

Your **LIFE!**

MAGAZINE

JUNE • JULY • AUGUST
Summer **2017**
A FREE PUBLICATION

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

HELLO SUMMER!



**INSIDE
this ISSUE**
page 5



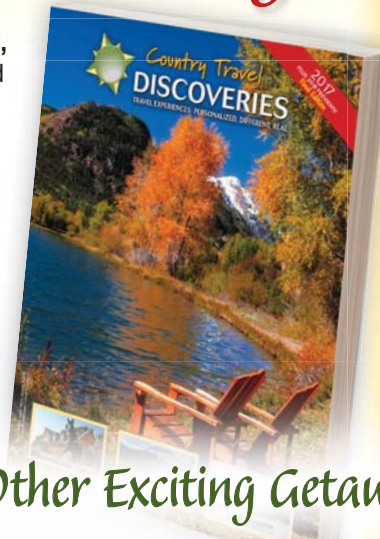
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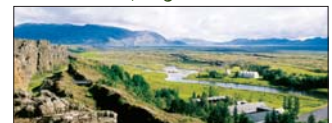
Mighty Mississippi & Cajun Country



Grand Canyon & Red Rocks



Oregon's Natural Wonders



Wonders of Iceland



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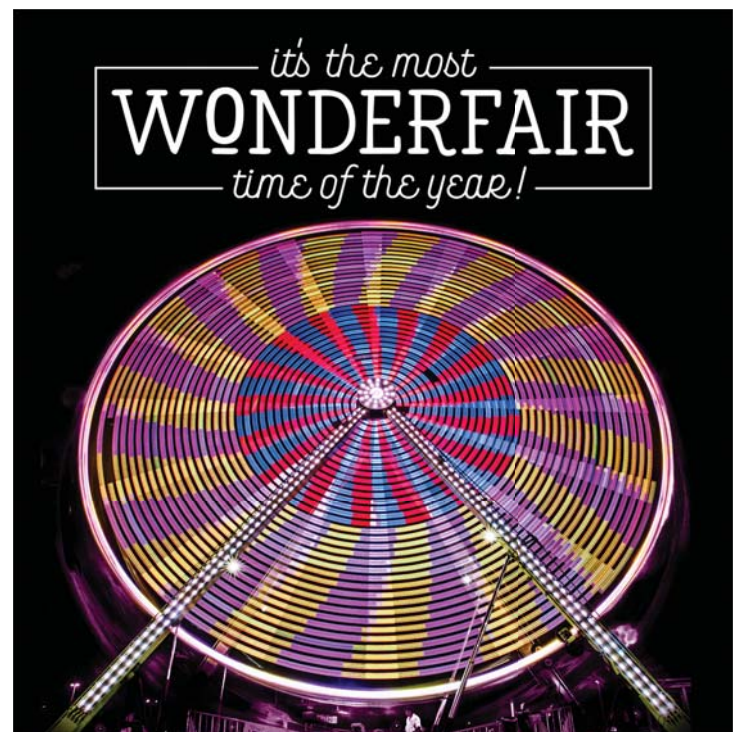
Summer starts on page 7 with a jam-packed calendar of events for everyone!

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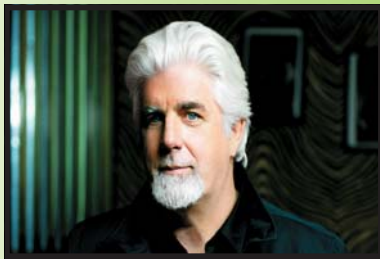
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Friday, July 14th, 2017 - 8pm

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From the Publishers

SUMMER! 2017

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

~John Lubbock, The Use Of Life



Ahhh.... like a cool drink on a hot day, we finish this publishing year with our 2017 Summer Issue!

Backyard barbecues with the grill piled high with juicy brats and burgers and cold beverage in the cooler... Time spent on the water in pontoons, fishing boats and inner tubes... Short skirts, muscle shirts and rock n' roll... That wonderful smell of sun on your skin as you settle in for the night with windows wide open... Yes, this is summer!

Now that the tech world has no demands for a bit, I have a taste for some fresh blue gill, a cold beer and the smoke of a campfire. We'll be making our annual trip down the Namekagon River - a canoe full of supplies and complete solitude for three days. If that's not heaven... well then anticipating the best grilled cheese at State Fair certainly is. And forget the newest in bacon creations - try a turkey leg, my newest festival favorite!

Festivals, food, music, art - grab your calendar and start booking because the season of sun-fun is here! In this issue we've included an expansive calendar of summer events so there's no excuse to stay at home.

A BIG thank you to our readers and associates for getting us through another year. We are very blessed. A newspaper is only as good as the advertisers that support it, so please take a second look at all the wonderful businesses that work with us. If you enjoy the paper, support our supporters and give them a shout out by using their services and products. It's the right thing to do!

Tom and I lazed around the patio last night watching the clouds roll around. Moonlight, warm breeze, frogs croaking and mosquitoes biting. Life is good. Enjoy the sun and we'll see you in September!

LIFE. Enjoy it!

Sandy and Tom Draelos

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JULY 29 • DUSTIN LYNCH

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SUMMER CALENDAR

June 14

Seniorfest
Italian Community Center
631 E. Chicago St.

June 15-18

St. Roman's Parish Festival
1710 W. Bolivar Ave

June 15-18

Mukwonago Lions Club Summerfest,
Field Park, Mukwonago

June 15-18

Lakefront Festival of the Arts
Milwaukee Art Museum

June 16-18

Polishfest
Henry W. Maier Festival Park

June 16-18

St. Adalbert Parish Festival
1923 W. Becher St

June 17

Wisconsin Beer Lovers Festival
Bayshore Town Center
5800 N. Bayshore Dr, Glendale

June 17-18

Scandinavian Midsommar
Celebration
Old World Wisconsin, Eagle

June 19

Juneteenth Day
Martin Luther King Drive

June 23-24

Pewaukee Kiwanis Beach Party
Pewaukee Lakefront, Pewaukee

June 23-25

St. Bernadette Parish Festival
8200 W. Denver Ave., Milwaukee

June 23-25

Kettle Moraine Days
Eagle Village Park
Parkview Drive, Eagle

June 23-25

GreekFest
Annunciation Church Greek Fest
State Fair Park

June 23-25

Holy Apostles Family Festival
16000 W. National Ave., New Berlin

June 23-25

St. Mary's Family Fun Festival
225 S. Hartwell Ave, Waukesha

June 24-25

Cedarburg Strawberry Festival
Cedarburg

June 24-25

Xavieran Mission Festival
4500 Xavier Drive, Franklin

June 25

Garlic Fest
Walker's Point



June 25

Rods-n-Relics Car Club Show
Lime Kiln Park, Grafton

June 25

St. Peter Catholic Church
200 E. Washington St., Slinger

June 25

Pommetag Festival
Rotary Park, 4100 W. Highland Road
Mequon

June 28-July 2, July 4-July 9

SummerFest
Henry W. Maier Festival Park

June 30-July 1

Grillin' in Grafton
Centennial Park, Grafton

July 1-4

Franklin Civic Celebration
Lions Legend Park
9229 W. Loomis Road, Franklin

July 2-4

4th of July Family Festival
Malone Park
16400 W. Al Stigler Parkway, New Berlin

July 6-8

Iola Car Show & Swap Meet
Highway 161, Iola

July 7-8

Delafield Food & Music Festival
Main St., Delafield

July 7-8

Rumble By The River
Big Bend Village Park, Big Bend

July 8

Croatian Day Fest
Mukwonago Field Park
Highways 83 and NN, Mukwonago

July 8

Lake Country Art Festival
Naga-Waukee Park
Highway 83, Delafield

July 8-9

Cedarburg Woman's Club Garden Walk
Cedarburg

July 8-Sept 4

Bristol Renaissance Faire
12550 120th Ave., Kenosha

July 13-16

Bastille Days
Cathedral Square Park

July 13-16

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

July 14-16

South Shore Frolics
Southshore Park

July 14-16

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

July 14-16

Sussex Lions Daze
Sussex Village Park
N64-W23760 Main St., Sussex

July 14-16

Divine Mercy FunFest
695 College Ave., South Milwaukee

July 14-16

Our Lady of Lourdes Festival
3722 S. 58th St.

July 14-16

St. Mary Parish
9520 W. Forest Home Ave., Hales Corners

July 15

Port Washington Port Fish Day
Port Washington

July 15

Garfield Avenue Blues
Jazz, Gospel & Arts Festival
Garfield Ave. to King Drive

July 15-16

Milwaukee Air & Water Show
Milwaukee Lakefront

July 15-16

Old Falls Village Civil War Encampment
Menomonee Falls

July 15-16

Midsummer Festival of the Arts
John Kohler Arts Center, 608 New York
Ave., Sheboygan

July 17-23

Waukesha County Fair
Waukesha County Fairgrounds

July 21-23

Festa Italiana
Henry W. Maier Festival

July 21-23

Sweet Apple-Wood Festival
Cudahy Park

July 21-23

Waterford Balloon Festival
Main St., Waterford

July 21-23

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

July 22

Milwaukee Firkin Beer Fest
Cathedral Square, Milwaukee

July 22-23

Croatian Fest
Croatian Park, 9100 S. 76th St., Franklin

July 23

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

July 24-30

EAA AirVenture
Oshkosh, WI

July 25-30

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

July 26-30

Racine County Fair
Racine County Fairgrounds
19805 Durand Ave., Union Grove

July 28-29

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

July 28-30

German Fest
Henry W. Maier Festival Park

July 28-30

St. John the Evangelist
8500 W. Coldspring Road, Greenfield

**SUMMER
EVENT GUIDE** Continued on page 8

SUMMER EVENTS!



July 28-30

St. Elizabeth Ann Seton Funfest
12700 W. Howard Ave., New Berlin

July 28-30

South Milwaukee Lionsfest
16th and Rawson Aves
South Milwaukee

July 29

Brady Street Festival

July 29

Milwaukee Brewfest
McKinley Park

July 30

Holy Hill Antique & Flea Market
St. Mary of the Hill Parish, 1515 Carmel
Road, Hubertus

July 30

Slovak-American Day
Croatian Park, 9140 S. 76th St., Franklin

Continued from page 7

August 2-6

Ozaukee County Fair
Ozaukee County Fairgrounds
W67-N866 Washington Ave., Cedarburg

August 3-13

Wisconsin State Fair
Wisconsin State Fair Park

August 5-6

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

August 6

Milwaukee Comedy Festival
Historic Turner Hall Ballroom

August 11-12

Waukesha BluesFest
Naga-Waukee Park, Delafield

August 11-13

Greendale Lions Club Village Days
5600 Parking St., Greendale

August 11-13

St. Joseph Fun Fest
S89-W22650 Milwaukee Ave., Big Bend

August 11-13

Greendale Village Days, downtown
Greendale

August 12

Milwaukee Dragon Boat Festival
Veteran's Park

August 12-13

Morning Glory Craft Fair
Red Arrow Park, 920-929 N. Water St.

August 13

Waukesha Old Car Club Show Frame Park
Waukesha

August 17-20

Irish Fest
Henry W. Maier Festival Park

August 17-20

A la Carte at the Zoo
Milwaukee County Zoo

August 18-20

Midwest Original Music Festival
Croatian Park, Franklin

August 18-20

St. Rita Family Festival
4339 Douglas Ave., Racine

August 19

Indiafest
Humboldt Park

August 19

Laura's Donges Bay Car Show
7520 W. Donges Bay Rd, Mequon

August 19

HarborPark Jazz, Rhythm & Blues Festival
Celebration Place, 54th St. and Lake
Michigan, Kenosha

August 19-20

St. Louis Parish Festival
13207 County Road G, Caledonia

August 19-20

Oconomowoc Festival of the Arts
Fowler Park, Oconomowoc

August 24-27

Muskego Community Festival
Veterans Memorial Park, W182-S8200
Racine Ave., Muskego

August 24-27

West Bend Germanfest
Main and Walnut streets
West Bend

August 25-27

Mexican Fiesta
Henry W. Maier Festival Park

August 25-27

St. James Family Fest
830 County Road NN East, Mukwonago

August 25-27

St. Matthias Festival
9306 W. Beloit Road, West Allis

August 26

Brew City Cigar Festival
Old Heidelberg Park, Glendale

SUMMER EVENT GUIDE

Continued on page 9

BODY WORLDS

ANIMAL INSIDE OUT

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MAY 6-SEPTEMBER 4, 2017

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August 27

Art in the Park
Village Park, Garfield Drive
Menomonee Falls

August 31-Sept 3

Saint Francis Days
4230 S. Kirkwood, St. Francis

August 31-Sept 4

Milwaukee Rally
Harley-Davidson dealerships

September 1-3

Paramount Music Festival
Coal Dock Park, Port Washington

September 1-3

Wisconsin Highland Games
Waukesha County Expo Center

September 1-4

Oak Creek Lionsfest
9327 S. Shepard Ave
Oak Creek

September 2-3

Third Ward Art Festival
Historic Third Ward

September 2-3

St. Boniface Fall Festival
Germantown

September 7-10

St. Gregory the Great Festival
3160 S. 63rd St.

September 8-9

TosaFest
7615 W. State St., Wauwatosa

September 8-10

St. Agnes Parish Festival
12801 West Fairmount Ave., Butler

September 8-10

St. Charles Fall Fest
313 Circle Drive, Hartland

September 8-11

Indian Summer Pow Wow
Wisconsin State Fair Park

September 9-10

Harvest of Arts and Crafts
Trimborn Farm, 8881 W. Grange Ave

September 9-10

Frank Mott International Kite Festival,
Veterans Park

September 16-17

Cedarburg Wine & Harvest Festival
Cedar Creek Settlement, N70-W6340 Bridge
Road, Cedarburg



A Midsummer Night's Dream

A Midsummer Night's Dream is a comedy written by William Shakespeare between 1590 and 1597. It portrays the events surrounding the marriage of Theseus, the Duke of Athens, to amateur actors who are controlled and manipulated by the fairies who inhabit the forest in which most of the play is set. The play is one of Shakespeare's most popular works for the stage and is widely performed across the world. A delight for the whole family.

July 14, 15, 21 & 22

6pm

July 16 & 23

4pm

Both held in the President's Courtyard

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Questions?

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A perfect summer day is when
the sun is shining, the breeze is
blowing, the birds are singing, and
the lawn mower is broken.

