

REMEMBERING THE HOLOCAUST

By Marta Fuchs, MLS, MFT

Why I Could Write a Positive Holocaust Book?

In anticipation of April's Holocaust Remembrance Day (Yom HaShoah) we are printing the rather unusual article below by Marta Fuchs, Hungarian-born daughter of Holocaust survivors and author of the new book, *Legacy of Rescue: A Daughter's Tribute*. Although many in her family were murdered by the Nazis, Fuchs grew up learning that not everyone is evil and that, in fact, many good-hearted souls rose above to show kindnesses small and large who defied the Nazis to save their lives.

I am a member of a generation that wasn't supposed to have been born...

...living proof that Hitler's Final Solution to whatever questions he had about the Jewish people didn't succeed completely.

"How can you write such an uplifting Holocaust book? How can you speak so positively about what happened, given what happened?" How could I not, I reply. I'm filled with gratitude for my parents' love and protection; for giving me a sense of family connection and continuity by telling me about life and people before; for recounting the sorrowful details of their Holocaust past while also honoring the individuals who showed them human kindness in those abandoned days.

Born in Hungary after the war into the remnants of the once thriving Tokaj Jewish community, my brother and I as children only knew the bare outlines of what happened to our parents. When we came across old sepia photographs of people we didn't recognize, Mom and Dad explained with just one word: *elpusztultak*, they perished. The "sz" in Hungarian equivalent to an "s" in English, to my child's ear it sounded like *poof*! They vanished. How can people simply disappear without a trace, I wondered?

Dad never even considered himself a Holocaust survivor. "I was only in labor camp. It's your mother who is the survivor." We knew that Mom and her sisters had been in some terrible place called Auschwitz where someone named Mengele decided we would never know our grandparents. We knew that Dad was the sole survivor of *his* family. His older brother, two older sisters, and all their six children also "remained in Auschwitz."

It would be three decades later in America that we started asking. Until then, there was a conspiracy of silence, borne from kindness and necessity, each generation protecting the other by not talking and moving forward. After all, they had to rebuild their lives from nothing, and not once but twice, first after liberation in 1945, and then again after we escaped in the wake of the 1956 Hungarian Revolution.

In their Auschwitz barrack a few hours after arrival, already in rags, completely shorn, so quickly dehumanized, my aunt Bözsi *néni* asked the woman

in charge, "Where are our parents? When am I going to see them?" "Look outside, they are going up in smoke there," pointing to the chimney. I thought that I would kill her."

Through countless, naked selections they managed to live and still be useful; so they were taken out to other camps. In Magdeburg, they worked in a factory.

"They had a machine," Mom described, "and I had to push it in and be careful not to cut my hand. The *Obermeister* came and told me, 'Mein Kind, my child, be careful.' He was a nice elderly man. He said, 'You know, many people cut the hand in this machine. You know what happens when you cut the hand.' You're not useful so they take you to the crematorium."

Mom continued, telling me about another kind soul. "And where we went for water we saw beets on the ground and they were frozen because it was winter. We took a couple of them and the German of course yelled at us. And the owner who gave the water said that the beets are *his*, that we may have them. And all of us started to cry. And

Remembering the Holocaust continued on page 22



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Years ago, the word "retirement" might have evoked images of white-haired couples sitting in rocking chairs. But living longer and enjoying better health, retirement has become an extremely active phase of life in which many finally have time to devote to causes and interests that have previously taken a backseat to careers or family obligations. The Boomer Generation is brimming with enough energy, life experience and professional knowledge to benefit volunteer organizations of every kind.

Helping Troops, Military Families and Veterans. Opportunities abound for retired military personnel and civilian retirees wishing to lend a hand and show their gratitude to veterans or active servicemen and women. **USO** volunteers help with everything from greeting troops as they return from overseas tours and making hot coffee in USO offices to providing warm meals and warm blankets to troops on airport layovers while they're awaiting flights. The Veterans Affairs Volunteer Service Program of the Military Order of the Purple Heart (**VAVS**) supports wounded veterans and others throughout the VA medical care system. VAVS volunteers also provide services to homeless veterans and help to honor veterans by creating and maintaining shrines and tributes through their work with the National Cemetery.

