

*Your*

MAGAZINE

**LIFE!**

JUNE • JULY • AUGUST  
*Summer* **2018**  
A FREE PUBLICATION



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

Hello  
Summer



↑ enjoy every moment! ↑

**INSIDE THIS ISSUE**

~page 5

**SPECIAL SUMMER EDITION**



# ***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®

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**Milwaukee County ZOO**

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# GREEK FEST

**JUNE 22, 23, 24 2018**

**STATE FAIR PARK**

**FRI & SAT 11am-11pm SUN 11am-8pm**

**WHOLE GREEK CHICKEN DRIVE THRU! 12-4 PM**



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ADMISSION!**

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AUTHORS**

SPECIAL GUEST

**GGOOLLOO**

**FRIDAY, JULY 13**

**8:00PM**



MEQUON  
ROTARY PARK

OZAUKEE COUNTY HISTORICAL SOCIETY PRESENTS

## BLUEGRASS AT THE VILLAGE

**SUNDAY, AUGUST 12, 2018**

OZAUKEE COUNTY PIONEER VILLAGE  
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**BANDS:** 12:00 Sawdust Symphony  
1:00 Genesee Ridge  
2:00 Pickin' Up Speed  
3:00 River Bend Bluegrass  
4:00 Henhouse Prowlers

**ADMISSION:** \$10 Adults 18 - 64 yrs  
\$8 Students 6 - 17 yrs & Seniors 65+  
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**SATURDAY, JULY 14TH - 8PM  
MEQUON ROTARY PARK**



*and*

**LOU GRAMM:  
THE ORIGINAL VOICE  
OF FOREIGNER**





# INSIDE THIS ISSUE



## A CALENDAR OF EVENTS FOOD, FAIRS, FESTIVALS & FUN!

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### Minor League Baseball in Mequon

Most of the Mequon community have heard of the Lakeshore Chinooks, but if you haven't, come enjoy affordable summer league baseball on the bluffs overlooking Lake Michigan

-page 10



### WATER 101

Plain old tap water. It's easy. It's convenient. But is it healthy? Tap or bottled? Spring or filtered? Learn which types of water to avoid and which types you should be drinking

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## From the Publishers / summer 2018

Up with the birds at 5am. Sale at the garden center. I coax Amara 'the teenager' out of bed with the promise of a ride in the convertible. Wave petunias and a herb garden. Hit a rummage sale and bought two cool chairs for \$5. Dan the Handyman is helping Tom on backyard projects. Lemonade. Lunch. Afternoon sweat equity. Hot flash! Amara pulls out the hose and it's a free for all with the ice cold spray. Cuda joins in so it's a wet dog too!

Towels, showers. Dinner on the patio. Fresh asparagus from the garden. Salmon on the grill. Making plans for concerts and fairs. Beautiful sunset. Summer pajamas and crickets and frogs. It was a perfect day.

## LIFE. Enjoy it!

Sandy and Tom Draelos

This issue concludes our 15th publishing year but we'll be back in September with a year full of new ideas and adventures! A blessed, happy and sunny summer season to all readers, neighbors, friends, family and associates!

**IT'S OFF THE HOOK!**  
**AFFORDABLE FAMILY FUN**

**GREAT FOOD**  
**KIDS ZONE**  
**WEEKLY PROMOTIONS**  
**EVENTS + PRIVATE DECKS**

[lakeshorechinooks.com](http://lakeshorechinooks.com)  
262-618-4659

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

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

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Limit One Entry  
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Please

Entry Deadline: AUGUST 25, 2018



Enjoy a Friday afternoon concert filled with Music, Vocals or the Arts!

## 2018 SERIES

- **June 15:** Mike Britz Trio
- **July 20:** Harp Duo "Christmas in July"
- **August 17:** Accordion "Let's Polka"
- **September 21:** Gino De Luca "Song Requests"
- **October 19:** Vocal/Piano S. Mitchell
- **November 16:** Vocal Duo "Count Your Blessings"
- **December 21:** Christmas Songs from Around the World

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- General Admission Tickets: \$10
- Group Pricing (6 or more tickets): \$8
- Student (age 5-17)/Chaperone Ticket: \$5



### BACKTRACK VOCALS

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7:30 p.m. — Saturday, Sept 22, 2018

### STEELY DANE

*Award-winning Steely Dan Tribute*

7:30 p.m. — Saturday, Oct 13, 2018

### ERIC MINTEL JAZZ QUARTET

*Featuring Charlie Brown Holiday Jazz*

7:30 p.m. — Saturday, Dec 15, 2018

### MUSIC OF GERSHWIN & BERLIN

*Featuring Beckie Menzie & Tom Michael*

2 p.m. — Saturday, Jan 19, 2019

### TAPESTRY: A Carole King Tribute

*The Inspiration & Music of Carole King*

7:30 p.m. — Saturday, April 6, 2019

### THE BLITZ: WINSTON CHURCHILL

*Starring Randy Otto*

7:30 p.m. — Saturday, May 18, 2019

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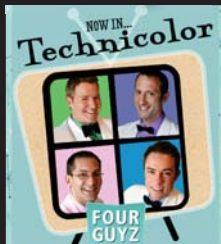
## ART, SOUL & Rock 'N' Roll



**BELLAMY BROTHERS**  
SEP. 14



**SIMPLY SINATRA**  
OCT. 12



**FOUR GUYZ  
IN DINNER JACKETS**  
OCT. 19-20



**CHRISTMAS WITH  
THE NELSONS**  
DEC. 7



**RISE UP, O MEN**  
FEB. 22-23, 2019



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MAY 31, 2019

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**Ticket Line: 262-243-4444. Press "0" to leave reservation.**

**Questions? [Lori.Woodall@cuw.edu](mailto: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





## A CALENDAR OF EVENTS

### JUNE 15-17

**Polish Fest**  
Maier Festival Park

### JUNE 15-17

**Lakefront Festival of Art**  
Milwaukee Art Museum

### JUNE 16

**Wisconsin Beer Lovers Festival**  
Bayshore Town Center  
Bayshore Mall

### JUNE 19

**Juneteenth Day**  
Martin Luther King Jr. Drive  
(Burleigh & Center)

### JUNE 22-24

**Greekfest**  
State Fair Park

### JUNE 23

**Summer Soulstice Music Festival**  
East North Avenue (between Oakland  
& Prospect/ Murray Avenue), Milw

### JUNE 23-24

**Cedarburg Strawberry Festival**  
Downtown Cedarburg

### JUNE 24

**Pommerntag Festival**  
Mequon City Park, Mequon

**Scandinavian Midsommar**  
Heidelberg Park, Glendale

### JUNE 27-JULY 8

**Summerfest**  
Maier Festival Park

### JUNE 29

**Music on the Farm: John Denver  
Tribute.** Holy Hill Art Farm, Hubertus

### JUNE 29-30

**Grillin' in Grafton**  
Centennial Park, 1370 17th Ave., Grafton

### JUNE 29-JULY 1

**Hartland's Hometown Celebration**  
Nixon Park, Hartland

### July 2-4

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

**4th of July Family Festival**  
Malone Park, New Berlin

### JULY 3

**Fireworks at the Lakefront**  
War Memorial Center

### JULY 8

**Riverwest Secret Garden  
Tour**  
Garden Park, Locust and Bremen  
Streets

### July 14

**Wild Ones Weekend**  
Harley Davidson Museum

### JULY 12-14

**Iola Car Show & Swap Meet**  
Highway 161, Iola

### JULY 13-14

**Delafield Block Party**  
421 Main St., Delafield

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

**Rumble by the River**  
Truck and Tractor Pull  
Big Bend Village Park, Big Bend

**Delafield Block Party: Food &  
Music Festival**  
Downtown Delafield

### JULY 13-15

**Divine Mercy Fun Fest**  
695 College Ave., South Milw

**Sussex Lions Daze**  
Sussex Village Park

### JULY 14-15

**Cedarburg Woman's Club**  
Garden Walk, Cedarburg

### JULY 7-SEPT 3

**Bristol Renaissance Faire**  
Kenosha

### JULY 14

**Lake Country Art Festival**  
Naga-waukee Park, Delafield

**Croatian Day Fest**  
Mukwonago Field Park

### JULY 14-15

**Cedarburg Woman's Club**  
Garden Walk  
Cedarburg

### JULY 12-15

**Bastille Days**  
Cathedral Square Park

### Dominic Days

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

### JULY 21

**Port Washington Fish Day**  
Harbor, & Upper and Lower Park areas  
of Port Washington

### JULY 20-22

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

### JULY 13-14

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

### JULY 13-15

**Sussex Lions Daze**  
Sussex Village Park

### JULY 19-22

**Waterford Hot Air Balloon Festival**  
817 E. Main St., Waterford

### JULY 20-22

**Sweet Apple-Wood Festival**  
Cudahy Park

### JULY 21

**Annual Croatian Fest**  
9100 S. 76th St., Franklin

### JULY 21-22

**Old Falls Village Civil War  
Encampment**  
Old Falls Village, Menomonee Falls

### JULY 21-22

**Midsummer Festival of the Arts**  
John Kohler Arts Center, Sheboygan

### JULY 18-22

**Waukesha County Fair**  
Waukesha County Fairgrounds



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## CALENDAR

Continued on page 8

## #GetYourDeutschOn

**German Fest**  
A MILWAUKEE TRADITION

Summerfest Grounds

Friday, July 27th  
Saturday, July 28th  
Sunday, July 29th

[www.GermanFest.com](http://www.GermanFest.com)

- \$3 Admission for Everyone on FRIDAY!
- Local German Dance Groups
- German Music: From Germany, the U.S. and local favorites
- FAMILY FUN for EVERYONE!!



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musical

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2018-19  
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Wednesday: Wings  
Thurs: \$3 Build-a-Burger  
Friday: Fish Fry

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**Summer**

A CALENDAR OF  
EVENTS

Continued from page 7

### JULY 20

**Music on the Farm**  
Johnny & June Cash Tribute  
Holy Hill Art Farm, Hubertus

### JULY 20-22

**Festa Italiana**  
Maier Festival Park

### JULY 21

**Firkin Beer Fest**  
Cathedral Square Park, Downtown  
Milwaukee

### JULY 21-22

**St. Rita's Festival**  
2318 S. 61st St., West Allis

### JULY 22

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

### JULY 23-29

**EAA AirVenture**  
Wittman Regional Airport, Oshkosh

### JULY 24-29

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

### JULY 25-29

**Racine County Fair**  
Racine County Fairgrounds

### JULY 27-28

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

### JULY 27-29

**German Fest**  
Maier Festival Park

### South Milwaukee Lionsfest

16th and Rawson Ave., South Milwaukee

### St. Elizabeth Ann Seton Funfest

12700 W. Howard Ave., New Berlin

### JULY 28

**Brady Street Festival**  
Brady St., from Van Buren to Farwell

### Milwaukee Brewfest

1600 N. Lincoln Memorial Drive,  
Old Coast Guard Pavilion Park

### Art and Craft Fair

Wisconsin Lutheran College  
8800 W. Blue Mound Road.

### JULY 29

**Slovak-American Day**  
Croatian Park. 9100 S. 76th St., Franklin

### Holy Hill Antique & Flea Market

St. Mary Hill Parish, Hubertus

### AUGUST 1-5

**Ozaukee County Fair**  
Ozaukee County Fairgrounds, Cedarburg

### AUGUST 2-12

**Wisconsin State Fair**  
State Fair Park, West Allis

### AUGUST 3

**Urban Island Beach Party**  
Lakeshore State Pk, 500 North Harbor Drive

### AUGUST 4-5

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

### August 11

**Chinese Dragon Boat Festival**  
Veterans Park

### AUGUST 10

**Cheese Capital Jazz Crawl**  
Plymouth Arts Center, Plymouth

### AUGUST 10-11

**Waukesha Blues Fest**  
Naga-Waukee Park, Delafield

### AUGUST 10-12

**Greendale Village Days**  
5600 Parking St., Greendale

### AUGUST 11

**American Accents Festival of  
Fine Arts & Crafts**  
Willowbrook Park, Highway 60, Hartford

### AUGUST 11-12

**Morning Glory Fine Craft**  
Marcus Center Grounds and Red Arrow  
Park, 929 N. Water St., Milw

### AUGUST 12

**Waukesha Old Car Club Show**  
Frame Park, Waukesha

**Summer**

Continued on page 9





## A CALENDAR OF EVENTS

Continued from page 8

### AUGUST 13-17

**Irish Fest**  
Henry Maier Festival Park

### AUGUST 16-19

**A la Carte at the Zoo**  
Milwaukee County Zoo

### AUGUST 17

**Beats, Brews n' a Taste of Country**  
Konkel Park, Greenfield

### AUGUST 18

**Brew City Cigar Festival,**  
Old Heidelberg Park, Glendale

**India Fest**  
Humboldt Park, Milw

**HarborPark Jazz, Rhythm  
& Blues Festival**  
Harbor Park, Kenosha

### AUGUST 18-19

**Oconomowoc Festival of the Arts**  
Fowler Park, Oconomowoc

### AUGUST 23-26

**West Bend Germanfest**  
Downtown West Bend

**Muskego Community Festival**  
Veterans Memorial Park, Muskego

### AUGUST 24-26

**Mexican Fiesta**  
Henry Maier Festival Park

**Midwest Original Music Festival**  
Croatian Park, Franklin

### AUGUST 25

**Wine & Vine, Etc**  
Sisters of St Francis of Assisi Convent  
3221 S. Lake Drive

### AUGUST 25-26

**Milw Fringe Festival**  
Newest citywide arts festival  
Marcus Center & Pere Marquette Park

### AUGUST 26

**Art in the Park**  
Kiwanis Park, Menomonee Falls

### AUGUST 29-

### SEPTEMBER 3

**Milwaukee Motorcycle Rally**  
Various Dealerships in Milwaukee

### AUG 31- SEPT 2

**Wisconsin Highland Games**  
Waukesha County Expo Center

### AUG 31- SEPT 3

**Oak Creek Lionsfest,**  
9327 S. Shepard Ave, Oak Creek

**Saint Francis Days**  
4230 S. Kirkwood, St. Francis

### SEPTEMBER 1-4

**Oak Creek Lionsfest**  
9327 S. Shepard Ave., Oak Creek

### SEPTEMBER 8-9

**Third Ward Art Festival**  
Historic Third Ward. Broadway & Chicago

### SEPTEMBER 8-9

**TosaFest**  
7615 W. State St., Wauwatosa

### SEPTEMBER 7-9

**Indian Summer Festival**  
Henry Maier Festival Park

### SEPTEMBER 15-16

**Cedarburg Wine & Harvest Festival**  
Downtown Cedarburg

## THRASHER OPERA HOUSE

...a cool little historic  
venue in downtown Green Lake!

