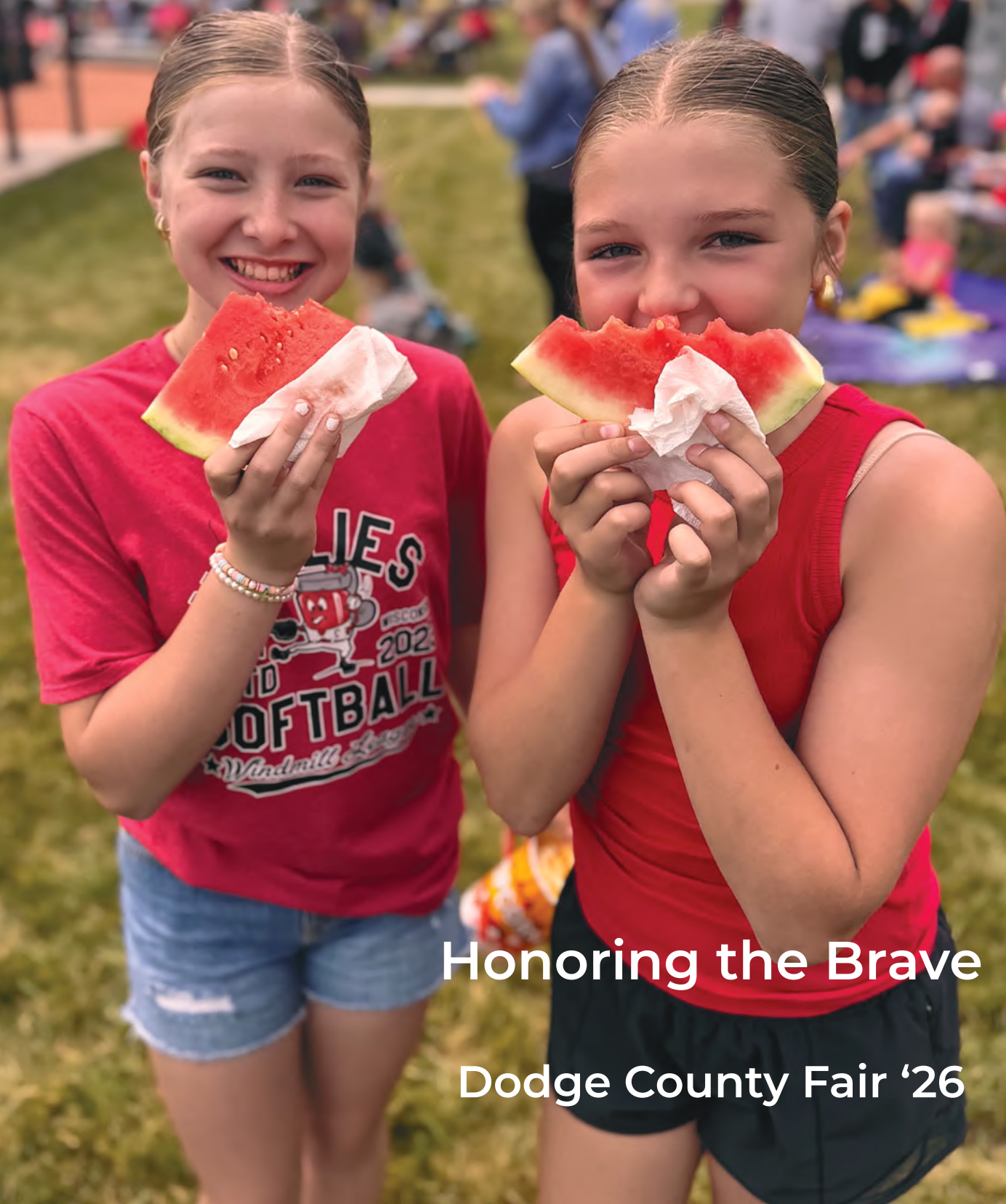


August 2026

InSpire

Magazine



Honoring the Brave

Dodge County Fair '26



Gary Galvin, MD
General Surgery

Hannah Hurst, DO
General Surgery

Jana Binkley, MD
General Surgery

Katherine Taylor, PA-C
General Surgery

Cutting edge **care** for you and your family **close** to home.

Our surgical team offers a variety of procedures including laparoscopic, minimally invasive, and open surgery, tailored to meet the specific needs of each patient. General surgery procedures include:

Abdominal Surgery • Colonoscopies • Hernia Surgery • Gallbladder Surgery •
Breast and Other Cancer Surgery • Biopsies

Whenever elective or emergency surgery is needed, you can have confidence in our Surgical Services Department's qualified and caring physicians and surgery team.



Inspired by you

SPINAL HEALTH IS BRAIN HEALTH.

A healthier foundation for everything your day asks of you.

Your body is always communicating.

Your brain, spine, and nervous system work together every moment of the day. Chiropractic care focuses on healthy spinal function and movement – part of a whole-person approach to help you feel and function at your best.



Beaver Dam
119 E Mackie St
(920) 885-3020

Watertown
303 S 1st St
(920) 261-0855

www.tyjeskifamilychiropractic.com

8

Honoring the Brave

10

George Thorogood and the Destroyers Set to Rock 2026 Dodge County Fair

12

Stay Sharp My Friends

14

Farmstands: Homegrown & Homemade

17

Book Review: Old Girls Behaving Badly

18

Watertown Regional Medical Center Partners with New Emergency Physician Group

20

Chopped Greek Chicken Sandwich Recipe

22

Getting Kids Ready to Go Back to School

24

My Favorite Teacher

25

Dining Out - Feil's Supper Club

26

Ask the Allergist - David Peloza, MD, Allergy and Immunology at Prairie Ridge Health Clinic - Let's Talk Ticks

27

Community Involvement 4-H Grand Champions - A Professional Floor Covering Tradition Since 2020!

29

Women In Business and Manufacturing

30

InSpire Magazine's Restaurant Guide

On the Cover:

Ava Golemgieski and Ellie Krueger are having a lot of fun at the 15th Annual Clyman Canner Pig Roast. This successful event took place on Friday, July 10. The girls also play fastpitch softball for the Clyman Nellies.



Emergency Care, Elevated.

That's why we're here.

For more than a century, Watertown Regional Medical Center has provided essential emergency room services to Dodge and Jefferson counties, always aspiring to serve the community with the best medical practices, technologies, and providers.

That ambition recently led us to recruit an exceptional group of physicians to lead our ER. We know a visit to the ER isn't on anyone's wish list, but should an emergency occur, know that you are in great hands at Watertown Regional.

Award-winning hospitals like ours don't rest on our laurels. When we see an opportunity to improve services, we seize it. That means better care for you, close to home, and when you need it most.

For more information, visit **WatertownRegional.com/ER**.





As August begins, the summer is far from over in Wisconsin! You still have plenty of time to pack in those remaining warm-weather activities.

Check these off your bucket list before autumn arrives:

Catch a Baseball Game: Spend a sunny afternoon at the ball park. The Rock River Baseball League is a historic amateur baseball organization in southeast Wisconsin. It features a mix of collegiate, post collegiate and local talent. Games take place primarily on Sunday in small, local communities.

Explore the Dodge County Fair: Enjoy carnival rides, live entertainment, and agricultural exhibits at the Dodge County Fairgrounds.

Shop local: Discover fresh produce and handmade goods at a farmers market.

Get on the water: Spend a relaxing afternoon boating.

Visit the Vietnam Memorial in Watertown: Take time to reflect at the permanent replica of the Vietnam Veterans Memorial Wall at Aero Park in Watertown.

For more details on some of these activities, dive into our in-depth features in this issue of InSpire.

Sincerely,

Denise Fitzsimmons

Publisher

Publisher/Co-founder:

Denise Fitzsimmons
denisef.inspiremag@gmail.com

Accounts Director/Co-founder:

Jill Huizenga
jrhuizenga2@gmail.com

Graphic Designer:

Travis Pohl
travis.pohl@gmail.com

Advertising Sales:

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

Subscription Information:

(920) 382-7200

Back Issues:

Call Denise for availability
(920) 296-9443

Contributing Writers:

Ashley Posthuma, Dr. Stephanie Tyjeski,
Lily Walker, Faith Smith

Advisory Board:

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

**InSpire Magazine is
published by:**

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

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

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

one year: \$15.95

two year: \$29.95

three year: \$45.85

www.inspiremagazinewi.com

Find Us Online!

