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# City of Marinette



June

July

**JUNE** 6 - 7 8

### Queen Marinette's Run the River Powerboat Races - Above Hattie Street Dam

- June 6th Testing & Tuning ~ Menominee River above the dam
- June 7<sup>th</sup> & 8<sup>th</sup> Races start at 12 pm ~ Menominee River Above dam
- Bring your own chairs
- Viewing on Riverside Ave, Marinette, WI
- FREE Entry



SCAN ME

### JUNE 12

### **All American Circus**

- Marinette Community REC Center 2501 Pierce Ave. Marinette
- **FREE Kids Coupons**
- In Activity Hall
- Acrobats Clowns Magicians Pony Rides
- · Fun for the entire family!



### **JUNE** 28 & 29

### Trains - Games - Automobiles

- Marinette Community REC Center 2501 Pierce Ave. Marinette
- Model train exhibits & vendors
- Magic the Gathering Games and Dice Games Car Show June 28th 9 am to 4 pm
- Doors open at 9 am



SCAN ME

### **JULY** 12 & 13

### 13th Annual Logging and Heritage Festival

Saturday July 12th - Loggers 5k Run, bounce houses, food trucks/vendors, live music, BMX Acrobats, Logging Exhibitions, Face Painting, Craft Show - Located on Stephenson Island Marinette, WI

Sunday July 13th Car Show, Parade, Food Trucks - Located on Riverside Avenue



SCAN ME

**JULY** 26

### **Hotel California - The Original Eagles** Tribute Band

Recognized as the #1 Eagles tribute band, Hotel California has entertained Eagle's Fans for over 4 decades! Tickets are only \$20 dollars and can be purchased at the Community REC Center!



SCAN ME

**AUG** 

### **Community REC Center's Summer Hummer Craft Show**

Don't miss the biggest and best summer craft show in the area! Located in the Marinette Community REC Center's parking lot this craft show will feature hand crafted items, food trucks, antiques, and MUCH more.



SCAN ME

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Northea t Wisconsin Technica College hosted its 37th a nub Auto Club Ca Show this May. The event, organized by students from NWTC's Auto Club, features more than 1,000 cars a d motorcycles ea h yea . John Cra mer photo

### TO HAVE YOUR PICTURE OF A SLICE OF GREEN BAY

featured in a upcoming issue of Northea t Wisconsin City Pg es, post your photo online, tg @newcitypg es, a duse the ha htg #mygbcitypg es.

WNA





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### THE BUZZ



By City Pages Staff

**Looking for a farmers' market** this summer? Check out the schedule below for farmers' markets every day of the week throughout Northeast Wisconsin:

### **Mondays**

**Weekly Farmers' Market** • Howard Commons Activity Complex, Howard. Sale of produce, crafts and more. Mondays from 5-8 p.m., through Aug. 25. Check out the Howard Commons Activity Complex's Facebook page for more details.

#### **Tuesdays**

**Seymour Farmers' Market** • Woodland Plaza, Seymour. Local vendors, small businesses, crafters and food trucks. Tuesdays from 2-6 p.m., through Aug.26. Visit Seymour Market's Facebook page for more details.

**Oconto County Farmers Market** • Memorial Field, Oconto Falls. Local farms and food producers offering healthy food options, a family-friendly environment and opportunities for community engagement. Tuesdays from 4-8 p.m., through August. See Oconto County Farmers Markt's Facebook page for more information.

### Wednesdays

Farmers' Market on Broadway • Broadway District, Green Bay. More than 110 local vendors offering fresh produce, baked goods, carry out foods, coffee and teas, meats, cheeses, flowers and plants, handcrafted goods, soaps and more. Wednesdays from 3-8 p.m., through Sept. 24. Visit downtowngreenbay.com for more details.

**Downtown Kaukauna Farmers Market** • 101 Crooks Ave., Kaukauna. Open-air market where farmers and neighbors meet, educate, learn and create stability in the local economy. Wednesdays from 4:30-8 p.m., through Sept. 24. Learn more at kaukauna.gov/farmers-market.

#### **Thursdays**

**Oneida Farmers' Market** • N7284 County Road J, Oneida. Outlet for fruits, vegetables, pre-packaged honey, maple syrup and related items, flowers, plants, sweet grass and more. Thursdays from 12-6 p.m., through Sept. 25. Follow Oneida Farmers Market (Wisconsin) on Facebook for more details.

**Market on Military** • 216 S Military Ave, Green Bay. Sale of locally grown, raised, made, created and crafted goods. June 5 through Oct. 30. Visit militaryave.org for more information.

**Waterfront Market** • 900 1st St., Menominee, Mich. Produce, cottage goods, home-roasted coffee, fresh eggs, baked goods and food trucks. Thursdays from 3-7 p.m., through August. Learn more at menomineefarmersmarket.com.

**Kewaunee Farmers' Market** Downtown Kewaunee. Fresh, locally grown produce. Thursdays from 4-7 p.m., July through September. See kewaunee.org/farmer-s-market to learn more.

**Downtown De Pere Farmers' Market** • George Street Plaza, De Pere. Local growers and makers, plus weekly featured musicians. Thursdays from 3-8 p.m., through Sept. 25. See definitelydepere.org for more details.

**Titletown Night Market** • Titletown, Ashwaubenon. Mix of food, drinks, local shopping and live entertainment. Thursdays from 4:30-8:30 p.m., through Aug. 28. Head to titletown.com for more information.

### **Fridays**

**Crivitz Flea and Farmers' Market** • St. Mary Church, Crivitz. Antiques, crafts, home decor, food and more. Fridays from 9 am.-2 p.m., through Aug. 28. To learn more, call (715) 854-2030.

### **Saturdays**

**Saturday Farmers' Market** • Downtown Green Bay. Fresh, locally-grown produce, artisanal baked goods, carry out foods, coffee and teas, meats, cheeses, flowers and plants, handcrafted goods and more from more than 100 local vendors. Saturdays from 7 a.m.-12 p.m., through Oct. 25. Visit downtowngreenbay. com for more details.

**Downtown Appleton Farm Market** Downtown Appleton. 100+ vendors selling locally grown produce, handcrafted items, baked goods, flowers, hot food, coffee, meats, cheese and more. Saturdays from 8a.m.-12:30 p.m. Find more information at appletondowntown. org/events/downtown-appleton-farm-market.

**Flea and Farmers' Market** • Front Porch Market, Coleman. Collectibles, vintage, antiques, home decor, handmade bath and body products, metal garden art, handmade baked goods, jewelry, and more. Second Saturday of each month from 8 a.m.-3 p.m., through Oct. 11. See fpm141.com to learn more.

**Menominee Historic Downtown Farmers Market** • Spies Library, Menominee, Mich. Produce, cottage goods, home-roasted coffee, fresh eggs, baked goods and food trucks. Saturdays from 9 a.m.-12 p.m., through Sept. 27. Learn more at menomineefarmersmarket. com.

#### Sundays

**Algoma Farm and Craft Market** • Algoma Elementary School, Algoma. Fresh fruits and vegetables, meats and cheeses, breads and baked goods, specialty foods and handcrafted items. Sundays from 10 a.m.-2 p.m. through October. Check out the Algoma Farm and Craft Market Facebook group for more details.

### THE BUZZ

### A new leash on life

Benchwarmer Tryout program helps get long-term shelter residents into homes

By Janelle Fisher City Pages Editor

**Most animals who pass through** the doors of the Wisconsin Humane Society's Green Bay Campus experience a short stay, averaging about 10 days, but for some dogs, labelled 'the benchwarmers,' finding the right home is not such a quick process.

Earlier this year, the Humane Society kicked off a new program aimed at helping those benchwarmers get out of the shelter — and hopefully into their forever homes.

For all animals that come through the Humane Society, foster homes offer an opportunity to get out of the shelter environment, which can have negative effects on an animal's mental health.

"They can get hyperactive, and we've seen that it just turns into all of their negative behaviors getting a little worse," said Corey Viars, media specialist for the Wisconsin Humane Society's Green Bay and Door County campuses. "You can imagine, if every single day your stress levels were as high as they possibly could be, what that would do to your mental health. Three months of that much stress would really hurt anybody. And it's the same for these animals — that high stress level is hard on them. So we try our best to get them out and into calm, loving homes."

"We rely on our foster homes to be able to take some of these animals and care for them in their home and outside of the shelter environment, which can be kind of stressful," Viars said. "We try to make it as great as we can and we try so hard to take amazing care of these animals, but it's just not a super great environment."