~James Den

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Friday, July 28th

Saturday, July 29th

Sunday, July 30th

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R&B/FUNK

WEDNESDAY JULY 19
Generation Z
POP

WEDNESDAY AUG 2
Paper Holland
with special guest
Q the Sun
INDIE POP/ROCK

WEDNESDAY AUG 16
Saturday June Band
CLASSIC ROCK

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One Flew Over the Cuckoo's Nest
September 7-14, 2017



YOU KNOW YOU'RE A SUMMER REDNECK IF...

- 1) You let your 14-year-old daughter smoke at the dinner table in front of her kids.
- 2) The Blue Book value of your truck goes up and down depending on how much gas is in it.
- 3) You've been married three times and still have the same in-laws
- 4) You think a woman who is out of your league bowls on a different night.
- 5) You wonder how service stations keep their restrooms so clean.
- 6) Someone in your family died right after saying, 'Hey, guys, watch this.'
- 7) You think Dom Perignon is a Mafia leader.
- 8) Your wife's hairdo was once ruined by a ceiling fan.
- 9) Your junior prom offered day care.
- 10) You think the last words of the Star-Spangled Banner are 'Gentlemen, start your engines.'
- 11) You lit a match in the bathroom and your house exploded, right off its wheels.
- 12) The Halloween pumpkin on your porch has more teeth than your spouse.
- 13) You have to go outside to get something from the fridge.
- 14) One of your kids was born on a pool table.
- 15) You need one more hole punched in your card to get a freebie at the House of Tattoos.
- 16) You can't get married to your sweetheart because there's a law against it.
- 17) You think loading the dishwasher means getting your wife drunk.

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Christian Women's Connection

Invites you to Brunch!

JULY 17th, 2017

9:30-11am

Guest Speaker: Fire Chief of the
Menomonee Falls Fire Dept

and

AUGUST 21st, 2017

9:30-11am

Guest Speaker: Lori from
The Oilerie of Brookfield

"Leaning About Extra Virgin Oil"

All Welcome!

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

\$15 includes brunch
262-251-3841 RSVP Lois

Sunday

Cafe Sopra Mare

10:30 a.m.-12:30 p.m. Villa Terrace Decorative Arts Museum, Mercury Courtyard, 2220 N. Terrace Ave. June 4 through Sept. 24. villaterracemuseum.org.

Franklin Park Concerts

2 p.m., Lions Legend Park Band Shell, 9229 W. Loomis Road. June 25, July 9, July 23, Aug. 6, Aug. 20. franklinparkconcerts.webs.com.

Village Nites on the Green

7 p.m. Greendale Gazebo Park 5710 Broad St. June 18, June 25, July 9, July 16, July 23, July 30, Aug. 6 and Aug. 20.

Monday

Musical Mondays

6:30-8 p.m. Lake Park Summer Stage 2975 N. Lake Park Road. July 3 through Aug. 28. (414) 962-1680; lakeparkfriends.org.

Tuesday

Chill on the Hill

6-8:30 p.m. Humboldt Park Band Chalet, 3000 S. Howell Ave. June 6 through Aug. 29. bayviewneighborhood.org.

Tribute Tuesday Concerts

7-9 p.m., Les Paul Performance Center, Cutler Park, 321 Wis Ave., Waukesha. June 13; U2 Tribute with U2Zoo, July 11; ABBA Tribute with ABBA Salute, Aug. 8; Kenny Chesney Tribute, Sept. 12.

Wednesday

Community Vibes!

6-8:30 p.m., Village Park 4800 W. Green Brook Drive, Brown Deer. Christopher Project, June 21; Generation Z, July 19; Paper Holland, Aug. 2; Saturday June Band, Aug. 16. browndeerwi.org.

River Rhythms

6:30-9 p.m., Pere Marquette Park 950 N. Old World 3rd St. June 14, June 21, June 28, July 12, July 19, July 26, Aug. 2, Aug. 9, Aug. 16, Aug. 23, Aug. 30 westown.org.

Waterfront Wednesdays

6-8:30 p.m., Lakefront Park 222 W. Wisconsin Ave., Pewaukee. June 7, June 14, June 21, June 28, July 5, July 12, July 19, July 26, Aug. 2, Aug. 9, Aug. 16, Aug. 23. waterfrontwednesday.com.

Wednesday Night Live

7-10:30 p.m., Budweiser Pavilion Wisconsin State Fair Park 640 S. 84th St., West Allis. Rebel Grace, June 14, June 21, June 28, July 12, July 19, July 26, Aug. 23, Aug. 30. budpavilion.com.

Wonderful Wednesdays

6:30-7:30 p.m. Lake Park Summer Stage 2975 N. Lake Park Road Jim Gill, June 21; Danika and Jeb, June 28; Paul Kaye, July 5; Twang Dragons, July 21; Cash Box Kings, July 19; Fox and Branch, July 26. lakeparkfriends.org.

FREE FREE FREE

Summer Music Concerts



Thursday

Jazz in the Park

6-9 p.m., Cathedral Square Park 520 E. Wells St. June 15, June 22, June 29, July 6, July 20, July 27, Aug. 3, Aug. 10, Aug. 17, Aug. 24, Aug. 31. easttown.com./events/jazz-in-the-park.

Shully's River Sounds

6:30-10 p.m. 146 Green Bay Road Thiensville. Eddie Butts Band, June 1; Whiskey Farm, July 6; Streetlife with Warren Wiegatz, Aug. 3. shullyscuisine.com.

Summer Arts in the Park

6:30 p.m., Wisconsin Lutheran College Campus, 89th St. between Blue Mound Road and Wisconsin Ave. Bobby Way and the Fabulous Wayouts, June 22; Eddie Butts Band, Aug. 10. wlc.edu/Summer-Arts.

Village Park

6:30-8 p.m. Garfield Dr., Menomonee Falls June 15, June 22, June 29, July 6, July 13, July 20, July 27, Aug. 3, Aug. 10, Aug. 17. menomoneefallsdowntown.com.

Friday

Starry Nights

6:30 p.m. Wilson Center Outdoor Theater 19805 W. Capitol Drive, Brookfield. Wisconsin Philharmonic, June 30; Milwaukee Youth Symphony Orchestra, July 7; The Jimmys, July 14; Robbie Fuls, July 21; Stray Voltage, July 28. wilson-center.com.

Summer Sounds

7 p.m. Cedar Creek Park N52-W5882 Portland Road Cedarburg. June 16, June 23, June 30, July 7, July 14, July 21, July 28, Aug. 4, Aug. 11, Aug. 18. summersounds.net.

Saturday

Fun on the Green

7 p.m. Greendale Gazebo Park 5710 Broad St. Ian & the Dream, June 24; The Whiskeybelles, July 22; The Differentials, July 29; British Invasion '64, Aug. 5; Pickin Up Speed, Aug. 19; Newtonburg Brass Band, Aug. 26. greendaleentertainment.com

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Deep summer is when laziness finds respectability. ~Sam Keen

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BiGGs GOLF TALK

By BiGG Jon Vic

Slow Play

Golf should be fun - what is one of the top things that are complained amongst golfers? **SLOW PLAY**. Who or what causes slow play? Slow play can be caused by many factors, from inexperienced golfers not aware of proper etiquette, to the Golf Course not properly managing the tee sheet, therefore causing slow play from the 1st tee.

I will give some tips on how you can be sure you don't cause slow play. When I have a tee time booked in advance, the fun starts the day before for me. A few things you can do the day before to start preparing your golf round for the next day. Check your golf bag to make sure you have Tees, Balls, Golf Glove, and your clubs are ready to go. If there is anything that you need, try to obtain it the day before. I had a chance to talk with many golf pros, and the #1 issue they see is golfers rushing or late for their tee time. If your tee time is 9:14am, that is the time you should be on the tee box and ready to hit your first shot - not the time you pull into the parking lot, or checking in at the pro shop. Ideally you should arrive at the golf course at least 30 minutes before the scheduled tee time. Slow play can start as you leave home.

Start the game right with tips on page 45.



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MILWAUKEE COUNTY

Brown Deer Farmers Market

9am-6pm Wednesdays, June-Oct. 25
9078 N. Green Bay Road

Cathedral Square Market

9am-1pm Saturdays, June-Oct. 7
Cathedral Square Park, 520 E. Wells St.

CORE/EI Centro Rooftop Market

3-7pm Thursdays June-Oct. 19.
130 W. Bruce St.

Enderis Park Farmers Market

9:30am-1pm Sundays, June-Sept. 24
Chambers and Locust/70th and 72nd streets

Fondy Farmers Market

4 days a week June-Oct. 29, Sun, Tues and
Thurs, 9am-3 pm & Saturdays, 7am-3pm.
2200 W. Fond du Lac Ave.

Fondy Market at Schlitz Park

11am-2pm Tuesdays, July 11-Oct. 3
1555 N. Rivercenter Drive.

Fox Point Farmers Market

8am-noon Saturdays, June-Oct. 14
Parking lot of Stormonth School
7300 N. Lombardy Road.

Garden District Farmers Market

1-5pm Saturdays, June-Oct. 14
S. 6th St. and Howard Ave.

Greendale Open Market

8am-noon Saturdays, June-Oct. 7
Broad Street-Village Center

Greenfield Farmers Market

10am-2pm. Sundays, Now thru-Oct. 29
Konkel Park, 5151 W. Layton Ave.

Groundwork's Young Farmers Stand

4:30-6pm. Wednesdays, July 5-Sept. 27
2813 W. Wright St.

Hartung Park Farmers Market

4-7pm Wednesdays, June-Sept. 27
Hartung Park, Wauwatosa.

Jackson Park Farmers Market

3:30-7pm Thursdays, June-Sept. 28
Jackson Park, 3500 W. Forest Home Ave.

Milwaukee Public Market (Outdoor)

10am-3pm Saturdays, June-Sept. 30
St. Paul Ave. and Broadway.

Riverwest Gardeners Market

10am-3pm Sundays, June-Oct. 22 (no 6/11)
Garden Park, 821 E. Locust St.

Shorewood Farmers Market

9:30am-1pm Sundays, June-Oct. 29 Lake
Bluff Elementary School, 1600 E. Lake Bluff
Blvd.

South Milwaukee Downtown Market

3-7pm Thursdays, June-Oct. 12
S. 11th Ave. and Milwaukee Ave.

South Shore Farmers Market

8am-noon Sats, June-Oct. 14 (no 7/15).
South Shore Park, 2900 S. Shore Drive.

Tosa Farmers Market

8am-noon Saturdays, Now-Oct. 14
7720 Harwood Ave.

Walker Square Farmers Market

7am-3pm Sundays and Thursdays, Now-
Oct. 29. Walker Square Park, S. 9th and W.
Washington streets.

West Allis Farmers Market

Noon-6pm Tues and Thurs, 1-6pm. Satur-
days, Now-Nov. 25. 6501 W. National Ave.

Westown Farmers Market

10am-2pm. Wednesdays, Now-Oct. 25
Zeidler Union Square, 301 W. Michigan St.

Whitefish Bay Farmers Market

8am-noon Saturdays, July 8-Oct. 7
E. Silver Spring Drive and N. Berkeley Blvd.

OZAUKEE COUNTY

Cedarburg Farmers Market

3-7pm Wednesdays, June-Oct. 25
(no 6/5 or 8/2). Firemen's Park, N65 W796
Washington Ave.

Cedarburg Makers & Growers Market

9am-2pm. Fridays, June-Oct. 27.
Corner of Mill St. and Washington Ave.

Grafton Farmers Market

10am-6pm. Thursdays, July -October
Veterans Memorial Park
Highway 60 and 13th Ave.

Saukville Farmers Market

9am.-1pm Sundays, June 25-Oct. 29 (no
Sept 3). Veterans Park, Highway 33.

Thiensville Village Farmers Market

9am-3pm Tuesdays, June-Oct. 24
Village Park, 250 Elm St.

WAUKESHA COUNTY

Brookfield Farmers Market

7:30am-noon Saturdays, May-Oct. 28
Civic Plaza, 2000 N. Calhoun Road.

Brookfield Village Farmers Market

3-7pm Thursdays, June-Oct. 5
Hoffman Ave. parking lot.

Butler Farmers Market

Noon-6pm Mondays, May-Oct. 30 (no 6/4 or
Labor Day). 12700 W. Hampton Ave.

Delafield Farmers Market

8am-1pm Saturdays, May-Oct. 14
City parking lot on Main St., one block west
of Highway C.

Elm Grove Village Market Night

5-8pm Wednesdays, July 5-Sept. 27
13230 Watertown Plank Road.

Menomonee Falls Farmers Market

9am-2pm Wednesdays Now-Oct. 25; 9am-
2pm Sundays Aug. 6-Oct. 29. Main St., one
block west of Appleton.

Mukwonago Area Farmers Market

2-6 pm Wednesdays, Now-Oct. 11. Field
Park, Hwy. 83 & NN.

New Berlin Farmers Market

8am-noon Saturdays, May-Oct. 28.
16300 W. National Ave.

Oconomowoc Farmers Market

8am-noon Saturdays, May-Oct. 28 (no Aug.
12). Campus Parking Lot at First Bank
Financial Centre, 155 W. Wisconsin Ave.

Pewaukee Farmers Market

3:30-7pm Wednesdays, June-Sept. 27 Christ
Lutheran Church, W240 N3103 Pewaukee
Road

Sussex Farmers Market

9:30am-1pm Sundays, June-Oct. 15
Sussex Civic Center Campus
N64 W23760 Main St.

Waukesha Farmers Market

8am-noon Saturdays, May-Oct. 28.
Corner of St. Paul Ave. and Madison St.

WASHINGTON COUNTY

Downtown West Bend Farmers Market
7:30-11am Saturdays, May-Oct. 28.
Old Settlers Park on Main St.

Germantown Farmers Market

8am-noon Saturdays, May-Oct. 28.
Germantown Village Hall parking lot, N112
W17001 Mequon Road.

Hartford Farmers Market

7am-noon Saturdays, May -Nov. 4, (no Oct.
7). Across from Schauer Arts Center



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WE ARE ABOUT TO ENTER THE SUMMER AND BBQ SEASON...

Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ the following chain of events are put into motion:

(1) The woman buys the food. (2) The woman makes the salad, prepares the vegetables, and makes dessert. (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand. And here comes the important part: (4) THE MAN PLACES THE MEAT ON THE GRILL. (5) The woman goes inside to organize the plates and cutlery.

