

April 2025

InSpire

Magazine

**Marsh Madness:
Springtime at
Marsh Haven
Nature Center**

**Hoekstra's
Market & Greenhouse
Moving on to the
Next Generation**

Let's Talk About It

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

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- Managing perimenopause and menopause symptoms
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- Sleep, mood changes, stress, mental health
- Nutrition, weight changes, diet, exercise

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

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

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

10:15 am **Brunch served - Sponsored by InSpire Magazine**

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Beautiful Native Wisconsin wild flowers growing in Marsh Haven.





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"No winter lasts forever: no spring skips its turn."
- Hal Borland

There is nothing more motivating than the arrival of spring. The longer, sunny days and the sweet scent of nature waking up get me in the mood to evaluate my flowerbeds and landscaping. It's a wonderful reminder that warmer weather is here, bringing the joys of the outdoor season with it!

Enjoy this month's stories, designed to offer inspiration for your upcoming spring and summer activities.

Sincerely,

Denise Fitzsimmons

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Marsh Madness: Springtime at Marsh Haven Nature Center

By Ashley Posthuma

If you're looking to connect with nature this spring, look no further than Marsh Haven Nature Center. Located three miles east of Waupun on the north end of the Horicon Marsh, Marsh Haven is a family-friendly nature center with something for everyone.

The building itself is home to a small menagerie of non-releasable critters, an educational nature museum, plenty of child-friendly interactive displays, a gift shop, and a rentable classroom and theater. Outdoors, you'll find a rentable lodge, camping sites, 46 acres of marshland to explore, and birdfeeders that are known for attracting rare patrons in the springtime.

When you first enter the Marsh Haven building, you find yourself in the gift shop which includes nature-themed gifts and items from local vendors. Beyond the gifts, you will also find plenty of animals—both taxidermied and live. This includes three doves that were originally part of Rick Wilcox's magic show in the Wisconsin Dells, Acorn the starling who loves to "sing" along to music by imitating other bird calls, and more!

In fact, Marsh Haven is home to 22 animals who are unable to be released into the wild for a variety of

reasons—whether due to injury, exposure to pesticides, or other medical conditions. Once you've paid the small admission fee and entered the museum portion of the building, you'll meet the rest of the critters: Poe the crow, Blackberry the turkey vulture, a couple of tortoises and a snapping turtle, an owl, and an opossum, to name a few. Sometimes, local wildlife rehabbers will reach out to Marsh Haven when they're looking for a home for a critter, and sometimes Director Matt Rupnik will seek out new additions when they have the space.

Caring for the animals is no small task; in addition to Matt, there are a number of volunteers who have been taught to feed, handle, and enrich the animals. This undertaking typically takes one to two hours each day, but tasks vary depending on the critters' needs. The team works with a local vet to make sure animals are healthy and any ailments are treated. Some also require special maintenance, like the twice-annual day where they inspect the birds of prey equipment, trim their beaks and talons, and make sure they're doing well.

Beyond the live animals, Marsh Haven offers a look into the history and present of Horicon Marsh. In fact,



they recently updated one display in partnership with the Dodge County Historical Society. The team has been making an ongoing effort to update the displays and make them more interactive and engaging. Currently, the children's room is being updated with a brand-new mural and interactive stations for kids to play and learn.

The building also includes a classroom and a large theater, and beyond is a lodge with 26 drop-down bunks (mattresses not included!). Local groups are welcome to rent these spaces; they're regularly filled by organizations like scouts, 4-H, and school field trips. For those looking to spend time in nature, Marsh Haven also offers space for tent or RV camping.

In addition to offering use of their space, Marsh Haven hosts their own programming. Currently, one of their popular offerings is the monthly Storytime with a Critter, in which a Marsh Haven volunteer reads a children's book and brings in one of the critters for children to see and learn about.

They also host a wide variety of special events throughout the year, ranging from historical reenactment in September to a beer event in October, and even a Christmas event in December. Their next event coming up is sure to be a fun one: an Earth Day celebration!

The Earth Day celebration will be held on Saturday, April 25th. All ages are welcome to come, but the team is especially hoping for a large turnout of children. Over the next few years, Marsh Haven will be working to create a "natural play" playground in partnership with the organization Learning Landscapes. Learning Landscapes will be providing lots of fun playground options at the event, so kids can test things out and give their input as to what they like best.

"We want to create a natural playground for kids to get them active and encourage them to utilize their imaginations," explains Director Matt Rupnik. "It's a great opportunity for kids to bond with nature and begin to develop a care for their natural environment, which we hope leads to a long-term passion for preservation."

Another exciting upcoming event is the Horicon Marsh Bird Festival over Mother's Day weekend, which is held in partnership with other local organizations. There will be both free and fee-based tours throughout the marsh, camping opportunities, and more. The event is also known for its birdwatching potential; did you know that over 300 species of birds have been spotted within the marsh?



For avid birdwatchers, Marsh Haven is a great place to be. Their unique handcrafted bird feeders attract many species, including the rarer Yellow-Headed Blackbird and a colony of Purple Martins.

While Marsh Haven has been in the community since it was founded by Larry and Sandy Vine in 1984, it's still often referred to as a "hidden gem." Matt Rupnik says, "We always hear people say things like, 'We've driven past a million times and can't believe we hadn't stopped in sooner!'" He goes on to explain, "Although we're only 3 miles away from Waupun, it sometimes feels like a hundred miles. Our goal is to continue bridging the gap between ourselves and the community, encouraging people of all ages to come learn about the marsh."

