

March 2025

# InSpire

Magazine

Choosing  
Joy,  
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Purpose



Home  
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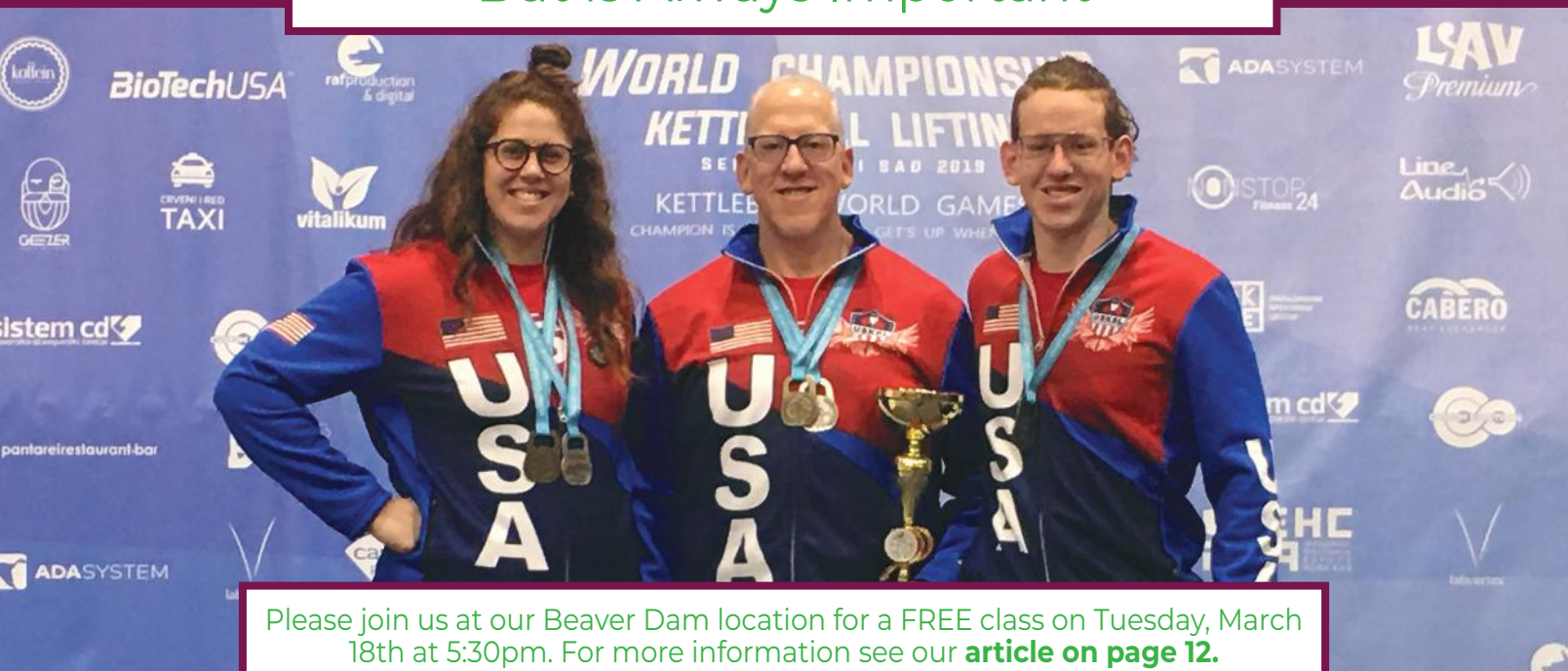
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Diane Nienas photographed by Denise of Denise Watrous Photography



# Exciting News!

InSpire Magazine is now accessible online at our brand new website [www.inspiremagazinewi.com](http://www.inspiremagazinewi.com) alongside our traditional print edition!

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## Attitude

"The longer I live the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company...a church...a home.

The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing that we can do is to play on the one string we have and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you. We are in charge of our attitudes."

**-Charles Swindoll**

This month, Diane Nienas shares her touching and inspiring story on how she chose joy over sadness -- to uplift and encourage others. The pain of losing two children is indescribable. With help and support from family and friends and their strong faith, Diane and her husband Tony were able to carry on. They both are true examples of how we should approach our everyday lives.

Sincerely,

*Denise Fitzsimmons*

Publisher

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# DIANE NIENAS

Written by Dorothy Bliskey & Portraits by  
Denise at Denise Watrous Photography

## Choosing Joy, Turning Pain Into Purpose



When high school sweethearts, Diane and Tony Nienas married, it was the start of creating a family that lovingly grew to include four sons – Matthew, Trent, Leo, and Oliver.

Along the way, tragedy struck and heartbreak ensued. In 2018, they lost their son, Leo, at age 16, to a rare, terminal neurological disease known as Leukodystrophy. The disease was initially diagnosed when he was just two years old. Gradually, it stripped him of the ability to walk, talk, crawl, and swallow, in addition to many other physical abilities we often take for granted. In the end, he was bed-bound and his communication was very limited.

Three years later, in 2021, they lost their second oldest son, Trent, then age 30, to brain cancer. He was diagnosed just a year before his brother Leo died.

With a strong faith in God, a solid marriage, and a strong support network around them, Diane and Tony were able to carry on.

