

Celebrate Life **Boomers!**

April **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



WHAT'S INSIDE?

~page 4

I was going to plant my own garden this year, but I couldn't find bacon seeds anywhere.

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 • 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 **LIMITED • Sep 11-16 • Oct 2-7 **2 LEFT****

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 • 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 **BOOK SOON**

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.)

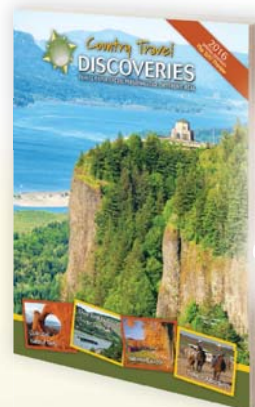
BOOMERS SPECIAL:

Book any of these super-inclusive, DO-IT-FOR-ME tours with code **ADV14JS** by May 15 to **SAVE \$115.00** per person, plus free parking at starting hotel for the duration of the tour for those who drive!

But hurry! Some dates have already sold out.

Get details and day-by-day itineraries at:

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Lake Superior &
the North Woods



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Lilac Wood Shop carries the finest in hand crafted furniture from well known makers such as Yutzy, Millcraft and Holmes. We sell furniture made by craftsman who continue to use the time tested means handed down to them by generations of fine furniture makers, many of who still sit and eat dinner at a table their grandpa made. At Lilac Wood Shop, making beautiful furniture is still a craft and a way of life. Visit our showroom to see for yourself.

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FROM THE PUBLISHERS

APRIL 2016



Trumping through the swampy spring woods on our family farm, picking wild flowers and watching the maple sap flow was a very real childhood memory for me. And though I have been 'urbanized', at some instinctual level the scent of that country air in the spring will

always be my cotton candy! Welcome the season of honeysuckle, green grass, spring breezes, allergies and mud on the carpet!

In the spring, my mother would hang laundry on the backyard clothesline. What a wonderful good 'sniff' that was! After Tom and I were married, I made a futile attempt to hang my laundry on a rope between two step ladders since we had no clothesline. Ha. Well, that didn't work. Fresh hung, sun-kissed sheets are now just a memory...

Our little tomato seedlings are sprouting, thriving, and consuming our kitchen sunshine - can you just imagine that first bite of a sunkissed tomato from the garden! Speaking of gardening, as soon as this deadline is over and papers are delivered, the mud boots are on and I'm getting dirty! Get a jump start this month with a great backyard 'to-do' list on page 16.

Tom and I are Greek Orthodox so we will be celebrating Easter May 1st this year. That means 50% off all the Easter candies and treats for us! And yes, we have seen My Big Fat Greek Wedding II. And yes, we eat lamb, drink ouzo, hug and kiss too much, and have more cousins than I can name. Our last name Draelos, was shortened from Dracopoulos when Tom's father came through Ellis Island. Thank goodness for me, right!!?! I love this Greek community that has been so welcoming. I would never complain about a little 'spit in the eye' or too much of that wonderful Greek food to eat!

Spring is also a time of cleaning and re-newing both inside and out. In our high-tech, multi-tasking world, it's easy to forget about the necessity of renewing and re-discovering our source of spiritual strength. Try to find a moment this month -a favorite chair by a sunny window or a perfect spot in your backyard, to really relax and re-establish that relationship.

Joy and peace to you all as we spring into a season of renewal, sunshine, weeding, planting, painting, fixing.... Did I say relaxing? Enjoy!

And always remember to... Celebrate Life!

Sandy and Tom Draelos

WHAT'S INSIDE?

Wisconsin's WOODSTOCK

With a 5-hour performance by the Grateful Dead, the Sound Storm Festival of 1970 was Wisconsin's very own Woodstock

~page 8

MEATLESS MONDAY

Going meatless just one day a week can not only improve your health, it's good for the globe!

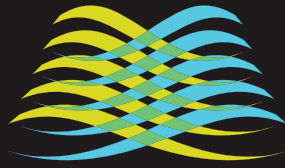
~page 11

It's all about THE BIRDS

WI is a spectacular place to bird-watch. Here's a list of some great places to train your binocs to the sky.

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SOUTHWESTERN
SUBURBAN SYMPHONY

"REACHING THE COMMUNITY WITH A PASSION FOR MUSIC"

PRESENTS

Steve Lippia
SIMPLY | SINATRA

April 17th, 2016 at 4:00 p.m.
At the Reiman Auditorium in Greendale
6801 Southway Dr., Greendale, WI 53120

A Special Offer from the Southwestern Suburban Symphony!

Meet Las Vegas showman, Steve Lippia and his music director, Steve Siegmund at

That's Amore Italian Restaurant after the concert!

Enjoy a premium main floor ticket at the Reiman Auditorium (\$40 Value),
a select signature meal with a beverage at 6:45 pm at

That's Amore

5080 S. 108th St. Greenfield, WI 53228,

and a private meet and greet with the artists as you dine - all for \$45.00!

Seating is limited - make your reservation today!

Don't miss the opportunity to meet one of the finest singers on the circuit today!

Visit swssymphony.ticketleap.com to order your dinner package today.

Or call 414-434-2028 to make your reservation by telephone.



**ERNEST
IN LOVE**

BOOK AND LYRICS BY ANNE CROSWELL
MUSIC BY LEE POCKRISS

**APRIL 22, 2016
THRU
MAY 15, 2016**

ERNEST IN LOVE
Book and Lyrics by Anne Crosswell
Music by Lee Pockriss

Hilarity ensues when love takes a bite out of the upper crust in this musical adaptation of Oscar Wilde's classic play, "The Importance of Being Earnest"! In collaboration with Milwaukee Opera Theatre.

TICKETS

\$30

\$5 OFF

\$5 off regular price. Not valid with any other discounts or on previously purchased tickets. Mention Boomers! Newspaper when you make your reservation!

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FALLS PATIO PLAYERS CELEBRATING 50 YEARS

MY FAIR LADY

Book and Lyrics by ALAN JAY LERNER
Music by FREDERICK LOEWE

Adapted from George Bernard Shaw's Play 'PYGMALION', original production directed by Moss Hart

SPRING 2016

April 29th - 30th, May 6th - 7th @ 7:30 pm, May 1st, 8th @ 2 pm

TICKETS: \$18.00 ADULTS \$15.00 SENIORS/STUDENTS




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Alverno College Conference Center
3400 S 43 St, Milwaukee

Saturday, April 30, 2016
9:00 a.m. – 5:00 p.m.
Adults (16 and over) \$5

Under 16 - FREE Alverno Student w/ID - FREE





april calendar

Wheel & Sprocket Bike Expo

April 8-10
Wisconsin State Fair Park
The nation's largest bike sale of its kind for the past 32 years. With over 2000 bikes and thousands of accessories for sale, it's the best time to buy at the best prices of the season.

Professional Bull Riders

Saturday, April 9, 7pm
BMO Harris Bradley Center
The Professional Bull Riders are bringing their BlueDEF Tour to Milwaukee! Tickets are on sale now and start at just \$15. For one night, the best up and coming bull riders in the world will be battling the fiercest bovine athletes who weigh nearly 2,000 pounds each. The thrilling 8-second rides and heart-stopping wrecks are sure to leave fans on the edge of their seats!

5th Anniversary Community Arts Showcase

Sunday, April 10, 3pm
Schauer Center resident groups (Hartford City Band, Hartford Community Chorus, and the Hartford Players), as well as the Schauer School of the Arts, come together to display a wealth of talent.

Season Kick -Off

Thursday, April 14, 7pm
Cathedral Square Park
Celebrate Milwaukee Day and help us kick off our 2016 season by joining us on a haunted, historical walking tour of Downtown Milwaukee.
www.gothicmilwaukee.com/milwaukee-day.html Also FREE Historic Tour of Water Street -begins at noon and leaves from City Hall. Reservations Required. 414-301-2266.

Class Demo: Wisconsin Fish Fry

Friday, April 15, 6pm
Superior Culinary Center
Beer Cheddar Soup with Rye Croutons; Beer Battered Walleye with Lemon Tartar Sauce; Malt Vinegar Roasted Potatoes; Cabbage, Celery and Apple Slaw; Brownies a la Mode. Skills covered: Selecting and frying fish; Determining fish doneness; Balancing flavors; Cooking with cheese; Selecting and roasting potatoes; Working with fennel; Making batter.

Scrapbook Expo

April 15-16,
Exposition Center /State Fair Park
An exhibit floor of the best stamping, scrapbooking companies and products. Events will include Make & Takes, Workshops, Crop Parties and Demonstrations.

Family Day & Member Appreciation

Saturday, April 16, 12pm
Milwaukee County Historical Society
Join us for this day filled with fun for people of all ages. Children can participate in activities as they explore the process of soda making. View the exhibition, see the home brew process, and enjoy a brewed beverage.

