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MAGAZINE

May 2017
A FREE PUBLICATION

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GENERATION

INTERESTED in
MOVING OVERSEAS?

WHY CAN'T I LOSE
WEIGHT?

**INSIDE
THIS EDITION**
~page 3

POLISH FEST

JUNE 16-18, 2017

MILWAUKEE, WISCONSIN

FRIDAY & SATURDAY: NOON - MIDNIGHT
SUNDAY: NOON - 8:00 PM
HENRY W. MAIER FESTIVAL PARK

SUMMERFEST GROUNDS

CULTURAL VILLAGE
5 STAGES OF ENTERTAINMENT
FOLK ART - CHILDREN'S AREA
SUKIENNIC MARKET PLACE
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SATURDAY, MAY 20
7:30 PM

Act 1—The Accidental Hero
Starring Patrick Dewane

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Act 2—The Radio Rosies
Musical Tribute to the
Songs of WWII

Allow yourself to be drawn back in time as the pure, sweet harmonies of *The Radio Rosies* recall the nostalgia and enchantment of jazz, boogie-woogie and swing.



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From the Publishers

MAY 2017



Could spring in Paris be any more beautiful than spring in Wisconsin?

(Oh come on... use your imagination!)

There is no place like home. With all the beautiful blooms and warm-weather excitement - this is exactly where I want to be. Muddy garden shoes, a shedding dog, loads of yard work, resurrected dandelions, and a new batch of baby squirrels to raid my bird feeder... YUP! This is exactly where I want to be!

And with all that joy in my life, it's just icing on the cake that Amara becomes a teenager this month! (Parents - you do understand that cynical humor, right?) The Barbies and stuffed animals were just sold at her Girl Scout rummage sale and heaven knows what will replace them. It's amazing to see her progress through these trepidatious years and see the young women in her slowly evolve. What a blessing!! As a proud parent I will add... she's also a member of Jr National Honor Society, Girl Scouts, State Destination Imagination, performed in the BD musical, was on the basketball team and now runs track. AND she makes her bed everyday, does her own laundry and cleans my litter boxes. That's our girl!!



Amara doesn't know it, but I always leave the window open just a bit when her friends come over so I can hear them laughing and squealing in the backyard. That's Spring. Neighbors start to materialize and it's coffee and gossip time at the mailbox. We air out the house and bring in the breeze. We grab the calendars and start plotting weekends and summer days to spend with friends and family. Out come the bikes and boats and fishing rods. The little skirts and strappy sandals. New seeds are planted both in our beautiful gardens and in our very lives. :)

Thank you for reading our May issue. If you enjoy the paper, be sure to let our advertisers know that we all appreciate their support. Be well and happy - smile a little bit more this month - just for the fun of it.

"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"
~ Mark Twain

LIFE. Enjoy it!

Sandy and Tom Draelos

INSIDE THIS ISSUE



TRAVEL: EASY PLACES TO MOVE OVERSEAS

Pick the right place and moving overseas can be more affordable and easier than you probably imagine.

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Victory Garden Initiative

More people will grow their own food this season with the help of the nation's biggest garden growing event.

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A 50 percent increase in emergency counseling, a dramatic increase in mental illnesses as well as a serious jump in depression and suicidal ideas. Our children may not be doing well.

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Why Can't I Lose Weight?

Are you among the growing number of distressed people who do not lose weight when firmly committed to a diet?

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LAUGH OUT LOUD

Thanks to a little genuine laughter, and many anonymous submissions, maybe today isn't quite so bad :)

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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

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Advertising Sales Associates
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THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212
 milwaukeepublishing@wi.rr.com
 www.Boomersnewspaper.com
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June 1-18, 2017

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Name: _____
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 Email: _____

May 11th-21st
 Art in the City: Plein Air MKE 2017
 An annual outdoor painting competition and art sale. Over 75 acclaimed artists will paint and compete for over \$6,000 in prizes along the Milwaukee Museum Mile on the East Side. Last year's inaugural event brought thousands to the Mile, showcasing some of the best painters from around the Midwest and exposing new audiences to our museums and to all the East Side has to offer.

May 11-17 – Artists paint along MMM, 8-5pm
 May 13 – Brady St. Quick Paint Competition, 8-5pm
 May 14 – Prospect/North Ave. Quick Paint Competition, 8-5pm
 May 18 – Art In The City Soirée

June 3rd, Saturday
 Grandioso, a Multicultural Arts Celebration
 Corner of 76th St. & Dean Rd. 11am-6pm
 A celebration of Granville's rich ethnic diversity through reggae music, blues, jazz, choral, dance, arts and spoken work. Events include: Reggae from Unity the Band, The NuBlu Band, featuring Carlise Guy, daughter of Chicago Blues famed Buddy Guy, The Gravity Benders, Local actor, Delyvn Crawford, The Heritage Chorale of Milwaukee. Artists, vendors, spirits and food trucks round out the event, making for a magnificent day in Granville!

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This 160 year old 80 acre family farm is located in the heart of the Kettle Moraine near Holy Hill. This rustic property has been transformed into a **Unique Event Destination**.

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May 12th

Spring Gallery Night
Historic Downtown Greendale
Downtown Greendale will turn into an outdoor art gallery for one spring night. Our charming shops will be filled with unique products and talented artists, while more local artists, delicious food trucks, and musicians will be taking over the beautifully lit up Broad Street.

May 13th

Ignite! The Power of Theater
Milw Repertory Theater's 2017 Gala
Saturday, 5:30pm
Celebrate the power of theater as the spark that ignites positive change in the community at The Rep's Gala Celebration. Eat, drink, bid, and be entertained at The Rep's single largest fundraiser of the year. Individual tickets to The Rep's 2017 Gala are \$300.

May 13th

Rediscover Cedarburg
Downtown Cedarburg
Be a tourist in your backyard and celebrate Cedarburg's unique history on Saturday, May 13, 10am-4pm, with a self-guided walking "scavenger hunt" through the historic district.

May 19th-20th

Sleepover at the Milwaukee Public Museum
This Adults Only Sleepover is open to all museum lovers over the age of 21 and includes admission to our 2017 special exhibit, Global Kitchen. Exciting tours, curator chats, films in our 6-story dome theater, and the freedom to have your ideal museum evening.

May 20th

Best Buddies Friendship Walk
Join Best Buddies Wisconsin for the 7th Annual Friendship Walk. A celebration of our mission to create friendship, leadership and employment opportunities for individuals with intellectual and developmental disabilities. Free. Open to new participants or teams. Local mascots, music, games and a free picnic lunch. www.bestbuddiesfriendshipwalk.org/ Milwaukee

May 20th

Armed Forces Day Celebration
Harley-Davidson Museum
Support our troops in the Annual Support the Troops Ride. Gather at Hal's Harley-Davidson for a free pancake breakfast before riding down to the Harley-Davidson Museum. At the H-D Museum, enjoy Military displays by all branches of the Military, a performance by the American Legion Band, Military gallery talks, and special Armed Forces ceremony.

May 20th

Historic Beer Brewing
Old World Wisconsin
Old World Wisconsin and the Museum of Beer and Brewing are partnering and bringing to life 19th-century brews. See the brewers use equipment and techniques from the late 1800s and heirloom hops and barley grown at Old World Wisconsin. By reconstructing immigrant brewing processes we are illuminating important aspects of our state's culture, industry and German heritage. Historically, breweries were located in nearly every small village in Wisconsin during the 19th century and were cultural focal points. The brewing process will begin by 10 am and conclude by 5 pm.

