

# *Celebrate Life* **Boomers!**

*Summer*  
**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



# **SUMMER!**

**The HEAT is ON!**

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# Group Travel Done Differently!

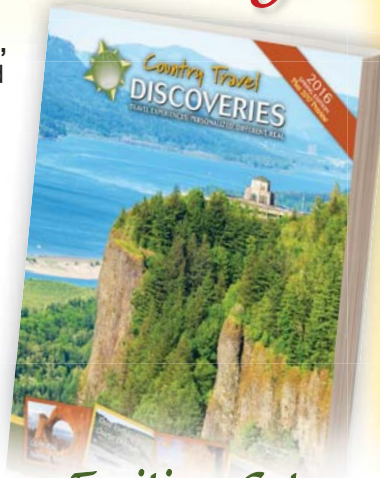
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THE WILLIS CLAN**

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THE WONDERBREAD  
YEARS

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NELSON  
REMEMBERED**

**RIDERS IN  
THE SKY**

**+  
MUCH  
MORE**

**TICKETS ON SALE  
JUNE 20!**

**TO SEE THE REST OF OUR  
2016-17 SEASON LINEUP,  
VISIT [SCHAUERCENTER.ORG](http://SCHAUERCENTER.ORG)**

**IT'S GOING TO BE A FUN YEAR  
AT THE SCHAUER!**

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BOX OFFICE OPEN MON-FRI 11:30 AM - 5:30 PM & SAT 11:30 AM - 2:00 PM

# 2016/17 Season

NEUDECKER MAIN STAGE

**Sept. 17 | 7:30 p.m.**

**Beginnings**  
*A Tribute to the  
Music of Chicago*

**Oct. 15 | 7:30 p.m.**

**Eric Mintel**  
*A Tribute to the Music  
of Dave Brubeck*

**Dec. 3 | 7:30 p.m.**

**Four Guys  
in Dinner Jackets**  
*Holiday Show*

**Jan. 29 | 2:00 p.m.**

**Voices of ETERNA**  
*Part of Milwaukee  
Children's Choir*

**April 8 | 7:30 p.m.**

**Barrage 8**  
*A Strings Sensory  
Sensation*

**May 20 | 7:30 p.m.**

**Armed Forces Show**  
*The Accidental Hero &  
The Radio Rosies*

Check our website for Cabaret Café, Family Series, ComedySportz and other performances.  
Tickets on sale July 16.

**OCONOMOWOC ARTS CENTER**

**641 E. Forest Street  
Oconomowoc, WI**

**262-560-3172**  
**[www.theoac.net](http://www.theoac.net)**

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PARKS**

Come celebrate a Milwaukee tradition with your friends, family, and neighbors in your parks! Featuring Sprecher Brewing, Co. craft beer, gourmet soda, delicious snacks, and more.

Celebrate the kick-off of each stop on each opening day with our ceremonial keg tapping, LIVE LOCAL MUSIC and FREE BEER and ROOT BEER - while it lasts!

**ROLL OUT THE BARREL TOUR**

**May 18 - June 12**  
**Root River Pkwy near Whitnall Park**  
92nd St. & College Ave. by Picnic Area #1, Greendale

**June 15 - July 10**  
**Grant Park**  
100 E. Hawthorne Ave. by Picnic Area #5, South Milwaukee

**July 13 - Aug. 7**  
**Greenfield Park**  
2028 S. 124th St. by Picnic Area #3A, West Allis

**Aug. 10 - Sept. 16**  
**Root River Pkwy near Whitnall Park**  
92nd St. & College Ave. by Picnic Area #1, Greendale

**PASS ME A PINT TOUR**

**June 1 - June 12** **Kletzsch Park**  
6798 N. Milwaukee River Pkwy., Milwaukee

**June 15 - June 26** **Froemming Park**  
8801 S. 51st St., Franklin

**June 29 - July 10** **Holler Park**  
5151 S. 6th St., Milwaukee

**July 13 - July 24** **Red Arrow Park**  
920 N. Water St., Milwaukee

**July 27 - Aug. 7** **Hales Corners Park**  
5765 S. New Berlin Rd., Hales Corners

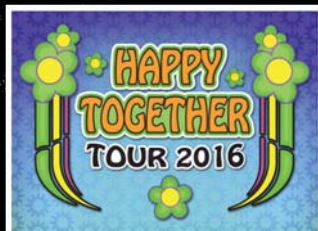
**Aug. 10 - Aug. 21** **Brown Deer Park**  
7625 N. Range Line Rd. by Clubhouse, Milwaukee

**Aug. 24 - Sept. 5** **Doctors Park**  
1870 E. Fox Ln. by Picnic Area #3, Fox Point

**countyparks.com • 414-257-PARK (7275)**



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**THE TURTLES**  
FEATURING FLO & EDDIE  
WITH SPECIAL GUESTS  
**AUGUST 7 AT 7PM**



**-AN EVENING WITH-  
THE BEACH BOYS**  
**AUGUST 14 AT 6PM**

## STATE FAIR MAIN STAGE

presented by  
**POTAWATOMI**  
HOTEL & CASINO

Main Stage Tickets include Fair Admission when purchased prior to entering the Fair Park. No refunds. All shows are rain or shine.

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AUGUST 4-14 Presented By U.S. Cellular

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AND  
WONDER  
MEET!**

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ZOO**

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**TICKETS ON SALE JULY 25**

(414) 766-5049  
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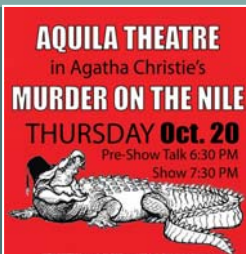


**SIMPLY SWING**  
Chris Mariani & The Radio Rascals with Swing Explosion  
**FRIDAY Sept. 30 7:30 PM**

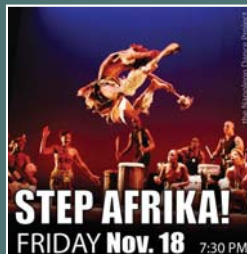


**Donny McCaslin Group**  
Thurs., Oct. 13, 7:30 pm

featured on  
**David Bowie's  
Blackstar**



**AQUILA THEATRE**  
in Agatha Christie's  
**MURDER ON THE NILE**  
**THURSDAY Oct. 20**  
Pre-Show Talk 6:30 PM  
Show 7:30 PM



**STEP AFRIKA!**  
**FRIDAY Nov. 18 7:30 PM**



**CANTUS** We All Will Be Together  
**THURSDAY Dec. 8 7:30 PM**



**MOMENTUM  
MBII@SMPAC**  
**SATURDAY Jan. 28 2 PM & 6:30 PM**



**BROADWAY'S  
NEXT HIT MUSICAL**  
**FRIDAY Feb. 17 7:30 PM**



**JAYME STONE'S  
LOMAX PROJECT**  
**SATURDAY Mar. 25 7:30 PM**

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**ADVERTISING / MARKETING**  
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Publishers Asst / Kellie Miller  
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THANK YOU, MILWAUKEE.

**Growing, giving and gaming** has been our vision the past 25 years. Since the beginning, Potawatomi has entertained guests while giving back. From a world-class bingo hall to a premier entertainment destination, featuring gaming, seven restaurants, an event center, theater, hotel and more, Potawatomi Hotel & Casino has been a proud member of this community. We're celebrating 25 years in the game, and we couldn't have done it without you.



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with



Use the code "IRISH" to get one Milwaukee Irish Fest General Admission ticket and one Celtic Thunder ticket together for only \$45!\*

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**SUNDAY, SEPTEMBER 25 • MILWAUKEE THEATRE**

\*Offer in effect June 15-August 15, 2016. A limited number of tickets are available for this promotion. Buy tickets at the Milwaukee Theatre Box Office, select Walmart stores, the Wisconsin Center, by phone at 1-800-745-3000, or online at Ticketmaster.com. Convenience fees may apply.

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







*"I am Summer, come to lure you  
away from your computer...  
come dance on my fresh grass,  
dig your toes into my beaches."*

~Oriana Green

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This issue concludes another publishing year for Boomers! Newspaper, but we'll be back in September with a year full of exciting change!

Live, love, laugh. Enjoy the sky, open-window breezes, the smell of sun on your skin, the birds and squirrels, cold beers, sweet wine... and even a few mosquitoes!

*And always  
remember to...  
Celebrate Life!*

Sandy and Tom  
Draelos

# GREEK FEST

## June 24, 25, 26

### State Fair Park

Fri/Sat 11am-11pm Sun 11am-9pm



FREE  
ADMISSION

Daily  
Unlimited Ride  
Wristbands!

\$20

(Valid Noon-5pm)

## FREE LIVE ENTERTAINMENT

Friday  
7:00 PM

*Cold Sweat*  
and the Brew City Horns

Saturday  
7:00 PM

*CHASIN MASON*

*OPA!*



[www.annunciationwi.org](http://www.annunciationwi.org)

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Spit Roasted Chicken &  
Yia Yia's Homemade Pastries

# GREEK FESTIVAL

Coming this August - Please see website for Dates & Times!

[www.OpaGreekFest.org](http://www.OpaGreekFest.org)

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**AHEPA Milwaukee Chapter 43**

~ The Artists of Organic Arts ~  
A Spectrum of Performers for Senior Centers, Elder Care,  
Social Clubs, Churches, and Special Events for Boomers!  
[www.performingartsmilwaukee.com](http://www.performingartsmilwaukee.com)  
[orgarts@gmail.com](mailto:orgarts@gmail.com) / 414-702-6053

# 2016 ROAD AMERICA

## FAST FAMILY FUN



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



**MAY 13-15**

SVRA Spring Vintage Weekend

**JUNE 3-5**

Honda Superbike Showdown  
of Wisconsin

**JUNE 10-12**

Rockerbox Motofest®

**JUNE 16-19**

WeatherTech® Chicago Region  
SCCA June Sprints®

**JUNE 23-26**

Verizon IndyCar Series &  
Pirelli World Challenge

**JULY 14-17**

WeatherTech® International Challenge  
with Brian Redman presented by HAWK

**AUGUST 4-7**

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

**AUGUST 25-27**

NASCAR XFINITY Series & SCCA Pro Trans Am

**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*



**June 10-12****Grecian Fest**

Saints Constantine & Helen Church  
2160 W. Wauwatosa Ave

**JUNE 12****Locust Street Festival of Music and Art**

Locust Street  
(Holton & Humboldt)

**JUNE 11**

**Summerfest Rock 'n Sole Run**  
(Marathon, Half-marathon, or 5k)  
Maier Festival Park

**JUNE 17-19****Polish Fest**

Maier Festival Park

**JUNE 17-19**

**Lakefront Festival of Art**  
Milwaukee Art Museum

**JUNE 18**

**Wisconsin Beer Lovers Festival**  
Bayshore Town Center  
Bayshore Mall

**JUNE 19****Juneteenth Day**

Martin Luther King Jr. Drive  
(Burleigh & Center)

**JUNE 24-26****Greekfest**

State Fair Park

**JUNE 25**

**Summer Soulstice Music Festival**  
North Avenue (Oakland & Prospect)

**JUNE 25-26**

**Cedarburg Strawberry Festival**  
Downtown Cedarburg

**JUNE 26**

**Pommerntag Festival**  
Mequon City Park, 11333 N.  
Cedarburg Road, Mequon

**JUNE 29-JULY 3/July 5-10****Summerfest**

Maier Festival Park

**July 1-4**

**Franklin Civic Celebration**  
Lions Legend Park, Franklin

**July 2**

**Grafton Holiday**

Centennial Park, Grafton

**JULY 3**

**Fireworks at the Lakefront**  
War Memorial Center

**July 7-9**

**Wild Ones Weekend**  
Harley Davidson Museum

**JULY 7-9**

**Iola Car Show & Swap Meet**  
Highway 161, Iola

**JULY 8-9**

**Delafield Food & Music Festival**  
421 Main St., Delafield

**Rumble by the River**

Big Bend Village Park, Big Bend

**JULY 8-10**

**Divine Mercy Fun Fest**  
695 College Ave., South Milwaukee

**JULY 9-SEPT 5**

**Bristol Renaissance Faire**  
Saturdays, Sundays, Labor Day  
Kenosha

**JULY 9-10**

**Cedarburg Woman's Club Garden**

**Walk**

Cedarburg

**JULY 10**

**Riverwest Secret Garden Tour**  
Garden Park, Locust and Bremen  
Streets

**JULY 14-17**

**Bastille Days**  
Cathedral Square Park

**Dominic Days**

St. Dominic Catholic Church, 18255 W.  
Capitol Drive, Brookfield

**JULY 15-17**

**South Shore Frolics**  
South Shore Dr, Bay View

**JULY 16**

**Port Washington Fish Day**  
Harbor, & Upper and Lower Park  
areas of Port Washington

**JULY 15**

**St. Rita Parish Festival**  
6021 W. Lincoln Ave., West Allis

**JULY 15-16**

**Gathering on the Green**  
Rotary Park  
4000 W. Highland Road, Mequon

**JULY 15-17**

**LiLi's Village**  
Sussex Village Park

**SUMMER EVENT GUIDE**

Continued on page 10

Waterford Hot Air Balloon Festival

# ALL ABOARD!

**PLAN YOUR VISIT**

Open Daily . . . . . June 6–Sept. 2  
Open Weekends . . May 7–June 5 &  
Sept. 3–Oct. 16

**Three Departure Times:**

11:00 a.m. – 1:00 p.m. – 3:00 p.m.

**UPCOMING SPECIAL EVENTS**

July 2-4..... Stars & Stripes Special  
Sept. 17-18..... Wooden Car Tours  
Oct. 8-9..... Autumn Color™ Weekend  
Oct. 15-16..... Pumpkin Special™

**ONBOARD DINING**

Aug. 20..... Elegant Dinner Train  
Sept. 17..... Wine Tasting Train  
Oct. 1..... Beer Tasting Train  
Oct. 1, 7, 8..... Elegant Dinner Train  
Oct. 8-9..... First Class  
Oct. 15..... Pizza Train  
Oct. 15..... Elegant Dinner Train

Ride in historic coach cars, a caboose, or join the engineer in the cab of the mighty locomotive! Onboard dining options also available during select dates.



**RIDE!** A 55-minute round trip journey on 1900-era train cars  
**SEE!** Railroad displays and restored railway equipment  
**EXPLORE!** Our gift shop within an 1894 railroad depot

**ALL ABOARD FOR FAMILY FUN!**

Begin your visit in a restored 1894 depot. Browse Mid-Continent Railway Museum's display train yard containing an extensive collection of historic railcars and railroad artifacts. Then climb aboard authentic early 20th century railcars for a 55-minute, 7-mile roundtrip train ride through rural Sauk County. A uniformed conductor will be your guide. **ALL ABOARD!**

Train fares begin at \$20 for adults, \$18 for seniors, \$15 for students, and \$10 for children (ages 3-12). Children 2 and under ride free. Museum admission is **FREE**. Free parking and picnic area available.