Swing Gala 2016

Saturday, April 16, 6pm
Hilton Milwaukee City Center
The Conservatory's signature annual gala. Proceeds support the Conservatory and its programs and scholarships for Conservatory students. Swing is an "Unforgettable" evening of "Puttin' on the Ritz" with dinner, dancing and an exciting silent auction. Crooner, Nathan Wesselowski and chanteuse extraordinaire, Robin Pluer along with the Conservatory Big Band will perform the biggest hits of the era.

Simply Sinatra

April 17, 4pm
Reiman Auditorium, Greendale
Southwestern Suburban Symphony presents "Simply Sinatra". The legendary music continues. Dinner package available. Call 414-434-2028 or visit swssymphony.ticketleap.com

VetsNet Open House

April 23, 9-Noon
6317 W Greenfield Ave., West Allis
Wisconsin Veterans Network, or VetsNet, a new collaborative program offering a range

of services to veterans and family members in crisis, will hold an open house on Saturday, Apr. 23, from 9 am to noon at its new location, 6317 W Greenfield Ave., West Allis. Coffee and pastries. Brief program at 10 am. Public invited. www.wisvetsnet.org

MKE Beer Week Midwest Showdown: Beer and Cheese Tasting

Saturday, April 23, 7pm
Uber Tap Room
Matching 6 craft beers with 6 different artisan cheeses, this tasting is a great opportunity to explore new beers. The breweries standing off for the midwest showdown are: 3 Sheeps Brewing Co.-Sheboygan, WI Ten Ninety Brewing Co.-Glenview, IL Fulton Brewing Co.-Minneapolis, MN The tasting takes 2-3 hours, and there will be plenty of opportunities to win cheese.

Wellness Body, Mind, Spirit Expo

Sunday, April 24
Four Points Sheraton Milwaukee
The latest in new thought presentations, the best advances in alternative health and healing, and the nation's finest selections of psychics, mediums, astrologers, card readers, palm readers, numerologists, and hand writing experts. From Reiki masters, fitness experts, life coaches, healers, reflexology, naturopaths to massage therapists- an eclectic variety of vendors and presenters. Exhibits, and informative and entertaining free presentations.\$5

Marquette University Symphony Grand Finale & Senior Recognition Concert

Sunday, April 24, 2pm
Marquette University Varsity Theatre
The Marquette University Symphony Orchestra will present their final concert for the 2015-16 season. Free and open to the public. Gershwin's joyful and spontaneous Cuban Overture, as well as guest artist, Rick Aaron, on Georg Telemann's Suite for Flute and Orchestra in A minor. The MUSO will conclude their year with Ludwig van Beethoven's ever-famous Symphony No. 7, Op. 92.

Zootastic -Zoological Society of Milwaukee Fundraiser

April 29, 5pm
Family evening at the Milwaukee County Zoo features insider animal talks, kid-friendly activities and food, a dance party, family

photo station, and a raffle & auction. Pre-register by April 28, zoosociety.org/zootastic or 414-258-2333.

70th Anniversary Celebration: Simply the Best Pies Extravaganza

Saturday, April 30, 11-3pm
Elegant Farmer
Award-winning pies will be offered for tasting along with delicious food recipes, thank you gifts and a wonderful shopping experience. Bring along your favorite vintage photo from your visit to the Elegant Farmer for the 70th Anniversary Smilin' Barn Memory Wall.

FREE EVENT

Sunday, May 1, 12 - 7pm
Beltane Ritual at 6pm
The Fellowship of Alternative Beliefs presents the **Eleventh Annual Spring Festival**.
Las Margaritas (formerly The Tower) 6869 W. Forest Home, Milw
Vendors, Food, Fun, Readings, Palmistry. Free Workshops & Kids' Activities. Thomas Moore & Friends perform. Info: Sandra Goronja at 414-350-4291 after 6pm or ravenwolf@wi.rr.com

Opening Day at Old World Wisconsin

Saturday, May 7, 10am - 5pm
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! Throughout opening day, 40 guests will be randomly selected to receive a unique gift from Old World Wisconsin or one of our community partners.

Dare to be Aware Fair

Saturday, April 30, 9-5pm
Alverno College Conference Center
See our ad on page 6!

For more local events, check out
www.visitmilw.org



Boomers! is a monthly publication serving the Baby Boomer Generation (45 and above) of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market - America's number one generation!

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Entry Deadline: APRIL 25, 2016



Wisconsin's First Outdoor Rock Festival

46th Anniversary of Wisconsin's Woodstock: the Sound Storm Festival of 1970

Sound Storm, Wisconsin's first outdoor rock festival, was held April 24-26, 1970, on the hillside farm of Irene York, outside the village of Poynette in Columbia County. The driving force behind Sound Storm was Pete Obranovich, better known at the time as Pete Bobo, and his friends Sandy Nelson and Bob Pulling. Using the name Golden Freak Enterprises, Pete raised capital, signed three dozen bands, licensed vending and concession rights, hired a stage crew and sound engineers, and promoted Sound Storm coast to coast. Madison attorneys John Hanson, Roger Schnitzler and Jack Van Metre triumphed over local governments who were determined to block the festival.

Bob Pulling, mindful that the Sound Storm rock festival would make Wisconsin musical history, documented the event photographically from start to finish. Stage and sound crews began arriving on Wednesday, April 22, and 48 hours later more than 1,000 fans had set up tents and blankets on the York farm. Music began at dusk on Friday and continued almost non-stop until after dark on Sunday. Most performers were from the Midwest, such as Chicago's Rotary Connection and Baby Huey. Rockford's Fuse, which evolved into the better-known band Cheap Trick, also played. The main event, however, was Sunday's five-hour performance by the Grateful Dead, with whom Pete had been friendly on the West Coast in the late '60s.

About 30,000 people attended Sound Storm, the majority sneaking in through the woods without paying. The Columbia County sheriff, seeing his officers exponentially outnumbered by hippies and bikers, wisely decided to ignore misdemeanors such as nudity and drug use. LSD and other psychedelic drugs were everywhere, along with marijuana and cheap, screw-top wine. Medical students staffed first aid and "bad trips" tents, volunteers from the Hog Farm commune in New Mexico helped as stage announcers, and Madison's Mifflin Street Co-op provided free food.



Grateful Dead perform on stage.



Music festival audience crowd under improvised tents partially supported by the handlebars of a motorcycle and tree limbs. Fire pit in the foreground.

Throughout the weekend, ecstatic dancers whirled before the stage. When undercover officers infiltrated the crowd, Pete dropped 10,000 fliers from a helicopter urging the audience not to harm them. Fans frolicked in nearby Rowan Creek, even crowning their own "Mud King." Two members of the band Northern Comfort got married on stage. At night, the York farm sparkled with hundreds of campfires.

Only a handful of injuries or arrests were reported. Participants interviewed for the feature article in the *Wisconsin Magazine of History* universally recalled Sound Storm as a social and musical success. It

was, however, a financial disaster — during the Grateful Dead's performance someone stole the suitcase containing gate receipts.

To Purchase the Wisconsin Magazine of History:
Order by phone toll free at (888) 999-1669, shop online at www.wisconsinhistory.org/shop, Photos of Sound Stage Concert for sale at www.wisconsinhistory.org



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- **Saturday:** Pizza & A Pitcher of Beer / \$16 (John's Pizzeria of Grafton)

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LIVE MUSIC 8pm-Midnight! April 23: The VERDICT



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Sharon Lynne Wilson Center for the Arts
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Featuring:
Gabriela Martinez, piano

Tickets: Call 262-547-1858 or
office@wisconsinphilharmonic.org
www.wisphil.org

U.S. News & World Report Rates The American Club Best in Wisconsin



After evaluating 1,775 properties across the country, U.S. News & World Report has once again placed The American Club hotel at Destination Kohler as Best Wisconsin Hotel. The resort was applauded for everything from its award-winning golf courses to its on-site restaurants and luxurious Kohler Waters Spa.

"Being named the premier luxury hotel in Wisconsin by U.S. News & World Report is a significant accolade," noted Michael Belot, General Manager of Destination Kohler. "We are proud to be at the top of the list for both industry experts and guests. Our dedicated and passionate staff are to credit for their continued hard work in ensuring ensure each guest has a memorable stay."



Photos: www.americanclubresort.com

rious and personalized experiences at both Kohler-owned properties in Wisconsin and St Andrews. Both properties, known for their high-level customer service and impeccable attention to detail, are recognized internationally for their championship golf courses.

Destination Kohler is home to public courses Whistling Straits and Blackwolf Run, which have collectively hosted the 1998 and 2012 U.S. Women's Open, 2004, 2010 and 2015 PGA Championships, 2007 U.S. Senior Open and is the future home to the 2020 Ryder Cup.

Visit DestinationKohler.com for more information. Stay up to date on resort news and happenings on Facebook, Twitter and Instagram.



