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Magazine



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Handed Down**

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01

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02

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03

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The Vande Slunt family of Tom Dooley's Apple Orchard in Waupun pose for a family photo with CVERHAGEPHOTO.





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"Feeling gratitude and not expressing it is like wrapping a present and not giving it," **William Arthur Ward**

Why limit gratitude and thankfulness to November when a daily "thank you" can change your entire year?

Every day brings a chance to show appreciation, yet we often miss it - taking things for granted and focus too much on ourselves to notice others.

Living a thankful life improves your mood, lowers stress, helps you sleep better, and makes your relationships stronger.

Gratitude is a quiet choice we make over and over again. Let us choose to make it a daily practice, not a seasonal holiday. After all, a healthier mind, calmer spirit, and a closer connection to those we love are only a "thank you" away.

Sincerely,

Denise Fitzsimmons

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A Harvest Handed Down

BY FAITH SMITH, PHOTOGRAPHY BY CVERHAGEPHOTO

For the Vande Slunt family, autumn is a season of apples, hard work and friendships that return year after year.

The arrival of autumn brings us shorter days and cooler weather after the heat of summer. For many, there is a slowness to the days after the chaos of summer. This is not the case for Sue and Mike Vande Slunt, owners of Tom Dooley Apple Orchard. The end of summer brings the start of harvest and the conversion of their garage into the Tom Dooley store where bakery items, cider, and twenty-four varieties of apples can be purchased.

Although they purchased the orchard in 1995, the unique name is something they kept from the previous owners. The story behind the name begins with a grandfather and grandson who decided to plant some apple trees and ended up with an abundance. “They needed a name, and the grandpa’s nickname was Dooley, and his grandson was Tom, so they decided to turn it into Tom Dooley, and it stuck all these years,” says Sue about the iconic name of the orchard. The apple-shaped sign bearing the name can’t be missed while driving down Hwy 49.

After turning into the gravel driveway to find a parking lot that is generally full of vehicles, you can head to the

bakery. The sweet smell of fresh apples permeates the air when walking in, but then you are quickly enveloped by the smell of baked goods. Donuts, caramel apples, apple fritters, apple squares, pies, and even cheesecake have been handcrafted by Sue. There are approximately twenty-five different bakery items available. Sue states that the apple squares and the pies are recipes handed down from the previous owners, but the others she’s tweaked to make her own. “I want to say there’s probably fifteen different employees in my bakery department. We make the crust from scratch using grandma’s lard...It might not be healthy, but it’s good.” Mike offered that the apple squares are his favorite. It’s hard to disagree since they include a full cup of pie filling wrapped in dough and drizzled with white frosting.

After visitors stop in at the store they can take a seat at the picnic tables near the playsets. They’ll likely be surrounded by people chatting, teens taking pictures, and the excited yells of children. It’s a place that welcomes all ages. It also brings in people from all over the state according to Sue. “You get to know so many people that come from Milwaukee,

Chicago, Madison, Tomahawk. You know that they'll come traveling just to kind of see you and load up their freezers, and it's a good feeling."

Locally, the opening of "Tom Dooley's" is highly anticipated. A trip to Tom Dooley Orchard is a seasonal rite of passage for people in the area. Sue states that Waupun has been a great asset to the success of their orchard. They host events for the community including bus tours, brat frys, and a spot for local musicians to play on Saturdays. One of those events in particular resulted in a humorous memory for Sue, involving the Waupun FFA and a petting zoo where the pigs escaped. "I will never forget it, Ms. Costello, and a bunch of the students, Mike and I and even some employees are running after little pigs in the orchard...we still laugh about it to this day."

Long before the apples make their way home with customers, they are subject to the weather during the growing season. "We always say Mother Nature is in charge," Sue mentioned when asked about the challenges they face as a small business. Mike prepares for the season by spraying herbicide around the base of the trees after planting and

placing traps for insects to reduce their damage to the trees. They've faced anything from voles to hail to flooding or drought. Mike and Sue's attitude is that Mother Nature may determine their yield, but they are willing to work right alongside her to serve their community.

The first day they were open was August 28th with the season running until November. Mike and Sue shared that the fall of 2026 will be their 32nd season as owners of Tom Dooley Orchard. Sue states that her kids grew up helping with the business, and now her three grandsons participate, as well. "They love it out here. They can't wait for it to open," Sue says of her grandchildren. That sentiment is felt by their nearly forty employees, as well. "It's a lot of hard work in the three months that we are open, but it's rewarding in more ways than a paycheck. It's the friendships." The community created by Sue and Mike is why employees and customers return year after year. What started as a single stand for selling apples moved into a small bakery case and has since grown to the Tom Dooley Apple Orchard that people from all over the state of Wisconsin have come to love.

"Mother Nature may determine their yield, but they are willing to work right alongside her."

Sue and Mike Vande Slunt with the next generations of the Tom Dooley family.





