

June 2026

InSpire

Magazine

Happy Father's Day

**55 Years of Making:
Still Crafty, Still Kickin'**



Prairie Ridge

HEALTH

FOUNDATION

2026 Events



21st Annual

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On the Cover:

Brad Pachefsky and his daughter photographed by c.verhage.photo.



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"A good father is one of the most unsung, unpraised, unnoticed, and yet one of the most valuable assets in our society."

- **Billy Graham**

When I was growing up, June was always an eventful month. It was the beginning of warm, long summer days and celebrations. Two special occasions that occurred in this month were Father Day and my parent's wedding anniversary. Since my father's passing they both have become bitter sweet.

But the memories of my wonderful, humble, kind hearted, giving, compassionate, loving father are fondly remembered and remind me of how blessed I was to have him as my father. He was a listener, always had time to talk and discuss what was on my mind and always put family first.

Today I challenge you to think of your father and remember all his outstanding attributes and the sacrifices that he made for you. Spend some time with him and tell him how thankful you are to have him as your father. Time goes so quickly and you'll never regret the time spent together.

Happy Father's Day!

Sincerely,

Denise Fitzsimmons

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SAVE THE DATE



Fish N Fun

The Beaver Dam Lake Improvement Association (BDLIA) is happy to announce that Fish N Fun is returning this year on Saturday, June 6, at Edgewater Park (off of McKinley Beach Road on National Drive, Beaver Dam). This event is open to children ages 4-12. There will be free clinics to learn about casting, live and artificial baits, fish cleaning, and much more. At the end of the event, a free rod and reel will be given to each registered child that participates in the clinics starting at 9am. Check-in starts at 8:30am, and the program begins at 9am and lasts to around 12pm. The event will be held rain or shine.

Register online at <https://bdlia.org/>, email info@bdlia.org, or call the BDLIA office (920-356-1200) and leave a message with your child's name(s) and age(s), the accompanying adult's name, phone number, and email address. Emails are important because all updates will be provided by email. Participation is limited to the first 100 registrants and preregistration is required.

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55 Years of Making: Still Crafty, Still Kickin’

By Dorothy Bliskey & Gloria Hafemeister, Photography by Tracy Propst

Make plans now to stroll through Beaver Dam’s recently renovated Swan City Park on July 12 to view hundreds of arts and crafts. The event will feature a wide variety of items including crocheted animals, painted signs, woodcrafts, hand-painted birch bark, needlework, jewelry, altered notebooks and more. This marks the 55th annual A Day in the Park Craft Fair, sponsored by the Women’s Affiliate of the Beaver Dam Area, Inc.

Admission is free to the Swan Park event which runs from 9 a.m. to 3 p.m.

Organizers expect over 200 vendors who can apply online for a booth at BoothCentral.com until noon on July 10. Vendors can also register on the day of the event and choose a booth from any available spaces. Booths are 10’ by 10’ and are \$80 per booth.

The popular art and craft fair is a win-win event for exhibitors who enjoy the opportunity to show their items to several thousand visitors who attend and for the Beaver Dam community. All profits are retained by Women’s Affiliate group, and donated to a variety of organizations throughout the year) Last year 6,500 people attended the event.

It is the only fundraiser for the Women’s Affiliate.

The Women’s Affiliate began in 1962 during a time when women were not permitted to be members of the Chamber of

Commerce. The Affiliate began as a way for Chamber members’ wives to get involved in promoting their community.

The group was initially known as “Chambermaids” and reflected the sense of humor and spirit of fun that the group possessed. Now as the Women’s Affiliate of Beaver Dam Area Inc., the membership continues in the spirit of goodwill and positive contributions to the community.

While the organization does not have as many members as it once did, it still has enthusiastic members who are eager to promote their community and raise funds for worthwhile projects.

Kathy Gittus, President/secretary of the organization, says, “We are a group of women with a variety of ages and backgrounds. I am proud of our commitment to making a difference in the business possibilities, cultural atmosphere and beauty of Beaver Dam.”

She adds, “I am especially proud of our younger members who contribute their time and energy to this group and the craft fair. They bring the latest ideas and points of view that help us improve.”

Since the Women’s Affiliate began they have given over \$420,000 to various groups and activities. They annually give three \$500 Beaver Dam scholarships, have donated \$30,000 to

the Swan Park redevelopment fund; donated \$5,000 to the new pickleball courts and most recently they gave \$2,500 to PAVE for a new intercom system.

“The craft fair lets artisans display handmade goods to shoppers seeking unique items or gifts. It is also a wonderful day for individuals and families to experience this wonderful park which has undergone numerous upgrades in the past few years,” Gittus said.

“We want to show off the charm and friendliness of Beaver Dam to everyone who attends. The event gives visitors a starting point to explore more of our city, shop and learn what we have to offer” Gittus added.

For the last five years the event has also offered music and kids’ activities. This year, the Dodge County Center for the Arts will have artists painting during the event.

Two musical groups will entertain this year. Elwood Lee, will perform in the band shell from 9-11 a.m., followed by Poverty and Panic from noon to 3 p.m. For kids, there will be face painting, a free 65-foot bounce house, a free balloon artist, and the recently constructed Swan Park splash pad.

Many food options will be available. Beaver Dam American Legion Auxiliary #146 will offer a variety of choices for lunch at the Food Pavilion located in the center of the park. There will also be two donut trucks, custom decorated sugar cookies, dirty sodas, Filipino cuisine, rhubarb baked goods, popcorn and fresh strawberry desserts.

Since the Women’s Affiliate organization does not have as many active members as it once had, they get help with the event from a variety of groups. The Women’s Affiliate currently has 13 members and they are always seeking new members. Members meet once a month at Tower Lanes. Meetings usually last only one hour. Work on the arts and craft fair began as soon as last year’s event ended.

The tasks include contacting business sponsors, booking musical groups, and managing vendor applications. On the Saturday preceding the event, members spend about 4 hours marking the outlines of booths and putting up signs.

