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Miss Wisconsin*



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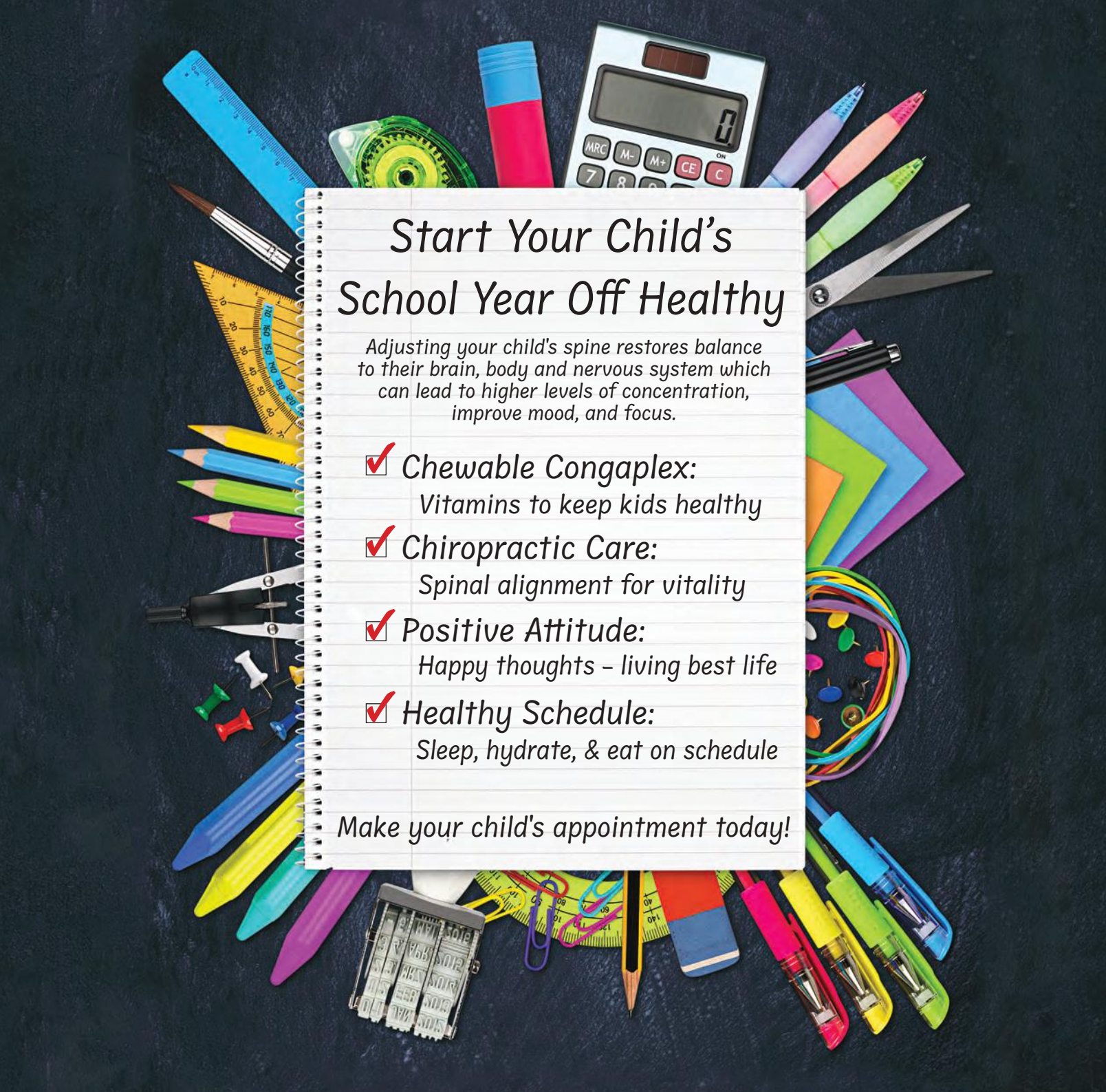
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InSpire Forward //

Volume 21 - Issue 5



“Pet are such agreeable friends. They ask no questions; they pass no criticisms.” **George Eliot**

Have you ever considered owning a pet? I never thought I would but for the past 16 years I’ve adopted several cats. There may be some extra work and expense involved with pet ownership but the benefits outweigh the negatives.