How Mother and Daughter Create Community in Difference

By Lily Walker

The summer before she went to kindergarten, River Blattner went to summer camp, a world away from her usual everyday routine. When she got home, her mother, Pam Blattner, was excited to hear stories of her time there. But when River returned, it wasn't a smile on her face but a frown.

"Going from 4K—where she was in the same building with the same people, and everyone knew and accepted her—to summer camp—where there were hundreds of kids who didn't know her and who were very inquisitive about her and her difference—we realized that she was not equipped to answer all of the questions that came with being different at that time," said Blattner. "We had a very very hard summer where she was very emotional and honestly just didn't want to go to camp."

River was born with a limb difference on her hand. limb difference is a variation in how an arm or leg forms or appears. This can happen at birth or later in life due to an accident or medical complications. For River, her difference hasn't stopped her from doing any of the things that she loves, including sports. Recently, she competed in the North American One-Armed Golfer Association Juniors Adaptive Clinic and Championship, where she met pro golfers and other kids with limb differences similar to hers. Even with all that River can do, she still faced struggles finding community, and answering questions that new people had about her.

After River's summer camp experience, Blattner wanted to find a community of people with limb difference in Wisconsin, particularly other kids River's age.

"She just said that she just wanted to be with people that were like her," Blattner said. "We put out a couple of messages to people that we knew that were in the community, and we put out a couple of posts saying that we were going to have a picnic...It just ended up turning into something a little bit more."

People in the limb difference community caught wind of the picnic idea, and when the get together was hosted at Angel Park in Sun Prairie, around 100 people showed up. This picnic to connect members of the limb difference community has since evolved into the non-profit organization Limbitless.

The mission of Limbitless is to connect people of the limb difference community in order to provide them with resources, information, friendship, and family. Limbitless has expanded beyond their annual picnic recently, collaborating with Sun Prairie community schools and the Madison Area Network of Amputees to hold Wisconsin's first limb difference and limb loss resource fair. Blattner and her family also attended the EAA AirVenture fly-in in Oshkosh to meet the world's first armless licensed pilot, Jessica Cox.

"Sometimes you're limited by the things you think you can do or the things that people are telling you you can't do," Blattner said.

One of the missions of Limbitless is to empower the limb difference community, and River has found that confidence through being a part of the community. River is now going into 4th grade, and she not only has started golfing, but she wants to do track and basketball for her school.

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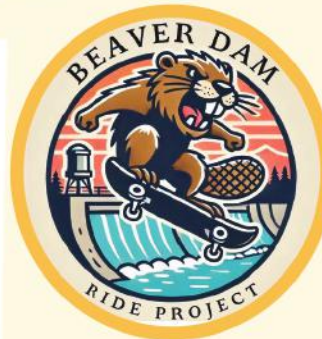


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“At Limbitless, we’re focused on connecting members of the limb loss and limb difference community in the state of Wisconsin—and their caregivers, family, and friends. In total, that’s about 113,000 Wisconsinites,” Blattner said.

When Blattner was pregnant with River, she had trouble finding resources and information about River’s difference, and that caused anxiety about whether River would be OK. It wasn’t until three days before River was born that Blattner found peace, when she met a child who had a limb difference similar to that which River would soon be born with.

“It was just very humbling to be able to meet someone else [with limb difference] and have that sense of peace, and I knew from that moment on, I never wanted another mom to go through the 19 weeks of agony that I went through,” Blattner said. “I didn’t know where that would come about or how I would see that to fruition until River shared that this is what she needed.”

Limbitless isn’t just for people with limb difference, but for their friends and families as well—and even parents who

are preparing to help their child with limb difference. People of all ages and demographics have joined the mission of Limbitless, the first organization of its kind in Wisconsin. Although Limbitless has expanded to include other areas such as support for limb difference activism and advocacy, as well as providing resources for the community, their main focus will remain on connecting members of the limb difference community with one another in order to create a network of support.

“There are people who live in very close proximity that have never met another limb-different individual before,” Blattner said. “There’s a lady that we met last year who’s 44 and had never met anyone like her before.”

The next Limbitless event will be the Limb Loss and Limb Difference Resource Fair in April of 2027, but they will also appearing to be seen at other non-profit events for the remainder of 2026. More information can be found at Limbitlesswi.org.



The annual Limbitless picnic at Angel Park in Sun Prairie, WI.
Below: River Blattner at the EAA fly-in in Oshkosh, WI.



Finalizing the Non-Profit

When Blattner decided that she wanted to get Limbitless approved as a 501 (c) (3) nonprofit in order to make a bigger impact, she knew she needed to have a board. So, she put out some information about the organization, hoping that some people might be interested.

