

October 2024

InSpire


Magazine



**A Brother & Sister
Business Venture**

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inspired CONTENTS

- 7 Book Review: Clytemnestra
- 8 A Brother & Sister Business Venture
- 10 Grace London Meets the Challenge
- 12 Q&A with Harvey Lewis Insurance Agency
- 13 Health Benefits of Elderberry
- 14 When Typing Becomes a Pain in the Wrist
- 16 Breast Biopsies: What You Need to Know
- 17 Elderberry Jam
- 18 InSpire Magazine's Monthly Makeover
- 19 Dining Out: Iron Ridge Inn
- 20 Elderberry Bread with Lemon Glaze
- 22 Women in Business & Manufacturing
- 30 Restaurant Guide

On the cover: Bother and sister Jeff Marggi and Mary Beth Beekman.



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InSpire Forward //

Volume 21 - Issue 6



What Cancer Cannot Do

Cancer is so limited

It cannot cripple love.
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It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot reduce eternal life.
It cannot quench the spirit.

Sincerely,

Denise Fitzsimmons

Publisher

Publisher/Co-founder:

Denise Fitzsimmons
denisef.inspiremag@gmail.com

Accounts Director/Co-founder:

Jill Huizenga
jrhuizenga2@gmail.com

Designer/Co-founder:

Mary Beth Bockhorst
marybethbockhorst@gmail.com

Designer/Photographer:

Travis Pohl
travis.pohl@gmail.com

Advertising Sales:

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

Subscription Information:

(920) 382-7200

Back Issues:

Call Denise for availability
(920) 296-9443

Contributing Writers:

Dorothy Bliskey,
Dr. Stephanie Tyjeski

Advisory Board:

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

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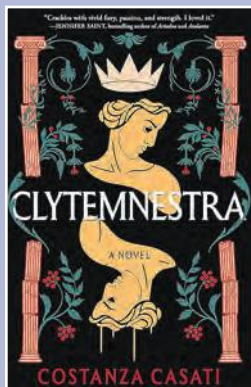
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Clytemnestra: A Novel

by Costanza Casati

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

Family. Clytemnestra and Agamemnon's family, both going forward and looking back will make the worst family today look like Ozzie and Harriet. Most of us have met them in Homer's Iliad or the Odyssey, the oldest stories in Western literature composed approximately 2,720 years ago. Author Casati stays in that time period but expands the characters around Clytemnestra. Readers do not have to read the prequels to this book as Clytemnestra: A Novel stands alone beautifully.

First let me remind you who these people are. Spartan Clytemnestra is the older sister of Helen, the face who launched 1000 ships. Agamemnon of Mycenae is the brother of Menelaus, Helen's husband. Menelaus cheats on Helen so when handsome young Paris, the prince of Troy visits on a diplomatic trading mission, Helen abandons her husband and child and runs away to Troy with Paris. This gives Agamemnon the perfect excuse to sack Troy. Troy just happens to be the richest city in Asia Minor at the time with high, strong walls. Agamemnon must unite most of Greece to attack Troy. The things he does to get there and the ten years it takes to win are comparable to some modern wars fought today. While the Greek armies are gone Clytemnestra rules Mycenae, raising a new army and keeping the peace. Mycenae has never been richer. Full of family intrigue, there are murders, deadly duels, incest, fratricide, suicide, and rape. Mature readers only. *

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A Brother-Sister Business Venture

by Dorothy Bliskey

Sharon Marggi (mother) Mary Beth Beekman
(daughter) Jeff Marggi (son) and Gary Marggi (father)

Two years ago, Jeff Marggi, now 50, and his sister Mary Beth Beekman, 52, took a leap into a business venture together – growing elderberries. Lots of elderberries.

Raised on a farm near Eldorado, just west of Fond du Lac, the brother-sister duo put their heads and hearts together to form Countryside Elderberry. The result is a 2.5 acre spread of lush black elderberry bushes flourishing on the 3-generation family farm where they grew up – a farm that's been in the Marggi family for nearly 80 years. The field of 2,200 elderberry bushes is planted in 22 neatly kept rows, with each row stretching 300 feet in length. A serene landscape of prairie grass, rolling hills, and wooded areas surround the elderberry field.

Jeff and Mary Beth, with help from the entire family, planted the elderberries in 2022. “We were able to harvest nearly 900 pounds of berries in 2023, a year earlier than we expected,” Mary Beth said, noting the field of elderberries is adjacent to the home she and her husband Dean built on the farmland. “The soil where our elderberries are planted is very fertile because it was “set aside” land and wasn’t farmed for over 30 years. My husband predicts that this year’s crop could reach 3,000 pounds.”

Countryside Elderberry grows USDA Certified Organic elderberries and avoids the use of any pesticides. Only organic fertilizers are used.