May 21st

2017 Schlitz Audubon Spring Serenade
Schlitz Audubon Nature Center
Join us in celebrating the sounds and sights of this budding season. Spring Serenade features birding hikes, raptor flight programs, performances by David Landau, onsite food vendors and so much more!

June 1-8th

Downtown Dining Week
Get a flavor for downtown Milwaukee by sampling the city's top steakhouses, bistros and ethnic eateries. For eight days, you'll enjoy three-course meals at \$12.50 for lunch and \$25 or \$35 for dinner. Just pick your starter, entree and dessert from a list of preselected favorites, then enjoy your culinary tour of our world-class city. milwaukee.downtown.com

June 3-4th

Holy Hill Art & Farm Market
4958 Holy Hill Rd, Hubertus
The secluded rustic property has been transformed into a Unique Event Destination featuring Art & Farm Market Events, Dinners on the Farm, Music Night on the Farm and Art & Wine Classes. Treasures of local artists, farmers and collectors. Sit and enjoy coffee, hot sandwiches & soup, bakery and other refreshments. Check out the New Grainery Bar – Bloody Marys and Sangrias! Shop – Relax – Create. Free Parking / Admission.

June 4th

UPAF Ride for the Arts
Henry W. Maier Festival Park
Nation's largest one-day recreational bike ride to support the performing arts. Sponsored by Miller Lite, it's a chance to have fun while supporting our region's world class performing arts organizations. Routes include a 5-mile "Youth" route, a 12-mile "Family" route, a 25-mile "Own the Hoan" route, a 45-mile "Touring" route and a 70-mile "Challenge" route.



Bill Camplin

50 Years with The COFFEE HOUSE

The Coffee House, Wisconsin's longest running acoustic music venue, will celebrate its 50th Anniversary on Saturday, May 20, 2017 from 2pm-11pm at 1905 W. Wisconsin Avenue in Milwaukee.

The evening concert features folk legends Lou and Peter Berryman, Bill Camplin, and Fox and Branch.

Other Milwaukee folk luminaries will share music and experiences throughout the day including David HB Drake, Jym Mooney, Sandy Weisto, Mud River Lee, Tom and Barb Webber, and many more.

The daytime events present intimate round-robin performances and workshops including The Coffee House Years, a historic overview of 50 years of performances, sessions on songwriting, humor, social justice, new artists, poetry and traditional music, followed by a pot-luck dinner from 6:00 - 7:30 PM. All are welcome and asked to bring a dish to share. A free-will offering of only \$5 is requested to encourage new and old friends to attend.

The Coffee House hopes this celebration will draw in the community they were charged to provide for, creating a safe, alcohol-free place for conversation and an appreciation of the acoustic arts so many years ago.

Established in 1967, The Coffee House has been an integral part of the Milwaukee creative scene for 50 years, making it one of the very oldest, continuous running folk venues in the country. Officially an outreach of Redeemer Lutheran Church, The Coffee House was born out of the troubled, yet hopeful times of the Sixties.

The Rev. Alan Davis, Rev. Chuck Witt, and Agnes Zeidler, Milwaukee's former first lady, as well as a host of other church members and community activists, felt there needed to be a place: "To serve the community by being a place where persons may meet in unhurried conversation and where the questions, the issues, the interests, the hopes that lie within and around us may unfold in an atmosphere of openness and candor." (taken from the original mission statement).

<http://www.the-coffee-house.com/>

The Milwaukee Suburban Christian Women's Connection
Invites you to Brunch!
Monday, May 15th, 2017
9:30-11am
Nancy Brydges, White Bear Lake, MN
"The Challenge of New Beginnings"
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Easy Places to Move Overseas



Many people toy with the idea of living in another country but think it's too expensive or just too complicated to figure out. Pick the right place, however, and moving overseas can be more affordable and easier than you probably imagine. Here are four countries that fit the bill...

As happy expats prove:

It really is possible to spend days relaxing beneath palm fronds on a Caribbean beach, enjoying farm-fresh produce in a mountain haven with year-round spring weather, or wandering the cobbled streets of a historic, art-filled colonial town...and a seven-figure savings account isn't necessary.

To make a move painless, take this advice:

1. Start by choosing somewhere close to home, within a few hours of the States—that makes hopping back to visit with family and friends a cinch.
2. Chose a place where getting a long-term visa is simple and low-cost—it won't mean giving up your U.S. citizenship.
3. Seek out a community where an expat population already exists—that provides a pool of ready-made friends where language is no barrier to fun and fitting in.
4. Gravitate toward a locale where the daily costs of living are much lower than in the U.S. That can allow you to improve your quality of life and enjoy an adventure...often for less than it would cost to stay home.

Coronado Beach, PANAMA

Panama uses the U.S. dollar, it has the most advanced and modern infrastructure in Central America, and its capital city is called the "Hub of the Americas" for a reason. Outside that glittering metropolis, you'll find beautiful beaches, rolling green tropical mountains, fertile farmland, lush rainforests, and small towns where foreign visitors are made to feel like family.

Proximity: Major airlines including United, Delta, American—and, of course, Panama's airline, Copa—offer direct flights that take as little as three hours from the U.S.

Visas: Panama sets the standard for flexible, friendly residence options. The Friendly Nations Visa opens the door for American professionals and entrepreneurs of any age. If you have a monthly pension of at least \$1,000, you can apply for the Pensionado Visa, which gives you access to a host of discounts and benefits on everything from healthcare to dining out.

Fitting in: Thanks to the Panama Canal and close U.S. ties, Panama's international community has always been strong. With countless festivals and activities throughout the country, you'll have plenty of opportunities to socialize with other expats and locals. Panamanians are welcoming to newcomers and well-known for their interest in learning about new cultures and ways of life.

Cost of Living: While Panama is Central America's most highly developed country, it still offers incredible value. You can still take a taxi across town for less than \$5, see a movie for \$6, get a trim at the barber-shop for \$4...or have dinner for two at a world-class restaurant for just \$40. Living here, you can expect to spend anywhere between \$1,600 and \$2,900 a month, depending on the type of lifestyle you have, and where you have it.

Tamarindo, COSTA RICA



Costa Rica has been pulling in American expats for more than 30 years. Its affordable and world-class healthcare is a big plus, but it's the country's famed "pura vida" lifestyle that

really draws folks. This is a way of life in Costa Rica...an ethos focused on calm, easy-going living. No wonder the Costa Ricans don't have an army.

Proximity: Capital San José is just a two-and-a-half hour flight from Miami, and five hours from New York.

Visas: As in Panama, Costa Rica offers a retirement visa program, also known as the Pensionado. It covers your spouse as a dependent, and you can qualify if

An International Move continued on page 16

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Vendor/Craft Fair & Bake Sale

Saturday, May 20, 10 a.m.-3 p.m.

Cudahy Library
3500 Library Ave. in Cudahy
15+ vendors, Raffles, Bake Sale, and more!!!
All proceeds benefit the kitties!!!