Through the Benchwarmer Tryout program, individuals and families can go through the shelter's foster system to bring home a benchwarmer on a trial basis—taking the animal into their home for seven days with the option to adopt or return them at the end of the week.

"To get these animals able to go out, even if it's just for a week — we understand they're not going to get adopted right away every time they go out — just to get them out there is kind of like taking a vacation," Viars said.

Even if a tryout doesn't result in an adoption, the dogs still benefit from their time out of the shelter.

"That's one of the things that we like about the Benchwarmers Tryout program," Viars said. "It helps them get a break from the shelter and it helps get them in front of more people. If you sign up to be one of

Leash on Life continues on 22 ▶



▲ All of the Humane Society's benchwarmers are elgible for the Benchwarmers Tryout Program, allowing families to take a dog home on a trial basis. Submitted photo





### THE BEAT

## Levitt AMP Green Bay Music Series lineup launched

By Janelle Fisher City Pages Editor

**Now in its third season**, the Levitt AMP Green Bay Music Series provides an opportunity for people of all ages and backgrounds to enjoy free live music while also transforming underused public spaces into thriving community destinations.

"I'm excited to watch the Levitt AMP Green Bay Music Series blossom in its third year," said Betsy Sorensen, director of special events at On Broadway, Inc. "Through the dedicated efforts of our committee, sponsors, and community partners, we're bringing free live original music to Green Bay while transforming an underutilized public space into a vibrant cultural hub that brings people together from all walks of life."

A committee of community members

played a role in ensuring that the artists performing in this year's concert series reflect the backgrounds and interests of the community.

"On Broadway is committed to programming that activates underutilized spaces in the Broadway District to help create a more vibrant downtown," said Brian Johnson, president and CEO of On Broadway, Inc. "Our partnership with the Levitt Foundation allows us to promote a free and inclusive concert series with nationally touring performers, original songwriters, and placemaking activation that fosters a stronger sense of social and cultural belonging. Downtowns are for everyone, and our programming is curated to reflect that important point."

The concert series will begin June 1 and continue each week through Aug. 3.

New this year, select concerts will be



joined with existing On Broadway events, including Fire Over the Fox and igNight Market.

For more information, visit downtowngreenbay.com or read on to hear more about this year's concert lineup.

### June 1

The June 1 concert will take place at **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Traveling Suitcase**, a midwestern alternative rock and roll band

The opener for the June 1 concert will be **Maddie Batzli** (of LINE).

### June 8

The June 8 concert will take place at **Leicht Park from 12-6:30 p.m.** 

The headliner will be **David Yang**, who has been writing and performing a blend of hip-hop, rap, R&B and traditional Hmong music for over a decade.

The opener for the June 8 concert will be **Leedong**.

#### June 15

The June 15 concert will take place at **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Melody Angel**, described as a powerhouse of electric church music for her blend of soulful vocals and electrifying guitar skills.

The opener for the June 15 concert will be **Awlo**.

#### June 21

The June 21 concert will be held in conjunction with On Broadway's igNight Market on **South Broadway from 5-10** p.m.

The headliner will be **Brigitte Calls Me Baby**, playing a blend of mid-century pop with the energy and intensity of early-millenium indi-rock.

There will be two opening acts for the June 21 concert — **Six Foot Blonde** and **Raine Stern**.

#### June 29

The June 29 concert will take place at **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Radio Free Honduras**, a cultural and multigenerational collaboration that exists to support the artistry of Honduran folk music legend Charlie Baran.

The opener for the June 29 concert will

### July 4

be Grupo Kn Zavor.

The July 4 concert will take place in conjunction with Fire Over the Fox in the **Neville Museum lot from 4-9:30 p.m.** 

The headliner will be **Parker Barrow**, a blues-infused Southern rock band.

There will be two opening acts for the July 4 concert — **The Talbott Brothers** and **Jordan Blanchard**.

### July 13

The July 13 concert will take place in **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Shamarr Allen**, an New Orleans artist with influences in jazz, hip-hop, rock, funk rhythms, blues and country.

The opener for the July 13 concert will be **ILL GENESI**.

### July 20

The July 20 concert will take place in **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Fox Crossing Stringband**, a female-led bluegrass group.

The opener for the July 20 concert will be **Nikki Morgan**.

### July 27

The July 27 concert will take place in **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Indigenous**, playing a blend of indigenous and '90s rock music.

The opener for the July 27 concert will be **Dale Anderson**.

### August 3

The Aug. 3 concert will take place in **Leicht Park from 4-6:30 p.m.** 

The headliner will be **Lemon Bucket Orkestra**, Toronto's original guerrillafolk-party-punks playing Ukrainian folk punk music.

The opener for the Aug. 3 concert will be the **Amelia Ford Band**.



















Submitted photos

### THE BEAT



## High risk, high reward

The Coves celebrate first tour, album

By Janelle Fisher City Pages Editor

**Though they may be one** of the younger bands in the area at just 18, 19 and 21, The Coves band members Johnny Delorit (vocals/guitar), Riley Stieglitz (vocals/bass) and Izze DeGrand (drums) are making their mark on the local music scene.

"We formed in 2023," Stieglitz said. "Izzy and Johnny had been doing stuff for about a full year at that point, but the band really took off once we all got together as a group of three. Since then, we've been writing originals, putting together a full album, traveling across the state and now we're kind of expanding to doing shows out of the state."

This past March, The Coves were also named Original Artist of the Year at the 2025 BAMMY Awards, in addition to taking home an award for Original Song of the Year for their song "Bittersweet" and earning nominations for Breakthrough Artist of the Year and Rock/Alternative Artist of the year — although Stieglitz said the band's music draws inspiration from several genres.

"We tend to get classified as alt rock among our listeners," he said. "I'd call it a little eclectic because we all kind of come from different inspirations. I listen to a lot more alternative music and heavier music. John listens to bands like Muse, Tool and alt rock from the '90s. And Izzy was kind of into the sub pop for the longest time. She listens to a lot of music, though. I'd say we're under the umbrella of alt rock or post grunge."

What did it take to get The Coves to where they are today? Stieglitz said the key is "lots of commitment and practice."

"We practice at least once, if not twice a week," he said. "We all just have a lot of passion as a group. We all sort of have a passion towards creating and writing new music, so that definitely contributes. We're also taking a lot of risks."

One of those risks included the band's first-ever tour, with shows throughout six states and ending in Texas, where they'll embark on the next big milestone in their music careers — an album.

"We're actually going to be recording our first full-length album — that's essentially what the tour [was] for," Stieglitz said. "We're traveling down to Houston to meet up with our producer and recording down there for a week so by the end of the year, we'll have our first full-length album out."

Though their upcoming album and current music can be found on Spotify and other streaming services, Stieglitz said there's just something special about playing a live show.

"My favorite part would be when we're all locked in as musicians, either during a breakdown or a super high-energy part," he said. "The physical energy on stage in a moment like that is super cool. And it's cool when the people watching react to it, too. Seeing the reactions and the responses to what we create is very rewarding. And playing live, that's such a huge factor of it. It's very fun to get involved with the crowd or to play large shows. We're constantly wanting to work towards the next big show or the next big thing or the next big project we're working on"

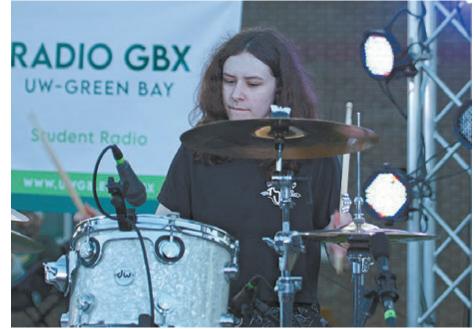
To stay up to date on The Coves latest projects and upcoming shows, follow them on Facebook (The Coves-Band Page) or Instagram (@thecovesofficial).



▲ Riley Stieglitz is a bassist and vocalist for The Coves. The band recently performed as an opener for an All-American Rejects concert hosted by UW-Green Bay's radio station, Radio GBX.



▲ Johnny Delorit does guitars and vocals for The Coves.



▲ Izzy DeGrand plays drums with The Coves. Gracelyn Giese photos



## What's brewing in downtown Appleton?

Vault 202 Brewery and Taproom to open this summer

By Janelle Fisher City Pages Editor

**Appleton will see a new brewery** downtown this summer as Vault 202 Brewery and Taproom prepares to open its doors, welcoming the public into a new space which both suits the needs of the business while incorporating elements original to the historic bank.