Six different types of elderberries were planted at Countryside Elderberry, including the Nova, Adams 2, Wyldewood, Ranch, Tundra Tough and the Bob Gordon. “These varieties were chosen because they are known to be good producers and are able to tolerate Wisconsin winters,” Jeff said. “The Bob Gordon variety is high in sugar and works well for making wine.”

The tiny black elderberries are laden with health benefits, according to Jeff who says it's the main reason he wanted to

start an elderberry growing business. While it took several business idea “discussions” at the family cabin, Jeff was successful in getting Mary Beth to agree.

“I had been after her for years to try and find a way to make some money by farming on their land,” Jeff said. “Due to young children being present at her home-based childcare business, Mary Beth was always adamant that she didn’t want to farm something requiring large equipment like tractors or combines. Growing elderberries required neither of those.”

“It was a big project to take on,” Mary Beth said, noting the family discussions at the cabin crystallized the idea. “Jeff was big into the health benefits and had been researching the idea. We had the land to make it happen and we were ‘all in’ -- and so it began.”

Health Benefits

Medicinal use of the elderberry dates back as far as 400 BC, when Hippocrates, the “Father of Medicine,” called the elder tree his “medicine chest.” Today, with the popularity of “natural medicines,” the elderberry is considered by many as one of the world’s most healing plants.

“Elderberries are the healthiest thing Mother Nature makes,” Jeff said. “Michele and I take a tablespoon of juice every morning, and I honestly can’t remember the last time I’ve been sick.”

Michele is also a big advocate for the health benefits. “I am a strong believer in proactive wellness, and elderberries are a key ingredient to help with the immune system,” Michele said. “I really don’t get sick a lot, and when I do, it’s relatively mild with a short duration.”

“Elderberries are known for boosting and engaging your immune system,” Mary Beth added. “They can help with vi-

ruses, inflammation, pain, swelling, digestive problems, blood sugars, and they lower your uric acid.”

The taste of the elderberry is described by Mary Beth as being “a mix between a blueberry and a blackberry. “They are delicious, and I enjoy baking with them.” Her creations in the kitchen include muffins, jams, tortes, pies, cheesecakes, and, of course, her “to-die-for” Lemon Elderberry Bread. It’s a scrumptious recipe she created – one that comes with rave reviews.

Jeff said he likes the elderberry syrup they make and has also enjoyed elderberries added to a sausage pizza. “And we love Mary Beth’s desserts!”

Research

To start the business, Jeff, who earned degrees in Agricultural Engineering Technology & Agricultural Business at UW-Platteville, delved into a considerable amount of research. With a life-long love for farming, returning to his roots to grow something healthy was a breath of fresh air. It was a natural fit – even though he and Michele live near Madison.

He researched soil types, where to purchase the elderberry plants, the varieties, planting techniques, drip irrigation systems, landscape fabric for weed control, and more. In addition, he worked with an attorney to set up the LLC and researched businesses that might be good locations for selling their elderberries.

“Our entire family spent a weekend around Christmas at our lake cottage, brainstorming company names. The Countryside part of our name comes from my sister’s Countryside Child Care business,” Jeff explained.

The preliminary work also included designing the company logo and package labels, purchasing freezers, and redesigning a grape de-stemming machine into one that would de-stem the much smaller elderberry. “This machine is the only reason we are able to process the quantity of berries produced by 2200 plants,” Jeff said.

The benefits of living within an arm’s reach of the elderberry field are many for Mary Beth and Dean whose house is just steps away. “We can enjoy the view for the entire growing season, and it’s convenient to be close by for the irrigation, harvesting, mowing, and general upkeep.”

The heavenly fragrance from the white flower blossoms each spring is noticeable even from their backyard. “The

smell is wonderful. I really enjoy watching the transformation of the flowers into berries as the season progresses,” Mary Beth said, noting the plants start out at only 12-18” tall and grow to over 6 feet in height. The initial green berries turn a reddish tint and then black when ripe.

Developing Countryside Elderberry these past two years has been a family endeavor. Everyone gets involved at various times – Mary Beth, Dean, and their three sons and spouses; Jeff and Michele and their son and daughter, along with Jeff and Mary Beth’s parents Gary and Sharon Marggi who still live on the farm. It’s a project that really brings the family together, especially at harvest time in late summer and into early fall.

Mary Beth credits her dad for his generous gift of time and expertise spent with the business. “Dad has been there for everything, and I mean EVERYTHING. Any time we are doing something related to this business, he’s there. I don’t think we could have accomplished all we have without his help.”

Fond memories of growing up on the farm, especially in the field where the elderberries now grow, surface for both Mary Beth and Jeff.

“I remember picking stones in that field,” Mary Beth said.

“Never did I imagine I would be an elderberry farmer some day!”

Jeff recalls that, as a little boy, he rode on the fender of his dad’s tractor as he worked the land. “When I got tired, he’d take me off the tractor and lay me down along the fence line for a nap.”

