

January 2025

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Magazine



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Bridal Fair**

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Nikki Van Beek, an instructor at a&b Fitness Concepts poses for Becca Leystra of Mae Photography.



Farmer's Almanac "Just for Fun" Days of January

January 1: Z Day (On this day, those whose last name begins with "Z" get to go first instead of last.)

January 3: National Chocolate-Covered Cherry Day

January 6: National Bean Day

January 8: Elvis Presley's Birthday

January 10: National Houseplant Appreciation Day

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"Sometimes things in life happen that allow us to understand our priorities very clearly. Ultimately you can see those as gifts."

- **Mariska Hargitay**

As 2025 approaches, we will make our New Year's resolutions and bucket lists and then set off to accomplish them. We pack our days with events, duties, and obligations in order to obtain these goals. Although New Year's resolutions and bucket lists are a great way to keep track of goals, events, and places we would like to experience during our lifetime, they may also keep us from experiencing true happiness and fulfillment while on the fast track of accomplishing them. Instead, we fail to enjoy the moment we are in. Time spent with family and friends is always irreplaceable.

So in 2025, let's take time for family and friends and savor the fellowship and good times we have with them. And in the mean time, don't forget your New Year's resolution and bucket list - but make sure you have your priorities in order.

Happy New Year!

Sincerely,

Denise Fitzsimmons

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JANUARY 26, 2025

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Movement is Medicine



Automaticity – An alternative to New Year's Resolutions

My first and last New Year's resolution was to become a ripped goddess for my wedding in May of 2017.

I bought new running shoes, super cute workout outfits, a Fitbit, and signed up for an expensive membership at Orange Theory.

I worked out once. My shoes went into the spare closet, my cute workout outfits became lounge wear, and my Fitbit went into the junk drawer where all gadgets and their respective power cords go to die. I walked down the aisle heavier and flabbier than I was when I got engaged.

Does this resonate with you, friends? I bet it does. A year later I would stumble on the theory of automaticity and it's the way I've established healthy habits ever since.

In the book *Behave: The Biology of Humans at Our Best and Worst* by neuroscientist Robert Sapolsky he lays out the complex brain processes and external influences that determine how we behave. I still credit *Behave* with prompting some of the most meaningful changes in my adult life. One of the concepts that really

resonated is the function of the frontal cortex. In the simplest terms, the frontal cortex is the part of the brain that helps us do "the harder thing when it's the right thing to do" also what we might call self-discipline or willpower.

The real fascination for me came in the knowledge that self-discipline and willpower is a limited resource. No matter how strong minded we are, at some point the energy needed by our neurons to keep us doing those right-but-hard things (our cognitive load) literally takes too much energy.

Friends, it's not you, it's your impossibly heavy cognitive load that is the reason for your NYE resolution failure. And had I known that a year earlier I would have kept the tags on the \$100 sports bra I wore never.

So, what is an alternative to willpower? There is no getting away from the fact that we are an overworked, undernourished, and sedentary society and the rise of Type 2 diabetes and cardiovascular disease is proof that our current lifestyle is killing us. Here is where I'll encourage you to give automaticity a try.

Automaticity, as the name suggests, is when something becomes so automatic you no longer need to think about doing it, and so removing the frontal cortex's necessary involvement. If you've ever played a sport at a high level or mastered a musical instrument this concept will be familiar. At some point in your illustrious basketball career, you stopped going through each step of how to shoot the ball, you just did it. At some point with enough practice, you sat down at the piano and played straight through Mozart's Piano Concerto No. 25 without stumbling.

Here's how to put it in action: Pick one healthy habit you want to establish and adopt the mindset that it's good for you. Keep showing up and practicing the thing until you don't think about it anymore, you just do it.

The key is to not have any timeline or performance expectations for this fledgling healthy habit. Just like learning to play basketball or the piano when you were a kid – it should be fun and enjoyable, even the challenging parts. I recognize this is counterintuitive, but if you've been on the merry go round of making plans to be healthier and haven't been able to, this could be worth a try.

Plan for clumsiness and a few starts and stops along the way. It took me two full years before I was exercising consistently. I knew exercise was good for me, I decided that someday it would be part of my identity, and I kept showing up and practicing. Now, even on days when I wake up with the intention to skip my workout, I find myself strolling in at 7am, ready to do the thing, not sure sometimes how I even got there.

That's automaticity, friends - and it's the stuff of life. Join us at a&b fitness concepts in Randolph the 2nd Saturday of each month at 7am for more conversations like this!

Joelle Baehr - Gym & Juice Nutrition

Movement is Medicine

The power of movement is so much more than physical strength. Adding movement into your daily routine will change your mood, mindset, confidence, relationships, health and well-being.