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

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

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

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



GREAT FLOORS. *Greater Savings!*

PICK TWO 3% OFF EACH

CASH/CHECK DISCOUNT

Save when you pay with cash or check.

MILITARY DISCOUNT

Honoring those who serve our country.

FIRST RESPONDER DISCOUNT

For police, fire, EMS and emergency personnel.

SENIOR DISCOUNT

Available for customers 55+.

MIX & MATCH ANY TWO DISCOUNTS

*Cannot be combined with any other offers. Some restrictions may apply.



VISIT OUR SHOWROOM!
15 Mill Street
Hartford, WI 53027



CALL US TODAY!
262-673-4020



LEARN MORE ONLINE!
www.schnorenbergfloor.com
Find us on

PRESENTED BY THE NON-PROFIT DODGE COUNTY FAIR ASSOCIATION

DODGE COUNTY FAIR

AUGUST 19 - 23 2026

Thrilling Rides + Delicious Food

WED 7PM



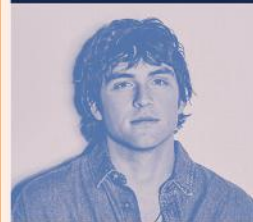
BADGER STATE TRACTOR PULL

THUR 8PM



PHIL VASSAR

FRI 8PM



VINCENT MASON

SAT 8PM



GEORGE THOROGOOD & THE DESTROYERS

SUN 10AM



TRUCK PULL

SUN 3PM



DEMO DERBY

GENERAL ADMISSION

\$10 BEFORE NOON

\$15 AFTER NOON

\$10 ALL-DAY SUNDAY

Fun for Everyone



AGES 9 & UNDER FREE

FREE PARKING & GRANDSTAND

UNLIMITED RIDE WRISTBANDS
WED, THUR, FRI / 4-6PM OR 6-10PM / SUN 12-4PM

SEASON PASS

\$35 ADVANCE

\$40 AT GATE

DODGECOUNTYFAIRGROUNDS.COM

Honoring the Brave

Watertown's new memorial wall carries 58,000 names - and the gratitude of a community that brought it home.

By Ashley Posthuma



Making a trip to the Vietnam Veterans Memorial Wall is a time-honored tradition by many veterans and Americans looking to pay respect to the memory of those lost during the Vietnam War. This Memorial Day, the city of Watertown held an official ceremony to commemorate the dedication of their very own Vietnam Veterans Memorial Wall.

At an apex of eight feet tall and width longer than a football field (plus both end zones!), the wall is an exact replica of the one in Washington D.C. at 80% of its size. It features the names of all those who lost their lives in the Vietnam War—not just local veterans—just like the one in Washington D.C., and even the fonts are the same.

The project first began with Barry Lawrence, a Vietnam veteran and Wisconsin native. Barry was contacted by a man in Texas about engraving three sets of the memorial wall. When one of the sets became available for purchase, Barry reached out to Stephen Zillmer, Commander of American Legion Post 189, to gauge his interest. In order to place a hold on the wall, the community would need to raise \$25,000 for a down payment; they raised \$37,000 within 48 hours. Members of the Legion and the community were excited to donate to such a worthy cause, and their donations got the project officially underway.

When it came time to fundraise for the actual wall—and then later for the Memorial Day ceremony—the community and other donors continued their generosity. In fact, they were able to pay off the entire wall months early. Donations came from several Legion posts, Marine Corps detachments, foundations, and individuals. The largest donation they received was \$50,000,

but the team was just as appreciative to all the individuals who were able to donate \$10.

In addition to serving as an important tribute to those who lost their lives in the Vietnam War, the memorial wall is also notable for being the only one in the Midwest. There are several smaller memorials dedicated to community members who served in the war, like the Sheboygan County Veterans Memorial, but Watertown's Vietnam Veterans Memorial Wall is the only one of its kind throughout the Midwest.

Once funds were raised, there were many people involved in bringing the wall to its new home at the Marine Corps League Aero Park; one of these was general contractor Ryan Hepp, who was the general contractor for the project. The park itself was designed by his late uncle, and his late father helped build it. Laying down the infrastructure for the wall was a unique challenge; at one point, the team poured 116 yards of concrete in a single day!

To commemorate the permanent installation of the memorial wall, the city held an official dedication ceremony on Memorial Day. Stephen Zillmer and Gary Stueber, Commandant of Marine Corps League Detachment 349, served as co-chairs for the event, organizing an unforgettable ceremony. Stephen worked with the US Airforce on and off for over 9 months to coordinate an F-35 flyover, and he also worked for 6 months to get a Blackhawk helicopter flyover.

Through an event software utilized by the Watertown Chamber of Commerce that detects cell phone pings, they estimate that 3,000 people from 29 different communities



“It’s a wall of grief and hurt and a lot of sacrifice.”

- STEPHEN ZILLMER, AMERICAN LEGION POST 189

attended the ceremony. All attendees received a booklet of the approximately 600 names of the project donors.

“My last name starts with a Z, so I’m used to speaking last,” commented Stephen Zillmer. “During the ceremony, my talk was only thank-yous to the many people who had helped us get to where we are. I started with God himself, and then my wife, and then I moved down the list.”

Now that the wall has been officially installed and the ceremony is complete, Stephen jokes that he has been sleeping better. Along with several others, he worked tirelessly to bring this project to completion. “It always amazed me how I’d be worrying about something, but God would always provide exactly what we’d need. Somewhere along the line, there would be someone who’d have the information I was looking for, and it was amazing to see the whole puzzle come together—from veterans, non-veterans, and even just people who knew people. My faith was already pretty strong before, but the process strengthened it even more,” reflects Stephen.

When discussing why this project was so important to him, Stephen reiterates that you don’t truly understand the magnitude of the wall until you’re standing in front of it. “There are 58,000 people listed on that wall,” he says. “Think about how each one probably had an average of two siblings. They may have had three or four grandparents still living. Add in their parents, their aunts and uncles, their friends, and the impact of their loss is staggering. That’s how I look at the wall. It’s a wall of grief and hurt and a lot of sacrifice.”

And now, thanks to the dedication of all those involved along the way and the generosity of many donors, the wall will stand in Watertown for many years to come. It will serve as a place where veterans and non-veterans alike can gather to remember those they’ve lost or simply pay their respects to the American heroes who paid the ultimate price for our freedom.

If you’re interested in visiting the wall for yourself, it is completely free, lit at night, and accessible 24 hours a day.

AT A GLANCE

About the Vietnam Veterans Memorial Wall in Washington D.C.

Designed to be a place for reflection and contemplation, the memorial’s black granite walls are inscribed with the names of over 58,000 men and women who served in the Vietnam War and sacrificed their lives or remain missing. In Washington D.C., the ends of the walls point to the Washington Monument at one end and the Lincoln Memorial at the other end. The names are inscribed in the chronological order of their dates of casualty, designed to show the war as a series of individual human sacrifices and to give each name a special place in history. Each year, the wall attracts nearly 5 million visitors who come to pay their respects.

While the contract itself generously allowed for a full year to pay the entire amount of \$170,000, that time was shortened thanks to the enthusiasm of the community. The team began their fundraising efforts in early June, and by July they were able to pay another \$50,000. By September, they were able to completely pay off the wall, earning a \$5,000 discount for their early payments.

There were many people involved in bringing the wall to its new home at the Marine Corps League Aero Park; one of these was general contractor Ryan Hepp, who was the general contractor for the project. The park itself was designed by his late uncle, and his late father helped build it. By leading the project of installing the wall, he was able to contribute to his family’s legacy of service within the community.



George Thorogood and The Destroyers Set to Rock the 2026 Dodge County Fair

There is no place quite like the Wisconsin summer festival circuit to experience the raw power of classic rock under the open sky, and this August, the ultimate live music tradition returns to the Moraine Park Main Stage. The Dodge County Fair Association is thrilled to announce that rock and roll icons George Thorogood and The Destroyers will perform on Saturday, August 22, 2026, at 8:00 PM.