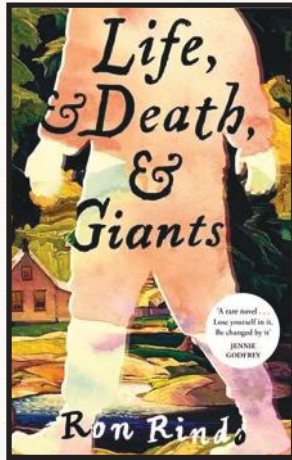
If you're interested in visiting Marsh Haven for yourself, you're in luck: their shortened winter hours are officially over in April! They're open 12-4 PM on Thursdays and Fridays and 10-4 PM on the weekends. But beyond stopping in for a visit, there are many ways to get

involved. Director Matt Rupnik is the only actual employee of Marsh Haven; everyone else on the team works as a volunteer. They're always looking for more volunteers for anything and everything, including caring for the critters, working in the gift shop, helping maintain the grounds, or even just serving as a handyman for various carpentry and maintenance projects.

Marsh Haven also hosts an internship program where they employ one intern every summer to shadow Matt and learn the ins and outs of running a nature center. There are even sleeping quarters available for the intern if necessary.

When it comes to Marsh Haven Nature Center, Matt sums it up well by saying, "It sounds cliché, but it truly is a special place. You can't fully grasp it until you experience it for yourself." It's a warm, inviting place with welcoming volunteers, lively critters, and miles of nature just waiting to be explored. Get out there and experience it for yourself this spring!






Life, & Death, & Giants

by Ron Rindo

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

Rachel Fisher gives birth to an eighteen-pound, twenty-six inch baby. She dies doing so. The story of this wondrous baby, Gabriel, is told through four narrators. First, the veterinarian, Dr. Thomas Kennedy, who delivered him and remained his friend for life. Second, Hannah Fisher, Gabriel's Amish grandmother who raises Gabriel. Third, Billy Walton, who owns the only local tavern in the small town in Wisconsin where this story takes place. All local news comes through him. Fourth, Trey Breathard, a football coach from Texas. He finds his star in Gabriel.

We learn the history of the characters and the town from different points of view. How Gabriel grows from giant infant to eight foot plus tall adulthood. The small town can barely tolerate the crowds of sight-seers that come from all over to see Gabriel but they try hard to maintain some privacy for Gabriel and his Amish family. The townsfolk are surprisingly protective of him. Any reader from a small town in Wisconsin will recognise many of the characters and situations. When Gabriel graduates from high-school football to college, scouts come from all over the country. This story is fast paced and exciting, the second novel of Wisconsin author, Rindo. A five star read that is hard to lay down.



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Reset Your Health With These 5 Powerful Nutrition Rules



By Dr. Stephanie Tyjeski

Have you ever thought about improving your health but felt like it was too late, too complicated, or too overwhelming to begin? The truth is, your health journey can start **right now**—no matter your age, fitness level, or past habits. You don't need a perfect plan, expensive programs, or extreme diets. Often, the biggest transformations start with a few simple changes practiced consistently.

Nutrition is one of the most powerful tools you have to improve your energy, strengthen your body, and support long-term wellness. By focusing on a few fundamental principles, anyone can begin building healthier habits today. Here are **five basic nutrition rules** that can help you take the first step toward a healthier life.

1. Stay Hydrated - Water plays a crucial role in nearly every function in your body—from regulating temperature to supporting digestion and transporting nutrients. Yet many people walk around mildly dehydrated without realizing it.

Drinking enough water can improve energy levels, focus, digestion, and even help control hunger.

Start today:

- Drink a glass of water first thing in the morning.
- Carry a reusable water bottle throughout the day.
- Replace one sugary drink with water each day.

A simple goal is **about half your body weight in ounces of water daily**, though needs vary depending on activity and climate.

2. Avoid Processed Foods - The Fewer Ingredients, the Better

Highly processed foods often contain excess sugars, unhealthy fats, artificial additives, and preservatives that can negatively affect your health. A good rule of thumb is simple: **if a product has a long list of ingredients you can't pronounce, it's probably not the healthiest choice.**

Whole foods—like fruits, vegetables, meats, eggs, nuts, and whole grains—provide nutrients your body actually needs.

Start today:

- Read ingredient labels before buying packaged foods.
- Choose foods with **five ingredients or fewer** when possible.
- Replace one processed snack with a whole food option like fruit or nuts.

Small swaps can add up to major improvements over time.

3. Choose Organic When Possible - Organic foods are grown without synthetic pesticides, herbicides, genetically modified organisms or bioengineered foods. While not every food in your diet must be organic, choosing organic options when possible can reduce exposure to potentially harmful chemicals.

Prioritize organic versions of foods that are commonly sprayed with pesticides, especially fruits and vegetables.

Start today:

- Buy organic produce for items you eat frequently.
- Visit local farmers markets for fresh, high-quality foods.
- Focus on organic options for leafy greens, berries, and apples when possible seeing as these contain the highest levels of chemicals.

Remember, **some whole foods are always better than none**, even if organic isn't available.