One of the tasks this year was to reorganize the map of where the craft booths are located. Gittus points out that this was necessary because of the updates in the park during the last few years. It will assure that each vendor has a satisfactory location at the event.

The event is definitely a community effort.

Approximately 45 high school students and advisors, who are involved in various groups, help vendors unload products – starting at 6 a.m. – and then reload any unsold items at the end of the Craft Fair. They also help monitor the bounce house and collect garbage.

Gittus says, “We couldn’t be more pleased with their assistance -- FFA, Wrestling Club, Soccer Club and Girls’ Hockey!”

She also credits the help from the Beaver Dam Police Auxiliary that provides 3 officers to help

So save the date and head out to the 55th annual A Day in the Park Craft Fair where there is something for everyone to enjoy!





Flexibility, Recovery, and Healing Naturally

By Dr. Stephanie Tyjeski

In today's fast-paced world, many people live in a constant cycle of stiffness, soreness, and fatigue. Whether it's from long hours at a desk, intense workouts, repetitive stress, or old injuries, the body often responds by tightening up and moving less efficiently. The good news is that the body was designed to heal, adapt, and move well — when given the right input.

True flexibility and recovery are not about forcing muscles to stretch harder or masking pain with medication. They come from restoring balance within the nervous system, improving movement patterns, activating the right muscles, and supporting the body's natural healing process.

Most people think flexibility simply means “stretching more.” But flexibility is actually the nervous system allowing movement. When muscles feel unsafe, unstable, weak, or overworked, the brain creates tension as protection. This is why many people stretch constantly yet still feel tight. Often, the problem is not the tight muscle itself — it's the opposing muscle group that has become weak or inactive.

The body works through opposing muscle systems:

- Flexor muscles pull the body forward
- Extensor muscles oppose flexor muscles and help stabilize, open, and support posture

Modern life heavily favors flexor muscle dominance: sitting, driving, looking at your phone, working on a computer, cycling, and “stress” posture. Over time, the hip flexors, chest, neck, and front shoulder muscles become tight and overactive. Meanwhile, the glutes, upper back, core stabilizers, and posterior chain (a group of muscles on the backside of the body, spanning from the heels to the neck) become weak or inhibited. The results: reduced mobility, poor posture, muscle tightness, joint stress, increased injury risk.

One of the most effective ways to improve flexibility is not by aggressively stretching tight muscles, but by activating the opposing extensor muscles.

For example:

- Tight hip flexors often improve when the glutes are strengthened
- Tight shoulders improve when upper back muscles are activated
- Tight hamstrings may release when the core and glutes function properly

When the body feels stable, the nervous system allows muscles to relax naturally. Static stretching has its place, but stretching without correcting muscle imbalance is like pulling on one side of a tangled rope. If muscles are tight because they are protecting instability, forcing them to lengthen may only create temporary relief. The body responds best to balance, not force.

Recovery Is More Than Rest

Recovery is where progress happens. During exercise, the body experiences stress and microscopic tissue breakdown. Recovery

is the rebuilding phase where muscle is built. Unfortunately, many people interrupt this process by immediately suppressing inflammation and pain signals without addressing the underlying dysfunction. While there are situations where medical intervention is necessary, relying heavily on braces, ice, and pain medication can sometimes delay the body's natural healing process.

Ice has long been promoted as the standard treatment for injury, but newer perspectives on recovery recognize that inflammation is actually part of healing. Inflammation brings blood flow, nutrients, immune cells, and repair mechanisms to the injured or overused area. Excessive icing may reduce circulation and slow tissue repair in some cases. Movement often helps tissues heal better than immobilization alone.

Braces can be useful temporarily after serious injury or surgery, but long-term use may weaken the body's own stabilization systems. When external support constantly replaces muscular support stabilizing muscles become less active, proprioception (the body's ability to sense its own movement, position, and orientation in space without needing to rely on vision) decreases, and the body relies on the brace instead of rebuilding strength. The goal should always be to restore the body's natural stability whenever possible.

Pain is communication from the body. While medication may provide temporary relief, it does not correct the cause of dysfunction. If movement patterns, muscle imbalances, joint restrictions, or poor recovery habits remain unchanged, the pain often returns. Natural recovery focuses on identifying and correcting the source of stress rather than simply silencing symptoms.

Better Strategies for Recovery and Healing

Before stretching tight muscles, activate the opposing muscle group. Go for a walk at an easy pace or gently ride the bike. You may have heard of doing a “warm-up” before beginning your workout routine. It means you warm up or activate your muscles before beginning your activity. Mobility combines strength and movement control through a range of motion. Mobility teaches the brain that movement is safe. Mobility also increases blood circulation. Healing requires blood flow. Therefore mobility helps with healing. Other ways to support blood circulation include walking, light movement, hydration, deep breathing, massage, and gentle mobility work. The body heals better when tissues receive oxygen and nutrients.

Chiropractic Care and Movement Recovery

Proper spinal and joint movement plays a major role in flexibility and recovery. Restrictions within the spine and joints can alter muscle activation patterns, increase compensation, and limit mobility. Chiropractic care can help improve joint motion, reduce nervous system stress, enhance movement efficiency, support posture, and improve recovery capacity

When combined with corrective exercise and healthy recovery habits, chiropractic care can help the body function more efficiently and naturally.

The Goal Is Resilience

The healthiest bodies are not the ones that never experience stress or injury. They are the ones that adapt well, recover efficiently, and maintain balanced movement. Flexibility is not about being able to touch your toes. Recovery is not about eliminating every discomfort instantly. True health comes from teaching the body to move, stabilize, heal, and adapt the way it was designed to. When you strengthen weak areas, restore proper movement, support the nervous system, and trust the body's healing processes, flexibility and recovery become long-term outcomes — not temporary fixes.