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- Gives a sense of purpose

<http://health.ucdavis.edu>

So, if you’re contemplating adopting a pet make sure you are committed. They do require time but you’ll always have a friend waiting for you when you get home!

Sincerely,

Denise Fitzsimmons

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*Getting to Know
Miss Wisconsin*

By Dorothy Bliskey

Dance and adoption are prime topics for Mandi Genord, 22, the newly named Miss Wisconsin as she sets out to represent the state and, at the same time, prepares for the Miss America competition in January of 2025.

Mandi, who is a 4th generation classically trained dancer, wowed the audience at the June Miss Wisconsin pageant when she performed her contemporary jazz dance to "You Don't Own Me." She won the talent award, overall evening gown award, and tied with another contestant for the overall interview award. In total, she earned \$14,000 in scholarships which will help as the recent college graduate goes on to earn a law degree.

Dance is in Mandi's DNA. It's a passion first taken on by three earlier generations of her family -- her great grandmother, her grandmother, and her mother. All were classically trained dancers. Mandi, the youngest of five children, has three sisters and a brother. All five are trained in dance. The family owns a total of six dance studios.

Mandi, who graduated from Portage High School, is currently a Beaver Dam resident living with her parents, Laura and Jason Genord, who moved there in the summer of 2023. While her dad is a contractor, her mother is a dance teacher who owns Laura's School of Dance in Portage and Berlin. Her sister Annie owns Studio A Dance Academy in Edgerton and Wautoma. Mandi, who has taught dance since she was a young teen, currently teaches at her brother's dance studio in Beaver Dam, Elite Dance Center, with a second location in Fond du Lac.

While dance is in her genes, Mandi says there's more to it than just dancing.

Her pageantry initiative, "Movement Matters: Keeping Kids in Motion" combines dance with exercise. "Movement Matters is about helping children find an activity that works for them. I hope to inspire children to form a safe and healthy relationship with exercise so they can be strong in their physical, mental, and emotional capacities," Mandi said.

"I utilize my dance background to make Movement Matters a more engaging experience. Dance is where I found my love and joy of movement, and so it is important to me that I share that part of myself with kids when I am speaking about healthy living. But I also love the way dance can present itself in many different forms and styles. I believe art can be healing. It allows us to express emotions we may not be able to verbally say. So while my background as a dance teacher has been instrumental in Movement Matters, dance has a deeper meaning in my message."

Rewards of pageantry

Pageantry is also in Mandi's DNA. Her mother competed when she was young, and her three sisters have also entered various pageants through the years.

For Mandi, earning Miss Wisconsin was a dream-come-true. She had won first runner-up to Miss Wisconsin last year. "I've worked hard to win, but the timing was better this year because I had just graduated from college this May."

Mandi was just five years old when she began to compete in pageants. When she was Miss Wisconsin's Teen (formerly called Miss Wisconsin's Outstanding Teen), she was awarded a full tuition scholarship to the University of Alabama in Tuscaloosa.

"Each teen state title holder receives this award as the University of Alabama sponsors this scholarship for every state teen titleholder in the Miss America's teen program," Mandi explained.

Mandi took them up on their offer and entered the University of Alabama in 2020. She chose a triple major in dance, political science, and communication studies on the pre-law track. In May, she graduated with two bachelor's degrees and a 4.0 GPA.

"My junior year of college I became the Philanthropy Chair for a student organization called Dance Alabama! In this position I volunteered once a week with the Arts n' Autism program as a dance teacher, providing kids with autism a safe space and judgment-free space to dance. This was one of my favorite parts of my college career," Mandi said.

"I fully immersed myself into the southern lifestyle in college. Alabama football is HUGE, and I am a proud Crimson Tide fan. Game days were a big highlight of my time spent at UA, but I also was able to meet some incredible people."

As Miss Wisconsin, Mandi travels the state promoting both the Miss Wisconsin brand, Miss America brand, and her personal brand. She acts as a leader and communicator in her community, while serving the people of Wisconsin. For example, at the Brewer game on August 12, she had the honor of throwing out the first pitch.