Fresh off a massive 2025 where they played nearly 90 explosive shows, were honored by the GRAMMY Museum, and saw George's famed "Bad To The Bone" Gibson ES-125TDC guitar placed on permanent exhibit at The Rock & Roll Hall of Fame, the band is extending The Baddest Show on Earth Tour into 2026. With 53 years of "playing rock & roll hot enough to melt the polar icecaps," Thorogood and his long-time bandmates—Jeff Simon, Bill Blough, Jim Suhler, and Buddy Leach—are bringing a "renewed taste for danger" to Beaver Dam.

50+ Years of Rock & Roll Party

With more than 15 million albums sold and over 8,000 live shows performed, The Destroyers have earned their reputation as "The All-American rock & roll party band." Fans can expect a "stage-shaking, roof-raising" setlist featuring the hits that made them cornerstones of Classic Rock:

"Bad To The Bone" — *The ultimate badass anthem!*
"One Bourbon, One Scotch, One Beer"
"Move It On Over"
"Who Do You Love?"
"I Drink Alone" and **"Get A Haircut"**

"We'll always be focused on playing music that makes all kinds of people happy," says George Thorogood. "When we hit

the stage on any given night, I can guarantee that we'll make you feel like a teenager again".

A Full Day of Fair Fun

The Saturday lineup at the Dodge County Fair is packed from sunrise to sunset. Before the Destroyers take the stage, attendees can enjoy a full slate of classic fair activities:

Morning Power: Horse Pull kicks off at the Grandstand at 9am

Midday Muscle: The Fleet Farm Tractor Pull roars to life at 12pm

Family Fun: The Midway opens for "Family Day" from 12pm to 5pm, featuring discounted ride tickets

The Main Event: George Thorogood and The Destroyers at 8pm

Ticket Information: The Best Deal in Wisconsin

In keeping with fair tradition, the concert is **FREE** with paid gate admission to the fair. There are no reserved seats—seating is first-come, first-served in the grandstands.

Admission

Daily Admission (Before 12pm) - \$10

Daily Admission (After 12pm) - \$15

Season Ticket (Advance) - \$35 (\$7/day)

Children (Ages 9 and under) - FREE

About the Dodge County Fair

Located 3 miles east of Beaver Dam on State Road 33, the Dodge County Fair is a five-day celebration of agriculture and world-class entertainment. The 2026 fair runs from August 19 through August 23.

Chef's of All Ages Get Your Recipe Published!

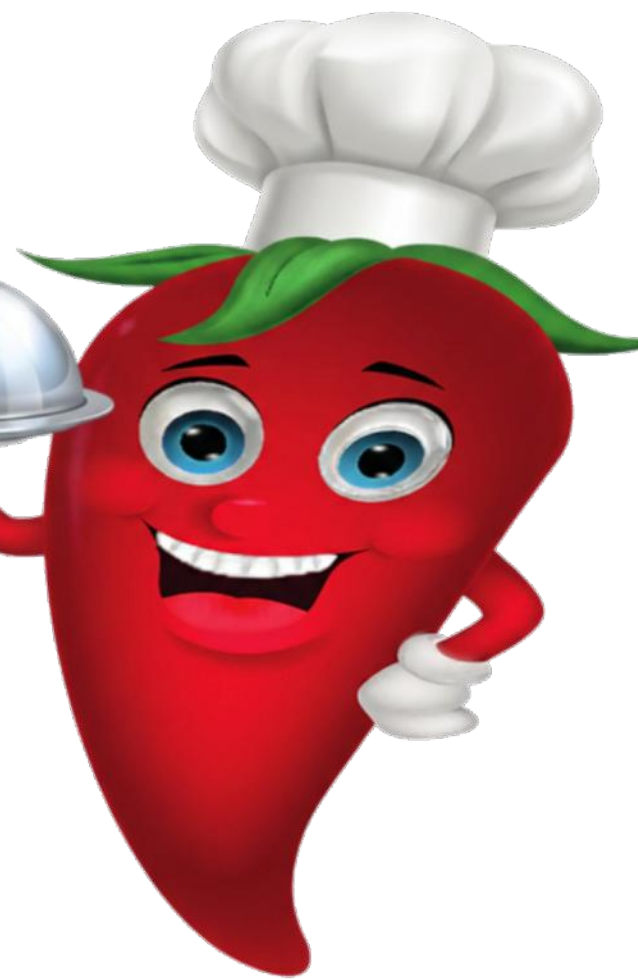
Get your favorite recipe together!

First 10 recipes submitted

to doandgo@charter.net

will appear in InSpire Magazine!

All will be featured in the Beaver Dam Recipe
and History Book. **Deadline August 10th.**



13th Annual Beaver Dam Pepper Festival Saturday 9.12.26 - 9a - 3:30p at Park Village Shopping Center

Beaver Dam Pepper Brats, BD Pepper Beer from Potosi, BD Pepper Wine from Edwin Brix,
Apple Pepper Pancakes, Chili Cook-Off, Apple Pepper Pie Eating Contest, Longest BD Pepper,
Kids Entertainment, Music, Vendors and a TON of Fun!!!!



Intersection of Hwy 151 & Hwy 33 in Beaver Dam



Kids Entertainment



Heirloom Sponsor



Live Music -Rural Route 3

Stay Sharp My Friends



By Dr. Stephanie Tyjeski

When most people hear the word fitness, they think about lifting weights, going for a run, or finally using that gym membership that's been quietly collecting your monthly donation. But one of the most important muscles to keep in shape isn't actually a muscle at all—it's your brain.

Just like the rest of your body, your brain thrives when you take care of it. While some changes in memory and processing speed are a normal part of aging, significant mental decline isn't something we should simply accept as inevitable. The choices we make every day can have a powerful impact on how well our brains function now and in the future.

Why Mental Fitness Matters

Your brain controls everything—from your thoughts and emotions to your memory, balance, and decision-making. It works around the clock, even while you sleep, making it one of the hardest-working organs in your body.

The encouraging news is that the brain has an amazing ability to adapt and form new connections throughout life, a process called neuroplasticity. Rather than being fixed after childhood, the brain constantly rewires itself by strengthening frequently used pathways and pruning away inactive ones. In other words, you're never too old to learn something new or improve your brain health.

Think of your brain like a high-performance vehicle. With regular maintenance, it can keep running smoothly for years. Ignore it long enough, and eventually the "check engine" light starts flashing.

Five Ways to Keep Your Brain Healthy

1. Keep Learning

One of the best workouts for your brain is learning something new. Reading, taking a class, learning a language, playing an instrument, or even trying a new hobby challenges your brain to build new neural pathways. The goal isn't perfection—it's simply giving your brain something fresh to do. And while binge-watching your favorite TV series may be entertaining, your brain occasionally appreciates a challenge that doesn't involve guessing who the mystery villain is.

2. Move Your Body

Exercise isn't just good for your heart and muscles—it also benefits your brain. Regular physical activity improves blood flow to

the brain, supports memory, reduces inflammation, and helps lower the risk of chronic diseases that can affect cognitive function.

You don't have to become a marathon runner to see benefits. A brisk 30-minute walk, riding a bike, swimming, or strength training a few times a week can all help keep your brain healthy.

3. Eat Brain-Friendly Foods

Your brain uses about 20% of your body's energy, so it deserves quality fuel. Choose foods rich in nutrients that support brain function, including colorful fruits and vegetables, fatty fish like salmon, nuts and seeds, olive oil, beans, and eggs.

Limiting highly processed foods and excessive sugar may also help reduce inflammation, which has been linked to cognitive decline. If your shopping cart contains more colorful produce than colorful snack wrappers, you're probably headed in the right direction.

4. Prioritize Sleep

Sleep is when your brain performs its nightly housekeeping. During deep sleep, it organizes memories, clears waste products, repairs cells, and prepares you for the next day.

Most adults need seven to nine hours of quality sleep each night. Skipping sleep may seem productive, but it's a bit like trying to drive across the country with the gas light on. You might make it for a while—but eventually, you'll run into trouble.

5. Stay Connected

Healthy relationships are good for your heart—and your brain. Spending time with family, friends, neighbors, or community groups keeps your mind engaged while helping reduce stress and loneliness. Social interaction stimulates memory, communication, and problem-solving skills in ways that benefit overall brain health. Never underestimate the value of a good conversation—or a good laugh.

