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On the Cover

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1 Corinthians 13: 4 - 7

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Publisher



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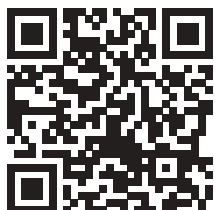
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Love Connection - How We Met

By Dorothy Bliskey

We all have a story to tell when it comes to how we met our spouse. For Valentine's Day, here's a look back in time as some ladies happily share their stories. From psychics to ski hills, exciting settings emerged to bring these couples together!



Shelly Longden

Shelly Longden, a Ripon native now residing in Pewaukee, says a psychic helped lead the way to the love of her life. "John and I met after a friend insisted I place an ad in the newspaper dating section during the summer of 1999," Shelly said, noting that just prior to running the ad, her friend had invited her

along to see a psychic for fun.

"The psychic told me I would meet the man I would marry, but I'd have to make the first move. My friend interpreted this to mean I should put an ad in the paper." It took a lot of convincing, but Shelly did place the ad. "The ad was free for me, but any man responding to it had to pay for access to a voicemail set up for me through the newspaper.

"John was the only person to respond to my ad. He left me a message. We then talked on the phone and decided to meet at MJ Stevens Restaurant (near Slinger) for our first date."

"When I met with the psychic, she was very specific about the man I was going to marry. She described him as being taller than me, living south of where I lived, having brown hair, a receding hairline, brown eyes, and owning

his own business. Every single thing she predicted was correct!"

Shelly and John went on their first date in July of 1999, got engaged in July, 2000, and were married in March of 2001. They have three lovely daughters, with the youngest in high school. This March they will celebrate their 25th wedding anniversary!



Sonya Jorns

Sonya Jorns of Sturgeon Bay, met her husband, Doug, at the local ski hill in 1986 while teaching her young nephew how to downhill ski. Coincidentally, Doug was also there, teaching a young boy to ski. During an indoor break to warm up, Doug was introduced to Sonya by the mother of the boy Doug was teaching. (She knew

Sonya as they worked for the same employer.)

"Let me just say that even though our paths had never crossed before, I knew who Doug was because I remembered being attracted to him back in middle school band," Sonya said. "Doug was an 8th grader and played the Tuba. I, on the other hand, was a 6th grader and played the cornet. I still remember like it was yesterday, looking over my left shoulder and trying to catch a glimpse of the cute boy playing the Tuba! Doug never knew he had caught my eye all those years ago in middle school!"

Sonya and Doug were only in middle school band together that one year when he was in 8th grade. Because they attended separate high schools, she never saw Doug

again -- until they were introduced on the ski hill many years later as adults.

After they married, Doug admitted to Sonya that he knew who she was because of the Pontiac Firebird she drove. "He actually was teased about me when he did mechanical work on my car at his family's automobile dealership. Nonetheless, it took this one chance meeting while downhill skiing for our paths to finally cross."

The ski hill connection took place in January of 1986, and it snowballed quickly. Five months later, Doug asked Sonya to marry him. "We decided since we met on a ski hill it would be a wonderful way to spend our honeymoon. So, in April of 1987 we married and went skiing in the Swiss Alps. Truly, as I look back, it was a whirlwind romance and a magical one at that! It certainly does not seem like it, but in April of this year we will be celebrating 39 years of marriage. Doug was 29 and I was 27 when we married. So, as they say, it's never too late to fall in love."

"Along with having completed our family, a baby girl in 1988 and a baby boy in 1989, our love for one another still exists to this day!"



Linda Vollmer

Linda Vollmer, who grew up on a farm near Brownsville, met her husband Dave while swimming at the Lomira pool where he was a lifeguard. On hot summer days, after helping her dad make hay, Linda, her cousins and an occasional hired hand would venture out in her dad's old 35-pickup-truck to cool off at the swimming pool.

"I didn't know at the time that Dave had noticed me swimming. I had a great tan from driving the hay baler for my dad. However, I had no makeup on and wet hair. I wonder what he noticed? He asked me on our first date on December 18, 1964. We got married on August 28, 1971. He had completed his tour in the Navy, and I had graduated from UW-LaCrosse in June of 1971."

Dave and Linda have been married 54 years. "As he would say: 28 good ones." It's an inside joke that illustrates this couples' sense of humor. "He got me flowers for our 35th anniversary. The card read, 'To my wife for 27 good years. I reminded him we were married 35 years. He looked back at me and restated 27 good years. He did up our 'good years' to 28 this year on our anniversary. It's a family joke repeated by our two daughters."



Evelyn McLean-Cowan

On New Year's Eve of 1974, Evelyn McLean met her future husband, Mike Cowan, when he asked her to dance. A New Year's Eve party was being held at Jud's Bowling Alley in Waupun where a live band was featured. Evelyn, a recent high school graduate, was attending with friends.

She was taken by sur-

prise when Mike, a local teacher and coach she recognized, walked up and asked her to dance.

After a few dances, they sat and talked. Evelyn, who was taking a "gap year" between high school and college, told him about her recent 3-month experience living and traveling in Europe. Knowing Mike coached hockey, she learned about him growing up in Superior, playing for the Badgers, and the coaching position that brought him to Waupun. "He also said he first noticed me on Sunday mornings when I was consistently five minutes late for 11 o'clock Mass," Evelyn recalled.

"At the stroke of midnight, Mike asked if he could kiss me and I didn't say no. He also offered to give me a ride home."