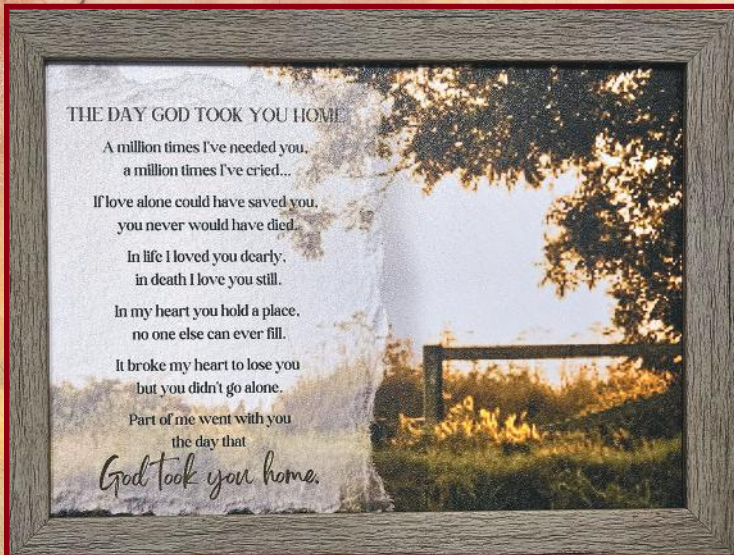
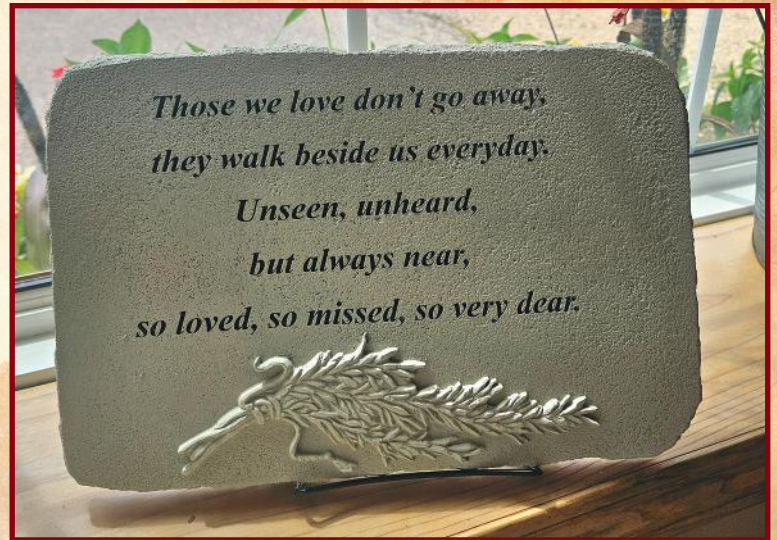
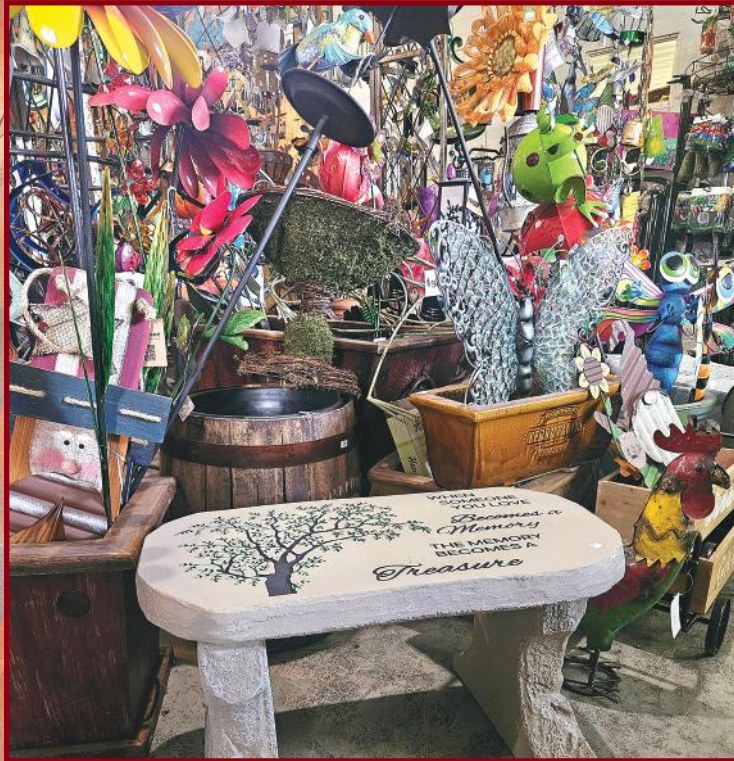
“It was on a Friday,” Blattner said. “I just put together some social media posts just saying join us if you’re interested in helping further our mission, and by Sunday afternoon, I had all of our board seats filled.”

The first formal meeting took place in October of 2025, and by December, they were a nonprofit. Blattner’s determination and drive go beyond Limbitless, however. Blattner is not only the founder of Limbitless, but a full-time employee at the Bank of Sun Prairie, a board member of the Business and Education Partnership in Sun Prairie, and the president of the Friends of the Neighborhood Navigators in Sun Prairie. She is also a wife and mother.