Using fitness as a tool for mental health will help you navigate the bad days, give you energy, empower you, and help you to continue to climb any steep and challenging mountain.

Strength training burns more fat, builds healthy bones, increases overall strength, boosts energy, and keeps your heart healthy. Walking will increase blood flow, lower blood sugar, lower blood pressure, burns fat and will help with anxious feelings. The endorphins released during movement are anti depressants. Movement is medicine.

Find your community. Surround yourself with a community that lifts each other up, holds each other accountable, and cheers each other on. I said it once and I'll say it again movement is medicine strengthening mind and body one workout and one walk at a time.

Amber Alvin
Owner a&b Fitness Concepts



Zumba

Zumba is dance fitness that makes 'cardio' FUN! It has a mix of salsa, cumbia, hip hop, and so much more! It doesn't have to look perfect, if you are moving and enjoying yourself your right where you need to be.

I think people enjoy Zumba because it's fun, there's no pressure to do the moves perfectly, and a calorie scorcher.

The biggest challenge I face with teaching Zumba is making sure the participants don't get bored. I like to mix up the songs but not too much because it is more fun when you confidently know the moves that are coming.

What excites me most about Zumba is seeing my participants each week and the workout that comes with it. Zumba and dancing fills my cup!

I love to teach Zumba because I have had a love for dancing my entire life and I can share it with others of all ages and abilities. Fitness plays a big part in my life, so if I can mix my that with dancing then it's no brainer!

There are so many benefits you can get from Zumba. First you will have fun, it will boost your mood, relieve stress, tone your body, become more flexible, and you get to dance with friends!

If you're on the fence about coming to Zumba, just know that we are a judgment free zone! Nobody is watching you dance as they are more focused on the next move and looking at me to show them. We ALL mess up... (trust me, I do too... just ask my regulars) Join me Monday Nights at a&b Fitness Concepts 6:15-7:15 pm. Your first class is FREE!

Niki Van Beek -Instructor at a&b Fitness Concepts



Shrink Your Waist, Not Your Joy

By Dr. Stephanie Tyjeski

“It won’t budge. Every time I look at it, it still hasn’t budged. I’ve done everything by the book and that number won’t budge. Is it even worth doing at all if that number won’t budge!!!!?”

Have you had this discussion with yourself when standing on a scale? You have been exercising, eating healthy, drinking water, getting plenty of rest and still that number doesn’t change. You still dream about that chocolate cake you skipped at Christmas because you were going to stick to your guns and start the new year off a little lighter. When you’ve done everything and you still don’t see the weight change on the scale you start to blame yourself. Why continue down this road if you haven’t seen any changes? Well, I have good news, it really is your scales fault!

Your scale gives you one single number. Within that number, there is an abundance of information your scale isn’t telling you. The weight of your bones, muscle, organs, fat, and water in the body all add up to give you the weight on the scale. That single number is not the whole story....In fact it is only the first chapter. For instance, if you are exercising to help you lose weight, you are probably gaining muscle at the same time you are losing fat. That may cause it to look like you are gaining overall weight if you only look at your bathroom scale.

The solution is to use a bioimpedance scale. We have an InBody (bioimpedance) scale right in our office so we can help our patients determine if they are gaining muscle and losing fat. It starts by giving you that overall weight number like your bathroom scale, and then it dives into the really important information. How much of that weight is from muscle, fat, water, organs, and bones. Those numbers are where the true value is. Because you could be losing weight, and in reality you are losing muscle....not fat. You could be dehydrated because you aren’t drinking enough water. Or you are retaining extracellular water from eating too much processed food and sodium. So you can see why all these numbers are so much more important than just the overall single scale number.

That helps us to lead the conversation into WHY you are not losing weight, and you can see that it gives me a great direction to go in. Over the next couple of months, we will be focusing on the diet and exercise parts of fat loss/muscle gain. But today I want to talk about other reasons you may not be losing fat.

When we begin talking to a patient about losing fat, we don’t just talk about diet. We also talk about how your body is functioning to make sure the organs are working properly to process food to use it for energy, and not just store it all for later as fat. The most important organ to make sure is functioning at 100% is the liver. The liver is what stored the fat in your fat cells

in the first place. If the liver isn’t functioning at its best, it will store fat until it can process it at a later time. However, if you don’t ever fix your liver function, it will continue to store the fat and cannot utilize or eliminate it as the body needs it to.

The other system to make sure is operating properly is your lymphatic system. This system transports fat to be used or eliminated in the body. If this system is plugged up, your body will store the fat until it can handle it later on.