4. Balance Fats, Proteins, and Carbohydrates - Your body needs all three macronutrients—fats, proteins, and carbohydrates—to function properly. Eliminating entire food groups can lead to nutrient deficiencies and low energy.

Balanced meals help stabilize blood sugar, support muscle repair, and keep you feeling satisfied longer.

Start today:

Try building meals with this simple formula:

- **Protein:** beef, chicken, fish, eggs, or beans
- **Healthy fats:** avocado, olive oil, nuts, seeds
- **Carbohydrates:** fruits, vegetables, potatoes, rice, or whole grains

For example, a balanced meal could be **grilled chicken, roasted vegetables, and brown rice with olive oil.**

Balanced eating doesn't require perfection—just consistency.

5. Invest in High-Quality Supplements

Even with a healthy diet, it can be difficult to get every nutrient your body needs due to soil depletion, busy lifestyles, or dietary restrictions. High-quality supplements can help fill nutritional gaps and support overall wellness.

However, quality matters. Look for reputable brands that prioritize transparency, testing, and ingredient purity.

Start today:

- Start with foundational supplements such as **omega-3s, vitamin D, and magnesium** (if recommended by a health care professional).
- Choose supplements with **third-party testing** and clear ingredient sourcing.
- Consult a healthcare professional when adding new supplements.

Supplements should **support a healthy diet—not replace it.**

Your Health Journey Starts Now

The most important thing to remember is this: **you don't need to change everything overnight.** Real, lasting health improvements come from small, sustainable steps taken consistently.

Start by drinking more water. Replace one processed snack. Add more whole foods to your plate. Over time, these simple actions build powerful momentum.

Your health journey doesn't require perfection—it only requires a decision to begin.

Start today.

Drink a glass of water. Choose one whole food. Take one step toward nourishing your body. Because the best time to start taking care of your health... **is right now.**

*Join me at our **FREE Wellness Class** as we dive deeper into nutrition like what does bioengineered mean and is the impossible burger the new healthy alternative? Bring all your questions, even the ones you may be afraid to ask. No question is off limits when it comes to nutrition. Please join us at our **Beaver Dam location for this FREE class on Tuesday, April 21st at 5:30pm.** Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.*

Yours in Health,
Dr. Stephanie Tyjeski

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



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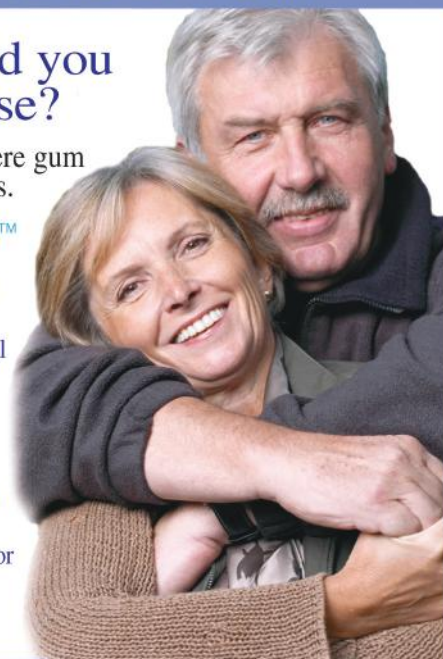
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Why Choose Pella Windows

By Michelle Kaiser of Hometown Glass



Choosing Pella windows is often motivated by their high reputation for **innovation, energy efficiency, and material variety**. As a leader in the industry for nearly a century, Pella offers specialized features like the Rolscreen retractable screen and proprietary fiberglass materials that are engineered to be the strongest available.

Material Options and Durability

Pella provides three primary frame materials, each catering to different performance needs and budgets:

- **Fiberglass (Impervia Series):** Built from a proprietary fiberglass material tested to be stronger than wood, vinyl, or aluminum. It is designed to withstand extreme temperatures ranging from -40°F to 180°F without warping or becoming brittle.
- **Wood (Architect & Lifestyle Series):** Offers timeless aesthetic appeal and natural insulation. These windows are often protected by EnduraClad exterior aluminum cladding to resist fading and moisture damage.
- **Vinyl (250 & 150 Series):** A budget-friendly, low-maintenance option. Pella's unique vinyl formula is performance-tested for color retention and durability against weathering.

Energy Efficiency and Performance

Pella windows are designed to significantly reduce heating and cooling costs through advanced glass technology.

- **Advanced Glazing:** Options include double- or triple-pane glass filled with argon gas to minimize heat transfer.
- **Low-E Coatings:** Their Low-E4 glass can block up to 94% of UV rays, protecting interior furniture from fading while keeping homes cool in summer and warmer in winter.
- **Certifications:** Many Pella products meet or exceed ENERGY STAR guidelines in all 50 states, with some series rated among the "Most Efficient" by the program.

Innovative Features and Customization

Pella is highly rated by homeowners for innovation, offering unique functional details:

- **Integrated Blinds and Shades:** Available in the Lifestyle Series, these are tucked between panes of glass to stay protected from dust and damage.
- **Easy-Slide Operator:** A patent-pending hardware design for casement and awning windows that allows for simple sliding operation instead of traditional cranking.
- **Retractable Screens:** The Rolscreen disappears when not in use, maximizing natural light and views.
- **Custom Shapes:** Beyond standard rectangles, Pella offers 15 special shapes for fixed windows, including ovals, hexagons, and triangles.

