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MAGAZINE

# LIFE!

November 2018

A FREE PUBLICATION



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IN PEACE

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'SITTING' DISEASE | INSIDE THIS EDITION ~page 3

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# From the Publishers

NOVEMBER 2018



Above: Tom tooling around on the family farm playing with my brother's toys.

Sauerkraut time! Do you recognize the cabbage slicer? Third generation and works like a charm!



Why is this letter the absolutely last thing I do before deadline!? After 25 years of publishing, you would think I would have this deadline fine-tuned but it's always a wicked week of too many 'sitting' hours at the computer (Sitting Disease article on page 9), too many cups of coffee and too many last minute attempts at writing a creative publisher's letter! I apologize for my lack witticisms and zest today but we only have 1 hour to go before the file is due!!

There's a wonderful piece on page 15 titled 'Uncommon Things To Be Grateful' for -like being grateful for your clothes getting snugger because it means you have enough to eat. So on a positive note, I am grateful for this deadline because it means I have a job and loyal readers - and I am grateful that it is almost over!

Our kitchen is overflowing with garden leftovers - bags of beets, huge zucchini waiting to be frozen, apples ripe to be sauced and canned, eggplants ready for the next recipe lineup and potatoes and carrots ready for storage. In the picture above, I am using an old-fashioned sauerkraut slicer to prepare the pounds of kraut that will be fermenting in our basement crock - the basement will smell like kraut for the next month - but oh so good and healthy!

I do Thanksgiving dinner at our house and never deviate from the traditional favorites -right down to the pumpkin pie and real whipped cream - and believe it or not, a family tradition of robust game of charades after dinner.

In the season of thanks giving, we thank all of you for being a part of our lives and allowing us to be a part of yours!! God's blessing that a truly gracious heart be yours this holiday season!

**LIFE. Enjoy it!**

Sandy and Tom Draelos

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## TRAVEL: The Warmth of FIRE

When winter hits, we trade our fire pits for fireplaces. From rustic to elegant, cabin and resort fireplaces will remind you why you love winter in Wisconsin.

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## The SITTING Disease

Prolonged sitting, especially in the evening hours in front of the television, is "particularly hazardous" creating risk for health conditions and well as an earlier death.

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## GRATITUDE is an ATTITUDE

The Thanksgiving holiday began when the colonists gave thanks for their survival and a good harvest. Are you thankful?

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**Join us in a celebration of the season!**

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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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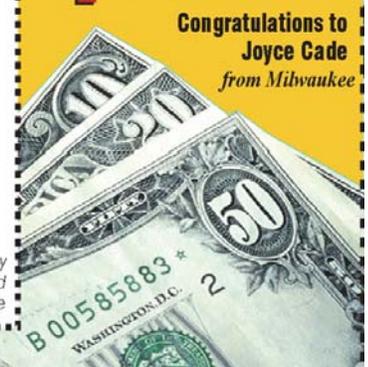
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Falls Patio Players Present

# CHRISTMAS CAROL

Winter 2018

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HANDICAP ACCESS



Sorry this guy is ours! -The Editors

ME! PICK ME! ME! ME! PICK ME!!

Photo Courtesy: Cuda

*Dear Reader,*  
*Are you looking for a mature, wise companion? One who will love you unconditionally? Day and night? I dedicate my heart to yours for a simple offering of a warm bed and a good meal. Keep me close and treat me kindly and you will never know any deeper love than mine.*

## Adopt-a-Senior-Animal Month

November is national Adopt-a-Senior-Animal Month and the seniors at the Wisconsin Humane Society can't wait to celebrate – in a new home. WHS has many spry seniors waiting for that perfect someone to provide them lots of love in their golden years. In return, these special elders have a lot of love to give.

In addition to their loving personalities, senior companion animals have a lot of other positive qualities that a younger furry friend may yet to have developed. Qualities that make senior animals such superb companions include:

- Older animals know the ropes. They're patient and wise, making it easier to assimilate them into a new home.
- Mature animals may often give you some time to yourself, as their physical demands are not as high.
- Older animals can learn very quickly. Their ability to focus is leaps and bounds ahead of those impetuous puppies and kittens.
- Senior animals will return the love that you give them tenfold!

The Wisconsin Humane Society always has wonderful senior ambassadors. As with all of the companion animals, these seniors come with the full behavior and veterinary package available at the Wisconsin Humane Society.

## ALL THINGS Holiday

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### SPANKY'S CALENDAR of EVENTS

Nov 3: Live Music/Christopher's Project 7-10pm  
 Nov 10: Cribbage Tournament  
 Nov 17: Spanky's 8th Anniversary Party 6-10pm  
 Nov 21: Live Music/Christopher's Project / 7pm-10pm  
 Nov 22: Thanksgiving Buffet / 1pm-8pm  
 Dec 1: Christmas Craft Fair / Noon-3pm

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### November 9th

Bridal Open House  
Alfa Flower & Wedding Shop  
Join us for our bi-annual open house November 9th! Plan your wedding on a more intimate level with some of Milwaukee's top wedding vendors

### November 9th-11th

Bloomin' Holidays  
Museum of Wisconsin Art  
Kick off the holidays and enjoy exquisite florals by Wisconsin designers in the galleries, expert talks and demonstrations, shopping for friends and family at an expansive holiday market and in the MOWA Shop, and indulge in the Bloomin' Café. Learn more at wisconsinart.org/bloomin

### November 10th

55th Annual Day of Honor & Parade  
Downtown Milwaukee  
The Parade steps off at 11:00 and ends at the War Memorial. The parade boasts over 1000 veterans and military marching in the parade from all over southeastern Wisconsin as well as floats, marching bands, baton twirlers, and more

### November 10th-11th

Trainfest  
Wisconsin State Fair Park  
Trainfest is a family friendly event for multi-generations of train fans. There are more than 75 running displays, historical exhibits, an entertainment area and even a play area for kids

### November 13th

Fall Fermentation Series-Kombucha  
Friends of the Domes at Black Husky Brewing  
909 E Locust St, Milwaukee  
This is a hands-on course where we will work together to understand the unique elements of Kombucha and how to make it at home. Participants will, using a tea base and fruit juice, create their own beginning kombucha ferment to take home and cultivate

### November 15th

Glorioso's Italian Market journey  
A journey through our fall and winter Italian wines. It is the peak season for grapes, and it is an exciting time in this rich region. The locals call it Vendemmia—or harvest time

### November 15th

Mind Games: A Night of Self Deception  
St. Francis Public Library  
Join illusionist William Pack as we explore the real science of how our brains trick us into seeing and believing things that don't exist



## NOVEMBER Calendar Highlights



### November 16th-18th

Travel Around the World at the  
75th Annual Holiday Folk Fair International  
Explore the World of Music, Food, Dance, and Arts. Celebrate the cultural heritage of the people living in southeastern Wisconsin. You can explore the ways music, food, dance, and art weave together a message of welcome

