

December 2024

InSpire

Magazine



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Reason to Celebrate

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JANUARY 21st – Fat Loss vs Weight Loss

“Shrink your waist, not your joy”

FEBRUARY 18th – Macro Diet

“Eat like a champ, feel like a star”

MARCH 18th – Exercise

“Sweat today, shine tomorrow”

APRIL 15th – Nutrition and Supplements

“Nourish to Flourish”

MAY 20th – Brain Health

“Your Journey, Your Joy”

JUNE 17th – Healthy Cooking

“Cook Smarter, Not Harder”

JULY 15th – Top 3 Preventable Diseases

“Procrastination is a Disease, Prevention is the Cure”

AUGUST 19th – Healthy Aging

“Stronger Than My Reading Glasses and Twice as Sharp”

SEPTEMBER 16th – Immune

“Sick Days Canceled – My Immunity is Booked Solid”

OCTOBER 21st – Hormones

“Your Hormones Called, They Want a Better Manager”

NOVEMBER 18th – Detox

“Time to Turn your Body’s Trash into Treasure”

DECEMBER 16th – Inflammation

“Tame the Flame”

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inspired CONTENTS

- 8 Waupun's Growth is Reason to Celebrate
- 10 Well Adjusted for the Holiday Season
- 12 Special Delivery: Holiday Survival Tips From the North Pole
- 13 Shop Local: Downtown Watertown
- 14 Shop Local: Discover Waupun
- 16 Shop Local: Shop Beaver Dam
- 20 Mary Beth's Stuffing
- 21 Shop Local: Visit Hustisford
- 22 Volunteers of Praire Ridge Health Celebrate 40th Lights of Love
- 24 Waupun - The City of "Ice" Sculpture
- 26 Answers to Your Fitness Questions
- 28 Dining - Lake Street Inn
- 28 Book Reviews by Beaver Dam Library
- 28 Winter Weather
- 30 Dining Guide

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InSpire Forward //

Volume 21 - Issue 8



This time of year we all experience a certain amount of worry and anxiety for a multitude of reasons.

Dale Carnegie's proven techniques, listed below, have helped millions of people to adopt new attitudes that lead to security and happiness, teaching them to break the worry habit forever.

- Shut the iron doors on the past and future. Live in day-tight compartments.
 - See the funny side of life.
 - Keep busy. The worried person must lose himself or herself in action.
 - Examine the record. What are the chances, according to the law of averages, that this event you are worrying about will ever occur?
 - Do the very best you can.
 - Count your blessings not your troubles.
 - Forget yourself by becoming interested in others. Everyday do a good deed that will put a smile of joy on someone's face.
- Dale Carnegie

The techniques listed above are included in the book *How to Stop Worrying and Start Living*. It gives practical methods for conquering worry which can be use in everyone's everyday life.

So if you want to stop worrying and start living, I highly recommend reading this book.

Merry Christmas!

Sincerely,

Denise Fitzsimmons

Publisher

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Waupun's Growth is Reason to Celebrate

By Dorothy Bliskey

Since Kathy Schlieve became Waupun's City Administrator and Economic Development Director eight years ago, the city's downtown has grown and industrial parks have expanded. Economic growth is evident throughout the city.

In the past three years, more than 30 new small businesses have sprung up.

Schlieve's expertise and ability to reach out and partner with others are huge factors in setting the climate for growth.



Kathy Schlieve

"When I began working in this role, I knew we needed to start with an honest assessment of where we were at as a community," Schlieve said. "At that time, Waupun had vacant storefronts with few retailers remaining. And we had available industrial land with rail service, but few solid prospects."

As a first step, Schlieve mapped a strategic plan with the City Council. "We shifted our development focus from attracting large box retailers to expansion of the Waupun Industrial Park. We diversified our economic base with the addition of family-supporting jobs, took on a downtown revitalization to increase the vibrancy of our community, and worked to strengthen our entrepreneurial ecosystem to support business start-ups."

"Central business districts are hubs for economic activity and are vital to making our community a great place to live, work and play," Schlieve said, "With that in mind, we increased our focus on downtown revitalization."

Partnerships have led to the progress Schlieve has orchestrated. In 2017, the City joined the State's Connect Communities program and the Ignite network, a program of Envision Greater Fond du Lac.

"Both programs were catalysts for strengthening collaboration with the business community and establishing an entrepreneurial ecosystem that supports business startup and success," Schlieve said.

On the industrial side, Schlieve said they narrowed their focus by defining market segments that fit with the strengths Waupun had as a community.

"We achieved gold-shovel certification to help market available industrial land, and we worked to attract developers aligned with our goals. Along the way, we have worked on systems to address workforce development, which has resulted in a focus on expansion of housing, educational programs and childcare."

"Today, our downtown is undergoing a renaissance of sorts that can be attributed to the collective impact of our partners who work tirelessly to support progress."

Schlieve's philosophy is a significant factor in the success that has snowballed since her arrival on the scene.

"My mission is to serve the residents and business owners of Waupun. I operate from the simple belief that we are stronger together. Experience has taught me that I do not have all of the answers alone, but I am a natural collaborator. I strongly believe that the collective impact of partnerships formed over the past eight years is key to the growth and progress in this community."