(6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation. (7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN. (8) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table. - After eating, the woman clears the table and does the dishes. (10) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts. (11) The man asks the woman how she enjoyed 'her night off.' (12) Upon seeing her annoyed reaction, concludes that there's just no pleasing some women....



SKILL on the GRILL

There is nothing like the smell of a back-yard barbecue, juicy meats on the grill and corn on the cob dripping with butter. Time to hone up your skills with the grill! Follow these easy basics from the experts at Weber.

Do your warm-ups.

Players don't step on the field cold, and neither should you. Make sure to preheat your grill before you cook. After you've lit the fire, shut the lid, and let it heat for 10 minutes.

Act like you've been there before.

Vince Lombardi said it about the end zone, but it applies to the grill zone too. Be professional. Just like the pros, a great grillers should have a "game face." Translation: No crazy flips in either zone. As a general rule, most foods need to be turned just once.

Don't give away the game plan.

Some grillers telegraph their plays to the defense by grilling with the lid up. Don't be that guy. Keep the lid down—it reduces the chances of flare-ups and allows your food to cook faster and more evenly. Use your head, son. Every time the lid goes up, heat escapes—meaning you'll have to wait even longer for your food.

Easy on the squeeze.

Resist the urge to use your spatula to press down on foods, such as burgers. You'll only succeed at squeezing out the flavor.

No poking zone.

Don't poke your meat with a fork. This is a major grilling infraction that reflects badly on your whole team. Poking allows precious juices and flavor to escape, drying out your food.

Know how to work the clock.

Grilling times listed in the recipes are approximate. Allow for more cooking time on cold or windy days, or at higher altitudes. Your best defense against overcooked food is an instant-read thermometer. Use the thermometer to check for doneness, but never leave it in the food while cooking.

Grilled Fruit Kabobs

Here is a unique, low fat dessert or a decadent breakfast addition. Lightly grilling fruit brings out wonderful flavors, especially in the peaches and bananas. Sprinkle the dressed skewers in toasted coconut for an extra treat.

1 pineapple (best) OR
1 can pineapple chunks
1 pint strawberries
2 bananas
3 plums
2-3 peaches

1/2 C honey
2 T lime or lemon juice
1/8 C chopped fresh mint leaves (best) OR
1 T dried mint
1 C toasted coconut (optional)
wooden shish kebab skewers

Serves 8

Soak wooden shish kebab skewers in water to prevent scorching. Prepare grill for medium heat.

Peel and core the pineapple and cut into 2" chunks. Peel the bananas and cut into 5 or 6 large pieces, sprinkle lightly with a small amount of lemon or lime juice, reserving remaining juice for the dressing. Cut the plums and the peaches in halves, discarding pits, then cut into 2" chunks. Wash and hull strawberries. Thread prepared fruit, onto wooden skewers, just as you would a shish kabab, alternating various pieces of fruit on each kebab.

Place the fruit pieces on the grill for 10 to 15 minutes, turning occasionally. In the meantime, prepare dressing by combining the honey, lime or lemon juice, and the chopped mint in a small bowl. Brush the fruit with the honey mixture during the last 4-5 minutes of cooking. Place on a serving platter, brush or drizzle with any remaining honey mixture, and top with toasted coconut, if desired.



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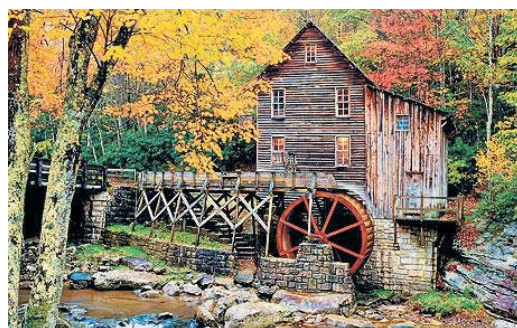
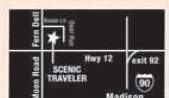
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Autumn in New England Start Planning Now for a Peak-Season Escape with Unforgettable Colors

**Leaves, lobsters, lore, and locals are
some of the most important parts of
any visit to New England in the fall.**

By Jamie Paction

FABULOUS FOLIAGE. Leaves of course are the reason for the season, and the fall foliage usually dazzles between late-September and mid-October as the season cools, from Vermont and Maine, down through New Hampshire and Massachusetts, into Rhode Island and Connecticut. One of the most stunning regions for fall colors is the White Mountains of New Hampshire. A true highlight is the Mt. Washington Hotel, a red-roofed, white-washed castle of a hotel set high in the mountains. Its elegant lunches offer excellent opportunities to enjoy breathtaking views of the splendor of fall.

Fall's natural beauty is also highlighted at Flume Gorge, a beautiful waterfall that tumbles through a glacier-made ravine in New Hampshire's Franconia Notch State Park. There are charming covered bridges in the park, and walkways and stairs allow travelers to safely get close to the tumbling water.

OCEAN'S BOUNTY. After leaves and natural beauty, lobsters, clams and other ocean-fresh catches are also a compelling reason to travel to New England this fall. One can dig into a "lobstah roll," clam cake, or a proper chowder or bisque in salty coastal towns such as Rockport, MA, Georgetown, ME, Noank, CT and Narragansett, RI. At some warfside eateries, lucky visitors can get a chance to learn about trapping, trawling and clammung with working seamen bringing in a day's catch.



LORE AND LEGENDS. Lore and history also accompany travelers headed up the coast. Whether travelers sit in a snug restaurant in an old whaling center like Nantucket, visit a living history village such as Old Sturbridge or Minuteman National Park, check out the homes of authors like Louisa May Alcott and Ralph Waldo Emerson, or stroll the bustling streets of Boston to take in the history of Redcoats, revolution, and Colonial America, there is always something to be learned. Two popular historical stops are Walden Pond, with its replica of the cabin where Henry David Thoreau penned his famous work, and the Norman Rockwell Museum and Studio in Stockbridge, Massachusetts.

FALL FLAVORS. Another treat in autumn is sampling the region's harvest bounty. Brothers Burr and Elliot Morse are the seventh generation to run their family's farm, the Morse Farm Maple Sugarworks in Vermont. Travelers stop at Morse Farm for some sugary treats and learn more about how the Morse brothers earn their living through tapping sugar maples. A must-do is a stop at a cider mill for fresh cider and cider donuts.



If you're headed to Cape Cod, September through November is peak time to enjoy all things related to the state's vibrant cranberry crop. A festive highlight is the annual Harvest Celebration in Massachusetts' Plymouth County, called one of North America's top 100 events by the American Bus Association.

Although there's no guarantee that you'll always catch the *precise peak* color (that's up to luck and Mother Nature), you can pretty well depend on a stimulating and wonderfully scenic journey full of leaves, lobster, lore and locals pretty much any time from Sept. 15-Oct. 15. Autumn in New England is sure to delight!

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

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KEY STATS

- Wyoming has the most **movie theaters per 100,000 residents**. Louisiana, the state with the fewest.
- Vermont has the most **restaurants per 100,000 residents**, two times more than in Utah, the state with the fewest.
- Iowa has the most **golf courses and country clubs per 100,000 residents**, which is 5.6 times more than in Utah.
- New Hampshire has the most **amusement parks per 100,000 residents**. Kansas, the state with the fewest.
- Massachusetts has the most **fitness centers per 100,000 residents**, 3 times more than in Hawaii, with the fewest.
- New York has the most **theaters per 100,000 residents**, 14 times more than in Mississippi, the state with the fewest.
- Minnesota has the highest **personal spending on recreation services per capita**. Mississippi, the lowest.

To view the full report and your state's rank, please visit: www.wallethub.com

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2. S. Dakota
3. Colorado
4. N. Dakota
5. New York
6. Wyoming
7. Oregon
8. Louisiana
9. Montana
10. Hawaii
11. Maine
12. Minnesota
13. Florida
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16. Illinois
17. Washington
18. New Mexico
19. New Hampshire
20. South Carolina

CHOOSE CHICAGO



Photo: Chicago Greeter

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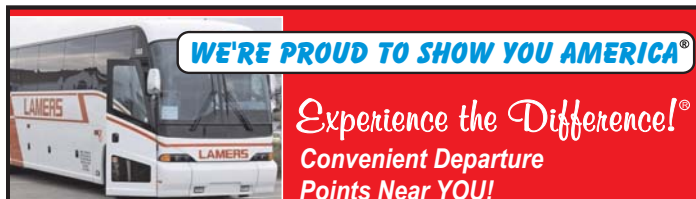
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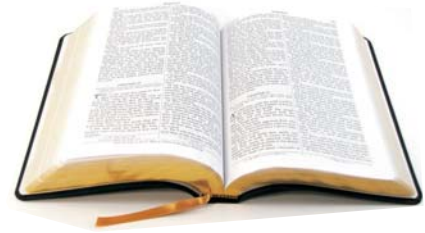
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Sound Doctrine Bible Fellowship

Summer Seminars – “The Church”

“And he [Jesus Christ] is the head of the body, the church... that in all things he might have the preeminence.” (Col. 1:18)



WHY DO WE EXIST?

It is not because we are more passionate about God, have better programs, or have received a special revelation from God. We do not claim to have a corner on truth. We exist because we could not find any other group that:

- Preaches Jesus Christ, our Lord and Saviour, from the King James Bible, God's preserved word in English, rightly divided
- Teaches that the instructions to the church are found in Paul's writings alone
- Discards empty tradition and rituals for Biblical authority
- Focuses on sound mid-Acts dispensational doctrine and Bible study instead of gimmicks, fads, and entertainment

WHAT MAKES US DIFFERENT?

- We don't teach tithing
- We walk in liberty, not in legalism or licentiousness
- We seek honest Biblical answers, not empty tradition
- We leave no place for cheap emotionalism, entertainment, and church gimmicks or fads
- We acknowledge the fractured and confused status of modern Christianity and think the answers are found in the right message coming from the right book presented the right way with honesty.

“For we are not as many, which corrupt the word of God...” (2 Cor. 2:17) “that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth” (1 Tim. 3:15).

WHAT TO EXPECT WHEN YOU VISIT

We know there is a smorgasbord of churches from which people can choose. Competing for your attendance is not our objective. If you are not open to our beliefs, then please go somewhere else so everyone will feel more comfortable.

Yet, if you are looking for sincere people seeking answers to empty tradition and doctrinal confusion, then you have come to the right place. When you walk in our door you need not fear being mobbed by trained greeters. If anyone says ‘hello’ it is because they genuinely

mean it. Please take some free literature, grab a seat, and start listening.

You may see a variety of people with their own fashion sense (or lack thereof). We have no dress requirements beyond the basic rules of modesty. Some wear ties, dresses, and slacks. Others wear flannel, overalls, and tennis shoes. There will be no ushers or collection plates since we do not teach tithing. When the preacher stands up we realize that he is not closer to God than the rest of us.

When Bible study starts, we will be comparing verses with other verses so that you can reason based on God's word and not on pastoral commentary. We would encourage you to look at the passages yourself. Our sole authority is not a statement of faith or denomination but the Bible on the table at which you sit. We hope that you will discover that getting straight answers about Bible doctrine is the best way to grow in spiritual understanding.

We are not perfect people, nor do we have perfect understanding, but we do have a passionate interest in better understanding God's purpose and serving him wholeheartedly. **If this is your desire, then we would be glad to see you at one of our meetings! Want to learn more? Attend any upcoming seminars focusing on the church which is Christ's Body.**

JUNE 18 – The Church: Builded Together For An Habitation of God Through the Spirit – Kevin Ellinger, Teacher

JULY 2 – The Church: Making All Men See What Is the Fellowship of the Mystery – Doug Kuepper, Pastor

JULY 16 – The Church: Speaking the Truth In Love – Doug Kuepper, Pastor

AUGUST 20 – The Church: Redeeming the Time Because the Days Are Evil – Kevin Ellinger, Teacher

SEPTEMBER 3 – The Church: Standing Against the Wiles of the Devil – Doug Kuepper, Pastor

Seminar Times & Location: 10am-11:15am – Holiday Inn Express, 15451 W. Beloit Rd., New Berlin

No reservations needed. Questions? Contact: SoundDoctrineBibleFellowship@gmail.com

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An Authentic Dinner on the Farm

In America's Dairyland, it's hard to get more quintessentially Wisconsin than a harvest-time meal inspired by seasonal ingredients and served against a backdrop of ripe crops and rich pasture.

By Jeniece Smith

Here are the agricultural producers, restaurants and other attractions hosting farm dinners throughout southern Wisconsin this summer and fall! Visit destinations' websites or call ahead for the latest event dates and to make reservations.

HARVEST MOON DINNER – SPRING GREEN

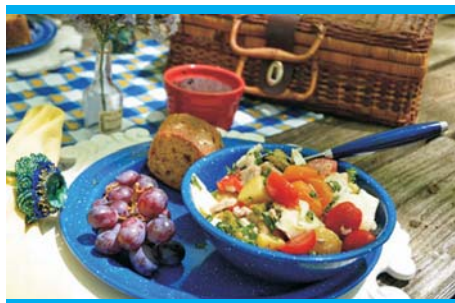
You might already know Enos Farm as the Driftless Area favorite food caterer for concerts highlighting local musicians at the nearby Sh*tty Barn. An intimate tradition since 2011, Enos Farms' annual Harvest Moon Dinner is slated for mid-September this year. In 2015, 40 guests watched a lunar eclipse together around the bonfire after their feast was over.

FARM DINNER SERIES – SPRING GREEN

Also in Spring Green, check out the new Farm Dinner Series at Frank Lloyd Wright's Taliesin, continuing from late August, mid September and early October. The series highlights Wright's cultural, natural and agricultural connections to the landscape that inspired him.

FARM FLAVORS DINNER SERIES - CHILTON

In its Farm Flavors Dinner Series' third year, Meuer Farms has enlisted a local chef in creating a menu of both farm favorites and wild-foraged food. Meals are offered the third Thursday of each month May through September.



BRAISE FARM DINNERS - MILWAUKEE

This farm-to-table favorite on Milwaukee's culinary scene actually started as a traveling school, with classes and dinners held on local farmers' fields.

Summer and early fall, Braise returns to its roots with a series of four-course Farm Dinners held on the properties of the restaurant's supplying producers. Each guest list tops out at 35 people, so sign up early!