Working with Children. Retirees living far from their grandchildren might especially enjoy the rewards of volunteering with children. **The Senior Corps Foster Grandparent** program connects volunteers age 55 and over with children in Head Start centers, schools and other youth. The **Big Brothers Big Sisters** organization gives adult volunteers the chance to build lasting one-on-one relationships with children in need of caring adults in their lives.

Many children's hospitals rely on vol-

unteers for activities such as tutoring patients, reading stories, monitoring playrooms and assisting families with whatever they may need.

Docent or Tour Guide. The retirement years provide seniors with many opportunities to turn their lifelong hobbies into full-time volunteer pursuits, or to learn more about topics that have long held their interests. Universities, museums, and other public and private organizations frequently offer docent programs that train volunteers to lead tours, preserve landmarks or educate visitors. Many botanical gardens, historical sites and land conservation groups offer similar opportunities for volunteers to learn on the job.

Retirees' Helping Retirees'. Retirees' volunteer efforts serve scores of people in need, including other seniors. The U.S. Department of Health and Human Services' Administration on Aging (AOA) funds lower-cost, non-medical "aging services" through its Senior Corps program, which includes transportation, meal delivery and in-home assistance with eating, bathing and dressing. Operating through a network of state and local service providers, the goal is to offer direct services that enable retirees to remain in their own homes with the same or improved quality of life.

Library Helpers. Libraries have been hit hard by local economic problems. The good news is that retirees looking for volunteering opportunities can give back by hitting the books. Underfunded libraries are teeming with volunteer opportunities, including reading, writing and instruction in English as a second language.

Many boomers volunteer by helping those who can't help themselves. In 2009, over 5 million households in the United States accessed emergency food from a local food pantry. Organizations like **Feeding America** provide free, healthy meals for over 37 million Americans each year, and the overwhelming majority of the people who work at community food pantries and soup kitchens are volunteers. **Soup kitchens** are a wonderful volunteer opportunity for baby boomers who are experienced home cooks and food lovers. Here's a chance to share your passion and your gifts with people who are going through hard times. If you don't know a chef's knife from a potato peeler, you can still help stock supplies in the kitchen, serve meals to patrons and clean up at night.

If you can lift a hammer, you can volunteer for **Habitat for Humanity**. Habitat for Humanity is always looking for qualified baby boomers with construction, carpentry, architecture or design experience to join its work crews across the United

States. If you don't have the right work experience, you can still help out as a "gofer" on the job site.

In addition to its flagship construction program, Habitat also offers two-week international volunteer opportunities through its Global Village program. Even RV enthusiasts can get in on the act: A program called **RV Care-A-Vanners** allows road-roaming boomers to sign up with work crews for two-week build projects, including disaster relief.

There are many jobs out there for a **national parks volunteer**. There are over 390 national parks in the U.S. Each of them relies on teams of volunteers to serve visitors directly and help out behind the scenes: Giving guided nature tours; Clearing and maintaining hiking trails; Giving historical demonstrations in costume or period dress; Teaching a skill like maple syrup production or orienteering through classes; Serving at an information or help desk.

Every national park is different, and some offer once-in-a-lifetime outdoors experiences for baby boomers. A great example is the Apostle Islands National Lakeshore in Wisconsin, home to more historic lighthouses than any other national park. Lucky volunteers can spend anywhere from several weeks to a full summer living and operating one of the eight island lighthouses.

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Brain Threats & Protectors

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Brain-Protecting Foods:

Nuts and seeds are rich in vitamin E, which has been shown to help prevent Alzheimer's disease. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, sesame seeds, and flaxseed. Just one ounce—a small handful—each day is plenty.

Blueberries and grapes get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth who are also known for maintaining mental clarity into old age. Sweet potatoes are extremely rich in beta-carotene, a powerful antioxidant.

Green leafy vegetables provide iron in a form that is more absorbable when the body needs more and less absorbable when you already have plenty, protecting you from iron overload which can harm the brain. Green vegetables are also loaded with folate, an important brain-protecting B-vitamin.

