

Celebrate Life **Boomers!**

January 2014
A FREE PUBLICATION

THE BABY BOOMER GENERATION & BEYOND

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

Stress Relief from Laughter? *That's no joke!*

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. So when it comes to relieving stress, more giggles & guffaws are just what the doctor ordered!

~page 3

Feeding the Body, Mind and Soul

For adults over 50, (which now includes the entire Boomer Generation!) the benefits of healthy eating are endless! And healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating should be about fresh food, creativity in the kitchen and enjoying friends!

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SPECIAL FEATURE

LAUGH OUT LOUD!



Enjoying the Good Life: Yesterday, Today & Tomorrow



Hello Sandy and Staff

I have enjoyed your paper since you began. I share with a lot of people, even send articles to friends in Michigan and California. We prayed for your healing of cancer and the many trials of living with it and sharing it with your readers. The growth of your paper is truly a gift and to have good people to work with...Amen! My husband says I write too much. I just have a gift of loving and sharing too! I just read in the paper that personal writing is almost extinct now. I think each note is a gift. Well, back to reality, I am baking cookies again! "Mary

Thank you so much!

Tuesday morning I stopped at the near by gas station before my first job of the day and noticed the new Boomers newspaper was out! Just love all the articles stories and ads you have included in each and every issue. After getting home at about 10 pm or so from second job - climbed in for the evening with the new issue - opening first page - wow - noticed a name that was so familiar. Being so tired took me a few moments to realize that the 'last months winner of \$50' was me!!! I am looking forward to receiving the helpful fund. Tom and Sandy, both of you have such a Blessed New Year - and keep up the fantastic wonderful work with the newspaper. It is also such a gift to be able to 'Celebrate Life!' each and everyday and "dance like no one is watching! Happy New Year!" "K

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FROM THE PUBLISHERS

JANUARY 2014



Can I ask you a question? Have you accomplished your New Year's resolution from LAST year? Or, like most of us, is it appearing back on your list this year? It must be part of the basic human

condition to strive for more, to hope for more, to want more... without actually achieving it. Perhaps it's the idea of hope. Hope for a flatter stomach. Hope for a better relationship. Hope for better habits and attitudes. My Mother always said that it was the idea of tomorrow that keeps us motivated today. So what separates those that achieve their resolutions from us mere mortals that just repeat them year after year? Perhaps understanding that one should really be the big kahuna on our list this year.

The easiest and most fun resolution is the theme for our annual LAUGH OUT LOUD feature in this issue of Boomers! It's that simple - just take the time to really enjoy a good ole belly laugh! There are jokes scattered throughout this issue (most submitted by readers -keep them coming!) so enjoy and have a good laugh out loud!

While I sit at my computer working on deadline, I've sent Amara and the dog outside to play. I won't mention that she simply put her snowsuit on over her pajamas - it's still fresh air and snow! And as a sidenote... just how many pairs of mittens should I expect to replace over the course of this winter season... two? twenty!?? This parenting stuff is just not made for those of us over 50!

Tom and I have been recovering from colds -brought on I'm sure from the bowels of the 4th grade classroom. But our love of winter will not be thwarted - skis are primed, the cabin is waiting, there's wood in the fireplace and the home hearth is burning! God bless you all, and may He keep your hearts and toes warm against the winter cold!

*And always remember to
Celebrate Life!*

Sandy and Tom Draelos

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered...

Stress relief from laughter?

It's NO JOKE!

By Mayo Clinic staff

Whether you're guiltily guffawing at an episode of "South Park" or quietly giggling at the latest New Yorker cartoon, laughing does you good. Laughter is a great form of stress relief, and that's no joke. A good sense of humor can't cure all ailments, but data are mounting about the positive things laughter can do.

Short-term benefits

A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Laughter can:

- **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your

Laughter continued on page 6



Feeding the Body, Mind and Soul

Nutrition and Diet Tips for Healthy Eating as You Age

For adults over 50, (which now includes the entire Boomer Generation!) the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be all about fresh, colorful food, creativity in the kitchen, and eating with friends.

Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

Live longer and stronger – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

Sharpen the mind – Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty

Eating Healthy As You Age continued on page 12

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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Jan 26, 2014 3pm "A Celebration of Spirit" Rossini's Thieving Magpie Ov.; Schumann's Concert Piece for Four Horns; Prokofiev's Symphony No. 5	
March 16, 2014 3pm "Timeless Romance" All-Mendelssohn program featuring "Midsummer Night's Dream Overture; Symphony No. 3, & Concerto for Violin & Orchestra with violin soloist Frank Almond	May 21, 2014 7-8pm "Spring is in the Air"
May 4, 2014 3pm "Magnificent Moods" All-Schumann: Manfred Overture; Symphony No. 3 & Concerto for Piano & Orchestra with Stephen Swedish, piano soloist	 Special guest David Drake, folksinger & guitarist. Kids get to conduct the orchestra finale!

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Jan 29th: Tom Cat Joe

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calendar 2014

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Milwaukee County residents will receive free general admission to the Milwaukee Public Museum on the first Thursday of every month through MPM's new Thank You Thursday program beginning January 2, 2014. Also offering extended hours on Thursdays and will be open from 9 a.m. to 8 p.m. so that visitors will have the opportunity to take advantage of free admission in the evenings as well. Must present valid photo identification showing Milwaukee County residency to receive free admission, and children must be accompanied by an adult showing proof of residency to receive free admission. In addition residents of Milwaukee County will receive a \$2.00 discount on general admission every day.

"Library LEGO Mania"

Now thru May 10
Oak Creek Public Library
Oak Creek Public Library has started Library Lego Mania, we provide the legos, so kids bring your imaginations and create to your hearts content! All materials must stay at the library, so bring a camera to document your creations or check out our website after the program. This program will be held on the 2nd Saturday of each month now thru May 2014. It is a free drop in program, registration is not required, and it is geared toward children ages 6-12.

46th Annual Wonderful World of Weddings

January 4-5, 10 am
Exposition Center at Wisconsin State Fair
Over 175 exhibits of the latest fashions and a unique selection of bridal-related products, services and ideas. See the Fashion Show and taste the cakes!

Gallery Night and Day

January 17 and 18.
Premier art event in Milwaukee for both the experienced art connoisseur and the beginning admirer. Gallery hopping and art viewing. The quarterly event will showcase 40 venues throughout the downtown Milwaukee area.

ALSO... Gallery Night and Day will be the host of **Sculptures on Ice**, Milwaukee's annual ice sculpting exhibition. Bundle up and bring your family and friends to witness these artistic cold weather creations! Between 10am and 6pm on Fri., Jan 17, watch local artists and sculptors form five foot blocks of ice into creative pieces of art in Catalano Square in the Historic Third Ward (Broadway & E. Menomonee St.).

