

Your **LIFE!**

MAGAZINE

May 2018

A FREE
PUBLICATION



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

**Don't weed'em...
Eat'em!**

~page 6



DELICIOUS and NUTRITIOUS
(Believe it or not!)

DANDELIONS!

MENOPAUSE
We are HOT WOMEN!

FINANCE
APPS

INSIDE
THIS EDITION
~page 3

Could walking poles help me get more out of my daily walk?



From Edward R. Laskowski, M.D., Mayo Clinic

Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. This activity is sometimes called Nordic walking.

Most walking poles have rubber tips that grab the pavement and wrist straps that secure the poles to your arms. With one walking pole in each hand, you grip the handles and push off with each stride. Sturdier walking poles designed for hiking are known as hiking or trekking poles.

Consider the benefits of walking poles:

- 1) The arm movement associated with walking poles adds intensity to your aerobic workout, which helps you burn more calories.
- 2) Walking poles improve balance and stability.
- 3) Walking poles help you maintain proper posture, especially in the upper back, and may help to strengthen upper back muscles.
- 4) Walking poles take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems.

Walking poles in various fixed or adjustable lengths are available online and in many sporting goods stores. Prices vary so shop around for your specific needs!



No Garden Space? Here's a Little Trick!

Take a 2 cubic feet bag of potting soil (I used Miracle Grow), rumple it around quite a bit to loose the soil, poke quite a few holes in the back side for drainage, then lay the bag on a smooth surface that will allow drainage and not get too hot. Cut out the top, leaving about a 4 or 5 inch border all around. Lightly rake through the soil to even it out and loosen it even more, then carefully, and evenly sprinkle the seeds around. If doing radish seeds or spinach, just make lines the depth mentioned on the seed pack, plant the seeds and cover appropriately. For salad greens I sprinkled a lite covering of soil over the seeds and then spray-misted to water them in. I put my bags on metal sawhorses and grates to make them waist level. This kept the bags off the hot concrete and I didn't have to bend over when cutting my salad. When harvesting, just use a pair of scissors and cut what you need - don't pull the plants out. Same goes for spinach - they will grow back almost magically overnight, and you can't tell where you cut. Spray mist the seeds and plantlings at first when watering, until they are established, then you can water more vigorously as the plants mature. You will probably need to water more often, since the depth of the bags are not as deep as a regular in-ground garden. I just kept mine moist, not sopping wet.

Located in the
Country Inn & Suites by Radisson
350 E. Seven Hills Road • Port Washington

LEPANTO Banquet Hall
& Catering



- Newly Remodeled Ballroom
- Full Service Catering & Beverage Service Available
- Banquet Facilities for up to 400
- Ideal for Weddings, Parties, Corporate Events & More!
- Off Premise Catering Also Available

414-803-5177
www.lepantobanquet.com

- Daily Food & Beverage Specials
- Made from Scratch Pub Favorites
- Fun & Friendly Atmosphere for the Whole Family
- Live Entertainment / Karaoke (check our schedule)
- Famous Friday Night Fish Fry

262-284-4691
www.facebook.com/7hillsPNG

Conveniently located between Milwaukee and Sheboygan on Highway 43
350 E. Seven Hills Road • Port Washington

From the Publishers

MAY 2018



Florida Vacation Selfie

Trumping through the swampy spring woods on our family farm, picking wild flowers and watching the maple sap flow was a very real childhood memory for me. And though I have been 'urbanized', at some instinctual level the scent of spring country air will always be my cotton candy! Welcome the season of honeysuckle, green grass, spring breezes, allergies, mud on the carpet... and dandelions! Did you

know they are nutritious and delicious?! Horta is a Greek dish made with sauteed dandelion greens, which Tom loves. I am looking forward to making the deep-fried recipe with the dandelion flowers (recipes on page 6).

A late April trip to Florida's St. Pete's Beach, while the late April snows melted, was exactly what we needed. Sunshine, salty waves and plenty of cocktails took the edge off and we are ready to plunge into spring activities. While we were indulging in parental aloneness, Amara had a great time on her 8th grade trip to Washington DC. And yes, she came back with a Trump t-shirt! She turns 14 this month and our home is full of hormones! I am not shy talking about our page 21 article on menopause. I am no stranger to 2am bags of frozen peas on my head and not ashamed to admit it. There's a lot of women out there - and we're hot!

Our little tomato seedlings are sprouting and thriving in their kitchen window and I am so looking forward to devouring fresh tomatoes and crunchy radishes from our garden! It is so worth the extra effort - I actually love to get out and weed during early summer mornings (page 16 for weed details), listen to the crazy morning birds and wonder what the day will bring....

Enjoy this issue, take a second look at all our wonderful advertisers and pass along some business to them! Thank you all!

LIFE. Enjoy it!

Sandy and Tom Draelos

INSIDE THIS ISSUE



DANDELIONS! Delicious & Nutritious

And we thought they were just a weed! Enjoy some recipes, fun facts and 'weeding and gathering' tricks for our yellow friends.

-page 6 & 16

TRAVEL
WISCONSIN
.COM



A new monthly column featuring highlights from travelwisconsin.com. Why leave home when home is such a good place to be! This month: Phenomenal State Parks for camping.

-page 8



FINANCE: STOCKS & APPS

Money makes the world go round... Want to play the market? Just using common sense to make ends meet? Helpful advice.

-page 12-13



Welcome to HOME IMPROVEMENT SEASON!

-page 14+

MENOPAUSE!? Oh My!

We are women. And we are hot! Take positive control and thrive.

-page 21



Local CALENDAR.....	page 5
MEMORIAL Day Honor.....	page 7
CHILDREN: Teaching Happiness.....	page 10
WORD SEARCH.....	page 25
LAUGH out LOUD.....	page 26
CROSSWORD.....	page 27

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 experiences in this beautiful thing called life!

PUBLISHER / Editor

Sandra (Hill) Draelos

ADVERTISING

Vicki Huber | Kelly Larson

OPERATIONS MGR

Thomas Draelos

GOPHER / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

milwaukeepublishing@wi.rr.com

www.Boomersnewspaper.com

www.mylifemagazine.net



Your **LIFE!**

Enter to win our monthly drawing!

GIVE-AWAY!!

\$50⁰⁰

Congratulations to
Mary Picard
from Wauwatosa

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____

Where did you pick up the paper? _____

Age: 35-45 _____ 46-55 _____ 56-65 _____ 66 or older _____

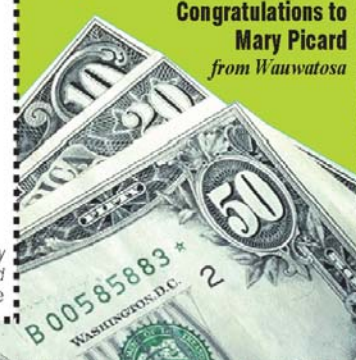
Remit entry by mail to:

Milwaukee Publishing / My LIFE! Give-Away

6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry
Per Household
Please

Entry Deadline: May 31, 2018



CONCORDIA UNIVERSITY PLAYERS PRESENT

LONG DAY'S JOURNEY INTO NIGHT

June 29th thru July 1st

Eugene O'Neill

An autobiographical play regarded as his finest work. First published by Yale University Press in 1956, it won the Pulitzer Prize in 1957 and has since sold more than one million copies. The story gives a glimpse of a day in the life of an early 20th century New England family grappling with the effects of alcoholism and morphine addiction.

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

**\$10 Adults / \$8 Seniors, Non-CUW Students, 13 & up
\$5 Veterans, CUW Faculty, Staff & Alumni, \$3 CUW Students
Children under 5 free, 5-12 years old \$3**

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

Milwaukee's 153rd Annual Memorial Day Parade

**May
28**

On Monday, May 28, 2018 the 153rd Annual Memorial Day Parade steps off at 2pm and starts at 4th/Wisconsin Avenue and travels east to the War Memorial Center.

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

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

June 3

**Paint Cedarburg:
a Plein Air Event**
City Hall Lawn

W63 N645 Washington Ave

In this one-day event, artists and spectators are immersed in the creative process. See the scenes and how the artists interpret them. Watch hundreds of paintings come to life before your eyes!

150 plein air artists will roam our charming city creating art capturing your favorite historical structures, favorite coffee shops and picturesque countryside with oils, watercolors, and pastels. Recognized as the largest gathering of artists in Wisconsin, these nationally recognized and local artists will leave the comforts of their studios and spend 5 days painting outside... rain or shine. The public is encouraged to interact with the artists as they paint or simply marvel at their creativity.

8am-2:30pm: Watch artists as they paint in historic downtown Cedarburg

3-5pm: View every painting created on this day as they are exhibited on the lawn of City Hall. Purchase a work of art right off the easel on which it was painted. Meet the artists and learn more about their process.



Michelle Savas at work. www.cedarburgartistsguild.com

Price of GAS in FRANCE

**A thief in Paris planned to steal some paintings
from the Louvre.**

After careful planning, he got past security, stole the paintings, and made it safely to his van. However, he was captured only two blocks away when his van ran out of gas.

When asked how he could mastermind such a crime and then make such an obvious error, he replied...

Monsieur, that is the reason I stole the paintings...

I had no Monet

To buy Degas

To make the Van Gogh.



5208 W. County Line Road • MEQUON

262-242-3677

GREAT FOOD SERVED seven days a week 11am-10pm

**Enjoy the SUMMER on our
SPACIOUS PATIO!**

(Located on the Ozaukee Interurban Bike Trail!)

Dine inside or out with our full menu:
appetizers, salads, soups, sandwiches,
rib & chicken dinners and our

**Fridays -Spectacular All-You-Can-Eat
Cod FISH FRY(11am-10pm)**

- 8 Flat Screen TVs for all sporting events
- Summer Houshoe & Pool Leagues
- Monthly Cribbage & Pool Tournaments



HAPPY HAPPY HOUR!
Monday thru Thursday 3-7pm
\$2 Domestic Taps/Bottles
\$2 Mixers and 50¢ wings!

**Check our daily specials and upcoming summer
events at www.spankshideaway.com or**



**Second Hand Purrs
Cat Shelter**

3 DAY ANNUAL RUMMAGE!
for 'Second Hand Purrs'. Proceeds benefits the cats!

American Legion Post
(air-conditioned)
9327 S. Shepard Ave, Oak Creek

Thurs, June 14th: 9-6pm
Friday, June 15th: 9-6pm
Sat, June, 16th: 9-4pm

May 3-6

MaiFest 2018

Estabrook Beer Garden
4600 Estabrook Parkway, Milwaukee
The first day of the spring festival will mark 2018 Grand Opening of the Estabrook Beer Garden. The festival will be open rain or shine. This is the 4th annual MaiFest at Estabrook, introduced in 2015 as the first event of its kind in Milwaukee in several decades. Enjoy traditional German dancing, food, live music, and Hofbräu Maibock beer. Live music dance performances.

May 13

Mother's Day Picnic & Paddle

Lincoln Park River Trail Landing
Start/end launch point is 4550 N. Milwaukee River Parkway, Glendale.

Paddle with us to discover and celebrate urban wilderness paddling where Lincoln Creek joins the Milwaukee River and join us for a BYO, Mother's Day Picnic. Picnic at noon, Paddle at 1 pm.
Some stretches of water are fairly calm and appropriate for novice paddlers, most of the time. Some areas may require a higher level of paddle skills. Check the weather and watch for updates or changes to this meetup closer to the paddle date. A PFD is required by state law.

Canoe/kayak rentals available - per Kim from Riverwest Outdoors. \$25 canoeing-and-kayaking.html). This requires an orientation class. This is a 3-mile long paddle.
Free but rsvp at meetup.com/ProjectPaddleMilwaukee/events

May 13

Mother's Day at the Gardens

Boerner Botanical Gardens
Mother's Day is the perfect time to take a stroll through the gardens with the whole family! FREE kids' activities, balloon art from Miss Sparkle the Clown, make-and-take gifts for Mom and more.
www.boernerrestaurant.com.

May 18

Spring Art Walk

The sidewalks of downtown Delafield come alive with color and music.
In front of downtown businesses, local artists display their creations at various stops throughout downtown. You'll also enjoy live music and performances and more! Leisurely stroll through the streets as you browse the artwork for sale or be transported around downtown in a horse-drawn carriage. Many of the stores and restaurants nearby offer extended hours of operation Friday evening. Rain or Shine!

