October 2016

A FREE PUBLICATION

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



A VERY TRUE DOOR COUNTY

Glast Story ~page 11

~page 16



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Hande

December 16, 2016 7:30 P.M. Polish Cultural Arts Center Holiday Reception: \$50.00 Catered Hors d'oeurves and beverages at 6:00 p.m.

General Admission: \$20.00

January 13, 2017 1:00 P.M. and 7:30 P.M. Hales Corners Lutheran Church General Admission: \$20.00 Student Admission: \$5.00 Group of Ten: \$16.00

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Oct 17, 2016

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From the Publishers

OCTOBER 2016



Biking in Cedarburg on the Interurban Trail

The air is crispy. The days are shorter. And this month, things really do go bump in the night! Once again, we take our annual trek into the autumn solstice enjoying the crunch of leaves and replacing backyard beer with hot chocolate by the fire.

October is always full of celebration at our house - my 53nd birthday (ouch!), our traditional anniversary weekend to Door County (12 years later and I would marry him again!) and my 12th year being cancer-free! Wow -that's like an overload of really, really good stuff!!

In this issue we are also celebrating our local

theater history. Milwaukee is rich in Arts and Culture and the cool weather is a wonderful reason to enjoy a glass of wine, a good dinner and cozy seats watching a local performance. The occassional evening out, a good excuse to put on heels and a little black skirt is always good for the soul!

The world of politics has rightfully taken front stage this month. Tom and I are very involved in the issues and Amara is probably the best educated 7th grade debater on politics. We refuse to use this publication as a political platform like so many newspapers do. Those who know me, know me. This country was founded on Christian principles grounded in freedom, core human values and quality of character. Washington has become a circus of America's elite with their own agenda. We the people need to be involved and educated before we cast that vote. It's like an election on steroids!

I LOVE autumn. I love the scary anticipation of a good ole' halloween, crunching through leaves, and nestling in a bit earlier! Enjoy a good scare, a spiked mug of cider and the pallette of color in our beautiful Wisconsin autumn!

> LIFE. Enjoy it! Sandy and Tom Draelos

Another serious topic for October is Breast Cancer Awareness, I'm not a doctor or therapist, but I am a 12 year survivor. The onslaught of chemo, radiation, test results, scars and recovery does truly make one a warrior. You don't want to back me into any corner! Please make an effort to embrace anyone you know on this journey... a phone call, a visit, a chicken pot pie. Cancer affects so many of our friends and



That's me! July, 2005

60-mile Walk for a Cure

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TravelWisconsin.com

From Wisconsin's northernmost county to its southern border cities, the state offers an

Your historic theater journey starts outside of Madison in the town of Stoughton,

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

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

PUBLISHER / Editor

family and my prayers go

out to you all.

Sandra (Hill) Draelos

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Thomas Draelos

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GOPHER / Amara May



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incredible variety of nationally and internationally acclaimed performing arts, including original musical theater, touring Broadway productions, opera, symphony, Shakespeare and African dance. As a part of a growing trend of urban renewal, many historic theaters are finding new life as performing arts centers, made possible by the dedicated efforts of the community.

Theater Tour continued on page 17



NOVEMBER 4, 2016 - JANUARY 15, 2017 STACKNER CABARET

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Featuring more than 50 classic songs such as "Puttin' on the Ritz," "There's No Business like Show Business," "God Bless America" and "White Christmas."

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Todd Wehr Auditorium / 12800 N. Lake Shore Dr., Mequon www.cuw.edu

Concordia University Theatre provides quality family entertainment to the Concordia, Ozaukee County, and Milwaukee area community. Each season consists of a diverse selection of 4-5 plays, performed by student actors and directed by local professionals and Concordia Theatre Faculty. Concordia is located in Mequon, WI.

Nov. 3-6: "The Women of Lockerbie"

FALLS PATIO PLAYERS

262-853-0893 / Menomonee Falls North Middle School Auditorium

www.fallspatioplayers.com

Falls Patio Players was established at a meeting in 1966 on the "patio" outside of the school in Menomonee Falls, where we still perform. It has been a wonderful venue through the past 50 years. We perform 5 shows per year, one with only children acting.

Oct. 7-9, 14-15: "Suite Surrender"

Nov. 4-6: "Mulan, Jr."

Dec. 2-4: "Christmas Carol"

FESTIVAL CITY SYMPHONY

414-365-8861

www.festivalcitysymphony.org

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

Oct. 2: Symphony Sunday - "Music for the Birds"

Oct. 26: "Halloween Pajama Jamboree"

Nov. 30: "Holiday Pajama Jamboree"

HOT WATER WHEREHOUSE

414-383-7593 / 818 South Water Street, Milwaukee www.hotwatermilwaukee.com

Milwaukee's best dance club located in Walker's Point Warehouse district. Alive with dance culture, each night features a different type of music. Great location for weddings, meetings, reunions and use as a film location.



A GUIDE TO ENTERTAINMENT, THEATER, ARTS, LEISURE, TRAVEL

KOHL'S WILD THEATRE

414-258-2333/

www.kohlswildtheater.org

The Zoological Society of Milwaukee and Kohl's Cares have partnered to bring you Kohl's Wild Theater, which provides conservation-themed theater performances using drama, songs and puppetry.

KWT Jamboree Performances:

Saturday, Oct. 22-11am: Menomonee Falls Public Library Tuesday, Nov. 1-5:30pm: Brown Deer Public Library Saturday, Nov. 5-10am: Schlitz Audubon Nature Center Saturday, Nov. 12-10am: Mukwonago Community Library Saturday, Nov. 19-1pm: Mequon Nature Preserve

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Rep also produces an annual production of "A Christmas Carol" at the historic Pabst Theater.

Sept. 9 - Oct. 30: Lady Day at Emerson's Bar and Grill

Sept. 20-Oct. 30: Man of La Mancha

Sept. 28-Nov. 6: The Royale,

Nov. 4-Jan. 15: Irving Berlin's I Love A Piano,

Nov. 15-Dec. 18: The Foreigner

Nov. 29-Dec. 24: A Christmas Carol

OCONOMOWOC ARTS CENTER

262-560-3172 / 641 East Forest Street, Oconomowoc www.theoac.net

Entering its 9th season of providing quality professional programming for the Lake Country area. The OAC supports the educational needs of the Oconomowoc School District and area arts and cultural organizations that rely on the arts center to support their mission. Critically acclaimed regional and national favorites, cabaret acts, comedysportz and visual arts programming. Oct. 1: The Legend of Sleepy Hollow

Oct. 15: Eric Mintel Jazz Quartet

Nov. 4-20: Abigail Engstrand "What She Felt" Art Show Nov. 12-13, 17-19: OHS presents "Billy Elliot the Musical Dec. 3: Four Guys in Dinner Jackets – Holiday Show Dec. 3-22: Wauk. Creative Arts League Visual Arts Show

ORGANIC ARTS

414-702-6053 / www.organicarts.info

Organic Arts presents grassroots music, storytelling, history, environmental and science programs throughout Southeastern Wisconsin for all ages – from schools, parks and libraries to senior residences. Programs are geared to serve kids through elders in a wholesome family experience and are often free to the public. Check our website for a listing of the many opportunities to enjoy performances throughout the Milwaukee area.

SCHAUER ARTS & ACTIVITIES CENTER

262-670-0560 ext. 3 / 147 North Rural Street Hartford / www.SchauerCenter.org

Filled with culture and history, the Schauer Arts Center was transformed from a 1918 canning factory into a non-





Nov 3rd, 4th, 5th 7:30pm

Nov 5th & 6th

1:30pm

Ticket Line: 262-243-4444
Press "0" to leave reservation.
Questions?
Lori.Woodall@cuw.edu

THE STORY: A mother from New Jersey roams the hills of Lockerbie Scotland, looking for her son's remains that were lost in the crash of Pan Am 103. She meets the women of Lockerbie, who are fighting the US Government to obtain the clothing of victims found in the wreckage. Determined to convert an act of hatred into an act of love, the women want to wash the clothes of the dead and return them to the victim's families. A poetic drama about the triumph of love over hate.

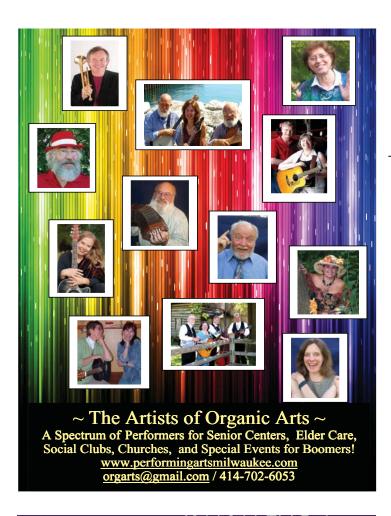
Don't miss it! Playwright Deborah Brevoort will be available after the Nov 3rd & 4th performances for a special talkback.

