



I Love FDL

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Real Stories. Real People. Real Impact.

March 1st 2026



Fondly "Six Pack" Weekly SERIES

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Weekly news, inspiration, updates and happenings

The Fondy Frontline

In Your Face Tattooz owner Gavin Bowe turns personal ideas into meaningful works of art while remaining deeply involved in the local community. Beyond tattooing, he supports Fond du Lac through events, donations, and additional ventures like Gallery 83, all while prioritizing family and giving back.

Play Explore Repeat

As winter starts loosening its grip, the paths at Lakeside Park are filling back up with walkers, dogs, and families ready for fresh air again. For Mocha and me, these early-season walks along Winnebago always feel like Fond du Lac's quiet way of saying spring is on the way.

Finding Balance

Nourish Beauty & Wellness creates a salon experience that goes beyond hair, fostering a space where guests feel seen, supported, and uplifted while prioritizing clean, low-toxin products and whole-person care. Through wellness and nutrition coaching, alongside respiratory services offered by A Breath Of Fresh Air, the business promotes sustainable lifestyle changes and comprehensive well-being under one roof.

Hometown Heroes

At American Legion Trier-Puddy Post 75, manager Jodi Slager quietly leads efforts that support veterans through free meals, haircuts, a Caring Closet, and meaningful community outreach. With nearly 400 members, the post continues to honor and serve those who served—strengthening both veterans and the Fond du Lac community.

Creative Corner

Thelma Sadoff Center for the Arts [THELMA] has become downtown Fond du Lac's premier destination for live music, offering everything from intimate Great Hall performances to high-energy outdoor summer concerts. With year-round programming that spans genres and brings nationally touring acts to the city, THELMA continues to unite the community through unforgettable musical experiences.



I Love FDI



THE FONDY FRONTLINE

Ink, Art & Community: The Story of Gavin Bowe

There's something about a fresh tattoo that brings peace, memories, euphoric feelings when you get one. Gavin Bowe, owner of In Your Face Tattooz brings your ideas and turns them into artistic reality.

Gavin isn't just a tattoo artist; he is a staple in the Fond du Lac community. I'm sure you've seen him. Gavin participates in community events, leagues, among other things to support his community. Gavin gives back to his community by donating raffle items, baskets, and other things to support the community he resides in.

In addition to In Your Face, Gavin bought Gallery 83 in 2019, adding more availability to the community to bring their ideas to life. Gavin also established In Your Face Exotix in 1995, for reptile breeding (snakes, lizards) and specializes in reticulated pythons.

Gavin isn't just a businessman. He is married to the love of his life for 25+ years with their pups. His family is a strong suit to who he is. In his free time, when he isn't spending time in the community, he is spending time with his family. His family is his life. If you're looking for an unforgettable tattoo, piercing from an award-winning artist, consider checking out Gavin's shops. He has reputable staff, in a clean safe environment.



Written by: Ashley Ernst



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Honoring Those Who Served: Jodi Slager's Heart for Veterans at American Legion Post 75

Not all heroes wear capes! Often times a hero walks among us just trying to make the community they live in a better place. They don't ask for praise or recognition, they just see a need and attempt to find a solution for the need.

Jodi Slager fits the description. Jodi is the manager of the American Legion Trier Puddy Post 75 located at 500 Fond du Lac Ave in Fond du Lac. Post 75 has approximately 400 members - comprised of veterans and military connected individuals . Jodi has held her position for nine years.

Jodi loves her veterans. She has spear headed free haircuts for the veterans which are held on Sunday during the free veterans breakfast as well as during the free veterans dinner which is held on the 4th Thursday of the month.

New to Post 75 is the Caring Closet. It contains essentials such as toiletries and warm clothes and coats. This is a free service to veterans and is available inside the post. Jodi also implemented a Community Cabinet which is available to Fond du Lac residents in need. The cabinet contains essentials and warm clothes as well.

The Legion has a red, white and blue drop off box in the parking lot for your tattered and torn flags. The post will ensure proper disposal.



Author: Jill Wilhelms



I Love FDL

Honoring Those Who Served: Jodi Slager's Heart for Veterans at American Legion Post 75

There is a second silver container in the back of the parking lot. It is used for food scraps as well as outdated food. That food is then donated to A Nutter Way Rescue to feed animals.

Other fund raisers held at the Legion include Freezing for a Reason which brings awareness to the homeless plights in our community and We've Got Your Six which is a motorcycle ride held June 13th to raise money for our veterans.

Jodi even helped place a mature dog of a deceased veteran with another veteran ensuring that our furry friend had a great loving home.

Upcoming events at the Legion include a corned beef dinner held on 03/15 and an Easter brunch held on 04/05. All events are open to the public.

Jodi would like to get the outside of the post painted this year as well as replacing the floors. Those feats can be accomplished with your help and donations.

Please consider joining the American Legion! You either need to be a veteran or an immediate relative of a veteran and you need a copy of your DD214 paperwork. Any questions please reach out to the post at 920 921 8106.

