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June 2025

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By JIM COLLAR

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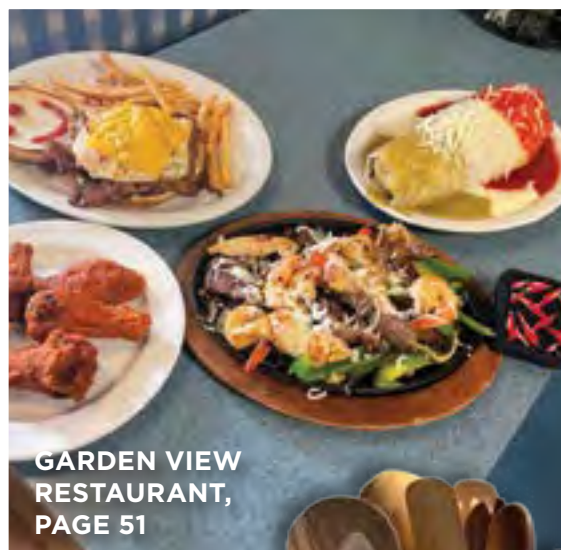
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SENIOR REGIONAL DIRECTOR
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EDITOR'S NOTE



SUN IS *Out!*

Summer has officially rolled in, and around here, that means one thing: it's time to get out and explore! Whether you're looking to soak up the sun, snack your way through a farmers market, or discover a new hiking trail, this issue is packed with ideas to help you make the most of the season.

We've rounded up local events, outdoor adventures, and hidden gems across the Fox Valley to keep you on track. There's something for everyone—whether you've got little ones in tow, a dog who insists on coming along for the ride, or just a couple of hours to yourself and a good pair of walking shoes. We've got splash pads, concerts, baseball, and mini golf.

We're also shining a light on the incredible local farms and farmers markets that keep our community vibrant and well-fed. With markets starting back up for the season, now's a great time to reconnect with the people who grow your food—and maybe try something new while you're there.

So, whether you're a planner with a color-coded calendar or more of a "let's see where the day takes us" type, we hope this issue gives you a little inspiration to savor the season. Bookmark your favorites, share with a friend, and most importantly—get outside and enjoy it!

Here's to sunny days, local love, and a whole lot of summer fun.

Jamie LaFreniere, Editor

Thoughts, ideas, and comments can be sent to Jamie at editor@appletonmonthly.com

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Megan Reinhold is an avid reader who lives in Appleton. Along with being a book lover she enjoys spending time with her husband and two kids. You can follow her on Instagram @meganreinholdreads and TikTok @meganreinholdreads. Megan contributes to Appleton Monthly with her Great Reads, The Scene and Good Stuff articles.



Tyler Sjostrom

Tyler Sjostrom is an Appleton-based writer who will show you pictures of his kids whether you ask for them or not. Heckle him at tysjostrom@gmail.com or read more at tyler-sj.com. Tyler contributes to Appleton Monthly with his One More Thing article.



Dr. Seth Oberschlake

Dr. Seth Oberschlake is a 2014 graduate of the University of Wisconsin-Madison School of Veterinary Medicine. He has worked at Heritage Animal Hospital since 2015 and recently became the sole owner. Dr. Seth contributes to Appleton Monthly with his Pet Care article.



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Kris Teofilo

Senior Regional Director

**Make-A-Wish
Wisconsin**

By TIM FROBERG

BRINGING SMILES TO CHILDREN'S FACES

TEOFILO HELPS MAKE WISHES COME TRUE

By TIM FROBERG



If Kris Teofilo had a wish list of her own, it would start with the disappearance of devastating illnesses for children to battle.

Sadly, such a list doesn't exist.

Still, Teofilo knows that she and her impactful organization can put smiles on the faces of children facing harrowing health situations and lighten the heavy emotional load they carry.

The Green Bay native is the senior regional director of Make-A-Wish Wisconsin Foundation: a chapter of the national organization, Make-A-Wish Foundation of America. Make-A-Wish Wisconsin is a nonprofit headquartered in Appleton that grants wishes to local children dealing with critical life-threatening illnesses. It has given wishes to more than 8,800 families since it was founded in 1984 and currently has more than 500 kids on the wish waiting list.

Make-A-Wish Wisconsin is funded through corporate sponsorships, special events, foundation grants, and individual contributions. It receives no federal or state funding and does not solicit funds by telephone.

"For children facing critical illnesses, a wish transforms fear into courage, sadness into joy and anxiety into hope," Teofilo said. "These incredible transformations are only possible because of our caring community of supporters."



Teofilo joined Make-A-Wish Wisconsin in 2010 and handles marketing and public relations, creating community awareness, and fundraising. She has a strong business background, having previously worked in marketing and sales for Gannett Wisconsin Media at the Green Bay Press Gazette and The Post-Crescent.

Working for Make-A-Wish Wisconsin is more than just a 9-to-5 job for Teofilo. Being an integral part of a life-changing organization feels more like a mission – and a purposeful, fulfilling one at that.

"I would do anything for these kids," said Teofilo. "Honestly, our kids go through more than any human being should have to endure. Every child braving a critical illness deserves a life-affirming wish to get the hope, strength and joy they need.

"It's amazing to be mission-driven, especially for such a beautiful organization."

EMOTIONAL DAYS AT WORK

Teofilo's job can be very emotional – heartbreaking at times, but heartwarming, too. She gets to meet many of the ailing children served through Make-A-Wish Wisconsin and their families. Some of the kids don't make it, but most of them do, according

to Teofilo. Make-A-Wish Wisconsin helps them through the dark tunnels they are trying to navigate by lifting the gloom and providing them with exciting moments and exhilarating experiences.

"I hear heartbreaking stories every day," Teofilo said. "However, I also hear the joy, the excitement and all the benefits that Make-A-Wish Wisconsin brings these kids and their families. We have some very sad stories, but we have more joyful and inspiring stories.

"One thing I've noticed about our kids – and I find this to be absolutely amazing – is that they want to bring joy to others and make the world a better place, despite all they have gone through. Because of what they've gone through, they are so far beyond their years in terms of maturity."

There isn't a day on the job when Teofilo doesn't have the opportunity to reflect on what is truly important in life.

"When you think you're having a bad day and then you hear the stories these kids and their families have to go through, yet they remain so positive, well, it just really puts life into perspective," she said. "It really does. I never take anything for granted. Every single day I feel blessed to be able to do this work."

The children's wishes cover a wide range of visits and activities from traveling to exotic places to attending professional sporting events and meeting pro athletes or doing a coveted job such as being an actor or model.

It's difficult for Teofilo to pinpoint a favorite Make-A-Wish Wisconsin story because she has so many of them. Here are a few of her most memorable ones.

JACOB AND THE APPLETON P.D.

Jacob Frerking, a 16-year-old from Appleton, lived with autism his entire life and shied away from face-to-face interactions. And then things became much worse. Jacob was diagnosed with an aggressive form of sarcoma and endured many rounds of chemotherapy, surgeries, and treatment.

Jacob's wish was to live out his dream of becoming a police officer and the Appleton Police Department kindly obliged. Jacob was sworn in as an honorary police officer, received his own uniform and badge and went on patrol multiple times, assisting officers and firefighters at a crash site on one occasion.

Appleton P.D. officers became fond of Jacob and the weekly interaction helped Jacob become more comfortable communicating with others.



Tragically, the cancer was too much to overcome and Jacob died following a two-year battle with the disease. A photo of Jacob hangs in the hall at the Appleton Police Department so officers can salute him on their way out each day. Former Wisconsin Attorney General Brad Schimel named Jacob as a Wisconsin "Top Cop" for his work and contributions.

"Jacob's wish pulled him out of his shell and there was just a transformation in him," said Teofilo. "What was amazing is that his wish continued to live on after he had passed. The police department told us that Jacob really helped their team. They were going through a period when they were experiencing some backlash, and it helped pull them together. That just demonstrates the ripple effect of a wish in a community. He truly made a huge impact on the entire A.P.D. and the rest of the community surrounding him."

BEING A PRINCESS FOR A DAY

MaCollin, a spunky 3-year-old from Appleton, was diagnosed with brain cancer and forced to endure countless rounds of treatment and hospital stays. Her wish was to become a princess and experience the magic of Disney. Make-A-Wish Wisconsin flew MaCollin and her family to Walt Disney World Resort in Orlando where she was thrilled to meet Minnie Mouse and visit the Bibbidi Bobbidi Boutique while also making visits to Universal Studios and SeaWorld.

"Seeing the smiles on our kid's faces brought us much-needed happiness and restored our hearts as we continue to fight alongside our daughter in her brain cancer journey," said MaCollin's mother, Ashlee. "Our oldest son said multiple times on our trip that Make-A-Wish is the best thing ever and we all agree that it is."

WHO YA' GONNA' CALL?

A little boy from De Pere named Doug was diagnosed shortly after his 6th birthday with a heart larger than an adult heart. A VAD (ventricular assist device) which acts as a mechanical heart pump to assist the human heart with functioning was inserted and Doug became one of the youngest patients to have one.

Two years later, Doug was stricken with an infection that went all the way to his heart. He was put on end-of-life care and eventually went through critical surgery, but Doug beat the odds and fought through it.

Doug was fascinated with "Ghostbusters," and his wish was to become one. He was outfitted with a Ghostbusters jumpsuit and all the ghost-fighting gadgets and granted a trip to New York city where he visited several sites, including the Hook & Ladder No. 8 Fire Station where several scenes in the movie were filmed.

NORTH TO ALASKA

Maddox, an outgoing 8-year-old from Appleton, was born with a critical respiratory disorder and his life has been consumed with daily rigorous treatments. His wish was to travel to Alaska and pan for gold. Make-A-Wish Wisconsin made it happen. He was flown to Alaska and visited a museum where he was taught to pan for real gold.

"I never thought we would have the opportunity to travel to Alaska and have his wish granted," said Maddox's mom, Elaine. "We will be forever grateful for these life-long memories."

Teofilo is grateful, too, that she gets to play a key role in making these life-changing wishes come true. A Green Bay East High School graduate, Teofilo received degrees from Lakeland College (business administration) and Northeast Wisconsin Technical College (marketing communications) before launching her professional career in 1995 at the Green Bay Press Gazette as a market development manager. She later worked in marketing and sales for The Post-Crescent before joining Make-A-Wish Wisconsin following 10 years in the newspaper business.

"I've always had a strong desire to help others," she said. "As a kid, I thought I would grow up to become either a nurse or a doctor. At the time I was going to school there was a waiting list for nursing school. So, I jumped into marketing and communications and here I am today."

"I was surprised at how transferable my skills were when I went from newspapers to Make-A-Wish. I have put my business, marketing, and sales skills to good use. Instead of selling newspapers, I'm selling a beautiful, important, and inspiring mission."

When she's not striving to make dreams come true, Teofilo enjoys working out and spending time with her family. She and her husband, Steve, live in Appleton with their son, Jake, a senior at Kimberly High School.

"He's almost ready to go off to college, so I'm trying to spend as much time with him as he will allow," said Teofilo with a laugh. "We love the Appleton area. It's such a great place to raise a family."

Tim Froberg has worked as a reporter for the Appleton Post-Crescent, Green Bay News-Chronicle, and Marinette EagleHerald. He won eight Wisconsin Newspaper Association writing awards.

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By BRITTANY FRANCIOSI



Wisconsin is the dairy state and ranks first in the nation for cheese production. There are **1.3 million dairy cows in the state and nearly 1,200 licensed cheesemakers.**



The number of farmers markets in the United States has grown rapidly in recent years, from just under 2,000 in 1994 to more than 8,600 markets currently registered in the USDA Farmers Market Directory.



June 21 is International Yoga Day. Try a child's pose and see how yoga can help with stress management and balance and improve your mental health.

Father's Day is the fourth-largest card-sending holiday in the U.S. with 72 million cards exchanged each year. **Hallmark has been producing Father's Day cards since the early 1920s.**



Shop our local markets. A 2015 survey of farmers market vendors found that **81% of farmers practiced composting, implemented cover crops, and reduced tillage for soil health.**



June is Pride Month, celebrating LGBTQ+ communities. **The Fox Valley Pride celebration will be June 21 in Jones Park.**



According to the USDA's most recent Census of Agriculture, there are 58,521 farms in Wisconsin with a market value of agricultural products sold totaling nearly \$16.7 billion.



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POWER OF DIGITAL MARKETING FOR SMALL BUSINESSES IN 2025

By AMANDA KRUEGER



In today's rapidly evolving digital landscape, small businesses have unprecedented opportunities to compete with larger corporations through strategic digital marketing. As a marketing professional working closely with local businesses, I've witnessed firsthand how many of our vital community members have transformed their operations and customer reach through accessible digital tools.

WHY DIGITAL MARKETING MATTERS MORE THAN EVER

For small businesses—the backbone of our economy—2025 has brought both challenges and opportunities. With consumers spending an average of 7.5 hours daily online, digital visibility isn't just advantageous—it's essential. The businesses thriving today are those embracing targeted digital strategies that maximize limited marketing budgets.

AI-DRIVEN MARKETING: THE GAME CHANGER FOR SMALL BUSINESSES

Predictive Customer Analytics: Today's

AI tools can analyze past purchasing patterns to predict future buying behavior, helping small businesses anticipate inventory needs and create timely promotions that truly resonate.

AI-Powered Content Creation: Small business owners can now leverage AI assistants to draft compelling social media posts, blog articles, and email campaigns—reducing the time and resources needed for quality content production.

Dynamic Pricing Optimization: AI algorithms can continuously analyze market conditions, competitor pricing, and customer demand to suggest optimal pricing strategies, helping small businesses maximize profitability without complex market research.

Conversational Marketing: Advanced AI chatbots now handle customer inquiries with remarkable human-like interactions, providing 24/7 customer service without the overhead of additional staff.

Automated Personalization: Even the smallest businesses can implement AI tools that analyze customer data to deliver highly personalized experiences—from tailored email campaigns to customized website experiences based on visitor behavior.

ACCESSIBLE IMPLEMENTATION

Remember, effective digital marketing isn't about having the biggest

budget—it's about smart targeting, authentic storytelling, and consistent community engagement. By embracing these AI-powered tools, even the smallest local businesses can establish meaningful digital connections with customers.

Small businesses are vital to our communities, and by harnessing these accessible digital marketing technologies, they can not only survive but thrive in the digital economy of 2025 and beyond.



Amanda is our incredible Chief Marketing Officer at American National Bank! Amanda is well known for her volunteer work in our community, especially among military service members and their families. She serves on the board of Tri-County Dental and volunteers with Old Glory Honor Flight. One of the coolest things about Amanda, she is a world champion foosball player, competing in the World Cup this summer in Spain!

Healthy Living

› **Angela Halderson**

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SWEAT SMART

REPLENISH ELECTROLYTES NATURALLY AFTER SUMMER WORKOUTS

By ANGELA HALDERSON

When the sun is blazing and your workout leaves you dripping with sweat, your body loses more than just water—it also loses vital electrolytes like sodium, potassium, magnesium, and calcium. These minerals are essential for muscle function, hydration, nerve signaling, and overall energy levels. Instead of reaching for sugar-laden and food-dye rich sports drinks, why not opt for natural, nourishing alternatives that replenish your body the smart way?

WHY ELECTROLYTES MATTER IN THE HEAT

Increased sweat during summer exercise accelerates the loss of electrolytes. When these levels dip too low, symptoms like muscle cramps, fatigue, dizziness, or even heart palpitations can follow. Rehydration isn't just about water—your body needs the right balance of minerals to absorb and retain that fluid. Leg cramps at night? Think electrolytes. Lightheadedness upon standing? Think electrolytes. Sick with vomiting? Think electrolytes.

NATURAL HYDRATION HEROES

Mother Nature provides everything you need to recover from a

sweat session. The following foods and herbs offer a natural boost of electrolytes—without the artificial colors or excess sugar found in many commercial sports drinks:

Coconut Water: Often dubbed “nature’s sports drink,” coconut water is high in potassium and contains a modest amount of sodium and magnesium. It’s light, refreshing, and perfect for post-workout hydration.