“We often wonder what our Grandpa Oscar Marggi, who was a businessman and the original family owner of this farm, would think of our elderberry business venture,” Jeff said.

Chances are that Grandpa Oscar is looking down from above, proudly smiling at the ingenuity of his grandchildren, Jeff and Mary Beth.

To purchase elderberries from Countryside Elderberry go to their Facebook page or contact Mary Beth Beekman at (920)-979-6717 or Jeff Marggi at (608)-712-9275 or email them at countrysideelderberry@gmail.com Locations selling their elderberries include W8622 Smith Rd, Eldorado; 477 Meander Wood Rd, Oregon, WI; Bluemkes Gas Station in Rosendale; Brandon Meats in Brandon; Park Ridge Organics N8410 Abler Rd, Fond du Lac; and Crossroads Market Green Lake, WI. *





Grace London Meets the Challenge

Grace London (Carroll University) bound Art Student meets the challenge of designing and inspiring her family and PATH of Hustisford to create a landmark in Downtown

Hustisford. Members of the Gateways and Arts Committee put out a call for designs over a year ago. Grace's design was chosen by the committee along with a request from Grace to be part of painting the mural. The rest is history. Her parents Carrie and

Nate London, residents of Juneau and Lake Sinissippi, both artistically talented did research and felt

members and volunteers including Grace could make this all happen. Cathy Hildebrandt owner of Nature Made Heaven Sent was able to get permission from her landlord and a new vista at 146 North Lake Street Hustisford awaits your viewing. A dedication was held on September 28, at the Hustisford Business Association Wine Walk. *

Pictured: Grace, Carrie and Nate London.



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Front Row L-R: Patrice Guerra; Heather Scholz. Back Row L-R: Marybeth Schessow; Harvey Lewis; Zane Gray; Tim Cwirla

Q & A with Harvey Lewis Insurance Agency

Owners, Harvey Lewis and Heather Scholz, enjoy helping clients choose the best insurance at the right price. Below, they share what they do and how their business has grown over the past 18 years.

What inspired you to go into business?

Harvey wanted to have control over what products and companies he would represent in order to better serve his clients.

What do you specialize in?

Our specialty is health insurance. Though we focus a lot on Medicare products, we also offer ACA plans for those who are under 65 and are not on Medicare. We also offer other insurance products such as dental and life.

Tell us about your recent expansion.

Harvey and Heather both realized some time ago that due to business growth, they were going to need more help. Knowing that they would likely need one or two more agents, they also realized that with current office setup of three offices and a conference room, they didn't have enough space. It was possible to eliminate their conference room to add another office, but that would only be a temporary solution, especially since they would likely continue to grow. They noticed that the Suite C office next to them had remained empty after NZ Productions moved downtown. Harvey and Heather weighed different options on what an expansion should look like for them and came to the conclusion that leasing the Suite C office made the most sense. Doing that would allow them to add a couple more offices, a storage

room and their own meeting room. Construction was completed around Memorial Day.

Harvey, Heather, Marybeth, Zane, Tim, and Patrice are all excited for everyone to see the new space. Many of our customers will see it this fall when they attend a Medicare plan seminar. They do also plan to have an open house in the spring of 2025.



What changes have you made to improve your business?

The expansion and hiring more agents is the biggest improvement our agency has recently made. Having more people and more space helps us serve the customer better. Also, we are always looking to streamline processes, do work more efficiently, and effectively communicate with our customers.

How do you or employees contribute to the community?

Harvey is heavily involved in veteran's services. He is the veteran service officer for both the Elks Lodge #666 and VFW Post 1163. He is also the Dodge County Chairman of the Veteran Service Committee. Heather is currently on the Beaver Dam Unified School District School Board. Marybeth is on the School Advisory Commission for St Katharine Drexel School. Zane is active in the Elks Lodge #666 and in the Beaver Dam Chamber of Commerce. Tim is involved in the Beaver Dam Area Community Theatre and has helped with projects such as Toys for Tots. Patrice belongs to the Downtown Beaver Dam group.

Harvey Lewis Agency is here to assist you with insurance and Medicare choices. Stop in or schedule an appointment today. *



Health Benefits of Elderberry

Elderberry has been used for medicinal purposes for centuries, particularly around Greece, Scandinavia, Portugal, and Morocco. It's one of the most common medicinal plants in the world and has been used in folk medicine to treat fever and rheumatism, sciatica, infections, and more. Today, elderberry supplements are mainly used to treat cold and flu symptoms.

Elderberry refers to several varieties of the Sambucus tree, a flowering plant in the Adoxaceae family. The most common type of elderberry is the Sambucus nigra variety, also known as European elderberry or black elderberry, which is native to Europe. The tree has clusters of white and cream elderflowers, where the berries are found in bunches.