"Vault 202 is an old bank in downtown Appleton and the space just really appealed to us a lot," said Operations Manager Scott Krebsbach. "It's a wide open space, so we were able to put the brewery in there and design the bar and restaurant exactly how we wanted it to look. But the bank still has some of the old character like some terrazzo floors and some really unique tiling on the walls that kind of harkens back to when the building was first put up... And then the vault space in the basement is absolutely beautiful and we're going to end up turning it into a little lounge space."

Even before the exact location had been picked, Krebsbach said it was easy to pick

Appleton as the location to open a new brewery.

"My business partners and I picked Appleton because they're from there originally and just love the area," he said. "And it seems like Appleton is one of the faster growing beer destination places in Wisconsin... For some reason or another, Appleton seems to be a place where places are opening up and successful and even expanding a little bit, so we're really excited to be in the Appleton community."

With anticipation building for opening day, Krebsbach said he's looking forward to "construction being over with" and to seeing the hard work he and his partners have put into Vault 202 pay off.

"We spent a lot of time picking the right location and getting all the details worked out and planning and designing, so it seemed like it took forever to get going," he said. "Once we actually started going... it's really been flying. Our goal is to be open by the end of July, but it's a really tight timeline so we're keeping our fingers



crossed that everything was planned well ahead of time and it'll all fall into place — that's the goal."

With 12 tap lines planned and a tight timeline, Krebsbach said Vault 202 will get a little help from other breweries in the community to make sure there's plenty of beer for patrons to enjoy while things get up and running.

"Once we get in there to start brewing, it's about a month before we'll have our first four beers available," he said. "I think that's the best case scenario is, on the day we open, four of the 12 tap lines would be our beer. But we're going to go around to a couple other breweries and already have some plans in the works to do collaborations... So we come up with a

recipe together with a local brewery and then we'll spend the day there actually brewing it at their location and once the beer is done, they'll package it and we'll buy a bunch of it and put it on tap at our place. So we could have four of our own beers exclusively, four collaborations with other local breweries and then to fill the tap lines we'll certainly be buying stuff from other breweries in the area to support the local brewing community."

And once Vault 202's brewing operation is in full swing, Krebsbach said to expect a little bit of everything.

"I've been in the business for a really long time and there's certainly a lot of different

Vault 202 continues on 9 ►

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## THE BITE Taste of Texas finds home up north at Primal Eats

By Gracelyn Giese Contributing Writer

Explaining their business as "Texas-Style BBQ meets Wisconsin," Primal Eats takes their Northwoods connection seriously, tucking their business away in the forest outside of Gillett. The drive out is worth it to many to find one location operating as a craft meat smokehouse, restaurant, caterer, venison product producers and much, much more.

But, before Primal Eats was the ever-expanding business it is today, they started off as a side project.

General Manager Isaac Follett explained that in 2019 conversations about Primal Eats began as a way for the founding business Apple Creek Whitetails, a trophy whitetail hunting ranch, to produce venison products for their hunters.

Follett shared their humble beginnings, "We built a small  $\,$ sausage making and meat processing facility and started by producing products for hunters that were coming here. That continued to expand into us beginning to import venison from New Zealand and making sausage products that we could sell both for retail and wholesale customers."

In the fall of 2020 they launched a storefront and began selling refrigerated products like meat sticks and smoked salmon.

With this small business being successful, the family then began forming plans to establish Primal Eats as a restaurant with offerings not easily found in this area.

'We moved to Texas in 2000 and we kind of seasonally went back and forth between Texas and Wisconsin since then. There were a lot of barbecue places that we fell in love with down in Texas and we wanted to bring a similar concept of that back here for Wisconsin. That's kind of how the restaurant came about after we decided, 'Yea, let's put a restaurant together," Follett said.

After the decision was made, Primal Eats went from an idea to a restaurant in just 64 days

"It was a fairly fast moving project," Follett recounted.

While many businesses suffered during COVID-19 cautionary actions, the open-concept dining area meant that customers could order at a window, spread out amongst the picnic tables and collect their food when a buzzer alerted them.

In 2022 Primal Eats constructed their indoor dining area and took shape into the business that most would recognize today. There have been additional projects to



▲ The Primb Eats food truck not only drives through surrounding towns a d stops at lock events, but ha a so helped the team serve food at the Iola Car Show and NFL Draft in Green Bay



▲ Primal Eats started as an outdoor restaurant operating under a tent to a resta rant, storefront, catering business a d more. Now, the Prima Eats business has indoor space to seat over 100 guests in their event space. Submitted photos

expand the location, with Follett equating it to "a living organism that continues to grow and always morphs into something new."

One of the new markets that Primal Eats has recently entered into is manufacturing shelf-stable products like meat sticks.

Follett explained the importance and impact of this new product, "Originally, what we launched with was the manufacturing side, and we continue to grow that as well and we hope to take our products nationally. So, our e-commerce side of the business is growing rapidly as well."

The Primal Eats beef brisket meat sticks are made in four different flavors, all of which are available through their online storefront, in hundreds of stores across the state and could soon be on Amazon, Follett said.

Other markets that the business has moved into includes selling heat-and-serve meals at the BP gas station in Cecil, which Primal Eats makes in-house. They also travel with their food truck, host events in their indoor space and offer

Any trip to Primal Eats is guaranteed to be a memorable experience, but even more so for those who come for live music. Performers are on site during the summer every Friday evening, Saturday afternoon and Saturday evening to enjoy while dining, playing with games outdoors or trying a local beer from their 40-tap self-pour wall.

Follett was excited to share that the third-annual Primal Fest, an all-day music event with multiple plans, is slated



▲ This summer will be the third-annual Primal Fest in August, but until then guests ca listen to live music every Friday evening, Saturday afternoon and Saturday evening throughout the summer

for the end of August.

With summer full of product manufacturing, music events and hungry customers flocking to the business, the team behind Primal Eats has yet to let this fast-paced growth intimidate them.

"It's been a lot of fun here, everything keeps us on our toes." Follett said.

Primal Eats is located at 14109 County VV, Gillett, and is open 4-8 p.m. on Wednesdays and Thursdays as well as 11 a.m.-8 p.m. on Fridays and Saturdays. To follow along with their business, visit www.primaleats.com or visit their Facebook page, Primal Eats.

#### ■ Vault 202 from 8

styles of beer that I like," he said. "We can pretty much make almost anything we want to. I'd like to focus a little bit more on lighter fares like lagers just because that's something that I'm passionate about. I also like a good hoppy beer every once in a while, so it'll be pretty diverse. We'll probably start out with four or five flagship beers that will be on all the time — a lighter beer, a pale ale, some sort of amber-style beer and then a darker porter or stout, and then the rest of them will probably change on a monthly basis... I think we'll be all over the

map. I also have a little bit of a background in Belgian beers, too, and the other person on my brew team has some Belgian beer brewing experience also, so we might sneak a couple of those in every once in a while. We really want to see what the community likes... We'll try a bunch of stuff and just

see what the area is clamoring for and fill the need."

Stay up to date on Vault 202 Brewery and Taproom on their website (vault202brewery.com), Facebook page (Vault 202 Brewery and Taproom) and Instagram page (@vault202brewery).

### THE **Voyageurs Bakehouse** celebrates five years at Green Bay location

By Janelle Fisher City Pages Editor

Voyageurs Bakehouse recently celebrated the fifth anniversary of its first brick-andmortar location on Broadway in Green Bay.

Since opening in 2020, the space has served both as a storefront as well as where all the baking for Voyageurs' other locations and wholesale products is done.

But Voyageurs existed for some time before moving into its own space.

"We started in 2018 baking bread out of our home and selling it," said Voyageurs' founder Ben Cadman. "We did some popup markets at Ledgestone Winery and then we were looking for somewhere to bake and we ended up using the Providence Academy school kitchen at Central Church in west Green Bay... That's when we launched our website and delivered bread to people's homes... During that 18 months, we started to get wholesale accounts and we did farmers' markets on the weekends and on Wednesdays and we came to the realization that we needed to open a physical location."

Voyageurs' officially opened the doors to the public at its Broadway location on March 10, 2020, not even a week before the world began to shut down for the COVID-19 pandemic — but that didn't prevent business from growing, leading to the opening of two additional locations.