Dr Martin Luther King, Jr Celebration

Sunday, January 19, 1 pm
Marcus Center
This event focuses on keeping the legacy of Dr. Martin Luther King Jr. alive. The Dr. Martin Luther King, Jr. Birthday Celebration programming highlights the youth in our community who every year interpret Dr. King's words through an art, speech and writing contest. Various cultural arts organizations take center stage in Uihlein Hall, truly demonstrating our arts community.

Milwaukee Boat Show

January 17- January 26
Exposition Center at State Fair Park
Wisconsin's largest boat show with fishing boats, pontoons, ski & wakeboard boats, runabouts, cruisers & motor yachts up to 50 feet. Plus, see all of the boating accessories, dock systems and water toys!

House of Harley Indoor Custom Bike Show

January 24, Friday at 3:30pm
January 25, Saturday at 9am
House of Harley-Davidson
Redesigned indoor custom bike show with judging by Imbba! High cash prize amounts. Specialty classes...

Winterfest

Sunday, January 26, 10am
Boerner Botanical Gardens
A celebration of winter at Boerner Botanical Gardens, and the kickoff to the Garden's 75th Anniversary! Participate in children's crafts and activities, listen to storyteller Kristia Wildflower, sample and purchase kettle corn from Sweet Delight Kettle Corn and take a walk through the Gardens on a Winter Woods Walk. Explore the garden's stunning winter silhouettes and chase the winter blues away!

Great Lakes Pet Expo

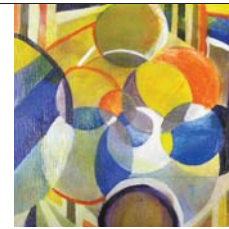
Saturday, February 1, 10am
Exposition Center at State Fair
The Great Lakes Pet Expo is the premier pet-lovers event in southeast Wisconsin. Hundreds of adoptable animals will be in attendance as well as entertainment, vendors, and activities. All show proceeds benefit companion animals in Wisconsin.

Body Worlds & The Cycle of Life

Opeing February 7thru June 15
Milwaukee Public Museum
The latest exhibition from physician and pioneering anatomist Dr. Gunther von Hagens. You'll see the body throughout the human life cycle and across the arc of aging. More than 200 plastinates real human specimens preserved thru the remarkable process called Plastination reveal the human body in all its stages, across youth, growth, maturity and advanced age, and in all its conditions, from health to distress to disease.

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Stress relief from laughter? It's NO JOKE! continued from page 3



heart, lungs and muscles, and increases the endorphins that are released by your brain.

- **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.

- **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Long-term effects

Laughter isn't just a quick pick-me-up, though. It's also good for you over the long haul. Laughter may:

- **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.

- **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.

- **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

- **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

Improve your sense of humor

Are you afraid you have an underdeveloped — or non-

existent — funny bone?

No problem. Humor can be learned. In fact, developing or refining your sense of humor may be easier than you think.

Put humor on your horizon.

Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or in your office. Keep funny movies or comedy albums on hand for when you need an added humor boost.

- **Laugh and the world laughs with you.** Find a way to laugh about your own situations and watch your stress begin to fade away. Even if it feels forced at first, practice laughing. It does your body good.

- **Share a laugh.** Make it a habit to spend time with friends who make you laugh. Return the favor by sharing funny stories or jokes with those around you.

- **Knock-knock.** Browse through your local bookstore or library's selection of joke books and get a few rib ticklers in your repertoire that you can share.

- **Know what isn't funny.** Don't laugh at the expense of others. Some forms of humor aren't appropriate. Use your best judgment to discern a good joke from a bad, or hurtful, one.

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant?

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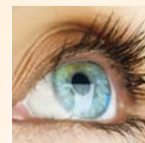


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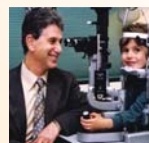


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The Big Crash

It is the middle of the night in the middle of nowhere, two cars both slightly cross over the white line in the centre of the road. They collide and a fair amount of damage is done, miraculously neither driver is hurt.

They both get out. One is a doctor, one is a lawyer. The lawyer calls the police on his cell phone and they say they will be there within 20 minutes.

It's cold and damp, and both men are shaken up. The lawyer offers the doctor a drink of brandy from his hip flask, the doctor accepts, drinks and hands it back to the lawyer, who then puts it away.

"Aren't you going to have a drink?" the doctor says.

"AFTER the police get here," replies the lawyer

Prayer Postions

Three preachers sat discussing the best positions for prayer, while a telephone repairman worked nearby. "Kneeling is definitely best," claimed one.

"No," another contended. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the third insisted. "The most effective prayer position is lying prostrate, face down on the floor."

The repairman could contain himself no longer.

"Hey, fellas," he interrupted, "the best prayin' I ever did was hangin' upside down from a telephone pole."

LAUGH OUT LOUD

OLD & NEW FAVORITES

A driver was stuck in a traffic jam on the highway outside Washington, DC. Nothing was moving. Suddenly, a man knocks on the window. The driver rolls down the window, "What's going on?"

"Terrorists have kidnapped the entire US Congress, and they're asking for a Million dollar ransom. Otherwise, they are going to douse them all in gasoline and set them on fire. We are going from car to car, collecting donations."

"How much is everyone giving, on an average?" the driver asks.

The man replies, "Roughly a gallon."

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time?"

The man wearily replies, "That would be my wife, sir."

You gotta love grandmas

A doctor that had been seeing an 80 year old woman for most of her life finally retired. At her next checkup, the new doctor told her to bring a list of all medicines that had been prescribed for her. As the young doctor was looking through them, his eyes grew wide as he realized she had a prescription for birth control pills. "Mrs. Smith, do you realize these are BIRTH CONTROL pills?"

"Yes, they help me sleep at night."

"Mrs. Smith, I assure you there is absolutely NOTHING in these that could possibly help you sleep."

She reached out and patted the young doctor's knee. "Yes dear, I know that. But every morning, I grind one up and mix it in the glass of orange juice that my 16 year old granddaughter drinks. And believe me; it helps me sleep at night."

You gotta love grandmas

SIGNS YOU GOTTA LOVE

Sign over a Gynecologist's Office:
"Dr. Jones, at your cervix."

In a Podiatrist's office:
"Time wounds all heels."

On a Septic Tank Truck:
Yesterday's Meals on Wheels

At a Proctologist's door:
"To expedite your visit please back in."

On a Plumber's truck:
"We repair what your husband fixed."

On another Plumber's truck:
"Don't sleep with a drip. Call your plumber."