May 18

Wine Tasting paired with 6 Course Dinner

Schuster Mansion Bed & Breakfast
12 wines are waiting to be tasted and enjoyed in a formal atmosphere. We pick the wine, you pick the attire. You're served 6 courses paired with wines during the tasting. The experienced wine consultant shares detailed knowledge of grapes, weather, timing, wine processing and aging. Upon leaving, you should feel comfortable when selecting your next bottle of wine at your favorite food store. 12 new wines will be featured every month.

May 19

SouthEast Wisconsin Master Gardener Perennial Plant Sale.

Free admission.
State Fair Park.

May 19-20

Miss Wisconsin/Earth United States 2018

Madison
You Could Be Next. Teen, Miss & Elite
Miss Wisconsin Preliminary to Miss Earth United States 2018. For female ages 15 to 34. Contestant's State Entry Fee \$385
misearthunitedstates.com/apply-now

May 20

Palaëinka Breakfast

Sacred Heart Croatian Catholic Parish
Milwaukee 917 North 49th Street
8:30 AM - 12:30pm is a traditional Croatian breakfast. inexpensive a la carte breakfast at Sacred Heart Hall includes palaëinka (crepes) served plain, jam filled or baked cheese filled, žganci (seasoned corn meal) breakfast sausage and sauerkraut. Oh yes, love sauerkraut for breakfast! All are welcome!
414/744-9418

June 2-3

Holy Hill Art & Farm Market

Over 200 Artists, Crafters and Farmers. See their work and talk with them about custom work. Go back to the basics... Sit and enjoy coffee, hot sandwiches, bakery and other refreshments. Bring family and friends to enjoy lunch and our live musicians while taking your time to Shop - Relax - Create on our 80 acre 160 year old farm homestead in the heart of the Kettle Moraine. Free Parking and Admission

June 3

West Allis A La Carte

West Allis Downtown
Kick off your summer in the 11th Annual West Allis A La Carte. Named one of Milwaukee Magazine's "Best of the Burbs" festivals in 2017, West Allis A La Carte brings over 10,000 visitors to West Allis Downtown to enjoy live music, unique eats, local vendors, adorable animals, and more!

June 3

UPAF Ride for the Arts

Henry W. Maier Festival Park
A recreational bicycle ride, pedal at your own pace; not a race. Five routes to choose from; kids 12 and under free. Finish Line party. Go to UPAFride.org Bringing together a larger community whose collective passion for the performing arts, outdoor activity and just plain fun invigorates the Greater Milwaukee area spirit.



Local Calendar

June 6

Vagabond Ski & Social Club

Knights of Columbus Hall, 1800 S. 92nd Street, West Allis
An active social club for singles and married couples. Meeting and dance; with great music by Nite Trax. 7pm (mtg), 8pm (dance), \$5 Admission. www.vagabondskiclub.com.

June 9

One World Water Lantern Festival

Veterans Park
A magical night of food, music, and an awe-inspiring experience of releasing lanterns onto the water. An incredible experience where you, your friends, and your family will create a magical memory of life. It can be a very emotional experience, writing down some of your hopes and dreams, or a letter to a loved one, and then sending it onto the water. Enjoy food from local vendors, games, and the unique experience of releasing a lantern onto the water. Register at waterlanternfestival.com

June 8-10

Bead&Jewelry Expo

Wisconsin Center
Over 300 bead and jewelry vendors for uniquely creative jewelry, gorgeous beads, stunning silver, stones, gems, kits, tools, and supplies. Enamel, metal, beads, braids, fibers, polymer, resin and wire - whatever style jewelry you like, you are sure to find it here. Make-n-take projects, flame working demos, a silent auction, and see bead and button displays from around the world.



ANY NUMBER CAN DIE

May 31 - June 17, 2018

June 7 - 10, 2018

June 14 - 17, 2018

SUNSET PLAYHOUSE

SunsetPlayhouse.com
800 Elm Grove Road
262-782-4430

In Tandem Theatre presents...

The Fantasticks April 27-May 20

by Tom Jones and Harvey Schmidt

"Without a hurt, the heart is hollow."
Join the narrator, El Gallo, as he guides you through this whimsical, funny and heartfelt musical about a boy, a girl, and their fathers, whose plans to bring their children together is by keeping them apart. But when life intrudes, can young love survive?

Featuring Andrew Varela as El Gallo

TICKETS

\$30

\$5 OFF

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

Discounts for seniors, students, military & groups

TICKETS/414-271-1371
www.InTandemTheatre.org
Tenth Street Theatre
628 N. 10th Street
(on the corner of 10th & Wisconsin Ave)



Did you know that those dandelions growing all over your yard are actually an herb, are completely edible, delicious and nutritious?!

COMMON SENSE: If you do plan to harvest dandelions, be very certain that they have NOT been sprayed with any sort of chemical or herbicide. Think twice before foraging handfults from your local park or neighbor's yard. And obviously avoid areas with dogs!

Dandelions: The Incredible Edible

In spite of our general attitudes toward dandelions, they've survived the test of time. Their Latin name, *Taraxacum officinale*, translates roughly as "basic remedy," as dandelion was once a valued medicinal plant that was cultivated as a general cure-all, especially for liver and kidney care. In fact, dandelions didn't start out as weeds in North America: they were brought across the ocean as a valuable medicinal plant. Crazy, right? On the dinner table side of the fence, dandelion greens are more nutritious than spinach. They are high in vitamins A and C, and contain impressive levels of iron, calcium, phosphorus, potassium, magnesium, and copper. AND you can compost dandelions to return valuable nutrients to the soil while accomplishing a guilt-free method of weed control. Why exactly do we consider them our lawn's nemesis? They're more valuable than our grass!

Tempura Dandelion Flowers



30 dandelion flowers
1 cup all-purpose flour
1 teaspoon curry powder
1/2 teaspoon salt
1 egg
1/2 cup lager-style beer, or more if needed
2 cups canola oil for frying

Wash dandelions under cool running water and dry on paper towels. Remove the green tendrils behind each flower.

Mix flour, curry powder, and salt together in a bowl or measuring cup. Beat egg in a bowl; stir in flour mixture until smooth. Add beer to mixture until batter is similar to runny pancake batter. Add more beer if batter is too thick.

Heat oil in a small saucepan to 375 degrees F (190 degrees C). If you don't have a thermometer, heat the oil until it begins to shimmer.

Dip dandelion flowers in the batter and gently drop in the hot oil, working in batches. Fry flowers until golden, about 3 minutes. Transfer cooked flowers to crumpled paper towels or on a wire rack; serve warm.

Sauteed Dandelions



1 teaspoon salt
1 pound dandelion greens, torn into 4-inch pieces
1 teaspoon salt
2 tablespoons olive oil
1 tablespoon butter
1/2 onion, thinly sliced
1/4 teaspoon red pepper flakes
2 cloves garlic, minced
salt and ground black pepper to taste
1 tablespoon grated Parmesan cheese

Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain.

Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender. Drain and rinse with cold water.

Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes. Season with salt and black pepper. Sprinkle greens with Parmesan cheese to serve. Add a few strawberries and fresh avocado to twinkle!

Horta (Χόρτα)

From the Editor: The word for "vegetarian" in Greek is "hortofagos", which literally translates to "weed eater". Yes, very funny. Here is my husband's recipe for Horta.



1 large bunch of young dandelion greens
Juice of half a lemon
2 tablespoons of your best extra virgin olive oil
Salt and pepper to taste
Garlic salt optional (or fresh garlic)

Steam or boil the greens until tender. Approximately 20 minutes.

Drain and place in a medium-sized bowl and toss in olive oil.

Cover with cling film and refrigerate for at least an hour.

Squeeze lemon juice over Horta just before serving, and season to taste with salt and pepper.

I personally love a bit of crumbled Feta



HOLY HILL ART FARM



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

4958 Holy Hill Rd (Hwy 167) Hubertus, WI

Art & Farm Market Dates

June 2 and 3
Sept 15 and 16
Oct 13 and 14
9am-4pm

FREE Admission & FREE Parking

NEW Summer Events

Dinners on the Farm
Barn Square Dance
Denver, Cash & Brooks
Tribute Concerts

Buy Tickets NOW!

www.holyhillartfarm.com



LAURA'S

DBC BAR & GRILL

7520 W. Donges Bay Road, MEQUON 262-238-1733

HOMEMADE PIZZA EVERYDAY!
Best Damn Fish Fry
in Ozaukee County!

Kitchen Open:
T-TR 3-9pm
FR 11am-2pm, 4-9pm

Sign Up for SPRING & SUMMER LEAGUES!!
COED Kickball, Horseshoes & Volleyball



Check us out at
laurasdbc.com

FREE POOL
SATURDAYS
excludes
band night

MAY 5th
Come celebrate
CINCO de MAYO &
The DERBY PARTY!

A FIELD OF INNOCENCE



JACK ESTES

"WITH ITS RAW REALISM AND HEARTBREAKING HONESTY... ONE OF THE FINEST VIETNAM MEMOIRS." -TIM O'NEIL, "THE NEW YORK TIMES"

MEMORIAL DAY

By Jack Estes, author of the critically acclaimed book, *A Field of Innocence*.

In the essay below, Vietnam veteran and author of the book *A Field of Innocence*, Jack Estes provides a riveting look at what Memorial Day means to him. Surviving the brutal conditions of the Vietnam War, Estes shares how the meaning has evolved over the course of his life. "As the years advance the meaning of Memorial Day becomes more important," says Estes. "Those boys, who perished, are back with me again. I can see them climbing through the vines and tangles when I walk alone along a wooded trail. I can remember them alive, especially around Memorial Day."

My mother and father were WWII veterans. He was a tank commander in Europe and she served in the Coast Guard. They are buried at the Willamette National Cemetery in Portland, Oregon. They rest high on a grass hill, not far from the shade of an oak tree. Their head stones lay flat in rows, along with over 150,000 other veterans, dating back to the Spanish American War. I have imagined these markers as part of a long winding path, leading to somewhere.

When I was an 18 year old Marine in the jungles of Vietnam, I never considered Memorial Day. I thought about staying alive, and worried I'd get shot in the face. I dreamed of my pregnant girlfriend back home; the softness of her skin, her touch and where we parked at night, with other young lovers. I never imagined the meaning of Memorial Day. Now I think of blue eyed Gurny, catching a round in the throat and how it felt carrying him on a pole like an animal, swinging dead. Or Jack, the dog handler, being cut down in the rice paddies and Jimmy as he died, shot again as we loaded him on to the chopper. I never thought of them on Memorial Day in 1969, when making it until tomorrow was all consuming.

But as the years advance the meaning of Memorial Day becomes more important. Those boys, who perished, are back with me again. I can see them climbing through the vines and tangles when I walk alone along a wooded trail. I can remember them alive, especially around Memorial Day. I'm a beat up old vet with bad knees and a puny back that still has Post Traumatic Stress Disorder. Just like my dad but he didn't know it. Oh, it's better now, this PTSD stuff. At least it's different. It's easier than my younger years, when I was wild and strong and used to knock guys out in bars and punch out picture windows. I was full of

rage. My college was the jungle and firefights were part of my fraternity. When I came home, I missed my rifle.

My wife helped save me. She listened to me with compassion and understanding and forced me to repair. I have done years of therapy, take medication and have been on many silent, meditation retreats for veterans.

I had lunch the other day with my Lieutenant from Vietnam and my best therapist, Dr. Barry Jones. The first day I met my L-T was when I was choppered into the bush in the summer of 68. By then Martin Luther King and Bobby Kennedy were dead and antiwar demonstrations were raging. Strapped with a .45, LT seemed bigger back then. His uniform was worn and his face had a look of wisdom and fatigue that only soldiers know.

As we sat down for lunch he handed me a small white piece of paper pulled

Memorial Day continued on page 24

Ozaukee County Historical Society and
1st Allied Airborne Living History Group present

WWII LIVING HISTORY EVENT

The Forgotten Front of Europe, the Mediterranean

Saturday May 19, 2018
10am - 10pm

NEW! PUBLIC PREVIEW DAY: FRIDAY, MAY 18
9am-2pm. \$5. Snacks & Beverages available for sale.

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

Special Hometown Fallen Hero Tribute:
Ozaukee County WWI Honor Wall

Demonstrations throughout the village every 30 minutes.

