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See Article on page 10 for more information.



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Maggie and Kate Bresser, of Gysbers Jewelry pose for a picture.

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February is American Heart Month. According to the CDC, heart disease is the leading cause of death for both men and women in the United States. That's why I feel it's so important to remind you each year of the symptoms and healthy lifestyle changes.

Heart health involves a number of positive lifestyle applications and changes. Below are some of the changes that can be implemented in order to improve your quality of life and longevity. I've listed the most common symptoms of a heart attack. Making the appropriate lifestyle changes—while remaining aware of heart attack signs—is a great way to stay proactive and stay on top of your heart health.

Lifestyle changes:

- Stop smoking
- Choose good nutrition
- Lower high blood cholesterol
- Lower high blood pressure
- Be physically active
- Aim for healthy weight
- Manage diabetes
- Get enough sleep
- Reduce stress
- Limit alcohol

www.heart.org

Symptoms of a heart attack for women:

- Chest pain, pressure, or tightness
- Nausea and vomiting
- Pain that may spread to arms, neck, jaw, or back
- Sweating and clammy skin
- Heartburn or indigestion
- Shortness of breath
- Coughing or wheezing
- Anxiety that can feel similar to a panic attack

MedicalNewsToday.com

Listen to your body and take action if you begin to experience these symptoms. It's generally better to be overly cautious when it comes to your heart.

Happy Valentine's Day!

Sincerely,

Denise Fitzsimmons

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panel discussion will include JOHN KREUZIGER, Beaver Dam Chief of Police.**



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Gysbers Jewelry Welcomes 5th Generation Owner

By Dorothy Bliskey



As the New Year begins, there's also a new beginning at Gysbers Jewelry store in downtown Waupun.

Maggie (Gysbers) Shell will become the 5th generation of the family to step in as owner. Her mother, Kate Bresser -- the most recent family owner -- will continue to work alongside Maggie full-time, but with a more flexible schedule.

"If I want to take an extra day off, leave early or take a vacation I'm now able to do so," Kate said.

The store has an impressive history. It has operated for 150 years under five generations of the same family. Ernest Doering, Maggie's great, great grandfather, started the jewelry store in 1874 in Waterloo, Wisconsin. At that point, it was known as Doering Jewelry.

In 1912, the jewelry store was relocated to 305 E. Main Street in Waupun and has operated continuously at that location ever since.

The family also had stores in Racine and Green Bay. In the early 1900s, Maggie's great grandmother Olga Doering ran the stores, starting at age 16. As the 2nd generation owner, Olga went on to marry Myron Gysbers and renamed the stores Gysbers Jewelry.

From the 1940s to the 1970s, Olga and Myron Gysbers, operated Gysbers Jewelry store in Fond du Lac.

In 1954, after college, John Gysbers, Maggie's grandfather, began working at the Waupun store. He took the helm as the 3rd generation owner in 1960.

"Many people will fondly remember my grandfather, John, teaching piano out of the store," Maggie said.

In 1979, Kate Bresser joined her father John Gysbers at the Waupun store. She became the 4th generation owner in 1992.

As Maggie takes on ownership as the 5th generation, she looks forward to continuing the family heritage. She is motivated by family members who have paved the way in the jewelry business for 150 years.

"Keeping our family history alive is extremely important to me," Maggie said. "I don't know another business that has been in business as long as we have been."

Maggie's inspiration was watching her Grandpa John and her mother, Kate, operate the store. "Growing up in the store, I loved spending time there, watching my grandpa," Maggie said, noting her grandparents lived above the store for many years.

"It was always so much fun to go upstairs, have lunch with my grandma and then come back down to see my mom. Watching my mom work so hard her whole life to provide for our family and continuously give back to the community is motivating."



Maggie began working at Gysbers 10 years ago after earning a Bachelors Degree in Communications from Marian University. She and her husband have three children, ages 2, 5 and 8 years old. While it's too soon to predict a 6th generation owner – or even to envision any of her children getting into the jewelry business -- Maggie says she would love to see any of them involved in some capacity.

Products and Services

Gysbers Jewelry carries a wide array of high quality jewelry. Customers step inside to an old world atmosphere, with sparkling diamonds and other jewelry displayed in exquisite cases – including original side cases standing 8 feet tall and dating back to the 1800s when the store was in its infancy.

Among their product line, most jewelry is comprised of 14 karat gold, 10 karat gold and sterling silver. Shoppers can choose from engagement rings, wedding rings, anniversary rings, men's wedding bands, earrings, bracelets, chains, pendants and more.

When it comes to pride in their jewelry, the EverLink Collection that Kate personally designed 15 years ago stands out.

"I had a lot of people asking for something more sentimental for family members," Kate said. "They were coming in with their grandparent's jewelry and wanting to do something with it. People wanted something to link each other to another person or a group of people, so I created the EverLink line."

"Each EverLink design contains links symbolizing the strength of a bond of family and friendship," Kate said, noting that diamonds or birthstones can be added to make each piece truly unique, whether it's a ring, necklace, bracelet or earrings.

