

August 2025

InSpire

Magazine



Three Favorite Things

Agriculture &
FFA Programs Return;
Tech Ed Expands
in Fall River



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On the Cover

Fall River Middle/High School Principal, Jennifer Treptow, peeks through the top hole, while students Addison Steers and Ellie Lueder peek out at left and right. The artistic piece was created in a student-run business in the Tech Ed Department and entered into FFA competition sponsored by the Wisconsin Ag Tourism Association.

Exciting News!

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"Every day is an opportunity to learn." **Donald Raab**

Over the past month, I've observed a female and male cardinal during the nesting phase. Their interactions observed sparked curiosity, leading to research on Northern Cardinals. Here are some facts.

- Northern Cardinals are not migratory.
- Male and females sing.
- They are territorial.
- They are monogamous.
- They are common in backyards.
- They are typically eight inches long.
- They are named after the Roman Catholic Cardinals.
- They generally do not reuse nest for successive broods.
- They usually have two broods per year, but some may have three or even four.
- Clutch size typically ranges from two to five eggs, with three to four being the most common.

Mating: March to September

Nest Building: The female cardinal builds a cup shaped nest in shrubs, thickets or small trees, usually three to eight feet off the ground.

Egg Laying: The female lays two to five eggs, which are incubated by her for about 11 to 13 days. The young cardinals are call nestlings

Nestling: Develop feathers (pin feathers) within the first few days, eyes open and they become more active.

Fledgling: They leave the nest after nine to thirteen days after hatching. They are still dependent on the male cardinal to feed them.

Following Fledgling: While the female cardinal builds a new nest and incubates the next brood, the male primarily feeds and cares for the fledglings.

Parental Care: Total independence from the parents happens in about 45 days.

For more information on Cardinals go to caringcardinals.com

Take a few minutes to observe your surrounds. You will likely discover something in nature that sparks your curiosity and offers a chance to learn something new!

Sincerely,

Denise Fitzsimmons

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Agriculture & FFA Programs Return; Tech Ed Expands in Fall River

By Dorothy Bliskey



Fall River grant check presentation

When a support group backs a cause, miracles can happen. That was the case when a group of agriculturalists and FFA (Future Farmers of America) Alumni members stepped up to help an area high school reinstate their agriculture education and FFA program – one that had been dormant for 25 years.

Spearheading the effort to, once again, offer agriculture courses and FFA at Fall River High School was Christine (Lepple) Lindner -- a former Beaver Dam High School FFA member who went on to earn a degree in agriculture journalism from UW-Madison and who in 2010 traveled the state to promote agriculture as Alice in Dairyland. Currently, she works as the marketing manager for Alsum Farms & Produce headquartered in Friesland, an area agri-business that grows 3,000 acres of Wisconsin potatoes for grocery stores like Costco, Woodman's, Aldi's, Piggly Wiggly, Meijer's and Whole Foods.

Lindner, a Fall River resident, was key to getting the agriculture program reinstated. She recruited and worked closely with eight other dedicated agricultural-minded community enthusiasts. Together, they were a small but mighty group that motivated district voters to pass a referendum and make it happen. Lindner also worked in tandem with Ryan Seichter,

a family friend who had been hired as the Agriculture and Technical Education instructor at the school.

"My husband and I moved to Fall River in 2009 after we got married," Lindner said, noting their two daughters attend school there. "When we arrived in Fall River the high school had no agricultural education program or FFA chapter," Lindner said. "But, from my experience as a State FFA Officer, I knew one existed in the early 2000s. I always kept it a goal to help bring back the Fall River FFA chapter. We just needed the right support and the right timing."

Lindner said the spark that got the program "fired up" and re-launched was the 2022 hiring of Ryan Seichter, a veteran Agricultural and Technology Education instructor and FFA Advisor who had previously been in the same role at Waupun Area High School.

"When I started at Fall River High School, I reached out to Christine for support," Seichter said. "This has allowed us to gain support for the Fall River FFA and Agriculture classes. Being part of the community, she has been instrumental in starting our Fall River Career and Technical Education (CTE) Support Group in addition to the Fall River FFA Alumni and Supporters."

