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*January*  
**2016**

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**The most wasted of all days  
is one without laughter.**

~E.E. Cummings

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# A.J. UGENT'S FAMOUS ANNUAL CLEARANCE

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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!

PUBLISHER / Editor  
Sandra (Hill) Draelos

ADVERTISING  
Advertising Sales Associates  
Vicki Huber | Kelly Larson

OPERATIONS MGR  
Thomas Draelos

GOPHER / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

FAX: (414) 586-9474

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## FROM THE PUBLISHERS

### JANUARY 2016



*Whew...* That was a long ride through 2015.

We now have a pig in the house thanks to Santa. A guinea pig. As a farm girl, our array of house pets included about 6 generations of guinea pigs, but in the suburbs of Milwaukee a pig takes on a whole new dimension. On top of that,

Amara insisted on calling her new Christmas pig 'Mary.' My Catholic upbringing is now in turmoil having named a pig after the Blessed Mother. Granted, Amara is extremely ecstatic about the gift and wants to express herself. To ease my conscience, she has agreed to spell the name 'Merry'. Amen.

I often joke about earning a journalism degree when all I really needed was... a good joke. We insist on bringing in the New Year on a note of laughter and good cheer for all - hence our annual LOL issue. Last night we celebrated the New Year with dinner out with family and I brought along our jokes for this issue. For at least an hour, we all sat around the table eating, drinking, telling jokes and LAUGHING! What a beautiful thing! If, in my small way, I can bring a good-ole-laugh to you this month by reading our paper - well I think that makes us all feel good!

Tom and I have been recovering from colds -brought on I'm sure from the bowels of the 6th 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! *Happy New Year!*



Working on a 15 gallon crock of saukraut at the farmhouse. Best kraut yet! My tummy probiotics are happy!

*Always remember to...*

*Celebrate Life!*

Sandy and Tom Draclos



## Stop Trying to Change Your MIND. Change Your BRAIN!

*It's that time of year again where the resolution promises and 2016 planners come out, all in preparation to have a "different" kind of year this time around.*

Can you relate?

While there's nothing wrong with any of that and planning to have a great year is the first step to making it happen, *you may be frustrated that you know what to do and even have a plan to do it, but you still don't do it. The worst part is, you don't know why.*

So you beat yourself up. Once again, you're failing and it's your fault. Actually, *it's not your fault*, and I want to address that this month so you understand what's really going on.

You might have read or heard that following the protocol for Higher Brain Living® (HBL) changes everything, but what does that really mean? Why and how is HBL different from those other "programs" that tell you how to get unstuck, live your best life, get out of your own way, etc?

I'm going to take you deeper into understanding two important fundamentals so that you see things differently in order to live differently. You'll realize why it's not your fault that, as hard as you try, you don't experience lasting change from all the self-development attempts you've taken, and

Change Your BRAIN continued on page 20

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## Let a NEW YEAR of LAUGHTER BEGIN!



Laugh long. Laugh often.  
Laugh loud.

~page 10

While driving in Pennsylvania, a family caught up to an Amish carriage.

The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign...

"Energy efficient vehicle: Runs on oats and grass.

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**Mipso**

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SAT, MAR 12 • 3:00 & 7:30 PM  
THE GENESIS EXPERIENCE

**Marty Stuart**

SAT, APR 2 • 2:00 & 7:30 PM  
HILLBILLY ROCK

**The StepCrew**

SAT, APR 9 • 7:30 PM  
CELTIC SONG & DANCE

15TH ANNIVERSARY

**Arts Showcase**

**Masters of Hawaiian Music**

FRI, APR 15 • 7:30 PM

**Lighthouse Big Band**

SAT, APR 16 • 3:00 PM  
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FRI, MAY 20 • 7:30 PM & SAT, MAY 21 • 3:00 PM  
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Chef duo of George Herrera and Jenny Truchan have prepared tantalizing dishes that compliment the style of music for each show! For the menus, please see [www.theoac.net](http://www.theoac.net).

## electri-violet January 15 & 16 | 7:00 p.m.



The duo of vocalist Carole Ferrara and guitarist John Plankenhorn are joined by three more band members bringing beautiful R&B/jazz-inspired music with soulful, stunning vocals, harmonies and instrumentation reminiscent of work by Van Morrison and Steely Dan.

## HOT TANGO! February 12 & 13 | 7:00 p.m.



Back by popular demand and just in time for Valentine's Day, accordion sensation, Stas Vandenglevski, pairs up with Rosa Borisova, Mark Carlstein and Joseph Ketchum offering classical and jazz elements of the traditional tango. Audiences will love the combination of music and Stas' humor.

## Tallymoore March 18 & 19 | 7:00 p.m.



This Milwaukee-based contemporary folk band's modern adaptations of classic Irish folk tunes have made them a favorite among music lovers and festival goers; with their strong vocal harmonies, youthful energy and spirit setting them apart from the traditional style. A great way to celebrate St. Patrick's Day!

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(Female Version)

by Neil Simon

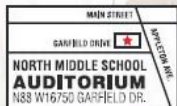


FEBRUARY 2016

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# Arts & Entertainment

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A LOCAL GUIDE TO ENTERTAINMENT (THEATER, ARTS, LEISURE, TRAVEL)

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www.bbcmkids.org

Milwaukee's only museum designed specifically for children age 10 and younger. Featuring hands-on exhibits, as well as educational programs, DIY workshops and special events that help children develop fundamental skills in a fun, interactive learning environment.

New and featured exhibits: *Let's Play Railway!* now open. *The Adventures of Mr. Potato Head*, January 16–May 8. *US Bank & FOX 6 Neighborhood Night* free admission on the third Thursday of every month from 5–8pm. A *WILD Valentine's Party*, Feb 12, 6–9, tickets at www.bbcmkids.org. *Valentine Ice Cream Social*, February 13, 10am–4, free with regular admission. *Outdoor Recreation Resource Fair*, March 25, 10am–1pm.

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www.fallspatioplayers.com

Celebrating 49 years, the Falls Patio Players have been entertaining people from Southeastern Wisconsin with quality productions of Plays and Musicals. See our website for more information on times and ticket prices.

*The Odd Couple (Female Version)* ('16) Feb 5-6, 12-13 at 7:30pm / Feb 7 & 14 at 2 pm. *My Fair Lady* ('16) April 29-30 / May 6-7 @ 7:30 pm / May 1, 8 @ 2 pm

## FESTIVAL CITY SYMPHONY

414-365-8861 / 3480 West Bradley Road, Milwaukee

www.festivalcitysymphony.org

Festival City Symphony showcases the talents of area professional musicians in presenting free classical "pops" concerts geared to children at the Marcus Center, reasonably priced concerts at the Pabst for general audiences and outreach concerts targeting schools.

February 28, 3pm, Pabst Theater, Symphony Sundays (*classical music for all ages*) "Finnish with Swedish and Ilana". March 20, 3pm, Pabst Theater, Symphony Sundays - Peter and the Wolfgang". May 1, 3pm, Pabst Theater, Symphony Sundays - "Bigger is Better". May 11, 7pm, Marcus Center/Bradley Pavilion "Americana Pajama Jamboree," *children's classical 'pops' concert*. Free

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February 19 – March 13, *Lamps for my Family* by Michael Neville. *Jack Duddy returns to his childhood home where he recounts his large and colorful Irish-American family*. April 22 – May 15, *Ernest in Love*. Book and lyrics by Anne Crosswell. Music by Lee Pockriss. Oscar Wilde's most popular comedy, "The Importance of Being Earnest," set to music and featuring Angela Iannone as Lady Bracknell!

