here are a couple ideas to get you started.

- Read 3 books
- Get 8,000 or more steps each day
- Learn a new hobby or skill
- Cook 5 new recipes
- Host one gathering of friends
- Organize the coat closet
- Delete old emails from your inbox

No matter how large your goal, remember that achievement is much easier when you break it down into small steps and take it one step at a time. And don't be afraid to find a buddy to hold you accountable in your goals! The year will pass whether you spend it improving yourself or not, so you might as well make the most of your time.

Here's to a happy, successful, and goal-filled 2026!



# CABIN FEVER FEST!

## Saturday, January 31, 2026

Bring your family & friends for a day of winter fun!  
Most activities are 10am-2pm.



### VENDOR MARKET

Shop the many intriguing booths at the Winter Vendor Market located at The Watermark.

Treasures you will find:

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Support local artisans and businesses. There is something for everyone! The Legion Women's Auxiliary will have sandwiches, hot dogs, sweets and drinks for sale on site.



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Explore Beaver Dam parks and downtown businesses for:

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Watch the Beaver Dam Recreation Department's Facebook page for details and updates:  
[facebook.com/bdrec.dept](https://facebook.com/bdrec.dept)



### PUZZLE PALOOZA!

Join The Puzzle Company at The Watermark for a Puzzle Palooza contest!

Whether you're a first-timer, beginner, or puzzle ninja, this event is for anyone who wants to escape the winter blues, have some laughs, and flex their puzzle muscles.

Race through a 500-piece puzzle. Prizes await the top 3 finishing teams, plus door prizes to keep things exciting.

Only team captains need to register. Teams must have at least one adult.

To register your team go to:  
[ci.beaverdam.wi.gov/255/Rec-Registration-Information](https://ci.beaverdam.wi.gov/255/Rec-Registration-Information)





Engaged couples are invited to attend the 2026 Watertown Bridal Fair on Sunday, January 25, 2026 from 10am to 1pm at Watertown Turner Hall.

This highly anticipated annual event will bring together the area's top wedding professionals for a day of inspiration, planning and exclusive opportunities.

The Watertown Bridal Fair is designed to help couples plan every detail of their big day in one convenient location. Attendees will have the chance to meet and connect with local vendors including venues, photographers, florists, bakers, bridal boutiques, decor specialists, DJs and more!

From the latest wedding trends to timeless traditions, the Fair offers ideas for weddings of all styles and budgets.

Engaged couples can register for a chance to win 1 of several door prizes. Grand prizes include a 1-night stay at the Sybaris, \$300 Marriage Money or \$200 Marriage Money.

Guests can expect vendor showcases, prize drawings and plenty of inspiration to help bring their wedding vision to life. Whether couples are newly engaged



or finalizing last details, the Watertown Bridal Fair is the perfect place to gather resources and make meaningful connections. Vendors include: A Step Above, Best Western-Watertown, Chandelier Ballroom, Chapel of the Archangels, Creative Botanicals, Danielle Lund Photography, Dream Weaver Vacations, Engaged DJ Services, General Party Rental, Heidi's Floral, LupaLuna Productions, Mary Kay Cosmetics, Nothing Bundt Cakes, The Oasis Salon & Spa, The Peony Project, Pizza Ranch-Watertown, Ready 2 Dance, Sandra D's Bridal Boutique & Tuxedo, Sassy Sweets, Sweet Mixin's, Sweet Talkin' Treats, Travel Leaders, Watertown Country Club, Watertown-Beaver Dam Elks Lodge, Watertown Jewelers and Wild Hearts Event Rental with more to come!


The event will take place on Sunday, January 25, from 10am to 1pm at Watertown Turner Hall, 301 S. 4th St., Watertown. Admission is Free.

For more information follow the Watertown Bridal Fair Facebook page at [www.facebook.com/WatertownBridalFair](http://www.facebook.com/WatertownBridalFair)





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**FUN EVENTS TO WARM UP YOUR JANUARY**

**1 - Thursday, Winterfest** - Formerly the Toilet Bowl, king and queen coronation, parade - downtown, water fights, DJ at Hustisford Community Hall.

**8th to 11th** - Shakespeare's the Tempest and Julius Caesar in repertory at Encore Hall featuring local high school students. - Beaver Dam Area Community Theater.

**17 - Saturday from 5 to 9pm** - Candlelight Hike at Horicon Marsh Educational Center and Visitor Center located at N7725 Hwy. 28, between Horicon and Mayville.

**24 - Saturday at 7:30pm** - Wisconsin Singers (from UW Madison) and the Beaver Dam High School Good Old A Cappella at the Beaver Dam High School Auditorium.