“We grew to appreciate the simple things in life -- like Leo regaining movement after months of stillness,” Diane said. “We were able to separate ourselves to a certain extent from the ways of the world and focus on the gift of life. Our approach of taking things one day at a time provided our family with stability. But it was Leo’s relationship with Jesus that truly rooted us. His conversations and visions with Him were transformative.”

### **Author – Memoir, Children’s Books, Blog**

While seated beside her sons as she cared for them, Diane’s writing skills rose up to help her and others heal from the tragedy. She wrote a memoir, *I See Jesus*, based on Leo’s visions and close connection with Jesus. She wrote weekly blogs to keep friends, relatives, and strangers informed of the ongoing changes and challenges.

All of this led to the idea of writing a children’s book series, *Living Life with Leo*. The set of four books takes readers through adventures that Leo partakes in throughout the seasons – *Living Life with Leo – Spring Splendors*, *Summer Sensations*, *Autumn Adventures* and *Winter Wonders*.

The book series was an instant hit on Amazon, and was the number one new release with each edition that was released over the course of two years.



“Whether you journal or publish your work, it allows you to take thoughts in your mind and release them,” Diane said. “Our stories are meant to be shared -- to uplift and encourage one another. I have witnessed firsthand the positive impact from both my speaking events and book reviews. When someone sees that they are not alone, it helps them through a difficult time.”

Diane continued to share, “There were so many emotions that bubbled up in my time sitting next to Leo’s bedside. Writing gave me someone to talk to when, in reality, I was alone.”

### Living Life with Leo

Leo’s unexpected journey began in February of 2004, at age two, after a doctor visit for what was believed to be a sprained ankle. The month before, while attending a family gathering, Leo began tripping over his left foot. It progressed as the day continued. The next morning, he was unable to bear weight on his foot. Many tests followed – a CT scan of his brain, an MRI, a spinal tap, and a week-long stay at the hospital while Leo continued to decline rapidly.

After the initial diagnosis of the rare and fatal neurological disease, Leo rallied for a few years due to non-medical intervention and the power of prayer.

“Doctors predicted he wouldn’t live past age 3. Within a month’s time, our once energized little pack of power became a lifeless boy locked with fear within his own body,” Diane shared.

The couple began working with a nutritionist who discovered that Leo had high levels of metal in his body; both mercury and aluminum. She began to detox his body with a treatment plan. At the same time, they began working with a holistic healer. Through a technique of touch, the healer was able to manipulate and reroute Leo’s nervous system to utilize passageways that were open and undamaged.

The interventions offered Leo more time – 14 years to be exact. He passed away just days before his 17th birthday after an intimate Christmas celebration with family.

### Trent’s Warrior Strength

Meanwhile, Diane and Tony’s second oldest son, Trent, was diagnosed at age 26 with brain cancer – one year before Leo died. He fought for four years to reach age 30.

Trent had graduated from UW-Stevens Point in 2013, with a major in Biology and a minor in Business. He had not yet married or had children, but his passion for fitness was unwavering. His true passions were in ice hockey, refereeing, and powerlifting. His achievements included being selected to referee the USA Hockey Nationals, winning first place at the Festivus CrossFit Games, and winning gold and silver at the World’s Bench and Deadlift competition in Las Vegas.

As a gifted hockey player in high school and college, Trent had aspirations of one day officiating in the NHL (National Hockey League).

Trent’s physical strength was equally matched by his spiritual conviction and the compassion he showed others. “Trent embraced life,” Diane said. “His faith inspired many as they witnessed his positive attitude and acceptance of the circumstances handed to him.”

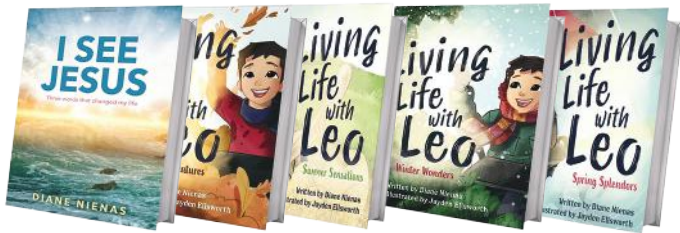
Diane embraced her sons and their legacies by sharing her written works with the world. The emotional stories shared in her memoir capture the years as a caregiver and how faith helped her cope with grief. Nowadays, Diane and Tony are empty nesters as their youngest, Oliver, will graduate from UW-Madison in May



Above: Tony, Diane, Leo, Valerie, Matthew, Trent and Oliver.  
Below: Oliver is the little one on the ground with Matthew behind him. Leo in the wheelchair with Trent on the other side and Tony and Diane standing behind.







and their oldest son, Matthew, age 37 lives out east with his wife. Diane currently speaks at schools to promote her Living Life with Leo series and is a speaker at community events. All five of her publications hit #1 in multiple categories on Amazon, and her mission is to share these works with families and caregivers seeking hope and unity

“The *Living Life with Leo* series has showcased many of the incredible adventures that most people would hesitate to take on or that they thought were impossible,” Diane concludes. “By creating these works, they now inspire others to look outside the box and find ways to make the impossible possible.”