Beans and chickpeas have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or trans fat.

Vitamin B12 is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, B12 in supplements is highly absorbable. Together, folate, vitamin B6, and vitamin B12 eliminate *homocysteine*, which can build up in the bloodstream—rather like factory waste—and damage the brain.

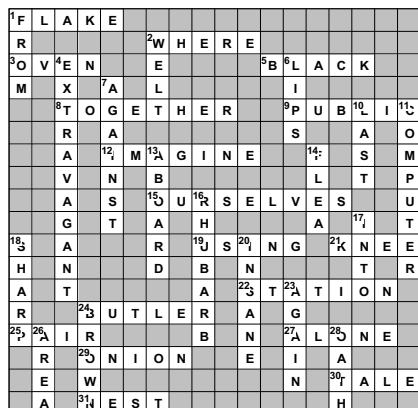
For Extra Credit:

Get Your Heart Pumping: A 40-minute brisk walk three times per week brings oxygen to your brain and has been shown in University of Illinois studies to reverse brain shrinkage and improve memory.

Mental Exercises: Brain stimulation—from books, newspapers or online brain-training exercises—measurably strengthens the brain.

Sleep. Sleep is essential for preserving memories. The first half of the night is important for slow-wave sleep, when your brain integrates facts and words learned during the day. The second half of the night emphasizes REM sleep, when emotions and physical skills are integrated.

Neal Barnard, MD, is one of America's most well-respected nutrition authorities. He is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences, Board-Certified by the American Board of Psychiatry and Neurology, and President of the Physicians Committee for Responsible Medicine in Washington, DC. His new work aims to put the findings of research to work to prevent risks to brain health. He is the author of 15 books and host of three PBS television specials.



Crossword on page 26

I'm not saying let's go kill all the stupid people... I'm just saying let's remove all the warning labels and let the problem sort itself out.

Do you realize in 40 years we'll have thousands of OLD LADIES running around with tattoos and Rap music will be the Golden Oldies??!!



Artist Reception

Goodwill Industries'
Artistic Enhancement Program

Sunday, April 6 from 1-4 pm



Art will be for sale and includes paper sculptures, mounted and framed paintings ranging in price from \$2 to \$295.

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Apply For Social Security Now ... or Later?

When it comes to the question of Social Security income, the choice looms large. Should you apply now to get earlier payments? Or wait for a few years to get larger checks?

When Should You Apply for Social Security Benefits?

Consider a few factors first...



Provided by Tim Stasinoulas, RFC

Consider what you know (and don't know). You know how much retirement money you have; you may have a clear projection of retirement income from other potential sources. Other factors aren't as foreseeable. You don't know exactly how long you will live, so you can't predict your lifetime Social Security payout. You may even end up returning to work again.

When are you eligible to receive full benefits? The answer may be found online at socialsecurity.gov/retire2/agereduction.htm.

How much smaller will your check be if you apply at 62? The answer varies. As an example, let's take someone born in 1952. For this baby boomer, the full retirement age is 66. If that baby boomer decides to retire in 2014 at 62, his/her monthly Social Security benefit will be reduced 25%. That boomer's spouse would see a 30% reduction in monthly benefits.

Should that boomer elect to work past full retirement age, his/her benefit checks will increase by 8.0% for every additional full year spent in the workforce. (To be precise, his/her benefits will increase by .67% for every month worked past full retirement age.) So it really may pay to work longer.

Remember the earnings limit. Let's put our hypothetical baby boomer through another example. Our boomer decides to apply for Social Security at age 62 in 2014, yet stays in the workforce. If he/she earns more than \$15,480 in 2014, the Social Security Administration will withhold \$1 of every \$2 earned over that amount.

How does the SSA define "income"? If you work for yourself, the SSA considers your net earnings from self-employment to be your income. If you work for an employer, your wages equal your earned income. (Different rules apply for those who get Social Security disability benefits or Supplemental Security Income checks.)

Please note that the SSA does not count investment earnings, interest, pensions, annuities and capital gains toward the current \$15,480 earnings limit.