Elderberries are rich in antioxidants and have anti-inflammatory properties.¹ They can support and boost the immune system to prevent and treat pain and illness, including symptoms of influenza.

The following are just a few of the health benefits of elderberry:

- High in vitamin C
- High Antioxidant Power
- Promotes Heart Health
- Lowers Inflammation & Stress
- Boosts Your Immune System
- Good for Respiratory & Lung Health
- High in Fiber
- Good for Blood Sugar Management
- Eases a Sore Throat & Cough
- Keeps Your Skin Healthy *



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WHEN TYPING BECOMES A PAIN IN THE WRIST



By Dr. Stephanie Tyjeski

THE “HAUNTING TALE” OF CARPAL TUNNEL SYNDROME

Ah, carpal tunnel syndrome. It’s the modern-day equivalent of being haunted by a vengeful ghost—except instead of a spooky specter, you’re being haunted by a rogue nerve trapped in your wrist. If you’re reading this, you’re probably all too familiar with the symptoms: tingling fingers (like a spider crawling on your hand), a persistent ache (like a witches spell), and the sensation that your hand refuses to follow your commands (like in *Beetlejuice*). But fear not! Chiropractic care might just be the Superhero of this party! Let’s follow this (corn) maze of woe, and learn about the magic that can help!

Ok, let’s set the seasonal silliness aside for a minute and get down to business.....

The common symptoms of Carpal tunnel syndrome is known to many of us. A quick list it:

- Pain, numbness, tingling, or weakness in the hand or wrist
- Shock-like feelings in the thumb, index, middle, and ring fingers
- Pain or tingling that travels up the forearm toward the shoulder
- Difficulty holding onto things
- Dropping things
- Clumsiness in the hand

These symptoms may not be constant, but can come and go. They can be worse at night or when holding on to something with a bent wrist for a long time.

There are many activities in our normal daily routines that can cause these symptoms. Typing and texting are two of the most common, but any repetitive movements can cause, or irritate it. Also common times to experience it come during driving or reading. Other causes can be pregnancy, arthritis, hormonal or metabolic changes or injuries to the wrist, such as broken bones or sprains.

Having pain and tingling in your hands doesn’t sound like a big deal, but in reality it can be life changing! Common ways of treating this are wrist braces and ergonomic keyboards that may provide some temporary relief. BUT, like I always say..... It is just treating the symptom and not the problem.

Many times the cause of the problem is not actually in the wrist, but can be caused somewhere up the arm/shoulder/neck. All those typing, texting, driving, knitting, etc.... Activities come with a certain hunched posture that can be the actual cause of the pain in your hands. As you have heard me say before, the answer to your problem can come through Chiropractic care. Not only will you get relief for your carpal tunnel, but you will also learn that the alignment in your neck, shoulder, elbow and wrist can all play a role in causing those pesky carpal tunnel symptoms.

The true culprit is a nerve that runs from your neck, all the way down your arm and ends in your wrist called the median nerve. The median nerve can get pinched by the joints in the neck or even compressed by the muscle near the elbow. A chiropractor is trained in not only finding the specific location causing the issue, but gently treating it as well. Once this compression of the median nerve has been relieved, you’ll notice that the pain and tingling in your hand and fingers goes away.

When a nerve is pinched or compressed, it becomes inflamed. So not only do you need chiropractic care to treat the cause of compression, we also recommend treating the inflammation through supplements, diet, and cold laser therapy. Anti-inflammatory supplements include turmeric, boswellia, and fish oil. Don’t forget that good quality supplements are the key to having them work or not. Diet also plays a large role in inflammation in the body. Foods that promote inflammation include processed meats like bacon and sausage, baked goods due to their high sugar content, and bread or pasta made from

white flour just to name a few. Decreasing these foods in your diet can greatly help to reduce inflammation.

We offer cold laser therapy in our office which basically puts energy into the cells of the body to make them work the way they need to. This includes kicking out inflammation. It is a non-invasive, safe, pain-free therapy that doesn't even make you cold, but reduces inflammation on the area of the body it is used. You may always consult with one of our doctors to see if this therapy is a good option for you.

So here's to chiropractic care—the unsung hero of carpal tunnel relief. Enjoy all the Treats of the season without any of the Tricks! Don't let carpal tunnel Haunt you this October. We might just turn your wrist's Scary Story into a something SPOOK-TACULAR. HAPPY HALLOWEEN!

At our Wellness Class we will dive deeper into the causes of carpal tunnel syndrome and what you can do at home to help relieve this irritating problem. As always, I will be available to answer questions so bring your questions and get ready to learn! Please join us at our Beaver Dam location for this FREE class on Tuesday, October 15th at 5:30pm. You do not need to be a patient to attend.

