

Your **LIFE!**

MAGAZINE

February 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



**Could we
really
COLONIZE
MARS?**

~page 7

IS MISUSE CREATING RESISTANCE?
ANTIBIOTICS

WHERE TO FIND THE
PERFECT MAN

INSIDE
~page 3



See the Latest RV Models
Wisconsin's Largest RV Show
Great Savings with Show Prices

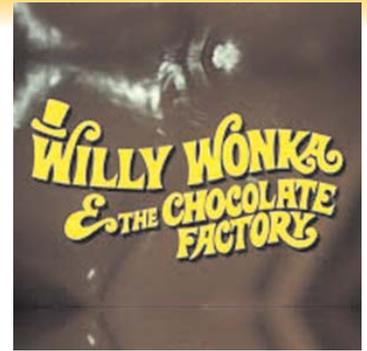
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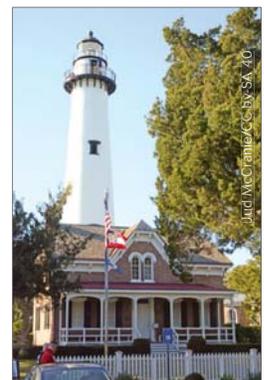
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Escape to Georgia's Golden Isles

From the Publishers

FEBRUARY 2017

As of January 29, we have gone 17 days without sunshine and my soul could sure use some light right now! Hopefully by the time you read this we will all have enjoyed a bit of sun and snow. No sun and no snow does not make for a happy editor. Winter is absolutely dull without the white stuff to play in and a bright sunny sky above -my skis are dusty and I've missed the fun that a well-aimed snowball has to offer!

The good news is that these dreary days will see us over the winter hump and as the days start getting a bit longer, we are again reminded of how quickly time passes us right by on this one-way journey. Life. Enjoy it.

I almost burnt the house down last week. Yup. I forgot about my sauteing onions while gabbing with a friend. There were enough flames in the pan to melt my stove's vent lightbulb! And obviously my common sense does not work well under pressure - I just grabbed that pan and threw it out the patio door. It was a great fire show while the oil burnt off the concrete! And yes, I am still thanking God that no harm to myself or the house came from it. I even kissed the smoke detector! Tom just chucked it up to another misadventure with his wife.

You are all invited to Amara's middle school musical Cinderella (ad on page 4). And while you are there, she'll sell you some Girl Scout cookies and tell you all about the state "Destination Imagination" competition she is in! Welcome to our life and the adventures of 7th grade.

The wheels are always spinning here and we welcome all avid on-line shoppers to take a trip to www.yourlifeshopping.com (page 18) for some obvious great shopping and cash back too! How lovely is that?

Thanks for reading and *Happy February!*

LIFE. *Enjoy it!*

Sandy and Tom Draelos



INSIDE THIS ISSUE

FEBRUARY CALENDAR.....pg 5

TRAVEL

San Francisco's Summer of Love Celebration.....pg 8

Discovering Georgia's Savannah.....pg 9

ANTIBIOTIC Overuse ALERT.....pg 11

Broken HEART Syndrome.....pg 12

SINGLE Women - Where to find a man.....pg 13

Five SUPER FOODS.....pg 15

History Lessons from the 1500s.....pg 16

February NATIONAL Days.....pg 17

Love is LAUGH out LOUD Funny.....pg 19

Protect your FINANCES from Divorce.....pg 20

Email, Spam & Telemarketers.....pg 23

WI Winter FISHING.....pg 24

CROSSWORD / WORD SEARCHpg 26-27

The Origins of A KISS

Has Hallmark tricked us into another \$5-Greeting-Card Holiday!?

I have a better idea... How about a little kissin' by a cozy fire!

Historians initially believed that kissing began with the Romans, when, returning from a hard day at the amphitheatre, Roman husbands would kiss their wives to see if they had been into the red wine. Following this theory, scientists proclaimed that people kissed because when their lips met a pleasurable electric current was generated - when two people embrace, hormones are released into the blood stream, which immediately induce a sense of euphoria.

But truly my favorite... Back in Prehistoric times it was important to select a mate with a good immune system to further the species with. So, as barbaric as it may sound, our ape-like ancestors would taste each other's saliva in order to find a healthy prospect. Saliva contains levels of a compound found in the body called immunoglobulin (IgA). IgA binds to bacteria and triggers the immune system to destroy them. Stress and anxiety levels can also be measured through saliva by monitoring the breakdown products of a neurotransmitter called noradrenaline, high levels of which indicate recent trauma. So instead of indulging themselves in the kissing purely for the joy of it, our predecessors were actually using smooching as a test of the health of their partner. Somehow their nervous system was able to recognise a suitable match purely through the exchange of, er..... spit.



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!

PUBLISHER / Editor

Sandra (Hill) Draelos

ADVERTISING

Advertising Sales Associates
Vicki Huber | Kelly Larson

OPERATIONS MGR

Thomas Draelos

GOPHER / Amara May



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PHONE: (414) 586-9212
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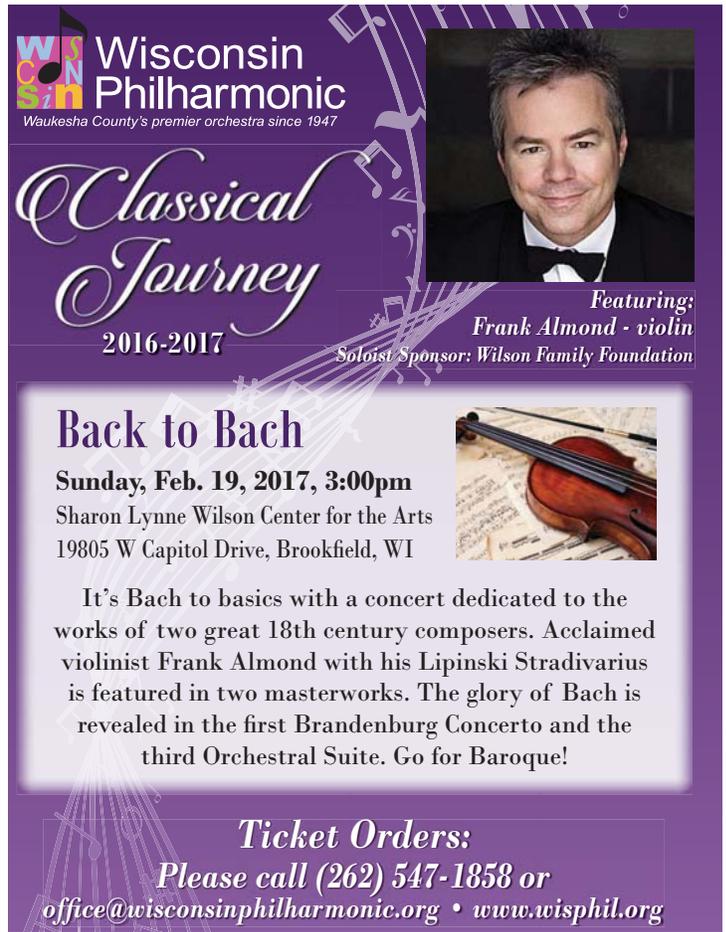
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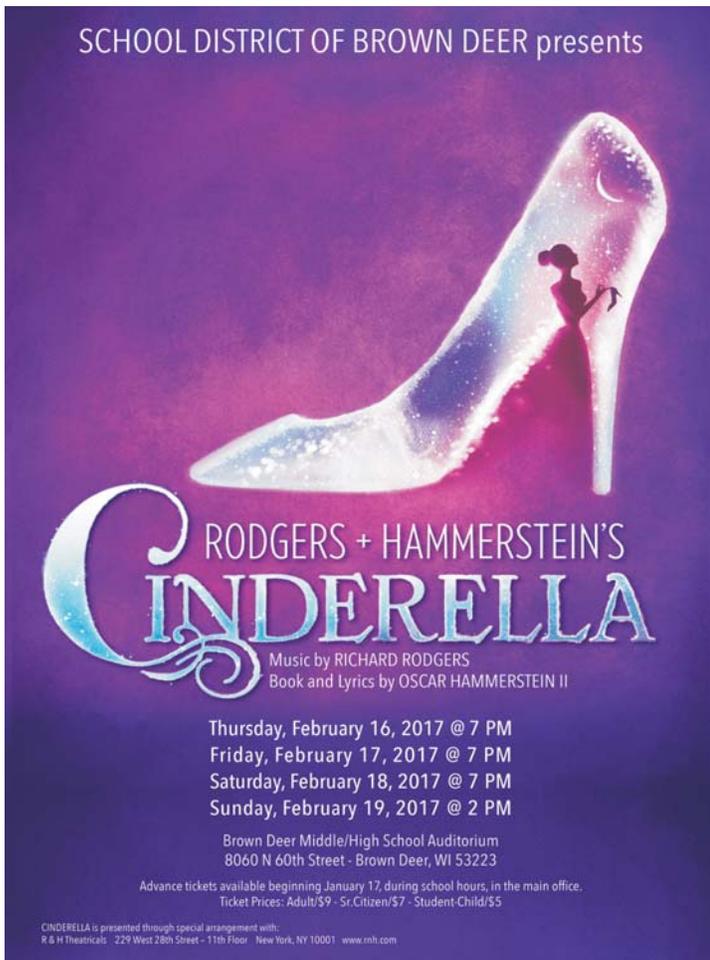
Back to Bach

Sunday, Feb. 19, 2017, 3:00pm
Sharon Lynne Wilson Center for the Arts
19805 W Capitol Drive, Brookfield, WI

It's Bach to basics with a concert dedicated to the works of two great 18th century composers. Acclaimed violinist Frank Almond with his Lipinski Stradivarius is featured in two masterworks. The glory of Bach is revealed in the first Brandenburg Concerto and the third Orchestral Suite. Go for Baroque!

