

Your LIFE!

MAGAZINE

January 2018
A FREE PUBLICATION

A FRESH NEW LOOK FROM
Boomers!
NEWSPAPER

www.yourlifemagazine.net

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A&E
2018 Season Guide
~page 4

GREEN BURIAL
'ashes to ashes, dust to dust'
~page 11

INSIDE
~page 3





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We will open a new book this month.
Its pages are blank.
The book is called 2018
and its first chapter begins today.

From the Publishers

JANUARY 2018



Resolutions. Changes. Promises. Yada...yada... Why do we do these things to ourselves? We'll hear it tediously repeated over and over... diet! eat healthy! exercise! That's not the *only* solution to a happy new you. Sometimes just the idea of a fresh start is a great place to begin. I was cleaning up my email this morning and came across a relatively innocent term - Permanently Delete. Mmm. As the New Year crush comes upon us to re-arrange and resolute

our attitudes and behaviors, wouldn't it be wonderful to 'permanently delete' a few of those negative thoughts and approach the new year with a clean hard drive! This New Year I welcome you all to simplify things with me and make only one change... laugh more! (Of course, a few more vegetables wouldn't hurt either!)

With that commitment in mind, we had a great time putting together our "Laugh Out Loud" feature this month. When finding and sharing good jokes is part of your job description, it's hard to complain. So go ahead, enjoy and *laugh out loud* just for the health of it!

It's been 15 years now since we published the first Boomers! Newspaper (which has morphed into our current Your LIFE! Magazine). It certainly has been a wonderful journey filled with many faces and friends, much hard work and a few backaches and headaches. The best reward.... the feedback, the conversations, the 'virtual' relationships we have developed with our readers and associates. That's the stuff that makes a late night deadline worth it!

We can't thank you all enough -the advertisers and supporters that are the backbone of our success. Please take a second look at the ads that support our publication and support their business. It takes a community to grow and we all need each other!!

*Hats off to a year of
laughter, grace and love!*

LIFE. *Enjoy it!*
Sandy and Tom Draelos

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Chardonnay in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming

"WOO-HOO, what a ride!!"

~Evan Nehring

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52 SIMPLE Ways to Live Healthier

Small changes make a big impact. Just try one of these healthy alternatives every week. Have the courage to make that change!

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LAUGH out LOUD!

There's a good laugh inside on just about every page - Enjoy! Want to share your favorite joke? Send it to: milwaukeepublishing@wi.rr.com

**My goal for 2017 was to lose 10 pounds.
Only 15 to go.**

Your Life! Magazine (formerly Boomers!) is a monthly publication serving the 45 and above readership of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market!

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Jan. 28: "Saints and Heroes" Symphony Sundays Concert at the Pabst Theater. 500th anniversary of the reformation featuring Ludwig van Beethoven's "Egmont Overture in F minor, op. 84," Paul Hindemith's "Nobliissima Visione," and Felix Mendelssohn's "Symphony no. 5, op. 107 (Reformation)"

March 25: "Passion, Beauty, and Light" Symphony Sundays Concert at the Pabst Theater. Three French masters give us a musical feast. Gabriel Faure's "Pavane, op.50," Claude Debussy's "Nocturnes," and Georges Bizet's "L'Arlesienne Suites 1 & 2."

May 13: "Legends and Masters" Symphony Sundays Concert at the Pabst Theater. Music sharing tales of beauty and emotion, featuring Carl Maria von Weber's "Overture to 'Der Freischutz,'" Johannes Brahms (trans. Sheng) "Intermezzo in A major, op. 119, no. 2 (Black Swan)," Engelbert Humperdinck's "Prelude to 'Hansel and Gretel,'" and Jean Sibelius's "Symphony no. 7, op. 105, in C major (Fantasiz sinfonica no. 1)."

May 16: "Let's Meet Beethoven" Pajama Jamboree Concert for Kids/Families at the Bradley Pavilion of the Marcus Center for the Performing Arts, 929 N. Water Street. A costumed actor will portray the musical genius, interacting with the audience as the orchestra performs Ludwig van Beethoven's music. Children will be invited to conduct the orchestra in its finale.

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By Bruce Graham

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2018 SEASON HIGHLIGHTS

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MAR 25, 2018
Passion, Beauty, and Light
MAY 13, 2018
Legends and Masters

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January 7

Gloria - A Concert Of Choral And Orchestral Music
St. Joseph Chapel
Enjoy the music of the season after the rush has subsided and keep the hopeful holiday spirit alive throughout the cold winter months.

January 13

Martin Luther King Jr. Prayer Service
St. Martin de Porres Parish, 3114 N. 2nd St., Milwaukee
Celebrate the legacy of Rev. Dr. Martin Luther King, Jr. A musical prelude will take place 1:30pm followed by the service at 2pm.

January 11-14

Midwinter Gaming Convention
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When the doldrums of January begin to hit, join the gaming community at the Midwinter Gaming Convention! Celebrate four days of gaming at our 18th annual show. Features games of all types, specializing in Creator Run RPG Events, a large Play to Win track in the Board Game Room, access to game developers in the industry, and a wide variety of Live Action Role Playing events.

January 19-28

Milwaukee Boat Show
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JANUARY 2018 UPCOMING EVENTS



January 21

Winterfest at Boerner Botanical Gardens
Conquer your cabin fever with winter nature walks, indoor & outdoor games & activities, hot drinks and FREE family fun!

January 27-28

Taste of Greece
Annunciation Greek Church
11am-6pm
9400 W. Congress, Wauwatosa
Authentic spit roasted chicken and lamb, gyros, flaming cheese, Greek pastries, Greek music, dancers, church tours. 1/28 while supplies last

January 27

Winterfest
Washington Park, 1859 N. 40th St.
Get outside at Winterfest! If we're lucky enough to get the weather we want we'll have great winter activities like sledding and ice skating on the Washington Park lagoon. If the snow's a no-show, we won't let the weather ruin our fun! Enjoy arts, crafts, homemade pie and science activities. FREE - donations appreciated

January 27

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January 27-28

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February 3

Great Lakes Pet Expo
Exposition Center at State Fair Park
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February 3

Urban Candlelight Hike
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Wisconsin Center

2018 Brewers On Deck

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Brewers On Deck will once again be held at the Wisconsin Center in downtown Milwaukee

and will feature a number of unique opportunities to get up close and personal with the Crew through autograph sessions, photo opportunities, game shows, Q&A sessions and more. Plus, with kids' clinics, mascot appearances, a Kids Zone filled with interactive games and a whole lot more, Brewers On Deck features something for the entire family!

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SPANKY'S CALENDAR of EVENTS

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Jan 27th: Scotch Doubles Pool Tournament (10am) and
Jan 27th: Mequon-Thiensville Winter Pub Crawl
Feb 4th: SUPERBOWL Game
Feb 9th -25th: Coverage of 2018 Winter Games

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ODD WISCONSIN New Year's Revelry, 1840s-style

By Michael Edmond

The season to be jolly has finally slipped away. Depending on how you spent New Year's Eve, it may be something of a blur. But if that's the case, you're not alone. You're part of a long tradition of outrageous Wisconsin New Years celebrations. In Milwaukee, the New Year's Eve party of 1843 was talked about for decades.