### November 17th

Celtic Christmas Boutique: Arts & Crafts Fair  
1532 Wauwatosa Avenue  
Original artwork, handmade jewelry, pottery, fiber arts, unique apparel, & food/candy imports from Ireland are just some of the items offered that contribute to the wonderful holiday shopping experience. Over 30 vendors

### November 18th

Present Music's Annual Thanksgiving Concert  
Cathedral of St. John the Evangelist  
Present Music's annual Thanksgiving concert continues with over one hundred performers who will sing, play, drum, and recite at this annual musical meditation on gratitude

### November 18th

Divas in a Man's World  
Riverside Theater  
An all-star tribute to Cher, Dolly Parton, Diana Ross & Joan Rivers. World's best celebrity and female impersonators

### November 20th-25th

How the Grinch Stole Christmas  
Marcus Center for the Performing Arts  
Discover the magic of Dr. Seuss' classic holiday tale as it comes to life

### November 23rd

Annual Tree Lighting  
The Pfister Hotel  
The holiday tradition as Santa lights the spectacular lobby tree. Sip warm drinks, enjoy live music and nibble on a holiday treat. Collecting food for Hunger Task Force. To contribute, please bring a non-perishable food item. (HungerTaskForce.org)

### November 23rd-25th and November 30th-Dec 31st

Country Christmas at The Ingleside Hotel  
(formerly Country Springs Hotel)  
2810 Golf Rd Pewaukee  
3rd year as Wisconsin's largest and most spectacular drive-through holiday lights event! Experience the Country Christmas Trail, Christmas Village, and the Streets of Bethlehem

### November 27th

Hip Hop Nutcracker at the Riverside Theater  
A holiday mash-up for the entire family, The Hip Hop Nutcracker, a contemporary work set to Tchaikovsky's timeless music, returns to the Riverside for the second year in a row

### November 29th-Dec 1st

MIAD Holiday Sale  
Milwaukee Institute of Art & Design  
Shop one-of-a-kind art and design creations by students and alumni at affordable prices

### November 30th

30th Anniversary Christmas in the Historic Third Ward  
5:30pm to 8:30pm  
Fireworks, tree lighting, Santa, and live reindeer kick off a festive month of holiday fun and shopping

### Nov 30th-Dec 22

MillerCoors Holiday Lites  
Complement a classic Milwaukee brewery tour with a beautiful lights display with the MillerCoors Holiday Lites

### December 1st

Christmas in the Air  
EAA AirVenture Museum  
A free community event full of performances from local musical acts, school groups and dancers, milk and cookies, holiday décor and of course, Santa Claus arriving by helicopter

### December 1st

Green Bay Packer Super Bowl 31 Autograph Show  
Wisconsin State Fair Park  
Super Bowl 31 Green Bay Packers World Champions Autograph Reunion Show featuring Brett Favre and members of the team appearing in person

### December 2nd

Holiday Gift Fair with Santa  
Boerner Botanical Gardens  
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# TRAVEL WISCONSIN .COM

**When winter hits, we trade our fire pits for fireplaces. Gathering around a hearth evokes a sense of relaxation, and what better way to unwind than by warming up around the fire at one of our brag-worthy vacation destinations! From rustic to elegant, these cabin and resort fireplaces will remind you why you love winter in Wisconsin.**

By Kristina LeVan

**Gateway Lodge – Land O' Lakes.** Located on the border of Wisconsin and Michigan's Upper Peninsula and offering everything from an indoor pool to a redwood sauna, Gateway's beautiful hand-built fireplace will make visitors want to add "lounging by the fire" to their list of relaxing activities.



**The Osthoff Resort, Elkhart Lake.**

Overlooking Elkhart Lake, guests can indulge in spa treatments, cooking classes and a drink by the fire in the Elk Room. With floor to

ceiling windows, the Elk is a perfect spot to enjoy a sunrise with a warm cup of coffee.

**Egg Harbor Log Cabin – Egg Harbor**

There's something magical about Door County that makes you feel miles away from the distractions of daily life, but you're never too far from where the action is. Nestled in the woods, just minutes from the waterfront village, the Egg Harbor Log Cabin is the perfect place to take the family to get away and enjoy some winter fun. Inside the cabin, the knotty hardwood floors add to the authentic log cabin experience and make you feel that much more cozy in front of the wood burning fire-

place. The cabin also features immediate access to snowshoeing and cross-country skiing trails, so you won't have to worry about cabin fever!

**Kalahari Resort, Wisconsin Dells**

A safari adventure in the spirit of Africa reflected in every aspect, including the fireplace. To complement the authentic African-themed decorations, the resort boasts a large rustic fireplace in the Sands of the Kalahari building that offers a perfect place to wind down after a long day at the water park. Surrounded by palm trees and exotic plants, guests will feel like they've left



Wisconsin for the warmth of Africa.

**Boulder Ridge Treehouse, Bayfield**

Home to the unique and ever-popular Ice Caves, Bayfield has long been a famous winter destination



for Wisconsin travelers. If you're looking for lodging as unique as the caves themselves, look no further than the Boulder Ridge Treehouse. Raised 12-feet off the ground, you certainly won't have to worry about getting snowed in at this cabin! Inside, the gas fireplace, surrounded by stones collected from Lake Superior, keeps the place warm. Cozy up in front of the fire and marvel at the winding driftwood bannisters and polished wood slab countertops that add to the cabin's unique charm.

**The Historic Cothren House, Mineral Point**

The Cothren House is someplace you need to see to believe. The inside of the historic cottage is downright idyllic: Open the cabin door with the antique skeleton key, and you're greeted by an expansive fireplace that makes for a primitive, yet comforting atmosphere. As soon as you step in, you'll want to throw on some flannel and brew the hot cocoa to complete the experience. Don't get too comfy though – the restaurants, shops, and galleries of Mineral Point are just a skip and a jump from your front door.



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# SITTING DISEASE



Sitting Disease is the result of sitting for prolonged periods in front of a computer screen, texting, commuting and shopping online. Prolonged sitting, especially in the evening hours in front of the television, is "particularly hazardous" creating risk factors for other health conditions and well as an earlier death.



A large number of studies have demonstrated the health challenges you face when you sit for long hours each day. Inactivity promotes the development of Type 2 diabetes, heart disease and obesity, to name just a few chronic conditions associated with being sedentary. Unfortunately, a highly technological society does not, by its very nature, encourage a great deal of activity.

The average American working in an office easily sits between 12 to 15 hours each day. Even a strong workout in the morning cannot undo the damage to your body when you sit behind a desk for eight hours. To avoid much of the damage created from excessive sitting, it's important to sit less than three hours a day. I typically seek to sit under one hour a day.