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Sunday, February 19, 2017 @ 2 PM

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FEBRUARY CALENDAR

February 3-5

Fish Creek's Winter Festival
Fish Creek, WI
Celebrate with us for our 30th Annual Fish Creek Winter Festival. Wacky winter-themed carnival games for all ages under the big tent. From wine tasting to trolley rides, ice sculptures, a popular winter parade, Chili Cook-Off and even candlelight cross country skiing.

February 4

Great Lakes Pet Expo
Exposition Center at State Fair Park
Pet fundraiser show with animal entertainment, educational presentations, specialty pet products and services. Local rescues and shelters are featured with their companion/adoptable pets.

February 10-12

Sturgeon Spectacular
Sturgeon, WI
The Sturgeon's Evolution dates back over 200 million years! Haven't they earned a 3-day celebration? We're celebrating these famed bottom feeders with a weekend of fun for the family. A frozen Lake Winnebago is the stage, hosting outdoor hockey; public ice skating; ice kiting; fireworks. Indoor family fun around town too.

February 11

Greendale Winterfest 2017
Historic Downtown Greendale
Join us (10-4) in the heart of Historic Downtown Greendale for a day filled with winter fun! Participate (or just taste) in our annual Chili Cook-Off contest, watch our talented ice carvers turn a block of ice into a beautiful work of art, write a Valentine for the Armed Forces, and ice skate with Roscoe the Admirals mascot! We will even be bringing back the Master and Missy coloring contest for Greendale third graders – one boy and one girl will have the chance to win a ride in our Village Days parade and get FREE Ferch's custard for a year. Shops on Broad Street will be having specials and activities throughout the day.

February 11

Valentine's 1960s 2nd Chance Prom
Boerner Botanical Gardens
"Prom" at the Gardens '60s style! Boerner Botanical Gardens re-creates a 1960s high school prom for their 3rd annual Valentine's dance. Live music of the '50s-'70s with bands British Invasion '64 & Close Enuf. Guest emcee Gene Mueller. Dancing, raffles, games, & more. 1960s attire encouraged.

February 16-19

55th Annual Milwaukee NARI Spring Home Improvement Show
Exposition Center at State Fair Park
Wisconsin's largest home show featuring more than 700 exhibit spaces with the latest remodeling innovations and educational seminars by home improvement experts, national and local celebrities.

February 17

Flat Out Friday Indoor Flat Track Race
BMO Bradley Center Arena
An indoor, flat track, motorcycle race on a Dr. Pepper soda syrup surface. The dried syrup will allow the bikes to stick to the floor for maximum traction and speed. A week-end indoor invitational showcasing the best honest, homebuilt, and unusual race and street motorcycles from the Midwest.

February 17-19

In Celebration of Chocolate
The American Club in Kohler is dedicating an entire weekend to celebrate chocolate. For three delicious days, guests can satisfy their sweet tooth by taking part in the chocolate and wine dinner, chocolate pairings and of course, tastings. Taste the signature and newest creations from Kohler Original Recipe Chocolates.

February 18-19

Madison Winter Festival
A community festival in Madison celebrating and promoting outdoor sports, recreation, art and healthy lifestyles in the winter. Features cross-country skiing, snowshoeing, snow sculpting, sledding, running, skijoring and other family oriented events. 608-334-6814

February 18

The Milwaukee Public Museum's Food & Froth Fundraiser
Don't miss your one chance to tip back with a T-Rex, snap a selfie with MPM Snake, and cheers with Granny at her #frontporchpost! Once a year, the Milwaukee Public Museum throws open the doors for our Food & Froth Fundraiser, a giant after-hours party. Think hundreds of craft beers, dozens of samples from local restaurants and caterers, live performances from local bands, and three floors of exhibits. Your ticket directly supports education programs, collections, research, and exhibitions at the Milwaukee Public Museum.

February 18

Birds of Lake Michigan - Ozaukee County
Presented by Urban Ecology Center at Urban Ecology Center
Starting near Grafton in Ozaukee County we will work our way south along Lake Michigan to look for wintering ducks, geese, scoters, grebes, gulls, terns and loons. Binoculars and spotting scopes provided. Also, feel free to bring a lunch and stay for the Beak to Tail workshop at 1pm at no extra charge! We will meet at Washington Park and travel together.

February 18-19

Cedarburg Winter Festival 2017
This year's theme is Mardi Gras. See the popular Ice Carving Contest where 300 pound blocks of ice are transformed into glistening blocks of frozen art! The festival will also feature a chili contest, Grand Parade, musical talent competition, dog weight pull, bed races on ice, fun kids' events and, of course, cold brew and tunes.

February 24-26

55th Annual O'Reilly Auto Parts World of Wheels
Exposition Center at Wisconsin State Fair Park Custom Car Show – North America's Premier Show car series

February 25

Frozen Tundra Wine Fest
Kewaunee, WI
Outdoor wine fest to celebrate our Wisconsin grapes that can survive our harsh winters, yet produce award winning wines! Admission \$12 includes: Frozen Tundra wine glass, 5 wine samples, tours, gourmet food samples, live music, horse carriage rides, food available for purchase, and more. Visit us online for details. Come experience A Taste of the Tundra! This is a must do for any hardy Wisconsinite! Tickets will be sold by pre-sale only

February 25

Urban Candlelight Hike
Urban Ecology Center at Three Bridges Park
3700 W. Pierce St.
5:30pm - 8:30pm
There's something for everyone at the first ever Urban Candlelight Hike: a pizza buffet, hot chocolate, churros, hiking/snowshoeing, a roaring campfire & marshmallows, and toasty warming shelters await! Over 500 lights lighting the trails!
Bundle up and experience winter adventure in a whole new light at the first ever Urban Candlelight Hike in Three Bridges Park!

February 25 - March 5

2017 Auto Show
Wisconsin Center District
See the 2017 models from all the major brands plus concept cars, hybrids, classics, antique and custom cars, performance accessories and more!
Do all your auto shopping under one roof – or just come to kick the tires!

March 4-18

Maple Fest
Elegant Farmer
1545 Main Street, Mukwonago
Come taste and see how maple syrup is made from sap with demonstrations by the Covenant Harbor Nature staff on Saturdays, March 4, 11 & 18.

The Milwaukee West Suburban
Christian Women's Connection

*Invites you to
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Monday, Feb 20th, 2017

9:30-11am

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Speaker: *Maggie Imig, Sheboygan, WI*

*"Seven Magnificent Men
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Soirée a party for a purpose March 18, 6:30 pm at Polish Center of Wisconsin

A fundraiser presented by SMPAC Council, a 501c(3) organization



Old World Wisconsin seeks employees and volunteers to help bring Wisconsin history to life

In preparation for the 2017 operating season, Old World Wisconsin seeks employees to help bring Wisconsin history to life!

Our team is looking for enthusiastic applicants, who believe in exceptional customer service and have the vision to bring history alive for guests of all interests and ages.

Most positions are mid-April through October, plus the first two week-ends in December. We need workers for weekdays and week-ends, part-time or 40 hours per week and flexibility may be an option for some positions.

Those interested should stop in any time during the open house to learn more and to complete an application. If unable to attend, they should email oww@wisconsinhistory.org or call 262-594-6301 for more information about open positions.



A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

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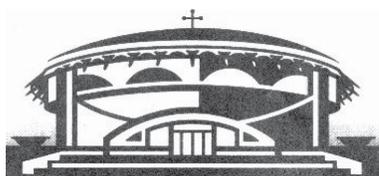
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More info at www.annunciationwi.org/ or search Taste of Greece on Facebook!

If humans ruin or outgrow Earth, are there other planets we can hope to colonize?

AS THE HUMAN POPULATION SWELLS AND GLOBAL WARMING COMPOUNDS OTHER ENVIRONMENTAL PROBLEMS HERE ON EARTH, THE NOTION OF COLONIZING OTHER PLANETS IS MORE APPEALING THAN EVER.

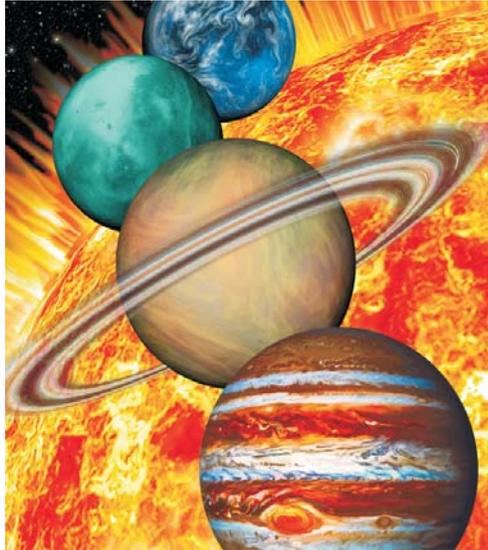
How far along are we on efforts to support large numbers of people on the moon or other planets if our population gets too big or we ruin the environment here on Earth? While we are far from being able to support human communities elsewhere in the solar system and beyond, environmentalists are increasingly interested in space exploration as one potential solution to our own earthly woes.