About 6,000 people lived in the city then, and hundreds headed to the Milwaukee House hotel for a memorable night of gluttony. A local writer said that "every man who set out to be somebody," accompanied by "ladies in crinoline skirts and tiny bonnets," sat down at long tables in the dining room. Proprietor Caleb Wall proudly showed them a menu that few restaurants could create today. Mock turtle soup was followed by a choice of roast turkey, goose, duck, beef, chicken or veal. Next came the boiled course (corned beef, mutton, ham, turkey or tongue) followed by venison a la mode and "bird pie." Then boiled fish and chicken salad. Those who had room left for anything else could finish off their feast with apple, cranberry, or mince pie, unless they preferred plum pudding.

Not mentioned on the menu were the beverages, but we can safely assume that large amounts of hard cider, beer, wine, and brandy were consumed. "Before the new year dawned," reported a local historian, "some of the male guests would be carted home in wheelbarrows, but in those days this was no deep disgrace."

Source: "Pioneers' New Year feasts beyond purse of modern man." Milwaukee News, December 31, 1930.
<http://www.wisconsinhistory.org/wlha/articleView.asp?pg=1&orderby=&id=10671>



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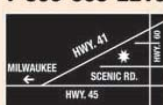
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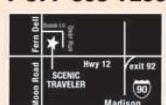
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Hitting the Trail

Rejuvenation of Body, Mind and Soul Draws Hikers to an Appalachian Journey

By Susan Power Bratton

When people set out on a 2,180-mile trail, they may be looking for recreation, gorgeous landscapes or an escape from day-to-day existence. But the Appalachian Trail, which passes through 14 states from Georgia to Maine, also has become a modern-day pilgrimage rather than a mere journey through the woods.

Each year, an estimated 2 million to 3 million people visit the trail, with almost 2,000 of those attempting a "thru-hike" of the entire distance, says Baylor University environmental scientist and author Susan Bratton. She's an aficionado of the trail — dubbed AT — as well as a researcher who has examined its spiritual dimensions. Besides hiking the trail through the years, Bratton investigated why others hike, talking with them and reading their trail journals. More than 200 hikers responded to a lengthy survey about their trail experiences. Bratton also got input from "Trail Angels" — volunteers who live in small towns on the trail and help hikers who need food, shelter and sometimes medical and spiritual care."

Hikers often speak of how their experience as thru-hikers changes them spiritually, but this is the first study to evaluate these religious or quasi-religious claims critically," Bratton said."

Some hikers have very intense religious experiences on the Trail, including interactions with natural features. About a third reported experiencing God in nature, or the trail as a spiritual environment . . . Some are very social and find fulfillment in camaraderie and constant interactions with new people. Others are very oriented toward the journey itself — accomplishing mileage, crossing the highest points. Some are just getting away from their day-to-day lives. Disciplined mysticism is rare, however. For most hikers who report a religious or spiritual experience, it is a secondary priority."

One finding is that frequency of prayer or meditation along the trail played a role in helping some hikers feel more positive about life and promoting physical or emotional healing, Bratton said. From a personal standpoint, "Some of my greatest aesthetic and natural history experiences have been on the AT — memorable wildflowers, sunsets, and even meteor showers," she said. "I've met interesting people and had some great conversations around the camp stove. I also find the Trail to be a friendly environment for conversations with God."

Susan Power Bratton has written a book about her experiences and research, *The Spirit of the Appalachian Trail: Community, Environment, and Belief* (University of Tennessee Press). It has been nominated for The Crader Family Book Prize, awarded to a book that exemplifies the American values of individual liberty, constitutional principles and civic virtue.

Photo Credit: visitroanokeva.com

HOW TO STAY Happy AS YOU AGE



Life has its inevitable ups and downs, and the challenges we experience might not always seem fair. But there's no need let your happiness depend upon life's uncontrollable circumstances.

Whether you're experiencing adversity or simply going through the daily annoyances -- you must protect your happiness.

"What you want and what you get are not always one and the same," says Amy Shea, author of the new book "Defending Happiness and Other Acts of Bravery," a collection of short stories about her life's journey with adversity. "The key is to find what makes you happy and defend it."

In her book, Shea details how tough circumstances have not deterred her from living life on her own terms.

For example, she ultimately came to view her battle with breast cancer as a gift of opportunity. "What is possible to do in one's life changes remarkably when one fears death more than embarrassment," she says.

Shea has experienced poverty, divorce, cancer and the daily woes of aging, parenting and being parented, but believes that come what may, she is prepared to defend her right to be happy. She offers these insights (more can be found in Shea's book and online at www.DefendingHappiness.com

- Your emotions do not need to be an automatic reaction to what happens to you. By believing that, you abdicate choice. It is not life that is happy or not. It's you.
- Don't forget to simply sit from time to time and do some inner wandering. Original thought happens a lot more easily this way than while texting or on the treadmill.
- Life is neither fair nor kind -- but it is full of beauty and humor, and open to direction.
- When it comes to picking your battles, energy is like eye cream: expensive. So use just what you need and put it right where you want it.
- Aging won't be smooth and firm and flawless, but it is not the enemy. In fact, there are certain things about youth you won't miss at all.
- All of us have individual wiring that can get buried from time to time under habits we've formed. Be deeply committed toward the wiring that makes you happy.
- View life as a dynamic creative disturbance and don't forget to show up -- it's worth whatever trouble it takes.

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This may have been a rough season for the Pack, but loyalty and love for the Green and Gold will remain as we remember...

50 years ago this month, legendary Green Bay Packers Coach Vince Lombardi summarized the coldest NFL game ever played, the Ice Bowl, with these famous 4th Quarter instructions to quarterback Bart Starr:

"Run It, & Let's Get the Hell Out of Here!"

Dubbed by the sports media as "The Ice Bowl", the game-time temperature at Lambeau Field was about -15 °F (-26 °C), with an average wind chill around -48 °F (-44 °C). Lambeau Field's turf-heating system malfunctioned, and when the tarpaulin was removed from the field before the game, it left moisture on the field, which flash-froze in the extreme cold, leaving an icy surface that became worse as more and more of the field fell into the shadow of the stadium. The heating system brought in, made by General Electric, cost \$80,000. On the sidelines before the game, some Dallas players believed that Lombardi had purposely removed power to the heating coils. The heating system would eventually be given the moniker Lombardi's Folly. The prior convention to prevent the football field from icing up was to cover the field with dozens of tons of hay.

