

Your LIFE!

MAGAZINE

January 2017
A FREE PUBLICATION

A FRESH NEW LOOK FROM
Boomers!
NEWSPAPER

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

OOPS!

LIKE!

YES!

OMG!

LOL!

ANNUAL
LAUGH OUT LOUD
Collector's
Edition!

WOW!

BOOM!

NO!!!

2017 ANNUAL
A&E GUIDE ~page 6

**TRUMP and
WALL STREET** ~page 16

INSIDE ~page 5





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AROUND TOWNE

January 2017

Fishing for Dinner Series

Urban Ecology Center, Washington Park,
1859 N. 40th St., Milwaukee
(414) 344-5460
Reel in dinner! Gear provided and no
license required. Registration required.
Join us for this multi-session series:
Fishing Techniques and Regulations
Wed., Jan. 4 & 11 | 6–8:30pm
Ice Fishing Expedition to Pike Lake St Park
Sat., Jan. 14 | 9am–2pm
Meet at Washington Park
Cooking Demonstration at the Hunger
Task Force Farm
Wed., Jan. 18 | 6–8:30pm

January 6-8

2017 Wisconsin RV Super Show
Wisconsin Center District at Wisconsin
Center 400 W. Wisconsin St./Downtown
Featuring the very latest makes and
models of Recreational Vehicles from all
of the nations top manufacturers.
Special factory rebates, financing, and
on the spot loan approval makes this
show a cannot miss for the serious RV
enthusiasts!

January 7-8

49th Annual Wonderful World of
Weddings
Exposition Center at Wisconsin State
Fair Park
The 49th Annual Wonderful World of
Weddings has over 175 exhibits of the
latest fashions and a unique selection
of bridal-related products, services
and ideas. See the Fashion Show and
taste the cakes at this most presti-
gious event.

January 12, 2pm

Midwinter Gaming Convention
Hilton Milwaukee City Center
509 West Wisconsin Avenue
Featuring Live Action Role Play,
Tabletop Role Playing Games, Card
Games and a Board Game room with
amazing Play to Win games, there is
something for everyone. The Best
Games are Played in the Dead of
Winter...and Midwinter is Coming.

January 13-15

MBA Home Building & Remodeling Show
Exposition Center at Wisconsin State Fair Park
Premier destination for the latest innovations
and ideas in the home building and remodeling
industry. Come and connect with southeastern
Wisconsin's leading design-build-remodel
professionals and turn your dream home or
remodeling project into a reality.

January 15, 1pm

33rd Annual Dr. Martin Luther King, Jr. Birthday
Marcus Center, Uihlein Hall
The 33rd Annual Dr. Martin Luther King, Jr.
Birthday Celebration programming highlights the
youth in our community who every year
interpret Dr. King's words through an art,
speech and writing contest. Various cultural
arts organizations demonstrate the excellence
of our arts community, including Indian Hill
Singers & Dancers, Riverside University H.S.
Swing Choir, Hmong American Peace Academy,
the Milwaukee Flyers Tumbling Team, and more!
FREE. (The only cities that have celebrated Dr.
King's Birthday annually since 1984 are
Atlanta, Georgia and Milwaukee)

January 16-April 29

Melodies and Memories: 200 years of Milwau-
kee Music Exhibit
Milwaukee County Historical Society
Celebrating Milwaukee's music heritage. This
exhibit will explore styles, people, organiza-
tions, businesses, and places that were, and
continue to be, central to Milwaukee music.
Explore the Milwaukee scene from earliest
days through modern.

January 20-21

Monster Jam 2017
BMO Harris Bradley Center
Monster Jam roars into Milwaukee.
This year's lineup will include Grave
Digger, Monster Mutt, Bad News Travels
Fast, Aftershock, Krazy Train and more
tba.

January 26, 5:30-7:30

Inaugural Beer, Cheese and Sausage
Event
Glorioso's Italian Market
6 breweries and creameries from
Wisconsin will be in house. Featuring
Glorioso's fabulous sausage. \$35. 414-
272-0540

January 29

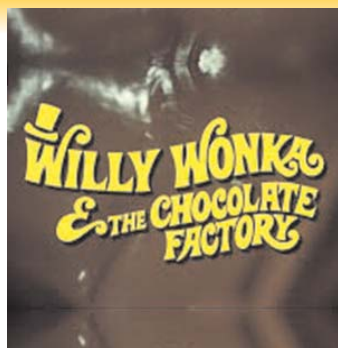
Brewers On Deck
Wisconsin Center in downtown Milwaukee
Join the Brewers for their annual Winter
Fan Fest by spending the day with all of
your favorite players, coaches, alumni,
front office personnel and broadcasters.
Autograph sessions, photo opportunities,
game shows, Q&A sessions, kids' clinics
and mascot appearances.

February 1

VAGABOND SKI & SOCIAL CLUB
Knights of Columbus Hall, 1800 S. 92nd
Street, West Allis.
Active social club for singles and married
couples. Meeting and dance; with great
music by Best of Everything.
\$5 Admission. www.vagabondskiclub.com.

For more events go to visitmilw.org

Join us
for a
family
classic!



March 2nd, 3rd 4th 7pm

March 5th 1:30pm

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

Specials: Grandparents Sunday - Seniors bring grandchildren & pay
only \$4 admission. (Children are still subject to children's rate.)

\$10 Adults / \$8 Seniors and Non-CUW students, 13-17,
\$5 Veterans, CUW Faculty, Staff & Alumni
\$3 CUW Students & Children 5 & up (under 5 free)

Todd Wehr Auditorium
CONCORDIA UNIVERSITY
12800 N. Lake Shore Drive
MEQUON

Falls Patio Players Present

ENCHANTED APRIL

by Matthew Barber
from the novel by Elizabeth von Arnim

February 2017

Feb. 3-4, 10-11 @ 7:30 pm
Feb. 5, 12 @ 2:00 pm

TICKETS
\$15.00 ADULTS \$13.00 SENIORS/STUDENTS

Enchanted April is presented by special arrangement with Dramatists Play Service, Inc., New York.
Originally produced on Broadway by The Enchanted April Company, LLC.
World premiere February 24, 2000, at Hartford Stage.

Order your tickets on-line at:
fallspatioplayers.com
24 Hour Ticket Information Hotline:
262/255-8372

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Twitter & Instagram
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From the Publishers

JANUARY 2017



After a Ho Ho Ho there's a Ha Ha Ha! Welcome to our Annual LAUGH OUT LOUD January feature - our resolution to bring a few

laughs to our readers to ring in 2017! How fun it is to take a break from the tedious and become the huntress of the hilarious! Scattered throughout this issue you'll find the best of the best jokes from our collection and new laughs just sent in from our readers. Enjoy... and please laugh out loud -makes everyone wonder what you're up to!

Joy. Gratitude. Peace. Laughter.
These we wish for you in the New Year!

LIFE. *Enjoy it!*

Sandy and Tom Draelos

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BOOMERS-Your LIFE! MAGAZINE Celebrates 14 Years of Publishing



Time flies when you're having fun. And after 14 years of deadlines and headlines - we're still having fun!

Tom and I started Boomers! Newspaper years ago when we ventured into the idea of becoming "mature" individuals. Well, we've decided that we preferred denial and this year added Your Life! Magazine to our name.

We are 53 year olds from the Baby Boomer Generation and but we've decided to stay this age forever. So we're going to keep things here at the press happily tucked into a contented middle age. It's a nice, comfortable place to be and I think we'll stay. I must admit, it's not so bad on this side of the fence. Life is good and I hope that we are reflecting the attitude "Life - Enjoy it!" The world is full of bad news, poor deeds and sour attitudes, but we can do our small part to put a smile on your face and provide a publication for you to enjoy. And God bless the freedom of America that provided the opportunity for a little country farm girl and a Greek boy from the city to combine our hard work ethics and creativity into a viable small business in the US of A!

I remember when the cows were milked and supper was over, Daddy would sit in his chair and read the daily Manitowoc newspaper. With technology and the internet overwhelming the media, it still feels good to hold a newspaper in your hand, smell the ink, clip the jokes, work the crossword. Maybe some things shouldn't change...

Thank you all so much -our advertisers, our readers. It's been a great journey and we look forward to many more miles!

Boomers - Your Life! Magazine is a monthly publication serving the 45 and above readership 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!

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from Milwaukee

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Limit One Entry
Per Household
Please

Entry Deadline: JAN 26, 2017





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festivalcitysymphony.org

Visit us on facebook!