Citrus Fruits: Oranges, lemons, and limes are packed with vitamin C, potassium, and natural sugars that help restore energy and promote recovery. Their bright flavor also makes them ideal for DIY electrolyte drinks.

Sea Salt: Just a pinch can provide trace minerals, including sodium, which is especially important after intense sweating.

Herbal Helpers: Herbs like mint, lavender, hibiscus, and lemon balm offer anti-inflammatory properties and support digestion. They also add natural flavor and a cooling effect to summer beverages. Lavender can provide a fun shade of purple to beverages while hibiscus offers light, sweet notes with a vibrant red tone.

DIY Herbal Electrolyte Drink: Citrus Cooler

Making your own electrolyte drink is easy. It is also a great way to avoid sugar (not an electrolyte), artificial sugars (never good) and dangerous chemical food dyes (not good for anyone). This quick and refreshing drink is packed with hydrating ingredients and essential minerals to help your body bounce back after a hot-weather workout.

Ingredients:

- 1 cup coconut water
- ½ cup filtered water
- Juice of one orange
- Juice of half lemon
- 1/8 tsp sea salt
- Four to five fresh mint leaves
- Honey / maple syrup (optional)
- Ice (optional)

Instructions:

1. In a glass or shaker bottle, combine coconut water, filtered water, citrus juices, honey/maple syrup, and sea salt. Stir or shake well until salt dissolves.
2. Lightly crush the mint leaves and stir into the drink.
3. Serve chilled or over ice. Stir again before sipping!



STAY COOL, STAY BALANCED

Your body is a finely tuned system that thrives on balance—especially in the heat. By incorporating natural, electrolyte-rich foods and drinks into your summer routine, you’ll not only recover faster, but also support long-term wellness and performance.

This season, skip the artificial and sweat smart—your muscles (and taste buds) will thank you.

For more wellness tips, herbal rituals and nutrition education, visit www.strongmeridian.com or follow Strong Meridian on facebook.

Angela Halderson is the owner of Strong Meridian, a natural healthcare practice focusing on the root cause of disease. She is a dietitian trained in functional medicine, energy medicine, homeopathy and herbalism.

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UPFRONT

Jenni Eickelberg

Food Editor
Appleton Monthly
Magazine

The way Jenni Eickelberg sees it, good food is meant to be shared.

She does that though her words, sharing her thoughts on the Fox Cities food scene with local readers.

The Appleton native has been the food editor at "Appleton Monthly" since 2021. She delivers regular reviews of Fox Cities restaurants for the magazine and writes a food blog, "Food for Thought Fox Valley," on a Facebook group page.

"My family goes with me for the reviews, and they get all excited about going to different places," Eickelberg said. "I'll tell my kids, 'Guess where I was assigned to write about this month?' And they will be like, 'Woo-hoo, let's go.' Last month I did bakeries, and they loved that."

When she's not writing for her blog or "Appleton Monthly," Eickelberg works a full-time job at Thrivent as community affairs manager: a position she's held the past 20 years. She previously worked at Thrivent as a training specialist and an annuity application manager.

Eickelberg is an Appleton West graduate who received her bachelor's degree in biology and chemistry from the University of Wisconsin-Stevens Point and a master's in business administration from UW-Oshkosh. She currently serves on the board of directors for Volunteer Fox Cities and Basic Needs Giving Partnership.

In her spare time, Eickelberg enjoys reading (she's a member of two book clubs), volunteering and hanging out with her family. She and her husband, Jeff, have two sons: Joren, an information technology student at Fox Valley Technical College, and Edison, a junior at Kaukauna High School.

HOW DID YOU GET SO INTERESTED IN FOOD?

"My parents (Richard and Susan Neebel) would always order unique things from restaurants, so that exposed me to different foods at a young age, like artichokes for example. My uncle had been to Spain where artichokes are very popular, so we started eating artichokes. And then in college, I was known by my friends as the one who would try anything at restaurants. I would tell the waiter, 'Hey, if you want to mix up a few things, go ahead. I'll try them as long as you bring me a glass of water.' I would try things like vanilla pudding and French dressing. I would try anything as long as I had that glass of water."

WHAT'S YOUR THOUGHTS ON THE FOX VALLEY FOOD SCENE?

"I would say it's alive and well. There are so many amazing restaurants and different types of ethnic food. There is a lot of diversity to the Fox Cities food scene. You can find just about any type of food. What do I look for? The variety of foods on the menu, the taste, the freshness ... but great service is something I appreciate, too, along with the decorations and how the place looks. Does it have a fun vibe? I would say that 98.9% of the restaurants I go to are great. I always find something on the menu I really like."

DO YOU HAVE A FAVORITE CUISINE?

"I'm all over the map, but if I could eat only one ethnic food for the rest of my life, it would be Indian. They have vegetarian, non-vegetarian, so many types of meals. And I love the seasoning."

WHAT'S THE MOST UNUSUAL THING YOU HAVE EATEN?

"I ate bugs at a night market when I was in Thailand and loved it. They have bug candy and snacks at All Things Jerky in Appleton. And whenever we're at the state fair, we go to a place that has bug juice where the rim of the glass is lined with black ants and there is a scorpion floating in it. I'm like, 'Hey, bring it on.' To me, it just tastes like salty chips. I mean, the bugs are dead. They're fried. I don't think I could eat a live bug."

By Tim Froberg
Photo by Ashley Schmit
Debbie Daanen Photography

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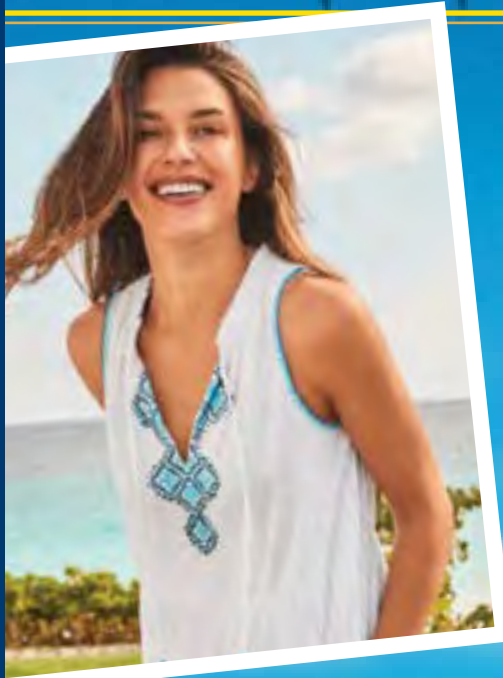
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GOOD STUFF

By MEGAN REINHOLD



JUST WALK AWAY

THE CE TRAIL

Summer is the perfect time to get outside and get moving. Whether you prefer walking, jogging, biking or bringing your furry friend along, the CE Trail is a 5.8-mile stretch that runs from Appleton to Kaukauna. There's a designated parking area at the corner of Debruin Road and East College Avenue in Kaukauna, or you can hop on the trail at any point along the way.

Find more info at outagamie.org/government/departments-n-z/parks/trails/ce-trail.



COOL OFF WITH A SPLASH.

LOCAL SPLASH PADS

Looking for a fun way to beat the heat this summer? Check out one of the many splash pads around the Fox Valley. Options include the Kaukauna Pool Splash Pad; the Washington Park and Shattuck Park splash pads in Neenah; the Wanick Choute Park Splash Pad in Sherwood; and the South Park Splash Pad in Oshkosh. All are free to use, except during pool hours at the Kaukauna Pool.

Learn more at govalleykids.com/splash-pads.



TAKE A SIP

TANDEM WINE BAR

Looking for a laid-back spot to enjoy the sunshine? Check out Tandem Wine and Beer, a cozy bar with plenty of outdoor seating—and it's dog friendly, too! They offer a wide selection of wine by the glass, bourbon, and Belgian ales on tap.

facebook.com/Tandemwineandbeer.



FOX VALLEY FOOD TRUCK RALLY

Head to the Fox Valley Food Truck Rally, held every Tuesday through Sept. 30 at Van Zeeland's Landscape and Nursery. This scenic spot offers a playset for kids, a walking trail, plenty of seating and ample parking. Each week features a delicious lineup of food options

foxvalleyfoodtruckrally.com



MAKE IT MINI

ON THE FRINGE

After wrapping up a round on this fun and exciting mini golf course in Neenah, don't forget to treat yourself to some ice cream. They offer a large selection of flavors daily—perfect for cooling down after the game.

onthefringegolf.com



LITTLE BITES

CHEEKY DOUGHNUTS

Swing by Cheeky Doughnuts, a local jewel in Kimberly, where every doughnut is made from scratch—and made with love. These unique treats are worth the stop if you're craving something sweet and a little different.

See the menu at cheekydoughnuts.square.site.

TODAY

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IT'S TIME TO Savor the Summer

by JIM COLLAR

WE'VE REACHED THE BEST TIME OF THE YEAR IN ONE OF THE VERY BEST PLACES TO BE.

WISCONSIN HITS ITS PEAK VIBRANCY OVER THE SUMMER MONTHS, OFFERING COUNTLESS ACTIVITIES AT ALL POINTS ON THE SCALE FROM PEACEFUL AND RELAXING TO THRILLING AND ADVENTUROUS.

From Lake Superior to the Illinois border, the summer calendar is jam-packed with music, sports, fairs, and other great events. We're also surrounded by exceptional dining and plenty of places to commune with nature.

It's easy to take our many recreational opportunities for granted. After all, it's simply our home. It's where we live and what we do. But let's not forget that millions of people travel here, often from great distances, to soak in all the fun and beauty that surround us every day.

In 2023, Wisconsin saw 113 million visits. Tourism generated a record high of \$25 billion in economic impact to our state that year, supporting 178,000 jobs. Let's take a moment to think about the wonders of Wisconsin through the eyes of our visitors.

Logan Wroge, spokesman for the Wisconsin Department of Tourism, said attractions like our Houdini exhibit at the History Museum at the Castle may be familiar to us, but they're eye-opening to our guests.

We're home to world-class events like Summerfest and EAA. From our lakes and rivers to our trails and forests, Wisconsin offers natural resources that not just any place can boast about.

"Wisconsin is full of the unexpected and it's a world-class destination for outdoor recreation in all seasons," he said. "There's a variety of things to see and do and it's this confluence of factors that stand out in visitors' eyes."

As we look ahead, let's try to tackle our 2025 Wisconsin summer with the vigor and excitement of those experiencing our beautiful home for the very first time. Let's gather, appreciate, and play.

We all know that summer in Wisconsin is as short as it is sweet, so it's imperative to make the very most of our time. 'Tis the season to set down the remote control, peel ourselves off the couch, and explore. In the following pages, we've assembled 18 great ways to experience the Wisconsin summer. Some are easy to accomplish right here in the Fox Valley. Some will take a road trip, and others would make for a great weekend getaway.

Use these pages as a checklist or as an inspiration to find adventures of your own. However you do it, let's make it a summer to remember!



HAVE A CHEESY WEEKEND IN LITTLE CHUTE

Community festivals are a key component of the summer season and provide the perfect outlet for our hometown pride. The first big fest for the Fox Valley unfolds in Little Chute and is just as much a celebration of our Dairyland heritage.

The Great Wisconsin Cheese Festival will take place from June 6–8 at Doyle Park, marking the first weekend of Dairy Month. Come for the cheese. Stay for the family-friendly fun and a heaping helping of community spirit.

Highlights include Saturday morning's Big Cheese Parade, cheese tasting sessions, and the popular cheese curd eating contest. Get your thrills at the carnival midway or spend some time at the petting zoo.

As always, Cheese Fest will bring in a top-tier regional music lineup with headliners The Glam Band on Friday and Boogie and the Yo-Yoz on Saturday.

It's good fun that does a lot of good for the Little Chute community. The festival has raised more than \$1.8 million dollars for community causes over its history.

Admission passes are required for Friday and Saturday at \$5 for adults and \$3 for children ages 4–12. Children under 3 enter free. Sunday is free to attend. A free shuttle service will run between Little Chute High School and Doyle Park on Friday and Saturday.



CATCH A CONCERT AT WATERFEST

Enjoy big-name entertainment at a small price in one of our region's finest outdoor venues.

Entering its 39th year in downtown Oshkosh, the Waterfest concert series draws thousands of music fans to experience national recording artists and popular regional acts throughout the summer. It's held along the Fox River at the park-like Leach Amphitheater on most Thursday nights from June 12 through Aug. 14. They'll take a hiatus on July 3 and July 24.

Highlights of the upcoming season include George Thorogood on June 19 and Loverboy on closing night. Other national acts on tap include blues pianist Marcia Ball and 90s swing revival favorites Big Bad Voodoo Daddy.

Most shows are just \$20 for entry. Early birds can set up their lawn chairs in prime spots for even cheaper prices. Fans can typically get in for \$10 by getting in line before 6 p.m. Visit waterfest.org for more schedule and price information.

Concertgoers might wonder how it's possible to keep Waterfest so affordable. The secret is simple: profit isn't the motive. It's organized by nonprofit Waterfest Inc., which consists of volunteers who work with the expressed goal of improving our quality of life through their events. Any profits are invested into the next year or cover shortfalls from the previous year.

WATCH THE STARS CONVERGE AT SUMMERFEST

If you were to list Wisconsin's very best events, Summerfest would have to come near the top. It's billed as the world's largest music festival and all the fun unfolds right in our own backyard.

Held along Milwaukee's Lake Michigan shoreline, Summerfest will feature more than 600 artists performing across 12 stages. Attendees can also indulge in a wide variety of foods, shop among unique vendors, and enjoy family-friendly activities throughout the festival grounds. Need a break? Sit and enjoy the cool breeze coming off the lake.

The festival's plentiful options also extend to the schedule. It's spread across three weekends, extending your opportunity to enjoy all the sights and sounds. This year's event takes place on June 19-21, June 26-28, and July 3-5.

Summerfest offers a who's who of the music world. Headliners at the American Family Amphitheater this year include Def Leppard, James Taylor, Megan Thee Stallion, and The Lumineers. Top-tier acts – many of whom would headline at other venues – will appear on the smaller stages spread throughout the grounds.

Visit summerfest.com for a closer look at the huge schedule. General admission is \$30, though the festival offers a variety of promotions to get in for free or at a discount. Headlining concerts are ticketed separately, though admission into the festival grounds is included in the price.



ENJOY SOME COUNTRY FUN AT THE FAIR

It's one of Wisconsin's great traditions, and while you're there, the calories simply don't count. It just isn't summer without a day at the fair.

The Outagamie County Fair is the first of the summer in our region, taking place on June 25-29 in Seymour. It features all the traditional fun you would expect from farm animals and exhibits to rides, music, and motorsports.

The Wisconsin State Fair in West Allis is one of our state's signature summer events and takes place from July 31 through Aug. 10. Enjoy a breathtaking view of Milwaukee from atop the gigantic WonderFair Wheel. Shop at the marketplace or make new friends in the animal barns. Follow it up with one of the many inno-

vative snacks that are only appropriate in a fair setting. Examples last year included deep-fried lemonade bites and the Cool Ranch Dorito pickle.

Those who want more bang for their buck can head to Oshkosh for the Winnebago County Fair. Taking place from July 30 through Aug. 3, the fair offers unlimited carnival rides as part of the admission price.

If you missed all the others, Chilton offers one last chance at summer's close. The Calumet County Fair is held on Labor Day weekend, and this year will feature a concert from well-known country act Lonestar.

CATCH A MOMENT OF WONDER AT A FIREWORKS DISPLAY

Some experiences never lose their luster no matter how many times you've come back to enjoy them. Whether you're 9 or 90, it's difficult to contain those oohs and ahhs when the pops, crackles, and bright bursts of color fill the dark night sky.