Adoption

While dance and getting kids moving for their own mental and physical health is one of her main initiatives, so is adoption. It's at the forefront of her brand and her future career.

As she heads into the Miss America contest in January, Mandi will be changing up some of her dance movements to add in a little extra pizzazz. She will also be promoting her initiative: "Connecting Lives: Adoption Resources and Advocacy."

"I want to be a family lawyer and specialize in the adoption process," Mandi said. "There is so much love in this world that I can see others wanting to share, and so I hope to help unite children and parents who are looking for one another."

She was motivated to seek this career when her brother adopted a little girl named Clara two years ago. "That process was incredibly inspiring for me. With that being said, I also saw how difficult it can be for a family to go through that process and the legal ramifications included in that decision. After Clara was adopted, I knew that becoming a family lawyer and specializing in adoption was the route I wanted to take."

"While movement will always be important to me and I will continue to promote healthy living in coordination with Miss America's partnership with the American Heart Association, adoption has influenced my life in a way like no other." *

CAN YOU HEAR ME NOW??



By Dr. Stephanie Tyjeski

Earaches are one of those pesky ailments that seem to come out of nowhere and linger far longer than they're welcome. Whether it's a dull throb, a sharp stabbing pain, or that incessant feeling of pressure, an earache can disrupt your day, your sleep, and your sanity. While most people turn to pain relievers, antibiotics, or warm compresses, there's another potential remedy that might surprise you: chiropractic care.

Children who are teething often get earaches. There is a lot of inflammation in the mouth that can refer pain to the ear. Teething children will also have a runny nose which can clog the eustachian tube, the tube in charge of clearing fluid from the sinuses and the inner ear. Eustachian tubes in children are more horizontal and as kids grow, they become more vertical. When the tissue in the ear and surrounding the eustachian tube becomes inflamed, it will swell up and block the drainage from the eustachian tube. Chiropractors are trained at gently unblocking this tube to allow the ear and sinuses to drain. We see children all the time at our office to help with ear pain while teething.

In adults, there are many reasons for pain in the ears. The simplest is that you have been using a Q-tip to clean out the ear wax and may have accidentally been compacting it against the eardrum instead. This can be a simple fix of seeking medical treatment to flush the built up wax with water. Another common reason for an earache is an ear infection caused by a virus similar to the common cold. Just with any virus, it needs to run its course. It will take time for the body to fight the virus before you start feeling better. That being said, Chiropractic care has been proven to strengthen the immune system, so receiving an adjustment when you don't feel well is highly recommended.

Another reason someone might experience ear pain is from problems with the jaw. The joint in the jaw has a specific way it should move and when this way is disturbed, it can lead to pain in the jaw which can feel a lot like an earache. Chiropractors are able to assess this joint by looking at the way the mouth moves when it opens and closes. You can do this as well by standing in front of a mirror and slowly opening and closing your mouth. Your bottom jaw should move evenly. If it seems to track to one side or the other, you need to get your jaw checked out. Also, if you have popping or clicking while yawning or eating, even without pain, you should still have your jaw assessed for improper movement before it becomes a problem. A chiropractor will work with the joint as well as the muscles around the jaw to help improve jaw movement and decrease pain.

Misalignments in the neck also frequently cause ear pain. Many of the same muscles surrounding the upper neck also influence the ear and even the jaw. Improper movement in the neck can affect the function of the ear and jaw inducing pain. If you have cracking or grinding sounds upon moving your neck along with ear or jaw pain, you need to see a chiropractor. Even if you currently don't have pain in those specific areas, waiting to address this issue can lead to further problems later on in life.

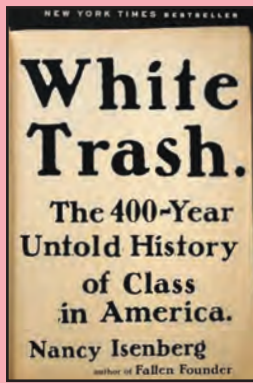
In addition to chiropractic, we also use cold laser therapy at our office. This device is specifically made to help decrease inflammation in the body. If you have pain, then you definitely have inflammation. By using the laser on the ear, jaw, or even nerves that go to these areas, we are able to give our patients relief from their pain. Our cold laser is safe to use on all ages and treatment only takes a couple minutes so it's not a problem for those kids who can't sit still very long.

