

# Celebrate Life Boomers!

May 2016  
A FREE PUBLICATION  
FOR ALL GENERATIONS

Come get your BOOM ON!

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

## Welcome Spring!



### The Iwo Jima Memorial

James Bradley, author of 'Flags of Our Fathers' tells the personal story behind the six brave soldiers raising the American Flag at the top of a rocky hill on the island of Iwo Jima, Japan, during WW II.

~page 3

### NEW THIS ISSUE! ADULT COLORING PAGE

~page 25

### Why Can't I Lose Weight?

Are you among the growing number of distressed people who do not lose weight when they diet earnestly?

~page 16

What's the nutritional difference between the carrot I ate in 1970 and one I eat today?

~page 19

Dr. Phil scored 55. Oprah received a 38. Take the *real* Personality Quiz on page 11 and discover a few secrets for yourself!

CALENDAR.....	page 5
TRAVEL.....	page 6, 15
Projects with payback. High return-on-investment projects around the house.....	page 10
Mother's Day Tribute.....	page 12-13
FINANCE.....	page 21
LAUGH out LOUD.....	page 23
Eye Care/Cataracts.....	page 24
Word Search.....	page 26
Crossword.....	page 27

Spring is here! I'm so excited I wet my plants!. ~anon



Our Iowa's Western Treasures

# Want to **VACATION** closer to home this Summer?

*You'll be delighted to discover the hidden treasures that lay just off-the-beaten-path in "our own backyard"!*



Lake Michigan Treasures & Mackinac



Our Iowa & the Mississippi River



Nebraska Life



N.D. Legends

## Our Iowa's Western Treasures

**Starts in: Des Moines, IA • Aug 23-29 ~~SOLD OUT~~ • Sep 13-19**  
 Tour the Winnebago factory, a WWII POW camp, John Wayne's boyhood home, and the world's largest manmade grotto; meet a colorful jockey, farmers and firefighters; view the Bridges of Madison County and stunning Loess Hills.

## Lake Michigan Treasures & Mackinac

**Starts in: Milwaukee, WI • Jul 10-17 ~~BOOK SOON~~ • Sep 11-18**  
 Meet local dairy farmers, loggers and foresters; tour a Bear Ranch and Lambeau Field; discover the "wreck of the Edmund Fitzgerald"; lunch at the gilded age Grand Hotel of Mackinac; cross Lake Michigan on the SS Badger.

## Our Iowa & Mississippi River

**Starts in: Cedar Rapids, IA • Jun 12-17 • Aug 14-19 ~~2 LEFT~~ • Sep 11-16 ~~SOLD OUT~~ • Oct 2-7 ~~SOLD OUT~~ • Oct 9-14 **NEW****  
 Sail the Mississippi aboard the festive *Celebration Belle*; experience communal life at the Amana Colonies; see the "Field of Dreams" brought to life; and visit a Trappist monastery, century-old penitentiary, chocolatier, and robotic dairy.

## North Dakota Legends

**Starts in: Bismarck, ND • Jul 24-30 ~~SOLD OUT~~ • Jul 31-Aug 6 ~~SOLD OUT~~ • Aug 28-Sep 3**  
 Tour Teddy Roosevelt Nat'l Park, an oil camp, robotics lab, fish hatchery and American Indian reservation; go "behind the scenes" at the Medora Musical; see the Enchanted Highway sculptures, nuclear missile facility, and conservancy for rare wild horses.

## Nebraska Life

**Starts in: Omaha, NE • Jul 17-23 ~~LIMITED~~ • Sep 18-24**  
 Visit a rare chalk mine, ancient fossil beds, Strategic Air and Space Museum, and Johnny Carson's hometown; tour an elk and buffalo ranch; meet working bakers, brewers, craftspeople, cowboys, and industrial manufacturers.

## Lake Superior & the North Woods

**Starts in: Minneapolis, MN • Aug 7-13 • Sep 18-24 ~~LIMITED~~**  
 Cruise the pristine Apostle Isles; drive the Great River Road; rail through the North Woods; explore Amish country; meet lumberjacks, curlers, brewers, cranberry farmers. (Sept. date includes the world-famous Warrens Cranberry Festival—the world's largest.)

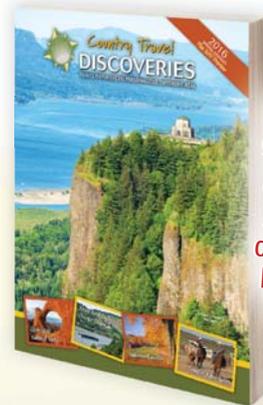
### BOOMERS SPECIAL:

Book any of these super-inclusive, DO-IT-FOR-ME tours with code **ADV14JS** by May 20 to **SAVE \$115.00** per person, plus **free parking** at starting hotel for the duration of the tour for those who drive!

**But hurry!** Dates selling out fast!

Get details and day-by-day itineraries at:

[CountryTravelDiscoveries.com/BOOM](http://CountryTravelDiscoveries.com/BOOM)  
[info@CountryTravelDiscoveries.com](mailto:info@CountryTravelDiscoveries.com)  
 262-923-8120



Call to get our **NEW 2016** catalog **FREE!**



Lake Superior & the North Woods

[www.CountryTravelDiscoveries.com](http://www.CountryTravelDiscoveries.com)



## Country Travel DISCOVERIES

TRAVEL EXPERIENCES: PERSONALIZED, DIFFERENT, REAL

13500 Watertown Plank Rd, Suite 107  
 Elm Grove, Wisconsin 53122

*Proud to be locally owned and operated!*

**262-923-8120**

Hours: 7:30-5:00 Central, Monday-Friday  
[reservations@CountryTravelDiscoveries.com](mailto:reservations@CountryTravelDiscoveries.com)

## FROM THE PUBLISHERS

MAY 2016



### 6th Grade Daddy Daughter Dance

Welcome Spring! To me, Spring is like a do-over. New energy for a fresh start on just about everything! We see the first robin, we see the flower buds burst into life, we hear the first chorus of morning songbirds and evening frogs, feel the

first warm breeze that smells just like summer! We buy new clothes and air out the house. We grab the calendars and start plotting weekends and summer days to spend with friends and family. Out come the bikes and boats and fishing rods. The little skirts and strappy sandals. New seeds are planted both in our beautiful gardens and in our very lives. Wow!

Our May issue welcomes in this transitional season. No matter the hardships that come our way or the joys that slip unnoticed into our days - life is good, the sun is warm and attitude is always a choice!

Amara is so excited about turning 12 this month. What a charming young lady our funny little girl has become! She's gone from Barbie dolls to Darth Vader and is now venturing into the next stage of lip gloss, fancy dresses and babysitting. She knows politics, does her chores, her own laundry and makes her bed everyday. (Keeping the guinea pig cage clean is a different discussion.) She has added so much joy to our lives... and so much chatter, stories, mess, purple, bouncy balls and laughter... Can you tell we just love that girl!

New seasons bring in new experiences. Spring on the farm was always full of mud puddles, sloppy shoes and acres of newly planted seeds of anticipation.

*Embrace. Enjoy. Plant your seeds.*

*And always remember to...*

*Celebrate Life!*

Sandy and Tom Draelos

## A MEMORIAL DAY LESSON

# Six Boys and Thirteen Hands



Each year I am hired to go to Washington, DC, with an eighth grade class to videotape their trip. This year's visit was especially memorable.

On the last night of our trip, we stopped at the Iwo Jima Memorial. This memorial is the largest bronze statue in the world and depicts one of the most famous photographs in history — that of the six brave soldiers raising the American Flag at the top of a rocky hill on the island of Iwo Jima, Japan, during WW II. Over one hundred students and chaperones piled off the buses and headed towards the memorial. I noticed a solitary figure at the base of the statue, and as I got closer he asked, 'Where are you guys from?'

I told him that we were from Wisconsin. 'Hey, I'm a cheesehead, too! Come gather around, Cheeseheads, and I will tell you a story.'

It was James Bradley, author of 'Flags of Our Fathers' and here is his story.

James Bradley just happened to be in Washington, DC, to speak at the memorial the following day. He was there that night to say good night to his dad. He was just about to leave when he saw the buses pull up. I videotaped him as he spoke to us, and received his permission to share what he said from my videotape. It is one thing to tour the incredible monuments filled with history in Washington, DC, but it is quite another to get the kind of insight we received that night. When all had gathered around, he reverently began to speak. Here are his words that night.

'My name is James Bradley and I'm from Antigo, Wisconsin. My dad is on that statue, and I wrote a book called 'Flags of Our Fathers'. It is the story of the six boys you see behind me.

'Six boys raised the flag. The first guy putting the pole in the ground is Harlon Block. Harlon was an all-state football player. He enlisted in the Marine Corps with all the senior members of his football

**Six Boys and Thirteen Hands** continued on page 9

## FREE EMAIL SUBSCRIPTION to BOOMERS! NEWSPAPER!

Just send your email to [milwaukeepublishing@wi.rr.com](mailto:milwaukeepublishing@wi.rr.com)

Subject: Subscription



Watch for the **SUMMER ISSUE** of **BOOMERS!**  
on the stands and online **JUNE 10**

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  
[milwaukeepublishing@wi.rr.com](mailto:milwaukeepublishing@wi.rr.com)  
[www.Boomersnewspaper.com](http://www.Boomersnewspaper.com)



## Boomers! GIVE-AWAY!!

Enter to win our monthly drawing!

# \$50.00

Congratulations to  
Cheryl Whidden  
Our winner last month  
from Milwaukee

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Where did you pick up the paper? \_\_\_\_\_

Age: 35-45 \_\_\_ 46-55 \_\_\_ 56-65 \_\_\_ 66 or older

Remit entry by mail to:

Milwaukee Publishing / Boomers Give-Away  
6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry  
Per Household  
Please

Entry Deadline: **MAY 25, 2016**



# ERNEST IN LOVE

In Partnership With



May 21  
7:30 p.m.



This musical adaptation is based on Oscar Wilde's popular play "The Importance of Being Earnest" featuring Angela Iannone as Lady Bracknell and Oconomowoc's own Zach Thomas Woods as Jack!

OCONOMOWOC ARTS CENTER

For ticket pricing and more information, visit our website or call the box office.

262-560-3172  
www.theoac.net

641 E. Forest Street  
Oconomowoc, WI



# POLISH FEST

JUNE 17-19, 2016

Henry W. Maier Festival Park (Summerfest Grounds)  
Milwaukee, WI



5 STAGES OF ENTERTAINMENT- CULTURAL VILLAGE- POLISH ARTISTS- POLISH FOLK DANCERS- NON-STOP POLKA STAGE- FOOD VENDORS- CHILDRENS AREA- MARKETPLACE- KAWIARNIA POLISH BAKERY- COOKING DEMONSTRATIONS-CHOPIN VODKA LOUNGE, BARS & TASTINGS- IMPORTED TYSKIE BEER

Fri & Sat: Noon-Midnight

Sun: Noon- 8:00pm

\*Sat- 10:30pm Fireworks

\*Sun- 10:00am Mass

www.polishfest.org

\*\*\*\*

414.529.2140



# LET'S DANCE!

MILWAUKEE'S HOTTEST DANCE CLUB FOR ALL AGES!!

*OUTSIDE DANCE FLOOR during the summer!*

## SATURDAYS

**Salsa!**

**Boat Tours 12-5**

Seasonal

## TUESDAYS

**Swing Night**

**Jumpn' Jive Club**

## WEDNESDAYS

**Live 50's & 60's**

**Rock & Roll**

## THURSDAYS

**Salsa & Tango**

(Tango lessons  
on Tues & Thurs)

Check our website for details and schedule!

[HOTWATERMILWAUKEE.com](http://HOTWATERMILWAUKEE.com)

818 S. Water St (Water/National) 414-383-7593

**HOT WATER**

**WHEREHOUSE**

**LIVE  
MUSIC  
CALENDAR**

Closed first Wednesday of the month

Check our website for  
our MAY Live Music Lineup!

### Opening Day at Old World Wisconsin

Saturday, May 7, 10 am – 5 pm  
Discover teams of oxen and horses working in the fields, the farm folk preparing hearty meals over wood-burning stoves, and the heirloom plants in well-tended gardens. Stroll through the 1880s Village and chat with the town blacksmith or the keeper of the general store. Discover the true spirit of early Wisconsin. Old World Wisconsin celebrates its 40th birthday in 2016 and we are giving out gifts!

### Art in the City: Plein Air MKE

May 7 - May 14  
Saint John's On The Lake  
Join us for an outdoor painting competition and art sale on Milwaukee's Historic East Side. Up to 75 plein air artists from Wisconsin, Illinois, Minnesota, Indiana and elsewhere will paint along the Milwaukee Museum Mile, from Prospect and Juneau Avenues north to Lake Park, for five days and compete for \$5,000 in awards. This colorful, weeklong gathering of artists, art lovers and collectors includes events at MMM museums, and culminates with artist awards and public art sales. For schedule or info call 414.278.8295

### Do something FUN with Mom this Mother's Day!

Milwaukee Mother's Day 5k & 10k  
Sunday, May 8, 8:30am  
Veterans Park

### Sprecher Beer and Cheese Tasting

Uber Tap Room  
May 12 at 7pm  
Sprecher Brewing will be at the Uber Tap Room to talk about their innovative brews, we will pair them expertly with cheese of course! We will guide you through the tasting of 4 Sprecher Brews and 4 Wisconsin Cheeses. The tasting will take around 1 to 1.5 hours

### Grand Tour Day of the Pabst Mansion

Sunday, May 15, 12pm  
Celebrate the lady of the house, Mrs. Maria Pabst, on her 174th birthday with a Grand Tour. A full access self-guided tour of the Pabst Mansion from basement to attic and all stops in between. No reservations needed.