"That's how we landed at opening here in Green Bay in 2020, about six days before COVID and the stay-at-home orders started in Wisconsin," Cadman said. "It was an interesting time, obviously, but luckily we had just opened the business so it wasn't as challenging as it would have been if we had been open for several years and then had a dramatic loss of business... We opened here in 2020 and then in the beginning of 2022 we opened our Appleton store and in summer of 2024 we opened our De Pere store."

While this is the fifth anniversary Voyageurs' has celebrated at its Broadway location, it is also the last anniversary the business will celebrate there as Cadman said they have simply outgrown the original

"Everything is baked here centrally for



our other stores," he said. "Each morning, our van will take baked goods to De Pere and then to Appleton. And as those businesses have grown and our wholesale business is growing, our actual baking space and oven and equipment is too small. But we can't cram anymore in and can't do anything more out of this space, so in order to grow in the

move to expand our production abilities." It's not only the production abilities that will be expanded, though.

next ten years, we needed a larger baking

space. We needed to look for where we could

"When we move, we're going to be a full restaurant..." Cadman said. "I would say, within five years, that place is going to be open as a full restaurant and we'll be open for evenings and we're going to have a wine ▲ Vovageurs Bakehouse celebrated its fifth, and final. anniversary at its Broadway location in Green Bay. Staff photo

and beer program at the bakery. It's different from what we have been up until now and in the current venue, which is more of a sandwich shop or a coffee shop where you can get pastries and sandwiches... The next five to ten years are going to be exciting. And then the real growth for our business will hopefully come from our wholesale business and being able to expand that and have our product go out to a lot more places than it currently does." Stay tuned in to Voyageurs Bakehouse's social media for an upcoming announcement on where Green Bay operations will be moving to.

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### Upcoming Shows

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Overtime & The Blue Collar **Soldiers Band** \$25 for General Admission

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### THE CREATIVE

Karsten tackles tough topics with humorous photography



▲ "The Front Lines" Erin Karsten photos

By Janelle Fisher City Pages Editor

Featured on the cover of this issue of City Pages is 'Purple Cow' by Erin Karsten.

Those in the local arts community may know Green Bay artist Erin Karsten from seeing her work on display at a number of venues around the area —

▲ "A Balancing Act"

SAGE, The Art Garage and Lawton Gallery, to name a few — over the last few years, but it's her background from before her artistic career began that influences the art she creates today.

"I was really interested in human rights issues, so I went to school for international relations and I got involved in labor unions doing union work and workers rights-type stuff," Karsten said. "That's what I currently still do while I go to school."

Art has actually been a recent endeavor for Karsten, picking it up during COVID.

"I just recently started painting during the pandemic and it was really kind of therapeutic for me, in a sense, to have control over something and it's really grown on me in recent years and has become something that I want to pursue further."

With her paintings, Karsten keeps things fun and lighthearted with bright, eye-catching colors.

"Painting is one of the things that I do," Karsten said. "Paintings such as 'Purple Cow' are typically done in gouache paint and ink. It's kind of similar to watercolor but it's more saturated, so the end result tends to be pretty colorful. I like to incorporate a lot of geometric designs and patterns and it's kind of got a playful essence to it."

With her photography, Karsten said her international relations background shines through, though she uses humor to keep the topics she covers more easily approachable for viewers.

"[My photography] is kind of a deviation from what 'Purple Cow' is because 'Purple Cow' is much more of a fun piece," Karsten said. "A lot of my photography work specifically investigates sociopolitical issues, but it uses humor to do so. I try to use humor to invite the audience to have an open inquiry and dialogue so that it doesn't shut down the conversation. I enjoy using humor, but I still like to approach some difficult topics in my art."

Karsten's passion for photography has grown so strong that she is pursuing a degree in it, with plans to go on and get a master's degree as well.

"I'm taking classes at UW-Green Bay currently and I'm planning to make photography my emphasis in my studio arts degree," Karsten said. "I'm actually planning to apply to master's programs for photography when I graduate...At the 51st annual student exhibition at UW-Green Bay, I won best in show for some of my photography and that was something I never anticipated. It's really given me the confidence to continue what I'm doing and it made me believe in myself that I could go on and get a master's degree if I wanted to."

Along her artistic journey, Karsten said getting involved with local organizations has been hugely beneficial.

"There are some local organizations that have been very helpful to me," Karsten said. "SAGE is one of them... they kind of opened the door for me in exhibiting some of my work early on and were a really great resource for meeting other artists. The Art Garage has also been helpful — they do classes and have regular exhibitions that people can submit to at a reasonable cost. I think showing up to different events in the community and meeting other artists has really been critical for me to be able to share my art with others."

To learn more about Karsten and her artwork, visit erinkarstenart.com.



### **Creating opportunities for creativity**

State Street Creation Station to open in Algoma

By Janelle Fisher City Pages Editor

While many people can appreciate the need for a creative outlet, there are many barriers that may prevent someone from pursuing a creative project, including the cost of supplies and a lack of space.

Kimberly Lyon, founder of State Street Creation Station in Algoma, is looking to remove some of those barriers with a new space for local creatives.

"It's essentially a maker space with a technology aspect and a general art area with supplies for people to come in and basically rent a table space and use the supplies," Lyon said. "If someone wants to try watercolors, we'll have watercolors for them to try rather than having to go out and buy everything... They can sit down and play with it and see if it's something they like."

In addition to traditional art supplies, State Street Creation Station will also offer access to technology and equipment that many creatives may be interested in trying out but not able to purchase for themselves.

"We'll have technology like 3D printers that people will be able to use once they're trained on them and join the group," Lyons said. "They'll be able to come in and print



▲ State Street Creation Station is expected to begin offering classes in early June. Submitted photo

things on a 3D printer. We'll have a laser engraver and Cricut-type cutters and that kind of thing. It's a combination of art and technology."

Having a space like State Street Creation Station, Lyon said, is especially helpful to those figuring out what type of art they enjoy and those who just need a little extra space for big projects.

"You can come in and use what we have available instead of having to go out and buy

all the stuff to do it just to find out that it really isn't what you wanted to do," Lyons said. "Or if you just have that one project that you want to do — if you have a wedding coming up and you need to make a bunch of things... you can come in and rent out space to do that kind of thing."

There are also benefits outside of the physical space and equipment, though.

"The other aspect is the community part of it," Lyons said. "If you have an idea of

what you want to do, you can come in and there'll be other creatives probably working — hopefully working — in the area. You can come in and talk about your ideas and troubleshoot or get feedback on if it's going

Creating opportunities continues on 17 ►



### Keeping up with local creators

By City Pages Staff

**The NWTC Artisan** and Business Center welcomed six local artists into the fifth cohort of its Artisan Residency Program last August.

Over their year as residents, these artists have met with Operations Coordinator Carrie Dorski and various mentors to learn all about what it takes to run an art-based business, including marketing, website design, branding and more, individualized to meet the needs of each resident while fostering a sense of community among them.

"I'm incredibly proud of the artists in this year's residency cohort," Dorski said. "Their depth of creativity, passion for their work and commitment to one another has been remarkable to witness. This is the first group to truly surge ahead of me — taking initiative, forming deep bonds and holding each other up throughout the year. They embraced every opportunity, challenged themselves and each other and created something powerful together. It's been an honor to support their journey, and I can't wait for the community to experience the work they've created."

The Artisan Residency Program culminates in a collaborative exhibition, titled Interwoven, which will open July 10 at The Art Garage in Green Bay.

Read on to learn more about this year's residents and their time in the program:



### Annie Stenseth, Annie Stenseth Art

How have you grown as an artist and an entrepreneur throughout your time as a resident?

Throughout my time as a resident, I've noticed a shift in how I approach my work. I've learned to approach my process with more patience and flexibility, allowing things to evolve organically rather than rushing toward a finished product. This has helped me realize that sometimes the most meaningful results come from the unexpected. As both an artist and an entrepreneur, I've had to become more skilled at managing my time and prioritizing what matters most. Balancing the creative and practical sides of my practice has been a big shift, and I've learned to be more organized and intentional in how I work.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I'm excited for people to see the evolution of each artist's voice over the course of the residency. This year, there will be multiple collaborations throughout the exhibition, which adds another layer of connection, not just between the works but between the artists themselves. Even with our different approaches and backgrounds, there's a strong sense of unity, with threads of shared experience, curiosity, and care weaving the exhibition together in meaningful ways. When it comes to my own work, I hope viewers see a piece of themselves in it—whether through emotion, experience, or memory. If someone can find a point of connection, even in an unexpected way, then I feel like the work has fulfilled its purpose.

