

July 2026

InSpire

Magazine



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America's
250th Birthday
4th of July
in Friesland**

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inspired CONTENTS

- 8**
4th of July in Friesland
- 10**
Remembering Dorothy Bliskey
- 12**
Dorothy's Apple Pie
- 14**
Inflammation: Your Body's Overprotective Security Guard
- 16**
See What's Happening in Hustisford
- 18**
90th Anniversary Celebration
- 21**
Book Review: The Widow A Novel
- 22**
'Ask Me Three™' Good Questions For Good Health
- 24**
From State to National, Donna Hellenback, Advances in Prestigious Essay Contest
- 25**
Dining Out - Snapper Vicks
- 26**
Golf 2026
- 28**
The Life of Betsy Ross
- 28**
Four Stages of Raising Confident, Money-Smart Kids
- 30**
InSpire Magazine's Restaurant Guide



On the Cover:

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Happy 250th Anniversary of the Declaration of Independence and Happy 250th Birthday America!

"Freedom makes a huge requirement of every human being. With freedom comes responsibility." - *Eleanor Roosevelt*

"The farther backwards you can look the farther forward you are likely to see." - *Winston Churchill*

Why do we celebrate the Fourth of July?

We celebrate the Fourth of July, also known as Independence Day, to commemorate the adoption of the Declaration of Independence in 1776. This historic document announced that the 13 American colonies were no longer under British rule, marking the official birth of the United States as an independent and sovereign nation. (History.com)

Who signed the Declaration of Independence?

Fifty six men from the 13 colonies signed the document. The "Big 6" consisted of George Washington, Thomas Jefferson, Benjamin Franklin, John Adams, James Madison, and Alexander Hamilton. These men were key leaders who shaped the creation of the United States. They led the American Revolution, drafted fundamental documents and established the U.S. government. For a complete list of all the signers of the Declaration of Independence go to American Revolution.org

The American Revolutionary War (often called the American War of Independence) was fought from 1775 to 1783 to free the original thirteen colonies from British rule. (History.com)

This eight-year conflict established the United State as an independent nation. The fight officially began with skirmishes at Lexington and Concord in 1775, was solidified by the Declaration of Independence in 1776 and concluded with the Treaty of Paris in 1783. (History.com)

Declaration of Independence

Thomas Jefferson was the main author of the Declaration of Independence. John Hancock was the first person to sign the Declaration of Independence.

Congress voted for independence on July 2, 1776, the Declaration of Independence was dated July 4th and signed on August 2, 1776, by all members. The 'Pennsylvania Evening Post' was the first newspaper to print the Declaration. 4th July was recognized as a federal holiday in 1870. The very first 4th of July fireworks show took place in Philadelphia in 1777. (<https://goodhousekeeping.com>)

Happy 4th of July! Enjoy your independence, and remember: this nation will remain the land of the free only so long as it is the home of the brave.

Sincerely,

Denise Fitzsimmons

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4th of July in Friesland

By Ashley Posthuma

The Fourth of July is all about friends, family, food, and celebrating our nation’s heritage. At the Friesland fireworks, you don’t have to look hard to find all that—and homemade pie!

Friesland’s Fourth of July celebration is a full day of family-friendly entertainment and small-town celebration. It includes old-time big-band music from the Friesland Band, a performance by a Christian band, a dunk tank, food, patriotic toys for the kids, and plenty of opportunities to enjoy time together as a community. Of course, the evening’s grand finale is the fireworks display at dusk.

“It really feels like stepping back in time to an old-fashioned community celebration,” explains Pastor Darrin Vant Hoff of Friesland Community Church. The church is deeply involved in the celebration, providing the bulk of the event’s support and volunteers.

Pastor Darrin says, “Our church leadership handles much of the planning and logistics, but the event itself would not be possible without the many volunteers who give their time and energy to serve throughout the day. It really is a church-wide effort, and we are grateful for the opportunity to serve our community in this way.”

The church’s youth group runs the Snack Shack where people can buy snow cones, cotton candy, popcorn, and other treats. They also help run the dunk tank, which is always a fun part of the day. Additionally, people from the church help by operating the main pavilion, serving food and homemade pie.

Planning such a large event is no small undertaking. In many ways, planning for the next year starts as soon as the current celebration ends. The team takes time to

analyze what went well, what needs improvement, and how to adjust for the future while balancing and maintaining beloved traditions. As one example, the event had shifted to offering single-serve ice cream cups during COVID. At the time, this was a thoughtful decision to keep everyone safe. But last year, they heard feedback that people were missing the tradition of scooped ice cream. So this year, they’re bringing it back.

In March, the team sits down to assign leadership responsibilities and truly begin shaping the event. Many people in the church and community take on roles, but some start sooner than others. In fact, Terry and Dede Dykstra are instrumental in helping book the Christian bands, and they often begin that process one summer in advance!

By the time of the actual event, countless church and community members have played a role. The Village of Friesland and the Columbia County Sheriff’s Office are especially helpful, with the Sheriff’s Office providing security and traffic control to make sure the evening runs safely and smoothly. The Village also helps with key components like garbage removal and other logistics.

“Overall, it is a lot of preparation,” admits Pastor Darrin, “but it is worth it. We do it because we love our community, and we believe this celebration matters. We are always trying to improve the event while still preserving the small-town traditions that make the celebration so special.”

With that sentiment in mind, the event has seen a wide variety of community activities throughout the years. They’ve held horseshoe contests and bags tournaments, and this year they are especially excited to

host the second annual pie baking contest, where people from the community can enter in multiple categories to be judged by a pie judge from the Columbia County Fair. The winning pies are auctioned off and proceeds go towards supporting Friesland Community Church's Sunday school programming.

While other towns may offer more elaborate events, the Friesland team is focused on hosting something that feels simple, meaningful, and rooted in tradition. "We want the event to be done well, but we also want it to feel familiar," explains Pastor Darrin. "Some of my favorite stories that I've heard over the years are from people who grew up in the area, moved away, and have been able to come back years later with their own children. They remember coming to the celebration when they were young, and now they get to share that same experience with the next generation."

One beloved tradition is the Friesland Band, who not only plays music during the event but also plays at the community's Tuesday night pie socials throughout the summer. The band is comprised of people from Friesland, Cambria, Randolph, and the surrounding areas, and their music helps contribute to the old-fashioned small-town feeling that attendees love.