The University of Wisconsin-La Crosse (then Wisconsin State University-La Crosse) Marching Chiefs band was scheduled to perform the pre-game and half-time shows. However, during warm-ups in the brutal cold, the woodwind instruments froze and would not play; the mouthpieces of brass instruments got stuck to the players' lips; and seven members of the band were transported to local hospitals for hypothermia. The band's

further performances were canceled for the day.

Saturday, on the eve of the game, NFL commissioner Pete Rozelle called Jim Kensil and Don Weiss, the executive directors of the NFL, for an update on the weather conditions. It is suspected that they informed him that Sunday's game time temperature of about 5° was playable. Predictions held Monday would be even colder than Sunday and the game was not postponed. Little did they know that the cold front would be far colder and would arrive much sooner than expected.

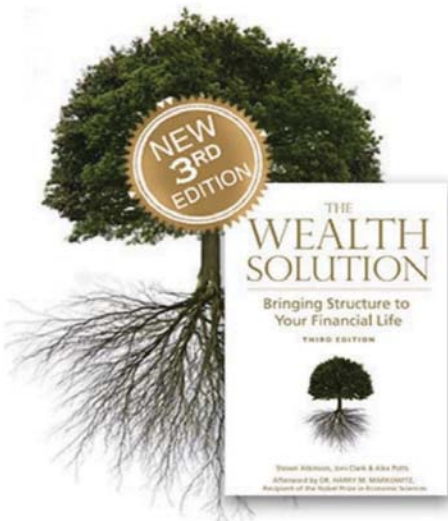
The Packers, who had for years eschewed late-season home games because of the cold winters, would play host to the Cowboys in a game that would mark the coldest New Year's Eve in the history of Green Bay and the coldest title game in the history of the NFL, a record that still stands. David Maraniss recounts in his 1999 Vince Lombardi biography *When Pride Still Mattered* that Packer safety Willie Wood left his home Sunday morning to find that his car's battery frozen and dead. When a local service-station attendant was summoned to start the car, Wood told him "It's just too cold to play. They're going to call this game off."

Prior to the game, many of the Green Bay players were unable to start their cars in the freezing weather, forcing them to make alternate travel arrangements to make it to the stadium on time. Linebacker Dave Robinson had to flag down a random passing motorist for a ride. The referees for the game found they did not have sufficient clothing for the cold, and had to make an early trip to a sporting goods store for earmuffs, heavy gloves, and thermal underwear. Bart Starr attended an early church service with his father, and as Starr later said, "It was so cold that neither of us talked about it. Nobody wanted to bring it up."

The officials were unable to use their whistles after the opening kick-off. As referee Norm Schachter blew his metal whistle to signal the start of play, it froze to his lips. As he attempted to free the whistle from his lips, the skin ripped off and his lips began to bleed. The conditions were so hostile that instead of forming a scab, the blood simply froze to his lip. For the rest of the game, the officials used voice commands and calls to end plays and officiate the game. At one point during the game, CBS announcer Frank Gifford said on air, "I'm going to take a bite of my coffee."

Resource: wikipedia

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What is GREEN (NATURAL) BURIAL?

Simplicity and Environmental Sustainability

"ashes to ashes, dust to dust"

Green (or natural) burial emphasizes simplicity and environmental sustainability. The body is neither cremated nor prepared with chemicals such as embalming fluids. It is simply placed in a biodegradable coffin or shroud and interred without a concrete burial vault. The grave site is allowed to return to nature. The goal is complete decomposition of the body and its natural return to the soil. Only then can a burial truly be "ashes to ashes, dust to dust," a phrase so often used when we bury our dead.

Green burials are not new. Most burials before the mid-19th century were conducted this way, as are many Jewish and Muslim burials today. Green burials are enjoying a resurgence in popularity, for a number of reasons:

Simplicity. The idea of wrapping the body in a shroud or placing it in a plain, unadorned coffin appeals to those who prefer their burial arrangement to be simple, natural and unpretentious.

Lower cost. Because green burials do not involve embalming, fancy caskets, or concrete vaults, they can be a very cost-effective alternative to conventional burials, lowering the cost by thousands of dollars. If the family supplies their own shroud or coffin, the cost can be further reduced.



Conserving natural resources. Each year US cemeteries bury over 30 million board feet of hardwood and 90,000 tons of steel in caskets, 17,000 tons of steel and copper in vaults, and 1.6 million tons of reinforced concrete in vaults. With green burial, fewer resources are used.

Eliminating hazardous chemicals. For some, forgoing the embalming process is the main attraction, since embalming fluid contains formaldehyde, a respiratory irritant and

known carcinogen. In the US about 5.3 million gallons of embalming fluid are used every year, and funeral home workers are exposed to it routinely.

Preserving natural areas. Love of nature and a desire for "eternal rest" in a forever-wild meadow or forest are frequently-cited reasons for choosing green burial. The burial sites restore or preserve a natural landscape populated by native trees, shrubs and wildflowers; the sites offer food and refuge to birds and other wildlife. The most conservation-intensive green cemeteries do not use fertilizer, pesticides, or herbicides. A green cemetery can be an important component in the

NATURAL GREEN BURIAL continued on page 16



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A FRIEND OF MINE has two tickets for the 2018 Super Bowl.

Box seats plus airfares, accommodation etc., but he didn't realize when he bought them that this is going to be on the same day as his wedding - so he can't go.

If you're interested and want to go instead of him, it's at St Peter's Church in Osborne Park, Baltimore at 5pm.

Her name's Louise. She will be the one in the white dress.

Editor's Note: Awhile ago I received a phone call from a rather harsh-sounding elderly lady. She asked to speak to the editor or "whoever put this paper together". Oh oh - one of those calls. She preceded to tell me that she was rather conservative in her views and really wasn't someone who smiled very often. From our short conversation at this point, I would have agreed. Then she said, and I quote: "Well, whoever put that joke on page 15 did a good job. I don't laugh much and it made me laugh out loud." That made my day. So if the least I can do for you today is share a hearty laugh or just a bit of a giggle, well go ahead, make my day!!

Three Contractors Bid On The White House Fence

Three contractors are bidding to fix a broken fence at the White House.

One is from Chicago, another is from Kentucky, and the third is from New Orleans. All three go with a White House official to examine the fence.

The New Orleans contractor takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$9,000. That's \$4,000 for materials, \$4,000 for my crew and \$1,000 profit for me."

The Kentucky contractor also does some measuring and figuring, then says, "I can do this job for \$7,000. That's \$3,000 for materials, \$3,000 for my crew and \$1,000 profit for me."

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers, "\$27,000." The official, incredulous, says, "You didn't even measure like the other guys. How did you come up with such a high figure?"

"The Chicago contractor whispers back, "\$10,000 for me, \$10,000 for you, and we hire the guy from Kentucky to fix the fence." "Done", replies the government official.

And that, my friends, is how the Government Stimulus plan works.



The Boss of our small company was complaining during a staff meeting that people didn't respect him enough. Trying to change the attitude in the office he came in the next day with a sign for his door it said, "I am the boss". One of the employees apparently not appreciating the change posted a post-a-note on the sign it said "your wife wants her sign back."