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The Importance of Wellness Check-Ups

By Marshfield Clinic

According to a study in the National Library of Medicine, a regular wellness checkup with a family doctor or primary care provider has been proven to identify and prevent illness, reduce unnecessary care and save you on overall health care costs.

Regular visits with primary care providers have been proven to identify and prevent illness, reduce unnecessary care and save you on overall health care costs.

Oftentimes, patients miss their annual physical examination because they don't understand what is included in a routine checkup.

There are a few things you can expect during most, if not all, your wellness checkups, depending on your age and health risks:

- Check vitals, including blood pressure, heart rate and respiratory rate
- Physical examination of your body to check for abnormalities
- Blood tests, which may include lipid panel for cholesterol, blood sugar levels and other tests, depending on your health situation and insurance
- Medication management
- Chronic disease management (may not be covered by your insurance)
- Discuss any health concerns (may not be covered by your insurance)
- Preventive care review

Recommended Screenings

Screenings and immunizations are an important part of the annual visit to prevent chronic health conditions from affecting you later in life.

Adults have several recommended screenings based on age, gender and health history. These may include, but are not limited to:

- Breast cancer screening, such as a mammogram
- Cervical cancer screening
- Colon cancer screening, such as a colonoscopy or Cologuard*
- Lung cancer screening
- Diabetes screening, such as a glucose test
- Cholesterol screening, such as a lipid panel
- Sexually transmitted infection screening
- Depression screening

- Substance use screening
- Hepatitis C blood testing (one in lifetime)

Prepare for Your Wellness Checkup

During most yearly wellness checkups, your family doctor also will review your health history, ask questions about your lifestyle, and give you a chance to ask questions, too.

You can be prepared for your visit with health information and questions ready ahead of time. Your list can include:

- Current medications
- Health concerns or symptoms
- Records from outside specialty doctors

If the provider needs you to do any other preparation (like fasting for a blood test), they will let you know beforehand.

Questions to Ask Your Family Doctor

Having an open and honest conversation with your provider is important for your health. An annual wellness checkup is a great chance to ask any questions and get individualized answers from a medical professional. You can ask questions such as:

- Is my lifestyle healthy? Is this diet or exercise regimen safe for me?
- Should I get any additional tests based on my family or personal history?
- Is this normal – skin reaction, sleep, nutrition, mental health, sexual health, etc.

Connection to Care

Your primary care provider has access to specialists if you ever need to be referred. Although referring you for your specific need, your primary care provider will stay connected and support you through your journey.

The benefit of an annual visit is to find any red flags early so you can manage your health and live life with confidence.

You can schedule a primary care appointment with Marshfield Medical Center-Beaver Dam providers in Beaver Dam, Horicon or Waupun by calling 920-887-5975.

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Hoya Hop House Brewing

A Brewery That Feels Different

One of the first things people notice when they walk through the doors is that our brewery doesn't feel like most breweries they've visited in larger cities like Chicago, Milwaukee or Madison.

Instead of just an industrial feel, the space is vibrant, warm and filled with life. Plants fill the room, natural textures soften the space, and every detail was designed to create an atmosphere where people want to stay awhile. It's inviting and elevated without losing the comfortable small-town charm that makes our community special.

We wanted the space to feel intentional. A place where friends gather, families relax, and visitors instantly feel like they've discovered something unique. Whether someone is stopping in for a quick drink or settling in for the evening, the environment is meant to feel memorable and welcoming.

Craft Drinks, Beyond Just Beer

Beer may be the heart of any brewery, but we've always believed the drink menu should be just as creative as the space itself. Our beer program includes everything from traditional styles to seasonal releases and small experimental batches. Brewing allows us to explore new flavors while still respecting the classic styles people love. There's always something new on tap, and regulars know that trying the latest release is part of the fun.

But beer is only part of the story. Our cocktail program focuses on high-end ingredients and craftsmanship. Every cocktail starts with quality spirits. You won't find rail alcohol behind our bar. Instead, we pair premium spirits with house made syrups and fresh ingredients to create drinks that are layered, balanced, and memorable. Our cocktail menu rotates frequently, allowing us to experiment with new flavors and keep the experience fresh for returning guests.

Whether someone prefers a carefully crafted cocktail or a freshly poured beer, our goal is the same with quality in every glass.

Comfort Food with a Sourdough Twist

Of course, great drinks deserve great food. Our menu centers around sourdough, bringing both flavor and character to dishes that are designed for sharing and enjoying together. Our sourdough flatbread pizzas are a guest favorite. They are large enough that one can easily feed two people, with a crust that offers just the right balance of chew and crispness.

We also serve sourdough pretzels, hearty chicken and beef nachos, and a rotating selection of sweet treats like sourdough cookies and churros. The menu is simple but thoughtful, focusing on quality ingredients and flavors that pair naturally with both beer and cocktails. Just like the rest of the brewery, the food is meant to be approachable but elevated. Comfort favorites with a little extra personality.

More Than Just a Brewery

At the end of the day, what we've built is more than a place to grab a drink. It's a space where thoughtful design, quality beverages, and shareable food all come together to create an experience. That experience also extends beyond what's on the menu. Throughout the week and across the seasons, we host events that bring the community together. Our Thursday night trivia has quickly become a favorite tradition, filling the brewery with friendly competition, laughter, and teams gathered around our beer and cocktails.