If humans ruin or outgrow Earth, are there other planets we can hope to colonize?

Mars is by far the most promising planet in the solar system on which we could support substantial human life. Currently, Mars is a desolate desert, but the so-called "red planet" once contained liquid water and perhaps harbored life. Many of the elements we depend upon to support life here on Earth, including carbon, silicon, iron and even frozen water, are present on Mars, giving researchers hope that one day some of us could hopscotch through space and set up shop there.

The first challenge of colonizing Mars is transportation. The furthest a manned mission has ever gone to date is the moon, and Mars is 140 times further away. Currently the biggest hurdle is the cost of spaceflight. But a new breed of private companies such as SpaceX and Blue Origin have invested in making launching more efficient by streamlining manufacturing and even reusing rockets. Elon Musk, CEO of SpaceX, claims he can reduce the cost of spaceflight 100-fold.

The best concrete plan for landing humans on Mars is called Mars Direct. Designed by aerospace engineer and Mars Society founder Bob Zubrin, this plan was rejected by NASA because it failed to fully utilize new technologies such as



the International Space Station. Zubrin thinks we could get ourselves to Mars for only \$55 billion, which seems like a bargain compared to the \$250 billion figure suggested for a Mars landing back in 1969 after our first moon landing.

The most immediate problem for human habitation on Mars is the severe temperature. The average temperature on the surface of the red planet is -67° Fahrenheit compared to the balmy 61° here on Earth. Elon Musk suggests there are two ways to overcome this obstacle. The fast way would be by dropping nuclear weapons on Mars' poles, while a slower solution would entail emitting huge amounts of carbon into the Martian atmosphere much as we are doing on Earth but to a larger extent. In theory, this carbon seeding plan would cause the atmosphere to grow and eventually shield much of the radiation that would otherwise be harmful to Martians. Since carbon dioxide is the main gaseous nutrient consumed by plants, it's possible that many plants could thrive on Mars. Without competition, plants

could take over the planet and put oxygen into the atmosphere, eventually making it possible for humans and other animals to populate Mars without oxygen masks.

There are still problems with colonizing Mars, however. Its low gravity would corrode human bones and giant storms rage across the currently barren planet. In sharp contrast, Earth is rich in resources and water, making it naturally habitable for plants and animals. Addressing the problems here on Earth will likely be easier than escaping them by fleeing to Mars or other planets.

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why isn't ketchup a smoothie?*

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 Wisconsin Exposition Center - State Fair Park
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The Summer of Love
 Celebrating 50 Years 1967-2017
 SAN FRANCISCO

In 1967 nearly 100,000 young people converged on the Haight-Ashbury neighborhood, turning San Francisco, CA into the epicenter of a cultural phenomenon known as the Summer of Love. During this transformative time, music, fashion, art and new ideas flourished and there was a feeling that everything was possible.

That feeling never left the city. The young hippies that gathered in the city 50 years ago, and the sons and daughters of those who wore flowers in their hair, went on to stand up for civil rights and the environment, dared to question authority and still flock to the Haight-Ashbury neighborhood, forever linking the city to the counterculture and the ideas it launched, nurtured and spread.

This month, exactly 50 years after the Love Pageant Rally, a spirited gathering in the Panhandle of Golden Gate Park that helped put into the motion the events that led to the Summer of Love, San Francisco Travel and the California Historical Society (CHS) are announcing a year-long celebration of the transformative Summer of 1967.

For visitors to San Francisco in 2017, the 50th anniversary will be a celebration with major exhibitions at some of the region's top museums, special events and concerts looking back at the Summer of 1967 and exploring what that period meant then and now. The celebration will also include a range of service and volunteerism events inspired by the original Summer of Love.

San Francisco Travel and the California Historical Society have joined forces on the 50th anniversary of the Summer of Love. Celebrating this rare moment in history, the California Historical Society provides the detailed factual and cultural context for this seminal summer through its own exhibition and work with cultural partners such as the de Young Museum. San Francisco Travel is the go-to resource for visitors planning a trip, including must-see events, itineraries and tours that follow the footsteps of some of the greatest musicians of all time.

To help visitors plan their "trip," the San Francisco Travel Association has launched a special website, www.summeroflove2017.com, which provides an ever-expanding guide to the whole groovy scene, including events and itinerary ideas. The site also links to the California Historical Society.

Visitors to San Francisco can also enjoy walking tours, apps and hop-on, hop-off tours that follow the footprints of this seminal summer. The spirit

SUMMER of LOVE continued on page 10



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Discovering the Southern Charms of the Georgia Shores

Slow and Easy Does It When Taking in Savannah and the Golden Isles

By Rebecca Steimle

Sultry Savannah in the summertime drips with heat, history, Spanish moss and southern charm. Come see us, it beckons. Relax. Stay a spell.

This city – more like big small town – is at once stunningly beautiful, inviting and walkable. Its old homes, mansions and luscious gardens give it an intoxicating, sensual beauty, while its slow Southern pace makes visitors feel they've come home.

A little oceanside “R and R” along the Atlantic coast and you've got the perfect trip. In years past, I'd several times rented a house on the ocean, three kids in tow, for lots of surf, sandcastles and sunburns. This year, I'm going back with my grown daughter to experience more of what we want to do – more culture, natural beauty, and more of the absolutely *endless* gardens tucked everywhere you go in these towns.

The Golden Isles: Life on “Slow”

We still love the Zen of a beautiful beach, though, so on the advice of Fred Griffith, a friend who owns the Coastal Georgia Experience tour company, we'll start this trip on the water – on Georgia's “Golden Isles” – before heading inland.

An eastern Georgia native and 10-year resident of St. Simons Island, Fred says the untouched nature across many of the barrier islands is what he appreciates in the region. Most islands are reachable only by boat or aircraft – leaving them primarily the jurisdiction of the surrounding sea life and native bird populations.

However, three islands – Jekyll, Tybee and St. Simons – are connected to the

mainland by bridges, so those are the islands people visit. Tybee, where most beach-seeking tourists go – can see as many as 30,000 people on the beaches in a day. Not for us.

Our destination – St. Simons – is roughly the size of Manhattan, but there the similarities end. Here, no structure can be taller than the lighthouse – four stories, tops – and 40 percent of the island is intentionally undeveloped. Similarly, Jekyll Island, which is owned by the state of Georgia, is a designated wildlife refuge, so development is even more limited.

“It's one of those few affordable places on our planet that you can be among native wildlife and away from civilization,” Fred says of the long stretch of beach on the south end of St. Simons. “It's so unoccupied that at times you feel like you're the only person on earth who knows about it.”

Yet active visitors can still find kayaking, sailing, biking, horseback riding on the beach, dolphin-spotting and turtle-watching.

Gullah Preserve Old Ways

Before our last visit some years back, my anthropologist mother told me about the Gullah, descendants of slaves “imported” here from the western coast of Africa hundreds of years ago. Living on the Sea Islands in small farming and fishing communi-



Photos courtesy of www.visitgeorgia.org

Discovering GEORGIA continued on page 10



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Southern Charms of the Georgia Shores

Continued from page 9

ties, their relative geographical isolation resulted in strong community life, and they've been able to preserve much of their African culture over centuries.

I've since read with fascination about their musical African dialect, folk tales, and African-style handicrafts, including hand-woven sweet grass baskets, used for centuries for both agricultural and household purposes.

To see more of Gullah life today, Fred suggests taking a guided tour with Seretha Tuttle of Gullah n Geechie Mahn Tours, followed by sampling Gullah cuisine. Their low-country one-pot dishes, with names like "Hopppin' John" and "perloo," feature local ingredients like okra, peanuts, field peas, shrimp, crab, oysters and fish.

Best place to get some good Gullah grub before heading to Savannah? Well naturally, says Fred, where else but the little "Gullah Grub" café on St. Helena Island.

The Grace and Ghosts of Savannah. In Savannah, you easily step back in time 150 years. Lovingly preserved Georgian and Federalist architecture let you imagine the

city's earliest residents steering horse-drawn carriages down cobblestone streets, and stopping at one of the many ornate antebellum homes.

Savannah is aptly nicknamed the "Garden City," and per the original design by founder General James Ogelthorpe in 1733, its historic district comprises numerous manicured squares and parks. A highlight is 30-acre Forsyth Park, with its iconic Fountain and the grandest trees – "southern live oaks" 100-foot branch span.

Another pleasure in this town so steeped in history is a visit to... a *graveyard*? Yes, the ornate cemeteries are among the city's most popular attractions! Colonial Park is Savannah's oldest, dating back to the early 1800s, and Laurel Grove South Cemetery is the final resting place of many slaves. But Savannah's most famous burial ground is Bonaventure Cemetery, famed site of the "Bird Girl" statue on the cover of John Behrendt's novel *Midnight in the Garden of Good and Evil*. Although she's been moved to the Telfair Museum, equally lovely are "Gracie"

and the "Lawton Grave," two of the cemetery's most evocative gravestones.

