

May 2025

InSpire

Magazine



Photography,
Faith &
Motherhood



MAY

Walk-In Mammograms in MAY

Walk-in Screening Mammograms will be offered from
7 am - 5 pm every Tuesday in MAY.

MAY 6

MAY 13

MAY 20

MAY 27

- ✓ Over 70 Insurances Accepted
- ✓ No Referral Necessary
- ✓ * No Appointment Necessary

_____ * All Participants must: _____

- Be at least 1 year since last mammogram
- Be 40 years of age or older
- Not have breast implants
- Not have had breast cancer in the past 5 years
- Not have had breast surgery, or a biopsy in the past year

Visit prairieridge.health
or call **920.623.6466** to learn more

Prairie Ridge
HEALTH

Inspired by you

1515 Park Ave • Columbus, WI 53925 • 920.623.2200 • www.prairieridge.health

Chiropractic Care



**A strong stem
is essential to
great health!**



**Make your appointment today,
to strengthen YOUR spine!**



**TYJESKI FAMILY
CHIROPRACTIC**
& WELLNESS CENTER

Beaver Dam

(920) 885-3020

Watertown

(920) 261-0855

www.tyjeskifamilychiropractic.com



inspired CONTENTS

Cover Story

8

Photography, Faith & Motherhood

10

Brain Health

12

National Peony Convention and Flower Show in Beaver Dam

16

Fun, Food and Art at the Wisconsin Arts and Peony Festival

18

Mammography Screening and Support Technologists Provide Guidance and a Listening Ear

19

Book Review: The Chioce - Embrace the Possible

22

Lemon Bars

24

Bug Bites and Bee Stings: Prevention and Treatment

26

Wodill's Florist & Greenhouse

28

InSpire Magazine's Restaurant Guide

29

Dining Out - Buchanan's One Away

On the Cover

Tiffany Halverson poses for a photo with her kids, photography provided by Kylie Marie Photography.

Exciting News!

InSpire Magazine is now accessible online at our brand new website www.inspiremagazinewi.com alongside our traditional print edition!

- User-friendly design and format making it easier to access the latest issue.
- Magazine is available anywhere any time.
- You can now easily share stories and advertisements with friends and family who live out of the area.
- Access past issues.

As always, print issues of InSpire will be available at your favorite businesses.

Scan QR code to access the new website or go to www.inspiremagazinewi.com



A Celebration of ART & BLOOMS

WISCONSIN ARTS & PEONY FESTIVAL
and
AMERICAN PEONY SOCIETY
NATIONAL FLOWER SHOW
Second Weekend of June

LEARN MORE: VISITBEAVERDAM.COM



5 Reasons to Check Your Hearing!

Hearing loss can sneak up on you—so why not stay ahead of it? A quick hearing check can help you catch any changes early, keeping you sharp, social, and safe.

Top 5 Reasons to Get Your Hearing Checked:

- 1 Early Detection of Hearing Loss:** Catching hearing loss early allows for better treatment options.
- 2 Improved Communication:** Good hearing helps maintain relationships and prevents misunderstandings in social and work settings.
- 3 Cognitive Health:** Untreated hearing loss is linked to cognitive decline, dementia, and memory issues.
- 4 Safety and Awareness:** Hearing well helps you stay aware of your surroundings, reducing the risk of accidents.
- 5 Better Overall Health:** Hearing issues can be linked to other health conditions like diabetes, cardiovascular disease and depression.

Addressing hearing loss can improve confidence, reduce isolation and enhance everyday experiences. Regular hearing checks, especially as you age, can help you stay proactive about your health and well-being.

Hearing well means living well—so why wait?
Make your health a priority and schedule a hearing test this May!



www.beaverdament.com
120 Park Ave, Suite 1
Beaver Dam, WI 53916
920.885.5225



Katie Walsh, Au.D., CCC-A
Clinical Audiologist



Phonak Audéo™ Infinio

TRUSTED PROVIDER
Phonak Hearing Solutions



"Mothers hold their children's hands for a short while, but their hearts forever." -**Unknown**

There are two holidays in May for which we have the opportunity to honor those who have sacrificed so much.

The first is Mother's Day. This is a time to reflect on the care and love we have experienced during our childhood and into adulthood. It is also a time to thank her for all she's done for you. Please spend some time with her, not only on Mother's Day, but every opportunity you have!

The second holiday is Memorial Day. It is a day to remember those who sacrificed their lives to make this country free. Although this is a holiday to remember those who have passed, I think it's only fitting we also thank veterans who are still with us today, and those currently serving. Because of their courage and sacrifice we live in a free country!

Thank you!

Sincerely,

Denise Fitzsimmons

Publisher

Publisher/Co-founder:

Denise Fitzsimmons
denisef.inspiremag@gmail.com

Accounts Director/Co-founder:

Jill Huizenga
jrhuizenga2@gmail.com

Designer/Co-founder:

Mary Beth Bockhorst
marybethbockhorst@gmail.com

Designer:

Travis Pohl
travis.pohl@gmail.com

Advertising Sales:

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

Subscription Information:

(920) 382-7200

Back Issues:

Call Denise for availability
(920) 296-9443

Contributing Writers:

Dorothy Bliskey, Dr. Stephanie Tyjeski,
Ashley Posthuma, Patti Walker

Advisory Board:

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

**InSpire Magazine is
published by:**

Niche Publications, Inc.
P.O. Box 850
Beaver Dam, WI 53916-0850

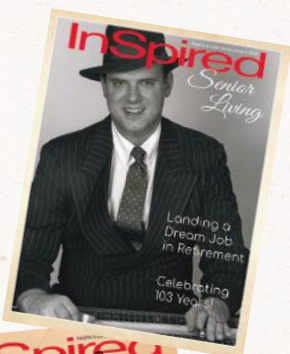
**If you love the magazine,
mail a check with your
name and address to:**

InSpire Magazine
P.O. Box 850
Beaver Dam, WI 53916-0850

**one year: \$15.95
two year: \$29.95
three year: \$45.85**

www.inspiremagazinewi.com

InSpired Senior Living Out Now!



Morris Carpet Cleaning
Serving the area since 1985

**Residential
Commercial
Upholstery
Janitorial Services**

920.382.3788
morrisccj@gmail.com
morriscarpetcleaning.net

Get Ready for Spring!



Opening Saturday May 3rd!
Drive a little, Save a lot!