Maggie and Kate do all the buying for the store, including the loose diamonds.

"We go to several shows a year to purchase the majority of our inventory," Maggie said. "We also buy from salesmen that stop into the store. Our diamonds originate from all over the world."

"My mother and I hand-select each piece. We don't have an outside buying group telling us what to buy. With that freedom, we are able to select pieces we know our customers will love. We look at the craftsmanship of the pieces and sell what we know will last."

Gysbers provides all in-house repairs with a master bench jeweler and custom designer, Scott Freber. Maggie's sister, Claire, also works part time doing repair work when she's not busy teaching.

Many factors led to Maggie's desire to become the next family owner. Keeping the family heritage alive is a main factor, but her passion for helping people is also in her DNA.

"I love helping people with their jewelry decisions, especially engagement rings," Maggie said. "It's so special to be a small part in someone's life like that. Seeing generation after generation come in to buy engagement rings and other pieces is inspirational."

"We've seen three generations of families enter our store to buy their engagement rings. "We are so humbled by that."



*Left: Gysbers Jewelry, mother Kate with daughter Maggie.
Above: An early photo of Gysbers Jewelry in Waupun.
Below: Maggie inspects a diamond.*





Eat Like a Champ, Feel Like a Star

By Dr. Stephanie Tyjeski

Last month we discussed the importance of knowing what type of weight you are losing...fat, muscle or water. This month we will be discussing how to boost your metabolism to help you lose fat. When it comes to revving up your metabolism, the key lies in fueling your body with a well-balanced diet that includes carbohydrates, fats, and proteins. These three nutrients are considered macronutrients since your body can't survive without them. Each of these macronutrients plays a vital role in energy production, muscle maintenance, and overall metabolic health. Striking the right balance can help your body function efficiently, burn calories effectively, and sustain long-term energy.

Carbohydrates: The Primary Energy Source

Carbohydrates are your body's quick source of energy. They are easily broken down into glucose (energy), which fuels your cells and powers your daily activities. There are two different types of carbohydrates; complex and simple.

- Complex carbohydrates, such as whole grains (oatmeal, quinoa, brown rice), vegetables, and legumes, are a good source of fiber and provide a steady release of energy, keeping your metabolism active throughout the day. They are also a good source of fiber, which supports digestion and prevents blood sugar spikes that can lead to energy crashes.
- Simple carbohydrates are found in flavored yogurts, cookies, white bread, fruit juice, and soda just to name a few. The body can quickly break these down for rapid energy, but it also causes a rapid rise in blood sugar levels and then crashes. That causes energy fluctuations and cravings.

When looking at a food label, I like to compare dietary fiber to the amount of sugar. If there is a high amount of fiber and a low amount of sugar, you are most likely making a good choice in your carbohydrates.

Fats: Essential for Hormonal Health

Despite their bad reputation, fats are essential for maintaining a healthy metabolism. They play a critical role in hormone production, including those that regulate metabolism, like thyroid hormones. Healthy fats found in avocados, nuts, seeds, and olive oil can provide a longer-lasting energy source since it takes a longer amount of time to break down fat for fuel. Incorporating moderate amounts of these fats into your diet helps keep your metabolism balanced and your energy levels stable.

Proteins: The Building Blocks of Muscle

Proteins are crucial for muscle repair and growth, which directly impacts your metabolic rate. Muscle tissue burns more

calories than fat, even at rest, so preserving and building muscle is essential for a faster metabolism. Including lean protein sources, such as chicken, fish, beans, and eggs, ensures that your body has the amino acids it needs to repair tissues and support metabolic functions. Additionally, protein has a higher thermic effect compared to carbs and fats, meaning your body burns more calories digesting protein-rich foods.

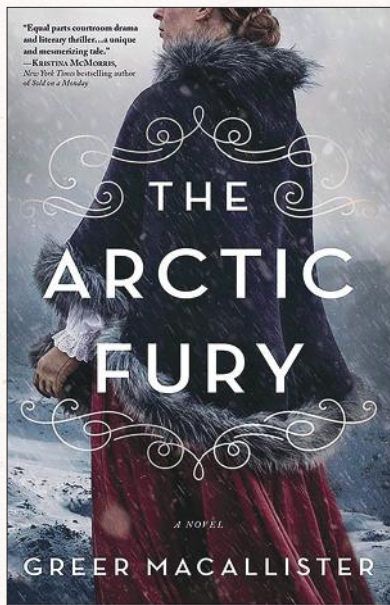
How do you know how much fat, carbs, and protein you should be eating daily specifically for your body? **We have an app for that.** Our LifeBase app tells you exactly how much fat, carbs, and protein you need for your body as well as when you should be eating. The app has you eating 3 meals per day with 2 to 3 snacks in between. Eating small, frequent meals throughout the day can also help keep your metabolism active, as can staying hydrated and engaging in regular physical activity. The app also allows you to log your food to easily reach your goals for the day. By logging your food, you can see if what you are eating is helping or hurting you. You also know if you are eating the appropriate amounts of healthy food. This app takes all the guesswork out of boosting your metabolism.

