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Andrea Oosterhouse owner of The Clothing Pallet, photography by Tiffany Joy Photography.

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"We have a choice every day regarding the attitude we will embrace for the day. Life is 10% what happens to you and 90% how you react to it. Our attitude is everything."

Charles Swindoll

This quote reminds me of my good friend Kris, a breast cancer survivor. Even after her diagnosis several years ago and during her journey to remission, her positive attitude is and was unwavering - a true testament to her strength.

Breast cancer is a scary diagnosis which presents a lot of unknowns, but Kris never backed down in the face of fear. Her mentality is truly a lesson for all of us.

Every day, we encounter something unplanned. If we didn't, life would get pretty boring. Sometimes these surprises are good, and sometimes they hit us like a ton of bricks. But we have the opportunity to approach everything - the good and the not so good - with a positive attitude. And with the help of family, friends and faith, we can make it through anything!

Keep my friend in mind this month and let her positivity motivate you as you move forward.

Attitude is everything, so what will you do with yours?

Sincerely,

Denise Fitzsimmons

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Welcome to The Clothing Pallet

By Andrea Oosterhouse, Ashley Posthuma



If you've ever gone shopping in downtown Waupun, you may have stepped inside The Clothing Pallet. It's a unique small business that sells discounted clothes from retailers, but it also offers so much more. The stock is constantly rotating and could include anything from home décor to pool inflatables, in addition to the clothing for men, women, and children.

This unique boutique was started by Andrea Oosterhouse and her sister Maria, and Andrea is now the sole owner. Following her passion for entrepreneurship and a love of clothing (and bargain hunting!), Andrea helped build a store that offers great prices, fun items, and even locally made treasures.

As she reflected on the path that has led her to The Clothing Pallet, Andrea has written about her journey.

I grew up learning from my Dad, who owned a business and is a true entrepreneur. I loved helping him with different projects and learned early on the value of hard work and dedication.

Later on, I became a stay-at-home mom while my children were young. During that time, we lived in Oklahoma for a couple of years. I loved exploring all the unique boutiques there, and it was during those years that the dream of owning my own store began to take shape.

Fast forward to today—I'm the owner of The Clothing Pallet, a small shop that offers a constantly changing variety of clothing, shoes, home goods, and seasonal décor. We add new items weekly, so you never know what fun finds are waiting!



I handle all the buying, organizing, displays, and day-to-day operations, and I'm thankful to have a fantastic team that helps with processing inventory, cleaning, and customer service. We're proud to offer affordable options for the whole family.

The idea for the store really took root when my sister Melissa opened Outlet 75 in Sioux Center. As she was getting it up and running, my other sister Maria and I realized that Waupun could use something similar. At the time, there was only one other clothing store in town. Since we both loved bargain shopping, we thought—why not bring that experience to our own community?

The store originally began with Maria and I as co-owners. I have since become the sole owner after Maria made the decision to step away and focus on her family and raising her young children.

The biggest challenge in running a business is definitely finding balance between work and family life. There's always something that could be done, so I'm constantly working on maintaining a healthy balance.

But the most rewarding part? Without a doubt—it's the people. Over the years, I've met so many wonderful customers and fellow business owners. As someone who's naturally more introverted, this journey has pushed me out of my comfort zone in the best ways. I feel truly blessed by the support we've received from the Waupun community. Many of our customers have been shopping with us since day one, and I'm incredibly grateful.

We love giving back, too—whether that's sponsoring teams, supporting fundraisers, donating to auctions, or showcasing other local entrepreneurs. We're proud to carry handmade earrings by Jensen Jahn and soy candles by Jessica Mueller, both made right here in Waupun.

To any woman thinking about becoming an entrepreneur—if you have a dream, go for it! Yes, it's a lot of work, but if you believe in your idea and think others will too, it's worth every bit of the effort.

Before owning a small business, I didn't realize how much heart and dedication goes into these shops. So if you ever have the choice to shop local instead of online, I encourage you to give it a try! Waupun and the surrounding communities are full of amazing small businesses that would love to see you walk through the door.





Hormones: The Tiny Drama Queens of Your Body (and How to Keep Them Chill)

All people of all ages and sexes have hormones. So don't tune out here if you are not menopausal. This is still about you.