At the heart of the event—beyond the planning, coordination, and logistics—is the most crucial element of all: bringing the community together. Whether someone is just coming for the day or has lived in Friesland their entire lives, the team wants them to feel welcome. "In a world where people can often feel disconnected, we believe gatherings like this still matter. Our goal is to help people celebrate, reconnect, and find community," says Pastor Darrin. Whether it's old acquaintances reuniting, families spending the day together, kids running around, or even the volunteers getting to know one another as they work, it's a day rooted in connection.

This year, the team is excited and honored to host an extra special celebration in honor of both our nation's 250th anniversary and the 125th anniversary of Friesland's Fourth of July celebration!

While the event has certainly changed over the years, its essence remains the same. It's about neighbors gathering together, families reconnecting, kids making memories, and people coming back to a place that still feels like home. Pastor Darrin says the volunteers are grateful to be part of carrying that tradition forward, and they hope this year's celebration reminds people of both the blessing of our country and the gift of community.



Remembering Dorothy Bliskey

May 20, 1946 - June 1, 2026

InSpire Magazine is deeply saddened to announce the passing of our beloved writer, Dorothy Bliskey. Since joining our team in November of 2012, Dorothy enriched our pages with her exceptional story telling. Her meticulous attention to detail and trademark curiosity made her truly a remarkable journalist.

To know Dorothy was a true privilege, and to have your story written by her was an even greater blessing. Dorothy did more than chronicle life - she made us all feel like dear friends.

Dorothy Mae Bliskey, 80, passed away peacefully on June 1, 2026, surrounded by family.

Dorothy was born on May 20, 1946, in Madison, Wisconsin, to the late Walter and Benunie Schwarz of Mt. Horeb. She graduated from Mt. Horeb High School in 1964.

In 1966, Dorothy married Lennis Rindy, and together they raised three sons, Troy, Chad, and Ryan, who remained the pride and joy of her life. During the 1970s and 1980s, she immersed herself in her sons' activities and in the Rosendale community. She helped revive the local Cub Scout Pack, becoming one of the first female Cubmasters in the area, if not the state. Through the Rosendale 4-H Club, Dorothy enthusiastically served as a project leader in gardening, photography, and numerous other activities. Having been an active 4-H member herself while growing up in Dane County, she was passionate about helping young people learn and grow. Between Scouts, 4-H, and countless athletic events, Dorothy rarely missed an opportunity to support her boys.

As her sons headed off to college, Dorothy decided to pursue her own educational dreams. While Troy, Chad, and Ryan worked toward their degrees, Dorothy enrolled at the University of Wisconsin-Oshkosh, where she earned a Bachelor of Science degree in Journalism in 1994. During her college years, she worked two part-time jobs: as newsletter editor for the Rosendale-Brandon School District and as a correspondent and feature writer for The Reporter in Fond du Lac, beginning in 1991.

Following graduation, Dorothy worked in advertising at Kohl's Corporate Headquarters in Menomonee Falls before becoming Marketing Director for the Fond du Lac Convention & Visitors Bureau, a position she held for ten years. Throughout her professional career and nearly until the time of her passing, Dorothy remained devoted to freelance writing and photography. Her work appeared in numerous newspapers, magazines, and business publications throughout the region, including The Reporter, Action Advertiser, Scene Newspaper, and InSpire Magazine. In 2004, she established Bliskey Writing Services, combining her lifelong passions for storytelling, photography, and quality journalism.

In 1997, Dorothy married Brian S. Bliskey, the love of her life. Together they shared nearly three decades of marriage, friendship, travel, and family. Dorothy cherished time spent with family and friends, attending community events, exploring local history, gardening, photographing special moments, and telling the stories of people and places throughout Wisconsin.

In addition to her love of family, writing, and photography, Dorothy found joy in the simple wonders of everyday life. For several spring seasons, she eagerly anticipated the return of a mallard duck that chose a flower bed just outside her front door as a nesting place.



Dorothy delighted in watching the duck raise her brood before leading her ducklings down the creek behind the house, sharing the annual adventure with family and friends. It was one of the many small stories that brought her great joy.

Dorothy will be remembered for her curiosity, creativity, kindness, determination, and unwavering devotion to her family. She had a gift for making people feel seen and valued, whether through her writing, her photography, or simply through conversation. She rarely met a stranger and possessed a reporter's instinct for asking questions, listening carefully, and finding the story worth telling. Friends and family knew that a quick conversation with Dorothy often turned into a memorable discussion, a new friendship, or perhaps an article in a local publication.

Over the years, she was entrusted with writing the stories and obituaries of countless friends, neighbors, and family members. She believed that every life had a story worth preserving and that ordinary people often lived extraordinary lives. In true Dorothy fashion, she began writing her own obituary more than a decade ago, ensuring that her final story would be told, at least in part, in her own words.

While Dorothy spent much of her life telling the stories of others, those who loved her now have the privilege of telling hers. Her story lives on through her family, her friends, the countless articles and photographs she leaves behind, and the many lives she touched along the way.

She is survived by her beloved husband, Brian S. Bliskey; her sons, Troy Rindy, Chad Rindy, and Ryan Rindy; her stepson, Kent Bliskey; her grandchildren, Joshua (Stephanie) Rindy, Christopher Rindy, Nicole Rindy, Zachary Rindy, Jensen Rindy, Grace Rindy, Ella Rindy, Jameson Rindy, and Jordana and Brooklynn Butler; her great-grandson, Rowan Rindy; and another great-grandchild expected later this year. She is further survived by her brother, Russell (Barb) Schwarz, former husband Lennis Rindy, along with many nieces, nephews, cousins, extended family members, and dear friends.

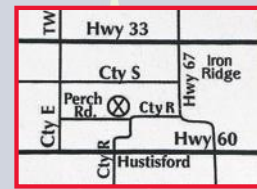
She was preceded in death by her parents, Walter and Benunie Schwarz; her brother, Donald (Carol) Schwarz; her sister, Rosann (Hubert) Jorns; her grandson, Luke Rindy; her daughter-in-law, Karen Rindy; her stepdaughter, Kelli Bliskey; and many other beloved family members and friends.