Visit our website at secondhandpurrs.org

Make the Most of a Motorcoach Tour

10 Tips for Traveling by Motorcoach

By Ann Kaiser



1. Check out the coach features. Do the seats recline? Can you raise and lower the armrest on the aisle? Are there plugs to charge your phone or tablet? Is there a vent to control the airflow for AC or heat around your seat? Is Wi-Fi available, and do you need a password? Where's the wastebasket? *Usually, your driver or tour director will go over this information. If not, ask them!*

2. Embrace the Seat Rotation system. Tour directors usually set up a seat rotation, so all travelers will have the opportunity to sit up front and on either side of the coach at some time during the trip. The rotation also lets everyone know where to sit the following day—it makes loading easy.

3. Be courteous with your cell phone. Silence your phone while on the coach and, if at all possible, wait until you are off the coach at a stop to accept or return calls. *How did we ever survive without our cell phones?!*

4. Too hot? Too cool? Too loud? Too soft? Let the driver and tour director know if the temperature in the coach is uncomfortable and if the speaker volume from director's microphone is a good level.

5. Stay hydrated! This is especially important on busy days touring. Complimentary water is usually provided for travelers Or, bring along your own water, juice or non-alcoholic beverage. *Studies show that people get crabby if they are dehydrated—honestly!*

6. Accept a hand. Tour drivers are usually on hand to assist passengers as they disembark. If you need a hand descending the steps or help with a cumbersome package or handbag, accept some assistance. *Steady as she/he goes!*

7. Don't leave stuff on the seats. At the end of the day, toss your trash so the area will be clean for the person who sits there the next day. You may be able to leave some things in the overhead storage compartment overnight. *It's a good idea to move your stuff in the overhead as you rotate seats.*

8. Take along gear for a change in weather. Keep a jacket, hat, umbrella, sunglasses, sunscreen and whatever you might need throughout the day handy, inside the coach. *Stash these essentials in an overhead compartment or under the seat in front of you.*

9. Be on time! This is KEY for a happy group and successful tour. It's critical not only out of courtesy to your fellow travelers, but also for the people expecting the group at attractions and restaurants. Try to be on the coach at least a minute or more before the departure time.

10. Enjoy getting to know folks around you. Meeting and chatting with fellow travelers from different backgrounds and states adds fun to the trip. *A casual conversation can lead to finding common interests, learning interesting things from each other and making new friends!*

Maybe if we tell kids their brain is an app, they'll start using it.

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More People Will Grow Their Own Food This Season

May 13th will launch nation's largest garden-building event

For the past 8 years, Victory Garden Initiative has installed raised-bed gardens across Milwaukee. From May 13-27, over 300 volunteers will join Victory Garden Initiative (VGI) for the nation's largest garden-building event, the Great Milwaukee Victory Garden BLITZ. Over these two weeks, volunteers will build approximately 500 4x8' raised-bed gardens filled with healthy, organic soil in front yards and backyards all over the city, bringing the total number of gardens installed by VGI to over 3,500.

The gardens, purchased by community members at an affordable price, are installed by volunteers and filled with organic soil from VGI's local compost partner, Blue Ribbon Organics. Each garden also comes with a variety pack of 10 fruit, flower and vegetable seeds to help budding gardeners get started! *Anyone can purchase a garden for their yard or business*, and each year up to half of the BLITZ gardens go to low-income recipients at a reduced price. Residents of Washington Park, Clarke Square, Layton Boulevard West, Lindsay Heights, the 53218 ZIP Code and any Targeted Investment Neighborhood are currently included in the subsidized program. Registration to purchase a garden is open now until May 1st.

The BLITZ mobilizes hundreds of individual and group volunteers, who will meet every day at Habitat for Humanity's Milwaukee headquarters, 3726 N. Booth St., to gather supplies and head out to neighborhoods to build gardens. Volunteer registration is open to individuals and groups. This BLITZ is spreading to other communities – VGI has trained both Green Bay, WI and Berea, KY to BLITZ their towns, and hopes to continue training others to move grass and grow food, creating a socially just, ecologically sustainable and nutritious food system for all.

To sign up to volunteer or get a garden, please visit www.victorygardeninitiative.org/blitz



PRODUCE GUIDE for a SMALL GARDEN



1. Select 'compact,' 'dwarf' and 'mini' varieties.
2. Plant seeds closely and harvest vegetables small, following with successional sowings.
3. Use any sunny plot of land you have, plus containers. Replace soil in pots yearly to avoid disease.
4. Avoid crops that mature slowly (such as bulb onions) and those that take up a lot of space (such as potatoes and most types of zucchini).
5. Grow carrots, turnips and beets, which produce small, tender roots quickly, and fast-growing green, leafy vegetables such as spinach.
6. Grow tomatoes, peppers and eggplants in pots, cherry tomatoes in hanging baskets, and beans and cucumbers vertically on trellises.

"I'm not an early bird or a night owl... I am some form of a permanently exhausted pigeon."

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Milwaukee's 152nd Annual Memorial Day Parade

On Monday, May 29, 2017 the 152nd Annual Memorial Day Parade steps off at 2pm and starts at 4th Wisconsin Ave and travels east to the War Memorial Center.

This year the parade honors the "USO" and Milwaukee County Veteran of the Year – Dick Trawicki.

Color guards, marching units, bands, military vehicles and motorcycles will participate. Wreath Laying—POW/MIA Ceremony takes place immediately following the end of the parade at the War Memorial Center's Reflecting Pool on Fitch Plaza. The Metropolitan Community Band will perform.

The Memorial Day Parade is funded entirely on private contributions. www.war-veterans.org/Parade.htm or 414-281-7789.

In Celebration of Armed Forces Day...



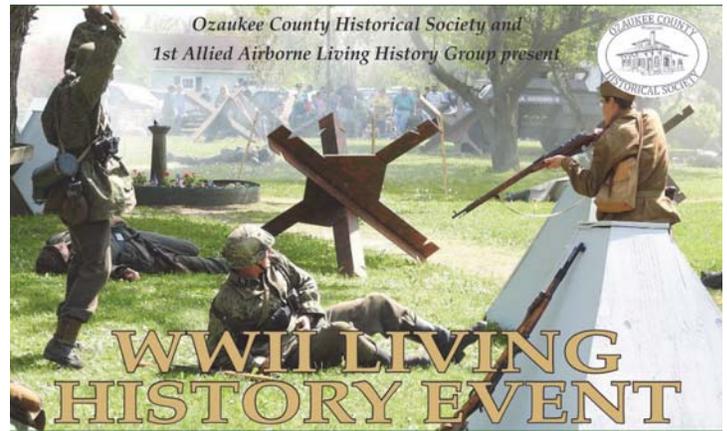
The Oconomowoc Arts Center, 641 E Forest St, Oconomowoc, will honor the brave men and women who serve in the United States armed forces with a USO Show at 7:30 p.m. Saturday, May 20, on the Neudecker Main Stage.

This special event will take the audience back to the days of World War II—a time when a generation's perseverance through extraordinarily difficult

times helped make America and the world a better place to live. It also marks the beginnings of the USO and its 76-year tradition of supporting service members at home and overseas.

"The Accidental Hero" starring Patrick Dewane will take the stage at 7:30 p.m. followed by a performance by the USO-style trio, "The Radio Rosies Musical Tribute to the Songs of WWII."