**A&E** continued on page 7



*Steel Magnolias*

January 21 - February 6, 2016

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Taste of Greece on Facebook!

# A WILD VALENTINE'S PARTY

**FRIDAY, FEBRUARY 12, 6 - 9 PM.**

Be a party animal! Bring the family for a wild safari at the Museum filled with adventure. Come dressed as your favorite animal or safari guide for extra fun, and enjoy:

- Animal-themed crafts and games
- A "mud pit" (chocolate fountain) & desserts
- Complimentary family photos from VIP Photography
- The silent auction filled with hidden treasures
- A DJ & dancing
- Our featured exhibit, *The Adventures of MR. POTATO HEAD*



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# HOW SAFE IS FOREIGN TRAVEL IN 2016?

*Know you're safe – and have a great trip!*

By Becky Steimle

Has the time come for you to book that next great trip? Will it be to Europe, Central America or some other distant destination? You want to see the world. But you also want to know whatever foreign travel you embark upon is safe. It's a fair question: Just how safe is foreign travel in 2016? Amazingly safe, say travel experts.

Experienced travel organizers like those at the Elm Grove-based Country Travel Discoveries take the long view – and what they say is the practical view – on travel in a sometimes-turbulent world.

"It's not as turbulent as people often think," says CTD owner Steve Uelner. "When you've spent decades organizing group travel around the globe, you develop a perspective."

Be aware of the hot spots, yes, but you can relax when dreaming about most foreign travel.

"We're all so aware of trouble that does exist out there, but it's actually quite confined. The most popular destinations are in reality very safe."

The travel experts at independenttraveler.com agree: "It's natural to wonder about safety at times, yet the fact of the matter is most of the world is not dangerous. Quite the opposite. There are some desperate places and people, but these are a minority."

The odds of a person dying as a result of terrorism overseas or in the air are 1 in 20 million, says famous globe-hopper Rick Steves, host of *Rick Steves' Europe*,

PBS's longest-running travel series. Compare that statistic to another not-so-pleasant thought – your odds of being killed by gunfire in the U.S.: that's one in 32,250.

"Many of the people we serve are seeking to make themselves more aware," says Uelner. "Seasoned travelers use the resources provided by U.S. State Department at [www.travel.state.gov](http://www.travel.state.gov). That's a good place to start to educate yourself."

In many cases, activity you want to avoid is actually confined to a particular region, while the rest of the country is perfectly safe. For example, there's violence in specific Mexican pockets, but a destination like the Riviera Maya remains extremely safe for tourists.

Keep in mind situations change, too – so the vague recollection you might have of unrest in outer Mongolia may be a thing of the distant past.

Once the would-be traveler decides what trip is right for them, they can set the stage for a relaxing, worry-free holiday by taking care of a few personal details in advance.

"Make photocopies of passports, airline tickets, credit and debit cards, and email them to yourself," says Stewart Ikeda, Director of Marketing at Country Travel Discoveries. "That way, if you need any of the information they contain, you can easily access it from any hotel or internet café."

Protect your home while you're away, too. Leave a car

parked in the driveway and the outside lights on. Don't advertise your home address on your luggage tags, and wait to post those amazing travel pictures to Facebook until after you're home.

"People are excited to share pictures and experiences in the moment, but we like to remind them to wait," says Ikeda. "Don't advertise your absence."

Electronic communication in 2016 makes it easier than ever to book your flights, find your own hotel, even scope out the most enticing dining spots. But, says Uelner, for travelers seeking ease, security and peace of mind, an organized escorted tour simplifies the entire process, making it that much easier to segue into relaxation mode even in advance of a trip.

"Anticipation is one of the most wonderful things about traveling," Uelner says. "What an experienced tour operator gives a client is peace of mind. Knowing in advance that everything's been thought of for you, it feels safe and secure. You can commence relaxation that much sooner."

Advisors suggest that anyone considering using a tour operator should make sure they have an excellent travel protection plan, covering everything from trip cancellation and missed connections to loss of luggage and identity theft assistance.

For more travel tips, visit [CountryTravelDiscoveries.com](http://CountryTravelDiscoveries.com) or call them at 855-744-TRIP (8747).



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A&E GUIDE  
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*Of Mice and Men*, January 19-February 21.  
Quadracci Powerhouse.  
*The Devil's Music: The Life and Blues of  
Bessie Smith*, January 22-March 20,  
Stackner Cabaret.  
*The Invisible Hand*, February 24–April 3,  
Stiemke Studio.  
*American Song*, March 15-April 10.  
Quadracci Powerhouse  
*Sirens of Song*, March 25-May 29,  
Stackner Cabaret.  
*Fences*, April 26-May 22, Quadracci  
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artists and more. Facebook, Twitter,  
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Jan 9-30. Visual Arts Series - Fur, Feathers  
and Fidelity: Military Mascots  
Jan 15 & 16, 7pm. Cabaret Cafe Series -  
electri-violet

Jan 30, 7:30pm. Neudecker Main Stage  
Series - John Denver Tribute with Ted Vigil  
Feb 5-Mar 5. Visual Arts Series - Paul  
Schultz Time of Seasons  
Feb 12 & 13. 7pm. Cabaret Cafe Series -  
Hot Tango  
Mar 8-24. Visual Arts - OHS IB Art Show  
Mar 18 & 19, 7pm. Cabaret Cafe Series -  
Tallymoore  
Mar 12, 6:30pm. Comedy - ComedySportz  
April 9-May 20. Visual Arts Series -  
Wisconsin Regional Art Program Show  
April 9, 7:30pm. Neudecker Main Stage  
Series - Paragon Ragtime Orchestra  
April 16, 6:30pm. Comedy Series -  
ComedySportz  
April 30, 6-10pm. Special Event Fundraiser -  
OAC Gala Arts In Bloom  
May 12, 13, 14, 7pm. May 15 2pm. OASD  
Event - OHS Players Present: A Street Car  
Named Desire  
May 21-June 18. Visual Arts Series - Beth  
Stoddard Meditations from the Field  
May 21, 7:30pm. Neudecker Main Stage  
Series - Ernest In Love

#### SCHAUER ARTS & ACTIVITIES CENTER

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Friday, March 4 - Mipso  
Saturday, March 12 - Daryl Stuermer  
Saturday, April 2 - Marty Stuart  
Saturday, April 9 - The StepCrew  
Sunday, April 10 - Arts Showcase  
Fri, April 15 - Masters of Hawaiian Music  
Sat, April 16 - Lighthouse Big Band  
Fri., May 20 & Sat. May 21 - Rockapella  
June 17, 18, 19, 24 & 25 - Kiss Me Kate



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# LAURA'S

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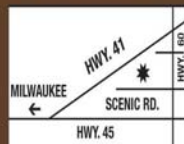
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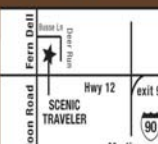


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## WHAT'S HAPPENING AT SARAH'S HOUSE?

### MONDAY, JANUARY 4 & 18, 3 PM

Rabbi **Steve Adams** continues his series, "Bible Women" with "Our Matriarchs: Leah & Rachel."

### FRIDAY, JANUARY 8, 2:30 PM

Pianist and vocalist **Tom Stanfield** performs the classics from George and Ira Gershwin & Cole Porter.