"Today there are far fewer vacant storefronts, and the phone rings regularly with entrepreneurs seeking to bring their business to Waupun," Schlieve said.

Industrial Growth

A number of projects demonstrate Waupun's industrial growth. One is the expansion of Heritage Ridge Business Park, located on the southeast side of the city. It resulted in the development of Heritage Ridge Travel Plaza and the Wild Goose Cafe, as well as All Phase Heating and Cooling. Eric Mulder Construction and a new truck wash are currently under construction.

The Waupun Industrial Park expanded in 2023 with the addition of a three-phase agribusiness project with United Cooperative. Another industrial newcomer is Eagle Flexible Packaging. Located at 4 Taylor Street, the firm operates with multiple shifts. In addition, two new multi-family projects were completed since 2019, with a third breaking ground in 2025. Three subdivisions were added, resulting in 70 new single-family and twin-family homes since 2018.

Retail and Downtown Growth

There has been significant development in Waupun's downtown. "One really exciting project coming soon is the opening of Hoya Hop House Brewing at 514 E Main Street,"

Schlieve said. "Since I arrived in this role, the city had been hoping to develop a brewery. This project is the culmination of a lot of planning efforts to bring this destination business to our downtown."



Wind Unwind Coffee Shop

Other examples of downtown growth include **Wind & Unwined** – a coffee and wine shop located at 310 E. Main Street since 2019. The shop offers sandwiches, salads, bakery items and hosts events and private parties. "It was a catalyst project for downtown redevelopment," Schlieve said.

Owner Brooke Staks said she wanted the shop in a location where people would come in and stay a while. "We had our hearts set on being located in the downtown as we feel our Downtown is the heartbeat of the community!"

In December, visitors to Wind & Unwined can experience the shop's lovely holiday décor and taste the "12 drinks of Christmas," featuring a different drink each of the 12 days leading up to Christmas. The shop is also hosting an Ugly Christmas Sweater party in December.

Green Collar Grooming, located at 23 S. Madison Street, moved into downtown Waupun in June of 2015. "We outgrew our space in the back of a local pet store and bought the building we are in now," said owner Amber Lackey. "It has proven to be a perfect location. The Waupun community and surrounding areas are filled with dogs that need grooming, and we are happy to be able



Kartechner Flowers & Gifts

to serve them. We have been busy since we opened and couldn't imagine doing business anywhere else."

Lackey describes the business as a full service all-natural pet salon, offering wellness products and add-on services. During the Christmas season there will be holiday specials such as sugar plum scented shampoo & spritz, teeth brushing, and a fancy winter collar bow.

Kartechner & Girls Flower Co. moved into the heart of the downtown in March of 2024. Located at 18 S. Madison Street, it is a full service floral shop with delivery service and a gift section that includes puzzles, locally made soaps, candles, tea, Maileg mice, journals, notepads, cards, plant care items and pots.

"This Christmas we will have an abundant selection of Christmas favorites -- poinsettias, paper whites, amaryllis, and Christmas cactus along with festive flower arrangements for all your Christmas gatherings," owner Christina Kartechner said, noting they will also have fresh evergreen wreaths, decorated and handmade by Christina.



Kartechner Flowers & Gifts

A sampling of a few other new business ventures downtown include **Real Sports Cards** -- a modern sports card trading business that is home to the largest sports card seller in the State of Wisconsin; **Stone & Suede** -- a fashion retailer in the heart of downtown at 417 E. Main Street and **Jud-son's Bowling Alley**. Located at 416 E Main Street, Jud-sons invested in new lanes, an expanded patio, and a new kitchen last month.

Renovation of the former Masonic Lodge building located at 16 S Madison Street, paved the way for numerous small businesses to open in available retail space at the front of the building. Currently, it is home to Kartechner & Girls Flower Co. and Charming Reads Book Store.

"There's more that could and should be recognized, but this gives you a sense of the work happening to support growth," Schlieve concludes. "Visit downtown Waupun in December to see the festive Main Street Christmas scene and the great variety of shops that await." *

WELL ADJUSTED FOR THE HOLIDAY SEASON



By Dr. Stephanie Tyjeski

The holiday season, while filled with joy and celebration, can also bring about heightened levels of stress. Juggling family gatherings, shopping, travel, and end-of-year work deadlines can take a toll on both our physical and mental well-being. Luckily you still have time to plan ahead on how you need to manage your stress this holiday season. One often overlooked way to manage this seasonal stress is through chiropractic care.

How Stress Affects the Body

When we experience stress, our bodies activate the “fight or flight” response, releasing cortisol and other stress hormones. While helpful in short bursts, chronic stress can lead to tension, pain, headaches, and poor posture. It often manifests in tight shoulders, neck pain, or lower back discomfort. Additionally, stress weakens the immune system, making individuals more susceptible to illness—something no one wants during the holidays. Some other negative effects of stress include increasing your blood flow, causing high blood pressure. It will shut down your digestive system making it harder to digest your food resulting in symptoms such as constipation and acid reflux. It will cause you to hold on to fat in the body as a source of energy, thereby increasing your weight. These last two symptoms we definitely don't want while enjoying our holiday goodies.