By Dr. Stephanie Tyjeski

Let's talk about hormones — those microscopic puppeteers that control your mood, appetite, sleep, sex drive, and whether or not you cry during baby commercials. These tiny chemical messengers are powerful. One moment you're calm and focused, the next you're rage-eating peanut butter from the jar while Googling "why do I hate everyone?" Spoiler alert: it's hormones.

Now, don't panic. You don't need to enroll in med school or live in a zen monastery to tame the hormonal beasts. There are natural ways to keep your hormones balanced without turning your life into a never-ending cleanse or becoming one with kale.

1. Sleep Like a Sloth

Hormones throw tantrums when you don't sleep. Cortisol (your stress hormone) spikes and insulin throws a fit causing those sugar cravings and that mid afternoon slump to hit hard. Your melatonin gives up and goes home making it even harder for you to fall asleep. Aim for 7–9 hours a night, preferably horizontal and not while scrolling conspiracy theories in bed. The blue light from our electronic devices can interfere with melatonin (our sleep hormone) so instead of scrolling, read a book or listen to guided meditation before falling asleep. It is recommended to be off all electronic devices at least 1 hour before bed.

2. Eat Like Your Ancestors (the Non-Caveman Ones)

Whole foods = happy hormones. Veggies, fruits, healthy fats, and protein help support your endocrine (hormone) system. Ultra-processed junk, on the other hand, is basically hormonal sabotage. It's like feeding your brain a sugar-laced betrayal smoothie. Ultra-processed foods include instant noodles, frozen meals, soda, cheetos, mac 'n cheese, and white bread just to name a few. Basically anything not made directly from whole actual food is considered processed.

3. Move It, Don't Lose It

Exercise is hormone gold. It boosts serotonin (happy hormone), regulates insulin (decreasing hunger and

improving energy), and helps balance estrogen and testosterone. You don't need to run marathons. A brisk walk or some chaotic dancing in your kitchen counts — just don't pull a hamstring trying to recreate a Beyoncé routine. Shoot for 30 minutes at least 5 times a week. Exercise at this rate also helps to increase the amount of good sleep you are getting so you can check off 1 and 3 on this list easily.

4. Stress Less (Yeah, Easier Said Than Done)

Chronic stress turns your body into a cortisol (stress hormone) amusement park. Meditation, journaling, or screaming into a pillow (with dignity!) can help. Also, say no to things that drain you — like Karen's 3-hour brunch about her cat's gluten-free diet. Eliminate the stress you can and learn how to manage the stress you can't. If you have a stressful event coming up, make sure to schedule in time to relax and do your de-stress activity before and after your activity. Your body and mind will thank you.

5. Don't Ghost Your Gut

Your gut and hormones are in a complicated relationship. Probiotics, fiber, and fermented foods like yogurt, kimchi, or that mysterious sauerkraut in the back of your fridge can help. Your gut bacteria are basically tiny hormonal life coaches. The more diverse your gut bacteria is, the better your hormones are regulated. This is mainly due to the gut-brain axis which is the communication between the brain and your gut. They affect each other to the point that if one is unhealthy, the other will automatically be as well.

In Conclusion...

Your hormones are like a hormonal boy band — each with their own personality, drama, and need for attention. Keep them balanced with sleep, movement, real food, and a good laugh. After all, laughter might not be a hormone, but it does confuse the heck out of cortisol.

Now go drink some water, take a walk, and tell your hormones to calm down. They'll thank you — eventually.

Join me at our FREE Wellness Class where we'll put your hormones under a microscope to really help you understand how to manage them. **Please join us at our Beaver Dam location for this FREE class on Tuesday, October 21st 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.

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Fall Fest in Beaver Dam Has it All!

By Dorothy Bliskey

Thrilling casket races, a wickedly fun Witches' Dance and a Kids' Costume Parade are just some of the highlights at the 8th annual Fall Downtown Fest in Beaver Dam on Saturday, October 25 from 10-4pm. While the day is filled with many free family-friendly activities that children will enjoy, a Monster Bar Crawl extends the fun for adults from 5-11pm at downtown participating pubs.