FARM TO TABLE DINNERS – COLOMA

It doesn't get much better than a farm kitchen-prepared meal served on a century-old farmstead. Dinners are held June through September at Flyte Family Farms, with this year's menu offerings including watermelon pie and beef tips with peppered mushroom gravy. Yum!

SOIL SISTERS DINNER ON THE FARM – MONROE

This coalition of women farmers in the Monroe and Brodhead areas offers an immersive Tour of Farms in early August. In addition to Dinner on the Farm and a "taste-of" event, you can get "locavore" specials at area restaurants throughout the extended weekend.

DINNER ON THE FARM SERIES – HUBERTUS

Holy Hill Art Farm, named for its scenic setting near the stunning Holy Hill National Shrine of Mary, frequently sells out its Dinner on the Farm Series, held June through August in a weathered, hundred-year-old barn with 30-foot ax-hewn oak beams. Sit at a vintage farm table, listen to live local musicians and feast on entrees like a pig roast or stone-fired pizza.

CAMPO DI BELLA WINERY & FAMILY FARM MOUNT HOREB

This small, family-run winery and organic farm hosts seasonally inspired specials and appetizers on Friday evenings in addition to its farm-to-table meals offered Saturday evenings.

As Campo di Bella's own vineyards planted in 2010 mature, the owners source grapes from other local suppliers for their in-house production and offer a wine bar experience on weekends with labels from Italy and closer to home.

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SALT THERAPY



A spa day. We all need one. It's meant to relax and revitalize the body and mind, but what about the lungs? A new trend increasingly found at modern spas is halotherapy, or salt therapy—breathable salt particles intended to improve breathing. There has been news buzzing with the supposed benefits of salt therapy or halotherapy for lung conditions like COPD and asthma. But what exactly is salt therapy, and is it helpful or harmful?

Turns out, salt therapy isn't new at all. Back in 1843, a Polish physician by the name of Feliks Boczkowski noticed that salt mine workers did not experience respiratory issues or lung disease vs other miners. Almost a hundred years later, a German named Karl Hermann Spannagel noticed that his patients' health improved after hiding out in the salt caves while avoiding heavy bombing during WWII. The news of the benefits of salt therapy spread across Eastern Europe where you can find many locations offering these giant salt rooms today, from Poland to Germany to the UK. It's catching on in the States where you can sit back, relax and breathe in the salty air while in a room made entirely out of giant slabs of Himalayan sea salt.

So how does it work? Well, the scientific community isn't really sure. There are theories on the how, from the tiny salt particles being inhaled killing off microorganisms in the lungs to reducing inflammation and decreasing mucus, or a mixture of these hypothesis.

Dr. Norman Edelman, Senior Scientific Advisor to the American Lung Association, suggests that potentially, it could be more than just a placebo effect. Most people with obstructive lung disease such as asthma or COPD cough sputum (a thick mixture of saliva and mucus), and trying to bring it up can be distressing. Dr. Edelman suggests that it's possible that salt therapy offers relief to these symptoms.

"When fine salt particles are inhaled, they will fall on the airway linings and draw water into the airway, thinning the mucous and making it easier to raise, thus making people feel better," said Dr. Edelman. "Also, these environments are allergen-free and thus good for people with allergies affecting their lungs." www.lung.org

Are you tired of taking medicine for your breathing and sinus issues?

For more than 20 years dry salt aerosol, administered in specially-designed halochambers, has been used to treat upper and lower respiratory conditions such as cold and flu, allergy, asthma, bronchitis, cystic fibrosis, sinus infection, sinusitis, rhinitis, hay fever and emphysema.

In addition, the anti-bacterial and anti-inflammatory properties of dry sodium chloride aerosol has been shown to effectively treat ear infection and conditions of the skin such as eczema, dermatitis and psoriasis. Some of the many benefits you may receive from halotherapy include:

- * Abatement of bronchial inflammation
- * Removal of airborne pollen particles from airways
- * Strengthening of immune system that decreases allergic reaction to pollens
- * Cleansing and sanitation of the airways
- * Prevention and treatment of common cold and flu
- * Improvement of dermatological disorders such as acne, dermatitis and psoriasis
- * Reduction of snoring
- * Better sleep

The Salt Room Lake Country in Pewaukee provides salt therapy. Their rooms use halogenerators to crush pharmaceutical grade salt grains into small particles the size of 1 to 10 micrometers. Particles bigger than 5 micrometers are caught in the nose and throat, while the smaller particles can penetrate deep into the lungs. Surface areas in their spa are covered with natural sea salt which creates a sterilized and negative ion environment. Questions? The Salt Room Lake Country, Pewaukee. www.SaltRoomLakeCountry.com (262) 696-8412

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Your Body's pH Level: Your Key to Good Health

*What restores your body to a optimal level of pH?
A healthy dose of your mother's sage advice...*

By Andy Long

What most people don't realize, our bodies are bio electrical engines.

In order to accomplish all the many millions of complex functions that occur over the course of the day, your body has to be able to communicate with itself - down to the cellular level. It does this through pulses of electricity. That's right, electricity.

Your body operates on an electro magnetic current. Believe it or not, all of the organs in your body emit these fields of electrical current. In fact, nerve signals are nothing more than electrical charges.

What creates this electrical power in your body is a very fine balance that exists in your bio chemistry. And of all the systems in your body that depend on this delicate, bio chemical balance, one of the most important is your blood stream. This is where pH comes into play.

What is pH and why is it important?

pH is a scale that measures how acidic or alkaline a substance is. The scale ranges from 1 to 14 with 1 being very acid, 7 neutral and 14 very alkaline.

So what does pH have to do with you and your blood? Well, the pH of your blood is extremely important. The ideal pH level for your blood is right around 7.35. Your body goes to enormous lengths to maintain this level. (pH test strips can be bought at your local health store.)

With this in mind a good way to avoid upsetting this delicate bio chemical balance would be to take a look at those things that can compromise the maintenance of the ideal pH level in your body. The main culprit in this case - the creation of acid in your body.

Unfortunately, acid interferes with this important mechanism in a pretty frightening way. Acid actually strips away the negative charge from red blood cells. The result is red blood cells then tend to clump together and not flow as easily making it much more difficult for them to flow easily through the bloodstream. This means less oxygen gets to your cells.

I could describe a whole list of processes that occur when your system becomes and remains acid but I think you get the idea.

In regard to producing energy in the body, here's an easy question for you. What do you think happens to a person's energy level if over time their system becomes more and more acid, their biochemical balance is disrupted and their red blood cells can't deliver oxygen and nutrients as efficiently to all their cells? The answer is simple. Their energy level drops. Their health diminishes.

Are you beginning to get the picture here as to the importance of pH in your body? Good. Now let's take a quick look at what causes acidity in your body and then look at steps you can take to get your body pH back to an ideal level.

What causes acid in the body?

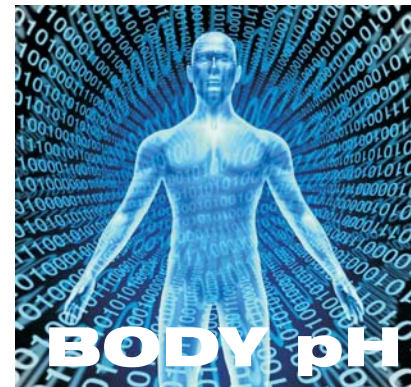
The primary cause of an acidic condition in your body is from what you put in your mouth. In other words, what you eat and what you drink. And it isn't how "acid" something may seem when you eat or drink it. It has to do with what is left over when you digest it. Unfortunately, a lot of the things most people put in their mouths create acid. These include alcohol, coffee and a lot of flesh protein in your diet. Interestingly enough, stress also tends to create an acid condition in the body.

Steps to immediately improve your pH

Fortunately, it is pretty easy to immediately change your pH for the better and make it more alkaline. The first step is to understand which of the foods you are eating and the drinks you are drinking are acid and which are alkaline. Then it's simply a matter of eliminating some of the more acid foods you are eating and adding in more alkaline foods.

And guess what? Yup. Fruits and vegetables are the best source for alkalining.

So now you know why your mother always said "Eat your vegetables." So, go ahead- eat -this is the season!



Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, deer, drugs, flour (white), fruit juices with sugar, jams, jellies, lamb, liquor, maple syrup (processed), pasta (white), pastries and cakes from white flour, pork, sugar (white), table salt (refined and iodized), tea (black), white bread.

Alkaline Forming

Lemons, watermelon, cantaloupe, cayenne, celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes, watercress, asparagus, fruit juices, kiwi, passionfruit, pears, pineapple, raisins, plums, and vegetable juices. And, of course, laughter!

The ABCs of Body pH

Continued on page 39

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10TH ANNUAL REFASHION FOR LIFE CHARITY FASHION SHOW SCHEDULED

Event To Benefit CommonGround Ministry/Elena's House

The 10th annual "Refashion for Life" will be held Wed., Aug. 23, from 5:30 p.m. – 10 p.m. at Callen Construction's Muskego Showroom and company grounds, S63 W13131 Janesville Rd. The charity event will again benefit CommonGround Ministry/Elena's House, with Callen Construction serving as the event's presenting sponsor.

"Refashion for Life" features a fashion show combining the newest looks in early and late fall apparel with fashionable products for the home, including countertops, tile, cabinetry, windows, flooring, and hardware.

In recognition of the event's 10th anniversary, the 2017 theme will be "Refashion for Life...10 Years of Fashion and Compassion." "The planning committee believes the theme embraces the principles of CommonGround Ministry/Elena's House, while highlighting the main component of the event, whether it is something to be worn or added to a home," said Mary Ellen Huwiler, of CommonGround Ministry.

In addition to the runway show, there will also be a 50/50 cash raffle as well as silent and voice auctions featuring entertainment and sporting event tickets, boutique certificates, and more. Saz's Catering will provide small plate appetizers and desserts, with music by the Mr. Lucky Light Syndicate.

Fashion show participants include Free Bird Boutique, SHOP Shorewood, Urban Laundry, Harley's – The Store for Men, and Stan's Fit for Your Feet, with hair and make-up by Glo-10 Salon & Spa. Libby Huwiler, fashion product developer with Kohl's, and Bjorn Nasett, creator of Fashion Farmboy, will coordinate the fashion show.

Since its inception in 2008, Refashion for Life has generated proceeds of more than \$200,000. "In addition to helping to cover the costs of day-to-day activities and medical needs for the residents at Elena's House, the money raised through Refashion for Life has enabled CommonGround Ministry to purchase and install a chair lift to assist residents in getting to and from the lower level, secure a 10-passenger van, and provide assistance to clients when they are transitioning back to independent living," Huwiler said.

Tickets are \$40 and are on sale now at www.refashionforlife.com. Event parking and free shuttle service is at Saint Paul's Lutheran Church, S66 W14325 Janesville Rd., (just west of Callen's Muskego showroom).

All proceeds support the programs offered by CommonGround Ministry/Elena's House in Wauwatosa, which provides physical, spiritual, and

emotional support to people infected with and affected by HIV/AIDS. Elena's House, offering a holistic ministry that is both personal and communal, is a home for four to five people that wish to reside in a safe and supportive living environment. CommonGround Ministry is a 501(c)3 nonprofit organization funded through the contributions of individuals, organizations, and foundations.

Additional sponsors include Cannon & Dunphy s.c. Attorneys at Law, 21st Century Tile, Infinity® from Marvin Fiberglass Replacement Windows, The Starr Group, The Marek Group, Rose's Flower Shop, Saz's Catering, and Ron Sonntag Public Relations, Inc.

For more information, call 414-453-3890, email info@refashionforlife.com, or visit www.refashionforlife.com and facebook.com/RefashionForLife/.

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Voice and Silent Auctions, a raffle, music, and small plate appetizers and desserts round out the evening.

Put a group together and experience this great fundraiser!

Tickets are \$40 per person and may be purchased online. Visit RefashionForLife.com for more information.

TIPS AND TRENDS FOR **STAYCATION** READY HOMES



With many families tightening their budgets, opting for “staycations” instead of tropical vacations has become a common tradeoff. A staycation is a vacation from work for relaxation and leisure activities at home. At any price point, a wide range of upgrades, additions, and remodeling projects can be done to create the ideal atmosphere for vacationing at home.

Pergolas, Arbors, and Gazebos

Pergolas and arbors are easy, less costly additions that can add to a backyard’s sophistication and ambiance. Pergolas can be featured over a seating area or patio, or stand on their own to add shade and a unique design feature to a landscape. A pergola allows you to control the amount of sun screening by means of vegetation or fabric. They are a great fit for a limited budget, simple to build, and can be of almost any size. With its more open nature, it is easier to transition between covered and uncovered spaces. It also can be larger and closer to, or even attached to, the house for coverage right out your door.

Arbors are perfect for highlighting areas of your lawn and adding some character to the space you have. They act as great entry and exit ways to patios, gardens, and walking paths. Adding a bench beneath the arch creates an outdoor reading nook or unwinding spot. Gazebos can contribute numerous benefits to a staycation. Their design and beauty alone give a lawn added intrigue and appeal, and their shade and interior options offer a fun place to hang out and relax. They are great for a dining space or small sitting area.

Outdoor Living Areas

What’s a summer vacation without some time in the sun? A well-designed outdoor living area can attract guests to the home, highlight recreational preferences, and make entertaining a breeze. “An attractive, functional outdoor living space can be the perfect retreat for relaxing after work, regrouping with family, or entertaining friends,” said Ken DePratt of KD Poolsapes in Franksville.

An outdoor living area can be simple with one main focus, or have several different sections with as many features as desired. “Many of the smaller projects to enhance backyards are centered on barbecue islands, shade structures, fire features, and anything that is a natural space,” offered Dave Thompson of Swimming Pool Services in Waukesha.

Outdoor living areas can greatly contribute to family time together, especially for staycations and kids’ summer vacations. Having a backyard filled with welcoming hangout areas is likely to draw more guests in and get kids more eager to stick around home.

Adding an outdoor kitchen makes your patio or deck extra equipped for warm weather celebrations. Modern outdoor kitchens feature specially constructed appliances such as refrigerators, ice makers, and even dishwashers built to withstand the elements.

Water Features. The ultimate way to bring the feeling of a resort to a staycation destination is incorporating water. How many times have you gone on vacation and had the ‘experience’ of water multiply the good times.