Hunter was 4 years old and was staying with his grandfather for a few days.

He'd been playing outside with the other kids, when he came into the house and asked, "Grandpa, what's that called when two people sleep in the same bedroom and one is on top of the other?"

His Grandpa was a little taken aback, but he decided to tell him the truth about sex.

"Oh," Little Hunter said, "OK," and went back outside to play with the other kids.

A few minutes later he came back in and said angrily, "Grandpa, it *isn't* called sex. It's called Bunk Beds."

"And Jimmy's mom wants to talk to you NOW!"

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 - (9) Directions to your doctor's office include "Take a left when you enter the trailer park."
 - (8) The tongue depressors taste faintly of Fudgesicles.
 - (7) The only proctologist in the plan is "Gus" from Roto-Rooter.
 - (6) The only item listed under Preventive Care Coverage is "an apple a day..."
 - (5) Your primary care physician is wearing the pants you gave to Goodwill last month.
 - (4) "The patient is responsible for 200% of out-of-network charges," is not a typographical error.
 - (3) The only expense covered 100% is "embalming."
 - (2) Your Prozac comes in different colors with little M's on them.
- AND THE NUMBER ONE SIGN YOU'RE NOW IN A VERY CHEAP HEALTH CARE PLAN:
- (1) You ask for Viagra and they give you a Popsicle stick and Duct Tape.



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A lady went to a doctor's office where she was seen by a Doctor. A few minutes into the examination, screeching could be heard from the room, and then the lady burst out of the room as if running for her life. After much effort a nurse finally managed to calm her down enough to tell her story. The nurse barged into the office of the Doctor and screamed, "Shame on you, Mrs. Smith is 65 years old, and you told her she's pregnant!!"

The Doctor continued writing calmly, barely looked up and said, "Does she still have the hiccups?"

The Psychiatrist and The Proctologist

Best friends graduated from medical school at the same time and decided that in spite of two different specialties, they would open a practice together to share office space and personnel.

Dr. Smith was the psychiatrist, and Dr. Jones was the proctologist; they put up a sign reading: Dr. Smith and Dr. Jones: Hysterias and Posteri-ors. The town council was livid and insisted they change it.

The docs changed it to read: Schizoids and Hemorrhoids. This was also not acceptable, so they again changed the sign to read Catatonics and High Colonics - no go.

Next they tried Manic Depressives and Anal Retentives - thumbs down again.

Then came Minds and Behinds - still no good. Another attempt resulted in Lost Souls and Butt Holes - unacceptable again!

So they tried Nuts and Butts - no way. Freaks and Cheeks - still no good. Loons and Moons - forget it. Almost at their wit's end, the docs finally came up with:

Dr. Smith and Dr. Jones - Specializing in Odds and Ends. Everybody loved it.

So much has changed since my girlfriend told me we're having a baby. For instance my name, address and telephone number!

Kids today don't know how easy they have it.

When I was young, I had to walk 9 feet through shag carpet to change the TV channel.



I bought a new stick of deodorant today. The instructions said take off the cap and push up the bottom. I'm walking kinda funny but whenever I toot, the room smells lovely.

Several men are in the locker room of a golf club. A mobile phone on a bench rings and a man engages the free speaker function and begins to talk. Everyone else in the room stops to listen.

WOMAN: 'Honey, it's me... are you at the club?'

MAN: 'Yes.'

WOMAN: 'I'm at the City Centre Mall now and found this beautiful leather coat. It's only \$1,000. Is it ok if I buy it?'

MAN: 'Sure, go ahead if you really like it.'

WOMAN: 'I also stopped by the Mercedes dealership and saw the new 2018 Models. I saw one I really liked and we were shopping for a new car...'

MAN: 'How much?'

WOMAN: '\$98,000.' MAN: 'OK, but for that price make sure it comes with all the options.'

WOMAN: 'Great! OK. I'll see you later! I love you so much! You're so generous!'

MAN: "You're worth it baby."

The man hangs up. The other men in the locker room are staring at him in astonishment with mouths wide open.

The man turns and asks "Anybody knows whose phone this is?"

Women are like bacon.
They smell good. They look good. They taste good.
And they will slowly kill you.



Funny Signs

Over a Gynecologist's Office:

"Dr. Jones, at your cervix."

On a Septic Tank Truck:

"Yesterday's Meals on Wheels"

At a Proctologist's door:

"To expedite your visit please back in."

On a Plumber's truck:

"We repair what your husband fixed."

On another Plumber's truck:

"Don't sleep with a drip. Call your plumber."

At a Towing company:

"We don't charge an arm and a leg. We want tows."

On an Electrician's truck:

"Let us remove your shorts."

In a Nonsmoking Area:

"If we see smoke, we will assume you are on fire and take appropriate action."

On a Maternity Room door:

"Push. Push. Push."

At an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

At a Car Dealership:

"The best way to get back on your feet - miss a car payment."

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

And don't forget the sign at a

Chicago Radiator Shop:

"Best place in town to take a leak."

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MENOMONEE FALLS

1. In the 1940s, where were automobile headlight dimmer switches located?

- a. On the floor shift knob.
- b. On the floor board, left of the clutch...
- c. Next to the horn.

2. The bottle top of a Royal Crown Cola bottle had holes in it.. For what was it used?

- a. Capture lightning bugs.
- b. To sprinkle clothes before ironing.
- c. Large salt shaker.

3. Why was having milk delivered a problem in northern winters?

- a. Cold cows wouldn't produce milk.
- b. Icy roads forced delivery by dog sled.
- c. Milkmen left deliveries outside of front doors and milk would freeze, expanding and pushing up the cardboard bottle top.

4. What was the popular chewing gum named for a game of chance?

- a.. Blackjack
- b. Gin
- c. Craps

5. What method did women use to look as if they were wearing stockings when none were available due to rationing during WW II.

- a. Suntan
- b. Leg painting
- c. Wearing slacks

6. What postwar car turned automotive design on its ear when you couldn't tell whether it was coming or going?

- a. Studebaker
- b. Nash Metro
- c. Tucker



In our very short lifetime, the world around us has seen many changes. Some good, some not so good. What can you remember....

YOUR History Exam

7. Which was a popular candy when you were a kid?

- a. Strips of dried peanut butter.
- b. Chocolate licorice bars.
- c. Wax coke-shaped bottles with colored sugar water inside.

8. How was Butch wax used?

- a. To stiffen a flat-top haircut so it stood up.
- b. To make floors shiny and prevent scuffing.
- c. On roller skates to prevent rust.

9. Before inline skates, how did you keep your roller skates attached to your shoes?

- a. With clamps, tightened by a skate key.
- b. Woven straps that crossed the foot.
- c. Long pieces of twine.

10. As a kid, what was considered the best way to reach a decision?

- a. Consider all the facts.
- b. Ask Mom.
- c. Eeny-meeny-miney-MO.