Join me and Dr. Jerry at our FREE Wellness Class where Dr. Jerry will share his experience of helping people recover and gain back their mobility. Please join us at our Beaver Dam location for this FREE class on Tuesday, June 16th at 5:30pm. Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

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

Yours in Health,
Dr. Stephanie Tyjeski

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

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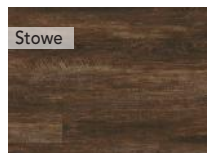
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Free Skin Cancer Screening Clinic June 23 at Prairie Ridge Health Clinic in Columbus



Elizabeth Zeeck, MD, Dermatology



Laura Clifton, MD, Dermatology.

COLUMBUS, WI – Dermatologists Elizabeth Zeeck, MD and Laura Clifton, MD are hosting a free skin cancer screening clinic at Prairie Ridge Health Clinic, 1515 Park Avenue in Columbus June 23 from 3-6 p.m. The screening is for walk ins only. No appointment is necessary.

Those being screened are required to complete paperwork prior to the screening. The screening itself takes approximately 10 minutes. This is a rapid screening for skin cancer and should not replace or be a substitute for a regular examination with a primary care physician or dermatologist.

According to the American Academy of Dermatology Association (AADA), skin cancer is the most common cancer in the United States; in fact, 1 in 5 Americans will develop skin cancer in their lifetime. People of all colors and races can get skin cancer. With early detection and proper treatment, the cure rate for basal cell carcinoma (BCC), squamous cell carcinoma (SCC) is about 95 percent. When melanoma is detected before it spreads, it also

has a high cure rate. Regular self-skin exams and regular examinations by a dermatologist help people find early skin cancers.

The AADA encourages everyone to take steps to prevent skin cancer and detect it early, when it's most treatable. Men over 50 have an increased risk of developing melanoma compared to the general population, according to the AADA. If you notice any suspicious spots on your skin or your partner's skin, or anything that is changing, itching or bleeding, see a board-certified dermatologist.

In addition to the skin cancer screening clinic, educational booths with information regarding mammography, bone density, allergies and asthma will be available for participants during the event. Parking for the screening clinic is available at the PRH Columbus Clinic North Entrance or the PRH Hospital Main Entrance. For more information about Prairie Ridge Health, visit www.prairieridge.health or call 920-623-2200.



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Summer Footwear: How to Choose the Right Shoe

By Marshfield Clinic

It's that time of year where we can happily shed layers and slip into our favorite summer shoes – or even go without any. But are your summer shoe choices harming your feet? How can you be sure that the shoes you choose to wear hiking, biking or even just out to lunch with friends are the right choice?

Comfort is everything

When it comes to picking out shoes to wear in the summer months, the best option is to wear something that feels comfortable. Wear something that is well-fitting, comfortable and suitable for the activity you will be doing. Never buy a shoe that is recommended but uncomfortable. Because every person is different, shoes that are recommended to one person may not be right for everyone. So, focus on comfort when picking out what shoes to wear.

Additionally, though summer is the time that many of us want to shed shoes altogether, it's warned against doing so. The worst shoes you can wear is going barefoot in settings where you should not be. Wearing shoes is very important for maintaining foot health.

The second worst shoe to wear is one that doesn't fit. So, make sure that on top of choosing comfortable shoes, you are finding pairs that fit well and are not too tight or loose. The best way to do this is to try shoes on before you buy them. Buy shoes in person or purchase from online stores that offer a generous return policy to make sure that you are getting shoes that will fit and last.

What to look for in summer shoes

When choosing shoes to wear for your summer activities, be sure to keep in mind what you will be doing and make choices accordingly.

Running shoes should be light and replaced frequently. Hiking shoes should also be light and frequently replaced, but they should also have breathability and be waterproof.

When choosing sandals, avoid ones with straps that cross

bony prominences, as these can cause discomfort with prolonged wear. For hiking and long-wear sandals, find a pair that is made of a waterproof material that won't shrink if they get wet.

For all your summer shoes, try to stay away from heavy materials like leather. While they are durable, thick or heavy materials become hot and uncomfortable in the summer heat. Instead, stick to light, breathable materials and consider waterproof ones for outdoor activities.

Wear the shoes you love AND take care of your feet

So what if your favorite summer shoes don't meet the criteria above? Don't throw them away. Hopefully you love a shoe that fits well and is not difficult to walk around in. But it is important to recognize the limitations of any shoe. For example, you should not wear flip flops to ride a bike or wear high heels if you are going to be walking around for long periods of time.

But this does not mean that you cannot wear the shoes you love. Flip flops and sandals are not great for standing around or walking for long periods of time, but they are better than going around barefoot. If this is a shoe of choice for you, find flip flops or sandals with a molded insole to support the foot, and only wear them for short periods of time. However, podiatrists warn that people with diabetes and neuropathy shouldn't wear sandals or flip flops. Instead, it's encouraged they wear shoes that provide more support.

The most important thing to keep in mind when choosing summer shoes is that you don't overdo your activity and hurt yourself. Acknowledge the limitations of the shoes you are wearing and choose options that are appropriate for your plans. Every person is different, so listen to your feet and wear what is comfortable.

If you have concerns about your feet or want to discuss your shoe choices, reach out to your doctor or connect with a podiatrist. Dr. Kyle Dennison with Marshfield Medical Center-Beaver Dam can be reached at 920-219-4009.

Shop, Dine and Enjoy All Beaver Dam Has to Offer

June Events

- 6 - BDLIA Fish N Fun - Edgewater Park
- 10 - Wednesday Night Live - Eric Diamond Band - Swan Park
- 10 - Pink Ribbon Classic Women's Golf Invitational - Old Hickory Golf Club
- 12 - 14 Wisconsin Arts Peony Festival - Beaver Dam
- 12 - Art Market - Downtown Beaver Dam
- 17 - Beaver Dam Community Band - Swan Park
- 18 - Discover Downtown Beaver Dam
- 20 - Taste of Wisconsin - Water tower Parking Lot - Beaver Dam
- 20 - Flea Market and Craft Fair - Dodge County Fair Grounds
- 24 - Live Music featuring Eddie Rivers and the Wurlitzer Kings - Swan Park
- 26 - Jam by the Dam - Frank Childress and the Main Street Band- Tahoe Park
- 27 - Beaver Dam City Wide Rummage Sale



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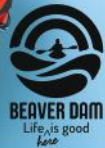


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100 Years of Service

There is no question how important service clubs are to our communities, and Beaver Dam has been fortunate to reap the benefits of several throughout its history.