SYMPHONY SUNDAYS

Select SUNDAYS at 3pm

PABST THEATER
144 E. WELLS

Jan 29th, 2017 3pm
"Going for Baroque"

Bach: Toccata & Fugue in D Minor and
Prelude & Fugue
Albinoni: Adagio (Arr. Doemland)
Handel: Music for the Royal Fireworks
Manfredini: Concerto for Two Trumpets
& Orchestra
Gerry Keen & Gue Burzinski, trumpet soloists

March 26th, 2017 3pm
"Inspired by the Bard"

Niccolai: Overture to the Merry Wives of Windsor
Tchaikovsky: The Tempest
Prokofiev: Romeo and Juliet

May 7, 2017 3pm
"Pioneers and Prodigies"

Mendelssohn: Ruy Blas Overture;
Wieniawski: Violin Concerto No. 2 in D Minor
Frank Almond, violin
Amy Beach: Symphony No. 2

PAJAMA JAMBOREE

Select WEDNESDAYS 7-8pm.

FREE

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929 N. WATER STREET ENTRANCE

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K-5 and & families.
Casual. Wear Pajamas!

May 17, 2017 7pm
"I've Got Rhythm"
Pajama Jamboree"

Guest performer Latin percussion artist
Julio Pabon. Young audience members
conduct the orchestral finale.



"Pajama Jamborees" are FREE 1-hour children's pops concerts at the Marcus Center

"Symphony Sundays" are general admission concerts for all ages at the Pabst
\$14/adults, \$8 child/students/sr. Ask about Subscriber Packs and Early Bird Specials

Oconomowoc Arts Center



MAIN STAGE

CABARET CAFÉ



Jan. 29 | 2 p.m.

Voices of ETERNA
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Dinner Option with Cabaret Shows

Jan. 13 & 14 | 7 p.m.

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OCONOMOWOC ARTS CENTER

641 E. Forest Street
Oconomowoc, WI

262-560-3172
www.theoac.net



2017 ARTS and ENTERTAINMENT GUIDE

Let's have some fun!

CONCORDIA UNIVERSITY THEATRE

Todd Wehr Auditorium / 262-243-4444 (Press "0")

12800 N. Lake Shore Drive Mequon, WI

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.

March 2-5: "Willy Wonka and the Chocolate Factory"

April 27-30: "A Raisin in the Sun"

FALLS PATIO PLAYERS

262-255-8372

Menomonee Falls North Middle School Auditorium, N88 W16750 Garfield Drive

www.fallspatioplayers.com

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

February 3-12: "Enchanted April"

April 21-30: "Spamalot"

FESTIVAL CITY SYMPHONY

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

www.festivalcitysymphony.org

Festival City Symphony showcases the talents of area professional musicians in presenting free classical "pops" concerts geared to children, reasonably priced concerts at the Pabst embracing audiences of all ages and outreach concerts targeting schools. Programs are frequently collaborative, featuring local soloists and performing groups.

January 29-3pm: Symphony Sunday – "Going for Baroque"

March 26, 3pm: Symphony Sunday – "Inspired by the Bard"

May 7, 3pm: Symphony Sunday – "Pioneers and Prodigies"

May 17, 7pm: Pajama Jamboree – "I've Got Rhythm"

INTANDEM THEATRE

414-271-1371 / Tenth Street Theatre, 628 North 10th Street, Milwaukee

www.intandemtheatre.org

Professional live theatre at great prices! Relax in our spacious lobby and listen to live piano music as you sip a drink from our full bar in front of the fireplace! Art exhibits adorn the walls, and that drink – well, take it into the theatre with you!

February 24-March 24: "Time Stands Still" by Donald Margulies

April 21-May 14: "Carnival" Music & Lyrics by Bob Merrill, book by Michael Stewart based on material by Helen Deutsch

LAURA'S DBC BAR & GRILL

262-238-1733 / 7520 West Dones Bay Road, Mequon

www.laurasdbc.com

Kitchen hours: Tues-Friday 11-2pm/4-9pm. Saturday kitchen hours: 3-8pm

Friday night – Best Damn Fish Fry in Ozaukee County!

2017 ARTS and ENTERTAINMENT GUIDE
continued on page 7

2017 ARTS and ENTERTAINMENT GUIDE

continued from page 6

OCONOMOWOC ARTS CENTER

Box Office: 262-560-3172 / Michael Duncan: 262-560-2130
641 East Forest Street, Oconomowoc
www.theoac.net

A gem in the heart of Lake Country, the Oconomowoc Arts Center provides patrons and artists of all ages a professional, cultural and educational experience with the highest quality programming opportunities.

January 13 & 14: Cabaret Café – The Whiskey Belles

January 24: Family Series – Florentine Opera presents “Billy Goats Gruff”

January 29: Main Stage – Voice of ETERNA

February 10 & 11: Cabaret Café – “BoyGirlBoyGirl”

March 24 & 25: Cabaret Café – VIVO

March 18: Comedy Sportz

April 8: Main Stage – Barrage 8

April 22: OAC Gala

May 20: Main Stage – Armed Forces USO Show

SCHAUER ARTS & ACTIVITIES CENTER

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

Filled with culture and history, the Schauer Arts & Activities Center was transformed from a 1918 canning factory into a non-profit, regional center for the arts that inspires creativity and connects people. Since opening in 2001, the Schauer Center presents professional touring performances and regional artwork, and offers year-around arts education programming.

January 7: The Mr. Lucky Syndicate – Sophisticated Swing & Hoppin’ Horns

January 14: Loren and Mark – International Guitar Duo

January 19 & 21: “James and the Giant Peach” – based on book by Roald Dahl

January 22: Sweet Dreams & Honky Tonks – Music of Country’s biggest stars

January 27-28: “The Wonder Bread Years” – John McGivern

Feb. 3-4, 10-11: Random Acts of Comicality 2017 – The Hartford Players

February 17: “The Man in the Arena – The Story of Teddy Roosevelt”

March 18: Yesterday & Today – An Interactive Beatles Experience

April 1: The Next Generation Leahy – High Energy Celtic Song & Dance

April 7: Windy City Dueling Pianos – All request music and comedy

April 8-9: Four Guys in Dinner Jackets – Everything Old is New Again

April 22: Beginnings – The Ultimate Chicago Experience

May 12: The Whiskey Belles – Vintage Roots Country

SOUTH MILWAUKEE PERFORMING ARTS CENTER

414-766-5049 / 901 – 15th Avenue, South Milwaukee
www.southmilwaukeekeepac.org

We are located inside the high school of South Milwaukee. There is free parking. We have an elevator and are handicap accessible. We hope you find comfort in our intimate 787-seat theatre. We have rentals all year. For a complete updated list of events, call us or go to our website. Our box office is open M-F, 10am-4pm. We hope to see you soon!

January 28: Momentum: MBII “A Diverse Display of Dance”

February 17: Broadway’s Next Hit Musical: “The Tony Awards Meets Whose Line Is It Anyway?”

March 25: Jayme Stone’s Lomax Project: A Re-imaging of Traditional Roots Music

April 7: Robert Post: Post Comedy Theatre

SPANKY’S HIDEAWAY

262-242-3677 / 5208 West County Line Road Mequon, WI
www.spankyshideaway.com

Serving food 11 a.m. – 10 p.m., 7 days a week. Spectacular All you can eat Friday cod fish fry. 8 flat screen TVs for viewing all sporting events. Happy Hour 3-7pm Monday-Thursday. Super bowl Party on February 5th!

THE SUNSET PLAYHOUSE

262-782-4430 / 800 Elm Grove Road, Elm Grove, WI 53122
www.sunsetplayhouse.com

Sunset Playhouse is a not-for-profit Performing Arts Center serving the greater Milwaukee community by producing quality entertainment and education. Our season includes 8 main-stage Furlan Auditorium Productions, 6 Musical MainStage Concerts, 6 Side Notes Cabarets and 3 Bug in a Rug Children’s shows.

January 19 – February 4: “You Can’t Take It With You”

January 30-31: “Billy Joel & Friends”

February 8-11: “Goodnight Lulu”

February 16-19: “It Might as Well Be Swing”

March 2-19: “Little Shop of Horrors”

March 6-7: “Family Ties”

March 30-April 2: “What the World Needs Now” A tribute to Burt Bacharach

April 20 – May 7: “The Dixie Swim Club”

May 1-2: “I’ll Take Manhattan”

May 10-13: “Hansel & Goldie”

May 18-21: “Ella Meets Mel”

2017 ARTS and ENTERTAINMENT GUIDE
continued on page 9

In Tandem Theatre presents...



TIME STANDS STILL by Donald Margulies FEB 24 - MARCH 19, 2017

Sarah, a photojournalist, is recuperating after being injured in a war-torn country. Her partner James, a war correspondent, contemplates a more conventional life for them. Will their relationship survive?

CARNIVAL Music & lyrics by Bob Merrill, book by Michael Stewart, based on material by Helen Deutsch APRIL 21 - MAY 14, 2017

Young, naive Lili comes to the carnival for work. She falls for Marco, the charming magician who wants to make her his latest conquest, not realizing she has enchanted the lonely, bitter puppeteer, Paul, in this romantic musical.