Yours in Health,
Dr. Stephanie Tyjeski

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



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Breast Biopsies: What You Need to Know

by Marshfield Clinic Health System

After the age of 40, women should receive a mammogram every year. Once a mammogram detects a spot that could be breast cancer, your doctor may request a breast biopsy to confirm whether it is cancer, a benign tumor or atypical hyperplasia.

This procedure involves taking a small piece of breast tissue from the area of concern using a needle. Your radiologist will then send the tissue for testing. Your doctor will use the information from your breast biopsy to diagnose your condition, develop a course of treatment or learn more about your condition.

A breast biopsy may be completed by your radiologist right after your mammogram detects a potential tumor. In some cases, you may need to come back within a few days.

If a patient comes in for a mammogram or ultrasound, a breast biopsy is attempted to be scheduled on the same day if possible.

Since your biopsy can help determine your diagnosis, the procedure and time spent waiting is often very stressful. If possible, it's recommended to bring family members with you to your biopsy appointment. Your biopsy care team will work with you and your family to answer questions you have about the procedure.

How it works

If you need a breast biopsy, your radiologist can choose from many different options. The option your radiologist chooses depends on your situation.

The type of biopsy that is best for that specific spot and its location is usually chosen, but patient convenience is also a consideration.

Your care team will first sterilize the breast and numb the area. They will then place a needle in your breast. He or she will use an ultrasound or mammogram to make sure the tip of the needle is in the right spot. Once your radiologist confirms the needle is in the correct spot, a vacuum sucks pieces of tissue into the needle.

Your radiologist will then place a surgical clip in the breast. This helps mark the spot to help find the area for future procedures, such as a surgery to remove the spot or placement of a SAVI device.

Once the biopsy is complete, it typically takes three days to get the biopsy results. While a breast biopsy has low risks, there is a risk of bleeding and infection. Your care team will monitor you carefully for any complications.

For more information about breast biopsies, please talk to your doctor. You can also schedule diagnostic mammograms at Marshfield Medical Center-Beaver Dam by calling 920-887-4006. *



Elderberry Jam

1.) Begin by putting a plate in the freezer. This will help you test when the jam is ready later on

2.) Remove the berries from their stems with a fork and wash thoroughly to remove any bits of leaf and stalk

3.) Place the elderberries in a heavy-based pan and gently crush with a potato masher, just enough to release some of the juices

4.) Add the sugar and lemon juice to the pan and leave to simmer on a low heat. Keep stirring to prevent the jam sticking to the bottom of the pan

5.) Cook down for around 20 minutes, skimming off and discarding any scum which has come to the surface

6.) To test if the jam is at the right consistency, remove the plate from the freezer, and place a small dollop of the jam on the plate. Put the plate in the fridge for a few minutes, if the jam forms a skin it is ready, if not, return to the heat and keep repeating the test every 5–10 minutes until ready

7.) Spoon the jam into sterilised jars and once fully cooled seal the jar and label with the date of production. The jam will keep in a cool dark place for 1 year, once opened keep in the fridge *

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Have you been told you have gum disease?

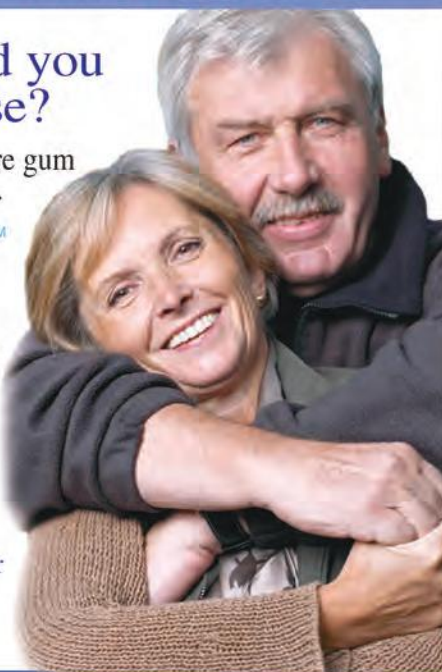
There is a Laser way to treat severe gum disease without cutting or stitches.

Introducing Laser Periodontal Therapy™

Finally, there's good news for those who suffer from gum disease (gingivitis and periodontitis). Through Laser Periodontal Therapy, we can treat your moderate to severe gum disease so you can quickly return to your normal routine!

There's no incision (scalpel) and no stitches (sutures). You heal naturally with full retention of your gums.

If you suffer from tender, red, swollen or bleeding gums, call us today for an appointment to evaluate your condition.



Breckenridge Plaza • 107 Warren St., Suite 1, Beaver Dam • 920-887-7667



InSpire Magazine's

MAKEOVER



Jane is wearing a short pixie style with soft wispy volume and tapered nape.
Cindy is wearing the shoulder length layered Bob with loose bouncy waves.
This wig is heat friendly. There is a wig style for everyone!