- Hanging Baskets
- Annuals
- Vegetables
- Seed Potatoes
- Onion Sets
- Organic Fertilizer
- Seeds

Wodill Florist & Greenhouse

W8600 Meadow Road - Beaver Dam
South of Beaver Dam on Hwy G
920.927.5429 - www.wodillflorist.com
Mon - Fri: 9am - 5pm, Sat & Sun: 9am - 4pm

Inviting Sunrooms



Open up your home to the healing power of nature with a sunroom installed by the experts at Hometown Glass & Improvement. We design and construct 3 and 4 season rooms. Come and see the options available. **Fully Warranted Design & Construction.**

Get a FREE estimate when you visit or give us a call at 920-887-3757.

Professionally
installed.

HOMETOWN
Glass & Improvement, Inc.

90 years
of experience!

N7171 Raceway Rd. Beaver Dam • www.hometownglass.com

Photography, Faith & Motherhood

By Ashley Posthuma



Photography provided by Kylie Marie Photography.

When posing for a photographer, it can be difficult to get your best angle or give a real smile. When working with Tiffany Halverson, owner of Tiff Joy Photo, it's hard not to smile. Tiffany curates high-energy photography sessions with custom playlists and lots of fun—and she's sure to capture all the best moments.

"My favorite part of being a photographer is definitely creating real relationships with my clients," Tiffany explains. "By the end of the session, we always leave as friends! I bring my speaker to almost all my sessions, because I feel music lightens the mood and helps everyone to relax and have fun." While Tiffany captures all sorts of occasions, her favorite sessions are couples and senior girls.

Tiffany is a full-time photographer, but she's taken a journey to arrive at this career. From a young age, she always loved taking photos of her friends, but during senior year of high school was the first time she considered the potential of photography as more than a hobby. She was on the yearbook committee, which meant access to her first "nice" camera.

Tiffany and her husband Andrew (AJ) got married shortly after graduating high school, and in support of Tiffany's dream, he purchased her first DSLR camera. "AJ has been my biggest supporter from the beginning," Tiffany explains. "When I brought up the idea of wanting to start my business, he didn't once flinch at the idea." From there, she taught herself a variety of photography skills and worked with another photographer as his second shooter at weddings.

While this period of learning and growth was fun and challenging for Tiffany, it started to become overwhelming after the birth of her two children, Eleanor and Henrik. At one point, she was working a full-time job, running her photography business, and hiring babysitters to watch her kids during photo sessions at night while her husband was at work.

In 2019, Tiffany and AJ made the decision that Tiffany would step away from her full-time job to pursue photography and stay at home with the kids more often. This gave her some much-needed time to focus on the business, which has grown rapidly in recent years.

"Balancing the business has gotten easier as my kids have gotten older," Tiffany describes. "I try to do my editing at night when they are in bed, and during the busy season, I always leave a couple days open during the week for spending time with my family. It works out great!"

Eleanor and Henrik even tag along to the occasional photography session, often to senior photos when the student's mom can help out with the kids. "There have been so many times where the moms will spoil the kids with treats," Tiffany laughs. It's also a bonus when they bring a playful dog to the session! "I even had a mom

once write the kindest words to Eleanor in one of her notebooks about being the 'light of Jesus,'" Tiffany recalls. "I will keep that forever! I am truly blessed with such amazing clients."

While being an entrepreneur and a mom isn't an easy task, Tiffany credits her faith: "I always like to say motherhood is kingdom work! Seeing the fruits of your labor coming from your kids is always such a blessing." She also explains that her children are each other's best friends, and she gets so much joy from just sitting back and watching their imaginations run wild as they play together.

Tiffany credits another source for much of her motherhood success as

well: her own mom. "I have such fond memories from my childhood. I did go through a stage where I took my mom through the ringer (sorry, Mom!), but we are great friends now. I call her almost every day and we get together at least once a week. She's my go-to for everything, and I love seeing my kids have a great relationship with their 'Oma.'"

After one photography session (or conversation!) with Tiffany, it's easy to appreciate that her middle name is Joy. With a bubbly enthusiasm for life and a passion for capturing everyone's best side, she tends to spread a little joy wherever she goes. And as a mom, she's doing that work daily within her family as well. But through it all, Tiffany remains humble about her achievements: "I have learned throughout the years that I can't do this business alone; I have to surrender it to God and trust that He will provide amazing clients, and He always does. When you let God be your business partner, you'll always thrive!"





Brain Health

By Dr. Stephanie Tyjeski

The health of our brain is fundamental to who we are—shaping our thoughts, memories, emotions, and overall well-being. As we navigate through life, maintaining brain health becomes increasingly important, especially with the rising prevalence of mental health conditions and neurodegenerative diseases like Alzheimer's or Dementia. From managing stress and anxiety to preventing cognitive decline, understanding the complex relationship between our brain and mental health is essential for aging gracefully and ensuring a high quality of life. In this article, we will explore 3 key factors that influence brain health. Whether you're looking to boost your cognitive function, improve your emotional resilience, or gain insights into preventative measures, understanding brain health is the first step toward a more fulfilling and healthy life.

1. Nutrition: Fueling the Brain for Optimal Performance

Just as our body requires proper nutrition to stay healthy, so does our brain. What we eat has a direct impact on how our brain functions. A nutrient-rich diet can support cognitive function, protect against brain aging, and even help prevent neurodegenerative diseases like Alzheimer's. Key nutrients such as omega-3 fatty acids, antioxidants, vitamins, and minerals play critical roles in maintaining brain health.

Omega-3 fatty acids, found in fatty fish like salmon, walnuts, and flaxseeds, are essential for building brain cell membranes and supporting communication between brain cells. These healthy fats also have anti-inflammatory properties that can protect against cognitive decline. Antioxidants, which are abundant in fruits and vegetables like berries, leafy greens, and dark chocolate, help combat oxidative stress, a process that damages brain cells and accelerates aging. Additionally, vitamins like B12 and D, found in eggs and sunlight, are essential for maintaining brain function and protecting against memory loss.

A balanced diet, rich in these nutrients, can significantly reduce the risk of developing cognitive impairments later in life. Furthermore, staying hydrated is also critical, as dehydration can impair concentration, memory, and overall brain function. A brain-boosting diet, combined with consistent nutritional habits, can ensure that your brain stays sharp and ready for the challenges of everyday life.

2. Exercise: Boosting Brain Health Through Movement

Exercise is not only good for the body but is also incredibly beneficial for the brain. Regular physical activity has been shown to increase blood flow to the brain, enhance neuroplasticity (the brain's ability to adapt and grow), and stimulate the production of brain-derived neurotrophic factor (BDNF), a

protein that supports the growth and survival of brain cells. Studies consistently show that people who engage in regular physical activity have better memory, faster cognitive processing, and a reduced risk of developing mental health conditions like depression and anxiety.