### **Ben Thibodeau**

How have you grown as an artist and an entrepreneur throughout your time as a resident?

I've grown as an artist and entrepreneur by finding what my strengths and weaknesses are and what I want to put my energy towards improving on. The resources given to us in the program has helped me traverse the art and business world and has given me great insight on how to grow my business. Overall, I think the residency has been a great help to my art career and has set me on a path for success.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I feel as though everyone makes such different art, I'm excited for people to see how everyone's hard work comes together. There are multiple collaborations that fellow residents have been working on so it'll be exciting to see them finished and presented in the gallery.

### Laura Schley

How have you grown as an artist and an entrepreneur throughout your time as a resident?

I have gained a renewed trust in myself and my artwork and have been experimenting more with the work that I am creating. Recently I've been taking the finished product less seriously which has allowed me to work faster and play around with new ideas and methods which has been fun and has opened up new avenues for potential future works.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I'm looking forward to seeing all the friends and family and art supporters coming together to connect through our exhibit and the conversations that will grow from it. I hope that our collaborative CSA (Community Supported Art) boxes entice some lucky art lovers to walk away with a great deal on a wonderful collection of original art created by our cohort!

### **Lynn Peters**

How have you grown as an artist and an entrepreneur throughout your time as a resident?

At this time last year, I had a giant list of things I'd been wanting to do, but I just couldn't seem to get started. Being a resident gave me access to expert advice, coaching and great role models. I felt more and more like a "real artist" as the months went by, and our ongoing conversations helped me to keep moving forward, no matter how tiny the steps. I've spent more time on my art, established a website, and dramatically improved the functionality of my studio. I've dared to enter my art in shows I would never have considered and tried artistic media that were entirely new to me. And the icing on the cake is that I've gained artist friends, and mentors. I've become part of the Northeast Wisconsin art community.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I hope everyone who comes to the exhibition will have the same kind of "wow" moments I have when I see the other residents' work. There's some really amazing stuff!

### Sam Rowe, Samsconsin Art

How have you grown as an artist and an entrepreneur throughout your time as a resident?

Since I've started the residency program, my art business goals have become more concrete and feel more attainable than ever. It feels so good to have a support system to lean on when I need advice or encouragement as a small business owner. I've become more confident in myself and my work and have the tools to continue building that confidence long after the program ends.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I'm excited for folks to experience the overarching theme of our exhibition, "Interwoven," which is inspired by 2025 being the Chinese Year of the Wood Snake, a time of personal evolution, imagination, wisdom and growth. We felt that description was spot on to the year we've been having as a group, even inspiring us to come together to create a full-cohort collaborative piece featuring six interwoven ceramic snakes, each as unique as the artist who created them.

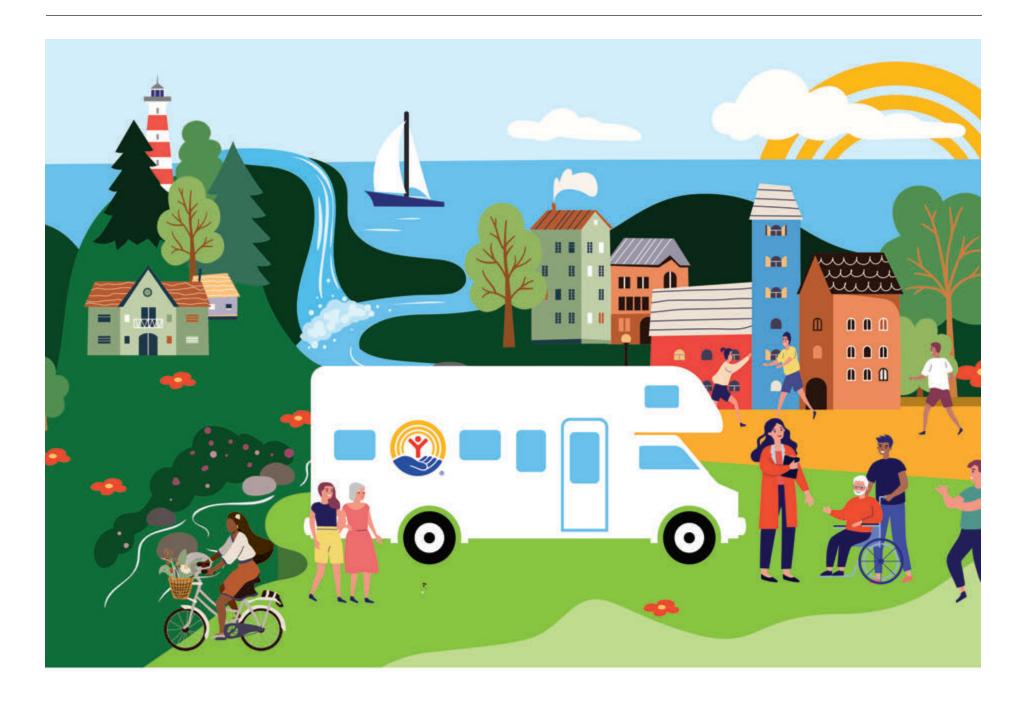
### Jill Steen, Deadbeats Pottery

How have you grown as an artist and an entrepreneur throughout your time as a resident?

This residency has given me the opportunity to focus on exploring exactly what type of art I want to be making and how I want to get it out in the world. I feel like I've developed my personal art style, explored some more conceptual ideas I hadn't previously had the opportunity to create, and I'm more confident about how I present my work. I'm also much more confident when it comes to navigating the art world in general, but most especially the business side of the art world.

What are you excited for people to see in the Residency Exhibition? What do you hope stands out to them?

I hope people are able to see the themes that run through my work and are able to see how my work is reflective of who I am. I am most excited for everyone to see all of the work this cohort has created. This whole experience has felt very collaborative, and I am so grateful to have been a part of such a great group of artists!



## **Bringing Community Services To You**

If you need assistance but are unable to access community services,

Brown County United Way is here to help! Utilizing a passenger van,

RV, and mobile classroom, the HubCAP literally rolls into Brown County

neighborhoods with people inside who you can talk to about your

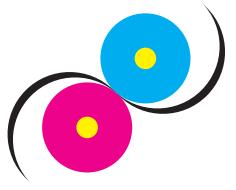
circumstances and who connect you to programming and resources.

To find out when the **HubCAP** will be in your neighborhood, scan the QR code, or go to **browncountyunitedway.org/hubcap**.











### Hot off the press

### Preston Taylor, Teaching Press launch Illustrated HIstory of Green Bay



▲ At the launch, Preston signed the first copies

**Local author Preston Taylor** celebrated the launch of his first book, *Illustrated History of Green Bay*, this spring with The Teaching Press at UW-Green Bay, even assisting with the binding, trimming and folding of the 100th copy.

By Janelle Fisher

City Pages Editor

*Illustrated History of Green Bay* is a collection of illustrations of 14 landmarks from around the community.

"He started doing this actually during COVID," said Julie Taylor, Preston's mom. "Julianne, his big sister, would take him for rides in the car just to get out and do things and he started taking pictures and he would come home and start drawing the pictures. So he's kind of been working on this for a few years and then he wanted to publish a book."

The book features many of Julianne's photos paired with Preston's illustrations, though Preston said he has also learned to love photography himself.

"I'm a photographer," Preston said. "I take pictures of Green Bay history. I take a lot of photos. I take photos of architecture — not inside, but outside of buildings."

For Preston, what makes a photo truly interesting is the story behind it.

"I like to look through very interesting photos and the history of Green Bay — what it looked like in the past," Preston said. "History has a lot of topics. It's my favorite."

Some of Preston's favorite photos and drawings featured in the book include St. Willebrord Catholic Church, the Leo Frigo bridge, the Brown County Courthouse and City Stadium.

And how does it feel to be a published author?

"I like my life," Preston said. "I'm so proud of myself."

### An intentional design

For Dr. Rebecca Meacham, director of The Teaching Press at UW-Green Bay, Preston's book was an opportunity to work towards a goal she's had for the program since its inception.

"When I first started doing The Teaching Press and thinking about the form of a book and the way that people interact with stories... I was thinking about what all you could do to make a story accessible," Meacham said.

*Illustrated History of Green Bay* stood out as an appealing project for two main reasons.

"One: I've had a bigger project to be thinking about how we can create books that imagine readers experiencing the book in different ways — physically and cognitively," Meacham said. "And two: These drawings are vibrant and joyful and they have a perspective on architecture

that isn't just lines and angles — they're exuberant. And then we met Preston and this was something I really wanted to do, to put those two things together."