Evelyn thought she would never see him again, but a couple days later, he invited her to go ice skating. "Mike and I skated on the outdoor rink, holding hands most of the time. He was a great skater, but I was not."

Their second date was downhill skiing – a new sport for Evelyn. "Mike took to skiing because of his skating skills, but I spent most of the time falling," Evelyn said, noting that on the way home they had a car accident due to slippery roads. "We ended up in a cornfield on the interior roof of his roommate's car." They were both unhurt but the car didn't fare too well.

"As we continued dating, Dad was a source of embarrassment, as he would flick the back entry porch light on and off when Mike brought me home." Her dad was leery since she was only 18 and Mike was 27. "It was his clue that I better get in the house."

Evelyn soon went off to college – an experience that led to a 4-year long-distance relationship. On Christmas Eve, 1977, Mike proposed, and in August of 1979 they married.

Their New Year's Eve "love connection" has now led to 46 years of marriage, three children and five grandchildren. "We love and support each other and have created a beautiful life together."

From Winter Blues, To Better Moods



By Dr. Stephanie Tyjeski

This February, as store windows fill with red roses and heart-shaped boxes, we are constantly reminded to celebrate our relationships with others. But there is one relationship that dictates the quality of every moment of your life, yet it rarely gets a Valentine: the relationship between your brain and your body.

We often treat our minds and bodies as if they live in different ZIP codes. We carry stress in our minds and expect our bodies to just “keep up.” However, your nervous system—the vast communication network housed within your spine—is the bridge between the two. When that bridge is under tension, it’s not just your back that suffers; your mental health often pays the price. Understanding this mind-body connection invites us to care for ourselves more compassionately, choosing healing approaches that feel gentle, supportive, and whole.

The Mental Health Impact of Stress on the Body

Stress activates the nervous system’s **fight-or-flight** response, releasing cortisol and adrenaline. When this response stays “on” for too long—common during the winter months—it can disrupt emotional regulation and mental clarity.

Chronic stress overstimulates the nervous system, making it harder to feel calm or safe. This can lead to persistent anxiety, racing thoughts, irritability, and emotional overwhelm. Stress doesn’t only overload the nervous system. Limited daylight affects serotonin (happy hormone) and melatonin (sleep hormone) production, both critical for mood stability. Stress compounds this imbalance, increasing feelings of sadness, hopelessness, and fatigue often associated with seasonal affective disorder (SAD).

Winter naturally slows the body’s rhythms, yet modern life often demands constant productivity. This mismatch can worsen burnout, guilt, and self-criticism. Social isolation, limited outdoor time, and reduced sensory stimulation also deprive the nervous system of regulating input, making stress harder to release.

Ways to Relieve Stress in Winter

Focusing on **supporting the nervous system**, restoring balance, and honoring the body’s seasonal needs rather than forcing it to function at full capacity can help to relieve stress.

1. Socializing

Socializing during the winter months is essential for maintaining both mental and emotional well-being. Shorter days and colder weather can lead to isolation, low energy, and seasonal blues, but staying socially connected helps counteract these effects. Spending time with the right people boosts your mood, reduces stress, and provides a sense of belonging and support. Even simple gatherings or conversations can bring warmth, laughter, and motivation, making winter feel more enjoyable and balanced rather than lonely or draining.

2. Vitamin D and Other Stress Support Supplements

Gloomy days seem to stretch out forever in winter and the sun is nowhere to be found. Without the sun, our vitamin D levels in the body can drop. Vitamin D is important for rebuilding and repairing the body as well as strengthening the immune system. There is a correlation between low vitamin D levels and mood disorders. The lower your vitamin D levels, the more likely you are to experience depression and anxiety.

Adaptogenic herbs such as ashwagandha, rhodiola, and holy basil are often used to support stress response and energy regulation. Calming herbs like chamomile, lemon balm, and passionflower may help with anxiety and sleep. (**Always consult a qualified practitioner before starting herbs.**)

3. Exercise

Regular exercise can be a powerful tool for managing stress by boosting both physical and mental well-being. Physical activity increases the release of endorphins and serotonin, brain chemicals that help improve mood and reduce feelings of depression and anxiety. Exercising outdoors can be especially beneficial during darker months, as exposure to natural light helps regulate circadian rhythms and support healthy sleep patterns. Just be careful of the icy or snowy conditions. Over time, consistent movement can increase energy levels, reduce stress, and provide a sense of routine and accomplishment that helps counteract seasonal mood changes.

4. Chiropractic Care

Chiropractic care helps the body shift out of survival mode by relieving stress on the nervous system. Have you ever noticed that when you’re anxious, your shoulders creep toward your ears? Or when you’re overwhelmed, you develop a nagging headache at the base of your skull? This isn’t a coincidence. Emotional stress creates physical “subluxations”—misalignments in the spine that put pressure on your nerves.

When your spine is out of alignment, your body remains in a state of “high alert,” or sympathetic overdrive. This is the “fight or flight” response. If your nervous system is stuck in this loop, it becomes incredibly difficult to feel calm, focused, or happy, no matter how much “self-care” you practice externally.

The Checklist: Checking Your Mental Health in Your Physical Self

Mental well-being can begin with a daily practice of checking in with your physical self. Use this list to see how well you are supporting your nervous system today:

- [] Check Your Posture: Are you “closing off” your chest or feel folded in on yourself? Rolling your shoulders back opens your airway and signals safety to your brain.