The Fox Cities will have plenty of opportunities to enjoy fireworks this season. Let's start with our Independence Day celebrations. Appleton and Kimberly will feature their salutes to our independence a day early. Kimberly will light up the July 3 sky above Sunset Park while Appleton holds its program at Memorial Park.

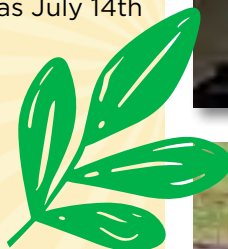
The biggest fireworks fans know to head to Neenah or Menasha on July 4. From the right vantage point, you can catch the displays of each community simultaneously. Menasha holds its show at Jefferson Park while Neenah's show takes place at Riverside Park.

You can also experience July 4 fireworks in nearby locales including Green Bay, Oshkosh, Fond du Lac, Hilbert, and New London.

Baseball fans can enjoy post-game fireworks at Fox Cities Stadium throughout the summer. The Wisconsin Timber Rattlers will feature fireworks after every Friday and Saturday home game starting May 30. The Green Bay Rockers will also have fireworks after their games on June 2nd, 16th, and 30th as well as July 14th and 28th.



DIG INTO YOUR FAVORITES AT A FOOD TRUCK RALLY



Imagine a picnic with a wide variety of mouthwatering items to choose from along with live music adding to the ambience. It's summer dining at its best and you'll find it at a local food truck rally.

The Fox Valley Food Truck Association holds its weekly rallies at Van Zeeland Nursery & Landscape in Appleton at 2600 N. Casaloma Drive. From 4 to 7 p.m., attendees can savor a wide array of cuisines in a family-friendly setting that features a playground, ample parking, and plenty of seating.

The Fox Valley has a wealth of food trucks and rallies can lead to some tough decisions. Diners can choose from a world of flavors whether it's Asian, Mexican, or Caribbean fare. Enjoy a gyro or some fresh-fried egg rolls. Perhaps you're in the mood for some American favorites. Dive into a plate of barbecue and split an order of cheese curds with the family. Some trucks specialize in desserts including edible cookie dough, ice cream, and even freeze-dried candies.

Area 509 in Appleton also hosts food truck rallies on Friday at 1025 N. Badger Ave. It's the home base for the Caribbean Taste food truck. From 5 p.m. to 8 p.m., Caribbean Taste is joined by five or more other food trucks along with live music performances.





Savor the Summer

GET YOUR MOTOR RUNNING AT THE IOLA CAR SHOW

Enthusiasts can find plenty of Wisconsin car shows, but one in particular sits in a class of its own. For three days in July, the number of classic cars on display in the small Waupaca County village of Iola will more than double the population.

Even those with just a passing fascination with automobiles need to experience the Iola Car Show, which takes place from July 10-12. It's one of the largest and longest running car shows in the entire country. The show will draw about 2,500 classic vehicles ranging from pre-war antiques to muscle cars and custom builds. It's a must-attend event for those with a restoration project in the garage. With 4,000 swap spaces, attendees can browse a vast selection of automotive parts along with memorabilia and collectibles.

Maybe you're looking to start the hobby. Iola's Car Corral will have up to 400 vehicles for sale. The 2025 theme is "4x4Fun" and will showcase four-wheel-drive vehicles from the early 1900s through 1995, including models like the Willys Jeep, Ford F-Series, and AMC Eagle. Visitors can learn about the evolution and impact of 4WD vehicles across automotive history.

Beyond cars, visitors can experience concerts, special guest appearances, and other fun. Learn more at iolaoldcarshow.com.



CHEER ON YOUR FAVORITE AT THE CATFISH RACES

It's quirky, community fun one night and a huge country concert the next. The Greenville Catfish Extravaganza has long been a key ingredient in what makes our Fox Valley summers unique.

The 2025 Catfish Races and Community Night is scheduled for Friday, July 11, at Greenville Lions Park. Racing is the highlight of the night in which eight catfish swim in long glass tanks, competing in heats, quarterfinals, and semifinals until a champion is crowned. Local businesses and community members sponsor the fish, adding a layer of friendly competition.

First, enjoy a delicious catfish fry. Families can also participate in a variety of activities, including rock climbing, slides, bungee bouncing, face painting, and more. There are also fireworks and live music from HAS Band and The Glam Band.

On Saturday, the Greenville Lions bring in national recording artists for a huge concert. This year, they're going country with performances from Brantley Gilbert, Kameron Marlowe, and Jon Langston.

Friday's festivities are free to attend. Tickets to the Saturday concert are \$55 and are available at Wolf River Bank in Greenville and Hortonville, Fox Valley Festival Foods locations, and Urban Air of Appleton. Funds raised at the concerts benefit more than 20 nonprofits. The Lions have also used funding to invest in park improvements.



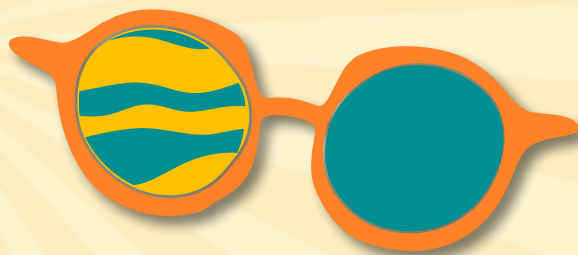
CHOOSE YOUR OWN ADVENTURE AT PAPERFEST

No one does a community festival quite like Kimberly. From nationally touring bands to dozens of activities, there is truly something for everyone. And did we mention it's free to attend?

Kimberly's Paperfest takes place from July 17-20 at scenic Sunset Point Park. Like other festivals, it's rooted in community pride. The event began in 1989 to commemorate the 100th anniversary of the Kimberly-Clark paper mill and continues to honor the village's paper-making legacy.

In many respects, Paperfest goes far beyond expectations. It would be a great music festival if bands were the only focus. This year, Paperfest will offer nearly 30 acts across three stages. It would also be a great sports festival. Competitors can participate in volleyball, cornhole, and basketball tournaments. Beyond music and sports, there's a craft fair and a car show. Visitors can play giant lawn games, watch live professional wrestling, or take a helicopter ride. And that's just a taste of what's on tap.

Each year, the impact of Paperfest continues long after tents come down and the crowds head home. Volunteers are provided donations to direct to the nonprofits of their choice. Over its history, Paperfest has donated more than \$1.35 million while remaining free for the community to enjoy. Visit paperfest.com to go through its lengthy, fun-packed schedule of events.



ROCK OUT AT A LOCAL STADIUM CONCERT

Our local baseball stadiums will light up with some enthusiastic crowds this summer – and even when our favorite teams are playing on the road. Some major concert tours are rolling through our area this summer, and two venues

that are better known for great catches than great riffs will play host.

Bachman-Turner Overdrive will be takin' care of business at Neuroscience Group Field at Fox Cities Stadium on July 24. The platinum-selling band will be joined by The Marshall Tucker Band and special guest Jefferson Starship as part of their Roll On Down The Highway 2025 Tour. Tickets start at \$50 and are available through the Wisconsin Timber Rattlers box office.

Ashwaubenon's Capital Credit Union Park – home of the Green Bay Packers – will also turn up the volume on two baseball off-days in July.

The heavy metal crowd will have a marathon session in store on July 12 when the eight-band "Summer of Loud Tour" takes stage. The music starts at 3 p.m. Beartooth, I Prevail, Parkway Drive, and Killswitch Engage have top billing.

On July 27, we're all invited to dive back into the 1990s as Blues Traveler, Gin Blossoms, and the Spin Doctors take the stage. Tickets to both shows at Capital Credit Union Park are available at epicgreenbay.com

TURN YOUR EYES TO THE SKIES

AT EAA AIRVENTURE

It's a bucket list vacation among flight enthusiasts from all around the globe. Though even if your only flight experiences have come in crowded coach seating, there's still plenty at EAA AirVenture to leave you with a sense of wonder.

Many in the Fox Valley enjoy AirVenture from the comfort of home by simply looking up at the constant activity in the skies during its weeklong run. Make this the year to finally attend and see why the world turns its eyes on Oshkosh each summer.

EAA AirVenture takes place from July 21-27. It's the world's largest aviation gathering with an annual attendance of more than 600,000 people. Its sprawling grounds showcase more than 10,000 aircraft, ranging from vintage biplanes and warbirds to the modern and cutting edge.

Aviation aficionados arrive for the camaraderie and many participate in workshops that provide all the ins and outs of aircraft construction. There's still plenty of excitement for the rest of us including breathtaking air shows, interactive exhibits, and historic sights.

It's a great event for families as it's loaded with inspiration for the young ones. Once again, youth ages 18 and younger can visit AirVenture for free through support from the Boeing Company as part of an initiative to introduce more young people to aviation.



EAA Aircraft Camping
photo by Laurie Goossens

TAKE ME OUT TO THE BALLGAME

There are few experiences that scream summer more than the smell of the grass and the crack of the bat. Make sure to grab a hot dog and find a seat at your favorite ballpark this summer.

Milwaukee's American Family Field is home to the Brewers and a top-notch baseball experience from the parking lot tailgate parties through the crackling fireworks when our closer notches that final out. With a retractable roof, there's no need to worry about rain delays.

Our hometown Wisconsin Timber Rattlers also offer an excellent baseball environment at more affordable prices. It's a family friendly stadium with great promotions. As a Minor League affiliate of the Brewers, the Timber Rattlers give fans the chance to get familiar with our future stars. Several current Milwaukee Brewers played in Grand Chute in recent seasons.

We're also home to some great amateur baseball. Appleton is within an hour of two Northwoods League teams, which offer college players an opportunity to compete during the summer. The Green Bay Rockers and Fond du Lac Dock Spiders offer exciting baseball at their respective ballparks. Save the trip and catch both clubs as they compete at Fox Cities Stadium in the I-41 Showdown on June 18.



American Family Field



FIND YOUR INSPIRATION DURING ART AT THE PARK

Summer is a time of beauty, and few events capture the vibrancy of the season quite like Appleton's Art at the Park. The 65th annual Art at the Park will take place on July 26-27 in and around Appleton's City Park. Hosted by the Trout Museum of Art, the free, family-friendly festival is the Fox Cities' largest outdoor visual arts event. Each year, it draws nearly 20,000 visitors to experience both the natural beauty of the park and that of the many handmade works on display.

More than 200 juried artists from across the region will showcase a diverse array of art pieces, including paintings, sculptures, jewelry, photography, and textiles. The festival also features a Young Artist Marketplace along Park Avenue, which provides a platform for artists ages 7 to 18 to display and sell their art.

There's plenty more to experience beyond the art booths. Live music will fill the park throughout the weekend, providing an aural experience amid the sea of visual artistry. Families can enjoy hands-on activities in the Kids Creative Space, which offers youngsters their own opportunities to discover and interact. Food and beverage vendors will offer a variety of great flavors to enjoy.

Whether you're looking for the perfect piece to purchase or simply taking in all the beauty, Art at the Park is certain to fill your senses.



HIT THE LOCAL TRAILS AND EXPLORE NATURE

Wisconsin summers create a sense of urgency. There's so much to do and only so much time to enjoy. Fortunately, we can slow down and enjoy some peace while still getting the most from this wonderful season. Wisconsin is renowned for its natural beauty, and here in the Fox Valley, we have ample opportunities for a little refuge in the midst of forest and wildlife.

Lace up your hiking boots and spend some time at Bubolz Nature Preserve in Appleton, which features more than eight miles of trails. The preserve also offers educational programs throughout the year.

Keep your eyes open for a variety of wildlife while walking through Heckrodt Wetland Reserve in Menasha. Its diverse habitats include forested wetlands, cattail marshes, and prairies. You might run across turtles, deer, groundhogs and muskrats. The reserve is home to more than 160 species of birds.

Kaukauna's 1000 Islands Environmental Center provides trails through woodlands and wetlands. Watch for bald eagles while listening to the soothing sounds of the Fox River.

Nature lovers can also find refuge at Mosquito Hill Nature Center in New London or Appleton's Bruce B. Purdy Nature Reserve. The Friendship State Trail and Wiouwash State Trail offer extensive routes for hiking, biking, and horseback riding.



Heckrodt Wetland Reserve in Menasha

MAKE A SPLASH IN WISCONSIN DELLS

No great summer in Wisconsin is complete without a visit to the Waterpark Capital of the World.

Wisconsin Dells is one of our state's top destinations, drawing guests from around the world for its blend of stunning scenery and top-notch recreational opportunities. And they continue to innovate, creating new reasons for frequent visitors to return and explore.

Head to Mount Olympus, which last year introduced The Rise of Icarus, the tallest water slide in the United States at 145 feet. The waterpark also recently opened Medusa's Slide Wheel. "It's the craziest thing you've ever seen," said Andy Larsen, spokesman for the Wisconsin Dells Visitor & Convention Bureau. "It's like the child of a Ferris wheel and a water slide and it's the only one in North America."

Wisconsin Dells beckons to golfers with two world-class courses among six overall. The highly rated Wild Rock Golf Club refurbished its bunkers this year for better playing conditions.

For a different kind of waterpark experience, visit the Land of Natura. It's America's largest inflatable waterpark and it's located on the world's largest man-made lake.

Visitors will also want to see Aquavia Lumina, a new multimedia night walk experience at the Wilderness Resort. The mile-long walk through a wooded canyon features thousands of lasers, holograms and lighting effects tied together with imaginative storytelling. "It's just absolutely 'wow,'" Larsen said.



Anderson Dock



Schoolhouse Beach

EXPLORE THE WONDERS OF DOOR COUNTY

The many out-of-state license plates you'll notice in Door County should serve as a sign that you've arrived somewhere special. Door County is at its best in the summer months whether you're taking advantage of its 300 miles of shoreline or visiting its picturesque small towns.

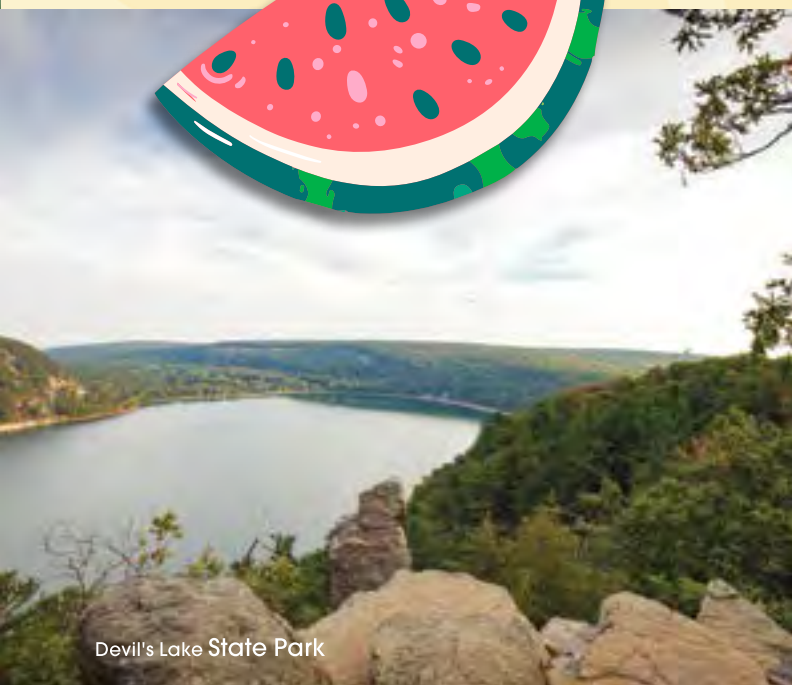
The Door Peninsula is one of Wisconsin's top destinations for tourists, and for those of us who live in the Dairyland, it's an easy trip for an incredible weekend or relaxing vacation.

It's a paradise for those who love the outdoors. The peninsula's five state parks—Peninsula, Newport, Potawatomi, Whitefish Dunes, and Rock Island—offer miles of hiking and biking trails, quiet wooded areas, and some stunning views. Door County is a huge draw for boaters. Kayakers can find challenge and beauty along the rugged shoreline or while paddling in the sea caves.