### FRIDAY, JANUARY 8, 11:15 AM

### SATURDAY, JANUARY 23, 2:30 PM

**Lisa Gorelick**, RN, BS, presents "Healthy Living" bringing insight into preventative health practices. Lisa's programs are interactive. *If planning on attending, please refrain from wearing fragrances.*

### SUNDAY, JANUARY 10, 2 PM

World renowned father and son duo, **Yuri and Daniel Beliaevsky** perform Jewish works and classical pieces.

### WEDNESDAY, JANUARY 13, 3 PM

Pianist **David Alfvén** returns for an afternoon of classical music.

### THURSDAY, JANUARY 14, 3 PM

Singer /songwriter **Jeanette Crosswait** performs "Music for the Soul."

### SUNDAY, JANUARY 17, 2 PM

The **String Academy of Wisconsin (SAW)** brings the melodious sound of strings.

### SUNDAY, JANUARY 31, 2 PM

**Mark Boschstein** and **Olga Vologarskaya** perform classical string and piano selections.

*Tours are available at every event.*



Please drive past the Health Center to the Apartments.

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A&E GUIDE  
continued from  
page 7



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South Milwaukee PAC is a professionally managed performing arts center serving the School District of South Milwaukee (SDSM), community organizations, professional presenters and business throughout the greater Milwaukee region. SMPAC was founded in 2004 on South Milwaukee's legacy of outstanding theatre and music educators. Great shows on a budget. A night on the town without fighting traffic. Free parking. Easily accessible. For tickets, call 414-766-5049.

Saturday, January 30 - Milwaukee Ballet II. Saturday, February 13 - Dana Leong Trio  
Saturday, March 19 - An Evening of Comedy. Saturday, April 9 - Cashore Marionettes

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www.wisphil.org

The Wisconsin Philharmonic is a fully professional orchestra based in Waukesha which presents subscription series, family concerts, and special performances throughout southwestern Wisconsin. The Philharmonic also collaborates with the Florentine Opera to produce opera at Milwaukee's Marcus Center.

Sunday, February 21, 3pm, Wilson Center, *The World of George Gershwin*. Piano soloist Hyperion Knight performs Gershwin's Rhapsody in Blue.

Sunday, April 17, 3pm, Wilson Center, *Latin Holiday*. A program of lively Spanish and rousing South American works.

Sunday, May 22, 3 pm, Carroll University, *Family Concert*. An instrument petting zoo for the children followed by Prokofiev's Peter and the Wolf.

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# Afraid To Admit That You Don't Understand Social Media?

*It's Just A Cocktail Party Where The Rules of Networking Etiquette Apply*

By Marsha Friedman

*I talk to a lot of business owners and authors who don't "get" social media.*

*A year or two ago when I'd speak with them, most were quick to say they didn't understand it and didn't need to.*

*Today what I hear is: "I know I'm supposed to be doing that, so I have a Facebook account." Or, "Yeah, I've got my teenage nephew taking care of that."*



Unfortunately, simply posting occasional announcements about upcoming sales or telling people why they should use your service or read your book is not social media marketing and it's not helping you. In fact, if that's all you're doing, it could be hurting you.

What's worse, you're not taking advantage of what could become the most powerful tool in your marketing arsenal. Why?

Social media is the world's biggest cocktail party and everyone's there – including your competitors and your potential customers.

I first heard the cocktail party analogy from marketing guru David Meerman Scott, who used it in his best-seller, *The New Rules of Marketing & PR*, published in 2007. It immediately clarified for me why social media networks are marketing gold.

Imagine walking into a networking party at a hotel. People are roaming around, engaging with folks they know and being introduced to those they don't know. They're talking about the economy, the weather, the price of milk.

You get into a nice chat with someone and he asks what you do for a living. If it were me, I'd say, "I've got a national PR company that specializes in publicity." The person might say, "Wow, I've got a friend interested in that. Let me introduce you!"

The friend may or may not be present at this cocktail party.

But if that same conversation happened on a social network like Facebook, that friend and dozens more would be so close by. They may actually be "listening" to your conversation. That's what makes social media so much more valuable as a marketing tool. You can be exposed to thousands more potential customers than you would through traditional networking channels.

How does that happen? Social media users stay connected by "following" one another.

If I'm following you, I can see your conversations. Post something clever and I might share it with my followers, who may also share it with *their* followers.

Before you know it, you and your brilliance may be exposed to hundreds of thousands of strangers. Some of them will become *your* followers and, voila! You have a growing audience.

But it won't happen if you don't have a plan and don't apply cocktail party rules of etiquette. What works on social media – and what doesn't – are the same things that work (and don't) when you're networking at that hotel conference room party:

**Go in with a plan.** If you're going to a party to network, you have goals. Maybe you want to find prospective clients or get people interested in your upcoming project. You identify your target demographics and learn which influencers will be at the party, such as the local media, politicians and celebrities. On social media, the world's *biggest* cocktail party, making the right moves gets a bit more complicated and involves some strategizing. (My company now offers customized strategy plans that can be easily implemented by casual or newbie social media users.)

**Don't stand in the middle of the room saying the same thing over and over.** Repeatedly posting the same thing, like "Come in for our big sale tomorrow" or "We won Business of the Year!" is like going to a party and saying the same thing over and over.

Understanding Social Media continued on page 20

## Are you currently experiencing abdominal pain and constipation due to your Irritable Bowel Syndrome condition?



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  - Able and willing to participate in the clinical research study for approximately 18 weeks
- \*additional criteria may apply

Eligible participants will receive at no cost:

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**For more information, please contact: Wisconsin Center for Advanced Research 414-908-6630**

"Gentlemen, why don't you laugh? With the fearful strain that is upon me day and night, if I did not laugh I should die, and you need this medicine as much as I do."

~Abraham Lincoln, during the Civil War

# Let the Laughter FREE!

"A clown is like an aspirin, only he works twice as fast."

~Groucho Marx

Go ahead. Laugh. Out loud. Giggle till you toot. Belly laugh until you cry. Bust out until your ribs hurt. Pee in your pants. Snort and guffaw.

While we're often not able to explain why certain situations or phrases strike us as funny and make us laugh, we certainly feel good when they do. The emotional buoyancy and stress relief brought on by laughter simply improves our quality of life.

Funny jokes bring us a burst of laughter, which in turn helps to significantly ease the tensions that build within us. No matter your age, health or finance status, the moment that true-natural-tear-in-the-eye belly laugh comes bursting out -well, that's one of those real good moments where we experience, both emotionally and physically... *true happiness*.

**Laugh long. Laugh often. Laugh loud.**

## 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?"

You're going to love this....wait for it....

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."



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**"When people are laughing, they're generally not killing each other."** ~Alan Alda

**I was in the restaurant yesterday**

when I suddenly realized I desperately needed to pass gas. The music was really, really loud, so I timed my gas with the beat of the music. After a couple of songs, I started to feel better. I finished my coffee, and noticed that everybody was staring at me... Then I suddenly remembered that I was listening to my iPod.

**SORRY. The lifestyle you ordered is currently out of stock.**

**HOW TO IMPRESS A WOMAN** Compliment her, cuddle her, kiss her, caress her, love her, stroke her, comfort her, protect her, hug her, wine and dine her, buy gifts for her, listen to her, respect her, stand by her, support her, go to the ends of the earth for her.  
**HOW TO IMPRESS A MAN** Arrive naked ... with beer.