- [] The 5-Breath Reset: Take five slow breaths into your belly. This stimulates the nervous system to lower your heart rate and cortisol.
- [] Hydrate Your Spine: Your spinal discs and brain are mostly water. Proper hydration keeps communication flowing smoothly.
- [] Move for 10 Minutes: A short walk isn't just for your muscles; it's a "reset" for your brain's chemistry.
- [] Clear the Noise: When was your last adjustment? Removing physical nerve interference is one of the most direct ways to clear "mental fog" and reduce physical anxiety.

Final Thoughts

Stress affects mental health by disrupting the nervous system, mood regulation, and mind-body connection—effects that are often intensified in winter. By implementing the suggestions above, you can switch yourself from fight or flight mode to a more calm and relaxed mode in the body. Through gentle practices, seasonal awareness, and compassionate self-care, winter can become a time of healing rather than depletion. This Month, Practice "Internal" Self-Love. True self-love is about more than just a spa day; it's about listening to the whispers of your body before they become screams. It's about ensuring that your physical foundation is strong enough to support your emotional well-being.

If you've been feeling burnt out, tense, or disconnected, the answer might not be in a box of chocolates—it might be in your alignment. Loving yourself starts from the inside out.

Join me at our FREE Wellness Class as we take a look at how to ward off the Winter Blues and what steps to take to balance your stress during this slower time of the year. **Please join us at our Beaver Dam location for this FREE class on Tuesday, February 17th at 5:30pm.** Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

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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Left to right: Dr. Melissa Lucarelli - MD FAAFP, Linda Mulder - PA - C, Teresa Wiersma - NP and Jen Butterbrodt - MBA Clinic Manager

25 Years of Randolph Community Clinic

By Ashley Posthuma

The holiday season is always a busy one for clinics, and the Randolph Community Clinic is no exception. When the clinic manager, Jen Butterbrodt, asked Dr. Melissa Lucarelli, MD FAAFP, to come outside with her one January morning, Dr. Lucarelli was confused. She looked toward the road and couldn't see anything new, but when Jen asked her to turn around, she was surprised by two large banners celebrating the 25th anniversary of the Randolph Community Clinic. "With all the holiday celebrations along with the usual winter cold and flu season, I had forgotten about this anniversary!" Dr. Lucarelli explains. "Since then, the staff have gone all out and decorated the waiting room with balloons and streamers, and we've had an employee appreciation dinner."

The clinic was originally constructed in 1992, with the project led by Friesland's Dr. Stanley Cupery. At the time, it was run with assistance from Beaver Dam Community Hospital. As Dr. Cupery was getting ready to retire, he worked with UWHealth to pass on his practice. They recruited Dr. Lucarelli, and after a couple years, she officially bought the practice and re-opened the doors as an independent family practice clinic on 01/01/01.

Because medicine is an ever-changing field, a lot has transformed in those 25 years. In 2001, there were many more local doctors in independent practice; mostly for financial reasons, there has been a nationwide trend of consolidation among hospitals, insurance companies, and medical providers. Dr. Lucarelli is proud that her clinic is one of the only ones left who isn't owned by or affiliated with a health system, but she's thankful their patients are able to utilize the services of Beaver Dam, Columbus, and Waupun hospitals as well as newer ones like the UW East Hospital in Sun Prairie.

As for the practice itself, it has seen a lot of change in 25 years as well. They've switched from paper charts to electronic records; added on to the clinic; and offer new services like occupational health, minor skin surgeries and cryotherapy, and even weight management medication. "What has sustained us over the years, though, is our loyal patient base, including multiple generations of some families,"

Dr. Lucarelli adds. This includes everyone from newborn babies to nursing home residents next door to the clinic!

Patients remain loyal to the clinic because they appreciate its convenient location, and they trust the knowledgeable staff to care for them and their family members. In addition to Dr. Lucarelli, there are two other talented and caring medical providers: Teresa Wiersma, NP and Linda Mulder, PAC, who have both been with the clinic for over 15 years. It's unique that all three medical providers are women, but what's even more unique is that all clinic staff are women, from the medical providers to the cleaning staff and even the computer webmaster, Dr. Lucarelli's daughter Evelyn. "It wasn't by design, but it is pretty neat that all of us get along and work together so well. We are even starting a staff book club this year!" Dr. Lucarelli explains.

Just like the clinic has seen a lot of changes over its 25 years, so has Dr. Lucarelli's schedule. "My average day looks very different now than when I was first in practice," she recalls. "In 2001, my son was 2 and my daughter wasn't even born yet—and InSpire Magazine didn't exist yet!" In those days, she would perform a round at the hospital before and sometimes after the clinic, and she would also deliver babies. Now that there are full-time hospitalist doctors and OB specialists in the area, Dr. Lucarelli only goes to the hospitals for meetings or to conduct stress tests. She makes time at least once a month to visit the Randolph Health Services nursing home as well, which is conveniently located next to the clinic.

On a typical day, the clinic can hold a wide variety of patients. Staff will see all ages of people for wellness visits, conduct procedures like removing skin lesions, and they can run tests like pulmonary function tests and ECGs. They also always hold several appointment slots open each day for urgent issues like infections and injuries so that patients are able to receive immediate care locally instead of making the trip to the nearest hospital. This routine keeps staff on their toes, because they never know what will be coming next.