At a Tire Shop in Milwaukee:
"Invite us to your next blowout."

At a Towing company:
"We don't charge an arm and a leg. We want tows."

On an Electrician's truck:
"Let us remove your shorts."

In a Nonsmoking Area:
"If we see smoke, we will assume you are on fire and take appropriate action."

continued on page 9



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7 Safe Yoga Tips for Boomers

by Jill Abelson, 500 E-RYT

Improved flexibility, balance and strength count among the many benefits of yoga for midlife and beyond. Turning 50 this year and physically active my whole life, my yoga practice has done wonders for my overall conditioning.

But things are beginning to change.

Natural wear and tear of the joints, loss of flexibility and osteoarthritis are some age-related issues we boomers face practicing yoga and other fitness regimes as we get older. With yoga's growing popularity among all age groups, here are ways to keep your practice safe and sustainable.

• **Choose a class level that's right for you.** All the rage right now are "mixed" levels classes at gyms, local community centers and yoga studios. While these classes welcome everyone, they *don't* often cater to mature students with extra instruction or modifications. Choose a class matching your own level of fitness and experience. For boomers, beginners or gentle yoga is a great starting point.

• **Pick your style.** Iyengar, Integral, classical Hatha and Kundalini are yoga styles popular and well suited to boomer bodies and minds. Faster-paced classes, known as Power or vinyasa Flow yoga, can be more demanding physically, and tend to draw the younger set.

• **Work on the basics.** As with other fitness regimes, take time to learn correct alignment and form — important for safety and injury prevention. If you've chosen the right class level, chances are the basics are covered. You might also enjoy starting with a private or semi-private class catered to your exact needs. Remember that challenging *weight-bearing* positions need special attention to detail and correct form.

• **Work at your own pace.** Yoga isn't meant to be competitive, but you'll still see other students pushing themselves to the max. Competition leads to injury. Do what feels right for you.

• **Pay attention to pain.** Never push through pain or ignore a nagging injury. If you're working with an injury, let your teacher know to help you modify positions. Pain would register as a sharp, intense jolt or dull ache, whereas working hard would give you an intense feeling and sensation, but not actual pain.

• **Choose an experienced teacher.** Mature, experienced teachers tend to be more familiar with injuries, contraindications and the unique needs of older students. As you would for any other wellness professional, ask around among friends, colleagues and health professionals in your local community to help find a yoga teacher that's right for you.

• **Celebrate progress.** Knowing that our bodies are changing (and inconsistent) as we get older, savor your breath, freedom of movement and any progress — however large or small.

Jill Abelson is a bi-coastal yoga teacher, author and workshop presenter renowned for expertise in student safety, alignment and the art of hands on assists. In 2007, she was recognized by Yoga Journal as one of 5 "Yogis Changing the World." Her website is www.yogaofliberation.com and her books, *EXTRA LOVE*, are on www.Amazon.com.

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Snowmobiles Invented in Wisconsin



After last week's blizzard up north, thousands of people are zipping-up jackets, strapping on helmets, and revving up for a new season of snowmobiling. How many of them know that the snowmobile was invented right here in Wisconsin?

Carl Eliason of Sayner wanted an alternative way to get around during the winter after injuring his foot in 1924. Amateur inventors had rigged up unreliable "snow buggies" by mounting cars or bicycles on skis but Eliason had the idea to start with a toboggan instead.

On top of it he mounted a boat engine, bicycle parts, and rope-controlled steering skis. He worked on this invention for two years in a small garage behind his general store.

In 1927 he obtained a patent for a "Motor Toboggan" and then tinkered with it for more than a decade. Through trial and error he continually improved it, turning out a few custom-built vehicles each year.

By 1939 demand was so strong that Eliason partnered with the Four Wheel Drive Auto Company of Clintonville to mass-produce the renamed "snowmobiles." Orders came from as far away as Finland. During WWII the United States Army wanted them.

Eliason's earliest snowmobiles are on display at the marvelous Vilas County Historical Museum in his hometown. The annual World Championship Snowmobile Derby in Eagle River and The International Snowmobile Racing Hall of Fame in St. Germain are testaments to his vision.

Today's models are fancier than Eliason's but snowmobilers around the world have him to thank for the fun and convenience they provide.

Sources: "Patent Pending Blog - Patents and the History of Technology." Company history at <http://www.eliason-snowmobile.com/>



My wife and I had words, but I didn't get to use mine.

Answering machine message,

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."



A Loan for Kermit

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patricia Whack.

"Miss Whack, I'd like to get a \$30,000 loan to take a holiday." Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger, and that it's okay, he knows the bank manager.

Patty explains that he will need to secure the loan with some collateral. The frog says, "Sure. I have this," and produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed. Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office.

She finds the manager and says, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$30,000, and he wants to use this as collateral." She holds up the tiny pink elephant. "I mean, what in the world is this?"

The bank manager looks back at her and says..."It's a knickknack, Patty Whack. Give the frog a loan. His old man's a Rolling Stone."

SIGNS YOU GOTTA LOVE

continued from page 7

On a Maternity Room door:
"Push. Push. Push."

At an Optometrist's Office:
"If you don't see what you're looking for, you've come to the right place."

On a Taxidermist's window:
"We really know our stuff."

On a Fence:
"Salesmen welcome! Dog food is expensive!"

At a Car Dealership:
"The best way to get back on your feet - miss a car payment."

Outside a Muffler Shop:
"No appointment necessary. We hear you coming."

In a Veterinarian's waiting room:
"Be back in 5 minutes. Sit! Stay!"

At the Electric Company
"We would be delighted if you send in your payment. However, if you don't, you will be."

In a Restaurant window:
"Don't stand there and be hungry, Come on in and get fed up."

In the front yard of a Funeral Home:
"Drive carefully. We'll wait."

And don't forget the sign at a Chicago Radiator Shop:
"Best place in town to take a leak."

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Did you know that....

Q: Why do men's clothes have buttons on the right while women's clothes have buttons on the left?

A: When buttons were invented, they were very expensive and worn primarily by the rich. Since most people are right-handed, it is easier to push buttons on the right through holes on the left. Because wealthy women were dressed by maids, dressmakers put the buttons on the maid's right! And that's where women's buttons have remained since.

Q: Why are zero scores in tennis called "love"?

A: In France, where tennis became popular, round zero on the scoreboard looked like an egg and was called "l'oeuf," which is French for "egg." When tennis was introduced in the US, Americans mispronounced it "love."

Q: Why do X's at the end of a letter signify kisses?

A: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

Q: Why do people clink their glasses before drinking a toast?

A: It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

Q: Why are people in the public eye said to be "in the limelight"?