Support Your Brain Through Your Spine

Your brain and body are constantly communicating through the nervous system, with the spine serving as the main pathway for those messages. When the joints of the spine aren't moving properly, they can affect the sensory information being sent to the brain. Chiropractic adjustments help restore healthy joint motion, supporting efficient communication between the brain and body.

Many patients report feeling more mobile, balanced, and clear-headed as part of their regular chiropractic care.

Think of your brain as a computer processor and your nervous system as the company's Wi-Fi. If the signal is spotty, communication isn't as smooth. Keeping your spine moving well can help your nervous system function at its best as part of a healthy lifestyle that includes good nutrition, exercise, stress management, and quality sleep. Besides, if rebooting your computer solves half of life's problems, giving your spine a tune-up doesn't sound like a bad idea either.

Your brain is with you every moment of every day. It helps you remember birthdays, solve problems, enjoy conversations, recognize loved ones, and appreciate life's experiences.

Taking care of it doesn't require expensive gadgets or complicated routines. It simply requires consistency, healthy habits, and a willingness to keep learning and growing. After all, the goal isn't just adding years to your life—it's adding life to your years. And if you occasionally walk into a room and forget why you're there, don't worry. Just smile confidently and tell everyone you're conducting a surprise home inspection.

Join me at our **FREE Wellness Class** where we'll engage our brains and boost our mental fitness. Please join us at our Beaver Dam location for this **FREE** class on Tuesday, August 18th at 5:30pm. Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

Yours in Health,
Dr. Stephanie Tyjeski

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

Beaver Dam

UNIFIED SCHOOL DISTRICT

Guiding students. Empowering futures.

Celebrating Success!

- 5 U.S. News & World Report Best Schools
- 2 Schools Performing at State's Highest Level-*Significantly Exceeds Expectations*
- 4 Wisconsin Schools of Promise
- 3-time Best Communities for School Music Education
- 6-time WIAA Excellence Award Recipient

Leading the way in student growth and achievement.

bdusd.org

Follow Us!

#BDUFam

Step A-Head Styling

Hair & Wig Salon

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

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

give the girls a call

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

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

MARY KAY®

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

FAMILY & COSMETIC DENTISTRY

Have you been told you have gum disease?

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

Introducing Laser Periodontal Therapy™

Finally, there's good news for those who suffer from gum disease (gingivitis and periodontitis). Through Laser Periodontal Therapy, we can treat your moderate to severe gum disease so you can quickly return to your normal routine!

There's no incision (scalpel) and no stitches (sutures). You heal naturally with full retention of your gums.

If you suffer from tender, red, swollen or bleeding gums, call us today for an appointment to evaluate your condition.

Breckenridge Plaza • 107 Warren St., Suite 1, Beaver Dam • 920-887-7667

Farmstands

Homegrown & Homemade

By Faith Smith

A roadside stop at Rooted & Rise reveals how bread, trust and a slower rhythm can nourish a community.



While driving down the road in the warmer months in Wisconsin it is not uncommon to see signs boasting “Fresh Produce”, “Farm Fresh Eggs”, “Sweet Corn”, or even “Sourdough bread.” The signs are often handmade depicting images of drawn vegetables and fruits, or screen printed on a white background including the seller’s logo, or even a letter board placed near the road. If you follow the signs as advertised, you’ll likely find yourself at the end of someone’s driveway or in their dooryard near a sheltered “stand” boasting anything considered homegrown or homemade.

Recently, I found myself at Rooted & Rise. Located outside the town of Oakfield on County Road B, a small banner stating “Welcome We Are Open” flapped in the wind. The stand is painted black and white and wallpapered with images of dandelions and grasses and boasts the seller’s logo on the sides and front. The options there are numerous, including cinnamon rolls, scones, granola, eggs, skin care items, and of course sourdough bread. The stand is operated by Stormy Marks who created it out of a passion to provide. In her words, “Rooted & Rise was born out of a simple desire to slow down and reconnect with the things that matter most—family, community, and wholesome food. After years in a fast-paced career, I found myself drawn to a different way of life. One that involved flour-covered countertops, gardens that changed with

the seasons, little hands eager to help, and food made from scratch.”

Her farmstand goes beyond selling produce from her garden or eggs from her chickens and quail. Items that are expected to be sold at a “farm” stand, but her passion encompasses much more. “What started with baking sourdough for my own family quickly grew into sharing loaves with friends and neighbors. Rooted & Rise: The Farmstand became a natural extension of that. I wanted to create a place where people could stop by, grab fresh bread, homemade treats, locally grown produce, and handcrafted goods, all while supporting a small, local family business. More than anything, I hope the stand reminds people of a simpler time when you knew who made your food, where it came from, and every purchase helped support a neighbor.”

Like many farmstands this one operates entirely on the honor system with prices for each item on either a sticker or tag near the product and a box to deposit cash. Sellers no longer rely entirely on physical money or handwritten check, but often offer the option of paying through apps like Zelle or Venmo. It makes the process an easy in and out only requiring minimal mental math (or a cell phone calculator). Wisely, Marks’ farmstand is equipped with a camera in case anyone is



Sunshine.
Cold Drinks.
Good Company.

Join us for great drinks, food and a relaxing time in the heart of Beaver Dam.



302 S Spring St, Beaver Dam | 920 392-7788 | damselfbd.com

Need a New or Used Lincoln? Ask Tim

- Tire Service
- Battery Service
- AC/Heating Service
- Oil Changes
- Brakes Service
- Alignments
- Body Shop
- Essential Car Parts
 - Windshield Wipers
 - Batteries

LIDTKE MOTORS

Worth the Drive, Since 1955.

701 Park Ave - Beaver Dam | 920.887.1661

www.lidtkemotors.com



2000 Mercedes CLK



1968 Ford Mustang



tempted to take advantage of her baked goods. At Rooted & Rise I also noticed a notepad where customers can comment on their experience and the items purchased. This creates a conversation between the seller and the consumer that isn't only transactional.

The changing of the seasons doesn't bring a stop to the farmstand's products either. Consumers can preorder items directly from Rooted & Rise and pick them up. Canned foods are shelf-stable and available for purchase year-round, as well. Stormy Marks states that, "Living seasonally is part of who we are. The offerings naturally change throughout the year based on what we're baking, preserving, growing, and creating. Rather than trying to have everything all the time, we embrace each season for what it has to offer, and we invite our customers to do the same."

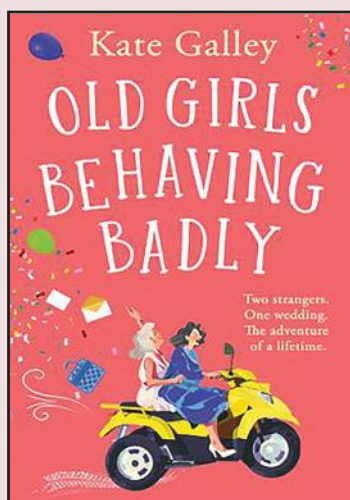
The passion and talent for creating is evident in the small details of the farmstand from the scoring on the bread to the handwritten labels. I left Rooted & Rise with two loaves of sourdough bread, one that my family enjoyed and the other was shared with a friend. This is something close to the seller's mission as she strives to create a community through her farmstand. A mission that invites us to slow down the next time we see a sign on the side of the road and enjoy. "At its core, Rooted & Rise isn't just about selling bread. It's about sharing a slower, more intentional way of living, building relationships within our community, and offering food that's made with care, simple ingredients, and a whole lot of heart."

More information can be found on Facebook under the name Rooted & Rise or Instagram @rootedandrisebakery.



"It's about sharing a slower, more intentional way of living."

— STORMY MARKS



Old Girls Behaving Badly

by Kate Galley

Reviewed by

Danielle Paul, Library Clerk,
Beaver Dam Community Library

This story is perfect for readers looking for a funny, witty, and cozy mystery. Gina is a 71-year-old woman whose husband of 43 years leaves her a Dear John letter telling her he needs to “find himself.” Looking for a new start, and a new place to live, she answers an advertisement to be a companion for 89-year-old Dorothy.