**At my age, I realized that going braless pulls the wrinkles out of my face.**

**I didn't make it to the gym today. That makes it 5 years in a row.**

**I was in in the public restroom.**

I was barely sitting down when I heard a voice in the other stall:  
"Hi, how are you?"  
Me: (embarrassed) "Doin' fine!"  
Stall: "So what are you up to?"  
Me: "Uhhh, I'm like you, just sitting here."  
Stall: "Can I come over?"  
Me: (attitude) "No, I'm a little busy right now!!"  
Stall: "Listen, I'll have to call you back. There's an idiot in the other stall who keeps answering all my questions!"

**A wife asks her husband,** "Could you please go shopping for me and buy one carton of milk and if they have avocados, get 6. A short time later the husband comes back with 6 cartons of milk. The wife asks him, "Why did you buy 6 cartons of milk?" He replied, "They had avocados."

If you're a woman, I'm sure you're going back to read it again! Men will get it the first time.

My work here is done.

**A man in his mid forties** bought a new BMW and was out for a nice evening drive. The top was down, the breeze was

blowing through what was left of his hair and he decided to see what the engine had. As the needle jumped up to 80 mph, he suddenly saw flashing red and blue lights behind him. "There's

no way they can catch a BMW," he thought to himself and opened her up further. The needle hit 90, and reality hit him and he knew he shouldn't run from the police, so he pulled over. The cop came up to him, took his license without a word and examined it and the car. "It's been a long day, this is the end of my shift and it's Friday the 13th. I don't feel like more paperwork, so if you can give me an excuse for your driving that I haven't heard before, you can go." The guy thinks for a second and says, "Last week my wife ran off with a cop. I was afraid you were trying to give her back." "Have a nice weekend," said the officer and he walked away.

**Remember half the people you know are below average.**

## California

The Governor of California is jogging with his dog along a nature trail. A coyote jumps out and bites the Governor and then attacks his dog.

1. The Governor starts to intervene, but reflects upon the movie "Bambi" and then realizes he should stop because the coyote is only doing what is natural.
2. He calls animal control. Animal Control captures the coyote and bills the State \$200 testing it for diseases and \$500 for relocating it.
3. He calls a veterinarian. The vet collects the dead dog and bills the State \$200 testing it for diseases.
4. The Governor goes to hospital and spends \$3,500 getting checked for diseases from the coyote and on getting his bite wound bandaged.
5. The running trail gets shut down for 6 months while Fish & Game conducts a \$100,000 survey to make sure the area is now free of dangerous animals.
6. The Governor spends \$50,000 in state funds implementing a "coyote awareness program" for residents of the area.
7. The State Legislature spends \$2 million to study how to better treat rabies and how to permanently eradicate the disease throughout the world.
8. The Governor's security agent is fired for not stopping the attack. The State spends \$150,000 to hire and train a new agent with additional special training regarding the nature of coyotes.
9. PETA protests the coyote's relocation and files a \$5 million suit against the State.

## Texas

The Governor of Texas is jogging with his dog along a nature trail.

A Coyote jumps out and attacks his dog.

1. The Governor shoots the coyote with his State-issued pistol and keeps jogging. The Governor has spent \$0.50 on a .45 ACP hollow point cartridge.
2. The buzzards eat the dead coyote.

**What did the lawyer name his daughter?**

Sue

More laughs on pg 14



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## AROUND TOWN

A collection of local events

### Wisconsin RV Super Show 2016

January 8-10, 10am

Wisconsin Center

The Big One is finally coming to Wisconsin. Featuring the very latest makes and models of Recreational Vehicles from all of the nations top manufacturers. Special factory rebates, financing...

### Wedding Showcase at the historic Grain Exchange

January 15, Friday, 5:30pm

Grain Exchange

Attention brides-to-be! Enjoy samples of Bartolotta's food and drinks, find wedding planning tips, see a fashion show and meet with a variety of Milwaukee area wedding vendors.

### Brewcity Bruisers Roller Derby Bout: Season Opener!

January 16, Saturday

UW-Milwaukee Panther Arena

Come downtown to the UW-Milwaukee Panther Arena for the first event of the Brewcity Bruisers roller derby season! Watch the four home teams in Milwaukee's premier roller derby league face off on the track in two hard-hitting, heart-stopping roller derby bouts. Maiden Milwaukee, the Shevil Kneivils, the Crazy Eights, or the Rushin' Rollettes - you won't want to miss this, no matter who your favorite team is!

### Weiler's Night

January 16, Saturday, 7pm

Memories Dinner Theater

Featuring Bobby Way and the Fabulous Wayouts. Do you remember the Weiler's days, when bands, including Jerry Lee Lewis and Chubby Checker, rocked our hall on a regular basis? Join us as we again fill our rustic hall with the toe-tapping, upbeat sounds of the '50s, '60s, and '70s rock'n roll music, courtesy of Bobby Way and the Fabulous Wayouts for an evening of music, dancing, drinking, and reminiscing. Doors open at: 7:00 pm Music: 8:00 pm til 12:00 am Cost: \$16 in advance, \$20 at the door (Note: Tickets do not include a meal for this event.)

### 32nd Annual Dr Martin Luther King, Jr Birthday Celebration

January 17 at 1pm (Sun)

Marcus Center for the Performing Arts

The only cities that have celebrated Dr. King's Birthday annually since 1984 are Atlanta, Georgia and Milwaukee, Wisconsin. This event focuses on keeping the legacy of Dr. Martin Luther King Jr. alive. The Birthday Celebration programming highlights the youth in our community who every year interpret Dr. King's words through an art, speech and writing contest.

### Monster Jam 2016

January 22-23

BMO Harris Bradley Center

The 12 feet-tall, 10,000 pound machines will bring you to your feet, racing and ripping up a custom-designed track full of obstacles to soar over - OR smash through.

### Rummage-A-Rama! and Wisconsin

Antique & Vintage Show  
January 30-31

Milwaukee County Sports Complex, 6000 W Ryan Road, Franklin Two Shows in One! Rummage-A-Rama!, Milwaukee's largest indoor flea market is teaming up with the brand new Wisconsin Antique & Vintage Show. The Show features: vendors selling antique, collectible, and vintage items that are 25 years or older, including: furniture, decor, retro, rustic, advertising, vinyl, media, mid-century modern, clothing, and so much more! [www.rummage-a-rama.com](http://www.rummage-a-rama.com).

### Brewers On Deck 2016

January 31

Wisconsin Center

Spend some quality time with the Crew at Brewers On Deck. A host of Brewers players as well as coaches, alumni, front office executives and broadcasters will be attendance for the Brewers annual Fan Festival. Autographs, photo opportunities, baseball clinics, interactive games and more. Fans who purchase tickets to Brewers On Deck before December 1, 2015 will receive a free ticket voucher good for select Brewers 2016 April home games.



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## MENSA QUIZ

You are on a horse, galloping at a constant speed. On your right side is a sharp drop off. On your left side is an elephant traveling at the same speed as you. Directly in front of you is a galloping kangaroo and your horse is unable to overtake it. Behind you is a lion running at the same speed as you and the kangaroo.

What must you do to safely get out of this highly dangerous situation?

**Answer: Get your drunk butt off the merry-go-round!**



# Can Gratitude...

Filmmaker Doug Vermeeren likes to quote author Robert M. Pirsig when introducing the idea of positive psychology: *"The truth knocks on the door and you say, 'Go away, I'm looking for the truth,' and so it goes away. Puzzling."*

Positive psychology entails a call for science and psychological practice to be as concerned with strength as with weakness; as interested in building the best things in life as in repairing the worst; and as concerned with making the lives of normal people fulfilling as with healing pathology, Vermeeren says.