Some fine print worth noticing. If you reach full retirement age in 2014, then the SSA will deduct \$1 from your benefits for each \$3 you earn above \$41,400 in the months preceding the month you reach full retirement age. So if you hit full retirement age early in 2014, you are less likely to be hit with this withholding.

Did you know that the SSA may define you as retired even if you aren't? This actually amounts to the SSA giving you a break. In 2014 - assuming you are eligible for Social Security benefits - the SSA will consider you

Social Security continued on page 22

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Environmental Advocate Shares Affordable Gadgets that Shrink Your Footprint – and Your Bills

4 Great Green Technologies to Celebrate Earth Day

Just as intended, the 44th annual celebration of Earth Day on April 22 will be surrounded by talk of our environment, our impact on it and what we can do to better live in harmony with it. "We're seeing more and more people who realize that, if each of us does what we can every day, collectively, we can have a tremendous impact," says Lynda Chervil, a thought leader and green technology advocate whose new book, "Fool's Return," (www.lyndachervil.com/), mirrors real-life efforts to develop sustainable energy sources.

"All the people carrying reusable grocery sacks, people who've quit the plastic water bottle habit, folks heating their pools or houses with solar panels – that's what we should be celebrating this Earth Day."

This year's March Gallup Environment poll found that 42 percent of Americans believe the outlook for the environment has improved, up from only 26 percent in 2008.

Chervil, who studies the science behind green technology, says environmental awareness has ramped up production of affordable goods that can shrink individuals' carbon footprints. She shares four devices she says would make a nice gift for Mother Earth on her day.

HybridLight Solar Flashlight: These flashlights never need batteries, can be charged from any light source, and they always work. The 120 lumens model will burn for eight hours on one charge. HybridLight's flashlights are so reliable, the Boy Scouts' Utah National Parks Council endorse them – and they come with a lifetime guarantee. For every 10 hours of use, 100 HybridLight flashlights avert 60 pounds of toxic battery landfill waste. An added very cool note – HybridLights has a mission to light up corners of the world with little or no electricity. Recently, the company supplied everyone in a Kenyan village with their own flashlight. Cost: Prices start at less than \$20.

Bedol Water Alarm Clock: Imagine a water-powered alarm clock that's loud enough to scare you out of bed! Bedol's water clocks run strictly on tap wa-

ter – no batteries, no nothing else. The energy comes from a natural reaction between the water and two metal plates. The smallest clocks in the line run for six to 12 weeks before the display begins to fade, indicating that the water needs to be changed. Occasionally, you also need to clean the metal plates with vinegar. Just in time for Earth Day, Bedol is launch it's 12-by-15-inch wall-mount water clock! Cost: Prices start at \$19.

iGo Green Power Smart Wall: We've all heard of the "vampires" in our homes that suck up power whether we're using them or not – everything from coffee pots to laptops. Stem the bleeding with this surge protector that cuts the suck by up to 85 percent. The unit, which plugs into the wall, has four outlets, two of which are always on. The other two

automatically power down when the attached appliance is not in use. Cost: Prices start at about \$12.

Pama Eco Navigator Satellite Navigation system: This GPS system also saves gasoline by providing you with the most energy-efficient routes to your destinations, and feedback on your car's performance, so you can adjust your driving habits to improve your gas mileage. It also saves all your routes, so you can assess their fuel efficiency. Cost: Watch for pricing and availability on Amazon.

"Most of these items are not only budget priced, they save you money in batteries, electricity and fuel," Chervil says. "Not only are you doing something great for the planet when you use green technology, you're taking a load off your wallet."

Lynda Chervil is the author of "Fool's Return," <http://lyndachervil.com/>, a new novel that incorporates valuable life lessons in a page-turning tale that touches on technology, the green movement, and other aspects of contemporary society.



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REMEMBERING THE HOLOCAUST

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he said to the German, 'This will not always be like this.' He dared to say it, I don't even know how, that this is his land and these are his beets and 'these frozen beets, how can you begrudge it from them?'