TICKETS
\$30

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

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seniors, students,
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TICKETS/414-271-1371
www.InTandemTheatre.org

Tenth Street Theatre
628 N. 10th Street
(10th Street & Wisconsin Ave)

Plenty of parking within 2 blocks of the theater

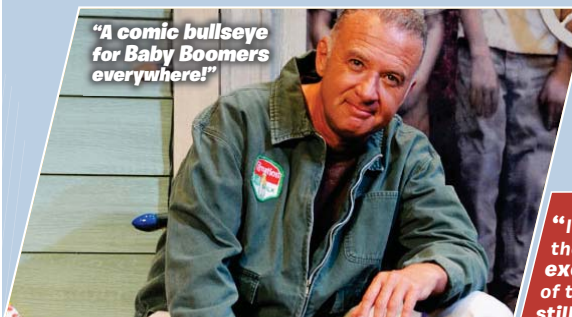
SCHAUER ARTS CENTER'S 2016 - 17 PERFORMING ARTS SERIES



Sat, January 14
LOREN & MARK
International Guitar Duo



Sun, January 22
SWEET DREAMS & HONKY TONKS
A Tribute to Country's Biggest Stars



Fri & Sat, January 27 & 28
THE WONDER BREAD YEARS
Starring John McGivern

plus,
much
MORE!

“In my opinion,
the most
exciting part
of this season is
still to come!”

- Joe Konrad,
Exec. Director

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BOX OFFICE Mon-Fri 11:30 am - 5:30 pm & Sat 11:30 am - 2:00 pm
147 N. Rural Street Downtown Hartford





The Business of Fiber Arts

By Patricia Wolf

What do you think of when I say "art"? Watercolor, oil, or acrylic painters who have framed master pieces hanging in museums? Or maybe that food photographer published in a monthly magazine? What about the fiber artist? Not everyone can become a Thomas Kinkaid success.

So what are fiber arts? *Fiber art refers to fine art whose material consists of natural or synthetic fiber and other components, such as fabric or yarn.* Cottons for quilting, alpaca for weaving, wool for knitting, mohair for crocheting, or old rags for braiding all have a foundation of some types of fiber arts. Then there's felting (very popular recently), rug hooking, macramé (more embraced back in the '70's, that's 1970's)! As for lace making, it seemed to have vanished long ago with tapestries (common between the fourteenth and seventeenth centuries).

Through the years there has been discussion on whether these types of crafts are really a form of art. The question arising of why can't a pot holder be a form of art and functional. I went through a decade of buying vintage crocheted pot holders for their beauty. Most of the time, I had little heart to actually use them because of their splendor. Let's not forget the delicately made dresser scarves embroidered to perfection. To you contemporary ladies: this scarf does not go around your neck, but on your bureau. What's the old saying, "Beauty is in the eye of the beholder?"

Recently, I interviewed two local shop owners in the Hartford downtown area.

Ronda, at the **Main Street Yarn Stop**, has been knitting since she was 8. At the age of forty, she decided to create her dream job-opening a yarn shop in her hometown of Hartford. Ronda reflects on the past nine years with fond memories: the building of new friendships, bonding generations together in yarn, Christmas Stocking Classes in July, and the list goes on. Ronda is a spinner, dyes yarns, has been published in knitting magazines, and has created her own designs. When asked what she would like to share with her readers she replied, "Follow your dream." On her website, www.mainsteyarnshop.com, you'll find monthly classes, yarn available and open knit every Wednesday from 6-8pm.

After a brisk, short walk in five degree weather I ended up at **Esa's Fabric & Custom Framing** shop in downtown Hartford. Lisa is the owner of Esa's for over four years. Hanging from the walls are quilts, aprons, and handbags in stunning cottons. She began her fabric career in a local Five & Dime Store which closed. Seeing the need for fabric in the area and encouraged by family and friends, she dove head long into yards of cotton. Lisa says she has been sewing for a short six years. One could say the business came before the art. Recently, she finished a roomy quilt done in earth tones for a local family in need.

Through the years she has improved her sewing skills from rubbing shoulders with her customers and teachers. Esa's has child and adult classes monthly. You can find her on Facebook or contact her at EsasFabric@gmail.com.

After visiting both of these locations, I'll stand in the group that agrees fiber arts are truly an art. Just because it can't be framed simply doesn't mean a thing. My knitted mistletoe hat (red, green and white with a large tassel at the top) which I made for myself and granddaughters, frames my face just fine. Besides my husband can find me anywhere in the store now.

Patricia Wolf has been sewing for fifty years, picked up knitting a decade ago, enjoys card making, and would like to water color someday. In the past, she has rug hooked, worked with macramé, cross stitched, and embroidered. Hand-made art is a gift from the heart.

FIBER ART RESOURCES

Cream City Yarn
15565 W North Ave
Brookfield
(262) 923-7014

Fiberwood Studio
2709 N 92nd St
Milwaukee
(414) 302-1849

French Knots
8585 N Port Washington Rd
Milwaukee
(414) 351-2414

Grafton Yarn Store
1300 14th Ave
Grafton
(262) 377-0344

Just 4 Ewe Yarn & Fiber
8615 A. Market Place
Oak Creek
(414) 209-4080

Knitting Knook
6858 N Santa Monica Blvd
Fox Point
(414) 540-4080

Midwest Yarn
3385 S Kinnickinnic Ave
Milwaukee
(414) 979-9276

Planet Bead
710 N Milwaukee St
Milwaukee
(414) 273-2323

River Boutique and Yarns
18900 W Bluemound Rd
Brookfield
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**Saturday, Jan 28
THE VERDICT**

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2017 ARTS and ENTERTAINMENT GUIDE

Let's have some fun!

Continued from page 7

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FIGHTING the Winter BLUES

Before you fall victim to the dark and dreary chill of winter, plan ahead to prevent the countless seasonal stresses and maintain your cool all winter long

Sam Sugar, Director of Sleep Services and Coral Arvon, Director of Behavioral Health from the Pritikin Longevity Center in Miami, FL, has provided tips for managing the most common winter stresses – from sleep deprivation to money management. According to a Columbia University study, a surprising 14.3% Americans suffer from Mild to Extreme Seasonal Affective Disorder, mainly affecting women (80%). Follow these tips so winter doesn't become the season of your discontent.

1. Step around Stress: Not all stresses are bad. However, chronic and repetitive stress can have increasingly negative effects on your mental and physical health and lead to larger problems, such as Heart Disease. Whenever possible, step around unnecessarily stressful circumstances. If tardiness stresses you, leave plenty of time to get where you are going. If you know spending time with a certain person causes you stress or anxiety, try cutting back on the amount of time you spend with him or her. When you cannot avoid stressful circumstances, the best way to step around stress is to learn how to respond and react without getting worked up.

2. Become Emotionally Nourishing: Your outlook on life is closely tied to your physical health. Emotionally nourishing people inspire a feast of joy in those around them, so find the ingredients that make you emotionally enriched – love, humor, optimism, friendship, etc – and focus on that, especially when stress comes knocking on your door. Just as stress, anger, and social isolation accelerate heart disease, affection, optimism, and enjoyment of life retard it. We can help avoid heart disease by surrounding ourselves with humorous, friendly, loving people, and by coloring our own emotions in the same way.

3. Start Small: Do something healthy *for yourself*. It could be taking the stairs once a day instead of the elevator, or eating an apple for snack instead of a candy bar once a week. Stretch periodically, roll your head, trade shoulder rubs with a coworker – these small treats will give you a much deserved break and an extra burst of energy. It may not feel like a huge stress-buster, but small steps lead to bigger ones, and starting with small is the best way to achieve long-term Zen and happiness.

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For many people, there is skepticism and cynicism toward church, and an uncertainty in how to determine right from wrong.

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CANADA (G)O, CANADA!



Vancouver

2017 Is the Year to Go Visiting as Our Neighbor to North Celebrates 150 Years

When *Lonely Planet* recently ranked Canada #1 on its list of best destinations of the year for 2017, it should have come as no surprise. Our neighbor to the north is rolling out the red carpet for a year-long birthday bash to commemorate 150 years since its Confederation.

Says the guide, "Bolstered by the wave of positivity unleashed by its energetic new leader Justin Trudeau, and with dynamic cities that dominate global livability indices and a reputation for inclusiveness and impeccable politeness, the world's second-largest country will usher in its sesquicentennial in 2017 in rollicking good health."

Indeed, "Canada 150" celebrations of all kinds will be held nationwide. From major cities to frontier heritage towns, from modern art exhibits to First Nation cultural displays, local celebrations reflect the diversity of each province and the multicultural nation as a whole.