As the weather warms, the energy continues with our Spring Music Series, featuring a mix of unique talent and local performers. During the Summer months, we take things outdoors with our Food Truck and Music Series, where guests can enjoy great food, live music in a relaxed atmosphere. In a small community like ours, those moments matter. What started as a brewery has grown into a place where people gather, celebrate, and connect beyond what's in the glass.

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Let's Talk About It - Hormonal Imbalance and Nutrition in Women

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

As women, we all know that our bodies change with age, especially after age 40. We don't look the same as we did when we were younger. We experience weight gain, sexual discomfort, mood swings, hot flashes, joint pain, brain fog, sleeplessness - the list seems endless - but when does it become a health concern and what can we do about it?

"Women have suffered silently for years," said Jessica Davidson, RDN, CD, CDCES, outpatient registered dietitian and diabetes specialist at Prairie Ridge Health in Columbus. "I have always had a large outpatient nutrition population of women, so perimenopause/menopause concerns have always been discussed during appointments, however referrals from providers specifically stating perimenopause/menopause support are becoming more prevalent."

Davidson sees the silence being broken as a sign that women are talking about perimenopause/menopause more openly. "It is all over social media these days. Women are asking questions and learning what's normal, what's not and that there are things that can be done with lifestyle, supplements, and medications to help manage uncomfortable symptoms and keep the body strong and healthy," she said. "I think it's an exciting time for women's health."

In many women, changes in estrogen and progesterone can cause a full spectrum of symptoms from pelvic pain to headaches to itchy ears, with weight gain being at the top of the list of noticeable changes. "Women are coming in to see me and they are upset. Their bodies and looks are changing and they aren't doing anything different," said Davidson. "In response to the weight gain, many of us adjust our diet by limiting the amount of food we eat, so it is very common for women to not be eating enough. We need to remember that we are eating for our whole body. What is our protein intake? Are we eating regularly? Are we eating enough fiber? Do we have enough Vitamin D and calcium in our diet?"

But that's not all. The loss of hormones can also increase the risk of chronic disease such as diabetes and cardiovascular disease (the number one killer in women today). "As a dietitian working with this population, I provide a lot of education and guidance. For many women, they have the knowledge and know what they should do, but the problem I see is fitting lifestyle changes into their busy lives," said Davidson.

Davidson reminds us that the key to finding a solution is talking about it, and meeting with a dietitian could be the first step. "When I meet with women we talk about nutrition and lifestyle changes to keep their body healthy, but most importantly, we talk about how their body is feeling," she said. "We spend time one-on-one, talking about their daily routine, areas of concern and symptoms. From that point, I can help them determine where lifestyle change can impact, and when it's something more that should be looked into with their primary care provider. I can help give them verbiage to talk with their provider to get the extra support they need."

Davidson recommends meeting with a medical provider and dietitian who can look at your full medical history. "Following up with your primary care provider and getting general labs and screenings for cholesterol, A1C and vitamin D levels can provide us with a baseline so we can help you," she said. "Ask your doctor, 'What are some routine labs that I should have done at age 40, 50, 60?' A bone density scan can also assist with detecting your risk of osteoporosis and fracture."

Davidson explains that a dietitian meets with patients for at least an hour at the first visit to learn about areas of concern and come up with a game plan. "It doesn't have to be a big aggressive change to make you feel better. By talking about your routine we identify and focus on small, individualized changes that can make a big impact," she said.

"Our society is very judgmental of what we eat and what our bodies look like," said Davidson. "The last thing anyone needs is judgement. They need support. I like connecting with patients on different levels, learning about their lives and helping them heal their relationship with food, by helping people to see that they are not alone. I also observe my life, how it has changed - as a woman, a mom, as I age. It helps me understand what my patients are going through and how I can help them."

Dietitians are accessible directly by contacting them for an appointment or through referral by your primary care provider. Davidson says that most commercial insurances cover appointments with a dietitian, even for things as simple as irregular bowel movements, food intolerance, high cholesterol, weight fluctuation (gains or losses). "It's always easier to work with a patient when it is still a minor concern, before it becomes a major concern," she said.

Patients can request an appointment with a dietitian at Prairie Ridge Health by going online to www.prairieridge.health and completing an intake form.

"The more that we talk about it, the more confident people become. I like empowering people to speak up for what they need so they can feel their best. Sometimes just talking about it can reduce the significant stress someone has been feeling, which in itself leads to positive change," said Davidson.

Davidson is participating in a women's health fair at Prairie Ridge Health in Columbus on April 18. The day, designed specifically for women, will focus on perimenopause and menopause. Davidson, as well as gynecologists, psychiatrists, and primary care providers, will present information and answer questions. For additional information or to register for the free event, visit www.PrairieRidge.Health/womens-health-fair or call 920-623-1280.

Hormone imbalances are common, but that doesn't mean they should be ignored. If you're experiencing symptoms that affect your daily life, reach out for help by contacting a healthcare provider.

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Easter Brunch - Quiche Lorraine



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8 bacon slices
1 shallot, finely chopped
1 1/2 cups shredded Gruyère, divided
6 large eggs
1 1/2 cups heavy cream
Pinch of cayenne
Pinch of grated fresh nutmeg
Kosher salt
Freshly ground black pepper

Directions

Arrange a rack in center of oven; preheat to 375°. On a lightly floured surface, roll out dough to 1/4" thick. Loosely drape over a 9" pie plate and crimp edges. Refrigerate until ready to use.

