

Celebrate Life **Boomers!**

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December 2014
A FREE PUBLICATION

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



53% of American kids get their first cell phone by age seven, nine out of 10 teens have a computer and 97 percent play video games. It's great that our kids have technology but...

How Young is TOO Young for Technology?

Instead of Another Mobile Device or Video Game, This Year Consider A Gift from the Heart

~pg 10 and 11

BUY LOCAL

'Tis the season to SPEND! Feed our local economy the benefits of consumption and buy from our very own neighborhood of small businesses.

~pg 3

PLAYBOY on stage

Since its start in Hugh Hefner's apartment in 1953, the history of the influential entertainment empire is not forgotten.

~pg 5

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You can't have everything. Where would you put it? ~Steven Wright



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FROM THE PUBLISHERS

DECEMBER 2014

*'Twas the night before
Christmas and all through the
house....*

The holidays in particular bring out the cozy, simple memories of childhood. Back then, there were no expensive cell phones or gadgets under the tree (pg 10) but the magic was certainly there. Coming home from Christmas Eve mass was the most memorable - the decorated tree with the old glass ornaments, so many little wrapped presents, Santa bites out of Mother's anise cookies and a reindeer nose poked in the bowl of sugar. After we were in our pajamas, we would stand by the picture window in the living room, watching for Santa's sleigh. Simple. Wonderful. Magic.

Even at 51, on Christmas Eve, as I peer into that same sky with a winter moon and shining stars, yes, I do believe we just might see Santa's sleigh and hear the gentle sigh of a sleeping babe. Linus was right after all (this page).

With an early snow in November, how lucky we are to enjoy a long winter! Yes, that was sarcasm. On the bright side, winter is a wonderful reason to gossip with neighbors while you're all out shoveling your sludge and snow. Take a coffee break, eat cookies or sip on thick, sweet hot chocolate. Sharing a few of my favorite easy and decadent recipes on page 22 might help melt the winter blues as well. Next month we'll be featuring our popular 'Laugh Out Loud' issue and that one is certainly an icebreaker!! Don't forget to send your favorite jokes to milwaukeepublishing@wi.rr.com

When I wish someone Merry Christmas, I am wishing them a year abundant with love and kindness from the heart of my faith, from the heart of my need for mutual bonding with my fellow man. Warm greetings are part of our human inter-connectedness and we should embrace them all with the intent with which they are given. So Merry Christmas, Hanukkah Sameach (pg 13), Habari Gani (Kwanzaa) and Happy Holidays! Wishing you all a year filled with laughter, happy adventures, cozy evenings, and most of all, a year filled with love.

And always remember to...

Celebrate Life!

Sandy and Tom Draelos



*"I guess you were right, Linus.
I shouldn't have picked this little tree.
Everything I do turns into a disaster.
I guess I really don't know what
Christmas is all about.
Isn't there anyone who knows what
Christmas is all about?"*

~Charlie Brown

'Sure, Charlie Brown. I'll tell you what Christmas is all about. Lights, please:

And there were in the same country, shepherds, abiding in the field, keeping watch over their flock by night, and lo, the angel of the Lord came upon them. The glory of the Lord shone round about them, and they were so afraid. And the angel said unto them, "fear not, "for behold, I bring you tidings of great joy, "which will be to all people, "for unto you is born this day "in the city of David "a Savior, Jesus Christ the Lord, "and this shall be a sign unto you. "Ye shall find the babe wrapped in swaddling clothes lying in a manger" and suddenly there was with the angel a multitude of the heavenly host praising God and saying, "Glory to God in the highest and on earth peace, good will toward men."

That's what Christmas is all about, Charlie Brown.' ~Linus

WHY BUY LOCALLY OWNED?



'Tis the season to SPEND MONEY. Now more than ever is the time to consider feeding our local economy the benefits of consumption and buying from our very own neighborhood of small businesses.

There are many well-documented benefits to our communities and to each of us to choosing local, independently owned businesses. We realize it is not always possible to buy what you need locally and so we merely ask you to *think local first!* **Top ten reason to buy local:**

1) Buy Local -- Support yourself: Several studies have shown that when you buy from an independent, locally owned business, rather than a nationally owned businesses, significantly more of your money is used to make purchases from other local businesses, service providers and farms -- continuing

BUY LOCAL continued on page 8

**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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"For anyone interested in the good old days of jazz, rye old-fashioned and life after dark, this book brings back the music, rough glamour and excitement of the Playboy clubs in all their exhilarating, groundbreaking glory. It's well-researched, breezily written, incredibly informative, and a lot of fun."

~REX REED



Shecky Greene

PLAYBOY ON STAGE

A History of the World's Sexiest Nightclubs

The first-ever oral history of the influential entertainment empire launched by Playboy

Other books have talked about "the bunny," but until now, no book has covered Playboy's impact on popular entertainment and the fabulous performers who took to the stages of the mythic Playboy Clubs. **PLAYBOY ON STAGE** tells this story from myriad points of view, in the words of dozens of performers—musicians, singers, and comedians—as well as those involved behind the scenes.

Anyone who hears the word *Playboy* probably thinks immediately of a scantily clad co-ed reclining across the staples of one of the most successful magazines of all time. But Playboy is more than a magazine or even a corporate empire; since its start in Hugh Hefner's apartment in 1953, it has become one of the world's best-known brands and an entire lifestyle unto itself.

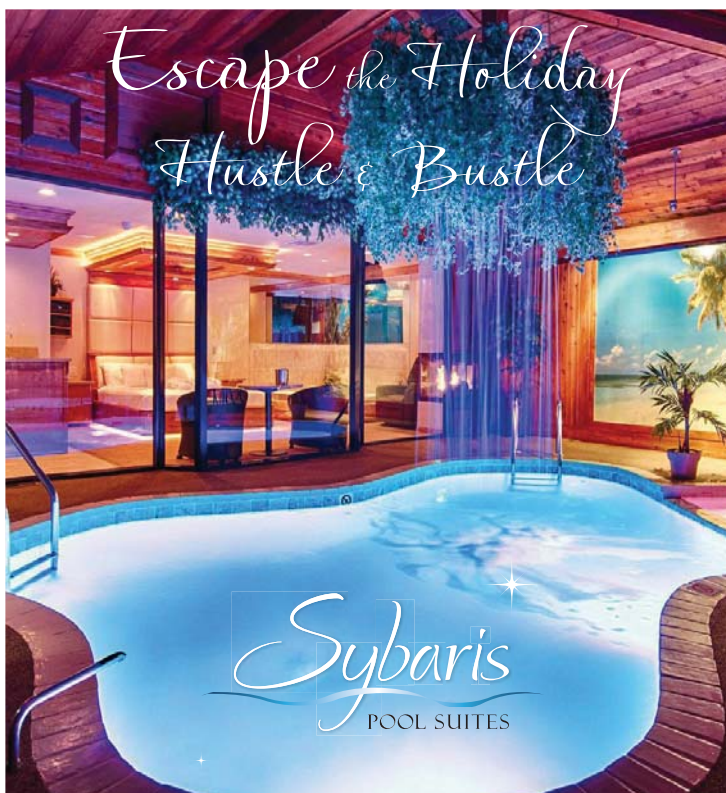
When Hefner opened the first Playboy Club in downtown Chicago in 1960, he quite literally gave regular guys the

key to participate in his own personal dream. The original Chicago club was quickly followed by venues in Miami, New Orleans, and New York, and eventually all over the United States and the world. And right from the start, world-class entertainment was as much a part of his groundbreaking formula for success as pretty girls or sirloin steaks.

Each club was designed as a veritable showbiz multiplex, including a variety of bars and dining rooms as well as several stages on which veterans and up-and-coming entertainers performed. Although Hefner was primarily a jazz fan, the range of acts presented in the club was, by any standards, amazingly diverse. There were all manner of singers, from traditional headliners like Tony Bennett and world-class superstars like Liza Minnelli. Diahann Carroll and Ann-Margaret to nascent pop and rock stars including Sonny & Cher and Ike and Tina Turner. Jazz artists and instrumental superstars abounded as well. And the comedians...was there anyone who *didn't* play the Clubs?

At the height of their popularity in the mid 1960s and early 1970s, the Playboy Clubs were, collectively, the largest employers of talent in the United States. As such, they exerted a powerful influence on the culture—and on politics, too. As the pioneering African-American humorist Dick Gregory recalls, Hefner and his

Playboy on Stage continued on page 19



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AROUND TOWN

A collection of local events

For more events, go to www.visitmilw.org

Christmas in the Ward

Dec 5, 5pm, Dec 6, 10am

Catalano Square

Visit the Historic Third Ward's 26th Annual Christmas in the Ward.