Aerobic exercises such as walking, running, swimming, or cycling have been shown to be particularly effective for brain health. These activities improve cardiovascular health, which, in turn, boosts oxygen and nutrient delivery to the brain. In addition, resistance training and strength-building exercises have been found to support cognitive function and help prevent age-related brain decline. Even moderate exercise, like a brisk 30-minute walk a few times a week, can have a significant positive impact on brain health.

Exercise also plays a role in managing stress, which can be detrimental to the brain if left unchecked. Physical activity triggers the release of endorphins, the brain's natural "feel-good" chemicals, which can alleviate anxiety and improve mood. Moreover, exercise helps to regulate sleep patterns, which is essential for memory consolidation and overall brain function.

3. BrainTap: Unlocking the Power of the Mind

One of the most innovative approaches to supporting brain health is through technologies like BrainTap, a system designed to promote mental clarity and relaxation. This system includes a headset with speakers and a light visor that covers over your eyes. The headset is then paired with a phone or tablet to play meditative sounds or words to help regulate brain waves. The BrainTap headset uses sound waves and light waves to regulate brain waves. Our brain has multiple different brain waves and each brain wave is used for different purposes. Some brain waves are used to help us focus while others are used to help us get into deep sleep or to think creatively. Your brain should naturally flow between these waves depending on what is needed at the time of day. However, if your brain can't regulate these waves, you may end up with brain fog when you're trying to focus or being wide awake when you're trying to go to sleep.

BrainTap works by helping the brain enter deeply restorative states, which can enhance memory, creativity, and cognitive performance. The system is particularly beneficial for managing stress and anxiety, which are known to have a negative impact on brain health over time. By using BrainTap regularly, individuals can improve mental resilience, reduce mental fatigue, and even help combat symptoms associated with conditions like insomnia, depression, and ADHD. This non-invasive tool offers a modern approach to enhancing brain health through mindfulness and neurotechnology. We have seen a difference in the patient's who

use BrainTap at our office. If you're curious and would like to try it out, stop by the office for a free test run.

To maintain a healthy, vibrant brain, it's important to focus on the three pillars of brain health: Nutrition, Exercise, and Braintap Technology. Each of these factors provides unique benefits that work synergistically to enhance cognitive function, protect against mental decline, and improve emotional well-being. Whether it's incorporating neurotechnology like BrainTap to enhance mental clarity, fueling the brain with a nutrient-rich diet, or engaging in regular physical activity to boost cognitive performance, taking care of your brain today will lay the foundation for a sharper, more resilient mind in the future. Prioritize these key factors, and your brain will thank you for years to come.

Join me at our FREE Wellness Class where we'll dive deeper into other ways to keep the brain sharp and healthy. It is never too late to improve your brain health. Please join us at our Beaver Dam location for this FREE class on Tuesday, May 20th 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.



BEER, CHEESE & WINE FEST

Sat. June 14, 2025
Noon - 4 pm
Beaver Dam, Wis.

**Makes a Great Father's Day Gift
Order Now!**

TasteofWisconsin.net



EYEWEAR AT
UNCOMMON
PRICES!

ROCK RIVER
— EYEWEAR —
QUALITY EYEWEAR AT UNCOMMON PRICES

FORMERLY JAN'S OPTICAL
223 E MAIN STREET
WAUPUN - (920) 324-8608
ROCKRIVEREYEWEAR.COM

Willow Pet Hospital

Providing A Lifetime of
Exceptional Care For Your Pets

920-885-4148 • 126 Corporate, Beaver Dam
M, W, F: 8am-5pm,
TUES. & THURS.
8am-7pm, SA. 8am-12pm

We care for all "furry" pets

AAHA
AMERICAN
ANIMAL
HOSPITAL
ASSOCIATION
Accredited

† **St. Vincent de Paul**
Society of
Neighbors helping neighbors.®

DONATIONS NEEDED!

House wares, clothing and furniture.

Call for free pickup. 920-885-6971

125 Dodge Dr.,
Beaver Dam
920-885-6971

Monday-Saturday
8am to 7pm



National Peony Convention and Flower Show in Beaver Dam

By Dorothy Bliskey

Girl posing with peonies at the Peony Festival.

Beautiful, fragrant peony blossoms will be the theme in Beaver Dam the weekend of June 13-15 when two exciting peony events occur at the same time. The American Peony Society's National Convention & Flower Show, aptly named "Artistry in Bloom," is coming to Beaver Dam as the city hosts its 5th annual Wisconsin Arts & Peony Festival packed with fun-filled activities throughout the city.

The prestigious convention and flower show is held in a different state each year.

"This year it is Beaver Dam's time to shine," said convention organizer Michelle Ovans, president of the Wisconsin Peony Society. She notes it will take place at the Beaver Dam High School, is free and open to the public and is an endeavor she has been working on for two years.

Peony enthusiasts and hybridizers from across the U.S. and Canada will showcase newly formed hybrid varieties of the fragrant flower.

"Those attending will experience a breathtaking display of hundreds of peony varieties," Ovans said, noting that visitors come from as far away as New Zealand and the Netherlands.

"Whether you're a longtime gardener or you simply love flowers, this is a rare opportunity you won't want to miss. Anyone can enter their blooms in competition as long as they know the name of the cultivar, such as Sarah Bernhardt or Bartzella," Ovans said, adding that potential entrants can call her with questions at (715) 574-9425.

Fun Fact: The American Peony Society is the only place for breeders to register their newly developed cultivars worldwide.

What to see and do at the Convention?

Highlights of the convention include the National Flower Show & Exhibition as well as seminars and demonstrations led by experts such as professors in plant sciences, American Peony Society directors, Master Gardeners, Wisconsin Peony Society Members, the editor of National Gardener Magazine, and the owner of Parker's Peonies & Perennials.

There will be live demonstrations where convention attendees can learn techniques for peony care, propagation, and pollinator-friendly gardening.

Ovans has been busy arranging for everything from hotel accommodations, to securing venues for the convention, floral exhibition and banquets. She also has planned bus tours for American Peony Society members, enabling them to travel as a group to see various peony gardens outside the city including, among others, the Ovans Peony Farm operated by Michelle and her husband Mike. Their farm is also open to the public for events and tours as part of the community's Wisconsin Arts & Peony Festival.