## MID-CONTINENT RAILWAY MUSEUM

Only 30 minutes from Wisconsin Dells — 15 min. from Baraboo/Devil's Lake S. P.

(608) 522-4261 or (800) 930-1385

MIDCONTNENT.ORG



E8948 Museum Rd.  
North Freedom, WI 53951

## CONTINUED FROM PAGE 9

### JULY 16-17

**Old Falls Village Civil War Encampment**  
Old Falls Village Museum  
Menomonee Falls

### JULY 20-24

**Waukesha County Fair**  
Waukesha County Fairgrounds

### JULY 22-24

**Festa Italiana**  
Maier Festival Park

**St. John the Evangelist Family Festival**  
8500 W. Coldspring Road, Greenfield

### JULY 23

**Firkin Beer Fest**  
Cathedral Square Park,  
Downtown Milwaukee

### JULY 24

**Milwaukee Armenian Fest**  
St. John the Baptist Armenian  
Orthodox Church, 7825 W. Layton Ave.

### JULY 25-31

**EAA AirVenture**  
Wittman Regional Airport, Oshkosh

### JULY 26-31

**Washington County Fair**  
Washington County Fair Park  
3000 Highway PV, West Bend

### JULY 28-31

**Falls Fest**  
Village Park, Menomonee Falls

### JULY 29-30J



**Taste of Lake Country**  
Lakefront Park, 222 W. Wisconsin Ave  
Pewaukee

### JULY 29-31

**German Fest**  
Maier Festival Park

**South Milwaukee Lionsfest**  
16th and Rawson Ave.

**Milwaukee Brewfest**  
1600 N. Lincoln Memorial Drive,  
Old Coast Guard Pavilion Park

**Chinese Dragon Boat Festival**  
Veterans Park

### JULY 27-31

**Racine County Fair**  
Racine County Fairgrounds

### AUGUST 3-7

**Ozaukee County Fair**  
Ozaukee County Fairgrounds,  
Cedarburg

### AUGUST 6-7

**Firefly Art Fair**  
Kneeland-Walker House, 7406  
Hillcrest Drive, Wauwatosa

### AUGUST 4-14

**Wisconsin State Fair**  
State Fair Park

### AUGUST 12

**Cheese Capital Jazz Crawl**

Plymouth Arts Center, Plymouth

### AUGUST 12-13

**Waukesha Blues Fest**  
Naga-Waukee Park, Delafield

### AUGUST 12-14

**Greendale Village Days**  
5600 Parking St., Greendale

### AUGUST 13

**American Accents Festival of Fine Arts & Crafts**  
Willowbrook Park, Highway 60,  
Hartford

### AUGUST 13-14

**Morning Glory Fine Craft**  
Marcus Center for Performing Arts

### AUGUST 18-21

**Irish Fest**  
Maier Festival Park

### AUGUST 20

**India Fest**  
Humboldt Park

### AUGUST 20-21

**Oconomowoc Festival of the Arts**  
Fowler Park, Oconomowoc

### AUGUST 25-28

**West Bend Germanfest**  
Downtown West Bend

### AUGUST 26-28

**Mexican Fiesta**  
Maier Festival Park

### AUGUST 27

**Wine & Vine, Etc**  
Sisters of St Francis of Assisi

Convent  
3221 S. Lake Drive

### AUGUST 27-28

**Milw Fringe Festival**  
Newest citywide arts festival  
Marcus Center & Pere Marquette Park

### AUGUST 28

**Art in the Park**  
Mill Pond Park, Menomonee Falls

### SEPTEMBER 1-4

**Milwaukee Motorcycle Rally**  
Various Dealerships in Milwaukee

### SEPTEMBER 2-4

**Wisconsin Highland Games**  
Waukesha County Expo Center

### SEPTEMBER 2-5

**Oak Creek Lionsfest**  
9327 S. Shepard Ave.  
Oak Creek

### SEPTEMBER 2-5

**Paramount Blues Festival**  
Coal Dock Park,  
Port Washington

### SEPTEMBER 3-4

**Third Ward Art Festival**  
Historic Third Ward  
Browdway and Chicago

### SEPTEMBER 5

**Laborfest Milwaukee**  
Maier Festival Park-

### SEPTEMBER 9-10

**TosaFest**  
7615 W. State St., Wauwatosa

### SEPTEMBER 9-11

**Indian Summer Festival**  
Maier Festival Park

## FREE SUMMER CONCERTS on page 13

**SEPTEMBER 9-10, 16-17, 23-24**

**Octoberfest**

Heidelberg Park, Greendale

### 17-18

**& Harvest Festival**  
Cedarburg



## Dinner on the Farm Series

**Holy Hill Art Farm**

4958 Holy Hill Rd (Hwy 167) Hubertus  
Thursday Evenings

**June 23**

**July 21**

**Aug 25**

*Join us on our century old farm homestead  
Enjoy our themed all-inclusive dinners - Great food, drink & dessert!*

Featuring live local musicians!

**EAT. DRINK. RELAX**

Dinner tickets make a perfect anniversary gift, birthday present,  
romantic date, family/group occasion or destination dinner

**Tickets on sale NOW at [www.holyhillartfarm.com](http://www.holyhillartfarm.com)**

*Check out all our Events at the Art Farm!*

# 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



*"I wonder what it would feel like  
to live in a world where it was  
always June"*

~L.M. Montgomery

# LAURA'S

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[laurasdbc.com](http://laurasdbc.com)  *Best Damn Fresh Fry in Ozaukee County!*

**LIVE MUSIC 8pm-Midnight!**

June 15th: Ryan McIntyre

**PATIO OPEN  
with firepit!**

**AUG  
20th!**

**CAR CRUZE**

Food & Booze • Raffle  
Live Music by Maple Road (6-10pm)



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

**FREE POOL ON SATURDAYS** excludes band night

## DIRECT SUPPLY SENIORFEST DAY AT SUMMERFEST WEDNESDAY, JULY 6 • 12:00 – 4:00 PM



All patrons age 60 and up will be admitted FREE and receive an offer for \$2 off a food and beverage (non-alcoholic) purchase over \$10. Enjoy music spanning a range of genres, bands, & performances, including: The Grass Roots, Doo Wop Daddies Gold, Ukaladies, and more!

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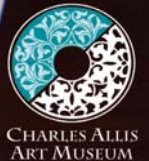


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~Terri Guillemets





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## MONDAYS

**Musical Mondays (Lake Park):** Begins July 11. 6:30-8 p.m. Lake Park Summer Stage, 3233 E. Kenwood Blvd.

## TUESDAYS

**Chill on the Hill (Humboldt Park):** Begins June 7. 6-8:30 p.m. 3000 S. Howell Ave.

**Kosciuszko Park Concert & National Night Out:** August 2 only. 6-8 p.m. (featuring Maracujaz Brazilian & American Jazz, with A.W.E. Truck Studio from 6-8 p.m.)

**Lincoln Park Concert & National Night Out:** August 2 only. 6:30-8:30 p.m. (featuring K.I.C. Keep'n It Clean)

**Wedgewood Park Concert & National Night Out:** August 1 only. 6:30-8:30 p.m. (featuring Our House)

## WEDNESDAYS

**Wonderful Wednesdays (Lake Park):** Begins July 6. 6:30 p.m. to 7:30 p.m. Lake Park Summer Stage, 3233 E. Kenwood Blvd.

**Community Vibes! (Brown Deer):** Wednesdays June 15, July 20. July 27, and Aug. 17. 6-8:30pm. Village Park, 4800 W. Green Brook Drive.

**River Rhythms (Pere Marquette Park):** Begins June 8. 6:30-9 p.m. 900 N. Plankinton Ave.

**Waterfront Wednesdays (Lakefront Park):** June through August. 6-9 p.m., 222 W. Wisconsin Ave., Pewaukee.

**Wednesdays at the Shell (Washington Park):** July and August. 6-8:30 p.m., 1859 N. 40th St.

**Wednesday Night Live (State Fair Park):** Begins June 15. 5:30-11 p.m., Budweiser Music Pavilion, 640 S. 84th St., West Allis.

## THURSDAYS

**August Nights (Jackson Park):** Aug. 4, 11, 18 and 25. 6:30-8:30 p.m. Picnic Area 2, 3500 W. Forest Home Ave.

**Concerts in the Garden (Boerner Botanical Gardens):** Begins June 30. 6:30-8:30 p.m., 9400 Boerner Dr., Hales Corners.

**Jazz in the Park (Cathedral Square Park):** Begins June 2. 5-9 p.m. 520 E. Wells St.

**Summer Arts in the Park (Wisconsin Lutheran College):** June 30, July 21 and Aug. 4. 6:30 p.m. Wisconsin Lutheran College Courtyard, 8815 W. Wisconsin Ave.

**Mitchell Park Domes:** Thursdays in July. 6:30-8:30 p.m.

**Johnsons Park:** June 23 only. 6:30-8:30 p.m. (Tony TNT Washington & his Explosive Divas, with A.W.E. Truck Studio from 6-8 p.m.)

**Moody Park:** August 25 only. 6:30-8:30 p.m. (featuring Christopher's Project with A.W.E. Truck Studio from 6-8 p.m.)

## FRIDAYS

**Starry Nights:** June 24 and Fridays in July. 6:30 p.m. Wilson Center Gerlach Outdoor Theater, 19805 W. Capitol Dr., Brookfield.

**Summer Sounds in Cedarburg:** Begins June 17. 6:30-10 p.m. Cedar Creek Park, N52-W5925 Portland Rd., Cedarburg.

## SUNDAYS

**Cafe Sopra Mare:** June through September. 10 a.m.-12:30 p.m. Villa Terrace Decorative Arts Museum, Mercury Courtyard, 2220 N. Terrace Ave.

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- **June 17:** Stas Venglevski (bayan/accordion)
- **July 15:** Ann Lobotzke (harp)
- **August 19:** Glenn Asch Quartet w/ Alison Pogorelc
- **September 16:** Rick Aaron Duo (flute & piano)
- **October 21:** Gino DeLuca (vocal & piano)
- **November 18:** Jack Forbes Wilson & Kay Stiffel (vocal & piano)
- **December 16:** Christmas Sing-a-Long

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Mend Your Quilts with Heidi Parkes, August 20

Tuffet Workshop with Cheryl Schenk, September 14 & 28

Japanese Shibori by Mary Mendla, September 16-18

Quilt Artist Sarah Nishiura:

Lecture - Handwork and Design, September 24

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The Starliner Big Band featuring Jenny Thiel 7:30pm



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*"All in all, it was a never to be forgotten summer — one of those summers which come seldom into any life, but leave a rich heritage of beautiful memories in their going -one of those summers which, in a fortunate combination of delightful weather, delightful friends and delightful doing, come as near to perfection as anything can come in this world."*

~L.M. Montgomery, Anne's House of Dreams

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The Badger State has a rich and varied culinary tradition. So it's not terribly surprising that more than a few of Wisconsin's restaurants have ended up on television programs or even in movies.

## WISCONSIN BOASTS TV-WORTHY EATERIES

By Brian E. Clark  
Special to TravelWisconsin.com

"We have some of the best chefs in the country in Wisconsin, some of whom even have international reputations," boasts Ed Lump, head of the state's restaurant association.

"And our dining options range from great roadside diners, to custard shops to five-star restaurants," he said. "We have a lot of options for television producers and movie people to choose from."

### Rudy's Drive In – La Crosse

At Rudy's Drive In in La Crosse, customers often ask for a buffalo burger or the walnut veggie burger, thanks to several shows Sandra Lee did for the Food Channel on her "Semi-Homemade" show.

"We've also been on Discover Wisconsin and the 'Live to Eat' program with Jeremy Chipps," said Owner Gary Rudy, whose grandfather started the eatery back in 1933. He said Lee chose Rudy's because of good memories she had of the drive-in from when she was a student at UW-La Crosse.

And "Discover Wisconsin" host Stephanie Klett (now head of the Wisconsin Department of Tourism) focused on Rudy's Tuesday cruise nights, roller-skating carhops and its traditional drive-in food such as cheeseburgers, grilled cheese sandwiches, hot dogs, cheese curds and Flavor Burst ice cream.

"But people are also looking for something different, so the buffalo burgers and walnut burgers fit right in," Rudy said. "Sandra made things that were a little more flamboyant, as is her style, and I'd have to say that gave us wider exposure."



### Little Bohemia – Manitowish Waters

Wisconsin's restaurants haven't been limited to just the small screen. Take Little Bohemia Lodge up in Manitowish Waters, which was the site of the bungled shootout between John Dillinger and the FBI back in 1934. When the 2009 Johnny Depp film about Dillinger's life, "Public Enemy" was filmed, the movie-makers used relatively untouched Little Bohemia for the showdown.

Travelers, even those who might not know Dillinger lore, head for Little Bohemia to see where Depp blasted away at pursuing G-men and view gangster artifacts left behind such as real bullet holes in the lodge wall.

Appetites whetted, many try something from a Little Bohemia menu that leans heavily on the infamous mobster's legend with dishes such as Eggs Dillinger for breakfast, Sweet Lady in Red (the nickname of Dillinger's girlfriend) turkey sandwich and the Baby Face steak sandwich for dinner.

### White Gull Inn – Door County

Up in Door County's Fish Creek, the White Gull Inn gained national acclaim in May of 2010 when it won Good Morning America's "Best Breakfast Challenge" for its delicious Cherry Stuffed French Toast.

The White Gull Inn was included in the program after "Good Morning America Weekend" anchors asked viewers to send in 300-word essays about their favorite



Wisconsin TV-Worthy Eateries continued on page 20



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Schoolhouse Beach. Courtesy of Door County Water Bureau

## Islands in the Sun

### Surprise! They're in Wisconsin

Ah, the siren song of an island vacation. There's Key West. Catalina. Maui. And Wisconsin River sandbars and northwoods flowage islands. Insert sound effect of screeching brakes here. Wisconsin has islands? Yes, not only does the Dairy State have its own islands to brag about, but they're every bit as appealing in their own Wisconsin way. So, turn on your favorite Jimmy Buffett tune and take a virtual tour of five Wisconsin islands.

**Madeline Island.** At 14 miles long and three miles wide, Madeline Island is the largest of the 22 islands that make up the Apostle Islands archipelago in Lake Superior. Madeline Island is the only developed island with La Pointe as the main village.