The local Kiwanis Club, celebrating 100 years of service in Beaver Dam, is part of an international organization of service clubs around the world. The first official club was formed in 1916 in Detroit, Michigan. The local Kiwanis club in Beaver Dam was born in 1926.

Working to make a difference in Beaver Dam, the Kiwanis Club has focused on serving kids and the community, in line with the international mission “Serving the Children of the World”.

Taking that mission to heart, the club started right out of the gate to undertake some significant projects in the community.

In 1929, the club undertook its first service project creating a public skating rink. It was used as a hockey rink and racing course, complete with flood lights and a temporary public address system at the foot of La Crosse Street on Beaver Dam Lake. It was a much-needed recreation venue for the community. The world-famous women’s speed skater, Maddie Horn, spent much time on the Kiwanis sponsored municipal skating rink.

One of the club’s best kept secrets was its work to provide some type of swimming pool in the community in 1930. They chose an option on a mill pond one mile east of the city, comprised of 19 acres fed by large springs. The club took out a mortgage to purchase the land from the Crystal Lake Ice Company. The Crystal Lake Recreation Company was established, and shares were purchased by the club.

The lake was drained and dredged, and the club provided an ice-skating shelter. The following year, the club wielded shovels, hammers and saws to ready the beach platform, built a bath house, piers, slide, diving platform, an island and outdoor fireplaces. They named the beach “Minnie Wonka”, an Indian word meaning “place of happiness and contentment beside the

waters.” In 1942, war time, the club turned all their stock over to the City of Beaver Dam. In later years, the name of the park evolved into Crystal Lake Beach.

Throughout its history, the club has spent the past 100 years undertaking projects to make life better in Beaver Dam for children and families.

In more recent years, members can be seen taking admissions at the fair gates (since 1989), holding a Corn Sale every August, and running the famous duck race in September as fundraisers. Those monies are awarded annually to various non-profit organizations focused on children.

For the past twenty years, the club has coordinated the Salvation Army’s Red Kettle Campaign in Beaver Dam. The Beaver Dam campaign provides roughly 70% of the monies available for the Dodge County Salvation Army unit for distribution, and it continues the club’s historical commitment toward helping our neighbors in need.

While sponsoring many clubs in nearby communities over the years, perhaps the most important and impactful work of the Kiwanis organization is fostering youth Kiwanis clubs in our schools, teaching young people the importance of service to others. The Beaver Dam Kiwanis Club currently sponsors a Key Club at the Beaver Dam High School, Builder’s Clubs at the Beaver Dam Middle School and St Katharine Drexel school and K-Kids Clubs in several of our Beaver Dam elementary schools.

There is no doubt the work of service clubs is vitally important to our Beaver Dam community.

Many hands make light work, and the Kiwanis Club is always welcoming new members. The club meets at noon the first and third Tuesday each month at the Chamber Office. If you’re interested in being part of an organization that works together to “make a difference” in our community, you can contact them at: bdnoonkiwanis@gmail.com or find them on Facebook-Beaver Dam Noon Kiwanis Club for more information.



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1 1/2 angus ground beef
4 burger buns

Directions

Make filling: In a medium bowl, mix together cream cheese, cheddar, mozzarella, and jalapeños. Season with salt and pepper, then fold in cooked bacon.

Form ground beef into 8 large, thin rounds (about 1/2"). Spoon about 1/4 cup of filling mixture onto one patty, then place a second patty on top. Pinch edges to seal burger and re-shape into a disc if necessary. Repeat with remaining patties and filling mixture.

Preheat grill to medium-high. Season burgers on both sides with chili powder, salt, and pepper. Place on grill and cook until cooked through to your liking, about 6 minutes per side for medium.

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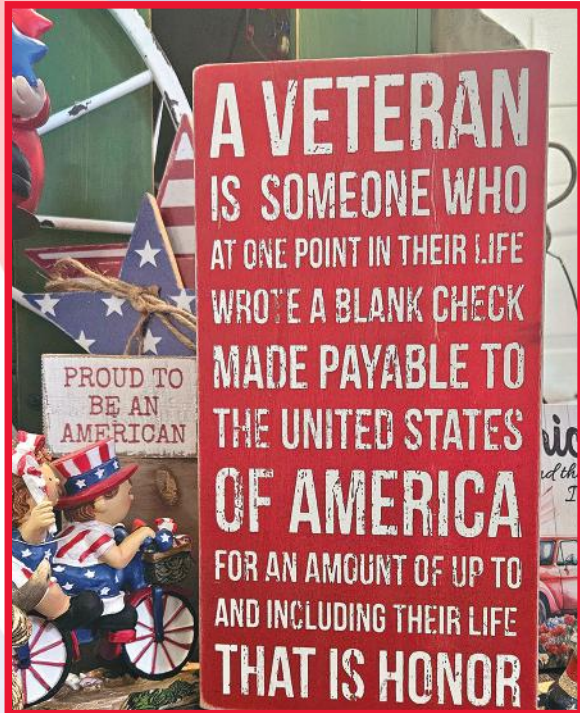
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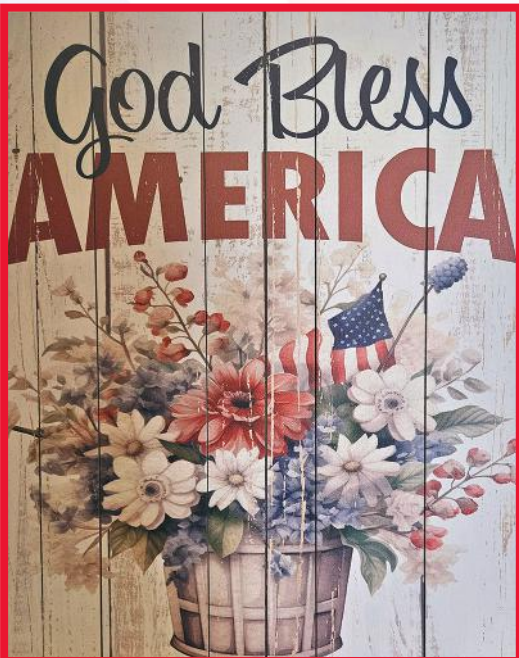
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Visiting the Fox Lake Lounge