Dorothy’s first request is to have Gina accompany her to her grandson’s week-long wedding festivities at a family friend’s massive estate. At first, Gina thinks she will be entertaining Dorothy and helping her to enjoy the wedding festivities. She soon finds out that Dorothy has another motive for hiring her. She needs Gina’s help uncovering the mystery of a missing painting, which Dorothy thinks is in the house. While the other guests are busy with all things wedding, Gina and Dorothy get to work trying to solve this mystery. After all, who would suspect two little old ladies of getting into mischief?

Readers may also enjoy other books in this series: *The Old Girls’ Chateau Escape* (2025) and *The Old Girls’ Island Getaway* (2026).

Medical Clinic Space For Lease

Prime Space Available & Fully Finished!

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

APACHE LEASING

920-356-1300



Neighbors helping neighbors.®

DONATIONS NEEDED!

House wares, clothing and furniture.

Call for free pickup. 920-885-6971

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

Monday-Saturday
8am to 7pm



Watertown Regional Medical Center Partners with New Emergency Physician Group

Watertown, WI — Watertown Regional Medical Center (WRMC) is proud to announce a new partnership with Emergency Medicine Specialists (EMS), a Wisconsin-based physician group recognized for its excellence in emergency care. This collaboration reinforces the hospital's commitment to providing high-quality, around-the-clock emergency services to Watertown and the surrounding communities.

Hospitals across the country partner with Emergency department groups to staff physicians in the emergency departments. These partnerships help ensure patients are always seen by experienced emergency physicians and help maintain consistent, reliable care for patients seeking emergency services.

Emergency Medicine Specialists has built a strong reputation throughout Wisconsin as a premier emergency department group. Known for attracting and retaining top-tier emergency physicians, EMS is widely regarded as a destination for talented clinicians seeking to practice at the highest level.

Emergency Medicine Specialists invited several physicians and advanced practice providers who have been working at WRMC to join their group. These include Dr. Robert Allen, who will remain the Emergency Department Medical Director, and Dr. Mikko Sayre, who will continue in his role as Medical Director of the City of Watertown's Ambulance Service.

Through this partnership, Watertown Regional Medical Center will also gain access to EMS's experience in emergency department operations. This includes proven care protocols, efficient workflows, and evidence-based approaches to treating emergency patients.

"We are excited to partner with Emergency Medicine Specialists to strengthen the care we provide in our Emergency Department," said Richard Keddington, CEO of Watertown Regional Medical Center. "This collaboration allows us to combine the strengths of our local team with the resources and expertise of a highly respected physician group. Most importantly, it ensures our patients continue to receive timely, high-quality emergency care from experienced physicians."

Dr. Beth Griffin, President of Emergency Medicine Specialists, shared her enthusiasm for the partnership: "We are honored to partner with Watertown Regional Medical Center and support their commitment to the community. Our team is focused on delivering high-quality emergency care, using proven practices, and working closely with the current emergency department team to ensure the best possible outcomes for patients."

Watertown Regional Medical Center's Emergency Department treats nearly 15,000 patients each year and plays an important role in providing emergency care in the region. Emergency services are available 24 hours a day, seven days a week, with a dedicated team ready to respond at any time.

The department is supported by on-call specialists in general surgery, interventional cardiology, OB/GYN, orthopedics, pulmonology, neurology, internal medicine, hospital medicine, and urology, ensuring patients have access to advanced care when needed. Common reasons to seek emergency care include head injuries, loss of consciousness, broken bones, serious burns, seizures, severe allergic reactions, and symptoms of stroke or heart attack.

If you believe you are experiencing a heart attack or stroke, every second counts. Calling 9-1-1 is the fastest and safest way to receive expert emergency care at Watertown Regional Medical Center.

About Watertown Regional Medical Center

Watertown Regional Medical Center (WRMC) has been providing the residents of Dodge and Jefferson counties in southeast Wisconsin with excellent healthcare for over 115 years. By placing patients' needs first, services have grown to include Emergency, Primary Care, Women's Health, Orthopedics and Spine, Heart and Vascular, Neurology, Pulmonology, Ophthalmology, and many others. Watertown Regional Medical Center is a joint venture between the Greater Watertown Community Health Foundation and ScionHealth. For more information and to see a complete list of the services offered, visit WatertownRegional.com.

About Emergency Medicine Specialists

Since 1982, Emergency Medicine Specialists (EMS) has delivered high-quality emergency and urgent care services across Wisconsin. Defined by a dedicated team of physicians, physician assistants, and nurse practitioners, EMS is committed to providing compassionate, patient-centered care while partnering with their health systems to meet the evolving healthcare needs of the communities it serves. With a focus on excellence and making a positive impact, EMS strives to improve lives every day. For more information, please visit their website at EMS.

AWARD-WINNING FLOWER, GROWN RIGHT HERE IN DODGE COUNTY

Quality begins with exceptional genetics. At Stanton Legacy Acres, our Halloween Candy hemp flower proudly earned First Place at the Dodge County Fair, showcasing the care and craftsmanship of every generation that goes into every harvest. Our Apricot CBD flower is grown from an award-winning genetic line, with the Apricot variety earning 1st Place for Best Flower at the Universe Cup and 1st Place for Best Rosin at the American Autoflower Cup. While our CBD phenotype wasn't entered in competition, it shares the outstanding genetics that have earned national recognition. Every plant we grow is cultivated with the same commitment to quality, right here on our family-owned, veteran-owned Wisconsin farm.

CHECK OUT OUR MANY PRODUCTS & LEARN MORE!

JOIN US DURING OUR WEEKLY FARM HOURS:

FRIDAYS: 3:00 PM – 7:00 PM

SATURDAYS: 9:00 AM – 3:00 PM

MONTHLY SUNDAY SIT-DOWN

SEPTEMBER 13TH | 2:00 PM – 4:00 PM



ENJOY **10% OFF** WITH CODE **LOCAL2026** AT **STANTONLEGACYACRES.COM**



BACK TO SCHOOL

Flooring, Cabinets, Countertops, Showers & Tubs



COMMUNITY

We're Proud to Continue our Grand Champion Streak!



SCAN OR CALL TO SCHEDULE YOUR
Free measure and Estimate Today!



Contact
Us
Today!



920-887-9972

4-H GRAND CHAMPIONS -

A Professional Floor Covering Tradition Since 1999!

Supporting Local Youth at the 2023 Dodge County Fair

Owner Randy Warmka, of Professional Floor Covering, proudly purchased the 2023 Grand Champion Market Hog (285 lbs., exhibited by Kyle Galston) and the Grand Champion Market Beef (1,327 lbs., exhibited by Faith Wiechmann), continuing the company's long-standing tradition of supporting local 4-H exhibitors and the Dodge County agricultural community.

Scan to Learn More



Chopped Greek Chicken Sandwich



Ingredients

1 mini cucumber, finely chopped
 1 large Roma tomato, finely chopped
 1/2 medium red onion, finely chopped
 2 garlic cloves, grated
 2 1/2 cups coarsely chopped rotisserie chicken meat
 1/2 cup crumbled feta
 1/3 cup coarsely chopped pitted Kalamata olives
 1/2 cup store-bought or homemade tzatziki
 2 Tbsp. fresh lemon juice
 1 tsp. dried oregano
 1/2 tsp. freshly ground black pepper
 1/2 tsp. kosher salt
 Butter lettuce leaves, for serving
 4 hoagie rolls

Directions

In a large bowl, toss cucumber, tomato, onion, garlic, chicken, feta, and olives. Fold in tzatziki, lemon juice, oregano, pepper, and salt until combined.

Divide lettuce among rolls. Stuff with chicken mixture.



Waupun Piggly Wiggly
 100 Gateway Drive - Waupun

Our Meat Department made a Switch to a High-End Pork Product Line! Smithfield's Prime All Natural Fresh Pork. This Means: A longer Life, 20% more Tender Meat, NO artificial ingredients or hormones, and just all around better "Restaurant Quality" Pork.



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

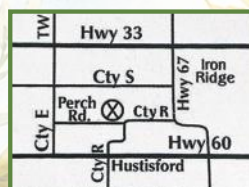
Locally owned by Dan and Jane Jahnke provide our customers with a clean and friendly shopping atmosphere, along with providing the finest quality fresh products with superb customer service to all our valued customers!