*Diane and Tony Nienas live in Waukesha where they raised their four sons. Diane, who is one of 15 children, grew up in the Pewaukee area. Her parents were also high school sweethearts – and had a “model marriage” she admired. To learn more about Diane’s availability at school assemblies or an inspirational speaking engagement, she can be contacted at [www.dianenienas.com](http://www.dianenienas.com) or by email at [thebreathoflight@gmail.com](mailto:thebreathoflight@gmail.com). Readers can also follow her on Facebook or Instagram.*

### From Grief to Grace: A Mother’s Perspective of Love, Loss, and Faith

When a child is placed in your arms, life takes on a new meaning. As a mother, you open yourself to the uncertainties ahead. With great love comes great risk—the possibility of profound loss. No parent would choose such pain, yet within it, I discovered the depths of true life.

I was a young mother, deeply in love with my high school sweetheart, Tony. Together, we built a family, welcoming four beautiful sons—Matthew, Trent, Leo, and Oliver. Life brought challenges, but in 2004, I truly understood the meaning of sacrifice—holding on to love while preparing to let it go.

At two years old, Leo looked at me and said, “I see Jesus.” I didn’t know then how those words would anchor me. We faced unimaginable loss—eight family members in seven years, including my mother, father, brother, aunt, uncle, and my son, Trent.

Grief could have shattered me. But Leo’s unwavering faith carried me through. My boys believed in something greater, and through them, I found peace. Their suffering didn’t mean abandonment—God remained present, even in the darkest moments. Jesus walks beside us, longing for us to turn toward His light.

I believe that where your focus lies, your life will be led. My hardships were not in vain; they shaped me into someone who could guide others through their own grief. Only God can carry us through life’s trials. Only He can teach us to find joy within sorrow. In my heartache, He planted seeds of hope, nurturing them into a garden of peace.

Both Leo and Trent bore their crosses with wisdom beyond their years. Though their bodies failed, their spirits were unshakable. They lost so much, but gained a deeper understanding of life. Their suffering was visible, yet they clung to faith, keeping their eyes on Jesus and the promise of home.

Grief and loss touch us all differently. From my experience, I grew to see that there was a purpose in my pain which poured out into the pages of my books to assist others.

If you are seeking a message of hope, I encourage you to read my memoir. If you have children, take them on an adventure with Leo and his cardinal companion. I would love to connect and find ways to spread hope together. Visit my website to learn more about my mission, my books, and how we can uplift each other through the power of faith and storytelling.



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# Sweat Today, Shine Tomorrow

By Dr. Stephanie Tyjeski

In our 2025 - Best Year Yet series we are covering many topics that contribute to a healthy lifestyle and help you to be the very best version of YOU. We have moved through a few nutrition topics and now, with the help of Dr. Jerry, we will tackle exercise this month. Here is a brief introduction to the topic, but our class for the month of March will feature Dr. Jerry and you will have a chance to try some of the basic balance and mobility exercises we start people off with. Remember, with your body “use it or lose it” is the truth. So let us help you get moving.

## What is Exercise?

At its core, exercise refers to any physical activity that is planned, structured, and repetitive, aimed at improving or maintaining physical fitness and health. It can include a wide range of activities, from running and weightlifting to yoga and swimming. The goal of exercise is typically to enhance strength, flexibility, endurance, and overall well-being.

Exercise also plays a critical role in promoting cardiovascular health, building muscle mass, improving bone density, boosting mental health, and preventing chronic diseases like diabetes and hypertension.

Exercise looks different for each person, depending on age and physical ability. What you do is important, but doing something is the MOST important. If you are new to exercise, knowing where to start can be overwhelming. Many gyms offer a fitness trainer or coach, or you can join a class. If you don't feel like you are at that level, we offer basic balance and mobility exercises at our office designed to get you ready to go to a gym or exercise on your own.

## Do I Need to Exercise?

The short answer is yes—everyone needs to exercise. Regular physical activity is crucial for maintaining good health, regardless of age, gender, or fitness level. However, exercise should be tailored to YOU.

### 1. Everyone Has Different Goals and Starting Points

Not everyone's exercise journey is the same. Some people may want to lose weight, while others are more interested in improving strength or flexibility. Your goals will influence the type and intensity of exercise you engage in. Whether you're a beginner or more advanced, it's essential to find a routine that works for you and helps you progress over time.

### 2. Exercise Needs to Be Tailored to Your Age and Abilities

As you age, your body's physical needs change. Younger individuals may focus more on strength-building exercises,

while older adults should also incorporate flexibility and balance training to improve mobility and prevent falls. Tailoring exercise to your specific age, abilities, and health concerns is key to staying safe while maximizing results.

### 3. Don't Worry - You Won't Bulk Up and Have to Buy New Clothes

One common misconception is that exercise, especially strength training, will lead to excessive muscle bulk. However, this is generally not the case unless you are specifically training for muscle hypertrophy (size) or have the genetic predisposition to bulk up. Most people, especially women, can engage in strength training without fearing drastic increases in muscle size. Instead, they'll develop a leaner physique, better posture, more energy, and enhanced strength. (But I still give you permission to buy new clothes if you want.....)

## Should You Exercise if You Have a Physical Job?

If your job involves physical labor or a significant amount of movement, you might wonder whether you still need to incorporate exercise into your routine. While it's true that certain jobs demand physical exertion, such as construction work or being on your feet for long periods, these activities do not necessarily count as the same type of exercise that promotes overall fitness.