Chiropractic care offers a unique, non-invasive approach to managing earaches by addressing the underlying issues related to the ear, jaw, and spinal alignment. While it may not be the first treatment that comes to mind, its potential to alleviate pain, improve eustachian tube function, and reduce the frequency of ear infections is promising. For those seeking a more holistic path to relief, chiropractic care can be a valuable addition to their overall health strategy, providing a safe and natural way to support ear health and well-being. *

At our Wellness Class we will discuss the different treatments and lifestyle changes to address earaches and jaw pain. 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, September 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.



White Trash: The 400-Year Untold History of Class in America

by Nancy Isenberg

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

When England began to settle the New World getting people to move here was not easy. The educated land owners and comfortable merchants did not want to upend their lives and move to a strange and possible savage land. So, the prisons and poor houses were emptied, shipped to the New World. These people were expected to become something they were not, farmers, merchants, explorers and most of all tax payers.

It didn't work. After the revolution Thomas Jefferson thought he could change the trash, through breeding, like horses, into gentleman farmers to populate the Louisiana territory. Benjamin Franklin wanted to sterilize the poor over many years to get rid of them. Roosevelt's New Deal tried to lift the poor up with programs. Lyndon Johnson's Great Society tried to change the reasons for poverty. None of it worked.

This well researched, non-fiction, very interesting book investigates all the cures and the author offers a few of her own. White trash, waste people, crackers, squatters, trailer trash, hillbillies, red necks, crude, vagrants, unsophisticated, loser people, rubbish. the stagnant bottom layer of society. North, South, East or West, the poor are always with us, everywhere. Poverty and classism has always been a problem in the United States but without realistic cures it will only get worse. *

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How Much Sleep Do Kids Need?

By Marshfield Clinic Health System

During summertime, bedtime can often fluctuate from our children's school-year routines. With school beginning again, now is a great time to talk about how much sleep our children require.

Between homework, after-school activities and many other things that are in your schedule, it can be tough to get enough sleeping hours for your kids. Once your child reaches school age, sleep needs may change, but it's important to know how much sleep they are getting and what they really need.

With hectic school schedules, kids' sleep habits play a key role in their overall health.

How much sleep is necessary for children:

- Preschool children should sleep 10-13 hours
- Elementary school kids should sleep 9-12 hours
- Teens and older should get 8-9 hours of sleep

Signs your child needs better sleep

Getting enough sleep can have a big impact on your kids' daily lives and school performance, according to our Sleep Medicine specialists like Dr. Nestor Machare. And, for parents, it can mean happier, more attentive kids.

Benefits of good scheduled sleep routines include:

- Better concentration.
- Better memory.
- Better school performance.
- Better overall mood.

If you notice your child is struggling to wake in the morning, having issues at school or overall, in a negative mood, you could check on how they are sleeping at night.



More Zzz's please!

How many hours of sleep does your child need nightly?

Preschool	Elementary	Teens & older
10-13 HOURS	9-12 HOURS	8-9 HOURS

Your child should:

- Fall asleep within 15-30 minutes of going to bed
- Not need continual reminders to wake up
- Be alert in the morning
- Not need excessive naps

For better sleep, avoid:

- Television or screentime (cellphone/tablets) an hour before bed
- Exercise at least 2 hours before bedtime
- Late-day food or drinks with caffeine like chocolate, coffee or some teas
- Toys in their bed as a distraction

Help your kid rest easy by:

- 1 Establishing a scheduled routine for everyone (parents, too)
- 2 Having consistent bedtime and waketime
- 3 Simplifying schedules

Benefits of good scheduled sleep routine include:

- Better concentration
- Better memory
- Better school performance
- Better overall mood

 Marshfield Medical Center
Beaver Dam

How to help your child's sleep

No matter your schedule for the day, when it comes to bedtime, you want to establish a scheduled routine for everyone. This can be as simple as brush teeth, dimmed lights, change to pajamas and read a book or have a quick conversation about your day.