\$10 Adults / \$8 Seniors (Nov 6th is 1/2 price for Seniors), Non-CUW students, 13 & up / \$5 Veterans, CUW Faculty, Staff & Alumni \$3 CUW Students

Todd Wehr Auditorium
CONCORDIA UNIVERSITY

12800 N. Lake Shore Drive MEQUON









A LOCAL GUIDE to ENTERTAINMENT, THEATER, ARTS, LEISURE, TRAVEL

A&E GUIDE continued from page 5

profit, regional center for the arts that inspires creativity and connects people. Since opening in 2001, the Schauer Arts Center presents professional touring performances and regional artwork, in addition to offering year-around arts education programming..

Oct. 14: Riders in the Sky - A Salute to Roy Rogers

Oct. 21: O Sole Trio - From Pavarotti to Pop

Oct. 29: Matthew & Gunnar Nelson

Nov. 19: Western Jazz Quartet - Western Michigan University Faculty

Dec. 3: A Christmas Carol - Adapted for Young Audiences Dec. 9: Kettle Moraine Symphony - Holiday Pops Concert

Dec.10: Broadway Boys - A Holiday Special

Dec.16-17: Away in the Basement – A Church Basement Ladies Christmas

SOUTH MILWAUKEE PERFORMING ARTS CENTER

 $414\text{-}766\text{-}5049 \,/\, 901 \,\, 15^{\hbox{\scriptsize th}} \, \text{Avenue, South Milwaukee} \,/\, \text{www.southmilwaukeepac.org}$ South Milwaukee PAC is a professionally managed performing arts center located inside the S. Milwaukee High School, serving the SMSD, community organizations, professional presenters and businesses throughout the greater Milwaukee region. Our mission is to enrich lives by providing creative, innovative and diverse performing arts, life-long learning experiences and a professionally managed facility. We present artists throughout the year.

Oct. 20: Aquila Theatre: Agatha Christie's Murder on the Nile

Nov. 18: Step Afrika!

Dec. 8: Cantus: We All Will Be Together

SOUTHWESTERN SUBURBAN SYMPHONY

The Polish Cultural Center / 6941 S. 68th St. Franklin, WI 53132 / www.SWSsymphony.org The SWSS will present an uplifting concert of Christmas music from around the world featuring top vocal and instrumental soloists. Let the music surround you in this elegant setting. Make your reservations online or by calling 414-434-2028. Space is limited! The V.I.P Reception at 6:00 p.m. includes catered hors d'oeurves by Jack Norman and prime reserved seating.

Dec. 16: The Blessings of Christmas

Jan. 13: Hallelujah Handel

SUNSET PLAYHOUSE

262-782-4431 / 800 Elm Grove Road Elm Grove

www.sunsetplayhouse.com

Sunset Playhouse is a community theater and professional performance venue in the heart of Elm Grove, Wisconsin presenting over 30 must-see plays, musicals, concerts and children's productions per season. Visit our website: SunsetPlayhouse.com

Oct. 6-9: Songs of the Silver Screen, SideNotes Cabaret

Oct. 13: Nov. 6: Fiddler on the Roof, Furlan Auditorium Production

Nov. 9-12: The Big Blue Ball bug in a rug Children's Theater

Dec. 1-23: The best Christmas Pagean Ever, Furlan Auditorium

Dec. 5-6: Sown Home with the Carpenters, Musical MainStage

Dec. 14-18: Holiday Belles, SideNotes Cabaret

WISCONSIN PHILHARMONIC

262 547-1858 / www.WisPhil.org

The Wisconsin Philharmonic is a fully professional orchestra based in Waukesha, WI. Subscription concerts take place October through April in various venues throughout Waukesha, with several individual performances during the summer months. In 2017, the Wisconsin Philharmonic will celebrate its 70th season of continuous operations. Oct. 9 -3pm: Olympian Classics. Hamilton Sussex Performing Arts Center, Sussex Nov. 6 – 3pm: Sensational Cinema. Sharon Lynne Wilson Center for the Arts, Brookfield

Dec. 6 – 7pm: Holiday Journey. Shattuck Music Center at Carroll University, Waukesha



CRAFT FAIRS, FOOD AND TRAVEL

A COMMUNITY AFFAIR

Menomonee Falls High School / W142 N8101 Merrimac Drive

The Menomonee Falls Community League presents our 34th Arts and Crafts Fair. There will be over 90 vendors At Menomonee Falls High School. Admission is \$4.00. Chances to win Brewer Bobble Heads.

October 8: 9-4pm

COUNTRY TRAVEL DISCOVERIES

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The Milwaukee West Suburban **Christian Women's Club** Invites you to Brunch! Monday, OCT 16th, 2016 9:30-11am Anna Marie Tornow, Wisconsin Rapids Showing her 'premier jewelry' Speaker: Judy Dragraedt, Ottowa, IL

"Peace in the Midst of Turmoil"

All Welcome!

Davians Banquet Conference Ctr 16300 W. Silver Spring Dr., Menomonee Falls

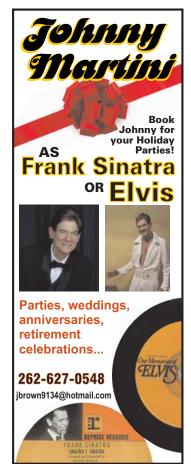
> Cost: \$15 / 262-251-3841 RSVP Lois by 10/10





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Serving Great Food!! NEW T-TR 3-9pm / FR 11am-2pm, 4-9pm

FREE POOL ON SATURDAYS excludes band night

Oct 22: LJ & Bill

Oct 26: Kevin Pluvmacher

Oct 29: Free drink if you wear costume

Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?



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LIVE Check our website for **MUSIC** our Live Music Lineup! **CALENDAR** HOTWATERMILWAUKEE.com

Jumpin' Jive Swing Dance Lesson

Tuesdays, 8pm

Cost \$7 No partner needed. Come alone, or bring a friend. Everyone is welcome to join in the fun. Dress is casual, but the event is really cool! Need more info, call 262-547-9464 www.jumpinjiveclub.com

Milwaukee NARI Home & Remodeling Show

Oct. 7, 2016 12:00 p.m. - Oct. 9, 2016, 1:00 a.m.

Wisconsin State Fair Park

Features home improvement and remodeling products and services, including design/build, kitchens, decks, cabinets, windows, wall covering, bathrooms, lighting, landscaping, roofing, painting, fireplaces, and more. In addition, interactive zones, daily educational presentations and demonstration by home improvement specialists, design celebrities, and cooks preparing their favorite recipes will take place. Visit MilwaukeeNARI.org to purchase tickets or for info.

12th Annual Panther Prowl 5K Run/Walk

Saturday, October 8, 10am

UWM Campus - Hartford Ave outside Enderis Hall UW-Milwaukee's premier race event. Proceeds support UWM student scholarships. Stop by the Sponsor Zone area after the race to sample snacks and beverages from local Milwaukee businesses.

Oktoberfest 2016

October 8-9

Festivals of Cedarburg

A perfect weekend in October at Oktoberfest includes authentic german music, german cuisine and beer, polka dancing, Glokenspiel shows, fun contests, art and more!

Howl-O-Ween!

October 14

Retzer Nature Center

S14W28167 Madison St., Waukesha

A Halloween themed evening, filled with scare-free entertainment and activities the whole family will enjoy! Recommended for families with children 10 & under. Guided hikes, DJ, crafts & games, planetarium shows, more.



Holy Hill Art Farm

October 16

9am-4 pm Saturday and SundayLocal artists, farmers and collectors Come meet our Market Folks. See their work and talk with them about custom work. Sit and enjoy coffee, hot sandwiches, bakery and other refreshments. Live musicians. Free Parking and Admission

Halloween Legends and Lore at Old World Wisconsin

October 21-22, 5:30pm

Always spooky, sometimes scary, rain-or-shine event. Halloween Legends and Lore features the folk and fairytales of the Old World as well as Wisconsin ghost stories from the 19th and early 20th centuries.