### A Cedarburg Stroll

Thursday, May 19,  
Cedarburg Visitor Center  
Over 70 downtown Cedarburg businesses will open their doors to ladies for Cedarburg's 7th annual special night of pampering, shopping and partying.

## AROUND TOWNE LOCAL EVENTS

### Delafield Spring Art Walk

Friday, May 20  
Spend the day and enjoy a variety of artisans and musicians who will be located in the downtown district. Stroll the downtown area with the entire family, visit with local artists as they work. Then, purchase these one-of-a-kind creations. The event is for the entire family at no charge.  
Friday, May 20, 2016

### Breaching the Reich

May 21st  
10am-10pm  
Ozaukee County Pioneer Village  
The 1st Allied Airborne Living History Re-enactors have partnered with the Ozaukee County Historical Society to present "Breaching the Reich". Ozaukee County Pioneer Village will be transformed into the European countryside where the Allied Forces breach the Reich. Even the Dragons Teeth cannot stop them. See battles at 10:30am 12:30pm and 3:30pm. There will be a special memorial honoring the 55 Ozaukee County servicemen who lost their lives in WWII. Various demonstrations of uniforms, weaponry, USO camp. The day closes with Taps and USO Dance featuring Swing Nouveau." Ticket Prices: \$10 Adults, \$8 Students/Seniors, \$5 Veterans/children For more info: www.ochs.co.ozaukee.wi.us

### Maxwell Street Days

Sunday, May 29  
Cedarburg's Firemen's Park  
Popular flea market, that takes place four times each year (May 29, July 17, Sept. 4 and Oct. 2) rain or shine.) Around 750 vendors represented with a varied selection of antiques, collectibles, crafts, fine arts, pottery fresh produce, seasonal items, sports memorabilia, architectural/industrial items, flea market items and more, including a Kids' area.

### 151st Annual Memorial Day Parade

Monday, May 30, 2pm  
Parade starts at 4th and Wisconsin and heads east to the War Memorial Center. Color Guards, marching units, bands, military vehicles and more. Wreath laying POW/MIA ceremony takes place immediately following the parade.

### Spring on Brady - 5th Annual Art Walk

Saturday, June 4,  
Brady Street Business District  
Come on down to Brady Street to celebrate Spring as we bring you our 5th Annual Art Walk. Also shop amazing sidewalk sales along with spectacular dining and drink deals. Visit the local Art Market which will be set up outside in the courtyard near 1330 E. Brady Street. Nearly 20 merchants will be hosting live artists from painting and sketching, to pottery and even puppy artistry!

### UPAF Ride for the Arts, sponsored by Miller Lite

Sunday, June 5, 7am  
Summerfest - Henry W Maier Festival Park  
The UPAF Ride for the Arts is regarded as one of the nation's largest one-day recreational bike rides. Help celebrate this annual summer favorite, which has generated more than \$9 million for the United Performing Arts Fund.

### 2016 Bead & Button Show

June 3- June 13  
Wisconsin Center  
The Bead&Button Show is the largest jewelry and bead show in the world! Over 370 vendors will be selling one-of-a-kind finished jewelry plus precious gems, pearls, art beads, gold and silver, beading supplies and books.

### Memorial Day Sidewalk Sale at Johnson Creek Premium Outlets

May 27 - May 30  
Kick off the summer season with the hottest trends and colors plus enjoy savings on the sidewalks and in the stores! Extended shopping hours: Stores open 9am to 9pm on Friday, Sat & Monday. 10am-7pm on Sunday.

The Alzheimer's Association will present "Living with Alzheimer's Disease" - May 9, 16 and 23 - presented at the Alzheimer's Association office in Milwaukee 2-4pm. Free.

Find more events at [visitmilwaukee.org](http://visitmilwaukee.org)



**BOEING**  
  
**BOEING**  
By Marc Carrozzella  
Translated by Beverly Cross & Francis Evans  
**June 2 - 19, 2016**  
**SUNSET PLAYHOUSE**  
SunsetPlayhouse.com  
800 Elm Grove Road, Elm Grove, WI 53122  
(262) 782-4430

## LAURA'S DBC BAR & GRILL

7520 W. Donges Bay Road, MEQUON 262-238-1733

[laurasdbc.com](http://laurasdbc.com)

**ADULT KICKBALL** leagues on Thursday  
**HORSESHOES** on Tuesdays

New menu items coming!

**PATIO OPEN with firepit!**

Serving Great Food!! Tues-Fri 11am-2pm & 4-9pm. Sat 3-8pm.

**FREE POOL ON SATURDAYS** excludes band night

**LIVE MUSIC 8pm-Midnight! MAY 7th: ADHD**

# 2016 ROAD AMERICA

## FAST FAMILY FUN



Photo credit: Les Tension Photography

**800-365-7223 | RoadAmerica.com**



### MAY 13-15

SVRA Spring Vintage Weekend

### JULY 14-17

WeatherTech® International Challenge with Brian Redman presented by HAWK

### JUNE 3-5

Honda Superbike Showdown of Wisconsin

### AUGUST 4-7

Continental Road Race Showcase featuring IMSA WeatherTech® SportsCar Championship & Continental Tire SportsCar Challenge

### JUNE 10-12

Rockerbox Motofest®

### JUNE 16-19

WeatherTech® Chicago Region SCCA June Sprints®

### AUGUST 25-27

NASCAR XFINITY Series & SCCA Pro Trans Am

### JUNE 23-26

Verizon IndyCar Series & Pirelli World Challenge

### AUGUST 28

OPTIMA Faceoff at Road America

### SEPTEMBER 16-18

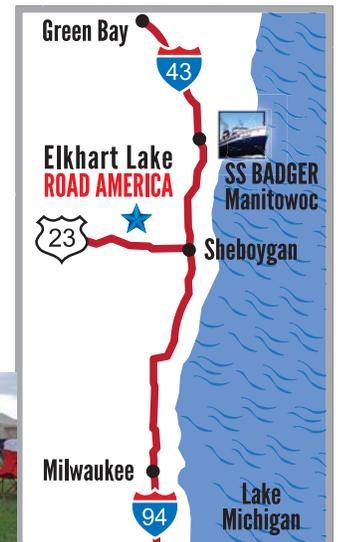
VSCDA Elkhart Lake Vintage Festival®

**Located one hour North of Milwaukee**

**Youth 16 & under admitted FREE**

*at the gate with ID and paying adult*

**Zip Lining · Go-Karting · Camp On Site · Free Parking**



**ELKHART LAKE, WISCONSIN | Come FOR THE EXPERIENCE Stay FOR THE RACE**



## Lowest gasoline prices expected this summer for U.S. drivers in 12 years

The U.S. Energy Information Administration forecasts that U.S. drivers will pay an average of \$2.04 per gallon this summer for regular gasoline, according to EIA's Short-Term Energy and Summer Fuels Outlook. The forecast price for summer 2016 (which runs from April through September) is 59 cents/gallon lower than the average price last summer, and it would be the lowest average summer price since 2004. Monthly average gasoline prices are expected to increase to \$2.08/gal in June, then fall to \$1.93/gal in September. Source: U.S. Energy Information Administration, Short-Term Energy Outlook

**Are You Ready to Go**

**CAMPING!**

**PRESEASON SALE**

**All NEW In-Stock, Travel Trailers, Fifth Wheels, Pop-ups & Park Models!**

**Choose From:**

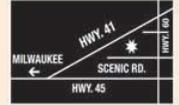
- Salem
- Elk Ridge
- Flagstaff
- Fairmont
- Shamrock
- Viking
- Riverside
- Salem Villa
- Trail Runner
- Flagstaff Hardside
- Vengeance
- Fairfield
- Salem Hemisphere

**Over 300 In Stock RVs Sale Priced and Ready for Camping**

**SLINGER**  
Between Hwys. 41 & 45, Exit Hwy.60 to Scenic Rd. South  
1-800-568-2210

**SCENIC**  
**RV**  
**CENTERS**  
SALES & SERVICE  
www.scenicrv.com

**BARABOO**  
1/4 mile South of I-90/94 on Hwy 12  
1-877-898-7236



\*\*\*\*\*

## In Tours, Choose Value Over Price

Stewart Ikeda, CountryTravelDiscoveries.com

So you're interested in an organized group tour, but where do you start? Once you've decided on a destination or season, how do you compare tour operators? In travel as in all else, you get what you pay for. When tour shopping, cheaper is almost never better—and in fact, it isn't always cheaper once you get to the fine print. An operator that publishes a low price will often "nickel and dime" you once you're on the tour, cruise, or resort.

Comparing vacation options, focus on value. What's *included* that will add to your travel experience? At the least, a good operator will get you the best accommodations, attractions and transportation at a reduced cost through group pricing. The best ones will also provide knowledgeable tour directors, access to local hosts, topic experts, and authentic locals-only favorite stops you might not find on your own.

Beyond such important logistical services, also count the "little things" an operator includes to make your experience top-shelf. Do they handle gratuities, meals, luggage, airport transfers, hotel parking, tolls, fees and taxes? Or offer dependable insurance and 24-hour emergency service to make your trip safe as possible? Other "niceties" are subtle... bottled water waiting for you after a sightseeing excursion, or that helping hand from your professional driver as you exit your deluxe motorcoach.

Remember, your vacation time is valuable, and those included services can make all the difference in a wholly rewarding travel experience!

\*\*\*\*\*

## "Quote of the Month"

*"I like the cold.  
It keeps the bad people away".*

Prince, on the topic of why he chose to remain in his home state of Minnesota.

\*\*\*\*\*

**If you are considering doing some camping this summer, please note the following public service announcement:**

**In Alaska, tourists are warned to wear tiny bells on their clothing when hiking in bear country.**

**The bells warn away MOST bears (brown, black, etc.), but be careful because they don't scare Grizzly Bears.**

**Tourists are cautioned to watch the ground on the trail, paying particular attention to bear droppings to be alert for the presence of Grizzly Bears.**

**One can easily spot a Grizzly dropping because it has tiny bells in it.**

**FOUR LOCATIONS**  
**Mequon, Cedarburg, Grafton & Slinger**

**MYSTORAGEHOME.COM**

**Wide selection of conventional and climate controlled storage units**

- Paved drives with wide aisles
- Night Lighting
- Gated (excluding Slinger)
- Security Cameras
- Better Business Bureau member

**\$25 OFF w/ this ad**

**262-236-0612**

**Six Boys and Thirteen Hands** Continued from page 3

team. They were off to play another type of game. A game called 'War.' But it didn't turn out to be a game. Harlon, at the age of 21, died with his intestines in his hands. I don't say that to gross you out, I say that because there are people who stand in front of this statue and talk about the glory of war. You guys need to know that most of the boys in Iwo Jima were 17, 18, and 19 years old - and it was so hard that the ones who did make it home never even would talk about it.

(He pointed to the statue) 'You see this next guy? That's Rene Gagnon from New Hampshire. If you took Rene's helmet off at the moment this photo was taken and looked in the webbing of that helmet, you would find a photograph...a photograph of his girlfriend. Rene put that in there for protection because he was scared. He

was 18 years old. It was just boys who won the battle of Iwo Jima. Boys. Not men.

'The next guy here, the third guy in this tableau, was Sergeant Mike Strank. Mike is my hero. He was the hero of all these guys. They called him the 'old man' because he was so old. He was already 24. When Mike would motivate his boys in training camp, he didn't say, 'Let's go kill some Japanese' or 'Let's die for our country'. He knew he was talking to little boys. He would say, 'You do what I say, and I'll get you home to your mothers.'

'The last guy on this side of the statue is Ira Hayes, a Pima Indian from Arizona. Ira Hayes was one of them who lived to walk off Iwo Jima. He went into the White House with my dad. President Truman told him, 'You're a hero' He told reporters, 'How can I feel like a hero when 250

of my buddies hit the island with me and only 27 of us walked off alive?'

'So you take your class at school, 250 of you spending a year together having fun, doing everything together. Then all 250 of you hit the beach, but only 27 of your classmates walk off alive. That was Ira Hayes. He had images of horror in his mind. Ira Hayes carried the pain home with him and eventually died dead drunk, face down, drowned in a very shallow puddle, at the age of 32.'

'The next guy, going around the statue, is Franklin Sousley from Hilltop, Kentucky. A fun-lovin' hillbilly boy. His best friend, who is now 70, told me, 'Yeah, you know, we took two cows up on the porch of the Hilltop General Store. Then we strung wire across the stairs so the cows couldn't get

Continued on page 9



If you count the number of 'hands' raising the flag, there are 13. When the man who made the statue was asked why there were 13, he simply said the 13th hand was the hand of God.

Ozaukee County Historical Society and  
1st Allied Airborne Living History Group present

**WWII LIVING HISTORY EVENT**  
*Breaching the Reich*

**Saturday May 21, 2016**  
**10am - 10pm**  
*School Day Event: Friday, May 20*

**SCHEDULE OF EVENTS**  
*Travel back in time while our living historians showcase various weaponry, uniforms, vehicles and antiques from the WWII era.*

**Special Hometown Fallen Hero Tribute:**  
Ozaukee County WWII Honor Wall

10:30am... Reconnaissance of the West Wall (Town Battle)  
12:30pm... Prelude to the End (Field Battle)  
3:00pm... Breaching the Wall (Town Battle)  
5:00pm... Taps/Retire Color  
6:00-7:00pm... USO Shenanigans  
7:00-10:00pm... USO style dance featuring Swing Nouveau

Admission: \$10 Adults, \$8 Students (13-17) & Seniors, \$5 Veterans & Children (12 & under), WWII Veterans FREE.