The Oconomowoc American Legion Band will kick off the evening, performing patriotic songs at 7 p.m. and local military organizations will also be available with information tables in the OAC lobby. Tickets: 262-560-3172



WWII LIVING HISTORY EVENT

The Falaise Gap: An Army on the Run

Saturday May 20, 2017

10am - 10pm

School Day Event: Friday, May 19

SCHEDULE OF EVENTS

Travel back in time while our living historians showcase various weaponry, uniforms, vehicles and artifacts from the WWII era.

Special Hometown Fallen Hero Tribute:
Ozaukee County WWII Honor Wall

- 11:00am... Defending the Gauntlet (Town Battle)
- 1:00pm... Desperate Hours (Field Battle)
- 3:00pm... The Trap Closes (Town Battle)
- 5:00pm... Taps/Retire Colors
- 6:00-7:00pm... WWII USO Shenanigans
- 7:00-10:00pm... USO style dance featuring Swing Nouveau

Admission: \$10 Adults, \$8 Students (13-17) & Seniors, \$5 Veterans & Children (12 & under), WWII Veterans FREE.



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For more information, go to our website: www.ochs.co.ozaukee.wi.us



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Saturday, May 20th

6-7pm ... WWII USO Shenanigans

7-10pm ... USO style dance featuring Swing Nouveau

Milwaukee's premier 17 piece Big Band performs the sounds from the 30's, 40's, 50's all the way to today.

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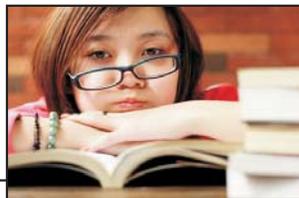
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In today's private colleges and universities there has been a 50 percent increase in emergency counseling requests, a dramatic increase in more serious mental illnesses as well as a serious jump in depression and suicidal ideation. Our children are not doing well.

MICRO AGGRESSION



What's underneath this current focus on micro aggressions on today's most exclusive college campuses? Why do so many of our so very privileged students identify as victims yet act like bullies? And what is our role as parents and grandparents in creating this mess?

By Linda Mornell

After many years in private practice, my experience is that we, all of us, tend to find what we are looking for: unconsciously.

For example, the young woman who comes to me because she wants to find a man to marry – yet deep down believes all men will eventually let her down—inevitably picks men who will indeed do just that. The adolescent who believes that the world is out to get him will find evidence that this is true.

Parents often talk about the younger generations as if they didn't have anything to do with it.

The same is true with micro aggressions. Micro aggressions are part of a new language on college campuses today. They are defined as the everyday verbal and nonverbal slights, snubs, or insults that communicate derogatory messages based on race or ethnicity. They may be intentional or unintentional.

Today's college students are looking for them and finding them everywhere. What's underneath this current focus on micro aggressions on today's most exclusive college campuses? Why do so many of our so very privileged students identify as victims yet act like bullies? And what is our role as parents and grand-

parents in creating this mess?

I think it is important to differentiate between the over privileged and the underprivileged student in this surprising turn of events. Most of our over privileged students have shared some common parenting behaviors in the last two decades. They have been protected from deprivation of any kind—never hungry, cold, or without whatever they need.

Materially, they have had almost everything they want. They have been told with regularity that they are exceptional.

What have we asked in return? Kindergarten through 12th grade is more than getting an education, it's a stressful race to be at the top—in other words to beat out the next kid. Any failure – a low grade, a lost race, forgotten homework – is immediately smoothed over by a parent. External appearances and achievement are the singular goal with very little room for experimentation. And yet, as the late psychologist Eric Erickson has written so eloquently,

the essential developmental imperative for every adolescent is to find their own unique identity, something that requires experimentation and failure.

So armed with a massive, sometimes heartbreaking investment in external performance, our over privileged adolescents finally win the cherished prize to prestigious colleges – with the assurance that the all nighters, the stress over maintaining perfect grades, will set them up to effortlessly succeed in not only the right college but for the rest of their lives as well. Yet even in high schools there are disturbing undercurrents, including suicide clusters. Recently, at Gunn High School in Palo Alto, Calif., Principal Denise Herrmann reported that 42 students had been hospitalized or treated for suicidal thoughts.

In today's private colleges and universities there has been a 50 percent increase in emergency counseling requests, a dramatic increase in more serious mental illnesses as well as a serious jump in depression and suicidal ideation. Our children are not doing well. We have not served them well. We send them off to celebrate their achievements and our good parenting, often with bumper stickers on our car

Micro Aggression continued on page 11

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ODD WISCONSIN

Bicycles, Not Cars, Spawned First Good Roads

Our original state constitution required local governments to maintain their roads. Town boards made residents pay cash or supply labor for an annual road maintenance project. The crew chiefs were elected, and any foreman who made townspeople work hard was thrown out of office. Many farmers viewed their annual road work mainly as a time to swap stories and trade horses with neighbors.

The inevitable result was terrible roads.

As late as 1900, more than 80% of Wisconsin's rural roads were unpaved. Farmers didn't care because they shipped their produce by rail. There were no drivers to complain because cars hadn't become popular yet.

But 15,000 bicyclists had taken to the inadequate roads during the 1890s. They formed clubs to lobby for improvements and partnered with businesses to create the "Good Roads Movement." University experts proposed that a state agency take over the public highways.

Farmers called this unnecessary government intervention and denounced bicyclists as lazy "city dudes." Rather than support state control of roads, they urged lawmakers to restrict bicycles.

Tension between rural residents and urban bicyclists simmered for more than a decade. Finally, in 1911, the cyclists won. A state law was passed requiring county officials to map the best cross-county routes and instructing state government to cover a third of the costs of paving them. By 1918, nearly a quarter of the state's rural roads were paved and a state highway system had been begun.

Bicyclists had smooth riding – except for the new-fangled "automobiles" competing for road space.

Source: Campbell, Ballard C. "The good roads movement in Wisconsin, 1890-1911." Wisconsin magazine of history: Volume 49, number 4, summer, 1966



MICRO AGGRESSION

continued from page 10

proudly proclaiming, "My child is a straight A student." Yet at the same time, increasingly they leave home with no inner sense of who they are. Perhaps their rage, misguided as it is, is warranted. We have not told them the truth—we have hidden from them life's complexities, that they are fallible, that fairness is not a given, and we have taught them that trying to fix mistakes like a lower grade through manipulation is okay. In fact, it's something they are entitled to.

The underprivileged? The greatest challenge of the underprivileged is not identity but isolation. As Mother Teresa said, "What we need is not a class struggle but a class encounter."

I left my private practice to start a non-profit called Summer Search to break isolation for low-income students through offering full scholarships to summer experiential education programs available to higher income students worldwide. Those programs are mostly so both groups get a unique chance for a class encounter in high school. This chance to work and live together on wilderness trips or community service programs helped them see beyond stereotypes, preparing them for college much differently.

Perhaps what our over privileged young people need as they screamed at faculty member Erika Christakis and her husband to resign from counseling students at Yale University, while spitting on the students who disagreed with them, is more actual discomfort in their early years and a 'class encounter' with the rest of the world.

Linda Mornell is the founder of Summer Search (www.summersearch.org), a nonprofit organization that provides disadvantaged young people with life-changing challenging summer opportunities. She is also the author of the book "Forever Changed: How Summer Programs and Insight Mentoring Challenge Adolescents and Transform Lives."

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BIBLE STUDY: Your Way or God's Way?

Are you involved in a "serendipity" Bible study, characterized by each person giving his/her personal interpretation? "Serendipity" means: finding something you consider good, by chance or accident. A major fault with this type of study is that the intended understanding by the Author (God) may never be known.