To reach the island, vacationers board the Madeline Island Car Ferry at Bayfield to make the 25-minute ride or take a water taxi. While on the island, check out the Madeline Island Museum. This state historic site is made up of four log structures including the only remaining building of the American Fur Company built at La Pointe in 1835. There's also a free one-hour Madeline Island Walking Tour with locals acting as guides and serving up tidbits on the history of the island.

For boat and guided sea kayak tours, check out Adventure Vacations and Living Adventure. This is your chance to explore sea caves, snorkel over a century-old shipwreck and tour the historic lighthouses. Sailing charters are also popular. Dreamcatcher Sailing offers a complete hands-on sailing experience, whether you're experienced or a novice. End the day at Madeline Island Yoga Retreats, an all-inclusive women's retreat center that uses

yoga and meditation to make the whole mind/body/spirit connection.

When you're ready to call it a night, consider your options. There are two campgrounds on the island – Big Bay State Park with 60 sites, and Big Bay Town Park with 36 sites. There's also the Inn on Madeline Island, a conglomeration of properties including rental homes, cottages, condominiums and hotel rooms.



#### Turtle Flambeau Scenic Area, Iron County

The islands of the Turtle Flambeau Flowage in the Northwoods give travelers an all-around outdoor experience without being too far from civilization. There are 58 different campsites scattered throughout the flowage, all accessible only by water, which usually means canoe or kayak. Most are non-reservable, so first come, first served. The more shallow eastern side is a designated "quiet area" with no motor boats allowed. Lake Bastine provides access to the sandbar islands by boat, and is

also where many of the area's resorts are located.

Detailed canoe and kayak routes are available and will take you off the beaten path and away from the hustle and bustle. These routes and other information about the Turtle Flambeau Flowage can be found at the Mercer Area Chamber of Commerce.



#### Washington Island

Head five miles off the northeast tip of the Door County Peninsula through the waters known as port des mortes or Death's Door (home to numerous sunken shipwrecks, thus the name) and you'll land on Washington Island. At about 35 square miles, it's the largest of the 30 islands sprinkled off the peninsula.

To tour the 100 miles of paved roads on the island, visitors can bring vehicles or bikes via the Washington Island Ferry Line, which runs every half hour during high

Wisconsin: Islands in the Sun

continued on page 42



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# Sheboygan?? On the Surfer Bucket List?

Two brothers whose lifelong journey to ride the ultimate wave seemingly brought the rest of the surfing world to their hometown of Sheboygan



"If everybody had a Great Lake, across the USA, then everybody'd be surfin', like those guys in Wisconsin. Brats and babes. Rolling out the barrel and shooting the curl." ~Ben Marcus, author of *The Surfing Handbook*

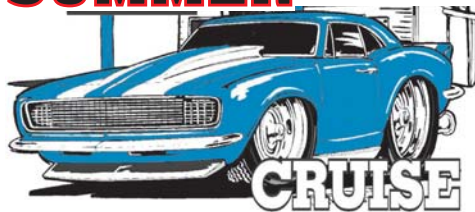
For charismatic twin brothers Lee and Larry Williams, life is a beach - even if that beach happens to be two thousand miles from an ocean. Despite sub-zero temperatures, these daredevils have been risking frostbite and hypothermia since the late 1960s, all in pursuit of the perfect wave on the shores of their hometown: Sheboygan, Wisconsin, the "Malibu of the Midwest."

From hypothermia to Hanging-Ten, the new Wisconsin Historical Society Press edition of William Povletich's sports history book "Some Like It Cold" tells the crazy, inspiring true story of surfing in the Midwest and the maverick brothers who founded the "home beach" of freshwater surfing. Customizing their wetsuits to allow them to last nearly three hours in even the iciest of waters, Lee and Larry helped revolutionize a surf culture where one had never been before. Povletich chronicles their journey to international surfing stardom. With humor and passion, Lee and Larry recall freak storms and near drownings, the endorphin rush of riding a raging Lake Michigan wave, and the wild, six-decades-long thrill of helping to put Sheboygan on the map as one of the world's most intriguing surfing destinations.

\$16.95. Order by phone toll free at 888-999-1669, shop online at [www.wisconsinhistory.org/shop](http://www.wisconsinhistory.org/shop), or shop in person at the Wisconsin Historical Museum Shop, 30 N. Carroll St., Madison WI 53703

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## MONDAYS

**Kenosha Car Club Cruise Night.** Culvers. Sheridan Rd., Kenosha.  
**Cruisin' the Grove Car and Classic Motorcycle Night.** Silver Spur BBQ. Watertown Plank Rd., Elm Grove. June 13 & 27, July 11 & 25, Aug. 22, Sept. 12. On Street Show: Sunday, August 7.

## TUESDAYS

**McDonald's Milwaukee Cruise Night.** 191 Layton Ave., Milwaukee.  
**Rumors Rockin' Rally.** Rumors Sports Bar & Grill. W232 N6368 Waukesha Ave., Sussex.  
**Hardee's Car Show of Delafield.** Hwy. 194 & Hwy. 83, Delafield.  
**Brew City Cruise Night.** Nines American Bistro. 12400 N. Ville Du Parc Dr., Mequon.

## WEDNESDAYS

**Wednesday Night Classics.** Weissgerber's Gasthaus. 2720 N. Grandview Blvd., Waukesha, WI.  
**Corvette Cruise-ins.** Wednesdays. Wayne's Drive-In. 1331 Covered Bridge Rd., Cedarburg.  
**Gus's Mexican Cantina Cruise Night.** 6520 S. Lover's Ln., Franklin.  
**Lomira Cruise-in Night.** Bublitz's Restaurant & Alehouse. 580 East Ave., Lomira.

## THURSDAYS

**Wayne's Classic Cruise Nights.** Wayne's Drive-In. 1331 Covered Bridge Rd., Cedarburg.  
**Mickey's Custard Cruise Nights.** 675 Grand Ave., Hartford.

## SATURDAYS

**Georgie Porgie's Cruise Night.** 9555 S. Howell Ave. (Ryan Rd.), Oak Creek.

[www.wiscollectorcar.com/calendar](http://www.wiscollectorcar.com/calendar)

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## A SOUP, A SALAD, A FLOWER...

When I was growing up, one of the most special treats of early summer was my grandmother's fried squash blossoms. Dipped in egg and flour, then fried in olive oil with garlic, the blossoms have a sweet, nutty flavor that is like nothing else in this world.

*Bringing the joy of the flower garden to your dinner plate is simply one of life's beautiful pleasures!*

By John Sanderson

There's a truly amazing variety of flowers that are not only edible, but delicious! Many flowers with small, delicate blossoms have a sweet, slightly spicy flavor that is enhanced by dipping in sugar. It goes without saying that any flowers that you gather for eating should not have been sprayed with any pesticide and a quick check on the internet might prevent a 'wrong bite'.

### A "Candy" Flower Garden for Your Sweet Tooth

**Violets** – of course! Purple, blue or white, violets are among the first flowers to bloom in the spring. They spread easily, and grow readily when transplanted into a garden bed – and you do want to confine them to a bed unless you love the look of a full carpet of blooms spreading across your lawn.

**Pansies** – A relative of violets, pansies are just as delicately flavored and can be used in most recipes that call for violets. They make beautiful border flowers, with their bright painted faces.

**Angelica** – These delicate, lacy white flowers can be sprinkled in salads – but the stems and shoots make a delicious traditional candy that tastes a bit like minty licorice.

**Roses** – yes, roses! Candied rose petals and rose syrup were mainstays in Victorian cooking. Sweet delicately flavored rose syrup gives baklava its characteristic flavor, and is a perfect foil for cardamom in Indian recipes.

### To candy flowers from your garden

Most recipes for candied flowers call for the use of raw egg whites. Because of the danger of salmonella, I recommend using a confectioner's powdered egg white instead. Mix powdered egg white according to package directions (equivalent of one

egg white). Spread a cup of superfine sugar in a flat bottomed pan. Carefully dip each flower into the egg white, then press into the sugar. Use a fork to gently turn the flower so that all surfaces of the petals are covered. Lift out of sugar and lay on a screen or drying rack till completely dry. Violets and pansies can be candied whole. Roses should be separated into petals. Apple and cherry blossoms can also be candied the same way.

### Other tasty delights:

**Borage** (Starflower) – Like the leaves, borage flowers are delicious in salads and cold soups. They have a cool, cucumber like taste that translates well from flower garden to kitchen table

**Carnations** – The flavor is as spicy as the scent. Carefully separate the petals from the bitter white of the flower's base and sprinkle in salads for a surprising touch of color and spice.

**Daylilies** – Like squash blossoms, day lilies have a mildly sweet, nutty flavor that many people think varies by color. Dredged in flour and dipped in egg, fried daylilies are a succulent vegetable.

Those are just a small sampling of the many edible uses of flowers from your garden. If you're interested in learning more, you'll find excellent recipes and information on edible flowers at a number of web sites on the internet. DO be careful in your taste-testing. If you're not certain that a flower is edible do NOT eat it.

This article courtesy of <http://www.gardening-answers.com>

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**The Problem.** Most of us have hormone imbalances that show up as inflammatory conditions such as obesity, depression, cancers, sleep issues, accelerated aging and much more. Essentially, they affect every human biological system. We swim in a toxic sea of man-made estrogen chemicals found in plastics, carpets, inks, beauty products, pesticides, dairy and meat sources. This contributes to an overload of stress and sugar consumption that drives our genetic expression into hormone inflammatory conditions.

Unfortunately even with our advanced healthcare technology and all the natural solutions available, many of us are still left stressed and confused about how to feel good again. This often leads to another round of "try therapy" and endless "symptom chasing" which can be exhausting and very expensive.

## Natural Hormone Balancing You Can Implement Now

By Dr. Don Hundt

**A Different Perspective.** The great news from the wellness world is that 97% of us don't suffer from bad genes. Asking different questions about health and following the rules of gene expression is a life changer. Recreating health starts with properly evaluating how you *Eat, Move and Think* and overcoming Traumas, Thoughts and Toxins of stress that drive us into illness.

The future of healing and wellness is rapidly shifting from a specialist model to understanding the interactions between all the organ systems and how they affect each other.

Here is where the fun really starts. Properly done Functional Medicine Nutrition protocols stand out as a new solution for many. The hormonal (endocrine) systems are critical for reproductive health, reacting to stressors and energy regulation. If you start with treating this system alone, you will never get to the underlying cause. The hormonal system is never a first responder to stress. All real life Traumas, Thoughts and Toxins have to first go through the adaptation pathways of the Nervous system and or Immunological (digestive) systems.

**Solutions Your Body Can Always Use.** If you want to balance your primary hormones, estrogens, progesterone, thyroid, cortisol and insulin, fix your digestion and nerve stress first.

Did you know that your brain is the master control system and runs every cell in your body through nerve impulses? Ninety percent of the stimulation and nutrition to the brain is generated by health spine movement. This is one reason why regular exercise balances estrogen levels and brain chemistry. Now your self-healing power is on!

As an example, airplanes made of junk metal don't fly and houses made of rotten lumber fall apart. Living systems are no different, but are easier to hide this cause and effect relationship when energy hormone systems take years to break down and finally show up as symptoms.

Did you know that your gut controls your immune system? Sugar kills your immune system and cancer loves it. I have never met someone who is healthy who drinks soda. Anything diet is even worse mostly because of the artificial sweeteners. Most of what we call food is empty of nutrients and destroys our gut (immune system). Fast food doesn't break down and rot when sitting on a shelf for years. The rule is if a food doesn't decay then the person eating it will.

Consider substituting toxic refined sugar with xylitol, raw honey or stevia. You are made up of 75% protein, 25% fat and a small

**Hormone Balancing** continued on page 39

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## Wisconsin's TV-Worthy Eateries

Continued from page 15

restaurant breakfasts, said proprietor Andy Coulson. An essay about the Inn's "signature" breakfast item by a Milwaukee woman caught the producers' attention.

"We weren't even aware of the contest," he recalled. "But that lady's review of our inn and our breakfast was apparently quite eloquent. We made it to the 'final four' and then were selected the winner online vote. Why, we got votes from all over the world from people who had some Door County connection."

### Ardy & Ed's Drive In - Oshkosh

Down in Oshkosh, airplane enthusiasts who come in from all over the globe for the annual Experimental Aircraft Association's Airventure show occasionally stop in at Ardy & Ed's Drive In on Main Street because they saw the diner on a segment of "Roker on Road," with TV weatherman Al Roker.

"We also were on the 2004 Food Network show "Top 5 Food Innovations" about the history of fast food," recalled owner Steve Davis.

"I think the show producers found us on the Internet and then sought us out," he said. For "Roker on the Road," they featured Ardy & Ed's Turtle Sundae, root beer, as well as the made-from-scratch coleslaw.

### Polonez - Milwaukee

In Milwaukee, producers of Andrew Zimmern's Travel Channel "Bizarre Foods" show found what they were looking for last year at Wladyslaw "George" and Aleksandra Burzynski's Polonez restaurant.

And it wasn't the Hunter's Stew or pierogies, those tasty, dumpling-like creations that are traditionally stuffed with potato and cheese filling, sauerkraut, ground meat or fruit. Nope, it was the czernina, or (get ready for this) duck blood soup.

"We only use a couple of drops of duck blood," said Aleksandra, who hails from Gdynia, on Poland's Baltic seacoast. "But that was enough to get their attention. When Andrew tried it, he said it was like Christmas."

### Sanford - Milwaukee

It's not only diners, mob hangouts and ethnic restaurants that have garnered spots on TV programs.

Sandy and Angela D'Amato, who run downtown Milwaukee's fine-dining Sanford Restaurant have been on a variety of shows, including "Dining Around," "America's Rising Star Chefs," "Always in Good Taste" and "Great Chefs, Great Cities."

In fact, Sandy was one of a dozen chefs who were asked to cook for a PBS program celebrating the 80th birthday of the late, great chef Julia Child.

"When travelers plan a trip, dining is part of the experience," Lump said. "So it makes sense they would want to try something they saw on the big or little screen. That exposure certainly enhances dining establishments' reputations and helps spark interest."

Here's a list of eateries provided by the Wisconsin Restaurant Association and the TV programs on which they've appeared:

### AJ Bombers, Milwaukee

Travel Channel "Food Wars" – best cheeseburger contest.

### Anchor Bar & Grill, Superior

Travel Channel "Diners, Drive-Ins and Dives".

### Bartolotta's, Milwaukee

Travel Channel "No Reservations" with Anthony Bourdain.