By Ashley Posthuma

If you've driven through downtown Fox Lake recently, you may have noticed a new addition—or more accurately, a new business in a historic building. In March of 2024, Angela Thomas purchased the old building, and by the end of 2024, she was officially cutting the ribbon on her new business, Fox Lake Lounge.

Having grown up in Fox Lake and moved back in 2022, Angela began getting involved in the community through church, the Chamber of Commerce, and being elected to City Council. She began developing a passion for supporting her community.

“While I was working from home,” Angela explains, “I often struggled to find somewhere local to go during the day. The library felt a little too quiet for working and socializing, and many coffee shops closed early.” She often found herself driving to nearby towns to get out of the house and connect with others, but she was hoping for something closer to home. “I was specifically interested in finding a space right in Fox Lake that we could truly enjoy; I wanted somewhere welcoming, creative, fun, and different.”

Ever since its opening, the Fox Lake Lounge has been home to a wide variety of events, activities, and community connection. They host events every Thursday along with additional activities and public/private events throughout the

week, like crochet club, book clubs, work parties, birthday parties, bridal and baby showers, and collaborations with other local businesses. Inspired to create the space she had wished she could find when she was working from home, Angela's main goal is to provide a community space where people feel connected, inspired, and excited to come back.

Owning a business requires immense amounts of flexibility, and Angela says one of the biggest lessons has been learning to navigate the ups and downs that come naturally with entrepreneurship. Some days at the Lounge are busier than others, but even during the quiet moments, she continues looking for new ways to grow, connect with customers, and improve the experience. At a recent Tavern League Convention, Angela met a bar owner celebrating his 62nd year in business, and his advice stuck with her: “Keep showing up, even on the slow days.” It was a reminder that consistency, passion, and perseverance can build something lasting.

Since the Lounge first opened its doors, Angela has done exactly that. She's a welcoming presence in the community who has found it especially rewarding to see people enjoy their time spent at the Lounge. Whether they're leaving a kind review, telling others to stop in, or letting Angela know that Fox Lake really needed a place like this, it's clear the Lounge has already made its mark on the community. “The regulars

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who keep coming back have become like family,” adds Angela. “It means a lot when I can be there for someone on a tough day by taking a moment to pause, listen, and maybe even pray with them when they need it most.”

As for the historic building that hosts the Lounge, it offered Angela an exciting opportunity to bring new life to a unique space filled with character and history. With support from the Wisconsin Economic Development Corporate (WEDC) grant program, she was able to thoughtfully shape the vision and carefully plan each detail of the renovation process, which included gathering quotes, meeting with contractors, building detailed spreadsheets and budgets, and eventually creating a formal renovation plan.

While it was important to update the space to make it safe and welcoming for guests, Angela also wanted to honor the building’s original history. The renovation team focused on understanding what the space originally looked like and finding ways to preserve that character and charm. The Fox Lake Public Library conducted extensive research on the various businesses and owners that have utilized the building throughout history, and then they commissioned a mural by Oddball Arts in honor of those stories.

Ultimately, the Fox Lake Lounge is a space that celebrates its history while welcoming all the future holds. It’s cozy and creative, and it offers the community a place to relax, connect, or try something new. Whether it’s a clothing swap, a permanent jewelry pop-up, a new craft class, or bingo night, there’s always something new and exciting coming up next.

While an abundance of spare time isn’t usually in a small business owner’s job description, Angela works to balance her time. “After hours, I’m still marketing, planning events,

collaborating with other businesses, answering calls and emails, paying bills, building improvements, or thinking about what’s next,” she says.

But outside of work, Angela’s passion for community still shines through. She loves supporting other local businesses and exploring small towns throughout the Midwest—seeing other cute communities, gathering ideas, and just appreciating the people who make small towns special. She also stays involved with the Fox Lake and Randolph Chambers of Commerce, the Tavern League, Fox Lake City Council, and Living Hope Community Church.

Angela also loves to spend uninterrupted, technology-free time with her family, take walks, watch movies, catch up with friends, and spend time with her parents[AT2.1] who live just two doors down from her own house. They played a big role in her initial decision to move “home” when she came back to Fox Lake.

“More than anything,” Angela concludes, “I just appreciate our small community and the people who care enough to make things happen.” Whether it’s in a big way or in a way as simple as stopping by the Lounge for a drink or snack, community support matters. Small businesses are built on community; every purchase of an item from a local vendor, visit to a shop, or even a like or share on social media can truly matter more than people may realize.

Choosing to shop local helps keep small towns unique, supports families and dreams, and allows places like Fox Lake Lounge to continue growing. Next time you’re in the area, be sure to stop in and discover all it has to offer.

Learn Mahjong

One of the activities occasionally offered at the Fox Lake Lounge is Mahjong night, hosted by Tiles with Tamara. Mahjong is a game often described as a mix of cards, rummy, and puzzles. It originated in China during the 1800s, but it became popular in the US during the 1920s. Today, it's especially experiencing a resurgence as people value trading screen time for face-to-face games that allow them to spend time with others and build community.