Nighttime routines don't only help your child. You also would benefit from having that regimen to get into the groove for sleep. There is often great success when scheduled routines are used by families.

Additionally, it's important to set bedtimes and waketimes for every day.

"Many people like to take the weekends to sleep in, but it's actually beneficial to keep the same scheduled time to help your circadian rhythm stay consistent," Dr. Ordenez said.

Find times and a schedule that works for you and your family. When children are older in their teens or adolescent years, they will need less sleep at night. This is when you can extend their bedtime to a later time.

For better sleep, you also want to make sure to **AVOID**:

- Television or screen time (cell-phone/tablets) an hour before bed.
- Exercise at least 2 hours before bedtime.
- Late-day food or drinks with caffeine like chocolate, coffee or some teas.
- Toys in their bed as a distraction.

The accompanying chart explains how many hours your child should be sleeping and some handy tips to get them (and you) to sleep.

To learn more about healthy sleep hygiene, visit www.bdch.com/sleep-center. *

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Friday the 20th: Wine Tour
Saturday the 21st: Flea Market – Dodge County Fairgrounds

October

Saturday the 19th: Flea Market at the Dodge County Fairgrounds
Sunday the 13th through 27th: Scarecrows on Parade
Saturday the 26th: Monster Bar Crawl

November

Friday the 1st through Sunday the 10th: Home for the Holidays Shopping Event
Saturday the 29th: Small Business Saturday – Get Caught Shopping Small
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For more information go to beaverdamchamber.com



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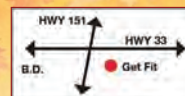
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11



9-14-24

Beaver Dam Pepper Festival

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Time

9:00a to 2:00p

9:00a to 4:30p

9:00a to 4:30p

9:30a to 10:30a

10:30a to 11:30a

11:00a to 11:15a

11:30p

noon to 2:30p

1:00p to 1:30m

1:00p to 2:00p

2:00p to 3:00p

2:30p to 4:30p

Event

Apple/pepper pancake & sausage breakfast

Food vendors: brats, hotdogs, pulled pork, burgers, pies from the DCCA, yummy pepper treats from Great Harvest.

Vendor, crafter and artisan booths

Square Dancing by the Swingin' Beavers Square Dance Club

Chili Cookoff & Longest BD Pepper judging

Sheila Everhart - Executive Director - Wisconsin Agricultural Tourism Association

Chili Cookoff & Longest BD Pepper winners

- crowned by Alice in Dairyland Halei Heinzl

Bowls of chili for sale to benefit local non-profits

Pie Eating Contest

Bobby Hunt Circus Boy

Ballooning by Bobby Hunt

Live Music from the Characters Band! - Awesome Classic Rock!

new Giant Bounce House All Day!

- ✓ vendors all day
- ✓ food, beverages served all day
- ✓ merchandise tent & raffle baskets/auctions open all day
- ✓ Beaver Dam Pepper history booth all day

* Schedule subject to change without notice



Alice in Dairyland
Halei Heinzl

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FURNITURE

Locations in Beaver Dam & Watertown

Find all the details at www.BeaverDamPepperFestival.com



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Breakfast Crunchwraps

Ingredients:

4 frozen hash brown patties
5 large eggs
1Tbsp. whole milk
1Tbsp. butter
kosher salt
Freshly ground black pepper
2 Tbsp. finely chopped chives
4 large flour tortillas
6 slices cooked bacon, chopped
1c. shredded Cheddar
1c. Shredded Monterey Jack
Vegetable oil, for pan

Creamy Jalapeno Sauce

1/3 c. sour cream
Juice of 1/2 lime
1 jalapeño, minced
1/4 tsp. paprika
kosher salt
Freshly ground black pepper

Directions:

Bake frozen hash brown patties according to package instructions.

In a large bowl, combine eggs and milk and whisk until frothy. In a medium nonstick pan, melt butter over medium heat. Pour egg mixture into the pan. Let set slightly then reduce heat to medium-low. Drag the eggs with a spatula or wooden spoon to create curds. When the eggs are almost cooked to your liking, season with salt and pepper. Fold in chives and remove from heat.