So what can you do to help your liver and lymphatic system be ready to lose weight? Diet plays a huge role in making sure your liver and lymphatic system are ready for weight loss. Eat veggies high in fiber to cleanse the liver and lymphatic system. Avoid over processed foods with high amounts of chemicals that will clog those systems. You wouldn’t put tar in a car to make it run because it would cause everything to clog up. Processed foods work the same way in the body. So give your body the proper fuel. Ensuring your body’s fat loss system is operating at peak will help you lose weight and keep it off. If diet alone doesn’t seem to correct the problem, there are high quality supplements that can help with liver function. And exercise helps the lymphatic system work properly, but we will get into more details on that and what to do if you can’t exercise enough in the next 2 months.

Now what if you’ve been doing all of this and still haven’t dropped the intended weight? Your body’s weight loss system may need a boost, and our Zerona fat loss laser does just that. The Zerona laser liquifies fat within the fat cell, and then creates a pore in the fat cell to allow the fat to leave the cell and get picked up by the lymphatic system. The pore in the fat cell closes and remains “empty” but not destroyed, which is very important to the overall function of your body. The Zerona laser supports both the lymphatic system and liver to help you either utilize or eliminate fat.

While the Zerona Laser itself is amazing, there are two simple tasks you must perform in order to see results. First, you must walk a minimum of 15 minutes every day to help pump the lymphatic system. Most of us get this on a daily basis from running errands. But walking on a treadmill, or outside will ensure you get enough. Second, you must drink at least 64 oz of water. This one can be a little harder for people, but you should be drinking this amount whether you’re trying to lose weight or not. It’s good for you. With the Zerona, there is no restricted dieting, no two hours at the gym every day. No massive commitment. It is a great way to boost your fat loss system and help you get moving on those New Year’s Resolutions!

So if you've been struggling with that number on the scale even when doing everything right, maybe it's time to try something different. Learn what your numbers really are and what they mean. Get your fat loss system functioning properly with the confidence knowing you are losing fat and not muscle. Get a start on your "Best Year Yet" with Tyjeski Family Chiropractic. Make a commitment this year to take care of the most important person in your life: YOU! And we will be there to teach, help, and Inspire you. Let's work together to make this the BEST YEAR YET!!

Yours in Health,
Dr. Stephanie Tyjeski

Join me at our Wellness Class as we dive deeper into supporting your body's fat loss system to achieve a healthier you. Bring your questions and get ready to learn! Please join us at our Beaver Dam location for this FREE class on Tuesday, January 21st at 5:30pm. Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.



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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The Watertown Bridal Fair to Showcase the Latest Wedding Trends for 2025



The Watertown Bridal Fair will take place at Watertown Turner Hall on January 26, 2025. This annual event will bring together brides and grooms-to-be and wedding vendors to celebrate love, creativity, and all things wedding-related. Featuring local wedding vendors, the event will provide brides and grooms with all the inspiration and resources they need to create their perfect day.

Event Highlights

Wedding Gown Showcase: Watch live models showcase wedding dresses from Sandra D's Bridal Boutique. Get a first-hand look at the styles that are popular for 2025.

Wedding Vendors: Browse over 30 vendor booths showcasing gowns, tuxedos, photography, cakes, catering, venues, beauty services, DJ's and more. Discover everything you need to plan a perfect wedding.

Prizes: Brides and grooms in attendance can register for prizes including the grand prize of a night at the Sybaris. Other prizes include marriage money that can be used with the vendors participating in the show.

"Our show offers an exciting opportunity to see the latest wedding trends up close, meet with expert vendors, and find everything you need to create the wedding of your dreams. We're excited to be a part of this special moment for so many couples," says Sandra Budewitz, owner of Sandra D's Bridal Boutique and event co-organizer.



Event Details

Date: 1/26/25

Time: 10am - 1pm

Location: Watertown Turner Hall

301 S. 4th St., Watertown, WI

Admission: Free

Advance registration is available online
<https://forms.gle/BRT2TmWg4rJGCjfb6> or at the door.

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Setting a Resolution that Sticks

By Ashley Posthuma

Can you believe 2025 is already here? The start of the year is a great time to set new goals, resolutions, and intentions for the upcoming year. But more often than not, our resolutions tend to fall off within a month or two. In fact, according to DriveResearch, only 9% of Americans who set New Year's resolutions actually achieve them. So, how do we set resolutions that stick?