Mahjong 101 classes are three hours long, and seating is limited as the game is usually played by 4 players at a time. These sessions are designed to be intimate and comfortable, with everyone learning together as they are led by Tamara Shaw. Participants will spend the first hour learning the basics of the game, and then they will play at least two games to build upon what they've learned. They are also provided a customized take-home Mahjong reference guide.

Once you've learned the basics, you're welcome to join more advanced sessions. Tiles with Tamara offers Mahjong 101, 102, guided play, and social play; regardless of level, she will provide attendees with tiles, racks, and cards.

Looking to play Mahjong? Follow Tiles with Tamara on Facebook to stay up to date on upcoming events. Here are several:


June Schedule

- 2nd:** Guided Play - Ooga Brewing, Beaver Dam
- 3rd:** 101 - Hoya Hop House Brewery, Waupun
- 6th:** 102 - Fox Lake Lounge, Fox Lake
- 14th:** 101 - Higher Ground Coffee Shop, Beaver Dam
- 16th:** 101 - Fox Lake Golf Club, Fox Lake
- 18th:** 101 - Beth & Daisy, Beaver Dam
- 24th:** 102 - Fox Lake Lounge, Fox Lake
- 27th:** 101 - Higher Grounds Coffee Shop, Beaver Dam

Social/open play is currently offered on Tuesday evenings at Ooga Brewing. As the local Mahjong community grows, they will begin booking additional dates and locations.

"I am grateful to Angela Tomas at Fox Lake Lounge and Cheryl Laatsch at Higher Grounds Coffee Shop for their openness in partnering their businesses with our Mahjong classes," Tamara says. "The game is still relatively new to our area, and I appreciate their help building the community. I also love introducing new people to their fantastic businesses!"


Tamara also adds that Mahjong classes are open to everyone; she even sees husbands and wives come together to learn a new game they can then continue at home, in their RV, or at the campground! If you're interested in booking Tamara for a private event at your home or business, you can email her directly at tamarajshaw@outlook.com.



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A "Light to the Sport": How Debbie McCormick Continues to Spread the Curling Love

By Lily Walker

McCormick (middle right) with teammates Dean Weichmann, Cathy Weichmann, and Dan Schuster.

Slipping on Ice

On Feb. 26, 2005, in Madison, Wis., at her home rink, Debbie McCormick and her curling team faced off against Team Cassandra Johnson for the chance to compete at the 2006 Winter Olympics in Turin, Italy. McCormick, the skip for her team, was hoping to attend her third consecutive Olympic Games. McCormick had not lost an Olympic trials tournament since she began her adult curling career in 1995, and she didn't expect to lose now.

McCormick's team entered the final match with a tournament record of 8-1, and their only loss to Team Johnson five days prior. After a nail-biting 10 ends, Team McCormick was able to tie the match 4-4.

In the extra end, Johnson delivered the last rock after McCormick's final shot, but her teammates who were sweeping seemed to think that the rock was moving too fast.

"I thought, 'oh my gosh, we're going,'" McCormick said.

The final rock slowed down, stopped near the center of the house, and a last count proved to be detrimental for Team McCormick, as Cassandra Johnson raised her team's score 5-4 to beat McCormick.

"That was the toughest loss that she ever had in her career," said Wally Henry, McCormick's father and former coach.

"I couldn't believe it," McCormick said. "I just felt like the lowest of the lows...we did everything right, but we didn't win the last game."

After an already long and successful curling career, the 2005 Olympic Trials loss was nearly the end for McCormick.

"I was just devastated," McCormick said. "Absolutely devastated to the point where I just said 'I'm not playing anymore,' because I can't...take the hurt, you know."

The Fire Inside

"I've always loved competing," McCormick said of her early curling ambitions.

McCormick was born on Jan. 8, 1974 in Saskatoon, Saskatchewan, Canada to parents Wally and Ginny Henry. Her love for curling began with her parents, who would bring her and her younger brother, Donnie, to the Madison curling rink with them once they moved to Wisconsin for Henry's new job when Debbie was very young.

"With us being at the curling rink for social events and also for league curling, the kids came with us," Henry said. "After our games were over, they'd be playing around on the ice and eventually they got to a point where they could throw the rock all the way down the sheet, and that began their experience with curling."

Curling is played on a sheet of ice, typically with four players on each team. The two teams will take turns sliding stones toward a target

or "house" with the aim of getting them close to the center, or "button" of the bullseye-like house. The team with the highest score after 10 ends - or innings - wins. Points are awarded based on how close the stones are to the center compared to the other team's.

McCormick knew from an early age that this was what she wanted to do, and she began competing internationally in her early teens, earning two silver medals and one bronze at the World Junior Championships.

Her father also won two bronze medals at the Men's World Championships during those years, tournaments that he brought his children to, further cementing their love for the sport.

McCormick said that one of the first times she felt the fire inside of her was during the Junior World Championships in Madison in 1991 when she was 17 years old, after an opposing team beat hers in the round-robin portion of the tournament.

"Gosh they were celebrating and they were just, like, 'we're going to win,' and I was just so mad inside," McCormick said. "I was just like, 'you are not winning...this is one game,' and I just kind of felt the fire for the first time."

In 1996, McCormick won her first major adult league accolade, a silver medal at the World Championships in Hamilton, Canada, and in 1997, she won her first Olympic Curling Trial to go to the Nagano Winter Olympics in 1998, the first in which curling was considered an official Olympic sport.