Even though physical jobs may keep you active throughout the day, they don't always provide the same benefits as structured exercise. The repetitive movements and tasks involved in these jobs can lead to developing specific patterns that can lead to injuries. Performing the same movements day in and day out can create muscle imbalances, increase the risk of overuse injuries, and negatively affect posture and joint health.

In short, even if your job involves manual labor, it's important to engage in a balanced exercise routine that targets all areas of fitness.

## Do I Need to Go to a Gym to Exercise?

Many people assume that the only way to exercise is by going to a gym, but this isn't true. While gyms offer various machines and equipment that can help you achieve your fitness goals, they are by no means a requirement.

The key to effective exercise is twofold: movement and strength improvement. There are countless ways to stay active, whether it's at home, outside, or at a local park. Walking, running, bodyweight exercises like squats and push-ups, yoga, and cycling can all be done without a gym membership. However, if you enjoy the atmosphere of a gym and find it motivating, it can be a great environment for variety and progression. The most



important thing is consistency and finding an exercise routine that feels enjoyable and sustainable for you.

Exercise is a vital part of maintaining a healthy, active lifestyle. It's important to recognize that physical jobs do not replace the benefits of structured exercise. Everyone, regardless of their job or fitness level, can benefit from regular physical activity, tailored to their personal goals and abilities. Whether you exercise at the gym or at home, the key is to incorporate movement and strength-building exercises into your routine. So, don't wait—start exercising today to improve your health and well-being for the long term. If you don't know where to start, ask us! We would love to help you get started!


**Join me and Dr. Jerry at our FREE Wellness Class** where Dr. Jerry will share his experience of helping people reach their exercise goals. We'll dive into where to start with exercise based on your abilities and how to make it a part of your daily activity. **Please join us at our Beaver Dam location for this FREE class on Tuesday, March 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.

Dr. Jerry Tyjeski has been a Chiropractor in Beaver Dam for over 30 years and is the founding Dr. at Tyjeski Family Chiropractic. He has been strength training for over 40 years. The last 15 years, he has been focusing on strength and endurance training and competes internationally at Kettlebell competitions. He has a passion for physical fitness and enjoys helping people find the path to health and wellness.

Yours in Health,  
Dr. Stephanie Tyjeski

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

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# Protein 101

By Joelle Baehr

People in the health and wellness arena talk about protein like Christians talk about Jesus. And rightfully so, because protein is a huge deal (as is Jesus). But what exactly is protein?

Protein is a macronutrient. A macronutrient is a nutrient we need to eat a lot of because our bodies use large quantities of it. There are three macronutrients: protein, fat, and carbohydrates. If you've ever heard someone say that they are "counting their macros" that just means they are eating a certain ratio of protein, fat, and carbs.

(Water is also technically a macronutrient, but it's left out of the macronutrient inner circle because water is not that much fun to talk about. "Hydration" is clutch, though! So keep that emotional support water bottle full and by your side at all times.)

But back to protein – the short list of things protein is responsible for include cellular health, muscle growth and healing, bone growth, gut health, brain health, immunity, wound healing, fluid balance in the body and blood clotting. There are hundreds of amino acids (amino acids are the building blocks of protein), but only around 20 of

them are commonly used by the body, and only 9 amino acids cannot be synthesized by the body and must come from the food we eat. They are called essential amino acids, and they are:

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

I'm including this list of hard-to-pronounce words because these words are often on supplement and protein powder labels, and I think it's important to know which are essential and which are nice to have but not need-to-have.

Speaking of need-to-have, foods that contain all 9 of the essential amino acids are called complete proteins. Examples of complete proteins are meat, fish, dairy, eggs, quinoa, buckwheat, spirulina, and soybeans. If you're in a grocery store and you see something advertised as a complete protein, now you can fact check the label against this list.

Now, if you've read this far you're probably also wondering, how much protein do we need?

Well, that depends.

There are many opinions and protein intake calculators, and it's true that differing levels of physical activity require different amounts of protein, but if you're new to prioritizing protein I recommend starting with 90 grams a day and adjusting from there. If you're very active, you will need more protein; if you go from your desk to the couch to the bed every day, you will need less protein.

And I want to caution that there is such a thing as too much protein, and for early adopters in the protein game like me, I've had to seriously reconsider how much protein I'm trying to force down my throat from day to day. Keep in mind that excess protein turns into glucose, and excess glucose is stored as fat. Excess protein can also cause painful bloating, known as "protein bloat". 90 grams is easy math for three meals (30g per meal) and will meet most people's needs just fine.

You'll know you're getting enough protein when sleep comes easier, when you're not sniffing or coughing every other day, and when you can complete a workout without fatiguing halfway through.

If you'd like to learn more about the how and what of eating to live optimally, contact Joelle Baehr at Gym & Juice Nutrition in Randolph at [info@gymnjuicenutrition.com](mailto:info@gymnjuicenutrition.com).





# Emily's Closet

Sale dates are Friday, March 7 from 5pm to 8pm and Saturday March 8 from 9am to 3pm. Location of sale Mittera Wisconsin, 555 Beichl Avenue, Beaver Dam. Donate now through Wednesday, March 5th at these locations.