Those interested in specter-seeking – aka "ghost tours" – will find more than a dozen outfits offering walking, carriage or trolley ghost tours. They stop outside the graveyards to spin such tales as the legend of Mary the Wanderer, who, having walked into the ocean despondent at the loss of her true love – a Union soldier – is said to roam in search of him to this day. Some locals tell of butlers who knock on doors at the Jekyll Club Hotel, presumably with invisible room service.

Secret No More. Stately and laid-back, beautiful and historical, humorous and mysterious – it's no wonder that Coastal Georgia was named among *Lonely Planet's* Top 10 Regions in the World to visit in 2017. That's the lure of Savannah and the Golden Isles. One visit and you want to stay forever. I can't wait to go back.

Article submitted by Country Travel Discoveries at 855-744-8747 / www.CountryTravelDiscoveries.com.



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The Summer of Love

Continued from page 8

lives on at locations like the Fillmore Auditorium and Golden Gate Park. Displays at the Hard Rock Café at Pier 39 include an autographed Grateful Dead guitar, clothing worn by Jerry Garcia and Jimi Hendrix and one of the last photos of Janis Joplin. Madame Tussauds invites visitors to get close to lifelike recreations of these luminaries and others. "Beach Blanket Babylon," the world's longest running musical revue, gives the hippies a light-hearted sendup.

The San Francisco Travel Association is the official destination marketing organization for the City and County of San Francisco. For information on reservations, activities and more, visit www.sfravel.com, read the Visitors Planning Guide or call 415-391-2000.

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A man asks his wife,
"What would you do
if I won the lottery?"
His wife says, "Take
half and leave you!"
The man replies,
"Great! I won 12
bucks, here's six,
now get out!"



ANTIBIOTICS

Misuse Puts Us All at Risk

Antibiotics can be lifesavers, but misuse has increased the number of drug-resistant germs.

Drugs that used to be standard treatments for bacterial infections are now less effective or don't work at all. Overuse and misuse of antibiotics are key factors contributing to antibiotic resistance.

By Mayo Clinic Staff

Antibiotics are important drugs. It would be difficult to overstate the benefit penicillin and other antibiotics have played in treating bacterial infections, preventing the spread of disease and minimizing serious complications of disease.

But there is also a problem with antibiotic medications. Drugs that used to be standard treatments for bacterial infections are now less effective or don't work at all. When an antibiotic drug no longer has an effect on a certain strain of bacteria, those bacteria are said to be antibiotic resistant.

The overuse and misuse of antibiotics are key factors contributing to antibiotic resistance. The general public, doctors and hospitals all play a role in ensuring proper use of the drugs and minimizing the development of antibiotic resistance.

What causes antibiotic resistance? A bacterium is resistant to a drug when it has changed in some way that either protects it from the action of the drug or neutralizes the drug. Any bacterium that survives

an antibiotic treatment can then multiply and pass on its resistant properties. Also, some bacteria can transfer their drug-resistant properties to other bacteria — as if passing along a cheat sheet to help each other survive.

The fact that bacteria develop resistance to a drug is normal and expected. However, the way that drugs are used affects how quickly and to what extent drug resistance occurs.

Overuse of antibiotics. The overuse of antibiotics — especially taking antibiotics even when they're not the appropriate treatment — promotes antibiotic resistance. Antibiotics treat bacterial infections but not viral infections. For example, an antibiotic is an appropriate treatment for strep throat, which is caused by the bacterium *Streptococcus pyogenes*. It's not, however, the right treatment for most sore throats, which are caused by viruses.

If you take an antibiotic when you actually have a viral infection, the antibiotic is still attacking bacteria

in your body — bacteria that are either beneficial or at least not causing disease. This misdirected treatment can then promote antibiotic-resistant properties in harmless bacteria that can be shared with other bacteria.

There are likely several factors contributing to overuse. When penicillin and other antibiotics were first

Antibiotics continued on page 22

Common viral infections that do not benefit from antibiotic treatment include:

- Cold
- Flu (influenza)
- Bronchitis
- Most coughs
- Most sore throats
- Some ear infections
- Some sinus infections
- Stomach flu

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Broken Heart SYNDROME



The poet of the Psalms recognized that "by sorrow of the heart the spirit is broken" (Psalms 15:13)

It's a timeworn theme, dying of a broken heart. In Shakespeare's *Anthony and Cleopatra*, a broken heart takes Enobarbus. In Gilbert and Sullivan's *The Yeomen of the Guard*, it takes Jack Point. Reports of dying of a broken heart have appeared in recent news, old news, and ancient narrative.

In 2000, Japanese cardiologists noticed something odd about several victims of cardiac arrest. A typical heart attack results from deterioration of the heart and arteries, cholesterol buildup, diabetes, alcoholism, embolism, or some other factor. But these patients showed little or no sign of cardiovascular disease. EKG imaging revealed an unusual problem: a partial malfunction of the left ventricle caused the tip of that heart chamber to bulge instead of contracting. On the EKG, the ventricle resembled, to the Japanese doctors' eyes, a "tako-tsubo"—an octopus trap. Hence the syndrome's first name - Takotsubo cardiomyopathy - or Broken Heart Syndrome.

In Broken Heart Syndrome, a heart reacts adversely to stress hormones and stops pumping correctly. Dr. Scott Sharkey of the Minneapolis Heart Institute refers to it as a "concussion" of the heart. In rare cases it's fatal.

The stress can come from anything—the end of a relationship, the loss of a job, the death of a loved one. Takotsubo cardiomyopathy may be involved in some cases where one member of a couple dies and the other seems to waste away from grief, sometimes dying soon after. Aurllo and Virginia Bonney, married for 65 years, died within eight days of one another. "He didn't look like he wanted to be here," Donna Leggett, activities director at the Bonneys' retirement home, told MSNBC, describing the surviving husband. "I didn't see any joy, humor, a desire to even eat. I think he was lost."

Stress can overwhelm a heart when a job is lost. Three steel workers in New York state died of heart attacks within weeks of each other recently. None was over 56 years old. All had just been laid off. One Yale study found that in older workers, layoffs bumped up the risk of stroke and heart attack by more than 100%. Another researcher observed an 83% increase in stress-related health issues among workers who'd lost their jobs.

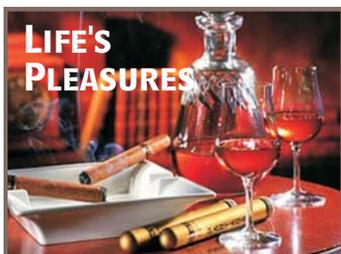
The odds a person will *have* Broken Heart Syndrome in a year are **1 in 25,010**. If that's not reassuring enough, consider two facts. First, a typical heart attack, complete with coronary artery disease, is far more likely than a literal broken heart: the odds an adult 35 or older will have a heart attack in a year are **1 in 171.3**, and the odds a person will die from heart failure in a year are **1 in 1,031**.

Second, while Broken Heart Syndrome can be *mistaken* for a myocardial infarction, it is not one. It is not caused by blocked arteries, so no arterial bypasses are required. With treatment, almost all patients make a full recovery: the odds a person will survive Broken Heart Syndrome - 99%.

BROKEN HEART--Not literally that the heart is "broken." But there is something referred to as "broken heart syndrome." As you might imagine, it refers to an emotional sorrow. It is most often used to describe the condition of an elderly woman with recent emotional distress who has a heart attack.

Everything looks like a heart attack, but there are absolutely no blockages. Yet it's actually a heart attack.

So is there an emotional connection? Does "sadness in the heart" somehow affect it physically?



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God's Will for Your Life

It is a common Christian experience to be on a lifelong journey to discover God's will. For these folks, the Bible is a dark and closed book, so they turn to their heart's desires and life's circumstances for clues.

Telling themselves that the unknown outcome is in God's hands, they take blind steps towards their own ends while remaining ignorant of God's will.

This is all a deception, and the greatest one there is: doing your own will, and in hindsight calling it God's. Soon, time flies by, and God's will is still a mystery.

When Christians ask to know God's will, what they are really asking for is God's opinion about their circumstances, as if he were a personal career counselor. The expectation is that God will change his purpose to match our desires.

Does this describe you?

Wouldn't it be good to understand it sooner, so you can get busy doing it?

God's will can be known in the Bible if you know where to look. "Having made known unto us the mystery of his will, according to his good pleasure which he hath purposed in himself." -Ephesians 1:9

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Sloppy Sweet Pick Up Lines



Perfect for Valentine's Day

My friends bet me that I wouldn't get to start a conversation with the most beautiful girl here. Shall we buy some drinks with their money?

Did that hurt? When you fell from heaven?

Do you have a Bandaid? Cause I just scraped my knee falling for you.

If I were to follow you home, would you keep me?

It's not your chest I'm staring at. I'm staring at your heart.

Are you an interior designer? Because when you walked in, the entire room became beautiful.

I'm new in town, could I have the directions to your house please?

Do you believe in love at first sight, or should I walk by again?