Paws & Claws Gala

Oct. 22, 5:30am - 10pm

The Pfister

Fabulous five-star dinner, silent and live auctions, wine pull, a special presentation, and of course, mingling with adoptable pups, our favorite felines, and some of our very best wildlife ambassadors. Dress in your favorite formalwear; roaring 20s attire optional. All proceeds benefit domestic and wild animals at the Wisconsin Humane Society's Milwaukee, Racine and Ozaukee Campuses.

Great Pumpkin Chuckin Fest featuring The Best of the Midwest BBQ Cook-Off

October 22-23

Racine County Fairgrounds

Community event celebrating the fall season. Highlights a Pumpkin Chuckin competition where teams will build either a catapult, trebuchet or slingshot to launch an 8 to 10 lb. pumpkin throught the air. "The Best of the Midwest BBQ Cook-Off", this is a sanctioned Kansas City Barbecue Society event. Family-friendly activities including: free kids games, rides, kids' activities, pie eating contest, pie auction, and pumpkin baking contest, lawn mower races and costume contests for both adults and youth.

Snowmobile USA Show and Sale

October 14-16

Exposition Center at Wisconsin State Fair Park See the latest sleds from Arctic Cat, Polaris, Ski-Doo & Yamaha including riding gear, parts, clothing, accessories, performance products, trailers & equipment for the 2017 season plus new ATVs & UTVs.

Seven Seat Bike Ghastly History

of the East Side Tour - Through October 29

Departs from the corner of North and Prospect, near the entrance to Whole Foods

Ride the East side on a seven seat bike that everyone pedals and one person steers! Discover the area's shocking history, including: Where teams of men under the influence of high pay and strong liquor brought cartloads of bodies to be buried each day. Where incorrigible young girls were sent to be prepared for 'honest and useful lives' Human remains are buried under Lake Park? You'll hear fascinating tales of the absurd, horrific, the extraordinary.

Gothic Milwaukee Historical Haunted Walking Tour

Fri, Sat, Tues, Thurs in October, 7pm

<u>.....</u>.....

Description: Join us for a glimpse of Milwaukee's past lead by your own costumed tour guide for this historical tour of downtown Milwaukee. Discover the dark secrets and eerie sightings lurking in the shadows of the city. The outdoor tour runs rain or shine and last for approx 90 minutes.







MODEL CAR SWAP MEET & MODEL CAR CONTEST

Sunday, DECEMBER 4th, 2016 10am - 2pm

Model Cars, Kits, Promos, Slot Cars, Die Cast, Tin Toys in ALL SCALES, - Including RACING MEMORABILIA & Collectibles-All For Sale from Our GREAT Vendors!!!

ENJOY: Our MODEL CONTEST displaying OUTSTANDING Model Cars Built by Our BEST Modelers!!!

Location: Waukesha County Exposition Center - Forum Building 1000 Northview Road, Waukesha, WI 53188

Admission: \$5 Age 12 & Under FREE with Paid Adult

For Information or Vendor Registration Visit our Website: www.milwaukeeminimotors.com Email: mkeminimotors @gmail.com or buffaloexp@wi.rr.com Call Dale 414-651-1980

FOR VENDOR INFORMATION CONTACT: Dale E. Jones, (414) 651-1980 email: mkeminimotors@gmail.com or buffaloexp@wi.rr.com

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Amish Eves are Smiling 4 days / March 14 / \$762 DBL

Washington D.C.

8 days / March 18 / \$1676 DBL

San Antonio Riverwalk 10 days / March 20 / \$1635 DBL

Nashville Music City

5 days / April 5 / \$1204 DBL

Mystery Tour One

8 days / April 21 \$1367 DBL

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Rose Parade

Heading into 2017, the Tournament of Roses Parade wants to make sure your year gets off to a "successful" start. Now in its 128th year, this annual tradition will have a new leader, newly named Pasadena Tournament of Roses President Brad Ratliff said the new theme will commemorate "the people, organizations and institutions that play a part in the stories of the success of others."

Steeped in Tradition. Another change: This traditional "New Year's" Parade will actually be held on January 2nd, due to the "Never on Sunday" tradition maintained since 1893. Since that New Year's Day, like this coming one, fell on a Sunday, Tournament events were rescheduled for the next day "to avoid frightening horses that would be hitched outside churches, thus interfering with worship services." Though horses are no longer outside local churches, the tradition remains to this day.

Indeed, this amazing showcase of Americana is steeped in tradition. The first Rose Parade was staged in 1890 by members of the Pasadena Valley Hunt Club. Many were former residents of the American East and Midwest desiring to showcase their new California home's mild winter weather. Club member, Professor Charles Holder, fa-

2017 Rose Parade continued on page 24





A LOCAL GUIDE to ENTERTAINMENT, THEATER, ARTS, LEISURE, TRAVEL

A&E GUIDE continued from page 6

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Nov. 9-13 Branson Christmas Countdown Holidays Entertainment Trip - Branson, MO Dec. 5-8: Opryland Christmas & Nashville Pre-Holidays Extravaganza - Nashville, TN Dec. 30-Jan. 3: Rose Parade Holiday "Unpack Once" Long Beach, CA

HOLIDAY CRAFT FAIR OF WASHINGTON CO.

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The Premier Event Site in Washington County features 133 acres of beautifully landscaped grounds and over 52,000 square feet of indoor space. This multipurpose facility has a Pavilion, Expo Center, multiple meeting rooms, agricultural & equestrian complex as well as a state of the art outdoor amphitheater. Amenities include a full range of A/V equipment, free Wi-Fi and over 1000 onsite parking spaces. Washington County Fair Park & Convention Center / www.wcfairpark.com Oct. 15-16: Rummage-A-Rama!

November 19: Holiday Craft Fair of Washington Co.

LAMERS TOUR AND TRAVEL

414-281-2002 / www.lamerstour.com

Lamers Tour and Travel offers escorted motor coach tours to popular and unique destinations throughout the United States and Canada. In addition, a calendar of oneday tours is published monthly. For more information, request a free 2017 color Travel Planner or visit our website.

LAURA'S DBC BAR & GRILL

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www.laurasdbc.com

Open Sunday for Packer games. Try our new menu – food served Tuesday through Sunday. Best damn fish fry in Ozaukee County! Amazing food, cold drinks, and great people! We have a huge outdoor patio, volleyball courts, softball, kickball, horseshoes, and live entertainment every Saturday night. This is the place to be!

SPANKY'S HIDEAWAY

262-242-3677 / 5208 West County Line Road, Mequon

www.spankvshideawav.com

Serving food 11-10 pm, 7 days a week. Spectacular Friday fish fry. 8 flat screen TVs for viewing all sporting events. Great weekly Packer and Badger specials. Happy Hour 3-7 pm Monday thru Thursday. Monthly Cribbage Tournaments and Pool Leagues on Wednesdays and Thursdays.



My Very Own and Very True, **Door County Ghost Story**

By Sandy Draelos

The last weekend in October of every year my husband Tom and I spend a weekend in Door County to celebrate our anniversary. One of many of our October weekend 'treats' includes the nightime Door County Haunted Trolley. While learning the history of the founding fathers and visiting historical shoreline sites of shipwrecked boats and drowned men, you can feel the living history whispering around you in the crashing of the waves and the cold wind dancing and hissing in the shoreline trees. Our tour took us on a dark evening ride on long past-traveled roads of the lakeside communities visiting old homesteads, lighthouses and cemeteries full of the local lore of the struggles of the families that settled here. Some of whom, even after a hundred years, do not wish to leave....

According to www.HauntedDoorCounty.com, Huey was born to Emma Thorp and John Melvin in 1898, Huey Melvin was a friendly and fiesty boy, raised and loved by all in the Thorp House in Fish Creek. The summer of 1905 was a typical one for Door County, tourists from Chicago and Milwaukee and the many locals enjoying the

natural beauty of the land around them. Some say it was a sliver from a piece of wood brought home as a makeshift slide or perhaps he stepped on a rusted nail by the lakefront that brought on the tetanus in young Huey.

On August 8th, his parents buried their beloved boy in the Pioneer Cemetery, nestled in a secluded peaceful cemetery in an area now known as Penninsula State Park. His headstone is crowned with a small carved lamb and the weathered inscription reads "Our darling one has gone before, to greet us on the blissful shore."

But Huey seems relunctant to leave. He is of-

ten seen skipping through the park towards the Eagle Bluff Lighthouse which he loved to visit or waking visitors at the Thorp House Inn and beseething them to "Come with me." He attached himself to one childless

couple that came up yearly for their anniversary (sound familiar) and was seen by them for many years.

It was a touching and sad story to hear on our Haunted Trolley Tour and he has obviously touched the the hearts of others as well - his grayesite has become a regular shrine to visitors to the area and trinkets can often be seen scattered near his headstone.