In addition to providing patient care, Dr. Lucarelli handles the tasks that come with being a business owner: she addresses

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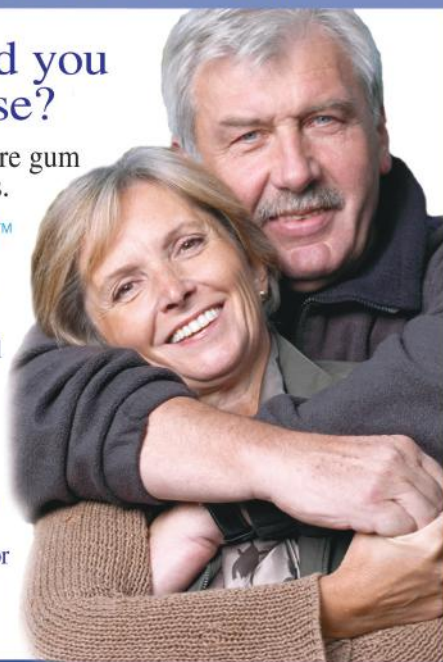
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administrative issues like negotiating with insurance companies, budgeting for medical supplies, and planning for capital improvements like the new roof the clinic will receive this spring. At night, she tries not to bring work home, but is typically on call for urgent after-hours needs. If she will be unavailable, Teresa or Linda also take emergency calls.

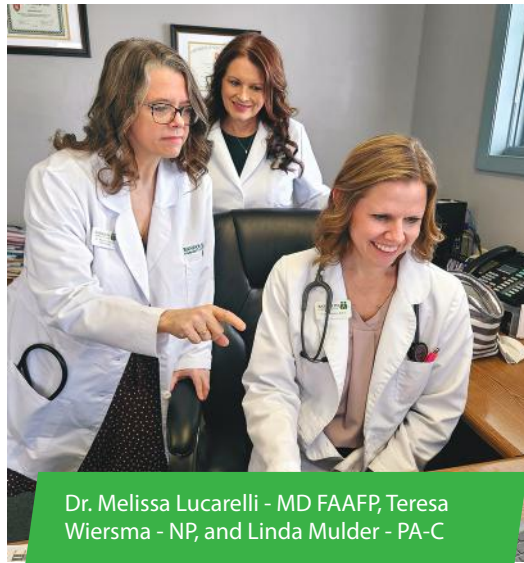
As the clinic celebrates 25 years, it may be surprising to learn that Dr. Lucarelli almost took a different career path altogether; she was almost ready to graduate from engineering school at MIT in Boston when she decided instead to apply to medical school! “I had been volunteering at Massachusetts General Hospital, and I loved it so much,” she explains. “Being a doctor, I get to problem-solve and use my science training, but I also have the incredible privilege of developing long-term personal connections with the patients we care for. From the first day of medical school, I knew I wanted to be a family doctor in a small town similar to Sycamore, Illinois, where I grew up. After I finished residency training at Saint Mary’s Hospital in Milwaukee, I was so fortunate to be able to take over for Dr. Cupery as he was retiring,” Dr. Lucarelli calls it “lucky timing” that she was able to start working at her dream job right away, and she hasn’t looked back since.

A lifelong learner, Dr. Lucarelli appreciates that the medical field is always evolving. Doctors and nurses are required to attend a certain number of hours of continuing education classes each year to maintain their licenses; conveniently, many of these classes are conducted virtually. In addition to attending these classes and reading medical journals, Dr. Lucarelli also appreciates that she can learn a lot from her patients. “It’s so helpful to have a patient explain to you what it really feels like to have a medical condition,” she elaborates, “or even to explain what was involved with the procedure we referred them for, because then I can be more helpful for the next patient who needs the same thing.”

Dr. Lucarelli also credits her medical and physician assistant students with driving her continuous education. The clinic has been a teaching site for the University of Wisconsin for all 25 years, and Dr. Lucarelli serves as a volunteer faculty member at the medical school. When students come to do their rotation at the clinic, they often ask great questions which motivate the staff to learn more. Students often say that Randolph is their favorite clinical rotation, which Dr. Lucarelli largely attributes to the patients themselves, who are generous with their time and allow the students to practice under supervision.

The combination of a caring, supportive staff and a loyal community is what makes Randolph Community Clinic a truly special place. “We may not be the fanciest,” Dr. Lucarelli says, “but we deliver thorough, up-to-date care to our patients.” And the staff loves caring for the community because they are always there to

lend a hand in their own way. For example, Dr. Lucarelli was able to purchase her first electronic health record system thanks to a loan from the Randolph Community Development Association. Another example of community support was during the COVID-19 pandemic, when various medical supplies were back-ordered. Many businesses and even individuals brought gloves, masks, and hand sanitizer to keep the clinic open and caring for people during that challenging time.



Dr. Melissa Lucarelli - MD FAAFP, Teresa Wiersma - NP, and Linda Mulder - PA-C

When reflecting on the 25 years of Randolph Community Clinic and looking to the future of healthcare, Dr. Lucarelli is proud that so many local young women have chosen careers in the field. For those who may be considering it, or even looking for a career change, she suggests you find another woman in the field to serve as a mentor. “You might feel shy to ask, but most of the successful women I know are happy to talk with other women and girls who are interested in their field,” advises Dr. Lucarelli. “When I first came to the area, the Chief of Staff at Beaver Dam Hospital was a woman—Dr. Sharon Haase—and she inspired me to be more of a leader, too. The ten women who work at Randolph Community Clinic, including myself, are happy to talk more about our jobs and encourage women and girls to explore healthcare.” Another point to consider is that not all positions in the field require as much education as becoming a nurse or doctor; being a CNA or billing and insurance clerk, for example, are other great ways to enter healthcare.