"People can become suspicious when you tell them that they can change their lives with a simple shift in perspective; it can seem too good to be true because it's an uncomplicated answer to many of life's challenges. But I'm just one of many who have experienced a measurable life change with gratitude," says Vermeeren, creator of the new film, "The Gratitude Experiment," ([www.thegratitudeexperiment.com](http://www.thegratitudeexperiment.com)), which demonstrates through individual stories the powerful effects of gratitude on people's lives.

"I feel that everyone deserves that opportunity."

He describes three areas in life that can be positively transformed with the power of gratitude:

**Attitude:** Gratitude can help us overcome any problem or hardship. It gives us perspective on what's important, what we truly value and what we have right in front of us. In our small corner of this vast universe, we find the most miraculous thing of all: life. No matter what situation we are in or worries we



Practicing Gratitude

# CHANGE Your LIFE?

face, we can always be grateful that we are alive on this beautiful planet. There is a world of possibilities open to whatever attitude we bring to it. Today we can appreciate this opportunity, giving thanks for everything we have and sharing with one another what we are grateful for.

**Health:** The positive thinking triggered by our gratitude has proven health benefits, including strengthening the immune system, reducing stress and depression, reducing risk of cardiovascular disease, better coping skills during hardship and overall increased sense of well-being, according to the Mayo Clinic. "This isn't empty, New Age-y fluff," says Vermeeren.

"This is testable criteria and measurable health benefits."

**Relationships:** One of the most defining characteristics of the human race is our social nature. We are hardwired to work, communicate and interact with each other. Most of us understand the value of being there for each other, especially during hard times. However, research from the University of California-Santa Barbara shows that it's also crucial to be proactively positive during normal or good times, as well. Positive reinforcement during good times reinforces bonds and assures a friend, family member or spouse that you'll be there during hard times. A neutral response to good news from a spouse, for example, implies apathy and that the responder is less involved in the other's life. "Embrace the good stuff not only in your life, but also in the lives of others," Vermeeren says.

Doug Vermeeren is an internationally renowned movie producer, director and author. His award-winning film, *The Opus* ([www.theopusmovie.com](http://www.theopusmovie.com)), received critical acclaim. His new film, *The Gratitude Experiment*, is now premiering in many of the world's biggest cities. The documentary focuses on how awareness and acts of gratitude can positively transform any situation and improve one's life experiences, both professionally and personally.



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**Eraser** ... to remind you everyone makes mistakes. That's okay, we learn from errors.  
**Candy Kiss** ... to remind you everyone needs a hug or a compliment everyday.  
**Mint** ... to remind you that you are worth a mint to your family & Me.  
**Bubble Gum** ... to remind you to stick with it and you can accomplish anything.  
**Pencil** ... to remind you to list your blessings every day.  
**Tea Bag** ... to remind you to take time to relax daily and go over that list of blessings.

~anon email

## The local news station was interviewing an 80-year-old lady because

she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. A smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

## Retirement: Twice the husband, half the money!

~Unknown wise person

The location of your mailbox shows you how far away from your house you can be in a robe, before you start looking like a mental patient.

My therapist said that my narcissism causes me to misread social situations. I'm pretty sure he was hitting on me.

I always wondered what the job application is like at Hooters. Do they just give you a bra and say, "here fill this out"..?

The speed in which a woman says "nothing" when asked "What's wrong?" is inversely proportional to the severity of the storm that's coming.



If I make you breakfast in bed, a simple "Thank you" is all I need.....not all this, "how did you get in my house!#!@?!!" business!

More laughs on pg 19



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# How To Have FUN During Retirement!

## Expert recommends to KEEP WORKING - but make it fun!

What do school kids and retirees have in common during the long days of holiday and spring breaks? For many, it's having lots of time and not knowing what to do with it.

"But that comparison begins to breakdown almost immediately, because kids go back to school, but retirees have an indefinite amount of time to contend with," says financial advisor Jeff Bucher, president of Citizen Advisory Group ([www.citizenadvisory.com](http://www.citizenadvisory.com)), a firm that engages its community with education and charity efforts.

"Worse still for retirees, many don't know if they can afford the time they have left, which may not be yielding a satisfying lifestyle. After all the technical details I review with clients and their finances, such as protecting and growing their money, I sometimes offer a bit of unexpected advice: consider your employment options."

Many people who take his advice often do so more for overall happiness than money, he says. Work gives us structure, purpose and a social network. Bucher reviews many fun options that retirees often find appealing.

**Golf course:** This is a popular option since so many retirees love golf. And, if you are a morning person, work at a golf course is perfectly suited for you. Some popular jobs available at a golf course for retirees include golf shop staff, ranger, starters and golf course maintenance.

**Retail:** A smiling face and a pleasant disposition has earned many retirees positions as greeters at places like Wal-Mart, but there are other stores that may better fit your personality. That may include cosmetics at Macy's or the shoe department at Dick's Sporting Goods. Think about where you like to shop.

**Sporting venue:** If you love sports, consider being an usher at a venue. Ushers assist fans to their seats and help answer any questions the fans may have. You might have to walk up and down steps, so if that's difficult for you to do find out beforehand whether the job involves steps. The job may have perks, such as free tickets.

**Tour guide:** A tour guide's job is to introduce people to places that they are unfamiliar with, which may include wineries, museums and a city's historical locations.

**Theme park / zoo:** If you want to brag about your job to your grandkids, look into the local zoo or theme park. Some of the most popular jobs for retirees at these parks include ticket takers, working at a merchandise stand or helping assist guests at an information booth.

**Your current or former job.** This one may throw you for a loop, but it could be perfect. You'll likely maintain the same salary as the rest of your earning years; it's something you already know and are good at; and, many people derived much satisfaction from their profession. You may find new freedom in knowing that this job is more optional than before, which may engender a sense of freedom and, perhaps, an outside-the-box mentality.



Jeff Bucher is president of Citizen Advisory Group ([www.citizenadvisory.com](http://www.citizenadvisory.com)), and is an Investment Advisor Representative of AlphaStar Capital Management, an SEC Registered Investment Advisor.

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Green groups like the Pesticide Action Network of North America (PANNA) would like to see the U.S. trade-in its policy that treats chemicals as “innocent until proven guilty” for something akin to Europe’s regulatory system, where a “health-protective precautionary approach” dictates which chemicals are approved for widespread use.

## How do we make our food safer for our health and easier on our environment?

Although we have come a long way in recent years with regard to the safety and sustainability of our food supply, we still have a long way to go. Toxic pesticides are still used on the vast majority of U.S. grown crops, while other hormone-disrupting chemicals are omnipresent in our food packaging. And excessive use of antibiotics in animal agriculture threatens to render many human drugs ineffective. Environmental leaders would like to see the federal government step up and institute regulations banning such substances in our food supply, but for now it's still up to individual consumers to make the right choices.

Fruits and vegetables grown on conventional (i.e. not organic) farms make up some 96 percent of the produce we eat—and expose us to many pesticides. Two of the most toxic, chlorpyrifos and DDT, are also quite common: 93 percent of Americans carry trace amounts of the former in their bloodstreams, while 99 percent of us have DDT residue coursing through our veins. These chemicals on our food can be harmful to adults, but health experts are even more concerned about what they are doing to our kids. The non-profit Pesticide Action Network of North America (PANNA) points to recent studies showing that children with high pesticide exposures in the womb are at increased risk of being born with birth defects and are much more likely to encounter developmental delays, ADHD and autism spectrum disorders.