### Cempazuchi, Milwaukee

Travel Channel "Diners, Drive-Ins and Dives".

### Comet Café, Milwaukee

Travel Channel "Diners, Drive-Ins and Dives"

### Frank's Diner, Kenosha

Travel Channel "Diners, Drive-Ins and Dives".

### Ian's Pizza

Travel Channel Andrew Zimmern's "Bizarre World".

### Real Chili, Milwaukee

Food Network "Best Thing I Ever Ate"

### Sobelman's, Milwaukee

Travel Channel "Food Wars" – best cheeseburger contest.

### Sprecher Brewery, Glendale

The Today Show Food Network's "Road Tasted with the Deen Boys."

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### EARTH TALK

From the Editors of  
E/The Environmental Magazine

With each new model year, automakers continue to expand their offerings of affordable and fun plug-in hybrid and all-electric vehicles. While consumers obviously want these new cars, this year's phase-in of President Obama's higher automotive fuel efficiency standards have given automakers another reason to step up the manufacturing of less consumptive vehicles that compete in price with their gas and diesel counterparts. Also, new car buyers can cash in on up to \$7,500 in federal tax incentives (and possibly more from their own state—check out the Database of State Incentives for Renewable Energy to find out) to help defray the costs of getting into an EV or plug-in hybrid. What this means is that giving up gas has never been so easy—or cheap.

A case in point is Ford's redesigned C-Max Energi, a plug-in hybrid that gives drivers a range of up to 500 miles as well as 19 miles of all-electric driving for under \$28,000 factoring in the federal tax rebate. Not to be outdone, General Motors' Chevrolet brand is coming on strong with several of its own affordable EVs and plug-in hybrids. The Spark Electric gets more than 80 miles per charge and can be had for less than \$19,000. Chevy fans looking for a beefier engine and torquier ride can opt for the Volt plug-in hybrid, which runs for 380 miles using its gas engine as a generator or 38 miles on electric battery power alone—all for less than \$27,000.

Meanwhile, German automakers continue to innovate on the electric vehicle front. BMW's all-electric i3 EV zooms from zero to 60 in seven quiet seconds and, despite its punky look, drives just like a...Beemer. The all-electric base version of the i3 can be had for around \$35,000 and gets drivers 81 miles per charge, but owners can opt to add a small back-up gas engine (for another \$4,000) turning

the car into a plug-in hybrid with a 150-mile range.

While Volkswagen may be in the dog house with environmentalists given its diesel emissions cheating scandal, the company is making some amends with the new all-electric version of its zippy sport-tuned hatchback, the e-Golf. Factoring in the federal EV tax credit, customers can drive off in a new e-Golf for less than \$23,000—a great deal on a cutting edge fuel efficient vehicle if there ever was one.

If even that seems like too much money, consider an even smaller electric car. Smart's FourTwo Coupe is a two-seater, around-town EV that will set you back just \$13,000 following the federal tax rebate. Another logical choice is Mitsubishi's similarly compact i-MiEV for under \$16,000.

While all these choices are well and good if you need a car ASAP, those willing to wait until next year might want to hold out for Tesla's forthcoming Model 3, a sporty all-electric sedan with a 215 mile range. The car will retail for \$35,000, meaning that consumers should be able to get it for \$27,500 after the federal tax rebate). Tesla is hoping that the solid range, sporty drive train and stylish look might just make the Model 3 the "it" EV on the market when it hits showroom floors in 2017.

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**General Motors' Chevrolet brand Spark Electric gets more than 80 miles per charge and can be had for less than \$19,000. Fans looking for a beefier engine and torquier ride can opt for the Volt plug-in hybrid, which runs for 380 miles using its gas engine as a generator or 38 miles on electric battery power alone—all for less than \$27,000.**

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# A MAN'S AGE, AS DETERMINED BY A TRIP TO THE HARDWARE STORE

**You are in the middle of a few projects at your home:** putting in a new fence, painting the basement walls, putting in a new garden. You are hot and sweaty, covered in dust, lawn clippings, dirt and paint. You have your old work clothes on. You know the outfit — shorts with the hole in the crotch, old T-shirt with a stain from who-knows-what, and an old pair of tennis shoes. Right in the middle of these projects you realize you need to run to Home Depot for supplies. Depending on your age you might do the following:

## In your 20s:

Stop what you are doing. Shave, take a shower, blow dry your hair, brush your teeth, floss and put on clean clothes. Check yourself in the mirror and flex. Add a dab of your favorite cologne because, you never know, you just might meet some hot chick while standing in the checkout line.

And yes, you went to school with the pretty girl running the register.

## In your 30s:

Stop what you are doing, put on clean shorts and shirt. Change your shoes. You married the hot chick so no need for much else. Wash your hands and comb your hair. Check yourself in the mirror. Still got it. Add a shot of your favorite cologne to cover the smell.

The cute girl running the register is the kid sister to someone you went to school with.

## In your 40s:

Stop what you are doing. Put on a sweatshirt that covers the hole in the crotch of your shorts. Put on different shoes and a hat. Wash your hands. Your bottle of Brute is almost empty, so don't waste any of it on a trip for hardware. Check yourself in the mirror and do more sucking in than flexing.

The hot young thing running the register is your daughter's age and you feel weird about thinking she's spicy.

## In your 50s:

Stop what you are doing. Put on a hat. Wipe the dirt off your hands onto your shirt. Change shoes because you don't want to get dog poo in your new sports car. Check yourself in the mirror and swear not to wear that shirt any more because it makes you look fat.

The cutie running the register smiles when she sees you coming and you think you still have it. Then you remember — the hat you have on is from Bubba's Bait & Beer Bar and it says, 'I Got Worms'

## In your 60s:

Stop what you are doing. No need for a hat any more. Hose the dog poo off your shoes. The mirror was shattered when you were in your 50s. You hope you have underwear on so nothing hangs out the hole in your pants.

The girl running the register may be cute but you don't have your glasses on, so you're not sure.

## In your 70s:

Stop what you are doing. Wait to go to Home Depot until the drug store has your prescriptions ready too. Don't even notice the dog poo on your shoes.

The young thing at the register stares at you and you realize you have a hole in your crotch.



## In your 80s:

Stop what you are doing. Start again. Then stop again. Now you remember you need to go for hardware. Go to Wal-Mart instead.

You went to school with the little old lady greeter.

## In your 90s & beyond:

What's a home deep hoe?  
Something for my garden?  
You wander around trying to remember what you are looking for. Then you toot out loud and think someone called your name. Why am I reading this? Did I write it? Did you?



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"Rightsizing" is not a sprint but a marathon

# A Simple Process to Downsizing

We've all noticed the number of boxes in our garage that keep growing with the years. How do we find pleasure in retrieving, sorting and discarding through our boxes of memories and 'things'?

How can downsizing be enjoyable while sorting through memories and your treasures? If you are overwhelmed because you need to move or downsize due to medical reasons or your home has become difficult to maintain, you are not alone.

As we approach retirement age, many of us will be looking at the future and deciding how we would like to spend the rest of our lives and how we will be remembered. We have spent a lifetime collecting and storing things. So much so that we can hardly remember what is in all those boxes in our home. The emotional value of our possessions often outweighs the financial value.

Organizing and sorting when downsizing can be intimidating. The process is unique for every family. However, a simple method is often most effective. Identify what works best for you, starting one room at a time and persevering.

Adhere to the belief that "More is not better...less is better". Typically if you have NOT used an item or belonging for over a year it is time to consider downsizing. Downsizing is a cleansing process!

Instead of looking at downsizing as a huge task, we should look at downsizing as an opportunity for families to share memories and enjoy the flashbacks of the past. The memories and treasures tell the story of the life we chose to live. Some of our personal possessions might have a deeper significance and prompt us to capture them for future generations.

"Rightsizing" is not a sprint but a marathon. Take your time finding the right options. All pieces of the pie are important and as you go room-by-room take time to complete a brief inventory using the 5 Homes for Everything You Own© approach. Here are some general tips that are critical:

- ~Make a checklist.
- ~Make a plan of action.
- ~Involve family in the sorting process.
- ~Remember to eat your meals. Take care of yourself!
- ~Relax/Keep Perspective

Once you complete downsizing, you will feel a sense of relief. The reward is a sense of freedom, more time to invest in relationships and more time to enjoy the activities you love.

Migdalia Zanon and her late husband Rick, owners of the senior move firm Universal Services and Consign w/ US, a consignment store in Sussex, have been helping older adults downsize and move for over twenty years. They encourage families to allow their parents to share experiences and knowledge about the things they have collected which often helps them to find the right "home" for their possessions.

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**Core/El Centro:** 4pm-8pm  
130 W. Bruce St., Milwaukee

### TUESDAY

**Thiensville Village Market:** 9am-7pm  
250 Elm Street  
**West Allis Farmers' Market:** T/Th,  
12pm-6pm; Sat, 1pm-6pm  
6501 W. National Avenue

### WEDNESDAY

**Brown Deer Farmers' Market:** 9am to  
6pm  
Location not yet determined for 2016  
**Dousman:** 2pm-6pm  
Highways 18 & 67 [St. Mary's Church  
parking lot]  
**Hartung Park Farmers' Market:**  
4 to 7pm  
Keefe Street and Menomonee River  
Parkway in Milwaukee & Wauwatosa  
**Lake Mills Artisan Farmers' Market:**  
2pm-6:30pm  
200 Water Street  
**Menomonee Falls Farmers' Market:**  
8am-3pm  
Main St, one block west of Appleton  
**Mukwonago Market:** 2pm-6pm  
100 Atkinson Street  
**Pewaukee:** 3:30pm-7pm  
1285 Sunnyside Rd. [Spring Creek  
Church]  
**Westown Farmers' Market:** 10am-3pm  
Zeidler Union Square, 301 West  
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### THURSDAY

**Grafton Farmers' Market:** 9am-6pm  
1950 Washington St. [Grafton High  
School parking lot]  
**Jefferson Open Air Farmers' Market:**  
11am-6pm  
S Center Ave. and East Racine (Hwy 18)  
**Kewaskum Farmers' Market:** 8:30am-  
2pm  
1538 Fond du Lac Ave. [American  
Legion parking lot]  
**South Milwaukee Downtown Market:**  
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**Village of Brookfield Farmers' Market:**  
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18725 Hoffman Avenue  
**West Allis Farmers' Market:** T/Th,  
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### FRIDAY

**Cedarburg Farmers' Market:** 9am-2pm  
Behind the Cedarburg Cultural Center

### SATURDAY

**Brookfield:** 7:30am-12pm  
2000 N. Calhoun Road  
**Delafield Farmers' Market:** 8am-1pm  
Main St. [city parking lot] one block  
west of Genesee St. (Highway C)  
**East Side Green Market:** 10am-2pm  
Cramer & North avenues, next to East  
Side Library  
**Fox Point Farmers' Market:** 8am-12pm  
7300 N. Lombardy Road  
**Garden District:** 1pm-5pm  
6th & Howard, Milwaukee  
**Germantown Farmers' Market:** 8-Noon  
N112W17001 Mequon Road [Parking  
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**Greendale Farmers' Market:** 8am-  
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20, 27; Sept 10, 17 & 24; Oct 8, )  
Broad St. in the Village Center  
**Hartford Farmers' Market:**  
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**New Berlin Farmers' Market:**  
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16300 W. National Avenue  
**Oconomowoc:** 7am-12pm  
175 E. Wisconsin Avenue  
**Port Washington Summer Market:**  
8am-12:30pm  
100 block of E. Main St.  
**Tosa Farmers' Market:** 8am-12pm  
7720 Harwood Avenue  
**West Bend Downtown Farmers' Market:** 7:30am-11am  
215 N. Main Street

**Whitefish Bay:** 8am-12pm  
Berkeley Blvd. at Silver Spring Drive

### SUNDAY

**Greenfield Farmers' Market:** 10am-  
2pm  
Konkel Park, 5151 W. Layton Ave.  
**Shorewood Farmers' Market:** 9:30am-  
1pm  
1600 E. Lake Bluff Blvd. [Lake Bluff  
Elementary School Playground]  
**Vliet Street Community Green Market:**  
10am-2pm  
4420 W. Vliet  
**Fondy's Market:** Sun 8-3pm; Tues &  
Thurs 8-2pm; Sat: 7-3pm  
2200 W. Fond Du Lac Ave., Milwaukee.  
**Sussex Farmers' Market:** 9:30am-1pm  
W239 N5664 Maple Ave.

## Enjoying the **HARVEST!**

### Carrot Salad

4 carrots, shredded  
1 apple - peeled, cored and  
shredded  
1 tablespoon lemon juice  
2 tablespoons honey  
1/4 cup blanched slivered  
almonds  
salt and pepper to taste

In a bowl, combine the carrots, apple, lemon juice, honey, almonds, salt and pepper. Toss and chill before serving.



### Cottage Cheese Garden Salad

1 (16 ounce) container cottage cheese, drained  
4 roma (plum) tomatoes, chopped  
4 green onions, chopped  
2 medium cucumbers, peeled and diced  
salt and pepper to taste

In a medium bowl, stir together the cottage cheese, tomatoes, green onions, and cucumbers. Season with salt and pepper to taste. Chill until serving.



10 ripe tomatoes  
2 tablespoons olive oil  
2 tablespoons butter  
1 onion, chopped  
1 green bell pepper, chopped  
2 carrots, chopped  
4 cloves garlic, minced

1/4 cup chopped fresh basil  
1/4 teaspoon Italian seasoning  
1/4 cup Burgundy wine  
1 bay leaf  
2 stalks celery  
2 tablespoons tomato paste

Bring a pot of water to a boil. Have ready a large bowl of iced water. Plunge whole tomatoes in boiling water until skin starts to peel, 1 minute. Remove with slotted spoon and place in ice bath. Let rest until cool enough to handle, then remove peel and squeeze out seeds. Chop 8 tomatoes and puree in blender or food processor. Chop remaining two tomatoes and set aside.

In a large pot or Dutch oven over medium heat, cook onion, bell pepper, carrot and garlic in oil and butter until onion starts to soften, 5 minutes. Pour in pureed tomatoes. Stir in chopped tomato, basil, Italian seasoning and wine. Place bay leaf and whole celery stalks in pot. Bring to a boil, then reduce heat to low, cover and simmer 2 hours. Stir in tomato paste and simmer another 2 hours. Discard bay leaf and celery. Serve.