11. What was the most dreaded disease in the 1940s and 1950s?

- a. Smallpox
- b. AIDS
- c. Polio

12. 'I'll be down to get you in a _____, Honey'

- a. SUV
- b. Taxi
- c. Streetcar

13. What was the name of Caroline Kennedy's pony?

- a. Old Blue
- b. Paint
- c. Macaroni

14. What was a Duck-and-Cover Drill?

- a. Part of the game of hide and seek.
- b. What you did when your Mom called you in to do chores.
- c. Hiding under your desk, and covering your head with your arms in an A-bomb drill.

15. What was the name of the Indian Princess in the Howdy Doody Show?

- a. Princess Summerfallwinterspring
- b. Princess Sacajawea
- c. Princess Moonshadow

16. What did all the really savvy students do when mimeographed tests were handed out in school?

- a.. Immediately sniffed the purple ink, as this was believed to get you high.

b. Made paper airplanes to see who could sail theirs out the window.

c. Wrote another pupil's name on the top, to avoid their failure.

17. Why did your Mom shop in stores that gave Green Stamps with purchases?

- a. To keep you out of mischief by licking the backs, which tasted like bubble gum.
- b. They could be put in special books and redeemed for various household items.
- c. They were given to the kids to be used as stick-on tattoos.

18. Praise the Lord, pass the ____?

- a. Meatballs
- b. Dames
- c. Ammunition

19. Name the singing group that made the song 'Cabdriver' a hit?

- a. The Ink Spots
- b. The Supremes
- c. The Esquires

20. Who left his heart in San Francisco?

- a. Tony Bennett
- b. Xavier Cugat
- c. George Gershwin

Answers on page 18

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QUESTION:

I'm going to start off the New Year by asking YOU a question...

HOW DO YOU FEEL ABOUT MONEY?

Ask Tim



Timothy M. Stasinoulas
Founder and CEO of Aegis Wealth Advisors, LLC

FINANCE QUESTIONS AND ANSWERS

Our relationship with money is complex & emotional. When we pay a bill, go to the mall, trade in a car for a new one, hunt for a home or apartment, or pass someone seemingly poor or rich on the street, we feel things and harbor certain perceptions. Do our attitudes about money help or hurt us? We may need to change them to better our financial prospects.

Are our attitudes about money inherited? They may have been formed when we were kids. We watched what our parents did with their money, and how they managed it. We were told how important it was – or, perhaps, how little it really mattered. Parental arguments over money may be ingrained in our memory.

This history has an effect. Some of us think of money, finance, investing, and saving in terms of getting ahead, in terms of opportunity. Others associate money and financial matters with family struggles or conflicts. Our family history is not responsible for our entire attitude about money – but it is, undoubtedly, an influence.

Our grandparents (and our parents) were never really taught to think of “retirement planning.” Just a century ago, the whole concept of “retiring” would have seemed weird to many Americans. You worked until you died, or

until you were physically unable to do your job. Then, Social Security came along, and company pensions for retired workers. The societal expectation was that with a company pension and Social Security, you weren’t going to be impoverished in your “old age.”

Very few Americans can make such an assumption today. Many are unaware of the scope of retirement planning they need to undertake. An alarming 54% of pre-retiree respondents to a 2016 Prudential Financial survey had no clue how much they needed to save for retirement. Additionally, 54% had balances of less than \$150,000 in their workplace retirement plans. Have they been lulled into a false sense of security? Did they inherit the attitude that when you retire in America, Social Security and a roof over your head will be enough?

How can pessimistic attitudes about money, saving, & investing be changed? Perhaps the first step is to recognize that we may have inherited them. Do they stem from our own experience? Or are we simply cluttering our minds with the bad experiences and negative assumptions of years ago?

One example of this leaps readily to mind. Earlier this year, Bankrate surveyed investors per age group and

learned that just 33% of millennials (aged 18-35) owned any equities, while 51% of Gen Xers did.

College loan debt and early-career incomes aside, millennials watched equity investments, owned by their parents, crash in the 2007-09 bear market. Some are quite cynical about the financial world. A 2015 Harvard University study showed that a mere 14% of respondents aged 18-29 felt that Wall Street firms “do the right thing all or most of the time” as they conduct business.

What were you taught about money when you were growing up? Did your parents look at money positively or negatively? These questions and others are worth thinking about, for they may shape your relationship with money – and saving and investing. Negative thoughts about money can affect investment decisions, and ultimately affect long-term financial planning, so ...
How do you feel about money?

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

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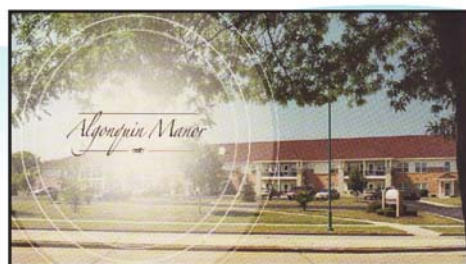
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Google:

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NATURAL GREEN BURIAL

continued from page 11

acquisition and conservation of native habitats.

The first green cemetery opened in the US in 1998; about sixty operate here today. Some green cemeteries comprise a specially-designated section within a conventional cemetery. Others are expansive tracts of land, often contiguous with an existing park, critical habitat area or forever-wild conservation area.

Most green cemeteries exclude embalmed remains and burial vaults; some exclude cremated remains as well. Shrouds or caskets made of natural, biodegradable, non-toxic materials are often specified. Graves are typically marked only by a natural rock, native plant or plaque flush with the ground, with grave locations recorded by GPS. To preserve the natural landscape and protect native plants and wildlife, most green cemeteries forbid or limit personal plantings and many memorial decorations like flowers, wreaths, flags, and toys. Be sure to inquire about special restrictions when buying a plot.

You can make any burial greener by eliminating embalming, and using a shroud or a biodegradable casket. Omit the vault if the cemetery will allow it. Otherwise, ask to use a concrete grave box with an open bottom, have holes drilled in the bottom of the vault, or invert the vault without its cover, so the body can return to the earth.

As green burial increases in popularity, more options are becoming available. The Federal Trade Commission, which regulates many aspects of the funeral industry, is developing guidelines for funeral homes or cemeteries offering green burials.

How much does a Green Burial cost? Burial in a natural burial preserve or green cemetery can cost \$1,000-\$4,000. This usually includes a burial plot, the fees to open and close the grave, a stone marker and a one-time charge to endow a perpetual care fund (to maintain the property as a natural burial site). Typically this does not include the cost of a funeral or memorial service.

For more information visit Green Burial Council: www.greenburialcouncil.org visit our online resource at www.funerals.org



Simple Ways

TO BE HEALTHIER

Big changes are often daunting and hard to fold into your everyday life; they are simply not sustainable. Try a new healthy habit a week. These are small changes that can make a big impact on not only your health, but the environment's health as well. Tape these easy tips to your refrigerator and read weekly. Feel free to skip ahead and to go back.