A Victorian Family Holiday Celebration at North Point Lighthouse

Saturday, December 6, 1-4pm

2650 N Wahl Ave, Milwaukee

A North Point Lighthouse Holiday Tradition featuring: Holiday crafts, hot chocolate and cookies. Music. Visit with Santa Claus Explore the Decorated Lighthouse and climb the Tower. 414.332.6754 or at keeper@northpointlighthouse.org

The MillerCoors Holiday Lites Celebration

Kick off Friday, December 5,

Miller Valley at the Miller Brewery, 4251 W. State Street. The show

features over 350,000 LED lights, synchronized to holiday music. The show runs every 20 minutes from 4:40 - 9:00 p.m. on the following Friday and Saturday nights in December: Dec 5th/6th, Dec 12th/13th and Dec 19th/20th www.themillerbrewerytour.com

Free for All at Danceworks, Inc

Sunday, December 7, 12pm

1661 N Water St, Milwaukee

Try out some of our most popular classes! This event will offer both youth and adult classes so bring some friends and try a class or two, all for FREE! Visit danceworksmke.org to see a schedule of classes.

Ice Fishing and Winter Sports Show

December 12-14, 2014

Exposition Center at Wisconsin State Fair Park

Row upon row of exhibits for the die-hard ice fishing and winter sports enthusiast. View all new ice fishing products, including fish houses, augers, underwater cameras, digital fish finders, rods and reels, tackle, accessories, apparel and much more! Variety of price points to fit any budget. Whether you are an avid fisherman looking for a few new accessories, an experienced angler in need of an upgrade, or totally new to the ice fishing scene, you will find what you are looking for at this show!

The Nutcracker

December 13-27

Marcus Center for the Performing Arts

It's one thing to dream. But when those dreams explode into implausible dimensions of dance and pageantry, you have Michael Pink's The Nutcracker. Tchaikovsky's magical score, masterfully performed by the Milwaukee Ballet Orchestra, leads you through one incredible scene after another.

Christmas in the Basilica

December 13-14, 2014

St Josaphat Basilica

With Bel Canto Boy Choirs and Stained Glass Brass One of Milwaukee's holiday traditions, Christmas in the Basilica features a wide array of music celebrating Christmas from the traditional to the most current, including the ever-popular audience sing-along of carol favorites.

Cocoa with the Clauses

Saturday, December 13, 11am

Cathedral Square Park

Straight from the North Pole, share an afternoon, and some cocoa, with Santa and Mrs. Claus. This free outdoor event is a chance for kids to share their wish lists, and for moms and dads to snap a keepsake photo. Elves and other holiday characters will be on site for pictures, and holiday tunes will keep guests jazzed.

Varekai by Cirque du Soleil

December 18-21

BMO Harris Bradley Center

Cirque du Soleil's newest arena show, Varekai, will perform at the for 6 performances only! After 11 years of touring the world under the blue

CALENDAR continued on page 7

and yellow Big Top, Varekai has begun a new adventure touring the world in arenas. Deep within a forest, at the summit of a volcano, exists an extraordinary world- a world where something else is possible. A world called Varekai.

45th Annual Christmas Bird Count

Saturday, December 20, Dawn to Dusk
Riveredge Nature Center, Newburg, WI
 Free for all participants

Looking for a new holiday tradition? Why not spend a wonderful winter day with fellow birders counting our fine-feathered friends. Two ways to participate: you can be either a field or feeder counter. No experience necessary. All counters are invited back to the barn to compile data, swap stories and enjoy a potluck dinner at the end of the day. Registration forms available on our website or contact Mary Holleback at 800-287-8098 or mholleback@riveredge.us.

Santa's Magic Workshop

Saturday, December 20, 7pm
 Stiemke Studio
 Come see Santa as he joins up with Wisconsin magicians. See Milwaukee's Safe House Bar Magician, Kevin Casper. Brian LeBouef, extraordinaire in the art of Comedy Magic. Comedy Magician, Paul Kastle who will give you a chance to win \$100.00 and introduce you to his coat-hangers. All this and Magician Anthony will bring you his five star parlour magic show to the big stage! Don't miss out on this one night event. It makes a great gift that will last a life time.

Trans-Siberian Orchestra

Monday, December 29, 4pm & 8pm
 BMO Harris Bradley Center
 Trans-Siberian Orchestra will return to Milwaukee for two shows on December 29 to bring their rock opera The Christmas Attic to the stage, presented by The Hallmark Channel. Known as one of the world's biggest arena rock acts, TSO has played more than 1,600 shows for more than 11 million fans in the past 15 years.

NEW YEAR'S EVE AT NOON

Wednesday, December 31, 9am
 Betty Brinn Children's Museum
 Ring in 2015 at the Museum. Kids can create their own confetti launcher in our Be A Maker space, count down to the big ball drop at noon and celebrate with dancing and a juice toast.

2015 Home Building & Remodeling Show

January 9-11
 Wisconsin Center
 Building Lifestyles is the show focused on how YOU live in your home. Get great ideas on designing, building, remodeling, decorating, landscaping, and entertaining.

Washington County Separated, Divorced and Widowed Support Group

Meets every Friday at Holy Angels School, 230 No. 8th Ave., West Bend, WI. Support group for separated, divorced and widowed individuals to provide support and share means and concerns from a Christian perspective. For meeting times and program information please call Jim at (262) 483-0940 or Mary at (262) 334-3766



Churches & Chocolates Bus Tour December 13, 9:30 AM (Sat)

Enjoy a tour through Milwaukee, long known as our "City of Steeples," while visiting local chocolate shops along the way. On this tour we'll delve into dessert with stops at 2 local chocolatiers, and we'll also visit 3 local churches to learn about the history and architecture of these unique places of worship.

Coffee, muffins, chocolate treats, guided-fun and round-trip transportation via bus are included in the price, along with donations to each church visited. Sample itinerary of places we might visit: St. Joan of Arc Chapel - perhaps the only medieval structure (1400's) in the entire Western Hemisphere dedicated to its original purpose; St. Paul's Episcopal Church - view their stunning and extensive stained glass window collection, including the largest window ever created by Tiffany; Grace Lutheran - celebrate 160 years of their history in downtown Milwaukee.

Our guests have a lot of fun shopping at each of the chocolate shops that we visit. Although minimal walking is required, there is still walking involved. Church locations subject to change based on availability.

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COMING EVENTS...

12/13: Christmas Craft Fair and Cribbage Tournament

12/31: New Year's Eve Dinner & Celebration

1/9-10: Packer Playoff Party

1/7: Cribbage Tournament

1/24: Theinsville-Mequon Winter Pub Crawl

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DECEMBER
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Why Buy Locally Owned? continued from page 3

to strengthen the economic base of the community.

Support community groups: Non-profit organizations receive an average 250% more support from smaller business owners than they do from large businesses.

Keep our community unique: Where we shop, where we eat and have fun -- all of it makes our community home. Our one-of-a-kind businesses are an integral part of the distinctive character of this place. Our tourism businesses also benefit.

Reduce environmental impact: Locally owned businesses can make more local purchases requiring less transportation and generally set up shop in town or city centers as opposed to developing on the fringe. This generally means contributing less to sprawl, congestion, habitat loss and pollution.

Create more good jobs: Small local businesses are the largest employer nationally and in our community, provide the most jobs to residents.

Get better service: Local businesses often hire people with a better understanding of the products they are selling and take more time to get to know customers.

Invest in community: Local businesses are owned by people who live in this community, are less likely to leave, and are more invested in the community's future.

Put your taxes to good use: Local businesses in town centers require comparatively little infrastructure investment and make more efficient use of public services as compared to nationally owned stores entering the community.

Buy what you want, not what someone wants you to buy: A marketplace of tens of thousands of small businesses is the best way to ensure innovation and low prices over the long-term. A multitude of small businesses, each selecting products based not on a national sales plan but on their own interests and the needs of their local customers, guarantees a much broader range of product choices.

Encourage local prosperity: A growing body of economic research shows that in an increasingly homogenized world, entrepreneurs and skilled workers are more likely to invest and settle in communities that preserve their one-of-a-kind businesses and distinctive character.

Reprinted from Sustainableconnections.org envisioning a thriving, collaborative community where local businesses are prosperous, and contribute to a healthy environment and the well-being of all citizens. A forum where businesses come together to transform and model a vibrant local economy built on sustainable practices



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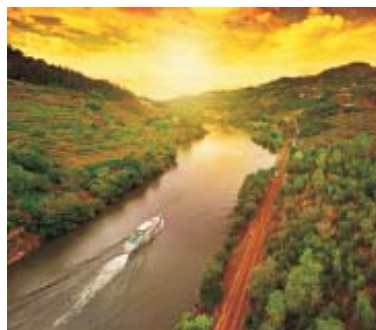
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River Cruisin'



By David Fox

If you are like me, and don't consider yourself a "leisure cruise type," it may be hard to grasp why river cruising has become the hot trend in European travel. It's a forgivable lapse, though, if all you've experienced is one of those huge ocean cruises in places like the Caribbean.

