

Celebrate Life Boomers!

March 2014

A FREE PUBLICATION

THE BABY BOOMER GENERATION & BEYOND

LOCAL INTEREST CALENDAR HEALTH FINANCE HOME & GARDEN ENTERTAINMENT THEATRE TRAVEL DINING FAMILY RETIREMENT LIVING



"every time i visit ireland, i learn something new about the people, the culture and myself. during my adventures on irish soil, i've communed with wiccan priestesses, danced with horseman, explored the passages of an ancient castle, and enjoyed a guinness alongside strangers in a countryside pub"

~Story on page 3

Downsize and Simplify!

This year the youngest of the "baby boomers" will turn 50. As we approach retirement, many of us will be making decisions about a future lifestyle that increases our free time and decreases our stress. Oh yea!

~page 6

A Serious Look at Vegetarianism

Is it really a healthy alternative to the typical American diet?

~page 8

Who's the lazy one... your child or you?

Has a lack of parental leadership contributed to your child's irritating laziness? Has your parenting been lazy?

~page 13

WHAT'S INSIDE?

BODY WORLDS Exhibit.....	page 3
CALENDAR.....	page 5
Simple Irish Recipes.....	page 10
Nuclear Energy Update.....	page 12
FREE Trip to Panama.....	page 16
Fight Wrinkles with Diet.....	page 17
FINANCE.....	pages 20-21
Word Search.....	page 25
Crossword.....	page 26
Business Directory.....	page 27

Celebrating the Good Life!!



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2014

MARCH 14-16

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HOURS: Friday, March 14th, 1 p.m. - 8 p.m.
Saturday, March 15th, 10 a.m. - 6 p.m.
Sunday, March 16th, 10 a.m. - 4 p.m.

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FROM THE PUBLISHERS

MARCH 2014



March certainly sounds like Spring, but unfortunately, the barometer and wind chills never seem to cooperate. The cold temperatures have certainly kept our snowfort in great condition but even I must admit - it is time for the melting to begin!

My favorite March job is to start the vegetable seeds in their little greenhouses. Working with

the dirt, planting and watching the first seedlings pop out always gives me a burst of energy, thinking about spring and summer - the promise that daffodils and tulips are on their way! Of course, I never did clean or organize a few of those closets that I planned on over the winter months...oops...too late now ;)

I feel like Carrie Bradshaw from Sex in the City - my best girlfriends (I've known them since second grade) are 'doing' a girl's weekend at a B&B in Albuquerque, New Mexico this month. We always promised that when we turned 50 we would paint the town red and dance like teenagers! So instead of sneaking a few beers down into the basement and being scolded to turn the music down, we are truly celebrating in big-girl style. I've already warned Tom that 'what happens in Albuquerque-stays in Albuquerque'!

March also brings the Season of Lent to the Christian community. Lent seems to be defined as a time of sacrifice. What are you 'giving up?' always seems to be the question. Meatless meals, chocolate, wine? Father Angelo of our Annunciation Greek Orthodox Church tells us fasting is not only about what goes in your mouth, but also what comes *out* of your mouth. **Speak Gently. Be Kind.** Find your quiet spot, listen, be still.

And by the way, enjoying an abundance of Milwaukee Fish Fry choices certainly does *not* seem like a sacrifice to me. Gotta love Wisconsin!

*And always remember
to...*

Celebrate Life!

Sandy and Tom Draelos

5 Lessons I've learned from the Irish



By Barbara McNally

Ireland has always been in my blood. Growing up, I remember hearing stories about my Celtic Irish heritage, but the tales seemed like another world away. It wasn't until I embarked on a life-changing trip to the land of my ancestors that I truly understood what it meant to be Irish.

Ireland changed my life- it's where I learned to be free. After the death of my so-called 'perfect marriage,' I set out on a journey to rediscover myself. I realized that I knew very little about who I really was, and Ireland seemed like the perfect destination to find out. It was during this trip that I took my first steps to becoming the independent, confident and passionate woman that I am today.

Every time I visit Ireland, I learn something new about the people, the culture and myself. During my adventures on Irish soil, I've communed with Wiccan priestesses, danced with horseman, explored the passages of an ancient castle, and enjoyed a Guinness alongside strangers in a countryside pub.

Lessons learned from the Irish continued on page 11



BODY WORLDS & The Cycle of Life

As we age, we experience the body in different ways. At each stage of life, we seek new answers. Just as our body is always changing, so is the lens through which we view a BODY WORLDS exhibition. Visitors will marvel at the life processes that are captured in the exhibition and will leave with a new appreciation of the power we have to keep our bodies healthy throughout our lifespan.