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Drop donations off at the library

**Beaver Dam Middle School** - 108 4th St., Beaver Dam

Monday through Friday from 7am to 3:30pm

Drop off at the Main Office

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**Prairie View Elementary** - 510 N. Crystal Lake Rd., Beaver Dam

Monday through Friday from 7:45am to 4pm

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Do you have a lightly used dress or accessories sitting at home? Consider donating it to Emily's Closet while supporting the Emily C. Lyons Memorial Scholarship as well as organ and tissue donation.

The dresses and accessories donated will then be sold at a reasonable price to those looking for prom or other formal dresses.

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# Green Goddess Salad



## Ingredients

### FOR THE DRESSING

Juice of 2 lemons  
1/4 cup extra-virgin olive oil  
1/4 cup tahini  
2 Tbsp. red wine vinegar  
2 cloves garlic, peeled and roughly chopped  
2 small shallot, peeled and roughly chopped  
2 scallions, roughly chopped  
1 cup baby spinach  
1/2 cup fresh dill  
1/4 cup nutritional yeast  
1 tsp. dried oregano  
Kosher salt  
Freshly ground black pepper

### FOR THE SALAD

1 small green cabbage, diced  
2 Persian cucumbers, diced  
3 scallions, thinly sliced  
4 oz. feta (vegan or regular), crumbled  
Fresh dill, for garnish  
Toasted sesame seeds, for garnish  
Pita chips or toasted pita for serving

### Directions

Add lemon juice, olive oil, tahini, vinegar, garlic, shallots, scallions, spinach, dill, nutritional yeast, and oregano to a blender. Blend until smooth, then season to taste with salt and pepper.

In a large bowl, toss cabbage, cucumbers, scallions, and feta until combined. Pour over dressing and toss to coat. Garnish with dill and sesame seeds, and serve with pita.



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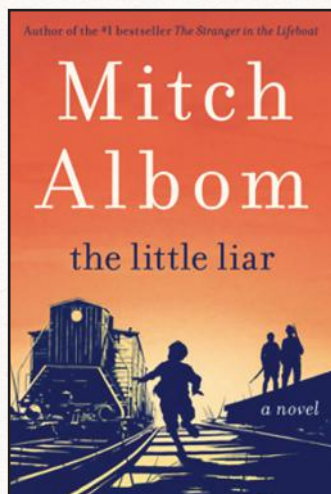
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## The Little Liar: A Novel

by Mitch Albom

Reviewed by

Peggy K. Potter, M.L.I.S.

Truth narrates the story of four people beginning in WWII through 1983. Like people, Truth lies by omitting some rather important facts. Blond haired, blue eyed, Nico, eleven years old and almost everyone's favorite. He never tells a lie and everyone in his quaint Greek city knows it.

His brother Sebastian, age fifteen, is jealous of Nico because he thinks the girl he loves, Fannie, age twelve, likes Nico best. The last main character, Udo Graf is a young adult from Germany who worships Adolf Hitler. Udo has been tasked with rounding up the 50,000 Jews in this city and get them on the trains to Auschwitz. Who better to help him with this task than Nico? He never lies. Udo convinces Nico to tell all the Jews that they are going to Poland to work at good jobs, they will stay together as families, and all will be great.

The truth of Hitler's final solution hits Nico as his family is loaded into a cattle car. For much of the story Nico does whatever he has to do to get to the "camp" at Auschwitz to free three generations of his family. Keeping in mind that Nico is a child of eleven it takes him time to acquire the tools and knowledge to do this. In this meantime Fannie has been thrown from the train by Sebastian. Nico's family must maneuver ways to stay alive in the "camp." Truth tells this very personal family story beautifully.



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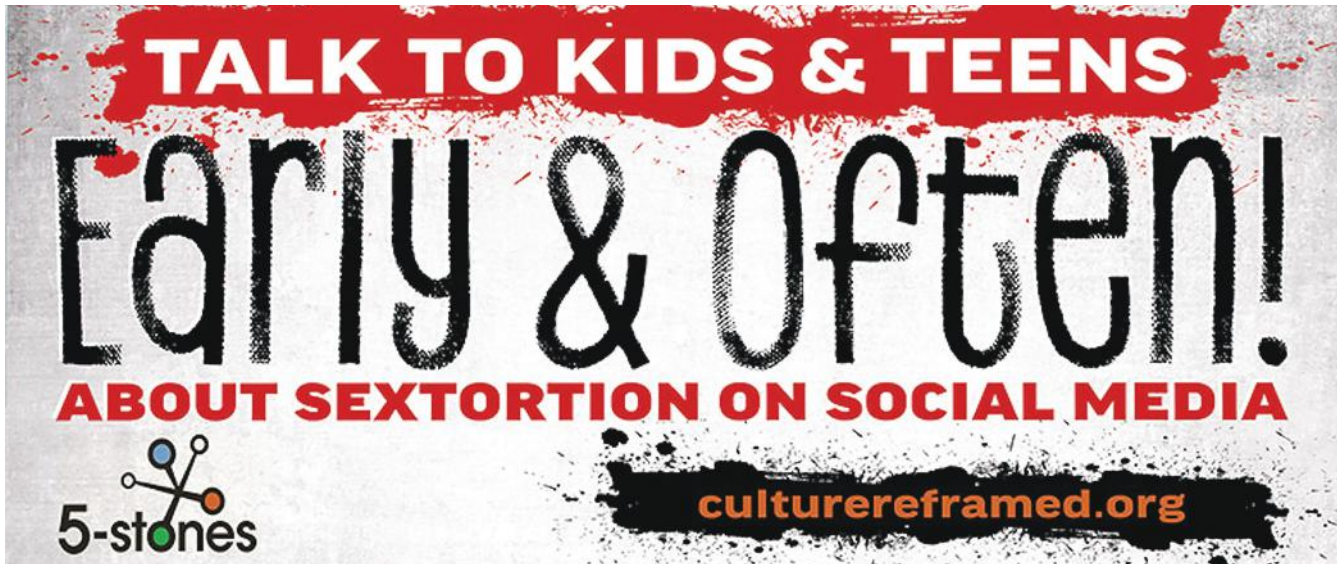
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# Sextortion is Coming for our Kids! What to Know and How to Stop It...