More like floating luxury boutique hotels than like those crowded monster oceanliners, modern river cruise ships are small, elegant affairs with an "intimate" feel. Cabins are generally larger and outward-facing with proper windows or balconies, providing amazing views of passing landscapes.

While ocean cruises may serve 3,000-5,000 passengers, river cruise ships carry more like 150-200. You don't have to take a number or wait in long lines just to get off the ship, then tender miles into port. You don't spend days seeing nothing but water.

Above all, river cruising is about *experiencing* Europe, not just "seeing" it. Floating serenely down some of the world's most gorgeous and historic waterways gives you a perfect, insider's perspective on Europe's rich cities and cultures – so many of which were founded on its great river trade routes: the Rhine, Danube, Seine, Rhone, Douro, Elbe.

The ships are nimble enough to dock right in the heart of historic towns for land excursions, providing more time and freedom to explore local culture and meet natives. Depending on the itinerary, you may frequently overnight in great port cities, allowing you to really experience a city's nightlife and culture – this almost never happens on ocean cruises.

River cruises tend to forego the all-night parties, on-board casinos and midnight buffets. Fewer passengers means a more relaxed paced, no lines, and more attentive and personal service from the staff. They can also provide superb dining, picking up fresh local ingredients and great regional wines, and seating everyone without the lines.

And, while big tub ocean cruises may offer initial low fares, you can end up being nickel and dimed for pretty much everything, from excursions to wine to exterior cabins. In river cruising, daily shore excursions, with guided introductory tours, are usually included in fares.

You won't deal with sea-sickness, but will instead enjoy smooth sailing, and stay always close to land in case of an emergency. So, forget portholes and sea-sick pills...a smooth sailing river cruise is a leisure travel adventure you'll remember forever!

TRAVEL PLANS FOR 2015



I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

I may have been in Continent, but I don't remember what country I was in. It's an age thing. They tell me it is very wet and damp there.

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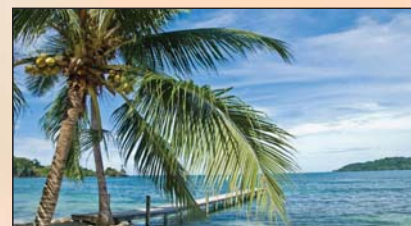
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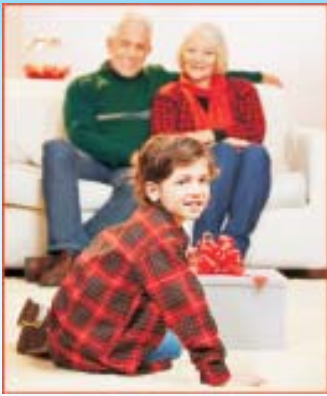
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Instead of Another Mobile Device or Video Game, Consider Something Lasting from the Heart

Kids get their first cell phone by age 7, and more than a third of them have smart phones. Nine out of 10 teens have a computer and 97 percent of 12- to 17-year-olds play video games. More than half the homes in the United States have a fairly new video game console.

Low-Tech Holiday Gifts the Grandkids Will Remember

"It's great that our kids have access to technology, but I talk to a lot of grandparents who say they simply don't enjoy giving their grandkids tech gifts during the holiday season. They want to give something their grandkids will treasure; something they'll remember for a long time."

Coming from a four-generation family of life insurance specialists, Ted Bernstein, founder of Life Insurance Concepts, Inc. has a special interest in family legacies and a long history of innovation. He offers these suggestions for holiday gifts for grandkids that create lasting memories.

Their own clunker – which you'll restore together. If you have a grandchild who's still a few years from driving age, buy an old pickup truck that the two of you can restore together. You'll have years to complete the project, which guarantees not only lots of one-on-one time together, but also the opportunity to teach valuable skills that will benefit him or her for a lifetime. "Plan it right, and when your grandchild gets a driver's license, he or she will also have wheels," Bernstein says. "And after spending so much time working on that vehicle, they're more likely to drive it carefully!"

An annual helping hand for years after you've gone. Imagine being able to send your grandchild a holiday gift of \$20,000 every year for 20, 30 or 40 years – with a note from you attached. You can do it with the Installment Life Option, a life insurance policy option that pays beneficiaries of a life insurance policy in predetermined amounts of your choice for up to 40 years. Because of the deferred payout, the insurance company can reduce the premiums up to 50 percent. And your grandchild is reminded of your love for him or her throughout his life, particularly during the financially stressful milestones: college tuition, wedding, paying off student loans, down payment for first home, and first child.

"A lot of the grandparents who do this love the fact that they can continue to help their grandchild long after they're gone," Bernstein says. "They also like the fact that they can choose what date the money is disbursed, whether it's a holiday, a birthday, or a special date significant to the grandparents and grandchild. And they can add a personal note, which can be sent according to the policy holder's instructions."

The gift of compassion. Sponsor an impoverished child in another country in your grandchild's name. "I like the organizations that allow you to personally connect with the child you sponsor, so your grandchild can write to and receive letters from them, and trade photographs. You can learn about the country together, and pick out gifts for birthday or holiday season," Bernstein says.

One organization highly rated by independent charity evaluator Charity Navigator is Compassion International. The 61-year-old Christian-based non-profit facilitates 1.2 million sponsorships, providing the children with food, medical care, educational opportunities and more for \$38 per month. Sponsors are invited to exchange letters and develop a relationship with the child.

About Ted Bernstein: Ted Bernstein is a third-generation life insurance specialist with decades of speaking out and advocating for changes on behalf of consumers.

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Most American Children Have a Cell Phone by the Time They Turn Seven

The survey was designed to find out more about the digital age and its effect on American consumerism. The survey intended to find out just how old people are when technology begins to integrate into their daily lives and habits. 2,290 US parents took part in the study, all of whom had at least one child aged between 11 and 16.

The survey, conducted by www.vouchercloud.net, revealed that the average American child gets their first cell phone when they are just six years old. Parents taking part in the poll were first asked to identify all devices which their children owned and were provided with a list of everyday technology items. The results were:

- Cell Phone – 96%
- Own TV / Sound system – 83%
- Tablet – 75%
- Handheld games console e.g. Nintendo DS – 71%
- eBook Reader – 65%

51% of parents said their child had a games console, such as an Xbox or PlayStation. Without exception, the respondents who indicated that their child did not have a cell phone had children in the youngest age bracket (11-12 years old), suggesting that the children over the age of 12 involved in the survey all had their own cell phones.

To determine how much money was being spent on gadgets by parents for their children we asked to estimate how much their child's gadget collection was worth and asked to take into account all technology devices that were exclusively theirs, the average answer stated was \$462.00 per child.

The respondents whose children owned cell phones were asked, "At what age did your child have their first cell phone?" The vouchercloud.net team collaborated all of the answers given and calculated the average age for a child to have their first cell phone, which was revealed to be six years old.

When asked, "What made you decide to get your child their first cell phone?" the majority of respondents whose children had one (31%) confirmed that they made the purchase for 'security reasons, so my child could always contact me', while a quarter (25%) said 'my child wanted one to keep in touch with friends and family'. A further 20% confirmed that they felt their child had to have one in order to 'keep up with their friends at school'.

In order to explore the social pressures on parents, the relevant respondents were then asked "Compared to your child's friendship circle, how quickly did s/he have his/her own phone?" The majority of the parents polled, 41%, confirmed that they were 'not the first, but not the last' to get a handset, while 23% confirmed that they felt their child was 'among the last' to have a cell phone they could call their own.

Asked about the risks and dangers of digital independence, 74% of the relevant parents confessed that they felt 'concerned' when they first purchased a cell phone for their child, with 46% of these installing parental filters and monitors prior to giving their child the device in order to keep a watchful eye on their usage.

Matthew Wood of vouchercloud.net commented "Children have access to technology at younger and younger ages. The fact that most six year old kids have cell phones in their pockets while out on their bikes or playing with their friends shows just how much technology is part of our lives at a young age. It's not necessarily the bad thing it's often made out to be; children learn about taking responsibility for things, looking after their possessions and they are much easier to contact if needed, but it's crucial that they use this technology in a way that doesn't affect their normal social skills and growth. As much as a cell phone may feel like another limb, human beings can still function without one! So having a turn-off time for family bonding is a good idea."