### UPCOMING CONCERTS



#### The Wonder Bread Years

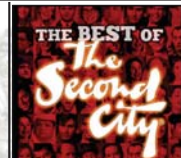
A fresh and funny salute to Americana. The Wonder Bread Years, starring Pat Hazell (former Seinfeld writer), is a fast-paced, hilarious production that gracefully walks the line between standup and theater.

June 30, 7:30 p.m. & July 1, 3 p.m. • Tickets \$25



#### Gerri DiMaggio

**JAZZ**  
July 6 • \$22



#### The Second City

**COMEDY/IMPROV**  
July 21 • \$30



#### Toty Ramos Sextet

**JAZZ**  
Aug. 3 • \$22



#### Mike Mentz

**NASHVILLE  
SINGER/SONG-  
WRITER**  
Aug. 11 • \$20



#### Robben Ford

**BLUES GUITARIST**  
Aug. 17 • \$40



#### Slambovian Circus of Dreams

**HILLBILLY PINK  
FLOYD**  
Aug. 24 • \$23



#### Heywood Banks

**COMEDY**  
Sept. 7 & 8 • \$22



#### Crystal Bowersox

**FOLK, ROCK,  
SOUL, BLUES**  
Oct. 13 • \$28



#### Jim Messina Band

**FOLK, ROCK**  
Oct. 19 • \$50



#### The Weight Band

**FEAT. MEMBERS OF  
THE BAND, LEVON  
HELM BAND, ETC**  
Oct. 27 • \$34

• **Peter Mulvey & Katie Dahl - folk/rock/americana**  
November 17 • Tickets \$20

• **Janet Planet & John Harmon - jazz**  
November 23 • Tickets \$22

• **Judy Collins • SOLD OUT!**  
November 29 • Tickets \$70

• **Switchback: A Midwestern Christmas - holiday music**  
December 1 • Tickets \$18

• **George Winston - solo piano**  
December 15 • Tickets \$30

• **Corky Siegel & Howard Levy - dueling harmonicas**  
December 29 & 30 • Tickets \$30

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# Lakeshore Chinooks

## Affordable Minor League Baseball in Your Backyard

While most of the Mequon community has heard of the Lakeshore Chinooks, there are still some who have yet to take the opportunity to enjoy summer baseball on the beautiful bluff overlooking Lake Michigan.



By Jon Cain, Lakeshore Chinooks

Since 2012, the locally owned Chinooks team has participated in the Northwoods Summer Collegiate Baseball League while entertaining families, businesses, and avid or casual fans alike with affordable family fun right in Mequon!

Each summer, 50 or more college baseball players from around the country spend their summer living with local host families in and around Mequon developing their baseball skills in the rapid pace of the Northwoods League. The players, coaches, and college interns who assist with game operations, promotions, marketing, concessions and hospitality, all gain valuable experience through a season of minor league baseball. Many of them are chasing the dream of playing or working in professional sports. Through the support of thousands of local fans, the Chinooks and the Lakeshore community are fulfilling our mission to help young people.

Chinooks baseball is a great value as tickets range from \$7 to \$13 with \$1 off all tickets for adults age 55-and-over, while kids under age two get free admission.

The Lakeshore Chinooks experience at Kapco Park on the campus of Concordia University appeals to fans of all interest levels. The highly competitive play on the field attracts baseball's most dedicated fans, while the delicious food with a variety of creative promotions brings out casual fans and family crowds. Attending a

Chinooks game feels like a family cookout with neighbors, business acquaintances, and friends catching up, while children play and can make new friends in the Kids Zone play area.

The Chinooks' season provides a long list of promotions and discounts with weekly concession specials, entertainment, and giveaways that include our original and amusing bobble heads and other souvenirs. Hospitality areas include two grandstand decks and two outfield patio areas for group outings such as senior living socials and even wedding receptions.

With over 60 former Chinooks players drafted or signed to professional contracts, including four current major leaguers, and dozens of young professionals now working in professional sports, the vision of the Chinooks local ownership group has produced positive results.

Call 262-618-4659 or visit [lakeshorechinooks.com](http://lakeshorechinooks.com) for ticket information and for a list of exciting promotions and giveaways - after all, it's right here in your backyard!



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# WATER 101

**Plain old tap water: It's easy. It's convenient and it comes right out of your kitchen faucet. However, as I'm sure you've heard, most tap water is contaminated with a host of pollutants that increase your risk of serious health problems.**

By Dr. Mercola

With all the different types of water out there and all the hype that goes with each, it can be very easy to get confused about which types of water are really best for your health. And, if you find yourself struggling with the environmental concerns of bottled water versus the dangerous chemicals in tap water, I understand. That's why I created this article to clear up some confusion and help you take control of your health.

## Symptoms of Dehydration

Since most of you are no longer tuned in to your bodies the way your ancestors were hundreds of years ago, you may be overlooking your body's many cries for water. There is a silent and growing epidemic of chronic dehydration. So many suffer from it yet are simply unaware of the symptoms.

The major symptoms of dehydration are thirst, dry skin, dark colored urine and fatigue but take a look at some commonly overlooked symptoms: digestive disturbances such as heartburn and constipation, urinary tract infections, autoimmune disease such as chronic fatigue syndrome and multiple sclerosis, premature aging, high cholesterol, weight gain.

Plain old tap water: It's easy. It's convenient and it comes right out of your kitchen faucet. However, as I'm sure you've heard, most tap water is contaminated with a host of pollutants that increase your risk of serious health problems.

**Arsenic.** In 2001 the US Environmental Protection Agency (EPA) lowered the maximum level of arsenic permitted in drinking water from 50 ug/L to 10 ug/L due to the established cancer

risk. The Natural Resources Defense Council estimates as many as 56 million Americans living in 25 states drink water with arsenic at unsafe levels. For more information, see the USGS website.

**Aluminum.** You may have heard how aluminum increases your risk for Alzheimer's disease, hyperactivity, learning disabilities in children, gastrointestinal disease, skin problems, parkinson's disease and liver disease.

**Fluoride.** If you still believe fluoride in your drinking water prevents cavities and helps build strong teeth, you've fallen for a cleverly devised mass-deception. Fluoride is a well-known toxin that actually leads to an increased risk of cavities and can cause a wide range of health problems, including weakening your immune system and accelerating aging due to cellular damage.

**Prescription and OTC Drugs.** Disposing of your unwanted or expired prescription and over-the-counter (OTC) drugs into the toilet runs the risk of it ending up in the water supply. Water that drains through landfills, known as leachate, eventually ends up in rivers. Although not all states source drinking water from rivers, many do. Some drugs that were never meant to be combined are mixed together in the drinking water you consume every day.

*So, Bottled Water is the Way to Go, Right?*

**WATER 101** continued on page 32

**Drinking More Spring or Filtered Water Can Improve Every Facet of Your Health**

**Learn which types of water to avoid and which types you should be drinking for your health!**



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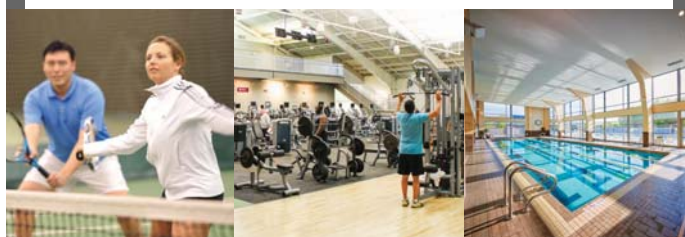
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NF548	2017	Salem Hemi	346RK	\$38,871.00	Baraboo
NF546	2017	Salem Hemi	368RLBHK	\$39,578.00	Slinger
DNF398	2016	Elk Ridge	E255	\$25,888.00 OBO	Baraboo
DNF397	2016	Elk Ridge	E255	\$25,888.00 OBO	Slinger
NF527	2015	Canyon Trail	33FRET	\$45,063.00 OBO	Baraboo
NF523	2015	Canyon Trail	33FRLQ	\$44,223.00 OBO	Slinger



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Stock #	Year	Make	Model	Clearance Price	Location
78712	2017	Flagstaff HS	12RBST	\$11,995.00	Baraboo
76289	2016	Flagstaff HS	21DMHW	\$13,500.00 OBO	Slinger



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Stock #	Year	Make	Model	Clearance Price	Location
NT2124	2017	Flagstaff	26RBWS	\$24,895.00	Slinger
NT2094	2017	Flagstaff	27RLWS	\$29,719.00 <b>SOLD</b>	Slinger
DNT1331	2017	Flagstaff	27RLWS	\$29,998.00	Baraboo
NT2156	2017	Flagstaff	832OKBS	\$34,583.00 <b>SOLD</b>	Slinger
NT2140	2017	Flagstaff	V30WTBSK	\$29,788.00	Slinger
NT2172	2017	Flagstaff	27DBK	\$19,988.00	Slinger
NT2104	2017	Salem	27DBUD	\$19,434.00	Slinger
NT2105	2017	Salem	27RKSS	\$20,490.00	Slinger
NT2161	2017	Salem	27RKSS	\$20,595.00	Slinger
NT2132	2017	Salem	27RKSS	\$20,485.00	Slinger
NT2114	2017	Salem	28CKDS	\$21,750.00	Slinger
NT2060	2017	Salem	28RLDS	\$21,495.00	Slinger
NT2136	2017	Salem	30QBSS	\$20,323.00 <b>SOLD</b>	Baraboo
NT2111	2017	Salem Hemi	24RKHL	\$23,291.00	Baraboo
NT2083	2017	Salem Hemi	272RL	\$29,245.00	Slinger
NT2127	2017	Salem Hemi	27BHHL	\$24,482.00	Baraboo
NT2126	2017	Salem Hemi	312QBUD	\$28,318.00	Slinger



### CLOSEOUT TRAVEL TRAILERS CONTINUED...

Stock #	Year	Make	Model	Clearance Price	Location
NT2174	2017	Cruise Lite	201BHL	\$15,384.00	Slinger
DNT1448	2017	Cruise Lite	232RBXL	\$18,160.00	Baraboo
NT2084	2017	Shamrock	231KSS	\$22,434.00	Slinger
NT2137	2017	Viking	17BH	\$11,995.00	Slinger
NT2139	2017	Viking	17FB	\$11,995.00	Slinger
NT2133	2017	Viking	17FB	\$11,995.00	Slinger
DNT1441	2017	Viking	17FQS	\$12,995.00	Slinger
DNT1350	2017	Viking	17RD	\$11,995.00	Baraboo
DNT1335	2017	Trail Runner	21SLE	\$14,998.00	Baraboo
DNT1229	2016	Riverside T.H.	24RPMBK	\$21,888.00 OBO	Baraboo
NT1887	2015	Flagstaff	V28WRBS	\$24,484.00 OBO	Baraboo



### CLOSEOUT DESTINATION TRAILERS

Stock #	Year	Make	Model	Clearance Price	Location
DNT1381	2017	Salem Villa	385FLBH	\$39,768.00	Baraboo
DNT1385	2017	Salem Villa	385FLBH	\$39,998.00	Baraboo
NT2102	2017	Salem Villa	385FLBH	\$39,998.00	Slinger
DNT1462	2017	Salem Villa	39FDEN	\$29,998.00	Baraboo
DNT1415	2017	Salem Villa	39FDEN	\$33,598.00 Fiberglass	Baraboo
NT2110	2017	Salem Villa	393FLT	\$36,210.00 <b>SOLD</b>	Slinger
DNT1359	2017	Salem Villa	4092BFL	\$42,123.00	Baraboo
NT2087	2017	Salem Villa	4102BFL	\$43,318.00	Slinger
DNT1412	2017	Fairfield	340FL	\$39,998.00	Baraboo
DNT1414	2017	Fairfield	340FL	\$39,998.00	Baraboo
NT2099	2017	Fairfield	406FK	\$37,926.00	Slinger
NT2067	2017	Trail Runner	39FQBS	\$24,990.00	Slinger
DNT1354	2017	Trail Runner	39QBBH	\$26,888.00 OBO	Baraboo
NT2000	2016	Salem Villa	394FKDS	\$36,888.00 OBO	Slinger
NT2033	2016	Fairfield	401FK	\$35,888.00 OBO	Slinger
DNT1305	2016	Fairfield	401FK	\$35,888.00 OBO	Baraboo
DNT1296	2016	Fairfield	406FK	\$35,888.00 OBO	Baraboo
DNT1280	2016	Fairfield	423FD	\$36,888.00 OBO	Baraboo
DNT1269	2016	Riverside	39KQS	\$29,888.00 OBO	Baraboo
NT1874	2015	Riverside	32RLS	\$19,888.00 OBO	Slinger

**HURRY IN LIMITED IN STOCK INVENTORY!**

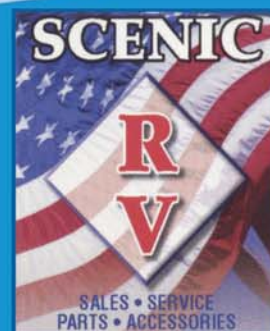
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By Dan Rose  
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## The Chequamegon - Nicolet National Forest

Put simply, the Chequamegon-Nicolet National Forest is utterly massive and wonderfully remote. Don't plan on using your cell phone while traveling through the woods. You'll have two primary options for lodging while staying here: camping or cabins. For the adventurous camper, the Great Divide Campgrounds like Beaver Lake or Namekagon are one of your best options. They provide ample access to surrounding lakes, hiking and bike trails. If you're looking for a cabin instead, check out Whitetail Woodlands or Eagle Pointe Lodging offering more traditional amenities while still allowing you to unplug.

## Rock Island - Door County

With Rock Island, the journey is half the fun. This scenic camping location is only accessible via ferry from Washington Island. This means you'll have to take a total of two ferries to reach the island. Once you arrive, you'll have to carry your supplies in to your campsite (the island is vehicle free). If all of this seems like a little too much effort, you can also stay the night on Washington Island and just take a day trip out to Rock Island State Park.

## Mirror Lake State Park - Baraboo

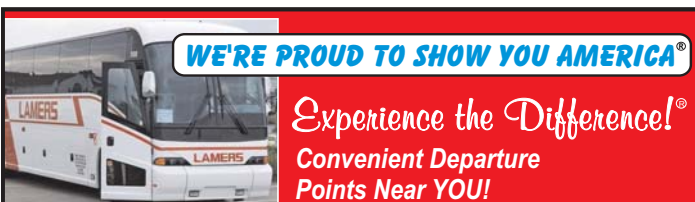
If you're looking for something a little less remote but that still offers opportunities to disconnect from hectic day-to-day life, then Mirror Lake State Park is the perfect destination. Enjoy one of the park's 151 campsites nestled into a serene pine forest. If you're not a camper, consider renting the Seth Peterson Cottage. This cottage is the Frank Lloyd Wright-designed home available for the general public to rent. It was restored in 1989 and remains a fascinating piece of Wisconsin history.

Unplugged Wisconsin continued on page 15

## Unplug from Technology... Get Outdoors in Wisconsin

Bright lights flash. The city whirls around us. We rush from our day job, to our after work appointment, to the gym. A few minutes for dinner means a chance to check email and Instagram. The cycle repeats and we can begin to feel lost and drained.