A related issue is the hormone-disrupting bisphenol-A (BPA) in our food supply as a result of its widespread use in the lining of cans and other food and drink containers. “Nearly every person in America has some BPA in his or her body,” reports the Natural Resources Defense Council (NRDC), a leading green group. “And yet, this food-packaging chemical may cause problems in developing fetuses, infants and children by altering behavior and increasing the risk of prostate cancer, as a government report concluded nearly two years ago.” Other studies have shown links between BPA exposure and a variety of human health problems including erectile dysfunction, breast cancer, heart disease and diabetes.

Another big hurdle to a safer, greener food system is our increasing reliance on antibiotics to fight bacterial infections in livestock. The U.S. Food & Drug Administration (FDA) has known since the 1970s that feeding large amounts of antibiotics to healthy livestock breeds antibiotic resistant bacteria, which can in turn render many of the antibiotics used for humans ineffective. In fact, antibiotic resistant infections are already killing 23,000 Americans each year. A 2012 FDA policy change calls on livestock producers to refrain from using antibiotics to boost growth rates for pigs, cows, sheep and chickens, but it remains to be seen if the industry will toe the line or use loopholes to keep up the steady stream of antibiotics.

PANNA is one of many voices demanding an overhaul of how the FDA regulates our food supply. “We all want to believe that government agencies are protecting us and our food supply from chemical contaminants—but they are not,” reports the group. “They do not have the regulatory framework to do so.” The group would like to see the U.S. trade-in its policy that treats chemicals as “innocent until proven guilty” for something akin to Europe’s regulatory system, where a “health-protective precautionary approach” dictates which chemicals are approved for widespread use.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine ([www.emagazine.com](http://www.emagazine.com)). Send questions to: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

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## Are you at risk for permanent vision loss from a common eye condition?

January is "National Glaucoma Awareness Month"

By Cheryl L. Dejewski

*Glaucoma is a leading cause of blindness in the U.S., affecting three million Americans at a cost of \$6 billion per year. But loss of sight and money may be preventable—by learning the facts about glaucoma detection, risk and treatment.*

### Description

"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—until severe permanent damage has occurred," explains Mark Freedman, MD, a partner at Eye Care Specialists, a leading local ophthalmology practice that cares for tens of thousands of glaucoma patients.

### Risk Factors

Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center, lists the following risk factors for glaucoma:

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

**Heredity:** Siblings and children of glaucoma patients have a 5-10 times greater risk of developing the disease and should be screened every 1-2 years.

**Ethnicity:** Black people have a 6-8 times higher risk of going blind from glaucoma. Hispanics and Asians also have higher risk rates.

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

### Detection

Daniel Ferguson, MD, an eye surgeon who performs advanced drainage implant procedures to alleviate glaucoma-related eye pressure, advises, "Since glaucoma and other sight-threatening conditions often don't exhibit early symptoms, regular eye exams are vital after age 40." A comprehensive exam should include: **Ophthalmoscopy** (a look in at the back of the eye to check for glaucoma signs, 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).

### Consequences

"Tunneling" (loss) of side vision makes it difficult to safely navigate stairs, stay in the proper driving lane, detect obstacles, etc. Glaucoma has been shown to increase the risk of having a car accident by up to six times and triples the risk of falling. That's why early detection and treatment are so important," explains Harvard and Johns Hopkins graduate Daniel Paskowitz, MD, PhD.

### Treatment

"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 (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," says eye surgeon Michael Raciti, MD.

"Prompt diagnosis and treatment are vital to protecting and preserving vision," advises David Scheidt, OD. "Encourage your siblings and other family members to be checked for glaucoma, especially if one of you has the disease."

### FREE Booklets & Information

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 7<sup>th</sup> & Wisconsin Avenue, Mayfair Road across from the mall, or 102<sup>nd</sup> & National Ave.). They also offer detailed educational information at [www.eyecarespecialists.net](http://www.eyecarespecialists.net).

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## Ask Tim



### QUESTION:

*Can you explain what just happened to our Social Security filing strategies moving forward?*

~Mary P., Delafield, WI

### ANSWER:

Mary, Washington just eliminated two popular strategies used to get greater retirement benefits. If you want to claim Social Security benefits soon, keep a date & a number in mind. The date is April 30, 2016. The number is 62.

**Recent changes to the Social Security benefit rules have made that date and that number very important, especially for those about to retire.**

In October, Congress passed a new federal budget. In doing so, it shut down the file-and-suspend and restricted application claiming strategies for Social Security, which married couples used to try and maximize their combined retirement benefits.

Broadly speaking, the point of both strategies was to generate spousal Social Security benefits for a couple while they suspended their own, individual benefits (thereby allowing those individual benefits to grow by roughly 8% per year from age 62-70 until claimed).

**After April 30, 2016, the door will shut on file-and-suspend strategy.** The strategy worked like this: when one spouse reached Social Security's Full Retirement Age (66), that spouse claimed Social Security but then immediately suspended their retirement benefits. The other spouse could then claim a spousal benefit while their deferred, individual benefit grew 8% annually.

**You may still be able to use the file-and-suspend strategy before the door closes.** Are you married? Are you 66 or older right now, or will you be 66 years old by April 30, 2016? If your answer is "yes" to both those questions, then you and your spouse still have a chance to use the strategy. That chance disappears forever on May 1. (It may be risky to wait until April, when they may have a backlog of applications on its hands.)

**Why is the number 62 now so important?** Starting in 2016, someone turning 62 will no longer be able to file a restricted application for only spousal benefits. In other words, the door is closing on the restricted application claiming strategy.

That strategy worked as follows: between age 66 and age 70, one spouse would file a restricted application to claim spousal Social Security benefits while deferring their individual benefits until age 70. At 70, they switched from the spousal benefit to their own larger Social Security benefit.

In 2016 and future years, spouses newly eligible for Social Security will be given a simple and irrevocable choice. They can take either their spousal benefit or their own benefit, whichever

is larger. They will not be able to defer their own benefit until age 70 and then switch out of their spousal benefit at that time to their own, larger benefit.

The good news? If you are 62 or older by the end of 2015, you can still file a restricted application for only spousal benefits. That could be a smart move if your spouse will be getting Social Security when you hit full retirement age (FRA) and you file for your spousal benefits on their earnings history.

**One other option is also going away.** Under the new Social Security regulations, a Social Security beneficiary cannot file for benefits, suspend them for X years, and then retroactively request the suspended benefits as a lump sum payout years later. For example, if you file for Social Security at age 63, suspend benefits and then elect to receive your benefits at age 66, you will simply start getting the monthly Social Security income you deserve at age 66. No lump sum will be waiting.

**If you are peeved by all this, you are not alone.** Many baby boomers viewed the file-and-suspend and restricted application strategies as techniques they could use in the near future to arrange greater retirement income. Congress simply saw loopholes that needed closing.

The good news is that there are alternative strategies available that people can use to help fill those gaps, and there are also skilled financial advisors available to help people sort through their revised social security and retirement planning. Happy New Year!

Do you have a financial question for Tim, or want to meet with him for a second opinion about your retirement plan? Tim can be reached at (262)369-5200 or [tims@aegiswi.com](mailto:tims@aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Tim and his team specialize in providing financial guidance to individuals, families, and small business owners. References available upon request.

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More laughs continued from pg 14

**A man is getting into the shower** just as his wife is finishing up her shower, when the doorbell rings. The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, the next-door neighbor. Before she says a word, Bob says, "I'll give you \$800 to drop that towel." After thinking for a moment, the woman drops her towel and stands naked in front of Bob. After a few seconds, Bob hands her \$800 and leaves. The woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, "Who was that?" "It was Bob the next door neighbor," she replies. "Great," the husband says, "did he say anything about the \$800 he owes me?"