Its towns and villages offer a mix of galleries, boutiques, and cafes. Stroll through Door County's antique shops for a unique find.

It's also a great food destination. Try a traditional fish boil or spend some time among their wineries and breweries.

Cherry season, which typically begins in July, is a great reason to make a trip. Pick your own at one of the area's orchards, and make sure to stock up on jam, salsa, wine, and many more treats made from the county's famed fruit.



Devil's Lake State Park



Mirror Lake State Park in Baraboo

TAKE IN SOME TUNES AT A WEEKLY CONCERT SERIES

Summer is far too short to save the fun for the week-ends. The Fox Cities offer great music throughout the week, and better yet, these events are free to attend.

Head down to Appleton's Jones Park on Thursday nights for the Heid Music Summer Concert Series. Held from 5:30 p.m. to 8:30 p.m., the series features a variety of popular local acts. Highlights include Boogie and the Yo Yoz on June 12, Road Trip on July 24, and The Glam Band on Aug. 14.

Kaukauna's Live from Hydro Park music series takes place on Wednesdays from 5:30 p.m. to 8:30 p.m. Some of their big shows this summer include the Cool Waters Band on June 25 and Kyle Megna and the Monsoons on July 23.

The Future Neenah Concert Series celebrates 20 years this season with performances running on Wednesdays from 6 p.m. to 8 p.m. at Shattuck Park. Season highlights include STEEM on July 23 and Beatles tribute band The Britins on July 30.

Those who enjoy more traditional music in a beautiful setting should make the Appleton City Band part of their summer. They perform free concerts on Tuesdays at 7 p.m. from June 10 through Aug. 12.

EXPLORE WISCONSIN'S STATE PARKS

In a time when all of us are buried in our cell phones, Wisconsin's state parks are more relevant than ever. They're refreshing retreats, providing an environment to slow down, breathe deep, and reconnect with the natural world.

Wisconsin is home to 66 state parks spanning more than 60,500 acres of land. Many highlight the incredible beauty of our state while some speak to Wisconsin's rich history. Kettle Moraine showcases the fascinating glacial formations that shaped the land thousands of years ago.

Copper Culture State Park, meanwhile, highlights the state's Native American heritage. Stay local and head out on a hike at High Cliff State Park near Sherwood. The park is home to several effigy mounds constructed by Native Americans more than 1,000 years ago. Its limestone cliffs are part of the Niagara Escarpment, a 650-mile-long feature stretching from New York through Ontario, Michigan, and Wisconsin.

Wisconsin's state parks feature more than 6,000 campsites of all types and offer a wide range of recreational activities. Enjoy swimming, fishing, horse riding, biking, hiking, and more.

Whether you're seeking adventure or serenity, Wisconsin state parks provide the perfect backdrop for an unforgettable summer experience.

NOTHING SCREAMS WISCONSIN LIKE FARMERS MARKETS



By TIM FROBERG

Farmers markets are a huge part of Wisconsin summers.

They are a weekly community event in many cities, drawing large crowds that gather to purchase locally grown fresh fruits and vegetables along with baked goods, jams, jellies, honey, syrups, meats, and cheeses.

Fresh flowers and hand-made crafts from local artisans are usually available and the larger farmers markets offer live music, providing a showcase for local musicians.

Wisconsin has more than 300 farmers markets that operate over the summer – no surprise considering the Badger State’s fertile soils, long growing seasons, and extensive agricultural history.

“It’s the core of our summer events and something everyone really looks forward to,” said Abby Novak, marketing director for Appleton Downtown Inc., which coordinates the market. “The great thing about our market is that it’s in the heart of downtown, so you can go shopping or maybe get a bite to eat at a restaurant. You can make a whole morning or afternoon out of it.”

Farmers markets are fun, family-friendly events filled with small-town charm. They provide both an outing and an opportunity to pick up some terrific veggies grown locally. You may also get a chance to meet some of the growers or perhaps a local artist or musician.

“It’s a great community event,” said Michelle Dunning, outreach and development coordinator for Future Neenah, which sponsors the Neenah Farmers Market. “You might run into your friends or neighbors and we’re super family friendly. It’s a really nice way to spend a Saturday morning. Everyone is in a good mood when they’re at the farmers market.”

Here is a look at some of the area’s farmers markets:

DOWNTOWN APPLETON FARM MARKET

This is the 33rd year for the always popular market along College Avenue - known as one of the biggest and best in the state.

The Appleton market is held each Saturday from June 14-Oct. 11 between 8 a.m.-12:30 p.m. The one exception will be Sept. 27 when Oktoberfest is celebrated. Live music is always part of the event and 100-plus vendors are on hand to sell their goods.

“I feel we have a very well-rounded farmers market,” said Novak. “We have a wide variety of vendors. Produce vendors, of course, are at the core of our farm market, but we have hand-made products from local artists and a variety of hot, ready-to-eat food.

“We also have nonprofits that join us, giving them a chance to share their mission.”

FUTURE NEENAH FARMERS MARKET

The Future Neenah Farmers Market is also held Saturdays from 8 a.m.-12 p.m. in the downtown section in the Shattuck Park area (210 E. Wisconsin



Downtown Appleton Farm Market

Ave). The opener is set for June 14 and the Neenah market will run through mid-October.

About 60 vendors – 20 more than last year – will be on hand and live music and entertainment will be regularly featured.

"People love our market," said Dunning. "It's quant and there is easy parking. It's easy to get into and out of. You can stop by on your boat if you want to because we have the waterfront. We've expanded our market to the east a little to include the tower's parking lot.

"We'll have weekly music, two kids days (June 28 and Sept. 27) and we'll regularly have a nonprofit on hand to spotlight all the good they do in our area."

KAUKAUNA FARMERS MARKET

This is a Wednesday evening farmers market at 101 Crooks Ave. in a public parking lot along the canal behind the Second St. business district.

The Kaukauna market starts June 4 and runs from 4:30- 8 p.m. and from 4:30- 7 p.m. Sept. 4-25. There is plenty of parking available in the farmers market area and there are several walking trails and bridges that lead to the market.

SUSTAIN GREENVILLE FARMERS MARKET

The Sustain Greenville Farmers Market is also a mid-week Wednesday market from 3-6 p.m. behind Greenville Village Hall at W6860 Parkview Drive. It starts in early June and runs through the end of September.

KIMBERLY FARMERS MARKET

The Kimberly Farmers Market is a Thursday evening event (from 5-7:30 p.m. and 5-7 p.m. in September) along Howard Street and runs June 19-Sept. 18. It started in 2014 as part of the Wildsight Kimberly/Cranbrook food sustainability initiative which encouraged locally harvested and sustainable food.

Live music is regularly offered and crafts from local artisans are always available.



Future Neenah Farmers Market



Downtown Appleton Farm Market

Nienhaus Activity Center Celebrates Grand Opening!

By TIM FROBERG

Mary Beth Nienhaus has never been a sedentary person.

The local philanthropist has a long list of athletic achievements.

She was the first female student-athlete at Marquette University and was selected as the Wisconsin Female Golfer of the Year in 1969 after winning a pair of state amateur championships. Nienhaus went on to become a long-time golf pro at Winagamie Golf Course and the eventual owner. She also coached various sports and taught physical education for 28 years at Appleton West High.

When it came to creating a name for the new senior center she has championed, Nienhaus felt honored that her name would be used. But she was just as thrilled that it would be referred to as an activity center.

The Mary Beth Nienhaus Activity Center will hold its grand opening on June 20 from 11 a.m. to 5 p.m. The rebuilt facility is located at 3000 E. College Ave. in a former grocery store building that temporarily housed the Appleton Public Library.

The renovation project cost \$6.5 million and replaces the Thompson Center on Lourdes (at 2331 E. Lourdes Drive) as a place for those 50 and older to interact and engage through various activities. The project has been funded through a Celebrate Life Capital Campaign supported by donors, community members, and campaign supporters. Nienhaus, who has given countless dollars to various local charities and nonprofits through the years, has been the driving force behind the new facility and made a \$2 million donation to the project.

"I'm delighted and honored to have my name on the center," Nienhaus said. "Some said that maybe we should have 'senior' in the title, but I thought, 'Well,



my whole life has been involved with activity and sports. I've always been around movement. So, I just thought it was appropriate, and a little more energizing and more empowering to have activity in the title."

The new 20,000-square-foot facility will include pickleball courts, wellness and fitness multi-purpose rooms for exercise and yoga, a welcoming social area, pool tables, a commercial kitchen, and multiple classrooms equipped with technology.

"It's state of the art and I think the seniors deserve this," Nienhaus said. "I think once they see the facility, they're going to be overwhelmed and delighted. It's a wonderful facility.

"When you enter it, you will notice that it's a nice open area. There is also a lot of window space with light coming through, so it's a really welcoming area. We'll also have a fireplace. That's one thing I really wanted."

The project took several years of planning, but Nienhaus feels it will be well worth the wait.

"We looked at a lot of different buildings and thought about buying land and doing our own building," she said.

"But I just think the spot we're in now is ideal. Being right on College Avenue offers great visibility."

Nienhaus expects a substantial increase in seniors visiting the MBN Activity Center and anticipates that hours will be expanded from its current 9 a.m. to 4 p.m. schedule. She would also like to see it open on weekends.

Roughly 75% of the \$6.5 million project has been raised through private donors, but additional capital is still needed. In a final fundraising push to the finish line, Nienhaus is offering to match up to \$400,000 in donations.

Donors who give at least \$1,000 will be honored on a permanent donor wall in the new center.

"We're very excited about the new facility – not only because it brings two locations under one roof – but it really was designed for future generations," said Dawn Gohlke, executive director of the Thompson Center. "Right now, older adults in our community don't have anything that's just for them. The Mary Beth Nienhaus Activity Center is designed just for them and what they need as they live vibrantly within our community."

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LINES OF CREATIVITY

By JENNY JAKL

Looking at Zipporah Ehrlich's work, you'd never know she was part of the Young Artist section of Art at The Park last year. Her work is extremely detailed, expertly executed, and absolutely flawless. If you've ever worked with pen drawings it can be a very tedious process. Her line work is like nothing I've ever seen.

Zipporah's artistic ability runs throughout her family. She remembers growing up with lots of artistic family members and being surrounded by art in all media throughout her childhood home. She specifically remembers a series of giant quilt paintings that were created by her godfather. She mentions those were her favorites. Naturally being surrounded by such beautiful artwork inspired Zipporah to tap into her creative ability at a young age. Thankfully, her home was always stocked with art supplies to experiment and create. So, she took to YouTube to watch other artists draw and started to teach herself. She's been supported by her family and friends throughout this process while expanding her creative ability.

With growing up in a very artistic home and being surrounded by lots of creative people including some of those closest to her, it's natural her family would be a big source of support. She mentions her dad is someone who's inspired her work. "He's always creating things." But that's not all. Spoken like a true artist, her inspiration stems across several different media. "I also found inspiration in Ralph Steadman's art, along with E. Hubert Deines who did woodblock printing."

I love learning about an artist's inspiration for their work. It always makes me see things in a different light. Zipporah finds her inspiration for her subject matter in everyday life, simple items, and the natural beauty in nature. That's the beauty of her work. It's very natural and minimalist.

When asked what she finds most rewarding about her creative career, she credits seeing how her work has evolved, and she continues to improve year over year. One of her goals for her creative business is to network with local artists in an effort to expand her community as well as grow her creative practice.

Since she works with a pen, I was so curious about her process. Ink is such a permanent medium – it leaves no room for mistakes. But that doesn't deter Zipporah. She takes a bold approach to the work she creates and moves slowly to create each intricate piece. She's also expanded her offering this year. She's experimenting by combining watercolors with her ink work and also making digital copies of her artwork.

"In the future I have interest in doing collaborations with other artists, but for the time being I want to work on my own improvement."

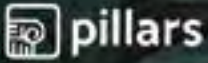
In her free time, she spends her time reading and listening to music. Some of her favorite artists are Lana Del Ray, Olivia Rodrigo, and Mac Demarco.

If you'd like to connect with Zipporah or learn more, you can reach her via e-mail at zipporah.ehrlich@gmail.com



Jenny is a Vibrant Abstract Artist & Creative Community Leader. She works with creatives of all skill levels to help them achieve their creative goals. Clients can work with Jenny through classes, coaching, or by utilizing her online resources. To learn more go to jennyjakl.com

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A GUIDE TO THE BEST **FREE** CONCERTS OF SUMMER 2025

By JIM COLLAR

As we all know, attending concerts can be incredibly expensive. Tickets frequently exceed \$100 for popular performers and that's before the long list of service fees. Did I forget to mention parking and a t-shirt?

Fortunately, frugal music fans are still welcome and have a place in the concert scene. This summer will bring plenty of opportunities to see some great acts – including those who might be part of your record or CD collections – without spending a dime. And many of those shows will be held near or right here in the Fox Cities.

Country music fans are first in line for a free night of fun. On June 7, platinum-selling country star Josh Turner will bring his distinctive bass voice to Green Bay's Titledown complex for a free concert as part of their Summer Fun Days Showcase.

Adjacent to Lambeau Field, Titledown has presented several free concerts featuring well-known talent in recent years. Another free concert featuring a national act is scheduled for July 19, although the performer has not yet been announced. Keep an eye on their website, titledown.com, for updates.

Manitowoc's Metro Jam festival has long teamed national headliners with great regional and local acts. Held at Washington Park, the 46th annual event takes place on June 20-21 with well-known alt country/rock act The Jayhawks performing on Saturday night. The entire festival is free to attend.

The best value for Fox Valley music fans has long been Kimberly's Paperfest. This year is no exception. Held July 17-20 at Sunset Park, the free festival will feature about 30 acts across three stages including three big national performers. Country music star Joe Nichols headlines on Thursday night followed by Montgomery Gentry on Friday. On Saturday, classic rock band Foghat will bring their big hits including "Slow Ride" and "Fool for the City."

Options only grow for those willing to travel longer distances. For instance, The Verve Pipe, best known for their 1996 single, "The Freshmen," will headline July 23 at the free Tosa Tonight concert series in Wauwatosa.

Closer to home, the Green Bay Packers always make sure

the start of the football season provides a nice conclusion to the summer music season. One of the team's more recent traditions is a free concert in the Lambeau Field parking lot on the Saturday before the first home game. A 2025 performer hasn't yet been announced, but based on past years, it's worth keeping that date open.

Last year, the Packers welcomed Counting Crows. Other acts to perform on Kickoff Weekend have included Stone Temple Pilots, Collective Soul, the Steve Miller Band, and country duo Big & Rich.

As we've all been told, there is no such thing as free. Those who don't charge fans for admission rely on other means to meet their expenses. If you plan on attending a free show, it's only appropriate to buy a few beverages and a brat or two as a show of appreciation.

But by all means, get out there and enjoy.

Whether it's a national act or one of our many fabulous local bands, we're all incredibly fortunate for the opportunity to enjoy a full summer of live music – and to do so without breaking the bank.



Josh Turner

Jim Collar is a journalist, lifelong resident of the Fox Cities and a supporter of our local music scene. He previously worked as a reporter for The Post-Crescent and The Oshkosh Northwestern.