OK, so back to the present. Tom and I closed out our weekend in Door County, with a beautiful hike through Penninsula Park and as the sun was setting we just had to stop in at Pioneer Cemetery and say a quick goodnight to Huey amongst the moss covered headstones leaning with age. I had my camera with me and just started shooting. Cuda was sniffing around and I laughed and told little Huey not to be afraid of Cuda and to come out and play. That's all. We left and that evening, dressed up for a dinner on the town, Tom and I took some selfies in our hotel room.

About 6 months later, I was idly flipping through my phone gallery and came across the photos of that weekend. Take a look at that photo here. Is that really an orb that we see above Huey's headstone?? The selfies we took in the hotel room were ringed with those circular 'orbs' as well. I showed them to a friend of mine (who had actually had a near death experience) and he laughed and said 'you don't get this do you?' He went on to explain that spirits can attach themselves to you and follow you around a bit. Mmmm.

Two years later we found ourselves two years older and back in Door County for our anniversary. We took a beautiful hike on the cliffs through Penninsula State Park and just wandered casually through Pioneer Cemetry for a quick visit with that little Huev

On the way out, we hopped into our 4-runner parked next to the cemetry gate and as we're backing away I said a quick prayer for the little boy who never had a chance to grow up. Boom! What I thought to be a grayish filigreed autumn leaf (or something) flew into my face and I jumped, squeaked and swatted at it. Tom asked me what was wrong and I said "didn't you see that?" He hadn't and there was nothing there. It felt like a light puff of air on my cheek... a kiss from a little angel?

That's it. That's just what happened. The photo could be just a weird spot on the lens or it could be an orb. I don't know. The little thing that came towards me in the truck and the puff of air on my cheek that Tom physically saw me respond to... well that was a bit unusual wasn't it? And perhaps when you put the two together, well, it really could be my very own, very real Door County Ghost Story.

Huey, dear young soul, rest in peace.



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The Walking Dead: Dead Yourself

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If you're a die-hard fan of the hit tv series. Transform yourself and friends into the zombies we know and love from the tv show The Walking Dead.

Indigo Lake (Game)

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A good old spooky ghost story, told in the fashion of a first person shooter. There's more adventuring and puzzle solving than action. The trail of clues that you'll find yourself warily following really helps immerse you in this supernatural mystery - making the resulting scares all the more potent.

True Ghost Stories From Around the World

FREE

Before you go out trick-or-treating, you'll certainly want to hear some ghost stories. Telling, reading, and listening to some ghost stories is a Halloween tradition for a reason. The ghost stories on True Ghost Stories From Around the World are user-submitted, so if you have a good one that's not already there, submit it!

Haunting Melissa

FRFF

You've read ghost stories and even brushed up on Bram Stoker's Dracula. It's now time for the real scare. Unravel the story of Melissa and find out where she has disappeared to through this bone-chilling interactive app. Think you saw something in the corner? Replay the clip to see if it's still there. This app is sure to leave you creeped out and scared of your own iDevice!

Dead Space (Game)

Get a head start on the

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Happy Halloween Pumpkin Maker

FRFF

If you haven't gotten around to pumpkin carving this year or if you just don't like the mess that comes with this tradition, download Happy Halloween Pumpkin Maker FREE. It's a great app to keep children in the Halloween spirit without the stress of the clean up process.

Halloween Sounds Pro

FREE

Organizing a Halloween party or just looking to freak out your friends? Get Free Halloween Sounds Pro. There could be more sounds in its arsenal, but its time delay feature makes it worth getting. Instead of getting caught with your phone in your hand as you play the sound, use the "Timer Trickeration" feature, pick a sound, delay it, and walk away.

ZombieBooth: 3D Zombifier

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Ever thought of how you'll look like if you're infected and turned into a zombie? Then try out this ZombieBooth, packed with 3D and animated features. Make your pet dog your zombie sidekick by recording videos of the zombie team together and send it to your terrified friends!

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place than Peter Sciortino Bakery."



Steps to a Landscape

Incorporating a few small backyard tasks now will prepare your yard and garden for a glorious spring!

By gardening expert Melinda Myers

- Cut the grass, recycle fall leaves, and improve the soil with a pass of the lawn mower. Shred leaves and leave them on the lawn as you mow this fall. As long as you can see the grass through the leaf pieces, the lawn will be fine. As the leaves break down they add organic matter to the soil, improving drainage in clay soil and water holding ability in sandy soils. Or, as an alternative, use excess leaves as a soil mulch. Shred the leaves with your mower and spread a layer over the soil to conserve moisture and insulate the roots of perennials. Fall mulching gives you a jump on next spring's landscape chores.
- Improve your lawn's health by fertilizing this fall with a low nitrogen slow release fertilizer, like Milorganite. You'll reduce the risk of disease problems and with slower weed growth in fall, your lawn, not the weeds, will benefit from the nutrients. Fall fertilization also helps lawns recover from the stresses of summer by encouraging deep roots and denser growth that can better compete with weeds and tolerate disease and insects. Northern gardeners can follow the holiday schedule and fertilize Labor Day and Halloween.
- Do a bit of planting. Cool season annuals brighten up the fall garden and, for those in warmer regions, the winter garden. Consider adding cold hardy pansies. They provide color in the fall garden, survive most winters, and are back blooming in the spring just as the snow melts.

Fall is also a good time to plant perennials, trees and shrubs. The soil is warm and the air cooler, so the plants are less stressed and establish more quickly. Select plants suited to the growing conditions and be sure to give them plenty of room to reach their mature size.

- Plant daffodils, tulips, hyacinths and other bulbs in fall for extra color next spring. Set the bulbs at a depth of two to three times their height deep. Then cover them with soil and sprinkle on a low nitrogen slow release fertilizer. This type of fertilizer promotes rooting without stimulating fall growth subject to winter kill. Base your bulb planting time on the weather not the calendar. Start planting after the night-time temperatures hover between 40 and 50 degrees. Be patient, waiting until the soil cools reduces the risk of early sprouting that often occurs during a warm fall.
- Leave healthy perennials stand for winter. This increases hardiness and adds beauty to the winter landscape with their seed heads, dried foliage and the birds they attract. Plus, it will delay cleanup until spring when gardeners are anxious to get outdoors and start gardening. However, be sure to remove any diseased or insect-infested plants to reduce the source of pest problems in next year's garden.
- Start composting or add shredded leaves and other plant debris to an existing compost pile. Combine fall leaves with other plant waste, a bit of soil or compost, and sprinkle with fertilizer to create compost. Recycling yard waste saves time bagging, hauling and disposing of green debris. You also reduce or eliminate the need to buy soil amendments to improve your existing garden soil.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. She hosts the nationally syndicated Melinda's Garden Moment segments and is a columnist and contributing editor for Birds & Blooms magazine. Myers' web site, www.melindamyers.com, offers gardening videos and tips.

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National Grouch Day October 16

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October 18

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October 21

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October 22

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October 23

Mother-in-law Day

October 24

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October 25 Greasy Food Day

October 26

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October 27 National American Beer Day

October 28

National Chocolate Day

October 29

Hermit Day

October 30

National Mischief Night

October 31

National Knock Knock Joke Day

October 31

finals

National Magic Day

Polly: "Does your grandmother read the Bible?"

Elaine: "Sure does. Day and night." Polly: "Why she read it so much?" Elaine: "I guess she's cramming for her



Downsizing Your Home

How can you keep your treasures alive while dealing with the emotions?

When thinking about downsizing and moving, there are many emotions that overwhelm us. We feel frustrated and stressed, not sure where to start. We feel alone even though we have many people around us. How do we embrace the moment and assertively plan for downsizing and moving.

In reality, it is not that easy. Downsizing is a process that involves our emotions. It forces us to deal with everything we have owned and cherished. We spend a lifetime collecting and storing and if you are like most people, you don't remember what you have collected, stored and put in boxes anymore.

A second reason downsizing and moving is challenging is because of change. Moving to a new surrounding and developing a new routine changes our comfortable way of living. Change might also involve saying goodbye to some of the treasures we love.

So how do we embrace the moment and begin the downsizing

process? Migdalia Zanon of Universal Services suggests the following: Plan and organize. Call a meeting with family and friends who are willing to volunteer. Do it now.

Consider hiring a move manager. Universal Services refers to their plan for downsizing your home as, "5 homes for everything you own." First the items that you will take with you. Second, the items you will give to family and friends, third the items to sold at the consignment shop or Estate Sale. Fourth items to be donated, and fifth the items that are not worth anything and need to be thrown out.