**Ozaukee County Pioneer Village**  
4480 Highway I • Saukville, WI 53080

For more information, go to our website: [www.ochs.co.ozaukee.wi.us](http://www.ochs.co.ozaukee.wi.us)

**WHAT DID GRANDPA BRING HOME FROM THE WAR?**  
*(Besides Grandma)*

**WE PAY CASH FOR WAR RELICS!**

**MILITARY COLLECTIBLES SHOP**

9106 West Greenfield Ave. West Allis, WI 53214  
414-727-1190  
[www.militarycollectorsHQ.com](http://www.militarycollectorsHQ.com)

**151st Annual Memorial Day Parade**

Monday, May 30, 2pm

Parade starts at 4th and Wisconsin and heads east to the War Memorial Center. Color Guards, Marching Units, Bands, Military Vehicles and more. Wreath laying POW/MIA ceremony takes place immediately following the parade at the War Memorial Center.

Event Sponsors:

## Six Boys and Thirteen Hands Continued from page 8

down. Then we fed them Epsom salts. Those cows crapped all night.' Yes, he was a fun-lovin' hillbilly boy. Franklin died on Iwo Jima at the age of 19. When the telegram came to tell his mother that he was dead, it went to the Hilltop General Store. A barefoot boy ran that telegram up to his mother's farm. The neighbors could hear her scream all night and into the morning. Those neighbors lived a quarter of a mile away.

'The next guy, as we continue to go around the statue, is my dad, John Bradley, from Antigo, Wisconsin, where I was raised. My dad lived until 1994, but he would never give interviews. When Walter Cronkite's producers or the New York Times would call, we were trained as little kids to say 'No, I'm sorry, sir, my dad's not here. He is in Canada fishing. No, there is no phone there, sir. No, we don't know when he is coming back.' My dad never fished or even went to Canada. Usually, he was sitting there right at the table eating his Campbell's soup. He didn't want to talk to the press.

'You see, like Ira Hayes, my dad didn't see himself as a hero. Everyone thinks these guys are heroes, 'cause they are in a photo and on a monument. My dad knew better. He was a medic. John Bradley from Wisconsin was a combat caregiver. On Iwo Jima he probably held over 200 boys as they died. And when boys died on Iwo Jima, they writhed and screamed, without any medication or help with the pain.

'When I was a little boy, my third grade teacher told me that my dad was a hero. When I went home and told my dad that, he looked at me and said, 'I want you always to remember that the heroes of Iwo Jima are the guys who did not come back. Did NOT come back.'

'So that's the story about six nice young boys.. Three died on Iwo Jima, and three came back as national heroes. Overall, 7,000 boys died on Iwo Jima in the worst battle in the history of the Marine Corps.'

Suddenly, the monument wasn't just a big old piece of metal with a flag sticking out of the top. It came to life before our eyes with the heartfelt words of a son who did indeed have a father who was a hero.

Let us never forget from the Revolutionary War to the current War on Terrorism and all the wars in-between that sacrifice was made for our freedom...please pray for our troops.

*The above-quoted article was written in October 2000 by Wisconsin resident Iwo Jima Michael T. Powers (whose name has been omitted from most of the Internet-circulated versions), transcribed from a videotape he made of a talk given by author James Bradley at the Marine Corps War Memorial in Arlington, Virginia.*

If you count the number of 'hands' raising the flag, there are 13. When the man who made the statue was asked why there were 13, he simply said the 13th hand was the hand of God. May all their souls rest in peace.



**One glass of water** shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study

**Lack of water** is the #1 trigger of daytime fatigue.

Preliminary research indicates that **8-10 glasses of water a day** could significantly ease back and joint pain for up to 80% of sufferers.

**A mere 2% drop in body water** can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.



[www.PeterSciortinosBakery.com](http://www.PeterSciortinosBakery.com)

*"When it comes to Cookies, Cannoli and Italian Bread, there's no better place than Peter Sciortino Bakery."*

**In the Heart of Milwaukee's East Side**

**1101 E. BRADY STREET / 414-272-4623**



**Come on in and check out our**

## Newly remodeled store!



**\$1 OFF**

Mention this ad and receive per pound of cookies

**May 8th is Mother's Day! Pick Mom up a box of assorted Italian Cookies!**

**Spring has Sprung!**

When it comes to saying "Thank you for your business" or "Thinking of you at this special time" there's no better way than with Sciortino homemade Italian cookies.

**WE SHIP! Call for pricing!**

**414-272-4623**





**GO LAMERS!™ VALUE IN MOTION™**

*Experience the Difference!®*

**2016 FREE Travel Planners Available NOW!!**

**Motor Coach Tours**

**Throughout the US & Canada**

**Convenient Departure Points Near YOU!**

**Black Hills**  
July 9-14 / \$1144 per person DBL

**Bunch of Boats & an Ark**  
July 11-15 / \$1009 per person DBL

**York Pennsylvania Factory Tour**  
July 25-30 / \$1129 per person DBL

**Legendary Railroads**  
July 25-31 / \$1289 per person DBL

**Kentucky Horsepower**  
Aug 15-19 / \$977 per person DBL

**Amish Sampler**  
Aug 22-26 / \$805 per person DBL

**Made in America**  
Aug 7-12 / \$1125 per person DBL

**Gospel Music Revival**  
Sept 7-13 / \$1499 per person DBL



**LAMERS**  
TOUR & TRAVEL

[www.GoLamers.com](http://www.GoLamers.com)

**Reservations & Information: (800) 236-8687**



## 6 “Projects with Payback” for Home Improvement Month

In the 2016 Cost Versus Value Report ([www.remodeling.hw.net/cost-vs-value/2016](http://www.remodeling.hw.net/cost-vs-value/2016)) issued by Remodeling magazine, 30 popular remodeling projects were evaluated. The study shows that, on an average, homeowners with mid-range priced homes can expect to recoup 91.5 percent of their investment when replacing a garage door. Other high return-on-investment projects around the house include a roof replacement (71.7 percent cost recoup expected) and adding a composite deck (64.4 percent cost recoup expected).

“Owning a home means you have the ability to enhance your living space on a regular basis,” says Allen Lyle, co-host of the Today’s Homeowner with Danny Lipford radio show. “Home Improvement Month is the ideal time to consider updating your roof, adding a deck or replacing a toilet. It’s also a good time to evaluate the functionality of your home’s doors and windows.”

Lyle reminds people that improvements to the home are more than just a necessity — they’re an investment in the life and value of the home. “Don’t think of it as splurging on a new garage door or privacy window,” says Lyle. “Instead, know that every positive change you make to your home adds to its overall resale value.”

With these insights and motivation in mind, here are seven “projects with payback” you can consider tackling during Home Improvement Month to enhance your living space:

- ① Project #1 - Replace a garage door. This is probably the hardest working door in your home. You enter your house through it several times a day, so update it with a style that reflects your character.
- ② Project #2 - Get a new roof. It protects your family and your home, don’t take your roof for granted. Evaluate it every year, and, if it’s time for a replacement, consider a long-lasting, low-maintenance synthetic shake or slate roof. The realistic-looking shingles resist impact, fire and insect damage for peace-of-mind. Plus, having this sturdy roof overhead can often result in reduced homeowner insurance premiums each year!

③ Project #3 - Add a new deck. Ready to enjoy your outdoor living space in a new way? Add Composite Decking and prepare to relax in style. Easy to install, this low-maintenance compression molded composite decking has a deep, lasting woodgrain look. Best of all, there’s no need for painting or staining, and it comes in a variety of colors to complement your home exterior.

④ Project #4 - Upgrade to a designer privacy window. Tired of too-close neighbors looking into your home? Decorative privacy windows solve that problem.

⑤ Project #5 - Install a water-saving toilet. Low-flow toilets earning the WaterSense® label are certified to be at least 20 percent more efficient without sacrificing performance. That means a 1.28 gallon per flush (Gpf) toilet, like a Summit 1.28, can potentially save a family of four 16,206 gallons of water each year compared to a 3.5 Gpf toilet. Calculate your savings at the Water Savings Calculator ([www.mansfieldplumbing.com/water-savings-calculator](http://www.mansfieldplumbing.com/water-savings-calculator)) on the Mansfield Plumbing website to determine just how much water and money your family can save by investing in a toilet with a powerful flushing system.

⑥ Project #6 - Replace rotted exterior trim. Can you poke your finger into rotting trim around your home? If so, it’s time to replace those insect-infested boards with cellular PVC trim. Long-term maintenance hassles disappear when you invest in composite trim pieces. The durable pieces don’t absorb water like wood, so they won’t rot or warp.

### Exterior

Replacement Windows & Skylights • Bow & Bay Windows • Entry & Patio Doors Roofing  
Attic Insulation • Siding • Overhang & Trim Storm Windows & Doors  
Gutters, Downspouts & Gutter Topper®

### Remodeling

Kitchens • Bathrooms • Lower Levels • Attic Conversions  
Closet Organizers • Interior Living Spaces

**Main Office & Full Line Muskego Showroom**  
563 W13131 Janesville Road

**Exterior Products Brookfield Showroom**  
19115 W. Capitol Drive, Suite 102 (Sendik’s Towne Centre)

**Callen**  
We Put the “Wow” In Home Remodeling

(414) 529-5509 • [www.CallCallen.com](http://www.CallCallen.com)

## UNIVERSAL SERVICES®

### UNIVERSAL TRANSPORTATION

#### CONSIGN w/US

**SPECIALIZING IN SENIOR MOVING AND TRANSPORTATION**

<h4 style="text-align: center;">SENIOR MOVING</h4> <ul style="list-style-type: none"> <li>• Complimentary Moving Consultation</li> <li>• Senior Move Management</li> <li>• Complete Packing, Moving and Unpacking Services</li> <li>• Downsizing and Organizing</li> <li>• Apartment Layout and Design</li> <li>• Temperature Controlled Storage</li> <li>• Member of National Association of Senior Move Managers</li> <li>• Fully Licensed and Insured</li> <li>• Liquidation and Cleanout Service</li> <li>• Dumpster Service</li> <li>• Weekly or Bi-Monthly Cleaning Service</li> </ul>	<h4 style="text-align: center;">CONSIGNMENT SERVICES</h4> <ul style="list-style-type: none"> <li>• Consign w/US Resale Shop</li> <li>• Vintage &amp; Antique Furniture</li> <li>• Mid Century Antiques</li> <li>• Artwork &amp; Sculpture</li> <li>• Household Furniture &amp; Accessories</li> <li>• Collectables &amp; Memorabilia</li> <li>• EBAY or Craigslist Management</li> <li>• Estate Sales &amp; Auction Services</li> </ul> <p style="text-align: center;"><b>CONSIGN w/US</b> <b>414-397-5987</b> <a href="mailto:universalconsignment@gmail.com">universalconsignment@gmail.com</a></p>	<h4 style="text-align: center;">SENIOR TRANSPORTATION</h4> <ul style="list-style-type: none"> <li>• Weekly Grocery Shopping</li> <li>• Non-Emergency Medical Transportation</li> <li>• Dinner Theater Outings</li> <li>• Miller Park or Sporting Events</li> <li>• Potawatomi Casino Trips</li> <li>• Tours to Museums and Domes</li> <li>• Fully Licensed and Insured</li> <li>• All buses are Wheelchair Accessible</li> </ul> <p style="text-align: center;"><b>UNIVERSAL TRANSPORTATION</b> <b>262-257-0250</b> <a href="http://universalserviceswi.com">universalserviceswi.com</a></p>
--	---	--

## UNIVERSAL SERVICES

### 262-257-0250

#### 25 YEARS OF MOVING EXPERIENCES!

[universalserviceswi.com](http://universalserviceswi.com)

# PERSONALITY TESTING

## POINTS

1. (a) 2 (b) 4 (c) 6
2. (a) 6 (b) 4 (c) 7 (d) 2 (e) 1
3. (a) 4 (b) 2 (c) 5 (d) 7 (e) 6
4. (a) 4 (b) 6 (c) 2 (d) 1
5. (a) 6 (b) 4 (c) 3 (d) 5
6. (a) 6 (b) 4 (c) 2
7. (a) 6 (b) 2 (c) 4
8. (a) 6 (b) 7 (c) 5 (d) 4 (e) 3 (f) 2 (g) 1
9. (a) 7 (b) 6 (c) 4 (d) 2 (e) 1
- 10 (a) 4 (b) 2 (c) 3 (d) 5 (e) 6 (f) 1

## ADD up the total number of points

**OVER 60 POINTS:** Others see you as someone they should "handle with care." You're seen as vain, self-centered, and extremely dominant. Others may admire you, wishing they could be more like you, but don't always trust you, hesitating to become too deeply involved with you.

**51 TO 60 POINTS:** Others see you as an exciting, highly volatile, rather impulsive personality, a natural leader, who's quick to make decisions, though not always the right ones. They see you as bold and adventuresome, someone who will try anything once, someone who takes chances and enjoys an adventure. They enjoy being in your company because of the excitement you radiate.

**41 TO 50 POINTS:** Others see you as fresh, lively, charming, amusing, practical, and always interesting, someone who's constantly in the centre of attention, but sufficiently well-balanced not to let it go to their head. They also see you as kind, considerate, and understanding, someone who'll always cheer them up and help them out.