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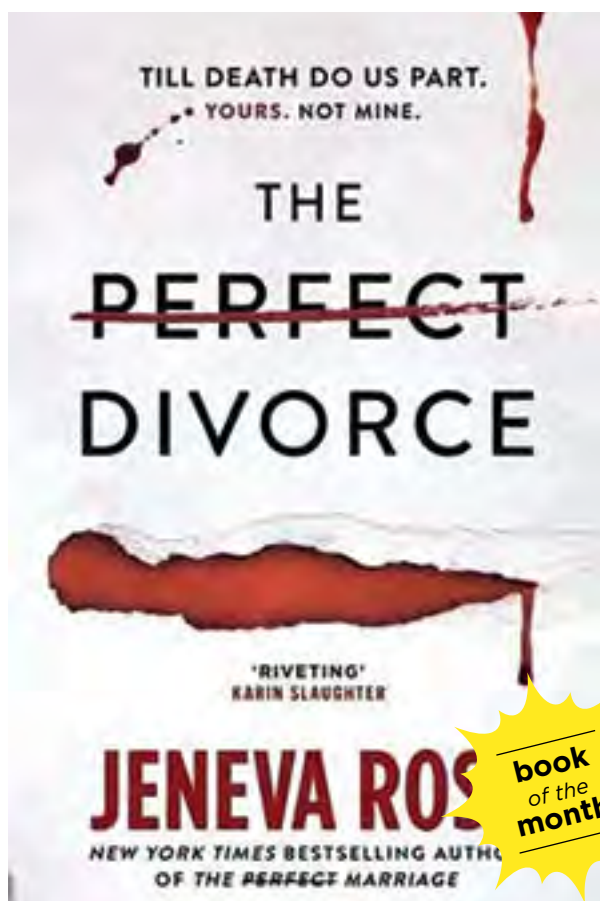
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Jeneva Rose
The Perfect Divorce

PSYCHOLOGICAL THRILLER

Appleton was lucky enough to be part of Jeneva's book tour in April (and I was lucky enough to be there!) In this gripping sequel to "The Perfect Marriage," Rose picks up the story 11 years later. Sarah has moved on—remarried to Bob, started a family, and left the past behind. But when she discovers Bob has been unfaithful again, she files for divorce. Then, the twists begin: Adam's old murder case is reopened, and Bob's mistress goes missing. Secrets resurface and loyalties are tested in this fast-paced domestic thriller that proves nothing stays buried forever.

Paula McLain
The Paris Wife
HISTORICAL FICTION

This novel tells the story of Ernest Hemingway and his first wife, Hadley Richardson. Once they meet, their lives are changed forever as they become a golden couple in Paris.

Greer Hendricks & Sarah Pekkanen
You are Not Alone
MYSTERY

Shay Miller feels as though her life is at a dead end. At least, until she meets the Moore sisters. They may give her life more drama than she is willing to take on.

Ruth Ware
Zero Days
THRILLER

Jack and her husband, Gabe, are professional hackers, but after a job goes sideways, she finds Gabe dead—and all signs point to her as the prime suspect. As she races to clear her name, the truth starts to unravel.



Callie Hart
Quicksilver

ROMANTIC FANTASY

"Do not touch the sword. Do not turn the key. Do not open the gate." Saeris Fane has always kept her alchemist powers hidden—until a brush with death reveals a portal between worlds. Suddenly, myths become reality as she's pulled into a war among the Fae. Bound by fate to Kingfisher, a fierce and captivating Fae warrior, Saeris must decide where her loyalty lies. With danger mounting and the lines between realms blurring, the question remains: will she ever find her way back home?



Elle Kennedy
The Graham Effect

SPORTS ROMANCE

Gigi has big dreams and an even bigger legacy to live up to in the world of hockey. To sharpen her skills, she turns to none other than Luke Ryder—a talented, brooding player whose team has just been rocked by a rocky merger. Helping Gigi might be his shot at smoothing things over with her dad, NHL legend Garrett Graham. But there's one complication: despite their best efforts to keep things professional, the chemistry between them is undeniable—and impossible to ignore.



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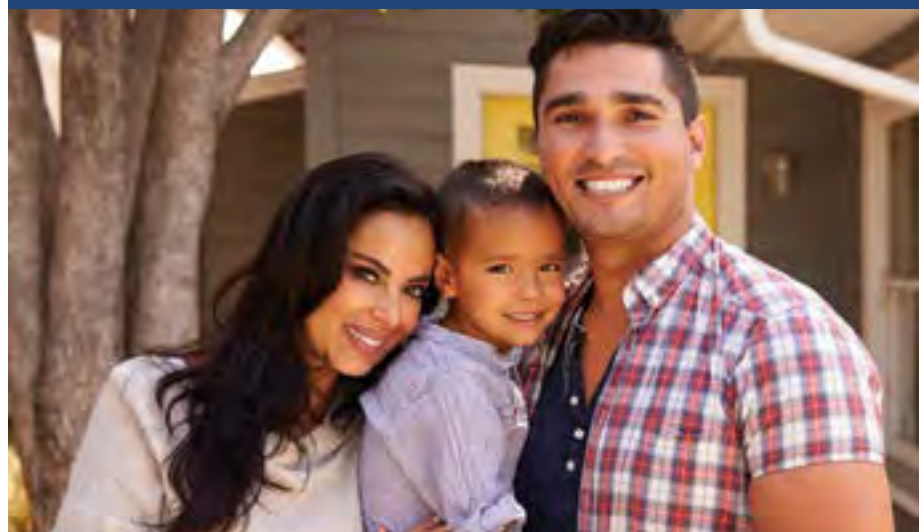


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WOMAN OF THE HOUR**(THRILLER/CRIME 2023)**

STARRING: ANNA KENDRICK (SHERYL)
& DANIEL ZOVATTO (RODNEY)



This film is based on a true story about Rodney Alana, a serial killer from the 1970s. Sheryl, a young aspiring actress from Los Angeles is watching her career crumble to the ground. In desperation, she decides to go on a TV dating show hoping to jump start her career. Little does she know one of the contestants is a serial killer. Rodney may

come across as a gentleman, but he is just looking for his next victim.

RICKY STANICKY**(COMEDY 2024)**

STARRING: JOHN CENA (RICKY)



Three childhood friends invent an imaginary pal named Ricky Stanicky—someone to blame or lean on whenever they need an excuse. Over the years, Ricky has become the perfect alibi despite never actually existing. But when their families start getting suspicious, the trio hires an actor to bring their longtime lie to life. What follows is a hilarious,

chaotic scramble to keep the truth buried and their story straight in this quirky comedy about friendship, deception and the ultimate fake best friend.

THE IDEA OF YOU**(ROMANCE 2024)**

STARRING: ANNE HATHAWAY (SOLENE)
& NICHOLAS GALITZINE (HAYES)



From the novel written by Robinee Lee comes a love story about Solene and Hayes. While taking her daughter and friends to Coachella, Solene meets the lead singer, Hayes Campbell. Days later they meet up again and a bond develops. Feelings grow deeper but there is one problem.

Worried about the age difference, they keep their relationship a secret. And when word gets out, things get turned upside down.

CARRY-ON**(ACTION/THRILLER 2024)**

STARRING: TARON EGERTON (ETHAN)



On Christmas Eve, TSA agent Ethan expects the usual holiday madness at the airport. But when he finds an earpiece left behind in a security bin, everything changes. A mysterious text urges him to listen in—and suddenly he's being blackmailed by a passenger trying to smuggle something dangerous through

security. Ethan is determined to stop it, but when his family is threatened, he's forced into an impossible choice.

Marissa Laird is a movie lover who lives in Appleton. Her favorite genre is horror, which makes sense since she is obsessed with Halloween. She also enjoys spending time with her husband and their dog, Remi.

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THE SCENE

Top 10 reasons to fill up your calendar this month

By MEGAN REINHOLD



1. DOWNTOWN APPLETON FARM MARKET

Saturday June 7 kicks off the official outdoor farmers market season! Head downtown anytime between 8 a.m. and 12:30 p.m. to check out the many vendors.

appletondowntown.org/events/downtown-appleton-farm-market

3. FATHER'S DAY AT THE BFK

Have fun as a family on Father's Day with a trip to The Building for Kids.

buildingforkids.org/mc-events/fathers-day

5. 2025 BROWN COUNTY BREAKFAST ON THE FARM AT WAYSIDE DAIRY

There isn't a better way to kick off Dairy Month than with a delicious breakfast including tons of fun activities. It takes place June 1.

browncountydairypromotions.com/breakfast-on-the-farm



7. STORY TIME AT DAILY BUZZ ESPRESSO BAR

This is a reoccurring and free event every Saturday from 11 a.m. to 1 p.m. It is located downtown Green Bay. Enjoy a fun story, craft, and snack.

greenbay.com/event/storytime-at-the-daily-buzz/5951/



10. ALL THINGS BOOKISH: A POP-UP EXPERIENCE

Book lovers are sure to have a good time at il Bar Coffeehouse & Bistro (downtown Appleton location). It's on June 13 from 5 to 8 p.m. It's free to attend but they ask for an RSVP.

<https://www.eventbrite.com/e/all-things-bookish-a-pop-up-experience-tickets-1312129327139>

2. HEID MUSIC SUMMER CONCERT SERIES

Everyone loves free live music! Head over to Jones Park on Thursday evenings this summer starting June 5. Check out the website for the lineup.

appletondowntown.org/events/heid-music-summer-concert-series



4. GREAT WISCONSIN CHEESE FESTIVAL

Doyle Park located in Little Chute is the place to be June 6-8 for music, food, drinks and so much more!

cheesefest.org

6. THE DINNER DETECTIVE COMEDY MYSTERY DINNER SHOW

North America's largest interactive true crime murder mystery show is now playing in Green Bay. Make sure to get your tickets to shows on June 14 and June 28!

thedinnerdetective.com/green-bay



8. OUTAGAMIE COUNTY FAIR

It's county fair time! Head to Seymour from June 25-29.

outagamiecountyfair.com

4. MANDALA YOGA FESTIVAL

Head to Pierce Park on June 29 for this free event. Whether you're a seasoned yogi or just curious to give it a try, this is the perfect chance to stretch, breathe and connect with the local yoga community.

mandalayogafestival.com

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Remy

By ED SLINDE

In November 2021, my wife Kimmie and I were just living our busy lives as usual, as a special education teacher and a local police officer. At the time we had a beautiful energy-filled golden retriever named Jersey, and Connelly, a rescue cat. We had no thoughts of getting a second dog – not on the radar at all.

One afternoon at the PD, we received a call that a small white dog was abandoned at our dog park. One of our community service officers picked up the dog and brought her back to the station in a crate. She wasn't having that at all and quickly became loved by everyone as she freely visited everyone working inside the station. No chip was found in her, so we placed her picture on Facebook to find an owner. Days passed. No one came forward to claim her.

I work nights, and she was provided with a little blanket bed by my desk. We take in a lot of dogs, but there was something about her – the nicest, snuggliest dog I ever met! I spoke with Kimmie, and we agreed that I would bring her home just for a visit to meet our dog. She immediately had what we now affectionately call the zoomies, and our dog Jersey just stood there watching in shock. She had some salmon and then went back to the station. We agreed the timing wasn't right and decided to pass.

The next day she went home with another officer, and when I saw her leave, I was happy for her, but also felt like I had been punched in the stomach. I had bonded with her strongly!

The next day at work, she greeted me when I walked in. It had not worked out with the other officer's dogs. I called Kimmie and received a very quick "Do it!" response. Remy came home for good that day. She and Jersey quickly became best friends and are inseparable. She's absolutely amazing with kids, pets, and everyone. She's the star of any gathering.

We may have been the ones to rescue Remy, but in countless ways, she's the one who saved us. She brought laughter, energy, and a depth of love that only a dog given a second chance could offer. Every time we look at her – that little white dog with brown spots and a face full of gratitude – we're reminded of how much she's given us, and how she's changed our lives in ways we never expected.



Ed and Kimberley Slinde
with Remy and Jersey



FOOD LOVERS

Enjoy our food and wine pairings

Our focus for the July issue is Chef Carly's food and wine pairings: GREAT MEALS combined with your favorite wines! This **FOOD LOVERS ISSUE** is a must-read and sure to be kept as a resource for excellence in dining for years to come.

Restaurants, eateries, and supper clubs, plus stops for fast food are all around the Fox Cities. Don't miss out on this opportunity to highlight your place of business in the **POWER MARKETPLACE** that we call home. Everyone loves eating out – advertising in Appleton Monthly will help them find their new go-to spot!

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GOLDEN YEARS

SHOULD BE EXCITING IN TITLETOWN

By TIM FROBERG

We have had more than a month to reflect on the historic Green Bay NFL draft and a few things are already clear.

- Roger Goodell shouldn't be allowed anywhere near a bicycle.
- The smallest market in professional sports can indeed pull off a monstrous event like the NFL draft.
- The apocalypse is near because Green Bay broke a long-standing pattern of ignoring a wide receiver in the first round. Is that a zombie pounding on my door?
- George Costanza, not Brian Gutekunst, was calling the shots in the Packers war room because he executed a draft totally opposite of what he normally does.

Green Bay not only knocked it out of the park as a first-time host, but put together one of its most exciting drafts in years.

Exciting doesn't always translate into successful, and we won't know for at least three years how the 2025 draft will pan out. But I'm on board with the Packers' draft class which seemed to have more flash, oomph and urgency to it than previous years.

NFL teams need speedy playmakers. They score touchdowns, win games and sell merchandise. Green Bay ran out of weapons in its late-season fizzle once injuries decimated its receiving corps. Matthew Golden and Savion Williams should change that.

The sure-handed Golden has the type of field-stretching speed that is sorely needed with Christian Watson sidelined for most of the 2025 season and many scouts feel he has everything it takes to be a No. 1 receiver.

My only concern is that Golden (5-11, 195) looks tiny. But then again, Greg Jennings and Donald Driver were not big men. All they did was create big plays. Golden certainly has the name to thrive in Titledown because the last cat known in Green Bay as the "Golden Boy" (Paul Hornung) worked out rather well.

With Watson and Romeo Doubs both on expiring contracts, the Packers were smart to restock their receiving corps, and they didn't stop with Golden. Williams isn't a traditional

wide receiver and may never be, but Matt LaFleur is probably drawing up plays as you read this to capitalize on his intriguing skill set. An explosive receiver-running back hybrid who gives off Deebo Samuel-Cordarrelle Patterson vibes, Williams immediately makes the Packer offense less predictable as a gadget player with game-changing running ability.

Anthony Belton, the massive offensive lineman, might seem like an odd second-round choice, but the Packers won't likely sign both of their starting tackles, Rasheed Walker and Zach Tom, to contract extensions. Tom is clearly the better player and will probably get the extension with Walker destined for free agency. Expect Belton or Jordan Morgan to be Green Bay's starting left tackle in 2026.

If Barryn Sorrell stays as hungry as he looked on draft day when he received the rock star treatment after being the final player to leave the green room, the Packers might have a future starter at defensive end. Sorrell is a high-energy player who can stuff the run and chase down quarterbacks. He entered the draft as a potential second-round selection, so he might be a terrific value pick.

Collin Oliver, an athletic speed rusher, could be a fifth-round steal if he stays healthy after missing

almost the entire 2025 season with a broken foot. Look for sixth-round pick Warren Brinson or undrafted free agent Nazir Stackhouse to fill the run-stuffing role that T.J. Slaton handled so well prior to his free agent departure. Micah Robinson, a small but cat-quick corner, and John Williams, another enormous offensive lineman with size and smarts, were seventh-round flyers who should both stick.

Yes, I like this Packers draft and I'm guessing University of Texas football fanatic Matthew McConaughy does too. With two Longhorns stars headed to Titledown, McConaughy would surely say the Packers did all right, all right, all right in the 2025 draft.