11:00am... Vehicle Parade
11:30am & 3:00pm... Field Battles
5:00pm... Taps/ Retire Colors
7:00-10:00pm... USO style dance featuring Swing Nouveau with WWII USO Shenanigans

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

Ozaukee County Pioneer Village
4880 Highway I • Saukville, WI 53080
For more information, go to our website: www.ochs.co.ozaukee.wi.us

Event Sponsors:



Kolb & Associates
For All Your Insurance Needs



Götz von Berlichingen
Living History Group
1/KP Grossdeutschland
Living History Group
3rd Gebirgsjäger Division
Living History Group



★ ★ ★ ★ ★

WHAT DID GRANDPA BRING HOME FROM THE WAR?

(Besides Grandma)

★ ★ ★ ★ ★

WE PAY CASH FOR WAR RELICS!

MILITARY COLLECTIBLES SHOP

9106 West Greenfield Ave. West Allis, WI 53214
414-727-1190
www.militarycollectorsHQ.com

TRAVEL WISCONSIN .COM



By Jonathan Eckelberg

5

Wisconsin State Parks for Camping With a View

Imagine opening the flap on your tent to reveal a beautiful vista, complete with rolling hills and winding rivers. In Wisconsin, you can get just that and more with the beautiful scenery of our state parks. Pitch your tent along the bluffs of Wyalusing, or on the beach of Rock Island. You couldn't ask for more breathtaking views providing both excitement and relaxation as you revel in the outdoors.



1 Wyalusing State Park – Bagley

Camp 500 feet above the confluence of the Wisconsin and Mississippi rivers at one of Wisconsin's oldest state parks. The park is home to two campgrounds, Wisconsin Ridge and Homestead. To experience the best views, pitch your tent bluffside and take in your surroundings for miles.

There's no shortage of things to do while you camp. Visit the many Native American burial mounds situated inside the park, or travel down the canoe trail. A boat ramp gives you access to the mighty Mississippi. You'll feel as if you're on top of the world staying at Wyalusing, so hoot and holler as you relish the edge of the bluffs ... don't keep those feelings bottled up!

WI State Parks continued on page 9



WE'RE PROUD TO SHOW YOU AMERICA®

Experience the Difference!®
Convenient Departure
Points Near YOU!

**Motor Coach Tours
Throughout the US & Canada**

Southern Belles 10 days / Sept 27 / \$2177 DBL	San Antonio 10 days / Nov 9 / \$1868 DBL
Mystery Tour Two 3 days / Oct 3 / \$598 DBL	Christmas Mystery 3 days / Nov 9 / \$634 DBL
Washington D.C. 8 days / Oct 20 / \$1789 DBL	Florida Keys 10 days / Nov 10 / \$2977 DBL
Branson at Christmas 5 days / Nov 12 / \$925 DBL	Festival of Lights (Peoria) 3 days / Nov 29 / \$549 DBL



LAMERS
TOUR & TRAVEL
www.GoLamers.com

Reservations & Information: (800) 236-8687

Sanctuary or Resort?





The Landmark Resort is about creating memories that will linger long after returning home. Comfortable and casual, the resort offers free WiFi, swimming pools, whirlpools, steam rooms, fitness center, game room, and on-site family dining. And your vacation just got an upgrade - a \$4 million renovation was completed 2017.



4929 Landmark Drive | Egg Harbor, WI
920-868-3205 | Toll-free 800-273-7877
www.thelandmarkresort.com
Your relaxation expert

5 Wisconsin State Parks for Camping With a View

continued from page 8

Harrington Beach State Park – Belgium

- ② Just two hours north of Chicago and located right along the shore of Lake Michigan, this park encompasses 702 acres, including a mile-long sandy beach and scenic 25-acre quarry lake. Hike through the 80-acre white cedar lowland forest for a chance to see uninhibited wildlife and colors aplenty. If you're into fishing, Quarry Lake and Puckett's Pond provide angling opportunities for trout, smallmouth bass and panfish. If soaking up the sun at the beach, or taking in a beautiful sunrise over the waves is where you belong, you won't be disappointed with a stay at Harrington Beach.



Big Bay State Park – Madeline Island

This campground located near a mile-and-a-half secluded beach is a beautiful spot to camp. Tucked away in a bay on Madeline Island's shore of Lake Superior this park is a must stop to view some of the state's undisturbed wilderness. Wake up to the sounds of waves outside your tent or end the day with a spectacular sunset on the beach. To get to Madeline Island you must take a ferry ride from Bayfield which just adds to the adventure.



④ Mirror Lake State Park – Baraboo

Near the ever-famous Wisconsin Dells, you'll find a picturesque lake surrounded by sandstone bluffs. The campsites are wooded for your privacy, but just steps away from the water. Boat, canoe or kayak across the deep-blue lake and view the ancient rock formations, settled by early civilizations. The park's main draw, the lake, is entirely no-wake. The no-wake zone, combined with the expansive bluffs that protect the lake from wind, gives the lake its mirror-like appearance and allows for easy paddling. No chance of waking to the sound of a boat engine roaring here!



⑤ Rock Island State Park – Washington Island

Even the journey to Rock Island is extraordinary. Take the ferry from the Door County peninsula to Washington Island, and then the Karfi Ferry to Rock Island. The awe-inspiring views while gliding across Lake Michigan, you won't easily forget. Rock Island itself is complete with stone buildings, built by a wealthy inventor who used to own the island. Set up your tent right along either the Green Bay or Lake Michigan sides of the island and get all the time in the water you want. Who wouldn't want to camp on an island?

Summer and fall aren't the only times to take in these breathtaking views at Wisconsin's state parks. Winter provides for a brand new landscape.



Load up the camping gear and prepare to be wowed as you settle in for the evening, and wake each morning at these beautiful state parks. Find a campground near you in our state parks and forests directory, and discover more great views at shoreline camping options throughout the state!

Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun by visiting TravelWisconsin.com on desktop, tablet or mobile devices.

(photos: tripadvisor.com)



FIVE LOCATIONS!!

Mequon, Cedarburg, Menomonee Falls
Grafton & Slinger

MYSTORAGEHOME.COM

Wide selection of conventional and
climate controlled storage units



- Paved drives with wide aisles
- Night Lighting
- Gated (excluding Slinger)
- Security Cameras
- Better Business Bureau member

262-236-0612

\$25
OFF w/ this ad

**ROCK BOTTOM
PRICES!**

DRIVE A LITTLE
TO SAVE
A LOT



SALES/PARTS/ SERVICE
SCENIC RV.COM



Sleeps 9

**AS LOW AS
\$141/MONTH*
ZERO DOWN PAYMENT!**

261BXL \$0 Down Payment Includes Tax, title, license (* to qualified buyers)



SALES/PARTS/ SERVICE
SCENIC RV.COM

ScenicRV.com

Family Owned & Operated Since 1972

SLINGER, WI

3155 Scenic Rd. Slinger, WI 53086 • (262) 677-9026

Baraboo, WI

E10879 Deer Run Rd. Baraboo, WI 53913 • (608) 356-2429

Happiness Is What Everyone Wants! The Challenge Is We Often Go Looking For It In All The Wrong Places - And Teach Our Kids The Same

Every parent wants their child to be happy but what exactly does it take to ignite that spark. Just in time for Mother's Day, **Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness** by Maureen Healy, a 20-year emotional health and parenting expert, provides sure-fire answers and help to get parents on the right track! Here she'll share the very best things she has learned in over 20 years of global experience fostering children's happiness.

I have traveled from the Bronx to the base of the Himalayas helping young children lose their self-doubt and sadness. On the way, I have also helped countless parents discover how to help their kids become more confident and happier no matter what.

Happiness can happen for everyone. Do you want to teach your loved ones simple ways to become happier? There are things they can do about it immediately to put a smile on their face, and on those of everyone around them. Develop the skill of becoming happier and begin seeing how you can spark that in your kids, too.

The Science of Happiness: Happiness and all emotional health start with having a healthy brain. Neuroscientists (brain doctors) all say that so much of our brain's development is as a result of our 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.

How Everyone Needs a Happiness Teacher: You wouldn't get into a car without a lesson on how to drive, where's the gas or the brakes – would you? Why go searching



for happiness without a teacher that can shorten your time of pain.

Helping Others Makes You Happier: Science and spirituality both show that by helping others you feel happier. It doesn't matter if you do something "small" like walking a sick neighbor's dog or something "bigger" like organizing a fundraiser for someone who needs a little extra help. The mere effort of helping others actually makes you happier.

Avoid the Blank:

(I'll be happy when ____). Everyone at some point gets caught up in thinking that I'll be happy when (fill in the blank). The blank is the problem. You may have filled it in when your husband vacuums the house, the kids pick up the toys from the floor or someone besides you walks the dog. This type of happiness always leads to disappointment.

Happy Kids have Rich Inner Lives: Science shows that children find their happiness from something inside of them. It is not connected to their socio-economic status, their parents' marital status or where they live. Happier kids are reported to feel more grateful, generous and spiritual than unhappy counterparts.

Happy Children continued on page 11

Share Today. Shape Tomorrow.

Mentor a child. Share your wisdom. Make a difference.

As a volunteer, your experience, abilities and skills can positively shape the lives of children in our community. The Social Development Commission is looking for older adults (55+) to volunteer one-on-one with elementary school children.

The Foster Grandparent Program serves elementary schools and nonprofit child care centers. When you volunteer, you leave a lasting legacy. Help put a child create pathways to success.

Improve a child's life by:

- Tutoring in reading, math and other subjects
- Showing interest, encouragement and compassion
- Developing self-esteem

Volunteers receive:

- Paid training
- Hourly stipend
- Mileage reimbursement

For additional information, please call
414.906.4608 or visit us at **cr-sdc.org**



7 Keys to Raising Stronger and Happier Kids

Build Confidence Daily (even for 5 minutes!): It is the everyday things we do with our children that help them feel stronger, and happier no matter what. So you may say affirmations together on the way to school (they are captive here!) or read a bedtime story every night that teaches about your child's power within — the point is that small things done over and over again really build your child's sense of strength.

Get Them Moving: Children need to move their bodies and get their energy released in a healthy way. Because physical activity, eating right, and a good night's rest are the biological basis of your child's emerging sense of self-confidence. Also, be sure they do something they love from making a garden to becoming a soccer star. (Let them pick it!)

Sign Them Up for 1 Weekly Confidence Building Activity: Your child's weekly confidence building activity may be a sport like soccer or something else like singing lessons. Most importantly, they need to see themselves succeed (really important) and also have a regular way to see themselves master a task thus building outer then inner confidence.

See Success Together (visualize, affirm, meditate, pray, and sing): Oprah always says that if you can believe it, you can achieve it. So help your child believe more fully in him or her self. Perhaps it is doing affirmations together like "I love me" and "I am amazing in every way" or doing a guided meditation, singing a song that sparks them up or drawing a vision board. Let your creativity loose so you both become more self-assured. Have fun with this!!!

Get Inspired: Do something inspiring together whether it is going to see magnificent waterfalls, flying a new kite on the beach or learning hula-hooping. By doing something that lights your child up, they learn how to build a new skill and you'll see their confidence soar.

Create an Uplifting Space: Decorate your child's space so they see happy photos of themselves, their awards displayed, goals (or vision board) hung up and they have their favorite things all around them. By making the space feel good to your child they'll realize this world is supporting them, their dreams can come true and everyone wants to see them succeed. (Feng Shui can help too!)

Play More: Happier children know the importance of play whether they are outdoors helping their parents' garden or playing tag with their peers! So the more you help your child build skills, see their power within and play in their daily lives the happier they'll be. I promise.

Maureen Healy is a children's emotional health expert with more than 20 years of global experience. She writes a popular blog for Psychology Today, and the PBS Series, This Emotional Life. Her work has been featured on ABC, NBC, the CW and in popular magazines like Spirituality & Health and Parenting. Visit www.growinghappykids.com/press



**PREMIUM
HOMEMADE
Ice Cream
Nuts • Candies
Bakery**

OPEN SEVEN DAYS A WEEK

11am-8:30pm • Fri & Sat until 9:30pm

*Just like the
Good Old Days!*

- old time soda fountain
- homemade ice cream and ice cream cakes
- sodas and floats
- shakes and malts
- nostalgic candy
- fresh nuts roasted on site
- fresh brownies, cakes and cookies made here in our bakery

**65 N. Main St.
Downtown Hartford
262-673-1957**

We Cater!

There is no event we can't handle!!

Quality food. Quality Service.

For Catering Services Call: 414-803-5177



The PeachTree Family Restaurant & Catering
15419 W. National Avenue
New Berlin
262-787-2911
www.thepeachtreecatering.com



Prime Minister Family Restaurant & Catering
517 N. Main Street, Thiensville
262-238-1530
www.pmcatering.com

Two family restaurants serving breakfast, lunch & dinner specials!