**31 TO 40 POINTS:** Others see you as sensible, cautious, careful & practical. They see you as clever, gifted, or talented, but modest. Not a person who makes friends too quickly or easily, but someone who's extremely loyal to friends you do make and who expects the same loyalty in return. Those who really get to know you, realize it takes a lot to shake your trust in your friends, but equally that it takes you a long time to get over if that trust is ever broken.

**21 TO 30 POINTS:** Your friends see you as painstaking and fussy. They see you as very cautious, extremely careful, a slow and steady plodder. It would really surprise them if you ever did something impulsively or on the spur of the moment, expecting you to examine everything carefully from every angle and then, usually decide against it. They think this reaction is caused partly by your careful nature.

**UNDER 21 POINTS:** People think you are shy, nervous, and indecisive, someone who needs looking after, who always wants someone else to make the decisions and who doesn't want to get involved with anyone or anything! They see you as a worrier who always sees problems that don't exist. Some people think you're boring. Only those who know you well, know that you aren't.

## The following test is pretty accurate and it only takes a few minutes

This is a real personality test, authored by Dr. Charles Vine, and given by Human Relations Departments at many of the major corporations today. It helps them receive better insight concerning their employees and in their prospective employees. It was also presented on the Dr. Phil Show. He scored 55 and Oprah received a 38. There are 10 simple questions, so grab a pencil and paper. Record your letter answers to each question.

### 1. When do you feel your best...

- A) in the morning
- B) during the afternoon and early evening
- C) late at night

### 2. You usually walk...

- A) fairly fast, with long steps
- B) fairly fast, with little steps
- C) less fast head up, looking the world in the face
- D) less fast, head down
- E) very slowly

### 3. When talking to people you...

- A) stand with your arms folded
- B) have your hands clasped
- C) have one or both your hands on your hips
- D) touch or push the person to whom you are talking
- E) play with your ear, touch your chin, or smooth your hair

### 4. When relaxing, you sit with...

- A) your knees bent with your legs neatly side by side
- B) your legs crossed
- C) your legs stretched out or straight
- D) one leg curled under you

### 5. When something really amuses you, you react with...

- A) big appreciated laugh
- B) a laugh, but not a loud one
- C) a quiet chuckle
- D) a sheepish smile

### 6. When you go to a party or social gathering you....

- A) make a loud entrance so you are noticed

- B) make a quiet entrance, looking around for someone you know
- C) make the quietest entrance, trying to stay unnoticed

### 7. You're working very hard, concentrating hard, and you're interrupted...

- A) welcome the break
- B) feel extremely irritated
- C) vary between these two extremes

### 8. Which of the following colors do you like most.....

- A) red or orange
- B) black
- C) yellow or light blue
- D) green
- E) dark blue or purple
- F) white
- G) brown or gray

### 9. When you are in bed at night, in those last few moments before going to sleep you are....

- A) stretched out on your back
- B) stretched out face down on your stomach
- C) on your side, slightly curled
- D) with your head on one arm
- E) with your head under the covers

### 10. You often dream that you are...

- A) falling
- B) fighting or struggling
- C) searching for something/somebody
- D) flying or floating
- E) you usually have dreamless sleep
- F) your dreams are always pleasant

# BUTLER



## FARMER'S MARKET

Monday Noon till 6:00 pm June 6 ~ Oct 17, 2016  
 Hampton & 127th Street ~ [www.butlerfarmersmarket.com](http://www.butlerfarmersmarket.com)  
[butlerfarmersmarket@yahoo.com](mailto:butlerfarmersmarket@yahoo.com) ~ 414 840-6602

## HOLY HILL ART FARM

### Art & Farm Markets

JUNE 4/5, SEPT 17/18

OCT 15/16

9am-4pm

FREE Admission & FREE Parking.

4958 Holy Hill Road (Hwy 167), Hubertus  
 2 miles east of Holy Hill Basilica



Unique Marketplace featuring Local Artists & Farmers

Artisans \* Antiques \* Vintage \* Upcycled \* Collectibles \* Unique Furniture  
 Paintings \* Pottery \* Drawings \* Photography \* Sculpture \* Glass \* Wood \* Metal  
 Garden \* Jewelry \* Fabric \* One of a kind Treasures \* Farm Fresh Products  
 Bakery \* Hot Delicious Food and Sandwiches \*\*Live Music\*\*



NEW for 2016! Farm Fresh Dinner Series

Tickets on sale NOW!

[www.holyhillartfarm.com](http://www.holyhillartfarm.com)

See the best you can see  
**EYE CARE SPECIALISTS**



Medical, surgical & laser services for every age and every need

Wisconsin's leading ophthalmology practice

Trusted by more than 130,000 doctors & patients since 1985

- Comprehensive Eye Exams
- In-Office Diagnostic Laser Scans
- Cornea, Lid & Retina Cases
- Dry Eyes/Ocular Infections
- Cataract, Glaucoma & Diabetes Care
- Macular Degeneration Treatment
- Laser Therapy & Vision Correction
- Accept Medicare/Most Insurances

"TOP DOCTORS" — Milwaukee & M Magazines



Mark Freedman, MD

Brett Rhode, MD

Daniel Ferguson, MD

Daniel Paskowitz, MD, PhD

Michael Raciti, MD

David Scheidt, OD

[www.eyecarespecialists.net](http://www.eyecarespecialists.net)

West Allis

10150 W. National Ave.  
414-321-7520

Wauwatosa

2323 N. Mayfair Rd.  
414-258-4550

Milwaukee

735 W. Wisconsin Ave.  
414-298-0099



## Things I've Learned From My Children

1. A king size waterbed holds enough water to fill a 2000 sq. foot house 4 inches deep.
2. If you spray hair spray on dust bunnies and run over them with roller blades, they can ignite.
3. A 3-year-olds voice is louder than 200 adults in a crowded restaurant.
4. If you hook a dog leash over a ceiling fan, the motor is not strong enough to rotate a 42 pound boy wearing Batman underwear and a superman cape. It is strong enough, however, if tied to a paint can, to spread paint on all four walls of a 20 by 20 foot room.
5. You should not throw baseballs up when the ceiling fan is on. When using the ceiling fan as a bat, you have to throw the ball up a few times before you get a hit. A ceiling fan can hit a baseball a long way.
6. The glass in windows (even double pane) doesn't stop a baseball hit by a ceiling fan.
7. When you hear the toilet flush and the words "Uh-oh," it's too late.
8. Brake fluid mixed with Clorox makes smoke, and lots of it.
9. A six-year-old can start a fire with a flint rock even though a 36-year-old man says they can only do it in the movies.
10. Certain Legos will pass through the digestive tract of a four-year-old.
11. Play Dough and Microwave should never be used in the same sentence.
12. Super glue is forever.
13. No matter how much Jell-O you put in a swimming pool you still can't walk on water.
14. Pool filters do not like Jell-O.
15. VCR's do not eject PB&J sandwiches even though TV commercials show they do.
16. Garbage bags do not make good parachutes.
17. Marbles in gas tanks make lots of noise when driving.
18. You probably do not want to know what that odor is.
19. Always look in the oven before you turn it on. Toys do not like ovens.
20. The fire department in Austin, TX has a 5-minute response time.
21. Spin cycle on the washing machine does not make earthworms dizzy.
22. It will however make cats dizzy.
23. Cats throw up twice their body weight when dizzy.
24. The mind of a six-year-old is wonderful.

## What My Mother Taught Me About...

1. My Mother taught me about ANTICIPATION...  
"Just wait until your father gets home."
2. My Mother taught me about RECEIVING...  
"You are going to get it when we get home!"
3. My Mother taught me to MEET A CHALLENGE...  
"What were you thinking? Answer me when I talk to you! Don't talk back to me!"
4. My Mother taught me LOGIC...  
"If you fall out off that swing and break your neck, you're not going to the store with me."
5. My Mother taught me MEDICAL SCIENCE...  
"If you don't stop crossing your eyes, they are going to freeze that way."
6. My Mother taught me to THINK AHEAD...  
"If you don't pass your spelling test, you'll never get a good job."
7. My Mother taught me HUMOR...  
"When that lawn mower cuts off your toes, don't come running to me."
8. My Mother taught me how to BECOME AN ADULT...  
"If you don't eat your vegetables, you'll never grow up."
9. My Mother taught me about GENETICS...  
"You're just like your father."
10. My Mother taught me about my ROOTS...  
"Do you think you were born in a barn?"
11. My Mother taught me about WISDOM OF AGE...  
"When you get to be my age, you will understand."
12. My Mother taught me about JUSTICE...  
"One day you'll have kids, and I hope they turn out just like you....Then you'll see what it's like!"

~anonymous emails

## Kids Need Good Homes



### Foster Parents Needed!!

#### Desire to make a difference in a child's life?

Family Works Programs, Inc. is looking for people interested in becoming treatment foster parents.

We provide:

- Training
- Weekly Social Worker Contact
- Respite
- Monthly Support Groups
- 24-Hour Crisis Intervention
- Compensation Based on the Needs of the Child

Make a difference, call today!

608-233-9204 or 800-660-9204  
[www.family-works.com](http://www.family-works.com)



# Mom's Rules and Manhood



by Joel L.A. Peterson

Our house was Mom's pride and joy, and she kept it immaculate and seasonally coordinated to her strict rules. A clash between Mom's rules and my ever spinning teenage roulette wheel of insecurities as a biracial adoptee from Korea would trigger events this day that would change me forever. After grace, my mother fixed her shockingly bright blue eyes on me.

"Noah, isn't that the same shirt that you wore yesterday? You need to go back upstairs and change your shirt."

"But it's *not* dirty!"

"That's not the point, young man. You know the rules, no son of mine is going to leave this house wearing the same shirt two days in a row." Something about her words seemed to spin that roulette wheel inside me.

"That's a stupid rule and since I'm *not* your *real* son, I am not changing my shirt!"

I didn't know what had come over me. I shouted these words at my mother. There was something about the words "no son of mine" that wildly spun that emotional roulette wheel of my teenage insecurities inside me. And the wheel landed on irrational racial non-identity. I was shocked and enraged at the same time.

There was always a trickle of blood inside my soul from a wound that could never fully heal, having been adopted at age six. And in the mirror, my Asian features screamed, "*No son of mine.*"

I ran up the stairs and into my room, slamming the door behind me. A few minutes later, Dad stepped through the door into my small bedroom.

Elmore Lindquist was not a man for elegant words and, though my dad would later completely forget this episode and this conversation, I would remember every word.

Most of the men that I had met were through my birth mother, and there was always something not right. I could feel that the men were there for a purpose not linked to me. I grew up watching my mother as she prostituted herself to feed and care for me. And my birth mother was a world apart from Ellen Lindquist.

Mom was a trim, attractive woman of thirty-eight. She had the classic blonde-haired, dancing blue-eyed combination of her Swedish blood and an air of energy and efficiency that hinted at her nursing school training. She smiled easily and often had a musical laugh. She was Doris Day, but slighter and far more intelligent.

Dad cleared his throat. "Son, there are two people in this world that a man shouldn't argue with. One is his wife. The other is his mother. Just because. A man just doesn't argue with either. And your mom is truly your mother in every way that is meaningful.

Son...because...being a man is NOT about how loud you can yell or how hard you can hit something or someone. You're going to learn that the hardest fights that a man will have in his life will be inside himself, with himself. Being a man is about winning against the pettiness of your own ego.

Because...most things just don't really matter. Of course, if it *does* matter, if you *truly* believe in your soul that the world will be a better place, that the course of history and your corner of mankind will truly be better off, then of course, stand up and be a man. But if you *know* in your heart, deep down inside you, that it doesn't really matter, except to you and your ego, then be a *real* man. Say you are sorry, even when you're not. Say you were wrong, even though you are right. Because a man should only stand up for things that truly matter.

Son, if you *truly* believe the world will be a better place because you wear that shirt, then wear the shirt. But it doesn't matter to the world, only to you, then wear something else and tell your mother that you're sorry"

Dad stopped talking. "Well, I have to get going to work now. I know you'll do the right thing, Son."

With those words, Dad turned and went out my bedroom door. I knew what I had to do – be the man that my father was. I came down to the kitchen with my book bag, my mother looked up from her cup of instant coffee. I was wearing a different shirt.

"Mom? I'm sorry for the things I said."

"Thank you, Noah. You'd better hurry."

I could sense she wanted to say so much more, maybe to say how sorry she was about my bleeding soul, to let me know that she loved me and worried for me. But she didn't need to say anything.

I knew.

In his new book, *Dreams of My Mothers*, author Joel L.A. Peterson brings his unique personal background as a biracial international adoptee and combines it with his penetrating insights into multiple cultures to create an exceptionally enthralling and inspirational story. Learn more at [www.dreamsofmyothers.com](http://www.dreamsofmyothers.com).

## Caring Partners Invites You to a Lunch 'n Learn:

### Art & Music Therapy in Memory Care

Tuesday, May 10 • 11:30 am – 1 pm

Moderator: Chazzan Jeremy Stein

#### Panelists:

Sarah Cohen, MSW

Kimberly Roseneau, AP-BC

Malia Fischer, Activity Director

Dawn Adler, RTA

RSVP by May 4 to Elaine Gauger  
[egauger@jewishseniorliving.org](mailto:egauger@jewishseniorliving.org) or  
414.277.8801



Hand in Hand  
Volunteer  
Partners in Caring



1414 N. Prospect Ave. • [jhccmilwaukee.org](http://jhccmilwaukee.org)

CARE



## Caregiver Support Group

1-2 pm • Tuesdays, June 21, July 19,  
August 16, and September 20

### Chai Point Private Conference Room

Are you providing care and support for a loved one with dementia? Do you want to connect with others who know what you're going through? We understand and are here to help.