"And I remember," my mother's youngest sister Sárika *néni* recounted, "once when I started working at this machine, I saw that a young *hafling* who didn't work far from me was watching me. Then when I was allowed to go to the bathroom he started to say, 'boudoir, boudoir.' Well, I thought that he said it with a different accent, with a French accent, and then, before I went into the bathroom he kissed me. Well, I say to myself, there's nothing wrong with this, it's worse if they hit you. And the next day, close to Christmas, they got packages. And when no one was looking, a honey heart, a *pogácsa* he gave me in a package. I never saw this person again. I was so full of hope, that you see a human being who is good to you, even if you can't speak his language."

I know why my father survived and his name is Zoltán Kubinyi, the Commanding Officer in charge of Dad's labor battalion, number 108/52, comprised of Jewish men from the northeastern countryside of Hungary. A devout Seventh Day Adventist and a conscientious objector with no gun in his holster, Zoltán Kubinyi defied Nazi orders to have the men be liquidated as Germany was losing the war and there was no more need for them. Upon liberation by the Russian Army, he was captured as a POW, died a year later of typhus in a Siberian labor camp, and was buried in an unmarked grave. His final resting place though is where I visited him, in the Garden of the Righteous at Yad Vashem where a wall bears his name, having been honored posthumously as a Righteous Gentile due to my father's testimony. I placed four stones on that wall, one for each of my father's grandchildren, and said *Kaddish*.

From his hospital room a week before he died, my father dictated to me some messages for the grandchildren. As he sat up in bed, you could see that *he* could see each one of them standing before him. Some excerpts, the latter ones to my son Jacob, 16 at the time, two years before going off to college:

• Be friendly and polite to everybody. Never wait for people to say hello. • If someone needs some help and you can help, I'm sure you will help them. • Don't associate with bad people. Make sure all your friends are intelligent, responsible people and it won't cause you any trouble. Love them, study together, spend time together, enjoy life. • What you study is the most important. There is going to pop up something what you like to do. • And what you do, take it with good feeling: I love to do it, and you do the work. • If have a boss, be respectful and follow his advice and directions.

"I can't imagine never knowing such a wonderful man as Grandpa," my daughter Sophie says. "And I can't help but think a lot about Zoltán Kubinyi, who rescued Grandpa. I've only known this man through stories and already he feels like part of the family. I can't help but think that if this *mensh* of a man hadn't had an ounce of compassion in his heart, my Grandpa would never have been here. It is amazing to think about one single person making a difference in so many lives."

Marta Fuchs, a marriage & family therapist and librarian, is the author of *Legacy of Rescue: A Daughter's Tribute* (available on amazon.com and blurb.com) and co-author with her brother Henry of the multigenerational extended family memoir, *Fragments of a Family: Remembering Hungary, the Holocaust, and Emigration to a New World*.

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When should you apply for Social Security benefits?



"retired" if a) you are under full retirement age for the entire year and b) your monthly earnings are \$1,290 or less. If you are self-employed, eligible to receive benefits and under full retirement age for the entire year, the SSA generally considers you "retired" if you work less than 15 hours a month at your business.

Here's the upside of all that: if you meet the tests mentioned in the preceding paragraph, you are eligible to receive a full Social Security check for any whole month of 2014 in which you are "retired" under these definitions. You can receive that check no matter what your earnings come to for all of 2014.

Learn more at socialsecurity.gov. The SSA website is packed with information and user-friendly. One last little reminder: if you don't sign up for Social Security at full retirement age, make sure that you at least sign up for Medicare at age 65. Timothy M. Stasinoulas, CEO and Founder of Aegis Wealth Advisors, LLC, a Wisconsin based Registered Investment Advisory firm located at 1208 State HWY 83, Hartland, WI. Contact by calling 262.369.5200 or visiting www.Havecoffewithtim.com. His team specializes in providing guidance to individuals and families in transition as a result of divorce, death, sale of a business, or retirement. Tim is a frequent guest on FOX6 Wake-Up and was recently named a 2013 & 2014 Five Star Wealth Manager. www.boomerswealth.com



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Continued from page 5

When Health Care Meets CYBERSPACE

Telehealth is simply using technology, such as computers and mobile devices, to manage your health and well-being. Telehealth, also called e-health or m-health (mobile health), includes a variety of health care services, including:

Online support groups * Online health information and self-management tools * Email and online communication with health care providers * Electronic health records * Remote monitoring of vital signs * Video or online doctor visits.