A: Invented in 1825, **limelight** was used in lighthouses and theatres by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer "in the limelight" was the centre of attention.

Q: Why is someone who is feeling great "on cloud nine"?

A: Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

Q: In golf, where did the term "Caddie" come from?

A: When Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scots game "golf." So he had the first course outside of Scotland built for her enjoyment. To make sure she was properly chaperoned (and guarded) while she played, Louis hired cadets from a military school to accompany her. Mary liked this a lot and when returned to Scotland (not a very good idea in the long run), she took the practice with her. In French, the word cadet is pronounced "ca-day" and the Scots changed it into "caddie".

Q: Did you ever wonder why dimes, quarters and half dollars have notches (milling), while pennies and nickels do not?

A: The US Mint began putting notches on the edges of coins containing gold and silver to discourage holders from shaving off small quantities of the precious metals. Dimes, quarters and half dollars are notched because they used to contain silver. Pennies and nickels aren't notched because the metals they contain are not valuable enough to shave.



A Mouse. A Cow. A Pig. A Chicken. And a Mouse Trap...

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

"What food might this contain?" The mouse wondered. He was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So, the mouse returned to the house, head down and dejected, to face the farmer's mousetrap . . . Alone. .

That very night a sound was heard throughout the house — the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife.

The farmer rushed her to the hospital. When she returned home she still had a fever. Everyone knows you treat a fever with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

But, alas, the farmer's wife did not get well... She died.

So many people came for her funeral that the farmer had the cow slaughtered for the funeral luncheon. And the mouse looked upon it all from his crack in the wall with great sadness.

So, the next time you hear someone is facing a problem and you think it doesn't concern you... **Remember.** When one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another and keep each other safe. ~Anonymous



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How many calories do adults over 50 really need?

A woman over 50 who is:

- Not physically active needs about 1600 calories a day.
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day.

A man over 50 who is:

- Not physically active needs about 2000 calories a day.
- Somewhat physically active needs about 2200-2400 calories a day.
- Very active needs about 2400-2800 calories a day.

Source: National Institute of Aging



continued from page 3

Nutrition and Diet Tips for Healthy Eating as You Age

acids can improve focus and decrease their risk of Alzheimer's disease.

Feel better – Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

Of course, balanced nutrition is more than calorie counting. There are many other aspects to creating a nutritious lifestyle.

What your body NEEDS

Adults over 50 can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

Fruit – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 ½ to 2 servings each day. Break the apple and banana in half and go for color-rich pickings like berries or melons.

Veggies – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 2 ½ cups of veggies every day.

Calcium – Maintaining bone health as you age depends on

adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

Grains – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about 1 slice of bread).

Protein – Adults over 50 need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese, and seeds.

Important VITAMIN and MINERALS

Water – As we age, some of us are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst is may not be as sharp. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

Vitamin B – After 50, your stomach produces less gastric

continued on page 13



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Nutrition and Diet Tips for Healthy Eating as You Age

acid making it difficult to absorb vitamin B-12—needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

Vitamin D – We get most of our vitamin D intake—essential to absorbing calcium and boosting muscles—through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin, especially if you're obese or have limited sun exposure.

TIPS for WHOLESOME EATING

Once you're used to eating nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit.

Reduce sodium (salt) to help prevent water retention and high blood pressure. Look for the "low sodium" label and season meals with garlic, herbs, and spices instead of salt.

Enjoy good fats. Reap the rewards of olive oil, avocados, salmon, walnuts, flaxseed, and other monounsaturated fats. The fat from these delicious sources can protect your body against heart disease by controlling "bad" LDL cholesterol levels and raising "good" HDL cholesterol levels.

Add fiber. Avoid constipation, lower the risk of chronic diseases, and feel fuller longer by increasing your fiber intake from foods such as raw fruits and veggies, whole-grains, and beans.

Avoid "bad" carbs. Bad carbohydrates—also known as simple or unhealthy carbs—are foods such

as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Bad carbs digest quickly and cause spikes in blood sugar levels and short-lived energy. For long-lasting energy and stable insulin levels, choose "good" or complex carbs such as whole grains, beans, fruits, and vegetables.

Look for hidden sugar. Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Opt for fresh or frozen vegetables instead of canned goods, and choose low-carb or sugar-free versions of products such as tortillas, bread, pasta, and ice cream.

Cook smart. The best way to prepare veggies is by steaming or sautéing in olive oil—it preserves nutrients. Forget boiling—it drains nutrients.

Put five colors on your plate. Take a tip from Japanese food culture and try to include five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomatoes, zucchini).

CHANGING dietary needs based on PHYSICAL CHANGES

Every season of life brings changes and adjustments to your body. Understanding what is happening will help you take control of your nutrition requirements.

Metabolism. Every year over the age of forty, our

metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

Weakened senses. Your taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your food more heavily than before—even though older adults need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.

Medications and illness. Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading older adults to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.

Digestion. Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and consider possible supplements. Reprinted with permission from Helpguide.org

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SQUARE DANCING

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By Mike Carr

"Bow to your partner, corner too!"

That's the first thing you hear at the start of a square dance and it's your cue that the fun is about to begin. This traditional form of recreation – officially known as Modern Western Square Dancing – has its roots in the distant past, but is enjoyed today across America. It's also popular throughout southeastern Wisconsin, where various clubs host dances on different nights of the week. Best of all, those who want to learn are always welcome, whether as singles, couples or families.

"Square dancing is much more multi-faceted than most people realize," says Wayne Mattson of Waukesha, president of the Square Dance Association of Wisconsin's South East Area (SDAW-SEA). "The music encompasses a wide variety of types, with every caller having his or her own style, which keeps it both interesting and enjoyable. The activity is lively without being strenuous and emphasizes social interaction and cooperation, all for fun."

Square dancing enjoyed its greatest popularity in the middle decades of the 20th century. Although the overall number of dancers and clubs has diminished, the activity remains popular among the baby boom generation, as well as many seniors.

"If you can walk, you can square dance," says Wayne Irwin, an experienced caller from Dousman. "This is a low level aerobic activity, so it's suitable for all ages. It also enhances mental activity and thinking skills, since the dancers need to hear and respond to each call, working together in an enjoyable fashion."

Irwin is a certified instructor and a member of the Milwaukee Area Caller's Council, a group of about 10 callers who preside over dances in southeastern Wisconsin.

Square dancing was always a part of the American culture, but developed with many regional variations. In the 1960s, the square dance community recognized the benefits of standardization and the result was the formal establishment of Mainstream, Plus and Advanced versions – each with its own calls and moves that are universally practiced, no matter where the dance is occurring.