Dorothy's family invites friends and relatives to a time of visitation on Sunday, June 7, 2026 at Zacherl Funeral Home in Fond du Lac from 1:00 PM to 3:00 PM. A Liturgy of the Word will take place following the visitation at 3:00 PM. Dorothy will be laid to rest at Calvary Mausoleum in Fond du Lac on Monday, June 8th, 2026 at 9:00 AM.

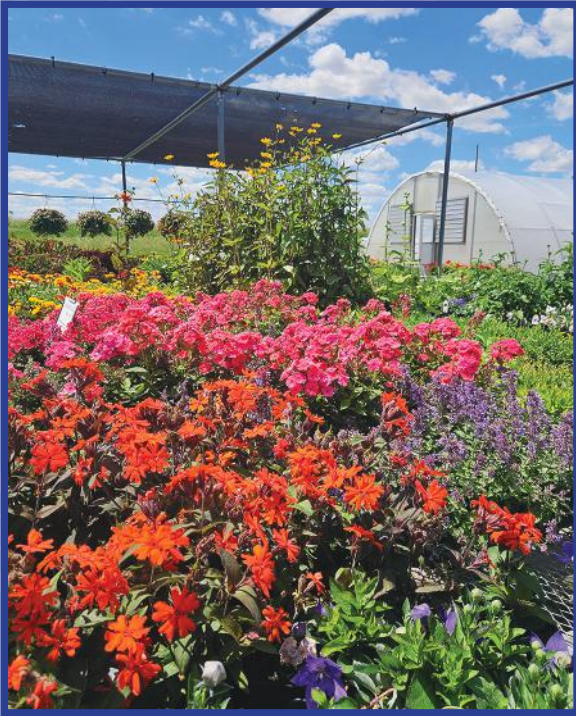
The family extends their heartfelt gratitude to the caregivers, medical professionals, family members, and friends who provided Dorothy with support, comfort, and companionship throughout her final journey.

Visit www.zacherlfuneralhome.com to send condolences.

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Dorothy's Apple Pie

Dorothy Bliskey's Apple Pie Recipe which appeared in the November 2019 issue of InSpire.

Pie Crust

- 2 cups flour
- 1/3 teaspoon salt
- 2/3 cup butter, soft but not melted
- 1/2 cup cold water

Mix flour and salt together in a large mixing bowl. Drop chunks of soft butter (equaling 2/3 cup) into the flour. Use the back of a fork or tined pastry blender to "cut" the butter into the flour mixture. When butter pieces are the size of a pea and thoroughly coated with flour, scatter the cold water across the top of the flour-butter mixture. Gently toss with a fork and/or mixing spoon. (If too dry, add a little more water and/or butter so dough is soft and pliable.)

Divide dough in half. Form into two balls. Wrap each in waxed paper or plastic wrap. Refrigerate for 1 - 2 hours. Remove from the refrigerator. Let sit 15 minutes. Place each dough ball onto a clean, dry, floured surface such as laminate or

stone countertop. Begin to flatten dough with hand, keeping a circular shape. Finish with rolling pin, start in middle and rolling towards outside edges to form a 12-inch crust 1/8 to 1/4 inch thick. Wrap pastry around rolling pin. Gently unroll onto a 9-inch pie plate, carefully lowering it to line inside of pan. With a sharp knife, cut off excess crust that hangs over the pan.

Fill Pie Crust with Filling:

- Mix 6 cups peeled, sliced apples
- 1/2 to 3/4 cups of sugar
- 1 tablespoon of flour

Roll out second crust the same way as the first. Wrap the pastry onto the rolling pin, gently unrolling and centering it over the top of the pie filling. Trim off excess pie crust that hangs down over the pie. Pinch edges together to seal. Finish the edge by neatly crimping circumference of the pie with tines of a fork. With a sharp knife, cut a series of one-inch slits around the top of the pie crust in a starburst pattern. Brush pie crust top with milk. Sprinkle liberally with a mixture of cinnamon and sugar. Bake for 45-50 minutes at 375 degrees.



Beaver Dam Lake Improvement Association

Join the fun and challenge of building and racing a corrugated cardboard boat on Saturday, July 11, from 11:00 a.m.-1:00 p.m. The Beaver Dam Lake Improvement Association (BDLIA) and Beaver Dam Recreation Department will hold the Cardboard Boat Regatta during BeaverFest at Tahoe Park, 85 La Crosse Street, Beaver Dam, WI.

Building materials will be provided to preregistered teams. There will be cash and other prizes. This event is limited to eight teams of three people. Minimum age to participate is five years old. One team member must be 16 years old or over. See the BDLIA website at <https://bdlia.org/event-5821948> for full details including registration, event schedule, and rules. Registration deadline is Wednesday, July 8.

Visit <https://visitbeaverdam.com/beaverfest-weekend/> for the BeaverFest schedule of events.

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Inflammation: Your Body's Overprotective Security Guard

By Dr. Stephanie Tyjeski

Picture this: You accidentally step on a LEGO. Instantly, alarms go off. Your foot hurts, your face contorts into expressions previously unknown to science, and your body springs into action. Congratulations—you've just met inflammation. Despite its bad reputation, inflammation isn't actually the villain of the health world. In many cases, it's the hero. The problem is that sometimes this hero doesn't know when to go home.

Inflammation is your body's natural defense system. Think of it as a highly enthusiastic security guard who patrols your body looking for trouble. When your body detects an injury, infection, toxin, or anything else it considers suspicious, it sends out an emergency response team. Blood vessels widen, immune cells rush to the scene, and chemical messengers start shouting instructions like they're directing traffic during a parade.

The result? Redness, swelling, heat, pain, and sometimes a temporary loss of function. In the short term, this is exactly what you want. If you cut your finger, inflammation helps protect the area and kick-start the healing process. Without inflammation, even minor injuries could become major problems. So why does everyone keep talking about inflammation like it's the health equivalent of a supervillain?

Well imagine that same security guard responding to an emergency call, but he never leaves. He sets up camp in the parking lot. He keeps sounding alarms. He calls in backup every day for months or years. That's chronic inflammation.

Instead of helping you heal, chronic inflammation can quietly damage tissues and organs over time. Researchers have linked long-term inflammation to conditions such as heart disease, type 2 diabetes, arthritis, certain autoimmune disorders, and many other health challenges.