FOSTER PARENTS NEEDED!!



Foster Parents Urgently Needed in the Milwaukee County Area

Kids need good homes

Family Works Programs, Inc is looking for people interested in becoming treatment foster parents.

We provide:

- Training
- Weekly Social Worker Contact
- Respite
- Monthly Support Groups
- 24-Hour Crisis Intervention
- Compensation Based on the Needs of the Child

MAKE A DIFFERENCE, FIND OUT MORE TODAY!

608-233-9204 OR 800-660-9204



Should You Care What the Market Does Each Day?



Ask Tim

FINANCE
QUESTIONS
AND
ANSWERS

Timothy M. Stasinoulis, Founder/CEO of Aegis Wealth Advisors, LLC



ANSWER: Breaking news should not dissuade you from pursuing your long-term objectives. Your retirement savings effort is not momentary, but lifelong. The Dow, Nasdaq, and S&P 500 have climbed higher through all kinds of disruptions in their long history. The S&P has advanced in 72% of the years it has been in existence. Look at the big picture of market performance over time. Understand that pronounced, daily volatility is a disruption of the market norm, not the norm.

Remember that many investors come to regret emotional decisions. Emotions drove many people away from equities in the 2007-09 bear market, and they paid a price; after sinking to a bottom in March 2009, the S&P 500 appreciated 100% in just four years. Another example is when the S&P rose over 15% in a month after hitting a low in October 2002. Just as the market can drop quickly, it can also recover quickly. Some of those who sat on the sidelines as the bull market started ended up buying high after selling low.

To make market timing work, an investor has to be right twice. Ideally, he or she sells high, takes profit, and buys back in at some point of capitulation – a moment when bears throw in the towel and the market rallies off a bottom. This is hard even for Wall Street professionals.

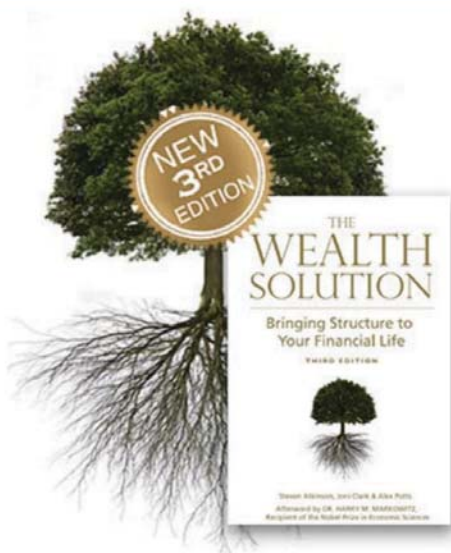
Across the twenty years ending in 2015, the annual return of the S&P 500 averaged 9.85%. During this same period, the average retail investor realized a yearly return of just 5.19%. Why the difference? Much of this difference comes from decisions that lose sight of long-term goals.

Too many investors make quick, emotional moves when the market dips. Logic often goes out the window when this happens, along with long-term perspective. Investors who alter their strategy in response to the headlines may end up changing it again after further headlines. While they may feel on top of things by doing this, their returns may suffer from their emotional and impatient responses.

Nobel Laureate economist Gene Fama, Jr. once commented about investing: “Your money is like soap. The more you handle it, the less you’ll have.” Anyone who has invested some of their money in equities would do well to keep his gentle warning in mind, especially at times when markets grow turbulent.

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

Begin your journey to financial security with a complimentary copy of *The Wealth Solution Book*



Schedule a review of your retirement strategy and receive a Printed Copy, or Subscribe to our Email List for a Free Download of the E-Book.

Call us today at 262-369-5200 or visit us online at www.aegiswi.com to reserve your free copy.



Located on HWY 83 in Hartland, WI - Serving Wisconsin Families for over 25 years



TOP 5 FINANCE APPS

According to a CNBC: Finance Apps Feat, the top 5 finance apps that cover financial applications such as personal money management, saving, investing and credit are:

MINT

Personal cash inflow/outflow management

WALLY

Creative savings management

CREDIT KARMA

Monitors your credit score

ACORNS

Getting started in actual investing

ROBINHOOD

Investing app with free trading rates for US and OTC securities

You can find the article at:

www.cnbc.com/2017/04/03/5-free-personal-finance-apps

A preacher went into his church and he was praying to God. While he was praying, he asked God, "How long is 10 million years to you?" God replied, "1 second." The next day the preacher asked God, "God, how much is 10 million dollars to you?" And God replied, "A penny." Then finally the next day the preacher asked God, "God, can I have one of your pennies?" And God replied, "Just wait a sec."

I'm not saying my financial adviser is bad at her job... but when I went into her office and asked her to check my balance, she tried to push me over.

The market may be bad, but I slept like a baby last night. I woke up every hour and cried.

I spent half an hour trying to take off my girlfriend's bra. I give up. I wish I never tried it on in the first place.

Better care for your loved ones

Is your loved one experiencing challenges with incontinence?

Please contact us for details and free samples.

Free samples!

Choose premium incontinence products for your loved ones and offer them:

- Confidence of going out and enjoying life, socializing with others
- Healthier skin which may decrease doctor visits and help with budgeting
- Uninterrupted sleep, more energy and vitality

office@tzmousa.com • (770) 744-0665 www.seni-usa.com

HOW TO PAY

FOR HOME CARE, ASSISTED LIVING, NURSING HOME

FINANCIAL COACHING FOR FAMILIES

- Pre-plan to help protect assets
- Understand how to spend down and qualify for Medicaid benefits
- Learn how it is possible to qualify for the VA Pension right now
- Deal with the many issues of seniors in transition

Many Wartime Veterans and their spouses are unaware that they may be entitled to a Non-Service Connected Disability Pension that can help pay for their care. Others wait too long or are denied benefits because they don't know the rules.
See me first - don't wait.

Greg Zwick, CLTC
Financial Advisor

CENTRAL FINANCIAL SERVICES
10150 W. National Ave., Suite 325, West Allis, WI 53227
414-258-0806
Consultations are Complimentary

Securities and advisory services offered through Cetera Advisor Networks LLC, member FINRA/SIPC. Cetera is under separate ownership from any other named entity.

BILL'S TREE SERVICE

• Tree Removal • Tree Trimming
• Stump Grinding
Call for a quote today!



262-896-9150
aaa-landscaping.com

**Spring Tree
Removal Special!**

**FREE replacement
tree & planting
OR
FREE landscaping
of stump hole**

- 30 Years of LOCAL Experience
- Fully Insured
- A+ Rating with the BBB

SPRING is the SEASON for HOME IMPROVEMENT!



19th Annual Milwaukee NARI Tour of Remodeled Homes Scheduled

May 19 – May 20, from 11am-4pm daily.

“This is a wonderful opportunity to walk through stunning homes throughout southeastern Wisconsin recently remodeled by Milwaukee NARI professional contractors,” said Chris Egner, MCR, CR, CKBR, CRPM, UDCP, CCP, Milwaukee NARI President and owner of Four Seasons Sunrooms/Chris Egner Design-Build-Remodel in New Berlin.

The Tour will feature renovations to kitchens, bathrooms, additions, and whole house remodels. Admission is \$15 in advance online at www.MilwaukeeNARI.org or at the Milwaukee NARI Office, 11815 W. Dearborn Ave. in Wauwatosa. Tickets will also be available at all project locations for \$20.

Those that visit project locations can also qualify for an opportunity to win a prize package from Kohler Co. valued at more than \$1,000.

For more information or to receive a free copy of the annual membership directory along with Milwaukee NARI's guide on how to select a remodeler, visit www.MilwaukeeNARI.org or call Milwaukee NARI at 414-771-4071.



Tweety's Painting

“Quality That Won't Rob The Nest Egg”



Celebrating 34
years in business/
established in
1984

HIGH QUALITY PRODUCTS
FULLY INSURED/BONDED LICENSE
A+ RATED WITH THE BBB
FREE ESTIMATES

Interior Paint Service

- Wallpaper removal
- Drywall repairs/textures
- Multi-color paint schemes
- Garage floor painting

Exterior Paint Service

- Pressure cleaning
- Caulking
- Deck staining
- Aluminum spray Painting

All major credit cards accepted • Senior/Military/Teacher discounts

www.tweetyspainting.com
(262) 677-4222
Drug-free workplace

Exterior

Replacement Windows & Skylights • Bow & Bay Windows • Entry & Patio Doors
Roofing • Attic Insulation • Siding • Overhang & Trim • Storm Windows & Doors
Gutters, Downspouts & Gutter Topper®



Remodeling

Kitchens • Bathrooms • Lower Levels • Interior Living Spaces

Exterior Products Brookfield Showroom

19115 W. Capitol Drive, Suite 102 (Sendik's Towne Centre)

Main Office & Full Line Muskego Showroom

563 W13131 Janesville Road

(414) 529-5509



We Put the "Wow" in Home Remodeling

CallCallen.com

Old homes need attention. There isn't going to be a great announcement reminding you that it's time to renovate, but there are definitely signs in your home that you've probably not noticed.

Listen To Your Old Home Before It Gets Too Late

When you've lived in an old home long enough you sometimes become oblivious to the telling signs of overdue remodeling. You're probably already stretching the home to the extent of its capacity, and you just might not realize it. Every home needs to be remodeled and refurbished and that's how it will be old *and* charming. Here are a few signs that will tell you if it's about time for a remodeling:

1. More People Than Space. Moving into a home when you are a small family of two is all fine when there's just enough space for the both of you. The addition of children changes the space dynamics a little bit. Shared rooms between siblings are common, and that saves space. But ask yourself – do all your guests end up on the couch? Are there two bunk beds in a room? Has your bedroom become your living room and office too? If you answer yes to questions like these, it's time that you remodel.

2. Blast From the Past. When you enter your home, are you taken on a nostalgic trip down memory lane into the decades gone by? If your décor reminds you of the time when the Jackson Five were still a band, you definitely need to renovate. Even though décor trends change rapidly with new styles emerging every month, outdated décor can dull down the atmosphere terribly. This is the time to be out with the old and in with the new. As cliché, as it may sound, preserving out-of-fashion décor and obsolete appliances, is useless. A redesign helps not only in making the house look better, but functional as well.

3. Bursting at the Seams – Almost Literally. You might be living with cracks and chips and leaks every day, procrastinating repairs by a few months every time it comes up. But at some point, a later date might just end up being too late. Are the rafters sagging? Have the walls cracked from your foundation? Do the staircases sound like they're going to collapse soon? Are the faucets still leaking despite several repairs? Look for evident signs and do not settle for a temporary repair. A repair now and remodeling later will turn out to be extremely expensive. Assess and analyze the situation and remodel efficiently, in a manner that these problems are fixed and can be avoided later.

4. Fewer People Than Space. May seem like a contradiction of point one, but it is important for there to be a balance. Once the kids move out to school and college, you'll be left with extra bedrooms. It's okay to be sentimental and hold on to a few of their belongings, but not very practical to leave their rooms as is. Pack belongings and stow them away. Use the space for all it is worth.



5. When There are Unwelcomed Guests. Being a good host is always a matter of pride for every homeowner. But not when your guests are uninvited and not human. A pest infestation could be a telling sign of more serious damage underneath the surface. If you've spotted a trail of termites, it could mean that your woodwork has been at risk for quite some time. Moldy walls could be a sign that your basement has been damp for an extended period of time. Get a pest control treatment done by all means, but also look into the other signs.

6. Gone With The Wind. Do you see brown patches on your ceiling? If you do, then it probably requires immediate attention for maintaining your roof. Ask a roofing professional to check if tiles or shingles are damaged or have gone missing from your roof. Water seeps in through these gaps and poses a real threat to the interiors of the house. Damaged roofs result in a multitude of problems to the inside of the house. And it's best not to wait for things to go out of hand before you renovate.

7. Loose Floorboards and Tiles. Does your floor seem hollow when you walk on it? Did a floor tile just come off recently? Flooring over the years, being exposed to heavy footfall and furniture, tends to lose its durability. It's a gradual and natural thing. But it's a sign that you've been living with the same for a very long time. This is a telling sign that it is high time that you got the old home renovated and spruced up.

8. When You Can Afford To. As exciting as the idea of a renovation and remodeling may seem, it isn't going to be a cheap one. Remodeling charges are a heavy expense and it makes sense to remodel only when you're absolutely confident that you can afford to.