To answer that question, we need to first examine the reasons our goals often fail. The first is that people tend to set vague goals without measurable points. So, you could say you want to “get healthier,” but measuring that goal is incredibly subjective. This could mean losing 10 pounds, going to the gym several times a week, meeting your daily step goal, eating an optimal amount of calories, developing healthier sleep habits, and the list goes on. Without an actual plan or way to hold yourself accountable, achieving a vague goal becomes an impossible feat.

On the other hand, we may set goals that are measurable—but overly ambitious. It's easy to sit on your couch and dream about all the changes you want to make in the new year, but it's much more difficult to put those dreams into action. For example, going to the gym for the first week may feel easy, but when the dark winter months start to drag on and on, continuing to go to the gym may feel like an impossible mountain to climb. Instead, start with something attainable for a longer period of time. In this example, you could set the goal at going to the gym 3 days a week. If you're able to keep up with this for a month or more, you can re-evaluate and increase your goal.

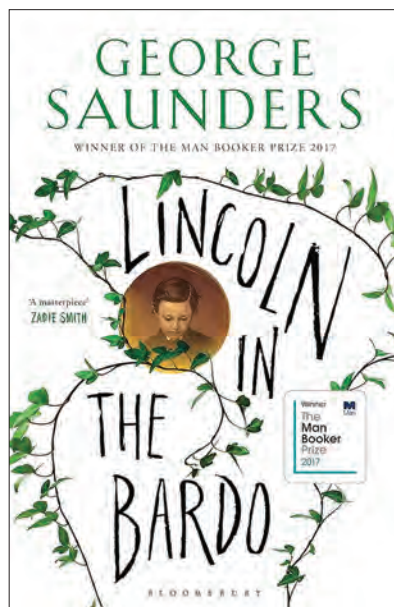
In order to combat an impossible-to-achieve resolution, it's important to focus on mini-milestones or micro-habits. When you set small goals that are easy to achieve and may fit within a larger goal, you have small reasons to celebrate—which may motivate you to tackle the larger things. Returning to our first example, if your

ultimate goal is to get healthier, that may include drinking the recommended amount of water each day or stretching before bed each night. Typically when you think of a New Year's resolution, you probably picture something more grand than drinking 8 glasses of water a day, but these small goals are important milestones in a broader picture of becoming healthier. The quicker you can develop these micro-goals into lasting habits, the more likely you are to achieve your bigger resolutions.

Along the same lines as identifying smaller milestones, it's important to outline a plan. Don't just decide you want to do something; set yourself up for success by mapping out how you're going to achieve it. You can go old-school with a pen and paper calendar, or you can browse productivity and goal-tracking apps. If you've never taken a look at the apps available for helping you stay on track, you may be impressed by the selection.

Ultimately, the final key to setting a New Year's resolution that sticks is by finding accountability. Tell someone about your dream, but also tell them why you want to achieve it. By outlining the reasons this is important to you, it'll help your accountability partner down the road if they need to remind you about all the reasons to stick to your goals. You could even write yourself a note or a letter for when you feel like giving up, as another reminder to stay consistent and keep going.

And finally, when setting a goal, picture what your life will look like once you have achieved that goal. That imagery can serve as all the motivation you need on some days—if you continue working toward your dream, you can achieve it! Just remember to celebrate the small successes along the way and keep in mind that you don't have to be perfect, you just need to make progress. Happy New Year!



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

Bardo is a Tibetan concept of a place between death and rebirth, a limbo of sorts. Year one into the Civil War President Lincoln's son, Willie, age eleven dies. Lincoln is grief stricken, going back to the cemetery several times to pull his boy's casket from the wall crypt and hold and talk to the child's body—according to the press at the time.

Saunders writes in snippets both long and short from: the press, letters from the war front, Lincoln biographies and most of all, some of the residence of the graveyard. The thought of dying is so terrifying, many of these ghosts refuse to admit they are dead. When their health returns, they think they will go home but each dawn they return to their "sick box" to heal. Many more know they are dead but refuse to leave their bodies and move on. Some stay to wait for their loved ones. Some fear where the white light will take them. Each time the white lights come, they jump back into their graves and refuse to go into it. But Willie is too young not to move along. This is no place for a child; Why is he still here?


When asked, Willie explains his father said that he will return. Willie must wait for him. Now the ghosts have a quest. They must convince Lincoln to tell his son to go into the light. How? Ghosts can't be seen, heard, felt... This book will make you laugh, cry, and think about life and death in new ways.