SINGLE WOMEN: UNCOVER THE SECRETS TO FINDING YOUR PERFECT MAN

Author and dating expert Tristan Coopersmith suggests it's time to diversify potential dating playgrounds. Coopersmith is well versed in the dating process and well equipped to provide insight. "Most women always look in the wrong places," states Coopersmith. "After all, who really wants to tell their grandchildren that they met grandpa while surfing the net or in a bar?"



Coopersmith attests that there is a vast array of alternatives to man shopping, "All women have to do is hang up their open for business sign." She adds, "By projecting a friendly, available attitude and putting on their peripheral dating vision they will finally see the whole world as one giant dating pool ripe with **mandidate** (i.e. man candidate) opportunity."

Through thoughtful research and years of personal experience (good and bad) Coopersmith unveils 10 unusual scouting locations bursting with boys and men.

1. Driving range. Don't let the cheating ways of Tiger Woods have you thinking that all golf enthusiasts are self-proclaimed sex addicts. Some of them are actually dateable. The driving range is littered with single guys perfecting their game for personal interest or business advancement purposes. Nuzzling up to one to get a few pointers on your stroke is an easy way to score.

2. Vegas! Do not stop at the slot machines, do not get caught up at roulette – go straight to the big boys tables: craps and blackjack to increase your odds of winning some *real* cash, and an eligible bachelor. Guys love vivacious, confident women (i.e. lady lucks) around the table betting on their own or cheering them on as they strut their gambling savvy. Alternatives that work equally well, the horse track or car-racing track. They are all sure bets!

3. Sunday brunch hotspots. Another case of misery loves company but in this instance it's a pounding headache and a queasy hangover hankering for an egg n'cheese omelets and a bottomless coffee that unites single souls on weekend mornings at none other than, brunch. Busy brunch hotspots are a hub for hookups as he and she wait in line together for tables, creating an opportune time for light-hearted conversation, which could lead to a table for the two of you in the future.

4. Beer festivals. Where there is beer, there are men. Enough said.

5. Record stores (yes, they still exist). CD and record stores, old and new are filled with guys looking for the latest release or the rarest treasure. If you are a lover of music this could be the spot to score your rocker prince charming. This is a great locale to discover upcoming concerts in town, which is also another ripe field.

6. Public transportation. Commutes are arduous, flights are boring, waiting at a stop can cause anxiety, so why not spice it all up with a flirting session? The public transportation arena – be it bus, subway, train, ferry or plane is a most foolproof place to approach a mandate because your target is as likely to be craving a time-killing activity as you, so he will welcome the conversation. Purposefully sit next to someone who catches your eye and navigate your way into falling into conversation.

7. Men's clothing stores. Got some shopping to do for your brother, father? As opposed to being the feeble female in need of help like at the hardware store, come to someone's rescue in the clothing arena. When you spot someone who looks a little helpless, grab something that with your keen style eye you know would look great on him. Next thing you know, you will be accessorizing him from head to toe all throughout the store, eventually in need of a happy hour cocktail break.

8. Errand running. No more running around in your jammies with last night's eyeliner smudged, as you check off your to-do list. Some of the best men run-ins occur when you are not the fashionable version of yourself. Expect Cupid to shoot his arrow at anytime and be open to being hit. Think of the grocery store (note: go late night and hit the prepared food or frozen food section) post office, car wash, dry cleaner, coffee shop, bookstore as all possible places to meet someone special.

9. Auto show. This is the man mecca – the place where men flock to annually to set their eyes on beauteous curves of steel and talk shop about horsepower, MPG and gigawatts. They ogle all day at the fine pieces of machinery, daydreaming of what they wish could have. What would be better than meeting a real girl who is impressed by car passion and likes cars a little too?

10. Co-ed barber shops on a weekend morning. Men get their hair 'done' too! Go to the barbershop for your next style. In many cities there are hipster shops that cater to not only male do's, but ladies do's too. Stop by on a Saturday or Sunday morning for a harmless trip, and a packed-house of possibilities waiting to get groomed - and appreciating you for skipping the \$200+ per cut salon.



A woman walks into a post office and notices a middle-aged, well-dressed man standing at the counter methodically placing "Love" stamps on bright pink envelopes with hearts all over them. As he seals each envelope, he sprays it with a puff of perfume.

The woman's curiosity gets the better of her, so she goes up to the man and asks what he is doing.

The man replies, "I'm sending out 1,000 Valentine cards signed, 'Guess who?'"

"But why?" she asks.....

"Because I'm a divorce lawyer," the man replies.



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We've all heard of "Superfoods" – the many foods with superpower-esq multitasking abilities: providing multiple disease-fighting nutrients, filling you up so you can enjoy plenty of food without excess calories, and can be easily included in everyday meals. You're probably aware of the obvious ones – blueberries, salmon, eggs, etc – but there are tons more you should be eating and can incorporate into your diet without breaking the bank or donning an iron chef hat!



· **Sardines:** Sardines have gotten a bad rap, but loaded with heart-healthy, mood-boosting omega-3 fats and vitamin D, this is one "Superfood" you might want to reconsider. Added Bonus: sardines are small and low on the food chain, so they don't harbor the toxins like bigger fish.



· **Tofu:** This is widely accepted as one of the healthiest foods, and understandably so! Low in calories, high in protein and iron (plus no saturated fat or cholesterol) this Superfood should be a constant staple in your fridge! Plus, it can be made with almost any sauce, in countless recipes, alongside a huge variety of sides! TIP: Stir-Fry your tofu with broccoli and eat with quinoa – the ultimate power meal.



· **Pomegranate:** This bright, vibrant fruit is chock-full of antioxidants, and have been proven to prevent a variety of chronic conditions, such as heart disease, Alzheimer's and cancer. Don't have time to prepare the fruit? You can get many of the same benefits from drinking a glass of pomegranate juice!

· **Quinoa:** While the name sounds fancy, Quinoa is really just a grain packed with fiber and protein and, to top it off, it only takes 15 to 20 minutes to cook (and goes great with almost ANY vegetable!). That combination of fiber and protein has an extra value too: Research shows that the two together can help you feel full for longer.



· **Kale:** On top of delivering a raft of cancer-fighting antioxidants, kale is one of the vegetable world's top sources of vitamin A, which promotes eye and skin health and may help strengthen the immune system. It's a great source of heart-healthy fiber, which keeps your weight in check, and delivers almost as much Vitamin C as an orange!



Tracy L. Wilczek, MS, RD, LD Nutritionist and Educator is intricately involved in the development of menus for new books, including the latest, *The Pritikin Edge: 10 Essential Ingredients for a Long and Delicious Life*, published by Simon & Schuster, all of which makes her own life "very delicious!" The Pritikin Longevity Center + Spa is a brand new, 650-acre fully renovated private wellness spa and weight loss health program. For more information, please visit www.pritikin.com.

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WARSHING CLOTHES

After reading this, you just might want to go hug your washer and dryer!



Found in an old scrapbook and passed along - with spelling errors and all.

- 1) Build fire in backyard to heat kettle of rain water.
- 2) Set tubs so smoke wont blow in eyes if wind is pert.
- 3) Shave one hole cake of lie soap in boilin water.
- 4) Sort things, make 3 piles - 1 pile white, 1 pile colored, 1 pile work britches and rags.
- 5) To make starch, stir flour in cool water to smooth, then thin down with boiling water.
- 6) Take white things, rub dirty spots on board, scrub hard, and boil, then rub colored but don't boil just wrench and starch.
- 7) Take things out of kettle with broom stick handle, then wrench, and starch.
- 8) Hang old rags on fence.
- 9) Spread tea towels on grass.
- 10) Pore wrench water in flower bed.
- 11) Scrub porch with hot soapy water.
- 12) Turn tubs upside down.
- 13) Go put on clean dress, smooth hair with hair combs.
- 14) Brew cup of tea, sit, rock a spell, and count yore blessings.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500's...

Most people were married in June because they took their yearly bath in May. They still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. That custom continues today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. So bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat." -wikipedia

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NATIONAL DAY Calendar

FEBRUARY 1

National Freedom Day

FEBRUARY 2

National Groundhog Day

FEBRUARY 3

National Wear Red Day

FEBRUARY 4

National Homemade Soup Day

FEBRUARY 5

Bubblegum Day

FEBRUARY 6

National Frozen Yogurt Day

FEBRUARY 7

National Send a Card to a Friend Day

FEBRUARY 8

National Kite Flying Day

FEBRUARY 9

National Pizza Day

FEBRUARY 10

National Cream Cheese Brownie Day

FEBRUARY 11

National Shut-In Visitation Day

FEBRUARY 12

National Plum Pudding Day

FEBRUARY 13

National Clean Out Your Computer Day

FEBRUARY 14

National Cream-Filled Chocolates Day

FEBRUARY 15

Singles Awareness Day

FEBRUARY 16

National Do a Grouch a Favor Day

FEBRUARY 17

Random Acts of Kindness Day

FEBRUARY 18

National Drink Wine Day

FEBRUARY 19

National Chocolate Mint Day

FEBRUARY 20

National Love Your Pet Day

FEBRUARY 21

National Sticky Bun Day

FEBRUARY 22

A Day Without News Day

FEBRUARY 23

National Chili Day

FEBRUARY 24

National Tortilla Chip Day

FEBRUARY 25

National Chocolate Covered Nut Day

FEBRUARY 26

National Tell a Fairy Tale Day

FEBRUARY 27

National Strawberry Day

FEBRUARY 28

National Tooth Fairy Day

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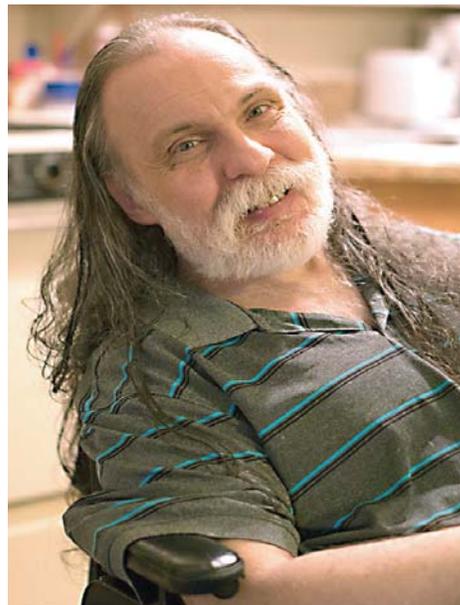
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**I bought my wife a mood ring, and when she's in a good mood the ring turns blue.
But when she's in a bad mood, it leaves a big red spot in the middle of my forehead.**

LOVE is LAUGH out LOUD FUNNY!