This is an emotional and difficult step but can also be rewarding as you decide which of your treasures go to your children, grandchildren and close friends. Look at it as an opportunity for families to share stories and memories, each memory tells your legacy. Your goal is to simplify and treasure your memories.

Universal Services has specialized in helping seniors downsize and move for over two decades. Migdalia Zanon and her late husband Rick developed a systematic timeline to get organize and plan this huge undertaking. Set up a complementary consultation at 262-257-0250. www.universalservices.com

WHEN DOWNSIZING keep furniture that has more than one function; choose smaller scale furniture. Think strategically; do not keep impractical items. Set up a daily plan, sort one room at a time. Start with the room with the least amount of items. Remember, less is more. Do not start with the basement or the kitchen or you may get discouraged and guit. Pick items you use the most and enjoy. If you have not used a particular item for a year get rid of it. Keep a floor plan of your new home handy so you can place perspective furniture on the plan. This will help you visualize and realize the amount of space you have.





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What exactly is a "Bitcoin", and what makes it so different from other forms of currency like dollars or gold?

Mention "bitcoin" to assorted economists or investors, and you may trigger all kinds of associations. To some, it signifies an exciting new reality - a digital currency with a payment system that could revolutionize finance. To others, it is still a volatile commodity propped up by hype, fraught with risk. It also refers to an open source software system, and a financially startling concept currency production through the Internet. You can't talk about bitcoin without talking about Bitcoin. Bitcoin with a capital "B" references the Bitcoin network that creates the digital currency; bitcoin with a lowercase "b" refers to the currency itself.

Where is bitcoin made? Online. All bitcoin is generated in cyberspace, and the process is interesting to say the least. The first step in making bitcoin is "mining," and mining takes math skills. A bitcoin "miner" (a computer user) tries to solve one or more math problems, with success resulting in shares of bitcoin. The more miners there are, however, the smaller fractional bitcoin shares become as no more than 21 million bitcoins will ever be created.

Once mined, a bitcoin can be sent to a miner's digital "wallet." (If the digital wallet is hacked, the bitcoin within it is forever lost.) Today, more than 100,000 businesses and organizations worldwide accept bitcoin payments, including PayPal, Expedia, Microsoft, Dell, Wikipedia, and Greenpeace.

What is a bitcoin worth? Ask the free market – specifically, the commodities market. Looking at the bitcoin charts at CoinDesk.com on August 19, 2016, a single bitcoin was worth \$575.27 on the CoinDesk Bitcoin Price Index. On February 14, 2011, a lone bitcoin was worth only \$0.99; by November 25, 2013, that value had soared to \$979.45. On January 12, 2015, it bottomed out at \$214.08 before rebounding to its present level.



Volatility & bitcoin go hand in hand. Since no central bank in the world issues bitcoin, it is only worth what investors are willing to pay for it. In the worst-case scenario, bitcoin plays out like the

tulip bulb mania of the 1600s and investors eventually pay little or nothing for it. In the blue-sky scenario, bitcoin becomes a component of daily global commerce. The currency certainly seems to be growing from its infancy into a kind of adolescence.

Who created bitcoin? A mysterious person or entity going by the name of Satoshi Nakamoto. In the spring of 2016, an Australian entrepreneur named Craig Steven Wright announced that he was actually "Satoshi Nakamoto" – but his claim was met with some skepticism. In 2014, Newsweek profiled a Southern California retiree named Dorian Satoshi Nakamoto, claiming he was the father of Bitcoin – a claim Nakamoto emphatically repudiated. Other possibilities include an American cryptographer named Michael Clear and a respected American computer scientist named Nick Szabo, but they have also denied creating the currency and its network.

For bitcoin to steal gold's shine, it has to lose its dark side. If the preceding paragraph sounded like something out of a dystopian science fiction novel to you, you aren't alone in your skepticism. There is much that is ex-

BITCOIN continued on page 19



Jistokic THEATER TOUR

continued from page 3

where the Opera House, dating from the days of Vaudeville, remains one of the few operating upper floor theaters in the United States. Be sure to check out the beautifully restored tin ceiling, as well as the curtain still advertising 1920s businesses.

With a wide array of venues and theater companies, Milwaukee is rich in the performing arts. The Pabst Theater in downtown Milwaukee is a 100-year-old landmark that has raised its golden curtain on 25,000 performances. A National Historic

Landmark, it is the fourth-oldest continuously operating theater in the United States, having hosted luminaries from Lunt and Fontanne to Hepburn, as well as U.S. presidents and foreign statesmen such as Sir Winston Churchill. Built in 1895 by brewing magnate Captain Frederick Pabst, the theater continues the tradition of the great European opera houses, with an opulent Baroque interior that includes an Austrian crystal chandelier, a staircase crafted



from white Italian Carrera marble, and a proscenium arch -- highlighted in gold leaf -- framing the stage. The theater was extensively renovated in 1928, then restored to its original style in 1976, making it one of the most beautiful theaters in the United States. A one-hour public tour is offered every Saturday at noon, show schedule permitting. Tickets may be purchased in advance or 1/2 hour before the tour at the theater box office.

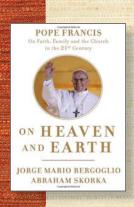


Head north to **Manitowoc** to view the Capitol Civic Centre. Often referred to as the "Jewel of the Lakeshore," the Capitol Civic Centre is a stunning example of an opulent 1920s vaudeville and movie house, exquisitely renovated and grandly reopened in 1987. Showcasing stage productions by professional traveling artists and local performing groups, the theater presents a Lively Arts Series geared to appeal to mainstream audiences.

Enjoy a scenic drive around Lake Winnebago before heading west to **Oshkosh**, where a tour of The Grand Opera House awaits. Designed by William Waters and built in 1883, The Grand reflects the architecture and opulence of the Victorian era. Its features include historic ladies' and men's warming rooms and Victorian oil paintings around the auditorium chandelier. Fine woodwork beams, wainscotting and moldings reflect Oshkosh's lumber history. Shows include performances from classical and jazz concerts to musical theater, appealing to a wide range of audiences and age groups.

Theater fans are heading west on Highway 29 towards **Wausau**, an 1800s lumbering town located on the Wisconsin River. A restored 10-square-block historic district preserves a sense of the city's past and hosts a burgeoning regional arts center called ArtsBlock. At the heart of Wausau's ArtsBlock is the Grand Theater. Since its construction in 1927, the Grand Theater has evolved from a vaudeville silent-movie house to a motion picture theater to a performing arts venue. Today it hosts a year-round schedule of theatrical and musical performances. The Grand Theater also houses one of Wisconsin's largest collections of historic theater paraphernalia -projection equipment, architectural pieces, theater seats, popcorn and candy containers, and other equipment common to theaters.

Farther west on Highway 29 is Menomonie, another former lumber town that is home to the Mabel Tainter Center for the Arts, a premier example of a lavish "crown jewel" Victorian theater. Constructed in 1889 by lumber baron Andrew Tainter and his wife, memorializing their daughter who died in 1886, the Mabel Tainter is now ranked among America's top 10 theaters. Audiences can take a step back in time at this restored Victorian arts palace, which features intricate hand-stenciling, hand carved white pine archways, rich walnut, mahogany, and oak woodwork, gleaming brass fixtures, leaded glass windows, and a rare working Steere and Turner tracker pipe organ with 1,597 pipes. In addition to hosting a full performing arts season consisting of wide range of touring musical artists, theater and dance companies, the Mabel Tainter offers daily tours, an art gallery, a reading room and a gift shop. Reprinted with permission from www.travelwisconsincom, the official website for the Wisconsin Department of Tourism, to plan your next vacation getaway.



A Jewish Catholic Dialogue Series

In 2010 Rabbi Abraham Skorka and Cardinal Jorge Mario Bergoglio wrote "On Heaven and Earth," chronicling their interfaith discussions on various topics. These two Argentinian clergy shared

frank observations. At the time, Cardinal Bergoglio had no idea that he would soon become Pope Francis, which makes his insights so important.

Rabbi Steven Adams, Director of Pastoral Care at the Jewish Home and Care Center and Jim Heisler, Activity Therapist at Chai Point, a practicing Catholic and a former Catholic priest for 27 years, will present views from the book in a 12-part series.

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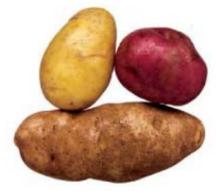
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2017 dates list at www.jewishseniorliving.org.