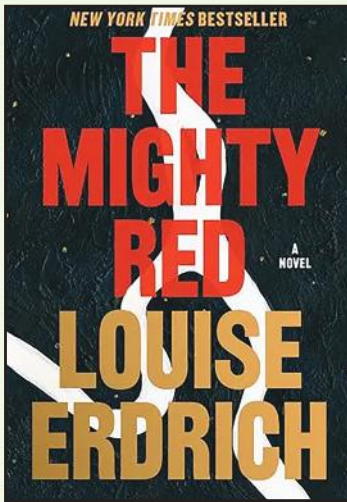
The early 2000s saw many wins for McCormick, including two gold medals at the United States National Curling Championships in 2001 and 2003, and one silver in 2002. This period marks McCormick's second Olympic Games in Salt Lake City in 2002, as well as the turning point that would later cement her legacy into the Curling Hall of Fame.

The 2003 Ford World Curling Championship began with round-robin play on April 5 in Winnipeg, Canada. Team McCormick snuck into the semifinals with a record of 5-4 to play Sweden's Team Norberg.

After beating Sweden in the semifinal match 5-4, the United States was to face Canada's Team Jones, undefeated in the tournament thus far. The 10 Championships prior to 2003 saw 6 Canadian wins, and the United States, in all of the Women's World Curling Championships, had no golds.

"I remember Coach Joni said to us, 'girls, I give you permission to win,' just meaning, if you get second it's OK, maybe we weren't supposed to be there anyways, but, why not win?" McCormick said.

The match began with a point scored by Team McCormick in the second end, but Team Jones answered in the third end with another point. The United States followed suit in the third with two more points, and Canada was never able to match their score after that.



The Mighty Red

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

Louise Erdrich is a very prolific writer. She writes books for adults and children, fiction and non-fiction, poetry and short stories. Most are books about modern Native American Indians as she is a member of the Turtle Mountain Band of Chippewa. This tale is “about our tattered bond with the earth, and love in all of its absurdity and splendor.” In North Dakota, sugar beet country, in a small farming town along the Red River lives Crystal and her daughter Kismet, still in high school.

Like most of the Indians in the area they do the worst jobs, Crystal drives a truck, third shift, that hauls sugar beets from the storage fields to the factory that turns the beets into sugar, Kismet waits tables in the town diner, cleans houses and anything else she can find. Crystal calls Martin her husband, he works half the time. His champagne taste keeps the family poor. Kismet dates one of the richest boys in the area but loves Hugo, another poor Indian. Gary plans to follow his father into farming, signing contracts with the Round-Up ready seed company and using all the killers he can - weed killer, bug killer - yet his mother notices the yield is going down and there are no more birds. Hugo goes to work in the oil fields to earn money to win Kismet. All the characters are flawed yet we find them endearing as they are our neighbors and relatives.



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The match ended 5-3, United States. The last point was scored by Team McCormick with a rock thrown by McCormick herself, who couldn't contain her excitement, jumping up into the air and cheering for the World Championship title that she knew she had secured at that moment.

"It was actually fun," McCormick said. "It was just a thrill."

Since Team McCormick's 2003 World Championship win, there has not been another gold medal in World's for the U.S. Women's Curling team.

A Legacy That Lives On

"After winning the World Championships in 2003 it was kind of a roller coaster," McCormick said.

On a high from their World Championship win in 2003, Team McCormick had three years of ups and downs, getting second place in nationals in 2004 and 2005, making the team unable to return to worlds for those two years.

The 2005 Olympic Trials loss was the biggest blow for McCormick, and she thought that she might never go back to competing at that level again, simply because it was too painful for her to lose.

But a strong team and a curling community that saw McCormick as something more than her losses lifted her up and brought her back to her senses.

"My teammates said, you know, we still want to play with you, we still believe in you and trust you," McCormick said.

Between 2006 and 2009, Team McCormick re-focused their ambitions, and kept the goal of the 2010 Winter Olympics in their hearts. McCormick's team from 2005-2010 went on to win four National Championships in a row, along with a silver medal at the 2006 World Championships in Grand Prairie, Canada, the third World Championship medal in McCormick's collection.

After the 2014 Olympics, USA Curling changed the way that their Olympic trials were conducted, and rather than a tournament with teams that were formed by the competitors themselves, there was a tryout. During the 2018 Olympic curling trials, McCormick did not make the cut, and although she felt that she was still ready and able to compete at a high level, she decided that it might be too much for her to form her own team and prove USA curling wrong, as John Schuster did when he formed his own team to go on and win gold after he got the same letter that McCormick got, stating that he wasn't right for the 2018 Olympic curling team.

"I was kind of like, I think I'm OK to be done," McCormick said. "I didn't want to say out loud 'I'm retired,' because I hate that word, but I knew I just didn't have the energy to form a new team, go to the tournaments, spend my own money...I'm not going to have everything that I was kind of used to."

In 2024, 2003 Team McCormick was inducted into the Curling Hall of Fame, cementing team McCormick's legacy forever.

"It's not everyday that you get into the hall of fame for your favorite sport," Henry said.

Her former teammates also admire her drive to compete, one of whom looked up to her before she began competing with her.

"She knows the balance of working hard to achieve what you want as well as having fun in the process of getting there," said Jessica Schultz, one of McCormick's former Olympic teammates, and one of Cassandra Johnson's teammates on the 2006 Olympic team.

Schultz watched McCormick compete in the 2002 Winter Olympics before she moved to Duluth, Minn. to pursue her own curling ambitions and became a two-time Olympic athlete herself.

"I just learned there was so much more to the sport," Schultz said of her Junior League curling days. "So, I was able to travel out of state every year and then watched the 2002 Olympics, and that's when I was like, hey, I can do that. I want to do that."

"For me it wasn't just the one game," McCormick said. "For me it was all that hard work, all that dedication."

McCormick continues to curl regularly at the Poynette Curling Club in Poynette, Wis. This past curling season, she started a beginners' league on Monday nights to teach the more technical aspects of curling to those who love it.

"I noticed that there's so many members that, you know, they're playing but they don't really understand the intricacies of the strategy," McCormick said. "I said to myself, I need to start a beginner's league."

The fire that drove McCormick to win throughout her curling career has never disappeared, but has transformed into a new purpose, one that

gives her a new energy and love for the sport. Her beginner's league attracted 15 brand-new curlers to the club and blossomed into a drop-in league. McCormick hopes to continue with the league next season.