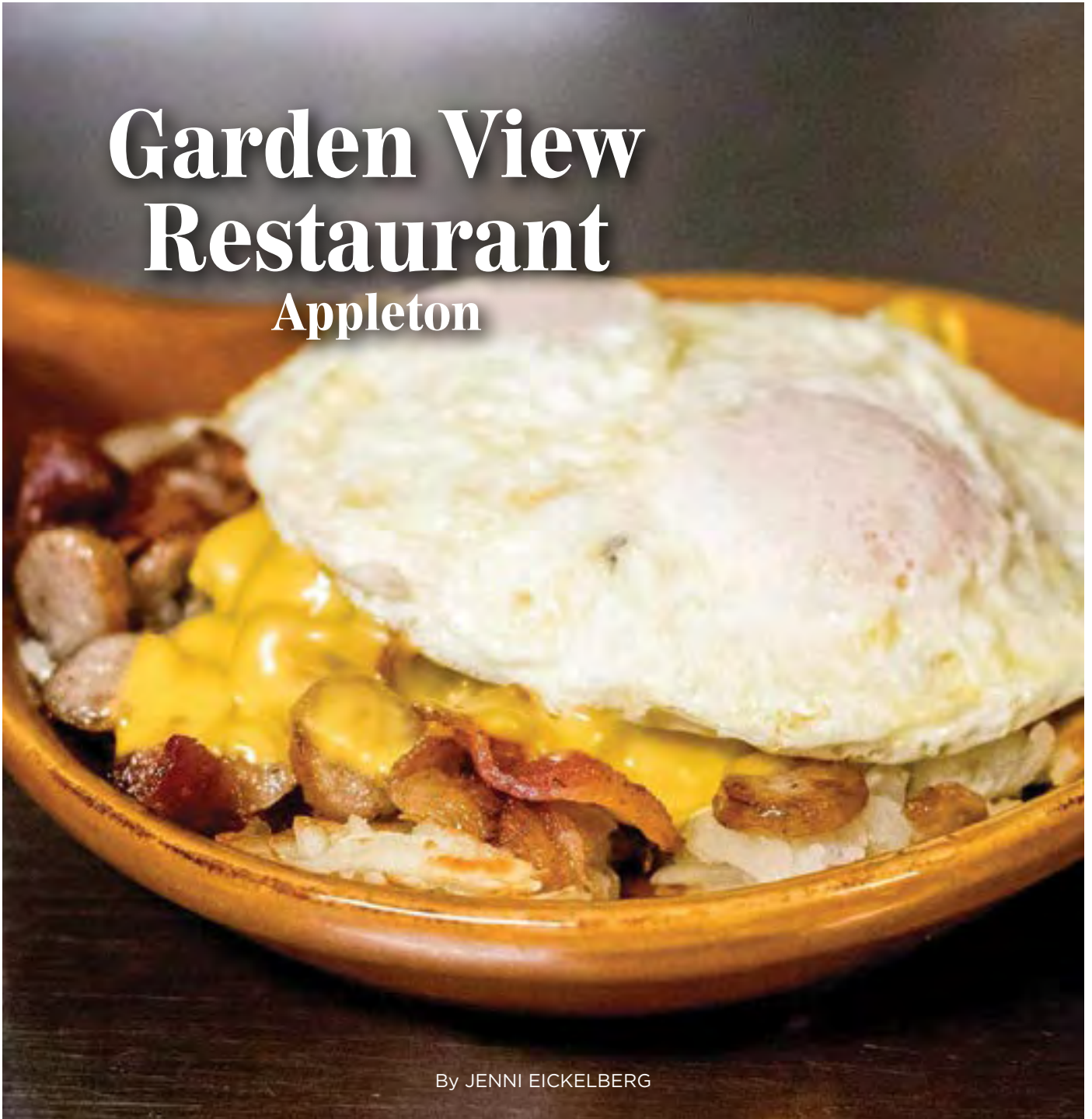
Tim Froberg is a professional writer who covered the Packers Super Bowl appearances in New Orleans (1997) and San Diego (1998), and has written several feature stories for various Packers Yearbooks.



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Garden View Restaurant Appleton



By JENNI EICKELBERG

Discover the Heart of Appleton at Garden View Family Restaurant

By JENNI EICKELBERG

NESTLED IN THE HEART OF DOWNTOWN APPLETON, GARDEN VIEW FAMILY RESTAURANT IS A WELCOMING SPOT KNOWN FOR ITS DELICIOUS FOOD AND FRIENDLY ATMOSPHERE. Open from 7 a.m. to 10 p.m. Monday through Saturday, and from 7 a.m. to 3 p.m. on Sundays, this family-owned gem is one of the earliest risers in the downtown area, ready to serve you a hearty meal at any time.

Garden View Family Restaurant offers an extensive menu that caters to all tastes and preferences. Whether you're in the mood for a classic breakfast, a satisfying lunch, or a delicious dinner, you'll find a diverse selection of freshly prepared recipes that are sure to tantalize your taste buds. The restaurant's commitment to quality and variety is evident in every dish, making it a favorite among locals and visitors alike.

One of the standout features of Garden View Family Restaurant is its family-friendly atmosphere. From the moment you walk through the door, you're made to feel right at home. Jerry Martinez, the friendly owner, along with his waitstaff, ensures that every guest feels welcome and valued. This personal touch adds a unique charm to the dining experience, making it a place where you can truly relax and enjoy your meal.

The restaurant's menu is exceptionally broad, offering something for everyone. Whether you're a vegetarian, vegan, or a meat lover, you'll find plenty of options to choose from. The generous portions and reasonable prices mean you won't leave hungry, and you'll feel like you've gotten great value for your money. The full menu is served all day, so if you're craving breakfast for dinner, Garden View Family Restaurant has you covered.

Their breakfasts are particularly noteworthy, providing the perfect way to fuel your morning. From fluffy pancakes and crispy bacon to hearty omelets and fresh fruit, there's no better way to start your day. The lunch and dinner options are equally impressive, featuring a variety of entrees that showcase the restaurant's dedication to delicious, home-cooked meals.

If you prefer to enjoy their delicious food at home, Garden View Family Restaurant offers convenient carry-out options



through many national delivery services. This means you can savor their freshly prepared meals in the comfort of your own home, making it easy to enjoy their culinary delights anytime, anywhere.

The restaurant's location in downtown Appleton makes it a convenient choice for anyone looking to enjoy a meal in a welcoming environment. Whether you're stopping by



for a quick bite during your lunch break or planning a family dinner, Garden View Family Restaurant is the ideal spot. The combination of great food, friendly service, and a cozy atmosphere creates a dining experience that is both enjoyable and memorable.

Garden View Family Restaurant is more than just a place to eat; it's a community hub where friends and families gather to share good food and good times. With its diverse menu, generous portions, and welcoming atmosphere, it's no wonder this restaurant has become a beloved fixture in downtown Appleton. So, the next time you're in the area, be sure to stop by and experience their warmth and hospitality. You won't be disappointed!

Jenni Eickelberg is a married working mom with two teenagers. She's an Appleton native passionate about food blogging on her "Food for Thought Fox Valley" Facebook group page. In her spare time she loves to read, spend time with her family, volunteer, and travel.

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Grilled Huli Huli Chicken

By CARLY CERNIGLIA

Aloha! The temps are soaring and we're firing up the grill here at Appleton Monthly! This Grilled Huli Huli Chicken is a Hawaiian classic and a delicious recipe for grilling season. The simple marinade packs tons of flavor into the chicken, making it not only juicy, but sweet, sticky, and scrumptious. Serve with white rice, macaroni salad, and piña coladas for the perfect Father's Day menu!

Serves: four Marinade Time: +4 hours Cook Time: ~20 minutes

INGREDIENTS:

¼ cup brown sugar, packed
¼ cup ketchup
¼ cup soy sauce
¼ cup pineapple juice, canned
½ tablespoon fresh ginger, minced
½ tablespoon garlic, minced
1 ½ tablespoons apple cider vinegar
¼ teaspoon black pepper
¼ teaspoon smoked paprika

2.5 pounds chicken thighs, skinless
One fresh pineapple, cored, peeled, and sliced
Four scallions, sliced

DIRECTIONS:

In a large Ziploc bag or container, mix the first nine ingredients. Reserve ½ cup. Add the chicken thighs to the Ziploc bag, seal, and let marinade in the fridge for at least 4 hours or up to overnight. Keep the reserved marinade in the refrigerator.

Preheat the grill to about 400 degrees F. Lightly oil the grates or rub half an onion on the grates.

Grill the pineapple until marks appear, set aside, and cut into bite-sized pieces.

Remove the chicken from the marinade and place it on the grill. Be careful to not get too much extra marinade on the grill or it will flare up. Let chicken cook on one side for 5-10 minutes. Flip and brush with reserved marinade. Continue brushing, flipping, and cooking chicken until it reaches 165 degrees F (about 5-10 minutes more). Remove from the grill and garnish with scallions and grilled pineapple. Enjoy!



Photo by Carly Cerniglia

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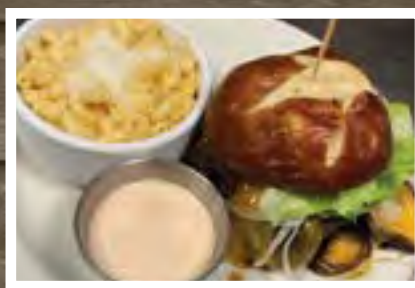
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Summer Coffee

By JASON PATZER

We did it. We made it to summer. The days are longer, but the temperatures (and humidity) have also risen. In previous issues I've covered a variety of cold coffee options: in June '22, I covered some great local spots offering a variety of creative cold coffee options, in the September '22 issue I covered cold brew concentrate options and uses, in August '23 I shared my favorite way to beat the heat, my beloved Espresso Tonic, and just two months ago I discussed some cold draft coffee options.

One thing I haven't ever really spent time on is drinking hot coffee on a hot day. While it might seem counterintuitive to drink hot coffee when the temperatures and humidity rise, there are some compelling reasons why you might want to reconsider.

The main reason I drink hot coffee all year, no matter the heat, is the ritual. Drinking hot coffee to start my day is just what I do. My morning cup is deeply ingrained in my daily routine and provides a sense of comfort and calm. I love taking those first few sips with the aromas that only hot coffee can provide while I mentally prepare and organize my day.

That brings me to two other reasons: aroma and flavor. Hot brewing coffee extracts more of the nuanced flavors and aromas from the grounds than cold brewing methods. The heat extracts more flavor and releases volatile compounds that contribute to the overall sensory experience of coffee.



Perhaps the most surprising reason or benefit is that drinking hot coffee on a hot day can help cool you down. When you drink a hot beverage, it raises your internal body temperature, and this is also why it helps warm you up in the colder months. However, when you do this on an already hot day, it triggers your body's natural cooling mechanism: sweating. As you sweat

and it evaporates from your skin, it naturally cools you down, possibly even more than a cold drink could. In many countries around the world, where the temperatures are hot year-round, drinking hot beverages is a quite common way to cool down and manage the sweltering heat.

One caveat is that it doesn't really work as well on humid days. The cooling doesn't happen unless your sweat evaporates. We all know that feeling on those humid Wisconsin days, where walking outside feels like a punch to the face, and you're instantly sweating the second you walk outside. On those days, there is no evaporation happening. That's why I need to get that first cup right away, when I wake up, early in the morning before I really start my day. I can't quite get excited for a hot coffee if I can't get it before the heat and humidity. If I miss that one- or two-hour window right when I wake up, then I have to go iced or cold all the way. I can't do a hot coffee in the middle of a hot day. An ideal summer day for me starts with a nice hot cup in the early morning and a refreshing espresso tonic in the early afternoon.

Ultimately, the choice between hot and cold coffee in the summer comes down to personal preference, habits, and specific circumstances. There is no wrong way, but while a nice, iced coffee, cold brew, or even an iced latte might seem like the obvious choice on a super hot day, a hot cup of coffee can still hit the spot and even help keep you cool.

Jason Patzer has worked in coffee for over 11 years. He started Patzer Coffee as a way to continue his passion for coffee after leaving the industry. You can follow him on Facebook & Instagram @patzercoffee. Or on his website, patzercoffee.com, where he highlights the local coffee community.

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LIME BARS

By CARLY CERNIGLIA

Welcome summer with these deliciously citrusy Lime Bars!

A twist on the classic lemon bar, these are just as tasty and easy. Careful! Once you make these, you might become addicted!

INGREDIENTS:

Crust:

- 1 cup flour
- ½ cup powdered sugar
- ½ cup butter, cold, cubed

Filling:

- 1 cup sugar
- 2 tablespoons flour
- ½ teaspoon baking powder
- Two eggs
- 1/3 cup lime juice (about five small limes)
- 3 tablespoons lime zest (about three small limes)
- 3 tablespoons heavy cream
- ½ teaspoons vanilla extract

DIRECTIONS:

Preheat the oven to 350 degrees F. Line an 8x8 pan with parchment paper, allowing overhang.

In a food processor, pulse crust ingredients until the butter is pea sized. Dump and press evenly into the parchment-lined pan. Bake for 15-18 minutes, or until the crust starts to lightly brown. Remove from the oven.

While the crust is baking, whisk together the filling ingredients until well combined. Pour over the crust once it's removed from the oven and return to the oven and bake for 20-25 minutes. Filling is done when the center no longer jiggles when shaken. Remove from the oven and let cool to room temperature. Cover lightly and cool in the refrigerator for at least 2 hours.

Slice bars and dust with powdered sugar. Enjoy!



Photo by Carly Cerniglia

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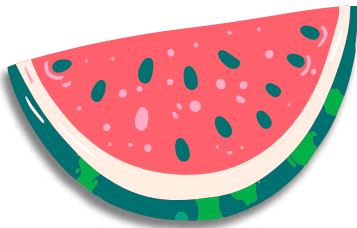
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CHILE LIME WATERMELON SALAD

By CARLY CERNIGLIA

One of my absolute favorite ways to eat watermelon is in this mouth-watering salad. The cold, crisp watermelon is marinated in a zesty lime-vinegar dressing for the perfect amount of time to allow all the goodness to soak in. When you take a bite, it bursts with a flavor that hits every taste bud. Be sure to eat this salad the same day, as it does not last. But don't worry, it's so good this salad will be gone in no time!

Feeds four to six



INGREDIENTS:

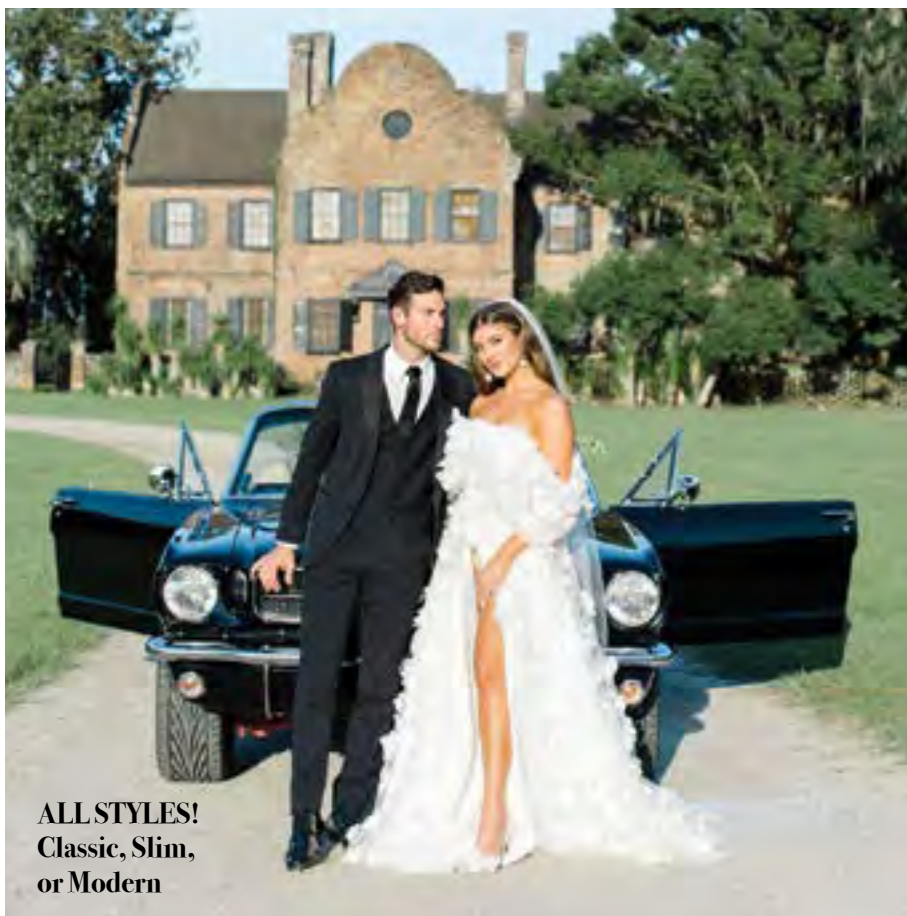
- 5 tablespoons honey or hot honey
- 4 tablespoons rice vinegar
- ¼ cup fresh lime juice
- 2 tablespoons lime zest
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ tablespoon Tajin
- 1/8 teaspoon cayenne powder
- 1 pint of strawberries, halved
- Half a small watermelon, cubed (about 4 cups)
- ¼ cup feta, crumbled (optional)
- 2 tablespoons cilantro, minced

DIRECTIONS:

Mix first eight ingredients until salt is dissolved. In a large bowl, mix the dressing and watermelon. Let it marinate for 5-10 minutes. Add strawberries and cilantro and stir. Remove fruit from the extra dressing and garnish with feta cheese. Serve immediately. Enjoy!