“I knew I needed help in developing our new spaces, creating new scholarships for graduating seniors, as well as creating and updating equipment and facilities,” Seichter said. “She was able to put a group together that resulted in supporting our student memberships and scholarships -- as well as our major project which is fundraising for our new greenhouse. Christine has spent countless hours in grant writing and presentations to secure funds for our greenhouse.”

While the district already had a technical education program in place which was taught by Seichter, it was expanded at the same time the ag program was brought back. Making it possible was the hiring of an additional tech ed and ag instructor, Ryan Christian who had previously worked alongside Ryan Seichter in the same roles at Waupun Area High School.

“Together, the two teachers re-chartered the Fall River FFA Chapter to serve the district’s students,” Lindner said. “With a two-person Ag and Tech Ed Department -- and with roughly 60% of Fall River graduates entering the workforce or technical colleges -- strong science and technology courses were essential.”

“With 1 in 10 people working in Wisconsin agriculture today, the need is great to attract and retain young, skilled, well-trained agriculturists,” Lindner said, noting there are more than 300 career pathways in agriculture.

Challenges were many when the support group began their mission at Fall River. They faced outdated facilities and a growing need for career readiness. In 2024, the Fall River Support Group played a key role in passing a \$9.85 million referendum to build a new



Teacher Ryan Christian oversees woodworking project

animal science lab, tech ed space, and the foundation for a greenhouse. (Additionally, the referendum included funding for important building safety upgrades, indoor pool renovations and more.)

The current focus is raising funds for a state-of-the-art greenhouse, set to open in August 2026. It will enhance student learning in plant science and local food systems.

Course offerings now span from ag science and natural resources to engineering, welding, and woodworking. They even connect to the culinary program for farm-to-table projects.

“The STEM (Science, Technology, Engineering, and Mathematics) emphasis in the coursework at Fall River High School focuses on developing hard skills, critical thinking, problem-solving, and innovation within these specific disciplines. The goal is to prepare students for careers in these technical fields,” Seichter said. “With the acronym STEAM, we just added the A to indicate agriculture was added as a part of the career cluster to give students even more opportunities.”

While instructors Ryan Seichter and Ryan Christian both teach ag and tech ed classes, Seichter takes the lead role on FFA events. Christian leads students in robotics. Both teachers work with Skills USA events.

Christian notes that tech ed courses will lead to jobs such as welder, fabricator, carpenter, electrician, mason, plumber, graphic designer, mechanic, diesel or gas tech, robotic programmer, robotic tech, automation tech, CNC operator and more. “With students



School sign made by tech ed students

participating in Skills USA, FFA, and Robotics the opportunities will only grow,” Christian said.

Ag-related coursework can lead to careers as a vet, vet tech, wildlife management, landscaping design, agronomist, soil tech, horticulturist, floral designer, golf course and greenhouse manager to name a few. “Ag classes are new to these students, so they are just learning about these opportunities,” Christian said.

Seichter notes that, within the new program, a student-run business has formed that creates products for the community. It helps raise funds for student projects and activities as well as for updating equipment.

Students make custom signs, banners, plaques and different products using 3D printers, Laser engravers, CNC Plasma and Routers. “We can do custom cutting and fabricating as well, Seichter said, noting funds for the CTE program and equipment were generated by grant money Christine Lindner was able to generate.

Administrators Impressed

“The combination of the two Ryan’s is clearly a blueprint for success,” said Tari Costello, a retired high school agriculture instructor who is the current Executive Director of the Wisconsin FFA Alumni & Supporters organization. “The Fall River District is so lucky to have these hard working visionaries and dedicated instructors lead this program. I have no doubt that this program will continue to grow with the combination of dynamic instructors, an outstanding FFA Alumni and Supporters and a supportive administration!”

Dr. Jennifer Treptow, Fall River Middle and High School Principal who will transition into the role of District Superintendent in 2026, is impressed with the outcome.

“The support our community has shown for the education of our students is astounding,” Treptow said. “This is not only evidenced in their support for our operation referendum to continue with our current programming, but also the support for our capital referendum to, among other things, build a Career and Technical Education (CTE) addition to our school.”