Consider how people with diabetes could use telehealth to manage their health — all without having to leave home:

- ~Use a mobile phone or other device to upload food logs, medications, dosing, and blood sugar levels to a nurse who responds electronically.
- ~Watch a how-to video on carbohydrate counting and download an application (app) for it to your mobile phone.
- ~Use the same app to estimate, based on your diet and exercise level, how much insulin you need.
- ~Send an email or text message to a nurse or diabetes educator when you have questions.
- ~Order testing supplies and medications online.
- ~Research the pros and cons of alternate treatments, such as insulin pumps.
- ~Get email, text or phone reminders when you need a flu shot, foot exam or other preventive care.

E-visits. An e-visit is a doctor's appointment you do online instead of in person. You type in your question or problem, usually through a progression of questions. Your message is sent to your health care provider, who reviews it and sends a response. You may receive a prescription for medication, a recommendation for a follow-up appointment or other advice. Your messages are secure — meaning no one else can see or read them. Visits can also take place in real time via videoconference.

E-visits can save you — and your doctor — time compared with office visits. They can be especially helpful for people in rural areas or those who don't have access to transportation.

Personal health records. A personal health record is simply a collection of information about your health that you control and maintain. If you have a shot record or a box of medical papers, you already have a basic personal health record. And you've probably encountered the big drawback of paper records: You rarely have them with you when you need them.

Electronic personal health record systems — often called PHR systems — remedy that problem by making your personal health record accessible to you anytime via a Web-enabled device, such as your computer, phone or PDA.

Having a personal health record can be a lifesaver, literally. In an emergency, you can quickly give emergency personnel vital information, such as a disease you're being treated for, medications you take, drugs you're allergic to, and how to contact your family doctor.

A farmer drove to a neighbor's farmhouse and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" asked the farmer.

"No, they went to town" said the boy. "How about your brother, Howard? Is he here?" asked the farmer. "No, he went with Mom and Dad" the boy answered.

The farmer stood there for a few minutes, shifting from one foot to the other, and mumbling to himself. "I know where all the tools are, if you want to borrow one, or I can give Dad a message," said the boy.

"Well," said the farmer uncomfortably, "I really wanted to talk to your Dad. It's about your brother Howard getting my daughter Suzy pregnant".

The boy thought for a moment...

"You would have to talk to Dad about that. I know he charges \$500 for the bull and \$50 for the pig, but I don't know how much he charges for Howard."

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Checking out at the store...

...the young cashier suggested to me the other day, that I should bring my own grocery bags because plastic bags weren't good for the environment. I apologized and explained, "We didn't have this green thing back in my earlier days." The clerk responded, "That's our problem today. Your generation did not save our environment for future generations." She was right — our generation didn't have the green thing in its day.

Back then, **we returned milk bottles, soda bottles and beer bottles to the store.** The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. **So they really were recycled.** But we didn't have the green thing back in our day.

Grocery stores bagged our **groceries in brown paper bags**, that we **reused** for numerous things, most memorable besides household **garbage bags**, was the use of **brown paper bags as book covers** for our school books.

This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books. But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. **We walked to the grocery store** and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, **we washed the baby's diapers** because we didn't have the throw-away kind. **We dried clothes on a line**, not in an energy gobbling machine burning up 220 volts — wind and solar power really did dry our clothes back then. **Kids got hand-me-down clothes** from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the green thing back in our day.

Back then, **we had one TV, or radio**, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, **we blended and stirred by hand** because we didn't have electric machines to do everything for us. When we packaged a **fragile item to send in the mail**, **we used wadded up old newspapers** to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. **We used a push mower** that ran on human power. **We exercised by working** so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. **We refilled writing pens** with ink instead of buying a new pen, and **we replaced the razor blades in a razor** instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the **streetcar or a bus** and **kids rode their bikes to school** or walked instead of turning their moms into a 24-hour taxi service. **We had one electrical outlet in a room**, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest burger joint.