The Role of Chiropractic Care in Stress Management

Chiropractic care focuses on aligning the spine and promoting overall nervous system health. Since the nervous system controls every function in the body, including how we respond to stress, a well-aligned spine can help regulate this response more effectively. We can't always control how much stress we have, but we can control how we respond to it. When the spine is misaligned (a condition known as subluxation), it can contribute to physical tension, restricted movement, and pain, all of which can exacerbate feelings of stress.

1. Reducing Physical Tension

Stress often results in muscle tightness, especially in the back and neck. Chiropractic adjustments help relieve this tension by aligning the vertebrae, which in turn reduces the strain on surrounding muscles. In turn, this reduces your risk for headaches and the potential of throwing out your back lifting that heavy frozen turkey. This helps patients feel more relaxed and comfortable, reducing the physical symptoms associated with stress.

2. Improving Sleep Quality

Stress can wreak havoc on sleep patterns. When your body is tense or in pain, it becomes difficult to get a restful night's sleep. Chiropractic care can help by addressing pain and tension, allowing for better spinal alignment and, consequently, better sleep. An overactive nervous system can also cause those racing thoughts in your head, making it hard to fall into a relaxing sleep. Our stress hormone is cyclical throughout a 24 hour period. As you reach the end of the day, your stress hormone should decrease to allow you to sleep. As we reach the morning, your stress hormone should increase to allow you to wake up. When our stress hormone doesn't lower at night, you can have trouble sleeping. Chiropractic adjustments soothe the nervous system which allows our stress hormone to fluctuate as needed, allowing for a less restless night.

3. Boosting Mood and Mental Health

Have you ever had to make repeated trips to the grocery store because you kept forgetting key ingredients from your head being so full of everything else you had to do to prepare for the holidays? Regular chiropractic care has been shown to improve mood and mental clarity. The release of tension through spinal adjustments can trigger the body's parasympathetic response, the “rest and digest” system, which helps to counteract the effects of stress. This helps patients feel calmer, more focused, and better equipped to handle the demands of the season.

4. Supporting Immune System Health

The spine's alignment plays a critical role in the function of the nervous system, which in turn affects the immune system. By ensuring that the nervous system is functioning optimally, chiropractic adjustments help bolster the immune system. This is particularly important during the winter months, when stress and cold weather can leave individuals more vulnerable to illness.

We also offer different supplements at our office to combat stress. Our stress hormone comes from our adrenal glands. We sell supplements to support these glands so they produce the normal amount of our stress hormone and not too much. The supplement ashwagandha has also shown to be helpful in managing stress in the body. As always, make sure you are getting good quality supplements, otherwise you might not see the effect you were hoping for.

As the holidays approach, it's essential to prioritize stress management to enjoy the season fully. Chiropractic care offers

a natural, drug-free way to manage stress by addressing both the physical and emotional effects of stress on the body. By keeping the spine aligned, promoting relaxation, and enhancing the nervous system, chiropractic care helps individuals handle the holiday rush with less stress and more peace. Whether you're facing stress from holiday travel, family gatherings, or year-end work demands, chiropractic care can help you stay healthy, centered, and ready to embrace the festive season. Schedule your appointment today to mark off managing your stress on your holiday to do list.

Join us as we prepare to kick off our 2025 "Best Year Yet" series. See our ad on Page 3 for dates and times. Only YOU can make 2025 your "Best Year Yet" but we will be there to help you do it!! *

At our Wellness Class we will dive deeper into the effects of stress on the body and other natural ways to support your stress response this holiday season. As always, I will be available to answer questions so bring your questions and get ready to learn! Please join us at our Beaver Dam location for this FREE class on Tuesday, December 17th at 5:30pm. 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.



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SPECIAL DELIVERY: HOLIDAY SURVIVAL TIPS FROM THE NORTH POLE

By Marshfield Clinic Health System

The holidays are great but can take a toll on our health. Just ask Santa. Even the holiday hall-of-famer can fall victim to seasonal ailments, including seasonal affective disorder (SAD).

Stress, weight gain, lack of sleep and inactivity are as common this time of year as bad fruitcake and ugly holiday sweaters. And Santa, like you, isn't immune to these concerns.

Causes of poor holiday health

Between long hours at the workshop, elf performance reviews, a diet of cookies and hot cocoa and, of course, traveling the globe to visit millions of children, the holidays can chip away at St. Nick's health.

"Typically, poor health around the holidays boils down to diet and sleep," said Dr. Nicholas Brahm, a Marshfield Medical Center-Beaver Dam family medicine physician. "If you aren't

eating well or sleeping well, you won't feel well." This can cause ripple effects that impact your health long after the holidays are over.

But Santa can take steps to improve and protect his health this holiday season, as can you. Here are a few simple tips to improve your holiday health, straight from St. Nick and Dr. Brahm.

"Take care of yourself," encouraged Dr. Brahm. "Don't overbook your schedule, schedule time for yourself to be active. Make healthy diet choices and when having treats, watch your portions. Make sure you get rest!"

If you and Santa follow these pieces of advice, you will make it through the holiday season feeling less stressed, more rested and ready to take on the new year.

You can make an appointment with Dr. Nicholas Brahm in Beaver Dam by calling 920-887-5975. *

Keep Santa Healthy...