We've been told in order to lose weight, you must eat less. Starving yourself is never the answer. Science has even proven it to be a metabolism killer. By nourishing your body with a balanced diet of carbs, fats, and proteins, you provide the foundation for a healthy, efficient metabolism. Embrace this approach as part of a sustainable lifestyle, and you'll enjoy better energy, improved metabolic health, and a more vibrant life.

Join me and Dr. Josh at our FREE Wellness Class as we dive deeper into boosting your metabolism to achieve a healthier you. Dr. Josh has personally used this method to lose weight and will be there to bring some insight on how the LifeBase app helped in reaching his health goals. Bring your questions and get ready to learn! **Please join us at our Beaver Dam location for this FREE class on Tuesday, February 18th 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 at Tyjeski Family Chiropractic and Wellness Center where she offers personalized nutritional counseling.



Reviewed by Sarah Cournoyer,
Library Administrator, Beaver Dam
Community Library

A historical novel told from multiple perspectives, *The Arctic Fury* was hard to put down. If you've ever imagined yourself an intrepid explorer braving the cold northern climes, this might be a book for you. Especially if you like thrillers. Especially if you like spunky heroines. Especially if you want to know why the leader of a secret all-female expedition is on trial for murder.

The story moves back and forth through time from courtroom through the journey, exploring the mystery of how a dozen women set off on a search for a missing expedition and why some of them didn't come back. From Boston to the Arctic, this story takes the reader on a voyage with a strong heroine, blending adventure, mystery, and historical elements in a dark but hopeful way.

Midwestern author Greer Macallister used the true story of Lady Jane Franklin's attempts to find her husband, Captain Sir John Franklin's lost 1845 polar expedition, to explore courage, fortitude, hope, and the lengths people will go to survive.

Read-alikes include *Everything She Didn't Say* by Jane Kirkpatrick (2018); *Maude Horton's Glorious Revenge* by Lizzie Pook (2024); and *To The Bright Edge of the World* by Eowyn Ivey (2016).

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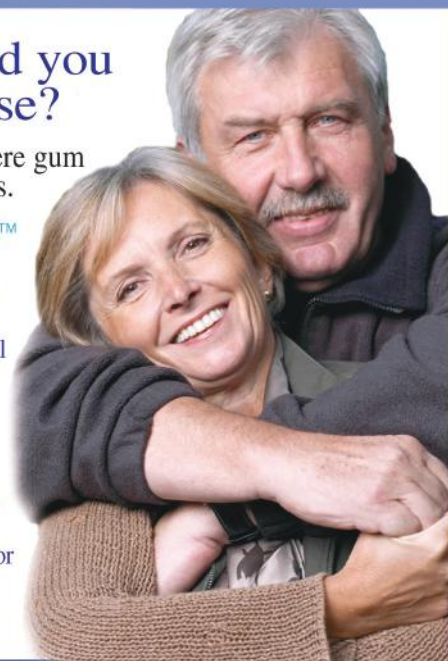
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CELEBRATING
**BLACK
HISTORY
MONTH**
FEBRUARY

By Ashley Posthuma

As you may know, February is Black History Month. A week-long celebration began as a grassroots event all the way back in 1915, when the second week of February was chosen to coincide with the birthdays of former president Abraham Lincoln and abolitionist Frederick Douglass. The event began to catch on over time, and during the civil rights movement in the 1960s, it became an entire month. President Gerald Ford officially recognized Black History Month as a national celebration in 1976, deeming it a time for Americans to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

While pop culture is great at celebrating notable figures like Martin Luther King Jr., Jackie Robinson, and others, the women are often less recognized for their work, although it has been no less important. Let’s take a look at the lives and achievements of only a handful of the many strong Black women who have existed throughout history, making contributions to society, Black culture, and for women everywhere.



Coretta Scott King. She first met her husband, Martin Luther King Jr., while the two were both students in Boston, Massachusetts. They married in 1953, and Coretta embraced the life of being a pastor’s wife. She also carved her own legacy as a civil rights activist, working side-by-side with her husband throughout the 1950’s and 60’s. She participated in the

Montgomery Bus Boycott, visited Ghana for their celebration of independence, visited India as well, and acted as one of the forces behind the 1964 Civil Rights Act. After her husband was assassinated, Coretta founded and led the Martin Luther King Jr. Center for Nonviolent Social Change. Her trailblazing legacy was

on full display at her funeral in 2006, when over 14,000 people attended. If you want to learn more about the life and accomplishments of Coretta Scott King, she wrote an autobiography in 1969 titled *My Life with Martin Luther King, Jr.*



Josephine Baker. The life of Josephine Baker, while less well-known than others, was at times, upsetting, triumphant, and immensely exciting. Josephine was born in St. Louis in 1906. With parents who were both adjacent to the entertainment industry, Josephine knew she wanted to become a dancer. She worked her way up and toured the country with a dancing group

for several years, but in 1925 she traveled to France, which is where her career took off. She became one of the most popular and highest-paid performers in all of Europe, with notable fans like Pablo Picasso and Ernest Hemingway. Eventually, she tried coming back to the United States in 1936 but was met with racism and hostility.