As for when she’s not working, Dr. Lucarelli somehow finds time for her hobbies: cooking, listening to live music performances, spending time with her adult kids, and traveling to new places. “I think if I hadn’t become a doctor, I would have made a good travel agent,” says the woman who almost became an engineer. “I get so excited when planning a trip, even daytime excursions to Dodge County area tourist spots like the Honey Museum in Neosho or Sassy Cow creamery or the kayak launches at Waterworks Park in Beaver Dam!”

When Dr. Cupery first oversaw the construction of Randolph’s clinic in 1992, he probably never imagined the legacy it would grow to hold, or the strong women who would tirelessly work within its walls to serve the community. When Dr. Lucarelli first came to Randolph right out of medical training, she did not imagine that she would eventually become a business owner, founder, professor, hospital chief of staff, and school medical advisor—or that the Randolph Community Clinic would still be going strong after 25 amazing years.

Thanks to the hard work and dedication of Dr. Lucarelli and the staff, combined with the ongoing support of the small-but-mighty community and loyal patients, Randolph Community Clinic looks forward to standing as a pillar of the community for years to come.



Come & Experience Waupun

Meet our business owners & leaders as they share their 3 favorite things with you each month!

Rens Floral



Rens Floral has been serving the Waupun area since 1982. Originally started by Lisa Rens the shop was purchased by long time employee Heidi Braker in 2018.

Over the years we have been in a few different locations with our move to historic downtown Waupun taking place in late 2024. We are proud to reside in the former Waupun State Bank Building that was built in 1929. The charm and character of the space is truly a sight to see. In this space we were able to create a larger walk-in cooler, have more natural light for our houseplants, a larger workspace to create in, and even a spot to host floral classes and events. If you haven't checked it out we invite you to stop in soon!

A few of our favorite things....

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The Clothing Pallet - 18 N. Madison Street
C.VERHAGE.PHOTO - 426 E. Main Street
Gysbers Jewelry - 305 E. Main Street

Hoya Hop House Brewing - 514 E. Main Street
Madeline Clothing Company - 425 E. Main Street
Rens Floral - 317 E. Main Street
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A photograph of a middle-aged woman with blonde hair, wearing a light pink long-sleeved shirt, standing in a kitchen. She has a distressed expression and is holding her right hand over her chest, suggesting chest pain. In the background, there are wooden kitchen cabinets, a tiled backsplash, and a breakfast table with a white teapot, cups, and bowls.

Surprising Signs of an Unhealthy Heart

By Marshfield Clinic

You may recognize some of the common warning signs of heart trouble, like chest pain, shortness of breath, lightheadedness or persistent fatigue. But there are also lesser-known signs of an unhealthy heart you should know about.

Many potential signs of heart trouble could also indicate health issues that are not heart related. An important thing to remember is making sure you alert your health care team of any new or worsening symptoms you are experiencing.

Below are symptoms that could indicate heart trouble.

Chest pain - As one of the most obvious unhealthy heart symptoms, chest pain can indicate angina, a heart attack, aortic dissection and many other serious heart concerns.

Shortness of breath or persistent fatigue - If you are participating in mild exercise and you notice yourself being short of breath or have persistent fatigue more than normal, this could be cause for concern. Shortness of breath most often indicates heart failure, but it could also indicate coronary artery disease, valvular heart disorders or arrhythmia (irregular heart rhythm due to your heart's electrical system).

Lightheadedness or fainting - Feeling lightheaded or fainting can mean nothing, but it can also be serious including a sudden decrease in your blood pressure, heart attack, heart conduction disturbance or narrowing of your aortic valve.

Waxy growths on skin - Waxy growths that appear on your skin, possibly on your eyelids, can be an indication of unhealthy cholesterol, which is one of the most common culprits of blocked coronary arteries.

Jaw pain - Jaw pain when associated with physical activity is a sign of angina, which is chest pain caused by reduced blood flow to the heart.

Puffy or swollen legs - Many things can cause puffy legs. From the heart standpoint, puffy legs could indicate heart failure, volume overload or high blood pressure.

Swollen or bleeding gums - Poor dental hygiene is a risk factor for heart disease. Bleeding gums are usually from inflammation, and having

inflammation in your body over the course of years can cause plaque in your heart artery to rupture. Leading to heart attack or a dislodgement of vegetation (clumps of bacteria) to your heart.

Snoring - Snoring could indicate sleep apnea, which is a risk factor for heart disease. Sleep apnea is one of the major culprits for heart rhythm issues, stroke and uncontrolled blood pressure.

Erectile dysfunction - Someone with erectile dysfunction is more likely than not to have some underlying cardiovascular issue. There is a high potential for diabetes in men who have early onset erectile dysfunction. If you have medications for ED, it is important to inform your provider as it may be caused by an unwanted decrease in your blood pressure if combined with other cardiac medications.

Blue nails - Nails that have blue coloration could be a marker for a congenital heart defect. It could also indicate lung disease or Raynaud's disease, which is a blood vessel disorder.