Custom pool and spa design, lighting features, slides, waterfalls, and other bonus features are all becoming very popular. New to residential clients and quickly rising in popularity, splash pads are perfect for families with a limited budget and space. These have become very popular in cities to allow kids to cool off and have fun. They can also

STAYCATION Ready Homes continued on page 32

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Survivor

Wisconsin Style

Due to the popularity of the Survivor shows, Wisconsin is planning to do its own, entitled Survivor – Wisconsin Style. The contestants will start in Milwaukee, travel up to Sheboygan and on to Manitowoc and Green Bay. Then they will head over to Wausau and up to Rhinelander and Minocqua. From there they will proceed up to Ashland and Superior. Then back down through Rice Lake, Eau Claire and all the way down to Madison and back over to Milwaukee. Each will be driving a pink Volvo with Illinois license plates and a large bumper sticker that reads:

I'm a vegetarian.
Bratwurst clogs your arteries.
The Green Bay Packers suck. Go Bears!
Cheese is high in cholesterol.
Deer Hunting is murder and I'm here to confiscate your guns!
The first one that makes it back to Milwaukee alive, wins. Good luck to all contestants!



LAUGH OUT LOUD! COFFEE BREAK

Art Collection

A New York attorney representing a wealthy art collector called his client.

"Saul, I have some good news, and I have some bad news."

The art collector replied, "I've had an awful day. Give me the good news first."

The lawyer said, "Well, I met with your wife today, and she informed me that she just invested \$5,000 in two pictures that she thinks will bring minimum of \$15 million to \$20 million, and I think she could be right."

Saul replied enthusiastically, "Well done! My wife is a brilliant businesswoman! You've just made my day. Now I know I can handle the bad news. What is it?"

The lawyer replied, "The pictures are of you and your secretary."

Breakfast on the Road

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen.

"Careful," he said, "CAREFUL! Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK ...CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!!! THE SALT!!!"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband calmly replied, "I wanted to show you what it feels like when I'm driving."

SECRET TO A LONG LIFE...

A tough old cowboy once counseled his grandson that if he wanted to live a long life, the secret was to sprinkle a little gunpowder on his oatmeal every morning.

The grandson did this religiously and he lived to the age of 93. When he died, he left 14 children, 28 grandchildren, 35 great grandchildren and a fifteen foot hole in the wall of the crematorium.

Where do you get virgin wool from?
Ugly sheep.

Most people deserve each other.

Blonde Interview

The executive was interviewing a young blonde for a position in his company. He wanted to find out something about her personality so he asked, "If you could have a conversation with any person, living or dead, who would that be?"

The blonde quickly responded, "The living one."

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HIGH SCHOOL - 1957 vs 2016

Scenario 1:

Jack goes duck hunting before school and pulls into the school parking lot with his shotgun in his truck's gun rack.

1957 - Vice Principal comes over, looks at Jack's shotgun and shares a few hunting stories.

2016 - School goes into lock down, FBI called, Jack hauled off to jail and never sees his truck or gun again.

Scenario 2:

Johnny and Mark get into a fist fight after school.

1957 - Crowd gathers. Mark wins. Johnny and Mark shake hands and end up buddies.

2016 - Police called and SWAT team arrives — they arrest both Johnny and Mark. They are both charged with assault and both expelled - even though Johnny started it.

Scenario 3:

Jeffrey will not be in class, he disrupts other students.

1957 - Jeffrey sent to the Principal's office and given a good paddling by the Principal. He then returns to class, sits still and does not disrupt class again.

2016 - Jeffrey is given huge doses of Ritalin. He is then tested for ADD. The family gets extra money (SSI) from the government because Jeffrey has a disability.

Scenario 4:

Billy breaks a window in his neighbor's car and his Dad gives him a paddling.

1957 - Billy is more careful next time, grows up normal, goes to college and becomes a success.

2016 - Billy's dad is arrested for child abuse. Billy is moved to foster care. The state psychologist is told by Billy's sister that she was spanked herself and their dad goes to prison. Billy's mom has an affair with the psychologist.

Scenario 5:

Pedro fails high school English.

1957 - Pedro goes to summer school, passes English and goes to college.

2016 - Newspaper articles appear nationally explaining that teaching English as a requirement for graduation is racist. ACLU files a class action lawsuit against the state school system and Pedro's English teacher. English is then banned from the basic curriculum. Pedro is given his diploma anyway but he cannot speak English

Scenario 6

Johnny takes apart leftover firecrackers from the Fourth of July, puts them in a model airplane paint bottle and blows up a red ant bed.

1957 - Ants die.

2016 - ATF, Homeland Security and the FBI are all called. Johnny is charged with domestic terrorism. The FBI investigates his parents - and all siblings are removed from their home. All computers are confiscated. Johnny's dad is placed on a terror watch list and is never allowed to fly again.

Scenario 7:

Johnny falls while running during recess and scrapes his knee. He is found crying by his teacher, Mary. Mary hugs him to comfort him.

1957 - In a short time, Johnny feels better and goes on playing.

2016 - Mary is accused of being a sexual predator and loses her job. She faces 3 years in State Prison. Johnny undergoes 5 years of therapy.

My husband and I divorced over religious differences. He thought he was God and I didn't.

A Police STOP at 2 AM

An elderly man is stopped by the police around 2 a.m. and is asked where he is going at this time of night.

The man replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."



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Do you have an eye problem?

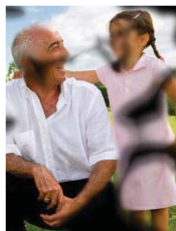
By Cheryl L. Dejewski

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

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



Cataracts



Diabetes



Macular Degeneration (AMD)



Glaucoma

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

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

Common Symptoms of Major Eye Conditions

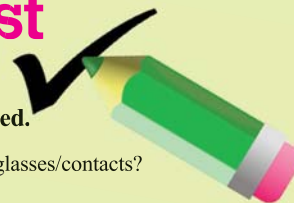
- Cataract:** Hazy, blurred vision; glare problems
- Diabetes:** Blurring, dark spots, fluctuating vision
- AMD:** Blind spots, straight lines appear wavy, loss of central vision
- Glaucoma:** Loss of side vision ("tunneling" effect)

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

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

Take the Test

Are you seeing the best you can?
Check any concerns you have noticed.



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

Do you have any checkmarks?

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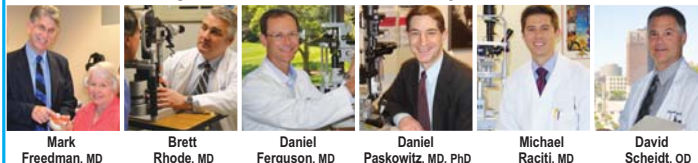
Is someone in your family's vision at risk?

Most people aren't motivated to make an eye appointment unless they notice a problem—and often not even then. They don't realize that many sight-threatening conditions have no warning signs. But, if you know the risks, symptoms and treatment options for common eye concerns, you're more likely to take action. Call **414-321-7035** for free booklets on cataracts, glaucoma, AMD, and diabetes. And, if your last eye exam was more than a year ago, schedule today to protect your vision for tomorrow.

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Metabolism and Weight Loss: How You Burn Calories

You've probably heard people blame their weight on a slow metabolism, but what does that mean? Is metabolism really the culprit? And if so, is it possible to rev up your metabolism to burn more calories?

By Mayo Clinic Staff

It's true that metabolism is linked to weight. But contrary to common belief, a slow metabolism is rarely the cause of excess weight gain. Although your metabolism influences your body's basic energy needs, it's your food and beverage intake and your physical activity that ultimately determine how much you weigh.

METABOLISM: Converting food into energy

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function. Even at rest, your body needs energy for all its "hidden" functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

The number of calories your body uses to carry out these basic functions is known as your basal metabolic rate — what you might call metabolism. Several factors determine your individual basal metabolic rate, including:

Your body size and composition. The bodies of people who are larger or have more muscle burn more calories, even at rest.

Your sex. Men usually have less body fat and more muscle than do women of the same age and weight, burning more calories.

Your age. As you get older, the amount of muscle tends to decrease and fat accounts for more of your weight, slowing down calorie burning. Energy needs for your body's basic functions stay fairly consistent and aren't easily changed. Your basal metabolic rate accounts for about 70 percent of the calories you burn every day.

In addition to your basal metabolic rate, two other factors determine how many calories your body burns each day:

Food processing (thermogenesis). Digesting, absorbing, transporting and storing

the food you consume also takes calories. This accounts for 100 to 800 of the calories used each day. For the most part, your body's energy requirement to process food stays relatively steady and isn't easily changed.

Physical activity. Physical activity and exercise — such as playing tennis, walking to the store, chasing after the dog and any other movement — account for the rest of the calories your body burns up each day. Physical activity is by far the most variable of the factors that determine how many calories you burn each day.

Metabolism and weight. It may be tempting to blame your metabolism for weight gain. But because metabolism is a natural process, your body has many mechanisms that regulate it to meet your individual needs. Only in rare cases do you get excessive weight gain from a medical problem that slows metabolism, such as Cushing's syndrome or having an underactive thyroid gland (hypothyroidism).

Unfortunately, weight gain is complicated. It is likely a combination of genetic makeup, hormonal controls, diet composition, and the impact of environment on your lifestyle, including sleep, physical activity and stress. All of these factors result in an imbalance in the energy equation. You gain weight when you eat more calories than you burn — or burn fewer calories than you eat.

Some people seem to be able to lose weight more quickly and more easily than others, everyone will lose weight when they burn up more calories than they eat. Therefore, to lose weight, you need to create an energy deficit by eating fewer calories or increasing the number of calories you burn through physical activity or both.

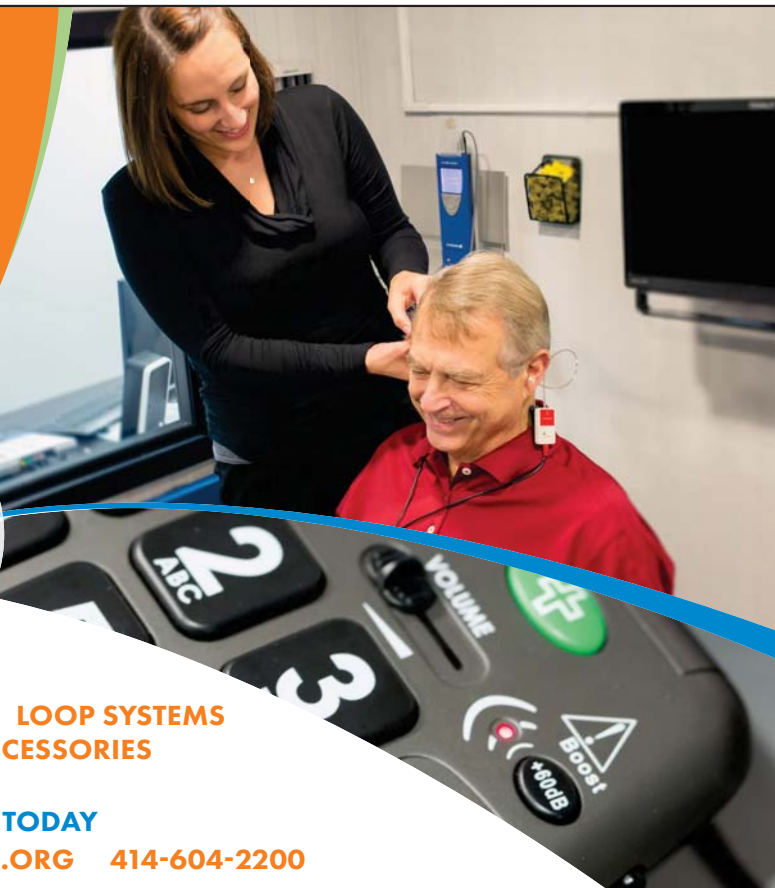
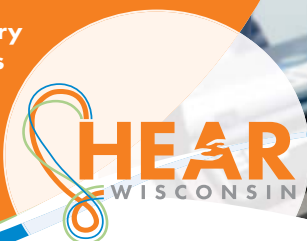
While you don't have much control over the speed of your basal metabolism, you can control how many calories you burn through your level of physical activity. The

Metabolism continued on page 33

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Bigfoot Reports & Hotspots ... in Wisconsin??!!

"I do think there is a squatch in these woods. . . ."

By Mark Crawford
travelwisconsin.com

This is the signature line to "Finding Bigfoot" on Animal Planet. The immense popularity of this program reflected a nationwide fascination with the possibility that elusive "sasquatches" or "bigfoots" exist in the wilds of America.

Episodes have featured northern Minnesota and the Menominee area of Michigan. If these creatures really do exist, there's no reason why Wisconsin shouldn't have some. A quick check of the Bigfoot Research Organization's (BFRO) Wisconsin chapter "proves" this is the case—73 sightings have been made here since the 1970s.

Spending time in the Northwoods is always relaxing, but if you are looking for a little more adventure, or even the tale of a lifetime, consider exploring one of the following bigfoot "hotspots" to improve your chances of a face-to-face encounter (or, at the very least, having your tent pelted with rocks in the middle of the night by an angry eight-foot-tall primate.)

Marinette County Bigfoot Hotspots

According to the BFRO, five bigfoot sightings have been reported in Marinette County. The most recent was in April 2013, when a retired police officer witnessed a bigfoot crossing a highway near Pembine. Other sightings have been reported northwest of Crivitz in a large expanse of wetlands and hardwood forest. Good camping spots in this area are McClintock County Park and Goodman County Park. Guaranteed highlights are McClintock Falls, Big South Falls, and Strong Falls. If you'd prefer to look for bigfoots from the safety of a boat, book passage on Peshtigo River Tours' Peshtigo Princess along the High Falls Flowage—definitely "squatchy" terrain, as BFRO president Matt Moneymaker would say.

Bigfoot Hotspots: Price, Vilas, and Oneida Counties

Combined, these three counties have 16 reported bigfoot sightings and represent over 3,000 square miles of Northwoods forest. The most recent sighting in Vilas County was in December 2013 when a property owner found compelling footprints in deep snow at Black Oak Lake, just west of Land O'Lakes.

Bent's Camp Resort and Lodge, located on Mamie Lake a few miles west of Black Oak Lake, is a good location for a base camp. Just north of the resort is the vast wilderness of the Ottawa National Forest in Michigan. Campsites are available in nearby Northern Highland American Legion State Forest, which protects the headwaters of the Wisconsin, Flambeau, and Manitowish rivers. This region offers a variety of trails that provide not only spectacular views of wilderness, but plenty of bends—around which there might be a hairy surprise.