She returned to France, and when World War II began, she worked for the Red Cross in France—but she was much more than someone who performed for the troops. Josephine was enlisted by the French Resistance, smuggling hidden messages in her sheet music. For her bravery, Josephine was awarded two of France’s highest military honors at the end of the war. During the 1950s, Josephine traveled back to the United States to participate in the Civil Rights Movement. She knew that no one—regardless of fame or status—should be treated the way she was when she had first come back to her home country so many years ago. In recognition of her efforts, the NAACP eventually named May 20th “Josephine Baker Day.”



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Wangari Maathai. While this name may not be as familiar as others on the list, it deserves a spot all the same. Wangari Maathai was the first Black African woman to win a Nobel Prize, which she was awarded in 2004. Wangari was born in Kenya and educated at Kansas' Benedictine College (known as Mount St. Scholastica College at that time) before returning to Africa. In 1971, she earned a PhD at the University of Nairobi,

becoming the first woman in East or Central Africa to earn a doctorate. She began teaching on veterinary anatomy at the University of Nairobi, eventually becoming the chair of her department. While working with the National Council of Women of Kenya, Wangari had an idea: village women should be planting trees. This would provide a fuel source, slow deforestation, and improve the environment. She founded the Green Belt Movement in 1977, and by the early 2000s the organization had planted over 30 million trees. She worked to educate world leaders about conservation and environmental improvement, and these ideas caught on across Africa in countries like Tanzania, Ethiopia, and Zimbabwe.

She also leveraged her platform to champion democracy in Africa, human rights, and women's rights. After serving in several roles, she was eventually elected to Kenya's National Assembly in 2002 with 98% of the vote. She continued on to serve as the assistant minister of environment, natural resources, and wildlife as well. For her efforts in improving local communities and thus creating a mass effect across the country and beyond, Wangari was awarded the Nobel Prize for Peace in 2004. Upon her passing in 2011, memorial ceremonies were held in Kenya, New York, San Francisco, and London.



Viola Davis. While there have been many Black women who have shaped history, it's important to acknowledge those today who are still working to do so. One of these women is Viola Davis, an actress you may recognize from the TV show *How to Get Away with Murder* or movies like *The Help*, *Fences*, and *Ender's Game*. Viola was born to a poor family in Rhode Island, but she became involved in local theater before

eventually clawing her way to attend the Julliard School of Performing Arts. After beginning her career by making guest appearances on shows like *Law & Order* and starring on Broadway, Davis began performing in larger roles. In 2015, she became the first African American performer to win an Emmy for Outstanding Lead Actress in a Drama Series for *How to Get Away with Murder*. She went on to eventually win an EGOT, which is a highly sought-after achievement within the acting community. It means winning an Emmy, Grammy, Oscar, and Tony award.

In 2011, Viola and her husband Julius Tennon co-founded their own production company with the goal of developing and producing independent films, television, theater, and digital projects. Their goal is to provide opportunities for artists from underrepresented communities. The production company has been credited with increasing representation in film and TV, making the entertainment industry more accessible to a broader community. If you're interested in learning more about Viola Davis' fascinating life story, I recommend reading her autobiography, *Finding Me*.

Women of all races and ethnicities have been shaping history forever, whether or not it has been formally recognized. From Josephine Baker finding power in her performance in the early 1920s to Coretta Scott King fighting for social justice alongside her husband to Wangari Maathai's fight for the environment to Viola Davis' groundbreaking work in entertainment today, it's clear that Black women have been doing their part to change the landscape for everyone around them. Black History Month is a great opportunity to celebrate and recognize the achievements, resilience, and contributions of Black women throughout history and today. Their legacies remind us of the importance of honoring diversity, empowering others, and continuing the fight for justice and equality for all.

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Heart Stress Tests: What Do They Show?

By Marshfield Clinic Health System

If you're experiencing chest pain or tightness, or shortness of breath, it's important to talk to your doctor. These symptoms could mean you need a heart evaluation. A test like this is called a heart stress test.

A heart stress test is one of the most common ways to evaluate your cardiovascular system and can detect heart disease. Three basic types of stress tests are used.

- Treadmill exercise test: Measures your heart performance while exercising on a treadmill. If a patient cannot exercise, alternative methods including medications are used to reach the same effect.
- Stress echocardiography: Ultrasound imaging that shows how well your heart is working to pump blood through your body when "stressed" by various modalities.
- Cardiac nuclear stress test: A nuclear tracer element is delivered by IV to evaluate blood flow into the heart at rest and when subjected to "stress" by exercise or medications.