It is also worth bearing in mind that kids will always be kids. They will run around, fall over, drop things and get wet and muddy from time to time. Technology is often fairly fragile, so things can get out of hand when parents spend a small – or large – fortune on these gadgets just for them to break a week later. Always shop around for good insurance policies to make sure all is not lost when it comes to the crunch!



A survey has revealed that the average age of a first time cell phone owner is six years old, with 53% of American children owning a cell phone by the time their seventh birthday arrives.



Q: Why is Christmas just like your job? A: You do all the work and the fat guy with the suit gets all the credit.

Q: Why is Santa so jolly? A: Because he knows where all the naughty girls live.

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Hanukkah Sameach!

Hanukkah: The Festival of Lights

Hanukkah or Chanukah?

The Chanukah spelling is traditional. Hanukkah's spelling became popular because the ch sound is similar to the H sound, making Hanukkah a bit easier to understand the pronunciation.

No matter how you spell it, Hanukkah is the Festival of Lights, the holiday that commemorates the rededication of the Jewish temple in Jerusalem in the 2nd century BCE. Though Hanukkah has become especially popular because it falls close to Christmas-time every year, it is actually considered to be a minor holiday on the Jewish calendar. It is also one of the later Jewish holidays to have been instituted, and does not appear in the Torah because the events occurred after the Torah was written.

In 175 BCE, Antiochus IV Epiphanes gained control of Judea. He outlawed the Jewish religion, and in 167 BCE went so far as to desecrate the Holy Temple by having an altar to Zeus placed there. A rebellion was led by the Jewish priest Mattityahu and his five sons, one of whom, Judah Maccabee, took over the rebellion after his father died. The family was called the Maccabees or the Hasmoneans. The Jews managed to defeat their oppressors and to rededicate their sacred temple. After the temple was cleaned, olive oil was needed to fuel the light of the menorah (candelabrum). Though there was only enough oil to burn for one day, the oil lasted eight days. On Hanukkah, Jews celebrate the great miracle that occurred.

How is Hanukkah celebrated? Hanukkah is celebrated for eight days, in honor of the miracle of the oil that lasted eight days in the Holy Temple. Unlike some other Jewish holidays where work is forbidden, there are no restrictions on doing work during Hanukkah. On each day, Jews light candles on a hanukiah (a nine-branched candelabrum), starting with one candle and adding one

more each day. The candle used to light the other candles is known as the shamash. Blessings over the candles are chanted and festive songs are sung.

Children (and adults!) play a game called dreidel (a dreidel is a spinning top that shows four Hebrew letters: nun, gimel, hey, shin, which stand for the phrase "A great miracle happened there.") In Israel, one letter is changed: nun, gimel, hey, pey, to stand for the phrase, "A great miracle happened here.") It is customary to give Hanukkah gelt (chocolate coins) as small gifts. Though many Jews nowadays give more elaborate gifts during Hanukkah, this practice developed because of the holiday's proximity to Christmas and is not a traditionally Jewish custom.

What kinds of foods are eaten on Hanukkah? On Hanukkah, Jews eat food that is deep fried in oil, another (tasty) reminder of the miracle of the oil. A classic Hanukkah dish is crispy potato pancakes called latkes in Yiddish and leivov in Hebrew, often served with applesauce and sour cream. Another delicious Hanukkah treat is sufganiyot (jelly-filled donuts), usually topped with powdered sugar. Sephardic Hanukkah donuts are called bunuelos (or bimuelos) and are traditionally dipped in honey.

What is the proper greeting for Hanukkah? To wish someone a Happy Hanukkah, say "Hanukkah Sameach!" (Happy Hanukkah) or simply "Chag Sameach!" (Happy Holiday). Or if you want to show off your Hebrew skills, say "Chag Urim Sameach!" (urim means "lights").

Visit Tori at www.toriavey.com Her blog *The Shiksa in the Kitchen* features original recipes, cooking tips, historical tidbits and family food stories and *The History Kitchen* is a deeper exploration of food history and culinary culture.



Hanukkah Celebrates Two Miracles:

1) The 2nd century victory of a small, greatly outnumbered and out-armed army of Jews, known as the "Maccabees," over the mighty Greek army that occupied the Holy Land. The rebellion was in response to the Greek attempt to force a Hellenistic lifestyle on the Jewish inhabitants of Israel.

2) The kindling of a Menorah (candelabra) was an important component of the daily service in the Holy Temple. When the Maccabees liberated the Temple from the hands of the Greek invaders, they found only a small cruse of pure and undefiled olive oil fit for fueling the Menorah. It was sufficient to light the Menorah only for one day, and it would take eight days to produce new pure oil. Miraculously, the oil burned for eight days and nights.

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Actos	30mg	100 tabs	658	334	109	83%
Advair	250/50	60 doses	175	110	n/a	39%
Plavix	75mg	28 tabs	142	86	25	83%
Synthroid	100mcg	100 tabs	55	15	n/a	74%
Viagra	100mg	4 tabs	68	50	32	45%
Diovan	320mg	28 tabs	113	42	18	65%
Celebrex	200mg	100 caps	396	158	n/a	60%
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Tips for Holiday Eating Without Weight Gain

Eating mindfully and preventing weight gain during the holidays can be a real challenge unless you have a strategy. These holiday eating tips will help you enjoy the season more while eating less.

By Michelle May MD

1. Be a food snob. Skip the store-bought goodies, the dried-out fudge and the so-so stuffing. If the food you select doesn't taste as good as you expected, stop eating it and choose something else. Think of how much less you'd eat if you only ate things that tasted fabulous!

2. Ignore the old diet advice of "eat before you go to a party so you won't be tempted." That is absurd! You want to be hungry enough to enjoy your favorites.

3. Most people are food suggestible so socialize away from the sight of the food.

4. Survey all of the food at a buffet before making your choices. Choose the foods that you really want most.

5. It's common to have holiday treats lying all over the place this time of year. Grazing mindlessly leads to eating food that you won't even remember. Reduce distractions and sit down to eat—even if it's just a cookie.

6. Before overeating, pause and take a breath; ask "How will I feel when I'm finished?"

7. Be cautious of obligatory eating—eating just because it's on the table, on your plate, you paid for it, it's free, or someone made it for you. Deal with food pushers with a polite but firm, "No thank you."

8. Don't use exercise as punishment for eating. Look for opportunities to move more. Take a walk after dinner to enjoy the holiday lights, take a few laps around the mall or take guests to local attractions.

Most importantly, delight all of your senses. Enjoy the company, the atmosphere, the entertainment, and the traditions even the food!

Michelle May, M.D. is a recovered yo-yo dieter and the author of *Eat What You Love, Love What You Eat: How to Break Your Eat-Repent-Repeat Cycle*. Dr. is the founder of Am I Hungry?® Mindful Eating Programs at www.AmIHungry.com.



Why are the Holidays So Hazardous to Our Health?

Physician Shares Tips for Giving Your Body What It Needs to Fight Illness

It's a sad statistical fact: The holidays, from Christmas to New Year's, are a treacherous time when it comes to our health.

"There's a spike in heart attacks and other cardiac issues," says Dr. John Young, a physician specializing in the treatment of chronic illnesses through biochemical, physiological and nutraceutical technologies, and the author of "Beyond Treatment: Discover how to build a cellular foundation to achieve optimal health," www.YoungHealth.com.

"The incidence of pneumonia cases spikes – in both cold and warm climates. And deaths from natural causes spike. In fact, more people die of natural causes on Christmas Day than any other day of the year!"

While those numbers are well-documented, the cause(s) are not.

"Stress plays a role, particularly if your immune system is weakened," Dr. Young says. "If you look at how most of us eat from Halloween through New Year's, it's easy to see how the immune system takes a beating and otherwise healthy people become more susceptible to illness during the holidays."

It's basic biochemistry, he says. "We eat a lot more refined sugar, for instance, which is a carbohydrate that's been stripped of all the vitamins, minerals and proteins that make up a complete carbohydrate," he says. "Our bodies can't use that, so the cells in our digestive organs work overtime, burning up a lot of energy, vitamins and minerals to digest it, and they get nothing back. So, eventually, they grow weak."

So – can we have a little sugar, and good health, too? Dr. Young says we can.

"The occasional slice of pumpkin pie is fine as long as you're also feeding your cells with the nutrients they need – the minerals, vitamins, good quality protein, amino acids, essential fatty acids – to stay healthy."

He offers these tips for staying healthy through the holidays and throughout the year.

Get your vitamin D!

Vitamin D is actually a hormone, not a vitamin, and one of our best sources for it is sunshine. Unfortunately, many people work indoors all day, so they get little sun exposure. When they do go outside, they wear long sleeves and sunblock to protect against skin cancer. And, of course, in the wintertime, people in cold areas tend to stay inside. As a result, many of us are vitamin D deficient, and should be taking supplements.