...And make sure your health is on the nice list

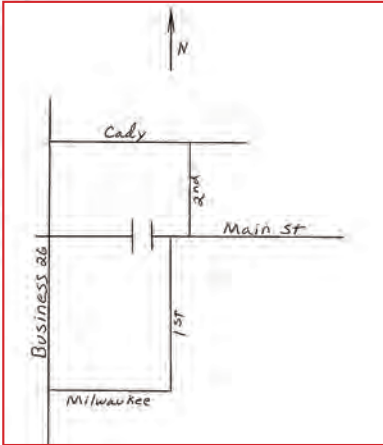
- Lack of sleep**
NAUGHTY: Working some seriously long hours and a lack of shuteye can make jolly St. Nick sluggish, fatigued and forgetful.
NICE: There is no replacement for good sleep. Prioritizing a full night's sleep can improve your mood, alertness and performance.
- Stress**
NAUGHTY: Checking an enormous list twice is stressful work when you add North Pole decorating and gift building. That stress puts Santa at risk for things like anxiety and stress eating, which may affect his sleep and cause him to gain weight.
NICE: Be sure to take time for yourself during the holidays. Don't overbook your time and be sure that you are getting good sleep.
- Weight gain**
NAUGHTY: A diet of cookies, milk and hot cocoa is bound to take a toll. Santa has battled pre-diabetes for years, and has gained about 1-2 pounds each holiday season (same as the average person).
NICE: Taking care of yourself can limit weight gain. Start an exercise routine now and make healthy diet choices when you are able. The holidays come with extra temptations, so focus on portion control and pack healthy snacks when traveling to avoid hunger cravings.
- Inactivity**
NAUGHTY: Santa sits. A LOT. Whether at his workshop, in a mall or on his sleigh. Sitting too much can lead to obesity, diabetes and feeling tired.
NICE: Schedule time to get up and get moving. Be proactive - it can't be an afterthought. Try taking a 30-minute walk daily and 10-minute breaks to stand and stretch every hour.

Source: Marshfield Clinic 12378-001

 Marshfield Clinic Health System

DOWNTOWN WATERTOWN

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Friday, November 29 - White Friday Sale-appointments required

Sandra D's Bridal Sale, 115 Main Street

Saturday, November 30 - Shop Small Saturday

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Saturday, November 30 - Christmas Parade of Lights - 5:30

2nd St., East on Main, South on College, West on Western, ends on 5th St.

After-dark parade with bands, floats and Santa Claus!

Saturday, November 30 - Sunday, December 1 - Octagon House Holiday

Play - Enjoy a show performed inside the Octagon House Museum, from

11am-3pm each day, with new performances every 30 minutes.

Saturday, December 7 - Jingle Bell on the Rock, 11am-4pm

Watertown Public Library/Bentzin Family Town Square, 1 West Main Street

Enjoy festive food, a craft fair, character meet-and-greets, a huge outdoor

LED screen playing holiday favorites, and so much more!

Friday, December 6, 5-8pm,

Saturday, December 7, 3-7pm

Outdoor Live Nativity Scene

St. Luke's Lutheran Church, 301 Clark Street

Performances every 30 minutes. Free admission and parking.

Sunday, December 8 - CPKC Holiday Train - The CPKC Holiday Train arrives

at approximately 7:50pm, holiday music performance begins at 8pm, with

train departure at 8:35pm. Free bus transport from Watertown High School.

Donations to the Watertown Food Pantry appreciated.

Brandt-Quirk Park, 800 Carriage Hill Drive

Saturday, December 14 - 9 - 4

Countdown to Christmas Downtown Watertown Shopping Event

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Friday, Dec 13, 5-8 pm

Saturday, Dec. 14, 10am-2 pm

Tuesday, Dec. 17, 5-8 pm

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Monday, Dec. 23, 5-8pm

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SHOP BEAVER DAM

December Events

Sunday the 1st at 4pm: Red Kettle Concert
Trinity United Methodist Church, Beaver Dam

Saturday the 7th: Fifth Annual Santa's
Hometown Holiday Adventure
Cocoa Walk from 10am to 3pm at participating
businesses

Holiday Parade - "Home for the Holidays"
starting at 5pm - Downtown Beaver Dam
Christmas Tree Lighting in Memorial
Park: sponsored by the Hustisford
Historical Society.