YEAR-ROUND, COAST-TO-COAST

Celebrations will kick off on New Year's Eve nationwide, build to a crescendo on July 1, Canada Day, and continue throughout 2017. The Stampede City of **Calgary, Alberta** will host a parade, crafts, music, and family-friendly dance and activities in City Hall and Olympic Plaza that emphasize a theme of service and giving back.

In the national capital of **Ottawa**, massive fireworks, patriotic displays, performances and children's activities are planned for a most spectacular July 1, Canada Day, which commemorates the day of Confederation in 1867. In **Vancouver** celebrations will focus heavily on Indigenous themes to emphasize the First Nations and the city's place as a major Aboriginal cultural tourism destination. The **Yukon, Northwest Territories** and

(G)O Canada continued on page 18

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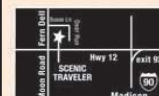


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The TOP 10 Interior Design and Home Remodeling Trends for 2017

The New Year is here and with it comes the latest interior design and home remodeling trends.

"Generally speaking, kitchens and bathrooms are the most remodeled parts of single-family homes," said Marie Owens, designer with Callen Construction, Inc. in Muskego. Keeping these universal trends in mind, Owens offers insight on the top ten interior design trends consumers can expect to see in the coming year.

The first trend for 2017 involves using LED lights as accent lighting under cabinets. "When used correctly, this technique actually gives the illusion that everything in the kitchen is floating," said Owens. "Plus, not only have LED lights become more affordable, but their lifespan is substantially longer than traditional incandescent bulbs."

Next, is remodeling for accessibility. It is becoming more common for people to continue to stay in their own homes as they grow older and a concept called Universal Design allows them to do this comfortably - eliminating trip hazards, transitions between rooms, for example, and stairs in favor of open designs that maximize mobility. Common updates in bathrooms include removing the bathtub, installing lower curb showers, using higher seat



toilets, and placing grab bars in the shower.

The make-it-your-own trend continues, giving homeowners the freedom to mix design styles in a way that's pleasing to them. "For some, personalization means a mix-and-match approach," Owens said. "For instance, a traditional home can have contemporary elements, which offers a nice blend of styles and provides more visual interest."

At one time, metal was mainly used as an accent, but now the use of metal, especially in bathrooms and kitchens, has become a focus element. "Blending different color metals is a good way to add texture and visual interest to a space in a trend-forward way," said Owens.

"Smart homes" and "connected homes" are becoming more popular, as technological advances is a trend that offers homeowners flexibility, convenience, and even affordability (such as using your device to turn the lights on and off). There are a countless number of options, especially when it comes to wireless technology, such as refrigerators that send you reminders to buy milk, lighting ambience controlled remotely, and smoke alarms that alert when batteries are low.

Just a few years ago, combination tub and shower set ups defined the floor plan of a bathroom. Now, a larger more elaborate showering space is key to a trend forward bathroom. Stand-alone showers often include multiple sprays and jets, as well as a bench for sitting.

Storage-filled basements and dark corners are long gone. Today's remodeling trends include basements that serve as escapes, whether for visiting guests, work-at-home parents, or devoted hobbyists. "It's a way for homeowners to remodel without an addition," said Owens. "Lighting becomes a very important element. 'It's important to look for ways to brighten this space to lessen the underground feeling -add an egress window, white-painted ceilings, light trim, and wood floors."

continued on page 18






JANUARY

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Are self-driving cars actually good for the environment?

You know the future is here when you see that the car beside you at a red light has nobody at the helm!

That's already happening in California where a few companies (Uber, Google, Apple, Tesla) have begun testing autonomous vehicles on the open road—albeit with human drivers at the ready in case anything goes wrong. Meanwhile, the major automakers have begun integrating autonomous driving technologies (blind spot detection, GPS mapping, assisted parking, etc.) into existing models, and will surely offer their own fully self-driving cars once lawmakers qualify them as street legal, maybe as early as 2018.

Proponents say that not only will driverless cars make our roads safer (as they can sense walkers, bikers, other cars and road infrastructure to avoid collisions), but will also be a boon to the environment. Zia Wadud, who co-authored a study released earlier this year assessing the travel, energy and carbon impacts of autonomous vehicles, says the widespread adoption of the technology could reduce energy consumption significantly. "Automated vehicles can interact with each other and drive very closely as a 'platoon,'" reports Wadud. "This can reduce the total energy consumption of road transport by 4% to 25%, because vehicles which follow closely behind each other face less air resistance." Beyond the platoon benefit, driverless cars can also shave another 25 percent off overall automotive energy consumption through more efficient computer-assisted ride optimization.

Yet another environmental benefit could be fewer cars on the road altogether. "Your car could give you a lift to work in the morning and then give a lift to someone else in your family—or, for that matter, to anyone else: After delivering you to your destination, it doesn't sit idle in a parking lot for 20-plus hours every day," report MIT researchers Matthew Claudel and Carlo Ratti in a recent McKinsey.com article. "By combining ride sharing with car sharing ... it would be possible to take every passenger to his or her destination at the time they need to be there, with 80 percent fewer cars." They conclude that clearing four of five cars from the road would have "momentous consequences" for our cities regarding pollution, traffic, efficiency, and parking.

But Jason Bordoff of Columbia University's Center on Global Energy Policy ar-



Google's self-driving car prototype can be spotted on surface streets and highways around the company's Mountain View, California headquarters. Credit: Becky Stern, FlickrCC.

gues in *The Wall Street Journal* that driverless cars hurt overall energy efficiency by undermining public transit: "If you can work, watch a movie or sleep while in the car, perhaps you will take a car rather than public transportation or be more likely to drive for long trips." He adds that autonomous vehicles also "significantly expand the universe of potential drivers" bringing more people (and cars) onto the road and possibly increasing total vehicle miles travelled overall. "Even car-sharing services could increase energy demand if the ease and convenience pulls people away from mass transit, walking or biking and into cars."

Bordoff remains optimistic that autonomous vehicles can provide a net gain for society and the environment, but only if we are careful about how we implement the technology. "To ensure that autonomous vehicles deliver economic, energy security and environmental benefits, we

will need supporting policies targeted at those objectives, such as increased fuel-economy standards, investments in public transportation infrastructure, and R&D in alternative vehicle technologies."

For his part, Wadud agrees with Bordoff that driverless cars could actually be bad for the environment depending on how things shake out. "Let's not be blinded by the driverless cars by saying they can solve everything – know that there could be risks and be careful about them," he says. "That said, I do hope that driverless cars will encourage car sharing and help reduce our energy use and carbon emissions. However, what will happen in reality remains to be seen."

EarthTalk® is produced by Roddy Scheer & Doug Moss and is a registered trademark of the nonprofit Earth Action Network. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.

I love when they drop the ball in Times Square.
It's a nice reminder of what I did all year.

Q: Why do people clink their glasses before drinking a toast?

A: It used to be common for someone to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

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The Happiest Cities in Wisconsin!

Wisconsin is known for its farmland and Cheeseheads, but there's so much more to the Badger State. Between the football, the bratwurst, and the beer, folks around here know how to have fun and they're not shy about spreading the good cheer. Take a look at which cities the CreditDonkey team ranked as Wisconsin's happiest.

We began by gathering available U.S. Census and FBI crime data for every locality with a population of 5,000 or higher. Each city was assigned a ranking based on how it scored in seven different categories. The cities that made the top 10 are the ones that earned the best cumulative scores for the following:

Restaurants. Enjoying an evening out with close friends is a great way to unwind. We decided to see where residents have the most opportunities to socialize based on the number of restaurants per capita. **Crime rate.** Wisconsin consistently ranks as one of the safest states in the country, but we know that crime rates vary from one city to the next. **Commute.** To see where residents have the least headaches on the road, we considered each city's average commute time. **Income.** Making a lot of money won't solve all your problems, but it can alleviate some of your financial woes. We checked the median income for each city to gauge how well-off residents are.

By Rebecca Lake

Top 10 Happiest Cities in Wisconsin

#10. De Pere. Restaurants per capita: 1 per 372 inhabitants. Odds of being the victim of a violent crime: 1 in 1,206.1. Average commute time: 16.4 minutes. Median household income: \$56,368.

The city of De Pere is one of Green Bay's more popular suburbs, and the 24,000 people who live here will be glad to tell you what makes it so livable. Violent crime is a rare occurrence and you'll find that housing isn't a budget killer. Getting to work on time usually isn't a challenge and employees are well compensated for their time. The only sad figure is the relatively high number of divorcees compared to other cities on this list. *Did You Know:* Famed horror writer Stephen King spent part of his childhood in De Pere.

#9. Richland Center. Restaurants per capita: 1 per 256 inhabitants. Odds of being the victim of a violent crime: 1 in 1,039. Average commute time: 15.2 minutes. Median household income: \$38,410

With just over 5,100 residents, Richland Center is the second smallest city on our list in terms of population. Its size works to its advantage in a lot of ways, particularly when it comes to traffic: the average drive is the shortest in our rankings. While the median income is a little lower, keeping a roof over your head won't take too big of a bite out of your paycheck.