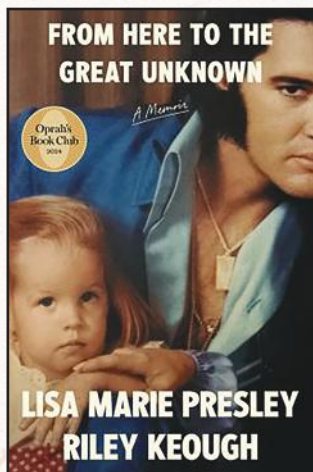
“What has impressed me the most about our CTE supporter group and our Fall River community is the unwavering support they continue to provide for our students, our school, and our community.”

Student demand for the new coursework is high and is proof of its popularity.

“Our CTE courses are always maxed out with students,” Treptow concludes. “As a result of our increased programming within our Ag and CTE areas, we have been able to provide our students with course offerings similar to those offered in larger schools.” *

Fall River High School FFA students Clara Mickelson and Ellie Lueder participated in an FFA competition sponsored by the Wisconsin Ag Tourism Association. The artistic sign features peep hole art and was created in a student-run business in the school's Tech Ed Department.





From Here to the Great Unknown

by Lisa Marie Presley and
Riley Keough (2024)

Reviewed By Sam Jones,
Youth Services Librarian,
Beaver Dam Community Library

If you're looking for an incredible audiobook, *From Here to the Great Unknown* will surely fit that bill. This book follows Lisa Marie Presley's life, starting with her birth to Priscilla and Elvis Presley, and ending with her tragic death in 2023. Her daughter, Riley Keough, finished writing the memoir after Lisa Marie's death. Some portions are narrated by Lisa Marie before her death, while actress Julia Roberts and Riley narrated the rest.

Lisa Marie didn't shy away from discussing the good, bad, and ugly of her life. You could feel how much she loved her father and her children, her joy while spending time with Elvis, and the hurt she experienced during her many hardships. This was a powerful book that made me empathize with Lisa Marie in ways I was not expecting.

Books that you might also enjoy include: *Cher: The Memoir. Part One.* by Cher (2024), *Brooke Shields is Not Allowed to Get Old: Thoughts on Aging as a Woman* by Brooke Shields (2025), and *Broken Country* by Clare Leslie Hall (2025)

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Healthy Aging: How to Stay Active Without Pulling a Hamstring (or Your Dignity)

By Dr. Stephanie Tyjeski

Let's face it—getting older is a privilege, but sometimes it feels like your body is trying to punish you. One day you can do it all, and the next day you can barely get off the couch. Your knees are popping and grinding. All that stiffness, soreness and pain is not a requirement of aging! Healthy aging is possible, and your secret weapon is being active.

Move It or Lose It (Literally)

Exercise might sound like a young person's game, but it's actually the golden ticket to feeling good in your golden years. You don't need to start out lifting heavy weights, in fact, we don't recommend that. A brisk walk, a bit of yoga, or dancing around the kitchen are all a great place to start! Remember: motion is lotion for the joints. The more you move, the less your knees will sound like creaky old doors every time you stand up.

If you don't know where to start, ASK! We would be happy to help you get started.

Don't Tip Over—Balance Is Everything

Now, let's talk about balance—no, not work-life balance, but actual, physical balance. It is about being steady on your feet, and remaining upright and not tripping over every bit of lint on the floor. Simple balance exercises like standing on one leg while brushing your teeth, walking heel-to-toe across the living room, or trying tai chi can work wonders. Balance can be improved with exercise and making sure your "spine is in line" with chiropractic care will also help your balance and physical stability.

Keep That Brain Buff, Too

Your muscles aren't the only things that need a workout. Give your brain some love! Try puzzles, books, or learning new skills—like knitting, painting, or mastering the mysterious black hole known as your smartphone. Bonus points if you finally figure out the TV remote!

Stay Social (Even If People Annoy You Sometimes)

Sure, peace and quiet are great—but staying connected with others can boost your mood, memory, and overall sass levels. Whether it's joining a walking group, video-chatting with relatives, or attending the local book club (even if you didn't read the book), being social keeps your spirits high and your gossip game strong.

During the time of "social distancing" many people changed their habits. They began staying home more and avoiding groups of people. When all that ended, they didn't get back out and resume their social activities. Don't underestimate the power of people. Get out of the house!