Spring Flea Market Sunday, April 17th 9am-3pm

Knights Of Columbus Hall
1800 S. 92nd Street, West Allis

Antiques, Collectibles
Glasswares, Vintage, Linens
Postcards, Jewelry, Furniture
Games, Toys, Silverware
and LOTS MORE!!

Admission: \$1
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Closed first Wednesday of the month

April 13th: Larry Lynne

April 20th: Joe 2.0

April 27th: Do Wa Wa

EARTH TALK

From the Editors of
E/The Environmental Magazine

Dear EARTHTALK:

What are some cool apps that work with a mobile phone that can help me get in better touch with the environment?



Thousands of "green" apps now make it easy for people to find and share information to help us all become better stewards of the natural environment.

Not surprisingly, there are thousands of "green" apps out there that make it easier for people to find and share information to help us all become better stewards of the natural environment.

The American Lung Association's State of the Air app shows live color-coded air quality maps for any U.S. location and includes both ozone and particulate pollution counts. The app also provides air quality alerts, short-term forecasts and opportunities to learn more about air quality risks and to contact lawmakers to push for more stringent pollution regulations. Another way to find out who's emitting what nearby is via aMobileFuture's Pollution, a free app that compiles information from various pollution databases around the world and then shows users which big polluters are emitting what near them. Coverage includes 1,380 cities, mostly in Europe and the U.S.

Ethical shoppers will appreciate the GoodGuide, a free app that shows how any of 120,000 food, personal care and household products stack up in terms of sustainability, fair wages and even health risks. Users just snap a picture of an item's bar code to get the low-down on whether or not it's a "good" buy. And the free JouleBug app turns living greener into a game, taking specific sustainability-oriented steps such as reducing energy use, recycling more or buying local and translating these small acts into positive "units of impact." Embedded videos demonstrate ways once can green up daily life.

Adair Systems' 99 cents GasHog app makes it easy to track a car's fuel effi-

ciency. Enter the odometer reading and amount of fuel added each time you refill the tank and the app calculates the fuel economy of the previous tank and compares it to historical averages. The app also offers tips for improving fuel economy. And Avego's free CarmaCarpooling app matches nearby drivers with riders to share the commute and the expense. At the end of the trip, the rider can send a payment through the system to the driver to cover a share of gas and wear-and-tear.

PaperKarma is a free app to help reduce junk mail. Users input their address information once and then snap a picture through the app of any unwanted junk mail. Behind the scenes, PaperKarma's automated system notifies the publisher to take the user's name and address off their list.

Another popular app is Light Bulb Finder, a free app designed to help ease the transition from older incandescent bulbs to more energy efficient replacements. Users enter in their zip code—the app automatically inputs average regional electricity rates accordingly—and then choose which type of fixture, size/shape and wattage bulb(s) they are looking to replace. The app then suggests options that use less energy and shows how much money the user can expect to save with the newer bulb(s).

It's nice to know that the little screens we've become increasingly dependent upon—and which otherwise tend to distract us from nature and the outdoors—can also be used for the betterment of the environment.

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

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SYMPHONY SUNDAYS

Select **SUNDAYS** at 3pm
Children's Program Notes at 2:45
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May 1, 2016 3pm
"Bigger is Better"

Wagner: Overture & Venusberg Music from Tannhauser.
Richard Strauss: Salome's Dance and Four Last Songs.
Kathy Pyeatt, soprano

PAJAMA JAMBOREES

Select **WEDNESDAYS** 7-8pm. **FREE**
MARCUS CENTER/BRADLEY PAVILION
123 E. STATE STREET ENTRANCE

Geared toward children, K-5 and families. Casual. Wear Pajamas!

May 11, 2016 7pm
"Americana Pajama Jamboree"

The orchestra duels it out with bluegrass group "Above the Town." Young audience members conduct the finale.

May 11, 2016 7pm
"Americana Pajama Jamboree"

The orchestra duels it out with bluegrass group "Above the Town." Young audience members conduct the finale.

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MEATLESS MONDAY

By the Meatless Monday Staff
www.meatlessmonday.com

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Did you know that by choosing to cut out meat every Monday you are...

Preserving water resources. The water requirements of meat production are enormous. Producing a quarter-pound of beef, for example, requires over 1,000 gallons of water, by most estimates. This can be up to 100 times more water than is needed to produce plant-based proteins.

Water pollution is also a serious side effect of industrial meat production. Fertilizers and pesticides used to grow animal feed crops, and waste generated by industrial food animal production facilities, pollute waterways and threaten ecosystems.

Minimizing fossil fuel consumption. It takes approximately 20 times the amount of fossil fuel energy to produce conventional beef protein than plant-based protein.

Helping stop climate change. Animal agriculture contributes significantly to greenhouse gas emissions, accelerating worldwide climate change at an alarming rate. Despite uncertainties in projections, climate change is viewed as a major threat to public health, food security, freshwater supplies and ecosystems across the globe.

There are, of course, many other things you can do to lessen your environmental impact. But taking part in Meatless Monday is a critical — and easily implementable — first step.

WHY MEATLESS?

Because going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes, and obesity. And going meatless once a week can also help reduce our carbon footprint and save precious resources like fossil fuels and fresh water.

For Your Health:

Reduce Heart Disease and Stroke—Vegetables, fruit, and whole grains have been shown to protect against cardiovascular disease. One study found that each daily serving of fruits or vegetables was associated with a 4% decline in coronary heart disease, and a 5% lower risk of stroke. Another study found that a diet of 2.5 or more servings of whole grain per day was associated with a 21% lower risk of cardiovascular disease (heart disease, stroke, fatal cardiovascular disease).

MEATLESS MONDAY continued on page 25

What better day
than Earth Day to
recall that going
meatless just one
day a week can not
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health (lowering
your risk of cancer,
heart disease,
diabetes and
obesity), it's also
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Top 5 Birding Trails in Wisconsin



By John Hill / www.travelwisconsin.com

Wisconsin is a spectacular place to bird-watch, from loons on a northern lake in summer to bald eagles above the Wisconsin River in winter, to the great spring and fall migrations of swans, cranes, geese, and others. More than 300 species alone have been sighted at the U.S. Coast Guard impoundment on the shores of Lake Michigan in Milwaukee. Here are 5 great places to train your binocs on the skies:

Horicon National Wildlife Refuge - Mayville

The largest freshwater cattail marsh in the United States brings in 268 species of waterfowl, including once-scarce American white pelicans. Some 100,000 to 200,000 Canada geese stop here each fall.

Wyalusing State Park - Bagley

This park at the confluence of the Wisconsin and Mississippi rivers is a great place to see migrating birds of the Mississippi flyway. Bald eagles soar over the rivers. It also attracts birds normally found much farther south, like the cerulean warbler and Acadian flycatcher.

Devil's Lake State Park - Baraboo

The thick forest and ravines of this state park and preserves in the Baraboo Hills are nesting areas for 105 species. A total of 220 species have been recorded here, among them 14 species of warblers -- including the rare worm-eating warbler -- barred owls, ruffed grouse, and four species of woodpeckers.

Harrington Beach State Park - Belgium

This park with a mile of Lake Michigan shoreline has attracted 257 different species. When the wind is right, it's an excellent place to watch migrating hawks, falcons, and other raptors in the fall.

George W. Mead Wildlife Area - Milladore

This site near Milladore mixes hardwood forest and open marsh. Birders have counted 267 bird species here. It's one of the best places in the state to see the greater prairie chicken.



Local Favorites

Havenwoods State Forest

This urban forest is 237 acres of diverse habitats consisting of a restored native prairie, wetlands, deciduous forests -- bird watching is very popular. Sightings include great blue herons, sandhill cranes, kestrels, flycatchers and sandpipers. Also great for dragonflies and butterflies. 6141 N Hopkins St, (one block west of Sherman Blvd.) Milwaukee

Riveredge Nature Center

A 350-acre sanctuary located thirty miles north of Milwaukee between Saukville and West Bend. The Center is a breeding habitat for 67 species of birds with twelve miles of trails through prairies and woodlands along the Milwaukee River. Environmental Center open Monday-Friday from 8-5; Saturday and Sunday from noon-4. Call 262-375-2715.

Schlitz Audubon Nature Center

A 225-acre sanctuary located just 20 minutes north of downtown Milwaukee on Lake Michigan, (exit I-43 at Brown Deer road, east). Located along the Lake Michigan migratory corridor, 250 species of birds have been recorded within the Center. Two ponds, ravines, woodlands and prairies provide habitat for hawks, ducks, owls, warblers, finches, falcons and many others. Interpretive Center open daily, except Mondays. Call 414-352-2880.