While unlike any other book, because it is the inspired words of God, the Bible must be read and studied as any other book: literally and in context, unless told to do otherwise by the Author (see Gal. 4:24, KJV). This Author has written within His book how He wants us to study His book: "rightly dividing the word of truth" (2 Tim. 2:15, KJV). This means recognizing and observing the divisions God Himself has placed in His word, causing distinctions between:

Earth (Gen. 12:7; 13:14-18; 17:7-8)	Heaven (Eph. 1:3; Phil. 3:20-21; Col. 1:5)
Prophecy – Spoken since the world began (Acts 3:20-21, KJV)	Mystery – Kept secret since the world began (Rom. 16:25, KJV)
Righteousness by Law (Deut. 6:25)	Righteousness by Christ (Rom. 3:21-26; 2 Cor. 5:21; 1 Cor. 1:30)
Israel (Gen. 35:10-12; 1 Pet. 2:9)	Body of Christ (1 Cor. 12:12-14; Col. 1:18)
Twelve apostles (Matt. 19:28)	One apostle (Rom. 11:13)
Multiple baptisms (Matt. 3:11)	One baptism (Eph. 4:4-6)

Those who lack spiritual eyes, spiritualize Scripture, telling spiritual lies. (1 Cor. 2:14, KJV)

Want to learn more? Attend any upcoming seminars:

May 7: "Man's Words or God's Words?"

May 21: "Are You Following Christ According To Peter or Paul?"

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WHY CAN'T I LOSE WEIGHT?



By Eduardo Castro, MD

You likely have **Fat Loss Resistance Syndrome (FLRS)**. FLRS is the result of triggering survival mechanisms that allowed man to live through lengthy periods of searching for food, back in time when a next meal was not a certainty. These survival mechanisms can be inappropriately triggered today in our world of plenty, and the result is FLRS. It usually has three underlying factors that can be corrected: 1) Disruption of the hormones that regulate fat storage and energy utilization; 2) Excessive inflammation and 3) Unhealthy genetic expression.

Are you among the growing number of distressed people who do not lose weight when they diet earnestly? Or you may lose just a few pounds, nowhere near the amount you expected to lose. And easy weight gain after dieting is common, even when your diet is good.

WHY CAN'T I LOSE WEIGHT!!??

Hormones

We have in our genetic blueprint an exquisite ability to assess and regulate precisely how much energy we store. We do not store protein and we store enough sugar for only a burst of activity. But we adapted to store enough fat to fuel the hunt for food for weeks.

As energy stores begin to deplete, it activates a cascade of hormonal changes that preserve fat by both decreasing metabolic rate and by making more fat whenever possible. Hormones can even direct the breakdown of muscle and organ tissues for energy to preserve fat stores.

If this cascade of hormones, meant to save us from starvation, gets triggered when we have more than sufficient fat stores, the picture of FLRS emerges. The first step in correcting FLRS is to regain proper hormone regu-

lation. The usual suspects are insulin, leptin, thyroid, and cortisol, and adrenalin and estrogen can also play a role. Typically, the following must be addressed to overcome FLRS.

- * Insulin resistance
- * Leptin resistance
- * Low thyroid functioning even with normal blood testing
- * Elevated cortisol levels
- * Adrenalin resistance
- * Excessive estrogen activity

By the way, although the causes of FLRS can get complicated, the solutions are straightforward. Plus, the causes of FLRS are interrelated so working on one often has a favorable effect on the others.

Inflammation

Inflammation is an important part of healthy immune functioning. It is a defense against invading microorganisms

and impedes the spread of infection, cleans up cellular debris and dead cells, and promotes healing. But like a nice bonfire getting out of control, excessive inflammation damages. Excessive inflammation is not only present in FLRS, it is the hallmark of Alzheimer's disease, autism, arthritis, auto-immune disease, severe allergies, asthma and cancer.

Excessive inflammation results from poor diets and from toxic substances. But in this world dominated by multinational corporations whose only concern is the bottom line, clean, high quality food is expensive and difficult to find, and avoidance of toxic substances is impossible. This means if you have FLRS, you are going to have to work harder than most people to eat well and to minimize your toxic exposures. And some will need to work at detoxification as well.

WHY CAN'T I LOSE WEIGHT continued on page 17



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A Mother's FACTS OF LIFE

- A king size waterbed holds enough water to fill a 2000 sq. ft. house, 4 inches deep.
- A 3-year old boy's voice is louder than 200 adults in a crowded restaurant.
- When you hear the toilet flush and the words 'uh oh', it's already too late.
- Brake fluid mixed with Clorox makes smoke, and lots of it.
- A six-year old boy can start a fire with a flint rock even though a 36-year old Man says they can only do it in the movies.
- Certain Lego's will pass through the digestive tract of a 4-year old boy.
- Play dough and microwave should not be used in the same sentence.
- Super glue is forever.
- No matter how much Jell-O you put in a swimming pool you still can't walk on water.
- Pool filters do not like Jell-O.
- Garbage bags do not make good parachutes.
- Marbles in gas tanks make lots of noise when driving.
- You probably DO NOT want to know what that odor is.
- The fire department in Austin, Texas has a 5-minute response time.
- The spin cycle on the washing machine does not make earth-worms dizzy.
- It will, however, make cats dizzy.
- Cats throw up twice their body weight when dizzy.
- 80% of men who read this will try mixing the Clorox and brake fluid. ~anon



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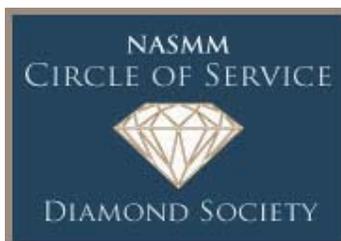
“We treat every senior that we work with as if they were our family, and value their personal property as if it were our own”

Universal Services has been elevated to the Diamond Society level of the National Association of Senior Move Manager's (NASMM) prestigious Circle of Service. The Diamond Society designation is bestowed on Senior Move Management companies that have been a NASMM member, in good standing, for a minimum of ten years, and have shown consistent dedication and support of the National Association of Senior Move Managers and the Senior Move Management profession.

“NASMM members receiving an invitation to the Diamond Society is a demonstration of a company achieving an exceptional level of experience and expertise,” said Mary Kay Buysse, NASMM's Executive Director. “Universal Services has been instrumental in the development of the Senior Move Management industry and has worked to increase the professionalism, credibility, and visibility of this emerging senior service.”

Universal Services joins 60 elite Senior Move Management companies from across the United States and Canada that have been inducted into NASMM's Diamond Society. The 2017 awards ceremony took place during the National Association of Senior Move Managers 2017 Annual Conference in Indianapolis, IN in early March.

Universal Services commitment to serving seniors in Southeastern Wisconsin began in 1996, long before “Senior Move Management” was recognized through the national affiliation membership of NASMM. Rick and Migdalia Zanon had an early vision of providing this dedicated service to seniors and have established their business on the golden rule: “We treat every senior that we work with as if they were our family, and value their personal property as if it were our own”.