And in addition to Exercise.....

- Eat well, yes, sadly enough, we need fewer late-night snack binges and more green stuff on our plates. The less processed and the closer to nature the better.
- Hydrate, yes you can drink coffee, but that doesn't count as part of your fluid intake. Nothing you drink will be as good for you as water.
- And sleep - give your body the time to rest, recover, and re-energize. (Plus, it can make you less crabby)

The Bottom Line

Lifestyle changes can be overwhelming. Sometimes the hurdle of where to start stops you from taking any action. That is why Dr. Jerry and Dr. Stephanie are going to team up this month's class at 5:30 on August 19 at our Beaver Dam office, so they can break it all down for you. Together they have the 1-2 punch of exercise and diet expertise that will get you started on the right track. Aging doesn't mean slowing down—it means adapting and continuing to enjoy life actively. You don't need to run a triathlon to age well. Just move a little more than yesterday, laugh as much as you can, and get connected.... And stay connected. Healthy aging is less about the number of candles on your birthday cake and more about blowing out those candles without pulling a muscle. You've got this—just don't forget to stretch first.

Join me and Dr. Jerry at our **FREE Wellness Class** where Dr. Jerry will share his experience with healthy aging. We'll dive into how to adapt in life to keep you moving. **Please join us at our Beaver Dam location for this FREE class on Tuesday, August 19th 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. For 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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Aerial view of the Hoya Hop House Brewing, provided by DMA - Dakota Moreau Aerials

Introducing Our *Three Favorite Things* Series

By Ashley Posthuma

When I'm shopping, I love a good buyer's guide. I always browse lists and round-ups of others' recommendations, read reviews, and ask around for thoughts and opinions. I even do this at bars and restaurants, asking the servers for their recommendation if I can't decide what to order.

Over the next few months, we'll be taking this approach to help navigate many of the wonderful small businesses in Waupun. Each one will take the time to provide their "three favorite things" to our readers, and there will be new surprises each month. Someone like Brooks Shoes may give insight on the top new shoes for the season, while Hoya Hop House may announce new brews or other exciting specials.

Whether we're covering your favorite establishments or a place you've been meaning to try, our "Three Favorite Things" series will give some insider insight on the opportunities you don't want to miss!

Over the past few years, Waupun's downtown scene has blossomed into a destination—and these small businesses are the reason. Their owners work together to collaborate with each other and the city to host meaningful events, lift each other up, and provide the best possible experience for locals and visitors alike. Whether you're shopping for a new

outfit, looking for the perfect floral arrangement, or in the mood for a top-notch cup of coffee, Waupun has you covered.

And as I often like to remind myself after a particularly hefty shopping spree, shopping local is a great way to give back to the community! By supporting these businesses and recommending them to others, you're doing your part to ensure the community stays vibrant and continues growing for years to come.

In fact, I'd like to kick things off with my three favorite recent purchases from Waupun's amazing shops.

First is something I consider one of my most prized possessions: a gorgeous vintage brass expandable bookend from Blue Heron. If you know me, you know I not only love to read but also collect and display vintage books. When I found this vintage bookend at the store, my jaw dropped. The details are beautiful, and the craftsmanship is something you don't see much anymore. Rather than standard bookends which sit on either side of a row of books, this features two ends with rods in the middle where the books can sit. It's on proud display in my dining room, where it hosts some of my favorite books.

Come & Experience Waupun

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

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I specialize in heartfelt, timeless portrait photography from newborn sessions, high school seniors, to multi-generational family sessions. Each session is thoughtfully designed to celebrate the people and moments that matter most whether it's a fresh headshot for a new chapter or our highly sought-after, interactive Santa Experience each holiday season. I personally guide my clients through the entire process—from session planning to professional editing, custom design, and printing creating heirloom-quality custom artwork to decorate your home.



Twinkle Lights & Holiday Wonder – Designing this year's holiday scenes fills my heart with joy. Picture rustic white beams, flocked trees, and the soft sparkle of twinkle lights—an enchanting set where childhood wonder shines. These sessions sell out every year, and families treasure the storybook albums and statement wall art that let the joy of the season live on long after the lights come down.