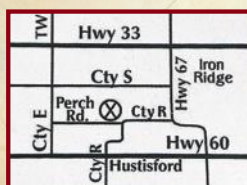
“Finding time to do things is always difficult,” Blattner said. “But I think that you will always find time for the things that are important to you.”

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Your Gut and Metabolism: The Roommates You Didn't Know You Had



By Dr. Stephanie Tyjeski

If your body were a house, your **gut and metabolism** would be two roommates you really want to keep happy.

Your gut does much more than decide whether yesterday's questionable leftovers were a good idea. Your digestive system breaks down food, absorbs nutrients, houses trillions of microorganisms, and communicates with your immune system, brain, and metabolism.

Your metabolism is the behind-the-scenes crew responsible for turning food into energy and helping regulate things like blood sugar, appetite, body temperature, and how your body stores and uses energy.

And just like roommates, they have opinions. They don't particularly enjoy being ignored, fed junk food at midnight, deprived of sleep, stressed out for six consecutive weeks, or forced to survive entirely on coffee and the occasional granola bar. Unfortunately, modern life seems determined to test their patience.

The good news? You don't have to live on kale smoothies while meditating beside a Himalayan salt lamp to support your gut and metabolic health. A few consistent habits can make a big difference.

What Is Gut Health?

Your digestive tract is home to trillions of microorganisms, including bacteria and other microbes. Collectively, they're known as the **gut microbiome**. Think of it as a bustling city. Some residents are helpful. Some aren't. Some are just hanging around eating junk food and causing trouble. A healthy gut microbiome generally has a diverse community of microorganisms living in balance. These microbes interact with the food we eat and produce compounds that can influence digestion, immune function, and other aspects of health. Your gut also communicates with your brain and metabolic systems. So when your gut isn't happy, the effects don't necessarily stay in the bathroom.

And What About Metabolism?

"Metabolism" is often treated like a magical number determining whether you can eat an entire pizza without consequences.

"She has a fast metabolism." to "I looked at a cookie and gained three pounds."

In reality, metabolism is much more complicated. Your metabolism includes the many processes your body uses to turn food into energy and maintain normal bodily functions. Sleep, stress, physical activity, muscle mass, nutrition, genetics, and hormones can all influence metabolic health. Healthy metabolic function is closely connected with things such as blood sugar regulation, insulin sensitivity, blood pressure, blood fats, and body composition. In other words, your metabolism has a lot on its plate...Literally.

What Can Disrupt Gut and Metabolic Health?

1. Too Many Ultra-Processed Foods

Your gut microbes appreciate variety. Unfortunately, modern diets can sometimes look like this: **Breakfast:** sugary cereal, **Lunch:** something

in a plastic wrapper, **Snack:** something with 47 ingredients, **Dinner:** frozen something, **Dessert:** "It's been a stressful day." Ultra-processed foods aren't automatically evil, but a diet dominated by them can crowd out foods that provide fiber, vitamins, minerals, and other beneficial compounds.

Try this instead: Focus on adding more minimally processed foods—vegetables, fruits, beans, whole grains, nuts, seeds, eggs, fish, lean meats, and dairy.

2. Not Enough Fiber

Fiber may not be exciting, but your gut microbes love it. Fiber helps support regular digestion, fullness, and healthy blood sugar responses. Certain types are also fermented by gut microbes, producing beneficial compounds.

Try this instead: Gradually increase fiber from vegetables, fruits, beans, lentils, whole grains, nuts, and seeds. Increase it gradually and drink enough water. Just don't go from zero fiber to eating enough beans to create your own weather system overnight.

3. Too Much Added Sugar

Sugar isn't a forbidden substance from the nutritional heavens. The bigger concern is consistently consuming large amounts of added sugar, particularly when it replaces more nutritious foods.

Sugary drinks can be especially sneaky because you can consume a lot of sugar without feeling very full.

Your body: *"We have consumed 400 calories."*

Your brain: *"Wonderful. Are we eating now?"*

Try this instead: Make water your primary beverage and enjoy sweet foods intentionally as an occasional treat, rather than making them the foundation of your diet.

4. Chronic Stress

Your gut and metabolism don't live in a bubble. Your nervous system influences digestion, appetite, blood sugar regulation, and sleep.

When you're constantly stressed, your body can remain in a heightened state of alert. And let's be honest: the human body wasn't designed to spend Tuesday afternoon answering 17 emails, worrying about money, watching the news, and trying to remember whether you sent the permission slip.

Try this instead: Find ways to regularly reduce stress. Walking, exercise, time outdoors, hobbies, prayer, meditation, breathing exercises, and spending time with people you enjoy can all help.