Sunday the 8th: Breakfast with the Grinch,
Beaver Dam Country Club

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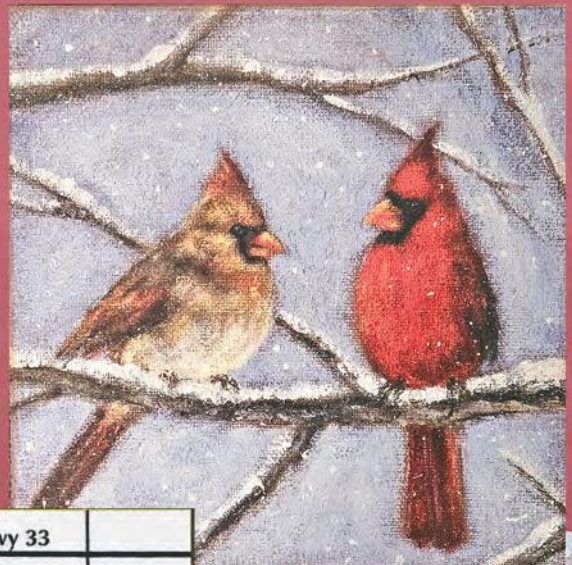
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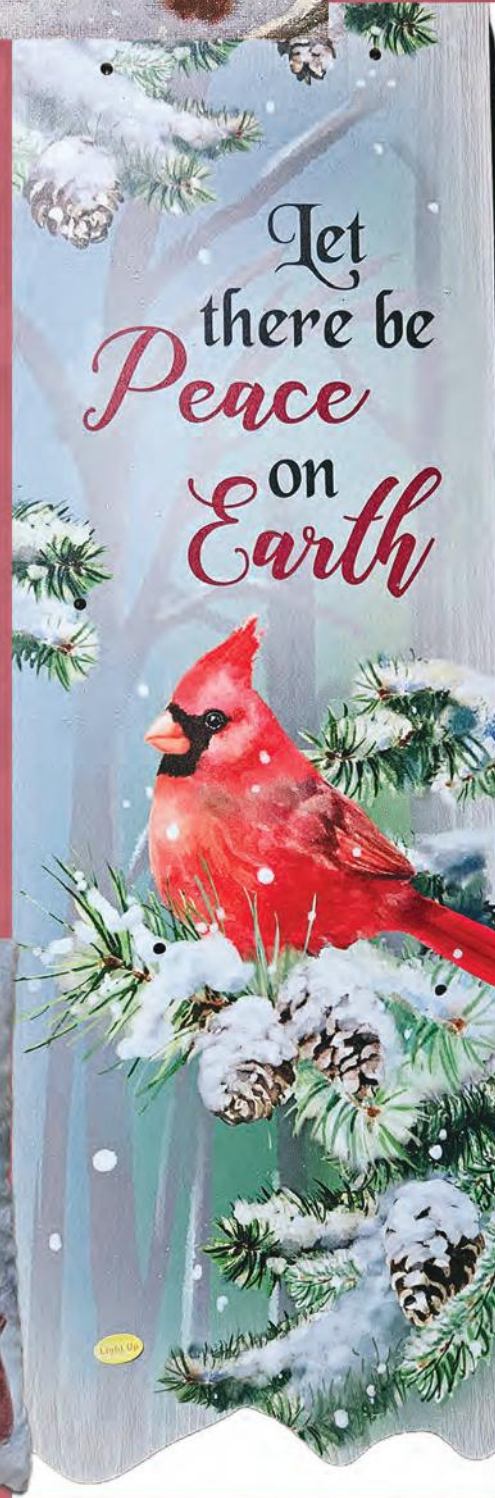
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Mary Beth's Stuffing

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1 large onion, chopped
2-3 stalks celery, diced
1 pound soft white bread, cubed with crust on (I like an unsliced loaf of Country or Farm bread)
2 cups chicken broth
2 eggs, beaten with a fork

Directions

In a relatively tall pot, saute' in olive or other oil, the meat, celery and onion, breaking up the meat as it browns. When meat is done, don't drain it but add the bread cubes, broth and eggs. Blend thoroughly. Lightly salt and pepper.
(You may loosely stuff a large turkey with this.)

To bake as dressing:
Butter or spray a 9x13 pan. Place the dressing in it and bake for 30-40 minutes uncovered at 375 degrees until slightly golden on top.

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VOLUNTEERS OF PRAIRIE RIDGE HEALTH CELEBRATE 40TH LIGHTS OF LOVE

By Patti Walker, Prairie Ridge Health



In 1985 a group of hospital volunteers in Columbus learned about a special program to remember and honor loved ones through a monetary donation used to place lights on evergreen trees. On Sunday, Dec. 15 at 4:30 p.m., the Volunteers of Prairie Ridge Health will mark the Lights of Love 40th Anniversary at the main entrance of Prairie Ridge Health, 1515 Park Avenue in Columbus, where three trees will be illuminated during a special ceremony open to the public.

“There is nothing else like the Lights of Love that calls attention to those who mean a lot to you,” said Marilyn Koshel, one of three volunteers who started the Lights of Love on the Columbus hospital campus.

The memorial and honorarium program provides community members an opportunity to remember those they have lost or to show appreciation for family and friends through the purchase of a light in their memory or honor. White lights represent those being remembered and colored lights represent those being honored. Blue lights honor members of the United States Military, or a loved one living overseas.

Names submitted in remembrance or appreciation are then printed in a public listing. “Each year you look at that list and you read the names and you remember not only those you have lost, but you share in remembering others, keeping them alive in your memory,” said Koshel.

Fellow volunteers Koshel (who was the hospital’s volunteer and community relations coordinator), Rachel Ehlenfeldt, and Joanne Barrix, learned of the program at a district volunteer meeting in 1985 and brought the idea back to the volunteer group. “We had just heard about the idea for the program that October, put it together quickly to hold the tree lighting ceremony the second week in December and look at how long it has been going,” said Koshel.