By Tracy Scheffler



For twelve years, 5-stones Dodge County has been fighting sex trafficking in our community through Awareness, Education, Prevention, Networking, and Collaboration (our 5 “stones”). The topic these many years has mainly been about how traffickers groom their victims and the vulnerabilities that they look for in youth and potential victims. We at 5-stones feel it is our responsibility to keep our fingers on the pulse of areas in which predators are lurking and, more than ever, SEXTORTION [sex + extortion = sextortion] continues to become the latest serious form of abuse and exploitation. Sextortion is a form of blackmail where sexual information or images are used to extort money or other benefits from the victim, and it has emerged as a significant cybercrime in the digital age. This malicious activity can affect individuals of all ages and backgrounds, causing profound psychological and financial harm and, sometimes, loss of life through suicide.

Sextortion involves the coercion of individuals through the threat of sharing private and sensitive information, particularly explicit images or videos. The perpetrators often gain access to this material through chatrooms, online gaming, online apps, generally ultimately engaging victims in compromising activities online.

Although anyone can be a victim, teenagers and young adults are particularly vulnerable due to their extensive use of social media and online platforms. Today's youth live a significant portion of their lives online and, therefore, are doing much of their maturing and negotiating relationships, exploration of their bodies, and sexual expression online. This is all very normal to them and so they don't think they are being misled by things to which an adult would raise an alarm. Many of these processes are being intentionally normalized by online predators and perpetrators who pretend to be someone online that they are not while engaging a certain age group and creating counterfeit

relationships unbeknownst to their victims. Predators will pretend to be in the same age group as their intended victim and can pose as a new friend, boyfriend, girlfriend, and even mother or father figure. Once they achieve a certain level of comfort in the relationship with their victim, they will start to normalize sexualized conversations and eventually ask for a sexy picture or video, which they will then use to extort money from their victim through blackmail and threat of sharing these pictures and videos online and with others.

The consequences of sextortion can be devastating, affecting various aspects of a victim's life. Victims often experience intense emotional distress, including anxiety, depression, panic, and shame. The fear of exposure can lead to withdrawal from social activities and relationships, exacerbating feelings of isolation and hopelessness.

In many cases, victims are coerced into paying large sums of money to prevent the dissemination of their private content. This creates a crisis in a youth's life, trying to find the money while hiding the situation, which often just continues to exacerbate, bringing more shame and panic.

Understanding and implementing preventive measures can significantly reduce the risk of becoming a victim of sextortion.

#### Protective Steps

- **Strengthen Security:** Use strong, unique passwords for all online accounts and enable two-factor authentication.
- **Be Cautious Online & Teach Your Kids to Do the Same:** Avoid sharing intimate content online, even with trusted individuals.
- **Educate Yourself:** Stay informed about the latest cyber threats and how to protect against them.
- **Limit Personal Information:** Be mindful of the personal information shared on social media and other online platforms.



- Parents & Guardians, utilize protective APPS such as BARK, Net Nanny, Circle
- Snapchat Family Center (view your teen's friends, see who they're chatting with, restrict sensitive content, etc)
- Consult Websites such as Netsmartz, Thorn, & CultureReframed to learn more
- TALK TO YOUR KIDS ABOUT THE POSSIBILITY OF SEXTORTION BEFORE IT HAPPENS, so that they have an awareness which can lead to prevention.
- Remind your kids that they can always come to you with a problem, no matter how big or bad they feel it is.
- Responding to Threats

If targeted, it is crucial to respond appropriately:

- Do Not Comply: TEACH YOUR KIDS to avoid giving in to the perpetrator's demands, as this often leads to further extortion. DO NOT SEND NUDES OR SENSITIVE PICTURES ONLINE!
- Report the Crime: Contact local authorities and report the incident to relevant online platforms. You can & should also report to CyberTipline.org or 1-800-THE-LOST
- Seek Support: Reach out to friends, family, or professional counselors for emotional support.
- Preserve Evidence: Although it feels counterintuitive, SAVE COPIES of all communications and threats received to aid in the investigation.