It's time to recharge, and Wisconsin has some amazing places where you can ditch your phone and reconnect.



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## Unplugged (Outdoor) Wisconsin

continued from page 13

### Copper Falls State Park – Mellen

If you want to unplug but don't want to sacrifice adventure, then Copper Falls is the perfect Wisconsin destination for you. Located just a few miles North of Mellen, this state park offers some intermediate hikes to reward you with incredible views of the scenic falls. There are a small number of campsites available here, one of which is remote and open for backpackers.

### Alternative Options

All of the above options really require you to embrace the great outdoors. Sometimes the weather doesn't cooperate or you simply don't feel like roughing it for a weekend. Here's a few quick hit ideas that will still let you unplug and refresh.



### The Thai Pavilion – Madison

The intricate Thai Pavilion is located in the heart of Madison's Olbrich Botanical Gardens. It was donated to the University of Wisconsin by the Thai government, and is one of only four outside of Thailand.

### The Great Escape of La Crosse – La Crosse

Escape rooms are a popular activity across the US, but how will they help you unplug? To keep the experience immersive, escape rooms require you to lock your phone up ahead of time. This keeps you in the moment and focused on solving the puzzle with your team.

### The Lazy Cloud Inn – Lake Geneva

Staying at this small bed and breakfast is kind of like camping indoors. The rooms are cozy with warm fireplaces, relaxing whirlpool tubs and a distinct lack of televisions. Bring a good book, a bottle wine and take the time to reconnect.

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



## ALERT!

In case anyone is considering doing some camping this spring or summer, please note the following public service announcement: In Alaska, tourists are warned to wear tiny bells on their clothing when hiking in bear country. The bells warn away MOST bears. Tourists are also cautioned to watch the ground on the trail, paying particular attention to bear droppings to be alert for the presence of Grizzly Bears. One can tell a Grizzly dropping because it has tiny bells in it.

\*\*\*\*\*

The guitar of the noisy teenager at the next campsite makes excellent kindling.

\*\*\*\*\*

A great deal of hostility can be released by using newspaper photos of politicians and exes for toilet paper.

\*\*\*\*\*

## Setting up CAMP

The loaded mini-van pulled into the only remaining campsite. Four children leaped from the vehicle and began feverishly unloading gear and setting up the tent. The boys rushed to gather firewood, while the girls and their mother set up the camp stove and cooking utensils.

A nearby camper marveled to the youngsters' father, "That, sir, is some display of teamwork."

The father replied, "I have a system — no one goes to the bathroom until the camp is set up."

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## Discover Our Iowa

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## Our Wisconsin...and Yours, Too!

6 days—departs Sep 23, Sep 30, Oct 7

## Florida Keys & the Everglades

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## EARTH TALK

From the Editors of  
E/The Environmental Magazine

## How do I learn about what pesticides may be on the food I eat?

**Along with the rise in the popularity of organic food has come an increased awareness about chemical pesticides and fertilizers.**

"There is a growing consensus in the scientific community that small doses of pesticides and other chemicals can have adverse effects on health, especially during vulnerable periods such as fetal development and childhood," reports author and physician Andrew Weil, a leading voice for so-called integrative medicine combining conventional and alternative medical practices. He adds that keeping one's family healthy isn't the only reason to avoid foods produced using chemical inputs: "Pesticide and herbicide use contaminates groundwater, ruins soil structures and promotes erosion, and may be a contributor to 'colony collapse disorder', the sudden and mysterious die-off of pollinating honeybees that threatens the American food supply."

In general, fruits and vegetables with an outer layer of skin or rind that can be peeled and discarded are the safest in terms of pesticide residues. Most pesticides are sprayed on the outside of produce. So if you are going to toss the rind of that cantaloupe, you might as well save money and buy a conventional version. But a red pepper would be a different story: For those items

consider it money well spent to go organic.

The non-profit Environmental Working Group (EWG) lists a "dirty dozen" of fruits and vegetables with the highest pesticide load so that consumers know to look for organic varieties of them when possible. The dirty dozen are: apples, celery, strawberries, peaches, spinach, nectarines, grapes, sweet bell peppers, potatoes, blueberries, lettuce and kale/collard greens.

Another non-profit working hard to raise awareness about pesticide residues on foods is the Pesticide Action Network (PAN). The group's recently launched website and accompanying iPhone app called "What's On My Food" helps consumers know specifically which pesticide residues are likely ending up on their foods (and in their bloodstreams). In creating the database, PAN linked pesticide food residue data with the toxicology for each chemical and made the combined information easily searchable. "Pesticides are a public health problem requiring public engagement to solve," the group reports, adding that "What's On My Food" can be an important tool in raising awareness.



While the website version of "What's On My Food" is helpful for advance planning, the iPhone app is handy while playing the supermarket produce aisles to help decide whether to go for organic vegetables or stick with the cheaper conventional ones. For instance, the database shows that conventionally grown collard greens likely contains residues of some 46 different chemicals including nine known/probable carcinogens, 25 suspected hormone disruptors, 10 neurotoxins and eight developmental/reproductive toxins—not to mention 25 different compounds known to be harmful to honeybees. Spending a little quality time on the website or app is enough to drive anyone to more organic food purchasing.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine:  
[www.emagazine.com/subscribe](http://www.emagazine.com/subscribe). Free Trial Issue: [www.emagazine.com/trial](http://www.emagazine.com/trial).

EPA's "Dirty Dozen" list of produce with the most pesticide residue:

- Strawberries
- Spinach
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- Sweet Bell Peppers

"Clean 15," which report the least likelihood to contain pesticide residue.

- Avocados
- Sweet Corn
- Pineapples
- Cabbages
- Onions
- Sweet Peas
- Papayas
- Asparagus
- Mangoes
- Eggplants
- Honeydews
- Kiwis
- Cantaloupes
- Cauliflower
- Broccoli

\*\*According to the PDP, 99.5% of samples had residues "well below" the EPA's established tolerances, and 22% had no detectable pesticide residue.

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## Monday

**Butler Farmers Market**  
Noon-6pm. May 7-Oct 29  
12700 W. Hampton

## Tuesday

**Fondy Market at Schlitz Park**  
11am-2pm. July 10-Oct 2  
1543 N. 2nd St

**Thiensville Village Farmers Market**  
9am-3pm. June 12-Oct 16  
Village Park, 250 Elm St

**West Allis Farmers Market**  
Noon-6pm (Tues and Thurs) May 5-Nov 24  
6501 W. National Ave

## Wednesday

**Brown Deer Farmers Market**  
9am-6pm. June 13-Oct 31  
9078 N. Green Bay Road

**Dousman Farmers Market**  
2-6pm. May 2-Oct 17 (closed July 4) Village  
Hall parking lot, 118 S. Main St

**Elm Grove Village Market**  
5-8pm. July 11-Aug 29  
13230 Watertown Plank Rd

**Hartford Farmers Market**  
Night market: 4:30-7:30pm. June 6-Sept. 26  
(except July 4) 100 Park Ave

**Hartung Park Farmers Market**  
4-7 pm. June 27-Sept 26  
Menomonee River Parkway and Keefe

**Menomonee Falls Farmers Market**  
9am-2pm. May 2-Oct 31. New location: Mill  
Street Parking lot (Main St & Mill)

**Mukwonago Area Farmers Market**  
2-6pm. May 16-Oct 10 (closed July 4). Field  
Park on corner of Hwy 83 & NN

**Pewaukee Farmers Market**  
3:30-7pm. June 13-Aug 29. Christ Lutheran  
Church, W240-N3103 Pewaukee Road

**Westtown Farmers Market**  
10am-2pm Wednesdays, June 6-Oct 31  
Zeidler Union Square, 301 W. Michigan St

# FARMER'S MARKETS

*Enjoy the  
bounty of the harvest...*



## Thursday

**Grafton Farmers Market**  
10am-5pm Thursdays, July 12-Sept 27  
Veterans Memorial Park

**Jackson Park Farmers Market**  
3:30-7pm Thursdays, June 14-Sept 27  
3500 W. Forest Home Ave

**Near West Side Farmers Market**  
3-6pm Thursdays, June 21-Sept. 20  
20th St. and Kilbourn Ave

**South Milwaukee Downtown Market**  
3-7pm Thursdays, May 31-Oct. 11.  
S. 11th Ave. and Milwaukee Ave

**West Allis Farmers Market**  
Noon-6pm (Tues & Thurs) May 5-Nov. 24  
6501 W. National Ave.

## Friday

**Cedarburg Market**  
9am-2pm. June 8-Oct 12  
Cedarburg Cultural Center

## Saturday

**Brookfield Farmers Market**  
7:30am-noon. May 5-Oct 27  
Civic Plaza, 2000 N. Calhoun

**Cathedral Square Market**  
9 am-12:30pm. June 2-Oct 6  
Cathedral Square Park, 520 E. Wells St

**Delafield Farmers Market**  
8am-1pm. May 19-Oct 20. City parking lot  
at Main St. and Highway C

**Fondy Farmers Market**  
9 am - noon  
2200 W. Fond du Lac Avenue, Milw

**Fox Point Farmers Market**  
8am-noon. June 16-Oct 13  
7330 N. Santa Monica Blvd (new location)

**Garden District Farmers Market**  
1-5 pm. June 9-Oct 20  
S. 6th St. and Howard Ave

**Germantown Farmers Market**  
8am-noon. May 5-Oct 27. Germantown  
Village Hall, N112-W17001 Mequon Road

**Greendale Downtown Market**  
8am-noon Saturdays, June 23-Oct 6  
Broad Street-Village Center

**Hartford Farmers Market**  
7am-noon, May 19-Oct 27. 125 N. Rural St.

**New Berlin Farmers Market**  
8am-noon. May 5-Oct 27. 16300 W. National

**Oak Creek Farmers Market**  
9am-1pm. June 2-Oct 20  
361 W. Town Square Way

**Oconomowoc Farmers Market**  
8am-noon. May 5-Oct 27 (except Aug. 11)  
155 W. Wisconsin Ave.

**Port Washington Farmers Market**  
8am-12:30pm Saturdays. June 2-Oct 27  
(except July 21) 100 block of E. Main St

**South Shore Farmers Market**  
8 a.m.-noon Saturdays, June 16-Oct 13  
South Shore Park, 2900 S. Shore Drive

**Tosa Farmers Market**  
8am-noon. June 2-Oct 13  
7720 Harwood Ave

**Waukesha Farmers Market**  
8am-noon Saturdays, May 5-Oct 27  
St. Paul Ave and Madison St

**West Allis Farmers Market**  
1-6pm. May 5-Nov 24  
6501 W. National Ave

**Downtown West Bend Farmers Market**  
7:30-11 a.m. Saturdays, May 19-Oct. 27  
Old Settlers Park Main St

**Whitefish Bay Farmers Market**  
8am-noon Saturdays, July 7-Oct 27  
325 E. Silver Spring Drive

## Sunday

**Enderis Park Farmers Market**  
9:30am-1 p.m. Sundays, June 17-Sept 30  
Enderis Park

**Greenfield Farmers Market**  
10am-2pm Sundays, May 6-Oct 28  
Konkel Park, 5151 W. Layton Ave

**Riverwest Gardeners Market**  
10am-3pm Sundays, June 3-Oct 21  
Garden Park, 821 E. Locust St

**Shorewood Farmers Market**  
9:30am-1pm. June 17-Oct 28  
Lake Bluff Elementary, 1600 E. Lake Bluff

**Sussex Farmers Market**  
9:30am-1pm. June 3-Oct. 14. Sussex Civic  
Center Campus, N64-W23760 Main St

## Multiple Days

**Groundwork's Young Farmers**  
Tues: 1-3pm. July 10-Aug 7. 2463 N. Buffum  
Wed: 3-5pm. July 9-Sept 12. 2815 W. Wright  
Thurs: 2-4pm. July 12-Aug 9. 3000 N.  
Sherman

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# Do More This Summer



Friday Evenings, June 15 – Sept 28  
4:00 – 9:00 p.m. | Mill Pond Plaza



farmers market

Wednesdays, May – October  
9:00 a.m. – 2:00 p.m. | Mill Street Lot

## downtown menomonee falls **Summer** CONCERTS

Thursday Evenings, June 14 – Aug 23  
6:30 – 8:00 p.m. | Mill Pond Plaza



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## A soup, a salad, a flower...

When I was growing up, one of the most special treats of early summer was my grandmother's fried squash blossoms. Dipped in egg and flour, then fried in olive oil with garlic, the blossoms have a sweet, nutty flavor that is like nothing else in this world.

*Bringing the joy of the flower garden to your dinner plate is simply one of life's beautiful pleasures!*

By John Sanderson

There's a truly amazing variety of flowers that are not only edible, but delicious! Many flowers with small, delicate blossoms have a sweet, slightly spicy flavor that is enhanced by dipping in sugar. It goes without saying that any flowers that you gather for eating should not have been sprayed with any pesticide and a quick check on the internet might prevent a 'wrong bite'.

### A "Candy" Flower Garden for Your Sweet Tooth

**Violets** – of course! Purple, blue or white, violets are among the first flowers to bloom in the spring. They spread easily, and grow readily when transplanted into a garden bed – and you do want to confine them to a bed unless you love the look of a full carpet of blooms spreading across your lawn.

**Pansies** – A relative of violets, pansies are just as delicately flavored and can be used in most recipes that call for violets. They make beautiful border flowers, with their bright painted faces.

**Angelica** – These delicate, lacy white flowers can be sprinkled in salads – but the stems and shoots make a delicious traditional candy that tastes a bit like minty licorice.

**Roses** – yes, roses! Candied rose petals and rose syrup were mainstays in Victorian cooking. Sweet delicately flavored rose syrup gives baklava its characteristic flavor, and is a perfect foil for cardamom in Indian recipes.

### To candy flowers from your garden

Most recipes for candied flowers call for the use of raw egg whites. Because of the danger of salmonella, I recommend using a confectioner's powdered egg white instead.

Mix powdered egg white according to package directions (equivalent of one egg white). Spread a cup of superfine sugar in a flat bottomed pan. Carefully dip each flower into the egg white, then press into the sugar. Use a fork to gently turn the flower so that all surfaces of the petals are covered. Lift out of sugar and lay on a screen or drying rack till completely dry. Violets and pansies can be candied whole. Roses should be separated into petals. Apple and cherry blossoms can also be candied the same way.

### Other tasty delights:

**Borage** (Starflower) – Like the leaves, borage flowers are delicious in salads and cold soups. They have a cool, cucumber like taste.

**Carnations** – The flavor is as spicy as the scent. Carefully separate the petals from the bitter white of the flower's base and sprinkle in salads for a surprising touch of color and spice.

**Daylilies** – Like squash blossoms, day lilies have a mildly sweet, nutty flavor that many people think varies by color. Dredged in flour and dipped in egg, fried daylilies are a succulent vegetable.