5. Poor Sleep

Sleep isn't a luxury. It's maintenance. Poor or insufficient sleep can affect appetite, glucose metabolism, insulin sensitivity, energy levels, and food choices. Sleep deprivation also has a remarkable ability to turn the human brain into a raccoon standing outside a bakery at 2 a.m. Suddenly, leftover cookies seem extremely reasonable.

Try this instead: Keep a consistent sleep schedule and aim for enough sleep to feel rested. Most adults need roughly 7–9 hours per night.

The Bottom Line

Your gut and metabolism aren't separate systems operating on different planets. They're part of a larger network constantly responding to what you eat, how you move, how you sleep, and how you live. You don't need a miracle supplement. You don't need a juice cleanse. You don't need to fear carbohydrates. You don't need a \$37-per-ounce "superfood." And you definitely don't need perfection.

Instead, focus on the basics: **Eat a variety of nutritious foods. Get enough fiber and protein. Move your body. Sleep well. Drink water. Manage stress. Limit excessive alcohol and added sugar.**

One doughnut doesn't destroy your gut. One salad doesn't magically fix your metabolism. One bad night's sleep doesn't ruin your health. **Health is built through patterns, not perfection.** Your gut will probably never send you a handwritten thank-you card. Your metabolism won't leave a five-star review. But your body is remarkably good at responding to consistent healthy habits. Give it the food, movement, sleep, hydration, and care it needs—and maybe stop asking it to survive entirely on coffee and emergency granola bars. If you're not sure where to start in your health journey, give our office a call to set up an appointment, 920-885-3020. I would love to take the stress off you and help you get started.

*Join me at our **FREE Wellness Class** where we'll dive deeper into how your gut may be the root cause of your problems as well as how to boost your metabolism. All class attendees receive a free InBody scan to give you insight into your health including your metabolism. **Please join us at our Beaver Dam location for this FREE class on Tuesday, September 15th 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.



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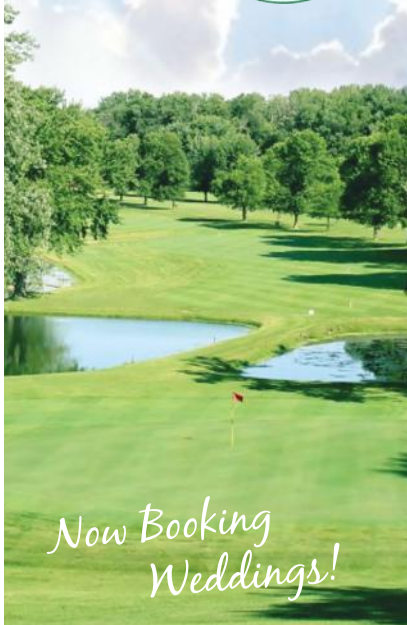
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Turn Up *the* Heat

Beaver Dam Pepper Popper Dip by Tina Swain

Ingredients

1 large Beaver Dam Pepper or equivalent
1 cup Sour cream
8 oz. Cream cheese room temp.
½ tsp. Garlic powder or granules
2 cups Shredded cheddar cheese
1 cup Shredded parmesan cheese divided
6 Sliced bacon, fried and crumbled
1 cup Panko breadcrumbs
4 tbsp Butter, melted
1 tbsp Minced parsley or cilantro



Directions

Blacken skin on pepper by grilling, broiling or roasting. Wrap in plastic wrap or seal in small paper bag for 10 minutes. Rub off charred skin, remove stem and seed; dice pepper and set aside. In a medium sized bowl, mix sour cream, cream cheese and garlic powder with electric beater until fluffy. Fold in cheddar cheese, ¾ cup parmesan cheese and bacon. Place mixture in a small casserole or 8x8 in pan. In a separate bowl mix breadcrumbs and remaining ¼ cup parmesan cheese and butter. Sprinkle on cheese mixture. Bake 375 degrees for 15-20 minutes. Sprinkle with minced parsley or cilantro and serve.

BD Pepper SOB casserole (South of the Border) Also by Tina Swain

Ingredients

8 ounces shredded Cheddar cheese
8 ounces shredded Monterey Jack Cheese or Pepper Jack for more heat
2 tablespoons butter, melted
3 Lg Beaver Dam Peppers roasted, with stem and seeds removed
2 cups milk
3 eggs
1 cup Baking Mix, like Bisquick
1 - 4 ounce can diced chilies

Directions

Preheat the oven to 325°F. Place the melted butter in the casserole dish and set aside. In a bowl, combine the sharp cheddar cheese and Monterey Jack or Pepper Jack cheese. Split Beaver Dam Peppers and lay over the melted butter, covering the bottom of the dish in a single layer. Sprinkle two-thirds of the cheese mixture over the Beaver Dam Peppers. In a separate bowl, whisk together the milk, eggs, and baking mix until smooth. Stir in the diced chilies. Pour the egg batter over the cheese and chilies. Sprinkle the remaining cheese on top. Bake for 45 minutes, until the top is puffed and golden and the center is set. Let rest 10 minutes before cutting to allow it to set up a bit.