Woodland Dunes Nature Center

Located on Hwy 310 just west of Two Rivers, this 991-acre reserve offers a variety of birding opportunities including ten species of warblers in summer. The Center includes marsh, meadow, forest, swamp and prairie habitats, as well as 6 miles of nature trails. The Visitor Center is normally open 8-3 weekends and 8-11 on Saturdays, but call ahead for confirmation. Call 920-793-4007.

For more information on birding sites, check out the Wisconsin Department of Natural Resources' Great Wisconsin Birding and Nature Trail: <http://dnr.wi.gov/topic/endangeredresources/birdtrail.html>

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With morning coffee in hand I watch... and laugh... and relax... as the chaotic frenzy of wings, seed and song fill my backyard.

How to Attract Birds to Your Yard

Creating a bird habitat can be a wonderful hobby. Here are essential things you can do to immediately to begin attracting birds to your yard.



Food and Feeders

Of course, the number one way to attract birds to your yard is to put out a bird feeder. Perhaps you've tried this without much luck. Some seed on the market, especially some mixed seed found in the grocery store, is not very enticing or tasty for birds. If you want a no-fail solution, black oil sunflower seed attracts a large variety of birds. They find it very tasty and easy to eat with its soft shell, and it provides the added benefit of high nutritional content; large concentrations of oil, protein, fat, vitamins and minerals. In the north-east region you will attract Cardinals, Titmice, Finches, Blue Jays, and even some varieties of woodpeckers such as the Red-Bellied.

To attract an even larger variety of birds, try feeders designed for a specific type of bird; a feeding tube or sock filled with Nyjer or Thistle seed for example, will attract both American Goldfinch and House or Purple Finches. Keep a woodpecker suet log filled with tasty offerings, and you will most definitely attract woodpeckers to your yard, especially in the winter. A hummingbird feeder filled with sugar water will readily attract a hummingbird – sometimes you have to be patient, but they will come. Don't forget about ground eating birds. Seed scattered on the ground or offered on a platform feeder is a welcome treat for foragers such as Juncos, Robins, Red-Headed Woodpeckers and Mourning Doves.



Water Supply

A clean water supply for birds tops the list of elements to attract birds to your yard, and is an enjoyable experience for bird and birder alike. During long periods of dryness, or winter months when fresh water is scarce, a good water supply is especially important to the health (remaining hydrated) and comfort (care of feathers) of birds. You don't have to buy something expensive either. Here are a few homemade ideas to try:

- Plant stand with a large saucer or pie tin
- Plant hanger with bowl of water
- Large bowl or casserole dish on a tree stump
- Bucket suspended from a strong tree branch
- Garbage can lid turned upside down on top of a garbage can

Locate your water supply away from trees or brush where neighborhood cats or other predators may lurk. A wide open space will give the birds of sense of protection as they bathe and drink. Try adding movement to your water supply. A small water pump, or dripper suspended above the bird bath will act like a bird magnet. A container such as a milk or cottage cheese carton suspended above the bird bath is all you need. Punch a small hole in the container to create a slow steady drip. Both the sound and movement will attract birds.

Hanging Bird Feeders Correctly

- Provide shelter
- Avoid noisy areas
- Keep out of reach from squirrels and cats

When searching for a place to hang your birdfeeder, please keep in mind that the best place might not always be in your line of sight. Birds like to have cover and shelter. Bird feeders need to be hung in a place where the birds feel safe from predators, like cats and squirrels. Avoid open and noisy areas, and try to hang your bird feeders at eye level or a little above. Do not hang feeders too close to anything where squirrels can jump on them, or too low they are within a cat's reach. Birds will not enjoy constant attack by predators, and will move on to find a new bird feeder if they can't eat in peace. If you have an area in your yard where you can place a shepherd's hook, this would be ideal. Shepherd's hooks are designed specifically for birdfeeders because they are taller, and the hook is further away from the pole.

Don't Forget About the Squirrels

I speak from experience when I recommend offering an additional "dining area" to our bushy-tailed friends. A raised wooden platform offering peanuts, apples, cereal, corn, or other treats tucked away from the bird feeders will keep them somewhat satisfied and away from the real goods. Nothing worse than seed, on the ground to germinate, after Buddy gets his fill.

For more useful tips and tricks, visit: Birdwithme.com



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Japan has been preparing for the 2020 Olympics and the 2019 Rugby World Cup with new luxury hotel openings and brand new air routes into Japan

JAPAN Named #2 Top Country to Visit in 2016 by Lonely Planet

Named as the #2 country to travel to in 2016 on Lonely Planet's *Best in Travel 2016*, Japan is "always number one for travelers in search of an otherworldly experience," according to Lonely Planet. Beyond the big cities, Japan possesses colorful and inspiring natural attractions beautifully interwoven by four distinct seasonal changes that have long been a great source of enjoyment. Many of these destinations can be accessed conveniently via Japan's bullet trains which connect Japan's metropolitan areas to the more rural and less explored areas. This makes navigating the entire country easier for foreign tourists. The bullet train service allows travelers to see a totally different world outside the cities, uncovering the natural beauty, charm and sightseeing spots of the country—peaceful pastoral areas with lush mountains, temples, shrines, gardens, and communities with great cultural variety.

Japan Is More Affordable Than Ever. Current economic conditions have made traveling to Japan more affordable than ever. Most travelers think a trip to Japan requires years of planning and saving. However, travel to Japan is often times less expensive than a trip to Europe—and that is truer now with the current exchange rate.

More To Japan Than Just Tokyo. Most U.S. travelers who do travel to Japan only visit the large cities like Tokyo and Kyoto, but there is so much more

to Japan.

With extensive history and many unique, local cultures throughout the country, visitors can encounter life-changing experiences unlike any other in the world.



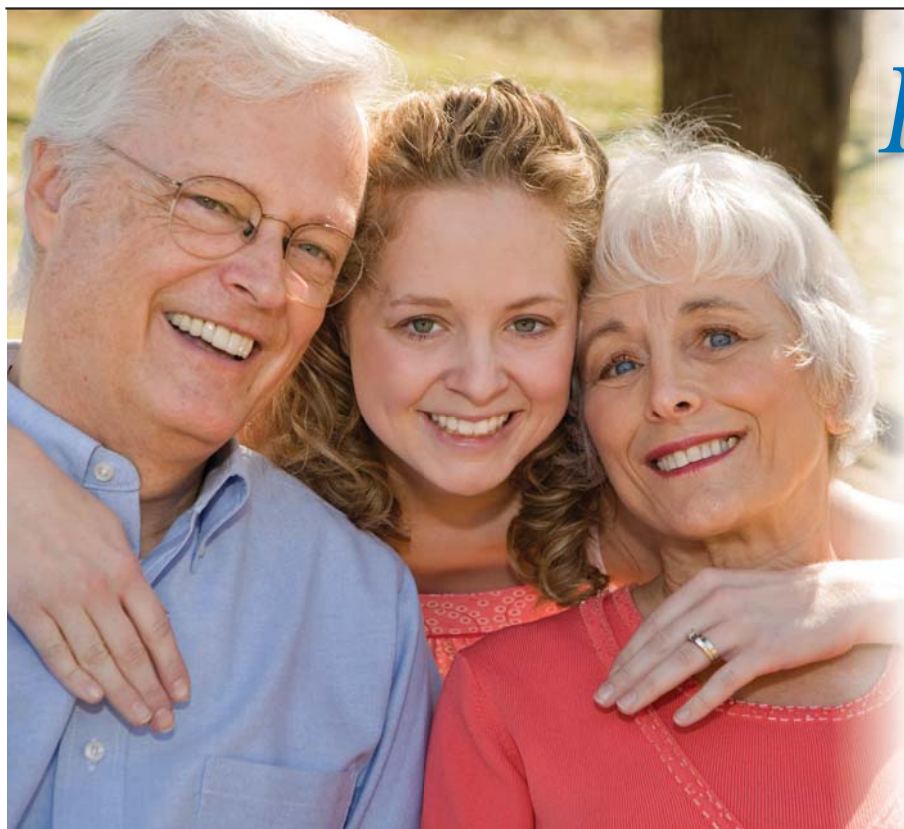
Kanazawa – known for its nature and history, Kanazawa is an important industrial, administrative and cultural center and is home to time-honored industries that turn out highly refined traditional products such as Kaga-yuzen silk fabrics, Kutani and Ohi pottery, and various artistic objects made

from paulownia. It is the center for gold leaf production, an industry that started in the 16th century. Kanazawa is the ultimate destination for travelers who love art and design.

Sapporo – the capital of Hokkaido is the nation's 4th largest city and known for its Winter sports, snow festivals, amazing seafood and as the place that pioneered miso ramen. Known outside Japan as host city to the 1972 Winter Olympics, Sapporo still has the ski hills and jumps from the Olympics that are scattered within the city limits; and a renowned ski resort, Niseko, is nearby.