A study analyzing data from 54 countries found sitting less increased life expectancy and sitting less than three hours each day was the optimal number to achieve. The lead author of the study acknowledges that despite a growing body of strong scientific evidence demonstrating the dangers of too much sitting, it's difficult for people to make changes.

Long commutes to and from work, labor-saving devices and a lack of support for active lifestyles contribute to this growing problem. In a recent study, scientists have now demonstrated how sitting for long periods of time is also an independent risk factor for poor mobility as you age.

## Sitting Increases Risk of Immobility as You Age

Research demonstrates that even when you engage in regular exercise, it may not be enough to offset the disadvantages to your health from too much sitting.

Research led by Loretta DiPietro, Ph.D., department chair in exercise science at the Milken Institute School of Public Health, now finds that increasing inactivity as you age may also reduce your ability to get around and remain mobile. During the study, the researchers examined data from people age 50 to 71 across eight to 10 years from a diet and health study that started with all healthy participants.

The researchers evaluated recordings of how much time people watched television, gardened, did housework, exercised or engaged in other physical activity during the study period. The results were not too surprising as they found those who were most active, sitting less than six hours each day, were the least disabled and those who were least active, getting less than three hours of activity a week, were the most disabled. The researchers concluded that "reduction of sedentary time, combined with increased physical activity may be necessary to maintain function in older age."

## Television May Be the Greater Risk

One piece of information revealed in the analysis of data was that "greater TV time was significantly related to increased disability within all levels of physical

'SITTING DISEASE' continued on page 22

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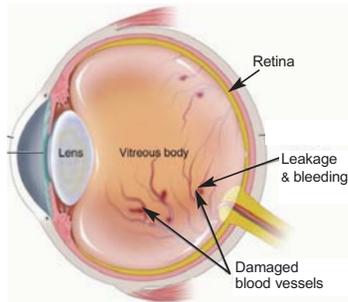
# 7 things to know about **diabetes** & vision loss

by Cheryl L. Dejewski

“Of the more than 29 million Americans diagnosed with diabetes, up to 45% have some degree of diabetic retinopathy (damage to the sensitive retina in the back of the eye), which can lead to vision loss and blindness,” reports Mark Freedman, MD, senior partner at Eye Care Specialists, who has treated thousands of diabetic patients since 1988. “For some people, when a routine vision check-up uncovers signs of retinopathy, it is their first clue that they even have diabetes.”



**November is “Diabetes Awareness Month.” If you or someone you know has diabetes — be aware! The disease does more than wreak havoc with blood sugar levels. Without taking proper precautions, it can rob a person of their sight.**



**Diabetes can cause abnormal retinal blood vessel growth, leakage and bleeding that can lead to blurring, dark spots, and loss of vision.**

## 1. How Diabetes Robs Sight

With diabetes, high blood sugar levels can weaken blood vessels in the eye, prompting them to leak. This causes the retina to swell and form deposits that can lead to vision loss. Blood sugar fluctuations can also promote the growth of new, fragile blood vessels on the retina, which can leak blood into the vitreous (the clear, jelly-like substance that fills the eyeball). This retinal blood vessel damage (“retinopathy”) can blur vision and lead to permanent sight impairment.

## 2. Lack of Early Symptoms

Usually, diabetic eye disease has NO symptoms. Most people don't notice a problem until it is so far advanced that lost vision can't be restored. That's why annual dilated eye exams are crucial. You should also call your doctor immediately if you notice vision changes (not associated with fluctuations in blood sugar), numerous floating spots (like spider webs), or a veil over your vision.

## 3. Detection Methods

“Blood sugar fluctuations can temporarily affect vision, making it difficult to know if a serious problem is developing. Significant retinopathy may also be present and progressing even if a person's vision appears to be good. That's why diabetes-related

damage can only be diagnosed through a comprehensive eye exam. Pupil dilation (enlargement with drops) is necessary to best view inside the eye for early signs of retinopathy before noticeable vision loss occurs,” explains Brett Rhode, MD, an ophthalmologist who conducts continuing education programs for diabetes coordinators and doctors.

## 4. Treatment Options

“We have been very pleased with the success of medications that can be painlessly injected into the eye to decrease blood vessel leakage and abnormal new growth—thus staving off progression of diabetic eye disease,” reports Daniel Ferguson, MD, a former engineer who is now one of Wisconsin's leading eye surgeons. Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins, adds, “We evaluate each patient's response individually to determine if and when (about every 4-12 weeks) they should receive injections. We have seen

amazing results with Avastin, Eylea and Lucentis, including stabilization of vision and, in some cases, improvement in sight.”

## 5. Incidence Rates

“Diabetic eye disease can appear as early as a year after the onset of diabetes. All diabetics—type 1 or 2, insulin-dependent or not—are at risk, which increases with the number of years you are diabetic. For example, patients with diabetes for less than five years have about a 15% incidence of retinopathy. This skyrockets, however, to 80% in people with diabetes for 15+ years,” says Michael Raciti, MD, an ophthalmologist who performs sight-saving injections on a daily basis.

## 6. Prevention Tips

“Diabetes-related sight loss is often preventable with proper precautions and early intervention,” says David Scheidt, OD, who sees patients at three area locations. He recommends:

- Blood sugar tests every three years after age 45 to screen for diabetes

- Keep blood glucose levels close to normal through diet, medication and exercise
- DON'T SMOKE
- Keep blood pressure under control
- Keep cholesterol levels low
- Check hemoglobin A1C levels at least every four months. Aim for 7.0 or less.
- Dilated eye exams once a year, or as often as your Eye M.D. suggests

## 7. When To Be Screened

***Do you have diabetes? Was your last eye exam more than a year ago?*** If you answer “Yes” to both questions, it's time to have your vision checked. “Don't hesitate. You want to ensure that you see life to the fullest—now AND in the future. And, remember, EVERYONE should have their eyes checked at least every two years after age 40 for conditions, like glaucoma, AMD or cataracts, that can lead to vision loss without initial symptoms,” says Freedman.

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**A friend recently told me that when her family stopped using hand sanitizer and antibacterial wipes all the time, they stopped getting sick so much. Is there any research backing up this theory, or is it just a “new” wives tale?**

## EARTH TALK

From the Editors of  
E/The Environmental Magazine

Your friend may be onto something. The so-called “Hygiene Hypothesis”—first put forth by British epidemiologist David Strachan in a 1989 paper in the medical journal *Thorax*—suggests that a lower incidence of infection during early childhood (thanks to more sterile, less

crowded environments as compared to earlier times) could explain the rapid rise in allergic diseases in the late 20th century. As the theory goes, in the modern world our immune systems no longer have to deal with the vast numbers of potential real pathogens we experienced during the previous stages of our evolution. With so much more time on their hands, our antibodies rise up against other perceived dangers—gluten, peanuts, milk—which in fact are not really threatening. Our immune systems’ over-reaction manifests itself in the form of pesky and occasionally life-threatening allergies.