The anatomical exhibition, is now open at the Milwaukee Public Museum through June 15, 2014.

This new exhibition is part of the series that has been seen by more than 40 million people around the world, including MPM visitors in 2008, when BODY WORLDS The Original Exhibition of Real Human Bodies shattered the Museum's special exhibition attendance records.

In BODY WORLDS & The Cycle of Life, the latest exhibition from physician and pioneering anatomist Dr. Gunther von Hagens, you'll see the body throughout the human life cycle and across the arc of aging. More than 200 plastinates—individual organs and systems as well as full-body specimens preserved through Dr. von Hagens' invention, the remarkable process called Plastination—reveal the human body in all its stages, across youth, growth, maturity and

Body Worlds continued on page 7

Boomers! is a monthly publication serving the Baby Boomer Generation (45 and above) of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market - America's number one generation!

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Joe 2.0 is the musical group that answers one simple question: "Can a string quartet truly rock?" On covering The Beatles, Led Zeppelin, The Doors, The Animals, David Bowie and other pioneers of rock, Joe 2.0 uses the electrified strings to emulate the original sounds and capture the essence of what made these songs work.

Joe 2.0, brainchild of violinist Joseph Ketchum, along with front-man extraordinaire Xeno (Bad Boy, Cheap Trick, The Happy Jacks) has decided to jump with both feet into this world, electrifying the instruments, using a drum set and adding vocals. The result creates a totally new pop sound. With their original music, Joe 2.0 aims to produce something totally unique, yet accessible, creating sounds not heard before from a string quartet blended seamlessly with the lush sounds the instruments naturally produce.

Can a string quartet rock? Yes it can.

Saturday, March 29th, 7:30pm
Concert Spectacular! Milwaukee Athletic Club, 3rd Floor Fireside Lounge. 758 N Broadway. \$14 in advance/ \$16 at the Door. Free Valet Parking! <http://www.joe20.com/ordertickets.php>
By Phone: 414-962-1062

Tripoli Shrine Circus

Stupendous new acts and returning favorites for 2014!
March 6 - March 9
US Cellular Arena

Milwaukee Journal Sentinel Sports Show

Love fishing, boating, hunting, and camping? Come try and buy the latest in outdoor equipment.
March 5- March 9
Exposition Center at Wisconsin State Fair Park

20th Annual Irish Eve

Get a jump on celebrating St. Patrick's Day with traditional Irish fare, cold brews, thrilling Irish dance & rousing Irish music at this festive FUNdraiser for the CCC!
March 8, 6pm
Cedarburg Cultural Center

EAA's 2014 Hops & Props

A fine food and beverage-tasting event with over 250 different beverages provided by micro-breweries and distributors from across the world. Learn about the brewing process and history, and become a discerning beverage taster. Great music, coffee and sweets all add to this exciting event! Tickets, please contact August Hoeltzel at (920) 426-6510
Saturday, March 8, 7pm
EAA AirVenture Museum

AROUND TOWN

A collection of local events

Go to www.visitmilw.org for a more complete listing of events

Jewish Museum After Hours

Meet, schmooze, network and just have a good time with other young Jewish professionals from throughout the Milwaukee area. Enjoy drinks and snacks while engaging in fun, cultural activities. Visit www.JewishMuseumMilwaukee.org
March 13, 7pm
Jewish Museum Milwaukee

Greater Milwaukee Golf Show

See the latest in golf and improve your game!
March 14 - 16
Exposition Center at Wisconsin State Fair Park

Annual St Patrick's Day Parade

Milwaukee's oldest St. Patrick's Parade. With its route right in the heart of downtown Milwaukee, this 100 unit parade features marching bands, pipe and drum corps and local personalities.
Saturday, March 15, 12noon

Homeless Veterans Fundraiser

The Milwaukee Homeless Veterans Initiative will host a reception at Anodyne Coffee Roasters, 224 W. Bruce St., with food, drink and a short program. Donations gratefully accepted. 414-763-5596
March 20, 5:30-7:30pm

Taste of the Ward 2014

Sample dozens of unique and diverse menu items - hors d'oeuvres, entrees, desserts - plus enjoy a cash bar stocked with your favorite cocktails from Indulge. One ticket provides as many tastes from our restaurant that you can manage, so come hungry! New this year-vote for the best Taste!
March 27, 5:30
Skylight Music Theatre at the Broadway Theatre Center

Garden to Table Gala

In support of the NuGenesis mission. Savor the four-course organic and natural dinner prepared by the Bartolotta's Culinary Team and enjoy live entertainment and auctions at this elegant educational event. The evening's program will feature Integrative Medicine Physician Dr. David Rakel, M.D. sharing his perspectives on cultivating the connection between food and health.
April 3, 6pm
Pier Wisconsin

2014 Milwaukee Lake Home & Cabin Show

Now in its 10th year in Wisconsin, the Lake Home & Cabin Show specializes in second homes and the second home lifestyle
April 4 - 6
Wisconsin Center

More than 100 beers will be featured at the third annual Heidel House Brew Fest.