Universal Services can assist seniors with a turnkey experience with an overall move plan including organizing, sorting, rightsizing, packing, unpacking and moving into their new residence. They can also help seniors with preparing for the sale of the home by cleaning, staging, and emptying out the home. This customized approach to senior move management allows for adult children living in or out of state to help provide direction to their parents or family without having to do all the work themselves. The consignment shop is a great place for seniors to place the items that do not fit into their new retirement home or do

not longer use. Universal Services can downsize the home by arranging for the disposal of unwanted items by doing Estate Sales, consignment, or donation of unwanted items.

The National Association of Senior Move Managers (NASMM) is a not-for-profit, professional association of organizations dedicated to assisting older adults and families with the physical and emotional demands of downsizing, relocating, or modifying their homes. As the only professional association of its type devoted to helping the rapidly increasing 55+ population with middle and later lifestyle transition issues, NASMM members are committed to maximizing the dignity and autonomy of all older adults. With over 800 members in the United States, Canada and abroad, NASMM is internationally recognized for its innovative programs, leadership and expertise on issues related to Senior Move Management, transition and relocation issues affecting older adults.

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QUESTION:

What advice can you provide to improve my personal finances?

Ask Tim



FINANCE QUESTIONS AND ANSWERS



In life, there are times when simple decisions can have a profound impact. The same holds true when it comes to personal finance. Here are some simple choices you could make that may leave you better off financially – in the near term, the long term, or both.

Use less credit. Every time you pay with cash instead of credit, you are saving pennies on the dollar – actually, dimes on the dollar. At the start of December, the average “low interest” credit card in America charged users 12.45%, the average cash back card 17.15%. If you want to see your bank balance grow, try consistently paying in cash. There is no need to pay extra money when you pay for something.

Set up automated contributions to retirement plans & investment accounts. By automating your per-paycheck salary deferrals to your workplace retirement plan or your IRA, you remove the chore (and the psychological hurdle) of having to make lump-sum contributions. You can bolster invested assets with regular inflows of new money, without even thinking about it. You may also qualify for a tax deduction at the end of the year.

Bundle your insurance. Many insurers will give you a discount if you turn to them for multiple policies (home and auto, possibly other combinations). This may help you reduce your overall insurance costs.

Live somewhere less expensive. Sure, it takes money to move, but that one-time cost might be worth absorbing, especially if you can perform your job anywhere, are able to downsize, or are moving to an area with a lower cost of living.

Look into refinancing your largest debts. Perhaps your student loans could be consolidated. Perhaps you could qualify for a refi on your mortgage (while rates are still low). Both of these moves could free up money and leave you with more financial “breathing room” each month.

Spend less money on “stuff” and more money on yourself. Many people associate possessions with well-being – the more “toys” you have, the richer your life becomes. That kind of thinking can quickly put you deep in debt. You may find yourself living on margin as your “toys” depreciate.

A wise alternative: pay yourself first and direct more of your income into retirement or savings accounts. Or if you like, use some money you would normally spend on creature comforts to attack your debt. Instead of simply entertaining yourself today, make money moves on behalf of your financial future. Too many people give their financial future little thought, and they may be in for a shock when they reach retirement age.

We all want to splurge now and then, but try spending money on memorable experiences instead of flashy items – you may find the former many times more valuable than the latter. Forgo several purchases a month and see what happens. A recent SunTrust bank survey found that roughly a third of U.S. households earning \$75,000 or more live paycheck to paycheck. Earlier this year, *Money* noted that the average household credit card balance was nearly \$16,000. In short, people are spending too much. Some expenses are obligatory, others spur-of-the-moment and unexamined. Pause and think before you buy something; do you really need it? If you separate your needs from your wants and say no to several of them, you may find yourself living a simpler life with less debt and more cash.

Spend less than what you make, invest and save some of the difference – this is the classic path toward improving your financial situation.

Do you have a financial question for Tim? He 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.

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TOP FOUR Places to Move to Internationally

Continued from page 6

your monthly income is at least \$1,000.

Fitting in: Costa Ricans, known as "ticos," are some of the friendliest people on the planet.

Cost of Living: The minimum needed for a decent standard of living for a single person in Costa Rica ranges from \$1,500 to \$2,000 a month. Many retired couples do well on \$2,000 to \$3,000 a month. That is for all costs, including housing, transportation, medical care, utilities, food, and entertainment. Real estate, whether you rent or buy, is affordable in Costa Rica too, with North American-style homes in great locations reasonably priced.

Ambergris Caye, BELIZE

Belize is the sort of place you can be Jacques Cousteau in the morning—diving on the Meso-American Reef—and Indiana Jones in the afternoon—exploring a Maya cave in the jungles.

But for many expats, the best thing about this small Caribbean country of less than 375,000 people is relaxing in a hammock under a coconut palm with a frosty beer. Worries are few. Taxes are low. And it's very easy to get residence.

Proximity: As little as two hours' flight time depending on where in the States you leave from. You'll find direct flights from Miami, Houston, Dallas, Newark, Charlotte, Atlanta, Chicago, and LA.

Visas: You must live in Belize for one year before applying for permanent residence. To do this, enter the country on a tourist visa and renew it every 30 days. After spending 50 consecutive weeks in Belize you can apply for residence. Just continue to renew your tourist visa every 30 days until residence is granted. To become a permanent resident, Americans pay a non-refundable fee of \$1,000 when submitting their application. Many expats in Belize opt for the faster and easier Qualified Retired Persons (QRP) program in order to gain residence in Belize. To take advantage of this visa, you have to be no younger than 45 years old and have a monthly income of at least \$2,000 from a pension or annuity (including Social Security) generated outside of Belize. QRPs are not allowed to work for a Belizean company. But they can work on line for an offshore business.

Fitting in: English is the official language of Belize. After all, this is a British Commonwealth country.

Cost of Living: Expats live comfortably on \$1,400 to \$2,000 per month in Corozal, San Ignacio, and Caye Caulker. In the higher cost areas of Ambergris Caye and Placencia, most expats spend between \$1,800 to \$3,000 per month, dependent on their lifestyle and whether they own a home.



ROATAN, Honduras

Okay, so Roatan isn't a country, but this island 35 miles off the coast of Honduras is a contender for the best Caribbean island to escape the U.S. Think sugar-sand

beaches, inviting bays, and a lush mountainous interior. The island's infrastructure is great, you'll find plenty of home comforts, an international dining scene, and a large expat community.

Proximity: Honduras is only two hours from the United States by air, and the country's four international airports make it easy to schedule travel. Roatan has its own international airport, with direct flights coming from Houston, Dallas, Atlanta, Miami, and Toronto throughout the year.

Visas: Getting residence is easy. You can get a retirement visa, for example, by showing an income of \$1,500 per month, and that allows you a one-time chance to import household goods duty free. And you can bring in a car, duty free, every five years.

Fitting in: It's hard to put an exact figure on the number of expats, as many folks are part-time snowbirds escaping the winter back in the States. Suffice to say making friends is easy, and English is widely spoken.

Cost of Living: It's possible to live on Roatan on a budget of under \$2,000 a month, especially if you own your home. Spend \$3,000 a month per couple and you'll live very well. Prefer to rent? There are homes with glorious views renting for \$1,200 a month. But you'll find other rentals for \$600 close to the water too.

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Gardening with Grandma...

A teenage granddaughter comes downstairs for her date, wearing a see-through blouse.



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

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

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

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

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



WHY CAN'T I LOSE WEIGHT?

continued from page 12

An additional problem with inflammation and FLRS is that there is a vicious cycle present: excess fat increases inflammation and inflammation promotes the hormone disruptions that lead to obesity. It is well worth the efforts to eating healthy and reducing toxic load to break the cycle.