How wasteful we older folks were just because **we didn't have the green thing back then!!!!** Recycle *that* you silly little young thing!

A little boy opened the big family Bible...

He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked up the object and looked at it. What he saw was an old leaf that had been pressed in between the pages.

"Mama, look what I found," the boy called out.

"What have you got there, dear?"

With astonishment in the young boy's voice, he answered,

"I think it's Adam's underwear!"



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COPY	FUNNY	NOTION	THANK
COWBOY	GOOSE	QUICK	TRIED
DARK	HEAVY	RAGE	TWIG
BEER	HOPE	RETURN	WHOEVER
		RIGHT	WROTE



My last boyfriend had a lot in common with the tires on my car.

They were both bald, unbalanced and full of hot air!%#@!!

G	L	T	E	H	N	L	E	L	T	U	R	Q	T	E	L	Y	U
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A	A	I	R	G	S	C	W	Y	E	C	A	M	D	O	F	I	R
G	N	U	F	I	U	R	O	T	A	I	R	E	I	H	D	K	T
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WHAT IS CELEBACY?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, Frank and his wife Ann listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other."

He then addressed the men.

"Can you name and describe your wife's favorite flower?"

Frank leaned over, touched Ann's arm gently, and whispered, "Gold Medal-All-Purpose, isn't it?"

And thus began Frank's life of celibacy.

SPEEDING IN WISCONSIN

A young woman was pulled over for speeding. A Wisconsin State Trooper walked to her car window, flipping open his ticket book, she said, "I bet you are going to sell me a ticket to the State Trooper's Ball." He replied, "Wisconsin State Troopers don't have balls." There was a moment of silence. He then closed his book, got back in his patrol car and left.



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Before you consider a second opinion, we should meet to get to know one another. Wealth management requires trust and confidence – and that must be earned. Coffee is the first step. My treat.

I encourage you to contact me to set up a time to meet.

Warm regards,

Tim Stasinoulas – Founder
(262) 442-0422
tims@aegiswi.com



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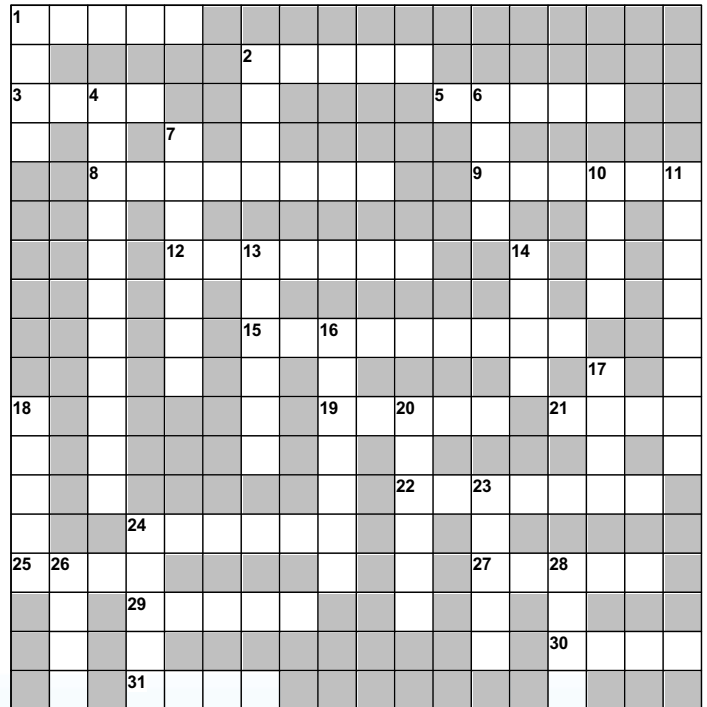
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FROM BOOMER'S NEWSPAPER



ACROSS

1. Snow form
2. Place of occurrence
3. Used to bake in
5. Absence of color
8. Combining things
9. Not private
12. Daydream
15. Used in place of we or us
19. Utilizing
21. Prone to ACL damage
22. Where the train stops
24. Brings the tea
25. Twosome
27. All by yourself
29. Layered vegetable
30. Homonym of tail
31. Home of the Robin