But if you do have funds supporting you, and even if your old home isn't in shambles yet, a remodeling is suggested when you can afford it. This increases the longevity of the old home, and also saves expenses in the future.

Taking care of everything from repair and renovation to replacement and scheduled maintenance, Home Warranty schemes offered by companies across the US take homeowners one step closer to a secure and hassle free lifestyle. Guides, tips and FAQ's at can be found at HomeWarrantyReviews.com. From articles to an extensive database of consumer reviews, the information on the website is based on consumer research and acts as a platform for users across the country.

WANTED

**OLD BICYCLES & BIKE PARTS
TOYS & OTHER COLLECTIBLES**
FROM THE 1930's, 40's, 50's, 60's

CASH PAID & WILL PICK-UP!

CALL SCOTT (414)254-7572
or email
SCOTT@BICYCLECOLLECTOR.COM

THE RIGHT PEOPLE RIGHT NOW

**THIELMANN
& SON**
HEATING & COOLING
YOUR HOME COMFORT EXPERT SINCE 1929

**12 years
Parts &
Labor
on Select
Equipment**

☒ **NO TRIP
CHARGES EVER
SINCE 1929!!**

☒ **WE SERVICE
ALL MAKES
AND MODELS**

☒ **FREE IN-HOME
ESTIMATES**

*0%

18 Months
No payment
*with credit approval

Dave Lennox
PREMIER DEALER

LENNOX

www.ThielmannHeating.com

BBB MEMBER

NARI MEMBER

facebook

Angie's list

262.763.2653
BURLINGTON

262.786.2000
NEW BERLIN

262.673.2500
HARTFORD

262.293.9285
MENOMONEE FALLS

**A/C or Gas
Furnace
Tune-Up**

\$79.95

Expires June 15th, 2018

**Add a Programmable
Thermostat**

\$49.95

Installed with any
In-Home Service
Expires June 15th, 2018



You know its spring in Wisconsin when the earth is covered with yellow, yellow, yellow...

How Do I NATURALLY Get Rid of Those DANDELIONS??!

Dig Them Out. A dandelion digger is a specialized tool that looks like a large screwdriver with two prongs on one end helping you to remove the complete root. I love walking around my yard at dusk with my tool and trash bag diggin' up all those little yellow buggers!

Boiling Water. Simply enough just pour boiling water over dandelion plants.

Vinegar. A 5-percent concentration of vinegar, similar to household vinegar, will dry up the dandelion so you can remove it. Pour it *only* on the weed. For added effectiveness, heat the vinegar first or add a bit of lemon juice.

Corn gluten meal. Developed by Iowa State University, corn gluten meal (CGM) is a yellow powder created as a by-product of milling corn, is primarily used in farm animal feeds and dog food. It is also used as a "pre-emergent" weed control for lawns. Besides that, it's 100% natural and perfectly safe for yards, kids and pets. CGM is available both online and from most garden shops. For proper dandelion weed control, spread CGM over your lawn 4-6 weeks before the growing season. It only remains effective for 5-6 weeks, so you will need to reapply it several times. CGM will not kill pre-existing weeds.

Mowing. Mow often to cut the heads off of dandelions before they go to seed. Second, set the lawn mower deck so that the grass does not get cut shorter than 2-2 1/2 inches. Keeping the grass longer allows it to block light that dandelions need to grow. Third, leave the grass clippings on the ground. They act as mulch and help to prevent seeds from taking root.

EARTH TALK

From the Editors of E/The Environmental Magazine

Dear EarthTalk: I pruned back an overgrown bush in my back yard last fall and now the soil around it is covered in dandelions and other weeds. Is there any way to get rid of these weeds without resorting to RoundUp and other chemical herbicides?

Weeds are nothing if not opportunistic. Dandelions and other fast-growing, quickly spreading plants know no bounds when some new territory opens up. They will colonize and spread out given the slightest opening—after all, that's what defines them as weeds.

Conventional herbicides such as RoundUp will take down the weeds in a jiffy, but the negative effects on people, animals and the environment may be both profound and long-lasting. Independent studies of RoundUp have implicated its primary ingredient, glyphosate, as well as some of its "inert" ingredients, in liver damage, reproductive disorders and Non-Hodgkin's Lymphoma, as well as in cardiovascular, gastrointestinal, nerve and respiratory damage.

California's Department of Pesticide Regulation reports that, year after year, RoundUp is the number one cause of pesticide/herbicide-induced illness and injury around that state. RoundUp is also blamed for poisoning ground-water across the U.S. and beyond, as well as for contributing to a 70 percent decrease in amphibian biodiversity and a 90 percent decrease in tadpole numbers in regions where it is used heavily.

Given that you'll have to manually remove dead weeds from your yard after applying RoundUp (or any other "post-emergent" herbicide), why not just pull them up by hand in the first place? No doubt, the most eco-friendly way to get rid of weeds is to yank them out without the aid of poisons. Unfortunately, many weeds have long deep roots which need to be pulled completely if you don't want them to grow back; if need be, use a metal weed puller with a hooked end or a mechanical grabber—available at any local garden supply or hardware store.

Of course, once you've killed or pulled up all those weeds—and make sure you're thorough or else it's waste of time—you'll want to make sure new ones don't start showing up in their place. Planting some regionally appropriate and ideally native plants in place of the removed weeds would be a good first step—check with a local nursery about what some good choices might be for your neck of the woods.

Once the area is cleared (and replanted), cover it with three to six inches of mulch. Mulch forms a barrier between the soil and the sun, depriving any new germinating weeds of the sunlight they need to photosynthesize. Mulch is composed of large chunky material such as wood chips and bark nuggets, and works well for weed control also because it is low in nutrients and thus won't fertilize plant starts below.

SEND YOUR ENVIRONMENTAL QUESTIONS TO: EarthTalk®, c/o E – The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; earthtalk@emagazine.com. E is a nonprofit publication. Subscribe: www.emagazine.com/subscribe; Request a Free Trial Issue: www.emagazine.com/trial.



"Seniors have sold their houses to HomeVestors® in as little as 30 days."

If you're ready to sell your home, but you don't want all the trouble and expenses of putting it on the market, call HomeVestors. It's the fastest and easiest way to sell your home.

We're America's #1 homebuyer in the country.

- **HomeVestors pays you cash.** No realtor fees to us or hidden costs.
- **We buy your house as is.** You don't have to spend a penny on costly repairs.
- **Usually close in as little as 30 days.** Or take all the time you want. It's up to you.
- **HomeVestors pays all typical closing costs.**



*Each franchise office is independently owned and operated.

To arrange for a free,
no obligation consultation,
CALL US TODAY:

414-877-0038

www.homevestors.com



Did you know...

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal.. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Independence

...over the phone

Is hearing loss keeping someone you love from connecting over the phone? The new CapTel® Captioned Telephone helps clarify anything they may miss. CapTel is telephone independence for them, peace of mind for you!

CapTel®
Captioned Telephone



1-800-233-9130 | www.CapTel.com



UNIVERSAL SERVICES®

Relocation + Logistics Management

Let Us Lighten Your Load!

- Rightsizing
- Organizing
- Packing
- Moving
- Consignment Shop
- Unpacking
- Clean Out
- Estate Sales
- Senior Transportation

25 Years in the Business of Helping Seniors | 262-257-0250

All services under one roof | Wisconsin premier senior moving company

www.universalserviceswi.com

Eye Specialists Give Tips for Detecting Vision Loss

By Cheryl L. Dejewski

"Loss of vision can be less likely to notice than other impairments, such as hearing loss, which has obvious signs like needing to turn up the TV volume or having people repeat things louder. Loss of vision can go unrecognized because it seldom occurs suddenly or dramatically, and the person often adjusts without even noticing it," says Mark Freedman, MD, of Eye Care Specialists, one of the state's leading ophthalmology practices.

His partners agree. Brett Rhode, MD, says "Many people simply accept diminished vision as a fact of life. But, in the majority of cases, this thinking is wrong. Issues like cloudy vision and sensitivity to glare don't have to be an inevitable consequence of growing old. In fact, problems can often be corrected with little disruption to a person's daily routine, and the only regret is not taking care of it sooner."

Daniel Ferguson, MD, recommends, "Make sure you and your loved ones are seeing life to the fullest by scheduling regular, comprehensive, dilated eye examinations. If there are no other concerns or conditions, such as diabetes or glaucoma, these exams should be every 2-4 years from ages 40 to 64, and every 1-2 years after age 65."

What makes a good eye exam? Daniel Paskowitz, MD, PhD, explains, "A thorough eye exam should check: accommodation capability (ability to switch focus between near and far), pupil reflexes (ability to adjust from light to dark), muscle motility (ability to look to the sides and keep the eyes in alignment), visual acuity (ability to see objects clearly near and far), and visual field (ability to see objects off to the side). It should also examine: the external surface (for infections and inflammations), lens (for cataracts), retina (for macular degeneration, diabetes, etc.), and internal pressure and optic nerve (for glaucoma)."

"In between examinations, patients and family members should watch for specific visual and non-visual indicators," says David Scheidt, OD. "It also offers psychological and physical benefits by reducing worry, frustration, and depression, as well as the risk of car accidents, falls, and hip fractures."

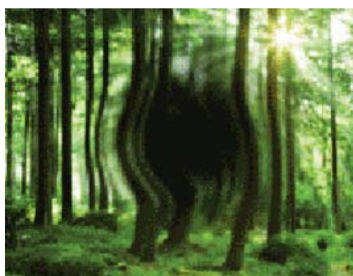
There are other advantages to detecting and treating eye problems promptly. "Vision improvement has been shown to enhance quality of life, such as the ability to read, write, watch TV, use the telephone, and other tasks," says David Scheidt, OD. "It also offers psychological and physical benefits by reducing worry, frustration, and depression, as well as the risk of car accidents, falls, and hip fractures."



Cataracts – Loss of Clear Vision

A clouding of the natural lens inside the eye that is most commonly caused by the aging process (like wrinkles, age spots).

Symptoms: hazy, blurry vision; dimmed colors; sensitivity to light and glare



Macular Degeneration (AMD) – Loss of Central Vision

Damage to the sensitive area of the retina responsible for central and detail vision.

Symptoms: difficulty doing close tasks, blind spots, straight lines appear wavy



Glaucoma – Loss of Side Vision

Damage to the optic nerve, which carries information from the retina to the brain. (Often related to increased fluid pressure in the eye.)

Symptoms: None, then "tunneling" of vision

Signs of Vision Loss

Visual indicators that are usually noticed by patients themselves:

1. Reduced or fluctuating vision
2. A slowed ability to focus
3. Difficulty reading fine print
4. Slower ability to adjust when going from light to dark and vice versa
5. Loss of ability to discriminate colors and/or judge boundaries and edges
6. Increased sensitivity to glare
7. Distorted depth perception
8. Poorer night vision



Non-visual indicators that are red flags for caregivers, friends and relatives:

1. Squinting
2. Excessive frowning or blinking
3. Complaints of tired eyes or headaches
4. A shorter attention span
5. Seemingly impaired memory
6. Difficulties with fine motor skills
7. More frequent falls or burns
8. Changes in behavior or mental functioning
9. Hesitation to participate in social situations or to perform certain tasks, like driving

For FREE booklets on AMD, cataracts, diabetes and glaucoma, or handouts on low vision, floaters, eyelid problems, dry eyes, safe driving and other topics, call 414-321-7035 or visit www.eyecarespecialists.net. If you don't have an eye care specialist or need a second opinion, call the offices below to schedule a comprehensive exam, which is typically covered by Medicare and insurance.



See the best you can see, when you see Wisconsin's leaders in ophthalmology.

Eye CARE SPECIALISTS

Are you putting your vision at risk?

Most people aren't motivated to make an eye appointment unless they notice a problem—and often not even then. However, many sight-threatening conditions have no warning signs. We can help. If you know the risks, symptoms, tests and treatment options for common eye concerns, you're more likely to take action. Call 414-321-7035 for detailed free booklets on cataracts, glaucoma, AMD, and diabetes. Read. Educate yourself. And, take action. If your last eye exam was more than a year ago, call today to protect your vision for tomorrow.

World-Class Care. Local Convenience.