Appointments are required
Step A Head Styling
12 South Madison Street, Waupun
920-324-5866



Iron Ridge Inn

**Family Owned Supper
Club Est. 1972**

Open: Tues - Sat: 4:30pm
Sundays 10:00-1:30pm

Serving Up: Choice Cut
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Restaurant
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www.ironridgeinn.com



OCT 31 - NOV 2, 2024

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www.lidtkemotors.com
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Jahnke's Piggly Wiggly
100 S. Western Ave. Juneau

Locally owned by Dan and Jane Jahnke provide our customers with a clean and friendly shopping atmosphere, along with providing the finest quality fresh products with superb customer service to all our valued customers!

Keto Elderberry Bread with Lemon Glaze

Ingredients

2.5 cups finely ground blanched almond flour, sifted, then measured
1/2 cup granulated 0-calorie sweetener
1.5 teaspoon baking powder, gluten-free
1/4 teaspoon sea salt
1/3 cup coconut oil or butter, melted
cup heavy cream
3 large eggs, at room temperature
1/2 teaspoon pure vanilla extract
3/4 cup elderberries, fresh or frozen

Lemon Glaze

1/4 cup powdered erythritol sweetener
4 teaspoon lemon juice

Directions

Preheat oven to 350°F. Line a loaf pan with parchment paper. In a large bowl, combine the almond flour, granulated sweetener, baking powder and salt. Add the elderberries and gently stir. In a smaller bowl, whisk the melted coconut oil or butter, heavy cream, eggs and vanilla extract. Add the wet ingredients to the dry ingredients and gently stir until completely blended. Spoon the batter into a loaf pan. Bake for 50 - 65 minutes or until a toothpick inserted comes out clean. Let cool in pan for 20 minutes, remove and allow to cool completely on a wire rack. Once the loaf is completely cool, drizzle with lemon glaze, let it set in the refrigerator, then slice and enjoy.



Women

In Business & Manufacturing

InSpire Magazine's Yearly Networking Special

a&b

FITNESS CONCEPTS

Amber is grateful for COMMUNITY! Community to her means the team who she chooses to surround herself with every day. The community is strong at A&B and includes a variety of ages, skill level and people from various areas. Everyone is welcome here to our community where we support and encourage each other while taking the appropriate safety measures, not just in fitness and movement but in all aspects of life. Amber is dedicated to personal fitness goals. She will consider each individual in group, small group training, and one-on-one personal training to ensure all can meet their goals and experience success. Amber believes having confidence is much more than how you look, it is about how you feel inside. She does this by working hard on what matters and not focusing mainly on the scale as it will paralyze you. It's important to work on strengthening your mind as it will strengthen your body from inside out. Everyone is welcome, never underestimate yourself. In fact, Amber encourages everyone to challenge themselves. Visit Amber's website to see current class offerings and find out more about personal, group & youth training.

159 Stark Street - Randolph
www.abfitnessconcepts.com



Gym & Juice Nutrition recently opened inside of a&b fitness concepts offering protein shakes, grain bowls, protein balls, meal support and more. Gym & Juice offers nutrition education classes the 2nd Saturday of each month and will be offering private nutritional therapy sessions starting in May of 2025. Owner Joelle Baehr's passion is to support the entire well being of an individual by helping provide nutrient dense food that tastes amazing and resources and support for promoting adequate sleep, stress management, healthy digestion, blood sugar regulation and strength training. Contact Joelle Baehr to begin the journey to enjoying food and movement and living the life you were created for.



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Waupun, WI 53963

920.324.2511

www.GlamourShopWaupun.com

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along with a chance to win
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each purchase.

HP Nails

(Inside Glamour Shop)

920.318.4577

Hours:

Monday: 9am - 8pm

Tuesday: 9am - 8pm

Wednesday: 9am - 8pm

Thursday: 9am - 8pm

Friday: 8am - 5pm

Saturday: 8am - noon

Sunday: Closed



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305 East Main Street - Waupun

(920) 324-5261

www.GysbersJewelry.com

Store Hours

Monday - Wednesday: 9:00 am - 5:00 pm

Thursday: 9:00 am - 6:00 pm

Friday: 9:00 am - 5:00 pm

Saturday: 9:00 am - 3:00 pm

Sunday: Closed



164 Kienow Drive - Randolph
(920) 326-5800

Fall is in the air! The trees are starting to turn and the leaves are starting to hit the ground! Hi I'm Emily Detjen. My husband and I are the proud owners of Detjen's Piggly Wiggly in Randolph and Princeton. I wanted to emphasize the importance of customer service this year because YOU the customer are what makes our businesses GO!! Upon entering my "domain" you'll be greeted with a warm hello and a smile!! I am a very bubbly individual and customer service is my FAVORITE! I love and respect each person that walks through those doors and am so grateful that you chose my store to come and shop!! I love having conversations, long or short so I can learn about you and how we can serve you better. I train my staff with the idea that YOU my customers are the BEST!! If you ever need anything never hesitate to ask. My door is always open. SHOP THE PIG!