And the research does seem to bear out the hypothesis. A 2003 Australian study concluded that asthma and allergy rates are higher for those who move from a developing country to a developed country. Meanwhile, a 2007 study by a group of international researchers at the Centre for Research in Environmental Epidemiology found that “frequent use of common household cleaning sprays may be an important risk factor for adult asthma.” And a 2011 study by German researchers found that children living on farms—and therefore exposed to a wider range of microbes than their urban and suburban peers—had statistically significant lower asthma rates.

Yet others, like University College London researcher Graham Rook, think there’s more to the story. He attributes rising rates of inflammatory and other human allergic disease not to modern-day hygiene but to lack of exposure to so-called “old friends”—microbes present in hunter-gatherer times when human immune systems were evolving. Rook backs up his “Old Friends Hypothesis” by citing other studies shedding light on the connection between good health and exposure to greater biodiversity in general.

“Lifestyle changes, antibiotics, caesarean births and lack of breast-feeding limit the transmission of maternal microbiota to the next generation,” says Rook, adding that our “unvarying diets” lacking the microbial diversity our bodies evolved with combined with our limited contact with the natural world only aggravate the problem. “Without these microbial inputs in early life our immune systems, endocrine systems and metabolic systems do not develop correctly, and can malfunction.”

The moral of the story? Whether you agree more with Strachan or Rook, don’t be scared to indulge in nature and don’t be a germaphobe. Get your kids off their screens and out into the yard, park, playground or beach where they can mingle with the dirt and get exposed to as many different microbes as possible. They’ll live healthier lives and handle future health threats more easily than those who spend their childhoods over-sanitized indoors. Chances are they’ll be happier adults, too, given the research correlating lack of outdoor time with increased rates of depression. Who would’ve think that dirt cures?

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. To donate, visit [www.earthtalk.org](http://www.earthtalk.org). Send questions to: [question@earthtalk.org](mailto:question@earthtalk.org).

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# ALL THINGS *Holiday*

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Who could refuse a few quick ingredients, easy instructions, a few minutes in the microwave, some sweet healthy strawberries or favorite fruit, a dollop of ice cream, hot fudge and whipped topping and ta-daa!! A favorite treat in just a few minutes! Sounds like the perfect bedtime to me! You can find different varieties and brands all over the internet.

**A DNA test.** Get a breakdown of global ancestry by percentages, connect with DNA relatives and find out if your family members share DNA with all the fruits and nuts like you thought!

**A handmade card** promising lessons in something you can happily teach, or a promise to do something awesome together, like take a cooking class, go on an awesome road trip, concert tickets or an evening at the opera, or some other activity or experience that matters to both of you, makes an incredible gift.

**From simple fruit baskets for a neighbor or colleague to gourmet packaged candies** and other goodies, the grocery store is full of food options that may just need a little dressing up, a fresh gift tag, and you're good to go—plus, if you find something tasty, you know it'll be appreciated and enjoyed, even if it was a quick gift.

If your giftee isn't the eating and drinking type, but instead the cultural, spends-the-weekends-out type, consider giving the gift of a **museum membership**. Even in places where museums are largely free admission, a subscription entitles you to a world of benefits, including special events, screenings, book signings, late night tours, social events, and other fancy affairs that everyone else would either never hear about or have to fight for tickets to get.

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## Milwaukee Holiday Lights Festival gives visitors "watts" of reasons to "glow" downtown

Milwaukee's downtown will beam brightly November 15th through January 1st as more than 500,000 lights and dozens of animated displays are set aglow for the 20th Annual Milwaukee Holiday Lights Festival!

The annual display of lights includes themed installations in three parks—"Community Spirit" at Cathedral Square Park, "Candy Cane Cove" at Pere Marquette Park and "Santa's Lighted Lodge" at Zeidler Union Square—as well as street decorations along three downtown thoroughfares, including an 18-block stretch of lights along Wisconsin Avenue.

The Festival will officially begin on Thursday, Nov. 15 at 6:30pm during the Milwaukee Holiday Lights Festival Kick-Off Extravaganza in Pere Marquette Park, 900 N. Plankinton Ave. Featuring live music, dance acts and a visit from Santa Claus. A fireworks ceremony will then top off the night. Free cookies, hot cocoa and Jingle Bus rides available. Pre-show 5:30 p.m.

Throughout the Festival, families can view all the decorated sights aboard the Jingle Bus, a 40-minute tour, narrated and a no-fuss way to see the magic of downtown. Tours will depart from the Plankinton Clover Apartments, 161 W. Wisconsin Ave., from 6pm to 8:20pm, Thursdays through Sundays through December 30th. \$2 per person.

Also including Santa's Mailbox, Nov. 15 – Dec. 9, and Cocoa with the Clauses, Saturday, Dec. 8 from 11am to 2pm, both in Cathedral Square Park. Children who place a letter in Santa's Mailbox will receive a personalized reply by mail, provided they supply a return address. [www.milwaukeeholidaylights.com](http://www.milwaukeeholidaylights.com) or 414-220-4700



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### A man in Florida, in his 80s, calls his son in New York one November day.

The father says to the son, "I hate to tell you, but we've got some troubles here in the house. Your mother and I can't stand each other anymore, and we're getting a divorce. I've had it! I want to live out the rest of my years in peace. I'm telling you now, so you and your sister shouldn't go into shock later when I move out."

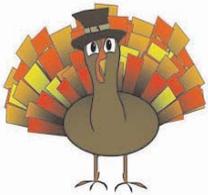
He hangs up, and the son immediately calls his sister in the Hamptons and tells her the news.

The sister says, "I'll handle this."

She calls Florida and says to her father, "Don't do ANYTHING till we get there! We'll be there Wednesday night."

The father agrees, "All right."

The old man hangs up the phone and hollers to his wife, "Okay honey, they're coming for Thanksgiving. Now, what are we going to tell them for Christmas?"



\*\*\*\*\*

## UNCOMMON THINGS FOR WHICH TO BE THANKFUL

**The spouse who complains** when dinner is not on time, because they are home with me, not with someone else.

**The teenager who is complaining** about doing dishes, because that means they are at home and not out on the streets.

**The mess to clean** after a party because it means I have been surrounded by friends.

**The taxes I pay** because it means that I'm employed.

**The clothes that fit a little too snug** because it means I have enough to eat.

**The sunburn on my back** because it means I am out in the sunshine.

**A lawn that needs mowing**, windows that need cleaning and gutters that need fixing because it means I have a home.

**All the complaining I hear about our government** because it means we have freedom of speech.

**The space I find** at the far end of the parking lot because it means I am capable of walking.

**My huge heating bill** because it means I am warm.

**The lady behind me in church** who sings off key because it means that I can hear.

**The piles of laundry and ironing** because it means I have clothes to wear.

**Weariness and aching muscles** at the end of the day because it means I have been productive.

**The alarm that goes off** in the early morning hours because it means that I'm alive and I have things to do.

**Getting too much email that bogs me down**, but at least I know I have friends who are thinking of me.

Author Unknown. Sent via email



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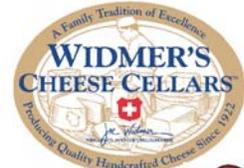
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Watching the way Mr. H. interacts with the children, it's hard to tell who enjoys it more. One thing is clear. These students flourish with the extra attention SDC Foster Grandparents provide.