By Patty James



1. Drink 8 glasses of water a day.

2. Get rid of any junk food in your house. If it's not there, don't get it.

3. Limit your caffeine intake: 1-2 cups of coffee a day.

4. Plan your weekly meals.

5. Spend 30 minutes twice a week cutting up fresh veggies to have them ready at all times.

6. Keep seasonal fruit at home and eat it when you're hungry or when a sweet tooth strikes.

7. Substitute raw nuts and seeds for processed granola bars.

8. Don't drink alcohol on an empty stomach; it's hard on your stomach and burns up B vitamins.

9. Eat raw vegetables every day. Raw veggies contain important enzymes that can be lost when they're cooked.

10. Purchase as much of your food organic as you can. Your body will appreciate it as will our planet.

11. Next time you make cookies or cake, substitute half of the butter with applesauce, pumpkin or prune puree. Less fat; more nutrients.

12. Get 8 hours of sleep a night.

13. Vary your food; if you eat it today, don't eat it for 4 days.

14. Different colored food has different nutrients, so eat from the rainbow. Red peppers, orange carrots, green kale, etc.

15. Thicken soups with pureed beans. Delicious and added nutrition.

16. Don't drink water from plastic bottles. Polycarbonate water bottles (labeled #7) contain bisphenol A (BPA), which leaches from the plastic and has been linked to

chromosome damage and hormone disruption.

17. Start your day with a glass of fresh lemon water. 1/2 to 1 juiced lemon in water. Your liver loves it.

18. De-stress. Find out what works for you. Warm baths? Exercise? Reading? Yoga? Walks in the woods? Find out what calms and soothes you and practice daily.

19. Move daily. Find the movement that moves your body and eases your mind and make it a part of who you are. If you enjoy it, you will do it.

20. Eat at a table, cloth napkin on your lap and chew well. Be thankful.

21. Next time you want scrambled eggs (or tofu), sauté some veggies first, then add eggs. Try eating your veggies all day!

22. Dry brush your skin before you shower in the morning. It's good for your lymphatic system and your skin will be so much softer and healthier.

23. Have at least one day a week without meat. Meatless Monday perhaps.

24. Eat more beans! They're high in protein, dietary fiber, and taste so good.

25. Use whole grain flour in your baking instead of white flour. Whole-wheat pastry flour is a fine grind and much healthier than the white stuff.

26. Remove white sugar from your diet or at least limit it. Use maple syrup, honey, agave or stevia instead.

27. Don't eat fake food! No artificial anything!

28. Don't eat out as much. Cook more.

29. Exercise your mind! Learn a new dance, read a good book. Learn a new language. Keep your mind moving as well as your body.

30. Learn to communicate better. Speak your mind, kindly, and be done with it. Don't hold grudges.

31. Make your own vinaigrette for your salads. Olive and/or flax oil, lemon juice or vinegar, a little Dijon mustard, a minced garlic clove and a little salt and pepper.

32. Use sea salt instead of the highly processed salt you find in many grocery stores.

33. Reduce salt intake. Use fresh herbs and lemon juice to boost flavor.

34. Try to stay off computers and away from anything electronic two hours before bed for a better night's sleep.

35. Use plain yogurt instead of sour cream.

36. Switch to whole wheat, corn or quinoa pasta (there are many selections) instead of pasta that uses refined flour.

37. Don't eat or drink any food with trans-fat. Watch those non-dairy creamers!

38. Add more leafy greens to your life: kale, chard, spinach, radicchio, etc. They are wonder foods! Steam the greens for a couple minutes, drain and set aside. In a pan sauté some onions, garlic and shitake mushrooms in olive oil for a few minutes. Add the kale back in, stir and serve. Yum.

39. Use less cheese in casseroles that call for cheese. Instead sprinkle grated cheese on top.

40. Begin each day with a good stretch and some deep breaths.

41. Try new ingredients. Buy a kohlrabi or something you've never tried before and go from there. Keep yourself inspired.

42. Don't reward yourself or your family with food.

43. Try to eat whatever food is in season; it's more nutritious and tastes better.

44. Don't go hungry. Eat healthy snacks so you don't overeat later.

45. Watch what you put on your skin. Many products are loaded with chemicals that you shouldn't rub into your skin.

46. Bake instead of frying your meats and fish.

47. Increase Omega 3 fatty acids in your diet. Sources include walnuts, flax seeds and oil and cold water fish such as salmon.

48. Increase your intake of legumes: lentil, beans and peas. They are good sources of protein, dietary fiber and blood sugar regulators. Try split pea or lentil soup for breakfast!

49. Take supplements. Begin with a good multivitamin and speak with your health practitioner about others that may be needed for your optimum health.

50. Watch your portion sizes as well as your plate and utensil sizes. Try chopsticks and eat slowly.

51. Shop in the outside aisles of the grocery store. Most of the more processed foods are located in the middle aisles.

52. Play! Everyone needs to have fun!

Patty is a Certified Natural Chef with a Master's degree in Holistic Nutrition and founder/director of the Patty James Cooking School and Nutrition Center, the first certified organic cooking school and nutrition center in the country. She created the Patty James Health Guide, a guide to life-long healthy eating and lifestyle. Website: www.PattyJames.com



CHANGE

The Most Important New Year's Resolution of All

As 2018 begins, we might find ourselves thinking about new years resolutions for how we can better parent our children. More than ever, it feels important to help our children develop tools that will allow them to grow into a conscious, healthy adults. One of the most important skills for emotional well being is that of gratitude. Here are give quick, easy (and free!) ways to encourage an attitude of gratitude in our children.

By Monisha Vasa, M.D.

1 Engage in random acts of kindness: Children will often spontaneously share a toy or friendly words with a teacher, friend, or relative. Notice when children are acting or speaking in a kind manner, and say out loud how much you value their kindness. Children will often model our behavior. Noticing and participating in acts of kindness as a family allows for more connection and positive experiences, which we can all be grateful for.

2 Spend time in nature: Nature allows children and adults like to slow down from the constant stimulation of day to day life. At a slower pace, we can become more mindful and use our senses to notice all of the beauty in the world around. We can feel grateful for the cool shady trees or the colors of a vivid sunset.

2 Create a nightly reflection ritual: After a meal, bedtime, and a story, children are often more relaxed and open to connection with parents. Use this time as an opportunity to reflect on the "highs" and "lows" of the day. Parents can start by sharing their own joys and

challenges, which opens up the lines of communication and encourages children to reflect and share as well.

3 Engage in meal time mindfulness: Encourage children to be mindful at mealtimes. Removing toys, electronics, and books from the table can help children focus on their food, and use all of their senses to enjoy and appreciate their food as they eat. While eating, consider asking children to reflect on how their food came to be on their plate. For example, a strawberry didn't just magically appear. There needed to be fertile soil, wind, sun, water, a farmer, a truck, a market, just to get the strawberry from the field to the plate. Allowing for a greater sense of wonder and appreciation for food.