### Whipped Strawberry Pie

1 cup boiling water  
1 box (4-serving size) wild strawberry-  
flavored gelatin  
2/3 cup creamy strawberry or creamy  
vanilla yogurt  
1 1/4 cups Chex™ cereal  
1 1/4 cups small pretzel twists  
1/3 cup butter or margarine, melted  
1 1/2 cups sliced fresh strawberries  
1 cup whipped topping  
4 medium fresh strawberries, cut in half



1) In medium bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in yogurt until melted and smooth. Cover; refrigerate about 1 hour 30 minutes or until thickened but not set.  
2) Meanwhile, heat oven to 350°F. Place cereal and pretzels in food-storage plastic bag; crush with rolling pin to make 1 1/2 cups. In small bowl, stir crushed cereal mixture and melted butter until well mixed. Press mixture firmly in bottom of ungreased 9-inch glass pie plate. Bake about 10 minutes or until crust is light golden brown. Set aside to cool.  
3) Beat gelatin mixture with electric mixer on high speed 7 to 8 minutes or until doubled in volume. Fold in sliced strawberries; pour over crust. Cover; refrigerate at least 1 hour or until firm.

## Which Veggies Should Make Your Table & Your Garden?



# The Top Five Vegetables

We all know we need to eat our veggies, especially with the new wave of processed food companies touting how their sauces and canned pastas now contain a full day's allotment of vegetables — but Iva Young thinks that's just a bit deceiving.

"It's a tricky definition of terms," said Young, author of Healthy Mom ([www.ivayoung.com](http://www.ivayoung.com)). "It's really not as healthy to eat processed foods to begin with, but for them to say that using vegetables as fillers somehow makes processed foods healthy is disingenuous, at best. It's like saying 'don't pay attention to all the chemicals, dyes and sodium we put in the can — there's vegetables in there, too, so that makes it all okay!'"

We need to eat actual vegetables if we want to have a real healthy diet, and there are five key veggies that top her list as the healthiest. They include:

**Spinach** — Popeye was right. Spinach is an excellent source of Vitamin K, Vitamin A, manganese, folate, magnesium, iron, Vitamin C, Vitamin B2, calcium, potassium and Vitamin B6. It's also a good source of fiber, copper, protein, phosphorous, zinc, Vitamin E, omega 3 fatty acids, niacin and anti-oxidants.

**Lettuce (greenleaf, red leaf, romaine)** — Lettuce is a low calorie fiber food that is also a great place to find

Vitamin A, folic acid, lactucarium (which helps enhance calmness and pain relief), as well as the antioxidants lutein and zeaxanthin. Lettuce also contains a good amount of anti-cancer properties.

**Broccoli** — Besides having great flavor and texture, Broccoli contains copious amounts of Vitamin A, Vitamin C, beta carotene and Vitamin K. The minerals in broccoli include calcium, potassium, iron and folate. A great source of fiber, broccoli also provides lots of bioflavonoids, which is an antioxidant that helps protect against cancer and heart disease.

**Brussels Sprouts** — A staple in the diets of Asian cultures, who are among the longest lived people in the world, the crunchy garnish contains lots of potassium, Vitamin C, Vitamin A, beta carotene and Vitamin K.

This is another great anti-cancer vegetable.

**Cabbage** — Although best known as the partner of corned beef on St. Patrick's Day, cabbage is a great low calorie food that contains a good amount of fiber, calcium and Vitamin C. Cabbage is incredibly packed with substantial anti-cancer agents.

When picking vegetables, Young believes that fresh and frozen vegetables are better than canned vegetables, because they have less added salt. If you have to buy

canned vegetables, she recommends draining the water they are packed in before preparing them to remove a good amount of the added sodium, or simply buy those veggies labeled as having low sodium.

"Broccoli, cabbage and Brussels sprouts also contain glucosinolates, which are known for their chemoprotective agents against chemically-induced carcinogens by blocking the initiation of tumors in the liver, colon, breasts and pancreas," she added. "These anti-cancer compounds are released more effectively when you chop those vegetables before serving, and serving them raw increases the anti-cancer benefits even more."

With all this said it is most important to be aware that Young has found in her research that "the vitamin numbers go up when vegetables are cooked, but the anti-cancer compounds go down". Young suggests "steaming or roasting on a pan for no more than 7 minutes, which has proven to be a good way to keep the anti-cancer compounds and make it more edible."

Iva Young holds a Bachelor of Arts degree with an emphasis in Kinesiology and Health Promotion from California Polytechnic University.

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## What's the Difference Between Sea Salt and Table Salt?

Answers from Mayo Clinic Katherine Zeratsky, R.D., L.D.

The main differences between sea salt and table salt are in their taste, texture and processing.

Sea salt is produced through evaporation of ocean water or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is typically mined from underground salt deposits. Table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that helps maintain a healthy thyroid.

Sea salt and table salt have the same basic nutritional value, despite the fact that sea salt is often promoted as being healthier. Sea salt and table salt contain comparable amounts of sodium by weight.

Whichever type you enjoy, do so in moderation. The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 milligrams a day.





## 6 Plant-Based Foods You Should Try Today!

By Vanessa Chamberlin

The glorious thing about plant-based eating is that your grocery store or farmer's market is full of an incredible array of foods, flavors, and textures that are just waiting to be discovered. Even a typical grocery store has a produce section that carries seasonal and ethnic foods that often get passed-over, but are convenient, inexpensive, and yummy.

If you're stuck in a rut of getting the same lettuce-tomato-onion-type foods that you always get, take a walk! Look at some of the other plant-based foods and see how you can work them into your diet.

Not sure where to start? In the spirit of a number that signifies longevity, here are six plant-based foods I totally love that are healthy and tasty, but not part of the average diet.



**Jicama.** Jicama, also known as a Mexican potato, is a big, heavy, brown fruit that really does look like a weird potato. The excellent thing about jicama is that it is very crisp and crunchy, but has a mild flavor like a cucumber. Jicama can be sliced and used

with dips as an alternative to chips, eaten in sticks like any other crunchy veggie, or added to salads for a snappy texture without confusing the flavor profile. It's a great summer side dish served with a spritz of lime juice and a dusting of chili powder if you'd like a little kick!

**Bok Choy.** In Asian cuisine, bok choy is a staple! For most of us, though, we'd never think to work bok choy into a dish, which is unfortunate because of how versatile and healthy this veggie is. Bok choy can be added to a salad, but it can also be eaten like you'd eat celery with a little hummus or nut butter. It can also be added to soups or stir-frys, or braised or grilled on its own, and given a little seasoning to become a brilliant side dish.



**Pluots.** Pluots are an incredible, juicy little snack that comes from mixing a plum with an apricot. They're so good! Plums aren't terribly uncommon, but not a lot of people are familiar with pluots. It's a shame because they're easy to carry in a lunch for you or for your children, they're a little sweet with the benefits of both plums

and apricots, and they're another inexpensive fruit. They might be seasonal depending on where you live, but look for a fruit that's a little smaller than a plum, and more yellow, in the plum area of your grocery store.

**Rutabaga.** Rutabaga is popular in some countries around the world, but it frequently gets forgotten in the US. With a little bit of a punch like a radish, rutabaga is an awesome root vegetable. If you like the spicy snap of it, it's great to be eaten as a raw veggie. Others would enjoy rutabagas along with things like potatoes, parsnips, and squash in a cold-weather harvest stew!

**Nopal/Cactus.** A lot of people feel strange about eating cactus, but prickly pear cactus (also known as nopal) tastes great and is SO good for you! It can have positive effects on blood sugar and managing diabetes, and it can help lower cholesterol. I suggest buying it cleaned already because the spines can be difficult to deal with if you're new to the food, but many average grocery stores (and I imagine every Mexican or Hispanic market) carry cleaned nopal ready to cook. Similar in texture to something like a green pepper, nopal is great in dishes like scrambled tofu, or really anything sautéed. It tastes like other green veggies (think green peppers or green beans) with just a little lemony tartness. It goes really well with spicy dishes.

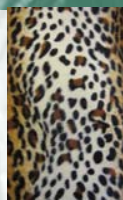
**Dandelion Greens** The wonderful world of leafy greens leaves us with plenty of options at pretty much every grocery store, but dandelion greens aren't something most people eat every day. The green leaves are great in salads and slaws, but they can also be boiled like spinach or sautéed and seasoned. They're just a little bitter, but fun to try, and you can even forage for them if you're really up for an adventure!

When people tell me that they don't do plant-based eating because they don't want to limit themselves, I have to laugh. People limit themselves all the time! Even with great options and an endless menu of flavors and colors, most people fall into a routine of eating the same things all the time. This is your wake-up call to use plant-based eating as a way to EXPAND your diet, and bring in fantastic fruits, vegetables, nuts, seeds, and beans that you otherwise never would have enjoyed.

Vanessa Chamberlin is a Certified Holistic Health Practitioner and Lifestyle Coach and author of *The Fire-Driven Life: How to Ignite the Fire of Self-Worth, Health, and Happiness with a Plant-Based Diet*. For more information, please visit, [www.vanessachamberlin.com](http://www.vanessachamberlin.com) and connect with her on Twitter, @vkcchamberlin.



## It's a Jungle Out There: A Safari Through Elder Care Services



Suddenly, you're faced with having to make decisions. Where do you turn? What do you do first? Is there enough money for caregivers? What's the difference between the different kinds of services? What on earth do all these letters mean... CCRC, CBRF, RCAC...

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**June 14 Barbara Horstmeyer, GCM – Community**

resources are available to you and your family. Barbara will help define what's out there and provide information on finding it.

**July 12 Michelle Putz, RN, NHA**  
– Michelle discusses the different

Medicare plans and how to make the right choices.

**August 2 John Lawson, NHA – CCRC, CBRF, RCAC, SNF...** making sense of the senior living alphabet soup and the difference between Assisted Living and Independent Living.

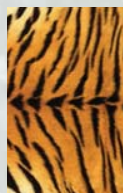
**August 30 Bruce Nemovitz, Real Estate Agent; Author** – Downsizing can be overwhelming, Bruce will teach you how to prepare your home, understand the market so that your move can be made simpler.

**September 13 Michael Sattell, CPA/CFF, CFE** – Financial issues can be confusing. Mike will discuss the options to secure your future.

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# Do you have an eye problem?

By Cheryl L. Dejewski

According to ophthalmologist Mark Freedman, MD, "Loss of vision can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, and other unpleasant factors. Failing sight can also increase the chance you'll need home care or nursing home placement." Daniel Ferguson, MD, of Eye Care Specialists adds, "Poor vision, however, is not a fact of aging. It's important to discover what's behind any changes or symptoms—whether it's simply the need for a new eyeglass prescription or something more serious like a vision-threatening eye condition."

"There are two key reasons why you need to see a professional rather than rely on your own perception," explains Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center. "First, vision problems in one eye can be masked by the other eye's ability to compensate. And, second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity has been lost until they are diagnosed and the cloudy lens (cataract) inside their eye is surgically removed and replaced with an implant. And, patients with glaucoma can lose their side vision so slowly that they don't realize it is like looking through a tunnel—with no chance of turning around and coming back out."

"Most vision-threatening conditions will eventually present symptoms if left untreated long enough. The question is, 'Do you really want to wait until whatever is wrong causes permanent irreversible damage or leads to something serious like falling and breaking a hip or having a car accident?,'" asks Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins. "That's why it's vital to have comprehensive dilated eye examinations at least every two years."

The doctors at Eye Care Specialists, Wisconsin's leading ophthalmology practice, put together a test (see green box at right) to help readers assess their vision. Michael Raciti, MD, notes, "**Checking 'yes' to just one of these questions MAY mean that you have a vision-threatening concern. Your next step should be to schedule a comprehensive dilated eye exam** (which is typically covered by Medicare and/or insurance)." David Scheidt, OD, adds, "If your eye care specialist determines that you do have a cataract, macular degeneration (AMD), glaucoma, diabetic eye disease, or other condition, you can plan a course of treatment to protect and preserve your vision. But, that plan can't start until you take the first step to call and schedule a comprehensive eye exam."



Because good vision in one eye can mask problems in the other and certain diseases lack early symptoms, people with diabetes (illustrated above), AMD, glaucoma, and other conditions often don't notice a concern until it is too late. Eye exams and OCT laser scans can help to catch diseases early enough to protect vision.

## Take the Test

Are you seeing your best?  
Put a checkmark next to any concerns you have noticed.



- ☐ Do you have trouble seeing, even with your glasses or contact lenses (and new prescriptions don't help)?
- ☐ Do you need more light to read or see?
- ☐ Are you uncomfortable going out/driving at night due to your vision?
- ☐ Do lights at night have a "halo" effect?
- ☐ Is it difficult to see things in the distance, like road signs?
- ☐ Do bright lights, sunlight and glare bother you?
- ☐ Do you have trouble seeing to read newspapers, books, magazines, instructions, recipes, labels, crossword puzzles, and other small print?
- ☐ Are colors not as bright as they used to be?
- ☐ Do you have trouble seeing words and numbers on the TV?
- ☐ Do you have problems seeing the food on your plate?
- ☐ Are you having difficulty judging stairs and curbs?
- ☐ Do you bump into things or fall because of poor sight?
- ☐ Do you have difficulty performing daily tasks, such as driving, cooking, cleaning and shopping, because of your vision?
- ☐ Does your vision inhibit your ability to enjoy hobbies like reading, watching TV, knitting, golfing, or going out with friends?
- ☐ Is your distance vision getting worse, especially outdoors?
- ☐ Do vertical lines (like signposts and light poles) appear wavy?
- ☐ Have you noticed dark or blank spots in your central vision?
- ☐ Do you have difficulty making out faces or reading clocks?
- ☐ Are you not able to see as far off to the sides as you used to?
- ☐ Do you have diabetes and your vision is blurry or fluctuates?

Do you have any checkmarks?

### Common Symptoms of Major Eye Conditions

**AMD:** Blind spots, straight lines appear wavy, loss of central vision

**Cataract:** Hazy, blurred vision; glare problems

**Diabetes:** Blurring, dark spots, fluctuating vision

**Glaucoma:** Loss of side vision ("tunneling" effect)

For FREE booklets on these topics, call 414-321-7035. If you need an eye specialist or a second opinion, contact the offices at right.



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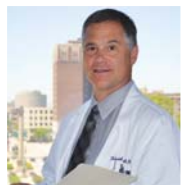
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Daniel Paskowitz, MD, PhD



Michael Raciti, MD



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## Invest in Vision *Now* to Save Money in the *Future*



By Cheryl L. Dejewski

Are you focused on a bright, productive future or a retirement clouded by vision impairment and loss of independence? The picture may be up to you.