In a large skillet over medium heat, cook bacon, turning occasionally, until crispy, about 8 minutes. Transfer to a paper towel-lined plate to drain, then crumble.

Scatter crumbled bacon over dough. Top with shallot and 1 cup Gruyère.

In a large bowl, whisk eggs, cream, cayenne, and nutmeg; season with salt and black pepper. Pour over shallot mixture. Sprinkle with remaining 1/2 cup Gruyère.

Bake quiche until crust is golden brown and eggs are cooked through, about 40 minutes. Let cool 15 minutes before slicing.



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Glen and Sheri Hoekstra on a bench surrounded by flowers.

Hoekstra's Market & Greenhouse – Moving on to the Next Generation

By Dorothy Bliskey

Glen and Sheri Hoekstra started their vegetable, fruit and flower growing business with “a seed and a dream” in 1981 on their Fox Lake farm. Now, 45 years later, the seed has germinated and the dream has passed on to the next generation. As the new owners, their son Steve Hoekstra and daughter Laura Bos, are at the helm. Their sister Lisa Hull is still very involved with the bookkeeping for the family-owned business -- Hoekstra's Market & Greenhouse.

It became official after Glen and Sheri retired and passed the torch January 1st of this year. To mark the occasion, the family of 19 (8 adults and 11 grandchildren) traveled together to enjoy the beaches and sunshine in Cancun in early January.

“This trip was to celebrate our upcoming 50th wedding anniversary and our retirement,” Sheri said. “We had so much fun!”

“Glen and I felt it was time to let the next generation take over a lot more of the responsibilities,” Sheri continued. “Since we're getting older and experiencing a few health problems, it made the decision easier. We will still give advice when asked and help out when needed. As for retirement, we hope to do some traveling and maybe find some hobbies.”

History and Growth of the Business

What began as a roadside corn stand, initiated by Sheri's father, Seymour Kok, in the 1970s, has snowballed into the

much larger vegetable and flower producing business it is today.

“Dad always sold sweet corn, and I helped a lot at Farmer's Markets,” Sheri said, noting the idea planted a seed in her head. As a young mom, she wondered if she added more vegetables to the mix, if it could become a good income-generating business. The idea was prompted by the fact she wanted to send her daughter to parochial school. “I knew I had to either get a part time job -- or work with what I had and make it big.”

The initial attempt at a business venture began in 1981 when Glen and Sheri parked an old '67 International pickup truck loaded with sweet corn at the end of their farm driveway. Customers could serve themselves. “They would drop their money in the top of an old milk can, pick out their sweet corn and go on their way,” Sheri explained.

“When we first started, it was just a hobby with a little greenhouse,” Sheri said, adding that she and Glen did all the planting and selling. Help came in the form of their kids and her dad.

“It grew from a hobby to a business quite fast,” Sheri said, “In the beginning, we were hog farmers and just supplemented our income with the greenhouse and the market income. We no longer have pigs and it has become a wonderful business. Now, we have eight greenhouses and lots of extra help with seeding, planting and selling.”



Fundraising Banquet

Join us for the 30th Annual Beaver Dam Lake Improvement Association Fundraising Banquet on Monday, April 13, at Bayside Supper Club in Beaver Dam! There will be a great dinner and a silent and live auction, raffles, door prizes, and more. Funds raised go toward fish restocking, annual family events on the lake, projects to improve water quality, and educational workshops.

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The setting for Hoekstra's Market and Greenhouse operation is spread over two farms near Fox Lake. The original dairy farm, once owned by Sheri's dad, is now owned by her son Steve. It's situated 7 miles from the 200-acre farm Glen and Sheri bought when they married in 1976. They continue to live on the farm, and, in recent years, built a new home for themselves -- just steps away from their eight greenhouses, Sheri's She Shed, and a farm market (retail) store.

While much of the farmland is devoted to growing sweet corn, field corn and soybeans, approximately 20 acres is perfect soil for their market vegetables and fruits.



Flowers planted in March in greenhouse.

Product line

Hoekstra's Market grows and sells flowers (mostly annuals, some perennials), hanging baskets, herbs, and succulents, along with vegetables and fruits.

They start their vegetable and fruit plants from seed in the greenhouse in late winter. As they mature and the weather moderates, plants are transplanted into the fields. Flowers are grown from start to finish in the greenhouse.

Shoppers can purchase vegetables and fruits in the form of plants for their own gardens or the actual produce grown and harvested at Hoekstra's. Fruit and vegetable choices include tomatoes, cucumbers, peppers, sweet corn, squash, giant-size kohlrabi, cauliflower, beans, asparagus, melons and more. A favorite of Sheri's is the black diamond watermelon.

Hoekstra's products can be purchased either at their home-based retail store or at any of four Farmer's Markets they attend weekly in Fond du Lac, Watertown, West Best and West Allis. They do some wholesale selling of their fruits and vegetables as well.

At their retail store, shoppers will also find an array of decorative planters, concrete statuary and a few other related products.

Family involvement

All family members live within 12 miles of the business, and they each help in a variety of ways. Glen and Sheri's three

children helped even as little tykes. So have their 11 grandchildren who range in age from 6-20.

"Family is a very important part of our business," Sheri said. "They help out whenever they can, but we also have very good employees who helped grow our business along the way."