Let's continue to honor our veterans and keep Fond du Lac strong.





Thelma Sadoff Center

Live Music & Concert Experiences at THELMA: Fond du Lac's Premier Arts Stage

In the heart of downtown Fond du Lac's Arts and Entertainment District, the Thelma Sadoff Center for the Arts—known locally as THELMA—has become one of Wisconsin's most dynamic destinations for live music and concerts. From intimate indoor performances to vibrant outdoor street festivals, THELMA delivers year-round musical experiences that bring artists and audiences together in unforgettable ways. We enjoy the various shows there. My personal favorites were The Charlie Daniels Band and the Queen Tribute Band, Gary Mullen & The works.

A Hub for Live Music in Downtown Fond du Lac

THELMA serves as a cultural anchor for the community, presenting concerts that span genres, generations, and performance styles. Whether visitors prefer jazz, blues, rock, folk, Americana, or contemporary tribute acts, the venue consistently offers programming designed to appeal to both dedicated music lovers and casual concert goers.

As a nonprofit arts organization, THELMA's mission centers on enriching the region through accessible artistic experiences—making live music a cornerstone of its programming calendar. Concerts, performances, and seasonal music events help transform downtown Fond du Lac into a lively gathering place filled with energy and creativity.

The Great Hall Concert Series: Music Up Close

One of THELMA's signature musical offerings is the Great Hall Concert Series, hosted inside the venue's beautifully restored historic performance space.

This ticketed series creates an intimate listening environment where audiences experience professional musicians just steps away from the stage. Performers from across Wisconsin and the Midwest regularly appear, delivering everything from acoustic singer-songwriter sets and jazz ensembles to high-energy blues performances.

The atmosphere is warm and personal—perfect for those who appreciate live music the way it was meant to be heard: clear sound, close connection, and shared musical moments. Seasonal lineups frequently include touring artists, holiday performances, and genre-spanning acts throughout fall, winter, and spring.

THELMA Thursdays: Fond du Lac's Soundtrack of Summer

When summer arrives, THELMA quite literally takes music to the streets.

THELMA Thursdays transforms Sheboygan Street into an open-air concert venue, drawing crowds from across Fond du Lac County and beyond. These weekly outdoor concerts feature regional bands performing rock, blues, country, folk, funk, and dance favorites in a relaxed, festival-style atmosphere.



Thelma Sadoff Center - CONTINUE

Guests bring lawn chairs, gather with friends, enjoy beverages from THELMA's outdoor bar, and experience downtown alive with music and movement. The concerts are typically free to attend, reinforcing THELMA's commitment to community accessibility and shared cultural experiences.

The result is more than a concert—it's a weekly summer tradition that blends live entertainment, social connection, and local pride.

Summer Soundwaves: Big Stage Energy

Building on the popularity of its street concerts, THELMA presents Summer Soundwaves, an expanded outdoor concert experience featuring nationally recognized touring acts.

With larger staging, enhanced production, and arena-level performances under the open sky, Summer Soundwaves brings headline entertainment directly to downtown Fond du Lac. Tribute shows, classic rock performers, and major touring musicians turn the city into a regional music destination during peak summer nights.

Jazz, Special Performances & Touring Artists

Beyond recurring concert series, THELMA frequently hosts specialty performances and visiting artists throughout the year. Events such as jazz showcases and curated concert nights introduce audiences to nationally acclaimed musicians alongside standout regional talent.

These performances broaden Fond du Lac's cultural reach, offering experiences typically found in larger metropolitan arts venues while maintaining THELMA's welcoming hometown atmosphere.

More Than Concerts – A Community Experience

Music at THELMA goes beyond entertainment. Concert nights energize local restaurants, attract visitors downtown, and foster community engagement through shared artistic experiences. Food vendors, social spaces, and collaborative events help turn performances into full evening outings.

Whether attending an indoor acoustic show in the Great Hall or dancing beneath summer skies during an outdoor concert, guests experience the powerful role music plays in connecting people and strengthening community culture.

Experience Live Music at THELMA

For residents and visitors alike, the Thelma Sadoff Center for the Arts stands as one of Fond du Lac's premier destinations for live music. With year-round concerts, nationally touring acts, and beloved community traditions, THELMA continues to shape the city's artistic identity—one performance at a time.

From intimate melodies to street-wide celebrations, music lives at THELMA.

Author: Darren Goodpaster

PLAY. EXPLORE. REPEAT.



Lakeside Park: The Return of Walking Season

There's something about this time of year in Fond du Lac that just pulls you back outside. The air's still got that bite, the lake's half frozen, half waking up, and the paths at Lakeside Park start filling back up with walkers, dogs, and families who've been cooped up all winter. It's not quite spring yet, but you can feel it trying. And honestly, that first stretch of decent walking weather always feels like a reset button for the whole community.