Learning to square dance is easy, Irwin says. "Clubs are always seeking more participants, so there are periodic classes throughout the year to get new dancers started. Instruction begins with basic formations and steps, then builds upon that knowledge with additional variations and more complex moves as the level of knowledge and skill grows greater."

Lessons are usually about \$5 per person per session and mainstream instruction typically encompasses 20 to 24 lessons. For those who seek a greater challenge, Plus and Advanced lessons – which include more intricate moves – are available.

There are 9 active clubs in southeastern Wisconsin, each hosting a dance once or twice a month on different nights of the week.

"It's easy to get involved, whether you're a single or a couple," Mattson says. "It's a great way to stay active and make new friends. Regardless of your age or prior experience, you'll be warmly welcomed into this community."

For information about clubs or instruction, contact Wayne Mattson, (262) 548-3653, walmatt03@att.net or Wayne Irwin, (262) 951-0357, irwin731@aol.com



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The LEMON Secret



Give those lemons a good wash, freeze them and grate them. Your whole body will love you for it!

Place the washed lemon in the freezer section of your refrigerator. Once the lemon is frozen, get your grater as needed, and shred the whole lemon (no need to peel it) and sprinkle it on top of your foods.

Sprinkle it to your vegetable salad, ice cream, soup, cereals, noodles, spaghetti sauce, rice, sushi, fish dishes... the list is endless.

And what's the major advantage of using the whole lemon other than preventing waste and adding new taste to your dishes? Lemon peels contain as much as 5 to 10 times more vitamins than the lemon juice itself!

1. Fresh lemon water, especially first thing in the morning, can help relieve or prevent digestive problems like bloating, intestinal gas and heartburn and stimulate better digestion in general. Better yet, squeeze it in warm water for better and quicker absorption.

2. Lemons are antiseptic and have a powerful cleansing effect on you liver, kidneys and blood. An overworked liver in particular has an influence on how good you feel so having a simple way to cleanse it each morning can make a big difference to your daily energy over time.

3. Lemon water in the morning is a great way to get a good portion of your essential daily vitamin C. They are also a good source of folate and minerals like potassium, calcium and magnesium.

4. The high mineral content of lemons makes them alkalizing to the body, despite their citric acid. It's actually not the acid content of a food outside the body that determines whether it will have an acid or alkaline effect, but rather the way it is metabolized during digestion that counts.

5. Lemon water assist in elimination and will help prevent either extremes of constipation or diarrhea. Another good reason to have them first thing in the morning.

6. Drinking lemon water is even said to be good for improving your skin. The high vitamin C content would help here, but the overall cleansing, detoxifying, antibiotic and antioxidant effects are likely to be even more important.

7. Limonoid glucosides are an interesting flavonoid compound present in lemons that some research has shown may have anti-carcinogenic properties. Its protective effect also seems to last much longer in the body than most other natural anti-cancer compounds.

8. Lemon water helps your liver to produce more bile to aid in the digestion of fats. This makes them particularly beneficial if you're planning a big breakfast fry up after a heavy night. And realistically, the nutrients in lemon are far more likely to help clear your head than greasy and potentially dangerous sausages or bacon.

9. The antibacterial properties of lemon can help in curing a throat infection. If you have a sore throat you could make a warm lemon drink to sip every couple of hours. That said, if you are having a lemon water every morning you're probably unlikely to get one in the first place. Personally, I can't remember ever having a throat infection since I started regularly having fresh lemon water first thing.

10. Lemon water is also thought to decrease the amount of mucus and phlegm produced in the body. If you're drinking cow's milk often (a big culprit in mucus production) then lemon water each morning may help to lessen mucus levels in your body.

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CHANGES TO YOUR HOME Can Help You Keep Your New Year's Resolutions

Remodeling Creates Organization and Money Savings

"Homeowners like the idea of building a home gym as a way to meet their fitness goals and often the best location for one is in the basement," said Jim Grote of Cream City Construction in Milwaukee. "If you decide to make this a New Year's goal, there are simple changes that you can make to create a

comfortable space where you want to work out. Since basements often have just a concrete floor, you should lay down a rubber pad with a carpet overtop to provide a durable and warm area for exercise."

"If getting organized and building a home office are your goals, you might also consider creating a separate space in your basement walled off from your home gym," said Grote. "This provides a different atmosphere and privacy when you need to focus on work. The office floor can be wood veneer or laminate with a vapor barrier underneath. Exterior walls should be insulated to provide warmth and noise reduction. Good lighting is important, so I would suggest a combination of recessed lighting and desk lamps. You can also construct an egress window to let in some natural light, which helps psychologically if you spend a lot of time downstairs. To ensure the basement is warm enough, additional duct work may be needed. Finally, to help keep the room organized, you may want to construct an area for storage and shelving to fit the room's décor and function."

"Finding ways to save money is a popular New Year's Resolution for many homeowners and one simple way is to add insulation," said John Nehmey, CR, with Nehmey Construction, Inc. in Oak Creek. "It is a relatively inexpensive upgrade and provides a great return on investment. Your home should have a minimum level of insulation rated as R49. Homes built in the 50s and 60s don't meet that standard. The blown in insulation that we recommend is rated R60. You have options of materials used for insulation from pink fiberglass to recycled newspaper, also known as cellulose."

"Another part of the home where you can conserve energy through home improvements are your windows," said Nehmey. "Today's modern windows are made with Low-E insulated glass. The space between the panes of glass is filled with argon gas and that helps retain heat inside the home during winter. When shopping for windows, consumers can look for the U-factor rating. However, unlike insulation ratings, the lower the number, the more energy efficient the windows are."

"For some homeowners their goals for the new year may include finding ways to pamper themselves after a hard day at work," Nehmey said. "A popular remodeling job to accomplish this is to construct a large shower or a steam shower like the kind you find at a spa. Today, custom-sized showers are possible and can be designed to fit the space. People can also have in-floor electric heat added under ceramic floors. A control panel can also be installed to schedule the floor heat to be turned on an hour before you shower and programmed to automatically go off at a set time after the shower. The technology provides an added convenience and saves money on energy costs."

For more information or to receive a free copy of an annual membership roster listing all members alphabetically and by category, and the booklet, "Milwaukee/NARI's Remodeling Guide," call 414-771-4071 or visit the Council's website at www.milwaukeeenari.org.

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If anything happens to you, your
family should have someone to
consult



Provided by Tim Stasinoulis, RFC

If you weren't around, what would happen to your investments? In many families, one person handles investment decisions, and spouses or children have little comprehension of what happens each week, month or year with a portfolio. In an emergency, this lack of knowledge can become financially paralyzing. Just as small business owners risk problems by "keeping it all in their heads," families risk problems when only one person has an understanding of investments.