An estimated 130 craft beers from across Wisconsin will be available for tasting on Saturday, March 22 at Heidel House Resort & Spa.

The lineup includes many familiar faces from previous years as well as several newcomers. James Paige Brewing Co. of Stevens Point, Stillmank Brewing Co. of Green Bay and Northwoods BrewPub of Eau Claire will be making their first appearance, offering samples such as James Paige's Chai Tea Porter, Stillmank's Wisco Disco and Northwoods' Wall-IPA.

In addition to the microbrews, Vines & Rushes Winery of Ripon will offer tastings of their local wines from Wisconsin grown grapes. Ciderboys Cider Co. of Stevens Point will also offer a sweeter alternative to beer with their refreshing hard ciders with hints of apple, strawberry, raspberry and peach.

All breweries in attendance will be competing for the title of the 2014 People's Choice. Each guest will have the opportunity to cast a vote for their favorite beer of the evening. The winner will be on tap at Heidel House Resort for the 2014 summer season. Door County Cherry Wheat from Shipwrecked Brewery of Egg Harbor was awarded the 2013 People's Choice. Door County Cherry Wheat is a crisp, medium bodied beer made with wheat, barley, and juice from fresh Door County cherries for a unique fruit flavor. It will again be available at this year's event.

A souvenir tasting glass, appetizers, live entertainment from Dan Braaksma Band and unlimited sampling from 3:30 - 7:30 p.m. are all included in the \$35 ticket price. Brew Fest 2014 will take place in Heidel House Resort's lake view ballroom, Sandstone and Lower BoatHouse. Guests must be 21 or older to attend.

Because tickets are selling fast and last year's event sold out, advance ticket purchase is recommended. Please call 800-444-2812.

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Do you or do you know someone who loves to sing?

Men and women 55 or better gather Monday afternoons to enjoy song and fellowship. Familiar songs are rehearsed and proper vocal and choral techniques are taught, all in a fun and relaxed atmosphere.

Bel Canto Senior Singers Program is open to the public and free of charge. No audition is necessary - just come and sing!

For more information or to register, please contact Rebecca Whitney at rwhitney@belcanto.org or 414-481-8801 x 4.

Milwaukee Repertory Theater Announces the 2014/15 Season - award-winning plays, two world premieres and the return of *Liberace*

"Next season will offer strong stories that are substantive pieces of theater that are both enlightening and entertaining," said Director Mark Clements. "The season includes two exciting world premieres, *after all the terrible things I do* and *Five Presidents*. We will also continue the tradition that I started upon my arrival by including a musical on our main stage - the first production in the Quadracci Powerhouse will be the award-winning musical, *The Color Purple*. Audiences responded so enthusiastically to last year's production of *Ragtime*, I believe they are in for another treat with *The Color Purple*."



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March 16, 2014 3pm
"Timeless Romance"



All-Mendelssohn program featuring *Mid-summer Night's Dream Overture*; *Symphony No. 3*, & *Concerto for Violin & Orchestra* with violin soloist Frank Almond

May 4, 2014 3pm
"Magnificent Moods"

All-Schumann: *Manfred Overture*; *Symphony No. 3* & *Concerto for Piano & Orchestra* with Stephen Swedish, piano soloist



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May 21, 2014 7-8pm
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Special guest David Drake, folksinger & guitarist. Kids get to conduct the orchestra finale!

Pajama Jamborees are FREE. Symphony Sundays are \$14 for adults, \$8 for children, students & seniors.



DOWNSIZE & SIMPLIFY!

This year the youngest of the “baby boomers” will turn 50. As we approach retirement, many of us will be making decisions about a future lifestyle that increases our free time and decreases our stress. It might be time to move, downsize or simplify!

To get started downsizing you need to be able to let go of the stuff that is just hanging out at your house. When deciding whether to keep an item, ask yourself some basic questions: Is it useful? Do I need it? When did I use it last? Do I love it? Can I live without it?

Some of the items you have accumulated have sentimental value, such as pictures, school momentos and toys left behind when the kids moved out. Have your children sort through pictures and memorabilia with you. Encourage them to take a portion of the pictures and their childhood belongings. Take pictures of childhood artwork and memories that you don't want to hold onto. Give your children the sentimental items you want them to have now so they can begin to enjoy them and you don't have to store them.