Shikoku – one of Japan's four principal islands is filled with places of great tourist interest including Tokushima and Matsuyama. Tokushima is blessed with the bounty and diversity of nature, highlighted by the Naruto area, home to some

VISIT JAPAN continued on page 22



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BRINGING BACK THE *Friendly Skies*

I'm not going to beat around the bush...flying today isn't a whole lot of fun. Crowds, full airplanes, long lines, tight seats. Most of us have experienced such...and we put up with it because it allows us to travel to faraway places in short time. So, in today's fast paced travel world—how do we make those skies a bit friendlier?

By Steve Uelner, CountryTravelDiscoveries.com

After some 30 years in the travel industry, first as Managing Director of World Wide Country Tours and then as President of Country Travel DISCOVERIES, I've certainly racked up my share of air miles. Following are some tips will make your flying experience a bit more friendly. However, I'll be candid: Most *do* involve spending some money. That is contrary to what we've been accustomed to, but we need to accept that this is today's aviation world.

Apply for TSA's PreCheck program. Once you're approved, about 80% of the time you'll bypass long security lines, and be rid of burdens such as removal of your coat, taking off your shoes, and removing your laptop from your bag. *Tip:* You do not have to be a frequent flyer to be accepted into the TSA program.

Upgrade to "Economy Plus" (United's term—other airlines have different terms). These "premium" seats give you more leg room and are generally toward the front of the aircraft, and thus offer a more comfortable flight. Costs typically range from \$19 (short domestic flight) to \$169 (for an overseas flight).

Purchase a day pass (usually about \$50) or a membership to an airline club such as Delta's Sky Club, United's Red Carpet Club, or American's Admirals Club. Some memberships allow you to admit a guest, so you may only need one per couple. Once inside, you can relax, and there are often free amenities such as newspapers, drinks, and food.

Check your luggage. Lugging those pieces through crowded airports can be a hassle. I realize it can cost money—but not having to carry your luggage, find an overhead storage bin, etc. can make for a more pleasant experience. As an added benefit—you can then place your carry-on up above your seat, and thus have more leg room.

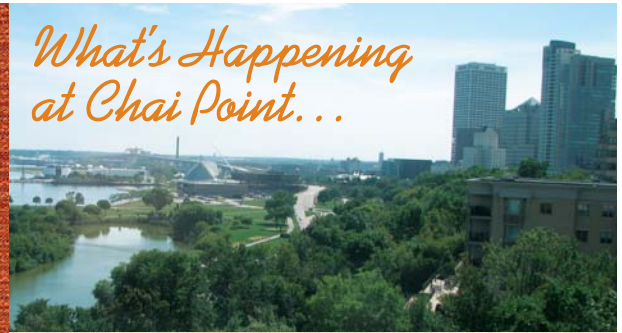
Get the card. If there's an airline you use frequently, consider applying for their loyalty credit card. Sure, there's a fee (usually after the first year), but short term you usually earn enough miles for a free ticket...and long term, there are added benefits such as early boarding and a couple of airline club passes each year. *Note:* You do need to belong to the respective airline frequent flyer program to reap the benefits.

Early boarding: When checking in, some airlines offer—for a small fee—early boarding privileges. This can be worth it to obtain valuable overhead space.

3-and-3: For flights that have "3 and 3 seating", a strategy that can work is to request an aisle and a window. The middle seats will always be the last seats to be assigned, so one of two things will happen: A) The middle seat will not be filled, leaving you with some extra elbow room. B) If it is filled, you can always ask that person if they'd like your aisle or window—they'll be happy to oblige, and you'll then be next to your companion.

I understand that much of the above costs money. But, when taking a vacation to relax and enjoy...why not do what we can to enhance our experience? Some of these steps will make our travels much nicer than we're getting used to!

What's Happening at Chai Point...



Designs Of Our Lives

We invite you to enjoy a series of lectures focused on design and its impact on our daily lives. Public spaces and private places; fashion flair and kitchen ware, are just a few of the themes to be explored. Mark your calendars for these Spring, 2016 programs.

Thursday, March 31 at 1:30 pm

"An American Architectural Masterpiece; The Milwaukee City Hall" presented by Eric Oxendorf, Architectural Photographer

Wednesday, April 6 at 2:30 pm

"A Touch of Paris — Floral Design" Demo and presentation with Cindy Davis, Floral Designer

Wednesday, April 13 at 3:00 pm

"The Remarkable World of 3D-Printing and Other 21st Century Innovations" with Frankie Flood, Associate Professor, UW-Milwaukee Department of Art & Design

Thursday, April 14 at 6:45 pm

"Fashion Designs of 2016"
Students from The Art Institute of Wisconsin, Fashion Design & Marketing Program, present a runway show of new, wearable creations

Thursday, April 21 at 1:30 pm

"Trends in Interior Design" with Lisa Jansen, ASID, Vice President, Interior Design, Zimmerman Architectural Studios, Milwaukee, WI

Thursday, May 26 at 1:30 pm

"The Brilliance of Brooks Stevens, Industrial Designer" presented by Professor James Slauson, Milwaukee Institute of Art & Design

Free parking is available under the Jewish Home and Care Center at 1414 N. Prospect Ave.



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When Milwaukee gardeners walk outdoors in April for gardening or lawn care, they may face a blast of icy wind, or they might walk outdoors into beams of sunlight, a gift to gardeners. But hope springs eternal. The days are getting longer, the birds are back and singing, the sun is higher and warmer... but just look at what old man winter has done to your landscaping!

The defining phrase for April gardening in Wisconsin is “weather permitting”

Knowing what not to do at this time of year is about as important as knowing what you can or should do. For example, winter and spring rains can leave parts of your garden pretty soggy. Resist the urge to walk on or dig up planting beds when they're wet! Each footstep compacts the soil and makes drainage worse. Before digging, try this test: grab a handful of soil and firm it into a ball. Then drop it. If it stays in a ball, the soil is too wet to work. If it crumbles or breaks apart, go ahead and start digging. Pay special attention to the weather reports for the next couple of weeks and be prepared to cover tender annuals if cold temperatures are predicted. If cold nights are forecast (and we can probably expect at least a few before the weather warms up for good), protect the tender new growth overnight with sheets, blankets or burlap.

As you begin to prepare beds for planting, work plenty of organic matter into your soil. Plants growing in healthy, well cultivated soil need less fertilizer and are better able to deal with disease and insects. In our clay soil, adding organic matter creates structure, increases air space, and helps soil retain moisture in dry weather and drain better in soggy weather. Organic matter includes homemade compost, composted cow manure, leaf humus (which can be bought as Leafgro), pine bark fines and Bumper Crop.

Now's a good time to clean up your yard—remove downed twigs and branches, and rake up any leaves left on the lawn or caught in ground cover or on flower beds. Cut back ratty looking foliage on perennials that haven't gone completely dormant. Cut back ornamental grasses to several inches above the ground.

LAWNS

Lime your lawn if it needs it. Garden lime lowers the acidity of the soil. If your soil is too acid, it won't be able to use fertilizer as well. If you're not sure whether you should lime, bring in a quart-sized jar of soil to a lawn and garden store. They'll test it for you and let you know whether you need to add lime, and if so, how much lime to apply.

Fall is the best time to seed lawns, but if you have thin or bare spots that won't wait til then, March is the next best time. After that, it will be getting too warm for the grass to germinate and get well established before the heat of summer sets in. When choosing grass seed, the two most important things to consider are the amount of sun the area gets and the amount of foot traffic.

Pre-emergent weedkillers get to weeds before they have a chance to germinate. If you've had problems with crabgrass or

other weeds such as clover and dandelions in the past, apply an organic pre-emergent depending on the type of weed you need to control.

SHRUBS AND TREES

Late March and early April are good times to prune deciduous (non-evergreen) trees and shrubs that bloom on new wood.

Prune to remove any broken tree or shrub branches. Don't worry about sap bleeding from pruning cuts on elm, maple, dogwood, beech, walnut, birch and redbud. This bleeding won't hurt.

Remove bagworm bags now—they contain hundreds of eggs that will hatch soon. Destroy or throw away the bags—don't just knock them down and leave them on the ground.

April Landscaping continued on page 17

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A: Female, because it doesn't let you finish a sentence before making a suggestion.



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APRIL Landscaping

continued from page 16

Late this month, prune shrubs that bloom on new wood, such as buddleias, PG hydrangeas, spireas and caryopteris. These are generally plants that bloom in summer, but please ask us if you're not sure about a specific shrub.

Prune back forsythias after they finish blooming, cutting off 1/3 of the old canes at the ground.

As long as the ground isn't too soggy, April is a great time to plant shrubs and trees. Planting in early spring gives the plants a chance to get their roots established before the summer heat kicks in.

ANNUALS and PERENNIALS

Watch carefully for signs of life in your perennial beds, and remember that each plant has its own timetable—some never disappear, especially in relatively mild winters; some are early to come up; and some may not show signs of life until April or even early May. In your rush to get some early color into the garden or to prepare beds for spring planting, be careful not to dig up a plant that simply hasn't woken up yet.