"Vitamin D is crucial to many physiological systems, including our immune defenses," Dr. Young says.

HEALTHY HOLIDAYS continued on page 19



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More than 700 miles of groomed cross-country skiing trails make Wisconsin a national leader in Nordic skiing. With a bounty of picturesque snow-covered forests and peaceful countryside to explore, the state offers everything from challenging Olympic-level tracks to flat, peaceful woodland trails.

Escape to the Trails

Travelwisconsin.com

Here are a couple destinations worth adding to your trail map.

Unless you happen to reside in the Green Bay area, you might not have not traveled along the Lakewood Trail in the Chequamegon-Nicolet National Forest (715/362-1300; www.fs.fed.us/r9/cnnf). Scenic beauty, challenging climbs and exhilarating downhill are sprinkled along 22km of this well-kept secret.

With trails ranging from advanced to beginner and grooming that accommodates all types of skiing — including classical, skating and backcountry — the Levis Mound Trail Center (715/743-5140; www.worba.org/nasti/skiing.html) in Neillsville boasts a variety of cross country skiing opportunities. Nordic skiers will have their choice of approximately 15 miles of groomed trail and another ten of ungroomed backcountry routes through the hills of Central Wisconsin.

Nicely wooded forest trails with open vistas line Mercer's Mecca Trails (715/476-2389; www.mercercc.com). Groomed routes on gentle terrain catering to beginners and intermediate skiers and a rustic warming cabin in the middle of the trailhead create the perfect outdoor backdrop.

One of the Midwest's best trail systems, Minocqua's Winter Park (715/356-3309; www.skimwp.org) is home to 75km of groomed trails for all ability levels. The day lodge offers a cozy respite to gather with other skiers and relax before heading back out for more.

Interested in visiting New England, Germany, Norway, Denmark and Finland all in the same day? Gliding along Old World Wisconsin's Blue Trail (262/594-6300; www.wisconsinhistory.org/oww/) will take you past reconstructed homes, shops and barns of pioneer settlers from each of these regions. Top off your day with a bowl of chili and a cold one at the Clausen Barn Restaurant.

As the spiritual home of the Birkie, the Telemark Ski Trails (715/798-3999; www.telemarkresort.com) offer a collection of easy to very challenging routes with connections to the Birkie and North End trail. Lined with Nordic photos and previous Birkie winners and participants, the Telemark Lodge is worth checking out after a day on the trails.

If you'd prefer to take the trails by night, the state offers a bounty of candlelight skiing opportunities. Check out the WI Department of Natural Resources web site for more information. (www.dnr.state.wi.us)



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Financial Considerations for 2015

Is it time to make a few alterations for the near future?

2015 is less than a month away. NOW is the time when investors look for ways to lower their taxes and make some financial changes. This is an ideal time to schedule a meeting with your financial, tax or estate planning professional.



Provided by Tim Stasinoulis, RFC

How do economists see next year unfolding? Morningstar sees 2.0-2.5% GDP for the U.S. for 2015, with housing, export growth, wage growth, very low interest rates and continuing vitality of energy-dependent industries as key support factors. It sees the jobless rate in a 5.4-5.7% range and annualized inflation running between 1.8-2.0%.

Fitch is far more optimistic, envisioning U.S. GDP at 3.1% for 2015 compared to 1.3% for the eurozone and Japan. (Fitch projects China's economy slowing to 6.8% growth next year as India's GDP improves dramatically to 6.5%.)

The *Wall Street Journal's* Economic Forecasting Survey projects America's GDP at 2.8% for both 2015 and 2016 and sees slightly higher inflation for 2015 than Morningstar (with the CPI rising at an annualized 2.0-2.2%). The *Journal* has the jobless rate at 5.9% by the end of this year and at 5.5% by December 2015.

The *WSJ* numbers roughly correspond to the Federal Reserve's outlook: the Fed sees 2.6-3.0% growth and 5.4-5.6% unemployment next year.

What might happen with interest rates? In the *Journal's* consensus forecast, the federal funds rate will hit 0.47% by June 2015 and 1.17% by December 2015. NABE's forecast merely projects it at 0.845% as

next year concludes. That contrasts with Fed officials, who see it in the range of 1.25-1.50% at the end of 2015.

Speaking of interest rates, here is the *WSJ* consensus projection for the 10-year Treasury yield: 3.24% by next June, then 3.58% by the end of 2015. The latest *WSJ* survey also sees U.S. home prices rising 3.3% for 2015 and NYMEX crude at \$93.67 a barrel by next year end.

Can you put a little more into your IRA or workplace retirement plan? You may put up to \$5,500 into a traditional or Roth IRA for 2014 and up to \$6,500 if you are 50 or older this year, assuming your income levels allow you to do so. (Or you can spread that maximum contribution across more than one IRA.) Traditional IRA contributions are tax-deductible to varying degree. The contribution limit for participants in 401(k), 403(b) and most 457 plans is \$17,500 for 2014, with a \$5,500 catch-up contribution allowed for those 50 and older. (The IRS sets contribution levels for these plans in late October.)

Should you go Roth in 2015? If you have a long time horizon to let your IRA grow, have the funds to pay the tax on the conversion, and want your heirs to inherit tax-free distributions from your IRA, it may be worth it.

Are you thinking about an IRA rollover? You should know about IRS Notice 2014-54, which lets taxpayers make "split" IRA rollovers of employer-sponsored retirement plan assets under more favorable tax conditions. If you have a workplace retirement account with a mix of

pre-tax and after-tax dollars in it, you can now roll the pre-tax funds into a traditional IRA and the after-tax funds into a Roth IRA and have it all count as one distribution rather than two. Also, the IRS is dropping the *pro rata* tax treatment of such rollover amounts. (Under the old rules, if you were in a qualified retirement plan and rolled \$80,000 in pre-tax dollars into a traditional IRA and \$20,000 in after-tax dollars into a Roth IRA, 80% of the dollars going into the Roth would be taxed under the pro-rated formula.) The tax liability that previously went with such "split" distributions has been eliminated. The new rules on this take effect January 1.

Can you harvest portfolio losses before 2015? Through tax loss harvesting – dumping the losers in your portfolio – you can claim losses equaling any capital gains recognized in a tax year, and you can claim up to \$3,000 in additional losses beyond that, which can offset dividend, interest and wage income. If your losses exceed that limit, they can be carried over into future years. It is a good idea to do this before December, as that will give you the necessary 30 days to repurchase any shares should you wish.

2015 FINANCE continued on page 20

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How to Treat a Family Member with Dementia This Holiday Season

Whether it's Mom, Dad, Grandma or Grandpa – or your spouse – the “holiday quarter” can present special challenges for families with a loved one suffering from dementia.

“We have an expectation that loved ones should never change from the person we’ve perceived them to be for years, but everyone changes significantly over an extended period, especially those diagnosed with dementia,” says Kerry Mills, a sought-after expert in best care practices for people with dementia, which includes Alzheimer’s.

“Dementia encompasses a wide range of brain diseases, which means it’s not the fault of a Grandma if she has trouble remembering things or gets flustered. Empathy for what she’s experiencing on the level of the brain will help your relationship with her. Do *not* expect her to meet you halfway to your world; you have to enter her world.”

Spouses have a particularly difficult time coping with their partner’s dementia, Mills says. A spousal relationship is a team and is central to the identities of both people. So, while you’re paying special attention to a parent’s or grandparent’s condition, extend it to his or her spouse, she says.

Families tend to have a hard time coping with a loved one’s dementia during holiday gatherings. Mills offers tips for how to interact with a loved one – say, Grandma – whose brain is deteriorating.

Do not get frustrated. “First, do no harm” – the excellent maxim taught to medical students, is also a great first principle for those interacting with Grandma, who may be experiencing a level of frustration and anxiety you cannot comprehend adequately. She simply doesn’t have access to certain details, but she is still a conscious and feeling person who has plenty to offer. If you get frustrated, she’ll pick up on it.

Dedicate someone to Grandma during the gathering. Of course, loving families will want to include Grandma in the group, but be careful not to overwhelm her with attention. Her brain, which has trouble processing some information, could use assistance – a liaison to help her process things. Grandpa could probably use a break; her son or daughter may be the best handler during a gathering.

Give Grandma purpose; give her a task in the kitchen. Keep Grandma, who may’ve been prolific in the kitchen in the past, engaged! Simple tasks, such as mashing potatoes or stirring gravy, may be best. Engage her in conversation about the food. If it’s Grandpa whose suffering dementia, include him in a group. Give him a cigar if the other men are going outside to smoke. Engage him in a conversation about football, which may allow him *on his own terms* to recall details from the past.