Senior Portraits That Tell a Story – No two seniors are alike, and I love creating personalized sessions that reflect their passions and personality. Whether we're photographing in a school locker room, a field of wildflowers, or under the lights of a theatre stage, I use rich color and flattering light to create portraits that are bold, expressive, and true. Parents especially love preserving these memories in handcrafted albums and fine art prints that become part of their family's story.



Turning Homes Into Story Galleries – My favorite part of the process is helping clients bring their memories into their homes. I design wall galleries to scale using a photo of their actual homes, so they can see exactly how their portraits will look in their space. Every image is professionally edited, printed, and custom-crafted to last. In a world where so many images stay hidden in phones, I believe your memories deserve to be seen, held, and passed down—not just saved.



#experiencewaupun



Blue Heron Antiques - 309 E. Main Street
Brooks Shoes & Repair - 318 E. Main Street
The Clothing Pallet - 18 N. Madison Street
C.VERHAGE.PHOTO - 426 E. Main Street
Cysbers 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
Stone + Suede - 417 E. Main Street
Wind & Unwined - 310 E. Main Street

Next is denim from Stone and Suede. I know that's more general than my bookend, but I can't choose one favorite pair! Shopping for jeans (and even jean shorts) used to always put me in a bad mood as I tried (and failed) to find the perfect pair of pants, but now I just stop in Stone and Suede and know they'll always have a wide variety of denim I'll love. Because their stock is always changing, I love stopping in to check out the newest washes, cuts, and fits—and I know they'll be on style and have something in my size. Last time I stopped in Stone and Suede, it was because one of my favorite pairs of pants from there had completely worn through after several years of being in my constant wardrobe rotation. I explained the pair to Janelle, and she knew exactly which style I was referencing. She found a similar version for me, brought them to the dressing room, and they were a perfect fit!

Third, I have to highlight the breakfast sandwiches at Wind and Unwined. I'm a huge coffee drinker, so the first time I went there for breakfast, I was anticipating getting a large coffee and maybe a

small bite to eat. But when I saw how good the breakfast sandwiches sounded, I had to try one—and I was not disappointed! They offer a wide variety of customizable options, and the bread choices are phenomenal; I'm impartial to the sourdough option myself. But as a coffee lover, I wasn't disappointed with my drink either! And to top it all off, the café has the coziest atmosphere. With tables, couches, and comfortable chairs, and a fun industrial-rustic design scheme, it's the perfect combination of charming and modern.

Whether you frequently stop and browse the small businesses within downtown Waupun or you have yet to visit, hopefully the Three Favorite Things series highlights some exciting possibilities for your next trip. Stay tuned for all the incredible businesses we'll be showcasing!

Join us throughout this series and send in your favorite three things from local businesses in Waupun! To submit, send us a message on Facebook. Next month's business is Blue Heron Antiques. *



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What to Know About Joint Replacement

By Marshfield Clinic Health System

In the United States, as our population ages and older adults wish to stay active as long as possible, joint replacement is a growing phenomenon. Each year, we see about 790,000 knee replacements and 544,000 hip replacements, and that number is expected to increase.

If you're wondering whether a knee, hip, or even a shoulder replacement is the right step to regain your quality of life, the answer depends on your unique situation. While the decision is deeply personal, many patients who undergo joint replacement often say they wish they had done it sooner.

Understanding Joint Pain and Treatment Options

Arthritis is one of the most common causes of joint pain and stiffness. It occurs when cartilage—the protective tissue in joints—wears down over time. Before considering surgery, most patients try conservative treatments like:

- Medications
- Physical therapy
- Lifestyle changes, including activity modification

These approaches can be effective, but when they no longer provide relief, joint replacement may be the next step.

Making the Decision: What to Consider

When you meet with an orthopedic specialist, the focus is on understanding your symptoms and exploring all treatment options. The ultimate decision comes down to how much your joint pain is affecting your daily life—and whether the potential benefits of surgery outweigh the risks.

While joint replacement implants are more durable than ever, they don't last forever. Younger patients, in particular, should consider the possibility of needing a revision surgery later in life.

Due to both rising rates of obesity and an increase in physically active lifestyles, the number of younger patients needing joint replacements is expected to grow significantly over the next few decades. Weight loss and smoking cessation are strongly encouraged before surgery to improve outcomes and recovery.