"I mean, yes, she's obviously achieved so many things in her life through this sport," said Cathy Weichmann, McCormick's long time friend and recent teammate at the club level. "But I think she wants to share it more now."

Weichmann began curling with McCormick in recent years, though she had



McCormick (lower middle left) with Monday night beginner's league participants at the Poynette Curling Club.

been watching McCormick compete since their time together in college, when McCormick brought their class to the Madison Curling Club and taught them how to play.

"My favorite term is 'spread the curling love,' and I've always felt that way," McCormick said.

Weichmann said that McCormick's competitive side still shines through in some matches. Her love for curling is boundless, and her commitment to the curling community and the growth and awareness of the sport as a whole is just as inspiring as the successes in her career and her ability to come back from losses better than she was before.

"She brings a light to the sport," Weichmann said.

Moving Forward

McCormick is currently residing in Rio, Wisc. and working at Shackelford Heating and Cooling in Fitchburg, Wisc.

As of right now, McCormick does not know whether she will attempt to compete in Senior's League, as she is satisfied with what she is doing for the Poynette Curling Club currently, though the cards are not off the table.

"I love curling, but it's just a different kind of mindset," McCormick said. "I would be open to it, but it would have to be pretty appealing as far as my team...and I would really just have to be, like, this is what I feel, you know, in my heart, this is what I want to do."

McCormick's ability to touch the people around her and show them how amazing her sport is never ceases to amaze her friends and family.

"I think the sport is lucky to have her, honestly," Weichmann said. "But I'm lucky to have her, because even without curling she's just an all-around fantastic person. She would do anything for anyone and I really don't think there's a mean bone in her body...she's a blessing."



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Visit our website oldhickory-golfclub.com for hours and menu offerings

The public is always welcome at Old Hickory Golf Club and is encouraged to call (920) 887-7179 for more information.



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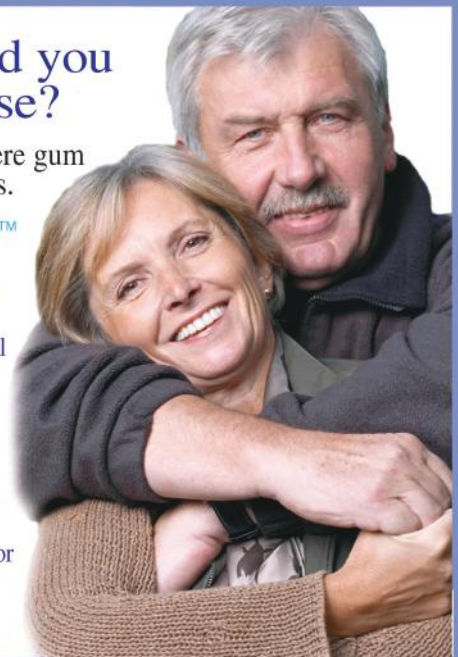
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InSpire Magazine's Restaurant Guide

Beaver Dam County Club

The 1966 Bar & Restaurant located in the South entrance of the Beaver Dam Country Club. Wednesday night bar opens at 4, dinner service 4:30 to 8pm, Friday night bar opens at 4, dinner service 4:30 to 9pm, Sunday Brunch 10:30 - 1:30pm. Check out our specials on Facebook!

Boat House Pub & Eatery

N10575 Chief Kuno Trail - Fox Lake (920) 928-3470
Open Wed - Sun 11am - Close, Mon 3pm - Close. Daily Specials - all you can eat Wings, Wednesday "Dollar Days", Sandwich Menu, Homemade Half-Pound Burgers & Pizza, Children's Menu, Weekend Dinner Specials

Buchanan's One Away

118 Lake Street, Hustisford - (920) 349.3400
Homemade Pizza - Serving thin and New York crust pizzas. Check website for current hours.

Feil's Supper Club

2 miles south of Randolph on Hwy 73 (920) 326-5544
Herb's famous homemade bread, onion rings and salad bar. www.feilssupperclub.com

Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990
Serving coffee, specialty drinks, desserts & soups. Sandwiches, drive through & meeting room available.

Iron Ridge Inn

131 S. Main Street - Iron Ridge (920) 387-3348
Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm
Family Owned Supper Club Est. 1972. Serving Up: Choice Cut Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas; Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For All Occasions. www.ironridgeinn.com

Lake Street Inn

147 North Lake Street - Hustisford (920) 349-8936
Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

Old Hickory Dining

W7596 Hwy 33 East - Beaver Dam (920) 887-7179
An expanded lunch menu is available Monday - Friday from 11:00am-3:00pm from Memorial Day - Labor Day. Monday dinner service available Memorial Day - Labor Day. Enjoy casual dinner service on select weeknights. Hours and menu vary seasonally. Fish Fry is available most Friday evenings from 4:00-8:30pm. Special Events (up to 250 guests) welcome. Facebook: Old Hickory Golf Club. www.oldhickorygolfclub.com

Park Avenue Sports Cafe

709 Park Ave - Beaver Dam (920) 885-4510
Mon - Fri 11am - late night, Sat & Sun 7am to late night (serving breakfast), Family Friendly Atmosphere. www.parkavesportscafe.com

The Shores of Fox Lake

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576
Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us Fridays and Saturdays from 4pm to 9pm and Sundays and Mondays from 4:30pm to 9pm. Open Thursdays May 1st - September 30th. Voted Dodge County's Best Supper Club 2 Years in a Row!
Visit us on Facebook: The Shores of Fox Lake Steakhouse
www.theshoresoffoxlake.com

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N4571 County Road E - Hustisford (920) 349-9333
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Snapper Vick's Mexican Restaurant

N5007 Country Road WS - Woodland (920) 625-3441 Closed Monday, Tue - Sun 4:30 - 9pm, Famous for Mexican entrées.

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