Did You Know: Richland Center is the birthplace of architect Frank Lloyd Wright.

8. Two Rivers. Restaurants per capita: 1 per 502 inhabitants. Odds of being the victim of a violent crime: 1 in 778.3. Average commute time: 18 minutes. Median household income: \$42,888

Two Rivers offers up some breathtaking views of Lake Michigan, but that's not the only thing that makes locals so overjoyed about living here. The area neighborhoods have a reputation for being safe, and housing won't cost you an arm and a leg. *Did You Know:* Two Rivers has long been involved in a heated debate with Ithaca, N.Y., over which city holds the honor of being the birthplace of the ice cream sundae.

7. Ripon. Restaurants per capita: 1 per 249 inhabitants. Odds of being the victim of a violent crime: 1 in 1,111.9. Average commute time: 16.6 minutes. Median household income: \$43,598.

About 7,700 people live in Ripon, and based on the numbers, it looks like they're tickled pink about their choice. The city has one of the better violent crime rates, and the combined divorce rate is fairly low. *Did You Know:* Before going on to star in movies like Star Wars and the Indiana Jones series, Harrison Ford enjoyed a



brief stint as a philosophy major at Ripon College.

6. Mequon. Restaurants per capita: 1 per 474 inhabitants. Odds of being the victim of a violent crime: 1 in 1,452.3. Average commute time: 22.1 minutes. Median household income: \$106,733.

Located less than 20 miles from the downtown Milwaukee area, Mequon is one of Milwaukee's more upscale suburban communities. The 23,000 people who

live here earn the highest median income in our rankings, cashing in at nearly \$107,000 annually. The median home price is higher, but you'll still spend only about 18% of your pay on housing. Married couples seem to be content, and families will appreciate the sense of security that permeates the city's different neighborhoods. *Did You Know:* Relaxing treks through the woods - The Mequon Nature Preserve features 438 acres of woods and wetlands, as well as more than 5 miles of trails to explore.

5. Brookfield. Restaurants per capita: 1 per 333 inhabitants. Odds of being the victim of a violent crime: 1 in 2,005.2. Average commute time: 20.7 minutes. Median household income: \$88,012.

Brookfield is also a suburb of Milwaukee and with almost 38,000 residents, it's the most populous city on our list. If you're wondering what makes living here so appealing, one thing that immediately jumps out is the scarcity of violent crime. A median income of over \$88,000 is certainly a perk and the outlook for married couples is excellent, with a divorce rate of only 10%.

4. Mayville. Restaurants per capita: 1 per 392 inhabitants. Odds of being the victim of a violent crime: 1 in 5,159. Average commute time: 23.2 minutes. Median household income: \$56,445.

Mayville is the epitome of small town charm, and the nearly 5,100 people who live here tend to share a positive attitude. You won't find a safer city in our rankings. And the affordability of housing is just another reason why residents tend to stay put.

3. Sheboygan Falls. Restaurants per capita: 1 per 518 inhabitants. Odds of being the victim of a violent crime: 1 in 863.3. Average commute time: 16.2 minutes. Median household income: \$58,283.

Sheboygan Falls is part of the larger Sheboygan metropolitan area, and there are around 7,700 people who are happily ensconced in the city. Its low housing costs earned it the number three spot on our list, with residents spending the least amount of income on a home compared to the rest of our cities. It also doesn't hurt that residents earn a nearly \$60,000 median payday.

Top 40 Happiest Cities in Wisconsin

Happiest Cities in Wisconsin
continued on page 23



TOP 40

1. New London
2. Onalaska
3. Sheboygan Falls
4. Mayville
5. Brookfield
6. Mequon
7. Ripon

8. Two Rivers
9. Richland Center
10. De Pere
11. Cedarburg
12. Middleton
13. Kaukauna
14. Marshfield
15. Verona

16. Monroe
17. Neenah
18. Beaver Dam
19. Delafield
20. Franklin
21. Berlin
22. Fitchburg
23. Marinette

24. Baraboo
25. Manitowoc
26. Hartford
27. Fort Atkinson
28. Wauwatosa
29. Oak Creek
30. Appleton
31. Muskego

32. South Milwaukee
33. Sparta
34. Stevens Point
35. Lake Mills
36. Antigo
37. Sheboygan
38. West Bend
39. Oconomowoc
40. Stoughton



My wife told me women are better at multitasking than men. So I told her to sit down and shut up. Guess what... She couldn't do either.



Butter vs Margarine?
I trust cows more than scientists.

ADDING A FEW LAUGHS TO YOUR NEW YEAR!

Imagine that awkward moment when...
the guy who discovered milk had to explain to the village what he was doing to the cow.

Why did I get divorced? Well, last week was my birthday. My wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office, my secretary said, "Happy birthday, boss!" I felt so special. She asked me out for lunch. After lunch, she invited me to her apartment. We went there and she said, "Do you mind if I go into the bedroom for a minute?" "Okay," I said. She came out 5 minutes later with a birthday cake, my wife, my parents, my kids, my friends, & my colleagues all yelling, "SURPRISE!!!" -and there I was, waiting on the sofa... naked.

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



Blood stains on clothes? Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood.

Works every time!
(Now, where to put the body???)

Little Johnny sat silently at the back of the class, along with his fellow students. His teacher began discussing vocabulary. She asked the class to use the word "fascinate" in a sentence.

Mary raised her hand and said, 'I went to the beach yesterday, and the sea was fascinating'.

The teacher replied, 'Good attempt, Mary, but I want "fascinate", not "fascinating"'.

Harry waved his hand and stated, 'We visited Grandpa's farm yesterday and I was fascinated.'

Ms Davids shook her head. 'The word is "fascinate", but good try.'

Little Johnny waved his hand wildly at the teacher. "My aunt bought a new 10-button shirt the other day, but her chest is too big and she can only fasten eight".

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

Somehow a dog gets lost in an African Jungle. As he is finding his way a lion spots him. The lion thinks since the dog is so small he will be easy prey. When the dog sees the lion he gets extremely scared and starts to run but he sees some bones and gets an idea. As the lion approaches he says "Mmmm, that was some good lion." The lion immediately realizes this dog is a lot tougher than he thought and runs off.

But there was a monkey in a tree watching the whole time. The monkey decides if he tells the lion what had happened the lion might reward him. So he tells the lion and the lion tells him to come with him to take down the dog. As the lion and monkey approach the dog the dog sees them and gets an idea then turns his back towards them pretending he didn't see them and when they come into hearing distance he says "Where's that darn monkey?! I told him to bring that lion here hours ago!"

A young guy from North Dakota moves to Florida and goes to a big "everything under one roof" store looking for a job.

Well, the boss was unsure, but he liked the kid and figured he'd give him a shot, so he gave him the job.

"You start tomorrow. I'll come down after we close and see how you did."

His first day on the job was rough, but he got through it. After the store was locked up, the boss came down to the sales floor.

"How many customers bought something from you today?" The kid frowns and looks at the floor and mutters, "One". The boss says "Just one? Our sales people average sales to 25 to 30 customers a day. We have very strict standards for our sales force here in Florida. One sale a day might have been acceptable in North Dakota, but you're not on the farm anymore, son."

The kid took his beating, but continued to look at his shoes, so the boss felt kinda bad for chewing him out on his first day. "So, how much was your one sale for?"

The kid looks up at his boss and says "\$124,548.88".

"WHAT! What the heck did you sell?"

The kid says, "Well, first, I sold him some new fish hooks. Then I sold him a new fishing rod to go with his new hooks. Then I asked him where he was going fishing and he said down the coast, so I told him he was going to need a boat, so we went down to the boat department and I sold him a twin engine. Then he said he didn't think his Honda Civic would pull it, so I took him down to the automotive department and sold him that 4x4 Chevrolet Suburban."

The boss said "A guy came in here to buy a fish hook and you sold him a boat and a SUV???"

The kid said "No, the guy came in here to buy Midol for his wife, and I said, 'Bro, your weekend's a mess, you should go fishing.'"



Mahatma Gandhi often walked barefoot which produced an impressive set of callouses on his feet. He also ate very little, making him rather frail and with his odd diet he often suffered from bad breath. This made him a super calloused fragile mystic hexed with halitosis.

A closed mouth gathers no foot.

Old people at weddings always poke me and say "Your next". So I started doing the same thing to them at funerals.

Q: How many presidents does it take to change a light bulb?

A: Two: one to change it and another one to change it back again.

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

How has Wall Street responded to the new President Donald TRUMP?



FINANCE QUESTIONS AND ANSWERS

Wall Street likes certainty. When startling financial, political, or societal events occur, volatility usually follows, and the major indices may fall. We then had an intriguing post-election rally with some sectors rising more than others.