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“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.

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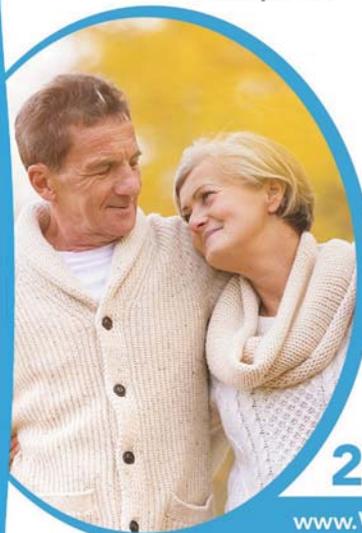


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# Peter, Peter, pumpkin eater Had a wife and couldn't keep her. He put her in a pumpkin shell And there he kept her very well



Was Peter looking for a way to keep his wife or a creative way to bake a pumpkin shell? The hollow shell makes a stylish and festive soup or stew bowl. Imagine serving soup out of a pumpkin at your next fall dinner party! A large pumpkin shell can hold enough soup for a family gathering or dinner parties and small pumpkins are perfect for individual servings.

## Pumpkin Bowl Tureen

### Preparing the pumpkin shell:

Start by washing the pumpkin in warm soapy water rinse well and dry.

Using a sharp knife, insert the tip about 1/3 of the way down, and cut away the top to form a lid. Scoop out the seeds (reserve for roasting) and stringy mass.

Lightly oil the pumpkin inside and out and sprinkle the inside with salt.

Place the pumpkin and lid on a parchment lined baking sheet or spray with an oil cooking spray. Bake a 325°F from 30 minutes to 1-1/2 hours depending on the size of the shell.

This is the tricky part. An over baked shell will not support the weight of the soup so under-baking is preferred. Bake the pumpkin shell until it begins to soften. Remove from the oven and cool.

Gently scoop out some of the soft pumpkin from the wall, being careful not to puncture the shell. Scrape the cooked pumpkin from the lid as well. Use this cooked portion for the pumpkin soup recipe on this page or freeze it for later use.

Ladle hot soup, stew or recipe of choice into the pumpkin and serve. The lid can be used as a cover to keep warm.

## Beef Stew in a Pumpkin

- 1 mid-size/large pumpkin
  - Melted butter
  - Sugar
  - 2 large onions, chopped
  - 4 large garlic cloves, chopped
  - Olive oil
  - 3 pounds chuck steak, cubed
  - 1 pound tomatoes, peeled and chopped
  - 1 tablespoon tomato paste
  - 3 and a 1/2 pints beef stock
  - 2 pounds sweet potatoes, peeled and cubed
  - 2 pounds white potatoes, peeled and cubed
  - 2 pounds raw pumpkin, cut in chunks
  - 2 cans sweet corn
  - 12 canned yellow peach halves, sliced
  - Syrup from canned peaches
- Bouquet garni: 1 heaping teaspoon dried oregano. Salt and pepper

Clean the pumpkin, as directed to the left, without baking it until directed. Measure out 2 pounds of the pumpkin flesh, cut in chunks, for the stew.

Brush the inside of the cleaned pumpkin with melted butter and sprinkle lightly with sugar. Replace the lid and set the pumpkin aside on a baking sheet.

Cook the onion and garlic in a little oil until soft but not browned. Transfer to a large saucepan. Brown the beef in the oil and add it to the onion mixture in the saucepan. Add the tomatoes, tomato paste, half the stock, the bouquet garni, a little salt and plenty of pepper to the meat and onions. Cover and simmer until the meat is almost cooked. This should take about 1 hour.

At this time, put the pumpkin shell in the oven at 375 degrees. Leave it for 30 minutes, or longer if the walls are thick. But be careful not to collapse the walls. You can use a large casserole as a support for the walls.

Add the sweet potato, potato and pumpkin to the saucepan and cover with more stock. Return to a boil and simmer for 20 to 30 minutes, or until the meat is tender, the potatoes are cooked, and the liquid is thickened with the dissolved pumpkin.

Stir in the sweet corn and peaches and simmer for another 15 minutes. Taste, correcting the seasoning and adding a little of the peach syrup. Remove the bouquet garni and discard. Ladle the stew into the pumpkin and put back into the oven for 10 to 15 minutes. Makes 6 to 8 servings.

## Quick and Easy Creamy Pumpkin Soup

Although this soup is rich and creamy there is actually no cream in it. The thick body of the soup comes from the pumpkin puree and evaporated skim milk.

- 2 cups finely chopped onions
- 2 green onions, sliced thinly, tops included
- 1/2 cup finely chopped celery
- 1 green chili pepper, chopped
- 1/2 cup canola or vegetable oil
- 3 cans chicken broth (14-1/2 oz cans) or 6 cups homemade chicken stock
- 2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin
- 1 bay leaf
- 1-1/2 teaspoons ground cumin
- 1 cup undiluted, evaporated skim milk
- Salt and pepper to taste (Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.)
- Parmesan cheese and fresh chopped parsley

In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent.

Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.

Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2 teaspoon black pepper, if desired.

Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot. Makes 6 to 8 servings.



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# How Should You Talk to Your Heirs About Your Estate Plan?

**ANSWER:** They should not be left ill-informed or unaware. Talking about “the end” is not the easiest thing to do, and this is one reason why some people never adequately plan for the transfer of their wealth.

## Have you let your loved ones know a little about your estate plan?



This is decidedly a matter of personal preference: you may want to share a great deal of information with them, or you may want to keep most of the details to yourself. Either way, they should know some basics.

Having this talk can become easier when it is a values conversation, not a money conversation.

**Values driven estate planning.** You can let your heirs know that your values are at the core of the decisions you have made. You need not tell them how much they will inherit. You may let them know about the planning steps you have taken to make a difficult time a bit easier.

For example, you can tell your loved ones that you have a will and/or a revocable living trust. In all probability, your executor or successor trustee has been informed of his or her future responsibilities – but other heirs may not know who the executor or successor trustee will be.

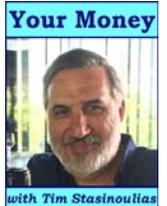
You can tell them that you have an advance health care directive in place and inform them who you have named as an agent to make health care decisions on your behalf if you cannot do so. You can provide the contact information for your estate planner, your CPA, your retirement planner, and any insurance, legal, and medical professionals you consult. Have your heirs ever met these people? Tell your heirs the role they have played for you, your family, or your company and why the judgment of these professionals should be trusted.