Photo by Carly Cerniglia



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Summer Sippin'

By STEVE JOHNSON

It felt like it would never get here, but finally it has arrived; that time of year when the sun is bright, the breeze is light, and you can sip wine with delight.

Wine, like many things we enjoy in life, has a seasonality to it. Wine has multiple offerings of flavors and sensations that are best enjoyed depending on the time of year. Our minds and bodies begin to crave refreshing and lighter versions of food and wine this time of year. Here is a little guide to help you maximize the joy of the summer season with wine.

Let me start with ideal serving temperatures. Temperature is key for the best expression of acidity, sweetness, and aromatics in wine. Whites, sparkling, and roses are best experienced at 45 to 55 degrees or about 30 minutes in the freezer or 60 minutes in the fridge. Lighter reds are best at 60 degrees or 15 to 20 minutes in the fridge.

The most satisfying summer wines tend to be high in acidity, semi-dry to semi-sweet, and lower in tannins and alcohol, but higher in aromatics. This combination offers refreshing and thirst-quenching expressions to the palate and allows for multiple glasses throughout the course of the afternoon without feeling full or your palate feeling exhausted.

So, what wines offer these expressions? As for whites, right now sauvignon blanc is all the rage. Some might say it's summer in a glass. Typical notes are lime and passion fruit, and it refreshes like the ocean breeze. The equivalent for locally grown wines like sauvignon blanc is ledge blanc, which is now being grown and produced by three wineries in the Kewaunee/Door region.

As for roses, this is the best time of year to drink it. Rose wine has been very popular on the East and West Coast and is now becoming more and more prevalent in the wine stores of the Midwest. Popular rose wines are usually made from grenache or pinot noir. The local equivalent with the same expressions are made from northern varietals like Marquette and petite pearl. In roses you will often find notes of watermelon, lime, and apple with sometimes a hint of minerality.



As for sparkling wines you cannot go wrong with a Prosecco from Italy, Champagne from France, or Cava from Spain on a hot summer day. My favorite summer wine is Bubbler, grown here in Wisconsin, that explodes with crisp acidity and fragrant aromatics.

As for reds, lighter expressions of gamay, barbera, pinot noir, or Marquette will offer you a lightness but also a complexity that can linger on your palate as you sip your way through a satisfying cookout or picnic.

When it comes to pairing these wines with summer foods, I recommend grilled seafood with whites, cheese with roses, sparkling with potato chips, and light reds with ribs and burgers.

Now is the time to explore what your palate desires and take the time to taste and reflect on all that is amazing about Wisconsin summer and wine.

All the best.

Steve Johnson is the co-owner and winemaker of Parallel 44 and Door 44 in Kewaunee and Door Counties. His passion is growing and making wines from Northeast Wisconsin, an unexpected but an increasingly recognized corner of the wine world.

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MAI TAI



Once June rolls around, we crave recipes that are just a little bit easier. The weather is warm and there's plenty to do outdoors and beyond the kitchen. Some of the best summer cocktails are refreshing and use ingredients we may already have.

Perhaps the most well-known Tiki cocktail, the mai tai is a true celebration of rum. The pale yellow cocktail topped with a classic rum float marries citrus flavors with just the right amount of sweetness and dates back to the 1930s original recipe.

When the tea is slightly cooled add to a pitcher along with the bottle of white wine, lemon slices and fresh mint leaves. Refrigerate for 2-4 hours before serving.

INGREDIENTS

1 ounce dark Jamaican rum

1 ounce white rum

1/4 ounce

orgeat
(Orgeat is a sweet syrup, typically made from almonds, sugar, water, and floral

water. Make your own or Collins makes a bottled version.)

1/2 ounce orange cura ao or Grand Marnier

3/4 ounce lime juice

1/4 ounce rich simple syrup (2:1 ratio of water to sugar)

Two to three mint leaves (for garnish)

One lime wedge (for garnish)

DIRECTIONS

1. Add white rum, Cura ao or Grand Marnier, and orgeat into a shaker with crushed ice. Shake for 10 seconds.

2. Pour mixture into a rocks glass filled with ice.

3. Float the dark rum over the top by resting a bar spoon over the rocks glass and slowly pouring the dark rum.

4. Garnish with mint leaves and lime wedge.

DRINK

BREWS



SIP

SPACEWALKER HAZY DOUBLE IPA

This hazy IPA is brewed with a variety of different hops and has a limited release starting in June. It is fully rounded with blasts of tropical and stone fruit aromas. Pairs well with fried chicken, rice and beans, and fruit sorbet.

SPACEWALKER HAZY DOUBLE IPA
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After pausing Friday dinner service last year, Author's Kitchen and Bar just added one dinner a week in addition to their normal daytime hours. They are now open on Wednesday evenings from 4 p.m. to 7 p.m. The dinner menu changes weekly, but you can expect to see fan favorites like their empanadas and chicken parmesan entree. Specials will all have a fresh and seasonal flare, and you could even score a fresh fish entree or a fun, seasonal appetizer. Here is a recent special - a fabulous walleye! Enjoy dinner with the team at Author's Kitchen and Bar.

EAT

MORE

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Heartland

CELEBRATING JUNE DAIRY MONTH!

By JAMIE SHERIDAN



LOCAL FARMS GOING STRONG

by JAMIE SHERIDAN

June is a perfect time to celebrate the best of Wisconsin when it comes to farming done right. The history of farming in Wisconsin is visible along country roads where perfectly spaced barns and silos represent a mix of old-school farming and sustainable ingenuity. Let's take a closer look at how some of today's dairy and community supported agriculture (CSA) farmers are following their passions in creating award-winning products while keeping it real and local.

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Dairy, cheese, and meat make Wisconsin among the favorite destinations, famously charming visitors back again and again to any of the Midwest's food-focused events and attractions. When it comes to producing "Dairyland's Best" milk, the greater Appleton region truly happens to be at the heart of it all with its beloved Lamers Dairy.

Originated in 1913 by the first generation of the Lamers family, Jacob and Petronella Lamers, in the newly incorporated village of Kimberly, Lamers Dairy, consisted of a small herd of cows that were milked to provide freshly canned and delivered nourishment to nearby neighbors. As years passed, milk carts were replaced with trucks and the second generation of the dairy, led by Richard and Emma Lamers, built its first bottling plant in Kimberly in the 1930s. It was at that time the Lamers bottles and refrigeration were introduced. In 1954, the first "Dairyland's Best" logo was used. Dick Jr., who started working on the farm as a child, became a part-owner in 1959 when it was incorporated, and Lamers Dairy expanded its high-quality laboratory testing of all



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Three generations of Lamers, ca. 2012.
Front row:(from left to right) Joe Lamers, Mark Lamers,
Dick Lamers, Tom Lamers, Tim Lamers.
Back row: Bryan Lamers and Eric McGuire

dairy products. Dick became the sole owner in 1986 with some of his children becoming part-owners in 1988. In 1998, the dairy built a larger bottling facility closer to Appleton on Speel School Road, prior to the construction of State 441. The area's commercial construction tripled the dairy store's foot traffic—a happy accident making it a self-sustaining entity. Dick sold his shares to his children (fourth generation) in 2009. Eric McGuire and Bryan Lamers became shareholders in 2015, and the company has been held by Mark Lamers, Tim Lamers, Eric McGuire, and Bryan Lamers since 2021. Today, the bustling dairy thrives and operates where passersby follow the beckoning call of the signature red barn proudly perched along that old-country bend.

McGuire, Vice President of Business Operations, started as the business manager with bookkeeping and office responsibilities, then as general manager of financial sales and customer service for routes and distribution. "My mother was a Lamers, and I am the oldest of the fifth generation," says McGuire, who explains how the company maintains the quality of its milk from one generation to the next.



Future Farmers at Lamers Dairy Partner Farm



Holstein Cow at Lamers Dairy Partner Farm

For decades Lamers Dairy has worked with six small family-owned farms from Calumet and Brown counties all within 30 miles of Appleton, keeping the milk as close to the bottling facility as possible. The milk

is picked up at a local farm by Lamers bulk trucks, delivered to the lab where it's tested and pasteurized, and then bottled, all within 24-48 hours of milking! One farm, owned by Adam and Marie Vanden Wymelenberg, became the most recent source to provide milk to Lamers Dairy in 2021 when word got out about this impressive new farm located south of Shirley. "Adam is a unique farmer who had not grown up with farming, but worked on local farms to get the experience," says McGuire. "He works in an old-fashioned way with a modern twist."

Vanden Wymelenberg, who has been running his farm since 2016, is a first-generation dairy farmer, which, he says, came with its challenges, but also with a lot of determination, passion and vision to make it successful. The Vanden Wymelenberg farm has 400 acres designated to feeding its livestock and hires out the fieldwork. Wonderful neighbors and other established farmers generously offered to help with their custom cropping. "We are very fortunate to have that," Vanden Wymelenberg says.

He values the outstanding job Lamers does in staying connected to its farmers, in building relationships with them, working together on decisions or changes, and sharing valuable insight. Everything becomes valuable to what is going on with the milk once it leaves the farm.

"I started working on a dairy [farm] at 13 years old for 10 years and really enjoyed it, then moved on to a larger dairy [farm] and it was a very different dynamic from the small farm, and I admired both," explains Vanden Wymelenberg. "I learned so much in both places and knew this is what I wanted to do someday and got a lot of knowledge about the efficiencies. Either way, you have to make it a business, and my goal was the long game; something to carry on, be sustainable and to build it up to be more sustainable every year."

He also learned when the cow is happy, she's going to produce good

milk! The quality of the Lamers Dairy product stems from cow comfort, a system he describes as constantly designed to always be as comfortable as possible. At his farm, 260 head of black and white, as well as red and white Holstein cows are housed in a free-stall barn, a loose housing shelter in a controlled environment protected from the elements for year-round comfort. Fans pull air through the barn keeping the flies off and 10-inch-deep bedded sand is easier on their legs, also keeping the cows cool, comfortable, dry, and cleaner in summer with better drainage. In winter, the ventilation stays comfortable and warm in a clean environment. The Holsteins are milked in a clean parlor three times a day to keep them from staying full too long. They always have fresh water and fresh feed. "We do a good job keeping the cows clean. The equipment used to milk the cow is properly cleaned and the tank and all equipment must meet a certain standard, which is our Thermoduric Count—the number of bacteria after milk is pasteurized and bottled," says Vanden Wymelenberg. "We keep those numbers down to single digits and almost nothing, which makes the Lamers Dairy milk shelf life last longer. Nothing interferes with that milk!"



McGuire explains the science behind the Lamers Dairy pasteurization process known as the high-temperature short-time method, or HTST, which involves heating the milk and holding it at that temperature. The method allows more natural vitamins, proteins, and other milk components to better maintain their original molecular structures, but ensures dangerous bacteria are neutralized, while protecting certain good bacteria types. McGuire explains that other common methods used in the consumer world to increase longer shelf life include ultra-high temperature (UHT), which requires a minimum 280 degrees F at 1-2 seconds to "flash pasteurize" the milk, which is used in items such as coffee drinks and nearly all mass-marketed organic milk. The downfall of this method is that it denatures naturally occurring components in the milk while destroying all bacteria. He adds, "Lamers Dairy uses the HTST method as we believe it allows milk to maintain a more 'natural' state while ensuring safety of the product."

With happy cows and proven science, it's no surprise Lamers Dairy, the only remaining Wisconsin dairy exclusively bottling Wisconsin milk, wins best-of titles at the Wisconsin State Fair. In its first of many years of acknowledgements at the World Dairy Expo, it won first place!

Lamers Dairy milk is distributed throughout Wisconsin, in the Upper Peninsula, Iowa, northern Illinois, and especially in the greater Appleton region. The Lamers Dairy Store sells its complete line of milk products, heavy whipping cream, half and half, egg nog, orange juice, lemonade, and its featured original recipe soft serve flavors. Shoppers can also find fun Lamers Dairy branded merch and gifts, several cheese and meat labels, as well as local ice cream brands. Another item it distributes is kosher milk, bottled weekly under the authority of Cholv Yisroel from the Chicago area, and certified by Rabbi Aaron Teitelbaum.

The Rabbi's representatives oversee the milking process at the farm level and then oversee the bottling process before it's delivered to the East Coast and Chicago. "The kosher milk we process has varying degrees of kosher certification and their version is amongst the most stringent in the country," says McGuire.

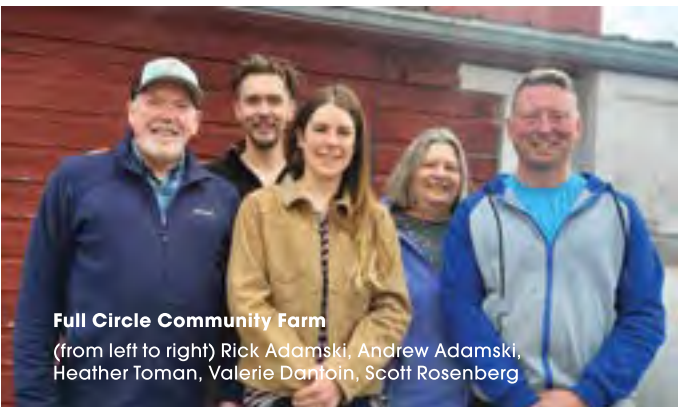
As Lamers Dairy continues growing, developing and expanding on what it already does award-winningly well, it aims to make Wisconsin's very own milk more readily available throughout the entire state of Wisconsin. It serves as a community advocate providing the best dairy products while supporting its family of local farmers.



SUSTAINABLE LOCAL ORGANIC FARMERS CO-OP AND FULL CIRCLE COMMUNITY FARM



Full Circle Community Farm
Worker Share Volunteers



Full Circle Community Farm
(from left to right) Rick Adamski, Andrew Adamski,
Heather Toman, Valerie Dantoin, Scott Rosenberg



SLO Farms Co-Op Produce

When it comes to locally grown produce and thoughtfully raised livestock, that's where CSA farms come in. Providing vegetable and meat shares to members ranging from chefs to household consumers through pick-up and delivery options, CSAs have become increasingly popular, sustainable food sources from farmers who know how food should taste.

Full Circle Community Farm, located in Seymour, named the 2024 Midwest Organic Farm of the Year, is owned by Rick Adamski and Valerie Dantoin. It started in 1870 on 80 acres when their family came to the area as Polish refugees fleeing from war. The family farm is now on its fifth generation with more than 240 acres!

Andrew Adamski grew up on that dairy farm where he recalls getting to see the cows grazing on perennial forages in the pastures with geese and swans all around. When Adamski left home for

college he got his degree in ecology, then earned his master's degree in microbial ecology and plant microbe interactions from Northern Michigan University. He wondered what to do with his degrees when he decided to get back to work at his family's farm. In 2017, he and his wife, Heather Toman, a graduate of Northern Michigan University with a master's in phylogenetic biogeography and their business partner, Scott Rosenberg, a graduate of the Northeast Wisconsin Technical College program where Adamski's mother is head of the alternative and sustainable agriculture

program, planted a glorified vegetable garden. They first sold their produce at the Green Bay Farmers Market. By 2018, the team started Full Circle Community Farm CSA selling 10 shares and joined a co-op of small Sustainable, Local Organic (SLO) farmers in northeastern Wisconsin working together to pool their products for sale in the area. Toman launched the customizable CSA for SLO in 2019 as she came into management of the co-op.