- Glaucoma, Diabetes and Macular Degeneration (AMD) Care (with advanced medication injection and laser treatments)
- No-Stitch, No-Shot Ultrasonic Cataract Surgery (with standard, multi-focal, toric & extended-range implants)
- Corneal Transplants, Lid Repair and Retinal Cases
- Dry Eye, Floaters and Infections Treatment
- Comprehensive Eye Exams & In-Office Diagnostic Laser Scans
- Eyelid Treatment (inflammation) & Surgery (drooping)
- Accept Medicare/Most Major Insurances

Trusted by more than 130,000 doctors & patients since 1985.

www.eyecarespecialists.net



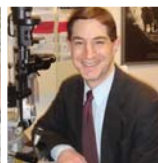
Mark Freedman, MD



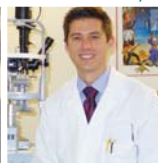
Brett Rhode, MD



Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

West Allis
10150 W. National Ave.
414-321-7520

Wauwatosa
2323 N. Mayfair Rd.
414-258-4550

Milwaukee
633 W. Wisconsin Ave.
414-298-0099

Be creative and add a few small-scale, attractive vegetables high in nutritional value to a variety of containers this season and get that green thumb growing!

Grow a Nutrious Garden in a Pot!

By Melinda Myers

Don't let a lack of time or space get in the way of gardening your way to a healthy lifestyle. Plant a container of nutritious vegetables and herbs.

All that's needed is some potting mix, fertilizer, plants and a container with drainage holes. A fifteen to twenty-four inch diameter pot or twenty-four to thirty-six inch long window box is a good starting size. Bigger containers hold more plants and moisture longer, so it can be watered less frequently. Self-watering pots need less frequent watering, allowing busy gardeners and travelers the opportunity to grow plants in pots with minimal care.

Fill the container with a well-drained potting mix. Add a slow release organic nitrogen fertilizer, like Milorganite (milorganite.com), at planting for better results with less effort. It provides small amounts of nutrients throughout most of the season and eliminates the need to mix and water in fertilizer throughout the growing season. Sprinkle a bit more on the soil surface midseason or when changing out your plantings. Check containers daily and water thoroughly as needed.

Mix colorful flowers with nutritious vegetables for attractive, healthy results. Bright Lights Swiss Chard, pansies (their flowers are edible), colorful leaf lettuce, spinach, radishes, and trailing ivy make a great cool season combination. Fresh-from-the-container-garden vegetables make the best tasting salads and the greens provide Vitamins A and C as well as calcium. Use the pansy flowers to dress up a salad or frozen in ice cubes for an added gourmet touch to beverages.

For summer, use a tomato, pepper, eggplant or peas, beans, and cucumbers trained on a trellis. All are packed full of nutrients and make a great vertical accent. Surround the towering vegetables with purple basil, tri-color sage, carrots, beets and a colorful trailing annual like verbena, lantana, or bidens.

Don't forget to squeeze in a few onions or garlic. The fragrant foliage can be decorative and these vegetables help lower blood sugar and cholesterol, while aiding in digestion.

Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. She hosts The Great Courses "How to Grow Anything" DVD series and the nationally syndicated Melinda's Garden Moment segments. Myers is also a columnist and contributing editor for Birds & Blooms magazine. www.melindamyers.com



10 Essential Items Every Cook Must Have

You can never have enough fresh produce but a well stocked kitchen doesn't stop there. Make sure you always have these 10 staples on hand:

- 1. Fat-free half-and-half.** This naturally thickened nonfat milk adds "cream" to soup, mashed potato, fettuccine Alfredo and sauces.
- 2. No-salt-added canned tomatoes, tomato sauce.** Get the antioxidant lycopene without heart-damaging sodium.
- 3. No-salt-added canned beans (kidney, pinto, etc.).** Get high antioxidants and steady blood sugar without high salt.
- 4. Canned salmon.** Red and pink canned salmon have as much disease-fighting omega-3 as fresh wild salmon. Virtually all canned salmon is wild. Eat bones for calcium; discard skin.
- 5. Dried cranberries.** An antioxidant-packed alternative to raisins. Use as baked fruit topping; toss in salad, pilaf and stew.
- 6. Balsamic vinegar.** Intense, sweet flavor means you'll use less oil on salad. Use vinegar of all kinds with abandon. The acid helps suppress blood-sugar spikes and curbs appetite.
- 7. Walnuts.** High-antioxidant, good-type fat, excellent as a snack. Toss a handful into a green salad. Refrigerate opened packages of nuts.
- 8. Oatmeal.** Add a whole-grain fiber boost to cookies, baked fruit, stews and casseroles. It helps your heart, blood sugar and immunity.
- 9. Canned hot peppers.** Add to sandwiches, salad, stew and casseroles. All peppers are antioxidant-rich. The hot bite helps lung function.
- 10. Frozen spinach.** It's loaded with antioxidants, such as lutein. Sauté or microwave with olive oil and garlic. Or add to soups, stews and casseroles. May help aging brains and eyes.

From www.gutmatters.com

Yeah, We Give 'Em Away...

(while supplies last)



...Call Us Today!

Call us today about grants available for free equipment.

Milwaukee Area
414-988-5333

Madison Area
608-243-1785

MOBILITY STORE

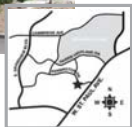
To see our full inventory

ifMobility.com



**Power Mobility Equipment | Bariatric/Heavy Duty
Bath Aids | Daily Living | And More...**

The Mobility Store is a program of IndependenceFirst, a nonprofit that serves the aging and disabled population of Wisconsin.



BERKSHIRE AT KENSINGTON

1800 Kensington Dr.,
Waukesha, 53188
262-548-1449

- FREE Utilities
- Free indoor parking
- Pets welcome (limited)
- Social Activities
- On-site bank, chapel, beauty salon, fitness center
- Convenient elevators
- Transportation to shopping
- Located on bus line
- Pergola & gazebo with BBQ grills
- No Smoking



BERKSHIRE WEST ALLIS

1414 S. 65th St., West Allis
414-258-2720

- Spacious open floor plans
- FREE heat, hot water
- FREE underground parking
- Elevator
- Courtyard with gazebo, BBQ grill
- Social activities
- Exercise room & classes
- Beauty salon & library
- Near historic West Allis shops & farmer's market, Walgreens, banks and Senior Center
- Located on bus line
- Smoke Free Community



BERKSHIRE OCONOMOWOC

210 S. Main St., Oconomowoc
262-567-9001

- Spacious floor plans
- Ceiling fans
- Elevator service to all floors
- Laundry room on each floor
- Free heated underground parking
- Free heat & water
- Pet friendly with some restrictions
- Walking distance to the downtown area, two lakes & farmers market
- Activities w/Oconomowoc Area Senior Center on site
- No Smoking



ACTIVE ADULT COMMUNITIES (55+)*



BERKSHIRE GREENDALE

7010 W. Grange Avenue
Greendale, WI 53129
414-421-4900

- Near Historic Downtown Greendale & Southridge Mall
- Spacious floor plans with walk-in closets
- Balcony or patio with all homes
- Heat & hot water included
- Select homes with washers & dryers
- Laundry rooms on each floor
- Free underground/surface parking
- Business & fitness centers, community room & BBQ Patio
- Pets cherished
- No Smoking



BERKSHIRE AT SUNSET

S30 W24890 Sunset Drive
(Corner of Sunset Dr and Prairie Ave)
Waukesha, WI 53189
262-548-0131

- Balcony/patio with every home
- Spacious open floor plans with walk-in closets
- Free indoor/surface parking
- Heat & water INCLUDED
- Laundry rooms/storage units on each floor w/ elevator
- Great new shopping on Sunset Dr.
- Pet friendly
- Social activities for everyone!
- Smoke Free



BERKSHIRE GRAFTON

1004 Beech St., Grafton
262-376-9661

- Convenient location in the heart of Downtown Grafton
- Heat & water Included
- Free underground/surface parking
- W/D hook-ups in 2bdm Apts
- Same floor storage units, laundry facilities & trash chute
- Patio or balcony for each unit
- Media center, fitness room, community room & patio for everyone's enjoyment
- Non-smoking complex
- Pet Friendly



Professionally Managed by OAKBROOK CORPORATION

*Income Limits May Apply

Even in our modern world...

'menopause' still bears a stigma and people still speak about it softly for fear that it might be contagious. Even the most self-assured woman can anticipate this very natural occurrence with dread, conjuring up visions of decline and even associating it with losing their looks – or worse, possibly even their husbands! Truth is, every woman has to go through it; there is no way to avoid it - so why not get the best possible information to help in the transition?

Doctors David C. Miller and Lovera Wolf Miller understand this and it is a primary reason they wrote *Womenopause: Stop Pausing and Start Living*, an informative yet compassionate guide through menopause. These are real solutions on everything from hormones and hot flashes, brain and bone preservation, breast health, skin, fitness, food, sleep, to intimacy and more. In other words, it is packed with thirty years of proven success rather than a swing in trends that has become 'the cure du jour!'



TAKE CONTROL of Your Menopause

(Speak softly... it might be contagious!)

By Lovera Wolf Miller, MD and David C. Miller, MD - Certified Menopause Practitioners

Every day six thousand U.S. women have their final menstrual period. Welcome to menopause. The average age of natural menopause is 51, plus or minus 10 years. Perimenopausal symptoms may begin ten years before menopause. An unprepared woman may be blindsided by the subtle ways in which menopause inculcates itself into all aspects of her physical and mental health. Over 80% of American women experience hot flashes, and for many of them, the emotional components are intense (hot dreads). Hot flashes, coupled with insomnia, night sweats, problems with concentration and memory (we call this meno-fog), and disturbing changes in mood, oftentimes generates mayhem in the "normal" lives of even the most self-assured women. The inordinate focus on menopause and hot flashes loses sight of the fact that menopause is also linked with the onset of serious health matters such as cardiovascular disease, depression, osteoporosis, diminished sexual satisfaction, weight gain, and dementia. Recent evidence suggests that the severity of the menopausal symptoms is predictive of greater health risks. In a similar vein, there is often too much attention on cutting-edge prescription hormone therapy and on the myriad of OTC health food store miracle-products for menopause at the expense of self-directed solutions.

The Top Ten All-Natural Tips are the Bedrock of a Menopause Makeover

1. Exercise like your life depended upon it. Thirty minutes daily is a good starting point. Exercise allays a multitude of menopausal problems. Exercise reduces the frequency and severity of hot flashes. It helps mood better than Prozac. It improves sleep better than Ambien. It improves sex better than KY. Feel free to mix it up: walking, yoga, resistance training, biking, anything that gets you sweaty and tired.

2. Weigh less and live more. Notice that weight loss is not included in the exercise category because exercise, alone, does not usually prompt weight loss. Consuming fewer uncompensated calories results in weight loss. Even small changes over a period of time can make for good results. Over-weight women suffer from more hot flashes. Weighing less reduces the risks for cardiovascular disease, diabetes, and cancer. If a woman loses 20 pounds, she reduces her chance of breast cancer by 20%.

Menopause continued on page 22



St. Camillus
A Life Plan Community

Our new Memory Care Residence
is now open!

Come visit us today.

10201 W. Wisconsin Ave. • Wauwatosa, Wisconsin • 414.259.6310 • stcam.com

Spring!

It's in the air!

SUNRISE VILLAGE

SENIOR LIVING COMMUNITY

55 and Better Community

1 and 2 Bedrooms Available

You'll love it here!

Located in
SOUTH MILWAUKEE
2500 10th Avenue

CALL KIM
414-764-7997

TO SCHEDULE A SHOWING!

Managed by Premier Real Estate Management

ONE MONTH FREE RENT!!
with 1 year signed lease

Units Include...
heat,
water, sewer,
trash & much
MORE!



continued from page 21

TAKE CONTROL of Your MENOPAUSE

3. Shape your waist. There is something particularly dangerous about belly fat, which deserves special attention. A waist greater than 35 inches (measured just above the belly button) is predictive of a condition termed the Metabolic Syndrome. It is a constellation of problems that undermine the health of the cardiovascular system leading to heart attacks, strokes, diabetes, and premature death. Eat foods rich in folic acid (lentils, sunflower seeds, and asparagus) and fish oil; and reduce bread, potatoes, and sweet drinks. The fat around the waist is often very stubborn and hard to depose, but it *can* be reduced.

4. Eat only real food. Real food does not have a label on it. We can probably eat as much of it as we want. Real food reduces the risks of dying from heart attacks and strokes, top two causes of death for American women. Real food containing protein, complex carbs, unsaturated fat, and fiber, and are less dense in calories than typical fast food-junk food. For maximum benefit, eat real food with real sized portions with real people having a real conversation. Avoid putting any known toxin into your mouth (cigarettes, illicit drugs, excessive alcohol, and caffeine).