Spring bulbs are emerging. If the weather turns cold (or even snowy) again, new foliage may be burned by very cold temperatures, but flowers should be OK.

When your daffodils finish blooming, cut back the flower stems, but not the leaves. Don't tie them up in bundles, either! Let them mature naturally—they're storing energy for next year.

If you need a splash of color this month in your pots or flower beds, pansies and violas, primroses and ranunculus are your best bets for early spring color. All thrive in cool weather, petering out by May or early June when the weather heats up.

Water well and often if we're not getting an inch of rain per week.

Early April is a good time to begin your rose care schedule? And time to start feeding preventive treatments for fungus and disease.

For more information on your garden and lawn maintenance, go to
www.americanplantfood.com

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 Patty Robertson, Respiratory Care Program Director



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April is "National Women's Eye Health Month"

Vast majority of women are unaware of their higher risk for eye diseases and blindness

Despite the fact that women are up to 66 percent more likely than men to incur blindness from cataracts, glaucoma and macular degeneration (AMD), a 2014 Harris Poll found that a whopping 91 percent of U.S. women were unaware that they are at greater risk for even developing these conditions.

By Cheryl L. Dejewski

"Women face these odds because they tend to live longer and have a biological pre-disposition (perhaps immunological or hormonal) to certain eye concerns," says Mark Freedman, MD, senior partner at Eye Care Specialists, a leading local ophthalmology practice.

Decreased vision in women is linked to an increased risk of falling, which leads to more serious concerns, including hip fractures, the need for canes, walkers and/or nursing home care, and complication-related death. "Poor vision also increases the risk of car accidents and can have a devastating effect on quality of life in terms of limiting daily tasks, independence, social interaction, and overall health," says Daniel Paskowitz, MD, PhD, an eye surgeon with credentials from Harvard and Johns Hopkins.

"Poor vision, however, is not a fact of life as you grow older. If your eyesight is getting worse, you need to schedule a comprehensive, dilated eye exam to rule out causes," advises Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center. "Upon examination, we often find that cataracts (age-related clouding of the natural lens inside the eye) are the cause of the

problem and, in most cases, a 15-30 minute outpatient surgery procedure to remove and replace the cataract with a customized lens implant is a relatively easy and painless solution." Optometrist David Scheidt, OD, stresses, "Early detection and removal can prevent needless pain, suffering and cost. Many cataract patients say that they wish they had done it sooner."

Age-related macular degeneration (AMD) is the leading cause of central vision loss in Americans age 50+, affecting the ability to drive, read, see faces, etc. Although the exact cause is unknown, aging, genetics and being white and female are major risk factors. "Until recently, there was no hope for people with the more severe 'wet' form of AMD. Now, however, we are seeing exciting results with medication (Avastin, Eylea or Lucentis) injection treatments, including about 90% of patients experiencing stabilization of vision, and up to 30% actually gaining improvement," says Daniel Ferguson, MD, surgeon and partner at Eye Care Specialists.

"Dry, scratchy, irritated eyes are a common problem, especially for women over 40," notes ophthalmologist Michael Raciti, MD. "The most frequent cause is the

natural decrease in tear production that occurs with aging. Dry eyes can also be related to disease (rheumatoid arthritis, lupus, psoriasis, Parkinson's, thyroid, etc.), chemical burns, eyelid problems, medications, and hormonal changes (pregnancy, menopause and HRT). Dry eye disease is typically uncomfortable but not vision-threatening. Sometimes, however, it can affect focusing ability and increase the risk of eye infections." Treatment options include frequent use of artificial tears; a five-minute (tiny) silicone plug insertion procedure to retain moisture; or Restasis™, a prescription eye drop that attacks the inflammation behind dry eye disease.

How can women protect their vision to maintain their independence and quality of life? Optometrist David Scheidt, OD, recommends, "Schedule comprehensive dilated eye exams every other year. Wear sunglasses and hats with brims, avoid smoking, maintain a healthy diet low in fats and sugar and high in healthy nutrients, and ask your eye care specialist what treatment options and/or vision-related supplements would be of value for you."

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One afternoon, a lawyer

was riding in his limousine when he saw two men along the road-side eating grass. Disturbed, he ordered his driver to stop and got out to investigate.

He asked one man, "Why are you eating grass?"

"We don't have any money for food," the poor man replied. "We have to eat grass."

"Well, then, you can come with me to my house and I'll feed you," the lawyer said.

"But sir, I have a wife and two children with me."

"Bring them along," the lawyer replied.

Turning to the other poor man he stated, "You may come with us, also."

The second man, in a pitiful voice, then said, "I also have a wife and six children with me!"

"Bring them all as well," the lawyer answered.

They all entered the car, which was no easy task, even for a car as large as the limousine. Once under way, one of the poor fellows turned to the lawyer and said, "Sir, you are too kind. Thank you for taking all of us with you."

The lawyer replied, "Glad to do it. You'll really love my place. The grass is almost a foot high."

Come on now...you really didn't think there was such a thing as a heartwarming lawyer story...did you?

Rrrriiinnnnggg, rrrriiinnnnggg...

"Hello?"

"Hi honey. This is Daddy. Is Mommy near the phone?"

"No, Daddy. She's upstairs in the bedroom with Uncle Paul."

After a brief pause, Daddy says, "But honey, you haven't got an Uncle Paul."

"Oh yes I do, and he's upstairs in the room with Mommy."

Brief Pause. "Uh, okay then, this is what I want you to do. Put the phone down on the table, run upstairs. And knock on the bedroom door and shout to Mommy that Daddy's car just pulled into the driveway."

"Okay, Daddy. Just a minute." A few minutes later the little girl comes back to the phone. "I did it, Daddy."

"And what happened, honey?"

"Well, Mommy got all scared, jumped out of bed with no clothes on and ran around screaming. Then she tripped over the rug, hit her head on the dresser and now she isn't moving at all!"

"Oh my God!!! What about your Uncle?"

"He jumped out of the bed with no clothes on, too. He was all scared and he jumped out of the back window and into the swimming pool. But I guess he didn't know that you took out the water last week to clean it. He hit the bottom of the pool and I think he's dead."

Looooooong Pause.

Then Daddy says, "swimming pool? Is this 414-000-0000?"Long Pause.....

The little girl replies "No, I think you have the wrong number."



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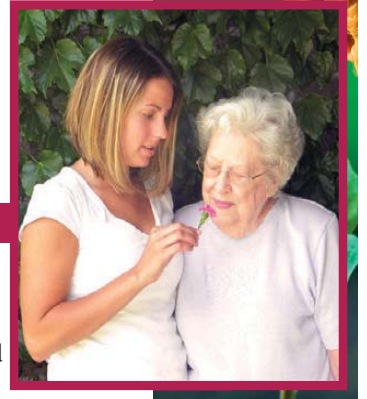
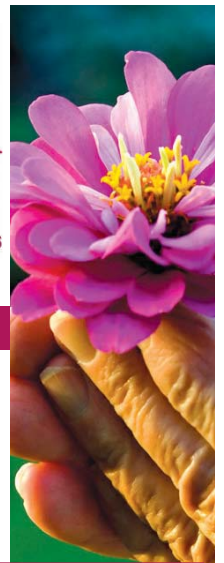
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POOR HEALTH IN LATER LIFE POSES BARRIER TO RETIREMENT SAVINGS FOR MAJORITY OF AMERICANS

Concerns about the skyrocketing costs of healthcare are worrying the majority of pre-retiree Americans saving for retirement.

According to HSBC's latest report, *The Future of Retirement Healthy New Beginnings*, 76 percent of Americans see poor health as the largest barrier to retirement saving, while 61 percent consider illness in a partner as a close second.

The survey – which looked at data gathered from more than 18,000 pre-retirees and retirees across 17 countries – found that 67 percent of pre-retirees are unable to predict how much they are likely to spend on healthcare in retirement, including 63 percent of those living in households with an annual income over \$79,999.

Despite this and the fact that only 42 percent of pre-retirees consider themselves to have good health for their age, those approaching retirement often do not take part in the basic activities that can reduce the risk of poor health in the future. To avoid health risks, only 61 percent eat a healthier diet, 59 percent have regular medical check-ups, and 33 percent take medicines to prevent future conditions. Compare these numbers to retired respondents, where 71 percent, 84 percent and 66 percent respectively pursue the same preventative actions.

The survey also examined perceived barriers to living healthy lifestyles among respondents. An astounding 63 percent of pre-retirees said they are prevented from living a healthy lifestyle, compared to 34 percent of retirees. Why? Most pre-retirees cited being too busy (30 percent) and lack of free or leisure time (24 percent) as top barriers.