"The overall theme is a festive, playful Halloween-fall celebration – a blend of macabre fun, community creativity, and seasonal charm," said Shannon Koele of the Beaver Dam Chamber & Visitor Center. The organization, in collaboration with Downtown Beaver Dam Inc, organizes and manages the event. "We invite all ages to come and enjoy a hauntingly good time in downtown Beaver Dam," Koele said, noting that last year's event attracted 7,000 attendees. Many volunteers help to make it a success.

Attendees can stroll through the Vendor Market from 9am-2pm to purchase a variety of handmade crafts, unique treasures, and seasonal goodies at the Watermark or experience a world of intrigue at the Chamber of Mystery from 10am-3pm, located at the Beaver Dam Chamber & Visitor Center.

When hunger strikes, food trucks will be on site to please any pallet. Festival-goers can also wander into any downtown restaurant or pub, many offering festival specials. Witches Stew, created by local chefs, will be available at Ooga Brewing Co. The stew is a favorite fundraiser by Beaver Dam's Red Line Blue Line Hockey Club.

Children's activities

The chance to Trick or Treat is any child's dream-come-true, with many downtown businesses and organizations offering treats from 10am--3pm. The Trick-or-Treat extravaganza transforms the heart of the city into a thrilling Halloween wonderland, with scarecrows lining the streets and businesses offering tasty treats and a mega dose of Halloween spirit.

Kids have a chance to enter the costume contest and costume parade, the pumpkin decorating contest, and creepy doll contest. Other activities include art making, pumpkin bowling, scavenger hunts, a bounce house, a pony cycle experience, Pumpkin Tik Tac Toe and many more fall-themed activities.

The Grand Procession

The Grand Procession is the kick-off to the heart-pounding Casket Races. The half-hour parade begins at 1pm on South Spring Street and is highlighted by the spellbinding Witches Dance performance and the costumed casket race teams. The Casket Races begin immediately following the Grand Procession at 1:30.

Casket Races

The adrenalin-pumping Casket Races, which first became part of the festival four years ago, are bracketed and done in heats, with two caskets racing side-by-side. All caskets must meet certain specifications and are inspected the day of the race. Each casket race team consists of five people – one in the "drivers' seat" and four people manually pushing the casket – all dressed in costume with a team theme and the rider wearing a helmet.

The fastest casket in the race earns the top prize of \$1,000, followed by \$500 for 2nd place, \$250 for 3rd and \$100 for 4th place.

Racers park their casket in a "pit" area (Ooga Brewing Co. parking lot) and votes are collected before and during the races for \$1 per ticket/vote. The most votes will determine which casket team gets the People's Choice Award for team spirit and creativity.

New this year is entertainment between heats including the inflatable costume races, held before the casket races. The top individuals will move on for the final "winning" race, with the grand finals during one of the casket race heats.

"The majority of our casket race teams are businesses and organizations, making for a great team-building and bonding activity," Koele said, adding that the event grew from 7 caskets the first year to 15 last year.

"We have seen casket themes from lumberjacks to aliens, and Snow White and the Seven Dwarfs to Toy Story, and Super Mario Kart to Day of the Dead," Koele said, noting the casket race registration deadline is October 11.

The casket races were added four years ago when the planning committee was searching for new and fresh activities to add to the festival.

"Jonas Zahn, a past committee member and owner of Northwoods Casket Company, had a large part in helping with the casket races – from writing the rules, dimension and specs of the caskets to offering casket kits and parts at a reasonable price," Koele said. "He still remains as an advisor to the committee."

The Witches Dance

Area people wanting to grab their brooms and don a witches' costume have signed up to dance in the Witches Dance performance, with practices being hosted and organized by Dance Now! Studio. The hypnotic dance is performed on South Spring Street as a group who learned synchronized dance steps together ahead of time. The captivating performance occurs at 10am and again immediately following the festival's Grand Procession. (A video of the past Witches Dance performance can be viewed at www.visitbeaverdam.com.)

"The Witches Dance Performance promises to enchant and captivate audiences with its mesmerizing display of talent and mysticism," Koele said. "The public is warmly invited to be a part of this magical experience. Whether you're a seasoned dancer or someone simply curious about the world of performance art, the Witches Dance Performance welcomes you with open arms."