In adjacent Oneida County, sightings have been reported near Woodruff, Enterprise, and the Willow Flowage—an ideal habitat with deep woods, vast wetlands, and plenty of hiding spots. Remote campsites are plentiful along the shorelines and islands. More civilized quarters can be rented at the Willow Wood Lodge. Even if you don't see a bigfoot, chances are you'll catch lots of tasty walleye.

The hotspot in Price County is Lugerville on the Flambeau River which is surrounded by forest and large tracts of wetlands. One witness provided what Moneymaker calls the first thermal footage of a sasquatch ever recorded. "Though its quality will not stand on its own to convince the world, this does not change its authenticity, and thus its importance," said Moneymaker. To explore this area, try Sailor Lake Campground, which also offers 70 miles of trails, as well as outstanding fishing for northern pike and panfish.

If you're lucky, maybe you'll run into the bigfoot that brings the tv crew to Wisconsin—just be sure to have your camera!



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Toyota's Mirai FCV

When will fuel cell cars be available in the U.S.?

EARTH TALK

From the Editors of
E/The Environmental Magazine

For years, green car enthusiasts have been heralding the dawn of a new era of pollution-free driving powered by fuel cells, which combine readily available hydrogen with oxygen to fire up the engine. NASA created the first commercial grade fuel cells in the 1960s to power satellites and space capsules, and automakers have been talking up their potential for use in cars and trucks ever since.

But the idea has never gotten beyond the prototype stage, due mostly to the lack of any refueling infrastructure. After all, drivers are used to being able to refill their tanks on almost every corner, while the new generation of electric and plug-in hybrid and electric vehicles (EVs) can be recharged from any electrical outlet.

But FCVs (fuel cell vehicles) may still represent the holy grail of auto travel because they combine the environmental benefits of electric vehicles (no reliance on fossil fuels and no pollution) with the driving range (~300 miles between refueling) of conventional cars. While GM, Hyundai and Daimler are heavily invested in fuel cell vehicle production, Toyota and Honda are already offering fuel cell vehicles for sale or lease to drivers in California, given the Golden State's head start in creating a hydrogen refueling network. According to the California Fuel Cell Partnership, 27 hydrogen refueling stations are already up and running around metro Los Angeles and the Bay Area, with 33 more coming online soon.

Toyota's Mirai FCV seats four and offers all the trimmings of any new car—touch-screen entertainment, dual climate control, steering wheel mounted controls, radar to prevent accidents and help with parking, and a 312 mile range per fill-up. The MSRP on the Mirai is \$57,500, but Toyota is currently offering \$7,500 back. Another option is a 36-month lease on the Mirai for \$349/month plus \$2,499 up front.

Meanwhile, Honda's new Clarity FCV is similarly appointed but offers a roomier interior (seating for five) and a longer range (366 miles per fill-up). Californians can lease the Clarity (it's not for sale in the U.S.) for \$369/month for 36 months plus \$2,868 due at signing, with Honda covering the first \$15,000 worth of hydrogen fuel.

Drivers behind the wheel of the Mirai or Clarity qualify for a one-time \$5,000 tax rebate from California for driving a green car, not to mention access to HOV lanes statewide even with just a single occupant.

Of course, fuel cell drivers won't want to leave California just yet. Outside of the Golden State, there are exactly three publicly accessible hydrogen refueling stations (Massachusetts, Connecticut and South Carolina each have one). But later this year Toyota, in partnership with France's Air Liquide, will start to roll-out a new network of hydrogen refueling stations around the northeastern U.S. so drivers there can start to enjoy the benefits of driving the latest, greatest and greenest technology ever to grace the American road.

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By now, we've all heard about bees dying across the U.S. and around the world.

This isn't just bad news for beekeepers: these amazing insects pollinate upwards of two-thirds of our food crops—all at no cost to farmers or consumers. All we need do is keep them around, which is proving to be more and more difficult.

A third of all beehives in the U.S. have disappeared in the last decade alone, a situation that has been dubbed Colony Collapse Disorder. Experts say several factors are at play. First, global warming has changed weather patterns so profoundly that bees have been unable to adapt fast enough. Flowers now bloom so early or late that they don't coincide with the active season of pollinators, so when bees emerge from hibernation the flowers they need for food have already bloomed.

But perhaps the biggest threats to bees are some of the pesticides routinely used in agriculture, particularly neonicotinoids. Commonly referred to as neonics, this increasingly popular class of insecticides is meant to eliminate pests, but has been proven to have an equally devastating impact on bees. Today, seeds are engineered with neonics from the start, so this harmful chemical is present in the plant, pollen and nectar. This chemical, approximately 6,000 times more toxic to bees than DDT, devastates bee central nervous systems and makes it impossible for them to relocate their hives. Those bees that survive a first encounter aren't off the hook. They remain dazed and inefficient.

Policy changes must address this issue by rewarding farmers for sustainable practices and banning neonicotinoids for use as pesticides. Unfortunately, big agri-chemical companies like Dow Chemical and Syngenta make huge profits selling neonics. The European Union took steps to ban the use of neonics in member countries in 2013, although that ruling is currently under review. Meanwhile, in the U.S., a few cities and states have taken at least symbolic action to reduce neonics, but without a federal ban on the books such piecemeal efforts can't do much to help.

In Spring 2016, Jeff Merkley (D-OR) introduced a bill in the U.S. Senate calling for new policy initiatives and interagency coordination to restore and enhance pollinator habitat across the U.S. Key provisions of Merkley's Pollinator Recovery Act include setting aside three million acres of public land as expanded acreage for "forage and habitat" for pollinators, grant funding for R&D to develop crops to resist pests without neonics, financial incentives and technical assistance for farmers that adopt pollinator-friendly practices, and expanded health monitoring and population tracking for bees and other key pollinators.

Concerned Americans should urge their Senators to co-sponsor or support the Pollinator Recovery Act. After all, protecting bees isn't just important to environmentalists but to anyone who enjoys avocados, almonds or any of the countless fruits, vegetables or nuts pollinated by our little black and yellow friends.

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Have we figured out what has been killing all the bees?

EARTH TALK

From the Editors of
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Staycation Ready Homes continued from page 23

be created as multiuse spaces—like a patio that is transformable into a kids entertainment area by removing the furniture and starting the pump.

Surrounding the pool with outdoor living areas, or “poolscares,” is also a current trend. Poolscares combine water features and entertainment areas into one cohesive backyard paradise. Although usually more costly, these large projects pay off by significantly raising property value and utilizing the land to its full potential.

“What many have termed as a ‘staycation,’ we have been calling a ‘poolscape’ for 28 years,” said DePratt. “Poolscares take the benefits people most enjoy on vacation, and put them right out their backdoor. They include spas, custom pools, fire pits, bar and grill areas, pergolas, putting greens, and the list goes on.”

Sunrooms. Sunroom owners enjoy the beauty of the outdoors inside the comfort of their own home. Even during storms, buggy nights, and bad temperatures, sunrooms provide a space to enjoy the ambience of the seasons, no matter the weather.

“Sunrooms make every day a vacation,” said Scott Bear of Bear Builders in Mequon. “Many people choose to build sunrooms to enjoy their hobbies and favorite recreational activities inside, and are surprised when it quickly becomes the most used room in the house.”

All season rooms enable the warmth of the sun to shine through fully insulated walls and winter ready windows, creating a connection with the outdoors even in the dead of winter. Three-season rooms are also an excellent choice for those looking to use the room only during prime staycation weather.

Patio Covers and Glass Enclosures. Patio covers can increase the functionality of an outdoor space without closing it off completely. They provide shade and shelter while adding to the beauty of the patio or deck. Glass enclosures are perfect to house pools and spas since they do not absorb any moisture, making them a good space for a private cabana.



Home Technology and Lower Levels. Convenient access to technology has become a crucial aspect of what homeowners find entertaining and fun. Having a plethora of entertainment in the home’s lower level can keep everyone occupied no matter the weather.

“Many of our clients have multiple game consoles, golf simulators, and other games to keep kids and their company busy, as well as large televisions with surround sound systems and access to online movie libraries, fully stocked bar areas with appliances, areas where things like ping pong or pool tables can be put in, and plenty of comfy chairs to crash in,” said Susan Keel of Advanced Communications Specialists in Waukesha. “Placing music speakers in every imaginable space—from the garage to the shower, and all throughout outdoor living spaces—is extremely popular,” said Keel. With universal controls equipped to queue up most of a home’s technol-

ogy, it’s easy for homeowners to enjoy their music library even in the backyard.

Building a themed lower level is a unique way to create a fun retreat for those in the home and to awe guests while highlighting a family’s personality. It can remind you of your favorite place—an Irish pub, sports bar, or something very metro and chic, a far off destination, a fun outer space or western themed area for kids.

Guest Bedrooms. Shaking up the decor and furnishings in a guest room could transform a bland spare space into a staycation quality hotel suite. “If you have a spare bedroom, create a themed guest room; a Cape Cod, Fiji, Paris, are all great destinations to start a theme with. Decorate B&B, luxury hotel, or private tropical hut style. Magic castle or pirate ship themes for the kids are great ideas. These are easy to accomplish with some simple accessories, paint, and some creative ideas for furniture. Now you have a virtual hotel suite you can escape to from your own room.

Submitted by the Milwaukee/NARI Home Improvement Council. For more information or to receive a free copy of an annual membership roster listing all members alphabetically and by category, and the booklet, “Milwaukee/NARI’s Remodeling Guide,” call 414-771-4071 or visit the Council’s website at www.milwaukee-nari.org

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Metabolism and Weight Loss

continued from page 27

more active you are, the more calories you burn. In fact, some people who are said to have a fast metabolism are probably just more active — and maybe more fidgety — than are others.

BURN MORE CALORIES

Regular aerobic exercise. Aerobic exercise is the most efficient way to burn calories and includes activities such as walking, bicycling and swimming. As a general goal, include at least 30 minutes of physical activity in your daily routine. If you want to lose weight or meet specific fitness goals, you may need to increase the time you spend on physical activity even more. If you can't set aside time for a longer workout, try 10-minute chunks of activity throughout the day. Remember, the more active you are, the greater the benefits.

Strength training. Strength training exercises, such as weightlifting, are important because they help counteract muscle loss associated with aging. And since muscle tissue burns more calories than fat tissue does, muscle mass is a key factor in weight loss.

Lifestyle activities. Any extra movement helps burn calories. Look for ways to walk and move around a few minutes more each day than the day before. Taking the stairs more often and parking farther away at the store are simple ways to burn more calories. Even activities such as gardening, washing your car and housework burn calories and contribute to weight loss.

NOMAGIC BULLET

Don't look to dietary supplements for help in burning calories or weight loss. Products that claim to speed up your metabolism are often more hype than help, and some may cause undesirable or even dangerous side effects. Dietary supplement manufacturers aren't required by the Food and Drug Administration to prove that their products are safe or effective, so view these products with caution and skepticism.

The foundation for weight loss continues to be based on physical activity and diet. Take in fewer calories than you burn, and you lose weight.

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Self-Made Millionaire Shares Common Mistakes to Avoid

Top 10 Ways People Go Broke

You don't have to come from a wealthy family, have the next billion-dollar idea or work 18-hour days to become rich, says self-made millionaire Mike Finley and author of "Financial Happine\$\$", which discusses his journey to financial literacy and the principles and practices that allowed him to retire from the Army a wealthy man.



Finley lists 10 of the most common money traps that lead to consumers going broke:

- 1) **Make the appearance of wealth one of your top priorities by acquiring more stuff.** The material trappings of a faux lifestyle, as seen in magazines and advertisements, are not good investments either financially or happiness.
- 2) **Work a job you hate, and spend your free time buying happiness.** Instead, find fulfilling work Monday through Friday so you're not compensating for your misery with expensive habits during the weekend.
- 3) **Live paycheck to paycheck and don't worry about saving money. Live for today, that's all that matters.** Have you already achieved all of your dreams by this moment? If not, embrace hope and plan for tomorrow. (Appreciating your life today doesn't require unnecessary expenditures.)
- 4) **Stop your education when someone hands you a diploma; never read a book on personal finance.** Any expert will tell you that the most reliable way out of poverty is education. Diplomas are not the end; they should be a milestone in a lifetime of acquiring wisdom.
- 5) **Play the lottery as often as possible. While you're at it, hit the casino!** Magical thinking, especially when it comes to money, is a dangerous way to seek financial security.
- 6) **Run up your credit cards and make the minimum payments whenever possible.** Paying interest is a tragic waste of money.
- 7) **When you come into some free money, spend it. You deserve it.** By that logic, you're saying that a future version of you doesn't deserve the money, which can be multiplied with wise investments.
- 8) **Buy the biggest wedding and the biggest ring so everyone can see just how fabulous you really are.** Nothing says "Let's start our future together" like blowing your entire savings on one evening.
- 9) **Treat those "amazing" celebrities and "successful" athletes as role models. Try to be just like them whenever possible.** As far as we know, there's only one you the universe has ever known. Don't dilute your unique individuality by chasing an image.
- 10) **Blame others for your problems in life. Repeat after me: I am a victim.** The victim mentality is an attempt to rationalize poor habits and bad decision-making.

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

Finley is the author of "Financial Happine\$\$," (www.thecrazymaninthepinkwig.com) and teaches a popular financial literacy class at the University of Northern Iowa.

"You don't have to be extraordinary in any of the headline-grabbing ways; what you need is the self-awareness to avoid wasting money on short-term, retail-priced happiness. Money used wisely can give you the financial security associated with the good life."



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QUESTION:

How can a young, growing family save and invest for their future?

If you have a young, growing family, no doubt your to-do list is pretty long every day.



FINANCE QUESTIONS AND ANSWERS

It may seem like a tall order, but it can be accomplished. It all starts with planning.

For some families, saving and investing never becomes the priority it should become. Assorted financial pressures, sudden shifts in household needs, bad luck – they can all move “saving and investing” down the list. Even so, young families have planned to build wealth in the face of such stresses. You can follow their example. It is less an option than a necessity.

First step: put it into numbers. Most people have invested a little by the time they reach 30 or 35, and some have invested avidly. A plan is not always in place, however. The mission is simply to “make money” or “build wealth” for “the future.”

This is good, but also vague. How much money will you need to save by 65 to promote enough retirement income and to live comfortably? Are you on pace to build a retirement nest egg that large? How much risk do you feel comfortable tolerating as you invest? What kind of impact are investment fees and taxes having on your efforts?