**25 - Sunday from 10am to 1pm** - Watertown Bridal Fair at Watertown Turner Hall.





# Caring for Community

How Noble Community Clinics—and Beaver Dam's Dr. Samantha Seiler—Are Strengthening Local Health Care

For many families in south-central Wisconsin, finding health care that feels personal, accessible, and community-rooted can be a challenge. In a landscape dominated by large health systems, it's easy to feel like just another appointment on a growing schedule. But Noble Community Clinics—along with the dedicated providers at its Beaver Dam locations—offers something different: care grounded in connection, compassion, and a deep history of service.

That history stretches back more than 50 years, beginning in church basements across rural Wisconsin. In the 1960s, local healthcare professionals, advocates, and faith leaders came together with a simple but profound question: Where can migrant farm workers receive medical care? Their volunteer-run clinics weren't backed by major funding. Instead, they relied on donated space, modest contributions, and the belief that everyone deserved quality health care—no matter their background, income, or season of life.

In 1973, the effort was officially incorporated as La Clinica de los Campesinos, and the team purchased its first mobile health unit, bringing medical care directly to farm workers where they lived and worked. As the mission expanded, so did the organization. In the 1980s, it became a designated Community Health Center, opening the door to serve residents while continuing its commitment to migrant families. The opening of the Wild Rose clinic, followed a relocation to the Wautoma clinic in 1997 and a dental expansion into Mauston

in 2010, represented growing access for rural communities too often overlooked.

Today, under the name Noble Community Clinics, that mission continues stronger than ever. With expanded services in Stevens Point and Beaver Dam, and a network that now serves more than 18,000 patients across 10 counties (including 5100 mobile dental and 980 WIC patients), Noble remains grounded in the values that built it: justice, teamwork, respect, innovation, accountability, and stewardship. From accepting a wide range of insurance options—including private plans, BadgerCare, Medicare, Marketplace (ACA), and a sliding fee scale—to offering integrated medical, dental, and behavioral health care, Noble is structured around one central belief: health care should meet people where they are.

## **Beaver Dam's Clinics: A Hub of Whole-Person Care**

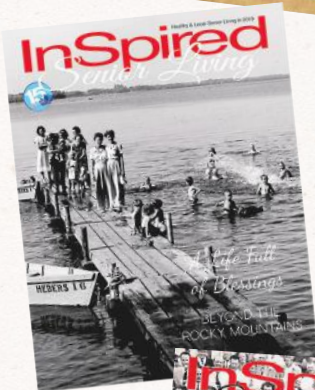
For Beaver Dam and its surrounding communities, this mission comes to life at two local Noble locations: Medical and Behavioral Health services at 1701 N. Spring Street, and Dental services at 207 S. University Avenue. Together, these clinics provide a full spectrum of care for individuals and families—from routine checkups and chronic disease management to counseling support, and high-quality, affordable dental care.

What sets the Beaver Dam clinics apart isn't just the services, but the style of care: accessible, compassionate, rooted in relationships. In a county where many residents prefer care



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that feels local, personal, and community-connected, Noble stands out as a place where providers know their patients, understand the local conditions, and value long-term relationships.

Few embody this spirit more than Dr. Samantha Seiler, Beaver Dam's primary care physician.

### **A Local Doctor with Heart**

Dr. Seiler joined Noble Community Clinics in 2022, bringing with her both a deep medical education—from Lake Erie College of Osteopathic Medicine—and a lifelong Wisconsin sensibility. Raised near Green Bay, she understands small-town life, close-knit communities, and the importance of a doctor who stays for the long haul.

For her, family medicine isn't simply a specialty, it's a calling anchored in connection. As she puts it, "The fact that you can be somebody's doctor for 30 years and really get to know them is special. Doing the best for my patients keeps me inspired and motivated."

Her passion for primary care ignited during her fourth year of medical school when she trained with a small-town physician who seemed to know everyone who walked through the door. "That was the first month where I thought, this could be something I could do," she says. That early experience made a lasting impression, shaping the way she practices today: personal, attentive, and deeply relational.

Dr. Seiler views her role as more than managing blood pressure or guiding someone through diabetes care—though she loves celebrating those victories too. "It's really fun and exciting to celebrate with a patient whose blood pressure is under control now," she says. "But being a family doctor is a lot more than that—celebrations like graduations or family successes, or even just being there with someone during harder times."