Michael Schweitzer, Global Head of Sales and Distribution at HSBC, comments: "Retirement can often invigorate and remind people of the importance of healthy lifestyle choices, but it is equally as important to consider adopting a healthy lifestyle in advance of retirement.

Having a financial plan can help demystify long term saving as well as help provide a stress free outlook for all stages of your retirement, both in sickness and in health."

Four actions that individuals can take now to begin improving their financial wellbeing in retirement:

1. Start saving for an earlier retirement

In order to maximize success of retiring at your target age, start saving toward retirement as early as possible. Seventy-two percent of pre-retirees ages 45 and older would like to retire in the next five years, however 37 percent of them are unable to largely (77 percent) due to lack of prospering later life funding.

2. Aim for a healthier retirement.

Don't wait until you have stopped working to take active steps to improve your health. Taking steps now to minimize health risks will also help protect you and your bank account against some of the more exorbitant healthcare costs associated with later life.

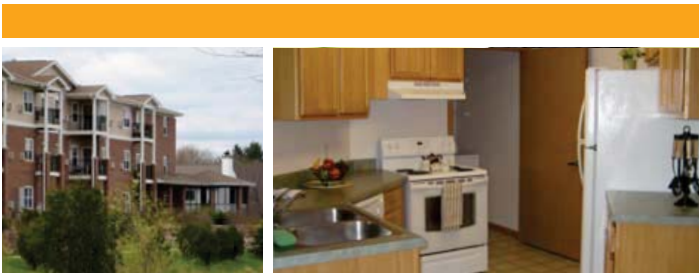
3. Plan for a longer, more active retirement

Leading a healthier lifestyle is often associated with increased longevity, which means that you will need access to more money to live out your longer life. Ensure you have a financial plan in place to make the most of this new chapter and ensure you will be financially set.

4. Consider how your healthcare needs may change in retirement

Predicting how much you will likely spend on healthcare in your retirement is difficult, but not impossible.

For more information about The Future of Retirement, visit www.hsbc.com



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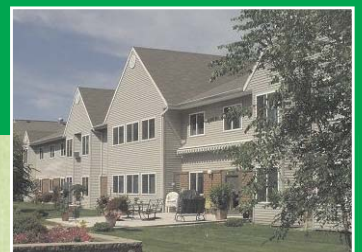
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NOW or LATER?

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

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

How much smaller will your check be if you apply at 62? The answer varies. Let's take someone born in 1953. For this baby boomer, the full retirement age is 66. If that baby boomer decides to retire in 2015 at 62, his/her monthly Social Security benefit will be reduced 25%. That boomer's spouse would see a 30% reduction in monthly benefits.

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

Remember the earnings limit. Let's put our hypothetical baby boomer through another example. Our boomer decides to apply for Social Security at age 62 in 2015, yet stays in the workforce. If he/she earns more than \$15,720 in 2015, the Social Security Administration will withhold \$1 of every \$2 earned over that amount.

How does the SSA define "income"? If you work for yourself, the SSA considers your net earnings from self-employment to be your income. If you work for an employer, your wages equal your earned

income. Please note that the SSA does not count investment earnings, interest, pensions, annuities and capital gains toward the current \$15,720 earnings limit.

Some fine print worth noticing. Did you know that the SSA may define you as retired even if you aren't? (This actually amounts to the SSA giving you a break.) For 2014, the SSA considered you "retired" if you were under full retirement age for the entire year and your monthly earnings were \$1,290 or less.

If you are self-employed, eligible to receive benefits and under full retirement age for the entire year, the SSA generally considers you "retired" if you work less than 15 hours a month.

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

Learn more at [socialsecurity.gov](https://www.ssa.gov). The SSA website <https://www.ssa.gov> is packed with information, benefit calculators, and more. One last little reminder: regardless of when you sign up for Social Security, make sure that you begin to check into your Medicare options about 6 months prior to turning 65, so you are prepared to make an informed decision when the time comes. Best wishes, and do not hesitate to contact me directly if you wish to discuss your individual situation in more detail.



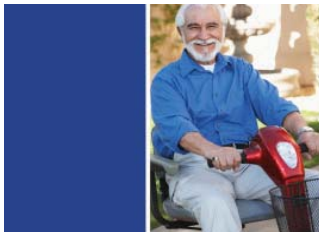
Ask Tim

QUESTION: Can you provide some practical tips about the best time to file for Social Security?

Roy - Waukesha, WI

ANSWER:
When to apply for Social Security benefits is one of the biggest decisions in retirement planning. Consider a few factors first.

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



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VISIT JAPAN

Continued from page 14



of the world's most powerful whirlpools. Additionally, Tokushima is home to the Otsuka Museum of Art and the Awa Odori Dance festival, which is held every August and attracts over 1 million spectators. Matsuyama is blessed with historical attractions and natural beauty including the Matsuyama Castle, Dogo Onsen and the Ishiteji Temple, to name a few. The Matsuyama Castle was completed in 1627 and is one of the few castles in Japan preserved in its original condition and offers an amazing panoramic view of the city. Dogo Onsen is considered the oldest spa in Japan housed in a structure built in 1894. The Ishiteji Temple is one of the 88 temples in Shikoku of the Shingon Sect, famous for Ohenrosan, or pilgrims in white costumes traveling on foot to visit the 88 temples.

Hiroshima and Miyajima – known as the "City of Peace," Hiroshima is the largest city in the western end of the Japanese mainland. This beautiful city is endowed with nature that has six rivers flowing through its mountains, and an urban area full of green. Miyajima, or Shrine Island, has long been revered as a sacred island even before Itsukushima Shrine was founded there in 593 A.D., which is dedicated to the maritime guardian goddesses. The island, noted for its magnificent landscape, is an ideal summer resort, replete with excellent beaches and trails. It is also noted for its cherry blossoms and its autumnal tints.

The Japan National Tourism Organization (JNTO) was established in 1964 to promote international exchange through tourism. Headquartered in Tokyo and with 14 offices in key cities around the world, including New York and Los Angeles, JNTO is involved in a broad range of activities to promote travel to Japan through programs overseas as well as tourism-promoting activities throughout the United States. For more information about JNTO, visit <http://www.us.jnto.go.jp>.



japanese sausage fried rice

5 eggs, beaten
3 tablespoons vegetable oil
1/2 head cabbage, cored and shredded
3 carrots, chopped
6 cups cooked white rice, cold
1/4 cup soy sauce, or to taste
1 (14.5 ounce) can bean sprouts, drained
1 (6 ounce) package frozen green peas, thawed
ground black pepper to taste
3 green onions, chopped

In a skillet over medium-high heat, cook the sausage until evenly browned. Drain, and remove sausage from the pan. In the same pan, using the remaining coating of grease from the sausage, scramble the eggs, stirring frequently until cooked through. Set aside.

Heat the oil in a very large skillet or electric skillet over medium-high heat. Stir fry the cabbage and carrots just until the cabbage has wilted. Add the cold rice, and fry, stirring so that there are no clumps. Mix in the sausage and pour in some soy sauce. Stir in bean sprouts, peas, and eggs, mixing well so there are no big chunks of egg. Season with pepper, and stir in green onions just before removing from the heat. Adjust soy sauce to taste, and serve.

*Use cold cooked rice. Do not use freshly made hot rice, or the fried rice will turn out gummy



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The times they are a changin'

1966: Long hair
2016: Longing for hair

1966: KEG
2016: EKG

1966: Acid rock
2016: Acid reflux

1966: Moving to California because it's cool
2016: Moving to Arizona because it's warm

1966: Trying to look like Marlon Brando or Liz Taylor
2016: Trying NOT to look like Marlon Brando or Liz Taylor did before they crossed to the other side..

1966: Seeds and stems
2016: Roughage

1966: Hoping for a BMW
2016: Hoping for a BM

1966: Going to a new, hip joint
2016: Receiving a new hip joint

1966: Rolling Stones
2016: Kidney Stones

1966: Screw the system
2016: Upgrade the system

1966: Disco
2016: Costco

1966: Passing the drivers' test
2016: Passing the vision test

1966: Whatever
2016: Depends

A father passing by his son's bedroom,

was astonished to see the bed was nicely made, and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, "Dad." With the worst premonition, he opened the envelope and read the letter, with trembling hands...

"Dear, Dad. It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with Mum and you.

I've been finding real passion with Stacy, and she is so nice, but I knew you would not approve of her because of her piercings, tattoos, tight motorcycle clothes, and because she is so much older than I am. But it's not only the passion, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves, and trading it with the other people in the commune.

Don't worry, Dad. I'm 15, and I know how to take care of myself. Someday, I'm sure we'll be back to visit, so you can get to know your many grandchildren.

Love, your son, Joshua.

P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!

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Checking out at the store...

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



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

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our school books. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books. But too bad we didn't do the green thing back then.