Countryside Gardens, LLC

Large variety of perennials, spinners
and outdoor garden art.



www.countrysidegardensllc.com
W3582 Perch Road, Iron Ridge
920.349.3030



Monday - Friday: 9am - 5pm
Saturday: 8am - 4pm, Sunday: 10am - 4pm
Closed Wednesdays



Getting Kids Ready to Go Back to School

By Marsfield Clinic

Making sure your child is back-to-school ready involves more than shopping for school supplies and buying the next size up in shoes. Help prep your child to stay healthy going into and throughout the school year with sleep tips, how to cope with stress, choosing healthy foods, immunizations and much more.

To kick-start the school year right, consider these health tips.

Get plenty of sleep

Consistent sleep schedules can help children get better, quality rest. At least eight hours of sleep is associated with healthier body composition, lower risk of heart disease and helps your child perform better in school and boosts their immune system.

If your child's sleep schedule got off track during the summer, adjust their bedtime and wake them up earlier for at least one week before school starts.

Monitor your child for signs they might be stressed out.

Watch for:

- Emotional outbursts or increased irritability that are inconsistent with previous behavior.
- Trouble sleeping.
- Withdrawing from others, like friends and family.
- Struggles with school, such as a change in performance or not focusing.
- Increased defiance, like feelings of anger or stubborn behaviors.

If you identify any of these changes, consult your pediatrician and discuss healthy ways to support and improve anxiety or stress in your child.

Include healthy foods in their diet

Daily balanced meals and healthy foods are important for keeping kids alert and keeping their bodies strong.

Healthy snacks children can munch on at home or bring to school include fresh or frozen fruit, small amounts of dried fruits like raisins, apple rings or apricots, fresh vegetables like baby carrots, cucumbers or tomatoes and low-fat yogurt with fruit.

Stay hydrated

Healthy drink choices, like water and milk, can help prevent fatigue, improve mood and enhance brain function.

Avoid sugary drinks like soda or sports drinks. An excess of sugar and caffeine can increase heart rates, blood pressure, interrupt sleep and cause irritability.

Practice healthy hygiene habits

The best way to avoid spreading germs is proper hand washing. Wash the fronts and backs of hands and in-between fingers. Hand sanitizer also will work when soap and water aren't available.

Teach children to cough or sneeze into their elbow or sleeve to avoid spreading germs onto others.

Attend back-to-school orientation events

If your child's school offers the chance to walk through the building before school starts, take advantage of the opportunity.

Learning locker combinations and practicing the route between classes will help ease back-to-school anxiety, especially if your child is starting school in a new building.

Clubs and sports, which often meet before the first day of school, give kids a chance to meet students, teachers and coaches, Dr. Ordonez said.

Have positive conversations about school

Don't brush kids' concerns aside but do take a positive approach to the coming year. Listen to their concerns, coach them and give positive reinforcement. Talk about the exciting things they will get to experience.

If your child is anxious about having a new teacher, remind them that this may be an exciting opportunity to build new relationships and experience new opportunities.

If a certain school subject is causing anxiety, try to compliment your child's hard work and problem-solving skills as an avenue to get better in the subject. Positive reinforcement, coaching and support will improve bonding and trust between both of you.

Stay up-to-date on immunizations

Immunization schedules help provide children with immunity early in life.

Your provider will know what vaccines your child needs and at what time. Common immunizations they will want to stay current on include influenza, tetanus, measles, mumps and rubella (MMR) and varicella (chickenpox).

Stay current on well-child visits and routine sports physicals

If you are looking for advice on any of these topics, your child's primary care provider is a great resource. An annual check-up with your pediatrician also helps ensure your child is healthy and up-to-date on immunizations.

Well-child visits allow your provider to work with the family as a team to examine the child holistically, assess their physical and emotional needs, support their growth and development and intervene quickly if any issues arise.

Sports physicals are another important addition to routine appointments. Physicals give providers the opportunity to catch potentially life-threatening health problems that can be worsened by sports activity. Providers can assess how student athletes are doing health-wise, regardless of whether they feel or notice symptoms.

To make an appointment with a Marshfield Medical Center-Beaver Dam primary care provider in Beaver Dam, Horicon, Columbus or Waupun, call 920-887-5975.



Discounted prices
with the convenience of
"at home" shopping and fittings.

Judy Diekvoss, owner 920.318.1017
affordabletuxedos@yahoo.com
www.jimsformalwear.com

AFFORDABLE TUXEDOS | Beaver Dam, WI 53916



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

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

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

Mind Body OT, LLC
Biofeedback Therapy
Susan Baumann, OTR, BCB



Specializing in:

- chronic pain
- anxiety and panic
- insomnia
- urinary incontinence

Call today for a free
phone consultation!

201 Gateway Dr. Suite 300
Beaver Dam • 920.382.6900

sbaumann@mindbodyotwi.com
http://www.mindbodyotwi.com

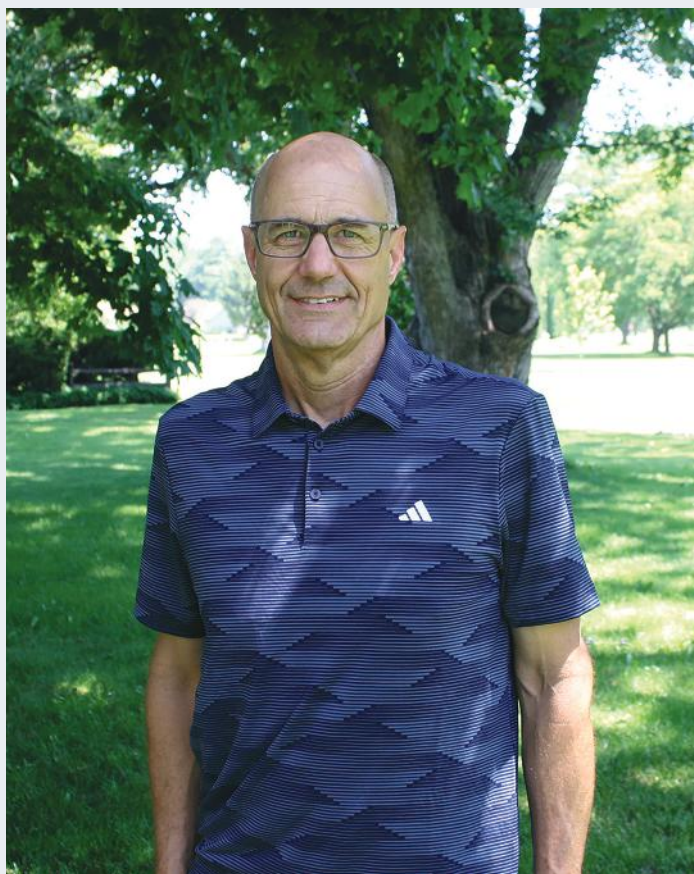
Go Fitz... Go!

Residential & Commercial Lawn Care & Repair

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



920-885-4972
877-855-4970
920-921-1000
www.fitzslawncare.com
1137 Madison St., Beaver Dam



My Favorite Teacher

By Lily Walker

When I started college, I took a world religions class in which the final grade was based solely on three exams. When it came to studying for the first exam, I was lost. I couldn't figure out how to retain the information, and I had trouble taking notes in class when the material was flying in one ear and out the other. The day had come that one of my high school teachers had always told me about - I had to learn how to learn,

Bruce Zahn was my Advanced Placement U.S. history teacher at Columbus High School. And he is, by far, my favorite teacher. He taught from 1990 to 2024 after earning his master's in education from Edgewood College. Although he didn't initially want to be a teacher when he was in school, the idea started to grow on him when he was thinking about having a family, since he saw how his father, who taught for 40 years, loved to teach. He also credits his former teachers for curating a love for teaching and learning.

"I go back a little bit to some of my teachers that I really enjoyed having," Zahn said. "They instilled a love for [social studies and history] really."

Zahn always told his students that we had to "learn how to learn," to figure out what worked for us and implement it into our learning, but also into our lives. For me, I eventually figured out that copying notes while I studied worked efficiently, and I took those notes in a style that Zahn had taught us - Cornell notes - which shocked me, since I was reluctant to take those notes when I was in his classes.