Please join us as we explore dementia, discuss challenging behaviors, and offer practical tips and strategies.

#### Facilitated by social workers:

Dana Rubin-Winkelman MSW, CAPSW,

JHCC Adult Day Center

Carolyn Schuman, MSW, CAPSW,

Chai Point Senior Living

#### Light refreshments will be served.

This program is free & open to the public.

Please call 414.289.9600 to RSVP.

Free parking is available under the building at  
1414 N. Prospect Ave.



1400 North Prospect Avenue, Milw. • 414-289-9600  
[www.chaipoint.org](http://www.chaipoint.org) • Like us on Facebook • Twitter@jsliving

**Dreaming of your next great adventure?**

**Let's make it happen!**

*Enjoying life is important to us as well.  
That's why we're motivated to talk,  
without obligation, about how best to  
build a plan to deliver on your dreams.*



**contact us:**  
**Aegis Wealth Advisors**  
1208 State Road 83  
Hartland, WI 53029  
262-369-5200  
www.aegiswi.com

# Independence

*...over the phone*

Is hearing loss keeping someone you love from connecting over the phone? The new CapTel® Captioned Telephone helps clarify anything they may miss. CapTel is telephone independence for them, peace of mind for you!

**CapTel**<sup>®</sup>  
Captioned Telephone



**1-800-233-9130 | www.CapTel.com**

*Blooming flowers, migrating birds, splashing waterfalls, even a 100-mile garage sale – these are just a few reasons why you should visit one of these five destinations this spring.*

## 5 Cities to Visit for Springtime Pleasures

From TravelWisconsin.com



### Celebrate the Season: Gays Mill

This tiny town, nestled into a valley in the Driftless area of the state, knows how to welcome warmer weather. Where else can you find events like bareback bronc riding, a clogging workshop, Maypole dancing, and the toe tappin' music of Spider John Koerner? All that and more happens at the Spring Festival/Folk Festival, May 6-8, 2016. Bring your appetite – festivities include a bake sale and pancake breakfast. Creative workshops are offered on the fiddle, banjo and bones, plus writing and children's poetry. Apart from the festival, the surrounding Kickapoo Valley is easy on the eyes, especially when thousands of pink-and-white apple blossoms give their own fragrant tribute to Mother Nature – check [www.kickapoo-orchard.com](http://www.kickapoo-orchard.com) for updates on the blooms. To spend the weekend, try the Travel Green Wisconsin certified Inn at Lonesome Hollow – they have special spring packages, including cheesemaking workshops April 30-May 1 and June 4-5. [www.gaysmills.org](http://www.gaysmills.org).

### Watch the Birds: Horicon

Horicon, on the Rock River, is pleasant any time of the year, but spring is particularly enjoyable, especially during the May birding season. The Horicon Marsh Birding Festival takes place May 6-9, 2016. Events throughout the weekend include bus and hiking tours, bird banding demonstrations, birding boat tours, workshops and a photography contest for shutterbugs. Experience the rustlings, croaks and twitters that permeate the marsh after dusk on the Night Sounds bus tour. Add in a little romance at the Honeybee Inn, just a few blocks away, and take advantage of their Birds and Bees special beginning in May. The package includes a one-hour pontoon ride through the marsh courtesy of Travel Green Wisconsin certified Blue Heron Landing, a sumptuous dinner for two, gourmet breakfast, a Wisconsin birding book and chocolate covered strawberries.



### Smell the Flowers: Green Bay

One way to really go green is to visit Wisconsin's own city by the bay. Green Bay's Botanical Garden has 47 acres of springtime splendor: bulbs are planted to be at their peak around the middle of May, so expect carpets of tulips, daffodils and flowering shrubs. On May 12, enjoy the TasteBud Outdoor Culinary Experience, where local restaurants present their most appealing cuisine in the lovely spring gardens. Other special days include Mother's Day and Memorial Day—free for moms and vets, respectively. For another type of green, check out the 15 public golf courses within 10 miles of downtown. And even if you're not a golfer, you can still get a springtime view

of the action: Pine Tree, the gastro-pub at Thornberry Creek at Oneida, offers dining al fresco on a beautiful veranda overlooking the golf course.

### Go Natural: Superior

Winter seems to last a little longer in Superior, making springtime especially sweet. This part of the state offers miles of spectacular beauty, both on the shores and further inland. Start your visit at Barker's Island, where you can tour the SS Meteor, the only surviving whaleback ship – her maiden voyage began in Superior in 1896. You're likely to see other ships sailing in and out of the harbor while you're walking or biking the 5-mile paved Osaugie Trail, which begins on the island. But to really experience nature, head a few miles south on Hwy 35 to Pattison State Park for nine miles of hiking trails, camping, and two waterfalls; one is the tallest in the state. Big Manitou pours straight down from a height of 165 feet, while sister falls Little Manitou drops a relatively short 31 feet, right into Interfalls Lake. There's a swimming beach and picnic area, and fishing is allowed on the Black River below Big Manitou.

### Artfully Rummage: Stockholm

Forget spring cleaning – how about a little spring shopping? Head to artsy little Stockholm – it's right in the middle of the 100 Mile Garage Sale, which stretches along both sides of the Mississippi River, May 5-8. In Wisconsin, rummages run along Hwy 35 from Bay City to Nelson. Stockholm is the perfect place to make your hub for the weekend, with lots of lovely gardens to take the winter right out of your memory, and several galleries, boutiques and restaurants. Stay in the 1869 home of Stockholm pioneer Eric Peterson at Great River Bed & Breakfast, or the earth-friendly Travel Green Wisconsin certified Journey Inn. If you're really into art, check out the Spring Fresh Art Tour, May 13-15, in 14 studios and galleries in the area. You can self-tour along the winding roads, or try the bus tour.



*Fun and games aren't just for the kids anymore when enjoying a relaxing Wisconsin summer getaway!*

## Resorts that cater to the adult crowd

By Arlene Becker

Summer is a great time for fun getaways, but often when people think of going off to a Wisconsin resort we think of kids splashing in pools. That's true too, but there are several resorts in Wisconsin where the splashers are mainly adults.

Resorts like the American Club, The Olympia Resort and Spa and two in Door County; the Landmark, the Country House Resort and the Osthoff in Elkhart Lake are among those that cater to the grown-up crowd.

The American Club in Kohler, is one of the most posh resorts in Wisconsin and one of the most historic. Staying there is a golfer's dream. Four golf courses are part of the resort, including an Irish course that looks like it's in Ireland. A top notch spa is also on the grounds. Since it's owned by the Kohler Corporation each room or suite has its own unique and upscale bathroom and bath fixtures. Nine restaurants are on the grounds as well, with the Immigrant Room as the most posh. Wonderful gardens permeate the grounds and an English glass greenhouse offers coffee and ice creams. Complimentary tea is offered with cookies each afternoon.

For work-out buffs there's a large separate center with two large pools and a small beach.

A several hundred acre area offers great hiking paths. Check out the Design Museum with its wall of china, with commodes galore in a variety of colors, model kitchens and bathrooms.

The Olympia Spa and Resort is on Highway 67 just off of I94. It fronts a wonderful pond with a waterfall decorating it. It has both an indoor and an outdoor pool and an extremely large work-out room. The resort has several very large and elegant suites with huge bedrooms and thirty foot

Resorts for Adults  
*continued on page 22*

## WHY CAN'T I LOSE WEIGHT?



By Eduardo Castro, MD

You likely have **Fat Loss Resistance Syndrome (FLRS)**. FLRS is the result of triggering survival mechanisms that allowed man to live through lengthy periods of searching for food, back in time when a next meal was not a certainty. These survival mechanisms can be inappropriately triggered today in our world of plenty, and the result is FLRS. It usually has three underlying factors that can be corrected: 1) Disruption of the hormones that regulate fat storage and energy utilization; 2) Excessive inflammation and 3) Unhealthy genetic expression.

Are you among the growing number of distressed people who do not lose weight when they diet earnestly? Or you may lose just a few pounds, nowhere near the amount you expected to lose. And easy weight gain after dieting is common, even when your diet is good.

## WHY CAN'T I LOSE WEIGHT!!??

### Hormones

We have in our genetic blueprint an exquisite ability to assess and regulate precisely how much energy we store. We do not store protein and we store enough sugar for only a burst of activity. But we adapted to store enough fat to fuel the hunt for food for weeks.

As energy stores begin to deplete, it activates a cascade of hormonal changes that preserve fat by both decreasing metabolic rate and by making more fat whenever possible. Hormones can even direct the breakdown of muscle and organ tissues for energy to preserve fat stores.

If this cascade of hormones, meant to save us from starvation, gets triggered when we have more than sufficient fat stores, the picture of FLRS emerges. The first step in correcting FLRS is to regain proper hormone regu-

lation. The usual suspects are insulin, leptin, thyroid, and cortisol, and adrenalin and estrogen can also play a role. Typically, the following must be addressed to overcome FLRS.

- \* Insulin resistance
- \* Leptin resistance
- \* Low thyroid functioning even with normal blood testing
- \* Elevated cortisol levels
- \* Adrenalin resistance
- \* Excessive estrogen activity

By the way, although the causes of FLRS can get complicated, the solutions are straightforward. Plus, the causes of FLRS are interrelated so working on one often has a favorable effect on the others.

### Inflammation

Inflammation is an important part of healthy immune functioning. It is a defense against invading microorganisms

and impedes the spread of infection, cleans up cellular debris and dead cells, and promotes healing. But like a nice bonfire getting out of control, excessive inflammation damages. Excessive inflammation is not only present in FLRS, it is the hallmark of Alzheimer's disease, autism, arthritis, auto-immune disease, severe allergies, asthma and cancer.

Excessive inflammation results from poor diets and from toxic substances. But in this world dominated by multinational corporations whose only concern is the bottom line, clean, high quality food is expensive and difficult to find, and avoidance of toxic substances is impossible. This means if you have FLRS, you are going to have to work harder than most people to eat well and to minimize your toxic exposures. And some will need to work at detoxification as well.

WHY CAN'T I LOSE WEIGHT continued on page 17

## ENRICHING LIVES ... THROUGH COMMUNITY LIVING

"If I knew it would be this nice ...

*I would've  
moved in  
years ago!"*



**CALL US,  
414-355-9300  
FOR YOUR PERSONAL  
TOUR  
& COMPLIMENTARY  
LUNCH**

9301 N. 76 STREET, MILWAUKEE, WI



## Affordable

**SENIOR HOUSING**  
6 Desirable and Convenient Locations

**Becker Property  
Services, LLC**

**262-240-9406**  
EMAIL: BeckPropSvc@aol.com

*Accessible, federally subsidized, safe, secure,  
barrier-free, affordable one bedroom apartments  
for seniors age 62 & older.*

- Burnham Village  
West Milwaukee
- Cifaldi Square  
Cudahy
- Gonzaga Village  
West Allis
- Oak West  
West Allis
- Sunset Heights  
Waukesha
- Valentino Square  
West Allis

Call or email for more information or an application!

[www.beckerpropertyservices.com](http://www.beckerpropertyservices.com)



**ALEXIAN  
BROTHERS**  
ALEXIAN VILLAGE OF MILWAUKEE

www.AlexianBrothers.net  
(414) 355-9300

# WHY CAN'T I LOSE WEIGHT? continued from page 16

## Genetic Expression

The notion that our genes largely determine our fate has been substantially modified. It has become clear that genes can be active or inactive and that various combinations of active and inactive genes can result in markedly different outcomes.

The field of science that studies what affects gene expression is epigenetics. To our great advantage epigenetics research indicates that there are several factors within our control that significantly affect our gene expression. Since FLRS becomes established via unhealthy gene expression, take particular note of these:

\* Diet – eating the foods we are genetically adapted to turns on healthy gene expression; \* Bowel health – microbes that inhabit our bowels influence weight, energy levels, sleep patterns, emotional regulation; \* Toxic burden – avoidance and improved detoxification; \* Vitamin D level (specifically, the 25-OH Vitamin D level) – Vitamin D affects at least 20% of our gene expression and should

be optimized to a blood level of 60-80 ng/ml; \* Physical activity; \* Beliefs – not just being optimistic or hopeful but choosing to conduct yourself (thoughts and actions) as though your chosen belief is already in the process of becoming reality and having the feelings of profound gratitude (the joy you will feel when you are at a healthy body weight)

### *So how do you overcome FLRS and become able to lose weight?*

- \* Eat healthy food, foods man is genetically adapted to, do not restrict calories until FLRS is corrected
- \* Reduce your exposure to toxic substances
- \* Enhance your detoxification processes
- \* Avoid foods that cause an inflammatory reaction in your gut
- \* Achieve optimal thyroid functioning

There are other considerations that, when addressed, help overcome FLRS:

\* Stress Management – particularly important since FLRS itself is highly stressful physically, emotionally, and psychologically

\* Medications – avoiding those that cause weight gain

Treating FLRS allows people to overcome the array of physiological problems that prevent them from losing weight. By helping people determine what the most likely underlying problems are, they are able to focus their attention and effort on correcting the problems and then they can begin losing weight.

Eduardo Castro, M.D. is the owner and Medical Director for the Mount Rogers Clinic in Troutdale, VA. Dr. Castro is the co-author of two books on neurofeedback with Robert Hill, PhD, *Getting Rid of Ritalin* and *Healing Young Brains*. For more information on his newest book, *When Diets Work: Overcoming Fat Loss Resistance* please visit: [www.whendietswork.com](http://www.whendietswork.com)



## Milwaukee to Receive 500 More Gardens

May 7 will launch 8<sup>th</sup> annual garden-building event

For the past 7 years, Victory Garden Initiative has installed raised-bed gardens across Milwaukee and beyond. From May 7-21, over 300 volunteers will join Victory Garden Initiative (VGI) for the nation's largest garden-building event, the Great Milwaukee Victory Garden BLITZ. Over these two weeks, volunteers will build approximately 500 4x8' raised-bed gardens filled with healthy, organic soil in front

yards and backyards all over the city, bringing the total number of gardens installed by VGI to over 3,000.