Use visual imagery and do not ask yes-or-no questions. Again, asking someone with Alzheimer’s to remember a specific incident 23 years ago can be like asking someone confined to a wheelchair to run a 40-yard dash – it’s physically impossible. Don’t pigeonhole her. Direct Grandma in conversation; stimulate recollection, but don’t push a memory that may not be there. Pictures are often an excellent tool.

Safety is your biggest priority. Whether during a holiday gathering or in general, Grandma may commit herself to activities she shouldn’t be doing, such as driving.

“She’s been driving for decades, and then she develops a memory problem, which not only prevents her from remembering her condition, but also how to drive safely,” Mills says.

“Currently, there’s a stigma with the condition, but I’d like to change the baseline for how we regard dementia,” Mills says. “As with other medical conditions, Alzheimer’s should not be about waiting to die – patients often live 15 years or more after a diagnosis. It should be about living with it.”

Kerry Mills, MPA, is an expert in best care practices for persons with dementia both in the home and in out-of-home health care residences and organizations. She has served as executive director and regional manager for numerous long-term dementia facilities. She is an outspoken advocate for persons with dementia. Her book, coauthored with Jennifer A. Brush, “I Care,” (engagingalzheimers.com), is the 2014 Gold Award Winner of the National Mature Media Awards.



What’s Happening at Sarah’s House

Sunday, December 7, 2:00 pm – John Gurda author of *One People, Many Paths: A History of Jewish Milwaukee*, and *The Making of Milwaukee* offers Reflections on Milwaukee’s Jewish History.

Monday, December 8, 2:00 pm – **Jews of Other Countries Series** begins as Rabbi Steve Adams of Congregation Emanu-El explores the *Jews of Down Under: Australia and New Zealand*. The series continues on the second Monday of each month thru June.

Monday, December 1, 2:00 pm – **Rockin’ Randy** brings a 50s & 60s dance party to us. Enjoy favorites such as “Sherry Baby” and “All Shook Up” with Randy’s unique twist.

Tuesday, December 9, 2:00 pm – **Easy Days Barbershop Quartet** returns. Enjoy Big Band music of the 30s and 40s. The quartet was the 2009 Land O’Lakes District Senior’s Champions of the Barbershop Harmony Society.

Sunday, December 14, 2:00 pm – **Papi Makeana** brings a touch of the tropics. He’ll be singing traditional, contemporary and classic pop tunes, as well as audience requests.

Monday, December 17, 1:30 pm – **Opera soprano Ruth Brown** has been seen in Milwaukee Opera Theatre’s “Fairy Queen Fantasy” and “The Eurydice Festival.”

Sunday, December 21, 2:00 pm – Musical performance to be announced.

Sunday, December 28, 2:00 pm – **Terry Morgenroth** returns to entertain the crowd with “Musical Memories of the 40s, 50s and 60s.”

Also, remember to visit our rotating Art Gallery. Each artist’s work will be on display for eight weeks.

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The SIX Documents You Need for Your Estate Plan Playbook

How to Avoid Fumbling the Football in the Red Zone of Retirement

Football is a big deal in the United States (and even bigger in Wisconsin when we are on our way to the Super Bowl - Go Pack!) – and so is the surge of retirees – 10,000 baby boomers every day for the next 18 years, says multi-certified planner Larry Roby. The last thing pre-retirees want to do at this stage of their lives is to fumble while in the red zone of their retirement date, he says.

“Only 23 percent of pre-retirees have calculated how much they’ll need to save for retirement, according to New Retirement Landscape; while three-quarters say they’re confident in the red zone of retirement, an equal amount of people haven’t even done the math yet!” says Roby, founder and president of Senior Financial Advisors, a wealth-management firm that holds ethics and education as top priorities.

“Confidence in your retirement portfolio is good – if it’s justified. Otherwise, it can lull people into a false sense of security and lack of preparedness.”

Having a diverse portfolio and understanding your options for life insurance, Social Security and 401(k) or other retirement accounts are staples for retirement planning. But there are also six crucial documents that are often either not in an individual’s playbook or are overlooked.

Here are the six documents you need for a solid red zone estate plan:

Joint Ownership — Enables you to own property jointly with another person and upon the death of the joint tenant, the surviving joint tenant automatically becomes the owner of the property.

Last Will and Testament – A legal document which expresses the wishes of a person concerning the disposition of their property after death and names the person who will manage the estate.

Durable Power of Attorney – Grants authority to another individual to act on behalf of the person who executes the instrument and are commonly used for legal and financial purposes.

Durable Health Care Power of Attorney - Grants authority to another individual to make health care decisions on your behalf should you be unable to make such decisions.

Advance Care Directive – A set of written instructions in which a person specifies what actions should be taken for their health, if they are no longer able to make decisions due to illness or incapacity.

Living Trust – Created during your lifetime. Assets are transferred to the trust while you are alive. Provides written instructions for the disbursement of the trust assets upon your death.

“These documents can play a vital role in the major plays during the fourth quarter of your life,” Roby says. “Understanding how they work *now* can make the difference between a last-minute victory or loss.”

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PLAYBOY ON STAGE

continued from page 5

staff were not only colorblind in their hiring of talent, but used the clubs, no less than the magazine, as a means of furthering an agenda of civil rights and gender equality.

While many books have been written about the Playboy Empire, the Bunny experience, and the ultimate Playboy himself—Hugh Hefner—until now, no book has covered Playboy's impact on popular entertainment and the fabulous cadre of performers who took to the stages of the mythic Playboy Clubs. *Playboy on Stage* tells this story from myriad points of view, in the words of dozens of artists—musicians, singers, and comedians—as well as those involved behind the scenes.

The book begins as the magazine was born, moving through the 1959 jazz festival and on to the opening of club after club. Throughout its pages are unforgettable reminiscences, anecdotes, and commentary from: *Trini Lopez, Lily Tomlin, David Brenner, Jerry Van Dyke, Shecky Greene, Mitzi Gaynor, Steve Rossi, Ramsey Lewis, Mimi Hines, Joan Rivers, Sonny Rollins, Al Jarreau, David Benoit, Dick Gregory, Prof. Irwin Corey, Bobby Rydell, Rich Little, Lainie Kazan, Dick Capri* and many, many others...

When three buddies in the late '50s decided, almost as a lark, to get into the night club business, little did they realize the empire they'd build—and in the process, the number of important artists they'd introduce to rapt audiences. *Playboy on Stage* is an enduring, page-turning record of what it felt like under the spotlight, backstage, and in the audience at the world's best-loved "key clubs."

Patty Farmer is also author of *The Persian Room Presents: An Oral History of New York's Most Magical Night Spots* (Vantage Press – 2012) <http://patty-farmer.com/>



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HEALTHY HOLIDAYS

continued from page 14



"It helps fight bacterial and viral infections, including the flu. It supports our cardiovascular system; optimal vitamin D levels can reduce hypertension, heart attacks and stroke.

"If I feel I'm coming down with a cold, I'll take 40,000 units of vitamin D at bedtime," he says. "The next morning, I usually feel like a new person."

Eat your protein – 1 gram for every 2.2 pounds of body weight daily.

In this country, we think a healthy diet means eating a lot of fruits and vegetables. We've forgotten protein. Dr. Young says. "Our immune system is made up of proteins – our bones are 40 percent protein," he says. "We need protein."

When calculating your protein intake, consider: an egg has about 8 grams, and 8 ounces of fish, chicken, beef or pork have about 30 grams. Dr. Young does not give any of his patients more than 100 grams of protein a day.

Get a good night's sleep, exercise, and manage your stress.

Yup, some doctors' orders never change. Rest, exercise and finding effective, healthy ways to cope with stress are simple ways to pamper your cells. "One of the many cellular benefits of exercise is that it increases the oxygen in our bloodstream. Every cell in our body requires oxygen, so consider exercise another means of feeding your cells."

It's also important to manage stress during the holidays. With unchecked stress, our body releases large amounts of cortisol which, among other things, suppresses the immune system. "Take time out to meditate, listen to music, or take a walk in the woods," Dr. Young says. "It feels good – and it's good for you!"

Dr. John Young, (www.YoungHealth.com), is a medical doctor with more than 15 years' experience working in emergency rooms and pediatric burn units. He's the medical director of Young Health Products, which incorporate the latest biochemical, physiological and Nobel Prize-winning protocols for optimal cellular nutrition. Dr. Young is the author of "Beyond Treatment."



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"Old Mary Ann," Logging Camp Boss

Women were always a rare sight in logging camps, and women bosses were almost unheard of. "Old Mary Ann," long remembered in northeastern Wisconsin, was an exception to this rule.