What to Expect from Surgery and Recovery

Joint replacement can dramatically reduce pain and improve mobility—but it won't make you feel like you're 20 again. High-impact activities are generally discouraged after surgery.

Thanks to medical advances, many patients now qualify for same-day discharge after knee or hip

replacement. Physical therapy is essential to recovery, and at Marshfield Medical Center–Beaver Dam, therapy is conveniently located in the same facility as our orthopedic and sports medicine clinic, allowing for seamless, collaborative care.

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Take the First Step Toward Relief

If joint pain is limiting your life, it may be time to explore your options. Our orthopedic surgeons at Marshfield Medical Center–Beaver Dam provide high-quality, personalized care in general orthopedics and subspecialties including upper extremity, foot and ankle, sports medicine, and joint replacement.

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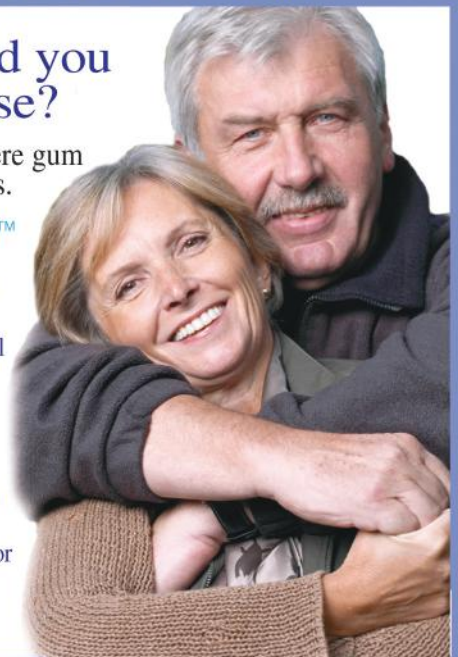
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Cilantro-Lime Shrimp Wraps



Ingredients

1 lb. medium shrimp, peeled and deveined
2 tsp. ground cumin
1 tsp. chili powder
Juice of 1 lime
2 Tbsp. freshly chopped cilantro, more for garnish
2 cloves garlic, minced
3 Tbsp. extra-virgin olive oil, divided
Kosher salt
Freshly ground black pepper
Romaine lettuce, for serving
1 avocado, thinly sliced
1/4 cup Sour cream, for serving

Directions

In a large bowl, stir together shrimp, cumin, lime juice, cilantro, garlic, and 2 tablespoons oil and season with salt and pepper. Toss until combined, then let marinate in the fridge 10 minutes.

In a large skillet over medium heat, heat remaining tablespoon oil. Add shrimp and marinade cook until pink, 2 minutes per side.

Assemble wraps: Add shrimp and avocado to lettuce, drizzle with sour cream, and garnish with cilantro.



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Emerging Country Rock Artist - Corey Kent at the Dodge County Fair

Emerging country rock artist, Corey Kent, is the second act to announce his involvement in the FREE evening concert series at the 2025 Dodge County Fair. Kent will perform on the Moraine Park Technical College Main Stage on Friday, August 15, at 8pm – one night after his country music allies, Diamond Rio take the stage.

Kent, originally from Bixby, Oklahoma, has taken country musical influence from another Oklahoma Native, Garth Brooks, over the past fifteen years of his career. Bruce Springsteen and Brooks & Dunn are cited as influences of the rock music resonance in his songs. He has recently joined Jason Aldean and Ashley McBryde on stages around the country.

His characteristic black bandana started out of necessity with not allowing unwanted insects to interfere with his motorcycle rides. But this quickly became a signature symbol on stage, tied around his neck. He now showcases it as a symbol of life and career. Kent has experienced both ups and downs with both and the black bandana has been a symbol of relentlessness and not giving up on a dream.

Like many, the pandemic set Kent's career off course in 2020. However, he persevered, adapted and paved new path: to new places to call home, creative side hustles, embraced smaller gigs, and penned new tracks like "Wild As Her". He also embraced a reinvented publishing deal -- things that he never knew were part of his adventure. His unexpected stops along the way were a creative part of developing his

next album, "Blacktop" in 2023. "Wild As Her" quickly rose as a Platinum-certified Number One hit on country music radio.