A man came home from work, sat down in his favorite chair, turned on the TV, and said to his wife, "Quick, bring me a beer before it starts" She looked a little puzzled, but brought him a beer. When he finished it, he said, "Quick, bring me another beer. It's gonna start." This time she looked a little angry, but brought him a beer. When it was gone, he said, "Quick, another beer before it starts." "That's it!" She blows her top, "You bum! You waltz in here, flop your fat butt down, don't even say hello to me and then expect me to run around like your slave. Don't you realize that I cook and clean and wash and iron all day long?" The husband sighed. "It started."



Florida woman stops alligator attack A Beretta Jetfire Testimonial

This is a story of self-control and marksmanship by a brave, cool-headed woman with a small pistol against a fierce predator.

Here is her story in her own words:

"While out walking along the edge of a pond just outside my house in *The Villages* with my soon to be ex-husband discussing property settlement and other divorce issues, we were surprised by a huge 12-ft. alligator which suddenly emerged from the murky water and began charging us with its large jaws wide open. She must have been protecting her nest because she was extremely aggressive. If I had not had my little Beretta Jetfire .25 caliber pistol with me, I would not be here today!"

"Just one shot to my estranged husband's knee cap was all it took.... The 'gator got him easily and I was able to escape by just walking away at a brisk pace. It's one of the best pistols! Plus the amount I saved in lawyer's fees was really incredible."

A wife is like a hand grenade. Take off the ring and say good bye to your house.

The secret to a long marriage is that we take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes on Tuesdays. I go on Fridays.

A man goes to see a wizard and says, "Can you lift a curse that a priest put on me years ago?" "Maybe," says the wizard, "Can remember the exact words of the curse?" The man replies, "I pronounce you man and wife."

There are a number of mechanical devices which increase arousal particularly in women. Chief among these is the Mercedes-Benz 380SL.

Tell Your Husband You Love Him

A group of women were at a seminar on "How to live in a loving relationship with your husband."

The women were asked, "How many of you love your husband?" All the women raised their hands. The women were then told to take out their cell phones and text their husband: "I love you, sweetheart."

The women were then told to exchange phones with another person, and to read aloud the text message they received, in response. Here are some of the replies:

1. Who the hec is this?
2. Eh, mother of my children, are you sick or what?
3. Yeah, and I love you too. What's up with you?
4. What now? Did you crash the car again?
5. I don't understand what you mean?
6. What the heck did you do now?
7. ?!?
8. Don't beat about the bush, just tell me how much you need?
9. Am I dreaming?
10. If you don't tell me who this message is actually for, someone is not coming home tonight.
11. I thought we agreed you wouldn't drink during the day.
12. Your mother is coming to stay with us, isn't she??

A lion would never cheat on his wife. But a Tiger Wood.

A young newlywed couple were in their honeymoon suite on their wedding night. As they undressed for bed the husband who was a big burley bruiser, tossed his pants to his bride and said, "here put these on."

She put them on and the waist was twice the size of her body.

"I can't wear your pants," she said.

"That's right!" said the husband, "and don't you forget it. I'm the one who wears the pants in this family!"

With that she flipped her panties and said, "Try these on."

He tried them on and found he could only get them on as far as his kneecap.

He said, "Heck, I can't get into your pants!"

She said, "That's right and that's the way it's going to be until your attitude changes!"

The other night I went out on a blind date. Well it didn't start out that way, she had mace.

Thanks everyone for sending in jokes.
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How to Ensure Divorce Won't Wipe You Out Financially

Along with all of its other unfortunate consequences, divorce can be so financially devastating for both spouses, sometimes neither ever recovers.

This poses a special problem for people aged 50 and older, one of the fastest-growing demographics of new divorcees. Today, one in four divorces is an older couple; that's double the rate of 1980 numbers, according to studies published this summer.

"After 10, 20 or 30 years of marriage, divorce is complicated by the varied assets couples have acquired," says wealth management advisor Haitham "Hutch" Ashoo, CEO of Pillar Wealth Management. "If you own a business, stock options, commercial real estate, private company stock, or have a deferred compensation package, putting a value on them can be a nightmare."

The best protection, of course, is having signed a prenuptial agreement before saying, "I do." Attorney John Hartog of Hartog & Baer Trust and Estate Law agree.

"If you've already divorced and you're thinking about remarrying, the smartest thing you can do is enter into a prenuptial contract that lays out how you'll divide your property in the event of divorce," Hartog says.

Such conversations can be difficult, so people avoid them. But dealing with tough issues while the relationship is healthy may actually help ensure you never get divorced.

These experts offer tips for ensuring divorce does not financially destroy you, your spouse, or your family.

• **This is not a do-it-yourself project.** "It is not too late to try to protect your family and wealth through a postnuptial agreement," Ashoo says. This contract is signed by both parties and accompanied by a full disclosure of all assets, income and debt of both parties, free from fraud and duress and entered into

freely. "Most importantly," Hartog says, "both parties must have been given ample opportunity to consider the contents and obtain legal advice before signing. And both parties need legal representation during the process."

• **If you're older and entering a second or third marriage, consider estate planning.** Couples marrying later in life often have obligations, particularly children, from prior relationships. Estate planning to take care of the children and the new spouse can prevent problems in the case of death or divorce.

"So often with ill-conceived estate plans, the probate becomes, in essence, a post-death divorce. All of the emotional elements that happen in a divorce get deferred to after your death," he says. "The kids are fighting with the widow about who owns what and who's entitled to how much. It's even worse if both spouses die and leave adult children with no emotional connection."

• **Have the "what if" conversation.** What if one of us should die? What if something should happen to one of the children? What if one of us were to become disabled? While you're talking, talk about "What if we were to divorce?"

Divorce can be a major tax problem, he says. Support payments, property settlements, and retirement accounts can all affect your tax burden. When you discuss division of assets, consider the tax implications.

"Have the conversation before the bad thing happens, and set up trusts to take care of the parties you wish to take care. If you don't want a post-nup, at least write down a general agreement that you both sign. That gives you a base from which to work if trouble occurs.

"A great way to have a disagreement, is to not have an agreement."

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Is the new DOL Fiduciary Rule a Plus for Investors?

The sun may set, perhaps quickly, on the era of the commission-paid financial professional

Ask Tim



FINANCE QUESTIONS AND ANSWERS

A BIG Change is coming, and it will affect many investors! The Department of Labor is introducing a new rule regarding retirement accounts - a rule that is profoundly impacting the financial services industry. The rule will require financial services professionals to serve as fiduciaries when they provide advice about IRAs or workplace retirement plans, and will be phased in during 2017 and fully implemented by 2018.

A fiduciary has an ethical and legal obligation to act in the client's best interest, and must place the client's best interest above his or her own. Some financial services professionals already abide by this standard, but many do not. The problem is that the old traditional commission based compensation structure of the financial services industry has sometimes been at odds with a fiduciary standard.

The traditional compensation structure may end up fading away. Under that model, financial professionals were paid based on what they sold. They were compensated when they executed trades for or sold financial products to clients, and they abided by a suitability standard - an ethical obligation to recommend only investments and products suitable for a client's financial situation. Under the suitability standard, some investments might be more eagerly recommended than others - especially those that might

help the brokerage professional hit a sales target or earn a commission.

The new DOL rule instructs these professionals to abide by a fiduciary standard, which shifts the paradigm: if retirement account consultants must serve as fiduciaries, then they will be paid mostly in flat yearly fees. The last quarter-century has seen the rise of fee-based financial services, and the DOL fiduciary rule is an affirmation of this movement.

Under the new rule, financial services professionals advising retirement account holders have to charge "reasonable compensation" for their services, and broker-dealers are prohibited from offering financial incentives that might lead advisors to act in a way detrimental to their clients.

Buyer Beware! - Financial professionals paid primarily through commissions will still be allowed to work with investors in IRAs and other qualified retirement plans. They can provide general financial and investment education without being defined as fiduciaries under the new rule. They can also provide advice, but the client and the financial professional must both sign a Best Interest Contract (BIC), through which the client and the broker/dealer firm involved in the investments agree in writing to a commission-based fee structure.