Mary Ann McVane came to Peshtigo from Maine sometime before 1870 and, after operating a boarding house in town, joined her husband in the woods. She was remembered for acts of compassion like traveling through the wilderness to tend sick loggers and caring for entire families after the catastrophic Peshtigo Fire of 1871.

She was famous not only for her tenderness, but for her toughness, too.

Mary Ann had a nasty temper and a strong back, and was willing to use both when the occasion demanded. "Six feet in stature and weighing two hundred pounds," recalled Green Bay reporter B.A. Claflin, "she was a fair match for the toughest lumberjack... if it became necessary to knock a man cold to carry her point, she did just that."

She kept a flock of hens around camp, and a particularly tough bully once decided to cast one of them in and out of the river on a fishing line, just for fun, until the bird died. Mary Ann saw this and, "enraged beyond control, she seized the offender, lifted him bodily from the ground, and walked with him into the river up to her armpits. Here she shoved the squirming lumberjack under the surface a dozen or more times until, gasping for breath and half drowned, he begged for mercy."

Source: Claflin, E.B. "Early logging day tales - the doings of 'Mary Ann.'" Green Bay Press Gazette. May 26, 1930. <http://wihist.org/1zwGyyg>



Dining room at D. Sullivan's lumber camp.
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2015 Financial Considerations

continued from page 16

Should you wait on a major financial move until 2015? Is there a chance that your 2014 taxable income could jump as a consequence of exercising a stock option, receiving a bonus at work, or accepting a lump sum payout? Are you thinking about buying new trucks or cars for your company, or a buying a building? The same caution applies to capital investments.

Look at tax efficiency in your portfolio. You may want to put income-producing investments inside an IRA, for example, and direct investments with lesser tax implications into brokerage accounts.

Finally, do you need to change your withholding status? If major change has come to your personal or financial life, it might be time. If you have married or divorced, if a family member has passed away, if you are self-employed now or have landed a much higher-salaried job, or if you either pay a lot of tax or get unusually large IRS or state refunds, review your current withholding with your tax preparer.

Timothy M. Stasinoulis is the President of Aegis Wealth Advisors, LLC, a Wisconsin based Registered Investment Advisory firm located at 1208 State HWY 83, Hartland, WI. Call 262.369.5200 or visit www.Havecoffewithtim.com. Qualified member of the Paladin Registry.com. and a frequent guest on FOX6 Wake-Up Recently named a 2013 & 2014 Five Star Wealth Manager. www.boomerswealth.com

Potential health and environmental impacts of many genetically engineered organisms in our food supply

Proponents of genetic engineering (GE)—whereby DNA from unrelated species is combined to produce improved or novel organisms—insist that the benefits of increased crop yields and less agricultural waste outweigh the potential risks, but many environmental and public health advocates aren't convinced.

According to the Union of Concerned Scientists (UCS), one risk of GE is that our new "frankencrops" could become invasive, toxic to wildlife, or dangerous in other as-yet unknown ways. "But the most damaging impact of GE in agriculture so far is the phenomenon of pesticide resistance," reports UCS, adding that millions of acres of American farmland are infested by weeds that have become resistant to Monsanto's popular herbicide glyphosate (known to most by its trade name Roundup). "Overuse of Monsanto's 'Roundup Ready' trait, which is engineered to tolerate the herbicide, has promoted the accelerated development of resistance in several weed species."

As a result, farmers are now turning to older, more toxic herbicides—and agribusiness companies are responding in kind with new rounds of GE crops engineered to tolerate these older chemicals. UCS worries that the process repeating itself is only leading us down the path of plants evolving quickly to overcome our defenses however technically brilliant they may be.

As for health risks, UCS acknowledges that eating refined products derived from GE crops is unlikely to cause health problems, but maintains that inserting a gene from one organism into another could still have unintended health consequences. For example, those with food-borne allergies could be at increased risk for reactions given the combination of genes in what looks like any other vegetable or piece of fruit. "This phenomenon was documented in 1996, as soybeans with a Brazil nut gene—added to improve their value as animal feed—produced an allergic response in test subjects with Brazil nut allergies," reports UCS.

Given these risks, some 21 countries and the European Union (EU) have instituted policies requiring foods created with GE technology to be labeled as such so consumers can know what they are buying and putting into their mouths. EU rules mandate that if any ingredient in a food has 0.9 percent or higher of genetically modified organisms, it must be marked accordingly on its packaging. Environmentalists in the U.S. would like to see the federal government put in place a similar policy—research from the non-profit Just Label It found nine in 10 Americans to be in favor of mandated GE labeling—but lobbying interests from agricultural states with a vested interest in selling more GE products still hold lots of sway over elected officials.

So for now, Americans concerned about what's in their food will need to do their own homework regarding what's safe to put on their dinner tables.

Luckily some natural foods retailers are making it easier for consumers intent on avoiding GE foods. Whole Foods, for one, is working toward full disclosure via labeling in regard to which of the foods on its store shelves contain GE ingredients. While Whole Foods may be a pioneer in this regard, environmentalists are hoping other U.S. grocery store chains will follow suit so that Americans can decide for themselves whether or not to take the risk of eating GE foods.

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BETTER THAN *sex* CHOCOLATE CAKE



There's a little lady that works at the check out counter at my local Pick 'n Save that I have to thank for this recipe. She saved me at the last minute when I had no clue as to what type of dessert to bring to a party. It's *really* very indulgent and YES, *almost as good as the name implies!*

1 box German Chocolate cake mix prepared.
1 can sweetened condensed milk
Whipped topping
Crumbled toffee bits
Fudge and/or Caramel topping

Prepare your cake mix according to the box instructions for a 9 1/2 x 11 cake. When baked, allow to cool for 15 minutes. Using the tip of a wooden spoon, poke a lot of holes into the top of the cake (no need to be meticulous). Pour the sweetened condensed milk evenly over the cake. Next, drizzle the fudge/caramel topping generously over the cake. When completely cool, top with a layer of whipped topping. Sprinkle the toffee bits generously over the top, and then of course, drizzle with that yummy caramel and fudge topping! A few marachino cherries look very festive on top!!

Enjoy!



Holy DECADENCE!

Coconut Cream Angel Pie

This one will have you sneaking into the fridge in the middle of the night for more...

1 prepared angel food cake, cut/tore into 1/2-inch cubes
1-1/2 cups cold 2% milk
1 teaspoon coconut extract
2 packages (3.4 ounces each) instant vanilla pudding mix
1 quart vanilla ice cream, softened
1 cup flaked coconut, divided
1 carton (8 ounces) frozen whipped topping, thawed



Place cake cubes in a greased 13-in. x 9-in. dish. In a large bowl, whisk the milk, extract and pudding mixes for 2 minutes (mixture will be thick). Add ice cream and 3/4 cup coconut; beat on low just until combined.

Spoon over cake cubes. Spread with whipped topping. Toast remaining coconut; sprinkle over top. Cover and chill for at least 1 hour. Refrigerate OR freeze leftovers and let thaw a bit before serving.



Husband (a doctor) and his wife are having a fight at the breakfast table.

Husband gets up in a rage and says, "And you are no good in bed either," and storms out of the house.

After some time he realizes he was nasty and decides to make amends and rings her up.

She comes to the phone after many rings, and the irritated husband says, "What took you so long to answer to the phone?"

She says, "I was in bed."

"In bed this late, doing what?"

"Getting a second opinion!"

Crossword ANSWERS

(Crossword on page 26)

1	R	O	C	K	I	N	G	10	F	O	U	R	13						
2	A							11	V		E								U
3	I	N	T	E	R	E	S	T	E	D	E		12	W	O	R	L	D	
4	S		R									14	I	D	E	A			E
5	I		A	L	M	O	S	T					15	D		S			
6	N		V	U					16	R	I	P		P		I			
7	E								17	E				O			18	O	R
8	L		D											I					
9	O								19	G	O	M	E				20	I	
21	T	H	E	R		C	I												
22	K					O			23	I	R	L							
24	R	I	S	O	N		H						25	E					
26	L					N							27	T					
28	O	U				H													
29	W		R			C	I						31	E					
32	U					T													
33	N		E						34	R	O	W	N				35	U	R
36	T																		

Middle age is when you still believe you're gonna feel better in the morning.