Knowing that copies of Preston's book would be donated to Syble Hopp, where Preston graduated from, and read by students with a wide range of ability, Meacham said it was important to her and the students who worked on the book to really consider what it meant to make the book accessible.

"I really wanted to have a group of students think about accessibility... so our first assignment was to take any book from your shelf and think about what assumptions are being made about the accessibility of it..." Meacham said. "They were all really thinking about dimension and binding and then we had Michele Holten from Syble Hopp come talk to our class about how they do storytelling and why and what are some ways we can think about a book that works for a lot of the readers there because we knew Preston was going to donate books there."

And the final result reflects the attention to detail and careful planning the students put into the book, all the way down to the type of paper used and how the book lays when opened.

"The students were very intentional about how the story works — how the images would look if people were flipping the pages, the paper, the texture... the binding itself and thinking of somebody laying it flat or not wanting to hold the book up..." Meacham said. "I'm so proud of the students. I'm proud of them with everything we do, but this was really special with their passion for figuring it out" CP



▲ Preston assisted with the binding, trimming and folding of the 100th copy of his book.



▲ Local author Preston Taylor recently celebrated the launch of his first book with The Teaching Press at UW-Green Bay. Submitted photos



### Historic Wisconsin Roadsides: Towns Off the Beaten Path in the Badger State

By Tom Manus and Kristi Flick Manus

Review by City Pages Staff

Historic Wisconsin Roadsides: Towns Off the Beaten Path in the Badger State is a recently published travel guide by husband-and-wife team Tom Manus and Kristi Flick Manus.

Published by Reedy Press and released on April 1, this guide offers 11 road trip itineraries across Wisconsin.

The authors have compiled over 1,200 recommendations throughout the book, making it a comprehensive resource for travelers looking to explore Wisconsin beyond the typical tourist destinations.

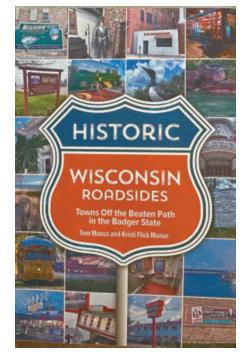
The book is designed to appeal to all road travelers, whether they're on a motorcycle, in a car, truck or RV, highlighting the freedom and adventure that comes with exploring the open road.

The guide includes practical information about what to do, where to eat and where to stay during your journey.

It also includes tips and fun facts — a trip to Eagle River adds, "Charles Comiskey, the legendary owner of the Chicago White Sox, spent his final years in Eagle River. He owned a lodge, while he affectionately named Home Plate, where he died in 1931."

What sets this book apart from standard travel guides is its focus on the quirky, historic and often overlooked attractions that give Wisconsin its distinct character.

Readers will discover unusual finds like a 1932 dairy bar that offers free ice cream cones when temperatures drop below minus 20° Fahrenheit and what many consider the original butterburger. Tom and Kristi Flick Manus previously authored Secret Wisconsin: A Guide to the Weird, Wonderful, and Obscure and have



contributed to various print and online publications.

Kristi is a Wisconsin native, while Tom adopted the state after their marriage in 1995.

Based in Eau Claire, they have extensive travel experience, having visited 48 states.

For road trip enthusiasts, history buffs or Wisconsin residents looking to rediscover their home state, this book offers a unique perspective on "America's Dairyland."

The authors' evident passion for exploration and finding Wisconsin's hidden treasures make this a great companion for travelers seeking adventure on the open road.

#### ■ Creating opportunities from 13

to work, if it's not going to work or what you should try. I think we all need more creativity in our lives right now, and this is one way people can do that and be around other creatives."

Lyon said she is also looking forward to getting State Street Creation Station's educational offerings up and running.

"I think the classes are going to be huge," Lyons said. "There are a lot of people who want to try different things and we don't have, other than clay, a lot of classes in the area. I'm hoping to bring that learning experience to Kewaunee County and the surrounding area."

Classes are expected to begin in early June.

For those interested in utilizing the State

Street Creation Station, Lyon said there will be two main options offered — space rentals and memberships.

"We'll have space rentals, so if someone wants to come in and rent and eight-byeight area to come in and set up their easel
and paint, we'll have that opportunity
for people," Lyons said. "We'll have that
opportunity for people to come in and rent
out a space for a few hours if that's all they
need. Then we will also have a membership
for more of the technology side of things...
Once you're trained [on the equipment], you
pay your monthly dues and you can come in
and use it when we have open hours or we'll
work out a schedule."

To learn more about State Street Creation Station and to keep up with upcoming classes and events, check out State Street Creation Station Algoma on Facebook.







All ages! Babies! Kids! Teens! Adults!

Sign up at any library location starting June 7!

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FAMILY-FRIENDLY Summer Reading Kickoff Party Saturday, June 7 | 10 am - Noon | Central Library



## A fascinating

The Boy Behind Green Bay Football

By Kris
Leonhardt

of dedication that will inspire fans and readers alike. If you love football, community and tales of grit, this book is a must-read.

The story of the beginning of the Green Bay Packers and the life of Earl Louis "Curly" Lambeau are so intertwined that it is hard to imagine one without the other.

From the streets of Green Bay, Lambeau developed a passion for football and grew that yearning into a football team that would exist long past his lifetime.

Like the Packers, Lambeau's story is a tale of adversity and challenge, but also a story of triumph and perseverance. While his personal life and professional career were wrought with challenge, his legacy continues to resonate in the Green Bay community, including a massive structure along Lombardi Avenue that shines a light on his contribution to the professional team.

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### NEVER STOP EXITING

### Hopkins releases first book of short stories

By Ja elle Fisher City Pages Editor



"What you'll find in there is a variety of literary styles," Hopkins said. "Some of the stories are literary fiction, some are speculative fiction and then there are science fiction, flash fiction and experimental fiction."

Before he added author to his resume this spring, Hopkins spent almost four decades in engineering and several years reviewing books and music for local newspapers and magazines.

"I studied electrical engineering and I actually worked in engineering, research and engineering management for almost 40 years," he said. "I had an aspiration to write... I used to read a lot of science fiction when I was in college and I think some famous author said, 'If you've read enough of it, you're going to get the urge to try to write it at some point.' But I never had much luck with fiction, so I started to write for newspapers and magazines. For 17 years, I was a music critic and a book critic... I retired from my day job about eight years ago and I started to focus on writing fiction."

Once he started writing, Hopkins said he quickly discovered his love for short stories.

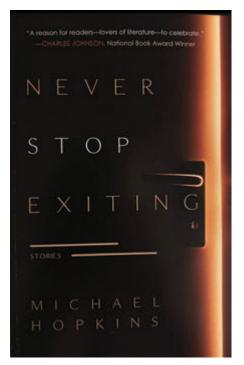
"I thought about writing a novel and I had ideas, but I wanted to kind of complete whatever I wrote," Hopkins said. "So I started focusing on short stories and I've fallen in love with writing short stories."

The stories featured in *Never Stop Exiting* are all independent of one another, meaning Hopkins had to come up with many unique ideas before the book was complete.

But that wasn't a challenge for Hopkins as he said he gets inspiration from the world around him as well as his own life experiences.

"I'll get fragments stuck in my head — I read something or hear something or see something — and I write them down, and eventually the ones that kind of stick or come back to me, I'll think, 'Geeze, maybe that might be a good idea for a short story," Hopkins said. "And as I do that, it's almost like a mystical experience occurs. The universe starts pulling back curtains in my life and says, 'There's a part of your





short story.' And when I get a couple of those, I sit down and decide to write it."

And the ending of his stories? Well, those are a surprise even to Hopkins himself.

"One thing about my writing is that I never know how my stories are going to end until I write the ending," he said. "If I sat down to write the stories and knew how they were going to end, I might get a little bored or not as motivated."

Hopkins said a considerable amount of research goes into his writing, and he hopes that's something readers will appreciate.

"I'm a lifelong learner and I love to learn about things..." Hopkins said. "I always find it interesting that if I'm writing my own story, I'm learning something I can pass on to my readers... I like people to learn. I like people to be entertained and think after they've read my work."

Those interested in learning more about *Never Stop Exiting* can visit michaelhopkinswriter.com or attend one of several upcoming author events celebrating the launch of Hopkins' book on Saturday, June 7, from 11 a.m.-1 p.m. at Thomas A. Lyons Fine Books in Neenah; Saturday, June 14, from 11 a.m.-1 p.m. at The Bookstore in Appleton; Saturday, June 28, from 10 a.m.-1 p.m. at Carmel Crisp and Cafe Bookstore in Oshkosh; and Thursday, July 10, from 6-7 p.m. at Lion's Moth Bookstore in Green Bay.