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L-R (Back Row): Nola Siewert, Chelsea Foegen, Hailey Wheeler, Dawn Wheeler
L-R (Front Row): Kathy Becker, Suzanne Wendt, Candice Wiersma
Missing: Jessica Corbell



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www.uwgp.com**

United Wisconsin Grain Producers LLC (UWGP) is a 60-million-gallon renewable energy plant, operating since 2005 with a family of 52 members, of which eight are currently women. We are seeking exceptional team members who are motivated to succeed. We'll play an active role in your success, providing training, support and a work environment that encourages both teamwork and individual advancement. We currently have a maintenance technician opening. This position will be responsible for the maintenance and preventive maintenance of equipment. Electrical experience/knowledge is strongly preferred. Come join our family! Apply at uwgp.com/careers today!

We are very excited to be converting the non-nutritional starch portion of corn into renewable fuel that improves our economy, the air we breathe, and fuel efficiency! All while extracting crude corn oil, and producing highly digestible, concentrated ingredients for pet food, aqua, poultry, and livestock rations. Next time you fuel up, look at the fuel options on the pump and be sure you are selecting the lowest price, highest octane fuel. It's a win, win! Look for the choice labeled unleaded 88, E15, E30, or E85. It's an easy choice, cheaper, higher in octane, and it's better for the environment!

Celebrating 20 years of production in 2025!

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your ad could be here.





**ON LAKE
TIME**

Hydropower expert by day. Barista at night...

Cheryl Laatsch owns and operates On Lake Time in Fox Lake, Higher Grounds Coffee Shop in Beaver Dam, and Higher Grounds 2.0 (inside On Lake Time). She also assists in managing her husband's businesses, Phillips Crop Care and Mini-Maxi Storage located in Beaver Dam. Cheryl and her husband have two daughters.

Cheryl grew up in northern Wisconsin, with her grandparents being business owners, and family values for helping others and making a difference in the world. Cheryl and her husband Phillip have lived in the Beaver Dam community for 24 years.

Cheryl is known for her energy, customer service, and positive attitude, and enjoys the little things that make people happy. Each of her businesses are a reflection of who she is and her commitment to the Beaver Dam and Fox Lake communities. Her businesses represent over 25 family's who contribute to the atmosphere and merchandise at each location. One of her favorite parts of being a business owner is mentoring young women, encouraging them to be the best they can be, and teaching them life skills. Cheryl contributes her success to her employees and how they work as a team.

Higher Grounds Coffee Shop is celebrating their 10 year anniversary and Best of Dodge three consecutive years!

Higher Grounds
N7156 East Plaza Drive
Beaver Dam 920.885.4990

On Lake Time
211 State Street
Fox Lake 920.520.0202



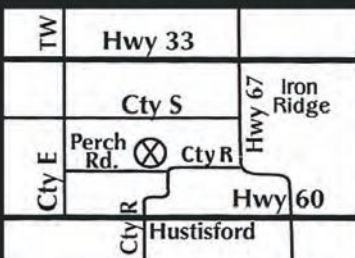
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Marie Cigelske - Owner



Marie Cigelske, owns and operates Get Fit Health Club and Tumble Time Gymnastics.

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WDS
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Nancy Ptaschinski

Owner of Twisted Sisters
 112 South Spring Street, Beaver Dam
 Thursday and Friday 10am to 5pm
 Saturday and Sunday 10am to 4pm

I started this business 13 years ago. It's always been my joy and passion decorating with vintage pieces mixed with new. One of my favorite things is that unique one of a kind piece and seeing my customers enjoying it as much as I do.

We also offer seasonal decor, gifts and fusion paint and we give local artisans the opportunity to sell and help within the shop.

Join us on Facebook or Instagram for information on special events.



Mind Body OT
www.mindbodyotwi.com

Scan for website

I started my private practice, **Mind Body OT**, in Beaver Dam in 2019, after 30 years of therapy experience. It is my joy and passion to help people living with chronic conditions to get their life back!

Biofeedback therapy is a wonderful tool for people who would like to manage their chronic symptoms without relying on long-term medications. I specialize in working with people dealing with **chronic pain** and **fibromyalgia**, **anxiety and panic**, and **insomnia** due to a racing mind and dysregulated circadian rhythm. Biofeedback teaches you to interpret your body's signals and master self-regulation techniques that effectively reverse the pain and stress response in the moment, no matter where you are or what you're doing. CBT-I is part of treatment plan for those battling insomnia.

Craniosacral therapy is used for calming the nervous system and relieving tension. I also provide biofeedback therapy for pelvic floor. It is extremely effective for resolving **urinary incontinence**.