With more than 200 shares sold last summer, the SLO Farmers Co-Op won the 2024 Good Food Hero Award and now offers farm-to-table produce and meat through four seasons while also supporting farm-to-school and hunger relief programs. "The co-op model provides an entry point for members to grow from," says Adamski. "We're stronger together, we work together, and we make it happen, not having to reinvent the wheel every time."

Full Circle Community Farm switched from a dairy to a beef farm. It is the largest and primary contributor of fresh produce to SLO Farmers Co-Op vegetable CSA shares. It's also the main supplier of grass-fed pastured beef for the meat shares and is one of the pastured pork providers. Chickens also come from a Wisconsin farming partner, each following humane standards and management intensive rotational grazing. All enterprises are certified organic. "The meat is part of it. No ecosystem in the world exists without animals and vice versa," adds Adamski. "The members of the CSA can be assured our products are local and sustainable. We care for the world and other partners in the CSA. We always want people to eat food grown for them here from tending to the land."

To sign up for the summer SLO Farmers Co-Op customizable CSA shares, available at pick-up locations or for delivery from June 15-Oct. 15, visit: slofarmer-sco-op.com, or to find out more about Full Circle Community Farm worker share volunteer options, email: info@fullcircle.farm.

PARK RIDGE ORGANICS AND THE FARM STORE



Park Ridge Organics Owner, Robyn Calvey



Park Ridge Organics Founders, Dan and Linda Calvey, ca. 2003

When “city kids” Dan and Linda Calvey bought some existing farmland near Fond du Lac overlooking the east side of Lake Winnebago, they were planning on raising horses. In 2002, when they decided to do something more with the fields other than growing hay, but with no farming experience other than growing small gardens, they decided to attend a Marbledseed Organic Farming Conference. They learned about organic agriculture advocacy and quickly became a certified organic farm. In 2003, the Calveys started a farm store selling veggies out of their garage to supplement their retirement income. Then, the store moved into a sectioned off area of their barn where they sold heirloom tomatoes.

When their daughter, Robyn Calvey, moved home from Milwaukee where she worked for an environmental non-profit, she wanted to get back to their farm after her boss had introduced her to the CSA farming concept. “I knew my mom and dad were starting something new during their retirement,” says Calvey. “I wanted to go back with the intention of seeing what the farming thing was all about!”

In 2005, Calvey attended a 10-week course to learn all the variables of farming and she says it was crucial. Shortly after, Calvey told her parents, “We should start a CSA and just try it!”

In their first year, Park Ridge Organics sold 30 shares, but all

within the first harvest. Calvey knew she needed to learn a lot more. In 2009, the Calveys reintroduced the CSA and it grew exponentially, packing 30 boxes each week! Since then, its highest year was in 2020, when, at its peak, it sold 440 shares and has scaled back to 300-320 shares each year, which Robyn confidently calls the sweet spot—balancing itself and making it work with the right amount of labor.

The long-term success of Park Ridge Organics has a lot to do with the cooperative nature of the organic community. “We love sharing all our secrets,” says Calvey. “Small-scale vegetable production farming has so many nuances, we all need each other all the time. It’s a compliment to have somebody copy what you’re doing.”

Park Ridge Organics makes 30% of its revenue from The Farm Store, open to the public, where non-CSA members can stop in and buy local produce, potted garden plants, meats, baked goods and other Wisconsin-made items six days a week from the first week in April through Thanksgiving, located at: N8410 Abler Road in Fond du Lac.

“In our 23rd season, we can offer a boutique experience of eating local, while supporting farms, and getting fresh food that saves you money and is picked the same week of getting it,” Calvey proudly exclaims, “The flavor is hands-down amazing!”

The Park Ridge Organics CSA customizable share sign-ups open each October of the previous year. The 20-week season runs from June through October with six pick-up locations throughout the area, including Appleton and Neenah, or at The Farm Store at Park Ridge Organics. For more information, visit: parkridgeorganics.com

To learn more about area farms and farmers markets, visit: localharvest.org/appleton-wi



Vintage Design Trends

By JOEL LAPER

Vintage design trends continue to be popular in 2025 and it's easy to see why. Home designs that evoke a lived-in, old-world feeling bring an immediate sense of character and warmth. Whether you're looking to completely redesign a space or just add in a few nostalgic touches, vintage-inspired elements are an easy way to make your home feel more inviting and personal.

Start by exploring a mix of color tones in wood and fabrics that appeal to your personal aesthetic. Light to

and we are seeing more stained wood pieces, visible wood grain and earthy, natural textures. These tones often feel rooted in the Americana style – think Shaker-inspired simplicity, farmhouse sensibility, and touches of early-20th-century craftsmanship.

Layering patterns and fabrics is another way to embrace vintage charm. Block prints on home décor fabrics and wallpaper will add another layer of vintage flair to your space. Vintage art and reproduction prints are important pieces for countertops, bookcases, and mantles.

landscapes, florals, and botanicals are in high demand. For a more personal, budget-friendly approach, look for beautiful illustrations in old books or calendars, then frame them in antique frames for a completely unique piece. Antique and vintage pieces can be found at antique and resale stores and are usually inexpensive. Hunting for these finds can be a fun way to find interesting home décor pieces and furniture.

When it comes to metal accents, copper and brass are at the forefront. These warmer tones add a subtle glow and pair well with wood and natural textiles. Swap out drawer pulls, cabinet knobs, or light fixtures with brushed or antiqued finishes for an easy and affordable update. Architectural salvage shops are also great resources for finding one-of-a-kind lighting or hardware pieces that can really elevate your space.

The best part about vintage-inspired design is that there are no hard rules. Mix old with new. Combine textures, tones, and periods. And most importantly, choose pieces that make your home feel like you. Vintage design invites us to slow down, celebrate craftsmanship, and surround ourselves with items that feel meaningful and beautiful.

Whether you're starting small or going all in, incorporating vintage design trends into your home is a creative way to add heart, soul, and timeless style.



An English pitcher filled with wooden spoons, an antique copper kettle and a vintage landscape painting add a fresh, layered look to my kitchen counter.

medium wood tones bring a feeling of warmth and nostalgia, a quality that stands in contrast to the cool whites and grays we've seen dominate design trends over the past several years. Warmer hues are making a comeback,

The trend of layering these pieces in front of a mirror adds depth and a modern style to older pieces. Vintage prints can be found online already framed and can be customized to any size to fit your specific area. Wall art in

Artistry, home design, and cosmetology have all been passions throughout Joel's life. Joel has created art and s of all styles. He enjoys keeping up with the latest design trends.

Fleas in Dogs and Cats

By DR. SETH OBERSCHLAKE

Fleas are among the most common external parasites affecting our furry friends. With over 2,000 species worldwide, the most prevalent one impacting dogs and cats is the cat flea, *Ctenocephalides felis*. Despite their tiny size, fleas can cause significant problems, ranging from mild discomfort to serious disease.

The most obvious symptoms of flea infestations include scratching, biting, chewing, and excessive grooming. However, the absence of these signs does not necessarily mean a pet is flea-free. Flea Allergy Dermatitis (FAD) is a common condition in both dogs and cats, triggered by an allergic reaction to flea saliva. For sensitive pets, even a single flea bite can cause intense itching and inflammation.

Fleas do more than just cause itching—they can transmit several diseases and parasites. They are vectors for bacteria such as *Bartonella* (the cause of cat scratch disease in humans), *Rickettsia* species, *Leishmania*, and *Yersinia pestis* (although the cat flea is a poor vector for this bacterium, which causes bubonic plague). Fleas also serve as the intermediate host for the tapeworm *Dipylidium caninum*, which can infect pets and, occasionally, humans—especially children. In severe



infestations, particularly in young or debilitated animals, flea-induced anemia can become life-threatening due to blood loss.

Detecting fleas can be simple in some cases, but challenging in others. A flea comb can help identify adult fleas or flea dirt (flea feces). Black specks on the skin that turn reddish-brown when moistened usually indicate flea dirt. However, a lack of visible fleas doesn't rule out infestation—especially in cats, which often groom fleas away before we can spot them.

When fleas are suspected, initiating veterinary-approved flea prevention is often the best course of action. Thankfully, modern flea control has advanced significantly. Topical treatments, oral medications, and flea collars offer effective prevention and treatment. Year-round flea prevention is recommended—even in colder months—as fleas can survive indoors and on rabbits and mice in our yards. It's important to treat all pets in the household to prevent reinfestation.

Environmental control is also essential. Since most of the flea life cycle occurs off the pet, the fleas we see are just the tip of the iceberg. Regular vacuuming, washing pet bedding, and treating indoor and outdoor environments may be necessary in severe cases.

As summer approaches and flea populations rise, don't forget your pet's flea prevention—it's much easier to prevent an infestation than to treat one.

Dr. Seth Oberschlake is a 2014 graduate of the University of Wisconsin-Madison School of Veterinary Medicine. He has worked at Heritage Animal Hospital since 2015 and recently became the sole owner.

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Hibiscus

Hibiscus is a Cane Corso mix that originally came to Fox Valley Humane Association as a stray. She has been comfortably living in foster care where we have discovered she is good with children and other dogs. This sweet middle-aged lady can't wait to lounge around your home!



Tweety Bird

Tweety Bird is a 2-year-old spayed female kitty, ready to fly into your heart and home! She has been friendly with everyone she meets and enjoys sunbathing and receiving gentle scratches from her human friends.



Stormy

Stormy is a 9-year-old neutered male. He is a gentle soul looking for a quiet and patient guardian to help him become more comfortable and confident in the world. Stormy may do well with another quiet cat and would be happiest in home without children or dogs.

Raspberries & Ice Cream



By HOLLY BOETTCHER

I had a raspberry patch in the garden where we used to live. I grew both red berries, and my favorite, yellow berries. If you've ever picked them and popped them into your mouth while they were sun kissed right in front of you, you will understand there is something magical about the experience – a marriage of nature's bounty and a moment of joy.

I miss not having a raspberry patch in my yard where I live now, so I decided this is the year to create a new space so I can enjoy them once again.

Give Them Room

One thing I learned from growing them in the past is they will spread. Since raspberries send out rhizomes, or roots that "off shoot" from the main plant, they can become invasive. The best way to control this is to put down a root barrier such as planting them in as a raised bed or an area that

has plenty of room and won't be a problem if spreading. Raspberries are a perennial plant, which means they will go dormant in winter but will leaf out in the spring and begin to produce blossoms which in turn will become fruit. They have plenty of thorns, so keep this in mind when laying out your raspberry bed, because you should have an area that is easy to harvest.

Raspberries grow best in sunny spots, and of course, with well-drained soil. Dig holes at least three feet apart to set the canes. Mix some organic matter in with the soil before covering your raspberry canes. Trellising is recommended, but they will do fine without.

The Joy of Homegrown Delights

Growing your own raspberries and transforming them into delectable treats is a rewarding experience that connects you to the rhythms of the seasons and the simple pleasures of life. Whether enjoyed straight from the bush, nestled in a bowl of vanilla bean ice cream, or incorporated into a variety of dishes, raspberries are a testament to the beauty and bounty of nature. So next time you savor a raspberry, take a moment to appreciate the journey it took from garden to table – a journey filled with sunshine, care, and a touch of magic.



Holly Boettcher is a Master Gardener & an aspiring Naturalist. Her love for the outdoors and nature shines through in everything she does. Holly & her husband own Whistler's Knoll Vineyard on Highway JJ near Hortonville.

THE MOST-REGULAR REGULAR

I grew up in central North Dakota, about two hours' distance from the tiny town where my dad was raised. Every so often, Dad and I would hit the road to check on Grandpa, usually unannounced. And upon arriving in Kulm, North Dakota (pop. 368 and birthplace of actress Angie Dickinson!), we'd drive right past his house and straight to the only place you were sure to find Grandpa: the town's lone cafe.

Grandpa Rolland darkened the door of that little cafe daily for years and years, always ordering whatever was on special (usually a sandwich smothered in gravy, if I recall) and bottomless black coffee. "He's not just a regular," Dad would say. "He's their most-regular regular."

I held onto this concept – "the most-regular regular" – until I later became a bartender. We're all likely familiar with Norm from "Cheers," the agreed-upon avatar for unmatched regulardom throughout the ages; what you might be less wise to, however, is that virtually every bar across this far-flung land has a version of that same character, or maybe even a few of them.

They sit in the same seats, order the same thing, and leave and arrive at approximately the same time every single day. They are both friendly to and demanding of everyone on staff, because they were here before you and will remain here long after you're gone. No offense.

Regulars are quite literally part of the fabric of any food-and-drink establishment that has customers (and if there are no regulars, that's an indication that you're in the wrong place). So, the "most-regular" is just that: of all the habitual visitors, only a select

few can be the "most" predictable and unchanging. It's an honor, sort of.

I mention this now because, as of this writing, I've visited the same Appleton coffee shop and ordered (almost) exactly the same thing every weekday for at least three years. If it's Monday through Friday and I'm not traveling or otherwise occupied, I will



ONE MORE THING

By TYLER SJOSTROM

be getting (write this down) a large, iced Ivory Mocha with an extra shot of espresso. Consistent as gravity, I will see my crack squad of baristas – Conni, Autumn, Abby, Macy, Danielle, Taylor, and Kelly – with more frequency than I see anyone else on Earth outside my own family. Put plainly, I am among the most-regular regulars Copper Rock (who I swear is

not paying me, except in caffeinated delirium) has ever or will ever have.

I'm less interested in the title, though, than I am in understanding what it's worth. The continuum from my Grandpa to Norm to me contains several clues; each of us checked the boxes that would define a regular. But why?

My sense is that these small-but-familiar interactions give us something in return. My grandfather, the proto-regular, was a widower who probably missed having someone to bug in the years after Grandma Vernetta passed. Norm, although fictional, had a wife (Vera, obviously) whose near-complete absence over 275 episodes allows us to fill in the blanks. And for me...yeah, what about me?

For me, the switch to remote work during COVID left a vacuum of human connection that I only noticed much later. I had also quit drinking alcohol around this time, leaving a sugar itch that needed scratching. And so, my morning coffee run filled that void, slowly and then daily, until such a time when my day didn't really begin until I'd paid \$7.02 for a breezy chat with my baristas. Rome wasn't built in a day, etc.

Variety is the spice of life (or so I'm told), but sometimes you just wanna go where everybody knows your name. That consistency helps to keep life on the rails, and this is something only the most-regular of regulars can fully appreciate. And I would know, as the most-regular regular at Copper Rock, north location.

It's really an honor. Sort of.

Tyler Sjostrom is an Appleton-based writer who will show you pictures of his kids whether you ask for them or not. Heckle him at tysjostrom@gmail.com or read more at tyler-sj.com.

FV SO

5-CONCERT SEASON PACKAGES

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SEPT 20 | 25

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HENCKEL**

Haydn: Trumpet
Concerto

Beethoven: Symphony
No. 6 "Pastoral"



NOV 1 | 25

**VICTOR
SANTIAGO
ASUNCION**

Steinway Artist

Rachmaninov: Piano
Concerto No. 2

Coleridge-Taylor:
Variations on an
African Air



JAN 24 | 26

**DANIELLE
SIMANDL**

Vivaldi: Spring

Copland:
Appalachian Spring

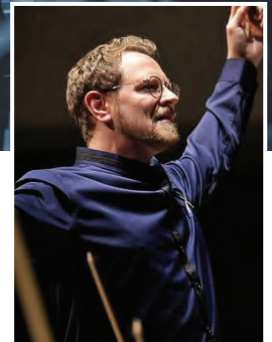


MAR 28 | 26

**APHRODITE
PATOULIDOU**

Strauss: Four Last Songs

Strauss: Rosenkavalier
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