Sextortion is a serious and growing threat in the digital age, but by understanding this crime and implementing preventive measures, individuals can protect themselves and reduce the likelihood of becoming victims. It is essential to remain vigilant, educate oneself and others, and support those who have been affected by this malicious and predatory crime.

TALK EARLY & OFTEN TO YOUR KIDS & TEENS about SEXTORTION. Get ahead of it so that predators cannot fool or trick them. Knowledge is power and Awareness & Education really does lead to PREVENTION.

To learn more, please join us for our Community Event on March 12. We hope to see you there. Stay Safe Online Dodge County!

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# Sleep Studies Provide Clearer Picture of Sleep Health

By Marshfield Clinic Health System

If you have difficulty sleeping it can be frustrating. Lack of sleep can cause a host of other problems, too.

Some issues related to untreated sleep apnea or lack of sleep include heart attack, stroke, hypertension, atrial fibrillation, mental status changes, erectile dysfunction, depressed immune system, altered blood sugars, depression, anxiety, fatigue and safety.

A sleep study is an overnight test which allows your brain and body activity to be monitored during a night of full sleep.

According to the Centers for Disease Control, studies show one in three Americans suffer from some kind of sleep disorder, either persistent difficulty in falling asleep, staying asleep or staying awake during the day. This can cause mental health anxiety among other negative impacts.

Some symptoms of a sleep disorder include snoring, restless sleep, breathing problems or morning headaches. Often times a partner or family member will notice loud snoring or even notice if breathing stops in the middle of the night.

If your doctor suspects you may be suffering from a sleep disorder, they will likely order a sleep study. Sleep studies can provide a clearer picture on what is causing problems with sleep when your head hits the pillow.

## What is a sleep study?

A sleep study is an overnight test which allows your brain and body activity to be monitored during a night of full sleep. During a sleep study, body movement, breathing rates and oxygen levels in your blood are measured.

Sleep studies help doctors diagnose sleep disorders such as sleep apnea.

Diagnosing and treating sleep apnea can make a huge impact on one's life. Quality of life can greatly improve once sleep apnea is diagnosed and treated.

In many instances, other disorders may also improve once sleep apnea is treated.

Other issues an in-lab overnight sleep study can diagnose include periodic limb movement disorder, narcolepsy, restless legs syndrome, insomnia and nighttime behaviors like sleepwalking and REM sleep behavior disorder.

## What test is right for you?

Home studies can be used to diagnose obstructive sleep apnea or to see if your current sleep apnea treatment is working. In-lab polysomnography is still the gold standard for sleep studies.

Home sleep studies are helpful tools, but patients can't be monitored for many symptoms such as central sleep apnea, complex sleep apnea, nocturnal seizure activity, restless legs or brain activity. If you're likely to have sleep apnea and uncomplicated matters, a home sleep study could be right for you.

The in-lab sleep study is much more complex. Patients are monitored to measure a variety of things including:

- Brain activity
- Eye movement
- Blood oxygen level
- Respiration
- Heart rate
- Muscle tension
- Heart rhythm
- Snoring
- Body position
- Carbon dioxide levels

Once you fall asleep a technician monitors you watching your brain activity, heart rate and movement. Your sleep study also is recorded.

If sleep apnea is identified early enough in the evening, you are gently woken and asked to place a mask on and treatment for the sleep apnea is started that night. In the morning, you are discharged and a board-certified physician in sleep medicine will review the results.

The data from a sleep study helps your doctor gather evidence and make a conclusive diagnosis. A return appointment will be made to review the results, and a treatment plan will be developed.

At Marshfield Medical Center-Beaver Dam, Dr. Nestor Machare specializes in pulmonology, critical care and sleep medicine. For more information, or to make an appointment, call 920-356-6553.



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# The Natural Choice for Home Loans

By Amy Banaszak, Horicon Bank

Is a new home on your 2025 vision board? Dreaming is the fun part, but applying for a loan? Not so much. We know buying a home isn't exactly a simple process...but with the right partner, it can feel a lot easier.

Horicon Bank's mortgage team has been around the homebuying block. So we asked a few of our local lenders: "What are the most common questions you see from first time buyers?"

Here's what our lenders are hearing from customers:

## How much home can I afford?

"The answer to this question is two-fold. First, you need to know how much the bank is willing to lend to you based on your current financial situation. We use industry-standard calculations to determine this amount. Second, and more importantly, you should consider how much you want to pay for your mortgage each month. I encourage customers to review their budget and decide how much they are comfortable spending on housing. Once you have this number, you can work backwards to figure out the purchase price that fits your budget. We will also discuss how taxes, insurance, and down payment/PMI (Private Mortgage Insurance) affect the overall cost. I'm always happy to sit down and have these discussions with buyers. I believe this information empowers them to make the right financial decision when buying their home." Gale M. Nummerdor NMLS ID 469857, Beaver Dam

## What is PMI (Private Mortgage Insurance)?

"PMI is insurance that a borrower might be required to buy as a condition of a conventional mortgage loan. It protects the lender in case the borrower defaults on a loan. Typically, if you make a down payment of less than 20% of the home's purchase price, you might need to pay for PMI." Gale M. Nummerdor NMLS ID 469857, Beaver Dam