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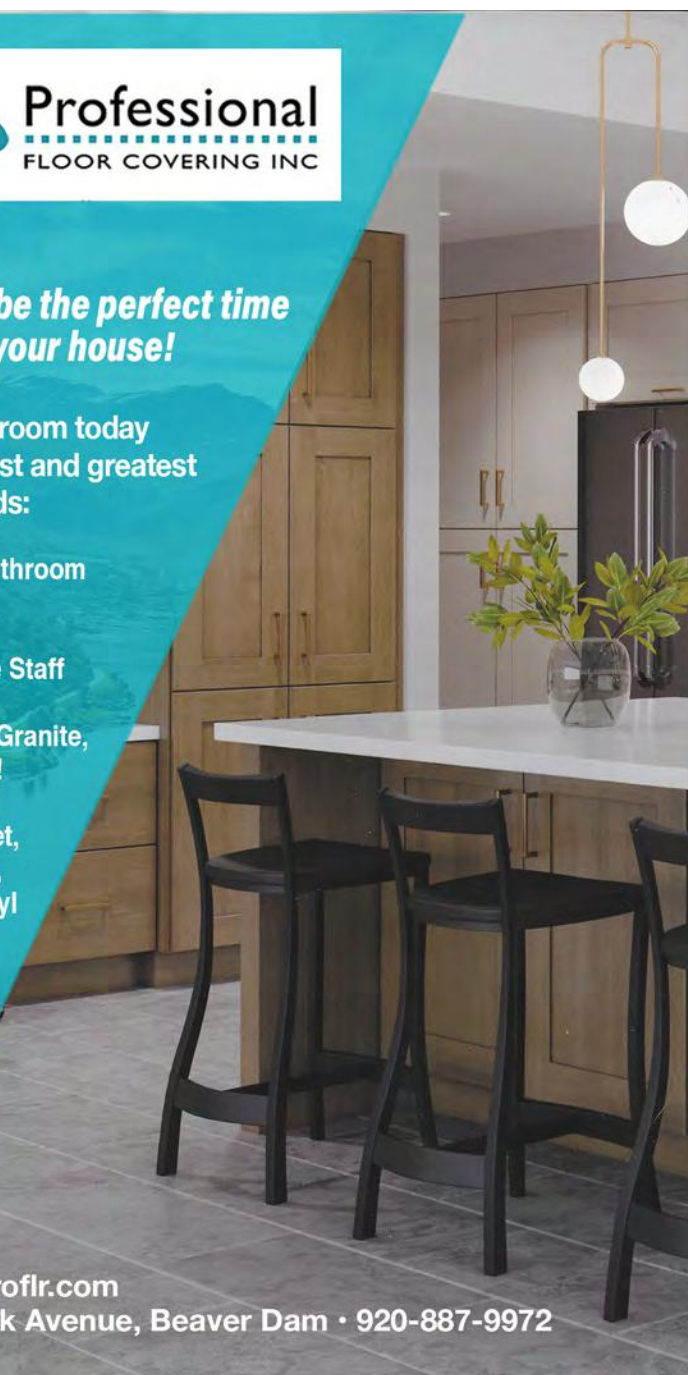
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Talking to Kids About Mental Health

By Marshfield Clinic Health System

Talking to kids about mental health – yours, or in general – can feel awkward. What's OK to say? What isn't? How young is too young to start the conversation?

Talking Helps Children Cope

According to the organization Children of Parents with a Mental Illness, "It is common for parents to think it's better to avoid talking to children about their mental illness, to protect them from stress and confusion. Yet research shows that when parents talk openly about their struggles, in language their child can understand, it actually helps the child to cope better."

Having these conversations, both about a parent's mental health and the child's, can help the child better understand what mental health is and reduce the stigma that often follows mental health issues. Talking with children about emotions can be a good early way to help children understand emotional and mental health.

Start Simple

Talking with kids about emotions, about empathy, about what it means to feel and how to process emotions is something parents are seeing in kindergarten curriculum now. This helps kids understand emotions are normal and OK, and parents can do the same kind of work at home.

Parents know their kids best, but in general, it's good to start talking about mental health early and openly,

particularly if there are suspected issues for the child, or the parent struggles with mental illness. If you're a parent with depression and need to take a nap during the day or have some quiet time, talk to your kids about why.

When having conversations about something more serious, like suicide, for example, parents should use their best judgement. Emotions are real and should be talked about, but the conversation should include age-appropriate language.

Create a Supportive Environment

For children struggling with mental health, research shows that having at least one supportive person that will listen and empathize with the child can make a world of difference. Kids need to know what they're feeling is natural and appropriate to talk about.

In talking with your kids, consider asking open-ended questions, which gives them room to choose their own words and elaborate on their feelings. Talking with your child's teacher and their primary care provider can be a good place to start if you're unsure about the signs and symptoms your child is displaying.