5. Eat menopause-busting super foods. Vitamin E may reduce bothersome hot flashes through anti-oxidant properties and occurs naturally in nuts, wheat germ, whole grains, vegetable oil, vegetables, and seeds. Vitamin C may reduce diabetes and breast cancer and can be found in citrus fruits, green vegetables, and tomatoes. Fish oils improve PMS, cardiac health, vaginal health, and help prevent dementia by stabilizing nerve cell membranes - found, no joke, in fish and flax seed oils. Calcium helps prevent osteoporosis and is abundant in low fat milk, yogurt, and cheese. Vitamin D is important also in bone metabolism by improving calcium absorption and many other cellular functions. It reduces breast cancer and vaginal infections. The body makes vitamin D naturally through sun exposure, so get outside. Other real foods that assist women with menopausal problems: broccoli, spinach, Brussels sprouts, tomatoes, cottage cheese, egg whites, and water.

6. Rehabilitate your sleep schedule. Adult women need 7 to 8 hours of sleep every night. Take control of your sleep environment. Expose yourself to bright light first thing in the morning, and dim-down the lights in the evening. Save the bed for sleep and sex. Avoid all caffeinated beverages after 12 o'clock noon. Milk, yogurt, peanuts, and cheese help promote a good night's rest.

7. Mind your mood. Feeling "not quite myself" is common during perimenopause and early postmenopause. In a way, it is an extension and a magnification of PMS. This is the part of menopause from which the whole family suffers. Recognition of the problem is half the battle. Intentionally seek rewarding and fun experiences. Garlic, cauliflower, and celery contain vitamin B6 that improves mood matters.

8. Reclaim your sex life. Vaginal dryness due to menopause may cause discomfort during intercourse and may undermine a relationship in covert and complicated ways. Vaginal dryness improves with daily olive oil application (okay, use the extra virgin). Talk to your partner about sex and options. Feel free to be the romantic one in the couple, and set the stage.

9. Train your brain to relax. Deep breathing, yoga, guided imagery, muscle relaxation, meditation, and prayer coax away from the stress response and promote health. There is no thing as physical well-being in the absence of mental/spiritual well-being. Relaxation response decreases stress response hormones: epinephrine, norepinephrine, and cortisol, promoting healing and emotional peace.

10. Now is the time to stop pausing and start living. It is absolutely possible to be stronger, leaner, keener, and happier at sixty than you were at forty. It is impossible to over-hype the impact of exercise, diet, and mental actions in relief of common menopausal problems. Guess what? The same actions that relieve hot flashes reverse cardiovascular disease and prevent cancer! Win win.

QUESTION: What can a man do while his wife is going through menopause?

ANSWER: Keep busy. If you're handy with tools, you can finish the basement. When you are done you will have a place to live.



Affordable

SENIOR HOUSING

6 Desirable and Convenient Locations

Becker Property Services, LLC

262-240-9406

EMAIL: BeckPropSvc@aol.com

Accessible, federally subsidized, safe, secure, barrier-free, affordable one bedroom apartments for seniors age 62 & older.

• Burnham Village
West Milwaukee

• Gonzaga Village
West Allis

• Sunset Heights
Waukesha

• Cifaldi Square
Cudahy

• Oak West
West Allis

• Valentino Square
West Allis

Call or email for more information or an application!



www.beckerpropertyservices.com

Spring Blizzard Nearly Killed Nine on Lake Michigan

On April 22, 2018, Green Bay made history by a record snowfall of 20+ inches, the largest in 129 years. Unusual right? Maybe not...

By Michael Edmonds

Every Wisconsin native knows that glorious spring weather can turn unexpectedly into the last raging throes of winter. That's what happened in 1880, when an April blizzard nearly took nine lives on Lake Michigan.

The schooner W. B. Allen had run aground the previous fall near Traverse City, Michigan. When spring came, a tug began towing her home to Chicago. The Allen was leaking, but her pumps were able to keep pace with the inflow.

Off Manitowoc, a sudden gale came out of the northwest with snow so thick that the nine crewmen on the schooner couldn't see the tug 600 feet ahead. Huge waves tossed the Allen about like a toy and finally swamped the boilers that powered the pumps. The tow rope broke and the ship was left adrift in the storm. With water rising and no power, the crew gave themselves up for lost.

But they hadn't reckoned on the courage and skill of the tugboat pilot. Although it was a dangerous maneuver, he came about in the storm and searched through the driving snow until he discovered the sinking schooner. Six times the pilot swept by close enough to enable one or two men to leap from the deck of the schooner onto the tug.

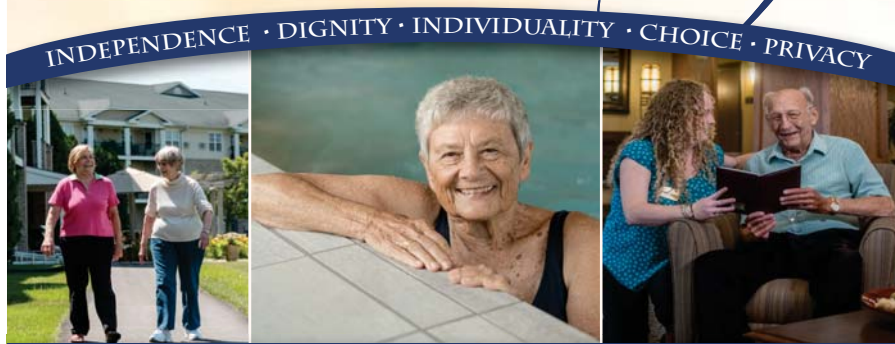
When all nine were safely aboard, the tug squared away and headed for Milwaukee, leaving the W.B. Allen headed for the bottom of Lake Michigan. Some of her crew vowed never to sail the Great Lakes again, especially in April.



Image: Tugboat pulling sailing ship near Milwaukee ca. 1898

I was the best door-to-door security alarms salesmen for many years running. The trick was to just leave a brochure on the kitchen table if there was nobody home.

WE CAN HELP YOU WITH THE *next step.*



Assisted Living and Memory Care Communities

- ✓ Full-time nursing staff
- ✓ Rehabilitation gyms and on-site therapy
- ✓ Home-cooked, nutritional meals
- ✓ Spa rooms
- ✓ Patios and courtyards
- ✓ Daily activities
- ✓ Multisensory and alternative therapies

Communities in:

Greenfield • New Berlin • West Allis • Elm Grove • Waukesha • Hartland • Menomonee Falls

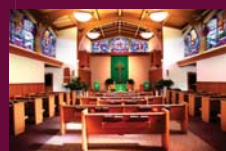
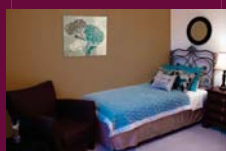
HERITAGE SENIOR LIVING

Assisted Living and Memory Care Communities

844-658-4475 • heritagesenior.com

ASSISTED LIVING & Respite Care

- Assistance with daily living
- 24 hour awake staff with RN on-site 24/7
- Nutritious meals provided daily
- Medication administration & monitoring
- 24/7 accessible front desk/phone
- Assistance with bathing & dressing (if needed)
- Weekly linen, laundry & housekeeping services
- 7 days a week scheduled activities
- On-site therapy serviced
- On-site Medical Clinic & doctor



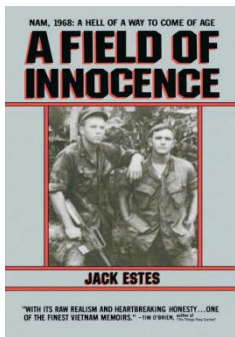
HEALTHCARE & COMMUNITY LIVING

A full continuum of care under one roof!

- Independent Living
- Enhanced Services
- Assisted Living
- Memory Care
- Skilled Nursing
- Rehabilitation Therapy
- Ventilator Care

3023 S. 84th Street
West Allis, WI 53227
(414) 607-4100

VMPcares.com



MEMORIAL DAY

continued from page 7

from his wallet. There were nine names written in red ink. "Do you know any of these Marines, he asked me, hopefully?" "They were the young men who died under my command." I looked hard at the paper. I wanted to reach back in time and tell him yes. Yes! I called this guy Pig Pen. He carried the machine gun and ammo with Tiny. Remember Tiny? He was so damn big. And I'm sure this guy was Cesar, from the Bronx. You know, the goofy looking kid who was always scrounging for peaches and pound cake. I wanted to say something to help make them alive again. But I shook my head no. "I'm sorry LT. They must have been killed before I came."

We chatted awhile mostly about wives and football and soon the bloodshed we once shared. Barry, who doesn't see me professionally anymore, is now a friend. Like LT, he too was a Marine officer in Vietnam. We've known each other for the past twenty years. He has participated in some of my wife's ideas for healing me and other vets. He brought up the sweat lodge she put together, to help me prepare for going back to Vietnam in 1993 on a mission of mercy. Her idea was to replace my memories of carrying a machine gun with ones of carrying medical supplies and toys.

We sat shirtless in a circle in the sweat lodge with hot rocks in the center. The canvas ceiling was close to the ground. All of us were soldiers once, with shrapnel wounds and gunshot wounds, now scared over. The gathering was led by Oyati, a Native American and Vietnam veteran. He poured water on the rocks and spoke about the spirits of our brothers. In the faint light I could see the war etched in their faces and like me, it seemed deep in their souls.

"I was the last one out of the sweat lodge," Barry said. "It was dark and so hot. I was thirsty and dehydrated then a flash back came to me. I was back in Vietnam with my squad. We were firing as my squad moved into a tree line. I was shot by a sniper, hiding in a tree. I was knocked to the ground and when I looked up I could see him. I saw his face and then I killed him. And for the first time, sitting in that lodge, I asked him to forgive me."

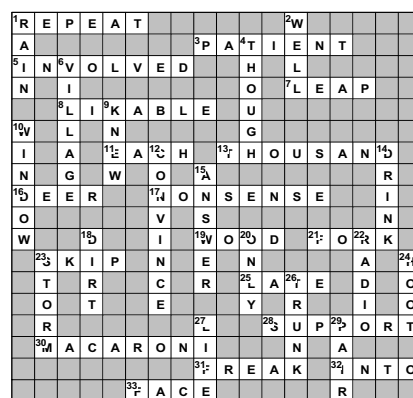
A scrap of paper, a few names, a soldier's vision. It's Memorial Day. At the cemetery, Boy Scouts will have placed flags on each resting place. The National Guard will fire two cannons, three times and a small band will play...

Jack Estes is the author of the critically acclaimed Vietnam Memoir, "A Field of Innocence." He can be reached through Jackestes@comcast.net.

"There comes a time in life, when you walk away from all the drama and people who create it. You surround yourself with people who make you laugh, forget the bad, and focus on the good. So, love the people who treat you right. Think good thoughts for the ones who don't. Life is too short to be anything but happy. Falling down is part of LIFE...Getting back up is LIVING..."

*Have a great life.
~anon.*

Crossword on page 27



Six Neighborhood Assisted Living Homes located in Milwaukee & Waukesha Counties.

414.258.9955 Ext. 10
or info@cle-ccls.com

Visit our website at: www.cle-ccls.com

CLE HAVEN

Our NEW Senior Communities specializing in dementia care and individuals needing physical and medical care.

Haven in Cudahy is a newly completed, stately 24-suite assisted living community.

Haven in Bayside is a beautiful 20-suite assisted living community minutes from Lake Michigan in one of the most prestigious neighborhoods.

Please call to arrange a tour

Supporting Independence, Dignity and Quality of Life.



Medicaid Approved Provider

Each office is independently owned and operated. ComForCare Home Care is an equal opportunity employer.

- Companionship
- Bathing and Grooming
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Transportation
- Personal Care
- Fall Prevention
- Safety Supervision
- Respite Care
- Errands and Chores
- Transition from Hospital to Home
- Alzheimer's Care

ComForCare
HOME CARE



139 W Broadway, Waukesha
262-446-2000
www.comforcare.com/wisconsin/waukesha

4466 Highway P, Ste 205, Jackson
262-674-1515
www.WestBend.ComForCare.com

Peace of Mind Services



Simple Cremation: \$595.00
(Excluding Cremation Permit & Fee)

Traditional Funerals:
\$1395.00 at the Church or Cemetery Chapel of your choice
\$1995.00 at the Funeral Home

Family Owned and Operated
Title 19 & Pre-Arrangements

Call for more details
414.453.1562

Two locations to serve you!
Serving all of Wisconsin

WORD SEARCH

ACTUAL
ADMIRE
ARTIST
BETTER
BOSSY
CARROT
CHANCE
CHICKEN
CHILDHOOD
COME
DRINK
DUMB
EVENING

FOOTSTOOL
FREAK
GROW
HAVE
HELPED
IMPOSSIBLE
INSANE
INTEND
KEYBOARD
KNIFE
LAKE
LOCKET

LOVE
MARRIAGE
MAYBE
MUZZLE
NOBODY
ORDINARY
PRISON
RAISE
RELATION
RIVER
RUST
SANDWICH

SEEM
SINCE
SNOW
SOLDIER
SOON
SOONER
SOUP
STORY
TANK
THOSE
TONGUE
VISIT
WORLD



BEFORE MARRIAGE...