This is why a trusted relationship with a financial advisor can be so vital. If the primary individual handling investment and portfolio management responsibilities in a family passes away, the family has a professional to consult – not a stranger they have to explain their priorities to at length, but someone who has built a bond with mom or dad and perhaps their adult children.

You want an advisor who can play a fiduciary role (defined as involving trust, esp. with regard to the relationship between a trustee and a beneficiary). Advisors who build their businesses on a fiduciary standard tend to work on a fee basis, or entirely for fees. Other financial services industry professionals earn much of their compensation from commissions linked to trades or product sales.

Commission-based financial professionals don't necessarily have to abide by a fiduciary standard. Sometimes, only a suitability standard must be met. The difference may seem minor, but it really isn't. The suitability standard, which hails back to the days of cold-calling stock brokers, dictates that you should recommend investments that are "suitable" to a client. Think about the leeway that can potentially provide to a commission-based advisor. In contrast, a financial advisor working by a fiduciary standard has an ethical requirement to act in a client's best interest at all times, and to recommend investments or products that clearly correspond to that best interest.

You want an advisor who looks out for you. The best financial advisors earn trust through their character, ability and candor. In handling portfolios for myriad clients, they have learned to watch for certain concerns, and to be aware of certain issues that may get in the way of wealth building or wealth retention.

Take account and fund fees, for example. These can subtly eat into retirement savings. According to Investment Company Institute research, annual expense ratios of stock funds averaged 0.77% in 2012. So why do many investors endure annual fund fees well above 1%? (The typical equity mutual fund charges an investor 1.3-1.5% a year.) An advisor acting in your best interest could alert you to egregious fees and work with you to find alternatives.

Many investors have built impressive and varied portfolios but lack long-term wealth management strategies. Money has been made, but little attention has been given to tax efficiency or risk exposure. As you near retirement age, playing defense becomes more and more important.

Your family will want nothing less. With a skilled financial advisor around to act as a "co-pilot" for your portfolio, your loved ones have someone to contact should the unexpected happen. When you have an advisor who can step up and play a fiduciary role for you today and tomorrow, you have a professional whose service and guidance can potentially add value to your financial life. A will or a trust can transfer assets, but not the acumen by which they have been accumulated. A relationship with a trusted financial advisor may help to convey it to others.



Timothy M. Stasinoulis is the CEO and Founder of Aegis Wealth Advisors, LLC, a Wisconsin based Registered Investment Advisory firm located at 262 W. Main St., Wales, WI 53183. "Have coffee with TIM" by calling 262.968.5500 or visiting www.aegiswealthadvisors.com. Also a Registered Financial Consultant (IARFC) with a specialty 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. (www.youtube.com) and was recently named a 2013 Five Star Wealth Manager.

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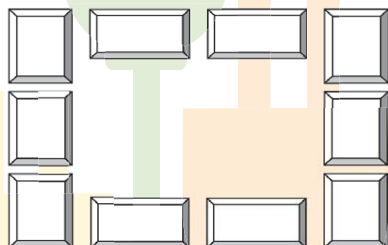
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Tips on proper cleaning and care of home appliances and kitchen items

2013 Household Germ Study Finds Common Kitchen Items Harbor E. coli, Salmonella, Listeria, Yeast and Mold

Scientists at NSF International, a global public health and safety organization, point to a number of contributing factors, including improper food storage, handling, preparation and cleaning, which may help explain why more than 20 percent of foodborne illness outbreaks result from food consumed in the home.

The NSF microbiologists conducting the germ study analyzed 14 common kitchen items for the presence of four different types of microorganisms:

E. coli, *Salmonella*, yeast and mold, and *Listeria*. The study found that many of these common kitchen appliances and tools used to prepare food do indeed harbor pathogens that can cause foodborne illness:

- **Refrigerator vegetable compartment:** *Salmonella*, *Listeria*, yeast and mold
- **Refrigerator meat compartment:** *Salmonella*, *E. coli*, yeast and mold
- **Blender gasket:** *Salmonella*, *E. coli*, yeast and mold
- **Can opener:** *Salmonella*, *E. coli*, yeast and mold
- **Rubber spatula:** *E. coli*, yeast and mold
- **Food storage container with rubber seal:** *Salmonella*, yeast and mold

"Consumers are increasingly concerned about the safety and quality of their food but often don't realize that they may be the cause of foodborne illness in their own homes, due to improper cleaning of kitchenware and appliances. As a NSF microbiologist, I



was surprised to learn that most people know what items carry germs, but they still didn't clean them properly. Products that come in direct contact with food must be designed and maintained properly to prevent germ growth. The performance, quality, material safety and cleanability of home products all are important for food safety," said Rob Donofrio, Ph.D., Director of NSF International's Applied Research Center.

"Young children, the elderly and those with weakened immune systems are particularly vulnerable to foodborne illness," said Dr. Donofrio.

Germs found on these everyday kitchen appliances and tools can easily come in direct contact with food, especially raw produce, meat, poultry, seafood and ready-to-eat food. The study identified where the germs are located in the average home kitchen and, more importantly, how people can better protect against foodborne illness. The key is to be aware of where the 'hot spots' are in your home and clean correctly and regularly to help prevent germ accumulation.

"What's important to remember is the science behind the study. Germs exist everywhere and while not all germs are 'bad,' our goal is to educate the public about how they can help keep their families healthy," said Dr. Donofrio.

For tips on how to keep kitchen appliances and tools clean, please visit: http://www.nsf.org/consumer/home_and_family/germs_kitchen_2013.asp.

Perception vs. Reality

Are We Unknowingly Making Ourselves Sick?

Importantly, while germ study volunteers correctly identified items that they thought would harbor the most germs, they are not always cleaning them sufficiently to prevent illness. The following is a list of the items that were perceived by volunteers to be the "germiest" versus the actual "germiest" items (ranked from highest to lowest in germ count).

Perceived: 1) Microwave keypad; 2) Can opener; 3) Refrigerator meat compartment; 4) Refrigerator vegetable compartment; 5) Flatware storage tray; 6) Knife block; 7) Pizza cutter; 8) Rubber spatula; 9) Refrigerator insulating seal; and 10) Ice dispenser.

Reality: 1) Refrigerator water dispenser; 2) Rubber spatula; 3) Blender; 4) Refrigerator vegetable compartment; 5) Refrigerator ice dispenser; 6) Refrigerator meat compartment; 7) Knife block; 8) Food storage container with rubber seal; 9) Can opener and; 10) Refrigerator insulating seal.