If you're interested in learning more, you'll find excellent recipes and information on edible flowers at a number of web sites on the internet. DO be careful in your taste-testing. If you're not certain that a flower is edible do NOT eat it.

This article courtesy of <http://www.gardening-answers.com>

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## Hundreds of Golf Courses Tee Up to Help Monarch Butterflies

*Golf courses across North America have begun planting milkweed and wildflower habitat to attract butterflies, bees and ... golfers.*

Audubon International and Environmental Defense Fund (EDF) recently partnered to launch Monarchs in the Rough, a program to assist golf courses in the United States, Canada and Mexico in creating habitat for monarch butterflies and other pollinators in out-of-play areas. The program first rolled out in January 2018 with a goal of enrolling 100 courses. Today, the program has far surpassed its initial goal by enrolling more than 250 courses.

"The response from the golf community to helping pollinators recover from dramatic declines in recent years has been tremendous," said Christine Kane, CEO of Audubon International. "Habitat loss is a key driver of the monarch butterfly's decline, and golf courses are uniquely positioned to help create new habitat and turn things around for this iconic species."

Golf course properties occupy approximately 2.5 million acres in the United States. Audubon International estimates there are at least 100,000 acres that have the potential to become suitable habitat for butterflies and bees.

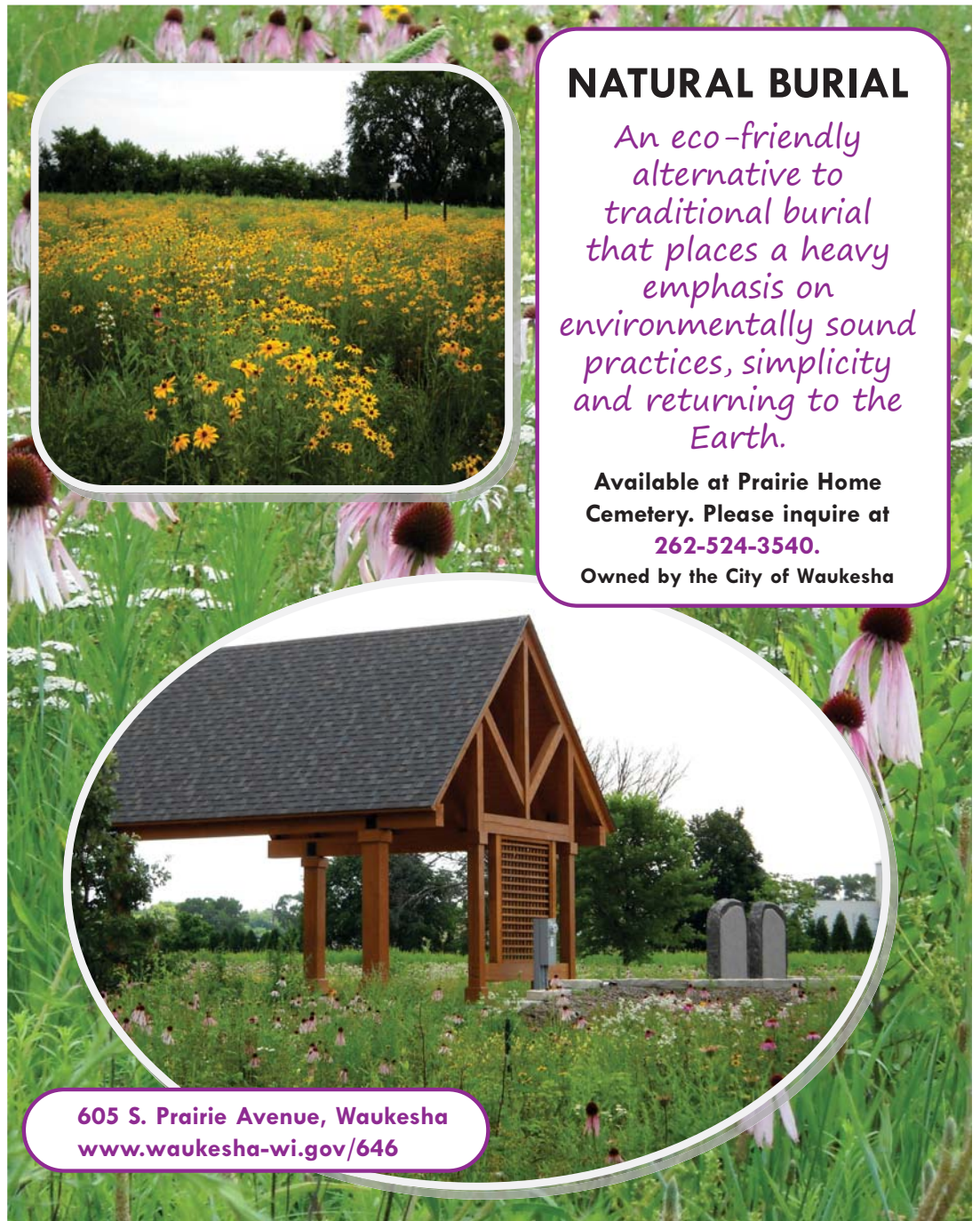
Monarchs in the Rough encourages golf courses to adopt conservation practices such as planting milkweed and other wildflowers that monarchs need to breed and feed, in addition to changing mowing practices to support the timing of the monarch's migration, and protecting sites from pesticide treatments.

Monarchs in the Rough provides course superintendents and staff with the information they need to incorporate monarch habitat into the unique layout of each course. "We bring the scientific expertise and the technical support, and the golf courses bring the land and the staff who are already well positioned to implement conservation practices," said Daniel Kaiser, senior manager of habitat markets at EDF. "It makes the whole experience more enjoyable for both the golfer and the butterfly."

For more information about Monarchs in the Rough, including a resource guide, please visit: [www.monarchsintherough.org](http://www.monarchsintherough.org).

*"Green is the prime color of the world, and that from which its loveliness arises."*

~Pedro Calderon de la Barca



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## The National Historic Landmark Home of Alfred Lunt & Lynn Fontanne



### 2018 TOUR SEASON May 13th *through* December 2nd

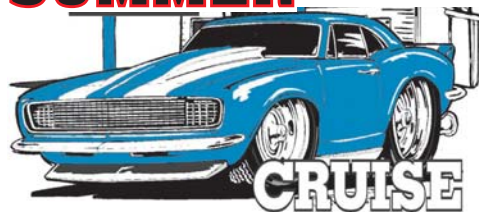
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|--------------------|--|
| Tuesday, June 26   | Fashion Show & Lunch - "The Fashions of Lynn Fontanne and Influences of the 1930s, 1940s and 1950s Fashions on Today's Styles"   |
| Friday, July 20    | A Conversation with Stephen McKinley Henderson, 2018 Lunt-Fontanne Fellowship Master Teacher   |
| Saturday, July 21  | Concluding Presentation with the Lunt-Fontanne Fellows   |
| Saturday, August 4 | All Access Day - enjoy access to Ten Chimneys like never before - take a dip in the Lunt's pool, enjoy a picnic on the estate, listen to live music, tour the historic buildings |
| Sunday, August 26  | Ten Chimneys Community Harvest Dinner - join us on the Lunts' estate and in our beautiful Program Center   |
| Monday, October 15 | Lunt-Fontanne Dinner - a special dinner in the style of the Lunts  |

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## Cruise Night

## SUMMER



### MONDAYS

#### Raceway Bar and Grill

711 E. Washington St., Slinger 5-9pm thru Sept 24

#### Culver's Cruise Nights 2018

Culver's of Wales, 400 E. Summit Ave. 5-8pm

June 25th, July 30th, August 27th, and September 24th

#### Cruisin' the Grove Car and Classic Motorcycle Night

Silver Spur BBQ. Watertown Plank Rd., Elm Grove. June 25, July 9 & 23, Aug. 13 & 27. 5pm-dark

### TUESDAYS

#### McDonald's Milwaukee Cruise Night

191 Layton Ave., Milwaukee. 5-8pm thru Sept 25

#### Rumors Rockin' Rally Car & Bike

Rumors Sports Bar & Grill. W232 N6368 Waukesha Ave., Sussex. 5-9pm

#### Hardee's Car Show of Delafield

Hwy. 194 & Hwy. 83, Delafield. 5-9pm thru Sept 25

#### Brew City Cruise Night

Nines American Bistro. 12400 N. Ville Du Parc Dr., Mequon 5:30-9pm thru Sept 25

### WEDNESDAYS

#### Cruisin' for Wings 2018

Clifford's Supper Club, 10418 W. Forest Home, Hales Corners 4-9 pm thru Oct 30

#### Foxx View Lanes Cruise Night

2440 Sunset Drive, Waukesha. 4-9pm

#### Wednesday Night Classics

Point Burger Bar. I 94 & Hy F, Pewaukee. 4:30-9pm

#### Corvette Cruise-ins

Wayne's Drive-In. 1331 Covered Bridge Rd., Cedarburg. 5-9pm

### THURSDAYS

#### McDonald's Milwaukee Cruise Night.

6630 Washington Ave., Mt Pleasant. 5-8pm thru Sept 27

#### Jetz/Dairy Queen Cruise Night

S69 W15461 Janesville Road, Muskego. 5-9pm thru Sept 27

#### Wayne's Classic Cruise Nights

Wayne's Drive-In. 1331 Covered Bridge Rd., Cedarburg. 4-9pm

#### Mickey's Custard Cruise Nights

675 Grand Ave., Hartford. 5-8pm

### SATURDAYS

#### Georgie Porgie's Cruise Night

9555 S. Howell Ave. (Ryan Rd.), Oak Creek. 5-9pm

### Various DATES

#### Andrew Chevrolet 20th Anniversary Car Show

June 24th

1500 W. Silver Spring Drive, Glendale.. 9am - 3pm

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## Tommy Bought A Horse

A young guy called Tommy bought a horse from a farmer for \$250 and the farmer agreed to deliver the horse to Tommy the following day. The next day though, the farmer turned up at Tommy's house and said, "Sorry son, I have some bad news, the horse died."

Tommy replied, "Well, then just give me my money back. That's fine."

The farmer said, "Sorry, I can't do that. I went and spent it already."

Tommy then said, "Okay, then, just bring me the dead horse."

The farmer was surprised and asked Tommy, "Why? What ya gonna do with him?"

Tommy replied, "I'm going to raffle him off."

The farmer laughed and said, "You can't raffle off a dead horse! Who'd buy a ticket?"

Tommy answered, "Sure I can, just watch me. I just won't tell anybody the horse is dead."

A month later, the farmer met up with Tommy again and asked, "What happened with that dead horse in the end. Did you raffle him off?"

Tommy said, "I sure did. I sold 500 tickets at \$5 a piece."

The farmer said, "Didn't anyone complain?"

Tommy smiled and said, "Just the guy who won. So I gave him his \$5 back."

~anon email

## Is a Debt-Free Life Possible?

(NewsUSA) — Leslie Balfaghi couldn't believe how much money she and her husband wasted every month. "Our financial life was a mess," Leslie says from her home in Florida. "To say we were disorganized is putting it mildly."

Like so many Americans, they didn't have a plan for their money. The problem is often not how much money a family makes, but that they have no idea what they're spending it on. Seventy-eight percent of full-time workers say they live paycheck to paycheck, according to a recent report from CareerBuilder. Worse, most feel it will always be that way. But it doesn't have to be.

Financial experts agree that the best way to break the vicious cycle of scrambling to make ends meet is by having a written budget and sticking to it. Leslie heard about a website, EveryDollar.com and the EveryDollar budgeting app that makes it simple to create a budget, manage money, and track spending. They signed up, set up their budget, and they've stuck to it for years. "We paid off \$165,000 in debt since we got started. Now we're in a position to be completely debt-free, including our house and rental property, in the next three years."

"The 'B' word has gotten a bad rap. Budgeting sounds hard. It sounds restricting. Frankly, it sounds boring. But



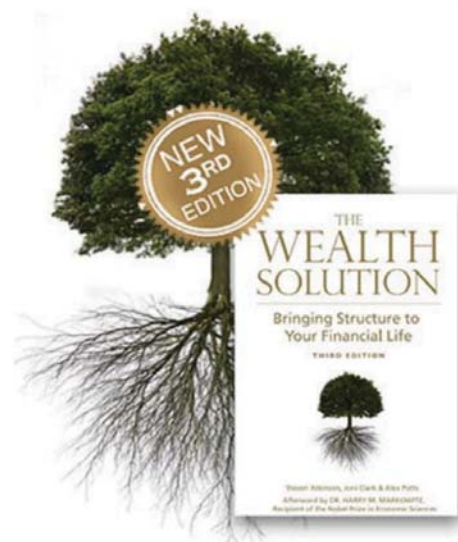
people who've made budgeting the center of their financial behavior have discovered quite the opposite. The technology behind apps like EveryDollar make budgeting easy. Rather than feeling restricted, they say it feels as if they have permission to spend — just not permission to waste.

Sierra Schmidt was surprised by how much having a budget changed her attitude. She's a single mother whose bills include daycare, rent, and student loans. "I felt so far behind every

month, and things seemed hopeless," she says. "Now, I keep track of every dollar, and the numbers are right in front of me. I'm getting ahead instead of falling behind. Every month I feel more confident that I can wipe out the debt that's been so stressful."

Sierra and Leslie empowered themselves to take control of their money. You can too. Creating a budget and sticking to it could change your life and help you take control of your money in the new year. EveryDollar is a free budget app that allows users to create customized monthly budgets, and seamlessly track expenses, income and savings from the convenience of their computer and phone. It's available for both iOS and Android devices. EveryDollar launched in March 2015 and now has more than three million users. Learn more by visiting [www.everydollar.com](http://www.everydollar.com).

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Ask Tim



## Beware of Lifestyle Creep!

Sometimes more money can mean more problems. "Lifestyle creep" is an unusual phrase describing an all-too-common problem: the more money people earn, the more money they tend to spend.

### Question:

## What is Lifestyle Creep?

(and how to avoid it)

**Answer:** Frequently, the newly affluent are the most susceptible. As people establish themselves as doctors and lawyers, executives, and successful entrepreneurs, they see living well as a reward. Outstanding education, home, and business loans may not alter this viewpoint. Lifestyle creep can happen to successful individuals of any age. How do you guard against it?

**Keep one financial principle in mind: spend less than you make.** If you get a promotion, if your business takes off, if you make partner, the additional income you receive can go toward your retirement savings, your investment accounts, or your debts.

**See a promotion, a bonus, or a raise as an opportunity to save more.** Do you have a household budget? Then the amount of saving that the extra income comfortably permits will be clear. Even if you do not closely track your expenses, you can probably still save (and invest) to a greater degree without imperiling your current lifestyle.

**Avoid taking on new fixed expenses that may not lead to positive outcomes.** Shouldering a fixed mortgage payment as a condition of home ownership? Good potential outcome. Assuming an auto loan so you can drive a luxury SUV? Maybe not such a good idea. While the home may appreciate, the SUV will almost certainly not.