4 Volunteer in age appropriate ways: Volunteering can help children realize how fortunate they are, by giving them the opportunity to help those less fortunate. Children may have an inherent compassion for a particular cause—some might feel strongly about protecting the environment, others may feel strongly towards pro-

tecting animals. Consider your children's natural interests, and discover ways of helping that are age appropriate. Ideas include raising money for a local animal shelter, helping out at a food bank or soup kitchen, or even running in a 5K to raise money for a particular cause.

5 Encouraging gratitude in our children from a young age will help them develop lifelong skills that support their emotional well being and happiness. Activities that support thankfulness need not be expensive or time consuming. Most importantly, make gratitude a daily part of your own life, and children will naturally follow suit...the whole family will benefit!

Monisha Vasa, M.D. is a board certified General and Addiction Psychiatrist in private practice in Orange County, CA. Dr. Vasa is the author of the non-fiction children's books, *My Dearest One* and *Saying Thank You*. She is also a marathon runner and a student of yoga and meditation. Learn more about Dr. Vasa at <http://monishavasa.com/> and read her blog on The Huffington Post.

Answers to The History Exam on page 14

1. (b) On the floor, to the left of the clutch.
2. (b) To sprinkle clothes before ironing.
3. (c) Cold weather caused it to freeze.
4. (a) Blackjack Gum.
5. (b) Special makeup was applied, followed by drawing a seam down the back of the leg with eyebrow pencil.
6. (a) 1946 Studebaker.
7. (c) Wax coke bottles containing super-sweet colored water.
8. (a) Wax for your flat top (butch) haircut.
9. (a) With clamps, tightened by a skate key.
10. (c) Eeny-meeny-miney-mo.
11. (c) Polio. In beginning of August,

- swimming pools were closed, movies and other public gathering places were closed to try to prevent spread of the disease.
12. (b) Taxi
13. (c) Macaroni
14. (c) Hiding under your desk, and covering your head with your arms in an A-bomb drill.
15. (a) Princess Summerfallwinterspring
16. (a) Immediately sniffed the purple ink to get a high.
17. (b) They could be traded for household items at the Green Stamp store
18. (c) Ammunition, and we'll all be free
19. (a) The Inkspots
20. (a) Tony Bennett

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You know several people who have hit deer more than once.

Your whole family wears green and gold to church on Sunday.

You can drive 65 mph through two feet of snow during a raging blizzard without flinching.

You see people wearing hunting clothes at social events.

You install security lights on your house and garage and leave both unlocked.

The four major food groups are: cheese, beer, fish and venison.

You carry jumper cables in your car and your girlfriend knows how to use them.

There are seven empty cars running in the parking lot at Mill's Fleet Farm at any given time.

You design your kid's Halloween costume to fit over a snowsuit.

Driving is better in winter because the potholes are filled with snow.

You refer to the Packers as "we".

You know all four seasons: almost winter, winter, still winter and road construction.

You can identify an Illinois accent.

You have no problem spelling Milwaukee, Minocqua or Waukesha.

You consider Madison exotic.

You don't have a coughing fit from one sip of Pabst Blue Ribbon.

Your idea of creative landscaping is a statue of a cow/deer next to your blue spruce.

You were unaware that there is a legal drinking age.

A brat is something you eat.

Down south to you means Chicago.

Your neighbor throws a party to celebrate his new machine shed.

You go out to a fish fry every Friday.

You know how to polka and 2-Step.

You have more miles on your snow blower than your car.

You find 0 degrees "a little chilly".

~Anon. email

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Are you headed down the road to vision loss?

by Cheryl L. Dejewski

"Glaucoma is a leading cause of blindness, but vision loss may be preventable with prompt detection and treatment," says Mark Freedman, MD, partner at Eye Care Specialists, one of the premier ophthalmology practices in the U.S.



Left undetected and untreated, glaucoma can lead to permanent tunneling and loss of vision

What is Glaucoma?

The front of your eye is filled with a fluid that supplies nutrients and maintains the eye's shape. If the proper amount is unable to continually pump in and drain out, pressure builds up. "Glaucoma is a condition where the pressure in the eye is too high for the health of the optic nerve, which carries visual information from the retina to the brain. This pressure may be minimal, but if it persists, in certain people it reduces the blood supply to the optic nerve. Left undetected and/or untreated, glaucoma causes loss of side vision and later possibly all sight—permanently," says Freedman.



Is Glaucoma Dangerous?

"Tunneling" (loss) of side vision makes it difficult to safely navigate stairs, stay in the proper driving lane, detect obstacles, etc. As such, glaucoma has been shown to increase the risk of having a car accident by up to six times and to triple the risk of falling.



Are There Symptoms?

No, usually not. Brett Rhode, MD, Head of Ophthalmology at a local major medical center, explains, "The most common type of glaucoma is painless and progresses so slowly that most people don't notice symptoms for months or years—until significant permanent damage has already occurred. Glaucoma affects 3+ million Americans, and up to half don't even know they have it. That's why regular eye exams are vital for protecting vision. Adults over age 40 should have comprehensive eye exams that include a check for glaucoma every two years, especially if you have risk factors."

Rhode adds, "At our offices, that exam frequently includes a fast, painless OCT laser scan to catch glaucoma often before damage occurs."

Are There Risk Factors?

- **AGE:** Glaucoma is most common after 40, and risk increases with age.
- **HEREDITY:** Siblings and children of glaucoma patients have a 5-10 times greater risk of developing the disease and should be screened every 1-2 years.
- **ETHNICITY:** Black people have a 6-8 times higher risk of going blind from glaucoma. Hispanics and Asians also have higher risk rates.
- **OTHER FACTORS:** Diabetes (doubles the risk), nearsightedness, steroid use, and having a previous eye injury.

Can Glaucoma Be Cured?

No. It can't be cured and, untreated, it can cause permanent loss of vision.

Is Glaucoma Treatable?

Yes. Although glaucoma can't be cured, treatment can usually halt further damage and vision loss. Daniel Ferguson, MD, a former engineer and

leading local eye surgeon, notes, "The most common type of glaucoma is a lifelong condition that typically requires continual management with **prescription eyedrops** to lower pressure (by either decreasing fluid production or increasing outflow)."

"However, in cases when drops alone cannot control pressure, side effects are intolerable, multiple drops are needed, or instilling drops is difficult, **laser treatment** may be an alternative. SLT (which increases fluid drainage) and ECP (which decreases fluid production) take about 10 minutes to perform at our surgery center and are covered by Medicare and most insurances," explains Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins.

Are There New Treatments?

"In addition to prescription eyedrops and laser procedures, our team has been evaluating new **Minimally Invasive Glaucoma Surgery (MIGS)** procedures to lower eye pressure," says Michael Raciti, MD, who practices at all three Eye Care Specialists' offices. These include Ab-Interno Canaloplasty (which uses a micro-catheter to enlarge and flush like angioplasty) and iStent

implantation (which creates a bypass) to improve outflow within the eye's natural drainage canal system."