In late October, the Dow Jones Industrial Average went on a multi-day losing streak as Donald Trump caught up to Hillary Clinton in the polls tracking the presidential race. Wall Street had been anticipating a Clinton victory; suddenly, that looked less certain. The Dow gradually sank below 18,000. When Trump won, however, the Dow did not drop further. It rallied for seven days and notched four record closes.

What sparked the Dow's rally? One, a new presumption of massive federal spending on infrastructure and defense. In August, Trump pledged he would "at least double" Clinton's proposed federal stimulus if elected, which would mean committing more than \$500 billion to repair the nation's highways, bridges, and ports. He has also talked of greater military spending. Many, if not all, of the 30 companies making up the Dow could play significant roles in such efforts. Two, a Trump presidency is perceived as pro-business, with the potential for decreased regulation, renegotiated trade agreements, and tax cuts.

The small caps also soared after Trump's win. The Russell 2000 advanced 9% during November 9-17, leading some investors to wonder what the small caps had in common with the record-setting blue chips. The quick an-

swer is that these small-cap firms have greater exposure to the U.S. economy than they do to foreign economies. Bulls believe that these firms will be particularly well positioned if infrastructure spending increases.

Why did the S&P 500 & Nasdaq Composite lag the Dow & the Russell? A closer look at the S&P's recent performance reveals a striking gap between its industry groups. Its financial sector climbed 10% in the eight days after Trump's victory, aided by hopes for friendlier bank regulation in the new administration. By November 15, its YTD performance was 17% better than that of the S&P's worst-performing sector, utilities. This degree of difference had not been seen in the index since 2009. Basically, a major rotation happened, taking invested assets out of certain sectors and into other sectors presumed to benefit from the policies of a Trump presidency.

In the three days after Trump's victory, the Dow had gained 2.81%; the S&P, 1.16%; and the Nasdaq, 0.84%. While the Dow is only comprised of 30 companies, the S&P and the Nasdaq are much broader benchmarks, exponentially larger in their scope. Both the Nasdaq and the S&P contain many tech companies – and, broadly speaking, Silicon Valley was not high on Trump.

While the gains for U.S. equities stood out after the election; there were losses

Wall Street & Donald Trump continued on page 23

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Raising generations who believe entitlement is the way of life

A survey released last year called the American Freshman Survey, which has accumulated data for the past 47 years from 9 million young adults, revealed that college students are more likely than ever to call themselves gifted and having the drive to succeed, even though their test scores in key skills and time spent studying are decreasing.

For example, students are much more likely to say they have above average writing abilities yet independent test scores show that their writing abilities are far less than those of their counterparts from the 1960s.

Many experts have weighed in on this, citing issues about the younger generation having a false sense of self-esteem (not based on actual produced work), having easy access to credit, easy rewards and mainly the influence of parents who give excessively.

By Hellen Chen, Marriage and Family Expert

In an article written by Kate Rourke, a student from Franklin Pierce University in New Hampshire, she said, "...in the 1980s, with a growing sense of urgency to provide the next generation with an "easier life" ...parents have instead instilled in their children the idea that "entitlement" should have a positive connotation, and that any public assistance programs should be favored and supported, and that "labor" is no longer a term to take pride in, but to reject at all costs."

The sense of entitlement is not just found in Generation Y or any particular generation but is rampant in families that have somehow instilled in their children the concept of 'you do not have to produce something valuable in order to receive.'

Take the example of Suzanne — a 40-year-old executive who was raised in a family which had paid for all her education until college and beyond. She had her own car to drive when she turned 18 and her family would stand by if she needed any financial assistance. She has never known what is hardship in her life. However, two failed marriages later and fired on her job 5 times, and already turned 40, Suzanne found herself waking up.

With help, she and unraveled a fundamental attitude that was the crux of the problem, "When I was young, I could have and do anything I want. There was no one to say no to me. And the truth is, I did not see anything wrong with getting what I want when I want it - even when I turned 40."

She shared, "I was brought up in a very sheltered family. My parents are constantly cautioning me about how I need to be smart to take what I can take, but do not let others take advantage of me. I realized I have a very unrealistic view of my responsibilities to others - I only know how to criticize another's action to me and never what I did to others."

This sense of entitlement is a great factor in relationship break-up's. If we raise our children to have a 'you-owe-me' attitude, we are also inevitably increasing the chance for them to have failed marriages in the future. And don't forget, the child's attitude does not change because of getting older. People in their 40's or 50's or 60's will still have issues with this type of attitude.

Finding someone a good match as a matchmaker is only the beginning of some major work ahead for me. Teaching someone how to be a good husband or wife - just as you are teaching someone to fish, not just giving him fishes - is a well-worth endeavor that will do a lot of good for our young adults.

Marriage education has also been injected as a training program into corporations who are also dealing with the problem of staff accountability issues. Responsibility at work and at home are interrelated. You help one area and the other will be improved.

Chen's works in family, marriage and personal developments are featured in over 200 international and national media publications and she is a frequent guest on independent and network radio and TV shows from FOX, CBS, NBC and ABC. More of her works and workshops information could be found on <http://MatchmakeroftheCentury.com>

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(G)O, CANADA! Our Neighbor to the North Celebrates 150 Years

continued from page 11

Nunavut will join forces to spotlight local athletes and visual and performing artists of "Our North: A Pan-Territorial Celebration".

Tiny Prince Edward Island will show off its place as "the birthplace of Confederation" with special year-long exhibits in Charlottetown. It was here, in 1864, that officials from the provinces of New Brunswick, Nova Scotia, Ontario and Québec convened for the historic Charlottetown Conference, sparking a discussion of Canadian union that would lead to Canada officially becoming a country in 1867.

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The nation is also providing free access to its National Parks and Historic Sites—including several UNESCO World Heritage sites, such as Banff, Jasper, Kootenay, Yoho and Waterton Glacier International Peace Parks, and Head-Smashed-In Buffalo Jump. Several museums and cultural institutions will also be opening their doors for some celebrations at no charge.

Favorable exchange rates with the Canadian dollar have also meant that visitors from the U.S. and other countries will find a Canada trip not only great fun, but great value for shopping, excellent dining and more.

All these add up to making 2017 an ideal time to "Go North" for a getaway, tour or longer vacation this year. You'll be glad you did!

Additional information is available by calling Country Travel Discoveries of Elm Grove at 855-744-TRIP (8747) or visiting www.CountryTravelDiscoveries.com.

continued from page 12

The TOP 10 Interior Design and Home Remodeling Trends for 2017

"In addition, many designers would simply place recessed lights in the center of the rooms. This approach is not only uninteresting, it also adds a lot of glare to seating and 'relaxing' areas. A more interesting approach is to add what is called a wall-washing effect by placing recessed lights approximately 18" from the perimeter walls in an interesting pattern. This will create a coned pattern on the walls while giving a feeling of expanding the area and possibly highlighting some artwork at the same time.



For a long time, wood has been a popular element in many homes, both traditional and contemporary. However, even in design trends of just a few years ago, it was typically limited in use and restricted to one surface, often the floor. Today's remodeling trends include a combination of types, styles, and stains of wood in all forms – on the floor, on the wall, and in furniture. The key to this trend is to abandon any thought of matching in favor of a mixture of grains and colors to add visual interest.

A connection between kitchen, eating, and living space continues to influence both new home construction and remodels. Advantages such as a connected family and a cook that is not isolated are why open kitchens have maintained their popularity. "Another way to enhance this connection is by incorporating an island with connected table-type seating," Owens said. "This keeps family and guests out of the workspace, but close to the action of what the cook is preparing."

Finally, an attic getaway is the remaining trend on the list. Similar to the basement, the attic offers a way for homeowners to remodel an existing space, instead of constructing an addition. Attics offer precious square feet for guest bedrooms or even family getaways. The focus is less on what's missing, such as ceiling height, and more on design tricks and aesthetic choices to make the space comfortable, bright, and personalized as much as possible.

For more information or to arrange an initial showroom (located at S63 W13131 Janesville Rd.) consultation, call Callen at 414-529-5509 or visit www.CallCallen.com.