Resist the temptation to rent a fancier apartment or home. Few things scream "lifestyle creep" like higher rent does. A pricier apartment may convey an impressive image to your friends and associates, but it will not make you wealthier.

**Keep the big goals in mind and fight off distractions.** When you earn more, it is easy to act on your wants and buy things impulsively. Your typical day starts costing you more money.

To prevent this subtle, daily lifestyle creep, live your days the same way you always have – with the same kind of financial mindfulness. Watch out for new daily costs inspired by wants rather than needs.

**Live well, but not extravagantly.** After years of law school or time toiling at start-ups, getting hired by the right firm and making that career leap can be exhilarating – but it should not be a gateway to runaway debt. According to the Federal Reserve's latest Survey of Consumer Finances, the average American head of household aged 35-44 carries slightly more than \$100,000 of non-housing debt. This is one area of life where you want to be below average.

Do you have a financial question for Tim, or want to meet with him for a thoughtful review of your retirement strategy and financial plan? Tim can be reached at (262)369-5200 or [info@aegiswi.com](mailto:info@aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners. References available upon request.

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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.  
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# Bikini Body, Bikini Heart

I'm pretty sure it was my bikini heart that attracted to me my legendary love. I don't think he would have been nearly as impressed if all I could have offered him was a bikini body.

By Elaine Taylor

My young friend Nancy is preparing to head off for beach-week with three longtime girlfriends. She has set up a 5-5-5 plan for getting ready: runs five miles a day, five days a week; and she's at the gym at 5:00 every morning, toning and buffing a body already taut with lush curves in places where my flab rolls repose.

The only thing that would convince me to hit the running track or go to the gym is if Tiffany & Co showed up there to hand out last years' out-of-style diamonds.

Nancy has lovely long blonde curls (no middle-aged auburn with the occasional silver fox roots), and 28-year-old-firm olive skin that will never morph into neon white crepe paper. One sultry smile and a flash of her big baby blues will start a stampede of waiters hot-footing across sizzling sand with trays of free umbrella drinks.

She's worked hard for her G-string bikini body—which is why she is so comfortable exposing it to the world.

That's the way I feel about my hard-earned bikini heart: I am no longer afraid to reveal it.

My bikini heart did not require the kind of workout a cardiologist recommends; it was more of a psychotherapy thing.

In retrospect, my journey to a bikini-ready heart started around the time an astrologer/psychic told me I was destined for the kind of love about which stories are written. "But," she said, "not until you're ready."

Huh? She couldn't tell me what that meant; but apparently "life" knew because it stepped up to make me ready. With a setup I couldn't resist.

A friend called to arrange a blind date with a doctor who was qualified to practice gynecology ... and psychiatry. Talk about nowhere to run, nowhere to hide—he had both ends covered!

Even though I desperately wanted to meet "the right man", I dithered, I demurred. The gyne part caused not a twitch. Like a lot of single women, I had experienced a tad



of the get-nekkid-and-spread-'em drill with members of the opposite sex. For reasons medical ... or not. But that psychiatry thing unleashed a frantic kneejerk, *Absolutely no way would I let this guy put my psyche in stirrups.*

But why? No deep dark secrets nested in my id; I was an open book, right? Well yes, if you ignored the trail of relationship roadkill I had gouged over the years. And maybe a

heart as tough as armadillo hide.

Well guess what. Ask an innocuous little "But why?" and the Universe starts dragging you toward the answer.

I went out with the doc—not just once, but enough times to begin to call it a relationship. Spent weekends at his wine-country ranch, traveled to exotic islands together. It was grand. Or, grand enough that I wasn't going to let "perfect" stand in the way of "good." Couldn't wait to tell the psychic I had found "the one."

Wrong. She called him Heartache in an Armani Suit. "Have some fun!" she said "But if you involve your heart, he's going to break it."

Puh. What sane person actually takes advice from a psychic?

Fourteen months into it, lover-doc broke my heart; at the same time I sat with my cancer-riddled canine companion for the injection that stopped hers.

That armadillo hide? Collapsed like a bunker hit by a cruise missile. I crawled off to my shrink so she could put me back together—because I sure didn't know how.

First thing, there on her sofa, she did what all shrinks do: suggested I consider dumpster-diving into the past. Specifically, childhood.

"Oh, please, that is so cliché. I'm not going to dig around in forgotten memories."

"No need to dig. Just look over your shoulder and see which ones are dogging you. They may be what's blocking love from your life."

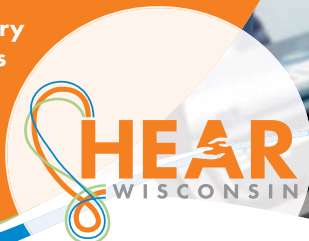
My formative years were a lot better than a lot of peoples'. How whiny and pathetic to rag about hurt feelings. I held out for as many sessions as I could. But, in truth, I was

**Bikini Heart** continued on page 27

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## Bikini Body, Bikini Heart

continued from page 26

beaten down—exhausted—by decades of hauling around my fortress like a turtle schlepping its shell.

Finally, I dared lower the drawbridge. I didn't know what was hiding behind those walls, but my anxiety shot higher than an orbiting space shuttle. Prescient, as it turns out. Because behind my formerly tough exterior was an army of sunlight-deprived, speedo-clad hitmen, itching to be freed of their long incarceration, eager to drag me down to a sunny beach where I would have to face their naked, corrosive fury.

Face them, I did. All those unacknowledged hurts and betrayals. Like, sitting astride a tricycle watching the backside of my alcohol-anesthetized father as he staggered out of my life for the last time. Like a steady stream of spittle-flecked *I-wish-you'd-never-been-born* and *I'm so ashamed of you* screeches from my bitter, self-pitying mother. Like societal ghost-whispers ... *you're just a girl, not worth a damn*.

I greeted those hitmen first with inculcated shame and guilt. Then I dug deep into my grit and voiced the question that had haunted me from earliest childhood: *why* was I so unlovable?

Finally, I allowed the pain of betrayal and abandonment to seep from my wounded heart; and washed it away with a slow-moving flood of primordial tears.

As Andre Berthiaume said: "We all wear masks, and the time comes when we cannot remove them without removing some of our own skin." Boy, was he right.

But when my heart was clean and soft as a newborn's, I realized my sense of worthlessness was a projection from psyches as damaged as mine. That they, like the rest of us, wore masks to cover what they did not want the world to see ... what they could not bear to confront in their own mirrors. That simple acknowledgment freed me from my long-held, beautifully disguised sense of worthlessness. I knew I was worthy of love.

James Baldwin wrote, "Love takes off the masks that we fear we cannot live without and know we cannot live within." For me, it was self-love that allowed me to strip off the armor and show to the world what I was no longer afraid to see.

I'm pretty sure it was my bikini heart that attracted to me the psychic's foretold legendary love. I don't think he would have been nearly as impressed if all I could have offered him was a bikini body.

Elaine Taylor is the author of *KARMA*, *DECEPTION* and a Pair of Red FERRARIS. You can find her at <http://www.KarmaDeception.com> and connect with her on Twitter.

## Could Walking Poles Provide a Better Workout?



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.

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## Pests: Can't We Just Kill Them All?

I escort spiders out of my house, use humane traps to relocate attic rats, and save honey bees from drowning in pools. Yet I've been known to hunt with a vengeance a mosquito that's ruining my sleep, repeatedly buzzing in earshot in search of exposed skin. At such moments, I might push a button, if one existed, to rid the world of mosquitos forever.



By Sarah "Steve" Mosko

However, recent press about disastrous blowback when humans target species deemed a nuisance should give pause to impulses to wipe out even the most bothersome of pests. Two examples. First, the 90 percent decline in the population of the monarch butterfly in the last two decades from spraying herbicide on genetically modified corn and soy in the Midwest, inadvertently destroying the milkweed on which the monarch caterpillar must feed. And second, the emergence of antibiotic-resistant bacteria from rampant misuse of antibiotics, both to treat viruses in humans and to fatten up livestock that aren't sick. Consequently, people are at risk of picking up antibiotic-resistant superbugs when they're hospitalized or even from eating meat.

Add to that the warning of scientists that land creatures are already undergoing a "sixth mass extinction" – the first to be caused by human activities like pollution and habitat destruction – which could eliminate up to two-thirds of all species by the century's end. Man's industrialization of fishing and global warming are putting marine fauna on the road to extinction too, according to a report just published in the journal *Science*.

Thus, recognizing my urge to annihilate mosquitos as potentially reckless, I wondered if a little un-

derstanding of the ecology of mosquitos might temper my hostility. What follows is what I learned about the niches of mosquitos and a couple other pesky critters.

**HOUSEFLIES.** Houseflies are undeniably a nuisance as they carry many pathogens dangerous to humans, like typhoid, dysentery and tuberculosis. They feed by sucking up liquefied materials and are equipped to liquefy solid foodstuffs by adding their saliva or vomit. They consume whatever is available, from sugar to feces. Pathogens can be spread from contacting their body parts, vomit or feces.



Houseflies evolved some 65 million years ago and live virtually everywhere but the Antarctic. Females lay thousands of eggs which hatch into larvae (maggots) that feed voraciously for a week on dead rotting matter – like feces, garbage or carrion – before forming a pupae from which the adult fly emerges.

Thus both larval and adult stages provide the vital service of cleaning up all manner of decaying organic materials and returning the nutrients to nature. Both also figure heavily in the diet of widely varied species, like lizards, birds and spiders. Given these easily appreciated contributions to ecosystems world-

wide, humans have adopted a largely live and let live attitude toward houseflies, though few would advocate doing away with the flyswatter.

In fact, humans are looking to housefly larvae, with their yen for gorging on feces, to solve the problem of managing the huge volume of manure generated on pig farms. Pig waste is often spread on nearby cropland or forests after storage first in big lagoons, with potential for polluting both soil and water from the pathogens and excess nitrogen in manure. Scientists are tinkering with mass-rearing maggots in pig waste as an ecologically safer way to biodegrade it. What's more, before the maggots transform into flies, they're harvested as a protein source for animal feed.

**ANTS.** When reflecting on blemishes to city sidewalks and parks left by humans, we're likely to picture discarded food wrappings and cigarette butts. But if it weren't for ants, our cities would also be heavily littered with the droppings from human foodstuff, everything from crumbs of bread, potato chips and cookies to blobs of sticky ketchup, mustard and ice cream.

According to urban ecologist Amy Savage of North Carolina State University, who is researching

**PESTS** continued on page 35



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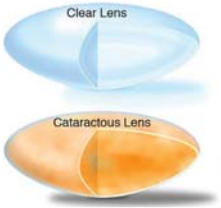
# Are cataracts clouding your focus on life?

By Cheryl L. Dejewski

**Even though six out of 10 people age 60+ have one, most people don't know the facts about cataracts until they're diagnosed with one. Don't let poor vision cloud your future. Read, learn, and take action now.**

## Definition

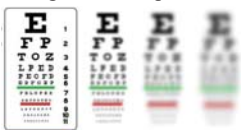
"A cataract is the clouding of the natural lens located inside the eye behind the pupil," says Mark Freedman, MD, senior partner at Eye Care Specialists, a leading ophthalmology practice recognized for providing advanced medical, surgical and laser treatment of most all eye conditions. "This lens works like a camera lens—focusing light onto the retina at the back of the eye to form the images you see. As you age, proteins in the lens may clump together and start to cloud. This is called a 'cataract.' As the clouding advances, it can blur or fog vision to the point of inhibiting daily functioning." Depending on the cataract type, clouding can take years or just months to progress.



## Symptoms

Poor vision is not a fact of life as you age. David Scheidt, OD, advises to schedule an eye exam if you notice:

- Foggy, fuzzy or blurred vision
- Sensitivity to light and glare
- "Starbursts" around lights
- Holding items closer to view
- Needing brighter light to read
- Fading or yellowing of colors
- Difficulty judging stairs or curbs
- Difficulty seeing to drive at night
- Vision affects ability to do tasks
- New glasses or prescription changes don't improve vision

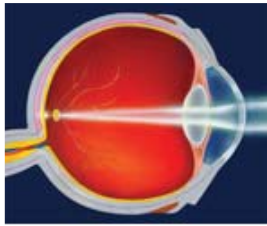


## Protection

Cataracts cannot be prevented. Cataract development may be delayed or slowed, however, by wearing sunglasses and hats with brims, eating a balanced diet high in healthy nutrients (vitamins, minerals and antioxidants) and low in fat and sugar, avoiding smoking and excessive alcohol intake, and keeping your blood sugar under control if you have diabetes," says Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center and a partner at Eye Care Specialists.

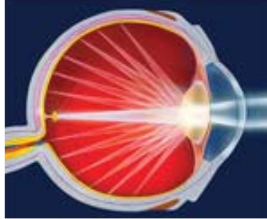
## Normal Eye:

The clear lens focuses light rays onto the retina, producing a sharp, clear image.



## Eye with Cataract:

The cloudy lens causes light rays to scatter, producing a washed out, hazy image.



## Risk Factors

- Age (*cataracts develop with time, like age spots & wrinkles*)
- Diabetes (*doubles your risk*)
- Cortisone/steroid use
- Sun exposure
- Previous eye injury
- Smoking

## Treatment: How

"There are no drugs, drops, glasses or exercises that can prevent or cure cataracts. The only effective treatment is to make an opening in the eye, surgically remove the cloudy lens (cataract), and replace it with an intraocular lens implant to once again focus light rays onto the retina," explains Daniel Ferguson, MD, who, along with his partners at Eye Care Specialists, uses the most advanced techniques to gently break up and remove cataracts through a tiny incision—often with only an eye drop needed for anesthesia.

## Treatment: When

Daniel Paskowitz, MD, an ophthalmologist with credentials from Harvard and Johns Hopkins advises, "It's not necessary to wait to remove a cataract until it's so ripe that almost all vision is blocked. In fact, if you wait too long, it can grow so dense that the operation becomes more difficult." Eye surgeon and continuing education lecturer Michael Raciti, MD, adds, "If the cataract is preventing you from doing tasks, new glasses won't improve clarity, and no other conditions exist which would negate the benefits of removal, like severe macular degeneration (AMD), then it's time for surgery."

## Before Surgery

Cataract surgery is NOT performed in the office or on the day of your initial appointment. "In our practice, we like to have the patient meet with the surgeon first and then have preparatory tests done. Once you and the doctor decide to

proceed with surgery, you will have a comprehensive eye exam to see if any other existing conditions (such as glaucoma, diabetes, retinal detachment and AMD) could detract from your results. Your exam will also include a quick, painless ultrasound procedure to determine the prescription for the implant that will restore focusing ability in your eye," says Ferguson.