Koshel recruited the Columbus Rotary Club, of which her husband Tony was a member, to decorate two live evergreen trees on the hospital’s lawn and the tradition continued. In 1999, Koshel retired from the hospital, passing the torch to Patti Walker, the hospital’s community relations coordinator. “At the time I had no idea an event like this could have such an impact on a community,” said Walker. “Now 25 years later, I’m honored to sit on the Lights of Love committee as a volunteer with Marilyn and continue the event’s success.”

Over the past 40 years, the Lights of Love Program has generated about \$200,000. Funds from the event support the hospital’s Lifeline Program (which began in 1984) and the PRH Hunger Care food distribution program (since 2021). Lifeline is a home emergency response system used by residents in the hospital’s service area. Lifeline enables elderly, handicapped or medically-fragile persons to live independently, while assuring them that if they need help quickly, it will be available to them at the press of a button.

Koshel read about the Lifeline Program in a magazine and brought the idea to the hospital, but she needed funding to get it started. The Columbus Rotary, as well as other local service clubs, donated the funds to get the program going. After that, funding from the Lights of Love ensured that the program would remain in place for community members.

The PRH Hunger Care Program provides heart healthy and diabetes friendly food to food insecure individuals in the hospital’s service area. Eligible recipients are screened for food insecurity, diabetes, and heart health conditions. The Lights of Love donations have enabled the program to increase the number of individuals served.

This year, Koshel and Walker are passing on the event to Nicole Schaefer, Prairie Ridge Health Volunteer and Foundation Events Coordinator. “I’m excited to be a part of the event and look forward to continuing this important tradition for many years to come,” said Schaefer.

Through the years the Lights of Love has seen many variations including church choirs, Clydesdale horses and sleighs, Santa visits, candle lighting ceremonies, organists, bell choirs, high school brass ensembles, poems of remembrance, and ornament decorating, but there are a few things that have remained constant – the playing of Silent Night, the lighting of the trees, a moment of silence in remembrance of loved ones, and fresh baked cookies from the volunteers following the ceremony.

“The traditions put in place by our volunteers so many years ago are what have kept this event strong,” said Walker. “We hope that the community will join us on December 15 to remember, appreciate, honor and celebrate.”

The Gleewud String Quartet will provide music prior to, during and following this year’s ceremony. A special thanks to Lyco Manufacturing for donating the commemorative tree rings that will be placed around the trees. A limited number of commemorative LED candles will be available for purchase at the event.

If you would like to contribute to this year’s Lights of Love, mail your donation and list of names in memory or honor of to: Lights of Love, c/o Prairie Ridge Health, 1515 Park Avenue, Columbus, WI 53925. A minimum gift of \$5.00 per light per person is appreciated. Checks should be made payable to the Vol of PRH Lights of Love. Donations will be accepted through Jan. 15, 2025. A printed listing of those being honored and remembered will be distributed through local print media and available for pickup at Prairie Ridge Health Hospital and Clinics in Columbus, Beaver Dam, Marshall, and Sun Prairie

Donation forms are available by visiting www.PrairieRidge.Health or calling 920-623-1371. The event will also be available for viewing via the hospital’s Facebook page. *

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Waupun— The City of “Ice” Sculpture

By Amy Banaszak, Horicon Bank



Jeni Maly and Amy Mohr with the Ice Fest Board Members

In the heart of Wisconsin, the city of Waupun has embraced a unique identity as the “City of Sculpture.” This identity was further solidified with the introduction of Ice Fest, a festival celebrating art and winter. The first Ice Fest took place last February, and it was such a success that it will return this year on February 15th and 16th.

The idea for Ice Fest began with Jeni Maly, a Waupun native who had moved away to the Racine area but eventually returned back home. Inspired by the ice sculpture festivals there, she envisioned bringing a similar event to her hometown.

“I grew up here and moved away, but I always thought ice sculptures could be part of Waupun, the City of Sculpture,” Jeni explained. This vision led to the creation of the Waupun City of Sculpture Organization, a non-profit dedicated to promoting Waupun as a cultural community through public art.

The inaugural Ice Fest drew around 10,000 visitors from across the state and even from as far south as Rockford, Illinois. The festival featured live ice carving demonstrations, interactive sculptures, and unique activities like ice painting and golf putting on ice. The event was supported by a Joint Effort Marketing (JEM) Grant from Travel Wisconsin and a partnership with Destination Lake Winnebago Region, which helped with marketing and promotion.

Looking ahead to 2025, the festival promises to be even more exciting with new themes and activities. One of the highlights will be an ice portrait demonstration, where a carver will create a portrait of a person sitting in front of them.

The festival will include many free indoor and outdoor activities such as children’s entertainment, an art gala on Saturday evening, food trucks, and much more for attendees to explore throughout Waupun.

Local businesses joined Maly and the Waupun City of Sculpture Organization to support the event.

“Waupun is a community that supports the arts,” explained Maly. “Businesses and organizations have an appreciation for arts and saw the opportunity to get involved in Ice Fest as a way to support our whole community.”

Downtown businesses and hotels are beginning to plan specials and discounts for this year’s event. Businesses that do not offer a retail storefront are finding other creative ways to get involved.