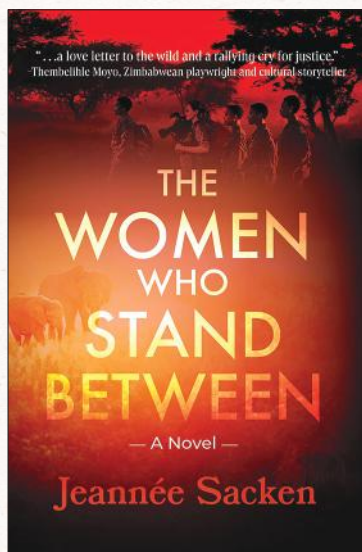
Cold sweats - Cold sweats are a sign of many health concerns, but related to the heart it can be a sign of a heart attack or shock, a condition on which the heart is unable to meet the needs and demands of the body.

Pain, numbness, or weakness - Pain that radiates down the left arm or pain in the back, neck or jaw can also be symptoms of a heart attack. Whereas numbness and weakness on your arms and legs can be an indication of narrowed blood vessels or poor circulation.

Stomach issues, such as nausea, indigestion, or heartburn - Women present heart attack differently than men. Atypical symptoms such as nausea, indigestion or heartburn can be signs of a heart attack.

As mentioned previously, all these symptoms can be due to other health issues but can also be intertwined with your heart health. This makes it crucial for you to be aware of any new emerging signs of an unhealthy heart.

Discuss any health concerns with your primary care provider. To learn more about heart health or to schedule an appointment with a cardiologist at Marshfield Medical Center-Beaver Dam, call 920-356-6588.



By Sarah Cournoyer, Library Administrator,
Beaver Dam Community Library

When things go wrong on a shoot in Zimbabwe, they go very wrong, setting Julie Wilde on an entirely new course. She returns to the States early, only to find that her welcome home is not what she expected, nor are the contracted jobs she had lined up as a wildlife cinematographer.

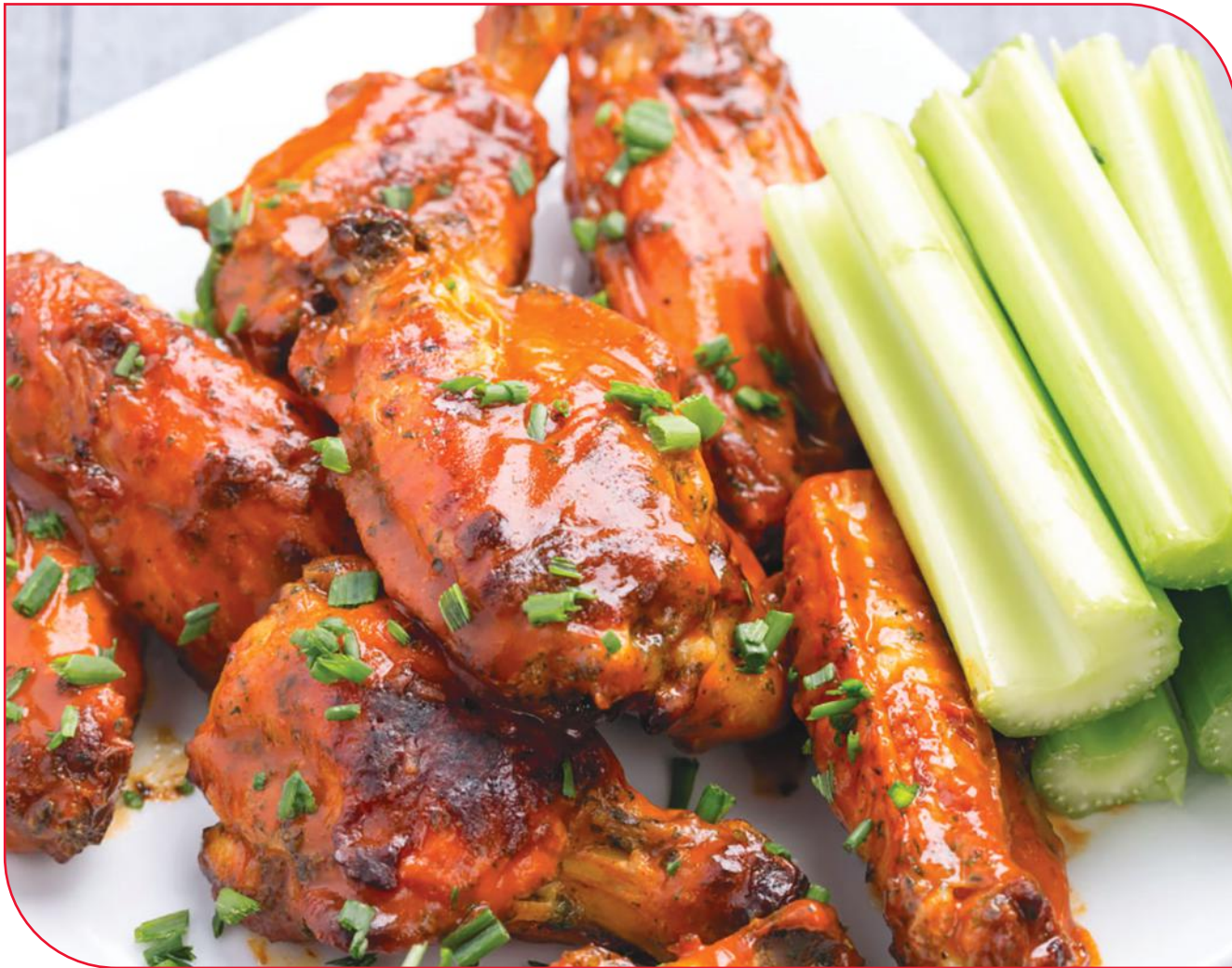
After her divorce, Julie settles into a new career teaching at the University of Milwaukee, and things seem to be going well until she learns that earning tenure requires fresh material. She reaches out to fellow cinematographer Cate Darlington and assembles a crew to return to Zimbabwe and make a documentary about the Mambas, an all-female anti-poaching unit she encountered during her final days in Africa.