## Why Some People Hesitate

"Some people think cataract surgery is unaffordable. They don't realize it is covered by Medicare, Medicaid and most insurances. Others think they are too old or poor vision is just part of aging. The truth is that vision loss from cataracts is usually reversible, and cataract removal is one of the safest outpatient operations—even for the very elderly," says Rhode.

**For FREE booklets on AMD, cataracts, diabetes and glaucoma, or handouts on floaters, low vision, eyelid problems, dry eyes, safe driving or other topics, call 414-321-7035 or visit [www.eyecarespecialists.net](http://www.eyecarespecialists.net).**

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Mark Freedman, MD



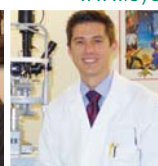
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Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

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1. Pull your droopy pants up. You look like an idiot.
2. Turn your cap around straight, your head isn't crooked.
3. Let's get this straight; it's called a 'dirt road.' I drive a pickup truck because I want to. No matter how slow you drive, you're going to get dust on your Lexus. Drive it or get out of the way.
4. They are cattle. They're live steaks. That's why they smell funny to you. But they smell like money to us. Get over it. Don't like it? I-94 goes north and south, use it.
5. So you have a \$60,000 car we're impressed. We have \$250,000 corn pickers that we drive only 3 weeks a year.
6. So every person in rural Wisconsin waves. It's called being friendly. Try to understand the concept.
7. If that cell phone rings while an 8-point buck and 3 does are coming in, we WILL shoot it out of your hand. You better hope you don't have it up to your ear at the time.
8. Yeah, we eat taters & gravy, beans & biscuits, and homemade pie. You really want sushi & caviar? It's available at Bob's bait shop.
9. The 'Opener' refers to the first day of deer season. It's a religious holiday.
10. We open doors for women. All women.
11. No, there's no 'vegetarian special' on the menu. Order steak or chicken. Or, you can order the Chef's Salad and pick off the 2 pounds of ham & turkey.
12. When we fill out a table, there are three main dishes: meats, vegetables, and breads. We use three spices -

salt, pepper, and ketchup. Oh, yeah ... We don't care what you folks in New York call that stuff you eat .... IT AIN'T REAL CHILI!!

13. You bring 'coke' into my house, it better be brown, wet and served over ice.
14. You bring 'Mary Jane' into my house, she better be cute, know how to shoot, drive a truck, and have long blonde hair.
15. University of Wisconsin and high school football are as important here as the NFL.
16. Yeah, we have golf courses. But don't hit the water hazards ... it spooks the fish.
17. Colleges? We have them all over. We have State Universities, Community Colleges and Voc-techs. They come outta there with an education plus a love for God and Country, and they still wave to everybody when they come home for the holidays.
18. Turn down that blasted car stereo! That thumpity-thump crap ain't music anyway. We don't want to hear it any more than we want to see your boxers.
19. Four inches of snow isn't a blizzard - it's a flurry. Drive in it like you got some sense, this ain't Alaska! Worst case you may have to live a whole day without croissants. Anyway the pickups with snowplows will have you out the next day.
20. By the way ... if you want to talk to God in Wisconsin, it's a local call.



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# WATER 101

continued from page 11

If you're thinking you're safe from all of the harmful contaminants I listed above because you drink bottled water instead of tap water, I'm afraid I must be the bearer of some bad news: **40 percent of bottled water is bottled TAP WATER**, which may or may not have received additional filtration. Yes, you read correctly.

**Also, drinking from plastic bottles is not a good idea.** Plastic bottles contain a chemical called bisphenol A or BPA, which is a synthetic hormone disruptor that has been linked to serious health problems such as: learning and behavioral problem, altered immune system function, prostate and breast cancer, risk of obesity, and early puberty in both genders

## Distilled Water – Use with Caution

Some health conscious people have been misled into believing that distilled water is healthy for them. This is simply not true. The problem with distilled water is that it is boiled and evaporated away from its dissolved minerals. The water then becomes acidic and seeks to balance itself by drawing minerals right out of your body. It will also draw out contaminants from the container it's stored in for this same reason. I only recommend using distilled water for a short period of time and only for the purpose of detoxification, as this water can help pull toxins from your body. Drinking it long-term, however, will most likely invite health problems.

## Alkaline Water

First of all, most water ionizers and alkalizers are marketed by multi-level marketing (MLM) companies. Some people experience an initial "high" when they start drinking alkaline water. This can easily be attributed to detoxification, and the fact that they are likely just becoming better hydrated.

Detoxification is about the only benefit of alkaline water, and this benefit is limited to very SHORT TERM USE (no more than a week or two). An additional concern is that many individuals have stomach dysfunctions like GERD or ulcers that are largely related to having too little stomach acid. Long-term use of alkaline or ionized water can interfere with your body's natural digestive process by reducing the acid needed to properly

break down and absorb food. This could then lead to an upset of your body's good bacteria, which can then open the door to parasitic infection, ulcers and malabsorption.

## "Vitamin" Waters – Do NOT Be Fooled!

If you've recently switched from soda to vitamin water because you believed it to be a healthier choice, you may be disappointed by what I have to say about them: Vitamin waters are nothing more than a clever marketing scheme designed to promote a product. Vitamin waters can contain dangerous high fructose corn syrup (HFCS), artificial colors, additives, preservatives and caffeine. What's even worse is these manufacturers use distilled water to make their products, which, as you've read above, is one of the worst types of water you can put into your body!

**Now that you know which types of water to avoid, let's take a look at the water you should be drinking for optimal health!**

## Filtered Tap Water – Getting to the Gold

The most economical and environmentally sound choice you and your family can make is to purchase and install a water filter for your home. I recommend three different types of water filters and weigh the pros and cons of each. Let's take a brief look below.

**Reverse Osmosis Filter.** In addition to removing chlorine, inorganic, and organic contaminants in your water, an RO filter will also remove about 80 percent of the fluoride and most DPBs. The major drawback is the expense of installing an RO filter as most need a plumber to get up and running.

**Ion Exchange Filter.** Ion exchange is designed to remove dissolved salts in the water, such as calcium. This system actually softens the water or exchanges natural-forming mineral ions in the water with its own ions, thereby neutralizing their harmful effect of creating scale build-up. The ion exchange system was originally used in boilers and other industrial situations before becoming popular in home purifying units, which usually combine the system with carbon for greater effectiveness.

**Granular Carbon and Carbon Block Filters.** These are the most common types of counter top and under counter water filters. Granular carbon filters and carbon block systems perform the same process of contaminant removal, adsorption, which is the chemical or physical bond of a contaminant to the surface of the filter media.

Granular activated carbon is recognized by the EPA as the best available technology for the removal of organic chemicals like herbicides, pesticides and industrial chemicals. However, one of the downfalls of granular carbon filters is that the loose material inside can channel--the water creates pathways through the carbon. Carbon block filters offer the same superior filtering ability but are compressed with the carbon medium in a solid form. This eliminates channeling. By combining different media, the ability to selectively remove a wide range of contaminants can be achieved.

## Living Water – Keeping the Balance

In choosing the right type of water for you and your family, you want to aim for pH balance. Distilled water is too acidic and alkaline water is too alkaline. The ideal pH of your water should be between 6.5 to 7.5, which is neutral. Mountain spring water is in this ideal range. It is some of the healthiest water on the planet because it is "living water". Living water, is like living food is in its raw, natural state the way nature intended.

One of the main reasons I am such an advocate for eating raw, organic vegetables is because these "living foods" contain biophotons, small units of light stored by all organic organisms, including you.

Gravity-fed spring water is alive in much the same way. When you take this vital energy into your body, you are re-charging it with health and encouraging it to return to a whole and balanced state.

Now, when I mention mountain spring water, I don't mean the two-gallon jugs you see sitting on your grocery store shelf. I'm talking about water you bottle yourself from a gravity-fed spring. There's a great website called FindaSpring.com where you can find a natural spring in your area. This is a great way to get back to

**WATER 101** continued on page 33



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## WATER 101 continued from page 32

nature and teach your children about health and the sources of clean water. The best part is that most of these spring water sources are free!

It is important to bring either clear polyethylene or glass containers on your trip to collect the water so no unsafe chemicals can contaminate your pure drinking water on the way home.

**Coconut Water.** Coconuts are an excellent source of fresh, pure water and electrolytes. Coconuts are also rich in lauric acid, which is known for its immune-boosting as well as its antiviral, antibacterial and antifungal properties so it's an ideal choice when you're sick.

### How Much Water Should You Drink?

So, how much pure filtered or spring water should you drink per day? Six glasses? Eight? Well, here's a good rule of thumb:

You should be drinking enough water to turn your urine a light-colored yellow. Pay more attention to the color of their urine to see if their water intake is adequate.

Finally, the extensively researched and fascinating book, *Your Body's Many Cries for Water* by Dr. Batmanghelidj should be required reading by all.

This article was brought to you by Dr. Mercola, a New York Times bestselling author. For more helpful articles, please visit [Mercola.com](http://Mercola.com) today and receive your FREE Take Control of Your Health E-book!



**One glass of water** shuts down midnight hunger pangs for almost 100% of the dieters studied in a University study.

**Lack of water** is the #1 trigger of daytime fatigue.

Preliminary research indicates that **8-10 glasses of water a day** could significantly ease back and joint pain for up to 80% of sufferers.

**A mere 2% drop in body water** can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

**FindaSpring.com** is a community and user created database of natural springs around the world. If you know of a spring that is not on the map or in our database, please click on Submit a Spring and send us as much information as you can.

**Disclaimer:** Please independently test all spring water before you make the decision to consume it. This website is simply a source for locating springs, we do not validate water safety.

## Most people got married in June...

because they took their yearly bath in May - and they still smelled pretty good by June.

However, tradition began that brides carried a bouquet of flowers to hide any hint of body odor.

Hence the custom today of carrying a bouquet when getting married.



## Baths consisted of a big tub...

filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose some-

one in it. Hence the saying,

"Don't throw the baby out with the bath water!"



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## Have You Seen A Superhero Lately?

### We have.

The kids call him Mr. H. but his name is Johnnie Hardwick and he's a Social Development Commission (SDC) Foster Grandparent. When we catch up with him, he's tutoring children at the Silver Spring Neighborhood Center.

Watching the way Mr. H. interacts with the children, it's hard to tell who enjoys it more. One thing is clear. These students flourish with the extra attention SDC Foster Grandparents provide.

Frequently, children need extra help with reading and math. Foster grandparents provide customized, one-on-one tutoring. It's a luxury many centers and schools struggle to offer as resources are stretched to the limit with tight budgets and larger classes.

You'll find SDC Foster Grandparents scattered throughout Milwaukee County. On average, a Foster Grandparent tutors 20-25 hours a week. You'll also find some at local libraries willing to help any child who stops by.

"If you have a will and a certain level of education, it's just like preaching," says Edwina Matthews, a SDC Foster Grandparent. "Preaching comes from within. Teaching comes from within. You have to want to do it. It has to be in your heart and in your mind. You have to know that kids can do it.

They can learn."



## Share Today. Shape Tomorrow.

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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.

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- Developing self-esteem

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# PESTS: Can't We Just Kill Them All?

continued from page 28

the fate of human food droppings in New York City, we owe a special debt of gratitude to "pavement ants," so-named because they make nests in pavement cracks. These dark-brown/black ants function as mini garbage collectors, cleaning up our streets and parks in their tireless foraging for a meal. Using a technique called stable isotope analysis to see what an organism typically eats, Savage finds that most of what city-dwelling pavement ants consume is residue of human foods, as described in a January 2015 issue of Science News.

Though there are over 700 ant species in the United States alone, pavement ants are among the few which invade homes. Spraying indoors is not effective deterrent because it doesn't prevent more ants from entering, according to the University of California's Statewide Integrated Pest Management Program. Rather, the best strategy is to caulk all crevices they enter through and eliminate food spills right away.



**MOSQUITOS.** Mosquitos are considered the most dangerous insect to humans because they are vectors for transmitting infections like malaria, yellow fever, dengue fever and West Nile virus from person to person and credited with causing more than a million human deaths annually.

With mosquitos it can feel personal when one is aware of being under attack and reminded later of the insult by the welt left behind.

Mosquitos have been around for at least 45 million years and, of the thousands of species, only some are bloodsucking. Bloodsucking types variably feed on mammals, reptiles, amphibians, birds and even fish, thus are vectors for animal diseases too, like heartworm in dogs and encephalitis in horses. Not all transmit diseases, however, and only the female sucks blood. The males feed on nectar so participate in pollinating plants. Research shows that mosquitos prefer people who are hot and sweaty, have type O blood or are pregnant.

Mosquitos live almost everywhere but the Antarctic. They are actually a type of fly so undergo the same lifecycle stages. Females seek stagnant water environments to lay eggs. The larvae remain in the water where they feed on and recycle microscopic organic matter. The larvae, in turn, are an important food source for a plethora of fish species including bass, bluegills, catfish, guppies, piranhas, salmon, tilapia and trout. Adult mosquitos are preyed upon by many insect-eating creatures including dragonflies, birds, frogs, lizards, bats, spiders and even other mosquitos.

From the perspective that, over the millennia, innumerable other species must have co-evolved with and become dependent on mosquitos, one might assume that biologists would unanimously oppose mosquito eradication. Not so. Some biologists insist the world would get along fine without the disease-transmitting species. They envision only temporary disruption to ecosystems, as other insects move into vacated niches, and deem the potential for collateral extinction of other plant and animals species as acceptable risk. This view is entirely anthropocentric and questioned by other biologists less comfortable with the inherent guesswork. They point also to evidence that the decline in one disease-vector mosquito species might just encourage another disease-carrying species to take root. There is, however, one point of agreement: Mosquitos are here to stay for the foreseeable future.

While learning about the contributions of houseflies and ants to sanitation makes me feel friendlier toward them, it's doubtful I'll ever conjure up amiable emotions when under attack at night by a bloodsucking mosquito. But I have eliminated standing water outside my house and repaired window screens to minimize such skirmishes. And, if a mosquito penetrates these defenses, I'll just move to another room, because I never find the bugger anyway when I turn on the light.



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# Saving Your Skin from Cancer Risk

The Skin Cancer Foundation estimates 3.5 million cases of skin cancer are diagnosed each year across the country. The annual rates of all forms of skin cancer are increasing each year, representing a growing public concern. It has also been estimated that nearly half of all Americans who live to age 65 will develop skin cancer at least once.

The most common warning sign of skin cancer is a change in the appearance of the skin, such as a new growth or a sore that will not heal. The two most common forms of skin cancer are basal cell carcinoma and squamous cell carcinoma. Together, these two are also referred to as nonmelanoma skin cancer. Melanoma is generally the most serious form of skin cancer because it tends to spread (metastasize) throughout the body quickly. Recognizing symptoms is key to early diagnosis and successful treatment.



## BASAL CELL CARCINOMA

Basal cell carcinoma is the most common form of skin cancer and accounts for more than 90% of all skin cancer

in the U.S. These cancers almost never spread (metastasize) to other parts of the body. They can, however, cause damage by growing and invading surrounding tissue.