Boy: At last I can hardly wait!
Girl: Do you want me to leave?
Boy: No, don't even think about it!
Girl: Do you love me?
Boy: Of course, always!
Girl: Have you ever cheated on me?
Boy: No, why are you asking?
Girl: Will you kiss me?
Boy: Every chance I get.
Girl: Will you mistreat me?
Boy: Hell no, are you crazy?
Girl: Can I trust you?
Boy: Yes!
Girl: Darling!

AFTER MARRIAGE....

Read this backwards!!!!

When your first child
eats some earth, a bit
of grass or a worm,
you take it to a doctor.

When your second
child eats some earth,
a bit of grass or a
worm, you spit on a
hankie and clean it.

When your third child
eats some earth, a bit
of grass or a worm,
you wonder whether
they still need lunch.

~ Old Italian proverb...

After the game, the King and the pawn go
into the same box.



Cottonwood Trails Apartments

4600 S. Nicholson Ave
Cudahy

**1st MONTH
FREE**
with \$99 Security
Deposit

A Senior Complex

Income Eligible
for Adults 55+

Call Andrea at
414-483-9969
to schedule a visit!

cottonwood@bearproperty.com

We offer:

- Non-smoking
- Heated underground parking
- Elevator service • Laundry on each floor
- Controlled entry access
with private intercom
- Community room / Social Activities
- 1 & 2 Bedrooms w/ Heat & water



Proudly Managed by Bear Property Management 262-697-9616

NOW HIRING!

Meals on Wheels Drivers



Goodwill Industries of Southeastern Wisconsin has a great part-time job opportunity available for individuals looking to work 3-4 hours a day.

We need drivers familiar with the metro Milwaukee, South Milwaukee and Franklin areas, to deliver meals to homebound older adults.

REQUIREMENTS:

- High school diploma
- Valid driver's license
- Reliable vehicle
- Insurance
- Strong desire to work with older adults



Goodwill

Community Services
Delivering Independence

James O. Wright Center for Work & Training
6055 North 91st Street, Milwaukee, WI 53225
www.goodwillsew.com

Contact Tom at
414-847-4779

HAIR^DExperience

John Endries
47 Years Experience!

2215 S. Kinnickinnic Ave
414.744.8141



WIGS & Hair Add-ons



HARD TO CONTROL AREA?
We can Help!
Ask about our Razor, Clipper
& Shear Cutting Techniques

Come in and TAKE A LOOK!! Whether
you're experiencing hair loss or want
to try a whole new look for a night
out or a trip to the grocery store!

New Cowboy Boots

Bert at 80 years old, always wanted a pair of authentic cowboy boots, so seeing some on sale, he bought them and wore them home. Walking proudly, he sauntered into the kitchen and said to his wife, "Notice anything different about me?" Margaret at age 75, looked him over and replied, "Nope."

Frustrated as all get out, Bert stormed off into the bathroom, undressed and walked back into the kitchen completely naked, except for the new boots.

Again he asked Margaret, a little louder this time,

"Notice anything different NOW?"

Margaret looked up and said in her best deadpan response, "Bert, what's different? It's hanging down today, it was hanging down yesterday, and it'll be hanging down again tomorrow."

Furious, Bert yells out, "AND DO YOU KNOW WHY IT'S HANGING DOWN, MARGARET?"

"Nope. Not a clue", she replied.

"IT'S HANGING DOWN, BECAUSE IT'S LOOKING AT MY NEW BOOTS!"

Without missing a beat, old Margaret replies, "Shoulda bought a hat, Bert. Shoulda bought a hat."



LAUGH OUT LOUD! COFFEE BREAK

Pastor Graham had a request to make to the congregation. His wife Jany was expecting and he wanted a raise.

So, a meeting was held and it was decided that every time Pastor Graham's family grew, his salary would increase.

Years passed by and the good pastor had 7 children. The expense on the pastor's family was becoming a matter of concern for the entire congregation. There was a lot of discussion on how the pastor's ever-growing family was putting a hole in the church's purse and how more children would increase cost in the future.

Pastor Graham interrupted the discussion and said, "Children are the Lord's gift, and we shall have as many as He chooses to give us." There was a pin-drop silence.

A fiery old woman got up and said, "Rain is also God's gift, but when there is too much of it, we wear rubbers."

A student at a management school came up to a pretty girl and hugged her without any warning.

The surprised girl said, "What was that?"

The guy smiled at her, "Direct marketing!"

The girl slapped him soundly.

"What was that?!" said the boy, holding his cheek.

"Customer feedback."

Many years ago in Scotland, a new game was invented.. It was ruled 'Gentlemen Only..Ladies Forbidden'.. and thus, the word **GOLF** entered into the English language.

A **SPANISH Teacher** was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine: 'la casa'. 'Pencil,' however, is masculine: 'el lapiz'.

A student asked, "What gender is 'computer?'" Instead of giving the answer, the teacher split the class into two groups, male and female, and asked them to decide for themselves whether 'computer' should be a masculine or a feminine noun.

The men's group decided that 'computer' should be the Feminine gender:

1. No one but their creator understands their internal logic
2. The native language they use to communicate with other computers is incomprehensible to everyone else
3. Even the smallest mistakes are stored in long term memory for possible later retrieval

4. As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The women's group, however, concluded that computers should be Masculine because:

1. In order to do anything with them, you have to turn them on
2. They have a lot of data but still can't think for themselves
3. They are supposed to help you solve problems, but half the time they ARE the problem

4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

The women won.



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

Need An Easier Way To Read? We Can Help!



You may qualify for
FREE library services
if your ability to
read is affected by:

- Vision Impairment
- Physical Impairment
- Reading Disability

Email:
WTBBL@milwaukee.gov

Call Toll-free:
1-800-242-8822

Visit:
<http://talkingbooks.wi.gov>



WISCONSIN TALKING BOOK
AND BRAILLE LIBRARY

MOM STILL HAS STORIES TO SHARE. WE HELP HER SHARE THEM.

- Award-winning Bridge to Rediscovery™ memory care program
- Montessori-based activities, encouraging confidence and joy
- 24-hour care by a specially trained team
- Five Star Dining Experience for healthy nutrition



SCHEDULE YOUR PERSONAL TOUR TODAY

JACKSON CROSSINGS



N168 W22022 Main Street
Jackson, WI 53037

262-665-9407

www.JacksonCrossings.com

©2016 Five Star Quality Care, Inc.



Crossword junkie!

abcdefghijklmnopqrstuvwxyz

From Your LIFE! Magazine



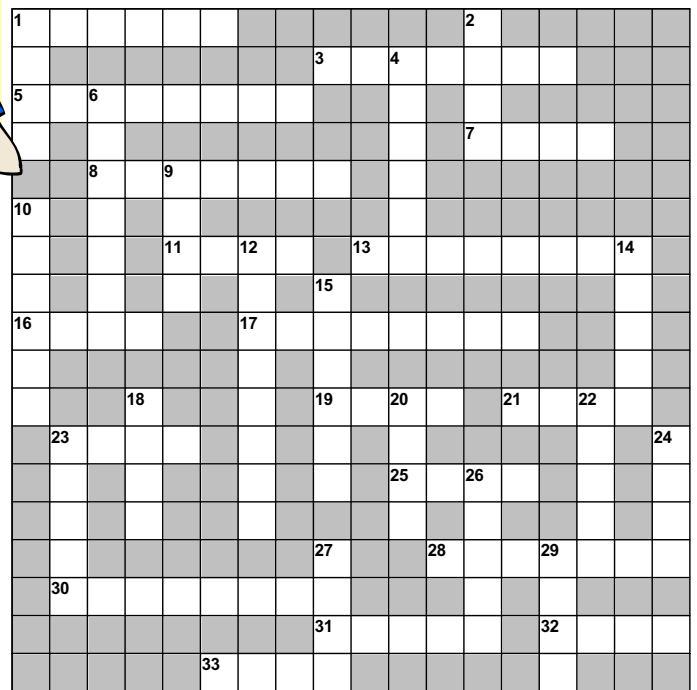
ACROSS

1. To do it again
3. Calmly waiting
5. Being implicated
7. To jump
8. Easy to like
11. Two or more considered individually
13. Another word for a grand
16. Antlered animal
17. Silly
19. Of trees
21. Eating utensil
23. to my Lou, my darling
25. Tardy
28. To prop up
30. Pasta and cheese
31. Abnormal phenomenon
33. To turn directly toward an object

DOWN

1. Condensed cloud residue
2. Cylindrical stone aqueduct
4. Nevertheless
6. Small town
9. To have already had an answer
10. Pane in wall
12. Sway
14. Consume liquids
15. Verbal solution
20. Sole
22. Airwaves listing device
23. Bad weather
24. Owl language
26. Auto storage compartment
27. Living the
29. Twosome

Answers on page 24



Pass along to all the 'mothers' in your life

Somebody said it takes six weeks to get back to normal after having a baby.... somebody doesn't know once you're a mother, 'normal' is history.

Somebody said you learn how to be a mother by instinct ... somebody never took a three-year-old shopping.

Somebody said being a mother is boring somebody never rode in a car driven by a teenager with a driver's permit.

Somebody said you don't need an education to be a mother.... somebody never helped a fourth grader with his math.

Somebody said you can't love the second child as much as you love the first somebody doesn't have two children.

Somebody said the hardest part of being a mother is labor and delivery.... somebody never watched her 'baby' get on the bus for the first day of kindergarten, or on a plane headed for military 'boot camp.'

Somebody said your mother knows you love her, so you don't need to tell her.... somebody isn't a mother.

A woman came home just in time to find her husband in bed with another woman. With superhuman strength borne of fury, she dragged her husband down the stairs to the garage and put his manhood in a vice. She then secured it tightly and removed

the handle. Next she picked up a hacksaw.

The husband terrified, screamed, "Stop! Stop! You're not going to cut it off are you?"

The wife, with a gleam of revenge in her eye, said, "Nope. You are. I'm going to set the garage on fire."

I fear my neighbor may be stalking me, she was googling my name last night on her computer. I saw it clearly through my binoculars.

INJURED?

TAKE ACTION!... ACTION LAW!

Experienced Personal Injury Trial Lawyers



ACTION LAW OFFICES, S.C.
FREE CONSULTATION

- Receive money for pain & suffering
- Get your medical bills paid
- Recover your lost earnings

www.actionlawoffices.com

MILWAUKEE | WEST BEND | RACINE/KENOSHA
414-456-1111 | 262-334-2700 | 262-637-3000



Automobile Accidents • Motorcycle Accidents • Truck Accidents • Wrongful Death • Dog Bites • Slip/Trip & Falls • Other Serious Injuries



FAST FAMILY FUN

Children 16 and under free with paying adult

May 18-20

SVRA Spring Vintage Festival Weekend

June 1-3

MotoAmerica Series presents the
Dunlop Championship at Road America

June 8-10

Vintage MotoFest featuring AHRMA
Vintage Racing and Rockerbox®

June 14-17

WeatherTech® Chicago Region
SCCA June Sprints®

June 21-24

Verizon IndyCar® Series KOHLER Grand Prix
and Pirelli World Challenge

July 19-22

WeatherTech® International Challenge
with Brian Redman presented by HAWK

August 2-5

Continental Road Race Showcase
featuring IMSA Continental
SportsCar Challenge and WeatherTech®
SportsCar Championship

August 23-25

NASCAR XFINITY Series Johnsonville 180
SCCA Pro Trans Am and
Stadium SUPER Trucks

September 14-16

Ariens Art on Wheels Weekend featuring
VSCDA Elkhart Lake Vintage Festival®

All Tickets Include Paddock Admission!

On-Site Camping • Disc Golf • Go-Karting • Big Screens • and much more!

ROAD AMERICA • ELKHART LAKE, WISCONSIN
RoadAmerica.com • 800-365-7223