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

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

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

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

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

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

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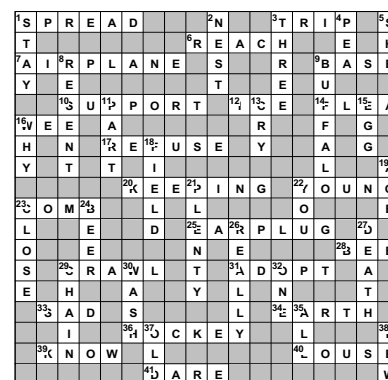
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I always wondered what the job application is like at Hooters. Do they just give you a bra and say, "here fill this out"...

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

On average, an American man will have sex two to three times a week; whereas a Japanese man will have sex only one or two times a year. This is upsetting news to me.... I had no idea I was Japanese.

What is it about a car that makes people think we can't see them pick their nose?



puzzle on pg 27

Limit Cancer Risk—There is convincing evidence that red meat and processed meat consumption increases the risk of colorectal cancer. There is also limited but suggestive evidence that red meat increases the risk of esophagus, lung, pancreas, and endometrium cancer and that processed meat consumption increases the risk of esophagus, lung, stomach, and prostate cancer. In contrast, a diet rich in fruit and vegetables decreases the risk of several types of cancers, including mouth, pharynx, larynx, esophagus, and stomach, evidence suggests.

Fight Diabetes—Research suggests that plant-based diets, particularly those low in processed meat, can reduce your risk of type 2 diabetes.[4] Eating a plant-based diet can decrease total calorie consumption which helps you obtain and maintain a healthy weight, a key component to preventing and treating diabetes.

Curb Obesity—Several large studies in Europe and the United States have demonstrated that people on plant-based, vegetarian diets tend to have a significantly lower body weight and body mass index (BMI). This may be in part because plant-based diets are rich in fiber (which is not found in animal products). Fiber contributes to fullness, resulting in lower calorie intake and less overeating.

Live Longer—Evidence suggests that eating a diet rich in fruits and vegetables, and a limited amount of red meat can increase longevity, whereas meat consumption is associated with increases in deaths due to cancer and cardiovascular disease.

Improve The Nutritional Quality of Your Diet—Going meatless encourages consumption of plant-based sources of protein, like beans and peas. Consuming beans and peas results in a higher intake of fiber, protein, folate, zinc, iron, and magnesium. Also, diets high in beans and peas are associated with lower intakes of saturated fat and total fat.

For Your Wallet:

Curb Healthcare Spending—Each year in the United States, chronic diseases like



MEATLESS MONDAY

continued from page 11

heart disease, stroke, cancer, and diabetes cause 7 in 10 deaths, and account for 75% of the \$2 trillion spent on medical care. In 2008, the estimated health care costs related to obesity were \$147 billion. By reducing our risk for these conditions, we can curtail healthcare spending nationwide.

Cut Weekly Budget—Many people save money by adding meatless meals to their weekly menus.

Meatless meals are built around vegetables, beans and grains—instead of meat, which tends to be more expensive. This is partly because producing meat requires extra expenses like feed and transportation. Though it can be challenging to serve healthy meals on a budget, going meatless once a week can help conserve money for more fruits and vegetables.

For the Environment:

Minimize Water Usage—The water needs of livestock are much greater than those of vegetables and grains. Approximately 1,850 gallons of water are needed to produce a single pound of beef. Approximately 39 gallons of water are needed to produce a pound of vegetables. Americans consume nearly four times the amount of animal protein than the global average. When compared with current food intake in the US, a vegetarian diet could reduce water consumption by up to 58% per person.

Reduce Greenhouse Gases—Studies show that meat production produces significantly more greenhouse gases than vegetables, including carbon dioxide, Methane and Nitrous Oxide – the three main contributing sources of greenhouse gas. Beef was found to produce a total of 30 kg of greenhouse gas (GHG) per kg of food, while carrots, potatoes and rice produce .42, .45 and 1.3 kg GHG per kg of food, respectively.

Reduce Fuel Dependence—About 25 kilocalories of fossil fuel energy is used to produce 1 kilocalorie of all meat based protein, as compared with 2.2 kilocalories of fossil fuel input per 1 kilocalorie of grain based protein produced. The meat industry uses so much energy to produce grain for livestock that if instead we used the grain to feed people following a vegetarian diet, it would be enough to feed about 840 million people.



Meatless Monday is a nonprofit public health initiative of The Monday Campaigns. Sid Lerner, the organization's chairman, founded the Meatless Monday movement in 2003, with Johns Hopkins Bloomberg School of Public Health. The campaign seeks to reduce the risk of chronic diseases such as diabetes, heart disease, stroke, and cancer and conserve valuable environmental resources by encouraging the public to cut back on meat consumption one day a week. The campaign is founded on research that demonstrates that Monday is the day we are most primed to start and sustain a healthy new behavior. For more information, contact Communications Assistant Laura Jensen at Ljensen@mondaycampaigns.org for free resources, tips, and other inquiries.

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CELEBRATE	NOTION
COPY	QUICK
COWBOY	RAGE
DARK	RETURN
BEER	RIGHT
DEFENCE	RUIN
DREADFUL	SCRAMBLED
DURING	SERVICE
EARTH	SOLD
FATHER	STICKY
FIFTEEN	STRING
FLOWER	TAUGHT
FONDER	TAXI
FUNNY	THANK
GOOSE	TRIED
HEAVY	TWIG
HOPE	WHOEVER
HUMILIATE	WROTE

G	L	T	E	H	N	L	E	L	T	U	R	Q	T	E	L	Y	U
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W	O	R	E	T	U	R	N	L	L	U	D	W	E	E	U	F	T



In the spring, at the end of the
day, you should smell like dirt.

~Margaret Atwood

For those who cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom. I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook. I already have four people following me: two police officers, a private investigator, and a psychiatrist.

A woman came home from shopping and headed toward her bedroom to change her clothes. On the bed, under the blanket, she sees four legs instead of two!

She reaches for a baseball bat and starts hitting the blanket as hard as she can.

Leaving the covered bodies groaning, she goes to the kitchen to call the police. As she enters, she sees her husband there, reading a magazine.

"Hi Darling", he says, "Your parents have come to visit us, so I put them in our bedroom. Did you say 'hello'?"

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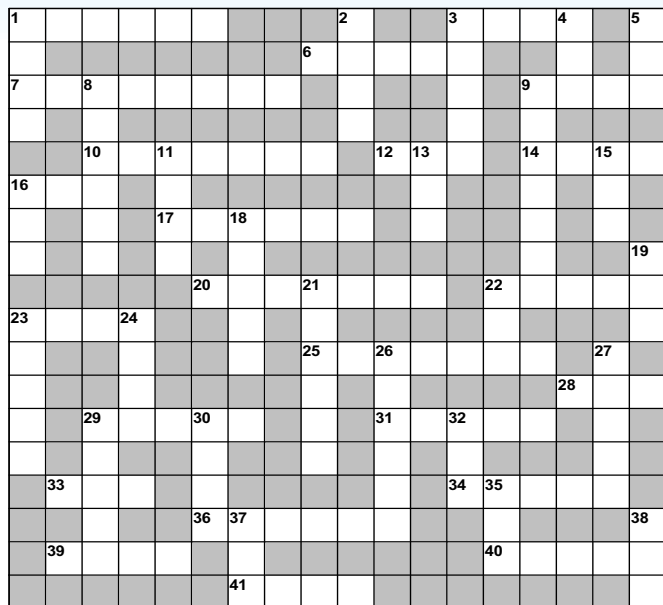
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Crossword junkie!

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FROM BOOMER'S NEWSPAPER



ACROSS

1. Distribute evenly
3. Proceeds a fall
6. To extend the arm and grab
7. Groundless transportation
9. First, second, and third
10. To prop up
12. Frozen water
14. Insect circus performer
16. Child's expression on a swing
17. To not accept
20. Hard part of knowing a secret
22. Oh to be again
23. Hair tool
26. Worn by some to sleep
28. Subject of 'Keepers' hobby
29. Mode to avoid smoke in a room
31. Provide a family for a child
33. Not happy
34. Our world
36. Violent winter sport
39. Having insight
40. A contemptible person
41. To challenge

DOWN

1. Dog command
2. Home of the Robin
3. Number of blind mice
4. Comes in a pod
5. Feminine form of he
8. To hold a grudge
9. Plains Indian food source
11. Mosses and the Red Sea
13. To bawl
15. Which came first
16. Who, what, when, where,?
18. Open pasture
19. Duration of life
21. Candy - 'Good &
22. Not me
23. Of similar proximity
24. Fizzy malt beverage
26. Expression of disbelief
27. The end of the road
29. Saw for tree trimming
30. To make clean
32. The loneliest number
35. Every one
37. Advanced in years
38. Not many

Answers on page 24

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

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

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

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

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