The tricky part is that chronic inflammation often works behind the scenes. You may not notice obvious swelling or redness. Instead, it can show up as fatigue, achy joints, brain fog, digestive issues, poor recovery from exercise, and even a general feeling of "why do I feel like a smartphone with 12% battery all the time?"

Unfortunately, your body's security guard can be triggered by more than just injuries. Here's a list of how our body becomes inflamed and what to do about it.

1. Too Much Processed Food

Your body generally prefers foods that look like they came from nature rather than a chemistry experiment. Diets high in ultra-processed foods, refined sugars, and heavily processed fats may contribute to inflammatory processes in the body. This doesn't mean one donut will cause your immune system to stage a coup. It means that

when highly processed foods become the foundation of your diet, your body may spend more time in a low-grade state of alert. Build your foundation with foods such as vegetables, fruits, beans, legumes, nuts, seeds, and whole grains, fish, and lean proteins. The more colorful your plate looks, the happier your body tends to be. If your dinner resembles a rainbow rather than a beige convention, you're probably headed in the right direction.

2. Chronic Stress

Your ancestors worried about saber-toothed tigers. You worry about deadlines, emails, bills, and whether you accidentally replied-all to the company newsletter. The body often responds similarly. Long-term stress can increase the production of stress hormones and inflammatory signals, keeping your system stuck in "emergency mode." You can't eliminate stress entirely unless you've discovered a secret tropical island and forgotten to tell everyone else. However, you can reduce its impact through meditation, deep breathing, time in nature, journaling, yoga, and spending time with people you enjoy. Even a few minutes of intentional relaxation can help.

3. Poor Sleep

Sleep is when your body performs maintenance. Skip enough sleep, and your internal repair crew starts filing complaints. Research consistently shows that inadequate sleep can increase inflammatory markers and interfere with recovery. Prioritize sleep like it's your job. Aim for consistent, quality sleep. Create a cool, dark sleeping environment, limit late-night screen time, and try to maintain a regular sleep schedule. Remember: staying up until 2 a.m. watching videos about ancient shipwrecks may be educational, but your body might have other priorities.

4. Lack of Physical Activity

Your body was designed to move. When movement becomes an occasional holiday event rather than a regular habit, inflammatory processes may increase. The good news? You don't need to become an ultramarathon runner who casually jogs across continents before breakfast. Regular movement matters far more than athletic heroics. Exercise helps regulate inflammation over time. You don't have to suffer. You can walk, bike, swim, or even dance awkwardly in your kitchen. The best exercise is the one you'll actually continue doing. Can't seem to get those joints moving? The Chiropractic care at our office works to gently encourage proper movement back into the joints, allowing you to move with confidence. No need to fear the "crack" here. Our instrument assisted adjusting technique keeps you nice and relaxed on the table. Give our office a

call to get your joints moving better to relieve that inflammation from lack of physical activity.

The Bottom Line

Inflammation is not the enemy. It's a vital part of your body's defense and repair system. The challenge comes when that system stays switched on for too long. The good news is that you don't need a miracle supplement, a seven-day detox, or a diet based entirely on powdered algae harvested during a full moon. For most people, the biggest wins come from the basics: eat mostly whole foods, move regularly, sleep well, manage stress, and get into nature.

Your body is remarkably good at healing and maintaining balance when given the right conditions. And if inflammation is your body's security guard, these habits are the equivalent of helping him finally realize that the raccoon in the parking lot isn't actually a national security threat.

Join me and Dr. Josh at our FREE Wellness Class where we'll dive into what could be causing your inflammation and ways to eliminate or manage it. **Please join us at our Beaver Dam location for this FREE class on Tuesday, July 21st at 5:30pm.** Invite your friends, family, neighbors, and anyone who supports your health. You do not need to be a patient to attend.

Dr. Josh grew up in Beaver Dam and loves being involved in his community. So much so that he has served on the chamber board and has even raced in the casket races for Beaver Dam's Fall Fest. He graduated in December 2016 with his Doctorate in Chiropractic at Logan University and is certified in Dr. David Seaman's Deflame Diet.

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.

Edward Jones

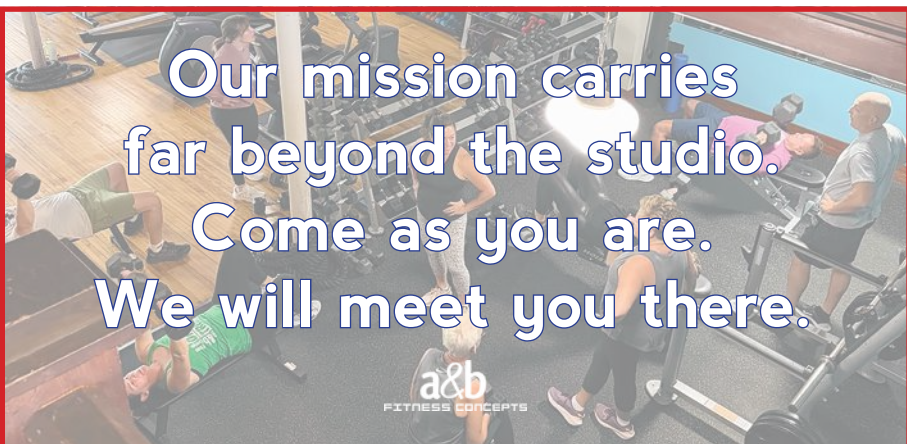
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SEE WHAT'S HAPPENING IN HUSTISFORD

July 1 at 5:30pm - Badger Talk: The Meaning of Freedom at HCL

July 2 - doors open at 5pm - HCH Bingo at the HCH

July 6 & 20 at 2pm - Monday Movement at the HCL

July 11 from 3 to 8pm - Hustisford Community Hall 90th Anniversary Celebration - Door open: 3pm Dinner: 3:30, Music: Legends of Las Vegas 5 to 8pm, Cost: \$30 - includes dinner, show and free drink in a commemorative glass.