What does basal cell carcinoma look like? A basal cell carcinoma usually begins as a small, dome-shaped bump and is often covered by small, superficial blood vessels called telangiectases. The texture of such a spot is often shiny and translucent, sometimes referred to as "pearly." It is often hard to tell a basal cell carcinoma from a benign growth like a flesh-colored mole without performing a biopsy. Some basal cell carcinomas contain melanin pigment, making them look dark rather than shiny.

Superficial basal cell carcinomas often appear on the chest or back and look more like patches of raw, dry skin. They grow slowly over the course of months or years.

Basal cell carcinomas grow slowly, taking months or even years to become sizable. Although spread to other parts of the body (metastasis) is very rare, a basal cell carcinoma can damage and disfigure the eye, ear, or nose if it grows nearby.



## SQUAMOUS CARCINOMA

Squamous cell carcinoma is cancer that begins in the squamous cells, which are thin, flat cells that

look like fish scales under the microscope. The word *squamous* came from the Latin *squama*, meaning "the scale of a fish or serpent" because of the appearance of the cells.

Squamous cell carcinoma of the skin occurs roughly one-quarter as often as basal cell carcinoma. Light-colored skin and a history of sun exposure are even more important in predisposing to this kind of cancer than to basal cell carcinoma. Men are affected more often than women. Patterns of dress and hairstyle may play a role. Women, whose hair generally covers their ears, develop squamous cell carcinomas far less often in this location than do men.

The earliest form of squamous cell carcinoma is called actinic (or solar) keratosis. Actinic keratoses appear as rough, red bumps on the scalp, face, ears, and backs of the hands. They often appear against a background of mottled, sun-damaged skin. They can be quite sore and tender, out of proportion to their appearance. An actinic keratosis that becomes thicker and more tender raises the concern that it may have transformed into an invasive squamous cell carcinoma.



## MELANOMA

Melanoma is a cancer that develops in melanocytes, the pigment cells present in the skin. It can be more serious than the other

forms of skin cancer because it may spread to other parts of the body (metastasize) and cause serious illness and death. About 50,000 new cases of melanoma are diagnosed in the United States every year. Because most melanomas occur on the skin where they can be seen, patients themselves are often the first to detect many melanomas. Early detection and diagnosis are crucial. Caught early, most melanomas can be cured with relatively minor surgery. What does melanoma look like? What are the symptoms and signs?

A changing spot may be a problem, but not every change is a problem. A mole may appear and then get bigger or become raised but still be only a mole.

Most public health information about melanoma stresses the so-called **ABCDs**:

**Asymmetry:** One half of the mole is different from the other half.

**Border irregularity:** The spot has borders which are not smooth and regular but uneven or notched.

**Color:** The spot has several colors in an irregular pattern or is a very different color than the rest of your moles.

**Diameter:** The spot is larger than the size of a pencil eraser.

[www.skincancer.org](http://www.skincancer.org) The Skin Cancer Foundation has always recommended using a sunscreen with an SPF of 15 or higher as one important part of a complete sun protection regimen which includes seeking shade, covering up with clothing including a wide-brimmed hat and UV-blocking sunglasses and avoiding tanning and UV tanning booths



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## The Ice Age National Scenic Trail A True Wisconsin Treasure

Wisconsin's most recent large glacier, consisting of six large lobes, flowed into the state about 25,000 years ago. It reached its greatest extent, covering approximately two-thirds of the state (all but the southwestern part), about 14,000 to 16,000 years ago before melting back. The last Ice Age endured from 2.5 million to 10,000 years ago. It covered most of northern North America, as far south as the Missouri and Ohio River Valleys. The last stage of glaciation is called the "Wisconsin Glaciation" because its effects are more noticeable here than anywhere else in the United States. These include a variety of geological landforms associated almost exclusively with glaciation; moraines, eskers, erratics, kettles, drumlins, kames, dells (dalles). The route of the Ice Age Trail follows the last outline of Wisconsin's most recent glacier, which retreated from the state more than 10,000 years ago. It diverges in some places to include other features of the glacial landscape as well as parts of the "Driftless Area" - the southwestern quarter of Wisconsin that was untouched by glaciers during the last Ice Age. This area was deeply cut by ancient streams into narrow, twisting valleys and ridges. The surface landforms there are much older than the rest of the state, which was shaped by the relatively recent glacier.

The Ice Age Trail began in the 1950s as the dream of Milwaukeean Ray Zillmer, who had a vision of a long, linear park winding through Wisconsin along the glacier's terminal moraine. Zillmer founded the Ice Age Park & Trail Foundation (now the Ice Age Trail Alliance) in 1958 to make the dream a reality. In 1980 Congress recognized the national significance of the Ice Age Trail by designating it a National Scenic Trail. In 1987 the State of Wisconsin named it Wisconsin's first (and only) State Scenic Trail.

The Ice Age Trail is totally within Wisconsin. One of the virtues is its involvement with the diverse communities along its route. It was designed to connect communities, not avoid them. In fact, approximately 60% of Wisconsin residents live within 20 miles of the Trail. The Ice Age Trail was also designed very specifically to preserve and protect Wisconsin's cultural and glacial heritage.

**HIKING/BACKPACKING**  
Though the entire Ice Age Trail covers a great distance, it has multiple access points and traverses a wide variety of landscapes. Whether you are looking for a short, after-work jaunt, a multi-day backpacking adventure or a once-in-a-lifetime thru-hike, there's a segment of the Ice Age Trail that will match what you are seeking. Most thru-hikers take around three months to complete the entire Ice Age Trail, which works out to an average of about 12 miles a day. It's been done as quickly as 22 days and 6 hours (by an ultramarathoner), but that's certainly not typical.

### HIKING/BACKPACKING

**VOLUNTEER**  
65,000 volunteer hours were recorded last year. It is a great way to meet other outdoor enthusiasts. Local chapters offer work days for all levels of skill to help protect and maintain the trail and also through community outreach events and guided hikes. The Alliance supports a "Mobile Skills Crew" for major trail projects, as well as a Summer Saunters program to involve our youth. There is a geo-cache program, and many chapters offer awards for segment completion through their counties. **Learn more at [www.iceagetrail.org](http://www.iceagetrail.org).**



More than 12,000 years ago, an immense flow of glacial ice sculpted a landscape of remarkable beauty across Wisconsin. As it retreated, it left behind a variety of unique landscapes. These Ice Age remnants are considered among the world's finest examples of how continental glaciation sculpts our planet



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# ODD WISCONSIN

## Milwaukee's Maverick Aviator

By Michael Edmonds

Mitchell is considered the father of the U.S. Air Force. The WWII B-25 aircraft was popularly called the Mitchell Bomber, and Milwaukee's Mitchell International Airport is named after him.



Milwaukee native Billy Mitchell's life was forever changed in 1908 when the Wright brothers demonstrated their flying machine to the U.S. Army. He soon learned to fly, commanded the first U.S. aircraft units in 1917, and became the leading U.S. advocate of air power. But Mitchell's enthusiasm fell on deaf ears. Military leaders had spent their careers expanding the Navy and dismissed the notion that a new technology could make it obsolete. In 1923 Mitchell warned that the principal U.S. naval base in the Pacific, Hawaii's Pearl Harbor, could be easily destroyed by airplanes. To prove his point, he sank two battleships from the air.

Abrasive and domineering, Mitchell's outspoken criticism led his superiors to demote him from general to colonel in 1925. Later that year, when needless crashes of military aircraft killed pilots, Mitchell accused top government officials of "incompetency, criminal negligence and almost treasonable administration of the national defense."

He was charged with insubordination and his court-martial became a media extravaganza. Though he was convicted and resigned his commission, Mitchell became a hero to military reformers and proponents of air power.

Soon after his death in 1936, he was proved right by the bombing of cities during the Spanish Civil War and by the devastating 1940 Blitz on London. In 1941, even his prophecy about Pearl Harbor was tragically fulfilled.

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# Refashion for Life Charity Fashion Show Returns for 11<sup>th</sup> Year

*Event Benefits CommonGround Ministry/Elena's House*



The 11<sup>th</sup> annual Refashion for Life will be held Wednesday, Aug. 22, from 5:30 p.m. until 10 p.m. at Callen Construction's Muskego Showroom and company grounds, S63 W13131 Janesville Rd.

The charity event benefits CommonGround Ministry/Elena's House, with Callen Construction serving as the event's presenting sponsor.

Refashion for Life features a fashion show combining the newest looks in early and late fall apparel with fashionable products for the home, including countertop material samples, cabinetry, Infinity® from Marvin fiberglass replacement windows, KOHLER plumbing fixtures, and an array of tile selections. This year's fashion show will have apparel themes related to day/business, evening, weekend/vacation, and outdoor.

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

Fashion show participants include m.e. Lou at Galleria West, Ryloo Boutique, SHOP in Shorewood, and Stan's Fit for Your Feet, with hair and make-up by Glo-10 Salon & Spa.

Since its inception in 2008, Refashion for Life has generated proceeds of more than \$220,000. All proceeds support the programs offered by CommonGround Ministry/Elena's House in Wauwatosa, which provides physical, spiritual, and emotional support to people infected with and affected by

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

In addition to helping to cover the costs of day-to-day activities and medical needs for the residents at Elena's House, the money raised through Refashion for Life has also enabled CommonGround Ministry to purchase and install a chair lift to assist residents in getting to and from the lower level, secure a 10-passenger van, and provide assistance to clients when they are transitioning back to independent living.

Through June 30, tickets are available at an early bird rate of \$30 at [www.refashionforlife.com](http://www.refashionforlife.com). Effective July 1, tickets will be \$40. Event parking and free shuttle service is at Saint Paul's Lutheran Church, S66 W14325 Janesville Rd., (just west of Callen's Muskego showroom).

Additional sponsors include 21<sup>st</sup> Century Tile, Beer Capitol Distributing, Cannon & Dunphy s.c. Attorneys at Law, Infinity® from Marvin Fiberglass Replacement Windows, The Marek Group, Robertson Ryan & Associates, Saz's Catering, Ron Sonntag Public Relations, Inc., and Wauwatosa Wallboard



**For more information, call 414-453-3890, email [info@refashionforlife.com](mailto:info@refashionforlife.com), or visit**

**[www.refashionforlife.com](http://www.refashionforlife.com) and [facebook.com/RefashionForLife](https://www.facebook.com/RefashionForLife).**

*Wednesday,  
August 22nd*

5:30 p.m. - 10:00 p.m.

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You're invited to a special evening featuring a fashion show combining trendsetting looks in apparel with fashionable products for the home! Benefiting CommonGround Ministry/Elena's House.\*

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

Put a group together and experience this great fundraiser!

**Early Bird Tickets: \$30 through June 30 and may be purchased online. Tickets are \$40 per person effective July 1. Visit [RefashionForLife.com](http://RefashionForLife.com) for more information.**

\*A transitional and end of life home for people living with HIV/AIDS.

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# Clean House - Not Your Pocketbook

Home made cleaning solutions  
offer less expensive and environmentally safer means of  
dealing with many of our household chores

By Katy Beacher

Use a half and half mixture of white vinegar and water for many household cleaning projects such as hardwood floors, ceramic tile, kitchen and bathroom counter tops and the outside of the toilet. Boost the power of the mixture by heating in the microwave until barely hot. Spray shower walls with the heated solution, let stand about 20 minutes then scrub and rinse.

**For a fabric softener** use 1/4 cup white vinegar in the fabric softener dispenser. The vinegar is dispensed during the rinse cycle. It acts as a softener by cutting the residue from the laundry detergent. If you want a nice minted scent in your clean laundry try the following recipe: 1 gallon white vinegar and a big handful of fresh mint leaves. Place the mint leaves into a large bottle or container with a lid. Pour the vinegar over the leaves. Place a lid on the container and steep for 24 hours. Then strain the vinegar out of the leaves. Use 1/4 cup in each load of wash.

**For more stubborn cleaning issues** use undiluted white vinegar. In the bathroom pour straight white vinegar around the inside of toilet bowl and then scrub with toilet brush. Any remaining hard water rings can be removed by rubbing in an up and down motion using a pumice stone. Unclog shower heads



of mineral deposits with undiluted white vinegar. Put 1/2 cup white vinegar in a plastic bag and fasten with a rubber band to the shower head. Let it stand overnight, rinse off and buff with a soft cloth.

**Lemons also serve a house-cleaning purpose.** The lemon rind will polish porcelain while releasing a pleasant fragrance. Dispose of the rind in the garbage disposal while the oils in the rind clean the unit and sharpen the blades.

**Baking soda is not just for baking.** use its abrasive action for many cleaning chores. My favorite is to sprinkle baking soda into a coffee carafe and wipe out with a damp sponge. Voila! Clean and shining! You can also use it on bathtub rings and the kitchen sink. Make a paste of baking soda and water. Apply it to the tub or sink, let stand for about 20 minutes while the hard water deposits are softened and can be removed. Keep the drains open by pouring about 3/4 cup baking soda into them. Dribble just enough hot water to wash the soda down and let stand overnight. Then rinse well with hot water. Do not use on blocked drains.

Try these recipes. Your pocketbook will thank you and your house will smell fresher, too.

## For cleaning windows use the following mixture

1 cup rubbing alcohol  
1 cup water  
1 Tablespoon white vinegar.  
Mix in a spray bottle

## For tougher jobs use the following solution

1 cup rubbing alcohol  
1 cup water  
1 Tablespoon non-sudsing ammonia

## Strong All-Purpose Cleaner Mix in spray bottle

1 Tablespoon clear, non sudsing ammonia  
1 Tablespoon dishwashing detergent such as Dawn  
2 cups water

Katy Beacher is a retired registered nurse. She decided its more fun to run a web site and write articles than it is to sit and knit. She relies on her lifetime experience in home decorating on a budget and study of trends to operate her site. [www.endlesscoastaldecor.com](http://www.endlesscoastaldecor.com)



## No Garden Space? Here's a Little Trick!

Take a 2 cubic foot 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 sprayed 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.

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## TIPS FOR REMODELING TO SELL

If homeowners have an eye toward selling their home, it's important to demonstrate its quality to potential buyers. Minor home improvement projects, both indoors and outdoors, can quickly increase home value and help it sell.

### INTERIOR

- *Focus on the small stuff.* Updating a home with the intention of selling it doesn't have to be costly. "There are low-cost projects that can set a home apart from others and have a high rate of return," explained David Kallie, CR, of Dimension Design, Build, Remodel, Inc. in Brookfield. Small projects can give a space a "facelift," such as replacing cabinet door and drawer fronts, changing out the hardware, installing new light fixtures, replacing the countertops, or using a neutral paint color.

- *Be efficient.* Replace existing appliances with ones that have an Energy Star rating. For homeowners hoping to sell, efficient equipment will mean money saved to potential buyers.