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JANUARY 1
National Hangover Day
JANUARY 2
National Buffet Day
National Cream Puff Day
JANUARY 3
National Chocolate
Covered Cherry Day
JANUARY 4
National Spaghetti Day
JANUARY 5
National Whipped Cream Day
JANUARY 6
National Cuddle Up Day
JANUARY 7
National Bobblehead Day
JANUARY 8
National Sunday Supper Day
JANUARY 9
Second Monday in January
JANUARY 10
National Bittersweet Chocolate Day
JANUARY 11
National Milk Day
JANUARY 12
National Curried Chicken Day
JANUARY 13
National Blame Someone Else Day
JANUARY 14
Dress Up Your Pet Day
JANUARY 15
National Strawberry Ice Cream Day
JANUARY 16
National Fig Newton Day
JANUARY 17
National Hot Buttered Rum Day
JANUARY 18
National Winnie The Pooh Day
JANUARY 19
National Popcorn Day
JANUARY 20
Cheese Lovers Day
JANUARY 21
National Hugging Day
Squirrel Appreciation Day
JANUARY 22
National Blonde Brownie Day
JANUARY 23
National Handwriting Day
JANUARY 24
National Peanut Butter Day
JANUARY 25
National Opposite Day
JANUARY 26
National Spouses Day
JANUARY 27
National Chocolate Cake Day
JANUARY 28
National Have Fun At Work Day
JANUARY 29
National Puzzle Day
JANUARY 30
National Croissant Day
JANUARY 31
National Inspire Your
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Bob Marries a Blonde

**Dear Diary,
It's fun to cook for
Bob...**

Monday: Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbors were nice enough to loan me the extra bowls.

Tuesday: He wanted fruit salad for supper. The recipe said serve without dressing. So I didn't dress. What a surprise when he brought a friend home for supper.

Wednesday: A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath anyway. I can't say it improved the rice any.

Thursday: Today he asked for salad again I tried a new recipe. It said prepare ingredients; lay on a bed of lettuce one hour before serving. He asked me why I was rolling around in the garden...

Friday: I found an easy recipe for cookies. It said put the ingredients in a bowl and beat it.. There must have been something wrong with this recipe. When I got back, everything was the same as when I left.

Saturday: He did the shopping today and brought home a chicken. He asked me to dress it for Sunday. I don't have any clothes that fit it, and for some reason he keeps counting to ten.

Sunday: I wanted to serve roast but all I had was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

GOOD NIGHT DEAR DIARY. This has been a very exciting week! I am eager for tomorrow to come so I can try out a new recipe. If I can talk him into buying a bigger oven, I would like to surprise him with a chocolate moose.

Midwest Living
20 Favorite Wisconsin Recipes

Brats n' Beer Cheddar Chowder

Use your favorite beer to flavor the creamy cheese base for this main-dish sausage soup.

Ingredients

- 2 tablespoons butter or margarine
- 1 medium onion, finely chopped (1/2 cup)
- 1 medium carrot, coarsely shredded (1/2 cup)
- 3 large shallots, chopped
- 1 14 - ounce can vegetable broth or 1-3/4 cups vegetable stock
- 1/3 cup all-purpose flour
- 1 cup whole milk, half-and-half or light cream
- 1 teaspoon caraway seeds, crushed
- 1/4 teaspoon ground black pepper
- 10 ounces Wisconsin Aged Cheddar cheese or sharp cheddar cheese, shredded
- 4 cooked smoked bratwurst, knockwurst or Polish sausage (about 12 ounces total), halved lengthwise and sliced
- 1 12 - ounce can beer or 12-ounce bottle ale



Directions

In a large saucepan, heat the butter over medium heat. Add onion, carrot and shallots; reduce heat to medium low. Cook, stirring frequently, about 10 to 15 minutes or until the onion is very soft and golden.

In a large screw-top jar, combine broth and flour. Cover and shake until combined and smooth. Stir into the onion mixture. Add the milk, caraway seeds and black pepper. Cook over medium heat, stirring frequently, about 5 minutes or until the mixture thickens. Gradually stir in the cheese; reduce heat to low. Cook, stirring frequently, until cheese melts, but do not boil. Stir in the bratwurst and beer. Cook, stirring frequently, until heated through. If you like, serve with rye bread. Makes 4 to 6 main-dish servings (7 cups).

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With the cold weather outside, warm up inside with this Friday-feel-good! Here's a delicious chowder from the Mayo Clinic staff -and it throws in a healthy dash of healthy eating!!

The addition of brown rice and cooking slowly makes this low-fat clam chowder taste very creamy.
Serves 4

- | | |
|---------------------------|------------------------------|
| 1 cup diced carrots | 2 cups low-fat milk |
| 1 cup diced celery | 1 1/2 cups vegetable stock |
| 2 cups diced yellow onion | 1 teaspoon minced thyme |
| 2 cloves garlic, minced | 1 teaspoon minced oregano |
| 2 ounces lean ham | 1 teaspoon fennel seed |
| 1 tablespoon canola oil | 1 tablespoon black pepper |
| 1 cup diced fresh clams | 1/2 cup diced red potatoes |
| 1/2 cup clam juice | 1/4 cup brown rice, uncooked |

Directions

Saute carrot, celery, onion, garlic and ham in canola oil over medium heat until lightly brown, about 10 minutes. Add clams and clam juice, continue to cook slowly to reduce volume by half. Add milk, stock, herbs, spices, potatoes and rice.

Bring to simmer, reduce heat and cook for 1 hour, until rice is cooked and stew has thickened considerably. Serve. And, of course, enjoy!!

A little old lady was running up and down the halls in a nursing home. As she walked, she would flip up the hem of her nightgown and say 'Supersex.' She walked up to an elderly man in a wheelchair. Flipping her gown at him, she said, 'Supersex...' He sat silently for a moment or two and finally answered, 'I'll take the soup.'



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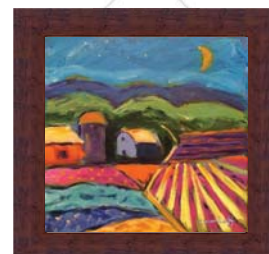


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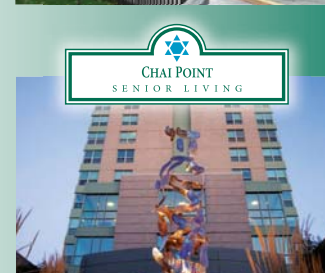
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1. Your thumb is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'
2. The next finger is the pointing finger. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the tallest finger. It reminds us of our leaders. Pray for the president, the prime minister, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.
- 4 The fourth finger is our ring finger. Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray enough for them.
5. And lastly comes our little finger - the smallest finger of all which is where we should place ourselves in relation to God and others. As the Bible says, 'The least shall be the greatest among you.' Your pinkie should remind you to pray for yourself.. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

COWBOY JOE

Cowboy Joe was telling his fellow cowboys back on the ranch about his first visit to a big-city church.

"When I got there, they had me park my old truck in the corral," Joe began.

"You mean the parking lot," interrupted Charlie, a more worldly fellow.

"Inside the door, I was met by this dude," Joe went on.

"That would be the usher," Charlie explained.

"Well, the usher led me down the chute," Joe said.

"You mean the aisle," Charlie said.

"Then, he led me to a stall and told me to sit there," Joe continued.

"Pew," Charlie retorted.

"Yeah," recalled Joe. "That's what that pretty lady said when I sat down beside her."

OH HOLY LION

Two guys are walking through a game park and they come across a lion that has not eaten for days. The lion starts chasing the two men. They run as fast as they can and the one guy starts getting tired and decides to say a prayer, "Please turn this lion into a Christian, Lord." He looks to see if the lion is still chasing and he sees the lion on its knees. Happy to see his prayer answered, he turns around and heads towards the lion. As he comes closer to the lion, he hears the it saying a prayer: "Thank you Lord for the food I am about to receive."

Three men are traveling on a ship, when they are accosted by the Devil. The Devil proposes that if each man drops something into the sea and he cannot find it, he will be that man's slave. If the Devil does find it, however, he will eat that man up. The first man drops a pure, clear diamond, and immediately gets eaten. The second drops an expensive watch, trying to impress the Devil, and gets eaten. The third man pulls out a bottle with holy water and pours it into the sea yelling, "You think I'm a fool? Try finding that!"

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The Happiest Cities in Wisconsin!

continued from page 14



2. Onalaska. Restaurants per capita: 1 per 493 inhabitants. Odds of being the victim of a violent crime: 1 in 1,794.5. Average commute time: 18.6 minutes. Median household income: \$59,186.

If you're trying to find your happy place, Onalaska is one of the cities you'll want to consider. Just over 18,000 people have settled down in this lakefront community, and life here seems to be pretty pleasant. Residents enjoy one of the best crime rates in our study. They also fare well when it comes to things like income, housing costs and the average commute.

1. New London. Restaurants per capita: 1 per 250 inhabitants. Odds of being the victim of a violent crime: 1 in 1,225.7. Average commute time: 20.5 minutes. Median household income: \$47,632.

Like many of the cities we've profiled, New London is on the small side with 7,200 residents, but that doesn't stop it from coming in at number one on our list. The median income is nothing to sneeze at and the ride to work isn't a major time crunch. New London is also a favorite among foodies, with restaurants like the Pine Tree Supper Club and Beacon Street Deli offering up delicious cuisine in a cozy atmosphere. *Did You Know:* New London is a major hotspot for fishermen who come to try their luck on the Embarrass and Wolf Rivers.