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Zucchini Skillet by Stephanie Bradley

Ingredients

1 lb 94% lean ground turkey or ground meat of your choice
3 cups zucchini, diced
1 cup bell peppers, chopped
1 cup onion, chopped
1 can (14 oz) diced tomatoes or fresh
3 cloves garlic
1 tsp olive oil
¼ cup chicken or beef broth
⅓ cup sour cream
1 Tbl Worcestershire sauce
2 Tbl cream cheese
1-½ shredded cheddar cheese

Directions

Brown meat of choice with olive oil. Drain ground meat. Sauté onion, garlic and bell peppers. Add zucchini, tomato, broth, Worcestershire sauce, salt, and pepper to taste. Add meat back into vegetables add sour cream and cream cheese stir to combined. Top with Shredded cheese until melted.



Zesty Pickled Garden Mix- Cindy Spangler

Ingredients

Vegetables
2 Cups Carrots, Cut Into 1/4-Inch Coins
2 Cups Green Beans, Ends Trimmed, Cut Into Pieces
2 Cups Cauliflower, Cut or Sliced Into Small Pieces
1-2 Beaver Dam Peppers, Sliced Into Strips
4 Cloves Garlic

Pickling Brine

2 Cups Distilled White Vinegar, 5% Acidity
2 Cups Water
¼ Cup Pickling or Kosher Salt
6 Tablespoons Granulated Sugar
2 Teaspoons Pickling Spice

Directions

Quick blanch carrots and green beans in boiling water for 60-90 seconds. Transfer to an ice bath to cool; drain. Do not blanch cauliflower or peppers. Pack vegetables and garlic into two quart jars. Combine brine ingredients and bring to a boil, stirring until salt and sugar dissolve. Pour hot brine over vegetables to cover. Cool, cover, and refrigerate. Let set 1-3 days before serving. Keep refrigerated; use within three weeks. These make great gifts!



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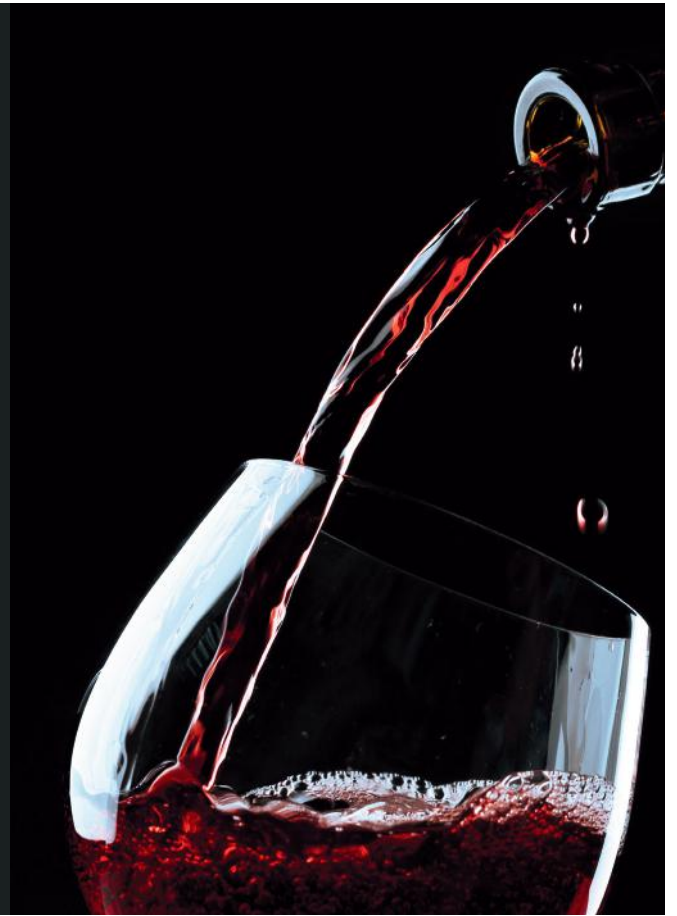
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One hundred thirty years later, the world around us looks very different. Technology has transformed how we work and connect. Communities have evolved. Banking itself has changed dramatically. Yet the purpose of Horicon Bank remains remarkably consistent: helping people, businesses, and communities move forward.



DANIEL VAN BRUNT

Inventor, entrepreneur and founder



Circa 1915 Historic Horicon (State) Bank branch building, headquarters of Horicon Bank

For more than a century, people have turned to Horicon Bank for life's important moments, purchasing a first home, starting a business, expanding an operation, planning for the future, or navigating unexpected challenges. Through each chapter, we have been proud to play a small role in helping those stories unfold.

Our roots run deep in Dodge County, where relationships have always mattered more than transactions. As a community bank, we've had the privilege of knowing our customers not just through their accounts, but through their stories. We understand that every financial decision represents a dream, an opportunity, or a next step forward.