As you take inventory you may realize that there are items you can sell. You could have a rummage/estate sale, place items on Ebay or try Craig's list. If this sounds like a lot of work, consider placing

them in a consignment shop. A consignment store is a resale store that agrees to sell your merchandise in exchange for a percentage of the profit. Some are speciality stores, handling only furniture or high end clothing. Rick and Migdalia Zanon own Universal Services, a Senior Move Management firm. They opened Consign W/US in Sussex to help their clients sell items they won't need after a move. They do the research to help determine if an item is marketable and at what price. Their commitment ends when items are shipped or delivered to the purchaser.

Donating items that you don't need is a way you can support a favorite charity. Many types of charitable organizations pass on or sell your donations. Charities, such as the Rescue Mission and homeless shelters have “wish lists” of items they always need. Often these lists are posted on their website.

Many non-profit organizations have thrift/resale stores that raise money for their cause. For example, The American Council for the Blind Thrift Store in West Allis accepts gently used clothing in all sizes, as

well as furniture, household goods and small appliances. Proceeds fund programs for the blind and visually impaired.

If you are downsizing and preparing for a move, it is never too early to begin getting ready. Susan Dakins, a realtor with Custom Fit Realty, encourages calling a realtor early for advice. “Too often a seller waits until the last minute to call a realtor. In reality a Realtor should be consulted months in advance to assist with advice for cleaning and decluttering as well as repairs.”

If you struggle making the decisions to sort and declutter, call an objective friend or get the help of a professional. Professional organizers and move management firms are not emotionally attached to your belongings. They can help you think through which items you will use and want to keep.

Whether you need to declutter to prepare for a move or just to simplify your life, the end result will be that you have less to store and maintain. It is time to relax and celebrate life!

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From the 2008 Exhibit

"The purpose of Plastination from its very inception was a scientific one, to educate medical students. But the interest of lay people in the plastinated specimens inspired me think of public exhibitions, which was followed by the realization that I had to offer a heightened sense of aesthetics to avoid shocking the public and to capture their imagination."

~Dr. von Hagens.

advanced age, and in all its conditions, from health to distress to disease.

Invented by Dr. von Hagens in 1977, the Plastination process replaces the natural fluids in the specimen with liquid reactive plastics that are hardened and cured with gas, light, or heat. Before hardening the plastic in the specimens, the plastinates are fixed into extraordinary, life-like poses, illustrating how our bodies internally respond to everyday movements and activities. Plastination provides the flexibility and strength needed to display and preserve the specimens in their true-to-life form, without the use of glass barriers or formaldehyde. Gunther von Hagens' BODY WORLDS exhibitions stem from an established body donation program that relies on donor consent. The specimens on display, excluding a small number of acquisitions from anatomical collections and anatomy programs, stem from a body donation program that was begun in 1983 by Dr. von Hagens.

Exhibition Highlights: More than 200 specimens. Visitors will see individual organs and systems, as well as full-body plastinates in various action poses, including a ballet dancer, ice skaters, a woman executing a yoga pose, and more; A stunning look at conception and prenatal development. This area features a multimedia display on cell division and a remarkable collection of plastinated embryos and fetuses acquired from historical anatomical collections; Centennial Village, a feature on the findings on geographic clusters around the world where the longest living people live—from Okinawa, Japan and Ovodda in Sardinia to the Hunza region of Pakistan.

Tickets can be purchased by telephone at (414) 223-4676, online at www.mpm.edu/body-worlds, or in person at the Museum ticket windows. Ticket prices are \$25 for Adults (18 - 59); \$22 for Students (13+ with ID); and \$18 for Children (3-12) & Senior (60+).

The History of Plastination from Notion to Invention

In July 1977, while working as a scientist and research assistant at the University of Heidelberg's Institute of Pathology and Anatomy, Dr. Gunther von Hagens had an outrageous notion. "I was looking at a collection of specimens embedded in plastic. It was the most advanced preservation technique then, where the specimens rested deep inside a transparent plastic block. I wondered why the plastic was poured and then cured around the specimens, rather than pushed into the cells, which would stabilize the specimen from within and literally allow you to grasp it."

The notion was an epiphany for Dr. von Hagens, and the genesis of Plastination – his groundbreaking invention where all bodily fluids and soluble fat from anatomical specimens are extracted to stop decomposition, and replaced through vacuum-forced impregnation with reactive resins and elastomers, such

as silicon rubber and epoxy that harden with gas, light or heat curing, giving the specimens rigidity and permanence.