"My grandchildren have worked beside us as they were growing up. Even a five-year-old can help plant and put ribbons on the baskets," Sheri said. "They enjoyed being in the greenhouse on snow days or on days off of school. I let them help deadhead some plants in the hanging baskets, if they needed it. We called that giving the plants haircuts. There's been a few times where the plants got a little short, but they usually were salvageable," Sheri said.

New owner, daughter Laura, who has five children, relates a humorous incident that occurred years ago when her oldest, Claire (now 19) was a little girl and helping at the greenhouse. "A customer asked her where the carts were. Claire went and grabbed one and said 'fill er up!' The customer got a kick out of that."

"The kids have been helping at the greenhouse their whole lives," Laura said, noting they learn good communication skills and a good work ethic. "They also learn what different plants are and where they grow best so they can help answer customers' questions. They run the cash register, go to farmers markets and help wash the veggies."

Steve's four children have also grown up helping in the greenhouses and fields. "My oldest two sons Grant, 17, and Jack, 16, are quite involved in the business. Both do a great job selling at the farmers markets where a lot of the customers know them by name," Steve said. "Grant seems to have more of a passion for the greenhouse end of the business, while Jack seems to be more excited about the vegetables."

Lisa's children have also been very active helping in the greenhouse and working at Farmer's Markets. Living next door made it very convenient to run over to the greenhouse and check up on Grandma.



Glen and Sheri with next generation owners Laura and Steve.

Transitioning to new ownership

Laura and her brother Steve are taking on leadership responsibilities as the new owners, but they worked a variety of tasks starting at a young age.



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Laura remembers picking produce in the field, washing vegetables, going to farmers markets, and working at the family's roadside stand in her younger years.

Steve recalls his earlier tasks. "It was my job to pick and sell produce, help plant baskets in the greenhouse, and assist my parents at Farmer's Markets," Steve said.

In 2018 Steve, along with his brother-in-law Nick Hull, bought out Glen's interest in Hoekstra's Sweet Corn LLC, a business the three men had previously owned together.

Now, both Laura and Steve are busy transitioning to the roles their parents had as owners.

"I am so excited that Laura wanted to be part of this with me," Steve said. "This season we have worked side-by-side to order all the items for the greenhouses and get things planted. As the weather warms up and I start getting pulled out to the field, she's the one who will be around the greenhouses to make sure things are going smoothly. I also took over the watering, spraying, and general maintenance from my dad."

"Two fulltime employees, Kyle and Rachel, are still with us," Steve said, noting they also hire many seasonal employees. "We rely on Kyle and Rachel for the day-to-day management in the greenhouse and the field. We make a great team!"

Looking back, Sheri's idea to add multiple vegetables to her father's already successful roadside sweet corn business was the answer to a prayer. It made private school for her children affordable.

"Just like our motto, Man plants, God grants, we wouldn't be where we are today without God's help," Sheri said. "He has guided and blessed us through the years. "Glen and I are so proud that the business we worked so hard for will continue with the next generation."

Hoekstra's Market & Greenhouse business has been able to generate financial success, support and a healthy work-life balance for family members and employees. For customers, Hoekstra's has been the 'cream of the crop' when it comes to blue-ribbon quality produce.

That type of high quality will continue as the next generation takes the reins. "I am grateful for the opportunity," Steve concludes. "If it wasn't for Mom and Dad, I wouldn't be where I am today. They are two of the hardest working people I know."

Mother's Day Event Coming

The annual Mother's Day celebration, especially for kids, takes place May 8-9 at Hoekstra's Market, located at N10348 County Rd A, Fox Lake, Wisconsin. There will be door prizes, refreshments, and beautiful flowers for mothers. At no charge, on Saturday from 9-5, kids can plant a flower for their mom.

"Our Mother's Day celebration is a huge activity not only for moms but for the little kids," Sheri Hoekstra said, noting a huge tent will be in place for the event. This is probably one of my favorite days of the year. I just love seeing all the smiles on my little people's faces!"



The 11 Hoekstra grandchildren.



Tomato display at Farmers' Market.