## How does your credit score affect your loan approval process?

"Your credit score reflects your past debt repayment behavior and indicates how you might handle repayment of future debts. Financial institutions are more willing to work with you if you have a higher credit score. A higher credit score can earn you better loan terms, such as lower interest rates or down payment requirements, increasing the loan amount you qualify for, boosting your buying power." Ashley E. Balistreri NMLS ID 1811916, Wauwatosa- Appointments in Iron Ridge and Neosho

## What are closing costs and fees?

"Closing costs are made up of several different fees such as the appraisal fee, title fee, loan administration fee, tax service fee, recording fee, and flood certification fee. These fees can vary based on the loan size, loan type and the financial institution you choose. We work closely with our customers to make sure they know what to expect for their closing costs and fees based on their unique borrowing needs." Phil R. Schneider NMLS ID 866899, Waupun

## Why is a preapproval important?

"A preapproval for a home loan means that we've evaluated your financial information to determine how much money the bank is willing to lend you for purchasing a home. The process involves an analysis of credit history, credit score, income, debt and assets. This is important because most sellers and realtors want to know a buyer has been preapproved before they will show a home. The demand for homes is high, so a preapproval gives the buyer an advantage." Tracy L. Warden NMLS ID 469862, Horicon

## How do you start a preapproval?

"To start a preapproval, I like to meet with customers in person or discuss the process over the phone. We offer online applications as well, so the process can be completed at [horiconbank.com](http://horiconbank.com) whenever it's convenient for the customer. Most first-time homebuyers haven't had to provide this type of information before, so I'm happy to help in whatever way they are most comfortable to walk them through this process." Tracy L. Warden NMLS ID 469862, Horicon

*With the right information and the right partner, your vision board can become a reality this year. Check out [horiconbank.com](http://horiconbank.com) to connect with a lender near you. Member FDIC, Equal Housing Lender NMLS ID 434805.*



Gale M. Nummerdor  
NMLS ID 469857  
Beaver Dam



Ashley E. Balistreri  
NMLS ID 1811916  
Wauwatosa-  
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# Just in Time for Spring

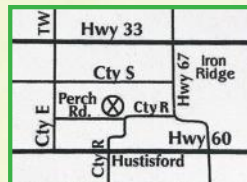
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# What Happens If My Neighbor's Tree Falls in My Yard?

By Erie Insurance



For the most part, homeowners are responsible for what falls into their own yard. So, if a storm causes your neighbor's tree to fall in your yard, your homeowners insurance could help cover the cost of removing the tree and remedying the damage it caused on your property, after your deductible.

The same is true in reverse: If a tree on your property falls in your neighbor's yard, your neighbor should contact his or her insurance company to determine what type of coverage is available for damage or cleanup in their yard.

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In most cases, neighbors are able to work things out without too much trouble. Depending on the extent of the damage, you may need to file a homeowners insurance claim. Your homeowners insurance may or may not cover the cost of tree cleanup, depending on your policy and the company you work with.

Good news: Homeowners insurance from ERIE typically pays for the cost (subject to sublimits) of removal of fallen trees if it's due to a covered peril, such as a storm.

If there's ever an issue between neighbors, you can rely on your claims adjuster to help straighten everything out.

## The Claims Process

If a tree falls on your house, the first thing to do, if it's safe, is to try to prevent further damage to your home and property. Make sure to take some photos to document what happened.

Then call your insurance agent, who can explain your options and help you understand if and how to file a claim. When you file a claim, a claims adjuster will come by to evaluate the damage and explain how your homeowners coverage comes into play. It's recommended that you call your claims adjuster before you contract to have the tree removed.



Sometimes trees fall on cars. If it's not safe or possible to remove the tree from the car yourself, you should call a professional to remove it. (Again, talk to your insurance agent and a claims adjuster first and take a few photos of the fallen tree on your car.) Depending on the damage and terms of your insurance coverage, the optional comprehensive coverage you may have under your auto policy could provide coverage for the loss.

### Preventing Tree Damage

Taking preventive measures can potentially help you avoid any this situation in the first place.

Start by looking for signs of distress such as dead limbs, cracks in the trunk or major limbs, leaning to one side and branches that are close to a house or power line. Mushroom growth on the roots or bark can also signal trouble.

Homeowners should be aware of the health of their trees. It's possible for you to be held responsible for resulting damage to your neighbor's house or property, if your tree falls due (in whole or part) to your own neglect. One of the best things to do is to regularly have large trees trimmed. (The Tree Care Industry Association lists accredited tree care professionals.)



Salim Mohammed consults his clients on home owners insurance.






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# 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](http://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

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](http://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 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](http://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](http://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](http://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.

## **Snapper Vick's Mexican Restaurant**

N5007 Country Road WS - Woodland (920) 625-3441

Closed Monday, Tue - Sun 4:30 - 9pm, Famous for Mexican entrées.



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## Clinics

### Beaver Dam

134 Corporate Drive  
Beaver Dam, WI 53916  
920.356.1000

### Columbus

1515 Park Avenue  
Columbus, WI 53925  
920.623.1200

### Marshall

301 W Main Street  
Marshall, WI 53559  
608.655.8181

### Sun Prairie

155 S Mallard Drive  
Sun Prairie, WI 53590  
608.834.4800



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