Stress test limitations

While stress tests can detect heart disease and predict the likelihood of cardiovascular problems, such as heart attacks, they do have limitations.

A stress test cannot detect blockages that do not impact blood flow to the heart muscle. It's believed the blockage has to be at least 50 percent to have an impact on the blood flow, but any percentage of plaque buildup in the arteries can rupture, leading to a heart attack.

Stress tests go back decades and are very helpful in determining if a patient's symptoms are related to significant blockages. Their results, while generally reliable and very useful in both the diagnosis and the prognosis of heart disease, can sometimes be misleading.

Like any other medical test, the results of a stress test need to be placed in the clinical context of a particular patient, which needs to be explained by a doctor. Stress tests can be unreliable in predicting disease, especially in certain areas of the heart muscle.

Despite its limitations, if stress test results are normal, especially after exercise, the likelihood of that patient devel-

oping significant cardiovascular problems in the next few years is low.

Next step: Angiography

If a stress test indicates an abnormality and the risk of heart disease is thought to be high, an angiography is recommended and usually performed.

A long, thin tube called a catheter is threaded through blood vessels to the heart, commonly inserted through the wrist blood vessels, or if that is not possible groin blood vessels may be used. Using a special dye, doctors can see the location and severity of the blockages very precisely. Depending on the severity of the blockages, they can potentially be treated at the same time. This is usually done for people who are in the midst of having a heart attack or who have severe symptoms that have not been alleviated by medications alone.

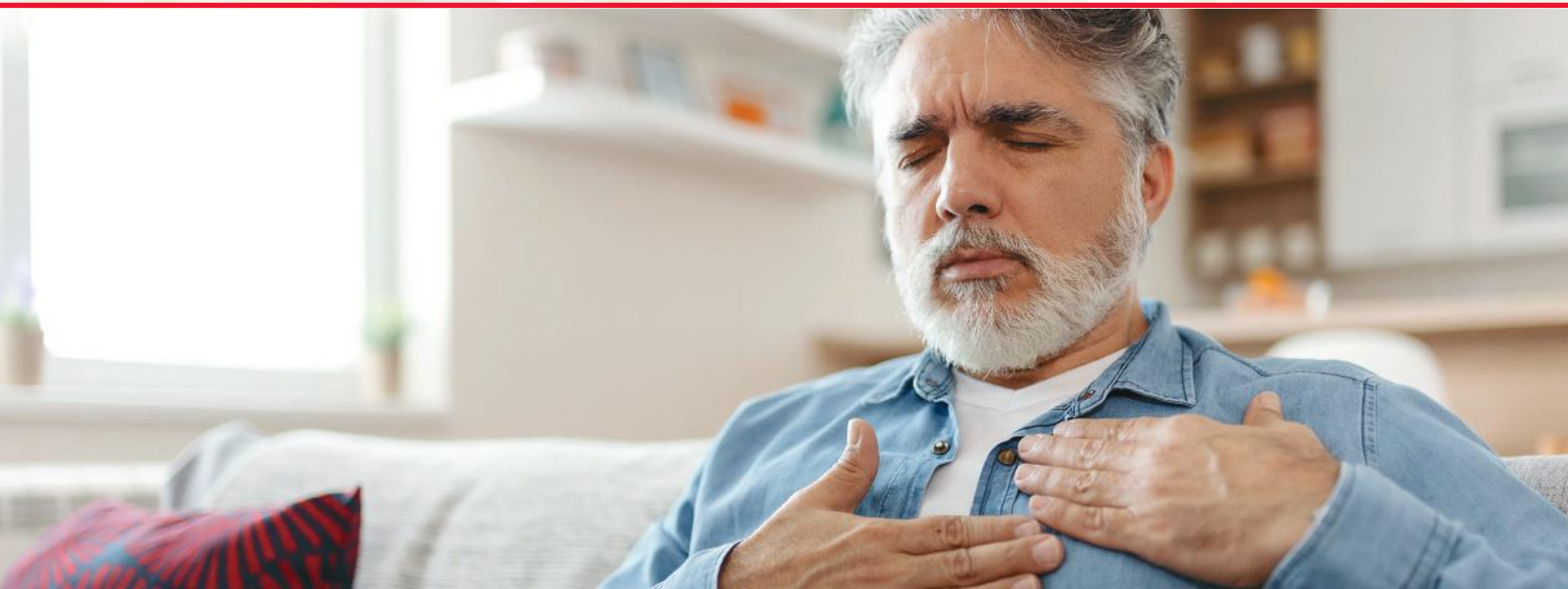
Another less invasive alternative to quantify the severity of blockage disease is what's called a coronary CT angiography. Doctors can take images of blood vessels using X-ray techniques instead of placing a catheter in the heart. While this can be a good option for some patients, especially those who are low-risk, the presence of significant blockages will need to be confirmed by an invasive catheter angiography.