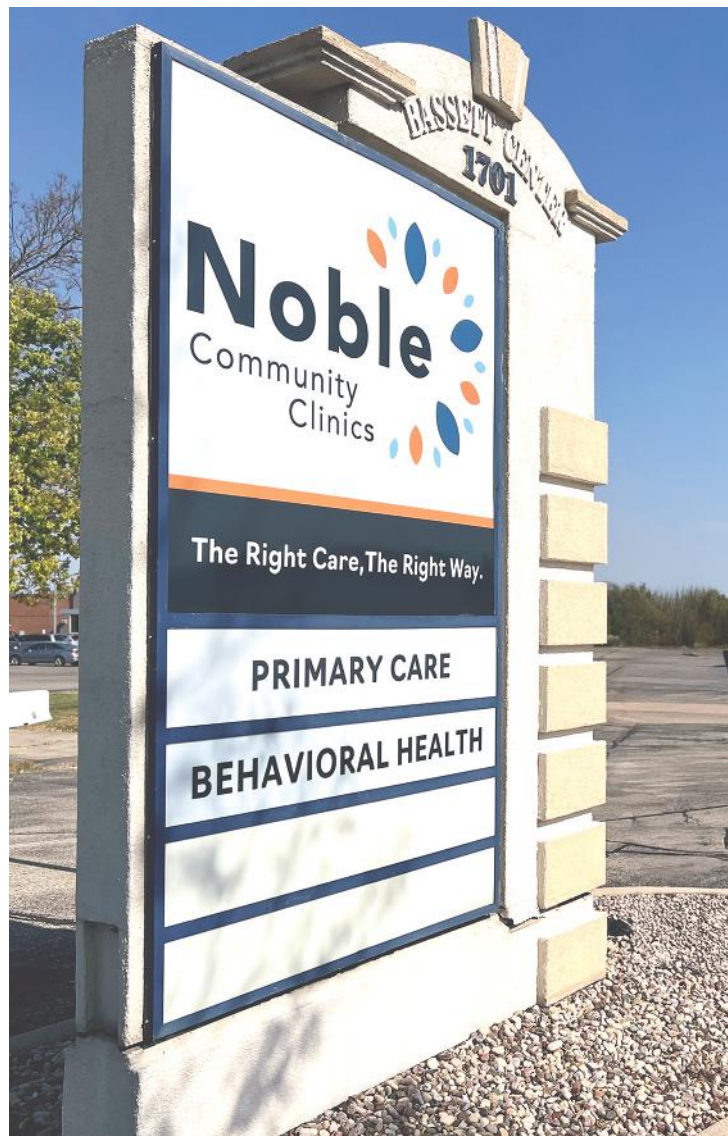
Outside the clinic, she's often found outdoors—camping, hiking, reading in the sunshine—or enjoying music, whether playing instruments or attending concerts. And as she and her husband and two small children continue planting roots in Beaver Dam, she's eager to become part of the community fabric. "I'm excited to be in the area, meet people at the library and through schools, and be a member of the community in that way."

### **Compassionate Care for Rural Families & Communities**

Dr. Seiler's approach mirrors Noble's mission: care that supports the whole person, honors each patient's story, and strengthens rural families and communities. It's this alignment—between provider and purpose—that makes Beaver Dam's Noble locations feel not just like clinics, but like community anchors.

For area residents seeking health care that feels personal, grounded, and genuinely invested in their long-term well-being, Noble Community Clinics offers a welcoming place where whole-person care and community connection come together.

To learn more or schedule a visit with Dr. Seiler or any Beaver Dam provider, call 1-800-942-5330 or visit [www.nobleclinics.org](http://www.nobleclinics.org).





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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](http://www.feilssupperclub.com)

## Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990  
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## 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](http://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](http://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](http://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](http://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.





# *A screening can **save** your life.*

Regular preventative cancer screenings, even if you have no symptoms, are important for your health. At Prairie Ridge Health we offer several convenient screening options, including:

Colonoscopies • Lung CT Scan • Mammograms • Skin Cancer Checks

***Talk to your provider about what's right for you.***

***Visit one of our locations:***

**Beaver Dam**

134 Corporate Drive  
Beaver Dam, WI 53916  
920.356.1000

**Columbus**

1515 Park Ave  
Columbus, WI 53925  
920.623.1200

**Marshall**

301 W Main St  
Marshall, WI 53559  
608.655.8181

**Sun Prairie**

155 S Mallard Dr  
Sun Prairie, WI 53590  
608.834.4800



Inspired by you

[www.PrairieRidge.Health](http://www.PrairieRidge.Health)





# Life is calling. Go with confidence.

There is no better time than right now to catch up on screenings and vaccinations, or to check in on your overall health. Whether you feel well or ill, Primary Care can help you enjoy life with confidence.

**Make an appointment**

[marshfieldclinic.org/CareNow](https://marshfieldclinic.org/CareNow)



**Marshfield Medical Center**  
**Beaver Dam**