Monster Bar Crawl

As the daytime portion of the festival ends, the Monster Bar Crawl begins. From 5-11 pm, participating businesses welcome costumed guests. Halloween drink specials, live music, and costume contests add to the spirited fun. A Shuttle/Trolley operates to and from the Bar Crawl locations, with hours varying for opening and closing times.

"Our Fall Fest promises to be a really good time," Koele said. We have something for everyone!"

For more details, including a schedule of events and trick or treat stops, go to www.visitbeaverdam.com.



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What inspired you to start your business?

I was inspired by my family and their work ethic, which created the desire to build something of our own.

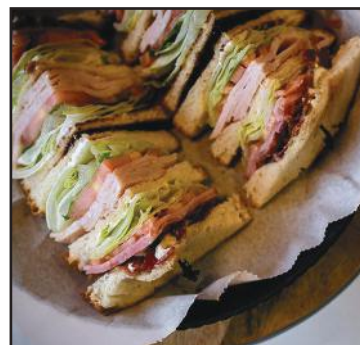
What do you specialize in?

Great bar food, such as burgers, sandwiches, Calzones, salads, appetizers, seafood, pasta, chicken, pizzas, wings, great atmosphere and exceptional service! We also serve breakfast on Saturdays and Sundays and provide outdoor seat when weather permits.

Success Stories

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Pictured - Ali Gani and Billy Jonuzi - Owners



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Why Annual Vaccinations are Essential

by Marshfield Clinic Health System

It's true that natural infection from viruses can generate some level of immunity.

Vaccines provide stronger and more durable immunity against many viruses compared with natural infection.

But should you rely on that alone and skip your vaccines if you've already been infected? The answer is a clear 'no', especially when it comes to annual vaccines that protect against influenza (flu) and COVID-19.

What is natural immunity?

Natural immunity is your body's ability to recognize and fight off infections after being exposed to a virus. It involves producing antibodies and memory cells that help defend against future infections.

While this immune response can offer some protection, it's often unpredictable and short-lived, especially for viruses that mutate frequently, like influenza and COVID-19.

Natural immunity can come at a high cost because you first have to get sick with the virus to get protected. You expose yourself to a potentially severe illness and complications like long COVID. In addition, for flu and COVID-19 we know that natural immunity will wear off within 6-12 months.

Limitations of natural immunity

Natural immunity is highly variable, meaning its strength or longevity is impacted by several factors.

- Immune responses vary. People respond differently to infections. Some may develop strong immunity, while others may not, depending on age, genetics, and overall health.
- Natural antibodies decline over time. Antibodies from natural infection from seasonal respiratory viruses often decline within months, leaving you vulnerable to reinfection.
- In some cases, natural infection can be severe. Gaining natural immunity means getting sick, which might lead to severe complications, long-term effects, hospitalization or even death.
- Natural immunity does not guarantee protection against future infections or virus mutations. Natural immunity is often specific to the strain you were infected with. It may not defend well against mutated versions of the virus.
- Vaccines offer better, more reliable protection
- Vaccines provide stronger and more durable immunity against many viruses compared with natural infection.
- Vaccines help prevent illness, without the risk. Vaccines train your immune system using inactivated or weakened virus components. This means you build protection without getting sick.
- They can be developed to target specific strains or variants. Annual vaccines, like those for flu and COVID-19, are updated to target the most current strains. Natural antibodies from past infections are likely to be less effective against different variants of the same virus.
- Vaccines offer longer-lasting protection. Vaccines are engineered to produce a more consistent and durable immune

response than natural infection.

- Vaccinations provide herd immunity. They can be administered to large populations, which helps ensure a consistent level of immunity to help protect your family, community and loved ones.

Flu and COVID-19 vaccines are tailored to the strains that are expected to be circulating. Natural antibody levels decrease over time. Vaccinations provide a controlled, safer and more effective way to develop immunity against seasonal respiratory viruses.

Why annual vaccines matter, even after infection

Even if you've had the flu or COVID-19 before, annual vaccination is still essential. Do not bank on natural immunity to protect you against future infections.

Natural immunity plays a role, but it's not enough. Annual vaccines are your best defense against serious illness, especially from viruses that mutate frequently like flu and COVID-19.

Vaccines:

- Boost your immunity. A single vaccine dose can significantly increase your neutralizing antibodies, which are key to preventing reinfection.
- Strengthen your T-cell response. Vaccines activate immune cells that help protect against severe illness and evolving virus strains.
- Keeps you protected year after year. Viruses like flu and COVID-19 change over time. Annual vaccines are updated to keep your immunity current.