Call **Susan Baumann, OTR, BCB** today for a free consultation to see how biofeedback therapy can help put you back in the driver's seat of how your day goes, instead of your chronic symptoms calling the shots! (920) 382-6900
 201 Gateway Dr., Suite 300, Beaver Dam, WI 53916



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 Instagram @shopstoneandsuede



Step-A-Head Styling
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 12 S. Madison St. - Waupun
 (920) 324-5866
 Julie Patrouille - Owner

I have been the owner of **Step-A-Head Styling** and serving my clients since 2006, working with them one-on-one to find the right style of wig for those dealing with hair loss or for those just experimenting with a different look. They are natural looking, lightweight, and come in multiple colors and highlights.

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With a purchase of a wig, the initial cut and styling are included as well as instructions and demonstration on how to properly care for a wig. I look forward to talking with you.

Call today at (920) 324-5866 to schedule an appointment.

InSpire Magazine's Restaurant Guide

Boat House Pub & Eatery

N10575 Chief Kuno Trail - Fox Lake (920) 928-3470
Open Tue - 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
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bar. www.feilssupperclub.com

Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990
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Iron Ridge Inn

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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 menu is available Monday - Friday from
11:00am - 3:00pm. Enjoy casual dinner service on Mon-
day and Thursday evenings from 4-8:30pm in the Billy
bar. Fish Fry is available Friday evenings from 4:00-
8:30pm. www.OLDHICKORYGOLFCLUB.COM

Park Avenue Sports Cafe

709 Park Ave - Beaver Dam (920) 885-4510
Mon - Fri 11am - late night, Sat & Sun 7 am 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
Our hours are as follows: Friday & Saturday: 4pm - 9pm,
Sunday & Monday: 4:30pm - 9pm, Open Thursdays
May 1 - Labor Day; 4pm - 9pm Happy Hour Specials Select
Days. Friday Fish Fry. Carry-Outs Available. We are a
classic supper club serving traditional favorites as well
as contemporary dishes. Facebook: The Shores of Fox
Lake Steakhouse. www.theshoresoffoxlake.com

Sinissippi Lake Pub

N4571 County Road E - Hustisford (920) 349-9333
Fantastic Food & Sensational Service
Follow us on Facebook for our hours, menu,
daily specials and exciting events.

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N5007 Country Road WS - Woodland
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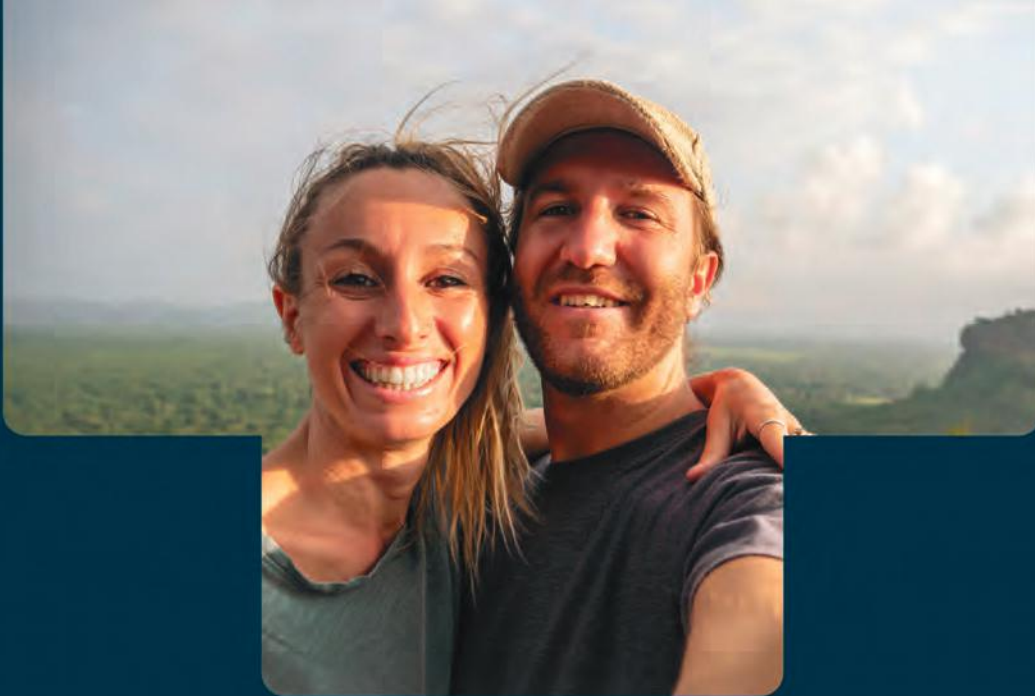
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- Nutrition Services and Diabetes Education
- OB/GYN
- Orthopedics
- Physical and Occupational Therapy
- Psychiatry

***Join us for an open house, October 10, 4 p.m. – 7 p.m.
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Prairie Ridge Health - Sun Prairie
155 S. Mallard Dr.
Sun Prairie, WI 53590

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