### Jesse and Savannah VanEss

## become first couple to compete in GRIES BAY'S BODYBUILDING SHOW

Jesse and Savannah VanEss have been working together the past year to achieve a rare goal, competing together in the National Gym Association's Hardbodies show at the Meyer Theatre in Green Bay.

Though Jesse has had a career in bodybuilding spanning nearly a decade, 2025 will mark Savannah's first public appearance in the bikini division.

"Last year I attended Jesse's show, and that really sparked my interest and curiosity about what it would look like if I was on stage," said Savannah.

"That opened the door to start working out together. The motivation was just to find something to do together; just to connect as husband and wife and be close that way. One thing led to another and it developed beyond just spending time together working

Savannah said that Jesse was a huge motivator for her to make the jump into body building.

"I got a lot of encouragement from Jesse, along with seeing my own progression, and that really showed me I would do well. That was the tipping point for me into taking that next step into actually competing together."

#### A strict training regimen

Though bodybuilding shows often focus on muscle mass, there are a lot of other factors that performers must perfect before taking the stage.

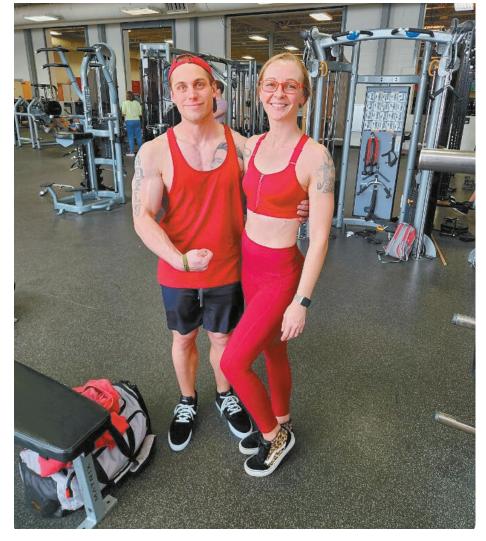
"In the summer time I only train about four times a week, but as it gets closer to the show it's more like six days a week," said Jesse.

"It's usually a short cardio session in the morning and then about 45 minutes to an hour of lifting in the afternoon and then about another 30 minutes of cardio in the evening at this point. That's pretty typical for me right now before a show."

Despite the stark differences between male and female body types, Savannah said that at this point, their training schedules look relatively similar.

"We kind of follow the same schedule. During the summer after the show, it's a lot of heavy lifting about four times a week not much cardio — to build muscle. After the holidays, through January, February and March, it kind of gears up to six days a week of lifting and having to modify as much as you can tolerate according to nutrition. You really have to cut out calories but work to maintain and not lose any muscle mass," said Savannah.

"Closer to the show, it is moderate and heavy lifting six days a week and an hour



▲ Jesse and Savannah VanEss are the first married couple to compete together in the National Gym Association's Hardbodies competition at the Meyer Theater in Green Bay. Submitted photo

of cardio everyday, whether that's walking, stair master or any kind of cardio. As far as the routine, women's and men's are so different. In the division I am in for women with bikini, it is important to have a wellbalanced whole body, getting that narrow waist and defined glutes and hamstrings. I focus a lot more of my time and energy on my lower body, still maintaining upper body muscle definition, but focusing a lot more on lower body."

According to Jesse, each person's training routine should be tailored specifically to their needs and strengths, rather than gender.

"I don't think it's necessarily harder for a man or a woman. I think it's more based on the individual. Consistency is more important than gender. Technically a woman is going to have more time adding muscle, but it doesn't matter who you are — if you are consistent and put in the work it is going to pay off," said Jesse.

In Savannah's experience, she said that everyone has to become highly aware of their own bodies and focus on what they have the hardest time developing.

"Yes, men and women have such different bodies and genetics and hormones that play a role, but it really boils down to individual genetics. If you have different body types, the effort and the results could be significantly different. One might be able to really put on some major muscle mass in certain areas, but genetically not do well in other areas, so they have to work harder there. It really boils down to individual muscle genetics," said Savannah.

### In it together

Competing can be a stressful ordeal, but Savannah said that having her husband in it with her has made it all the more fun.

"I'd say my favorite part is having my husband — the closest person in my life — and that connection through it all. He's

been in fitness and nutrition for years. He's been really coaching me on how to grow certain parts of my body. It's been really great to have someone to confide in and navigate this journey with. It's also great spending time in the gym and trying new recipes. We have a son and he's seen our connection over this common goal and that's really sparked an interest in him to really just be present and active. He's cute — he'll try to read the nutrition label on certain foods. He'll be like, 'Mom there's 100 calories in here!" said Savannah.

"My favorite part has just been that family connection. Even if our workouts or schedules are slightly different, it has really brought us together just to support each other. It's just been a really great family bonding time."

Jesse said that in his experience, witnessing his wife's growth as a person and an athlete over the past year has been motivational for him.

"I think the coolest part for me was seeing us go from training together to seeing Savannah take that over on her own because she really wanted to do that on her own. We are doing it together, but we are both on our own path. It has been great to share this experience as husband and wife," said Jesse.

Bodybuilding show continues on 22 ►



▲ Jesse ha hal nearly a decal e of experience in bodybuilding

### THE SCREEN

# 'The Clinic on Washington Street' films latest episode in Coleman

By Gracelyn Giese Contirbuting Writer

While the Coleman Piggly Wiggly typically closes its doors at 8 p.m., a drive past the location one Friday in April would have revealed a glowing grocery store full of sound engineers, actors and videographers led by Freddy Moyano for his upcoming television series *The Clinic on Washington Street*.

Originally hailing from Spain, Moyano is based in northeastern Wisconsin and fulfills nearly every role his production company Moyano Lingua Consulting & Productions, LLC (MLC) could need: screen-acting, voice acting, motion picture videography and much more.

Often holding multiple roles behind the scenes as well as being the lead, he explained, "I'm the main character because I'm writing the series on a very tight, low budget. If I'm not the lead and I give [the role] to someone else and they get sick or leave town, then the whole show goes down the drain. So to avoid that, I've usually played the lead, surrounded by strong supporting actors, of course."

Moyano has held a soft spot for the small towns of Wisconsin for quite some time, with one of his notable projects *Union Hotel* 

set in different historical locations across the state, such as the YMCA in Green Bay.

He explained that oftentimes when people are watching his shows or movies like *Union Hotel* they are surprised to see the variety that Wisconsin has to offer, asking "Are you kidding me, is this all in northeast Wisconsin? What did I miss?"

This goes to the heart of Moyano's talents; finding inspiration anywhere.

During a return visit to Spain he visited the Tabernas Desert, where he not only filmed Western-style shorts, but learned how to ride horses. He brought this talent back with him, as seen in *Union Hotel*.

For his most recent project *The Clinic on Washington Street* Moyano drew inspiration from his current rental office space, located on the titular Washing Street in Green Bay.

Explaining what went into starting *The Clinic on Washington Street*, Moyano said, "I wanted to create a show with a doctor as a focal point. It's true that we have shows out there like *Becker* or *House*, but those have kind of been rehashed. But I finally found the right, final piece of the story when I started leasing in early December... This place I got is right on North Washington Street in downtown Green Bay. It very much resembles a clinic of the 1970s, 1980. The walls are white with large, beautiful



▲ Mursa 's Piggly Wiggly in Colema played host to a professional film shoot on Friday, Apr. 4 as MLC Productions was in town to film scenes for an upcoming episode of The Clinic on Wahington Street.

etched-glass windows. I thought, 'Wow, this could definitely be the clinic."

While operating on a shoestring budget can prove problematic for many production companies, these constraints just make Moyano even more creative.

In a stroke of good luck, Moyano said "I looked on social media and saw an ad that said 'Free dental clinic furniture." He drove to Coleman to pick up a variety of furniture and equipment from a family flipping a bank, later turned into a clinic, into a bakery. This gave Moyano and his team

enough material to complete one whole set in their doctor's office.

It was during this trip north that Moyano visited the Coleman Piggly Wiggly and was immediately drawn to the "'70s vibe" of the store.

After getting into contact with the owners of the store he received permission to film there and the owners even acted as extras during the shoot.