Ovans Peony Farm

Located just a few miles outside Beaver Dam, the Ovans Peony Farm showcases nearly 5 acres of peony plants in hundreds of varieties. Visitors can stroll alongside row after row of peonies to take in the beauty and fragrance of the blooms.

Events going on at Ovans Peony Farm are part of the Wisconsin Arts & Peony Festival in Beaver Dam but some are offered a day or two before the weekend begins. Visitors to the farm can view the peonies from June 11-15. A special event, "Picnic in the Peonies," is planned for Thursday, June 12 at 5pm. The event features a smoked BBQ buffet and solo guitar music.

Classes in peony floral design and photography are also available at Ovans Peony Farm. For more information on the farm or on specific seminars at the convention, go online to www.ovanspeonyfarm.com or to www.visitbeaverdam.com.

Beaver Dam's Peony Garden

A magnificent peony garden has sprung up in recent years along Beaver Dam's River Walk. Named the Wisconsin Heritage Peony Garden, the project was accomplished in partnership between the Beaver Dam Chamber of Commerce and the owners of Ovans Peony Farm with help from the Beaver Dam Rotarians, Parks Department, Chamber of Commerce and local residents. Peony plants were donated by Ovans Peony Farm, the Wisconsin Peony Society and several Wisconsin Hybridizers.

"The Wisconsin Heritage Peony Garden in Beaver Dam is a Celebration of Cooperation," Ovans said. She also notes it was designated by the American Peony Society as a Peony Reference Garden. "This is an absolute honor," Ovans said, noting that reference gardens are used to maintain peonies of historical significance, for plant identification, and for restoration of historic gardens. "There are only eight of these reference gardens worldwide."

The American Peony Society National Convention will likely boost attendance at the Wisconsin Arts & Peony Festival held in downtown Beaver Dam, with many visitors participating in both events.

There will be a FREE Trolley Service on Saturday to shuttle visitors to and from the Beaver Dam High School (Flower Show & Seminars) and the Downtown Art Market and Taste of Wisconsin.

"Come and enjoy art, music and local flavors at the Wisconsin Arts & Peony Festival and Taste of Wisconsin happening the same weekend," Ovans concludes.

Countryside Gardens, LLC

www.countrysidegardensllc.com

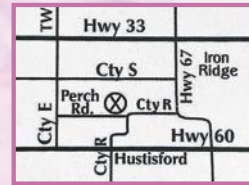
W3582 Perch Road, Iron Ridge

920.349.3030

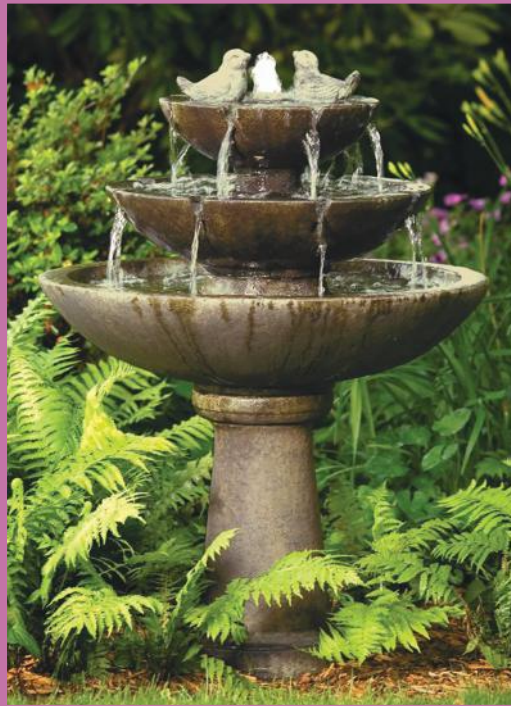
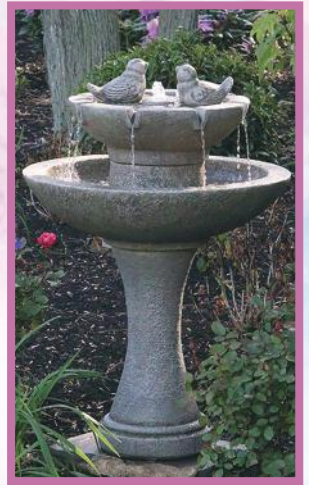
May Hours

Monday - Friday: 9am - 6pm

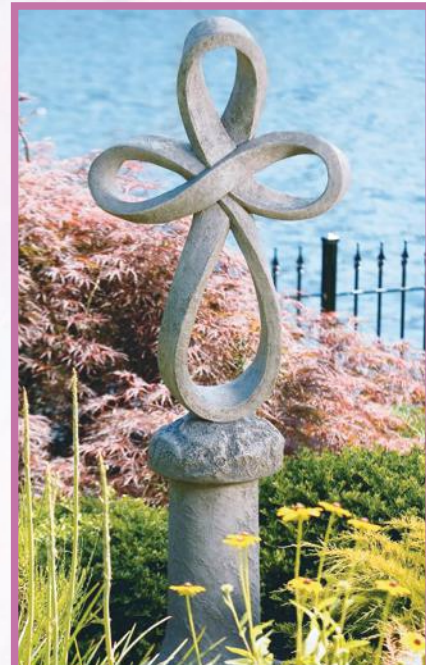
Saturday: 8am - 5pm, Sunday: 10am - 5pm



Take a short drive to Countryside Gardens and see what's new, including the World's Softest Socks, a large selection of holiday home decor, Christian Greeting Cards, outdoor decorations, spinners, and solar stakes.



Annuals | Perennials | Vegetables | Garden & Home Decor





Peony fest art market and (inset) crocheted Peony blooms at the art festival in Beaver Dam.

The Peony Takes Center Stage

Fun, Food and Art at Wisconsin Arts and Peony Festival

By Dorothy Bliskey

Beaver Dam will be buzzing with visitors the weekend of June 13-15 as they roll out the red carpet for the annual Wisconsin Arts & Peony Festival. The event packs a punch when it comes to the list of activities visitors can enjoy – especially since this year’s festival occurs at the same time the American Peony Society (APS) National Flower Show and Convention comes to town.

“The national attention generated by the American Peony Society show raises the profile of this festival, positioning it as a must-visit event for both garden lovers and cultural travelers,” said Shannon Koele, Tourism Marketing Manager for the Beaver Dam Chamber & Visitor Center.

“Hosting the APS National Peony Flower Show brings national prestige and excitement to the Wisconsin Arts & Peony Festival, Koele added. “It significantly enhances the scope and appeal of the event. The floral showcase will attract peony enthusiasts, horticulturists, and APS members from across the country, drawing new visitors to Beaver Dam and boosting local tourism.”