The Horicon Marsh is woven into our story. As one of Wisconsin's most treasured natural resources, it inspired both our brand and our tagline, The Natural Choice. Like the Marsh itself, strong ecosystems rely on connection, balance, and resilience over time. Those same qualities have helped shape Horicon Bank throughout our 130-year history. As we expanded beyond our hometown roots and evolved from Horicon State Bank to Horicon Bank, we carried that foundation with us while remaining true to the people and places that shaped our beginnings.

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Members of the Schwertfeger family overlooking Horicon Marsh

Over the past 130 years, Horicon Bank has grown from a single community bank into a thriving organization serving east central and southeast Wisconsin. In 2004, we modernized our name from Horicon State Bank to Horicon Bank, reflecting an expanding footprint and a broader vision for the future while retaining the local identity that defined its beginnings. This evolution has allowed us to extend our relationship-driven approach to more customers, businesses, and neighborhoods while remaining grounded in the principles that have guided us from the start.

Throughout our history, Horicon Bank has invested in schools, nonprofits, workforce development initiatives, environmental stewardship efforts, and projects that strengthen the places we call home. Our associates volunteer their time, serve on nonprofit boards, participate in local events, and contribute their talents throughout the region. These efforts reflect a simple belief: lasting impact is built through action.



Fred F. Schwertfeger and grandchildren celebrating the 100th anniversary of the Horicon branch building on May 19, 2015.

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FRED C. SCHWERTFEGER

That commitment to people, relationships, and service continues to earn the trust of those we serve. In 2026, Horicon Bank was honored to be recognized as Wisconsin's #1 Bank by Forbes Best-in-State Banks. We view the recognition not as a destination, but as a reflection of the customers, communities, associates, and shareholders who have made our success possible.

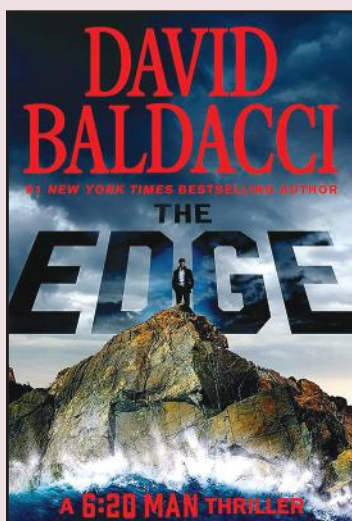
That belief is reflected in our vision, Together, Doing Good. It captures what has always been at the heart of Horicon Bank. Success is not measured solely by growth or financial performance. It is measured by relationships built, businesses strengthened, and opportunities created for future generations.

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**THE STORY OF HORIZON BANK
IS THE STORY OF OUR COMMUNITIES.**

THE JOURNEY CONTINUES - TOGETHER.

As we celebrate 130 years, we do so with gratitude for the customers, communities, and generations of associates who have shaped our story. While our footprint has expanded across Wisconsin, our purpose remains unchanged. We will continue growing with intention, investing in our communities, and building relationships that stand the test of time. After 130 years, we know our success has always been tied to the success of the communities we serve, and we look forward to continuing that journey together for generations to come.



The Edge

By David Baldacci

Reviewed by

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

Travis Devine, former U.S. army ranger, current Homeland Security's Special Projects is sent to the small town of Putnam, Maine. He is to investigate the murder of Jennifer Silkwell, a CIA operative while she was visiting her sister and brother in their hometown. Her personal phone and CIA laptop are missing. Was she killed for some information in her electronic devices to obtain national security secrets or was the murder personal. Putnam and the people who live there are full of secrets. Slowly, Devine discovers them all.

Just outside of town, the Silkwell homestead looks over the Atlantic ocean. The property is old and in need of much repair. There are many outbuildings, one of which is the art studio of Jennifer's younger sister, Alex. Fifteen years to the day after Alex was assaulted and left for dead, her sister Jennifer was murdered. No one but Devine feels there is a connection. Dak, the motorcycle riding brother, is a tattoo artist of local fame. Alex rarely leaves home and has few interactions with other people. Dak drinks with the locals, charms the ladies and rarely sleeps at home. The town is full of shady characters and possible suspects yet Jennifer has both Russian and Middle Eastern enemies too. Devine has made an enemy of the sheriff and someone is shooting at him. So many suspects in so little time. Baldacci tells another excellent story.