If you or someone you know is struggling with mental health, contact your primary care provider or reach out to a behavioral health provider. The MMC-BD Behavioral Health team can be reached at 920-356-6558.

Behavioral Health



Christina Friedl
MD



Kaitlyn Rychlowski
APNP



Amy Scott
LCSW



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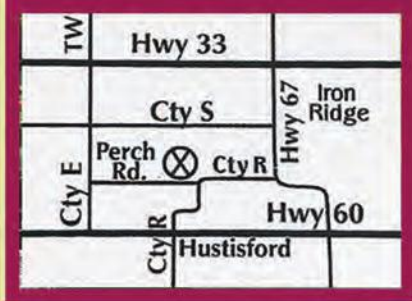
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3. CREATE A BUDGET YOU CAN STICK TO.
4. BE MORE MINDFUL.
5. COOK NEW FOODS.
6. READ MORE BOOKS.
7. ADD CLEANING TASKS TO YOUR CALENDAR.
8. CUT BACK ON ALCOHOL.
9. MAKE DINNER EASIER.
10. PRIORITIZE SLEEP.
11. JOIN A CLUB.
12. QUIT SMOKING.
13. LEARN TO LOVE VEGETABLES.
14. SCHEDULE ANNUAL HEALTH SCREENINGS.
15. PREVENTION EXERCISE YOUR BRAIN.
16. BECOME A PLANT OWNER.
17. TAKE THE STAIRS.
18. DO YOGA WITH YOUR PARTNER.
19. PLAN A VACATION.
20. HEAD TO A DAY SPA.

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Cranberry Turkey Sliders



Ingredients

Cooking spray
1 bag Hawaiian sweet rolls (12 count)
1 lb. Thanksgiving turkey leftovers, thinly sliced
1 c. Thanksgiving stuffing leftovers
1 c. whole berry cranberry sauce
4 oz. gouda, thinly sliced
4 oz. mild cheddar, thinly sliced
3 Tbsp. unsalted butter, softened
2 Tbsp. sliced chives, plus more for serving
1/4 tsp. onion powder
1/4 tsp. Worcestershire sauce

Directions

- Preheat oven to 350°. Spray a 13" x 9" baking dish with cooking spray. Place still-attached rolls onto a cutting board. Using a long bread knife, carefully cut in half parallel to cutting board. (Do not separate rolls.) Set tops aside.
- Evenly spread turkey over bottom rolls. Spread cranberry sauce onto turkey. Sprinkle gouda, cheddar, and stuffing over cranberry sauce. Close sliders with top buns.
- In a medium heatproof bowl, microwave butter until melted. Add chives, onion powder, and Worcestershire and stir to combine. Using a pastry brush, brush rolls with butter mixture. Loosely cover dish with foil.
- Bake sliders 15 minutes. Uncover and continue to bake until buns are golden brown and cheese is melted, 10 to 15 minutes more.
- Transfer sliders to a platter. Top with chives.



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Apple Annie will perform a magical circus-style extravaganza at The Watermark featuring magic storytelling, puppets and music, specially designed for children of varying ages and abilities. Expect integrated music and movement, interactive photo opportunities, and tailored magic and balancing activities for all skill levels. Apple Annie will meet and greet at the beginning of the show and teach each child a magic trick to play at the party and take home.

Sparkle Cat Face Painting will be onsite with complimentary face painting.



Dodge County Center for the Arts

The roots of the Dodge County Center for the Arts (DCCA) can be traced back to the Beaver Dam Arts Association, which was formed in 1961 with a vision to foster artistic expression and cultural enrichment in the local community.

1961-1995: The Birth of BD Arts Association:

In the early 1960s, a group of passionate artists and art enthusiasts in Dodge County came together to promote art in the Beaver Dam Area. In 1967, this group officially formed the BD Arts Council under the direction of President Jerry Kamps. Their initial efforts focused on organizing exhibitions, workshops, and cultural events to promote and celebrate the vibrant arts scene in the region. The events were held throughout the community with shows being displayed primarily in banks, stores, and the Heritage Village Mall during the holiday season. During this period, the group underwent a few name changes as well as personnel changes to become the Beaver Dam Area Arts Association (BDAAA) in 1985.