In March of 1978, Dr. von Hagens filed a patent for his invention with the German Patent Office. However, he had only scratched the surface of Plastination. The refinement of his invention and the creation of the first whole-body plastinate would take thirteen more years.

Despite many setbacks, Dr. von Hagens persevered with what had become his professional and personal obsession. In 1981, he filed his patent for "Animal and Vegetal Tissues Permanently Preserved by Synthetic Resin Impregnation," with the US Patent Office.

With Plastination, Dr. von Hagens has irrevocably changed the traditional field of anatomy and its audience.

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VEGETARIANISM

A Healthy Alternative or an Alternative to Healthy

By Sueann Allen/toptenreviews.com

Whether you are eating lunch on an airplane, attending a wedding dinner, or eating in a restaurant establishment, you will notice the growing trend toward vegetarianism. On most menus throughout America, there are vegetarian options noted for those who prefer the vegetarian diet. Vegetarians believe that this diet is much healthier than the average American diet, which includes animal products. So, what is the truth about vegetarianism. Is it really a healthy alternative to the typical American diet?

Before considering the health aspects of the vegetarian diet, it is important to make a distinction between the types of vegetarianism. The least strict vegetarian is the semi-vegetarian (not considered vegetarian by the American Vegetarian Society) who focuses only on the exclusion of red meat from the diet. The lacto-ovo vegetarian excludes meat, fish and fowl, but consumes both dairy and egg products. A lacto-vegetarian will not consume meat, fish, fowl, or eggs, but continues to eat dairy prod-

ucts. The ovo-vegetarian excludes meat, fish, fowl, and dairy, but continues to consume eggs. The most extreme of the four vegetarian groups is the vegan who consumes no meat, fish, fowl, dairy or eggs. The vegans are the individuals attracting the most scrutiny from the general public.

So, what are the main arguments against the vegan diet? The biggest concern is that the vegan diet excludes many essential nutrients required to maintain a healthy body. The vitamin attracting the greatest attention is the B12 vitamin, a vitamin found in meat, fish, eggs and milk. B12 is responsible for maintaining nerve cells in the body. Because vegans do not consume the products in which B12 is found, a serious deficit of the vitamin could occur. The research of Dr. Joseph Mercola, who is both an osteopathic physician and the director of the Optimal Wellness Center in Chicago, has found a link between the B12 vitamin and blindness. The research states that a French patient who was vegan for 13 years and lost

most of his vision. No cause, besides the lack of B12 due to the vegan diet, was found for the sudden loss of sight.

There is evidence to suggest that there is a link between the vitamins B12 and folate and Alzheimer's. An article published in Neurology magazine demonstrates this relationship. This was taken from a study at the Stockholm Gerontology Research Center and Division of Geriatric Medicine. The study involved 370 men and women ranging from 75 years and above. It was found that with low levels of either B12 or folate, the chance for developing Alzheimer's doubled.

In addition to the B12 vitamin, there are other nutrients in which the typical vegan may be deficient. These nutrients include iron, zinc, calcium and protein. Most of these nutrients can be obtained through plant sources, iron, however has a much better absorption rate from meat sources.

Why, then, do vegetarians insist that the diet is healthy

Vegetarianism continued on page 9

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Historical Origins of the Vegetarian Diet

By Colin Didcott

The idea of vegetarianism is not a new one, by any stretch of the imagination. Indeed man has in one way or another eaten vegetarian diets since his beginnings. Granted, the first vegetarians did so only out of necessity. Meat may not have been available due to harsh winters, animal migrational patterns or even poor tribal leadership. Only foraged food would have been available under such circumstances.

As man evolved and became more able to manipulate his environment, so came the option to choose. Available facts point to the first vegetarian ideologies being practiced in Egypt around 3,200BC where some religious groups abstained from eating flesh, as they believed it produced bad karma with regards to their reincarnation.

Around 2000BC Hindus, on the Indian sub-continent, began practising vegetarianism in the belief that a vegetarian diet is needed to reach spiritual enlightenment. Even today, Hindus make up the largest percentage of vegetarians on earth.

Also from the Indian sub-continent, around 600BC, came the religion of Jainism. In its teachings, Jainism insists that we honor the spiritual nature of all life. Extremely dedicated Jainists go to the extent of straining insects from drinking water and even wearing masks

to avoid inhaling small, airborne creatures. They will only eat fruits that have naturally fallen from trees and are not supposed to eat honey or rooted plants.

Vegetarianism was also popularised in Ancient Greece by many of the great philosophers including Plato, Socrates, and Aristotle. Indeed vegetarians in Europe were originally referred to as Pythagoreans, after the Greek Philosopher Pythagoras advocated a vegetarian diet for its nutritional and ethical values. He claimed, "As long as Man continues to be the ruthless destroyer of lower living beings he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love."