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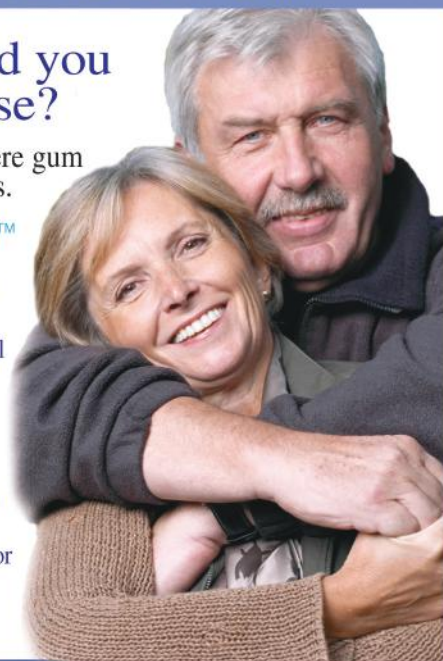
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Your Health Matters: Don't Delay Your Care

By Marshfield Clinic

What do a 6-month-old boy, 21-year-old woman, 40-year-old woman and 65-year-old man have in common?

If they want to maintain their best health, they should all see their doctor regularly for a wellness visit. And so should every age in between, younger and older. Wellness visits are an important component in maintaining good health, so stay on track with your regular checkups.

Measures taken there, from immunizations to cancer screenings, might save their life.

While many may have put off their routine visits, now is a perfect time to schedule them.

What is a wellness visit?

Obviously, a 6-month-old boy will have a different experience in a visit than a 40-year-old woman. But primarily, the focus is going to be addressing the health maintenance and preventative tests or lab work that you may need based on those metrics.

That might involve cancer screenings recommended for certain ages, or lab work to check cholesterol levels, or blood pressure or weight evaluations. Then, on top of that, it will be reviewing what risk factors you may have and what things need to be treated or addressed more specific to each person.

Why is a wellness visit important?

The wellness visit offers the chance to detect conditions such as cancer or heart disease early. That could potentially save your life and also present simpler treatment options than a more advanced case would.

A key component of the wellness visit is establishing a relationship with a health care provider you trust. With a more complete picture of you, your background and your family history, the provider can offer care personalized to you, letting you craft a wellness plan together.

Sometimes, the family history will be really a key component to what screening tests they're due for. It may change the age at which we would recommend a certain screening test.

What about vaccinations?

The well child visits for infants and children follow a recommended immunization schedule. Don't worry if your child has fallen behind, though. It may only take one visit to get you caught up.

The important thing: Get back on track. If the population of kids immunized for communicable diseases drops too much, it could put people unable to get immunized at risk if an outbreak occurs. Their well-being and their health is dependent upon our entire community being vaccinated.

Vaccinations aren't just for children, though. All ages benefit from the annual flu shot and the COVID-19 vaccine. A shingles vaccine and pneumonia vaccine can help those 50 and older.

You may qualify for some of those vaccines based on other health conditions, so again it comes back to that individualized care.

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Brown Butter Apple Blondies



Ingredients

1 cup plus 4 Tbsp. (2 1/2 sticks) unsalted butter, divided
12 oz. chopped apples (about 3 c.; from about 1 1/2 apples)
Cooking spray
1 3/4 cups (350 g.) packed light brown sugar
2 1/4 tsp. pure vanilla extract, divided
Kosher salt
2 large eggs, room temperature
1/2 tsp. baking soda
2 cups (240 g.) all-purpose flour
3/4 cup (90 g.) confectioners' sugar
2 Tbsp. whole milk

Directions

In a small pot over medium heat, melt 1 cup plus 2 tablespoons butter. Continue to cook, stirring or swirling constantly, until milk solids in bottom of pot are deeply golden brown, 4 to 6 minutes. (Butter will foam, so if needed, lift solids with a spoon from bottom of pot and check.)

Pour browned butter into a large heatproof bowl, making sure to scrape browned solids from bottom and sides of pot. Let cool to room temperature, about 10 minutes.

Meanwhile, in a large skillet over medium heat, melt remaining 2 tablespoons butter. Add apples and cook, stirring frequently, until fork-tender, 4 to 5 minutes. Let cool.

Preheat oven to 350°. Spray a 13" x 9" metal baking pan with cooking spray and line with parchment, leaving an overhang on 2 long opposite sides.

Transfer 2 tablespoons brown butter to a small bowl; set aside. To remaining brown butter, add brown sugar, 2 teaspoons vanilla, and 1 teaspoon salt and whisk until smooth. Whisk in eggs, then add baking soda and whisk just until distributed. Using a rubber spatula, fold in flour just until combined. Fold in apples. Dollop dough into prepared pan; smooth in an even layer (it will be stiff).

Bake blondies until just brown around the edges and deep golden on top, 20 to 25 minutes. Let cool in pan 10 minutes. Using parchment overhang, lift blondies out of pan to a wire rack and let cool completely.

To bowl with reserved brown butter, add confectioners' sugar, milk, a pinch of salt, and remaining 1/4 teaspoon vanilla. Whisk until glaze is a thick, pourable consistency.

Drizzle glaze over cooled blondies. Let set to let glaze harden, about 5 minutes, then cut into bars.



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**Deadline Extended to
September 10!**



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
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Feil's Supper Club

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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
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Marshfield Medical Center
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