DOWN

1. Preposition
2. Skins response to insects sting
4. Very fancy
6. Used to kiss with
7. In opposition to
10. End of the line
11. This puzzle was designed on...
13. Conductors last call
14. Insect circus performer
16. Sour stalk used for pie
17. Not out of
18. Edge of a knife
20. Crazy
23. Once more
24. Green + red
25. A rooms length by width
28. Pledge of responsibility

After 35 years of marriage, a husband and wife came for counseling. When asked what the problem was, the wife went into a tirade listing every problem they had ever had in the years they had been married. On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.

Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately as her husband watched - with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze. The therapist turned to the husband and said, "This is what your wife needs at least 3 times a week. Can you do this?"

"Well, I can drop her off here on Mondays and Wednesdays, but on Fridays, I fish."

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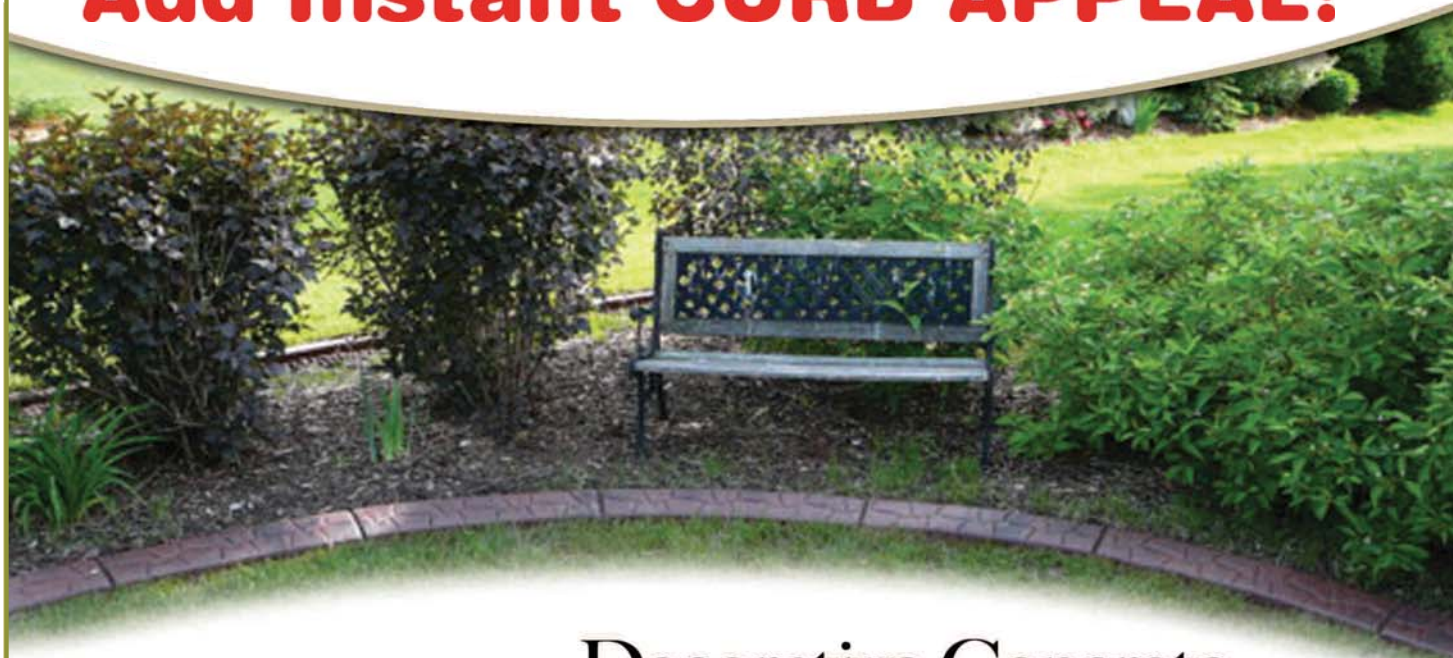
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