Investors might see slightly better yields as an effect of all this. The transition to the fiduciary standard is supposed to be complete by the start of 2018, and in that year and years to follow, retirement savers could see less of their invested assets going to pay for commissions and transaction charges.

There should also be more transparency regarding account fees. That transparency could lead investors out of some qualified plans and into others with lower fees. A Kiplinger.com article notes that annual account savings could range from 0.3%-1.5% because of these changes. Over time, these reduced fees and expenses could have a significant positive impact on investment returns.

This is a major development for the financial services industry. It is not without controversy, and there is a chance its implementation may be delayed - but it appears a big change is on the way; one that many retirement savers will likely welcome.

Do you have a financial question for Tim? He can be reached at (262)369-5200 or info@aegiswi.com. Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Tim and his team specialize in providing financial guidance to individuals, families, and small business owners. References available upon request.

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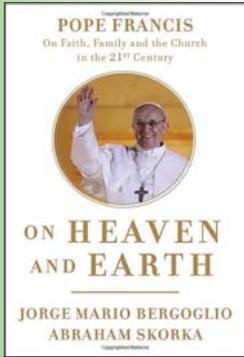
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Rabbi Steven Adams, Director of Pastoral Care at the Jewish Home and Care Center and **Jim Heisler**, Activity Therapist at Chai Point, a practicing Catholic and a former Catholic priest for 27 years, will present views from the book.

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ANTIBIOTICS Misuse Puts Us All at Risk

continued from page 11

introduced, they were perceived as wonder drugs because they worked quickly and with relatively few side effects. They seemed like an answer to all common illnesses.

In spite of a growing awareness of antibiotic resistance in recent years, overuse still occurs for a number of reasons:

Doctors may prescribe antibiotics before receiving test results that identify the actual cause of infection.

People who want quick relief from symptoms, regardless of the cause of illness, may pressure doctors for antibiotic prescriptions.

People may take antibiotics purchased abroad or via the Internet for self-diagnosed illnesses.

People may take antibiotics that are leftovers from a previous prescription.

Problems with not following instructions. Failure to take an antibiotic as prescribed can contribute to antibiotic resistance. The instructions for an antibiotic tell you how many pills to take and how often you should take them. The prescription is filled so that you have the exact number of drugs you need to complete the course of treatment.

It is tempting to stop taking an antibiotic as soon as you feel better. But the full treatment is necessary to kill the disease-causing bacteria. Failure to do so can result in the need to resume treatment later and may promote the spread of antibiotic-resistant properties among harmful bacteria.

Consequences of antibiotic resistance. For many years, the introduction of new antibiotics outpaced the development of antibiotic resistance. In recent years, however, the pace of drug resistance has contributed to an increasing number of health care problems.

In the United States, according to a 2013 report by the Centers for Disease Control and Prevention, at least 2 million people annually "acquire serious infections with bacteria that are resistant to one or more of the antibiotics designed to treat those infections." And at least 23,000 people die annually from antibiotic-resistant infections.

The increasing number of drug-resistant infections results in: More-serious illness or disability; More deaths from previously treatable illnesses; Prolonged recovery; More-frequent or longer hospitalization; More doctor visits; Less effective or more-invasive treatments; More-expensive treatments

Antibiotic stewardship. The appropriate use of antibiotics — often called antibiotic stewardship — can help preserve the effectiveness of current antibiotics, extend their life span and protect the public from antibiotic-resistant infections. Many hospitals and medical associations have implemented new diagnostic and treatment guidelines to ensure effective treatments for bacterial infections and reduce inappropriate use of antibiotics.

The public also plays a role in antibiotic stewardship. You can help reduce the development of antibiotic resistance by taking the following steps:

Use antibiotics only as prescribed by your doctor. Take the appropriate daily dosage and complete the entire course of treatment. If you have an antibiotic prescription, ask your doctor what you should do if you forget to take a dose. If for some reason you have leftover antibiotics, throw them away. Never take leftover antibiotics for a later illness. They may not be the correct antibiotic and would not be a full course of treatment. Never take antibiotics prescribed for another person. Don't pressure your doctor to give you an antibiotic prescription, rather, ask your doctor for advice on how to treat symptoms. Make sure you or your children receive recommended vaccinations. Some recommended vaccines protect against bacterial infections, such as diphtheria and whooping cough (pertussis).



There's that moment when you put your steak on the grill and your mouth waters all over from that amazing smell.

Do you think vegans feel the same when they mow the grass?

A few items to be aware of in this modern world of communications

EMAILS, COOKIES and SPAM

oh my!



1) Any time you see an email that says “forward this on to ‘10’ (or however many) of your friends”, “sign this petition”, or “you’ll get bad luck” or “you’ll get good luck” or “you’ll see something funny on your screen after you send it” or whatever - it almost always has an email tracker program attached that tracks the cookies and emails of those folks you forward to. The host sender is getting a copy each time it gets forwarded and then is able to get lists of ‘active’ email addresses to use in SPAM emails or sell to other Spammers. Even when you get emails that demand you send the email on if you’re not ashamed of God/Jesus - that is email tracking, and they are playing on our conscience. These people don’t care how they get your email addresses - just as long as they get them. Also, emails that talk about a missing child or a child with an incurable disease “how would you feel if that was your child” - email tracking. Ignore them and don’t participate.

2) Almost all emails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the

little kid in Florida who wanted to break the Guinness Book of Records for the most cards.

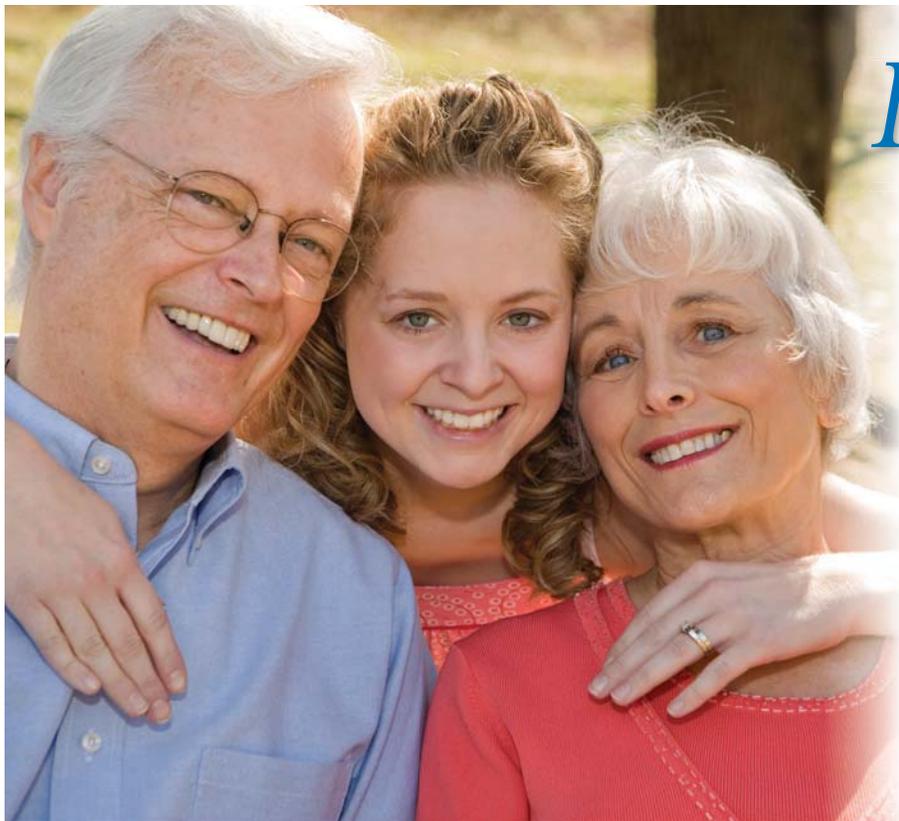
All it was, and all any of this type of email, is a way to get names and ‘cookie’ tracking information for telemarketers and Spammers - to validate active email accounts for their own profitable purposes.

You can do your friends and family members a great favor by sending this information to them. And you will be rewarded by not getting thousands of spam emails in the future.

Also, email petitions are not acceptable to government or any other organization - e.g. Social security, etc. To be acceptable, petitions must have a signed signature and full address of the person signing the petition. This is a waste of time and you are just helping the email trackers.

Another important point is to delete all previous names from your emails before forwarding. Send emails to your entire address list BCC then everyone after you doesn’t get your friend’s email address.

Do you ever get those annoying phone calls with no one on the other end? This is a telemarketing technique where a machine makes phone calls and records the time of day when a person answers the phone. This is used to determine the best time of day for a ‘real’ sales person to call back and get someone at home. After answering, if you notice there is no one there, immediately start hitting your # button on the phone, 6 or 7 times as quickly as possible mimicking a fax machine. This confuses the machine that dialed the call, and kicks your number out of their system. Gosh, what a shame not to have your name in their system any longer!



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Twenty-six miles of Milwaukee River meander north and south from where Eric Haataja fishes in waders, another cloud of river bottom carrying downstream as rubber soles shuffle in a dance with the steelhead. A dance is a dance when a man loves the river, and the rainbows say "yes" so often, even in Winter, to his invitations to move about together on a gravel and mud floor.