Heart health

The most important thing you can do to avoid heart issues is prevent blocked arteries in the first place. A healthy lifestyle is critical and the most straightforward way to avoid heart disease to start with. That includes a healthy diet and regular exercise.

It's also important to establish a primary care doctor and regularly check your blood pressure, cholesterol levels, risk of diabetes, and make every effort to quit smoking if you have a tobacco addiction.

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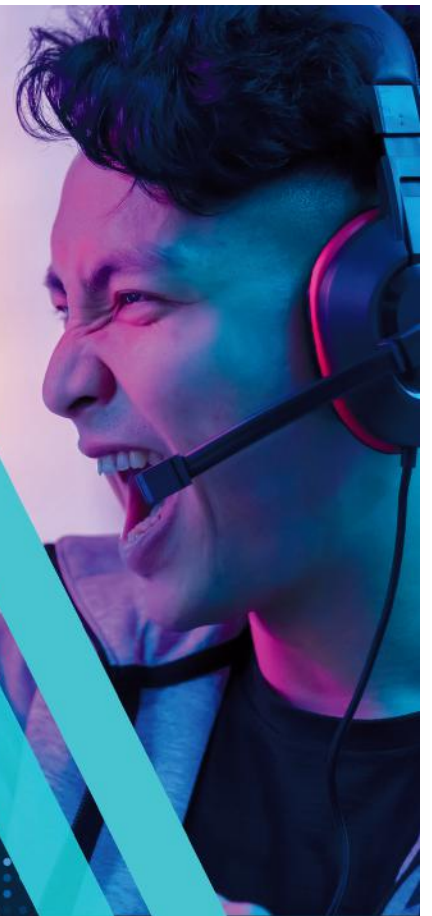
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First Baby of 2025 at Prairie Ridge Health

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

January 1, 2025 will always be a special memory for the family of Adalynn Litman, first baby of the year, at Prairie Ridge Health in Columbus. But not just because she was the first baby born at the hospital in the new year. Adalynn now shares this honor with two other family members.

“My original due date was Jan. 9,” said Ashlynn Trawitzki, Adalynn’s mom. “I never expected it.”

As Ashlynn’s due date approached, Amy Hubred, Adalynn’s grandmother, was reminded by family members that she was the first baby of the year born at Columbus Community Hospital on January 3 in 1982. “I had

forgotten all about it,” said Hubred. “I called my mom to verify, and she had the newspaper clipping.”

In addition, Hubred’s sister, April, was also a first baby of the year born on January 13 at Columbus Hospital in 1975, then located on Highway 16 in Columbus where the Santa Maria Apartments now stand.

Of the three, Adalynn was the closest to being born to the new year, arriving Jan. 1, 2025 at 3:52 a.m. She was 6 lbs. 7 oz. and 21 inches long.

“We are excited about it. Now on her birthday every year, we can have a big celebration,” said Ashlynn, who has an October birthday.



Pictured left to right: Hoc Litman and Ashlynn Trawitzki, parents of Adalynn, the first baby of the year at Prairie Ridge Health in 2025 and Amy Hubred, grandmother of Adalynn, the first baby of the year at Columbus Community Hospital in 1982.



Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is celebrated annually on February 14. It originated as a Christian feast day honoring a martyr named Valentine, and through later folk traditions it has also become a significant cultural, religious and commercial celebration of romance and love in many regions of the world.

There are a number of martyrdom stories associated with various Saint Valentines connected to February 14, including an account of the imprisonment of Saint Valentine of Rome for ministering to Christians persecuted under the Roman Empire in the third century. According to an early tradition, Saint Valentine restored sight to the blind daughter of his jailer. Numerous later additions to the legend have better related it to the theme of love: tradition maintains that Saint Valentine performed weddings for Christian soldiers who were forbidden to marry by the Roman emperor; an 18th-century embellishment to the legend claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.



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1 Tbsp. coconut oil
1 yellow onion, chopped
2 red bell peppers, chopped
1 large carrot, cut into thin 2"-long pieces
2 cloves garlic, minced
1 Tbsp. curry powder
1/2 tsp. cayenne pepper
Kosher salt
2 (13.5-oz.) cans coconut milk (shaken well)
3 cups Swanson Chicken Broth
2 cups shredded rotisserie chicken
1/3 cup chopped fresh cilantro, plus more for garnish
2 package ramen noodles, reserve seasoning for another use
Lime wedges, for serving

Directions

- In a large pot over medium heat, heat coconut oil. Add onion, bell pepper, and carrots and cook until tender, 6 to 8 minutes. Add garlic and stir until fragrant, 1 minute. Add curry powder and cayenne and season with salt. Stir until combined.
- Pour over coconut milk and chicken broth and bring to a simmer. Add ramen noodles and allow the noodles to soften and separate. Add shredded chicken, cilantro, and continue to cook until noodles are al dente.
- Garnish with cilantro and serve with lime.



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The library's mission is to transform lives and strengthen our community by opening doors to lifelong learning, the exploration of new ideas, and the preservation of the past. Now the library is being transformed!