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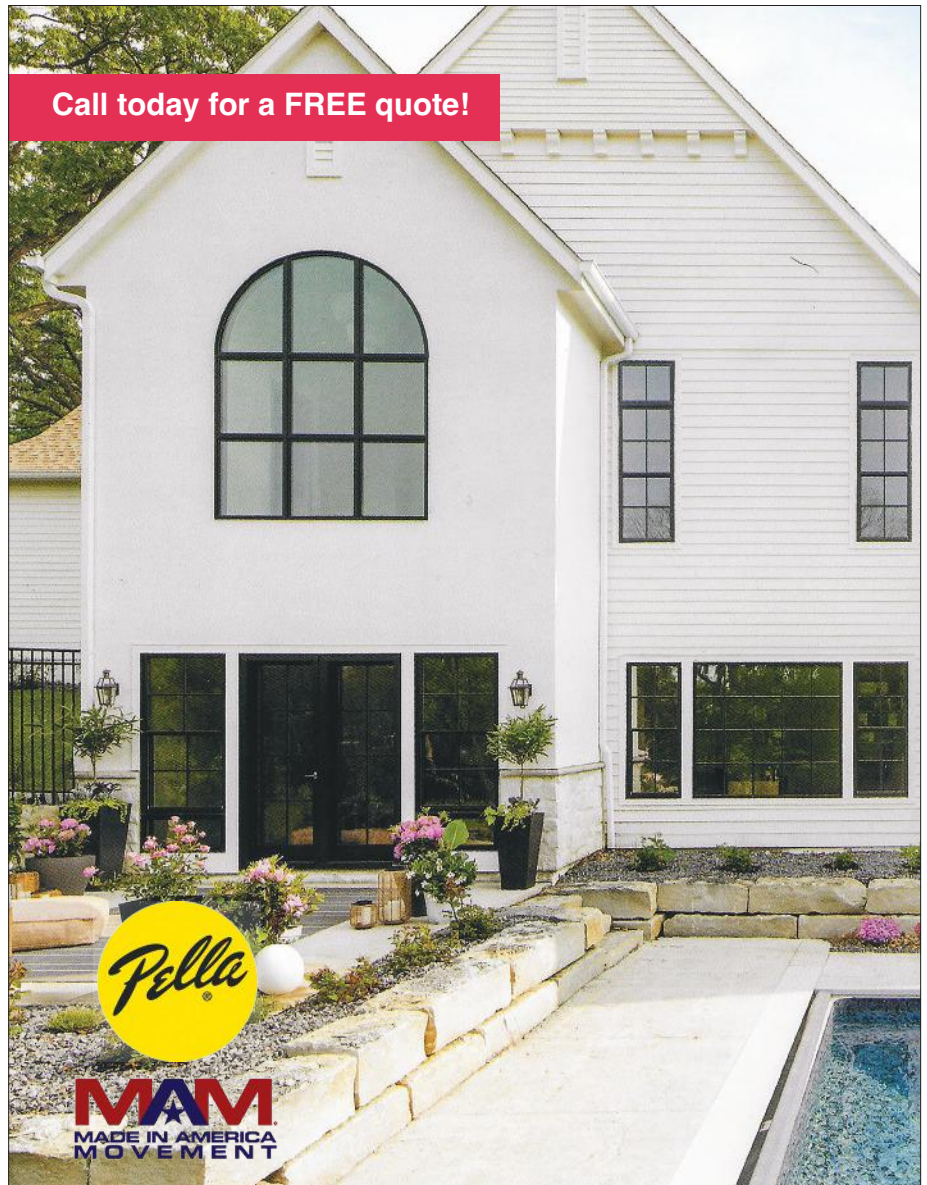
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From left to right, John, Marty & Corey Stanton of Stanton Legacy Acres.



A New Chapter at Stanton Legacy Acres: An Experience Like Never Before

In Reeseville, Wisconsin, something special is happening at Stanton Legacy Acres, and if you've been to the farm before, you'll notice it the moment you arrive.

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A Farm Reimagined

Over the past year, the Stanton family has poured their time, energy, and heart into transforming the farm from the inside out.

The barn, once a simple storage space, has been completely reimagined. It now serves as a product showcase, a processing space, and an education center, all under one roof. Every detail has been thoughtfully designed to bring visitors closer to the process, giving them a true understanding of what goes into every product.

At the same time, the grow room and processing areas have been reworked to improve flow, efficiency, and quality. These changes may happen behind the scenes, but they speak volumes about the care and intention that goes into everything Stanton Legacy Acres does.

It's not just growth, it's evolution.

More Than a Visit—It's an Experience

Beginning May 15th, Stanton Legacy Acres is opening its doors in a new way, inviting the community to slow down, step in, and experience the farm firsthand.

- Fridays: 3:00 PM – 7:00 PM
- Saturdays: 9:00 AM – 3:00 PM

These open hours aren't just about shopping, they're about connection. It's a chance to walk the space, ask questions, and see where your products come from.

And for those looking for something even more meaningful, the farm will host monthly Sunday sit-downs, intentional gatherings designed for conversation, education, and community.

Upcoming dates include:

- June 14th
- July 26th
- September 13th
- October 18th

These moments are slower, more personal, and rooted in what Stanton Legacy Acres has always stood for, bringing people together to learn together.

Rooted in Family, Growing with Purpose

At the heart of every change is the same family vision that started it all.

John continues to lead with quiet dedication in the grow rooms and fields. Marty brings warmth, leadership, and a deep passion for education and connection. Corey adds innovation and a fresh perspective, helping push the farm forward while honoring its roots.

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Come See What's New

This season marks a new chapter for Stanton Legacy Acres, and it's one best experienced in person.

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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.



Walk-In Mammograms

in
MAY

Walk-in Screening Mammograms will be offered from
7 am - 5 pm every Tuesday in MAY.

MAY 5

MAY 12

MAY 19

MAY 26

✓ Over 70 Insurances Accepted ✓ No Referral Necessary

✓ * No Appointment Necessary

* All Participants must:

- Be at least 1 year since last mammogram
- Be 40 years of age or older
- Not have breast implants
- Not have had breast cancer in the past 5 years
- Not have had breast surgery, or a biopsy in the past year

While a physician referral is not needed, the name of a primary care physician (for result notification), insurance information, and form of payment must be provided prior.

Women should be screened annually starting at age 40.

Are you experiencing breast concerns or have questions about breast health?
Call our Screening and Support Specialist at 920-623-1271.

Prairie Ridge
HEALTH

Inspired by you

1515 Park Ave • Columbus, WI 53925 • 920.623.2200 • 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



Marshfield Medical Center
Beaver Dam