**Do people beyond your household need to know any of this?** Think about it for a second. If you have grandchildren, nieces, or nephews, do they figure into your estate plan? Is it appropriate to let them know that you have made an estate-planning decision or two on their behalf? How about charities or non-profits you have supported – have you notified them of your intent to make a gift from your estate and could knowledge of your decision better facilitate the process? How about your business partner(s)? Do they need to be informed of particular estate-planning intentions you have?

Obviously, you must keep certain details close to the vest. Keeping everything to yourself, however, can be problematic. Are your heirs aware of the location of a copy of your health care proxy? Might they discover that you have planned for some of your estate to transfer to charity only after your death? Dilemmas and surprises like these may be avoided through communication – the type of communication that anyone planning an estate should make a priority.

A 2017 Caring.com poll determined that just 42% of Americans had gone so far as to draw up a will, let alone an estate plan. So, if you have planned for the transfer of your wealth, you are ahead of many peers. Just see that your intentions, and specific details, are effectively communicated.

Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI., specializing in financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice. References and data sources available on request.



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tom.slattery@oeius.org

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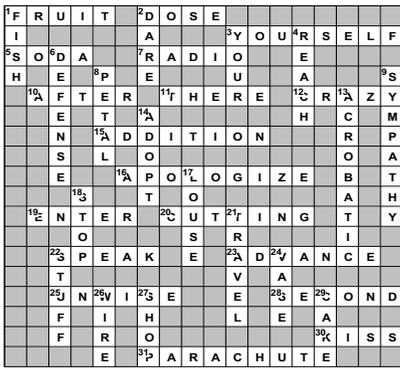


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Crossword on page 27

# The Sneeze...

**They walked in tandem**, each of the ninety-two students filing into the already crowded auditorium. With their rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt.

Dads swallowed hard behind broad smiles, and Moms freely brushed away tears. This class would not pray during the commencements, not by choice, but because of a recent court ruling prohibiting it.

The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families.

The speeches were nice, but they were routine until the final speech received a standing ovation. A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then, it happened.

All 92 students, every single one of them, suddenly sneezed. The student on stage simply looked at the audience and said, 'GOD BLESS YOU'

And he walked off the stage... The audience exploded into applause. This graduating class had found a unique way to invoke a blessing on their future with or without the court's approval.

**People who wonder whether the glass is half full or half empty miss the point... the glass is refillable!**



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# SITTING DISEASE

continued from page 9

activity." After age 50, the results from the study suggest that prolonged sitting, especially in the evening hours in front of the television, is "particularly hazardous."



DiPietro believes TV viewing may be specifically problematic as it is usually not broken up with short bouts of physical activity, as compared to sitting at your desk during the day. Where once you got up to change channels on the television, you now don't even need to sit through ads by streaming shows through Netflix or Hulu.

Sitting and watching TV for long periods — especially in the evening — has got to be one of the most dangerous things that older people can do because they are much more susceptible to the damages of physical inactivity."

### Sitting Long Hours Linked to a Host of Health Problems

You don't have to work too hard not to leave your home. You can order everything you need online, including groceries in most areas. Entertainment, communication and video chatting may mean you don't get out of your chair for hours at a time.

The health challenges resulting from sitting for prolonged periods are related to sedentary behavior, and while sitting is the most prevalent form of sedentary behavior, it isn't the only one. Any activity during which you exert very little energy is considered sedentary behavior. Although the scientific community has coined the term "sitting disease" to refer to metabolic syndrome and other ill effects of a sedentary life, the medical community does not use this as a diagnosis. The results of sitting prolonged periods may include:

**Death** - In a study of over 123,000 people, researchers found women who sat for six hours or more each day had a 94 percent increased risk of death from all causes during the study period than women who sat for three hours or less. Men who were inactive and sat for six hours or more were 48 percent more likely to die than men who were more active.

**Obesity** - A study of 50,000 women over six years found every two-hour increase in viewing television a day resulted in a 23 percent jump in risk of obesity, and for every additional hour women spent sitting at work without getting up resulted in an additional 5 percent increased risk of obesity. **Metabolic syndrome** - Absence of muscle contraction during extended periods of time reduces your ability to metabolize and process carbohydrates, leading to the chief risk factors for insulin resistance, Type 2 diabetes, heart disease and stroke. **Cancer** - 47 studies found an increasing amount of inactivity resulted in a higher risk for cancer and an increased risk of death from their diagnosis. **Lower back pain** - Sitting for long periods of time places added strain on your lower back, reduces your core strength and reduces circulation to the small muscles in your lower back, all leading to an increased risk of lower back pain.

### Your Risk of Osteoarthritis Rises With Inactivity

The technological or digital revolution began in the early 1950s. In a recent study, researchers found those born after 1940 had a 2.5 times greater risk of developing osteoarthritis (OA) than those who were born before 1940. Osteoarthritis is one of the most common forms of nearly 100 medical conditions that fall under the category of arthritis. Some of the factors that increase your risk of developing OA include obesity, lack of activity, muscle weakness and increasing age.

Although the study looked at the difference in numbers of individuals who suffered from OA over thousands of years, the researchers could only theorize what the lifestyle differences were that created such variability. They speculate that one of the primary factors is inactivity. Senior study author Daniel Lieberman, Ph.D., paleoanthropologist at Harvard University, posits inactivity may play a leading role in the development of OA.

"The most important message here is that we shouldn't consider arthritis a wear-and-tear disease of age. Arthritis is a disease that becomes more common as you age, but it's not caused by 'wear and tear;' if anything, it might be caused by the absence of physical activity."

### Simple Strategy May Improve Your Physical Ability as You Age

You may be surprised at how many hours you sit each day, especially if you participate in daily exercise. Take a few minutes for three to four days to record the amount of time you exercise, sit or stand. One simple strategy to reduce your risk is to move more, every day. Here are several tactics you may consider:

Set up an alarm on your computer to remind you to get up every 15 minutes. Use a standing desk at work. Stand while talking on the phone or eating lunch. Walk after lunch; develop a walking group at work to help your motivation. Use a fitness tracker to count your steps each day and seek to achieve 10,000 steps. Watch TV on a Swiss ball and bounce while watching.

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!



First Wisconsin Territorial Legislature Council House (First Capitol)

## ODD WISCONSIN

### First Wisconsin Lawmakers Watched Out For Themselves...

By Michael Edmonds

At the legislature's inaugural session on October 25, 1836, the members' first act was to protect their own interests.

Wisconsin Territory had been created the previous July. On October 10<sup>th</sup>, delegates were elected around the state to convene a new government. The territory included not just Wisconsin but also the modern state of Iowa, so the legislature assembled in Belmont, a centrally located crossroads in the mining district.