The Next Chapter fundraising campaign launched in April 2024 for the Beaver Dam Community Library's interior renovation. To date the fundraising committee has raised over \$600,000 from individuals, families, trusts, and foundations through a wide-ranging campaign using social media, informational and community events, and direct outreach.

The project, in planning since early 2018, is now in the design phase with construction expected to begin in mid-2025 and anticipated completion late 2025 to early 2026. The Library Board of Trustees is working with Plunkett-Raysich Architects, LLP, and WDS Construction to bring the project to fruition. The Library Board has committed funding of over \$1 million in earnings from the endowment fund towards the project. While the City of Beaver Dam funded a \$1.2 million capital improvement project in 2023-24 to replace the clerestory windows and roof, helping to ensure the integrity of the building.

Goals of the renovation include increased accessibility with a new main entrance directly off the parking lot, an improved lobby, and new universal and updated restrooms. Other project

components include adding study and meeting rooms; a comfortable reading room with fireplace; an enhanced Children's Area with play space; a lower-level community room with better climate control, kitchenette, and fully accessible family restroom; construction of a patio space for outdoor programming and reading; and reconfiguration of the staff area.

With a total project price tag over \$2 million dollars, additional donations are welcome. In fact, community support was instrumental in the construction of this library in 1984, and we are pleased to recognize the community support we've received to date for the Next Chapter renovation. A full list of donors is available on the Giving page of the library's website. We invite you to become a part of the story!

To donate or to learn more, visit the Giving page at beaverdamlibrary.org, contact Sarah Cournoyer, Library Administrator, at (920) 306-5202 or email giving@beaverdamlibrary.org.

To give a gift online, visit the Beaver Dam Area Community Foundation at fdlareafoundation.com/donate and select Beaver Dam Library Fund from the drop down menu. For more information about the Beaver Dam Area Community Foundation, please visit <http://www.beaverdamacf.com> or contact Tom Heffron, President, at bdtoyman@gmail.com or 920-763-2618.

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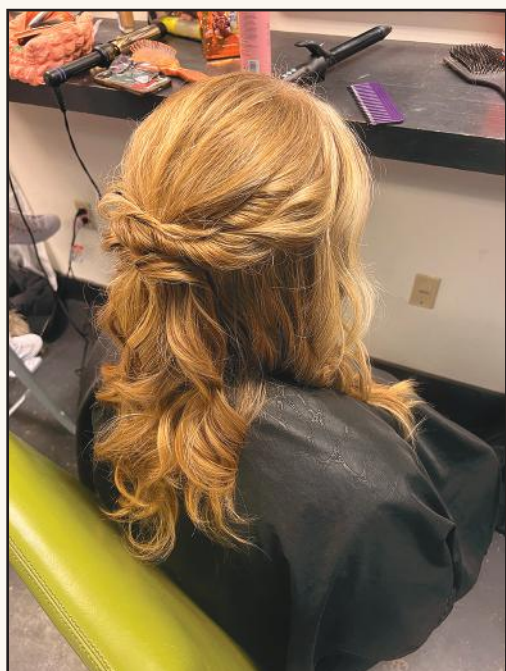




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Shopping for Your Wedding Dress: Dos and Don'ts to Find "The One"

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

Shopping for your wedding dress is a once-in-a-lifetime experience that every bride dreams about. The process can be overwhelming for some if you're not prepared. To help make this journey enjoyable and stress-free, here are some essential dos and don'ts from the stylists at Sandra D's Bridal Boutique to keep in mind while searching for "the one."

DO Start Early

Wedding dresses often take several months to order and require time for fittings and alterations. Start shopping at least 9-12 months before your wedding date to ensure you have ample time to find your dream dress and make necessary alterations. For those short engagements, do not fear! We are here to help! Gowns can be purchased off-the-rack and there are times when designers may have dresses in stock for quick turnaround.

DO Research while Keeping an Open Mind

Come prepared to your appointment by having a vision of your wedding look or create a Pinterest board of your favorite wedding dress photos to show your stylist. This will help narrow down your options and make the appointment more productive. On the other hand, while it's great to have a vision, be open to trying on styles you may not have initially considered. Sometimes, the dress you least expect can turn out to be the one that makes you feel like a bride!

DON'T Forget Your Budget

Establish a budget before shopping so you can discuss your price range with your stylist to avoid falling in love with a dress that's out of reach. Remember to account for alterations, accessories, and undergarments in your overall budget.

DO Invite a Trusted Friend or Family Member to Come With

Bringing along someone who knows your style and tastes can be helpful, but be sure to limit the number of people to avoid too many opinions. Too many voices can make decision-making more difficult. Bring people along who are going to support you and your vision for your wedding. If you prefer to shop by yourself, that works too! No matter who you bring, the stylists at Sandra D's Bridal Boutique will support you throughout the entire process.

DON'T Try On Too Many Dresses

It's easy to feel overwhelmed by options if you try on too many gowns. Limit yourself to 5-10 dresses per shopping trip. Trust your instincts and focus on styles that align with your vision and make you feel beautiful.