The gardens, purchased by community members at an affordable price, are installed by volunteers and filled with organic soil from VGI's local compost partner, Blue Ribbon Organics. *Anyone can purchase a garden for their yard or business.* Each year up to half of the BLITZ gardens go to low-income recipients at a reduced price.

The BLITZ mobilizes hundreds of volunteers, who will meet every day at Habitat for Humanity's Milwaukee headquarters, 3726 N. Booth St., to gather supplies and head out to neighborhoods to build gardens. Gillian M., a BLITZ volunteer, says, "The work all of you do every day is inspiring and gives me

hope for the future, as a lifelong resident of the inner city neighborhoods, which often receive harsh misunderstanding or a lack of attention altogether by so many other Wisconsin communities. Thank you for your example of going above and beyond your fair share of work." Volunteer registration is open to individuals and groups.

To sign up to volunteer or get a garden, please visit [www.victorygardeninitiative.org/blitz](http://www.victorygardeninitiative.org/blitz)

### MOM STILL HAS STORIES TO SHARE. WE HELP HER SHARE THEM.

- Award-winning Bridge to Rediscovery™ memory care program
- Montessori-based activities, encouraging confidence and joy
- 24-hour care by a specially trained team
- Five Star Dining Experience for healthy nutrition



### SCHEDULE YOUR PERSONAL TOUR TODAY

JACKSON CROSSINGS

N168 W22022 Main Street  
Jackson, WI 53037



**262-993-2838**

[www.JacksonCrossings.com](http://www.JacksonCrossings.com)



©2016 Five Star Quality Care, Inc.



**1st MONTH FREE**  
with 1 year lease

### Cottonwood Trails Apartments

4600 S. Nicholson Ave • Cudahy

- Non-smoking
- Heated underground parking
- Elevator service • Laundry on each floor
- Controlled entry access with private intercom
- Community room / Social Activities
- 1 & 2 Bedrooms w/ Heat & water

### A Senior Complex

Income Eligible for Adults 55+

Call Andrea at 414-483-9969

to schedule a visit!



[cottonwood@bearproperty.com](mailto:cottonwood@bearproperty.com)



**Simple Cremation: \$595.00**  
(Excluding Cremation Permit & Fee)

**Traditional Funerals:**  
**\$1395.00** at the Church or Cemetery Chapel of your choice  
**\$1995.00** at the Funeral Home

Call for more details  
**414.453.1562**

Two locations to serve you!  
Serving all of Wisconsin

Family Owned and Operated  
Title 19 & Pre-Arrangements



### **BERKSHIRE AT KENSINGTON**

1800 Kensington Dr.,  
Waukesha, 53188  
**262-548-1449**

- FREE Utilities
- Free indoor parking
- Pets welcome (limited)
- Social Activities
- On-site bank, chapel, beauty salon, fitness center
- Convenient elevators
- Transportation to shopping
- Located on bus line
- Pergola & gazebo with BBQ grills
- No Smoking



### **BERKSHIRE WEST ALLIS**

1414 S. 65th St., West Allis  
**414-258-2720**

- Spacious open floor plans
- FREE heat, hot water
- FREE underground parking
- Elevator
- Courtyard with gazebo, BBQ grill
- Social activities
- Exercise room & classes
- Beauty salon & library
- Near historic West Allis shops & farmer's market, Walgreens, banks and Senior Center
- Located on bus line
- Smoke Free Community



### **BERKSHIRE OCONOMOWOC**

210 S. Main St., Oconomowoc  
**262-567-9001**

- Spacious floor plans
- Ceiling fans
- Elevator service to all floors
- Laundry room on each floor
- Free heated underground parking
- Free heat & water
- Pet friendly with some restrictions
- Walking distance to the downtown area, two lakes & farmers market
- Activities w/Oconomowoc Area Senior Center on site
- No Smoking



## **ACTIVE ADULT COMMUNITIES (55+)\***



### **BERKSHIRE GREENDALE**

7010 W. Grange Avenue  
Greendale, WI 53129  
**414-421-4900**

- Near Historic Downtown Greendale & Southridge Mall
- Spacious floor plans with walk-in closets
- Balcony or patio with all homes
- Heat & hot water included
- Select homes with washers & dryers
- Laundry rooms on each floor
- Free underground/surface parking
- Business & fitness centers, community room & BBQ Patio
- Pets cherished
- No Smoking



### **BERKSHIRE AT SUNSET**

S30 W24890 Sunset Drive  
(Corner of Sunset Dr and Prairie Ave)  
Waukesha, WI 53189  
**262-548-0131**

- Balcony/patio with every home
- Spacious open floor plans with walk-in closets
- Free indoor/surface parking
- Heat & water INCLUDED
- Laundry rooms/storage units on each floor w/ elevator
- Great new shopping on Sunset Dr.
- Pet friendly
- Social activities for everyone!
- Smoke Free



### **BERKSHIRE GRAFTON**

1004 Beech St., Grafton  
**262-376-9661**

- Convenient location in the heart of Downtown Grafton
- Heat & water Included
- Free underground/surface parking
- W/D hook-ups in 2bdm Apts
- Same floor storage units, laundry facilities & trash chute
- Patio or balcony for each unit
- Media center, fitness room, community room & patio for everyone's enjoyment
- Non-smoking complex
- Pet Friendly

\*Income Limits May Apply



Professionally Managed by OAKBROOK CORPORATION



## EARTH TALK

From the Editors of  
E/The Environmental Magazine

Modern intensive agricultural methods have stripped increasing amounts of nutrients from the soil in which the food we eat grows. Sadly, each successive generation of fast-growing, pest-resistant carrot is truly less good for you than the one before.



### What's the nutritional difference between the carrot I ate in 1970 and one I eat today?

*I've heard that that there's very little nutrition left. Is that true?*

It would be overkill to say that the carrot you eat today has very little nutrition in it—especially compared to some of the other less healthy foods you likely also eat—but it is true that fruits and vegetables grown decades ago were much richer in vitamins and minerals than the varieties most of us get today. The main culprit in this disturbing nutritional trend is soil depletion:

A landmark study on the topic by Donald Davis and his team of researchers from the University of Texas (UT) at Austin's Department of Chemistry and Biochemistry was published in December 2004 in the *Journal of the American College of Nutrition*. They studied U.S. Department of Agriculture nutritional data from both 1950 and 1999 for 43 different vegetables and fruits, finding "reliable declines" in the amount of protein, calcium, phosphorus, iron, riboflavin (vitamin B2) and vitamin C over the past half century. Davis and his colleagues chalk up this declining nutritional content to the preponderance of agricultural practices designed to improve traits (size, growth rate, pest resistance) other than nutrition.

"Efforts to breed new varieties of crops that provide greater yield, pest resistance and climate adaptability have allowed crops to grow bigger and more rapidly," reported Davis, "but their ability to manufacture or uptake nutrients has not kept pace with their rapid growth." There have likely been declines in other nutrients, too, he said, such as magnesium, zinc and vitamins B-6 and E, but they were not studied in 1950 and more research is needed to find out how much less we are getting of these key vitamins and minerals.

The Organic Consumers Association cites several other studies with similar findings: A Kushi Institute analysis of nutrient data from 1975 to 1997 found that average calcium levels in 12 fresh vegetables dropped 27 percent; iron levels 37 percent; vitamin A levels 21 percent, and vitamin C levels 30 percent. Yet another study concluded that one would have to eat eight oranges today to derive the same amount of Vitamin A as our grandparents would have gotten from one.

What can be done? The key to healthier produce is healthier soil. Alternating fields between growing seasons to give land time to restore would be one important step. Also, foregoing pesticides and fertilizers in favor of organic growing methods is good for the soil, the produce and its consumers. Those who want to get the most nutritious fruits and vegetables should buy regularly from local organic farmers.

UT's Davis warns that just because fruits and vegetables aren't as healthy as they used to be doesn't mean we should avoid them. "Vegetables are extraordinarily rich in nutrients and beneficial phytochemicals," he reported. "They are still there, and vegetables and fruits are our best sources for these."

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). Subscribe: [www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).



Seven Neighborhood Assisted Living Homes located in Milwaukee & Waukesha Counties.

414.258.9955  
or [info@cle-ccls.com](mailto:info@cle-ccls.com)  
Visit our website at: [www.cle-ccls.com](http://www.cle-ccls.com)

## CLE HAVEN

Our NEW Senior Communities specializing in dementia care and individuals needing physical and medical care.

*Haven in Cudahy is a newly completed, stately 24-suite assisted living community.*

*Haven in Bayside is a beautiful 20-suite assisted living community minutes from Lake Michigan in one of the most prestigious neighborhoods.*

Both Facilities Opening this Fall

For a FREE EMAIL SUBSCRIPTION to Boomers! Newspaper send your email to: [milwaukeepublishing@wi.rr.com](mailto:milwaukeepublishing@wi.rr.com)



Watch for the SUMMER ISSUE of BOOMERS! on the stands and online JUNE 10

[www.boomersnewspaper.com](http://www.boomersnewspaper.com)



Personal Emergency Response Unit  
Med Machine  
Personal Ride Service

### Why Choose

#### Secure At Home?

- Locally owned & operated
- Pro-rated billing, NO CONTRACT
- Same day installation
- After hours/weekend servicing
- 6 years of helping out Wisconsin residents
- 24-hour emergency help with live operator
- Compatible with any phone service
- Put unit on hold while in rehab/vacation
- NEW - Personal Ride Service available
- 32-hour back-up battery on console
- Geriatric assessment included



(414) 378-1938 or (866) 670-0888  
[www.secureathomellc.com](http://www.secureathomellc.com)

**WELCOME NOW RENTING - OPEN SOON!**



# Living Life on Purpose.®

## Come Experience the Lighthouse at Beaver Creek Today

With the ambiance of a fine hotel, **Independent Living, Assisted Living, Betty's Harbor Memory Care** and **Short Term Stay** options are complemented by a variety of wonderful amenities, activities and special events – all dedicated to Living Life on Purpose.®.



Warm Water Therapy Pool & Fitness Center



Rusty Anchor Pub



Dance Hall - Theater Room

**SCHEDULE A TOUR TODAY**  
Call 262-510-0008 or email  
[jglanz@npseniorliving.com](mailto:jglanz@npseniorliving.com)



8875 N. 60TH STREET, BROWN DEER, WISCONSIN 53223 • [npseniorliving.com](http://npseniorliving.com)



## YOUR FINANCE

### Ask Tim



Tim,  
Is there a way to determine if the “next great investment” is good or bad for my retirement plan?

~Ben, Delafield

### ANSWER

Ben,

You’ve heard the whispers, the “next greatest thing” is out there and you can get on board, but only if you hurry. Sound familiar? The prospect of being on the ground floor of the next big thing can be thrilling. But while there really are great new opportunities out there once in a while, those “hot new investments” can often go south quickly. Jumping on board without all the information can be a bit like gambling in Vegas: the payoff could be huge, but so could the loss. A shrewd investor will turn away from spur-of-the-moment trends and seek out solid, proven investments with consistent returns.

**Information vs. emotion.** Many of these “next greatest investment” opportunities target an emotional response from investors such as ‘fear of loss’ or ‘market collapse’. The choices we make with our assets can be strongly influenced by emotion, and most people have experienced how challenging it can be to determine if you’re making the right decision. My recommendation is to not allow emotion to be part of your decision. Investors should always base their decisions on facts and data, and thoroughly consider the risks involved.

**Risky business.** Many people claim not to be risk-takers, but that isn’t always the case. Most proficient investors aren’t reluctant to take a risk, they’re reluctant to accept a loss. Yes, there’s a difference. The first step is to establish what constitutes an acceptable risk by determining what you’re willing to lose. The second step is to always bear in mind the final outcome. If taking a risk could help you retire five years sooner, would you take it? What if the potential loss involved working an extra ten years before retiring; is it still a good risk? By weighing both the potential gain and the potential loss, while keeping your long-term goals in mind, you can more wisely assess what constitutes an acceptable risk.

**The crystal-ball approach.** Some investors attempt to predict the future based on the past. As we all know, just because a stock rose yesterday, that doesn’t mean it will rise again today. We know this, but some “shrug off” this knowledge in favor of hunches. Instead of stock picking, we should exercise caution and seek out investments with the potential for consistent returns.

**The gut-driven investor.** Some investors will pull out of investments the moment they lose money, or jump into “the next greatest investment” every time the market fluctuates. These are emotional decisions, and can lead to devastating losses. When people try to time the market, they have to be correct twice. They have to be pull out of the market at the correct time, and get back in the market at the correct time. Research shows that the vast majority of investors who practice this method do not beat long-term market performance benchmarks.

**Life Changes.** Many investors “stir up” their investments when major events happen, including births, marriages, or deaths. While it’s a good time to review your portfolio when there are changes in family structure in order to update beneficiaries and review long-term objectives, it’s not a good time to make dramatic portfolio changes.