With a quick turnover, Kent ambitiously released an additional album "Black Bandana", one year later. The album features six tracks that Kent co-wrote. These and the other four songs mix more themes of resilience and connection among them. The album was released last fall, featuring his country rock sound and further established Kent's authentic music (and black bandana) on the country music scene.

Fans attending the August 15 concert will also recognize hits like "Something's Gonna Kill Me" and "This Heart" from Kent.

Visit the Dodge County Fairgrounds Facebook page, for Saturday's headliner announcement and further fair details. Evening entertainment and parking are free at the Dodge County Fair. Daily gate admission is only \$10 before 12:00 pm; or \$15 after 12:00 pm. Children (9 years and under) are FREE. Season tickets are only \$35 in advance or will be \$40 at the gate. Tickets may be purchased at most Dodge County Banks, Beaver Dam Market, Beaver Dam or Juneau Piggly Wiggly, Leroy Meats of Horicon and Fox Lake, or at the Fairgrounds Office. Secure your tickets in advance online – by purchasing a \$15 single-day pass or a \$35 season pass. *

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Empty Nesters: How to Cope With Kids Leaving

By Marshfield Clinic Health System

Everyone who has children knows that one day your kids will grow up and leave home, but how empty nesters transition can be different.

As an empty nester, you can refocus on yourself and your relationships.

According to National Library of Medicine, the empty-nest syndrome is a psychological condition that can affect both parents, oftentimes the mother, with feelings of grief, loss, fear or difficulty adjusting when their children leave home.

It's not necessarily a syndrome, but it is a phase of life where that role as a parent, that dynamic and the responsibilities all change. The practical physical day-to-day activities change, but also psychologically, there is a shift.

Empty-nest syndrome was a term popularized in the 1970s when mothers were primary caregivers at home and often their identity was formed around their child or children. Today, when both parents are working, research has found that an empty nest can lead to mixed feelings more than strictly negative or positive emotions.

Signs of Empty Nest Syndrome

Because it is not a clinical syndrome, there are not specific signs and symptoms, and it can differ for everyone. If you find yourself stuck in that brooding, sad, grieving mode and having difficulty letting go, then it's important to seek support.

Tips for Empty Nest Transition

If you find that your identity revolves around being a mother or parent, it's recommended that you start to gradually look at who you are beyond being a parent. As you're preparing for that transition, you can start to reinvent, reinvigorate and focus a little bit on yourself. You can shift your focus from the loss into exploring what new opportunities are available to you.

Prior to this phase of life, parents start to adjust their role as children become teens and young adults. Have conversations with your child around expectations and boundaries around being parents of adult children while they are still at home. This will reduce the large shift that happens when they leave the home.

You may want to set up a call on a specific day or time with your child, then everyone has the same expectations around communicating with one another.

Benefits for Empty Nesters

Beyond refocusing on yourself when your child leaves the home, you also can focus on your relationships.

Parents/couples are encouraged to start thinking about their relationship and reinvest in it. Start dating again. You can plan trips together, talk about what your evenings and meals will look like without children. She mentioned that some families may have multigenerational households, so your role may not be a parent but could become a caregiver for other family members.

Additionally, empty nesters should reach out to your network of friends and family. Oftentimes, your friends will have children close to the same age or they already became empty nesters. You can discuss those shared experiences and be in a space to feel supported and comfortable.

There can be a lot of mixed feelings around becoming an empty nester. It's important to know those feelings are normal, and this is another transition in your life.

If you feel you need assistance to get through this transition of life, reach out to the MMC-BD Behavioral Health Clinic at 920-356-6558 and ask if an appointment with a psychiatrist, nurse practitioner or licensed clinical social worker is appropriate for you. *

Behavioral Health



Christina Friedl
MD



Kaitlyn Rychlowski
APNP



Amy Scott
LCSW



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Temporary Location for the Beaver Dam Library

By Sarah Cournoyer

The heart of any community is its library—an accessible, welcoming hub where everyone can learn, explore, and grow. Now, Beaver Dam Community Library is preparing to embark on an exciting new chapter of its own, with a major renovation aimed at modernizing the library and improving the services it offers to the public.