“With thousands of breathtaking blooms on display, the show adds a vibrant centerpiece to the festival while also offering educational opportunities through expert-led talks and demonstrations,” Koele said, noting the events are open to the public Saturday and Sunday.

Meanwhile, downtown, a myriad of festival fun will occur, offering visitors activities such as the 4th annual Art Market

with food trucks and live music, an Art Peony Exhibit and Quilt Show, a Brunch and Blossoms Tour, numerous peony and nature-themed art classes, tours of the Ovans Peony Farm, a Community Mural Painting and much more. The festival also features a Jacket Showcase exhibiting elaborate jackets worn by former UW-Band Director Mike Leckrone and sewn by Beaver Dam native Lois Levenhagen.

What’s new?

“This year, due to the timing of our annual events, the Taste of Wisconsin Beer, Cheese and Wine Fest will also be happening the same weekend, on Saturday from Noon to 4 pm,” Koele said, noting festivalgoers can purchase tickets ahead of time online.

Mike Leckrone and Lois Levenhagen will also be making personal appearances during the festival. The “Harmonious Threads” exhibit, which features Mike’s many concert jackets and attire, returns this year. In addition, he will make a special guest appearance on Friday for a book signing, featuring his new book, “Moments of Happiness: A Wisconsin Band Story.” Lois, the seamstress of many of his most popular concert jackets, will be at the exhibit part of the weekend to answer questions about the process of creating the jackets. The exhibit takes place at the Nancy Zieman Sewing Studio & Quilt Shop.

Annuals
Perennials
Geraniums
Impatiens
Petunias
Baskets
Herbs
Veggies
Statuary



Annual Mother's Day Celebration

MAY 9th & 10th

Door Prizes &
Refreshments

Our experienced staff will
help you pick the perfect
Mother's Day gift!

Saturday, bring the kids
and plant a FREE
flower for mom!



Address

N10348 County Road A, Fox Lake
www.hoekstrasmarketandgreenhouse.com
(920) 928-2398

Hours

Monday - Friday: 9:00am - 6:00pm
Saturday: 8:00am - 5:00pm
Sunday: Closed



Volunteers – Community Effort

More than 100 volunteers are involved with the weekend festivities. They are instrumental in assisting with the American Peony Society National Flower Show, providing guest services at the Chamber and Visitor Center, and supporting the various festival events and exhibits. “One of our largest volunteer-driven events, the Taste of Wisconsin, involves over 100 volunteers alone,” Koele said.

“The Wisconsin Arts & Peony Festival is truly a community-wide effort, made possible by the incredible support of numerous organizations and a dedicated team of volunteers. This year, we’re proud to collaborate with partners including Ovans Peony Farm, Beaver Dam Recreation Department, Dodge County Historical Society, Dodge County Center for the Arts, and Nancy Zieman Sewing Studio—all of whom contribute essential programming, planning, and support,” Koele said.

Other partners helping to make the event a success are Art on the Town, Beaver Dam Area Community Theatre, Stephen Bennett, Beaver Dam Community Library, and Beaver Dam Family Center Ice Arena.

The festival combines the elegance of peonies with the creativity of local artists.

“The show perfectly complements the festival’s mission to celebrate the intersection of art and nature. Guests will experience a weekend filled with awe-inspiring floral displays, a lively art market, music, food, peony-themed art workshops and sewing classes, fiber art exhibits, and community experiences—all enhanced by the prestige of hosting a national event,” Koele said.

“The addition of the APS show not only enriches the festival experience but also cultivates community pride and reinforces Beaver Dam’s growing reputation as a destination for beauty, creativity, and celebration.”

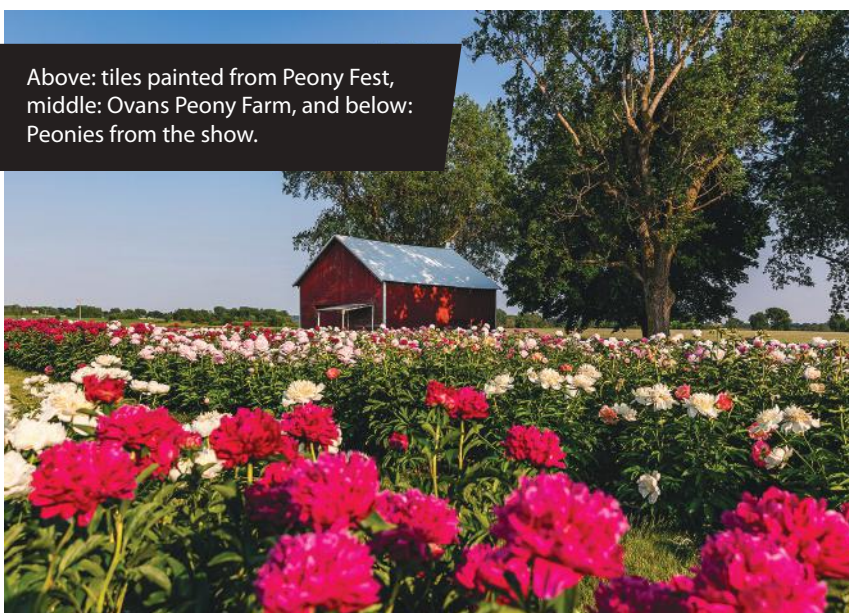
“With the exciting addition of the American Peony Society’s National Convention and Flower Show, we expect even greater numbers of people attending, including a mix of local community members, regional day-trippers, overnight visitors, and APS convention attendees traveling from across the country,” Koele concludes.

Looking for an overnight stay? Hotel rooms are filling up fast, but are offering room blocks and special rates. A free trolley shuttle service will be available on Saturday from 9:30am -- 4:30 pm. The trolley will stop at hotels, the flower Show at the Beaver Dam High School, the Art Market and Taste of Wisconsin.

For more information go to www.visitbeaverdam.com



Above: tiles painted from Peony Fest, middle: Ovans Peony Farm, and below: Peonies from the show.





Brehm's

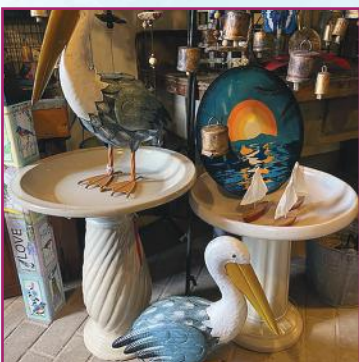
WonderCreek Nursery

Our horticulture heritage spans 64 years. A full service nursery with trees, shrubs and perennial landscapes to annual baskets, decorative planters, indoor/outdoor garden art and home decor. We have something for everyone!