### Relationship TIP for MEN

When a woman says "Correct me if I'm wrong..." **DON'T DO IT!! IT'S A TRAP! Do NOT, I repeat, do NOT correct that woman!!!!**

## TOP TEN INDICATORS THAT YOUR EMPLOYER HAS CHANGED TO A CHEAPER HEALTH CARE PLAN

- (10) Your annual breast exam is done at Hooters.
- (9) Directions to your doctor's office include "Take a left when you enter the trailer park."
- (8) The tongue depressors taste faintly of Fudgesicles.
- (7) The only proctologist in the plan is "Gus" from RotoRooter.
- (6) The only item listed under Preventive Care Coverage is "an apple a day..."
- (5) Your primary care physician is wearing the pants you gave to Goodwill last month.
- (4) "The patient is responsible for 200% of out-of-network charges," is not a typographical error.
- (3) The only expense covered 100% is "embalming."
- (2) Your Prozac comes in different colors with little M's on them. AND THE NUMBER ONE SIGN YOU'RE NOW IN A VERY CHEAP HEALTH CARE PLAN:
- (1) You ask for Viagra and they give you a Popsicle stick and Duct Tape.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

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**More hay, Trigger?**  
**"No thanks, Roy, I'm stuffed."**

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## Change Your BRAIN continued from page 3



you'll learn what you *can* do to start making that change.

**The first fundamental is that your mind is not your brain.** Your mind is where you store your thoughts, feelings and emotions and react to life from that data. It's the software of "you," complete with coding errors from others and bugs picked up along your life journey. It's how you perceive the world, how you react to external circumstances. The mind also has two distinct parts to it: the conscious and sub-conscious, and this is where the challenge of making permanent and lasting change begins.

When you started your voyage of self-improvement, you began working on your conscious mind. Positive affirmations are examples of this. From there, you moved into working on changing your sub-conscious mind because that affects a deeper level of change. Intense meditation or other modalities work on the sub-conscious mind. The reason for this is so you're not always struggling *consciously* to change things.

*There's still one more layer though*, and it rarely gets addressed. Change this and you will do what you know to do and finally become the best version of yourself. What is it? Your brain.

**Your brain is your hardware.** It's not your mind at all. Your brain is exterior and it's working all the time. Although you can't hold a mind in your hand, you literally can hold a brain! You could never have another thought again and your brain would still keep your body functioning. You could lose your mind and still have a working brain, but not the other way around.

Your brain tells you what to do. It keeps your heart beating, tells you when you need nourishment and sleep. It sends signals so you know when you need to warm up or cool down. It is what enables you to survive and your brain, as your operating system, provides this to you every minute of every day without you giving it any thought at all. It's truly amazing when you think about it.

So now consider this possibility: what if you changed not just your conscious and subconscious mind but in addition, you also changed your brain? What would you be like if you changed your basic operating system and didn't have to "reprogram?"

That's the first fundamental. Your brain is not your mind and *changing your brain is what allows you to tap into the power of who you are.* Yes, as a result, you will have a different mind but you'll always be working on that. *When you change your brain, you're changing the physiological structure of things and that is the kind of change that lasts.* Most experts encourage and teach working with the mind rather than the brain. To achieve even small results with your mind, you would need to dedicate hours to your practice every day for many, many years. That is most likely why you haven't experienced the fullness of the change you seek.

Change your mind and you will do some things differently, albeit not continuously. Change your *brain* and you will live differently, you will find your purpose, you will unleash your potential—this is lasting change.

Dr. Michael Cotton is a leading Evolutionary Theorist and the Founder of Higher Brain Living®. He has a Doctoral degree in Chiropractic and is the Creator of the revolutionary Higher Brain Living® Technique, which helps shift energy into the prefrontal cortex, awakening human potential, for a lifetime of lasting joy, purpose and potential. Visit [www.higherbrainliving.com](http://www.higherbrainliving.com) to learn more!

## Understanding Social Media? continued from page 9



People will run from you. Instead, engage in conversations on a variety of topics. They can be related to your business or book, but in a tangential way. Someone who sells jewelry, for instance, might share a great trick for cleaning rings.

- **Be genuine and show some personality.** At a party, you smile, ask people questions about themselves, maybe tell some jokes, if that's your personality and the personality you want your brand to reflect. People are drawn to people, not things, so let your humanity shine. But don't try to be something you're not. Other users will quickly figure it out and you – and your brand – will lose their trust.

Social media is a great way to build awareness of your brand, cultivate prospective customers and establish yourself as an authority. It has *tremendous* value for anyone with marketing needs, and it's really not intimidating once you jump in.

Plus, it's a whole lot more fun than an old-fashioned networking cocktail party!

Marsha Friedman is a public relations expert with 25 years' experience developing publicity strategies for celebrities, corporations and media newcomers alike. As CEO of EMSI Public Relations, ([www.emsincorporated.com](http://www.emsincorporated.com)), an award-winning national agency, she secures thousands of top-tier media placements annually for her clients. She shares her knowledge in her Amazon best-selling book, *Celebritize Yourself*, and as a popular speaker at organizations around the country.

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# Reclaiming THE American Dream

## Expert Calls for 'Economic Disobedience'

The national mood remains anxious, worried. We have millions of Americans out of work, many of them Baby Boomers who've seen what they worked for these past 30 years disappear: a predictable career, financial security, home equity, retirement savings. The foundation they've worked so hard to build seems to have collapsed before their very eyes.

"They feel lost. They see hedge-funders and investment bankers as having hijacked the American Dream from the middle class," says Peter Weddle, former CEO of Job Bank USA, Inc., and author of *A Multitude of Hope: A Novel About Rediscovering the American Dream* ([www.AMultitudeofHope.com](http://www.AMultitudeofHope.com)).

"Boomers – and all working Americans, for that matter – feel as if all of the opportunity has been sucked out of the land of opportunity, and they don't know how or even if they can succeed in this changed world."

But America is still the leader of the global economy and its future is as bright as it ever was, Weddle says. Why? Because Americans are individually prone to innovation and creativity, and collectively, the most diverse pool of workers in the world, he says.

"For all the unresolved immigration issues we have in the United States, we still have the best workforce on the planet. Our diversity gives us a huge advantage over the competition in the global economy," Weddle says. "We have every kind of talent the world has to offer, while other countries such as China, India and Japan have very homogenous cultures so everyone basically brings the same talent to the table."

That talent, however, is being wasted. The U.S. workplace has become an investor-driven market, a place where workers are treated as disposable cogs who are

costs to be minimized rather than capabilities to be maximized on-the-job, Weddle says. The only way out, therefore, is something he calls "economic disobedience." If every American stands up and demands their right to be employed as a person of talent – and if they then elevate that talent and bring it to work with them – they can reclaim the American Dream, Weddle says.

He sees Baby Boomers already beginning to do this. The number of 50- to 64-year-olds enrolled in college jumped 17 percent from 2007 to 2009, according to the National Center for Education Statistics.

"These are the people who see this time as a moment of liberation – a chance to reinvigorate their talent so they can perform at their peak on-the-job," Weddle says. "And that self-reliance and individual determination is how our country will recapture its mojo."

A national human resources expert, Weddle says people don't necessarily have to go back to school or reinvent themselves. But they do need to identify their talent – their innate capacity for excellence – and take a proactive approach to integrating it into their career.