Spread the jalapeño sauce onto the center of each flour tortilla, then top each with a hash brown patty, scrambled eggs, bacon, cheddar and Monterey Jack. Fold tortillas around the center, creating pleats. After wrapping, quickly invert crunchwraps so the pleats are on the bottom and they stay together.

In a medium nonstick pan over medium heat, heat a very thin layer of vegetable oil. Working one at a time, add crunchwrap seam-side down and cook until tortilla is golden on the bottom, 3 to 5 minutes. Flip crunchwrap and cook until the other side is golden, 3 to 5 minutes more. Repeat with remaining crunchwraps. Cut each in half and serve warm.

Creamy Jalapeno Sauce

In a small bowl, whisk together sour cream, lime juice, jalapeño and paprika. Season with salt and pepper. Set aside.

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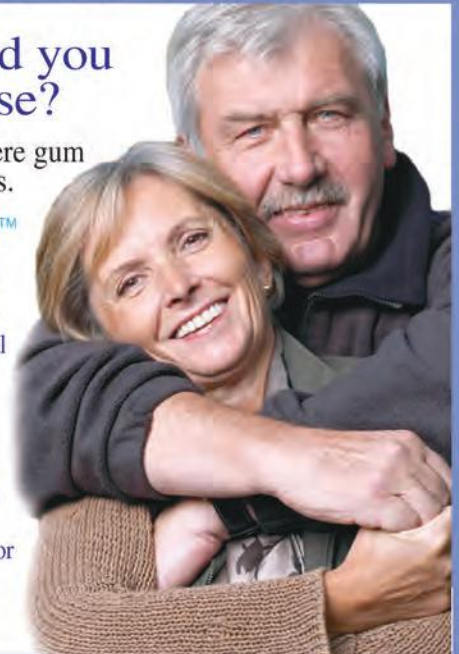
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Schnorenberg's Floor Covering . . . 70 Years of Family To Family Flooring Solutions

Clarence Schnorenberg returned from World War II in 1946. He earned \$35 a week installing flooring at Koch's Cash Store. On February 26, 1954, Clarence and his wife Millie purchased Koch's Cash Store. In 1980, Clarence's sons Jim and Gerry took over the family business with the assistance of their sister Mary Murphy. After nearly 40 years, Clarence retired in 1993. Jim and Mary have since retired also. The business is now run by Gerry and his son Matt with the same desire to continue the family business by providing Southern Wisconsin with quality flooring options, meticulous installation and the best customer service possible.

"As a thank you to the City of Hartford and surrounding communities for your support of our business, we are honored to sponsor the Art In Hart mural on the north side of our building. We hope the mural will inspire us and future generations to follow the values of faith, family, patriotism, volunteerism and the strong work ethic of those who came before us." James from James Barany Studio and his daughter Emma started the mural on May 28 and on June 18 it was completed.



- 1 St. Kilian Church (Founded in 1863)
- 2 Clarence & Millie Schnorenberg
Wedding Date: June 12, 1948
- 3 Kissel Car laborers (1906 - 1942)
- 4 Willowbrook Park bridge
- 5 Hartford City Hall
- 6 Hartford fire truck from firemans parade (1917)
- 7 Officer Leonhard Scherger - Only Hartford
police officer killed in the line of duty in 1904.
- 8 Hartford WWII Servicemen (L-R):
Pvt. Joseph Lechner, M/Sgt. Gerald Wenzel,
Cpl. Victor Kroening and Sgt. Robert Thorn
- 9
 - Eagles Clubhouse (1920-1928)
 - The Schwartz (1928-1948)
 - Marty Zivko's Schwartz Ballroom (1949-1955)
 - Name changed to Marty Zivko's Rock 'n' Roll Palace (1955-1990)
 - Purchased by Gary & Marion Wendorff (1981)
 - Purchased by Glenn, Vivian & John Hayden (1990)
 - Purchased by the Hartford Historical Preservation Foundation and became the Chandelier Ballroom (1999 - Present)
- 10 Hartford area farming family
- 11 Hartford Dam (Rubicon River / Mill Pond)



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Design by McKinstry's

By Ashley Posthuma

Located in downtown Beaver Dam, McKinstry's Home Furnishings proudly stands as the oldest family-owned store in the state of Wisconsin. But just because they've been in business for 166 years doesn't mean they aren't still treating customers to fresh, modern furniture and services!