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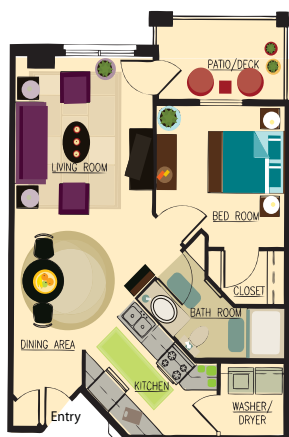


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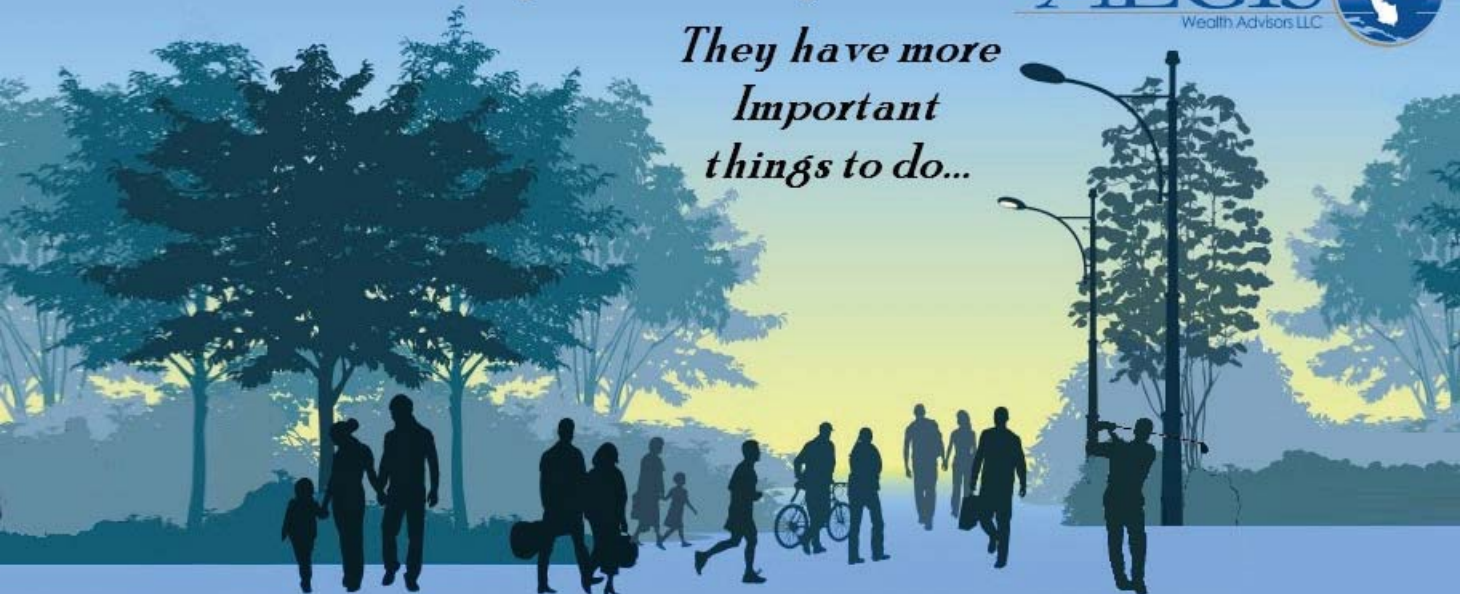
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A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer."

OPINION

What's your opinion? The views expressed here are not necessarily the views of the publishers and are provided for a lively debate. You are welcome to share your ideas and viewpoints by sending them to milwaukeepublishing@wi.rr.com. subject: Opinion

The Christmas/Holiday Controversy

By Jeanine Lane, Milwaukee

If you have friends who send you forwards, you may have received the one at the right. It is one that could be funny...if it wasn't the sad truth. And it inspired me to share my two cents.

Christmas time – Peace on Earth, Good Will Toward Men – unless of course you want to wish them “Merry Christmas!” Then those who have wrongly interpreted the “wall of separation” issue, will sue to have you silenced. Is it becoming illegal to wish somebody “Merry Christmas” in a nation founded on Christian beliefs?

After years of repeating the phrase, “separation of church and state,” this lie has come to be accepted as truth and practiced in American life. The result is employers prevent personnel from saying “Merry Christmas,” nativity scenes have been removed from the public square and our children are censored in the public schools.

As a nation, we have celebrated CHRISTmas as the birth of our Savior for centuries. Now we are told we can celebrate anything but Christmas. Christmas is a private matter. Maybe soon a “don’t ask, don’t tell” policy will be established for Christians.

The truth is that the Constitution never contains the words “separation of church and state.” The phrase was first used by Thomas Jefferson in 1802 when he wrote to the Danbury Baptists to give them assurance that there would not be an official, established state religion.

In America’s Constitution the founders wrote, “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.” Even though 90% of our founding fathers are from a Christian background, often quoting the Bible in their writings, they believed that freedom of religion was so important that they protected ALL religions equally from having the government intrude into the convictions of private citizens. The constitution never states or even implies that religion should be kept out of the affairs of government.

Throughout Washington D.C. you will find “GOD” engraved on our monuments and buildings. “GOD” is mentioned in the national anthem. “GOD” is stated four times in the Declaration of Independence. Our President takes his oath on a Bible and our money declares, “In God We Trust.”

Is it ignorance of history or lack of a backbone that would encourage Americans to give up our freedoms so easily? Check out your freedoms for yourself. Don’t let liberty be stolen from you as the foundation of our country is rewritten. If you believe in the true meaning of Christmas, join me this year and be politically incorrect. Exercise your freedom of speech and wish those you see a very MERRY CHRISTMAS!

For more information on the constitution and your freedoms check out the following websites: Wallbuilders – www.wallbuilders.com, Alliance Defense Fund – www.Alliancedefensefund.org Family Research Council – www.frc.org



~anonymous email to be shared

T'was the month before Christmas

When all through our land,
Not a Christian was praying
Nor taking a stand.

See the PC Police had taken away,
The reason for Christmas - no one could say.
The children were told by their schools not to sing,
About Shepherds and Wise Men and Angels and things.

It might hurt people's feelings, the teachers would say
December 25th is just a 'Holiday'.
Yet the shoppers were ready with cash, checks and credit
Pushing folks down to the floor just to get it!
CDs from Miley, an X BOX, a tablet
Something was changing, something quite odd!

As houses were hanging their trees upside down
At stores the word Christmas - was no where to be found
Inclusive, sensitive, Di-ver-si-ty
Are words that were used to intimidate me.

At the top of the Senate, there arose such a clatter
To eliminate Jesus, in all public matter.

And we spoke not a word, as they took away our faith
Forbidden to speak of salvation and grace
The true Gift of Christmas was exchanged and discarded
The reason for the season, stopped before it started.

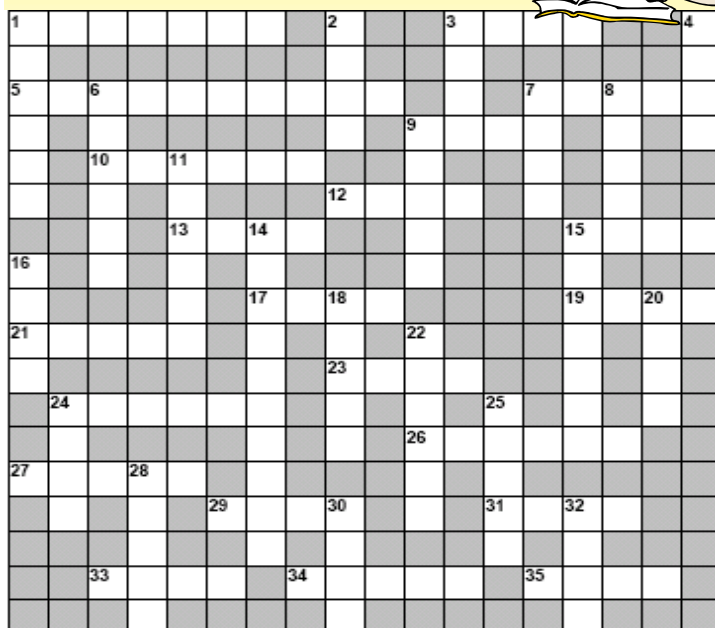
So as you celebrate 'Winter Break' under your 'Dream Tree'
Sipping your eggnog, listen to me.
Choose your words carefully, choose what you say
Shout MERRY CHRISTMAS, not Happy Holiday!

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1. A dried grape
2. Above in place or position
3. To supply nourishment
4. Deliberately impolite
6. To journey or move frequently
7. A stinging insect
8. Communicating over airwaves
9. A foolish or senseless person
11. To deliberately kill someone
14. To detach or sever
15. Half of thirty
16. A curved fishing tool
18. A term implying a possibility
20. $4+5=$
22. To reach one's destination
24. An instrument used to turns oil
25. A small rock
28. A guttural sound
30. Opposite of light
32. Opposite of open



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US * GENERAL 30", 5 DRAWER TOOL CART
 ITEM 95278 shown
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RETRACTABLE AIR HOSE REEL WITH 3/8" x 50 FT. HOSE
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105 PIECE TOOL KIT
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