It was not until 1847, when the first vegetarian society was formed in Ramsgate, Kent UK, that the name Vegetarian was first conceived. Contrary to popular belief, the word Vegetarian arose from the Latin word 'vegetus', meaning 'lively' which was how early vegetarians claimed their diet made them feel.



Vegetarianism continued from page 8

if it is deficient in essential nutrients? Research has shown that vegetarians have lower rates of obesity, heart-disease, hypertension and type II diabetes. Vegetarians have a lower body mass index (BMI) and lower cholesterol. In one study involving the Seventh Day Adventist church members from 1977-1988, of the 34,192 total participants, 29% were vegetarian, 7-10% of these were vegan. The study found that vegetarians had half the high blood pressure, diabetes, and colon cancer and 2/3 less rheumatoid arthritis and prostate cancer.

Another healthy advantage to the vegetarian diet is that it follows the USDA and Mayo Clinic food pyramids in many ways focusing on a low-fat diet which is high in fiber and complex carbohydrates.

With the exception of the vegan, vegetarians can attain a healthy quantity of foods from each segment of the food pyramid.

So, what is the verdict about vegetarianism? Is it a healthy alternative or is it an alternative to a healthy diet? It depends on the type of vegetarianism. As long as the vegetarian is consuming dairy and egg products, vegetarians can attain most of the nutrients needed for a healthy lifestyle.

If you are considering the vegan diet make sure you get calcium from foods such as green leafy vegetables and calcium-fortified food products. You can obtain iron from beans, dried fruit and whole grains (combine with Vitamin C to aid in absorption) and zinc from wheat germ and whole grains. B12, unfortunately, comes only from

animals and therefore MUST be supplemented. Because it is difficult to absorb orally, alternative methods must be performed to supplement the B12 vitamin. These methods include IM (intra-muscular) injections, which are relatively cheap and quite effective, sublingual (under the tongue) therapy, and a prescription nasal spray, which is very expensive.

Moderation is the key to healthy eating. Because meat proves the most easily-absorbed source of iron and the only source of B12, it should be a natural addition to most diets. However, moderation is the key. In the high-fat, high-calorie world that we live in, vegetarianism may actually prove to be the healthy alternative to an unhealthy American diet.

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Simple, Traditional Irish Meals

Most meals that are seen as a traditional dish in Ireland are usually made up of very simple ingredients and are extremely easy to cook. Most Irish food recipes are made up of vegetables, meat and fish. These are the core ingredients for any traditional dish as they have been the main source of food in Ireland for hundreds of years.

Leek and Oatmeal Broth

This is a very old Irish soup recipe, traditionally served during Lent.

- 1 pint milk
- 1 pint chicken or vegetable stock
- A pat of butter
- 3 rounded tablespoons oatmeal
- 4 leeks, trimmed, cut into 1 inch rings
- 2 tablespoons fresh chopped parsley
- Salt and pepper
- A little single cream to garnish (optional)

Mix the milk and stock together and pour into a saucepan. Add the butter, bring to boil and then add the oatmeal, stirring well. Return to the boil and simmer for 10 minutes stirring occasionally. Add the leeks and seasoning, return to the boil and simmer for another 15 to 20 minutes, stir in the parsley a few minutes before the end of the cooking time. Serve garnished with a swirl of cream if desired

Cheddar-Ale Soup

You'll never guess that this creamy, calcium-packed soup is healthy. Made with low-sodium chicken broth, 50% reduced-fat Cheddar cheese, and low-fat milk, this recipe lets you enjoy every savory spoonful guilt-free. The carrots add a dose of beta-carotene, which may decrease your risk for certain types of cancer. For a little boost of fiber, serve with whole-wheat toast.

- 1 tablespoon olive oil
- 1/2 yellow onion, diced
- 1 garlic clove, minced
- 1 cup diced carrot
- 2 celery stalks, diced
- 1/3 cup all-purpose flour
- 2 cups low-sodium chicken broth
- 2 cups 1% milk
- 12 ounces pale ale (like Bass)
- 8 ounces reduced-fat sharp Cheddar cheese, shredded
- Toasted whole-wheat bread



Heat 1 tablespoon olive oil in a large pot over medium-high. Add 1/2 yellow onion, diced, and 1 minced garlic clove; sauté 3 minutes. Reduce heat to medium; add 1 cup diced carrots and 2 celery stalks, diced. Sauté 5-7 minutes or until soft. Sprinkle in 1/3 cup all-purpose flour; stir. Add 2 cups low-sodium chicken broth; stir. Add 2 cups 1% milk and 12 ounces pale ale (like Bass). Cook 5-7 minutes or until foam disappears and soup thickens. Stir in 8 ounces 50% reduced-fat sharp Cheddar cheese, shredded. Simmer 15-20 minutes; serve with toasted whole-wheat bread and a garnish of Cheddar.