Two locations:

Corner of Hwy 33 & N7127 S Crystal Lake Road
Farm at N6050 S Crystal Lake Road - Beaver Dam
(920) 344-0778 & (920) 344-0779
www.brehmsnursery.com

Keep up with the nursery by following our Facebook page!





Mammography Screening and Support Technologists Provide Guidance and a Listening Ear

By Patti H. Walker - Community Relations Manager at Prairie Ridge Health

Encouragement, support and guidance is the focus of Shelli Eggert, Mammography Screening and Support Technologist at Prairie Ridge Health (PRH), when working with mammography patients during their journey from screening to diagnosis to treatment.

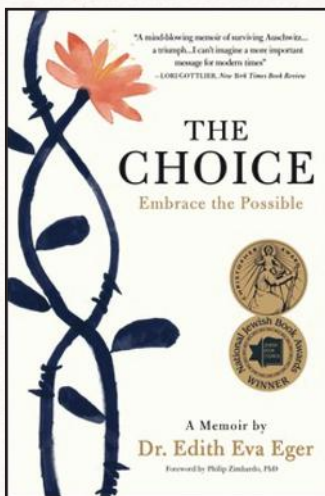
“You may see me as your technologist during a screening or diagnostic mammogram, relaying results to you at your appointment, scheduling and assisting with your breast biopsy, or assisting with any follow up procedures,” explained Eggert. “I provide patients with a listening ear, emotional support, and answer questions.”

Women without a strong family history of breast cancer are recommended to begin having annual screening mammograms at age 40. “A screening mammogram is a routine mammogram of your breast, used to detect early signs of breast cancer

in patients without symptoms,” said Eggert. “A diagnostic mammogram is used to evaluate specific breast abnormalities or changes, or suspicious findings from a screening mammogram.”

Screening mammograms only take about 15 minutes (for the actual exam) and do not require a physician referral; but according to Eggert, women sometimes delay scheduling a mammogram, or may not have one at all, due to anxiety they may feel leading up to the appointment.

“We want to make it less stressful for women to have a screening mammogram, so we offer walk-in mammograms the last Tuesday of every month, and no appointment is needed,” said Eggert. “This May we are offering walk-in mammograms every Tuesday. It gives the opportunity for patients to not have to make an appointment for their mammogram.”



The Choice: Embrace the Possible

by Dr. Edith Eva Eger

Reviewed by
Pamelyn Garcia, MLIS
Assistant Director &
Reference Librarian
Waupun Public Library

In May of 1944, 16-year-old Edith Elefant and her family were taken in the dead of night, forced onto a train to Auschwitz. Once arrived, her father and mother forced to the left and she and her sister, Magda, to the right; shortly after, they discovered the horror of what happened to those sent to the left. Equally horrifying was the treatment Edith and Magda received at the camp. In January, 1945, they survived a death march to Gunskirchen, where they were finally rescued from in May of 1945, almost assumed for dead. The memoir also describes her future struggles, successes and healing, including her degree completion as a psychiatrist. She describes her therapy method as CHOICE: "about choosing compassion, humor, optimism, intuition, curiosity and self-expression." The memoir is one of awe and hope, an emotional account of a true survivor and her journey of healing herself and others.

SPRING ENVY

SAVE up to \$500

On select Anderson Tuftex®, COREtec® and Shaw Floors® products

April 18 - June 2, 2025

12 Month/Interest Free Financing Available

Schnorenberg's Floor Covering

15 Mill Street | Hartford, WI | 262-673-4020 | www.schnorenbergsfloor.com | Find us on

Go Fitz... Go!

Residential & Commercial Lawn Care & Repair

- Mowing • Sidewalk Edging
- Rolling • Fertilizing • Tilling
- Thatching • Aeration • Seeding
- Rain Gutter Cleaning • Gutter Helmets Installed • Vacuum Sweeping • Shrub Trimming & More!

920-885-4972

877-855-4970

920-921-1000

www.fitzslawncares.com

1137 Madison St., Beaver Dam

Step A-Head Styling

Hair & Wig Salon

Over 80 Wigs in Stock
Special Order Colors
Custom Cuts
Appointments Necessary

(920) 324-5866
12 S. Madison Street
Waupun

START BUILDING YOUR DREAM HOME WITH A CONSTRUCTION LOAN FROM HORICON BANK!

\$300 OFF

CLOSING COSTS ON NEW CONSTRUCTION APPLICATIONS*

LIMITED
TIME
OFFER!

SEE US FOR
MORE DETAILS!

HORICON BANK

The Natural Choice®

* Offer is available for a limited time only on new construction applications received by 6/30/25 for a qualifying construction loan. Ad must be presented to receive offer and not to be used along with any other offer. Offer valid for new residential construction loans located in Wisconsin only. Closing credit will be applied at the time of closing. Subject to credit approval and other terms and conditions. Offer can be withdrawn at any time without prior notice. Member FDIC NMLS ID 434805



What is a walk-in mammogram? According to Eggert, the concept is exactly as it sounds. Patients arrive at the hospital on the specified walk-in day anytime between 7 a.m. and 5 p.m., go to the registration desk, ask for a walk-in screening mammogram, register onsite, and a mammogram technologist greets the patient to begin the screening.

Eggert provides some tips to make the mammogram screening process run smoothly. “Please bring your insurance card and know the location where your last mammogram was performed. You will need to change from the waist up, so a shirt or blouse that can be easily removed works best. We recommend not wearing a dress or a one-piece outfit.”

Following the exam, a radiologist reads the mammogram and results are typically provided within 10 days. Results are shared with the patient through electronic medical record and letter, then shared with the patient’s primary care provider and the hospital’s mammography screening and support technologist. If additional imaging is needed, a mammography screening and support technologist calls the patient to follow up.

“I work with the radiologist and medical imaging team to help organize follow up appointments for patients and assure patients understand their results,” said Eggert. “I serve as the main point of contact for the patient and team to improve communication and keep it simple for the patient.”

Eggert says that facilities who offer mammogram screenings sometimes offer appointments outside of standard business hours to assist women who cannot fit in appointments during work hours. “For example, we (PRH) offer early morning and early evening appointments for screening mammograms,” said Eggert. “Be sure to check with the facility you plan to visit for your screening mammogram to see if options are available to fit with your schedule.”

For more information about screening mammograms and diagnostic mammograms contact your primary care provider or call PRH at 920-623-2200 www.prairieridge.health/mammograms.