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



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A medium sized potato contains up to 45% of your daily recommended intake of Vitamin C.

This important vitamin acts as an anti-oxidant, stabilizing or eliminating free radicals, aiding in the production of collagen and helping in the absorption of iron.

A medium sized potato contains up to 18% of your daily recommended intake of Potassium, more than either a serving of bananas or broccoli! Potassium is instrumental in helping to reduce blood pressure and is an essential micro-nutrient.

Potatoes served with the skin on (new potatoes, baked potatoes) can contain up to 4 grams of dietary fiber, one of the best options in the produce aisle! A medium sized potato without the skin still contains 2 grams of dietary fiber.

Potatoes have high quantities of resistant starch, which is good for colon health due to pre-biotic properties.

Potatoes have significant amounts of valuable micro-nutrients such as Iron, Niacin, Folate, Thiamin, and Zinc.

Potatoes are naturally fat-free and sodium-free! Potatoes are also gluten-free, making them an important source of carbohydrates for those with Celiac Disease or gluten-sensitivities. There are not that many foods that can claim that a pivotal historical event centered around them...

...the POTATO can.

Potatoes originated in the Andean mountain region of South America. Researchers estimate that potatoes have been cultivated by the Indians living in these areas for 4,000 to 7,000 years. Unlike many other foods, potatoes were able to be grown at the high altitudes typical of this area and therefore became a staple food for these hardy people.

Potatoes were brought to Europe by Spanish explorers who "discovered" them in South America in the early 16th century. Since potatoes are good sources of vitamin C, they were subsequently used on Spanish ships to prevent scurvy. They were introduced into Europe via Spain, and while they were consumed by some people in Italy and Germany, they were not widely consumed throughout Europe, even though many governments actively promoted this nutritious foodstuff that was relatively inexpensive to produce. Since people knew that the potato is related to the nightshade family of produce, many felt that it was poisonous like some other members of this family. Many judged potatoes with suspicion since they were not mentioned in the Bible. In fact, potatoes initially had such a poor reputation in Europe that many people thought eating them would cause leprosy.

Some of the credit for the rise in potatoes' popularity is given to two individuals who creatively engineered plans to create demand for the potato. In the 18th century, a French agronomist named Parmentier created a scheme whereby peasants could "steal" potatoes from the King's "guarded" gardens. He also developed and popularized the mashed potato that became popular probably because he made this suspicious vegetable unrecognizable. Another person who was instrumental to the acceptance of potatoes was Count Rumford. A member of the British scientific group, the Royal Society, Rumford created a mush soup made of potatoes, barley, peas and vinegar, which the German peasants adopted as a satisfying and inexpensive dish.

It is thought that the potato was first brought to the United States in the early 18th century by Irish immigrants who settled in New England. People in this country were slow to adopt the "Irish potato" and large scale cultivation of potatoes did not occur in the U.S. until the 19th century.

By the early 19th century, potatoes were being grown extensively throughout Northern Europe, and potatoes were almost solely relied upon as a foodstuff in Ireland owing to this vegetable's inexpensive production and the poor economy of this country. Yet, in 1845 and 1846, a blight ruined most of the potato crop in Ireland and caused major devastation: the Irish Potato Famine. Almost three-quarters of a million people died, and hundreds of thousands emigrated to other countries, including the United States, in search of sustenance.

Today, this once-infamous vegetable is one of the most popular throughout the world and the one that Americans consume more of pound for pound than any other.

The World's Healthiest Foods website is a leading source of information and expert on the Healthiest Way of Eating and Cooking. www.whfoods.org





Victory Garden Initiative Launches Fifth Annual Orchard Contest



For the fifth year in a row, Victory Garden Initiative (VGI) is giving away five community orchards through the Fruity Nutty 5 Contest. Communities in Milwaukee County are encouraged to apply to win up to 30 fruit and nut trees to cultivate beautiful local food sources and pockets of edible abundance in the city we call home. To date, VGI has planted 23 orchards across the County. VGI's mission is to build communities that grow their own food, creating a community-based, socially just, environmentally sustainable, nutritious food system for all. Planting these five orchards is key to that fruitful work.

This year's Fruity Nutty 5 Contest will launch on October 1, 2016. Gather your neighbors and find the application on VictoryGardenInitiative.org/FruityNutty. Apply via mail or email by February 1, 2017, to win up to 30 fruit and nut trees: hazelnuts, cherries, peaches, pears, apples, plums and more. Winners will be announced at VGI's Fruity Nutty Affair in February 2017, and volunteers will plant the orchards on Earth Day, April 22nd. This is one of VGI's most inspiring events of the year, and they look forward to putting the power of growing your food back in your

"I am very pleased and pleasantly surprised at the very positive response to the orchard from the neighborhood, the community in general and even outside of the community," said one 2015 Fruity Nutty 5 winner. "We have gotten to know many of the neighbors and they have been very helpful in providing water for the trees. Your concept of helping to build community really does work!"

Neighborhood orchards provide more than delicious, organic, local fruits and nuts—though they do that as well. They cultivate roots for closer communities. They supplement grocery bills. They get our neighbors outside, enjoying and preserving our environment.

To learn more and apply, log on to VictoryGardenInitiative.org/FruityNutty or call (414) 431-0888.

Victory Garden Initiative builds communities that grow their own food, creating a community-based, socially just, environmentally sustainable, nutritious food system for all. The scope of VGI's educational programs and urban agricultural projects encompass a complete cycle: from soil, to seed, to plate, and composting back to soil - in back yards, front yards, rooftops and on patios.



What is a BITCOIN?

continued from 16

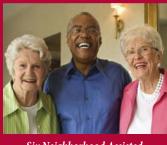
citing about bitcoin and its potential to streamline global finance, but there are also big question marks. Some traders are leery of investing in a so-called "cryptocurrency," which has the characteristics of a commodity. Also, the digitized anonymity of bitcoin transactions beckons to cybercriminals expert in hacking, phishing, and malware.

Where bitcoin has really taken off is China. In fact, 90% of bitcoin trading and 70% of bitcoin mining occurs there, even though China's government has stated that bitcoin is not a legitimate currency. Bitcoin prices are up about 50% YTD in 2016, and they could fall just as dramatically through a variety of factors (hackers raiding exchanges, crackdowns in China, imitators stealing its thunder).

Will bitcoin ever make the leap to the forex markets? Bitcoin doubters, such as JPMorgan Chase CEO Jamie Dimon, argue that a cryptocurrency has no place there. While its critics regard bitcoin as a speculative play for the long run, the total market value of bitcoin reached \$11 billion this year with about \$120 million in transactions proceeding through the Bitcoin network each day.

Is bitcoin a worthwhile investment? Bitcoin has proven itself to be very volatile in its brief history, so we would not recommend it as a significant component of anyone's retirement strategy.

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. Stasinoulias 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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Bibles and America, Together From the Very Beginning

The stories of the Bibles that made it to the presidential inaugurations.

As well thought out and planned as George Washington's first inauguration appeared to be, no one thought to bring a Bible. It was Washington who felt a Bible should be used upon which to swear his oath, so one was quickly found in a nearby Masonic lodge. And like much of what Washington did during

his lifetime, taking the oath of office on the Bible became American tradition at presidential inaugurations. And when he volunteered "...so help me God," at the oath's conclusion, a tradition was twice born, and an idiom added to the American lexicon.

Columbia, Tennessee resident Michael Costanzo's book *So Help Me God*, by History Publishing Company, tells the stories of the Bibles that made it to the inauguration. Offering insight into times in America not remembered so readily today, it brings the reader into the mechanics of presidential inaugurations past and present.

It also provides an in-depth view of inauguration ceremonies from George Washington to Barack Obama, as well as individual Bible histories. Provided too are scenarios of Bible usage by other political bodies such as The Republic of Texas, The Republic of Hawaii and The Confederate States of America. Also reflected is a view of changing American cultural attitudes as inaugurations, once the simple affairs of a newly born country, are now the momentous productions of a powerful nation.

"So Help Me God is an important book," said publisher Don Bracken, "It brings into focus a tradition that stems from the very beginning of constitutional government to the present. In this time of secular change, consistency of tradition, and the awareness of that tradition has become an important factor in the national culture. Michael Costanzo has made a significant contribution to that end."

So Help Me God, History Publishing Company, is available in bookstore chains, independent bookstores nationally, and in digital form.

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October is Long Term Residents' Rights Month and based on current trends, 60 percent of all Americans will need additional help or assistive services during their lifetime.