Those who visit the store for the first time are often surprised at how large it is: 6 floors of sofas, chairs, area rugs, clocks, dining sets, and much more. The calm, com-

fortable atmosphere invites browsers to take their time traveling from floor to floor, discovering everything the store has to offer. And unlike high-pressure sales environments where customers might feel obligated to make a purchase, McKinstry's staff is dedicated to maintaining a relaxed and welcoming atmosphere. The team is there to assist when needed but is equally happy to let customers browse at their leisure, free from any pressure to buy. This approach ensures that each visit to McKinstry's is a pleasant and stress-free experience.

design team is there to help plan the perfect space. Customers are welcome to bring their room dimensions to the store, or the McKinstry's design team can come to their home to take the custom measurements themselves. From there, the team assembles a floor plan and is able to help with everything from furniture to accessories. Satisfied customers Daryl and Brenda Schoenfeld say, "We enjoyed working with Jennifer and Sandy. They came to our home and guided us through our home



Sandy Dray and Jennifer Pollesch are happy to assist customers with design ideas!

fortable atmosphere invites browsers to take their time traveling from floor to floor, discovering everything the store has to offer. And unlike high-pressure sales environments where customers might feel obligated to make a purchase, McKinstry's staff is dedicated to maintaining a relaxed and welcoming atmosphere. The team is there to assist when needed but is equally happy to let customers browse at their leisure, free from any pressure to buy. This approach ensures that each visit to McKinstry's is a pleasant and stress-free experience.

Beyond their extensive selection of home furnishings, McKinstry's offers a range of services; most notably, their design service. Whether you're looking to furnish a single room or redesign your entire home, McKinstry's

improvement project with their design and furniture knowledge. We would highly recommend McKinstry's Home Furnishings!"

While the goal is to create a beautiful, well-designed room, the team also works with functionality top-of-mind. This ensures a space is not only attractive but also serves a purpose— whether that's providing ample storage, creating a cozy entertainment area, or simply making the best use of available space. The goal is to create a room that is as practical as it is beautiful.

Longtime customers Jana Stephens and Matt Ziebarth add, "The help we've gotten from Sandy with our home decorating has been fabulous. We've been shopping at McKinstry's for years, and whether we need to furnish

an entire room or we're looking for accent pieces, her design advice is always exceptional. Sandy has always been great at listening to our ideas and then giving us lots of suggestions and options. She guides us through the decision-making process so that we know we are getting what is right for our lifestyle, our space, and our family."

Customers have the flexibility to choose how involved they want to be in the design process. Whether you prefer to collaborate closely with the design team or would rather leave the heavy lifting to the experts, the team is ready to accommodate your unique preferences. At the end of the day, their main goal is for people to feel happy, fulfilled, and excited about their new furniture and redesigned space.

"Jennifer helped us from beginning to end with our new furniture," customer Lorie Reige explains. "She took the time to make sure we were getting exactly what we wanted. There were endless fabric samples to choose from, and Jennifer made sure we were happy with the final selection. If you are looking for a friendly and helpful place to shop for furniture needs, McKinstry's is the place to go!"

Whether you're stopping in to browse or looking for a complete home redesign, McKinstry's Home Furnishings is ready to meet the needs of its shoppers. It stands as a cornerstone of the Beaver Dam community, with a long legacy of quality, service, and customer care. Those ready to work with McKinstry's design team can trust they will receive a thoughtful, personalized experience that leaves them excited about their space. And as McKinstry's continues to evolve, adapt, and serve the community, one thing remains constant: their commitment to making every customer feel at home. *



28th Annual Scholarship Gift Basket Auction



You don't want to miss out on the 28th annual Scholarship Gift Basket Auction, sponsored by the Beaver Dam Branch of the American Association of University Women (AAUW) on Wednesday, October 16, at Old Hickory Golf Club, Highway 33, in Beaver Dam.