If you're wondering why Madison and Green Bay aren't on the list, it's not because folks who live in these cities are feeling forlorn about their choice of hometown. In fact, residents would probably tell you the exact opposite. When it came down to the criteria we used for measuring happiness, the cities that climbed to the top of our rankings just had the best numbers overall.

Rebecca Lake is a journalist at CreditDonkey.com, a credit card comparison and financial education website. Our data-driven analysis has been recognized by major news outlets across the country and has helped consumers make savvy financial and lifestyle decisions

Wall Street & Donald Trump

continued from page 16

in emerging and developed markets abroad, and losses in the debt markets. As assets in many portfolios are allocated across various asset classes to try and manage risk, this helps to explain why many retail investors saw only small gains or no gains at all immediately after November 8. They were not invested merely in the member firms of the Dow Jones Industrial Average.

Will this rally continue? As we all know, history provides information of the past, and no assurance of future returns. While it's possible that the new administration's policies will bear out this goodwill, it's also possible, after the administration convenes, that there is a new perspective. Only time will tell.

The only thing we know for certain is that most experts were incorrect about their presidential election predictions. This provides further evidence that our financial portfolios should be built for long-term growth and protection through uncertainty, instead of trying to outguess or time the market.



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.

If I ever go missing, you should put my picture on beer rather than milk bottles. This way, my friends will find me faster.

I was making Russian tea. Unfortunately I cannot fish the teabag out of the vodka bottle.

Wow, you look great! Did you lose weight?"

"Hey - did you just call me ugly and fat in retrospect?!"

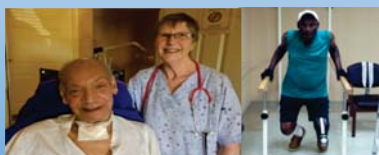
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Are you at risk for permanent vision loss from glaucoma?

By Cheryl L. Dejewski

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

DESCRIPTION: “Glaucoma is a condition in which fluid pressure in the eye affects the optic nerve, thus damaging how visual information is carried from the retina to the brain. Left untreated, it first causes loss of side vision and eventually all sight—permanently. The most common type is painless and progresses so slowly that most people don’t notice symptoms for years—until severe permanent damage has occurred,” explains Mark Freedman, MD, a partner at Eye Care Specialists, a local ophthalmology practice that cares for tens of thousands of glaucoma patients.

RISK FACTORS. Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center, notes the following risk factors for glaucoma:

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

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

Ethnicity: Black, Latinos and Asians can have up to a 6-8 times higher risk of going blind from glaucoma.

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

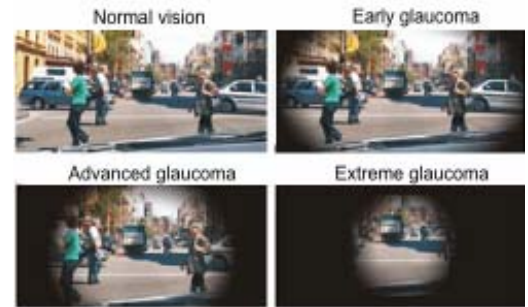
DETECTION: Daniel Ferguson, MD, an eye surgeon who performs advanced drainage implant procedures to alleviate glaucoma-related eye pressure, advises, “Since glaucoma and other sight-threatening conditions often don’t exhibit early symptoms, regular eye exams are vital after age 40.” A comprehensive exam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

optic nerve size and loss of pink coloring), **Tonometry** (a check of inner eye pressure done either with a puff of air or by painlessly touching the eye), **Visual Field Testing** (to create a “map” of the range of existing sight), **Gonioscopy** (to see if the drainage angle of the eye is open or closed), and an **OCT laser scan** (to diagnose, track and treat changes to the optic nerve and retina—often before damage occurs).

CONSEQUENCES. ‘Tunneling’ (loss) of side vision makes it difficult to safely navigate stairs, stay in the proper driving lane, detect obstacles, etc. Glaucoma has been shown to increase the risk of having a car accident by up to six times and triples the risk of falling. That’s why early detection and treatment are so important.

TREATMENT. “Glaucoma can’t be cured, but treatment can usually halt further damage. We typically prescribe drops to control fluid pressure. For some patients, however, laser treatment (SLT or ECP) may be a more effective alternative. These 10-minute procedures are covered by Medicare and most insurance plans. And, if successful in achieving steady normal pressures, they can reduce the burden of buying, taking and tracking daily glaucoma drops,” says eye surgeon Michael Raciti, MD.

FREE Booklets & Information: Call 414-321-7035 for a free educational booklet on glaucoma or information about scheduling a comprehensive screening (typically covered by Medicare and most insurances) at Eye Care Specialists’ offices on 7th & Wisconsin Avenue, Mayfair Road, or 102nd & National Ave. Or, visit www.eyecarespecialists.net.



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POINTS

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

ADD up the total number of points

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

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

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

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

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

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

The following test is pretty accurate and it only takes a few minutes... oh, go ahead...



This is a real personality test, authored by Dr. Charles Vine, and given by Human Relations Departments at many of the major corporations today.

It helps them receive better insight concerning their employees and in their prospective employees. It was also presented on the Dr. Phil Show. He scored 55 and Oprah received a 38. There are 10 simple questions, so grab a pencil and paper. Record your letter answers to each question.

1. When do you feel your best...

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

2. You usually walk...

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

3. When talking to people you...

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

4. When relaxing, you sit with...

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

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

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

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

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

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

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

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

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

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

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

10. You often dream that you are...

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

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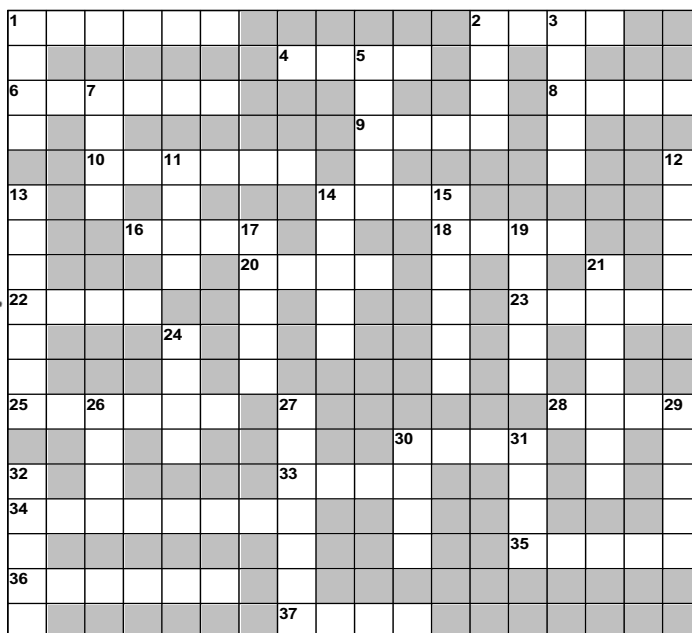
1. Potential harm
2. Single woman
4. To affix a notice
6. To withhold food
8. Secondhand
9. Jealousy
10. To direct the mind on
14. Caveman weapon
16. Suspend
18. Not pretty
20. Path in front of buildings
22. is the case
23. Time reference
25. Many cows
28. Moves the clouds
30. Water and chicken combo
33. Not out of
34. Consists of tracks
35. Mistaken
36. A bike for two
37. Past tense of take

Down

1. Floating particles
2. Allot more than two
3. Stuffing one puts in a pillow
5. The nose's sense
7. Opposite of a base
11. That's it
12. Fast
13. Extreme or severe
14. Saw for tree trimming
15. Connects a belt
17. Type of piano
19. Unforeseen success
21. Early daylight hours
24. Snow wish
26. Public transportation
27. Obvious
29. In action
30. In a little while
31. Turn the soil
32. This sometimes hurts

Crossword junkie!
abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER



Answers on page 26



**What's the difference
between your 1st & 2nd honeymoon?**
Niagara and Viagra

TRUE Super Bowl Wife!!

As a woman sat down at her seat on the 50 yard line for the Super Bowl, a man came along and asked her if anyone is sitting in the seat next to her. "No," she said, "the seat is empty."
"This is incredible," said the man. "Who in their right mind would have a seat like this for the Super Bowl, the biggest sporting event in the world, and not use it?"
Somberly, the woman says, "Well... the seat belongs to My husband he and I were to come here together, but he passed away. This is the first Super Bowl we have not been to together since we got married in '67."
"Oh I'm sorry to hear that, that's terrible. But couldn't you find someone else - a friend or relative or even a neighbor to take the seat?"
The woman shakes her head,
"No, they're all at the funeral."

A single woman who retired just a few months back walked up to a little old man rocking in a chair on his porch in her neighborhood. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?" "I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise." "That's amazing," the woman said. "How old are you?"
"Twenty-six," he said

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