“Last year, Horicon Bank introduced the ‘Iced Out Goose Chase’ - a scavenger hunt that combines online challenges with in-person visits to locations throughout the city,” said Amy Mohr, Horicon Bank Branch Manager in Waupun.

This year’s Goose Chase will take place on both Saturday and Sunday. Participants will follow clues in the Goose Chase app to find different sculptures around the city, including both bronze and ice sculptures.

“The Goose Chase was a great way to feature not only the temporary ice sculptures, but Waupun’s rich history of permanent sculptures,” explained Mohr. “It was such a popular event last year that we’ve decided to add a second Goose Chase on Sunday.”



Waupun Ice Fest Feb. 17,18 2024

Not only has the Waupun City of Sculpture Organization created Ice Fest but they also created the Waupun Sculpture Tour. They were instrumental in bringing more sculptures to the area with an affiliation through the Sculpture Tour of Eau Claire. With this partnership, Waupun received five new sculptures with a yearly rotation. The community is working to raise funds to keep one of the sculptures, "We Can Do It" with a Rosie the Riveter theme. This sculpture is iconic because it's connected to Waupun's history through National Rivet, which made rivets for planes during WWII. So far, 75 percent of the goal to purchase the sculpture has been raised. Community members are encouraged to donate \$100 each and donations are accepted at Horicon Bank, PO Box 312, Waupun, WI 53963.

Ice Fest has not only brought joy and excitement to Waupun but has also significantly boosted tourism, drawing visitors from near and far. As the festival grows, it continues to highlight Waupun's commitment to the arts and its vibrant community spirit.

For more information and to stay updated on the schedule of events, visit www.waupunicefest.com. *



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Answers to Your Fitness Questions

By Marie Cigelske

Weight loss and fitness is on everyone's mind this time of year because of all the Holiday parties and get togethers. If you are worried about weight gain you are not alone. Many people ask me how to avoid gaining weight or how to get started losing weight to begin the New Year out right.

One question I get quite often is: How long and how often should I exercise?

Now is a good time to establish a routine. By that I mean, look at your weekly schedule and pick three days and times you can commit to. Exercise burns 3-5 times more calories per hour than your normal daily routine. Think about how that can really use up the excess calories. To get moving choose some type of cardiovascular exercise, such as walking, running, biking, elliptical, or rowing. If you are a beginner, do this for 10 - 20 minutes. If you have worked out in the past and consider yourself more of an intermediate, do 20-40 minutes.

Incorporate weight lifting. This increases your metabolism substantially. One exercise per body part is good to start with, which should take you approximately 25 minutes. If you are experienced, you may do more but 45 minutes would be sufficient to fatigue the muscles.

So putting together your cardio and weightlifting, it will take a beginner 35-45 minutes, more experienced 55-75 minutes, three times a week. Considering there are 10,080 minutes in a week, 120 minutes per week seems small in comparison. The outstanding benefits are numerous, including your goal of losing weight. Have the mindset that your exercise time is not that much compared to the whole week, therefore not that difficult. This will also help you feel less overwhelmed when you take it week by week.

Stretching is also important, and by incorporating stretching during weightlifting it saves you time and you are stretching when the muscles are warm and can move easier.

Getting moving is the answer to your fitness goals. Once you are active, your appetite adjusts to the calories and nutrients needed. The human body was made to MOVE, so don't think you are overdoing it when you commit to a work out schedule.

Marie Cigelske is the owner and fitness trainer at Get Fit Health Club in Beaver Dam, and enjoys helping people learn how to work out and get healthy. She has been in business for 36 years.

Remember: MOVE! *

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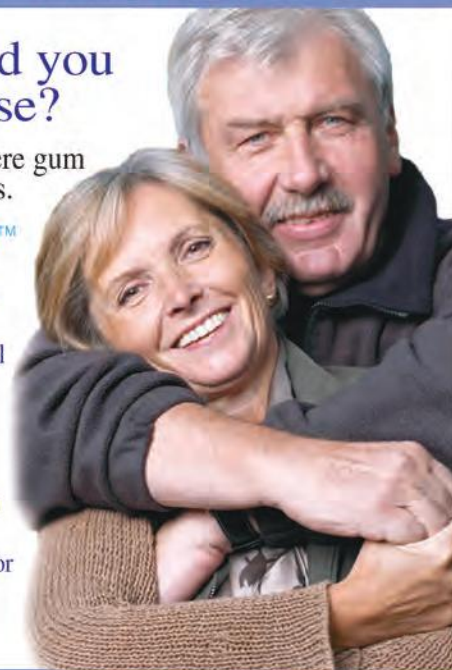
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Book
Reviews
December
2023

Book Reviews From Beaver Dam Library

Winter is a wonderful time to cozy up with a book to read or to hear! Library staff or our families enjoyed these books recently, so we've compiled a list with three words describing each story. The library has many of these titles in multiple formats including print, audio, large print, and digital eBook or eAudio through Libby or hoopla. Be sure to place a hold if it's not on the shelf!