"The basket auction is one of the ways we support AAUW's mission of advancing equity for women and girls," said Branch President Bobbi Marck. "This event makes it possible for our branch to award college scholarships to graduating high school seniors, as well as scholarships to returning students at Moraine Park Technical College. In the last ten years, these auctions have raised more than \$58,000."

"The baskets are created by AAUW members. Again this year, are also baskets that have been provided by the generosity of the community businesses. It's a great way to do some early holiday shopping or simply treat yourself!" said Fundraising Chair Diane Kitchen. "It's a fun night out with friends, so gather a group and see what it's all about."

The price of a ticket is \$35. The event includes a social from 5 to 6 p.m. and the opportunity to view the live and silent auction items. Dinner is served at 6 p.m. The silent auction ends at 6:50 with the live auction starting at 7 p.m. with Auctioneer Nate Weyenberg. Enjoy an evening out and help AAUW support its mission.

For reservations or more information, contact Diane at dianekitchen@live.com. *



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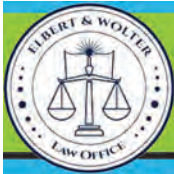
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N10575 Chief Kuno Trail - Fox Lake (920) 928-3470
Open Tue - Sun 11am - Close, Mon 3pm - Close. Daily
Specials - all you can eat Wings, Wednesday "Dollar Days",
Sandwich Menu, Homemade Half-Pound Burgers & Pizza,
Children's Menu, Weekend Dinner Specials

Buchanan's One Away

118 Lake Street, Hustisford - (920) 349.3400
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W7596 Hwy 33 East - Beaver Dam (920) 887-7179
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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
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www.parkavesportscafe.com

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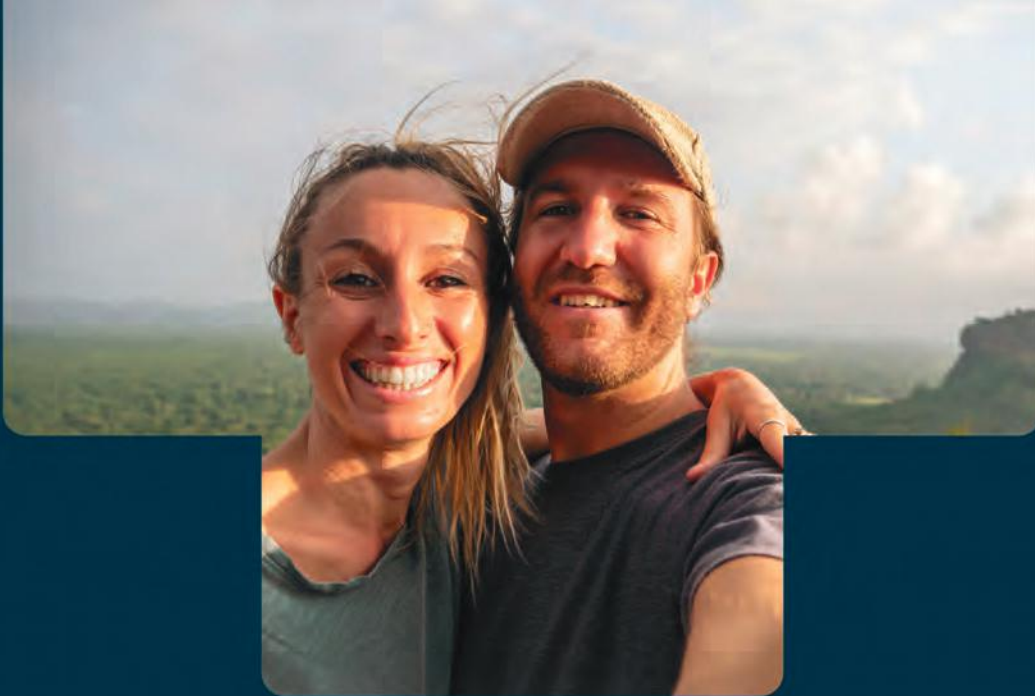
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