Most vaccinations are available at MMC-BD Primary Care Clinics in Beaver Dam, Horicon and Waupun. To learn more or to schedule a vaccination, call 920-887-5975.

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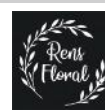
1. Denim is our number one—and for good reason. From barrel leg to classic straight, oversized jackets to timeless fits, we've got every style covered. With brands like Daze Denim, Liverpool Los Angeles, Mica, Risen, Kut from the Kloth & more you'll find both the latest trends and the classic staples you'll wear for years to come.

And because fit matters most, we take the time to find your perfect pair—bringing you as many options as it takes, and even custom ordering sizes when we can. We currently carry denim in sizes 0/23 through 16/33.

2. Elevated Basics. Elevated basics are the foundation of our brand—and your wardrobe. These are the everyday pieces done exceptionally well: t-shirts, tanks, sweatshirts, and sweaters made with high-quality fabrics, thoughtful stitching and seaming, and sustainable practices—made in the USA whenever possible.

3. Our fragrance collection is all about scent with intention—clean, unique, and unforgettable. We specialize in pheromone-based lines that are free from harsh chemicals, featuring cult-favorite Pure Love Essences (made right here in Wisconsin), Riddle Oil, and the beach-lover's favorite, True Ocean as well as the standout men's cologne line, Guy Fox. Whether you're gifting or discovering your own signature scent, our collection makes it personal.

#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
Gysbers Jewelry - 305 E. Main Street

Hoya Hop House Brewing - 514 E. Main Street
Madeline Clothing Company - 425 E. Main Street
Rens Floral - 317 E. Main Street
Stone + Suede - 417 E. Main Street
Wind & Unwined - 310 E. Main Street



Breast Cancer Screening: When to Start Mammograms

by Marshfield Clinic Health System

With different recommendations about when to start getting mammograms for breast cancer screening making the rounds, women may be wondering what to do.

If a woman has a question about when she should begin screenings, she should talk to her primary care provider. Your doctor can determine the best frequency based on cancer risk and health status.

A doctor may recommend starting breast cancer screening at an earlier age or supplemental screening in addition to mammography if a woman has any of the following risk factors for breast cancer:

- Family history of breast cancer
- Personal history of breast cancer
- Genetic predisposition
- Prior atypical breast biopsy result
- Prior chest radiation exposure due to other cancer treatments

Some women may be at an increased risk for breast cancer and certain preventive options are available for these women. Talk to your doctor about your risks, if you should consider genetic testing and if you should participate in these preventive options.

When to start mammograms

We recommend following the National Comprehensive Cancer Network (NCCN) recommendations for breast cancer screening.

According to the NCCN, average risk women greater or equal to age 40 should have a yearly screening mammogram and yearly clinical encounter, that ideally includes a clinical breast exam.

Breast cancer screening with a mammogram should continue if a woman is in good health and expected to live at least 10 more years.

However, there are many organizations that provide breast cancer screening recommendations. Your insurance and health care provider may follow other recommendations, so it may be best to talk with them before scheduling a mammogram.

It's also recommended women stay aware of changes in her breast by practicing self-breast awareness. All breast cancer starts as a small tumor. However, some eventually grow and, as the cancer grows, it can cause noticeable changes, including different appearance of the nipple, skin dimpling, breast pain or other issues.

A self-exam or clinical breast exam should not replace a mammogram. Mammograms are the most reliable way to detect breast cancer, and you should follow your doctor's screening recommendations. However, some breast cancers may first be found by self-exam rather than by mammography.

Importance of a breast cancer screening

Mammograms are one of the best preventive measures because they can help detect the cancer when it is small. Most newly diagnosed breast cancer patients don't have a family

history of breast cancer or any signs or symptoms of breast cancer.

The benefits of screening mammograms outweigh the risks. A woman is more likely to die of undetected breast cancer than she is to develop cancer caused by exposure to radiation during screening.

A mammogram is the best way to detect asymptomatic breast cancer, and technology is always improving. Many health care facilities offer 3-D mammograms, which can make it easier to find breast cancers in women, especially if they have dense breast tissue.