Happy Mother's Day



1A.
10K 1/2ctw
Diamond
Pendant
\$599



1C.
10K 1/5ctw
Diamond Pendant
\$449



1B.
10K 1/10ctw
Diamond
Pendant
\$399



1D.
10K 1/12ctw
Diamond Pendant
\$325



1E.
14K Diamond Ring
1/2ctw \$699
1ctw \$1,299
1 1/2ctw \$1,999
2ctw \$2,999

Gysbers
Jewelry
For Diamonds Since 1874



Grilling Season has Arrived!

Seven Days a Week 7am - 9pm
100 Gateway Drive - Waupun
shopthepig.com
(920) 324-5526

Lemon Bars



Ingredients

FOR THE CRUST

Cooking spray
1 cup butter, softened
3/4 cup granulated sugar
2 1/4 cups all-purpose flour
1/4 cup powdered sugar, plus more for garnish

FOR THE FILLING

2 cups granulated sugar
1/4 cup all-purpose flour
6 large eggs
3/4 cup lemon juice
Zest of one lemon

Directions

Preheat oven to 350°. Spray a 9"-x-13" baking pan with cooking spray. Line with parchment paper and spray parchment paper with cooking spray.

Make the crust: In a large bowl using a hand mixer, cream together butter and sugar until light and fluffy, 2 to 3 minutes. Add flour and powdered sugar and beat until combined.

Spread dough into prepared baking pan and press to flatten. Bake until lightly golden and just set, 20 to 25 minutes. Remove from oven and let cool for 30 minutes.

Make the filling: In a large mixing bowl, whisk together sugar, flour, eggs, lemon juice, and lemon zest and mix until fully combined. Pour filling over crust, return to oven, and bake until firm, about 25 minutes.

Remove from oven and refrigerate, 3 to 4 hours. Slice and garnish with powdered sugar.



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.



Jahnke's Piggly Wiggly
100 S. Western Ave. Juneau

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

Choose & Cruise Event

Savings Up to \$9,000

Call for details!

VENTURA



SPORT

VOGUE



**Open regular hours during
Hwy 16 construction!**

Dave's Turf & Marine, LLC.
Over 74 Years of Service
Leni Kahler • www.DavesTurf.net
W2755 East Gate Drive, Watertown
920.261.6802



BUG BITES AND BEE STINGS: PREVENTION AND TREATMENT

BY MARSHFIELD CLINIC

Most bug bites and bee stings don't cause long-term harm, but there are many treatment options that can help discomfort in the form of itching, redness and minor swelling.

Don't let bug bites and bee stings put a damper on your outdoor fun. Insect repellent is one way to keep bugs away.

Nothing puts a damper on a picnic or camping trip like a swarm of mosquitoes or bees, but there are ways you can decrease exposure and treat reactions.

Avoid bug bites and bee stings

There are several ways to keep the bugs away without using insect repellent.

- Wear long sleeves, pants and a hat. Tuck pants into shoes or socks.
- Wear light or neutral colored clothing. Bright colors attract bees.
- Skip scented soaps and perfumes.
- Keep drinks, food and garbage cans covered.
- Get rid of containers of standing water.
- Avoid wooded, brushy and grassy areas.
- Use screens and netting to keep bugs away from your patio.

Pick the best insect repellent

Use bug spray if you're in an area you can't avoid insects, like spending time in the woods. Treat camping

gear, clothes and shoes with the insect repellent permethrin, or buy pre-treated gear.

Only buy insect repellent with active ingredients registered with the U.S. Environmental Protection Agency. These products aren't expected to have harmful effects on people's health or the environment.

Choose an insect repellent safe for your child. Use products with less than 10% DEET for kids and adults. Bug spray shouldn't be used on babies younger than 2 months, and oil or eucalyptus-based products shouldn't be used on kids younger than 3 years.

If you're worried about your pets being bothered by bugs, get an insect repellent intended for animals.

Tips for using insect repellent safely:

- Spray your hands first; then apply to your face. Avoid the eyes and mouth and use bug spray sparingly around the ears.
- Adults should apply bug spray to children. Don't apply repellent to children's hands because they're likely to touch their eyes and mouths.
- Don't apply insect repellent under clothing.
- Use only enough to cover exposed skin or clothes. Heavy application doesn't mean better or longer protection.
- Don't apply bug spray to cuts, wounds or irritated skin.
- Shower or wash skin with soap and water once you're indoors.

- Stop using bug spray and wash with soap and water if you have a reaction.
- Call the local poison control center for more information and bring the repellent with you if you see a doctor.

Bug bite and bee sting treatment

Over-the-counter products will provide relief for itching, redness and minor swelling caused by bug bites or bee stings.

Try antihistamines that can be taken orally or applied to the skin for itch relief. Bug bite and bee sting treatments can stop the itching. Use products with ingredients like hydrocortisone, pramoxine, lidocaine, colloidal oatmeal and sodium bicarbonate.

Over-the-counter anti-inflammatories like ibuprofen, naproxen and acetaminophen may provide pain relief from bug bite or bee sting swelling and inflammation.


Biting insects can transfer blood from other people and animals they've bitten to you. That means they can infect you with the diseases their other victims have. Mosquitoes and ticks, for example, can carry infections like Lyme disease, Powassan or Zika viruses.

Seek medical help for serious reactions

Some people have a severe allergic reaction to insect stings called anaphylaxis. Symptoms appear within seconds or minutes and may be life-threatening. Symptoms include difficulty breathing, chest tightness, sneezing, wheezing, hives, itching or swelling of the eyes, lips, or other areas of the face. You may also experience nausea, vomiting, diarrhea, sudden anxiety or dizziness. If you have life-threatening symptoms, go to an emergency department immediately.

Stinging insects, such as bees, wasps, and fire ants, do not usually carry disease. But stinging insects can inject you with venom that can irritate your skin. Insect stings can be deadly to people who are severely allergic to the insect venom. People with known allergies should carry EpiPens.





Jacquelyn L. Wolter
Elbert & Wolter, Ltd.
 Attorney at Law

210 E. Center St. Juneau • (920)386-2505

- Family Law
- Adoption/Guardianships
- Impaired Driving/Traffic
- Criminal Defense

give the girls a call



Looking for a fun way to enjoy a little girl time? Plan a Mary Kay party! Invite your girlfriends. Enjoy **free makeovers**. Exchange **beauty tips**. Call me today to schedule the fun.