The Further Adventures of Ebenezer Scrooge by Charlie Lovett (2015)
Seasonal, heartwarming, nostalgic (and short)

All the Colors of the Dark by Chris Whitaker (2024) Layered, complex, grim

Camino Ghosts by John Grisham (2024) Suspenseful, plot-driven, 3rd in a series

The Testament by John Grisham (1999)
Exciting, entertaining, humorous

Somewhere Beyond the Sea by T.J. Klune (2024) Magical, thought-provoking, found family

When the Jessamine Grows by Donna Everhart (2024) Historical, small town, family farms

All the Glimmering Stars by Mark Sullivan (2024) Moving, emotionally intense, hopeful



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Winter Weather

Winter is just around the corner and I always bring up that you have to check your tires. I always want to make sure your battery is strong enough to get you through the cold weather, and your vehicle is tuned up. All these items you basically ask your service center to specifically check over and have them either repair items or make recommendations to you.

There is something you can do during the winter months that your service center can't do for you. It is very important and doesn't make any difference if your vehicle is newer or ten years old and doesn't take too long to do.

Well here it is. What you need to do is wash your car. And not just have it washed but also give it a chassis bath. So what is a chassis bath? I think all touch less car wash locations offer this service for a few dollars more and it high pressure washes the bottom of your vehicle. You're probably thinking 'Why do I need to do this to the car?' Nobody sees the bottom of my car.

Well, your technician does. What is happening today on our city and county roads is the municipalities are not just putting rock salt down. They are putting basically liquid salt (brine) down now and it gets into every nook and cranny in the chassis and body and creates rust over time. And once it starts it is pretty impossible to stop. We are seeing critical structural components like sub frames under the car rusting so severely they become unsafe to drive.

So my suggestions are to once a month or after a snow event wash your vehicle and get the chassis bath option as well. It will prolong the life of your vehicle and keep it looking sharp year round and definitely increase the trade in value of your vehicle.

Wishing you a Merry Christmas and safe driving this winter season. *
Timothy Welch

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InSpire Magazine's Restaurant Guide

Boat House Pub & Eatery

N10575 Chief Kuno Trail - Fox Lake (920) 928-3470
Open Tue - 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 menu is available Monday - Friday from
11:00am - 3:00pm. Enjoy casual dinner service on Mon-
day and Thursday evenings from 4-8:30pm in the Billy
bar. Fish Fry is available Friday evenings from 4:00-
8:30pm. 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
Our hours are as follows: Friday & Saturday: 4pm - 9pm,
Sunday & Monday: 4:30pm - 9pm, Open Thursdays
May 1 - Labor Day: 4pm - 9pm Happy Hour Specials Select
Days. Friday Fish Fry. Carry-Outs Available. We are a
classic supper club serving traditional favorites as well
as contemporary dishes. 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

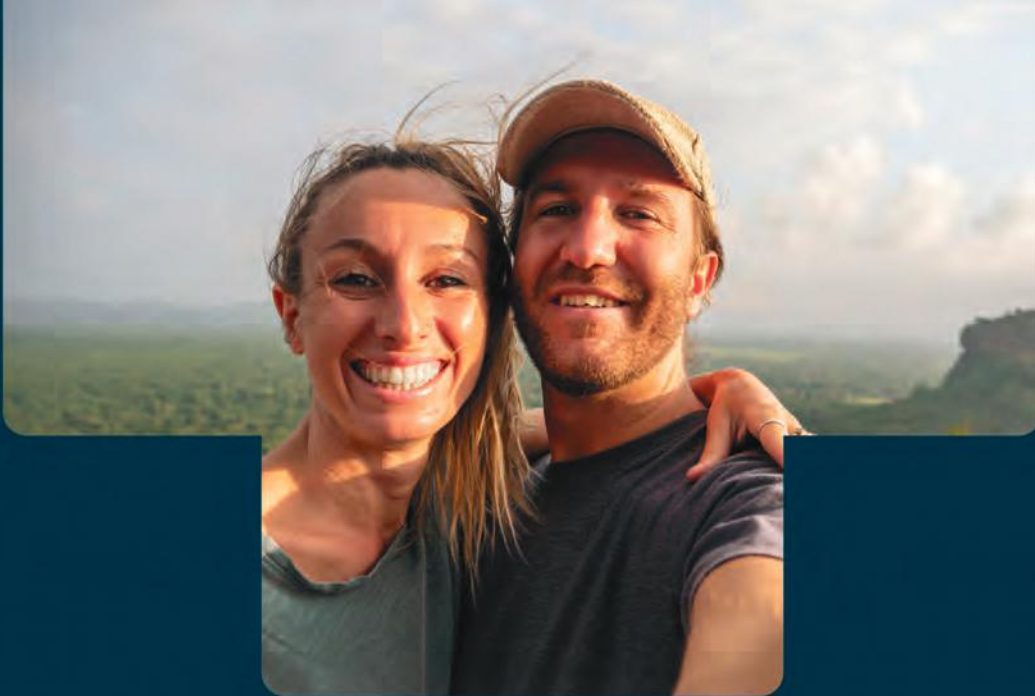
N5007 Country Road WS - Woodland
(920) 625-3441 Closed Monday, Tue - Sun 4:30 - 9pm,
Famous for Mexican entrées.

Brehm's WONDERCREEK NURSERY

Hwy. 33 East and N7127 S. Crystal Lake Rd, Beaver Dam
Open Wednesday - Sunday 10am-5pm thru December 22 • 920-344-0779



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