"As the number of people over age 50 has jumped, so has the incidence of age-related, vision-threatening eye diseases like cataracts, glaucoma, diabetic retinopathy and macular degeneration (AMD)," reports Mark Freedman, MD, senior partner at Eye Care Specialists, a Wisconsin ophthalmology practice. "The good news is that, with recent medical advances, many of these conditions can be treated more easily and effectively than previously possible. The bad news, however, is that many older adults neglect their eye care until it's too late. In fact, the National Society to Prevent Blindness estimates that up to 50 percent of all blindness in the U.S. is preventable—if people would pursue prompt diagnosis and treatment."

"Age-related vision impairment is a leading cause of disability (second to arthritis) and nursing home placement. It creates increased expenses for patients, Medicare, insurance companies, and society, in terms of doctor visits and special transportation, medical supplies and services," explains ophthalmologist Brett Rhode, MD. "Vision loss also takes physical and psychological tolls. Common problems you may have recognized in your own vision-impaired friends and relatives include: difficulty carrying out tasks and hobbies (*cleaning, cooking, reading, seeing to take medicines, etc.*); an increase in injuries, falls and car accidents; social issues (*withdrawal, depression, isolation, anger, fear, etc.*); and loss of freedom (*inability to drive, shop, work, etc.*)."

Since 1985, the physicians of Eye Care Specialists have provided comprehensive medical, surgical and laser eye care to more than 130,000 people at offices in Wauwatosa, West Allis, and downtown Milwaukee. For free booklets about cataracts,

## Think About This...

An economics professor at Texas Tech said he had never failed a single student, but had once failed an entire class.

The class (students) insisted that socialism worked since no one would be poor and no one would be rich, a great equalizer.

The professor then said, "OK, we will have an experiment in this class on socialism. All grades will be averaged and everyone will receive the same grade so no one will fail and no one will receive an A."

After the first test, grades were averaged and everyone got a B. The students who had studied hard were upset while the students who had studied very little were happy.

But, as the second test rolled around, the students who had studied little studied even less and the ones who had studied hard decided that since they couldn't make an A, they also studied less. The second Test average was a D.

No one was happy. When the 3rd test rolled around the average grade was an F.

The scores never increased as bickering, blame, name calling, all resulted in hard feelings and no one would study for anyone else.

To their great surprise all failed.

The professor told them that socialism would ultimately fail. The harder people try to succeed, the greater their reward (capitalism) - but when a government takes all the reward away (socialism) no one will try or succeed.

**"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."**

~not Albert Einstein

**Never ask Google for medical advice. I have gone from mild headache to clinically dead in three clicks.**



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How did we get here? A year ago nearly two dozen candidates were running for president and now it's almost a foregone conclusion that the two major presidential candidates will be Donald Trump and Hillary Clinton.

## Don't Like The Current Candidates? *It Could Be Worse*

By Howard Harrison

Now that it's almost a foregone conclusion that the 2016 presidential race will be between Donald Trump and Hillary Clinton, it's hard to believe that less than a year ago nearly two dozen candidates were vying for the nomination. It's even harder to believe that none were ever able to overtake the two front-runners.

Clinton and Trump have led pole to pole (and poll to poll) despite being disliked by legions of people. How did we get here? What does this say for the other candidates? Some have called this year's field the craziest in history.

That's a bold statement. There have been some pretty "crazy" candidates for President of the United States.

There have been true crazies, like Homer Tomlinson, a preacher from New York who ran for president in the 1950s. When he lost, he simply appointed himself "King of the World." Or Leonard "Live Forever" Jones of Kentucky, who ran for president in the mid-1800s. He actually thought he could live forever.

Rock stars have run for president. Joe Walsh of the Eagles ran in 1980 on a platform of "Free Gas for Everyone." Jello Biafra, lead singer of the Dead Kennedys, lost the Green Party nomination to Ralph Nader in 2000 but then supported Nader in the general election. Nader's presence probably cost Al Gore the election, resulting in the presidency of George W. Bush.

Bernie Sanders is far from the only socialist to ever run for president. Others include Eugene Debs, who represented the Socialist Party in five presidential elections between 1900 and 1920. He ran his last campaign from federal prison, where he was serving 10 years for opposing U.S. involvement in World War I.

The American Communist Party was a major party between 1924 and 1940, holding its conventions in places like New York City's Opera House and Madison Square Garden. In 1940, the party's candidate, Earl Browder, accepted the nomination while out on bail for passport forgery.

Hillary Clinton is not the only woman to run for president. The first was Victoria Woodhull. She ran as a member of the Equal Rights Party in 1872. Her running mate was Frederick Douglass, a former slave. She also favored legalized prostitution. More recently, other women have included Ellen McCormack, a single-issue candidate for the Right to Life Party.

There have been candidates from obscure parties like the Queer Nation Party and the Vampires, Witches and Pagans Party. Animals, kids and cartoon characters have run, albeit not seriously. A whole slew of entertainers, from Stephen Colbert to Roseanne Barr, have run.

In the 1960s and '70s, Pat Paulsen was a perennial candidate for president. For you youngsters out there, Paulsen was a satirical political commentator on a great TV show at the time called the Smothers Brothers Comedy Hour.


Another perennial candidate from that era was Lyndon LaRouche. This guy ran every year it seemed. He questioned the Holocaust. It was also reported that he thought someone on his staff was kidnapped by the CIA and programmed to assassinate him.

When we learned about our "founding fathers" – Washington, Adams, Jefferson, their good friend Ben Franklin and that whole '70s political rat pack (we're talking the 1770s) – these were mythical, godlike creatures. You felt like they were the best and brightest the colonies had to offer.

To say we no longer view our political leaders with such reverence is beyond an understatement. Besides Trump, a real estate mogul with no political experience, and Clinton, a former First Lady being investigated by the FBI, the final five in this year's race included a right-wing zealot despised by his own party, a governor whose only primary win was his home state, and a 74-year-old socialist.

Whatever you think of this year's candidates, however, they are hardly the weirdest bunch to ever run for president. In other words, it could be worse.

Howard Harrison is an award-winning journalist with more than 35 years of writing for organizations. He has been a speechwriter for Fortune 500 CEOs and ghost-written books outside the corporate sector. His first bylined book title – NOW they make it legal: Reflections of an aging Boomer – is available at <http://nowtheymakeitlegal.com> and all major online booksellers.



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## Gardening with Grandma...

A teenage granddaughter comes downstairs for her date, wearing a see-through blouse and no bra on.

Her grandmother pitched a fit, telling her not to dare go out like that!

The teenager tells her "Loosen up grams. These are modern times. You gotta let your rose-buds show!" And out she goes.

The next day the teenager comes down stairs, and the grandmother is sitting there with no top on.

The teenager wants to die. She explains she has friends coming over shortly and that her appearance is just not appropriate...

The grandmother says, "Loosen up, sweetie. If you can show off your rose-buds, then I can display my hanging-baskets."

Happy gardening!

## Domestic Disturbance

A police officer called the station from his radio.

I have an interesting case here. An old lady just shot her husband for walking on the floor she just mopped."

"Have you arrested the woman.?"

"Not yet. The floor's still wet."



## Subject: The Mechanic

A Lexus mechanic was removing a cylinder head from the motor of a LS460 when he spotted a well-known cardiologist in his shop.

The cardiologist was there waiting for the service manager to come and take a look at his car when the mechanic shouted across the garage,

"Hey Doc, want to take a look at this?"

The cardiologist, a bit surprised walked over to where the mechanic was working.

The mechanic straightened up, wiped his hands on a rag and asked,

"So Doc, look at this engine. I opened it's heart, took the valves out, repaired or replaced anything damaged, and then put everything back in, and when I finished, it worked just like new.

So how is it that I make \$48,000 a year and you make \$1.2M when you and I are doing basically the same work?

The cardiologist paused, leaned over, and then said to the mechanic.....

"Try doing it with the engine running."

**What kind of bees make milk instead of honey? Boobies.**

## The Black Bra Story

(as told by a married woman)

I had lunch with 2 of my unmarried friends. I have been married for 20+ years. One of my friends is engaged, one is a mistress.

We were chatting about our relationships and decided to amaze our men by greeting them at the door wearing a black bra, stiletto heels and a mask over our eyes. We agreed to meet in a few days to exchange notes. Here's how it all went.

### My engaged friend:

The other night when my boyfriend came over he found me with a black leather bodice, tall stilettos and a mask. He saw me and said, 'You are the woman of my dreams... I love you.'

### The mistress:

Me too! The other night I met my friend at his office and I was wearing a raincoat, under it only the black bra, heels and mask over my eyes. When I opened the raincoat he didn't say a word, but he started to tremble and kissed me like a wild man.

### Then I had to share MY story:

When my husband came home I was wearing the black bra, black stockings, stilettos and a mask over my eyes. When he came in the door and saw me he said...

"What's for dinner, Zorro?"

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## A WOMAN'S Vocabulary

- 1) FINE: This is the word used to end an argument when she knows she is right and you need to shut-up.
  - 2) NOTHING: Means something and you need to be worried. The speed with which a woman answers "nothing" to the question "what is wrong" is inversely proportionate to the storm that's coming.
  - 3) GO AHEAD: This is a dare, not permission, do not do it.
  - 4) WHATEVER: A woman's way of saying... well, you know.
  - 5) THAT'S OKAY: She is thinking long and hard on how and when you will pay for your mistake.
- BONUS WORD: WOW! This is not a compliment. She's amazed that one person could be so stupid.

## A Buddhist walks up to a hotdog stand and says, "Make me one with everything."

### Things Just Fallin' Off

This morning as I was buttoning my shirt, a button fell off. After that, I picked up my briefcase, and the handle fell off. Then I went to open the door, and the doorknob fell off. I went to get into my car, and the door handle came off in my hand. Now I'm afraid to pee.

## Have you ever just looked at somebody and knew the wheel was still turnin' but the hamster was dead?

### The BIG Crash

It is the middle of the night in the middle of nowhere, two cars both slightly cross over the white line in the centre of the road. They collide and a fair amount of damage is done, miraculously neither driver is hurt. They both get out. One is a doctor, one is a lawyer. The lawyer calls the police on his cell phone and they say they will be there within 20 minutes.

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

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

"AFTER the police get here." replies the lawyer.

So as not to be outdone by all the redneck, hillbilly, and Texan jokes, somebody had to come up with

## You know you're from California if:

Both you AND your dog have therapists, psychics, personal trainers and cosmetic surgeons.  
Your coworker has 8 body piercings and none are visible.  
You make over \$300,000 and still can't afford a house.  
You take a bus and are shocked at two people carrying on a conversation in English.  
Your child's 3rd-grade teacher has purple hair, a nose ring, and is named Flower.  
You can't remember ... is pot illegal?  
You have a very strong opinion about where your coffee beans are grown, and you can taste the difference between Sumatran and Ethiopian.  
You can't remember ... is pot illegal?  
A really great parking space can totally move you to tears.  
Gas costs \$1.00 per gallon more than anywhere else in the U.S.  
The guy at 8:30 am at Starbucks wearing a baseball cap and sunglasses who looks like George Clooney really IS George Clooney.  
Your car insurance costs as much as your house payment.  
You can't remember ... is pot illegal?  
It's barely sprinkling rain and there's a report on every news station: "STORM WATCH."  
Or it's barely sprinkling rain outside, so you leave for work an hour early to avoid all the weather-related accidents.  
Hey! Is pot illegal???

The Terminator was your governor.

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# Top **TEN** Ways People Go Broke

Self-Made Millionaire Shares Common Mistakes to Avoid

You don't have to come from a wealthy family, have the next billion-dollar idea or work 18-hour days to become rich, says self-made millionaire Mike Finley.

"You don't have to be extraordinary in any of the headline-grabbing ways; what you need is the self-awareness to avoid wasting money on short-term, retail-priced happiness," says Finley, author of "Financial Happine\$\$," which discusses his journey to financial literacy and the principles and practices that allowed him to retire a wealthy man. "Money used wisely can give you the financial security associated with the good life." Finley lists 10 of the most common money traps that lead to consumers going broke.

**1) Make the appearance of wealth one of your top priorities by acquiring more stuff.** The material trappings of a faux lifestyle, as seen in magazines and advertisements, are not good investments either financially or in long-term happiness.

**2) Work a job you hate, and spend your free time buying happiness.** Instead, find fulfilling work Monday through Friday so you're not compensating for your misery with expensive habits during the weekend.

**3) Live paycheck to paycheck and don't worry about saving money. Live for today, that's all that matters.** Have you already achieved all of your dreams by this moment? If not, embrace hope and plan for tomorrow. (Appreciating your life today doesn't require unnecessary expenditures.)

**4) Stop your education when someone hands you a diploma; never read a book on personal finance.** Just about any expert will tell you that the most reliable way out of poverty is education. Diplomas shouldn't be the end of learning; they should be a milestone in a lifetime of acquiring wisdom.

**5) Play the lottery as often as possible. While you're at it, hit the casino!** Magical thinking, especially when it comes to money, is a dangerous way to seek financial security.

**6) Run up your credit cards and make the minimum payments whenever possible.**

Paying interest on stuff you really don't need is a tragic waste of money.

**7) When you come into some free money, spend it. You deserve it.** By that logic, you're saying that a future version of you doesn't deserve the money, which can be multiplied with wise investments.

**8) Buy the biggest wedding and the biggest ring so everyone can see just how fabulous you really are.** Nothing says "Let's start our future together" like blowing your entire savings on one evening.

**9) Treat those "amazing" celebrities and "successful" athletes as role models. Try to be just like them whenever possible.** As far as we know, there's only one you the universe has ever known. Don't dilute your unique individuality by chasing an image.

**10) Blame others for your problems in life. Repeat after me: I am a victim.** The victim mentality is an attempt to rationalize poor habits and bad decision-making.

"If you're feeling uncomfortable with your financial situation, don't just sit there in a malaise of 'If only I had more money,'" Finley says. "Instead, use it as motivation for a better life; that's why the discomfort is there."

Like most Americans, Mike Finley was raised with no education in personal finances. Joining the Army out of high school, he realized he didn't understand money and began the task of educating himself. After 26 years in Army service, during which he practiced the principles he learned, he retired a millionaire. Finley is the author of "Financial Happine\$\$," ([www.thecrazymanninthepinkwig.com](http://www.thecrazymanninthepinkwig.com)) and teaches a popular financial literacy class at the University of Northern Iowa.

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## What exactly is “comprehensive financial planning” and do investors really need it?

~Judith, New Berlin

### Ask Tim



**ANSWER:** As you invest and save for retirement, you will no doubt hear or read about it – but what does that phrase really mean? While the phrase may seem ambiguous to some, it can be simply defined. Comprehensive financial planning is about building wealth through a process, not a product. Financial products are everywhere, and simply putting money into an investment is not a gateway to getting rich, nor a solution to your financial issues.