Daune (Dawn) R. DeVries
 Independent Beauty Consultant
Call or text 920.296.9951
 Shop at www.marykay.com/ddevries

MARY KAY®

Dr. John M Eaton D.D.S., S.C.

FAMILY & COSMETIC DENTISTRY

Have you been told you have gum disease?

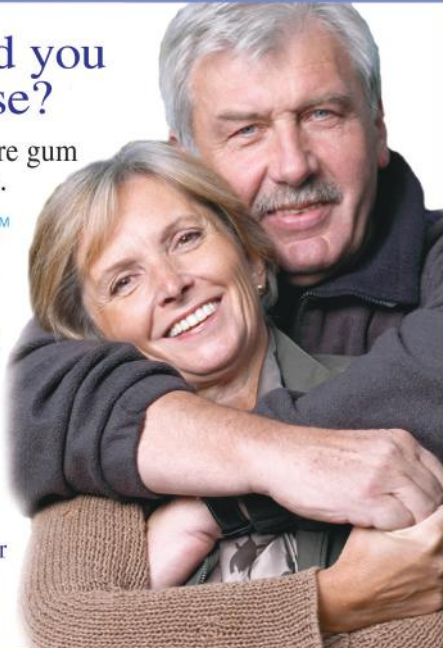
There is a Laser way to treat severe gum disease without cutting or stitches.

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

Wodill's Florist & Greenhouses

W8600 Meadow Road

South of Beaver Dam on Hwy. G, towards Lowell

920.927.5429

Monday - Friday 9am to 5pm, Saturday & Sunday 9am to 4pm

Tips on Flower Container Design - When designing a beautiful container make sure you use contrasting colors and textures. Different heights and sprawling plants add to the appeal and interest of the design. Keep in mind that the plants will grow. Make sure you leave enough room so they do not become root bound or crowded.

Tips on Planting Vegetables and a Garden - Vegetables typically like sunlight so make sure you plant them where there is limited shade. Don't forget to fertilize them and most importantly keep the weeds out.

Celery is one vegetable that likes shade. Plant them on the north side of a building. This will allow them to grow taller, their taste will not be bitter, and their color will be a lighter green.

Plant sprawling vegetables such as cucumbers, pumpkins and squash at the borders of your garden. This will give them plenty of room to grow without interfering with the other vegetables.

Place mulch such as straw or fabric at the base of your tomatoes to avoid fungus. Flowers planted near tomatoes and beans will help with the pollination process by attracting bees. Marigold and Zinnias are great flowers to border your garden and they add some color.

When planting seeds make sure you keep the soil moist. Carrots can be covered with a board or fabric to achieve this. Uncover them as you see plants emerge above the soil.

Tips on Plants or Flowers for Designing a Border for a Sidewalk - Always keep in mind the height and width of the plants when fully grown. You don't want to plant a vine or creeping plant that covers your sidewalk. Alyssum and Moss Rose make the perfect flower planted next to the walk way. Their size when fully grown will not takeover and they are easy to maintain. Again keep in mind sun or shade when choosing your flowers.

If you have additional questions see Dann at Wodill Florist & Greenhouses. Drive a little, Save a lot! 920.927.5429





Relax with a Glass at The Bank ESports

Wine, Mimosas, and Food will be available for purchase provided by

Damsels

DAM CHICKEN

during the Art Market
Saturday, June 14th
from 9 am - 4 pm

THE BANK ESORTS

124 N. Spring St, Beaver Dam, WI

Moms Know Best

Evaline Lidtke knows and trust Lidtke Motors...she's put her name on it!



2021 Lincoln Nautilus



2014 Lincoln MKS

- Oil Changes
- AC/Heating Service
- Brakes Service
- Tire Service
- Alignments
- Body Shop



2013 Chevy Silverado



2017 Ford Explorer

LIDTKE MOTORS

Worth the Drive, Since 1955.

701 Park Ave - Beaver Dam | 920.887.1661

www.lidtkemotors.com



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

Family Owned Supper Club Est. 1972. Serving Up: Choice Cut Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas; Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For All Occasions. www.ironridgeinn.com

Lake Street Inn

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

Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

Old Hickory Dining

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

An expanded 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 7 am to late night (serving breakfast), Family Friendly Atmosphere. www.parkavesportscafe.com

The Shores of Fox Lake

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576

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

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.

Buchanan's One Away

Monday - Wednesday

4pm to 8pm

Thursday

4pm to 10pm

Friday and Saturday

4pm to 11pm

Closed Sundays

Serving delicious
homemade pizzas!
Thin or New York Crust

**118 Lake Street
Hustisford
920.349.3400**



Beaver Dam
UNIFIED SCHOOL DISTRICT
Guiding students. Empowering futures.

Leading the way in student growth and achievement.

www.bdusd.org Follow Us! #BDFam 920.885.7300

Medical Clinic Space For Lease

Prime Space Available & Fully Finished!

- 6500 sq. ft. fully finished medical facility space
- Conveniently located on Maple Ave
- Can be subdivided into two offices

APACHE LEASING
920-356-1300

NATIONAL GOLD TAG FLOORING SALE

Professional
FLOOR COVERING INC

713 Park Ave • Beaver Dam, WI 53916 • 920-887-9972 • proflr.com

Beautiful Beginnings Start Here

Prairie Ridge
HEALTH
Inspired by you



At the Prairie Ridge Health birth center, our highly trained obstetrics team is dedicated to providing high-quality, expert medical care along with the highest level of attention and compassion to your needs.

Get a virtual tour and learn more about our services at www.PrairieRidge.Health or call 920-623-1200 to make an appointment with one of our providers.



Colin Millar, MD
Family Practice with OB



Katheryn Kaldor, DO
OB/GYN



Leslie Alzuhn-Hansen, MD
OB/GYN



Paul Boeder, MD
OB/GYN

ACCEPTING NEW PATIENTS

1515 Park Avenue | Columbus, WI 53925 | 920.623.2200 www.PrairieRidge.Health

Schumann



Your Rx: A healthy dose of convenience

Pharmacy services at Marshfield Medical Center-Beaver Dam

Easily manage medications and coordinate monthly curbside pickup or automated delivery. All at no extra cost. Our on-site pharmacy also offers:

- Vaccinations (COVID, RSV, Shingles, Flu, Tetanus, etc.)
- Hospital discharge prescriptions program
- Medication and sharps disposal

Plus, additional common care items, like over-the-counter medications, shoe inserts, compression stockings and foot care products.



Get started today

Call our pharmacy team to begin using these services: **920-356-0040**



Marshfield Medical Center
Beaver Dam