From the moment she steps off the plane with intern Amie Raffelock, complications, adventure, and danger begin. Poaching is a high-stakes, ruthless enterprise, and this gripping page-turner carries the reader alongside Julie as she discovers courage and companionship while struggling to bring the documentary to life and to keep herself and her team safe.

Other books by award-winning author Jeanée Sacken include the Annie Hawkins series: Behind the Lens (2021), Double Exposure (2022), and The Rule of Thirds (2023).

Read-alikes include Deadly Trade by Sara Driscoll (2025), Beartooth by Callan Wink (2025), and Hollow Beasts by Alisa Lynn Valdes (2023).

Slow-Cooker Buffalo Party Wings



Ingredients

2 lb. chicken wings
1 cup buffalo wing sauce
1 packet Ranch seasoning
kosher salt
Freshly ground black pepper
Fresh chives, for serving
Ranch dressing, for serving

Directions

Place chicken wings in a large slow-cooker.

In a large bowl, mix together buffalo sauce and ranch seasoning and season with salt and pepper. Pour mixture over chicken wings and stir to coat.

Cover and cook on high until cooked through, 2 1/2 to 3 hours.

Heat broiler. Line two baking sheets with parchment paper and pour wings onto them. Broil until crispy, 5 minutes.

Garnish with chives and serve with ranch dressing.



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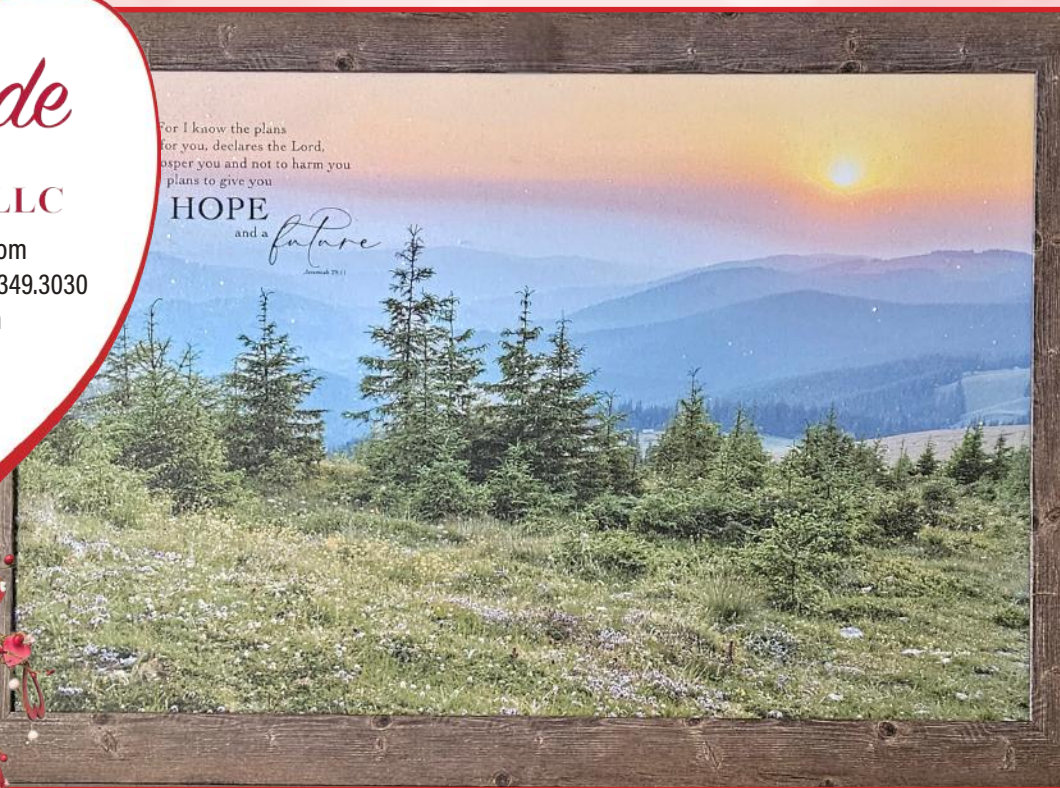
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Next Chapter Renovation Progresses

By Jamie Kratz-Gullickson, Library Board Trustee and Fundraising Chair



The new year brings exciting changes to our Beaver Dam Community Library. Over the fall and winter, renovations began transforming the 311 N Spring St building while the temporary location at 1701 N Spring St offers the full range of library services.

Construction started with demolition - removing concrete, existing walls, and outdated infrastructure - making way for a new layout that improves sightlines, broadens accessibility, and addresses the practical list of emergent needs as libraries everywhere evolve to meet transforming community use.

Once framing began new features are taking form, including a variety of meeting rooms, an easy-to-access entrance, a distinct welcome station, and the coziest addition so far - a fireplace in the reading room.