**Comprehensive financial planning is holistic.** It is about more than “money”. A comprehensive financial plan is not only built around your goals, but also around your core values. What matters most to you in life? How does your wealth relate to that? What should your wealth help you accomplish? What could it accomplish for others?

**Comprehensive financial planning considers the entirety of your financial life.** Your assets, your liabilities, your taxes, your income, your business – these aspects of your financial life are never isolated from each other. Occasionally or frequently, they interrelate. Comprehensive financial planning recognizes this interrelation and takes a systematic, integrated approach toward improving your financial situation.

**Comprehensive financial planning is long-range.** It presents a strategy for the accumulation, maintenance and eventual distribution of your wealth, in a written plan to be implemented and fine-tuned over time.

**What makes this kind of planning so necessary?** If you aim to build and preserve wealth, you must play

“defense” as well as “offense.” Too many people see building wealth only in terms of investing – you invest, you “make money,” and that is how you become rich.

That is only a small part of the story. The rich carefully plan to minimize their taxes and debts, and adjust their wealth accumulation and wealth preservation tactics in accordance with their personal risk tolerance and changing market climates.

**Basing decisions on a plan prevents destructive behaviors when markets turn unstable.** Impulsive decision-making is what leads many investors to buy high and sell low. Buying and selling in reaction to short-term volatility is a day trading mentality. On the whole, investors lose ground by buying and selling too actively. The Boston-based investment research firm Dalbar found that from 1994-2013, the average retail investor earned 5% a year compared to the 9% average return for U.S. equities – and chasing the return would be a major reason for that difference. A comprehensive financial plan – and its long-range vision – helps to discourage this sort of behavior. At the same time, the plan – and the

financial professional(s) who helped create it – can encourage the investor to stay the course.

**A comprehensive financial plan is a collaboration & results in an ongoing relationship.** Since the plan is goal-based and values-rooted, both the investor and the financial professional involved have spent considerable time on its articulation. There are shared responsibilities between them. Trust strengthens as they live up to and follow through on those responsibilities. That continuing engagement promotes commitment and a view of success.

**Think of a comprehensive financial plan as your compass.** Accordingly, the financial professional who works with you to craft and refine the plan can serve as your navigator on the journey toward your goals.

The plan provides not only direction, but also an integrated strategy to try and better your overall financial life over time. As the years go by, this approach may do more than “make money” for you – it may help you to build and retain lifelong wealth.

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.

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# CUBA It's all true

## OFF THE BEATEN PATH

By Marissa Stapley

**The thaw in Cuba/US relations means a chance for Americans to travel into uncharted territory. But resist the urge to visit Cuba's conventional spots. Sure, the island is full of white sand beaches and all-inclusive options, but the South side of the island offers a dark magic all its own.**

**L**ast winter, I headed on a family vacation to Cuba. I'm Canadian, so have visited the island many times – but only the north side, with its fabled white sand beaches and serviceable family-friendly resorts. This time, however, we were flying into Santiago to meet my father at the resort he likes to spend part of every winter relaxing at. The resort, called Brisas Sierra Mar—which feels a little like summer camp for grownups, with its bohemian Boomer vibe—used to be accessible only via an extremely damaged road that added hours to the trip. Such is life in Cuba, although that's changing, slowly but surely: a damaged road could take years to fix, and this one was no different.

Then they fixed the road, and we got on a plane. Flying into the south side of Cuba means approaching the Sierra Maestra mountain range before landing. I fell in love at first sight, from thousands of feet above. These undulating mountains are mysterious and wild. They were the cradle of a revolution—and they inspired me to start writing a new novel.

I returned to Santiago, and it's surrounding coastal villages, several times while researching my new book. My first novel, *Mating For Life*, was a bestseller that focused on family, relationships and domestic life. Being in Santiago and Chivirico, a tiny village with a warm Caribbean vibe, made me want to write something much different: something mysterious and a little dark, but something hopeful. Something just like the island itself. You can find out more about *It's All True* by visiting [www.marissastapley.com](http://www.marissastapley.com). And you can find out more about planning an unconventional trip to Cuba by reading below.

### Travel Tips

Plan your trip through Cuba Travel Network ([cubatravelnetwork.com](http://cubatravelnetwork.com)); they can help you take care of the little details it can be difficult to coordinate from afar, and will also allow you to customize your trip. Your best bet is to combine a few nights in Santiago, a vibrant city, with some days on the beach—because you cannot come to Cuba without visiting a beach or two! Chivirico is about an hour by bus or taxi from the Antonio Maceo airport, which is located on the



CUBA: Off the Beaten Path continued on page 42

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# WALKING



Research results could hardly be clearer:

**Taking a walk is one of the best things you can do for your health.**

\*\*\*\*\*  
My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.

"I only went out for a walk and finally concluded to stay out till sun-down, for going out, I found, was really going in." ~ John Muir

A beautiful natural walk in the sunshine will challenge your body and expand your mind and spirit. Walking is the exercise most recommended by physicians and a great way to achieve cardiovascular fitness this summer. Convenient, inexpensive, and easy on your joints, walking helps reduce stress, burn fat, and speed up your metabolism. A study in the Journal of the American Medical Association showed that walking briskly for half an hour just six times a month cut the risk of premature death in men and women by 44 percent. A study in the New England Journal of Medicine reported 61 to 81 year olds sharply reduced their risk of death from all causes, including cancer and heart disease, by walking two miles a day.

If you are new to exercise, you can aim to walk for 20 to 45 minutes four or five days a week at the good fitness walking speed of three miles an hour. When (and if) you want to power up, take longer walks and work up to walking each mile in 15 minutes or less. Walking instructor Kate Larsen, who has developed the LifeWalk™ Easy Audio Coach tape (888-LIF-WALK), offers these practical tips for getting maximum aerobic, strength, postural and conditioning benefits from your walking program. All you have to do is take the first step!

- 1. Warm Up First, Then Stretch.** Start by walking for just seven to 10 minutes and then do a few gentle stretches. Muscles will stretch better if you've warmed them up first.
- 2. Take Short, Quick Steps.** By taking short, quick steps, rather than long strides, you will work your glute muscles (buttocks) as you log miles.
- 3. Practice the Heel-Toe Roll.** Push off from your heel, roll through the outside of the foot, then push through the big toe. Think of the big toe as the go button and push off with propulsion. Keep the other toes relaxed. (This takes practice.)
- 4. Squeeze Your Glutes.** Imagine squeezing and lifting your glutes up and back, as if you were holding a \$50 bill between them! This will strengthen your low-back

muscles. Developing the ability to maintain this deep contraction throughout your walk will take a while.

**5. Zip Up Your Abs.** During your walk, imagine you're zipping up a tight pair of jeans. Stand tall and pull your abdominal muscles up and in.

**6. Pump Your Arms.** Imagine you are holding the rubber grips of ski poles in your hands. Stand straight, drop your shoulders, squeeze your shoulder blades behind you and push back your elbows with each step. Swing faster and speed up the pace of your feet.

**7. Keep Your Chest Up, Shoulders Back.** Use your walk as an opportunity to practice perfect posture. Imagine someone dumped ice down your back. That's the feeling you want: your chest up and shoulders back.

Count your steps for 20 seconds to gauge your speed (count just one foot, then multiply by two). 40 steps in that time is a "healthy pace," 45 is "moderately aerobic" and 50 is considered "power walking."

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## ODD WISCONSIN Milwaukee's Maverick Aviator

By Michael Edmonds

Milwaukee native Billy Mitchell's life was forever changed in 1908 when the Wright brothers demonstrated their flying machine to the U.S. Army. He soon learned to fly, commanded the first U.S. aircraft units in 1917, and became the leading U.S. advocate of air power.

But Mitchell's enthusiasm fell on deaf ears. Military leaders had spent their careers expanding the Navy and dismissed the notion that a new technology could make it obsolete. In 1923 Mitchell warned that the principal U.S. naval base in the Pacific, Hawaii's Pearl Harbor, could be easily destroyed by airplanes. To prove his point, he sank two battleships from the air.

Abrasive and domineering, Mitchell's outspoken criticism led his superiors to demote him from general to colonel in 1925. Later that year, when needless crashes of military aircraft killed pilots, Mitchell accused top government officials of "incompetence, criminal negligence and almost treasonable administration of the national defense."

He was charged with insubordination and his court-martial became a media extravaganza. Though he was convicted and resigned his commission, Mitchell became a hero to military reformers and proponents of air power.

Soon after his death in 1936, he was proved right by the bombing of cities during the Spanish Civil War and by the devastating 1940 Blitz on London. In 1941, even his prophecy about Pearl Harbor was tragically fulfilled.

Mitchell is considered the father of the U.S. Air Force. The WWII B-25 aircraft was popularly called the Mitchell Bomber, and Milwaukee's Mitchell International Airport is named after him.



## Hormone Balancing continued from page 19

amount of polysaccharides. Cook with coconut and grape seed oils. Get your good fats and proteins from healthy grass fed animals and always wild caught fish. Most nuts, hemp and chia seeds are wonderful hormone builders. The "Undergraduate Diet" by a colleague of mine Dr. Patrick Flynn is a life saver in my practice.

We have a clinic motto of, "We test and never guess". Proper lab testing and a simple- to-use online Functional Assessment Questionnaires are great places to start if you aren't sure which organ system is causing a problem.

Last I checked you are still living and breathing - so that means you have more healing potential and life inside of

you than can be comprehended. No one needs to suffer with these issues. Change doesn't have to be stressful. Prioritize and enjoy the process.



Dr. Don Hundt is the clinic director at the Walk of Wellness Healing Center in Pewaukee. For 23 years he has been serving our community with his specific functional medicine, lifestyle skills and chiropractic protocols. Feel free to ask questions or check in with your progress at [www.wowhealingcenter.com](http://www.wowhealingcenter.com) or call 262-347-2850

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# Saving Your Skin from Cancer Risk

The Skin Cancer Foundation estimates 3.5 million cases of skin cancer are diagnosed each year across the country. The annual rates of all forms of skin cancer are increasing each year, representing a growing public concern. It has also been estimated that nearly half of all Americans who live to age 65 will develop skin cancer at least once.

The most common warning sign of skin cancer is a change in the appearance of the skin, such as a new growth or a sore that will not heal. The two most common forms of skin cancer are basal cell carcinoma and squamous cell carcinoma. Together, these two are also referred to as nonmelanoma skin cancer. Melanoma is generally the most serious form of skin cancer because it tends to spread (metastasize) throughout the body quickly. Recognizing symptoms is key to early diagnosis and successful treatment.



## BASAL CELL CARCINOMA

Basal cell carcinoma is the most common form of skin cancer and accounts for more than 90% of all skin cancer

in the U.S. These cancers almost never spread (metastasize) to other parts of the body. They can, however, cause damage by growing and invading surrounding tissue.

What does basal cell carcinoma look like? A basal cell carcinoma usually begins as a small, dome-shaped bump and is often covered by small, superficial blood vessels called telangiectases. The texture of such a spot is often shiny and translucent, sometimes referred to as "pearly." It is often hard to tell a basal cell carcinoma from a benign growth like a flesh-colored mole without performing a biopsy. Some basal cell carcinomas contain melanin pigment, making them look dark rather than shiny.

Superficial basal cell carcinomas often appear on the chest or back and look more like patches of raw, dry skin. They grow slowly over the course of months or years.

Basal cell carcinomas grow slowly, taking months or even years to become sizable. Although spread to other parts of the body (metastasis) is very rare, a basal cell carcinoma can damage and disfigure the eye, ear, or nose if it grows nearby



## SQUAMOUS CARCINOMA

Squamous cell carcinoma is cancer that begins in the squamous cells, which are thin, flat cells that

look like fish scales under the microscope. The word *squamous* came from the Latin *squama*, meaning "the scale of a fish or serpent" because of the appearance of the cells.

Squamous cell carcinoma of the skin occurs roughly one-quarter as often as basal cell carcinoma. Light-colored skin and a history of sun exposure are even more important in predisposing to this kind of cancer than to basal cell carcinoma. Men are affected more often than women. Patterns of dress and hairstyle may play a role. Women, whose hair generally covers their ears, develop squamous cell carcinomas far less often in this location than do men.

The earliest form of squamous cell carcinoma is called actinic (or solar) keratosis. Actinic keratoses appear as rough, red bumps on the scalp, face, ears, and backs of the hands. They often appear against a background of mottled, sun-damaged skin. They can be quite sore and tender, out of proportion to their appearance. An actinic keratosis that becomes thicker and more tender raises the concern that it may have transformed into an invasive squamous cell carcinoma.



## MELANOMA

Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other

forms of skin cancer because it may spread to other parts of the body (metastasize) and cause serious illness and death. About 50,000 new cases of melanoma are diagnosed in the United States every year. Because most melanomas occur on the skin where they can be seen, patients themselves are often the first to detect many melanomas. Early detection and diagnosis are crucial. Caught early, most melanomas can be cured with relatively minor surgery. What does melanoma look like? What are the symptoms and signs?

A changing spot may be a problem, but not every change is a problem. A mole may appear and then get bigger or become raised but still be only a mole.

Most public health information about melanoma stresses the so-called **ABCDs**:

**Asymmetry:** One half of the mole is different from the other half.

**Border irregularity:** The spot has borders which are not smooth and regular but uneven or notched.

**Color:** The spot has several colors in an irregular pattern or is a very different color than the rest of your moles.

**Diameter:** The spot is larger than the size of a pencil eraser.

[www.skincancer.org](http://www.skincancer.org) The Skin Cancer Foundation has always recommended using a sunscreen with an SPF of 15 or higher as one important part of a complete sun protection regimen which includes seeking shade, covering up with clothing including a wide-brimmed hat and UV-blocking sunglasses and avoiding tanning and UV tanning booths

## Consumer Alert Another Hearing Aid Ad?



Skeptical about all the promises made in the large and frequent newspaper ads for hearing aids? You should be - they are almost always placed by retail hearing aid stores and staffed by *non-audiologist* sales people.



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# Weather ALERT

## This is an Emergency...

My mother always made me wear shoes and socks during storms on the farm. In the country, you learn to take weather serious - for both yourself, your livestock and your crops. A bad storm in the country is like nature on steroids! Now that I'm a suburbanite it's hard to put habits behind me -I've a great emergency kit and protection plan in place! It never hurts to be prepared!

[emergencymanagement.wi.gov](http://emergencymanagement.wi.gov)

**WATCHES:** Conditions are favorable for the development of tornadoes/severe thunderstorms in your area. Remain alert for approaching storms.