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January is "National Glaucoma Awareness Month"

5 Things you should know about GLAUCOMA

Glaucoma is a leading cause of blindness in the U.S., affecting more than four million Americans of all ages and races. But loss of sight may be preventable—if you educate yourself about the latest advances in detection and treatment.

1. How does glaucoma affect vision?

"Glaucoma is a condition in which fluid pressure in the eye affects the optic nerve, thus damaging how visual information is carried from the retina to the brain. Left untreated, it first causes loss of side vision and eventually all sight—permanently. The most common type is painless and progresses so slowly that most people don't notice symptoms for years," explains Mark Freedman, MD, a partner at Eye Care Specialists.

2. What are the risk factors?

Age: Glaucoma is most common in adults over age 40, and the risk increases with each decade.

Heredity: If you have a sibling or parent with glaucoma, your risk of developing the disease increases 5 to 10 times. As such, relatives of glaucoma patients should have their eyes checked every 1-2 years.

Ethnicity: A black person has a 6-8 times higher risk of going blind from glaucoma than a white person. Hispanics and Asians also have a higher risk.

Other factors: Nearsightedness, diabetes (doubles the risk of glaucoma), steroid use, and having a previous eye injury.

3. How is glaucoma detected?

A comprehensive exam should include: **Ophthalmoscopy** (a look inside at the back of the eye to check for signs of glaucoma like abnormal optic nerve size and loss of pink coloring), **Tonometry** (a check of inner eye pressure done either with a puff of air or by painlessly touching the eye), **Visual Field Testing** (to create a "map" of the range of existing sight), **Gonioscopy** (to see if the drainage angle of the eye is open or closed), and an **OCT laser scan** (to diagnose, track and treat changes to the optic nerve and retina—often before damage occurs).

4. What effect can glaucoma have on your life?

"According to one study, glaucoma patients 50 and older were three times as likely to have experienced a fall in the previous year and six times as likely to have been involved in a car accident in the previous five years as were members of control groups. They were also more likely to be at fault when a collision did occur. Why? Because glaucoma can damage the optic nerve, which may lead to potentially dangerous narrowing of the visual field or 'tunnel vision,'" explains Harvard graduate and corneal specialist Daniel Paskowitz, MD, PhD.

5. How is glaucoma treated?

Ophthalmologist Michael Raciti, MD, notes, "Glaucoma can't be cured, but treatment can usually halt further damage. We typically prescribe drops to control fluid pressure. For some patients, however, laser treatment (LTP, SLT or ECP) may be a more effective alternative. These 10-minute procedures are covered by Medicare and most insurance plans. And, if successful in achieving steady normal pressures, they can reduce the burden of buying, taking and tracking daily glaucoma drops."

FREE Booklets & Information

Prompt diagnosis and treatment are vital to protecting and preserving vision. Call 414-321-7035 for a free educational booklet on glaucoma and information about scheduling a comprehensive screening (typically covered by Medicare and most insurances) at their offices on 7th & Wisconsin Avenue, Mayfair Road across from the mall, or 102nd & National Ave.). They also offer detailed information at www.eyecarespecialists.net.

For those of us "50+" older folks, life was truly blessed when we were kids....



Love to all of us who shared this era. And to all who didn't, I am sorry for what you missed - I wouldn't have traded it for a thing!!

My mom used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e.coli

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE and risked permanent injury with a pair of Dunlop sandshoes instead of having cross-training athletic shoes with air cushionsoles and built in light reflectors that cost as much as a small car. I can't recall any injuries but they must have happened because they tell us how much safer we are now.

We got punished for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honor and respect those older than us.

We had 30+ kids in our class and we all learned to read and write, do math and spell almost all the words needed to write a grammatically correct letter. We all said prayers in school and sang the National Anthem, and staying in detention after school caught all sorts of negative attention.

We thought that we were supposed to accomplish something before being allowed to be proud of ourselves.

I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations... we weren't!!

We played King of the Hill on piles of gravel left on vacant building sites and when we got hurt, mom pulled out the bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mom calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that? We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac! How did we ever survive?

~anonymous email

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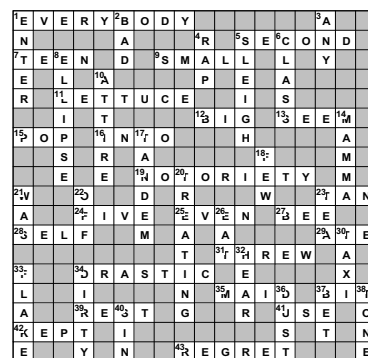
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Crossword on page 23

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I was once asked by a lady visiting...

...if I had a gun in the house? I said I did. She said, "Well I certainly hope it isn't loaded!" To which I said, "Of course it is loaded; it can't work without bullets!" She then asked, "Are you that afraid of someone evil coming into your house?" My reply was, "No, not at all. I am not afraid of the house catching fire either, but I have fire extinguishers around, and they are all loaded too."

THE ITALIAN WEDDING TEST

I was a very happy man. My wonderful, fun, beautiful, intelligent, funny girlfriend and I had been dating for over two years, and we decided to get married. There was only one little thing bothering me.

It was her gorgeous younger sister.

My prospective sister-in-law was twenty-two, wore very tight clothing and miniskirts, and generally was bra-less. She would regularly bend down to "pick something up" when she was near me, and I always got more than a nice view. It had to be deliberate because she never did it when she was near anyone else.

One day her little sister called and asked me to come over to check the wedding invitations with her. She was alone when I arrived, and she whispered to me that she had feelings and desires for me that she couldn't overcome. She told me that she wanted me just once before I got married and committed my life to her sister.

Well, I was in total shock, and couldn't say a word! She said, "I'm going upstairs to my bedroom, and if you want one last wild fling, just come up and get me."

I was stunned and frozen in shock as I watched her go up the stairs. I stood there for a moment, then turned and made a beeline straight to the front door. I opened the door, and headed straight towards my car. Lo and behold, my entire future family was standing outside, all clapping and cheering!

With tears in his eyes, my soon-to-be father-in-law hugged me and said, "We are so very happy that you have passed our little test. We couldn't ask for a better man for our daughter. Welcome to the family!"

And the moral of this story is:

Always keep your condoms in your car.