Genetic Expression

The notion that our genes largely determine our fate has been substantially modified. It has become clear that genes can be active or inactive and that various combinations of active and inactive genes can result in markedly different outcomes.

The field of science that studies what affects gene expression is epigenetics. To our great advantage epigenetics research indicates that there are several factors within our control that significantly affect our gene expression. Since FLRS becomes established via unhealthy gene expression, take particular note of these:

* **Diet** – eating the foods we are genetically adapted to turns on healthy gene expression; * **Bowel health** – microbes that inhabit our bowels influence weight, energy levels, sleep patterns, emotional regulation; * **Toxic burden** – avoidance and improved detoxification; * **Vitamin D level** (specifically, the 25-OH Vitamin D level) – Vitamin D affects at least 20% of our gene expression and should be optimized to a blood level of 60-80 ng/ml; * **Physical activity**; * **Beliefs** – not just being optimistic or hopeful but choosing to conduct yourself (thoughts and actions) as though your chosen belief is already in the process of becoming reality and having the feelings of profound gratitude (in the case of FLRS, the gratitude, relief, and joy you will experience when you are at a healthy body weight)

So how do you overcome FLRS and become able to lose weight?

- * Eat healthy food, i.e., foods man is genetically adapted to, but do not restrict calories until FLRS is corrected
- * Reduce your exposure to toxic substances
- * Enhance your detoxification processes
- * Avoid foods that cause an inflammatory reaction in your gut
- * Achieve optimal thyroid functioning

There are other considerations that, when addressed, help overcome FLRS:

- * **Stress Management** – particularly important since FLRS itself is highly stressful physically, emotionally, and psychologically
- * **Medications** – avoiding those that cause weight gain

Treating FLRS allows people to overcome the array of physiological problems that prevent them from losing weight. By helping people determine what the most likely underlying problems are, they are able to focus their attention and effort on correcting the problems and then they can begin losing weight.

Eduardo Castro, M.D. is the owner and Medical Director for the Mount Rogers Clinic in Troutdale, VA. Dr. Castro is the co-author of two books on neurofeedback with Robert Hill, PhD, *Getting Rid of Ritalin* and *Healing Young Brains*. For more information on his newest book, *When Diets Work: Overcoming Fat Loss Resistance* please visit: www.whendietswork.com

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PARENTING from
MR. AND MRS. POTATO

Well, Mr. and Mrs. Potato had eyes for each other and they finally got married and had a little one - a real sweet potato whom they called "Yam".

They wanted the best for little "Yam" telling her all about the "facts of life". They warned her about going out and getting "half-baked" because she could get Mashed, get a bad name like "Hot Potato", and then end up with a bunch of Tater Tots.

She said, "Not to worry, no Mr. McSpud could make a Rotten Potato out of me!"

But she wouldn't stay home and become a good little Couch Potato.

Mr. and Mrs. Potato warned her about going off to Europe to watch for the Hardboiled guys from Ireland and the greasy guys from France called French Fries. They also said she should watch out for the Indians when going out West because she could get Scalloped. She told them she would stay and would not associate with those "high class" Blue Belles or the ones from the other side of the tracks who advertise their trade on trucks around town that say "Frito Lay".

Mr. and Mrs. Potato worried--so they sent her to Idaho's P.U.--that is Potato University--where the "Big Potatoes" come from.

But one day she came home and said she was going to marry Sean Hannity. Mr. and Mrs. Potato were very upset and said she could not marry him because he is just a ...
...Common tater.



An elderly gentleman went to the local drug store and asked the pharmacist for Viagra.

The pharmacist said "That's no problem. How many do you want?" The man replied, "Just a few, maybe a half dozen, but can you cut each one into four pieces?"

The pharmacist said, "That's too small a dose. That won't get you through sex."

The gentleman said, "Oh, that's all right. I'm past eighty years old, and I don't even think about sex anymore. I just don't want to pee on my shoes."

The generation of today is so allergic to everything that future wars will be fought by throwing bags of peanuts and cat hair at each other.

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say, 'Look, he's moving!'"

A young blonde in her late teens, wanting to earn some money for the summer, decided to hire herself out as a "handy woman" and canvassed a nearby neighborhood.

She went to the front door of the 1st house and asked the owner if he had any odd jobs for her to do.

"Well, I guess I could use somebody to paint the porch" he said. "How much will you charge me?"

Delighted, the girl quickly responded, "How about \$50?"

The man agreed and told her that the paint, brushes and everything she would need were in the garage.

The man's wife, hearing the conversation, said to her husband, "Does she realize that our porch goes ALL the way around the house?"

"That's a bit cynical, isn't it?" he responded.

The wife replied, "You're right. A few hours later the blonde came to the door to collect her money..

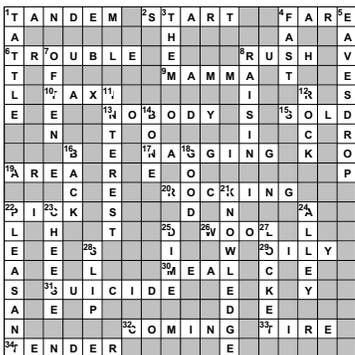
"You're finished already??" the startled husband asked.

"Yes," the blonde replied, "and I even had paint left over so I gave it two coats."

Impressed, the man reached into his pocket for the \$50 and handed it to her along with a \$10 tip.

"Thank you," the blonde said, "And, by the way, it's not a Porsche,

Puzzle on page 23



Moms can clean up everything. Scientists have proven that a Mom's spit is the exact chemical composition of Formula 409. Mom's spit on a Kleenex - you get rust off a bumper with that. - Jeff Foxworthy

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, and said, 'I don't like the looks of your wife at all.'

'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'

"Sometimes I wrestle with my demons. Sometimes we just snuggle."
~ unknown

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A young guy...

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

The Manager says, "Do you have any sales experience?" The young guy says "Yeah. I was a vacuum salesman back in North Dakota."

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. We have very strict standards. 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. He asked (sarcastically), "So, how much was your one sale for?"

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

The boss, astonished, says "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 Chris Craft. 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 tampons for his wife, and I said, 'Man, your weekend's gonna be a bust, you should just go fishing.'"

EARTH TALK

From the Editors of
E/The Environmental Magazine

Dear EarthTalk: Even though pesticides may take an environmental toll, isn't it worth it given how many more mouths we can feed thanks to their use?

The advent of new technologies coming out of World War II led agricultural researchers to start experimenting with new classes of chemicals they could use to boost agricultural production.

As human populations swelled, these "advances" were applied around the world so farmers could grow more food to feed the hungry masses and stave off widespread famine. This transition from essentially organic farming practices to what we now consider "conventional" (that is, aided by chemicals) has been dubbed "The Green Revolution." But "green" in the name doesn't mean it's been good for the environment.

Chemical fertilizers are synthetic or inorganic materials added to soil to aid in plant life. Pesticides kill insects or other organisms that are harmful to crops, while herbicides kill any unwelcomed vegetation that may affect their growth. According to data from the U.S. Environmental Protection Agency (EPA), American farmers use upwards of a billion pounds of pesticides every year. Meanwhile, the United Nations reports that globally we use about five times that.