July 11 at approximately 9:30 - LSA LakeShake Fireworks Extravaganza near Camper's Island

July 12 - Polka Dance from 1:30 to 4:30pm - Music by Keith Gennerman Band at HCH

July 13 & 27 at 6pm - Free Monday Movies at 6pm HCH - 13th "Avatar: Fire and Ash", 27th "Zootopia 2" A collaboration with the HCL

July 14 at 6:30pm - Music in the Park - music by Gary Beal Bank - Sponsored by HHS - Memorial Park

July 16 at 11am - Books and Brew Club - "1776" by David McCullough at HCL

July 20 at 5:30pm - Jessica Michna as Abigail Adams - HCL

July 28 at 6pm - Music in the Park - Music by Gary Beal Band sponsored by the HHS - Memorial Park

July 28 from 6:30 to 8:30pm - Tuesday Night Book Club "Death in the Dark Woods" By Annelise Ryan at HCL

HCH - Hustisford Community Hall,
HCL - Hustisford Community Library
HHS - Hustisford Historical Society

Check Out All the Activities!

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Newly remodel upstairs.

90th Anniversary Celebration

By Jill Anderson and Lori Uecker

The Hustisford Community Hall, historically known as the Hustisford Firemen's Hall, is celebrating 90 years in existence this July. The hall dates back to 1936, when it was established as a community gathering space tied to the local volunteer fire department. In that era, many towns like Hustisford, built "Firemen's Halls" to serve dual purposes: to support fire department activities and fundraising & to provide a large indoor space for dances, meetings and public events. From its early years, the hall became a central social hub hosting wedding receptions, polka dances, community celebrations, civic meetings and fundraisers.

History:

At a regular monthly meeting of the Hustisford Volunteer Fire Department in September 1934, it was decided to purchase a piece of land to be used as a Firemen's Park. The land was eventually purchased for \$700 in March of 1936.

From there on there was a lot of thinking and hard work to be done. One thing that kept things moving was the annual Firemen's Tournament which was scheduled for August 2nd that year. The park was now the property of the fire company but there was nothing there to accommodate a crowd of people. After several meetings, it was decided to call in some contractors and get ideas for a hall. Members of this building committee were Roland Radloff, Hubert Falkenthal, Emil Lehmann, Kurt Rex, Walter Zillisch, Joseph Gillich, William Krueger, Paul Walters and George Roethke.

When it came time to start the excavation of the site, a stiff fight between members of the committee ensued. Several members wanted a basement under only half of the building as opposed to under the entire building. It was finally decided to have a full basement under the new hall. The original plan was to construct the building out of wood. But the industrial

commission out of Madison said it must be made of cement or brick. Of course, that meant more cost. After new plans were drawn and estimates given, the Fire Department agreed on a figure of \$9000.00.

The construction began in June with excavation and water lines being laid and the first concrete being poured on June 23rd. From here on much hard work had to be done to make the building more complete. Bathrooms and sewer lines had to be taken into consideration and this also added to the cost. Every effort was made to rush the building because there was not much time left until the date of the tournament on August 2nd.

The weather was terrifically hot that summer and greatly hampered the work. As the hall neared completion, the members were doing many odd jobs around the grounds, but managed to get things done and the tournament was a great success. The hall was not completely finished off, but two weeks later it was complete. A Grand Opening dance was held on August 26, 1936. It was a huge success and proved that the full basement was just the thing in more ways than one. The basement served as a bar room, lunch room and accommodated seating room for about 125 people.

Over time, as the needs of the fire department changed with more and intensive training required, they no longer had the time and/or volunteers to manage the hall. So the firemen had to decide what to do with the hall going forward. A group of citizens came together to form a new organization, the Hustisford Community Hall Association, to save the venue as they didn't want to see this staple of the community closed or torn down. The building would become known as the Hustisford Community Hall.

Many meetings were held to start this new venture. A Board of Directors was chosen and officers were elected. Starting with a \$0.00 balance, local municipalities made donations to help



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the Community Hall get started. There were also numerous fund raisers held, all worked by volunteers.

One of the main events at the beginning was an Open Jam night held every Tuesday night. The band, Nite Trax, was looking for a place to practice and play while also allowing local talents to come & play or sing with them. The dance floor was always full. The kitchen was also open and food was served. Polka dances were added once a month, March through November. People come from all over Wisconsin and some from out of state to dance on what they say is “the best dance floor around”.

Over the past 11 years, the hall has undergone many extensive renovations and modernization. A full-service bar was added upstairs as well as 2 bathrooms, new lighting & total painting of the walls & ceiling. The upper level also has 1 TV & a large screen with projector. A total renovation of the downstairs was done and the kitchen was upgraded to accommodate a full-service in-house catering business (B & C Catering). Tables & chairs were upgraded with the lower level boasting 6 TVs, one of which is a 70” screen, great for showing memories at your special events. A new, digital outdoor sign was also installed, donated by Pivot Point, perfect for advertising future events and day-of event best wishes.

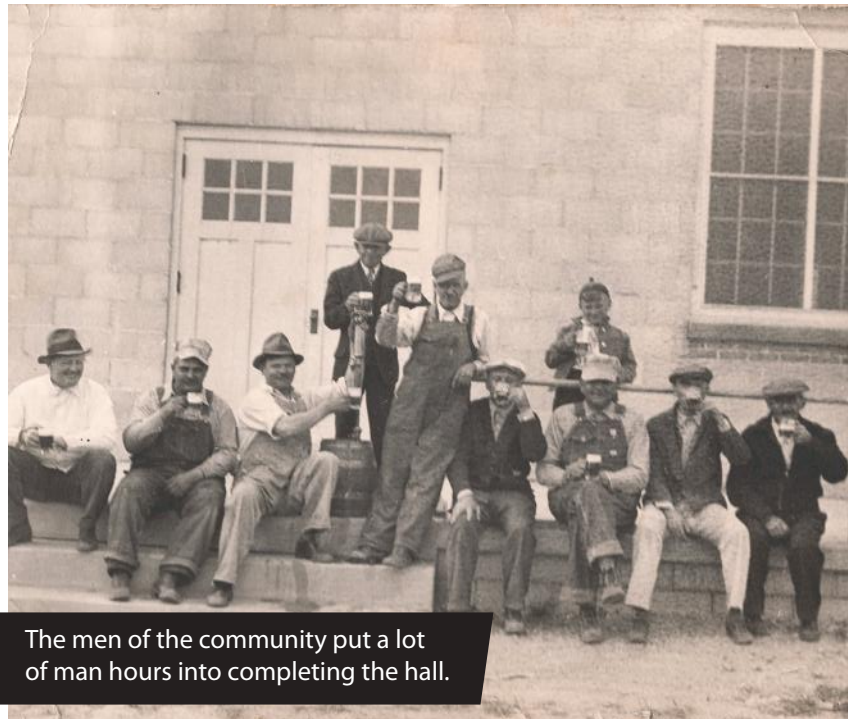
As renovations were made, bookings for meetings, birthday parties, weddings, anniversaries and celebrations of life have been held. New events at the hall include an annual poker run, monthly Bingo night, Movie nights for the kids and a Sunday brunch held on the first Sunday each month (with the exception of July).