It wasn't until recently that I came to realize that all of my favorite teachers, in high school and college, weren't those who gave me an easy grade, but the ones whose lessons stuck with me and whose curricula were more difficult. Although they may not have been my favorite while I was in their class, they became my favorite because their difficult lessons taught me more than any easy A ever could.

"It's a tough-love thing, but it does wake you up a little bit, right?" Zahn said. "In a way, we all need that a little bit."

Zahn believes that test scores are important in order to see what a student needs to work on, and so that he can see how to help a student, since everyone learns differently. Although test scores are imperative to a student's learning and their motivation to work hard, Zahn still said that the most important part about teaching, especially social studies, is to have a connection with the students individually so that he can see how they're doing and make sure that they're engaged in lessons.

"If you're teaching somebody about constructing a good analytical essay, you can see, well, they're picking this up," Zahn said. "But, the personal connection was always the most important thing to me. Everybody's different...I think everybody really just wants to be seen and heard and valued, you know?"

Zahn said that his emphasis on teaching students to "learn how to learn" was curated through personal reflections on what students need, not just in school but in their lives after education, too.

"Those four 'Rs' that I always try to get into, record, reflect, reduce...and then to review the things," Zahn said. "And I always thought, boy, whether you want to go be an electrician or, you know, a lawyer, or a doctor, that would be helpful."

Zahn is my favorite teacher because of his deep understanding of what it takes to teach students and help them retain information, and the care that he takes in teaching. The critical thinking and information retention skills that I learned in his class will stick with me forever.

When I reconnected with Zahn in order to write this story, I asked him what his favorite part about teaching was. For him, it was that teaching gave him the opportunity to work with wonderful students during such an important time in their life.

"You can't even put any kind of price on that or anything," Zahn said. "I mean, at that time, that's the most important thing in your life, and you get to be a little part of that, and maybe steer them a little bit to help them out a little bit, and in the process get to know so many wonderful people."

Zahn retired from teaching social studies and history in 2024, and he is currently a substitute teacher for the Columbus School District.

"There's so many great things about [teaching], that I would never, ever have changed anything," Zahn said. "It was a great career for me, and so I hope other young people could do the same thing."



Feil's Supper Club

Join us in our BeirGarten!

Sunday 10:30am–9pm,
Wednesday - Saturday 4pm–close

Enjoy the area's best place to celebrate authentic German gemütlichkeit. Raise a glass of our wonderful German tap beers or sample from our selection of skillfully-brewed Wisconsin craft beers. Plus order a sandwich or salad from the Pub menu.

Local brews and German beer on tap!

Check out the "ON TAP" tab on our website to see the current list of beers from local Wisconsin breweries and great selections from Germany. Let us know your favorites!

www.feilssupperclub.com
N8743 Hwy 73
South of Randolph
(920) 326-5544

Make Reservations Online!



Edward Jones

> edwardjones.com | Member SIPC

Life is for living. Let's partner to help you make every single moment matter.



Katie L. Kohn
Financial Advisor
1748 N Spring Street
Beaver Dam, WI 53916
920.763.9224

MKT-5894M-A-SM

EYEWEAR AT UNCOMMON PRICES!

ROCK RIVER EYEWEAR
QUALITY EYEWEAR AT UNCOMMON PRICES

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

Willow Pet Hospital

AAHA
ACCREDITED

**Providing A Lifetime of
Exceptional Care For Your Pets**

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

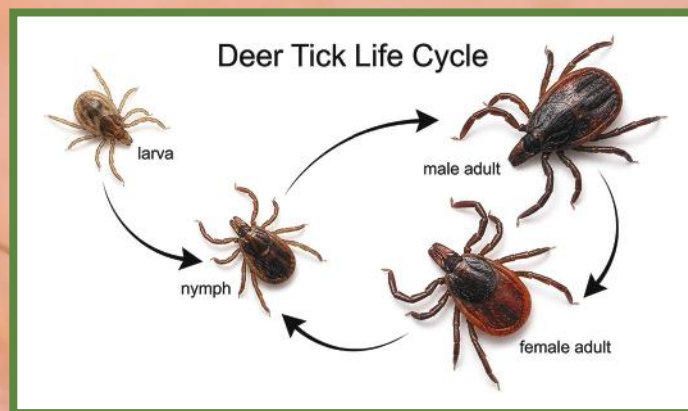
We care for all "furry" pets

**Delightful Lakeside Deck,
Sensational Service,
Fantastic Food!**



**Follow us on
Facebook for
current hours,
menu, specials
and events!**

THE SINISSIPPI LAKE PUB
920-349-9333 • N4571 CTY ROAD E, HUSTISFORD



Ask the Allergist – David Peloza, MD, Allergy and Immunology at Prairie Ridge Health Clinic - Let's Talk Ticks

There's a lot of chatter around ticks this summer as we've seen increased tick activity in Wisconsin.

Why are ticks becoming more common in our area?

Dr. Peloza: There are many reasons why ticks are thriving right now in Wisconsin. Milder winters, warmer springs, and thriving wildlife hosts provide more opportunities for ticks to feed and breed, and human encounters with ticks happen much more frequently in backyards and parks where we spend a lot of time. It's important to remember that ticks are found in every county in Wisconsin and are most prevalent in our northern and western counties.

What are some diseases that can be spread by ticks?

Dr. Peloza: Ticks can carry many diseases including anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, Powassan virus, Rocky Mountain spotted fever, and alpha-gal syndrome.

What should I do to prevent tick bites?

Dr. Peloza: The Wisconsin Department of Health Services has many resources on how to prevent tick bites. Simple things like wearing protective clothing and bug spray with DEET can help, as well as avoiding tall vegetation/brush on trails, check for ticks and take a shower as soon as possible after coming in from outside. Visit www.dhs.wisconsin.gov/tick/bite-prevention

How quickly does a tick need to be removed to reduce the risk of disease?

Dr. Peloza: Although transmission for Lyme disease typically requires a tick to be attached for at least 24 to 36 hours, ticks should be removed as soon as they are discovered to minimize the risk of disease transmission.

What if I got bit by a tick? Should I go to the ER or Urgent Care even if I don't have symptoms yet?

Dr. Peloza: It's important to watch for symptoms if you are bitten by a tick. Sometimes we don't remember getting bitten. A fever or rash may be the first sign of Lyme disease. Symptoms of tickborne diseases also include fever, chills, muscle aches, fatigue, headache, and sometimes a rash. These symptoms generally show up anywhere between a few days and up to 30 days after the tick bite. In some cases, a prophylactic antibiotic may be recommended to prevent Lyme disease. Contact your primary care provider if you have been bit by a tick or think you are experiencing symptoms.

Should people be tested after every tick bite?

Dr. Peloza: Lyme disease can be diagnosed without any testing if a person has typical symptoms and a history of tick bite. Lyme disease is treated with antibiotics and most people treated in the early stage of Lyme disease recover completely. It's important to note that FDA-approved laboratory tests for Lyme disease check for antibodies that your immune system makes against the bacteria. This testing does not directly detect the bacteria, and it can take weeks before the test is positive.

Can a tick bite cause allergies? (i.e. do tick bites result in hives or trigger anaphylaxis?) What symptoms require immediate medical attention?

Dr. Peloza: Although allergic reactions, including anaphylaxis, can occur after bee stings, this type of allergy to the tick itself is thought to be very unlikely. However, there have been a small number of cases reported of skin hypersensitivity reactions involving itching and swelling at the site of tick attachment.

Community Involvement 4-H Grand Champions - A Professional Floor Covering Tradition Since 2020!

At Professional Floor Covering, supporting our local community is just as important as providing quality flooring products and exceptional customer service. Owner Randy Warmka has proudly supported the Dodge County Fair livestock auction for many years, investing in the next generation of agricultural leaders through the local 4-H and youth livestock programs.

Each year, Randy attends the livestock sale and typically purchases at least one champion market animal, helping recognize the hard work, responsibility, and dedication of local exhibitors. In 2023, Professional Floor Covering proudly purchased the Grand Champion Market Hog, exhibited by Kyle Galston, weighing 285 pounds, and the Grand Champion Market Beef, exhibited by Faith Wiechmann, weighing 1,327 pounds. The company also purchased another market beef weighing 1,387 pounds, further demonstrating its commitment to supporting local youth.