Understanding the Different Types of "Long-Term Care"



By Terese Halfmann, Attorney and Registered Nurse, Master of Science in Nursing, Hupy and Abraham, S.C.

For many older adults, retirement living will take the form of long-term care (LTC). The need for LTC may only last for a few weeks, months or for years. But in all cases, clients deserve to be treated with dignity and respect at all times.

When making plans for future care or trying to decide what's best for you or your loved ones, it is important to know the difference between the four primary types of LTC services (sidebar). In doing so, it is also important to be aware that elder abuse or neglect can occur in institutional settings like nursing homes, as well as in other types of care settings.

Abuse and Neglect

An estimated five million older Americans suffer from abuse, neglect or exploitation each year. That is why it is important to understand that **elder abuse or neglect can occur in any of these care settings.**

Due to the intimate, prolonged and often unsupervised contact that care providers have with vulnerable clients, abuse and neglect happen far more often than we realize and are rarely reported. Nearly all types of abuse and neglect found in nursing homes occur in assisted living facilities, adult day services centers and by in-home care providers/services. This may occur as physical, sexual or psychological abuse, as well as neglect in many forms.

I hope that knowing this information will save you and your loved ones from a bad situation occurring. When severe abuse and neglect occur, both victims and their families deserve to be compensated for what they have suffered. If you or someone you love has been seriously harmed because of negligence or abuse in one of these LTC settings, please contact an experienced attorney or authority figure right away.

Four Types of Long-Term Care Services

- 1. Nursing Homes / Skilled Nursing Facilities: Provide general nursing care to those who are chronically ill or unable to take care of daily living needs by giving individualized personal health and medical care.
- 2. Assisted Living Facilities (ALFs): Provide residents with individualized personal care, assistance with daily living activities and services such as laundry and housekeeping. Like nursing homes, ALFs may also offer health and medical care, but residents typically require less care than nursing home residents.
- 3. In-Home Care Providers: Offer care in the home by licensed health care professionals who provide specific medical/nursing treatment needs or by professional caregivers who offer daily assistance to ensure all the client's needs are met.
- 4. Adult Day Services: Provide care during the day at community-based centers. These structured, comprehensive programs offer social and support services during part of a day, but not 24-hour care. Adult day services are also utilized when a primary caregiver needs to take a break, to run errands or is unable to provide care themselves for a short period of time.





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Researchers Confirm Lifestyle & Diet Links to Eye Diseases

Smoking Speeds Onset of AMD

A Netherlands study of 275 patients with the more severe "wet" form of age-related macular degeneration (AMD) revealed that past and current smokers developed wet AMD about 4.9 and 7.7 years earlier, respectively, than people who never smoked. "This research could help identify patients at risk for AMD at an early age and to determine if and when preventive or therapeutic treatment options should be employed," notes Mark Freedman, MD, senior partner at Eye Care Specialists, an ophthalmology practice that provides sight-saving AMD medication injection treatment to thousands of Wisconsinites.

Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins, adds, "Not only does smoking speed the onset of AMD, it also increases the overall risk of developing AMD by two to five times. If there is one controllable factor people need to know for preventing this devastating condition it is: DON'T SMOKE."



Diet Rich in Vitamin C Cuts Risk of Cataract Progression by a Third

A study of more than 1,000 pairs of female twins in the United Kingdom found that eating foods high in vitamin C could reduce the risk of cataract progression by a third.

At baseline measurement, diets rich in vita-

min C were associated with a 20 percent risk reduction for cataract. After 10 years, however, women who reported consuming more vitamin C-rich foods had a 33 percent risk reduction. (The study pertained only to consuming vitamin C through food and not through supplements.)

"Because genetic factors accounted for 35 percent of the difference in cataract progression, and environmental factors, such as diet, accounted for nearly double (65 percent), this research is also the first to show that diet and lifestyle may play a greater role than genetics in cataract development and severity," says Brett Rhode, MD, a partner at Eye Care Specialists and Head of Ophthalmology at a major local hospital.

"Vitamin C's ability to inhibit cataract progression may have to do with antioxidant capabilities. The fluid inside the eye is normally high in vitamin C, which helps prevent oxidation that clouds the lens (cataract formation). Increasing vitamin C intake may increase the amount in the fluid around the lens, providing extra protection," explains Michael Raciti, MD, an eye surgeon who volunteers time teaching doctor-in-training.

"The study's author noted that while we cannot totally avoid developing cataracts, we may be able to delay their onset and keep them from worsening significantly by eating a diet rich in vitamin C," says Daniel Ferguson, MD, a cataract surgeon trained in the use of advanced technology (multifocal, extended-range-of-vision, and astigmatism-correcting) lens implants.

"We look forward to further diet and lifestyle research. In the meantime, eating more fruits and vegetables is definitely a goal for everyone interested in not only protecting their sight but improving their overall health," says David Scheidt, OD, an optometrist who provides postoperative care for cataract surgery patients.

The doctors quoted above are partners at Eye Care Specialists, a state leader in medical, surgical and laser eye care services. Call 414-321-7035 for FREE copies of their booklets on cataracts, glaucoma, diabetic eye disease or macular degeneration or for an appointment at their offices. www.eyecarespecialists.net.

Grandma is eighty-eight years old and still drives her own car. She is very proud of that. She writes a letter to her Granddaughter:

Dear Granddaughter,

The other day I went up to our local Christian book store and saw a 'Honk if you love Jesus' bumper sticker. I was feeling particularly sassy that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting.

So, I bought the sticker and put it on my bumper.

Boy, am I glad I did - what an uplifting experience that followed.

I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good he is, and I didn't notice that the light had changed.

It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed.

I found that lots of people love Jesus!

While I was sitting there, the guy behind started honking like crazy, and then he leaned out of his window and screamed, 'For the love of God!'

'Go! Go! Go! _____, GO!'

What an exuberant cheerleader he was for Jesus!

Everyone started honking!

I just leaned out my window and started waving and smiling at all those loving people.

I even honked my horn a few times to share in the love!

There must have been a man from Florida back there because I heard him yelling something about a sunny beach.

I saw another guy waving in a funny way with only his middle finger stuck up in the air.

I asked my young teenage grandson in the back seat what that meant. He said it was probably a Hawaiian good luck sign or something.

Well, I have never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign right back. My grandson burst out laughing.

Why even he was enjoying this religious experience!!

A couple of the people were so caught up in the joy of the moment that they got out of their cars and started walking towards me.

I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed.

So, grinning, I waved at all my brothers and sisters, and drove on through the intersection. I noticed that I was the only car that got through the intersection before the light changed again and felt kind of sad that I had to leave them after all the love we had shared.

So I slowed the car down, leaned out the window and gave them all the Hawaiian good luck sign one last time as I drove away. Praise the Lord for such wonderful folks!!

Will write again soon, Love, Grandma

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IRISH GHOST STORY

This story happened a while ago in Dublin, and even though it sounds like an Alfred Hitchcock tale, it's true...

John Bradford, a Dublin University student, was on the side of the road, hitchhiking on a very dark night and in the midst of a big storm.

The night was rolling on and no car went by. The storm was so strong he could hardly see a few feet ahead of him.

Suddenly, he saw a car slowly coming towards him and stopped. John, desperate for shelter and without thinking about it, got into the car and closed the door ... only to realize there was nobody behind the wheel and the engine wasn't running! The car started moving slowly. John looked at the road ahead and saw a curve approaching. Scared, he started to pray, begging for his life.

Then, just before the car hit the curve, a hand appeared out of nowhere through the window, and turned the wheel. John, paralyzed with terror, watched as the hand came through the window, but never touched or harmed him.

Shortly thereafter, John saw the lights of a pub appear down the road, and, gathering strength, he jumped out of the car and ran inside...

Wet and out of breath, he rushed in and started telling everyone about the horrible experience he just had.

A silence enveloped the pub when everybody realized he was serious ... and wasn't drunk. Suddenly, the door opened, and two other people walked in from the dark and stormy night. They, like John, were also soaked and out of breath. Looking around, and seeing John Bradford sobbing at the bar, one said to the other...

'Look Paddy. There's that darn idiot that got in the car while we were

There were three guys talking in the pub. Two of them are talking about the amount of control they have over their wives, while the third remains quiet. After a while one of the first two turns to the third and says, "Well, what about you, what sort of control do you have over your wife?

The third fellow says "I'll tell you. Just the other night my wife came to me on her hands and knees."

The first two guys were amazed. "What happened then?" they asked. "She said, 'get out from under the bed and fight like a man'."