- *Expand within the existing footprint.* Consider remodeling the attic or basement. This will increase the livable square footage – an extra bedroom, a home office, a "hangout" for the kids, or a media room.

- *Take care of the "honey-do" list.* Well-maintained homes appeal to buyers, so it's essential to tend to tasks that individuals have been postponing. A home should look well cared for.

- *Consider the kitchen and bathroom.* "Generally speaking, the rooms with the most return on investment are the kitchen and bathroom because they are heavily used rooms," said Kallie. Homebuyers usually look for kitchens that are conducive to entertaining and bathrooms with a spa feel.

### EXTERIOR

- *Make replacements.* Replacing siding, windows, and doors can instantly improve a home's curb appeal. "Homeowners want low maintenance exteriors that are in good condition," said James Houghtaling, CR, of Renew View Custom Trim in Milwaukee. Other items to repair or replace include roofing, trim, gutters, chimneys, large windows, and the front entrance door.

- *Extend the home.* A deck can extend a home's living space outdoors, a concept that has become popular as more people stay home or enjoy "staycations."

- *Conserve energy.* Old, drafty windows will disenchant most buyers. Replace them with Energy Star-rated, efficient windows. Also, seal gaps, cracks, or holes at the top of the foundation, around windows and doors, by the attic, and other vulnerable areas to avoid air leaks. Remove worn or cracked caulking and replace it.

- *Pay attention to the landscaping.* Make sure the yard has been well maintained and attractive. Get rid of weeds. Reseed bare spots in the grass.

- *Consider repainting.* If paint is faded, chipped, or peeling, it's important to repaint the exterior because it can have an effect on the home's curb appeal.

For more information or to receive a free copy of an annual membership roster listing all members alphabetically and by category, and the booklet, "Milwaukee/NARI's Remodeling Guide," call 414- 771-4071 or visit the Council's website at [www.milwaukeevari.org](http://www.milwaukeevari.org).



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## EASY Fruit Cobbler

4 tablespoons butter  
 3/4 cup all-purpose flour  
 3/4 cup sugar  
 1 teaspoon baking powder  
 1/4 teaspoon salt  
 3/4 cup milk  
 2 cups your choice: sliced fresh peaches, nectarines, blueberries, strawberries, raspberries, blackberries or a combination (or 12-ounce package of frozen)  
 1 tablespoon sugar



Heat oven to 350 degrees. Put butter in an 8-inch square or 9-inch round pan; set in oven to melt. When melted, remove from oven. Whisk flour, 3/4 cup of sugar, baking powder and salt in bowl. Add milk; whisk to form a smooth batter. Pour batter into pan, then scatter fruit over batter. Sprinkle with remaining 1 Tb. of sugar. Bake until batter browns and fruit bubbles, 50 to 60 minutes.

## Grilled Watermelon Wedges

If you haven't tried grilled watermelon by now, you're really missing out. Cut thick wedges from seedless watermelon and brush them with olive oil. Grill over medium high heat just until warmed and grill marks start to show. Overdoing it will make the melon too mushy. Sprinkle with coarse salt and cracked pepper and either eat it on its own or serve it over a combination salad.



**Instead of grilling a hamburger,** try grilling a hearty portobello mushroom. Marinate a large portobello mushroom in Italian dressing for 15 minutes. Grill until tender, about 5 minutes on each side. Toss on traditional burger toppers and serve it up!

~allrecipes.com

## RIDDLE me CRAZY!!

1. What hard rock group has four dudes but neither of them plays a guitar?
2. Do you know what you can hold without ever touching it?
3. What has a tail and a head, but no body?
4. What goes up when the water comes down?
5. What only runs and never walks, what has a mouth and never eats, and has a bed but never sleeps?
6. What's got feathers but no wings?
7. What is the difference between a car and toilet paper?

Answers on page 45

\*\*\*\*\*

**Why did my washing machine stop pumping out water?**

And more importantly, where is my hamster?

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**What's the difference between a hippo and a Zippo?**

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No... wait - sorry!

I'm thinking of wine. It's wine that does all that!

Never mind.

**My wife  
accused me  
of being a  
transvestite.  
So I packed  
her things and  
left.**

**Give a man a fish and he will eat for a day.  
Teach him how to fish, and he will sit in a boat  
and drink beer all day.**

### **The Hotel Bill ...**

A lady decided to give herself a big treat for her 85th birthday by staying overnight in an expensive hotel.

When she checked out next morning, the desk clerk handed her a bill for \$450.00. She exploded and demanded to know why the charge was so high. "It's a nice hotel but the rooms certainly aren't worth \$450.00 for just an overnight stay! I didn't even have breakfast."

The clerk told her that \$450.00 is the 'standard rate,' so she insisted on speaking to the manager. The manager appeared and, forewarned by the desk clerk, informed the woman, "This hotel has an Olympic-sized pool and a huge conference center which are available for use."

"But I didn't use them," she said.

"Well, they are here, and you could have," explained the manager.

He went on to explain that she could also have seen one of the in-hotel shows for which the hotel is famous. "We have the best entertainers from the world over performing here," the manager said.

"But I didn't go to any of those shows," she said.

"Well, we have them, and you could have," the manager replied.

No matter what amenity the manager mentioned, she replied, "But I didn't use it!" and the manager countered with his standard response. After several minutes discussion with the manager unmoved, she decided to pay, wrote a check, and gave it to him.

The manager was surprised when he looked at the check. "But madam, this check is for only \$50.00."

"That's correct. I charged you \$400.00 for sleeping with me," she replied.

"But I didn't!" exclaimed the very surprised manager.

"Well, too bad. I was here, and you could have."

### **A Good Friend Is Like A Good Bra...**

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And Is Always Close To Your Heart!**

### **THINGS YOU WANT TO SAY AT WORK... but can't**

1. Do I look like a people person?
2. This isn't an office. It's Hell with fluorescent lighting.
3. Sarcasticism is just one more service we offer.
4. Errors have been made. Others will be blamed.
5. A PBS mind in an MTV world.
6. See no evil, hear no evil, date no evil.
7. A cubicle is just a padded cell without a door.
8. Chaos, panic, & disorder - my work here is done.
9. How do I set a laser printer to stun?
10. I thought I wanted a career, turns out I just wanted paychecks.

### **Bob left work...**

one Friday evening. But it was payday, so instead of going home, he stayed out the entire weekend partying with his buddies and spending his entire wages.

When he finally appeared at home on Sunday night, he was confronted by his angry wife and was barraged for nearly two hours with a tirade befitting his actions. Finally his wife stopped the nagging and said to him, "How would you like it if you didn't see me for two or three days?"

He replied, "That's fine with me."

Monday went by and he didn't see his wife.

Tuesday and Wednesday came and went with the same results.

But on Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.

**The mother who injected her 8  
year-old child with Botox for  
beauty pageants has lost custody.  
Her daughter didn't look surprised.**

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happen, make a  
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hmmm... and yet another day has passed and I  
haven't used algebra once... interesting.

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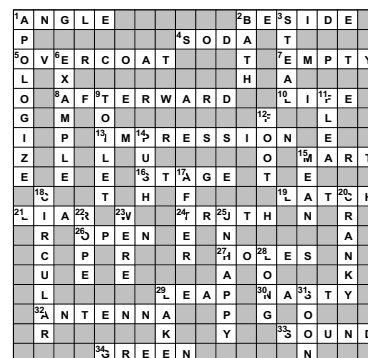
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Crossword on page 46

### RIDDLE ANSWERS

- 1: Mount Rushmore.
- 2: A conversation.
- 3: A Nickel
- 4: An umbrella.
- 5 A river.
- 6: Your pillow.
- 7: Perfectly OK to buy a  
used car- NOT ok to buy  
used to toilet paper.



# Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM YOUR LIFE! MAGAZINE

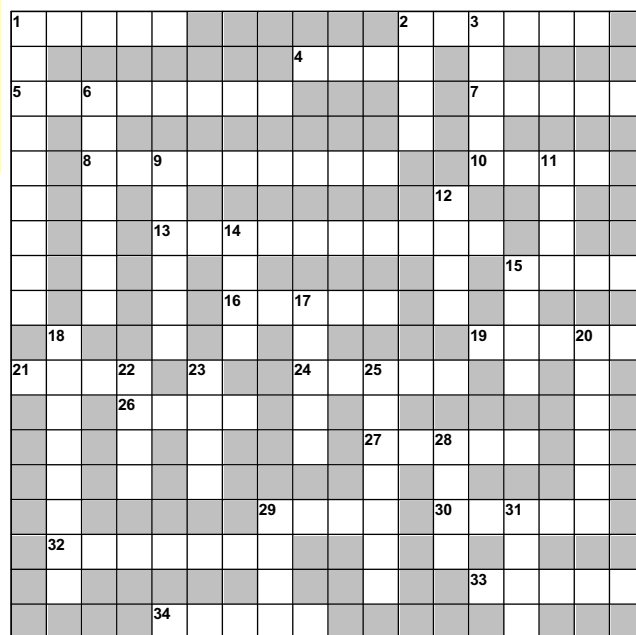


## ACROSS

1. Measured in degrees
2. Next to
4. Carbonated beverage
5. A coat worn over clothes
7. .... promises
8. Following an event
10. Living the ....
- 13 An important first
15. Center for the sale of goods
16. Performance platform
19. Used to secure a gate
21. Fibber
24. This sometimes hurts
26. Gain Access
27. Circles of open space
29. To Jump
30. Not nice
32. Rabbit ears
33. Detected by a sense
34. Mix of blue and yellow

## DOWN

1. Seek forgiveness
2. Term describing big money losses
3. To take without asking
6. To illustrate a rule
9. John Harington inventor
11. Insect circus performer
12. Located at the end of the leg
14. Press against with force
15. Average of numbers
17. Following noon
18. Round
20. Crabby
22. Tie a knot and hang in there
23. Short for 'we are'
25. Sad
28. Not short
29. Michigama
31. In a little while



Answers on page 45

Ever notice how after an argument is all over, you start to think about more clever awesome stuff you could have said?

When people go underwater in scary movies, I like to hold my breath and see if I would have survived that situation. I almost died in Finding Nemo.

My mother-in-law fell down a wishing well, I was amazed, I never knew they worked.

When I see lovers' names carved in a tree, I don't think its cute. I just think it's crazy how many people bring knives on a date.

Ah, yes, divorce . . . from the Latin word meaning to rip out a man's genitals through his wallet.  
- Robin Williams

A flight attendant was stationed at the departure gate to check tickets. As a man approached, she extended her hand for the ticket and he opened his trench coat and flashed her. Without missing a beat, she said, 'Sir, I need to see your ticket, not your stub.'

What happens when the fog lifts in California?  
UCLA.

"If you think women are the weaker sex, try pulling the blanket back to your side." - Stuart Turner

"Women who seek to be equal with men lack ambition."  
-Marilyn Monroe

"Happiness is having a large, loving, caring, close-knit family in another city." - George Burns

"Some days the best part of my job is that my chair spins." 'the Editor

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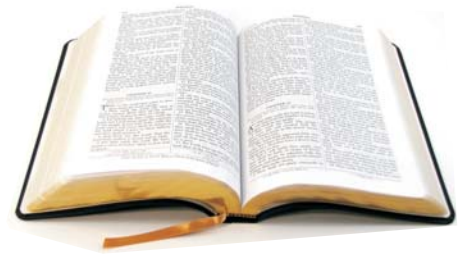
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# SOUND DOCTRINE BIBLE FELLOWSHIP



## Preaching Jesus Christ according to the revelation of the mystery (Rom. 16:25)

There are numerous reasons why denominationalism is dying as denominations are being exposed as lingering relics of the past. Half of American pastors do not believe the Bible; but as their means of employment, they continue to practice age old traditions under a liturgical calendar with no honest, Biblical foundation for what they are doing.

Despite having Ph.D.'s, M.Div.'s, or Th.M.'s, most pastors remain ignorant to what the Bible actually says whereby they continue to keep the people ignorant and deceive the people about eternal salvation. Sadly, their failed attempts to unify the church are at the expense of preaching sound Biblical doctrine.

Unfortunately, most non-denominational churches do not fair any better. Why? Because, while trying to supposedly make the Bible "relevant" for all, including Generation Z (the majority of which today are professing atheists, questioning the purpose of life and the existence of God when examining good and evil in the world), these churches also are not teaching sound Biblical doctrine based on context. The only way to honestly study and believe the Bible is by following God's prescribed method of "rightly dividing the word of truth" (2 Tim. 2:15; correctly translated in English only in the Authorized Version, commonly known as the King James Bible, God's preserved inerrant word in English).

However, rather than studying and believing the word of truth rightly divided, most non-denominational and supposed "fundamental" Bible churches focus on experiential and/or emotional faith. They "spiritualize" Scripture and take verses out of context rather than believing God's inspired, inerrant, and preserved words literally based on the context. Their supposed "proof" of the validity of their "message" and "ministry" is the "success" of their large attendance, bank account, abundance of programs for all ages and backgrounds, or their celebrity pastor.

But the church is not a building, nor a travel agent, an entertainment hall, a talent show, or a means of employment. The church is the body of Christ of which the Lord Jesus Christ is the head (Col. 1:9-18). It consists of those who have trusted only in the Lord Jesus Christ's substitutionary death for our sins, whereby he became sin for us that we might have the righteousness of God in him [Christ] (2 Cor. 5:21); the church believes also in the bodily resurrection of the Lord Jesus Christ (Gal. 3:26; Eph. 1:12-14; Rom. 3:19-28; 5:1-11; 1 Cor. 12:12-14; 15:1-8).

*Below are some things that most seminaries, Bible colleges, churches, and pastors don't tell you:*

1. The Bible has no mistakes and God promised to preserve His perfect words forever. He has done so in English in the King James Bible and we do not need a hundred altered English translations that do affect major doctrines.
2. You can understand God and the Bible without a Ph.D., M.Div., Th.M., or knowledge of Greek and Hebrew.
3. While all the Bible is the inspired words of God to be studied, not all the Bible is written to you. It must be rightly divided.
4. The pattern for the church is not found in Israel, the red letters, or at Pentecost, but in Paul's epistles alone (1 Cor. 11:1; Eph. 3:1-4; Col. 1:25-26; 1 Tim. 1:16).
5. There are several different kinds of baptism in the Bible and water baptism does not make you a member of the church. Even Jesus was baptized more than once and not just with water.
6. There is no need for altars since altars are for sacrifices, and God's only acceptable sacrifice was made once for all by the shedding of Christ's blood at Calvary.
7. There are no holy days that the church is told to keep or even encouraged to promote, including Sabbath, Advent, Christmas, Lent, Easter.
8. Pastors: do not have a special anointing, cannot forgive sins, do not have a special source of knowledge inaccessible to you, are not your mediators with God, and have not been "called" by God.
9. Everything necessary to save you was already done by Christ; there is nothing left for you or the pastor to do but simply believe (Rom. 4:4-5; Eph. 2:8-9; Titus 3:4-7).

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