A *fiduciary* financial professional can help you arrive at answers to these questions, and others. He or she can help you define long-range retirement savings goals and project the amount of savings and income you may need to sustain your lifestyle as retirees. At that point, “the future” will seem more tangible and your wealth-building effort even more purposeful.

Second step: start today and never stop. If you have already started, congratulations! In getting an early start, you have taken advantage of a young investor’s greatest financial asset: time.

If you haven’t started saving and investing, you can do so now. It doesn’t take a huge lump sum to begin. Even if you defer \$100 worth of salary into a retirement plan a month, you are putting a foot forward. If you begin when you are young and keep at it, you will witness the awesome power of compounding as you build your retirement savings and net worth through the years.

Just how awesome is it? An example: let’s say you save \$100 per month in an investment account for 20 years and the account returns a (hypothetical) 5% for you over those two decades. In 20 years under such conditions, your \$100-a-month nest egg will not amount to \$24,000 – it will work out to \$41,011, which is 71% more! Stretched out to 30 years, a consistent \$100-per-month contribution and a consistent 5% return project to \$82,302; raise the monthly contribution to \$200 and you get \$164,604. We aren’t factoring in account fees or market fluctuations, of course – but you get the picture. Prudently invested money has a history of growing exponentially over time. Even if you set aside and invest a few twenties each month, you may still end up with appreciable retirement savings.

What’s that? You say you can’t retire on \$164,604? You’re absolutely right! You have to devote more than that to your effort. You may need a million or more – and if you plan ahead, you may very well generate it. Ownership of equity investments, real property, business or professional success – this can all help to position you and your family for a comfortable future, provided you keep good financial habits along the way and pay attention to taxes.

How do you find the balance? This is worth addressing – how do you balance saving and investing with attending to your family’s immediate financial needs?

FINANCE Q&A continued on page 42



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Thursday, July 13 1:30 pm

Milwaukee Ballet "On The Go" presentation, an interactive and educational hour.

Wednesday, July 19 3 pm

The **Milwaukee Repertory Theater** brings their "Costume Closet," a fashion show of important costumes in the Rep's history.

Thursday, July 20 3 pm

Chai Point Lobby

"Behind the Headlines with **Alan Borsuk**" Alan is a Senior Fellow at Marquette University Law School and longtime reporter/columnist for the Milwaukee Journal Sentinel.

Friday, July 21 1 30 pm

Chanteuse **Robyn Pluer** is one of Milwaukee's most elegant and iconic singers, she is not to be missed!

Friday, July 28 1:30 pm

Jim Slauson, MIAD Professor of Art and Architecture, presents an Art History lecture.

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

If you are new to exercise, you can aim to walk for 20 to 45 minutes four or five days a week at the good fitness walking speed of three miles an hour. When (and if) you want to power up, you can take longer walks and work up to walking each mile in 15 minutes or less. Once you're ready to hit the road (or the trail, track, treadmill or mall), make the most of your walking workout. Walking instructor Kate Larsen, who has developed the LifeWalk™ Easy Audio Coach tape (888-LIF-WALK), offers these 10 practical tips for getting maximum aerobic, strength, postural and conditioning benefits from your walking program. All you have to do is take the first step!

Research results could hardly be clearer: Taking a walk is one of the best ways to take care of your health.

1. Warm Up First, Then Stretch. Start by walking for just seven to 10 minutes (wear a watch) and then do a few gentle stretches. Your muscles will stretch better if you've warmed them up first.

2. Take Short, Quick Steps. By taking short, quick steps, rather than long strides, you will work your glute muscles (buttocks) as you log miles.

3. Practice the Heel-Toe Roll. Push off from your heel, roll through the outside of the foot, then push through the big toe. Think of the big toe as the go button and push off with propulsion. Keep the other toes relaxed. (This takes practice.)

4. Squeeze Your Glutes. Imagine squeezing and lifting your glutes up and back, as if you were holding a \$50 bill between them! This will strengthen your low-

back muscles. Developing the ability to maintain this deep contraction will take a while.

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

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

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

8. Keep Your Head Up. Look about 10 feet ahead of you. Imagine you're wearing a baseball cap and have to look up just enough to see the road. This keeps your neck aligned properly.

9. Smile and Have Fun. Learning these techniques takes time and concentration. Be patient and enjoy your workout. Dress comfortably, find a partner or wear a headset and listen to music you love or vary your route occasionally.

10. Practice Mental Fitness. Don't replay the problems of the day while you walk. Try to maintain a state of relaxed awareness by paying attention to your breathing and noticing how your body feels. Visualize yourself getting healthier, stronger and leaner.

A Habit You Can Live With. Consistency is probably the most important part of your walking workout. The more committed you are to walking all/most days of the week, the healthier you'll be. Remember that short walks are better than none at all.

As Larsen says, health, like life, is a journey. All you have to do is take the first step.

Source: IDEA Health & Fitness Association

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The ABCs of Body pH

Continued from page 21

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.

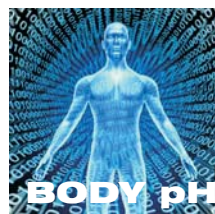
An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks. We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts. Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls.



How Do You Measure Your Body pH?

Just head to your local drugstore or online retailer and pick up a pack of pH test strips. You can test your pH levels often throughout the day, but try to do so at the same time each morning, as your body will be more acidic the earlier you measure. The goal is to get your morning urine pH between 6.5 and 7.5.

Alkaline water has a higher pH level than regular drinking water. Because of this, some advocates of alkaline water believe it can neutralize the acid in your body. Normal drinking water is generally a neutral pH of 6-7. Alkaline water generally has a pH of 8 or 9.



The Science of Happiness

Happiness and all emotional health starts with having a healthy brain. Neuroscientists all say that so much of our brain's development is a result of our life choices in eating well, sleeping enough, exercise, positive thinking and making smart choices. By making smart "brain choices" you create the foundation for your happiest life.

Be happy. It is a choice.

Some people try to turn back their odometers. Not me. I want people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved.



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Marriages are made in heaven. Then again, so are thunder, lightning, tornados and hail.

A businessman was being interviewed about his life and career when the subject of his wife of thirty years came up. "To what do you attribute the success of your marriage?" asked the interviewer.

"Well," replied the businessman, "You know that saying 'Behind every successful man there's a woman'? Well, behind every successful man's woman is a pre-nuptial agreement."

A couple were discussing their wallpaper, which had just been hung. Don was annoyed at Debby's indifference to what he felt was a poor job.

"The problem is that I'm a perfectionist and you're not," he finally said to her.

"Exactly!" she replied. "That's why you married me and I married you!"



Doctors Prescribe the Bedroom, Not the Pharmacy

In Their "10 Proven Steps to Ultimate Health"

They aren't suggesting you cajole your spouse into bed with the plaintive wail, "But honey, it's doctor's orders!" Some might try that approach, of course, but the physicians who wrote "Stay Young: 10 Proven Steps to Ultimate Health" are simply saying that sex is good for you.

It's all there in Chapter 8 – by far the most talked-about pages of "Stay Young" (George House Publishing, 2010), a top-selling book from authors Mark Anderson, MD; Walter Gaman, MD; and Judith Gaman, health expert and public speaker.

But don't go looking for pure titillation in Chapter 8. The doctors present their case in a straightforward, convincing manner and support it with case studies and facts.

But there's no denying they have turned health into an – *ahem* – exciting topic, and when's the last time you saw the word "sexy" next to healthcare?

"The fountain of youth can be found between the sheets," said Dr. Anderson, who, along with the Gamans, runs Executive Medicine of Texas in the Dallas-Fort Worth area. "Frequent intimacy causes the brain to release human growth hormone, which helps maintain youth."

Dr. Gaman points out that "middle-aged men who have sex five times a week can lower the risk for prostate cancer by 33 percent, compared to those that have sex only five times a month."

Judy Gaman adds another startling fact: "Engaging three times a week for a year is the equivalent caloric burn as walking 75 miles."

Is more always better? Whether or not a point of diminishing returns exists, Dr. Anderson is convinced that "more intimacy can increase your immunity. A recent study showed that at least three times a week can increase IGA, a protein that acts as an antibody by binding to pathogens that enter the body."

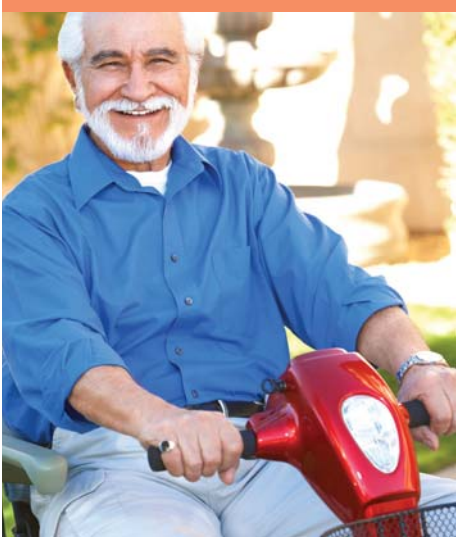
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The **10** Best Nutrients for Skin Health

By Casie Terry
Stopagingnow.com

With summer upon us, it's important to ensure adequate availability of the nutrients that best protect your skin health. As one of the only organs directly exposed to external elements, skin must be protected from the inside out. Therefore, both your daily diet and skin regimen (you too, men) should include these 10 skin protecting nutrients.

Lycopene: Lycopene is a powerful antioxidant that has natural UV ray protecting properties. A diet rich in lycopene gives your skin a little added protection against the sun's harmful rays. Lycopene can be found in watermelon, tomatoes, pink grapefruit and papaya.

Astaxanthin: Astaxanthin is the pink-hued compound found in foods such as shrimp and krill. It is one of the only carotene compounds that is not converted to retinol in the body, therefore, 100% of its antioxidant strengths are reserved for fighting free radicals. With prolonged use, studies have shown astaxanthin is incredible for supporting skin health and elasticity, and has even been shown to visibly improve the appearance of skin by reducing signs of aging such as dry skin, wrinkles and age spots. Which ever brand you choose, make sure it's 100% all natural.

Vitamin C: Vitamin C is excellent for skin both internally and topically. Its antioxidant properties protect your skin against harmful free radicals while encouraging the production of collagen. According to the American Academy of Dermatology, 500 to 1,000 milligrams of dietary or supplemental vitamin C per day is sufficient. Dietary vitamin C can be found in citrus fruits, Brussels sprouts, red peppers and other foods, topical vitamin C is growing in popularity. Use a brand you trust so nutrient concentrations aren't compromised.

Vitamin A: Or its precursor, beta-carotene, can be found in carrots or spinach and ensures the proper maintenance, repair and turn over of skin and tissue cells. If you're deficient in vitamin A, you may notice a dry or flaky complexion because your skin is not repairing itself fast enough. Topical vitamin A in the form of retinol has been known to dramatically improve the appearance of skin. However, be sure to check with your dermatologist before considering a topical treatment, as it is not recommended universally.

Omega-3 fatty acids: Omega-3s are associated with reduced inflammation and are known to increase the radiance of one's complexion by locking in hydration. Good omega-3 sources include fatty fish, such as salmon, walnuts and flax seeds. Higher amounts of omega-3s can be obtained from a high quality, molecularly distilled fish oil supplement.

Vitamin E: Vitamin E is known to counter the harmful effects of UV exposure and provide superior antioxidant protection. Experts indicate that natural vitamin E at about 400 mg per day has been noted to reduce photodamage and wrinkles and to improve skin texture. Topical vitamin E has been known to balance complexion and reduce the appearance of "sun spots."

Biotin: Biotin is a B vitamin that is largely responsible for providing the basis for radiant skin and hair. Experts often recommend anywhere from 1,000-5,000 mcg per day which usually requires a supplement. Food sources for biotin include peanuts, Swiss chard and tuna.

Vitamin K: Topical vitamin K cream has been identified as one of the best (and only) treatments available for effectively reducing under-eye circles.

Hyaluronic Acid: Hyaluronic acid has the remarkable ability to hold 1,000 times its weight in water, therefore, is a great nutrient for maintaining your skin's hydration. Additionally, it acts as a bonding agent of sorts, keeping your skin cells from separating (i.e. wrinkling).

Alpha Lipoic Acid: This potent antioxidant is one of the only nutrients that is both water-soluble and fat-soluble. This means it can protect your skin's cells from free radical damage both on inside and the surface. Topical treatments are growing in popularity.



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President Calvin Coolidge fishing at Cedar Island Lodge, rustic lodge of Henry C. Pierce, 35 miles from Superior, Wisconsin, on the Brule River. This lodge was later dubbed The Summer White House. The canoe is named Beaver Dick and the guide is John LaRock.

Odd WISCONSIN

President Spent the Whole Summer 'Up North'

By Michael Edmonds, WI Historical Society

In 1928, President Calvin Coolidge moved the White House to northern Wisconsin for three months.

Coolidge and his wife were having health problems that spring and decided they'd profit from a summer away from the fetid quagmires of Washington. When he announced that he planned to spend three months at Cedar Island Lodge in Brule, Wis., local residents began frantic preparations.

They built a new railroad depot in the forest near the resort and strung telephone and telegraph lines to it. Roads were re-graded, an airport was built, and soldiers were dispatched from Fort Snelling. A presidential office was set up inside Superior High School and the city was draped in red, white and blue lights.

Crowds turned out to meet the President when he arrived on June 15th and followed him until he departed on Sept. 11th. He seemed embarrassed by all the special attention. He'd grown up in a small Vermont town and was known for being honest, hard-working, and down-to-earth.

Instead of going to one of Superior's more grandiose churches, Coolidge attended services in a small whitewashed building at Brule. The pastor there was a 70-year-old blind lay preacher named John Taylor who emphasized plain living and high thinking. The President usually dropped a tightly folded bill into the collection plate.

Coolidge avoided not only the limelight but also the office. He spent most of his days fishing, and his biggest policy decision that summer appears to have been whether to use worms or dry flies.

Photo of Coolidge fishing from the Wisconsin Historical Society.

Sources: "Coolidge Visit Stirred State." Milwaukee Journal, Jan. 5, 1933; "Coolidges Again Listens To Blind Brule Preacher." AP story Aug. 19, 1928; "When Silent Cal Stirred Brouhaha On The Brule" Milwaukee Sentinel, Sept. 28, 1928

How can a young, growing family save and invest for their future?