If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.

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mously said, "In New York, people are buried in snow. Here our flowers are blooming and our oranges are about to bear. Let's hold a festival to tell the world about our paradise." The rest, as they say, is history.

By the turn of the century, the parade had added marching bands and motorized floats to the many equestrians, creating the feature foundations that viewers across the world associate with the event. And although it's watched by a massive television audience, those who have attended the event will tell you there is nothing like the experience of seeing the parade live.

A Feast for the Senses

Viewers attending the parade get a sensory experience that can only be captured first hand. So what should you expect to feel and see at the parade? Let's take a look at the incredible sights, sounds and smells by highlighting some of the parade's most well-known features:

Miles and miles of horses—Horses and displays of equestrian skill have played a major role in the Rose Parade since its inception. Thousands of riders have made the 5-1/2 mile long trek down the parade route. Equestrians participating in the Rose Parade feature a variety of breeds in addition to their unique costumes and tack. The 2017 parade will feature 20 equestrian groups, a visual experience not seen since the days horses were our primary made of transportation.

Enough bands to make the Music Man jealous – In 1891, the Monrovia Town Band became the first musical group to entertain the Rose Parade crowds. Now a staple of the event, top marching bands from all over the world carry forward the tradition of providing the sounds that make the Rose Parade an experience of a lifetime. This year, 19 bands will participate, hailing from across the United States as well Mexico and Japan (and Pulaski, Wisconsin)!

Like no rose garden you've ever smelled before—While beautiful to view on television, there's nothing like being immersed in one of the most stunning, sensory spectacles in the world, live and up-close. With over 18 million flowers adorning the floats, the fragrance of the passing procession is unforgettable. Those lucky enough to see the floats up close find deeper appreciation for the craftsmanship and care—how every inch of the framework is covered in delicate natural materials, a specific rule of the parade.

With its theme this year, the Rose Parade celebrates and acknowledges that "success" is not simply individual achievement, but something that can be supported in, spread to and shared by others. However you define it, experiencing this fun, festive tradition would be an excellent way to kick off the New Year on the right foot!

Country Travel DISCOVERIES is a premier travel provider headquartered in Elm Grove, WI. Contact them today at (262) 923-8120 or www.CountryTravelDiscoveries.com for more information on their Rose Parade Holiday program and other unique adventures.

HOW TO RELIEVE ELECTION STRESS

Seven steps to relieve stress. In case you are having a rough day, here's a stress management technique recommended in all the latest psychological journals. The funny thing is that it really does work and will make you smile:

- 1. Picture yourself lying on your belly on a warm rock that hangs out over a crystal clear stream.
- 2. Picture yourself with both your hands dangling in the cool running water.
- 3. Birds are sweetly singing in the cool mountain air.
- 4. No one knows your secret place.
- 5. You are in total seclusion from that hectic place called the World.
- 6. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
- 7. The water is so clear you can make out the face of the POLITICIAN you are holding underwater.

TRANSFORM

YOUR SMALL INTERIOR SPACE



Small rooms can be cute and cozy, but they can also feel cramped and restricted. Doreen Schofield, a designer with Callen Construction, Inc. in Muskego, offers tips on how to transform your tiny space into an airy abode.

"With the right colors and proper layout, any confined room can become a spacious sanctuary," said Schofield.

Colors: Certain color combinations can positively change the feeling of a room. "You can make the space feel open by using different shades of the same color," Schofield said. "Create this visual coherence by color coordinating the walls, rug, furniture, and accessories throughout the room. Dark

colors absorb the light; so keep the walls and flooring a lighter color to create an airy feeling."

Mirrors: Adding mirrors throughout your small space will reflect light and make the room feel larger than it actually is. To reflect the greatest amount of light, place mirrors across from windows. "For an extra twist, choose architectural-style mirrors to create the illusion of an additional window or door," she said.

Furniture: "There are many ways to manipulate furniture to make the room seem bigger," Schofield said. "Raised furnishings with exposed legs are ideal for small rooms as they create the illusion of more space." Another option is to choose statement furniture that fills a room. "In small living rooms, one large couch instead of multiple small pieces decreases the look of clutter," she said. Schofield also recommends pulling furniture away from the wall to make the space look more open and prevent a cramped feeling.

Rugs: You can separate one room into smaller spaces by using multiple rugs instead of one large rug. Another option is to use a striped rug to make the room appear longer. "Striped rugs have the same effect as vertical stripes on clothing," Schofield said. "Orient the stripes to go the length of the room that is longest for optimal effect."

She added, "It's easy to make a room feel spacious with the right accessories and design. The designers at Callen Construction are here to help transform your home and give you that extra leg room." r more information or to arrange an initial showroom consultation, call Callen at 414-529-5509 or visit www.CallCallen.com.

Seeking Volunteers for the Southeastern **Wisconsin Festival of Books**

The Southeastern Wisconsin Festival of Books, held November 4 and 5, is looking for volunteers to work at UW-Waukesha on-campus while the Festival takes place. This is the 7th year of the free community run festival of literature and the arts where authors known both locally and nationally and readers of all ages come together through discussions, performances and presentations.

Volunteers are needed for both days of the Festival

for multiple tasks including hallway aides, greeters, Authors Lounge Hospitality, and many more great volunteer opportunities.

In the last week of October there will be a training seminar that is required before the festival. More information can be found at http:// sewibookfest.com/ or contact Elizabeth Ewend, Volunteer Coordinator via email at beth.ewend@gmail.com

This puzzle is called Lateral Thinking. Very clever...

1. Man

Board

Ans. = man overboard Okay, let's see if you've got the hang of it.

2. Stand

- 3. /r/e/a/d/i/n/g/
- 4. Cycle Cycle Cycle

Not easy to figure out, ha ha ha!

M.D. Ph.D.

C'mon give it a little thought!

6. Knee Light

7. Ground

Feet feet feet feet feet

- 8. he's X himself
- 9. Ecnalo
- 10. Death ... Life
- 11. THINK

And the last one is real fun...

12. Abababababababababababababab

LATERAL THINKING ANSWERS on page 26





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LATERAL THINKING ANSWERS

from page 25

2. Answer: I understand

3. Answer: reading between the lines

4. Answer: tricycle

5. Answer: two degrees below zero

6. Answer: neon light

7. Answer: six feet underground

8. Answer: he's by himself

9. Answer: backward glance

10. Answer: life after death 11. Answer: think big!!

12. Answer: long time no 'C'

What can't you give the headless horseman? A headache.



ACROSS

- 1. First word of a letter
- 2. Cow iuice
- 4. Punctuation
- 5. A bad child's behavior
- 7. To instruct
- 10. Most certainly
- 12. Get your wings
- 13. To combine ingredients
- 15. Gutter speak
- 17. Cut wood
- 20. Also
- 21. Two ... the price of one
- 22. Showing gentleness or concern another
- 24. Playground game with squares
- 25. Oblong circle
- 27. Dog command
- 29. Winged rat
- 30. Unwanted picnic guest
- 33. Gain access
- 35. Attempt

DOWN

- 1. Perilous
- 3. Joking
- 4. Calmly waiting
- 6. Put into service
- 8. Criminals admission of guilt
- 9. Graded exam
- 11. Not smart
- 14. Being implicated
- 16. Main salad ingredient
- 18. May obtain water from
- 19. Doctor from BBC Sci-fi
- 20. Hear one language and then speak
- 21. Term used to describe the
- contents of a train car
- 23. Required
- 24. Overweight
- 26. Misplaced
- 28. Duration of life
- 29. On the contrary
- 31. Often stubbed
- 32. Unlocks the door

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Answers on page 26

What do you call a guy with no shins?

Tony. Get it...toe-knee!

Penguin Burials

Did you ever wonder why there are no dead penguin bodies found on the ice in Antarctica? Where do they go?

It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried. The male penguins then gather in a circle around the fresh grave and sing:

"Freeze a jolly good fellow. Freeze a jolly good fellow."

You really didn't believe that I know anything about penguins, did you?

I just took a leaflet out of my mailbox, informing me that I can have sex at 73. I'm so happy, because I live at number 71. So it's not too far to walk home afterwards. And it's the same side of the street. I don't even have to cross the road!

> Q. Why is a ghost such a messy eater? Because he is always a goblin.

For a guy who can't see his reflection, that Dracula... he's pretty well-groomed.

Q. Why do demons and ghouls hang out together? Because demons are a ghouls best friend!

> Q. What do you call a little monsters parents?

Mummy and Deady.

Q. What is a vampires least favorite food?

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