These purchases represent more than award-winning livestock—they are an investment in the future of our community. By supporting 4-H participants and local agricultural programs, Professional Floor Covering helps encourage the values of hard work, leadership, and responsibility that these young exhibitors develop throughout the year.

As Randy often says, one of the best parts of the tradition is knowing the outstanding quality of the locally raised meat—especially when it's from Grand Champion animals!

Professional Floor Covering is proud to give back to the community that has supported our business for so many years, and we look forward to continuing this tradition at the Dodge County Fair for years to come.

We're Proud to Continue our Grand Champion Streak!

McCallum Feed & Supply
Pets Expo

Dog, Cat, Horse, Bird, Cow, Steer,
Rat & Hamster Food • Pet Supplies & Toys
N6675 S. Main St. Horicon 920.485.9746
mccallum.feed@gmail.com



M - F 8am to 5pm
SA 8am to 2pm
Closed SUNDAY

give the girls a call



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

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

MARY KAY®

sippin' safari

WINE TOUR

Downtown
Beaver Dam

**FRIDAY
SEPT. 18, 2026**

ORDER TICKETS NOW!




BEAVERDAMCHAMBER.COM




Morris Carpet Cleaning

Serving the area since 1985

**Residential
Commercial
Upholstery
Janitorial Services**

920.382.3788
morriscqj@gmail.com
morriscarpetcleaning.net



RUBERT Chiropractic Clinic

Family Health Care

**Dr. Paul Rubert
& Dr. Jordan Kluewer**

215 S. Wales St. Hustisford
920-349-3233
www.rubertchiropractic.com



What is Alpha-gal Syndrome (AGS), and is it true that some ticks carry a disease that can make you allergic to red meat and dairy?

Dr. Peloz: AGS is a unique type of food allergy that can happen after a tick bite, which has been mostly associated with the lone star tick. While not as common as deer or dog ticks, rising temperatures have led to increased numbers of the lone star tick in Wisconsin. AGS causes allergies to red meat, and sometimes other foods that come from mammals such as gelatin, and rarely, dairy. Symptoms generally occur 2-6 hours after ingesting red meat, which is much more delayed than a typical food allergy reaction which occurs within minutes of ingestion. Symptoms can involve rash, swelling, or even severe life-threatening symptoms such as difficulty breathing, vomiting, and loss of consciousness. Allergists specialize in managing AGS and can complete allergy testing if indicated.

What's the biggest misconception people have about ticks and tick bites?

Dr. Peloz: I would say that many think that all ticks carry

disease and that you will become infected if you are bitten. We want patients to be aware of the risk, symptoms, and stay vigilant, but a tick bite, especially if it is removed quickly may not cause illness. Also, some may wonder about tick testing labs that test for pathogens like the bacteria that cause Lyme disease. It's important to note that a positive pathogen result does not mean the tick transmitted the disease, and a negative test does not guarantee you won't get sick. And it can take some time before you get test results. If you are bitten by a tick or develop symptoms, you should contact your medical provider right away for guidance that's best for you.

More information about ticks, tick bites, and tickborne illnesses can be found on the Wisconsin Department of Health Services website: dhs.wisconsin.gov.

This content is for informational purposes only. This does not constitute medical advice. If there are concerns for Lyme disease or tick bite, you should seek immediate care with your Primary Care Provider or Urgent Care and seek medical evaluation if you are having symptoms.





Women

in Business & Manufacturing

InSpire Magazine's Yearly Networking Special

The Results are In: Women Are Great For Business

Whether you work in an office, retail store or out of your home, you want to promote the attributes that makes your business unique.

The Special Section in InSpire Magazine's, "Working Women" is the perfect opportunity for you to reach over 30,000 readers with the professionalism and beauty of a four color, high gloss magazine.

If you've ever wanted the opportunity to tell your story in a unique way, this is the marketing tool you've been waiting for! Email Denise - denisef.inspiremag@gmail.com or Jill - jrhuienga2@gmail.com today! Deadline is September 1st. Ad will appear in the October 2026 issue of InSpire Magazine!



InSpire Magazine's Restaurant Guide

Beaver Dam County Club

The 1966 Bar & Restaurant located in the South entrance of the Beaver Dam Country Club. Wednesday night bar opens at 4, dinner service 4:30 to 8pm, Friday night bar opens at 4, dinner service 4:30 to 9pm, Sunday Brunch 10:30 - 1:30pm. Check out our specials on Facebook!

Boat House Pub & Eatery

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

Buchanan's One Away

118 Lake Street, Hustisford - (920) 349.3400
Homemade Pizza - Serving thin and New York crust pizzas. Check website for current hours.

Feil's Supper Club

2 miles south of Randolph on Hwy 73 (920) 326-5544
Herb's famous homemade bread, onion rings and salad bar. www.feilssupperclub.com

Higher Grounds Coffee Shop

N7156 E Plaza Drive - Beaver Dam (920) 885-4990
Serving coffee, specialty drinks, desserts & soups. Sandwiches, drive through & meeting room available.

Iron Ridge Inn

131 S. Main Street - Iron Ridge (920) 387-3348
Open: Tues - Sat. 4:30 p.m. Sundays 10:00 - 1:30 pm
Family Owned Supper Club Est. 1972. Serving Up: Choice Cut Steaks, Prime Rib, Seafood, Broasted Chicken and Pizzas; Friday Fish Fry & Sunday Brunch. Banquet Room (Seats 150) For All Occasions. www.ironridgeinn.com

Lake Street Inn

147 North Lake Street - Hustisford (920) 349-8936
Hours: Wednesday & Thursday - 11am to 8pm, Friday 11am to 9pm, Saturday - 4pm to 8pm. Excellent Friday Fish Fry from 1pm to 9pm, Saturday featuring Prime Rib, Rack of Ribs, and full menu. Private parties welcome.

Old Hickory Dining

W7596 Hwy 33 East - Beaver Dam (920) 887-7179
An expanded lunch menu is available Monday - Friday from 11:00am-3:00pm from Memorial Day - Labor Day. Monday dinner service available Memorial Day - Labor Day. Enjoy casual dinner service on select weeknights. Hours and menu vary seasonally. Fish Fry is available most Friday evenings from 4:00-8:30pm. Special Events (up to 250 guests) welcome. Facebook: Old Hickory Golf Club. www.oldhickorygolfclub.com

Park Avenue Sports Cafe

709 Park Ave - Beaver Dam (920) 885-4510
Mon - Fri 11am - late night, Sat & Sun 7am to late night (serving breakfast), Family Friendly Atmosphere. www.parkavesportscafe.com

The Shores of Fox Lake

N10604 Chief Kuno Trail - Fox Lake (920) 928-2576
Experience the charm of a Wisconsin-style Supper Club serving a variety of traditional favorites and contemporary dishes. Indulge in flavors of our succulent prime rib, signature Friday Fish Fry, and classic Old Fashioneds (just to name a few!) Join us Fridays and Saturdays from 4pm to 9pm and Sundays and Mondays from 4:30pm to 9pm. Open Thursdays May 1st - September 30th. Voted Dodge County's Best Supper Club 2 Years in a Row!
Visit us on Facebook: The Shores of Fox Lake Steakhouse
www.theshoresoffoxlake.com

Sinissippi Lake Pub

N4571 County Road E - Hustisford (920) 349-9333
Fantastic Food & Sensational Service
Follow us on Facebook for our hours, menu, daily specials and exciting events.

Snapper Vick's Mexican Restaurant

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

Choose & Cruise Event Savings Up to \$4,500

Call for details!

VENTURA



SPORT

VOGUE



VECTRA

PORTA-DOCK



Dave's Turf & Marine, LLC.
Over 75 Years of Service
Leni Kahler • www.DavesTurf.net
W2755 East Gate Drive, Watertown
920.261.6802



Life is calling. Go with confidence.

There is no better time than right now to catch up on screenings and vaccinations, or to check in on your overall health. Whether you feel well or ill, Primary Care can help you enjoy life with confidence.

Make an appointment
marshfieldclinic.org/CareNow



Marshfield Medical Center
Beaver Dam