This isn't the first time that he has partnered with local companies and groups for shoots. For his film "Room 108" the Green Bay Austin Straubel airport flew Moyano and his team around Lambeau Field for aerial footage and the National Railroad Museum allowed for filming with their antique classic cars.

Discussing the scene filmed in Coleman, Moyano said "I've never filmed inside a grocery store, but I've always wanted to. I'm always influenced by this Quentin Tarantino *Pulp Fiction* scene where there's a couple of guys at a restaurant and there's a holdup. So, why not do a holdup in a grocery store?"

The scene combined comedy and drama as well as one of the most unique aspects of the project, time travel.

Drawing from shows like *Once Upon a Time*, Moyano's *The Clinic on Washington Street* will lean into fantasy elements through a dual timeline.

"We're playing with two different [stories]. One that happens in 1977 and the other happening in 1891. The characters



▲ Freddy Moyano walked his actors and extras through a holdup scene filmed at Mursau Piggly Wiggly in Coleman late in the evening of Friday, April. 4. for an upcoming series by MLC Productions called The Clinic on Washington Street. Josh Staloch photo



#### ■ The Clinic from 20

that are in the '70s are somehow connected through a fantasy sort of spell to the 1890s."

Details regarding these magical elements, which truly set *The Clinic on Washington Street* apart from other medical shows, are under wraps for now as filming for episode two carries on.

Moyano shared his gratitude for all those that have been working on this television show with him, including old colleagues from across Wisconsin and new friends, stating "I don't know if I could do these same things I'm doing if I was in a bigger city."

To follow along with Freddy Moyano's *The Clinic on Washington Street* or learn more about his many television and film projects, visit greenbayextras.com follow Freddy Moyano on Facebook.

### www.GoPressTimes.com



#### **◄ Leash on Life** from 5

those benchwarmer tryout people, you go through the foster system and you pick out which benchwarmer you want. You get to take them home for a week and if they work in your home, that's fantastic and you can fill out the rest of the adoption. And if not, it's totally fine. You can bring them back and the worst thing that happens is they get a break from the shelter — a little vacation — and you can pick up another dog to see if they'll work in your home."

As for how dogs become benchwarmers, Viars said it is often not one big issue, but lots of small factors that cause a dog to spend an extended amount of time in the shelter.

"We try our best, of course, to get everybody out the door as fast as possible," he said. "But we get a lot of puppies and everybody loves puppies, so they'll be in and out pretty quick. Our senior dogs will probably stay a little longer, unfortunately. And if they have any allergies or medications, that's a big cost for a family to take on. And animal people usually have a lot of animals at home, so when we say an animal could really use all the attention or just be the single animal in the home, a lot of people might not want to adopt that one because they've got other animals at home... These things don't mean they're bad dogs. They're not aggressive... But all of these little things pile up and they make it so [these

dogs] sit just a little longer, even though they're fantastic."

That's exactly what happened for Ozzie, a seven-year-old dog who had a difficult time finding his forever home.

"Ozzie's one of our benchwarmers... He's been here for just a little bit longer," Viars said. "He's got some conditions, but he's super sweet. And he's a little bit older, and those kinds of animals are usually here a little bit longer than average. But that doesn't mean they're bad animals. Ozzie's fantastic, but because he's seven years old and he has some special needs, it's hard to give dogs like him a chance and find them good homes."

And Pastila, who entered the shelter in January and was still waiting for a family to call her own in April, found herself in a similar situation — a good dog with a few restrictions that have steered potential adopters away.

"Pastila got here at the beginning of the year, so she's been here quite a long time," Viars said. "Pastila is fantastic, but she can't go to a home with any other animals, so we're looking for somewhere she'll be the only one with all of the attention, and she has some dietary restrictions and the food is kind of expensive. She's a fantastic dog, but it just kind of is what it is."

More information about the Humane Society's current benchwarmers and the Benchwarmer Tryout program can be found at wihumane.org.

**■ Bodybuilding show** from 19

### Taking the first step

Seeing the physiques of body builders and high level fitness competitors can be intimidating, but Jesse and Savannah said that they would encourage anyone to take the next step in their own personal fitness and health journey to better themselves.

"Always start small. When people get into fitness, they usually go all in right away and that's just going to lead to failure. Start with very small changes that you can make for the rest of your life. It could be cutting out liquid calories or stop adding creamer to your coffee. It doesn't have to be 'I'm going to the gym seven days a week and doing X,Y,Z for my diet.' Just start small and be consistent to make lifestyle changes for ever," said Jesse.

"It has to be something that the person enjoys. If you don't like body building then don't get into body building. It could be running or biking. It just has to be something that you enjoy so that you can do it forever."

Savannah said that working out and eating right is a long process and requires dedication to making long term changes.

"For working out, it's the same. Just making little lifestyle changes depending on where you're at. Setting a step goal or taking advantage of your business partnering with a gym for a free membership. Take the opportunity to get involved in something active, especially over the summer like biking or yoga. It doesn't have to look a certain way. We can get lost on the internet with influencers trying to show that fitness has to look a certain way and it doesn't," said Savannah.

"I was really back and forth for a long time about competing. I'm athletic, but I'm not a competitive person and that pressure really got in my head for a long time about if I was going to perform well. I was comparing myself to a lot of other women. I needed to hear that I could do well. I learned that I could do well and enjoy the process. I would like to tell people that if you work really hard at body building you should compete because the winning should come after the fun you have along the way. Not believing in yourself because of pressure to win can be a big deterrent."



211 N. Washington St.

Featured June Events

Pride Night Tuesday, June 24

Peter Geye Sharing A Lesser Light Thursday, June 26

Pocket Vinyl Live Piano & Painting Performance Monday, June 30

### July Events

Fringe Fest July 16 - 20 Art Fest

**Downtown** July 19 & 20

Books & Brews at Badger State Thursday, July 31

#### **August Events**

Bookstore Romance Day Saturday, Aug. 9

Books & Brews at Badger State Thursday, Aug. 28 (& ongoing)

Lionsmouthbookstore.com







### CONCERTS START ONE HOUR PRIOR TO EACH GAME TIME LISTED

Tuesday, May 27th @ 6:35 Wednesday, May 28th @ 6:35 The Cheese Doodles Thursday, May 29th @ 6:35 Sunday, June 1st @ 1:05 Monday, June 2nd @ 6:35 Tuesday, June 3rd @ 6:35 Friday, June 6th @ 6:35 Sunday, June 8th @ 1:05 Saturday, June 14th @ 4:05 Sunday, June 15th @ 1:05 Monday, June 16th @ 6:35 Tuesday, June 17th @ 6:35 Monday, June 23rd @ 6:35 Tuesday, June 24th @ 6:35 Thursday, June 26th @ 6:35 Monday, June 30th @ 6:35 Thursday, July 3rd @ 6:35 Friday, July 4th @ 1:05

Bazooka Joe **NEW Dueling Pianos** Rodello The Kidd **Paul Hanna** Singo **Until Dawn Trio** Fire on High Duo The Flight Crew Alex Jeffery Singo Open Tab Singo **NEW Dueling Pianos Dani Maus Duo** 

**NEW Dueling Pianos** 

Sgt. Maj. Ret. Mike

**Aschinger Duo** 

Saturday, July 5th @ 3:05 Sunday, July 6th @ 1:05 Monday, July 7th @ 6:35 Wednesday, July 9th @ 12:05 Wednesday, July 9th @ 6:35 Saturday, July 19th @ 3:05 Sunday, July 20th @ 1:05 Tuesday, July 22nd @ 6:35 Wednesday, July 23rd @ 6:35 Friday, July 25th @ 6:35 Acoustic Endorphins Saturday, July 26th @ 1:05 Tuesday, July 29th @ 6:35 Wednesday, July 30th @ 6:35 Monday, August 4th @ 6:35 Tuesday, August 5th @ 6:35 Wednesday, August 6th @ 6:35 Annex Thursday, August 7th @ 6:35 Friday, August 8th @ 6:35

**Country Holla Toco Beach Steelpan Sweet Acoustics** Kids Karaoke **Arilya Duo Jet Pack Stereo Spark Spark Bang** Singo Little Cisco Jimmy Anderson Band **Livewire Polka** Singo **Grupo Kn Zavor Conscious Pilot** Singo **NEW Dueling Pianos Johnny Wad** 

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THANK YOU TO OUR VOLUNTEER STAFF FOR HELPING THE WEIDNER BRING THE ARTS TO GREEN BAY