Indeed, the widespread adoption of these synthetic fertilizers, pesticides and herbicides has done a great job at boosting crop efficiency to feed more and more of us. For example, India was on the brink of a mass famine in the 1960s due to rapid population growth. Using the techniques of the green revolution, Indian farmers were able to grow enough produce and rice to stave off widespread starvation. Another advantage of pesticide use in India and elsewhere has been the prevention of disease, because pesticides kill insects carrying viruses that could be passed onto the crops.

However, pesticides not only kill the pests but also the natural enemies of those pests. In nature, everything is balanced out. Indeed, there is no free lunch, as pests respond to treatment by breeding stronger offspring that are resistant to these chemicals, and with natural predators gone, these pests will quickly multiply, which is why the need for pesticides to kill these pests keeps increasing.

Furthermore, persistent organic pollutants, also known as "POPs," are highly toxic pesticides and chemicals that do not decompose. They poison non-target organisms in the environment because they are passed through the food chain (bioaccumulate). Consumption of POPs disrupts the endocrine system and is linked to cancer and infertility in humans. Pesticides also take a toll on our environment, contaminating water and soil. Along with insects, pesticides are also toxic to fish, birds, frogs and more.

Pesticide use is very controversial and should be taken seriously. While here at home, the EPA has banned many pesticides that are harmful to our environment and our health (though the battle for safer food rages on), in many other countries agricultural oversight and environmental regulations are non-existent or unenforced. Fortunately, we can all be part of the solution by eschewing conventionally grown foods and opting for organic varieties whenever we can. While growing your own food is one sure way to know that what you're eating is safe, you can also find an increasingly large amount of organic food in your local supermarket, let alone at a Whole Foods near you. Another great way to eat healthier and organic is to shop at local farmers' market. Find one near you by searching the free online database maintained by the non-profit Local Harvest.

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18th Annual Milwaukee NARI Tour of Remodeled Homes Scheduled



Southeastern Wisconsin residents will have an opportunity to "Explore Remodeling's Finest" at the 18th annual Milwaukee NARI (National Association of the Remodeling Industry) Tour of Remodeled Homes, Sat., May 20 – Sun., May 21, 2017.

The Tour of Remodeled Homes will allow attendees to view more than 15 recently completed remodeling and home improvement projects from Milwaukee NARI contractors at homes throughout southeastern Wisconsin, including renovation projects in Brookfield, Glendale, Greenfield, Muskego, Wauwatosa, and Whitefish Bay.

The Tour will feature renovations to kitchens, bathrooms, additions, and whole house remodels. Admission is \$15 in advance online at www.MilwaukeeNARI.org or at the Milwaukee NARI Office, 11815 W. Dearborn Ave. in Wauwatosa. Tickets will be sold for \$20 at the door of the projects. Those that visit project locations can also qualify for an opportunity to win a prize package from Kohler Co. valued at more than \$1,000.

For more information on the Tour of Remodeled Homes, 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.

EDITOR'S PICK

Peanut Butter Hummus

Simple. Easy. Delicious

- 2 cups garbanzo beans
- 1 cup water
- 1/2 cup powdered peanut butter*
- 1/4 cup natural peanut butter
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract (dark chocolate chips optional!)



Place all of the ingredients in a food processor. Process until smooth. Refrigerate for up to 1 week.

*Powdered peanut butter is made from roasted peanuts that have been pressed to remove most of the oil and then ground into a fine powder. Some brands contain a little sugar and salt. With most of the fat gone—powdered peanut butter has about 85 percent less than regular—you're left with protein and fiber. A tablespoon has about 25 calories, 1 gram of fat, 3 to 4 grams of protein, and 1 gram of fiber. Regular peanut butter has the same protein and fiber counts, but has 96 calories and 8 grams of fat per tablespoon.

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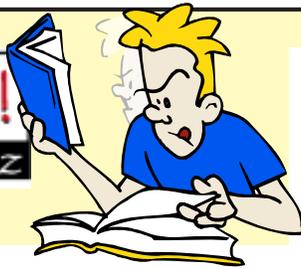
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Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER

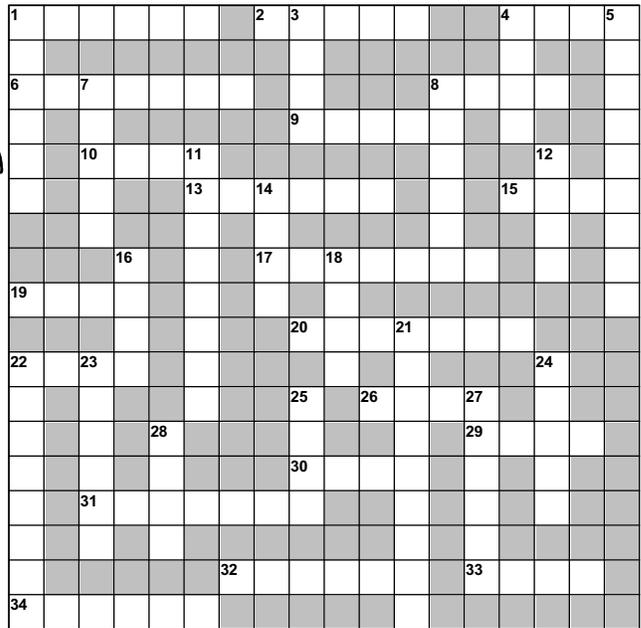


ACROSS

1. A bike for two
2. Begin
4. Money paid to be transported
6. Worse if it's double
8. Conservative talk show host
9. Baby talk 'mom'
10. Form of public transportation
13. Not anymore
15. Past tense of sell
17. Wife's fault
- 19 Rectangles height by width
20. Type of chair
22. To remove fruit from a tree
26. Animal textile
29. Describes hair condition
30. Three a day is recommended
31. Taking one's own life
32. Activity of people arriving
33. To exhaust
34. Showing gentleness or concern

DOWN

1. To tell on someone
3. The other people
4. Very quick
5. Listen to others inadvertently
7. Frequently
8. Dried grape
11. Description of earnings on a CD
12. Big stone
14. Femur is one
16. Opposite of front
18. Opposite of bad
21. Gained through learning
22. Agreeable qualities
23. Solid dairy product
24. Path behind buildings
25. Two fifths of two bits
27. Keepsake necklace
28. To loose footing



Answers on page 18

We have enough gun control. What we need is idiot control.

Everybody wants to save the earth; nobody wants to help Mom do the dishes.

P. J. O'Rourke

Do not go to the bathroom in a dream. It's a trap! It's a TRAP!!

A student at a management school came up to a pretty girl and kissed her without any warning. The surprised girl said, "What was that?"

The guy smiled at her, "Direct marketing!"

The girl slapped him soundly. "What was that?!" said the boy, holding his cheek.

"Customer feedback."

Did anyone but me notice that the "&" symbol looks like a dog dragging his butt across the floor?

JOKE for MOMS

When your first child eats some earth, a bit of grass or a worm, you take them to a doctor. When your second child eats some earth, a bit of grass or a worm, you spit on a hankie and clean them up. When your third child eats some earth, a bit of grass or a worm, you wonder whether they still need lunch.

Happy Mother's Day! Yes, it's today. How fast can you glue macaroni into a bracelet?

- Ellen DeGeneres

They say you can't get a decent job without education. But look at Albert Einstein – he was a drop-out and still ended up being the first man on the moon!

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