The new territory's House of Representatives had 26 members and its Council had 13. The very first act that these 39 men passed gave themselves "authority to punish, by fine and imprisonment, every person, not a member, who shall be guilty of disrespect..." Then they declared themselves "privileged from arrest in all cases except treason, felony, and breach of the peace..."

After securing the power to arrest everyone except themselves, they got down to business – where to locate a permanent capital.

According to one observer, "Numerous speculators were in attendance with beautiful maps of prospective cities, whose future greatness was portrayed with all the fervor and eloquence which the excited imagination of their proprietors could display." 19 sites were proposed, several of which didn't even exist yet. Madison, whose entire acreage was owned by James Doty, was one of these paper cities. It was chosen after "town lots in large numbers were freely distributed among members, their friends, and others who were supposed to possess influence with them."

It probably also helped that Doty gave away free buffalo robes to the freezing lawmakers.

Sources: Acts Passed at the First Session of the Legislative Assembly of the Territory of Wisconsin (Belmont, Wis., 1836), Territorial Legislation in Wisconsin. (Madison, 1870), "Before and After the Territorial Organization of Iowa," Annals of Iowa, 1st series, 9 (January, 1871). [www.wisconsinhistory.org](http://www.wisconsinhistory.org)

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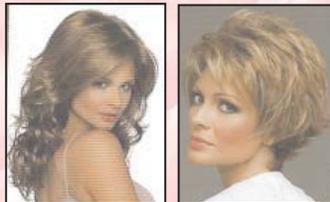
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## How to Prevent a Multigenerational Home Thermostat War This Winter

Promote multigenerational home harmony this winter with a combination of the latest systems, smart technologies, and good old fashioned togetherness that will keep your family warm without tempers heating up.

Multigenerational households are on the rise with a record one-in-five Americans living in homes shared by multiple adult generations, inevitably leading to various domestic conflicts – including home temperature.

Increasing home prices, staggering child care expenses, exorbitant assisted living and nursing home costs, college debt, longer life expectancies, and the growth of ethnic communities are all fueling this shift. The “boomerang” and “reverse boomerang” effect are the most common causes of this shared living trend. While adult children continue to return home, aging “Silent Generation” parents are increasingly moving in with their “Boomer” children with nearly 44 percent (28.4 million) of these households consisting of three or more generations. It’s a widespread change making its impact felt throughout America.

### Bridging the Thermostat Gap

Mom versus dad, grandmother versus grand-daughter. When it comes to home climate control, the generation and gender gap is real. These are facts to support this domestic dilemma:

- **Everyone** has a different “thermal comfort level” or preferred room temperature based on physical, psychological and other factors including clothing and activity level.
- **Women’s bodies** produce less heat than men’s with women preferring a far warmer environment (77 degrees) than men (72 degrees).
- **As we age**, our bodies become sensitive to cold temperatures because of a decrease in the metabolic rate.

**Ladies,**  
If a man says he will fix it, he will. There is no need to remind him every six months about it.

**Get “Smart” About Home Temperature.** When it comes to smart home temperature control, there are Smart HVAC Systems and Smart Thermostats. Smart HVAC systems have built-in Internet capability and can be controlled directly without additional equipment. Smart Home Thermostats create “smart” systems by enabling remote temperature control via a mobile or Internet connected device or voice-operated home automation system.

**Increase Family Peace AND Energy Efficiency.** Upgrading your system and installing a smart thermostat can significantly reduce your utility expense. The most energy-efficient heating and cooling products on the market, ductless mini-split systems, can save as much as 25 percent on your energy bill. An efficiently controlled thermostat could save an additional 10 percent a year. Here’s how ductless mini-split systems work. Thin copper tubing is used to pump refrigerant from an outdoor compressor directly into an indoor air-handling unit, where the air is quietly distributed to the interior space. This eliminates the need for basement or attic evaporators and bulky, expensive ductwork. Mini-splits are easy to install and usually require only a 3-4 inch hole through a wall or ceiling to connect the indoor and outdoor units.

**Give Everyone Their Own Voice.** Everyone gets to “voice” their own temperature preferences. Most HVAC manufacturers offer apps that enable systems to be controlled from anywhere using a mobile device. Now, voice-control capability uses digital assistants, like Amazon Alexa, to verbally dictate home temperatures – “Alexa, set the living room temperature to 70 degrees.” For instance, Fujitsu offers a free FGLair app that enables Web activated control via mobile devices and voice-activated control via Amazon Alexa.

**Customized Room-by-Room Comfort.** Ending home climate conflicts, mini-splits feature custom zone control, letting homeowners connect two to eight indoor units to a single outdoor unit. Each zone has its own thermostat so occupants can adjust each room to the temperature they want. Only occupied areas are heated which can represent a significant savings considering the kitchen, dining room, living room, and bedrooms are left unoccupied for at least 40 percent of the time in most households.

**Come Together for Family Time.** Don’t let conflicting temperature preferences overshadow the blessing of multigenerational family bonding. Nothing can replace the value of convening in one room to eat a meal, watch a movie or play a board game. Simple adjustments and compromises can go a long way. And, there’s nothing like gathering around the fireplace to foster family time.

This article is submitted by Andrew Armstrong, vice president of sales and marketing for Fujitsu General America, a national heating and cooling system manufacturer with distributors in local communities across the country, and a 30-year industry veteran. For more information, call (888) 888-3424 or visit [www.fujitsugeneral.com](http://www.fujitsugeneral.com).

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## New Truck Radio

I bought a new Ford F250 Tri-Flex Fuel Truck. Go figure it runs on either hydrogen, gasoline, or E85. I returned to the dealer yesterday because I couldn't get the radio to work.

The service technician explained that the radio was voice activated.

'Nelson,' the technician said to the radio.

The radio replied, 'Ricky or Willie?'

'Willie!' he continued and 'On The Road Again' came from the speakers.

Then he said 'Ray Charles!' and in an instant 'Georgia On My Mind' replaced Willie Nelson.

I drove away happy, and for the next few days, every time I'd say 'Beethoven' I'd get beautiful classical music and if I said 'Beatles' I'd get one of their awesome songs.

Yesterday, some guy ran a red light and nearly creamed my new truck, but I swerved in time to avoid him.

I yelled, 'Idiot!' Immediately the radio responded with...

'Ladies and gentlemen, The United States Congress.'

I love this truck.....

## The Psychiatrist and The Proctologist

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

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

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

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

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

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

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

## Dolly Parton and Queen Elizabeth at the Pearly Gates

Dolly Parton and Queen Elizabeth die on the same day and they both go before an Angel to find out if they'll be admitted to Heaven.

Unfortunately, there's only one space left that day, so the angel must decide which of them gets in. The Angel asks Dolly if there's some particular reason why she should get into Heaven.

Dolly takes off her top and says, 'Look at these, they're the most perfect breasts God ever created, and I'm sure the angels will be pleased to see them every day, for eternity.'