The long, uninterrupted use of the hall is what makes it historically meaningful and reflects how small town institutions adapt while staying central to community life. The building has not just been functional, but is cultural infrastructure, being a very integral part of the Hustisford community and surrounding areas as well. There are so many people to thank for their donations of money, time, talents and other support. For that, the Community Hall Association is very appreciative and thanks go out to each and every one of them.

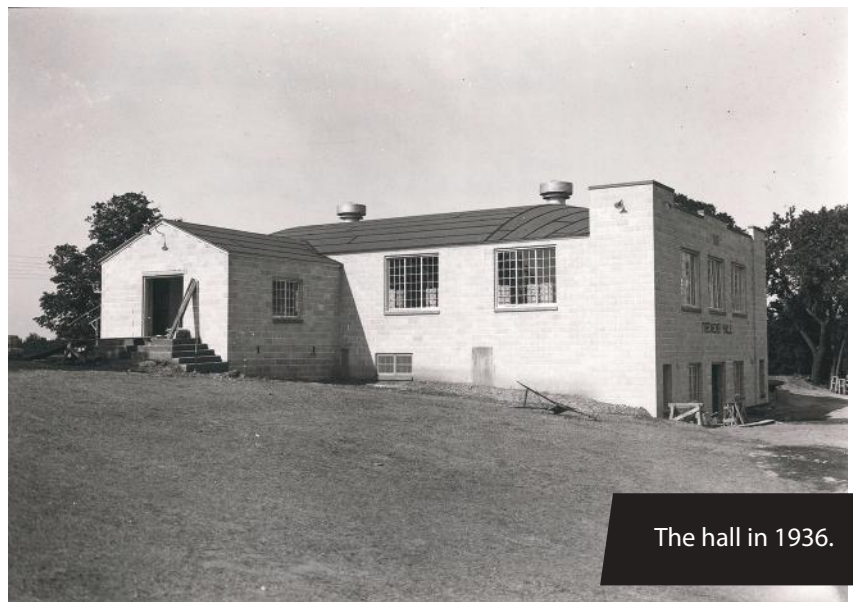
To commemorate the 90th anniversary, the Community Hall is hosting a public celebration on Saturday, July 11. There will be a catered dinner starting at 4:00 pm. A one-man show, Legends of Las Vegas, will run from 5:30-8:30 pm. The price of a ticket is \$30/person and includes a commemorative pint glass and 1 free drink. This event is by reservation only. Reservations can be made by calling 920-349-2233 or contacting them through email: reservch@gmail.com. For more information, check out their Facebook event on the Hustisford Community Hall Facebook page.



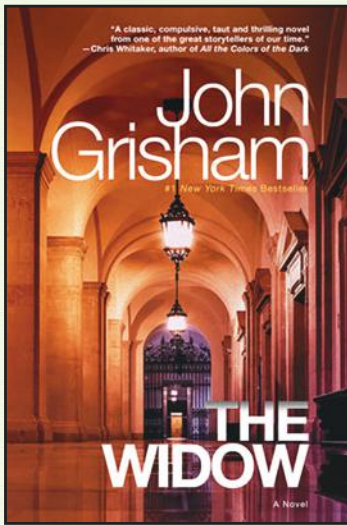
Newly remodeled downstairs.



The men of the community put a lot of man hours into completing the hall.



The hall in 1936.



The Widow

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

Simon Latch is a small-time lawyer in small town Virginia. He makes enough money writing wills and handling drunk driver cases to barely get by. It does not help that he is a gambler of little skill. His marriage is falling apart. He stays because he loves his children, so he is not all bad. He thinks he is saved when childless widow Eleanor Barnett comes to him for a will. Her dead husband left her a fortune and the other lawyer in town has written her a trust leaving all of her money under his own care. Simon sees immediately that he can rob her better.

Simon is very careful to keep this new client and her new will/trust quiet, even from his secretary. News travels fast in a small town. So Simon drives to other areas to take Eleanor to lunch, flattering her to keep her happy. Then two step-sons come to light. Eleanor assures Simon that she inherited all the money and her husband agreed that his sons deserve nothing.

When Eleanor gets so sick she must go to the hospital. Simon visits daily, bringing carry-out food and special treats. If she dies of natural causes Simon will be on easy street. Eleanor is murdered in the hospital. Simon, the first lawyer, the two sons, who has the most to gain? An exciting who-done-it full of surprises by a top-notch author. Highly recommended.



‘Ask Me Three™’ Good Questions For Good Health

By Marshfield Clinic

This sentiment may especially ring true if a serious illness, such as cancer, has unexpectedly become a major focus in your life.

Communication about any new diagnosis can often be filled with normal fears and uncertainties. However, new “Health literacy” tips might help you transform challenges into meaningful experiences.

Health literacy is the ability to read, understand and effectively use basic medical instructions and information.

According to the Institute of Medicine, nearly half of all American adults experience health literacy challenges.

“Ask Me 3™” is a patient education program designed to promote communication between health care providers and patients in order to improve health outcomes.

The program recommends that we understand the answers to three questions:

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

Individuals are encouraged to ask their providers (doctors, nurses, pharmacists, therapists) these three simple but essential questions during every health care interaction.

In addition, providers should always encourage this important communication.

Studies show that people who understand health instructions make fewer mistakes when they take their medicine, care for themselves at home, or prepare for a medical procedure.

They may also get well sooner or be able to better manage a chronic health condition.

Here are a few other tips you may want to consider:

- Bring a friend or family member to your provider visit.
- Make a list of any physical, emotional, and /or spiritual health concerns you would like to discuss.
- Bring a list of all your medicines, including any that are over the counter or herbal.
- Ask your pharmacist for help when you have questions about your medicines.
- Let your provider know if you still don’t understand. Say for example, “This is new to me. Will you please explain that to me one more time?”