If you are pregnant and notice a mass or change in your breast, you can still safely get a mammogram. A shield will protect your belly from radiation.

3D Mammograms and MBI

Conventional mammograms are 2D pictures of the breast. 3D mammograms and molecular breast imaging (MBI) are advanced imaging techniques that improve the detection and treatment of breast cancer.

Breast imaging technology available at Marshfield Clinic makes it possible to find cancer more easily so women have a better chance of cure.

A radiologist can perform 3D and 2D mammograms at the same time. It takes only a few extra seconds to capture the additional image. 3D mammograms allow us to detect breast cancer when it's smaller, in an earlier stage and easier to treat.

About 10% of women get called back for more imaging after basic screening mammograms. Although 99% of patients who return for imaging don't have cancer or a breast abnormality, the experience can be stressful.

3D imaging reduces the number of patients who have to come back for additional imaging by 40%. Additionally, some women have "lumpy" breasts or breast implants that make it difficult to feel for changes. You can talk to your doctor about an MRI to take a closer look at your breast and detect any cancer.

To schedule a mammogram at Marshfield Medical Center-Beaver Dam, call 920-887-4006.



Dr. John M Eaton D.D.S., S.C. FAMILY & COSMETIC DENTISTRY

Have you been told you have gum disease?

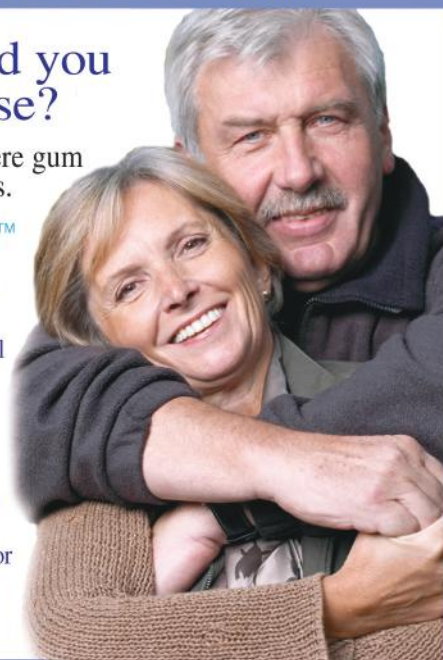
There is a Laser way to treat severe gum disease without cutting or stitches.

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

Cranberry Apple Quinoa Salad



Ingredients

1 1/2 cups water or low-sodium vegetable broth
3/4 cup tricolor quinoa, rinsed and drained
1/2 cup dried cranberries
1 large bunch curly kale (about 5 oz.), roughly chopped
2 medium unpeeled Granny Smith apples, chopped
1/4 small red onion, thinly sliced
1/3 cup toasted pecans, roughly chopped
2 oz. crumbled feta
1 Tbsp. Dijon mustard
1 Tbsp. extra-virgin olive oil
1 Tbsp. honey
Juice of 1 lemon
Pinch of crushed red pepper flakes
Freshly ground black pepper
Kosher salt

Directions

In a medium saucepan over high heat, bring water to a boil. Add quinoa and reduce heat to medium. Cover and simmer until water is absorbed and quinoa is softened, about 15 minutes. Remove from heat. Fluff with a fork, then add cranberries on top. Cover and let steam 5 minutes.

Meanwhile, place kale in a large bowl; season with 1 teaspoon salt. Massage kale with your hands to combine, about 1 minute. Add quinoa, cranberries, apples, onion, pecans, and feta to kale and toss to combine.

In a small bowl, whisk mustard, oil, honey, lemon juice, and red pepper flakes; season with salt and black pepper.

Pour dressing over salad and toss to combine.



Waupun Piggly Wiggly
100 Gateway Drive - Waupun

Our Meat Department made a Switch to a High-End Pork Product Line! Smithfield's Prime All Natural Fresh Pork. This Means: A longer Life, 20% more Tender Meat, NO artificial ingredients or hormones, and just all around better "Restaurant Quality" Pork.