1995-2019: The Growth and Expansion:

In 1995, with the support of philanthropist Peter J. Seippel, the Beaver Dam Area Arts Association took up residence in the Seippel Homestead & Center for the Arts, located on North Spring Street in Beaver Dam. From this location, and with the support of the Seippel Foundation, the BDAAA was able to commit to regular exhibits of local artists and hire an executive director. During those years, several directors had tremendous influences upon the arts and the community including Annette Kamps and Karla Jensen. With Karla Jensen as the director, the BDAAA was able to not only have exhibits at the Seippel Center, which included Hawaiian dancers, outdoor art, music, poetry, and computer art. The BDAAA also took the art and artists into the community with its Plein Air Festival, Secret Garden Tour, Traveling Art Tour, and more. Young artists also became a focus during this period, with the inclusion of

Middle School Art as well as the Bertha Proctor Memorial Award, a contest which gave students from the Dodge County Area a chance to show their art. With the winners having their art purchased and permanently displayed at the BDAAA. In 2018 the board made the decision to leave the Seippel Center due to mounting financial concerns.

2019: The Transition to Dodge County Center for the Arts:

In 2019, the BDAAA was working on another reinvention of itself but was struggling to find an affordable location to be able to continue its mission. It was during this time that a generous donation from Dennis Giese and Karen Tomko saved the day. The husband-and-wife team donated the former Bank Mutual, located on West Maple Avenue, to the BDAAA on the condition that the name was changed to the Dodge County Center for the Arts (DCCA) to make the name sound more inclusive to just Beaver Dam.

The board of directors, under the direction of President Karol Dillie, took possession of the building and immediately began to make plans for the new home. The first show in March of 2019, featured many new artists and a major exhibit from the former founding president, Jerry Kamps, appropriately titled: "The Awakening: Blossoms, Birds & Butterflies". This new location sparked renewed energy within the Dodge County community and the art community, leading to regular shows and more than double the visitors from previous shows.

At the end of 2019, Robert Einwalter took the reins as president of the DCCA and along with help from a strong board of directors including Ruth Metz, Donna Oathout and long-serving board member Kraig Kasten, the DCCA flourished. Art, festivals, classes, and exhibits including a once-in-a-lifetime exhibit featuring the works and lifetime of local artist, and national celebrity, the late Nancy Zieman, brought the DCCA to the forefront of the community.

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2020: The Pandemic:

During the pandemic, with the DCCA closed, Einwalter led the board of directors in a strategic planning session, looking toward the next 60 years of the DCCA. This included a mission & vision statement, new logos designed by Ruth Metz, updated painting with the hands of many volunteers, a hanging system and much more. The DCCA was transformed from a gallery of shows with a small section of local artists' works for sale, to a full gallery where any member was able to exhibit. As the DCCA reopened, a new Executive Director, Kayla Ramierz, was hired. She brought a youthful energy to the DCCA and made many changes to the programs and classes to make them more accessible to the public.

In 2022, Kraig Kasten became president of the DCCA and hired Executive Director Amy McPherson. Following the strategic plan previously laid out, many new additions were made by Kasten, McPherson and the Board of Directors. The changes included once again reinventing the gallery by dividing it into a full gallery open to all members, and reserving space at the back of the DCCA to dedicate to an artist or artists, showcasing their incredible talents. Collaboration with community events: The Children's Radiothon, The Arts & Peony Festival, most Chamber of Commerce events, BD Pepper Festival, The Parks and Rec Department and more. These changes brought in visitors from all over the surrounding areas. Many of whom had never heard of the BDAAA or the DCCA. McPherson's rapport with artists had greatly enhanced DCCA's involvement with artists and the community leading to more new classes and shows than ever before.

Free workshops including Watercolor Wednesday and Plein Air Painting give artists of every skill level a chance to meet and discuss art techniques. Artists, and non-artists alike, get a chance to experience art through the eyes of those artists who are more than willing to pass along their techniques and passion for their medium to anyone. Collaboration with the ADRC has served to foster the idea that art is therapeutic during our Beautiful Expressions annual exhibit. Monthly free coloring contests encourage kids of all ages to try their hand at coloring the month's theme for prizes.

Since the beginning, the holidays have been a major part of the shows put on by the BDAAA/DCCA. This tradition continues in 2024 with the Holiday Art Market. The DCCA will reopen after work by tireless volunteers who have designed new ways to display art, giving a fresh and professional look for artists as well as a wonderful aesthetic for visitors. The Holiday Art Market will feature more than 20 artists of nearly every medium and technique including watercolor, oil pastels, neurographic art, wood turning, wood carving, pottery, oil painting, poetry, poured art, and much more.

The DCCA is committed to reaching artists of all ages and skill levels, and those thinking about doing some art, whether professionally, or just for fun, by giving them low-cost or no-cost opportunities to fulfill our vision of enriching life through art.



Various artwork
on display at DCCA.