Crossword junkie!

abcdefghijklmnopqrstuvwxyz

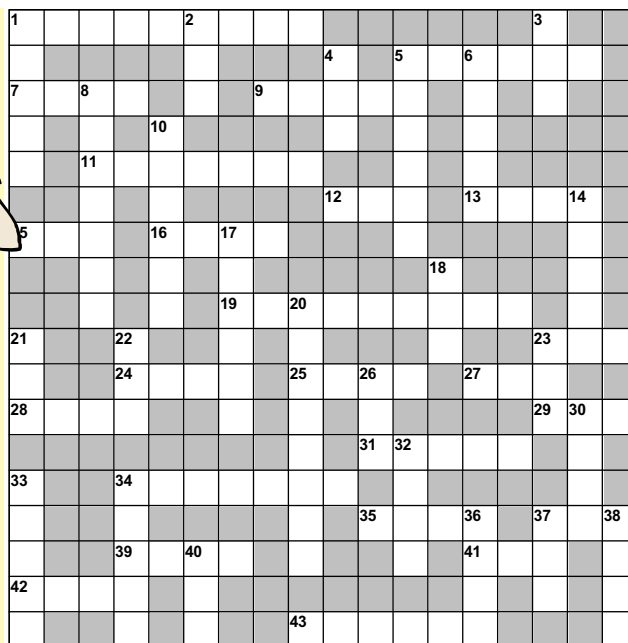
FROM BOOMER'S NEWSPAPER

ACROSS

1. All are included
5. After first
7. Adolescent
9. Relative to big
11. Main salad ingredient
12. Relative to small
13. To appear to be
15. Soda
16. Not out of
19. Celebrated person
23. Sun's effect on skin
24. Pentagon sides
25. Two, four, six, etc.
27. Subject of 'Keepers' hobby
28. Me, my..., and I
29. What Eve did
31. To have tossed
34. Extreme or severe
35. Housekeeper
37. Drilling or boring tool

DOWN

39. R of 'R and R'
41. Practice of employing something
42. Sometimes used to describe a woman
43. To reflect with sorrow
22. Not on
23. Coffee alternative
26. Consume
30. Form of public transportation
32. Result of good listening
33. Snow form
34. Not clean
36. Floating particles
37. To wager
38. Style or manner of expression
40. No one is without it
1. To move into
2. ... to the bone
3. Selection without restriction
4. Forms of music
5. Santa transport
6. Head of the
8. Oblong circle
10. Proper 'clothes' required
14. Baby talk 'mom'
17. A bike for two
18. Not many
20. Applying a course of action
21. Past tense of be



Answers on page 21

A Chinese man rings his boss, "Me no work I sick."
Boss says, "When I'm sick, I make love with my wife. Try that."

Two hours later the Chinese man rings back, "Me better, you got nice house."

HOMESICK SNOWBIRD

I was in Mesa, Arizona the other day and saw a bumper sticker on a parked car that read: "I miss Chicago."

So, I broke the window, stole the radio, shot out two of the tires, added an Obama bumper sticker, and left a note that read, "I hope this helps!"

We have enough youth. How about a fountain of 'smart'?

If it weren't for tailgaters, no one would ever check out my rear end!

Money isn't everything, but it sure keeps the kids in touch.

We are born naked, wet and hungry. Then things get worse.

**A little boy went up to his father and asked: 'Dad, where did my intelligence come from?'
 The father replied. 'Well, son, you must have got it from your mother, cause I still have mine.'**

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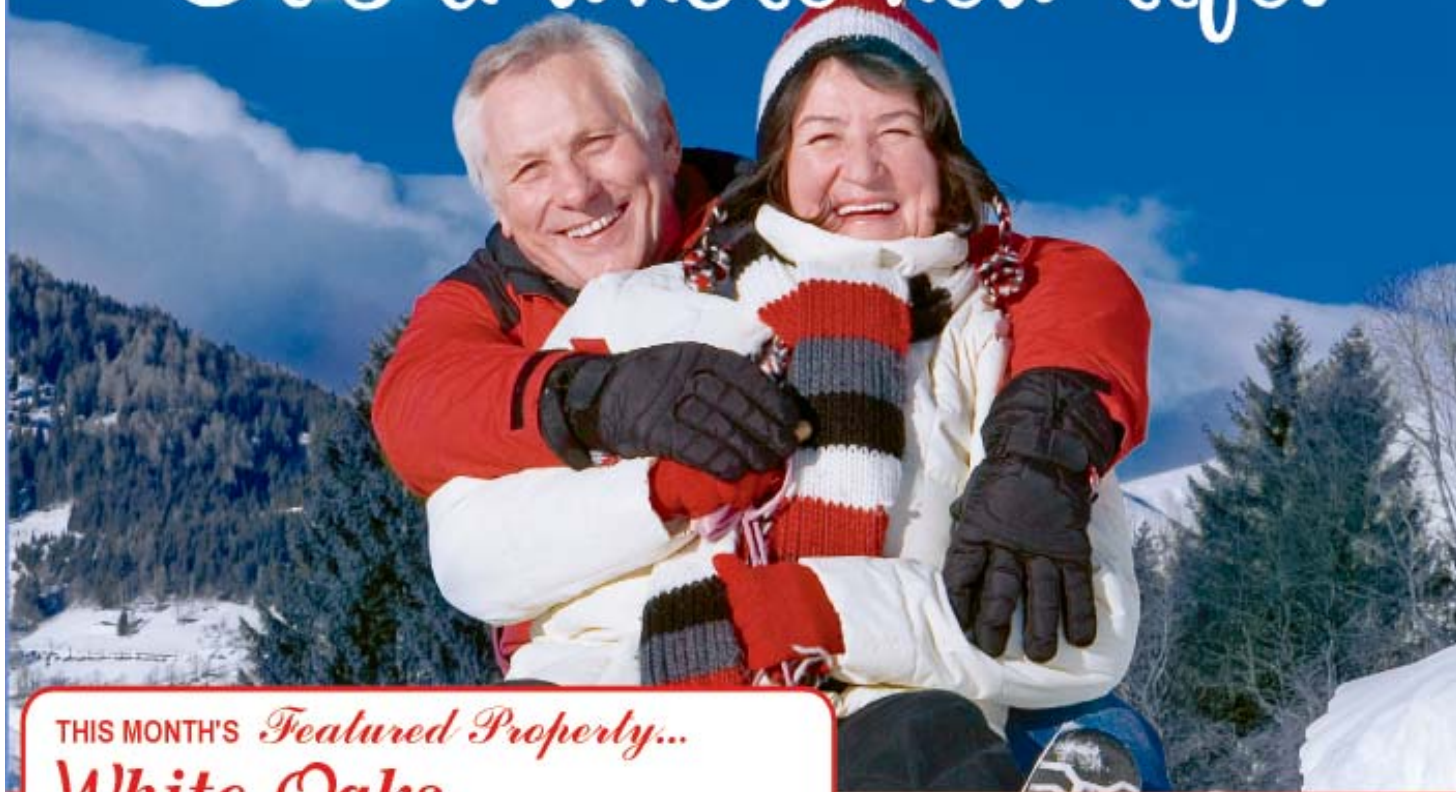


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