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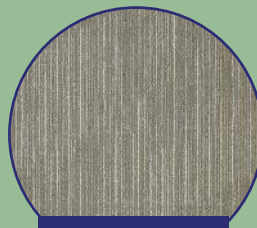
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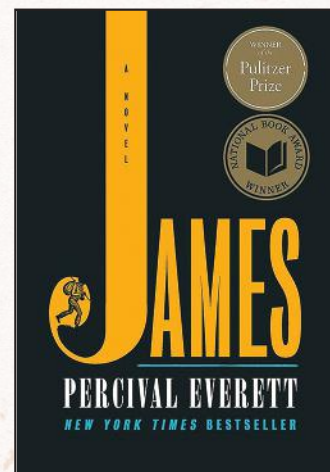


INSPIRE MAGAZINE'S makeover



Sandy and Carol came into the salon dealing with thin hair. I was able to find each of them a wig that fit their style and gave them more confidence! They both left the salon looking beautiful! Whether it is thinning hair or hair loss due to cancer treatments, I will do my best to help you get your confidence back. Appointments are required.

Julie
Step Ahead Styling
12 South Madison St
Waupun
920-324-5866



James: A Novel

by Percival Everett
Reviewed by Peggy K Potter, M.L.I.S.

This is the story of Huckleberry Finn, not from the mouth of a child but from the adult that traveled down the river with Huck, the enslaved Jim. This man prefers James. Author Everett carries us down the Mississippi with these two runaways. Huck has faked his death to get away from his brutal father. James has overheard his master tell someone he will sell James downriver. James has a wife and daughter so he runs away to make enough money to buy his wife and daughter out of slavery. Of course the townsfolk quickly come to the conclusion that James has killed Huck so the manhunt begins.

Huck and James raft down the river hoping to reach the Ohio river where they can turn north to freedom. They make the same stops but see and explain the situations not by the child but by the adult. This makes all the difference. Mark Twain, the original author of this story used the voice of Huck to make his reader laugh. Everett uses the voice of James to show the real danger in so many of the travelers' situations. The historical situations are violent and bloody and feel very real. It shows the United States before the Civil War. Where both black people and poor white people were worked nearly to death for economic reasons. James was published in March of 2024 and was on the New York Time best seller list for 42 weeks. Everett has won National Book Awards and Pulitzers. This may be his very best.

Women In Business & Manufacturing

InSpire Magazine's Yearly Networking Special



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As a Nutritional Therapy Practitioner at Gym & Juice Nutrition in Randolph I help clients build healthier lifestyles through personalized nutrition guidance, education, and support.

My work focuses on creating sustainable habits that align with each person's unique bioindividuality—whether that's improving sleep, managing stress, balancing blood sugar, supporting gut health, or improving strength and athletic performance, I provide practical strategies for meal planning, supplement guidance, and lifestyle adjustments, empowering clients to make food and lifestyle choices that are sustainable for life.

I combine both group and one-on-one support in a welcoming community environment. Contact Joelle Baehr, NTP at Gym & Juice Nutrition to schedule a free 15min discovery call at hello@gymnjuicenutrition.com or call 920-306-2881.

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. Our classes are built to heal through movement, push your limits, and remind you movement is medicine. We don't just sweat, we heal, we grow, we show up stronger together. Your daily dose of feel good energy starts here at a&b. 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

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Get Fit health club

Marie Cigelske - Owner



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

Marie has been in business for over 37 years helping people take care of their health. With years of experience, you will get the correct and safe workout that you need to get results. Training of how to exercise is included with your membership and this value is unique to Get Fit. With so many choices like the indoor track, group classes, weight equipment, cardio machines and rowers, it makes the workout fun!

Tanning is available with or without a membership!

Open seven days per week, there are many types of memberships, single, couple, family and student.

Get Fit Health Club
N7156 E Plaza Drive - Beaver Dam
(920) 887-7601

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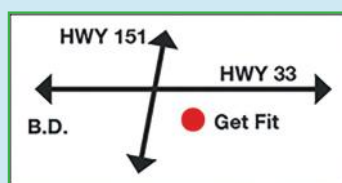
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Glamour Shop

106 Gateway Drive

Waupun, WI 53963

920.324.2511

www.glamourshopwaupun.com



Hours:

Monday: 9am - 8pm

Tuesday: 9am - 8pm

Wednesday: 9am - 8pm

Thursday: 9am - 8pm

Friday: 8am - 5pm

Saturday: 8am - noon

Sunday: Closed

80 Years of Beauty, Community, and Care

Nestled in the heart of Waupun, the Glamour Shop has been a cornerstone of style and self-care for 80 years. What began as a small-town salon has grown into a trusted destination for generations of families seeking high-quality services and a welcoming experience.