February and March will be exciting as aesthetic pieces like carpeting, light fixtures, paint, and furniture begin to appear, refreshing and revitalizing the space. Everyone can follow along for sneak peek photos and progress reports from Library Administrator, Sarah Cournoyer on the Beaver Dam Community Library Facebook page.

In the meantime, there is plenty of programming happening at the temporary location. February will include an opportunity to write a love letter to the library. Imagine the library as that person who is always there with fun activities, kind and supportive words, help finding work, a safe space for kids to play, free Wi-Fi, games, books, movies and more. Show that love by picking up some "Dear Beaver Dam Community Library" stationary from the welcome desk and let the library know how you feel.

February also has winter Storytimes, Lego club, art projects, winter seed sowing, a genealogy forum, and a fiber crafter's

social. There are always puzzles to make (and exchange), new media to enjoy - including recent shipments of large print books - and a warm and welcoming environment to just relax.

With the construction running on time and budget, the anticipated return to 311 N Spring St is late spring 2026.

The Library Board of Trustees is grateful to the City of Beaver Dam for structural improvements including a new roof and windows. Trustees are also indebted to all the generous donors who have helped us raise \$780,000 to complete this portion of the project. The Board of Trustees still plans for lower-level renovations, including a kitchenette and an outdoor enclosed patio space in a second phase of improvements. While potential state grant dollars have been applied for, matching funds are necessary and so fundraising continues.

To donate to help see the project to completion, scan the QR code to be directed to the Beaver Dam Community Foundation. Select Beaver Dam Library Fund from the drop-down menu. Checks payable to the Beaver Dam Area Community Foundation may also be mailed to the Beaver Dam Community Library, please note "Library Fund" in the memo field. For more information on giving, contact Sarah Cournoyer, Library Administrator, at 920-887-4631 or giving@beaverdamlibrary.org.

Contact:

Sarah Cournoyer - Library Administrator
920-887-4631

sarah@beaverdamlibrary.org
Beaver Dam Community Library
www.beaverdamlibrary.org

See more renovation photos on page 24.

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Timing Is Everything: A Bride's Roadmap to Dress Shopping

By Sandra D. Budewitz, Owner and Emily Kuehl,
Lead Stylist of Sandra D's Bridal Boutique

Photography by OasisSalon-Jonathans Portraits

Whether you've dreamed of wedding dress shopping since your childhood or are just thinking about it after your engagement, choosing your wedding dress is one of the most exciting and memorable moments in your life. To ease any of your worries, the team at Sandra D's Bridal Boutique created a wedding dress shopping timeline to guide you through this journey.

9-12+ months before you say "I do":

At Sandra D's Bridal Boutique, we recommend that you begin your wedding dress search about 9 to 12 months before your wedding day. Starting early allows you to explore various styles and shop at a local bridal store. However, resist the urge to start too early, as your taste and body shape might change over time, and new wedding dresses arrive periodically.

Once you fall in love with your gown, it's time to order! You should order your gown at least 9 months prior to your wedding to allow time for delivery and alterations. At the time of ordering, your bridal stylist will take your measurements and confirm the color of your gown and other customizations.

Let's say your wedding day is fast approaching and you don't have time to order, don't worry! You can always work with your bridal stylist and discuss purchasing your wedding dress off the rack, then you'll have it immediately. Your stylist can also sometimes check with the designer on gowns available for immediate delivery.

While you're waiting for your wedding dress to arrive:

Wedding dresses typically take 4 to 6 months to arrive. During this time, consider what shoes you want to wear, undergarments for the day of the wedding, and accessories like jewelry and a veil if you didn't purchase one with your gown. When your dress arrives, it's great to bring these items with you or try on accessories at the boutique to see your full look!

2+ months before you say "I do":

After your gown arrives, alterations are necessary to ensure a perfect fit for you. Specifically at Sandra D's, the owner, Sandra, offers alterations in house. For us, the alteration process begins at least two months before your wedding to accommodate multiple fittings. During these fittings, the dress is tailored to your body, ensuring it complements your figure and allows for ease of movement. Alterations are not included in the price of the gown, it is a separate fee.

1 week before you say "I do":

Your gown is pressed and ready for the aisle. When picking up your wedding gown, transport it carefully and store it somewhere safe before you say "I do".

Shopping for a wedding gown should be one of the most exciting parts of wedding planning, not a source of stress. With a timeline and the guidance of a trusted bridal boutique, you'll have plenty of time to fall in love with your dress, enjoy the process, and feel beautiful on your best day.

Sandra D's Bridal Boutique:

Established in 1989 and located in the heart of Watertown, Wisconsin, has been a trusted destination for brides and their families for over 35 years. Specializing in bridal gowns, bridesmaid dresses, Mothers dresses, prom attire, and tuxedo rentals, Sandra D's offers a personalized shopping experience to ensure every customer finds the perfect fit for their best day. With a commitment to genuine service and timeless style, Sandra D's Bridal Boutique continues to be a cornerstone of wedding and formalwear in the area.

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Left side: Jarek & Brenna Bentz, Photographer: Kylie Marie Photography
Right couple: Gaspare & MaKenna Evola, Photographer: Tiffany Halverson (Tiff Joy Photo)





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Restaurant Guide

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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

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Lake Street Inn

147 North Lake Street - Hustisford (920) 349-8936
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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
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