Traditional Irish Potato Soup

Popular with locals in Ireland the Irish potato soup recipe is well worth trying. It has been part of Ireland's custom foods for many years and is still traditionally made as it would have been many years ago.

- 2 tablespoons of Irish butter
- 2 medium sized onions
- 3 large potatoes, washed & peeled
- 1 cube chicken bouillon
- 2 cups of milk
- 1 clove garlic, crushed
- 1 teaspoon dried parsley
- 3 pieces of celery, chopped
- 1 pinch ground black pepper & salt
- 1 1/2 cup of grated cheese

Thinly slice the onions and potatoes and add to a pan with melted butter. Add the chicken bouillon, celery, dried parsley, garlic and season with salt & pepper. Cover the pan allowing the vegetables to soften under a low heat, do not let them brown. Add milk and mix until soup becomes thick then stir in cheese until fully melted.

Serve piping hot with a few slices of buttered bread and enjoy.

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5 Lessons I've learned from the Irish

continued from page 3



The lessons learned along the way have been numerous, but here are a few of the most important ones that I carry with me everyday:

- 1 **Don't be afraid** to take risks. Embrace freedom, individuality and self-expression. Learn how to empower yourself, and don't expect others to do it for you.
- 2 **Live life with passion.** A good debate is almost as good as good sex.
- 3 **The past never dies.** I've seen history come alive on my trips to Ireland, visiting sites like the National Famine Memorial, Saint Brigid's Well, the graveyard in Aughavel, and the memorial of the fearless pirate queen of Ireland, Grace O'Malley. History truly makes up the tapestry of the country, and whispers of the past are everywhere. I learned that sometimes, all I needed to do was to listen.
- 4 **If you can laugh at yourself,** you'll never want for humor. Don't take yourself so seriously, because no one else does.
- 5 **Live until you die-** life is for living, after all. There truly is no greater joy than the adventure of discovering who you really are and living that life with purpose.

For the past twenty years, I've been Barbara Abel- the name I married into. Recently, I changed my last name to McNally, a very old family name. It suits me. It's who I am, and who the Irish taught me to be. I never imagined that my divorce would empower me with the opportunity to rediscover myself. I thank Ireland for helping to show me the way.

Barbara McNally is a mother, author and philanthropist living in San Diego, California. She is the founder of Mother, Lover, Fighter, Sage, a foundation inspired by her own journey and dedicated to providing women with opportunities for growth and self-discovery. Her new memoir, *Unbridled*, is set to be released later this month, and chronicles her journey from a stifled, predictable housewife to independent and joyous living. Visit her website at <http://unbridledfreedom.com/>.



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Dear EarthTalk: I thought Japan's 2011 Fukushima nuclear plant meltdown would have sealed nuclear power's fate, but I keep hearing otherwise. Can you enlighten?

Earth Talk

From the editors of
E - The Environmental Magazine

The 2011 Fukushima nuclear disaster did cause many nations to reconsider their nuclear commitments, though many European countries—Switzerland, Belgium, Austria, Germany, Italy, Spain and Sweden—had already begun phasing out nuclear power decades earlier. After Fukushima, Germany, Belgium and Switzerland all moved to decommission their nuclear facilities altogether by 2022, 2025 and 2034 respectively.

Japan's nuclear program, which provided 30 percent of the country's electricity needs before the March 2011 disaster, is now essentially non-operational due to public safety concerns. Furthermore, Japan announced in November 2013 that, due to the shuttering of Fukushima and other nuclear facilities, it was backpedaling its on prior commitments to cut greenhouse gas emissions 25 percent from 1990 levels.

Here in the U.S., Fukushima has not had any major effect on our nuclear industry. No nuclear plants have been closed, license extensions for existing facilities continue to proceed, and the federal Nuclear Regulatory Commission (NRC) has even greenlighted construction of two new reactors at a nuclear power plant in Georgia. But public concerns over the safety of nuclear power and what to do with spent fuel indicate that nukes will likely become a smaller and smaller slice of the U.S. energy pie moving forward.

Elsewhere, however, many countries are looking to nuclear power as a way to increase energy production without adding to greenhouse gas emissions. Casey Research reports that developing countries are increasingly relying on it to supplement coal and other fossil fuels. The International Energy Agency predicts global electricity demand will grow 70 percent by 2035, with the majority of the increase coming from developing countries—China and India combined will account for half of the projected growth.