Today, the Glamour Shop offers a full range of salon services including precision haircuts, vibrant color, balayage, perms, extensions, special event styling, and makeup artistry. Guests also enjoy access to top professional haircare brands such as Kevin Murphy, Tea Tree, MoroccanOil, Amika, Kenra, and Zenagen.

The salon is more than just a place for beauty—it's a place for connection. With a referral program that rewards both new and loyal clients, and a calendar full of community-driven events such as Breast Cancer Awareness fundraisers, Harvest to Holiday Shopping, Widows Weekend, and their popular "Win Shampoo for a Year" giveaway, the Glamour Shop truly celebrates its role in the Waupun community.

Behind the scenes, a dedicated front desk team makes scheduling easy, while the talented stylists keep their clients inspired and connected on social media:

@hairbymegan_glamourshop

@hairbytiffany_glamourshop

@hairbynayla_glamourshop

@hairbyalexa_glamourshop

@hairbyliv_glamourshop

@hairwithalyce_glamourshop

@hairbyaddie_glamourshop

@hairbyreagan_glamourshop

As the Glamour Shop marks 80 years in business, the team reflects with gratitude for their clients and community. It's truly an honor to continue this legacy of beauty, tradition, and connection.

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DOWNTOWN WAUPUN



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Megan Fassbinder is the Office Manager at family-owned, PHE Contractors, located in Randolph. PHE Contractors offers plumbing, HVAC, electrical and radon mitigation services to our local area. Megan is the voice on the phone at PHE and supports our team of highly trained technicians through scheduling, dispatching, equipment ordering and every aspect of customer service. It's important to Megan that customers are provided a transparent service experience. When you call PHE you'll be met with empathy and understanding of your concern and you'll leave our conversation with a roadmap for a solution.

Megan's favorite core value at PHE Contractors is stewardship. For her, home is a refuge, a place you are comfortable and a place where you can be yourself. It's frustrating when something isn't right at home and she makes it her top priority to take care of yours. From finding the perfect bath or kitchen fixture to properly sizing HVAC equipment to keep your family comfortable, she'll see your concerns through to completion. Visit www.phecontractors.com and click "Contact Us" to get the conversation started with Megan today.



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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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With nearly 30 years of experience in the mortgage industry, Kris has built her career around one core mission: helping people write their own success story through homeownership.

Her heart is focused on enriching the lives of others—guiding clients to accomplish both their short- and long-term homeownership goals. From first-time buyers to seasoned homeowners, Kris takes the time to carefully review all current mortgage options to ensure her clients make the very best use of their mortgage dollar.

Beyond her day-to-day work, Kris is passionate about education. She regularly offers seminars that empower buyers, sellers, and community members with the knowledge they need to make confident real estate decisions and current market trends.

Kris provides a wide range of loan programs to meet every stage of life.

For Kris, it's more than securing a loan—it's about creating stability, building opportunity, and helping each client find a place they are proud to call home.

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www.homeloansbykris.com



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12 S. Madison St. - Waupun
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.

Hair loss is a difficult and sensitive topic, so you can work with me in my semi-private room in confidence. With over 80 wigs to choose from, you are sure to find one that first your personality, lifestyle, and gives you that special look you want.

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 (920) 324-5866 to schedule an appointment.



InSpire Magazine's Restaurant Guide

Beaver Dam County Club

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

Boat House Pub & Eatery



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

Buchanan's One Away

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

Feil's Supper Club

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

Higher Grounds Coffee Shop

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

Iron Ridge Inn

131 S. Main Street - Iron Ridge (920) 387-3348
Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm
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Lake Street Inn

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

Old Hickory Dining

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

Park Avenue Sports Cafe

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

The Shores of Fox Lake

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

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Join us for our annual diabetes health fair!

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Doors open at 3:15 PM. *This event is free to attend.*
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Educational Session

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with David Hoeft, DPM, Podiatry

Informational Tables

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Call 920.623.1293 or visit www.PrairieRidge.Health for more information.



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