**WARNINGS:** A tornado/severe thunderstorm is imminent or has been sighted by spotters. If a tornado warning is issued for your area - move to your pre-designated place of safety. Seek shelter immediately.

### Where to go in Severe Weather

**In a house with a basement:** Avoid windows. Get in the basement and under some kind of sturdy protection (heavy table, work bench or stairs), or cover yourself with a mattress or sleeping bag.

**In a house with no basement, a dorm, or an apartment:** Avoid windows. Go to the lowest floor, small center room (like a bathroom or closet), under a stairwell or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down; and cover your head with your hands. Even in an interior room, you should cover yourself with some sort of thick padding (mattress, blankets, etc.), to protect against flying or falling debris.

**In a mobile home:** Get out! Most tornadoes can destroy even tied-down mobile homes. If your community has a tornado shelter, go there fast. If there is a sturdy permanent building within close distance, seek shelter there.

**In a car or truck:** Get out of the vehicle immediately and seek shelter in a permanent building. Do not try to outrun a tornado. If there is no shelter, lie flat and face down, protecting the back of your head with your arms.

### A Disaster Supplies Kit Should Include:

- ~A 3-day supply of water (one gallon per person per day) and food that won't spoil.
- ~One change of clothing and footwear per person.
- ~Blanket or sleeping bag per person.
- ~A first-aid kit, including prescription medicines.
- ~Emergency tools, including a battery-powered NOAA Weather Radio and a portable radio, flashlight, and plenty of extra batteries.
- ~An extra set of car keys and a credit card or cash.
- ~Special items for infant, elderly, or disabled.

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# Islands in the (Wisconsin) Sun

continued from page 16

season. Check out the Island Clipper for a passenger excursion with a narrated crossing. For some fun in the sun, head to the south end of the island at Sand Dunes Beach or Percy Johnson County Park. For a unique beach experience, Schoolhouse Beach is a geological wonder covered by the tiniest of white limestone pebbles made smooth.

Take your pick of lodging choices knowing there isn't a chain in the bunch. Choose from distinctive names like Froghollow Farm B&B and Bitter End Motel.

## Rock Island

Think of Rock Island as the little sister island to Washington Island. After all, you must take a 10-minute ferry ride, called the Karfi, from Jackson Harbor on Washington Island to get to this primitive oasis. There are no permanent residents on this 912-acre island. The entire island is a state park and while most visitors make it a day trip, there are some great backpack camping sites, 40 in all, but you have to bring in your own everything. While you're there, don't miss Pottawatomie Lighthouse. Not only is it Wisconsin's oldest lighthouse, but the most unique, too. You can actually live in the lighthouse for a week at a time on the condition that you serve as a tour docent. The lighthouse enthusiasts are more than willing to put up with no electricity or running water for this unique volunteer opportunity.

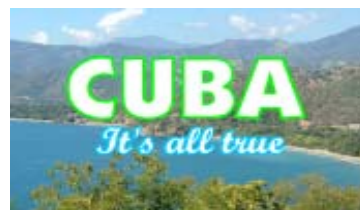


## Lower Wisconsin River Sandbars

The 92 miles of the lower Wisconsin River from the dam at Prairie du Sac to the confluence with the Mississippi River near Prairie du Chien is prime territory for sandbar islands. Canoeists, anglers, campers and other outdoor devotees consider this their warm-weather Mecca when water levels are low and sandbars are plentiful. There are no rapids or falls on the lower river either, making it a fit for beginners who like a leisurely paddle

pace. For more information, take a look at the Lower Wisconsin State Riverway Board.

Visitors to the area can work with an outfitter for a guided overnight tour. Wisconsin River Outings is one of the largest outfitters with several hundred canoes and several dozen kayaks, and specializes in group outings. This stretch of river is protected – spin around 360 degrees and you'll see no development, just tree lines, bluffs, and maybe some eagles.



Off the Beaten Path  
continued from page 36

outskirts of Santiago.

**Accommodations.** In Santiago: the Hotel Casa Granda or the Hotel San Basilio; both are historical buildings in downtown Santiago, but the San Basilio is in a quieter neighbourhood.

The hotel chain Brisas runs two hotels in Chivirico: Sierra Mar and Los Galeones. Take note, this is not high end travel. Both resorts are basic, but charming. And neither are for the faint of heart. Be prepared to climb lots of stairs to get to the beach at both resorts. The gorgeous views of the oceans and mountains make up for the climb.

**Dining.** In Santiago, try the Restaurante el Palenquito. It's a *paladar*, meaning it's a private restaurant, not state-run; these became legal on the island a decade or so ago. The service is slow, the mojitos are terrific, and the food is delicious.

The Café Rumba is a good place for coffee and breakfast while staying in the city.

**Sightseeing.** Some city highlights are Morro Castle, for the excellent views and a fascinating history lesson, Cementerio Santa Ifigenia, and the Moncada Barracks. Don't leave Santiago without catching some live music. Casa de la Trova has good bands, plus salsa dancing. Casa de las Tradiciones is a touch more authentic. And there is nightly music, plus the best possible view of the city, at Hotel Casa Granda's terrace bar.

Marissa Stapley is a bestselling novelist and journalist who lives in Toronto. Her novel set in Cuba, *It's All True*, is currently available on Amazon, Kobo, iTunes, and more. [www.marissastapley.com](http://www.marissastapley.com)

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

Eligible participants will receive at no cost:

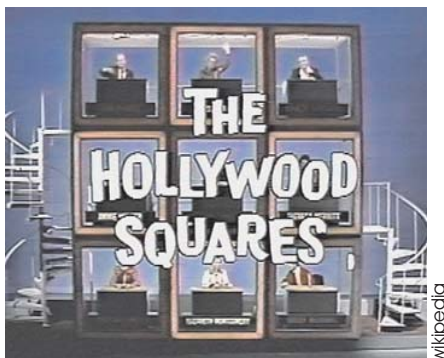
- Investigational Medication
- Study related care.

Compensation for travel and possible other reimbursement

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



## DO YOU REMEMBER!!??



### The game show that highlighted the comedic talents of a great TV era!

These questions and their hilarious answers are from the days when game show responses were spontaneous, not scripted.

**\*Q. Do female frogs croak?**

**\*A. Paul Lynde:** If you hold their little heads under water long enough.

**\*Q. If you're going to make a parachute jump, at least how high should you be.**

**\*A. Charley Weaver:** Three days of steady drinking should do it.

**\*Q. True or False, a pea can last as long as 5,000 years.**

**\*A. George Gobel:** Boy, it sure seems that way sometimes.

**\*Q. You've been having trouble going to sleep. Are you probably a man or a woman?**

**\*A. Don Knotts:** That's what's been keeping me awake.

**\*Q. According to Cosmopolitan, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?**

**\*A. Rose Marie:** No wait until morning.

**\*Q. Which of your five senses tends to diminish as you get older?**

**\*A. Charley Weaver:** My sense of decency.

**\*Q. As you grow older, do you tend to gesture more or less with your hands while talking?**

**\*A. Rose Marie:** You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.

**\*Q. In bowling, what's a perfect score?**

**\*A. Rose Marie:** Ralph, the pin boy.

**\*Q. During a tornado, are you safer in the bedroom or in the closet?**

**\*A. Rose Marie:** Unfortunately Peter, I'm always safe in the bedroom.

**\*Q. Can boys join the Camp Fire Girls?**

**\*A. Marty Allen:** Only after lights out.

**\*Q. When you pat a dog on its head he will wag his tail. What will a goose do?**

**\*A. Paul Lynde:** Make him bark?

**\*Q. If you were pregnant for two years, what would you give birth to?**

**\*A. Paul Lynde:** Whatever it is, it would never be afraid of the dark...

**\*Q. Who stays pregnant for a longer period of time, your wife or your elephant?**

**\*A. Paul Lynde:** Who told you about my elephant?

**\*Q. According to Ann Landers, what are two things you should never do in bed?**

**\*A. Paul Lynde:** Point and laugh.

~reader email submission

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Boomers! Newspaper ~ SUMMER 2016/Page 43



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## Ice cream is clearly God's way of saying He likes us a little chubby.

Puzzle on page 46

On a Plumber's truck:

"We repair what your husband fixed."

\*\*\*\*\*

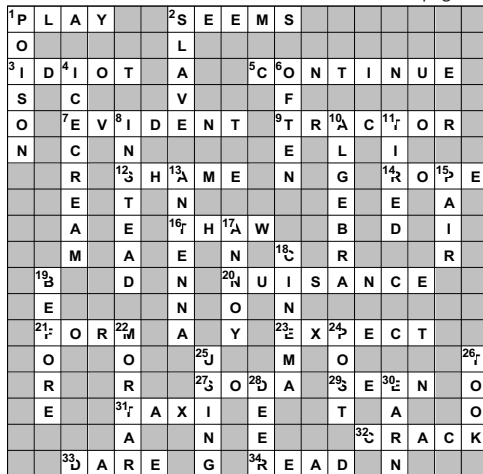
On another Plumber's truck:

"Don't sleep with a drip. Call your plumber."

\*\*\*\*\*

And don't forget the sign at a Chicago Radiator Shop:

"Best place in town to take a leak."



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# Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER



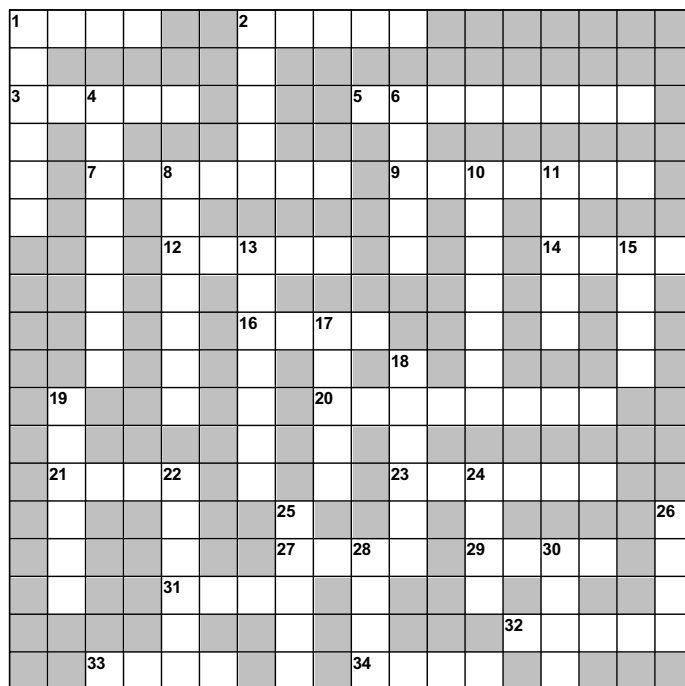
## ACROSS

1. Frolic
2. Have the aspects of
3. Foolish person
5. On and on and on
7. Obvious
9. Farm equipment
12. Have you no .....?
14. Tie a knot and hang in there
16. To unfreeze slowly
21. Pestering
23. To consider probable
27. Carbonated beverage
29. Having saw
31. Form of public transportation
32. Fracture
33. To challenge
34. Process written language

## DOWN

1. Mr. Yuk's warning
2. Opposite of master
4. We all scream for this
6. Frequently
8. Adverb as an alternative to
10. Course before Trigonometry
11. Exhausted
13. Rabbit ears
15. Twosome
17. To pester
18. Motion picture house
19. Previous to
22. Holds bricks in place
24. To affix a notice
25. Put into service
26. Past tense of take
28. Antlered animal
30. Obtain by hard work

Answers on page 44



"According to a new survey, women say they feel more comfortable undressing in front of men than they do undressing in front of other women. They say that women are too judgmental, where, of course, men are just grateful." ~Robert De Niro

## WHO'S WHO?

Two politicians were walking down the street when they came to a homeless person. One gave the homeless person their business card and told him to come to their office for a job. They then took \$20 out of their pocket and gave it to the homeless person. The other politician was very impressed, so when they came to another homeless person, they decided to help. They walked over to the homeless person and gave him directions to the welfare office. They then reached into the other politician's pocket and got out \$20. They kept \$15 for administrative fees and gave the homeless person \$5.00. Who's who?

It's such a shame... today's young people will never understand the satisfaction of slamming down the receiver on a rotary phone.

**Husband:** Whenever I get mad at you, you never get upset. How do you manage to control your temper.

**Wife:** I just clean the toilet.

**Husband:** How does that help?

**Wife:** I use your toothbrush.

## A farmer drove to a neighbor's farmhouse

and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" asked the farmer.

"No, they went to town" said the boy. "How about your brother, Howard? Is he here?" asked the farmer. "No, he went with Mom and Dad" the boy answered.

The farmer stood there for a few minutes, shifting from one foot to the other, and mumbling to himself. "I know where all the tools are, if you want to borrow one, or I can give Dad a message," said the boy.

"Well," said the farmer uncomfortably, "I really wanted to talk to your Dad. It's about your brother Howard getting my daughter Suzy pregnant".

The boy thought for a moment...

"You would have to talk to Dad about that. I know he charges \$500 for the bull and \$50 for the pig, but I don't know how much he charges for Howard."

When you're from the country, your perception is a little bit different.

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

ALONG	FOREST	LIKED	RETURN
ANYONE	FREAK	LINING	RIVER
BEET	FRIEND	MAKING	RUST
BOTHER	FUDGE	MANAGE	SAUSAGE
BREATHE	GLORY	MOST	SHALL
CASH	GOOSE	NANNY	SHARE
DEAD	HAND	NURSE	SILVER
DRAW	HIDDEN	ONION	STATE
DRINK	INSTEAD	ORANGE	TIME
ENOUGH	JIGSAW	PERSON	VERY
EVER	KICKED	PLEASURE	WELLS
EXACTLY	KNIFE	POST	
FINISH	LIED	PRETEND	

### Today's Short Reading from the Bible...

From Genesis: "And God promised men that good and obedient wives would be found in all corners of the earth."  
Then He made the earth round...  
and He laughed and laughed and laughed!

### Daughter's text to dad:

Daddy, I am coming home to get married soon, so get out your check book. LOL!  
I'm in love with a boy who lives far away from me. As you know, I am in Australia now, and he lives in Scotland. We met on a dating website, became friends on Facebook, had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of relationship through Viber.  
Dad, I need your blessing, good wishes, and a really big wedding."  
Lots of love and thanks. Your favorite daughter,  
Lilly

### Dad's reply

My Dear Lilly,  
Like Wow! Really? Cool! What up!  
I suggest you two get married on Twitter, have fun on Tango, buy your stuff on Amazon, and pay for it all through Paypal. And when you get fed up with this new husband, sell him on eBay.

*"For a guy who can't see his reflection, that Dracula dude is pretty well-groomed."*

~Kevin James

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