"It may be a gift for getting things organized, for resolving conflicts, for explaining complex topics in simple terms," he says. "Every single one of us has a talent and when we apply it at work, our job satisfaction – and our pay – goes up."

"Instead of work being a four-letter word, it becomes something to get excited about and to feel good about. We rekindle our self-confidence, self-respect and determination and we produce an economic revolution that restores democratic capitalism."

Peter Weddle, a former recruiter and human resource consultant, is the CEO of the International Association of Employment Web Sites, a trade organization. He has written or edited more than two dozen non-fiction books regarding careers and employment; "*A Multitude of Hope*" is his first work of fiction. Weddle is the founder and former CEO of Job Bank USA, Inc., one of the largest electronic employment services companies in the United States.

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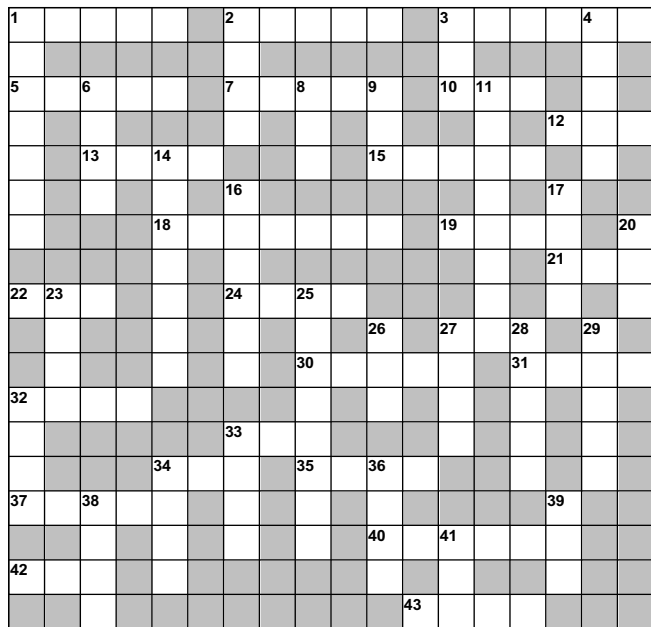
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Answers to this month's puzzle on page 23



### ACROSS

1. Hit Chicken Little
2. Anxiety cause
3. Dislodge old paint
5. Plural of that
7. Airwaves listening device
10. Wipe feet on
12. Uncooked
13. Large black bird
15. Last Exam
18. Every action preceded by
19. Quiet crying
21. Practice of employing something
22. Attempt
24. Donate
27. Frozen water
30. Saw for tree trimming
31. An unused check
32. Antlered animal
33. Drilling or boring tool
34. Not me
35. A light bulb turns on
37. More than needed
40. To not accept
42. Male or female species division
43. Eventual hair color

### DOWN

1. Rabbit ears
2. Used to connect electricity
3. Result of addition
4. To argue a case
6. .... upon a time
8. Where bears hibernate
9. Not on
11. Scholar
14. The external appearance
16. Purchased
17. These jingle jangle jingle
20. Not many
23. To sit and be moved
25. Work break
26. Past tense of be
27. Not out of
28. All
29. Made up of three lefts
32. To nod off
33. May precede final document
34. A measure of cloth
36. Obtain by hard work
38. Form of public transportation
39. Consenting reply
41. Two ... the price of one

\*\*\*\*\*

A guy stands over his tee shot for what seems an eternity: looking up, looking down, measuring the distance, figuring the wind direction and speed. Finally his exasperated partner says, "What's taking so long? Hit the darn ball!"

The guy answers, "My wife is up there watching me from the clubhouse. I want to make this a perfect shot." "Forget it, man," says his partner. "You'll never hit her from here."

You know that tingly little feeling you get when you really like someone you've just met? That's common sense leaving your body.

\*\*\*\*\*

The man approached the very beautiful woman in the large supermarket and asked, "You know, I've lost my wife here in the supermarket. Can you talk to me for a couple of minutes?"

"Why?" she asked.

"Because every time I talk to a beautiful woman my wife appears out of nowhere."

## SECURITY TIP

If you are going to be gone for a few days here is something you might want to put on the doorstep of your cottage or home:

1. Go to Goodwill and buy a pair of size 14 -16 men's work boots.
2. Place them on your front porch, along with a copy of Guns & Ammo Magazine.
3. Put four giant dog dishes next to the boots and magazines.
4. Leave a note on your door that reads .....

Bubba, Bertha, Duke and Slim,  
I went for more ammo and beer. Don't mess with the pit bulls. They got the mailman this morning and messed him up bad. I don't think Killer took part, but it was hard to tell from all the blood. Anyway, I locked all four of 'em in the house. Better wait outside. Be right back. - Cooter

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 G K B G P E E I N Y S L E N H S E O  
 P I S E C U P C A K E S E N K A A P  
 P A T I E N C E I A R K G A V E Y D

ABBREVIATION  
 ADDRESS  
 ADMISSION  
 AGREE  
 AIRCRAFT  
 ALLOW  
 ALONG  
 ANNOY  
 ASLEEP  
 BACK  
 BARGAIN  
 CHEESE  
 CRUSH  
 CUPCAKE  
 DAWN  
 FEAR  
 GAVE

GIRL  
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 HOMESTEAD  
 IDEAL  
 INTEND  
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 SUPER  
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 TEMPORARY  
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 WHICH  
 WHILE  
 YET

## Why our medical costs are so high...

Here's what happened to Kevin:

Kevin walked into a doctor's office and the receptionist asked him what he had. Kevin said, 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Kevin what he had. Kevin said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Kevin to wait in the examining room.

A half hour later a nurse came in and asked Kevin what he had. Kevin said, 'Shingles.' So the nurse gave Kevin a blood test, a blood pressure test, an electrocardiogram, and told Kevin to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Kevin sitting patiently in the nude and asked Kevin what he had.

Kevin said, 'Shingles.' The doctor asked, 'Where?'

Kevin said, 'Outside on the truck. Where do you want me to unload 'em??'

I like watching my wedding video "backwards".  
 I especially love the end bit when she takes the ring off, goes back down the aisle and jumps in the car.

1 A C O R N 2 W O R R Y 3 S C R A 4 P E  
 5 T H O S E 6 R A D I O 7 A T E  
 8 E N 9 E E F 10 C 11 A W  
 12 N 13 R 14 W 15 I N A L D  
 16 E 17 U 18 S 19 D 20 F  
 21 A 22 H O U G H T 23 W E E P 24 F  
 25 S 26 U 27 M 28 U S E  
 29 Y 30 I 31 D 32 E 33 W  
 34 I 35 D H A 36 V 37 C 38 E 39 T  
 40 D 41 E T 42 H A I N 43 O I D  
 44 E E R 45 A S T E G  
 46 O 47 I T 48 O R H  
 49 S 50 O U 51 D 52 A Y T  
 53 X 54 R A R O A 55 E 56 F  
 57 A 58 R Y N 59 E 60 U S E  
 61 E X D 62 N O S  
 63 I 64 R A Y



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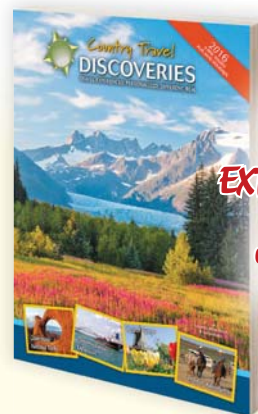
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