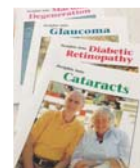
MIGS and laser procedures are often successful at controlling glaucoma and reducing the need for drops. This is especially important for people who already have other conditions requiring daily medication(s) that they have to worry about buying, taking and tracking.

How Can I Protect Myself?

"Glaucoma sight loss is often preventable. But, you need to schedule regular eye exams in order to take advantage of the latest advances in diagnosis and treatment," says David Scheidt, OD, optometrist and continuing education lecturer.

Free Booklets & Information

Call 414-321-7035 for **FREE** booklets on **glaucoma, diabetes, cataracts, or macular degeneration**. If you don't have an eye care specialist, you are invited to call the offices below to schedule a comprehensive exam, which is typically covered by insurance. Learn more at: www.eyecarespecialists.net



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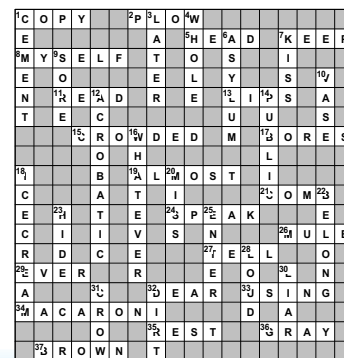
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Three doctors are discussing which types of patients they prefer. Doctor Watson says, "I prefer librarians. All their organs are alphabetized." Doctor Fitzpatrick says, "I prefer mathematicians. All their organs are numbered." Doctor Ahn says, "I prefer lawyers. They're gutless, heartless, brainless, spineless, and their heads and butts are interchangeable."



For anyone who think a woman's place is in the kitchen, remember that's where the knives are kept.

I send flowers "From Steve" to my neighbor's wife every Friday night, then watch them fight from my living room window while eating popcorn.

Neil Armstrong was the first man on the moon, Neil A. backwards is Alien. Anyone else freaked out right now?

"Don't you agree that 'time' is the greatest healer?" "He may be, but he's certainly no beauty specialist."



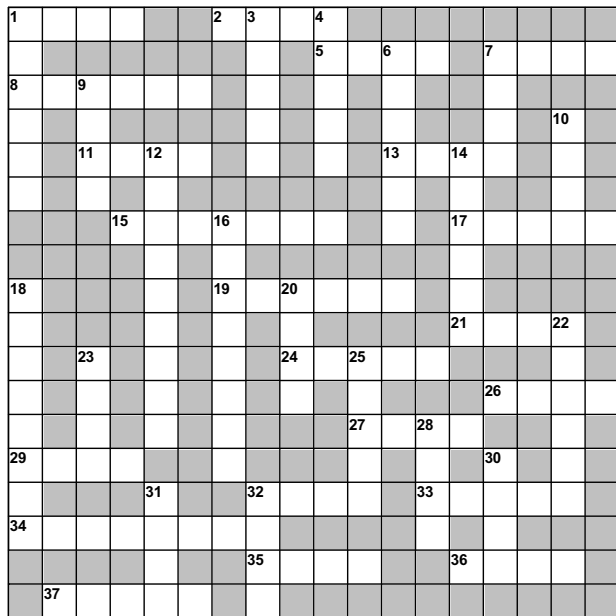
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Crossword answers on page 21

Crossword junkie!

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FROM YOUR LIFE! NEWSPAPER



ACROSS

1. Duplicate
2. Turn the soil
5. over heels
7. Cherish
8. Me,, and I
11. Process written language
13. Used to kiss with
15. Filled to capacity
17. Repetitious or dull
19. Not quite
21. Hair tool
24. To talk
26. Donkey
27. To convey with speech
29. Happily after
32. First word of a letter
33. Put into service
43. Pasta and cheese
35. 1st R of 'R&R'
36. Eventual hair color
37. Bear color

DOWN

1. Mob shoes
3. Sooner or.....
4. All of
6. Nut house
7. Pucker up
9. Painful
10. Vessel used to display flowers
12. Physical feats
14. Not private
16. Word showing indifference
18. We all scream for this
20. Single woman's title
22. To be a member of
23. Conceal from view
25. To move into
28. Not quite
30. Fibber
31. Large black bird
32. Planting medium

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Ate salad for dinner. Mostly crou-
 tons & tomatoes. Really just one
 big round crouton covered with
 tomato sauce. And cheese. FINE, it
 was a pizza. I ate a pizza.

**Don't let your worries get
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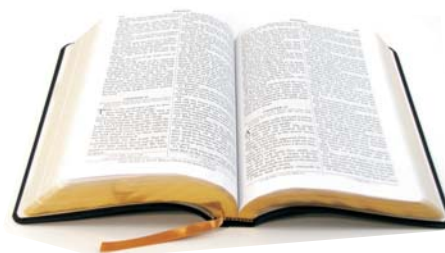
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Does it seem like your church is always asking or even requiring you to give financially to support the “work of the ministry?” Just what is the “work of the ministry?” Is it having a youth gymnasium, or a concert hall for the worship band that can serve as an entry level to a career as a professional musician? Is it supporting a place for various social gatherings: Christian sports, Christian movies and Christian aerobics classes? How does the Bible describe the “work of the ministry?” Did you ever question the salary of your pastor(s) and the operating costs for all these “Christian” activities and facilities? Among pastors, there is a terrible abuse of using Israel’s command for tithing to place the church back under the condemnation of the law. This must be stopped (Titus 1:11). Jesus Christ redeemed believers from the curse of the law and taught the church through Paul that in this dispensation of grace, there is a better way of giving (2 Cor. 9:7).

Upcoming Seminar

“G-R-A-C-E: God’s Riches at Christ’s Expense”

January 21, 2018 - 10am-11:15am

“For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast. For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them” (Eph. 2:8-10). Are you saved? Perhaps you know this basic doctrine. Perhaps you believe it. But, do you also know the riches you have being “in Christ” by faith? By believing who the Lord Jesus Christ is and what he accomplished for sinners by his death/shed blood, burial, and resurrection, a person can have a righteous standing before the holy, almighty God. But there’s much more given to those who, by faith, have been set apart unto God’s purpose, both blessings and responsibilities. Do you know God’s purpose? Are you involved in it?

“Taking the Confusion Out of Studying the Bible”

Special Half Day Seminar – Saturday, March 17, 2018

Registration: 8:30am-9:00am - Sessions: 9:00am-12:15pm

Space is Limited – Pre-register by March 10, 2018

Discover God’s method for Bible study that makes the Bible understandable whereby it can be used in your life to effectually work in you. Free study materials for those who pre-register. Walk-ins welcomed based on space.

**All seminars are at the Holiday Inn Express, 15451 W. Beloit Rd.,
New Berlin, WI. No reservations needed.**

**QUESTIONS? Contact: Doug Kuepper, Seminar Teacher at
SoundDoctrineBibleFellowship@gmail.com**

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