Keep in mind that good communication does not have to mean perfect communication. It simply means that two or more people do their best to help each other be understood clearly.

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Jan Williams unit president, Bonnie Meier chaplain and Donna Hollenbeck giving cupcakes and fruit snacks to participants in the essay and coloring contests.

From State to National, Donna Hellenbeck, Advances in Prestigious Essay Contest

Donna Hollenbeck entered her essay for the American Legion Auxiliary (ALA) annual nationwide essay contest. Her essay won at the local unit level and the state of Wisconsin. Donna graduated from Cambria Friesland High School in May of 2026. She's been an active junior member of the ALA in Cambria for several years. Donna had a well rounded education at CFHS active in volleyball, softball, basketball, band, art, and Veterans Day. She plans to join the US Army.

The ALA formed in 1919 as a support for returning WWI veterans and their families. Today this national organization works for veterans, active military, their families and mentors youth to continue the service and support for generations to come. Donna is eligible for the ALA through her grandfather's service in WWII. She will be eligible to join the American Legion with her own service. Cambria has a local unit 401, which meets monthly with the legion. For more information contact Jan Williams unit president. The ALA sponsors the essay contest for grades 3 through 12. A coloring contest for grades 4K through 2nd. Those pictures are on display at the Jane Morgan Memorial Library downtown Cambria mid May through June. We also share the story of the poppie flower of remembrance with 5th grade classes in Cambria, Randolph Christian and Randolph elementary.

Donna's Essay

This year, our nation is celebrating its 250th birthday. This special event can connect our people as a whole, generation by generation. From the start of our nation, we have fought many battles to conceive the right to call ourselves free. Our veterans, some of whom you may even know, have fought for our country so we can have these freedoms today. We would not have this opportunity to come together and celebrate America's 250th birthday without veterans and their ultimate sacrifice. I am proud to be an American and will wholeheartedly celebrate America's 250th birthday as a nation to honor the veterans who have fought and paid for the gift of our freedom.

First and foremost, celebrating America's 250th birthday honors our veterans by showing others that we do care. We as a nation come together every year on July 4th to celebrate our freedoms. We host cookouts, light fireworks, catch up with buddies, and fly the flag up high.

"How does this show we care?" You may ask, well, it's simple; we don't just host cookouts, we cook in the name of the lost. We don't just light fireworks; we light them, remembering the battles won. We don't just catch up with buddies, we check up on them and share stories. Finally, we don't just fly the flag, we raise it high, remembering the ones who never came home.

Secondly, celebrating America's 250th birthday honors our veterans by showing others who we are as a nation. Our veterans had made the ultimate sacrifice fighting for our country, so it can be the way it is today. You can do so much more than other countries can as citizens that you don't really think about. We can vote for our people in office, we can speak our minds about controversial topics, and we can travel anywhere we want. Every little freedom we have is because of our veterans who fought for it.

Third, celebrating America's 250th birthday honors our veterans by showing others what the ultimate sacrifice was that every veteran paid. As citizens, we cannot fathom what a veteran went through in the Military; we can only get glimpses and stories. Every 4th of July, we are reminded of what the ultimate sacrifice was for our country. Without that grave reminder, we would not be here today.

In conclusion, celebrating America's 250th birthday can bring our nation together. From battle to battle, American citizens have banded in God We Trust, showing how much we care and honor our veterans. They have given so much for our country and for us as citizens. I challenge you in this time of celebration to just take a minute and thank a veteran and remember the ones who never came back. I am proud to be an American and will wholeheartedly celebrate America's 250th birthday as a nation to honor the veterans who have fought and paid for the gift of our freedom.



Snapper Vick's

Maybe it's been a long time since you've dined at Snapper Vick's Mexican Restaurant. The cuisine is still amazing along with their delicious margaritas. They also serve American food! The drive is short considering the delicious menu... no deep fried food! The quaint but friendly restaurant is tucked away in Woodland and Tim and Lisa Becker are always happy to see old friends and make new ones!

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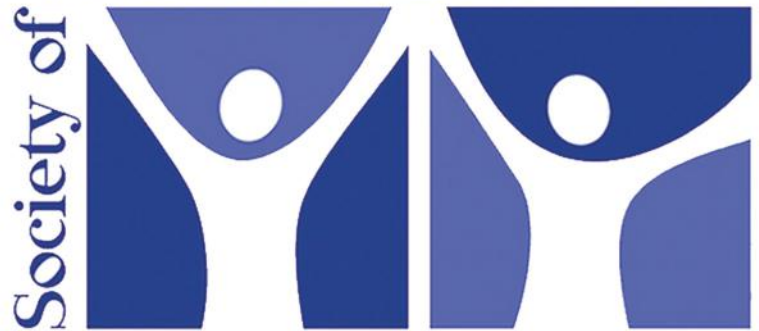


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Here's what's new in 2026:

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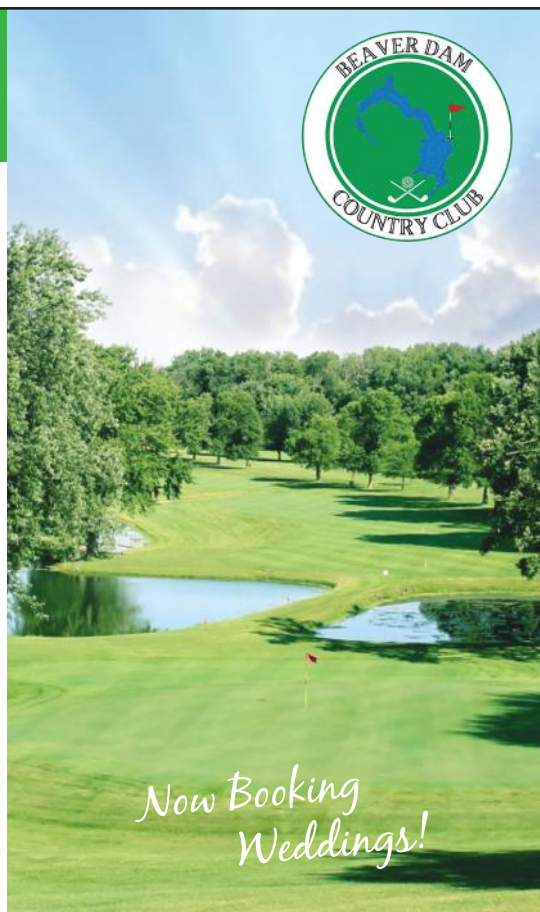
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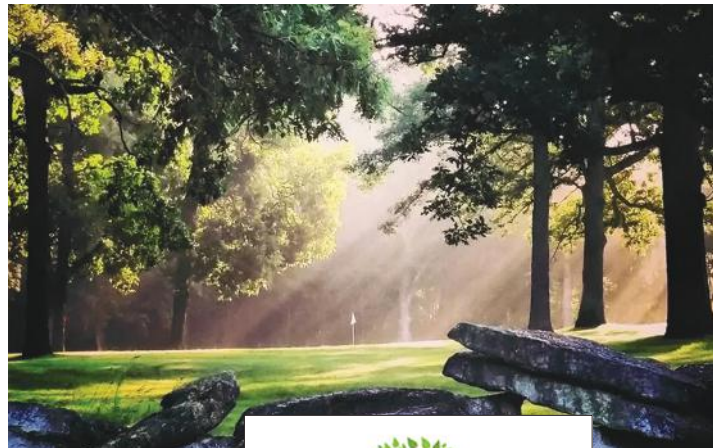
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The Life of Betsy Ross

By Ashley Posthuma

When we think of Independence Day, we often envision the founding fathers in their powdered wigs signing the Declaration of Independence. Something we may not consider as often is the important role women played in the founding of our new nation.

Have you heard the name Elizabeth Griscom? Probably not, but you may be more familiar with her married name: Betsy Ross. Widely credited as creating the first American flag, Betsy Ross was born on January 1, 1752.

As a young woman, Betsy became an apprentice for a popular upholsterer at the time, where she learned the skills to become a talented seamstress and upholsterer. In that position, she would regularly make and mend items like curtains, tablecloths, bedcovers, and rugs.

During the apprenticeship, Betsy fell in love with a fellow apprentice named John Ross. Because John was not a member of the Quaker religion like the rest of her family, this relationship ultimately led to Betsy and her family cutting ties. Regardless of her family's opinion, Betsy and John eloped. The two started their own upholstery shop in the commercial district of Philadelphia where it's even reported they once made bed hangings for George Washington.

Although we still know her as "Betsy Ross" to this day, she was only married to John for three years before he was killed in the Revolutionary War. As a 24-year-old widow, Betsy continued running her upholstery shop, often working on uniforms, tents, and flags for the Continental army.

Betsy went on to remarry, but that marriage only lasted five years before her second husband was also captured in battle. Her third husband, John Claypoole, had been imprisoned with her second husband but he escaped and delivered the news to Betsy.

Betsy and John Claypoole ended up marrying in 1783, and he helped run her thriving upholstery business. It became a family business with Betsy's daughters, nieces, and granddaughters learning from her and working side-by-side.

Interestingly, there is no definitive documentation to prove that Betsy Ross produced the first American flag. Instead, it was a story she proudly told to her children and grandchildren over the years. She passed away in 1836, but in 1870 her grandson William Canby presented his paper "The History of the Flag of the United States" to the Historical Society of Pennsylvania. He gathered family members to sign legal documents stating they had also heard the story from Betsy herself, and this served as proof.

The story Betsy would tell is that shortly after the death of her first husband, George Washington and several others visited her upholstery shop in the summer of 1776. They told Betsy they needed a flag for their new country that was on the verge of independence, and they presented her with an idea. It had thirteen stars instead of today's fifty, plus the red and white stripes. After looking at it, Betsy had one small suggestion: change the six-pointed stars to five points so they were easier to cut and sew. The team agreed, and Betsy stitched the very first flag.

While her face may not be on a dollar bill, Betsy Ross is a shining example of the women who worked tirelessly behind the scenes to help our country earn its freedom. As we fly our flags with pride this Independence Day, remember who helped make the very first one!



Four Stages of Raising Confident, Money-Smart Kids

By Katie L. Kohn,
Financial Advisor for Edward Jones

Teaching good money habits starts early and grows through every stage of life.

With very young children, begin simply. Three jars labeled "Spend," "Save" and "Share" can help them understand what money is and learn that saving for something special takes patience.

With teens — or children between 9 and 12 — offer bigger ideas. They can earn money through chores or small jobs to connect effort with reward and a sense of ownership. Opening a basic savings account can also help build their confidence.

For high schoolers and young adults, budgeting becomes essential. Tracking what comes in and goes out through an app or spreadsheet helps them stay aware, and learning how credit works can offer benefits down the road.

In their early working years, paying themselves first and building good saving habits set the foundation for long term financial freedom.

When you start strong and stay consistent, money becomes a tool that helps your children support the lives they want.

This content was provided by Edward Jones for use by Katie Kohn, your Edward Jones financial advisor at 1748 N. Spring Street, Beaver Dam. Member SIPC

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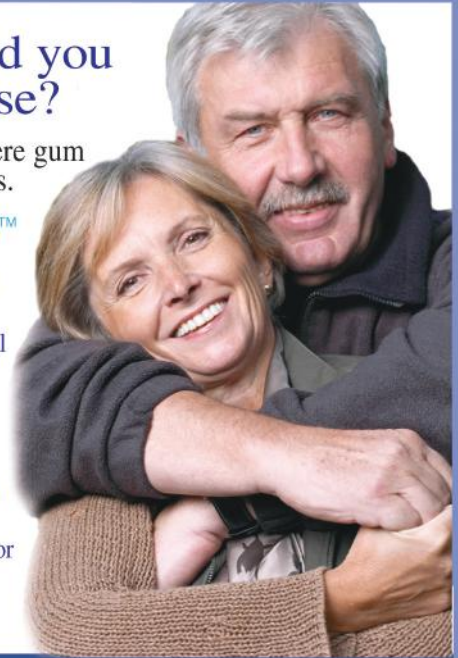
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InSpire Magazine's Restaurant Guide

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.

Damsels

DINE. SIP. UNWIND.
ON THE BACK PATIO

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



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