New Year's Eve Cocktail Recipe

Cranberry Orange Whiskey Sour

Ingredients

Ice
1/2 c. cranberry juice
4 oz. whiskey
1/4 c. simple syrup
1/4 c. freshly squeezed OJ
Juice of 1 lime
4 oz. ginger beer

Directions

Fill a cocktail shaker with ice and add cranberry juice, whiskey, simple syrup, orange, and lime juice. Shake until well chilled.

Fill two glasses with ice and strain mixture into glasses. Top off with ginger beer to serve.

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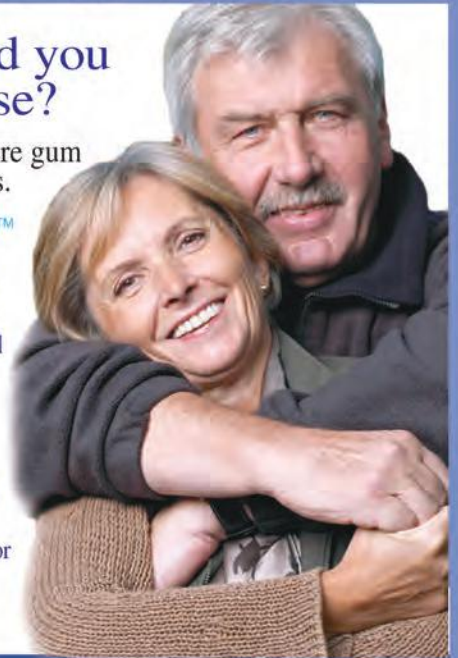
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Where is McKenna Nelson Now?

McKenna Nelson appeared on the cover of the July 2021 issue of InSpire. At that time she was only 12 years old and had qualified for the 2021 Drive, Chip and Putt National Finals, a skills competition.

She was "discovered" by Don DuChateau at the age of six. Her story told of her natural ability and drive to become the best at such a young age.

Since her story was published, McKenna has been very successful! In 2024, McKenna placed second at the Women's State Open, third at the Wisconsin Women's Amateur, and qualified for the PGA Junior National Championships in Bethesda Maryland, there she was able to play with the top junior golfers around the country. In April, she won the Drive Chip and Putt in Augusta, Georgia at the Masters. And in October, she won the WIAA Division 1 State Girls Golf Championship!

As stated in the 2021 story, we will be supporting you and watching you as you continue to grow and excel. Keep us posted!





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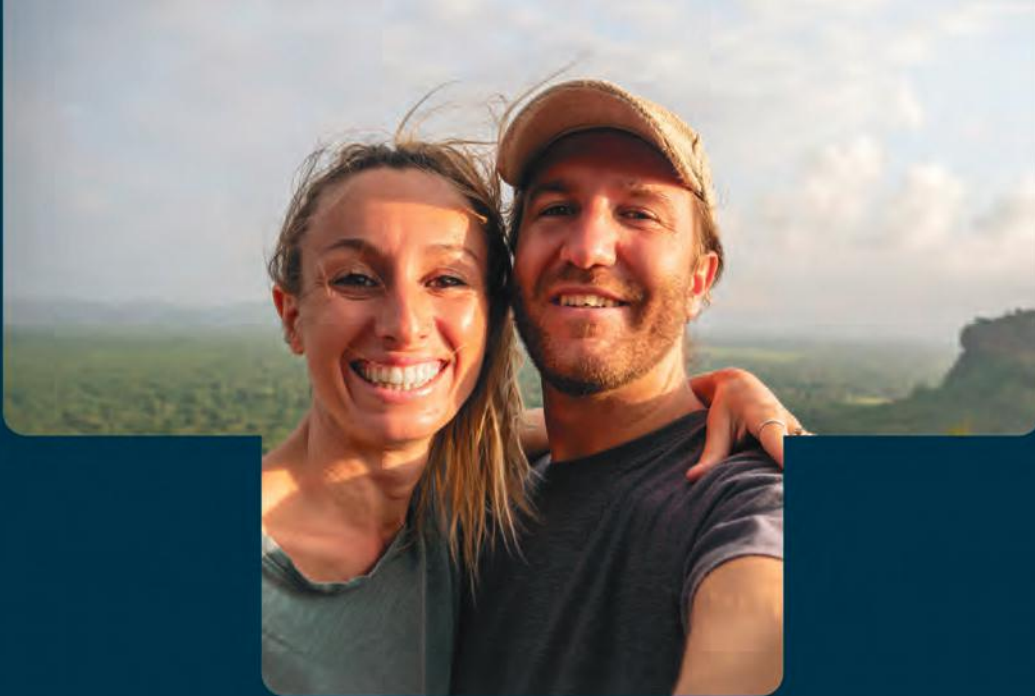
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