**Eliminate Emotion.** My recommendation is to enlist a qualified Financial Advisor who is a Fiduciary, someone who is held to the highest legal standard to act in your best interests when assisting you with financial decisions. A fiduciary advisor will be able to assist you in determining if “the next greatest investment” is good for your portfolio, or just investment marketing that appeals to changing emotions or short-term needs. Think of your Fiduciary Advisor like your Financial Doctor. You might really want to try that piece of cake, but that cake isn’t always the best thing for your retirement plan.

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 info@aegiswi.com. Timothy M. Stasinoulis 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.

# Spring

into your new home at

## SUNRISE VILLAGE

SENIOR LIVING COMMUNITY  
55 and Better Community

1 and 2 Bedrooms Available

*You'll love it here!*

ONE  
MONTH FREE  
RENT!!

Located in  
**SOUTH MILWAUKEE**  
2500 10th Avenue

CALL KIM  
414-764-7997

TO SCHEDULE A SHOWING!

Managed by Premier Real Estate Management

Units Include...  
heat,  
water, sewer,  
trash & much  
MORE!



## REILLY-JOSEPH COMPANY

**PAY ONLY  
30% OF GROSS  
INCOME  
FOR RENT!**

**AFFORDABLE  
HOUSING  
FOR SENIORS**

\*\*\*\*\*

**Courtyard Apts. 62+**  
12250 W. North Ave.  
Wauwatosa

**Hampton Regency 62+**  
12999 W. Hampton Ave., Butler

**Southgate Square 62+**  
3775 S. 27th St., Milwaukee

**Surlow Senior Residences 62+**  
2964 N. Bartlett Ave., Milwaukee

**Oakview Manor 62+**  
4720 Byrd Ave., Racine

**Washington Court 62+**  
5101 Wright Ave., Racine

**Bayview Manor 62+**  
740 E. Linus St., Milwaukee

**1 BEDROOM  
Appliances  
On-Site Management**

Please call 414-271-4116 for an application. EHO  
[www.lowincomerentalsmilwaukee.com](http://www.lowincomerentalsmilwaukee.com)

Professionally Managed by Reilly-Joseph Company

# Resorts that cater to the adult crowd

continued from page 15

square living rooms with a fireplace and two bathrooms, a wonderful place to have a romantic getaway. The resort has a warm spa in its lower level as well. Next to its restaurant, a night club for adults with a fun popcorn machine and free popcorn and live entertainment on weekends.

The Landmark Resort near Sister Bay in Door County offers condo accommodations with several pools. One pool is in a wooded glen and the other three are on a bluff overlooking Lake Michigan. Its indoor-outdoor breakfast restaurant overlooks the water and makes the breakfasts very special. The condo accommodations, with one or two bedrooms and kitchens, make you feel you have your own cottage in the country. Wonderful woods surround the condo buildings and each has a large lobby and drawing rooms overlooking the water with breathtaking views of the lake. For more nighttime entertainment you can visit Sister Bay nearby. A scenic golf course is right next door to the resort.

The Country House Resort is a charming small resort on a bluff overlooking woods and an inlet of Lake Michigan, also near Sister Bay. The resort's policy is that there is no guests welcome under the age of thirteen so that this is indeed an adult only resort.

The accommodations are predominately a bedroom and living room with a hot tub and a built in kitchen. Year round a complimentary breakfast is offered -a very elaborate one in the warmer months! Just relaxing is a great thing to do here. There's a hand-made wooden double swing perfecting for daydreaming. Along with the hot tub in the living room there's a gas fireplace so that you can sit and enjoy a glass of wine by the fire. Each accommodation also has a balcony in which to enjoy the view.

The Osthoff is another posh resort with elegant suite accommodations, ranging from one bedroom to four bedrooms. It overlooks Elkhart Lake and has its own small beach. It has both indoor and outdoor pools. In the summer the Osthoff's boat plies the lake with morning and afternoon excursions offering coffee and sweets. A Feng Shui Spa with a national reputation is part of the Osthoff. The resort offers several special weekends, including a jazz weekend, a big band weekend, cooking weekends, and its Christmas Market. One of its two restaurants, Lolas overlooks the lake and has haute cuisine food.

*Remember, fun and games aren't just for the kids anymore when enjoying a relaxing Wisconsin summer getaway!*



Photos courtesy Landmark Resort, Door County

\*\*\*\*\*  
*We got married for better or worse.  
 He couldn't do better, I couldn't do worse.*  
  
*Food has replaced sex in my life.  
 Now I can't even get into my own pants!*  
 \*\*\*\*\*

## It is a New Day at Wellspring!



**Wellspring**  
OF MILWAUKEE

A Rehabilitation & Skilled Nursing Center



Wellspring of Milwaukee has opened a new post-acute brain injury unit named DaySpring.

### Wellspring of Milwaukee specialties:

- |                           |                  |
|---------------------------|------------------|
| Short-Term Rehabilitation | Respiratory Care |
| Skilled Nursing Care      | Memory Care      |
| Wound Care Management     | Respite Care     |



- One of five state certified programs in Wisconsin
- Talented staff that are specialists in brain injury rehabilitation.
- 4-5 hours of intensive therapy daily.
- Rehabilitation Team includes: Neuro-Psychologist, Physiatrist, Psychiatrist, Nurse, Physical Therapist, Occupational Therapist, Speech-Language Pathologist and Recreation Therapist.

Wellspring of Milwaukee *excels* in providing Respiratory Care Services to our residents that include Tracheostomy Management, Weaning and Support Services.



**9350 W. Fond du Lac Avenue \* Milwaukee, WI 53225 \* Phone: 414-438-4360**  
**Fax: 414-815-5283 \* www.wellspringhealthcarecenter.com**



# Male Vs. Female

## NICKNAMES

If Laura, Kate and Sarah go out for lunch, they will call each other Laura, Kate and Sarah. If Mike, Dave and John go out, they will affectionately refer to each other as Fat Boy, Godzilla and Four-eyes.

## EATING OUT

When the bill arrives, Mike, Dave and John will each throw in \$20, even though it's only for \$32.50. None of them will have anything smaller and none will actually admit they want change back. When the girls get their bill, out come the pocket calculators.

## MONEY

A man will pay \$2 for a \$1 item he needs. A woman will pay \$1 for a \$2 item on sale that she doesn't need.

## BATHROOMS

A man has six items in his bathroom: toothbrush/toothpaste, shaving cream, razor, a bar of soap, and a towel. The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

## ARGUMENTS

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

## FUTURE

A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.

## SUCCESS

A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.

## MARRIAGE

A woman marries a man expecting he will change, but he doesn't. A man marries a woman expecting that she won't change, but she does.

## DRESSING UP

A woman will dress up to go shopping, water the plants, empty the trash, answer the phone, read a book, and get the mail. A man will dress up for weddings and funerals.

## NATURAL

Men wake up as good-looking as they went to bed. Women somehow deteriorate during the night.

## OFFSPRING

Ah, children. A woman knows all about her children. She knows about dentist appointments and, best friends, favorite foods, secret fears and hopes and dreams. A man is vaguely aware of some short people living in the house.

An elderly gentleman went to the local drug store and asked the pharmacist for Viagra. The pharmacist said "That's no problem. How many do you want?" The man replied, "Just a few, maybe a half dozen, but can you cut each one into fourpieces?"

The pharmacist said, "That's too small a dose. That won't get you through sex."

The gentleman said, "Oh, that's all right. I'm past eighty years old, and I don't even think about sex anymore. I just don't want to pee on my shoes."

Two guys are standing in line to enter heaven. One turned around and asked the other how he died. "I froze to death. How about you?" "I had a heart attack." "How did that happen?" "Well, I suspected my wife was cheating on me. So after work I went straight home. I ran upstairs to find my wife sleeping by herself. Then I ran back downstairs and looked in all the hiding spots. When I was running back up the stairs, I had a heart attack." "That's ironic." "Why?" "If you would've looked in the fridge, we'd both be alive."



A woman became ill and was admitted to the hospital. When her attending physician arrived, she asked, "Doctor, what is wrong with me?"

He replied, "Mrs. Jones, you have acute appendicitis."

Her answer: "Oh, Doctor, you say the nicest things!"

My husband was bending over to tie my three-year-old's shoes. That's when I noticed my son Ben staring at my husband's head. He gently touched the slightly thinning spot of hair and said in a concerned voice, "Daddy, you have a hole in your head. Does it hurt?"

After a pause, I heard my husband's murmured reply, "Not physically."

Why Ethel changed motels...Ethel checked into a motel on her 70th birthday and she was a bit lonely, and thought, "I'll call one of those men you see advertised in phone books for escorts and sensual massages." She found a full page ad for a guy calling himself Tender Tom - a very handsome man flexing in the photo. He had all the right muscles in all the right places, thick wavy hair, long powerful legs, dazzling smile, six pack abs and she felt quite certain she could bounce a sixpence off his well-oiled bum. She figured, "What the heck, nobody will ever know. I'll give him a call."

"Good evening, ma'am, how may I help you?" Oh my, he sounded sooo cute! Afraid she would lose her nerve if she hesitated, she rushed right in, "Hi, I hear you give a great massage. I'd like you to come to my motel room and give me one. No, wait, I should be straight with you. Tie me up, cover me in chocolate syrup and whipped cream!! Now how does that sound?"

He said, "That sounds fantastic, but you need to press nine for an outside line."

# Chicken Surprise

A couple go for a meal at a Chinese restaurant, and order the 'Chicken Surprise'. The waiter brings the meal, served in a lidded cast iron pot.

Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down.

"Good grief, did you see that?" she asks her husband.

He hadn't, so she asks him to look in the pot.

He reaches for it and again the lid rises and he sees two little eyes looking around before it slams down.

Rather perturbed, he calls the waiter over, explains what is happening and demands an explanation.

"Please sir," says the waiter, "what you order?" The husband replies, 'Chicken Surprise'

"Ah! So sorry," says the waiter. "I bring you Peeking Duck by mistake..."

Crossword puzzle grid with numbers 1-31 and letters filled in.

Crossword on page 27

Advertisement for Thielmann & Son Heating & Cooling. Features: THE RIGHT PEOPLE RIGHT NOW, 12 years Parts & Labor on Select Equipment, NO TRIP CHARGES EVER SINCE 1929!!, WE SERVICE ALL MAKES AND MODELS, FREE IN-HOME ESTIMATES, Add a Programmable Thermostat for \$49.95, Gas Furnace or Air Conditioner Clean & Check \$79.99. Includes contact info for Dave Lennox Premier Dealer.

# ComForcare Home Care



**"Promoting Quality of Life with a caring touch"**

*Our Caregivers are insured, bonded and screened through a 10-step hiring process which includes background screening and drug testing.*

- Companionship
- Bathing & Grooming
- Personal Care
- Medication Reminders
- Errands
- Light Housekeeping
- Fall Prevention
- Meal Preparation
- Respite Care
- Alzheimer's Care
- Transfers
- Safety Supervision
- Transportation

**Supporting Independence, Dignity & Quality of Life**

Ozaukee & Washington Counties  
262-674-1515  
westbend@comforcare.com

Milwaukee & Waukesha Northeast  
414-282-8606  
milwaukeeN@comforcare.com

Waukesha, Milwaukee SE & Jefferson Counties  
262-446-2000  
waukeshawi@comforcare.com

Each office is independently owned & operated. Comforcare Senior Services is an equal opportunity employer.



May is "Cataract Awareness Month"

## Don't let poor vision cloud your outlook on life—Educate yourself about cataracts

*Cataracts are a leading cause of vision loss in the world. Fortunately, loss of sight is usually reversible with the most common (and extremely quick and safe) surgical procedure performed on older Americans.*

### 1. How does a cataract affect vision?

"A cataract is the clouding of the natural lens located inside the eye behind the pupil," says Brett Rhode, MD, a partner at Eye Care Specialists, a local ophthalmology practice recognized for providing advanced medical, surgical and laser treatment of most all eye conditions. "This lens works like a camera lens—focusing light onto the retina at the back of the eye to form the images you see. As you age, protein in the lens can clump together and start to cloud. This is called a 'cataract.' As the clouding advances, it can blur or fog vision to the point of inhibiting day-to-day functioning. The clouding may take years or just months to progress."

**2. What are the symptoms?** "Losing your vision is not a fact of life as you grow older," says ophthalmologist Mark Freedman, MD. He advises scheduling an eye exam if you notice:

- ~Foggy, fuzzy, blurred or double vision
- ~Sensitivity to light and glare
- ~"Starbursts" around lights
- ~Holding items closer to view
- ~Needing brighter light to read
- ~Fading or yellowing of colors
- ~Difficulty judging stairs or curbs
- ~Difficulty seeing to drive at night
- ~Vision changes affecting the ability to do tasks
- ~Glasses and prescription changes don't help

**3. How do you get rid of a cataract?** "There are no drugs, drops, glasses or exercises that can prevent or cure cataracts," says eye surgeon Daniel Ferguson, MD. "The only effective treatment is to make an opening in the eye, surgically remove the cloudy lens (cataract), and replace it with a prescription lens implant that acts like an internal contact lens to restore focusing ability, side vision, and depth perception."

**4. When should you have surgery?** Ophthalmologist Daniel Paskowitz, MD, explains, "It's not necessary to wait to remove a cataract until it's so ripe that almost all vision is blocked. In fact, if you wait too long, it can grow so dense that the operation becomes riskier and more difficult. I tell patients that if the cataract is preventing you from doing tasks, new glasses won't improve clarity, and no other conditions exist which would negate the benefits of removal (like severe macular degeneration), then it's time for surgery." Studies have shown that prompt cataract removal actually reduces the risk of falls, injuries and car accidents and increases physical and emotional well-being and life span.