DO Wear the Right Undergarments

Wearing nude, seamless undergarments can help you visualize how a dress will look on your wedding day. Bring a strapless bra and shapewear if you plan to use them, as they can affect the fit and appearance of the gown.

DON'T Forget About Comfort

While aesthetics of a dress are important, you'll want to ensure your dress is comfortable for walking, sitting, and dancing. Consider factors like fabric weight, mobility, and whether you can wear the dress for an extended period of time.

DO Plan Ahead for Alterations

Almost every wedding dress will need some level of tailoring to achieve the perfect fit. Schedule your fittings well in advance and bring your wedding shoes and accessories to ensure a cohesive look. At Sandra D's Bridal Boutique, we offer in-house alterations. We begin the alteration process two months before the wedding.

DO Trust Your Gut

When you find the dress that makes you feel confident, radiant, and like a bride, trust your instincts. Don't second-guess yourself or feel pressured to continue shopping if you've already found "the one." At Sandra D's Bridal Boutique, we've helped a multitude of brides who said yes to their dress at their first appointment!

Shopping for your wedding dress should be an exciting and memorable experience. By keeping these dos and don'ts in mind, you'll be well on your way to finding the gown that's perfect for your special 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 three decades. Specializing in a wide selection of bridal gowns, bridesmaid dresses, prom attire, and tuxedo rentals, Sandra D's offers a personalized shopping experience to ensure every customer finds the perfect fit for their special day. With a commitment to exceptional service and timeless style, Sandra D's Bridal Boutique continues to be a cornerstone of wedding and formalwear in the community.



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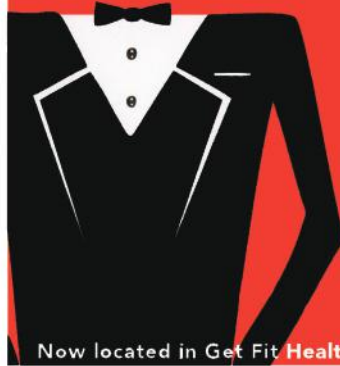
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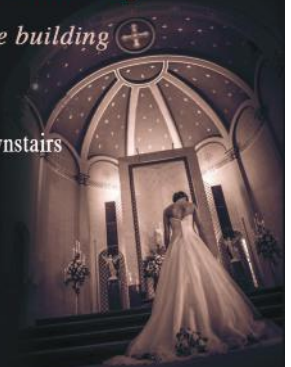
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Who Are Your Priorities and Why?

By Brian Kelm

Professionally, who impacts your wedding outcome the most?

Based on the vision, theme, and kind of experience you want to create, your answers may vary from other couples. This planning process is individual to you, unique, and should be as personalized as your love story.

There are three different things that define a wedding priority:

1. You reserved this professional earlier than others.
2. You invested (\$) a little more of your budget.
3. They have the greatest impact to deliver your wedding experience.

The must-have professionals you reserve, combined with the desired outcome you want to create is what your planning process is all about. Being a priority, starts with the people doing the work to create a tangible product or delivering an intangible experience. Without the people and their expertise, the product or service can't be delivered. All of the professionals you may do business with will be considered and reserved as time progresses based on need.

On average, there are 13-15 professionals every engaged couple will consider for their wedding experience. Your priorities are the top 1-3 professionals that have the skills, talent, and ability to deliver your wedding results. Not all wedding professionals are considered equal based on the individual outcome you are looking to create and who you feel can best create your desired results. It is perfectly okay to have different priorities than other couples and friends. Simply because you are different people with a different love story, and want something different out of your wedding experience.

Defining your priorities is best done as a couple through conversations about what you want your wedding to look and feel like - for

you, your parents, immediate families, and friends. Then, seek to find the necessary professionals who can deliver your desired wedding experience. By being on the same page as a couple, you both are heard, understood about what matters and can be in alignment with reserving the professionals you can't live without to create this experience.

Once you have your top three priority professionals, your foundation has a firm base to build on with other professionals working together to create a personalized timeline with special moments that none of your guests will ever forget. Creating your personal wedding experience can be simple, productive, and filled with creativity if you adopt a "priorities first" mindset. It's a different way of thinking and looking at your professionals. It goes to the heart of what matters to you most on your wedding day and who you trust most to deliver those results for you and your families.

Questions to ask yourself to help determine your priorities:

1. Professionally, who impacts my wedding experience the most?
2. What kind of wedding experience and outcome do I want to create and why?
3. Professionally, who gives me the most value? (Experience, ideas, commitment, abilities, skills, talent, training, customer experience)

Brian Kelm is a Traveling Wedding & Corporate Master of Ceremonies, Master Certified Wedding & Event Planner, and Storyteller. He is a 30+ year wedding entertainment, planning professional, and entertainment designer that has performed all over the United States and Spain. Based in Wisconsin. Serving Anywhere.



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