Continued from page 35

Bottom line, you have to find money to save and invest for your family's near-term and long-term goals. If it isn't on hand, you may find it by reducing certain household costs. Are you spending a lot of money on goods and services you want rather than need? Cut back on that kind of spending. Is credit card debt siphoning away dollars you should assign to saving and investing? Fix that financial leak and avoid paying with plastic whenever you can. Other young families are doing it, and yours can as well.

Vow to keep "paying yourself first" – maintain the consistency of your saving and investing effort. What is more important, saving for your child's college education or buying those season tickets? Who comes first in your life, your family or your lawn service? You know the answer.

It has been done; it should be done. Stories abound of families that have built wealth out of comparative poverty. There are people who came to this country with little more than the clothes on their backs who have found prosperity; there are families (including single-parent households) who have been dealt a bad hand yet overcame long financial odds to gain affluence.

It all starts with belief – the belief that you can do it. Complement that belief with a plan. Start with regular saving and investing, and a consultation with a fiduciary financial advisor to help guide you on your path and avoid pitfalls. You may find yourself much better off much sooner than you think.

Do you have a financial question for Tim? Tim 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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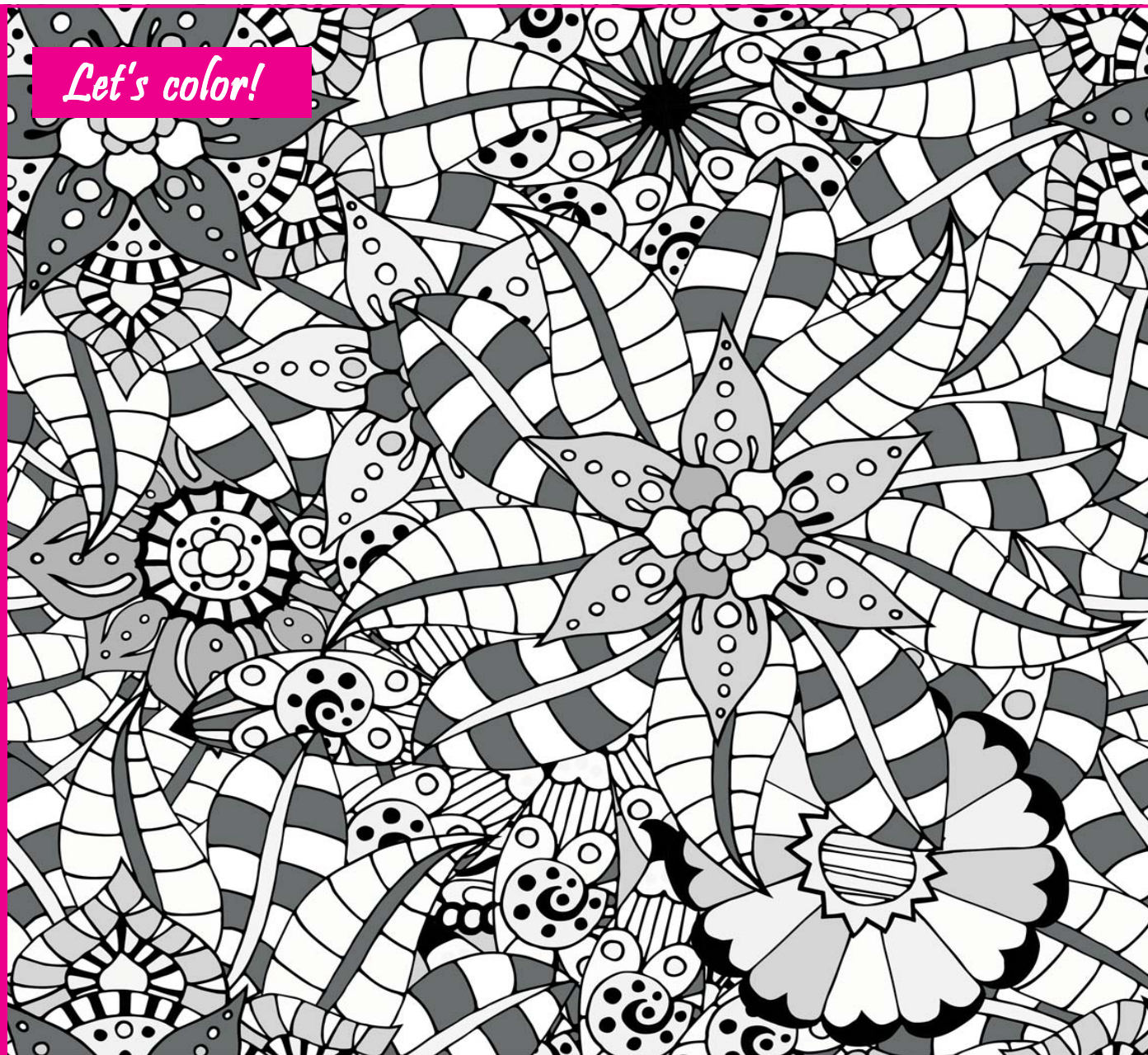
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BiGGs GOLF TALK

Slow Play

Continued from page 12

- 1) Be Prepared and ready to go.
- 2) Allow Time for Traffic.
- 3) Arrive at the golf course at least 30 minutes before your tee time.
- 4) The tee time is the time you're hitting your 1st shot on Hole One.

Another issue that causes Slow Play is Pace of Play. The Pace of play for 18 holes is an average 4 hours and 30 minutes, and for 9 holes it's 2 hours and 15 minutes. Things that can be done to keep up pace:

- 1) Pay attention to the group in front of you, and not behind you. If you don't see the group in front of you, then you're behind in pace.
- 2) Be sure to play the proper tees according to your handicap, choosing the set of tees with a Rating of 142 minus your handicap index is the set of tees you should play.
- 3) Try the Tee It Forward program (That is Fun & Challenging).
- 4) Take only 30-45 seconds maximum to hit your shots.
- 5) Be Cart Smart – Drop off your partner and drive to your ball. If you leave the cart, take the clubs you think you'll need, and if you're around the green include your putter.
- 6) Take only 3 minutes maximum in looking for lost balls.

Course Accountability – Be sure to hold the golf course accountable for the tee sheet. When checking in, find out if there is a starter on duty, and if there is not one, ask the pro shop when it will be safe to take your tee shot on the first hole. If there is a starter, ask them when you should hit.

Golf should be FUN for ALL. There are a few programs that some golf facilities are offering to introduce golf, or make it more FUN.

- 1) Time For Nine – Don't have enough time for 18 holes? Cut the time in half, and play only 9 holes.
- 2) Get Golf Ready – If you know someone wanting to start golfing, encourage them to take part in a "Get Golf Ready" program.
- 3) Tee It Forward – This is a program that could be fun and challenging. See the courses like you haven't seen it before, and it will make you think about club selection. It will turn that round into a different and fun treat.

For more information about these and other programs offered by Play Golf America, Visit www.PlayGolfAmerica.com

Contact BiGG Jon Vic at bigggolftalk@gmail.com, and catch his Golf Talk Show 9 - 10am Saturdays on the Lake County Sports Network www.lcspn.net, and Podcasted at www.BiGGsGolfTalk.com.

GETTING THE RIGHT RESULT

"You're late on the tee, John."

"Yes, well being a Sunday, I had to toss a coin to see if I should go to church or go and play golf."

"Okay, but why are you so late?"

"I had to toss it 15 times!"

LOVELY SURPRISE

A husband and wife were golfing when suddenly the wife asked, "Honey, if I died would you get married again?" The husband said, "No sweetie." The woman said, "I'm sure you would." So the man said, "Okay, I would" Then the woman asked, "Would you let her sleep in our bed?" And the man replied, "Ya, I guess so." Then the wife asked, "Would you let her use my golf clubs?" And the husband replied, "No, she's left handed."

UN-ANTICIPATED EXCITEMENT

A friend of Henry's dies suddenly. A week later, he comes back to tell his friend how great Heaven is.

"Henry," he says, "you won't believe it, but there is golf in Heaven."

"That is wonderful!" Henry replies.

"Don't be so thrilled," his friend tells him. "You have a tee-off time scheduled for Saturday."

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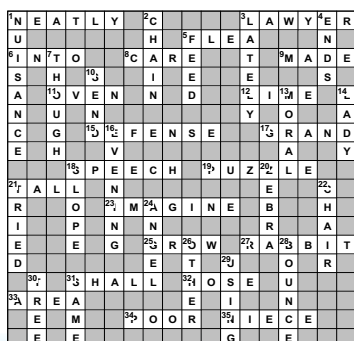
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WORD SEARCH

ACCENT	CABBAGE	DUMB	LAKE	SERPENT
ADOPT	CALL	EARS	LEAP	SHIP
AGENT	CARE	EQUIP	LIKABLE	SLAY
APPEAR	CART	FIBBER	LOADER	THAW
ARRIVE	CHAIN	FIRE	MOTHER	THROUGH
BECOME	COUSIN	GRATEFUL	NASTY	THUMB
BELIEVE	CRAZY	GRAY	ORANGE	TIRED
BEST	CROWD	GRIN	PINCH	WHISKEY
BORE	DARE	HISTORY	QUEER	WIFE
BRING	DRESS	INFANT	RESULT	YOUNG

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

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



The Wisconsin Archeologist



After having dug to a depth of 10 feet last year, New York scientists found traces of copper wire dating back 100 years and came to the conclusion that their ancestors already had a telephone network more than 100 years ago.

Not to be outdone by the New Yorkers, a California archaeologist dug to a depth of 20 feet, and shortly after, a story in the LA Times read: "California archaeologists, report finding of 200 year old copper wire, have concluded that their ancestors already had an advanced high-tech communications network a hundred years earlier than the New Yorkers."

One week later, a local newspaper in Wisconsin reported the following: "After digging as deep as 30 feet in his pasture near Westby, Wisconsin, Ole Svenson, a self-taught archaeologist, reported that he found absolutely nothing. Ole has therefore concluded that 300 years ago, Wisconsin had already gone wireless."

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Our first day at a resort my wife and I decided to hit the beach. When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?" "Sure," she said, "but I have to finish the rest of the rooms first."

Bambi, a blonde in her fourth year as a UCLA Freshman, sat in her US government class.

The professor asked Bambi if she knew what Roe vs. Wade was about.

Bambi pondered the question; then, finally, said, 'That was the decision George Washington had to make before he crossed the Delaware.'



No nursing home for me. I'm checking into the Holiday Hotel! With the average cost for nursing home care at \$188.00 per day, there's a better way when I get old & feeble... I've checked into reservations at the Holiday Hotel. For a combined long term stay discount and senior discount, it's \$49.23 per night which leaves \$138.77 a day for: Breakfast, lunch & dinner in any restaurant I want, in addition to room service, laundry, gratuities and pay per view TV movies.

They also provide a swimming pool, a workout room, a lounge and washer-dryer, etc. Most have free

toothpaste and razors, and all have free shampoo and soap.

\$5 worth of tips a day will have the entire staff scrambling to help me. They'll treat me like a customer, not a patient. There's a city bus stop out front, and seniors ride free. The handicap bus will also pick you up if needed.

And for a change of scenery, I can take the airport shuttle bus and eat at one of the nice restaurants over there. While I'm at the airport I can even fly somewhere.

It takes months to get into a decent nursing home today and Holiday Hotel will take my reservation today. I won't be stuck in one place forever, because I can move from hotel to hotel, or even from city to city. If I want to see Hawaii - they even have a Holiday Hotel there.

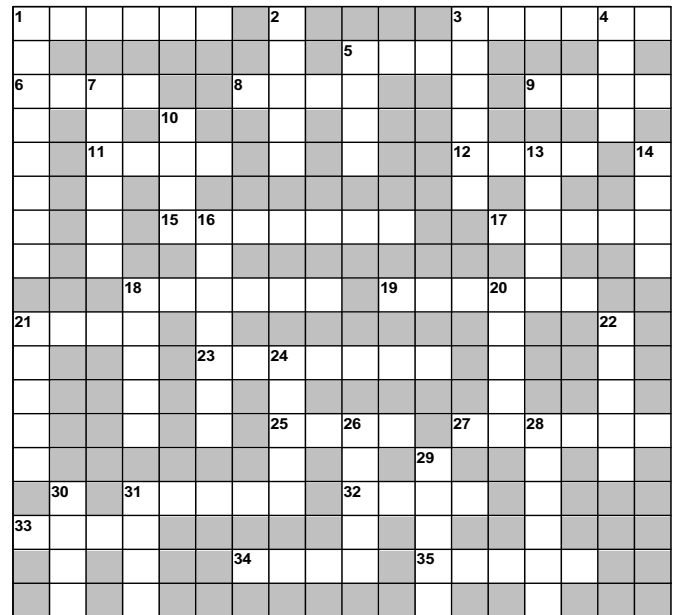
TV broken? Light bulbs need changing? Need a mattress replaced? No problem. They fix everything, and apologize for the inconvenience.

The Hotel has a night security person and the maid checks to see if I'm ok. If not, they'll even call an ambulance or the undertaker. If I should fall and break a hip, Medicare will pay for the hip, and Holiday Hotel will upgrade me to a suite for the rest of my life.

And no worries about visits from my family. They'll always be glad to find me, and probably check in for a mini-vacation. And the grandkids will love my pool! ~anon email

Crossword junkie!

abcdefghijklmnopqrstuvwxyz



ACROSS

1. Not messy
3. Legal counsel
5. Insect circus performer
6. Not out of
8. Good intent
9. Created
11. Used to bake in
13. Up demon and de...
15. Prevents opponents scoring
17. Type of piano
18. Verbal presentation to a group
19. Problem designed to test knowledge
21. Relatively high
23. Daydream
25. Increase in size
27. Small animal, big ears
31. Verb meaning must or can
32. A cylindrical aqueduct
33. Rectangles height by width
34. Void of money or resources
35. Your sibling daughter

DOWN

1. Pestering
2. Saw for tree trimming
3. The near past
4. Justifies the means
5. To nourish
7. Nevertheless
10. To transmit
13. Story lesson
14. Women of refinement
15. Latter portion of the day
18. Skiing incline
20. Striped Donkey
21. Presleep
22. Furniture to sit on
24. Get your wings
16. The remaining one of two
28. What a bad check does
29. Put into service
30. Woody perennial plant
31. Not different

Answers on page 46

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