Six times over the course of an hour the steelhead sting a homemade spinner. The dance progresses; Haataja opting for a careful two-step and begging to lead, the fish preferring a break dance that just might snap the line. Three times the fish wins and takes that freedom. Three times, Haataja wins and the fish is given its freedom anyway. But while the outcome still hangs in the balance, water breaks and current flows and sun sparkles off fish that only on occasion show themselves. Haataja smiles.

When the winter river angler fishes, the expectation should be to catch fish. On the Milwaukee River that means steelhead, as well as walleye, smallmouth, pike and browns.

"Steelhead are fairly easy to catch if you have the right tackle and rods," Haataja notes. "I fish for a living and fish for just about everything. Every fall and winter, I have at least ten outings where we catch 20 or more river steelhead. It's a big, fighting fish at the top of my list. And Spring fishing in these rivers is fabulous."

A longtime professional guide and charter captain, Haataja thinks that within ten years the Milwaukee River will surpass even the famous Root River in Racine as the premier Lake Michigan tributary for steelhead. Each spring, the Root, the Milwaukee and two dozen other Wisconsin tributaries from Marinette to Kenosha call anglers



from throughout the Midwest to fish world-class Great Lakes' rainbow trout. In winter (provided the water remains open), in spring and in fall, the rivers hold rainbows thanks to the Lake Michigan Steelhead Management Plan adopted by Wisconsin two decades ago.

Because Lake Michigan stream habitat is not conducive to successful natural spawning, sustaining the steelhead species requires a helping hand from the DNR at egg collection stations on the Root and Kewaunee Rivers. Rainbow eggs are collected and grown into six-inch "smolts" at the Kettle Moraine Springs Hatchery in Sheboygan County. The young fish then "imprint" on the specific tributary of release, spend each summer on the big lake battling charter captains and recreational anglers, then return again annually to their home stream to spawn.

"In essence, the Steelhead Management Plan stretches out the opportunity for the anglers fishing the rivers," Coffaro says. "Weather permitting, we often see good tributary fishing through winter and right into May."

"The harbors will often stay open through the winter," says Coffaro. "The fish are there for the taking. Being from Milwaukee, and having played around here as a kid, I still can't believe today how you can catch these fish on the rivers and in the harbors of Lake Michigan. It's really something."

For updated information on southeast Wisconsin brown trout and steelhead opportunities contact the DNR Lake Michigan Hotline at 414/382-7920. For a great day on the water, contact Eric Haataja and Big Fish Guide Service at 414/546-4627 or www.wibigfish.com.

For all things Wisconsin, visit www.travelwisconsin.com



ICE FISHING *Tricks on Ice*

A longstanding tradition in the Badger state, ice fishing is perhaps more prevalent in Wisconsin today than ever before, and with good reason. Many highly desirable species, including walleye, panfish and northern pike, are active and catchable throughout winter.

If you're thinking about heading out to try your hand at ice fishing, here are some tips: Most Wisconsin ice anglers use lightly-rigged jigging poles (2- to 4-pound test for panfish, 6- to 8-pound for walleye), a few jigs and lures, small bobbers, split-shot and live bait such as minnows or waxworms. When jigging for walleyes and pike, flashy minnow-tipped jigs or spoons are a great way for anglers to increase their chances. The Jigging Rapala and the Swedish Pimple are also favorites, and small flash lures (hook size 12-14) tipped with waxworms are effective on perch and other panfish. In fact, almost all lures are more effective if tipped with bait such as a minnow head or tail, maggot or worm. Live shiners are popular with anglers bobber-fishing for northern and walleye. travelwisconsin.com

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JOB FAIR

Feb 16

Milwaukee NARI to Host Job Fair February 16th at the Home Improvement Show

In conjunction with the 55th annual Milwaukee NARI Home Improvement Show (Feb. 16-19th) at the State Fair Park Exposition Center, the Milwaukee NARI Workforce Development Committee will host a free job fair for those looking for a career in the home improvement and remodeling industry.

Thursday, Feb. 16, from 8:30 - 11:30 a.m., the job fair will feature 30 different Milwaukee NARI members exhibiting opportunities for immediate employment.

Whether you're a journeyman, laborer, or hobbyist, if you have an aptitude for remodeling, and are willing to learn, this is a can't-miss employment and career opportunity. Attendees are encouraged to bring their resume and a positive attitude, plus dress appropriately. The remodeling season is ready to boom and NARI contractors need workers today.

For more information on the Home Improvement Show, or to receive a free copy of the annual membership directory along with the booklet, Milwaukee NARI's Remodeling Guide, visit www.milwaukeevari.org or call Milwaukee NARI at 414-771-4071.

Why Some Men Have Dogs And Not Wives



1. The more you're not home, the more excited your dogs are to see you.
2. Dogs don't notice if you call them by another dog's name.
3. Dogs like it if you leave a lot of things on the floor.
4. A dog's parents never visit.
5. Dogs agree that you have to raise your voice to get your point across.
6. You never have to wait for a dog; they're ready to go 24 hours a day and at a moment's notice.
7. Dogs find you amusing when you're drunk.
8. Dogs like to go hunting and fishing.
9. Dogs will not wake you up at night to ask, "If I died, would you get another dog?"
10. If a dog has babies, you can put an ad in the paper and sell them.
11. A dog will let you put a studded collar on it without calling you pervert.
12. Dogs like to ride in the back of a pickup truck.

And last, but not least:
Dogs would never take half of your stuff.

To test this theory:
Lock your wife and your dog in the garage for an hour. Then open it and see who's happy to see you!

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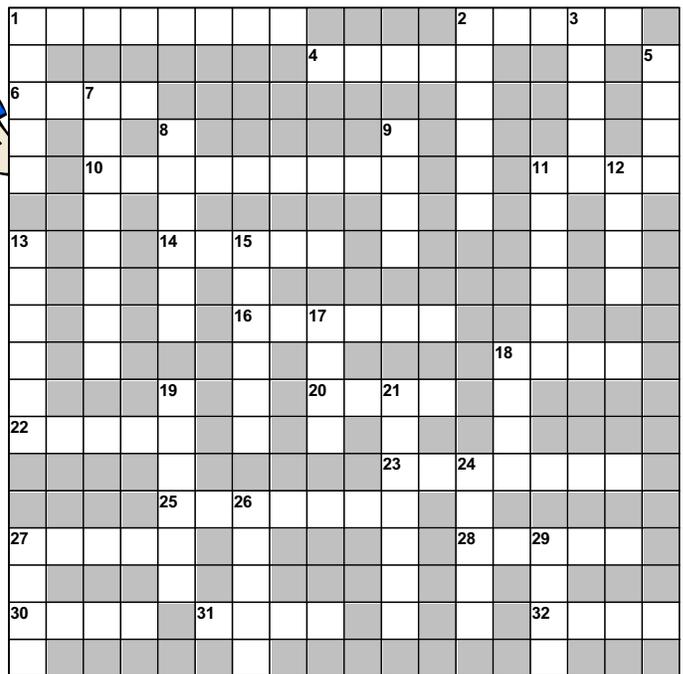
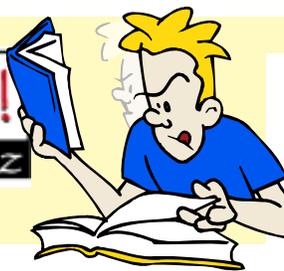


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Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER



ACROSS

1. To take upon oneself
2. Dexterity digit
4. Magistrate
6. Measure of land
10. Disturb process
11. Localized physical suffering
14. Joint with funny bone
16. Verbal solution
18. Finished
20. Kind
22. Airwaves listening device
23. Ardent affection
25. Extreme or severe
27. Has four metal shoes
28. The remaining one of two
30. To jump
31. Result of combustion
32. Vessel used to display flowers

DOWN

1. Divide amongst others
2. Showing gentleness or concern
3. Baby talk 'mom'
5. Gain access
7. Consists of tracks
8. Roadway
9. Scared emotion
11. Edible tuber
12. Not out of
13. Greenback
15. To face shamelessly
17. Past participle of send
18. Not Buck's but ...
19. One who loads things
21. 8oz bakery
24. Garment of Mink
26. Once more
27. Fifty percent
29. Possess

Answers on page 27

Last night a Chinese guy came to my favorite bar.

I asked him if he knew kung fu or some other martial art.

He said, "Why do you ask me that? Is it just because I'm Chinese?!"

"No it's because you're drinking MY beer!"

"Grandpa, why don't you have any life insurance?"

"So you can all be really sad when I die."

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

A lady comes home from her doctor's appointment grinning from ear to ear. Her husband asks, "Why are you so happy?" The wife says, "The doctor told me that for a forty-five year old woman, I have the chest of a twenty year old."

"Oh yeah?" quipped her husband, "What did he say about your forty-five year old butt?"

She said, "Your name never came up in the conversation."

Dentist: "You need a crown."
Patient: "Finally someone who understands me"

One state official to the other: "I don't know what people have against us - We haven't done anything."

"So you're interested in working with us. What is your experience with emotionally disturbed people?"
I've been on Facebook for 5 years now.
"Very good, the job is yours."

They threw me out of the cinema today for bringing my own food. But come on - the prices are way too high, plus I haven't had a barbecue in months!

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