**5. What happens during and after surgery?** "Cataract surgery is typically performed at an outpatient facility using local anesthesia (often just drops to numb the eye) and a no-stitch, self-sealing micro-incision to remove the cataract and insert the lens implant. The procedure itself usually takes only about 15-30 minutes. After surgery, patients go home and resume normal activities within hours. Their vision noticeably improves within days," says eye surgeon Michael Raciti, MD. "Most people are so pleased with seeing things brighter and clearer, that they can't wait to have their other eye done," adds optometrist David Scheidt, OD.

### FREE Booklets & Information

Prompt diagnosis and treatment are vital to protecting and preserving vision. Get checked for cataracts and other sight-threatening conditions. If you do not have an eye care specialist, call 414-321-7035 for free educational booklets (on cataracts, glaucoma, diabetes, and macular degeneration) and information about scheduling a comprehensive eye exam (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. [www.eyecarespecialists.net](http://www.eyecarespecialists.net).

## HERITAGE SENIOR LIVING

INDEPENDENCE ENHANCED,  
DIGNITY EMBRACED



*Apartments Available!*

### Assisted Living

Offers studios, 1 and 2 bedroom apts., with a kitchenette, private bath with walk-in shower and spacious closets.

**Enhanced Assisted Living** ~ Offers higher care levels with the privacy of apartment living.

**Memory Care** ~ Specializes in care for residents with Alzheimer's disease or other related Dementias.



Heritage Court  
14250 Hampton, Menomonee Falls, WI



Heritage Waukesha  
1831 Meadow Lane, Pewaukee, WI



Heritage at Deer Creek  
3585 S. 147th Street, New Berlin, WI



Heritage West Allis  
7901 W. National Ave., West Allis, WI



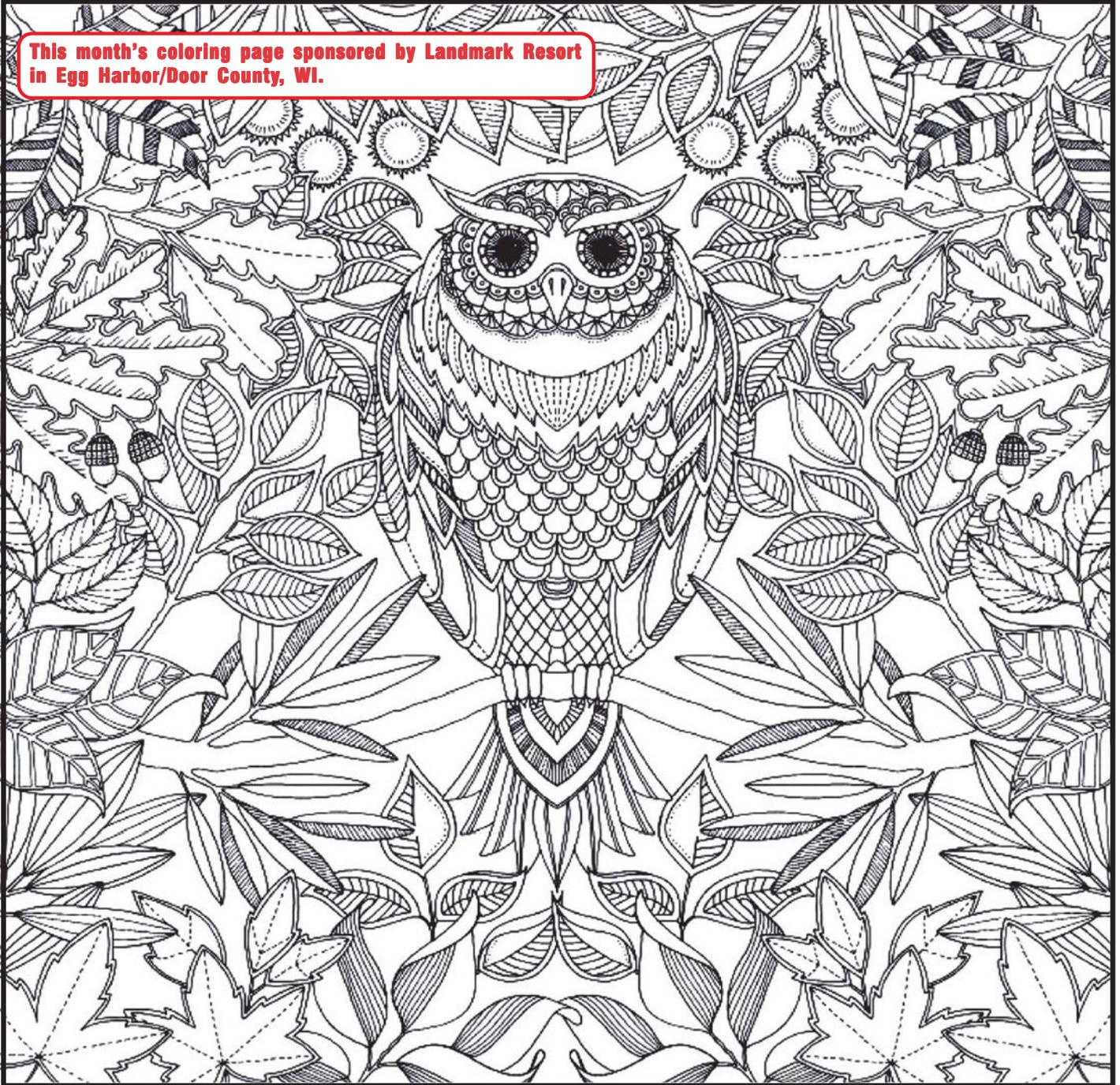
Heritage Elm Grove  
800 Wall Street, Elm Grove, WI



Lexington Heritage  
5020 S. 107th St., Greenfield, WI

Please contact us for more information: 844.658.4475 or [www.heritagesenior.com](http://www.heritagesenior.com)

This month's coloring page sponsored by Landmark Resort  
in Egg Harbor/Door County, WI.



*View from the Landmark Resort*



All suites | Free internet access | Pool open 24/7 | Voted "Best of Door County" | Landmark Resort | 800-273-7877 | [www.thelandmarkresort.com](http://www.thelandmarkresort.com)

I don't know if you guys have ever been to a campground or not, but it's pretty much a bunch of people who don't live in a trailer park, yet like to vacation there.

Son: "Dad, when will I be old enough so I don't have to ask mom for her permission to go out?"

Dad: "Son, even I haven't grown old enough to go out without her permission!"

Time flies like an arrow, fruit flies like a banana.

In the beginning, God created the heaven and the earth... After that, everything else was made in China.

I used to think the brain was the most important organ. Then I thought, look what's telling me that.



## WORD SEARCH

ACTUAL	NEEDED
ADOPT	NEVER
ANSWER	NIGHT
BURY	NINE
CABLE	NOISE
CANNOT	OVEN
CHEST	PACK
CHILD	PERFECT
CONSOLE	PLUM
EARLY	PUSH
FEEL	QUIT
FORCE	REPEAT
FORK	SCENE
FORM	SEEMED
FORWARD	SEEMS
GIVEN	SHOULD
GREATER	SHOWS
HIGHWAY	SLEEPY
IMAGINE	SODA
LEFT	SPOIL
LETTUCE	STOCK
LOON	TODAY
LOST	TRAVEL
MAID	USED
MOMENT	WEEK

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



### Vendor Fair and Bake Sale

15+ vendors, raffles, bake sale, and more!

Sunday, May 22, 11 a.m. to 3 p.m.

Location: Hickory Inn in South Milwaukee, 2703 South Chicago Avenue

Come shop local businesses, plus the vendors below!



All proceeds benefit the kitties of Second Hand Purrs.

## RummAge SALE

Second Hand Purrs Cat Shelter

### 3 DAY ANNUAL RUMMAGE!

for 'Second Hand Purrs'. Proceeds benefits the cats!

American Legion Post

(air-conditioned)

9327 S. Shepherd Ave, Oak Creek

June 16th: 9-6pm

June 17th: 9-6pm

June 18th: 9-3pm

## WANTED

OLD BICYCLES & BIKE PARTS  
TOYS & OTHER COLLECTIBLES  
FROM THE 1930'S, 40's, 50's, 60's

CASH PAID & WILL PICK-UP!



CALL SCOTT (414)254-7572  
or email  
SCOTT@BICYCLECOLLECTOR.COM

### INDEPENDENT LIVING

Optional: *Enhanced Services*

Studio, 1 & 2 bedroom apts. Monthly rentals.

### ASSISTED LIVING

Private apts, 3 meals served daily, RN manager

### REHABILITATION

We'll help you regain mobility and improve your quality of life so you can RETURN HOME SAFELY.



HEALTHCARE & COMMUNITY LIVING

*A full continuum of care under one roof!*

- Independent Living
- Assisted Living
- Skilled Nursing
- Rehabilitation Therapy
- Ventilator Care

3023 S. 84<sup>th</sup> Street  
West Allis - 53227  
(414) 607-4100

VMPcares.com

# Crossword junkie

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER

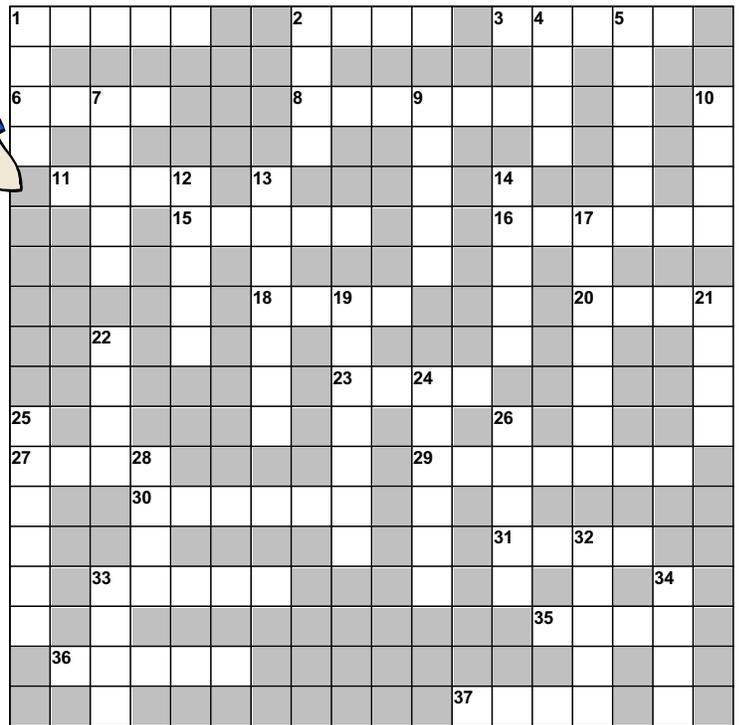


## ACROSS

1. Gusty
2. Incarceration
3. Piece of a branch
6. Gain access
8. Orator
11. ZUP: de-lemon & de-\_\_\_\_\_
15. Story lesson
16. Remove items from container
18. 5280 feet
20. "Willing and ...."
23. Dull and uninteresting
27. Suspend
29. To bring something along
30. Instead of
31. Odor sensor
33. Not asleep
35. Aforementioned party
36. Series of 7 day cycles
37. Donate

## DOWN

1. Animal textile
2. Fair
4. Make rotate or revolve
5. Motion picture house
7. Present in reality
9. To treat in a harmful way
10. Act of seeing
12. .... promises
13. To keep a secret
14. Absence of noise
17. Solemn request of God
19. Book building
21. Jealousy
22. Localized physical suffering
24. Small mammal, big ears
25. Appointed
26. Detected by a sense
28. Increase in size
32. Opposite of master
33. Rectangles height by width
34. A light bulb turns on



Answers on page 23

**There was an elderly couple** who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

**A little girl** is serving her father tea while her mother is out shopping. The mother comes home and the father says, "Watch this!" The little girl goes and serves the mother tea. The mother responds, "Did it ever occur to you that the only place she can reach to get water is the toilet?"



**Son:** "Dad, there is someone at the door to collect donations for a community swimming pool."  
**Father:** "Okay, give him a glass of water."

**Question:** Have you heard about the new restaurant called Karma?  
**A:** There's no menu; you get what you deserve



**A woman was taking** an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

**Need An Easier Way To Read? We Can Help!**



You may qualify for **FREE** library services if your ability to read is affected by:

- Vision Impairment
- Physical Impairment
- Reading Disability

Email: [WTBBL@milwaukee.gov](mailto:WTBBL@milwaukee.gov)

Call Toll-free: 1-800-242-8822

Visit: <http://talkingbooks.wi.gov>



WISCONSIN TALKING BOOK AND BRAILLE LIBRARY

# HAIR<sup>D</sup> Experience

**John Endries**  
35 Years Experience!

2215 S. Kinnickinnic Ave  
414.744.8141



**HARD TO CONTROL AREA?**  
We can Help!  
Ask about our **Razor, Clipper & Shear Cutting Techniques**

## WIGS & Hair Add-ons



**Whether you're experiencing hair loss or just want to try a whole new look for a night out or a trip to the grocery store!**

# NURSING HOME ABUSE OR NEGLECT?



**CALL US TODAY IF  
YOU OR A LOVED  
ONE HAS SUFFERED  
INJURIES FROM  
NEGLECT OR ABUSE.**

---

- Bedsore**s
  - Falls**
  - Malnutrition**
  - Dehydration**
  - Medication Errors**
- 

Milwaukee | Madison | Appleton | Green Bay | Wausau | Illinois | Iowa

**800.800.5678 | [hupy.com](http://hupy.com)**



**TELL THEM YOU  
MEAN BUSINESS.™**

**Hupy and Abraham** S.C.  
personal injury lawyers