The Angel thanks Dolly, and asks Her Majesty the same question..

The Queen takes a bottle of Perrier out of her purse, shakes it up, and gargles. Then, she spits into a toilet and pulls the lever. The angel chuckles and says, 'Okay, Your Majesty, you may go in.'

Dolly is outraged and asks, 'What was that all about? I show you two of God's own perfect creations and you turn me down. She spits into a commode and gets in! Would you explain that to me?'

'Sorry, Dolly,' says the angel, 'but, even in Heaven, a royal flush beats a pair - no matter how big they are.'

Dear Editor,  
I have relished Your LIFE! for years, including the years when you called it Boomers! Newspaper. But October's issue Laugh Out Loud section made me want to cry. In this envelope are the jokes, with the ones that are checked, being especially sexist and insulting to woman. Unfortunately it was most of them. I found it sad and disappointing. No wonder we need a "Me Too" movement when this --- 'is allowed to flourish and well-intentioned citizens promote it. Minimally you should be embarrassed, if not humiliated and shamed. Please try to balance your approach in the future.

Sincerely, Mother of 2 outstanding accomplished blonde women

Wow. I can sincerely tell you it has never been my intention to hurt or shame anyone by sharing, what I hoped was simply an amusing moment in our otherwise dreary serious day, a humorous opportunity to 'laugh' at ourselves and our world around us. I am not embarrassed and I am not ashamed. But I am sorry that you feel bad.

As an 'accomplished blonde woman' and happily married wife, I probably do find blonde jokes and wacky wife jokes funny because LIFE is ironically funny and I enjoy laughing at myself!! I do not take insult by a blonde joke - I'm too smart and confident to think that they apply to me or are directed at me. I receive many calls and have had many communications every day with friends and readers that express their appreciation for the humor in our paper. My favorite call was from an elderly lady that stated she was an 'ornery soul' but that day she read our issue and she told me it made her 'laugh out loud'. That's what it's all about.

So to the mother of 2 outstanding blonde daughters (and yes, I believe they are outstanding!) I do apologize that these silly jokes ruined your day.

### OPEN FOR DISCUSSION:

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## Grocery Store Havoc

When I was ready to pay for my groceries the other day, the cashier said, "Strip down, facing me."

Making a mental note to complain to the manager about unnecessary requests, I did just as she had instructed.

When the hysterical shrieking and alarms finally subsided, I found out she was referring to how I should place my credit card in the card reader!

As a senior citizen, I do not get flustered often, but this time it took me a while to get my pants back on.

I've been asked to shop elsewhere in the future. I personally think they need to make their instructions a little more clear.

I still don't think I looked that bad! I just need to wear underwear more often.

## A Doctor was addressing a large audience in Tampa

"The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG.

High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. However, there is one thing that is the most dangerous of all and we all have eaten, or will eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, 'Wedding Cake.'

## DEAR NEIGHBOR:

Hi, George, this is Richard, your next door neighbor. I've got a confession to make. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. At least I'm telling you in this text, and I can't live with myself a minute longer without your knowing about this. The truth is that, when you're not around, I've been seeing your wife, day and night. In fact, probably much more than you. The temptation was just too great and I can't live with the guilt. I hope you'll accept my sincere apology and forgive me. Please suggest a fee for usage and I'll pay you.

Regards, Richard

## NEIGHBOR'S RESPONSE:

George, feeling enraged & betrayed, grabbed his gun, went next door, and shot Richard dead.

He returned home, shot his wife, then poured himself a stiff drink and sat down on the sofa waiting for his punishment. George then looked at his phone and discovered a 2nd text message from Richard —

2nd TEXT MESSAGE:

Hi, George, Richard here again. Sorry about the typo on my last text. I assume you figured it out and noticed that the darned spell-check had changed "WI-FI" to "wife." Technology, huh? It'll be the death of us all.

\*\*\*\*\*

**Two little old ladies,** Connie & Evelyn, were sitting on a park bench outside the local town hall where a flower show was in progress. The short one, Connie, leaned over and said, 'Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show!'

'You're on!' said Evelyn, holding up a \$10 bill.

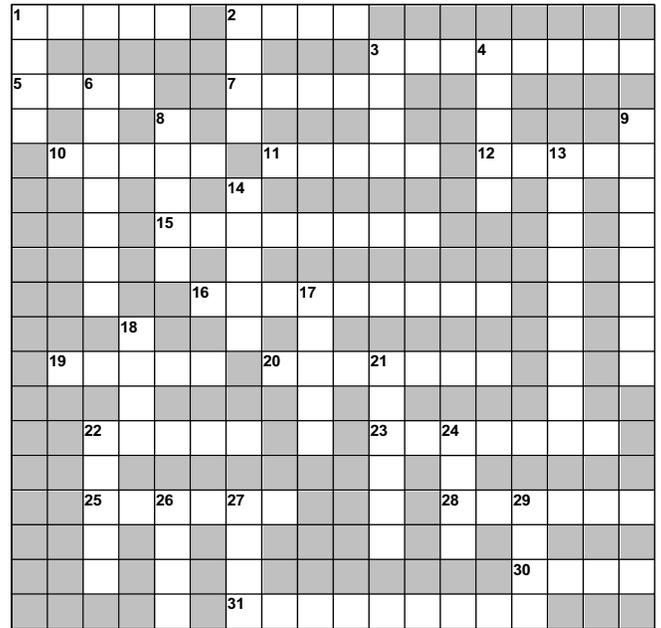
So Connie slowly fumbled her way out of her clothes. She grabbed a dried flower from a nearby display and held it between her teeth. Then, completely naked, streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the followed by loud applause and shrill whistling. Finally, the smiling came through the exit door surrounded by a cheering, clapping

'What happened?' asked Evelyn.

'I won \$1,000 as 1st prize for 'Best Dried Arrangement!''

Kids today don't know how easy they have it...  
when I was young, I had to walk 9 feet through shag carpet to change the TV channel.



Answers on page 21

### ACROSS

1. Edible body of a seed plant
2. To nod off
3. Your normal self
5. Carbonated beverage
7. Airwaves listening device
10. Following noon
11. To or into that place
12. Nuts
15. Math function
16. Seek Forgiveness
19. To move into
20. To slice off something
22. To talk
23. Move forward
25. Polite term for stupid
28. After first
30. Pucker up
31. Used to float to earth

### DOWN

1. Friday fry
2. To challenge
3. Possessive form of you
4. To extend the arm and grab
6. Prevents opponents scoring
8. Segment of a flower
9. Deep concern
13. Physical feats
14. Provide a family for a child
17. A contemptible person
18. To cease movement
21. Popular cable channel
22. Stuffing you put in a pillow
24. Vessel used to display flowers
25. Used to connect electricity
27. Small retail store
29. "Let them eat



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