"Serious pollution problems mean that those developing countries cannot produce all that electricity by burning coal," says Amir Adnani, CEO of Uranium Energy Corporation, a uranium mining company. "The plans to develop nuclear power in China and other countries are very much driven by a set of realities that is very different and very acute. People are dying every year in China, literally choking to death, because of all the toxins that are being put into the environment by burning coal."

China now has 17 nuclear plants in operation and another 29 underway. India has 20 plants running and seven more being built. And the Russian Federation operates 33 and has another 11 in the works. So while it might be premature to call it a "nuclear renaissance," much of the world doesn't seem too worried about what happened at Fukushima. Indeed, nuclear power looks like it could be around for a long time.

According to MIT's Center for Energy and Environmental Policy Research, the real impact of Fukushima has been to remind us all to take safety much more seriously: "While the international nuclear industry appears so far to have dodged being hit square in the head by a bullet from Fukushima, it should not expect that it will get another chance if there is another serious nuclear accident anywhere in the world."

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At a recent parenting workshop, a mom asked for advice on what to do about her “lazy” teenage son. Not an uncommon issue for parents of teenagers, but I needed more information before I could help. I asked her to describe what his laziness looked like.

“He’s 15,” she said, “and he spends all his time in his room playing video games.” He refuses to do any chores around the house and doesn’t listen to anything we say to him.”

Lazy is defined by Webster as not liking to work hard or to be active. When you repeatedly tell your son he’s lazy, he’s going to start believing that he’s not a hard worker. Is that what you want for him, to think of himself as a lazy person? More likely, you want to help him develop the self-discipline to do what’s expected of him.

No one is born lazy. We come into this world with certain inborn traits that are the basis of “who we are.” I teach parents to look to these nine traits to understand which parts of their child they cannot change. Laziness is not one of these inborn traits. There are however traits that can be mistaken for laziness, or can contribute to laziness if the child doesn’t learn how to manage these traits. For example, low activity, low adaptability, low ease with the unfamiliar and low persistence.

But not working hard is learned behavior. Kids do what works for them in their family. If parents are leaders who put in the effort to lead, kids respond. If parents have abdicated that leadership responsibility, kids who rule the roost with their inaction and isolation are filling that vacuum.

Back to our lazy 15-year old: why *wouldn’t* he sit



By Nancy Rose

around and play video games instead of doing chores? He’s learned that he can do whatever he pleases with no consequences other than nagging and calling him lazy.

Have you inadvertently taught your child to be lazy?

1. Do you emphasize the family? Children, like adults, thrive when they feel they are a part of something bigger than themselves. A sense of belonging fosters cooperation, where everyone contributes to the common good. Emphasizing the family teaches children that their actions affect others.

2. Do you set and communicate clear consistent standards of behavior? Have you let your son know exactly what you expect him to do? Does he know that he is expected to get the trash cans to the curb every Thursday night? Are you consistent or hit-or-miss? Do you sometimes take care of it because you figure he won’t?

3. Do you build in accountability? Here’s where things often start to break down. If you’re wondering why you have to constantly nag your kids to do what they’re supposed to do, ask yourself whether you’re holding them accountable for following through. If you don’t check to make sure they’ve done what’s expected, you may be encouraging noncompliance, because they know you don’t follow through on your end!

*Has a lack of parental leadership contributed to your child’s “laziness”?
Has your parenting been lazy?*

Who’s the Lazy One... Your Child or You?

4. Do you follow through with clearly communicated consequences? How many times have you heard parents warn their kids of some consequence if they don’t behave and then not follow through? These parents are actually training their kids to ignore them! If there’s no real bottom line, they’ll do exactly what they want, tuning out the nagging and threats.

5. Do you use the language of leadership? Words are profoundly powerful and effective parent leaders use “I” messages rather than “you” messages. “I” messages convey how you feel as a result of your child’s behavior, rather than the spoken or unspoken blame that’s inherent in “you” messages.

6. Do you walk the walk of a leader? Are you modeling the self-discipline in following through on your commitments, even the ones you don’t enjoy doing? Do you make excuses or just ignore your spouse’s requests for you to get things done?

Has a lack of parental leadership contributed to your child’s “laziness”? Has your parenting been lazy?

Nancy Rose, “The Acceptance Advocate,” is an author and speaker who just released her first book, *Raise the Child You’ve Got—Not the One You Want*. She has two grown sons and lives in the Napa Valley. Learn more at www.nancyjrose.com.

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