Mocha and I love getting out on the path this time of year. There's something peaceful about walking along Winnebago while everything's in that in-between season, patches of snow, open water, quiet benches, and that lighthouse view that never gets old no matter how many times you've seen it. You'll pass a few other early-season walkers, people bundled up with coffee in hand, dogs just as excited as Mocha to finally be back out sniffing everything again.

If you're looking for something simple to do this week that gets you moving and clears your head, a Lakeside walk is about as Fond du Lac as it gets. No cost, no planning, just fresh air, lake views, and that feeling that winter's finally loosening its grip. Around here, walking Lakeside this time of year isn't just exercise... it's a little sign that we made it through another Wisconsin winter. ☀️

Author: Shane Michael



Finding Balance

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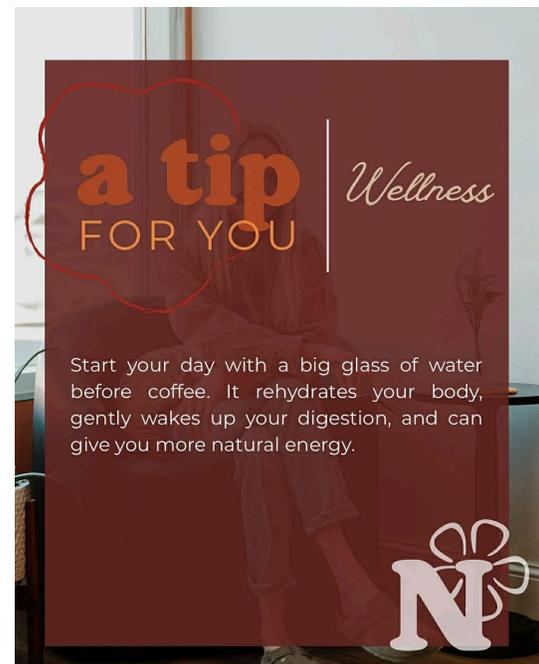
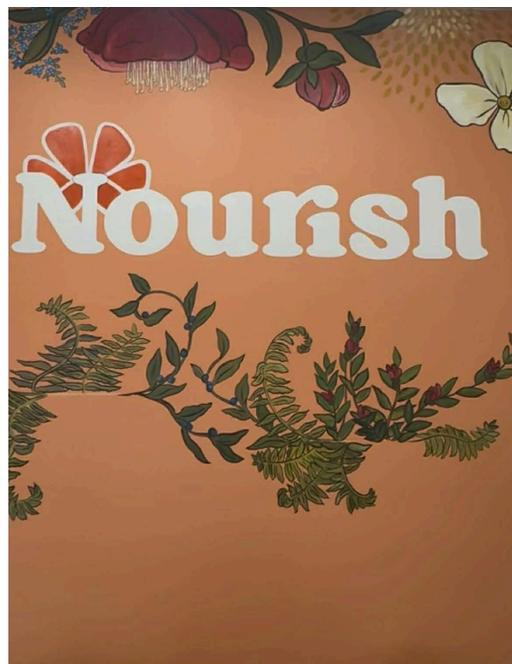
Nourish Beauty & Wellness: Where Self-Care, Confidence, and Whole-Body Wellness Come Together

Nourish Beauty & Wellness embraces the idea that salon visits are often about more than hair. Stylists naturally create spaces where guests feel comfortable sharing, decompressing, and reconnecting with themselves. Building on that connection, Nourish Beauty & Wellness intentionally fosters an environment where guests feel seen, heard, and uplifted while receiving services that support both confidence and overall well-being.

The business offers wellness coaching and holistic nutrition coaching to guide individuals toward sustainable lifestyle changes and greater self-awareness. Complementing these services is a full range of hair and grooming experiences, including hair shaping, color, scalp and hair treatments, beard trims, waxing services, and special occasion styling. Nourish Beauty & Wellness prioritizes the use of clean, low-toxin products, ensuring that both guests and providers benefit from thoughtful, health-conscious choices.

Further expanding its commitment to whole-person wellness, respiratory care services are available through A Breath Of Fresh Air, a separate business operating within Nourish Beauty & Wellness. This dedicated respiratory care practice provides specialized support for clients seeking improved breathing health and education, adding another layer of comprehensive care under one roof while maintaining its own distinct identity and focus.

Education remains central to the Nourish Beauty & Wellness philosophy, with an emphasis on helping individuals understand how nutrition, stress management, respiratory health, and intentional self-care can positively impact everyday life. Guests can also explore a curated selection of hair care and gift products to continue their self-care routines at home.



Author: Kristin Santini

This week is **PACKED** with awesome deals from some of Fond du Lac's favorite small businesses! 🌟🛍️ If you've been needing a sign to shop local... this is it. 🤝❤️ Dive into the specials below, show love to the shops that make our city feel like home, and have an amazing week, Fondy! 😍🌟

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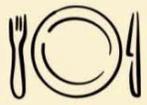
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