The Next Chapter Renovation project, which officially enters the construction phase in September 2025, promises to transform the library into a vibrant and accessible space that meets the needs of today's community. But, before construction begins, there are a few important updates and changes the community needs to know about.

Temporary Relocation Plans: What to Expect

As construction gets underway, Beaver Dam Community Library will temporarily relocate to 1701 N Spring Street, located next to Noble Clinic and Aldi. This new location offers ample parking and is conveniently accessible by car, foot, or bike, making it easy for library patrons to continue enjoying their favorite services.

While this temporary location is smaller, it will still offer many of the library's essential services, including:

- Free Wi-Fi for students, remote workers, and anyone in need of internet access
- Public computers and internet access
- Mobile printing for printing documents on the go
- Reference services for assistance with research or finding materials
- The popular FREE puzzle exchange that has become a community favorite

And don't worry, the library's programming will continue at the temporary location, including Storytime for young children, the community puzzle, and a variety of programs for all ages and abilities.

Important Dates to Remember

As the library prepares for this exciting transition, keep in mind these key dates:

- **Library Closure:** The library will be closed from August 8 to August 29, 2025 to accommodate the move.
- **Extended Due Dates:** To make the transition smoother, due dates will be extended during this time, except for adventure passes, hotspots, and Rokus. These items will not be available for checkout during the move.
- **Library Opens** at 1701 N Spring Street on Tuesday, September 2, 2025.

Community Support: A Key Ingredient for Success

The renovation project has been made possible thanks to the generous support of the community. To date, nearly \$750,000 has been raised through donations, with another \$1.5 million committed by the Library Board of Trustees from endowment fund earnings. The estimated total cost of the renovation is just over \$2.25 million—a significant investment in the library's future kicked off by the City of Beaver Dam's \$1.2 million dollar roof and clerestory window replacement.

"We've been blown away by the outpouring of support from our community," Library Administrator, Sarah Cournoyer. "This renovation will not only modernize the physical space and make it more accessible, but it will enhance the library's ability to serve the community for years to come."

What's Coming: The Future of the Library

When the renovation is complete, the Library will feature spaces for quiet study, group collaboration, and community events. Plans include improved accessibility, a reading room with fireplace, and flexible spaces for a wide range of activities and services.

"We're looking forward to providing a more modern, welcoming space where our community can gather, learn, and grow together," Cournoyer added.

In the meantime, the temporary relocation ensures that patrons will continue to have access to essential services while construction progresses.

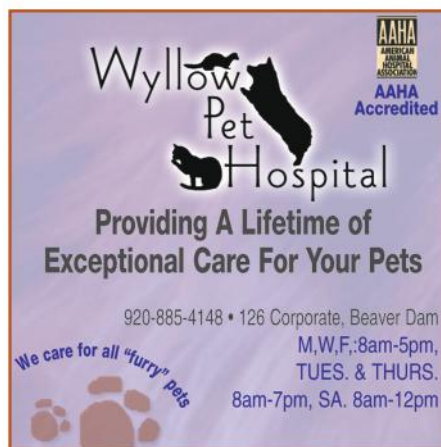
Looking Ahead

The Next Chapter Renovation project represents more than just a physical upgrade to Beaver Dam Community Library. It's a long-term investment in the community, one that will provide a lasting, modern space for learning, connection, and cultural enrichment. As the project moves forward, the library's commitment to serving the needs of its patrons remains the top priority.

"We're excited for what's ahead and can't wait to welcome the community back to the newly renovated space in the near future," said Cournoyer.

For more information on the renovation, temporary location, and library services during the transition, visit beaverdamlibrary.org.

This renovation is the beginning of an exciting new era for Beaver Dam Community Library, and the community's support will continue to play a crucial role in its success. Fundraising is ongoing and more information is available on our website or by emailing giving@beaverdamlibrary.org. Stay tuned for more updates as this exciting transformation unfolds! *



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N10575 Chief Kuno Trail - Fox Lake (920) 928-3470

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Lake Street Inn

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

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Old Hickory Dining

W7596 Hwy 33 East - Beaver Dam (920) 887-7179

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