

Your

MAGAZINE

LIFE!

December 2018

A FREE PUBLICATION

www.yourlifemagazine.net

PRINT and ONLINE EDITIONS

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



DO YOU
Believe?
IN THE
MAGIC?



INSIDE THIS EDITION ~page 3



Bring the whole family!

SYMPHONY SUNDAYS

*Classical Music
for All Ages*

2 p.m. at the Pabst Theater

JANUARY 27, 2019

Our Home in Vienna

MARCH 31, 2019

*Copland and Levy:
American Masters*

MAY 5, 2019

*Rhapsody and Romance:
Legends of the Piano*

PAJAMA JAMBOREES

*Free Classical Pops
Concerts for Families*

7-8 p.m. at the Marcus Center,
Bradley Pavilion

MAY 8, 2019

Songs With & Without Words



262-853-6085

FESTIVALCITYSYMPHONY.ORG

CONCORDIA UNIVERSITY PLAYERS PRESENT

Robin Hood



February 15 & 16
7pm

February 17th
1:30 pm

Robin Hood, the outlaw of Sherwood Forest, leads a merry life with his followers. Anyone who is hungry or who has not place to live is welcome. The citizens of the forest oppose wicked Prince John. He has taken the place of King Richard the Lion Hearted, who has gone to the Holy Land on a crusade. One day a caravan cuts through the wood. In the convoy is Robin's childhood sweetheart, Maid Marian, ward of King Richard. Alas, the evil Lady Merle of Cornwall plans to force Marian to marry the Prince in an effort to make John more acceptable to the people of England. It is up to Robin to stop the marriage, defeat the Sheriff of Nottingham, and secure Nottingham for the King's return.

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

Questions? Lori.Woodall@cuw.edu

\$10 Adults / \$8 Seniors and children 13+
\$5 Veterans, \$3 children 5-12, Children under 5 free

Todd Wehr Auditorium

CONCORDIA UNIVERSITY

12800 N. Lake Shore Drive MEQUON



BEL CANTO
CHORUS

Christmas in the Basilica

December 14-16

Basilica of St. Josaphat

*Christmas carols and sing-a-longs...
it's everyone's favorite holiday tradition!*

TICKETS ON SALE NOW - WE WILL SELL OUT

www.belcanto.org | 414-481-8801

We Cater!

**There is no event
we can't handle!!**

Quality food. Quality Service.

For Catering Services Call: **414-803-5177**



**The PeachTree Family
Restaurant & Catering**

15419 W. National Avenue
New Berlin

262-787-2911

www.thepeachtreecatering.com



Prime Minister

**Prime Minister Family
Restaurant & Catering**

517 N. Main Street, Thiensville

262-238-1530

www.pmcatering.com

Two family restaurants serving breakfast, lunch & dinner specials!

From the Publishers

DECEMBER 2018



Christmas, 1966. That's me on my Daddy's lap! The Christmas tree was cut from the family farm - no fancy \$60 perfect-pine for our country home! Dad had just come in from milking the cows. The rule was 'no touching' anything under the tree until Dad came in to hand out gifts.

My father passed in 1986. My brother DJ, lower left hand, was in a car accident at the age of 17 and remains in a wheelchair today. Mikey in the middle is the family gatekeeper of tradition. My older sister Judy, in the right corner, is a RN in Appleton and one of the outstanding compassionate nurses in healthcare. My brothers Bob and Bill must still be doing chores because they're not in the picture!

Things change. Friends and family come and go. The memory of the time shared becomes the thread that keeps us together in kinship. Christmas Past (as Scrooge would contend) brings us to Christmas Today and the joy we can have in the present. So let us ENJOY!!

There's always a plethora of things on our holiday calendars and all the time spent running around, shopping, meeting friends, spending quality (and required) time with family is part of the package that makes the holiday season what it really is. Family. Giving. God. Love. And, of course, food. We've been eating Thanksgiving feast leftovers for the last 2 weeks and I am ready for the sweets of Christmas. Tom is putting us on a low-carb diet this new year and I need to store up! Ugh. Does ice cream contain carbs? Not! (And a happy 56th birthday to my husband this month! I look forward to our life ahead!)

In this season of sharing, please allow me to do my share of thanksgiving and appreciation for the continued success of Your LIFE! Magazine, the wonderful associates that have truly become friends, my husband and business partner, and the absolute exhilarating ride through 2018! THANK YOU all... readers, writers, advertisers, friends, foes and family for blessing our lives!

Merry Christmas to all and to all a good cup of hot chocolate reading the current copy of Your LIFE!!

LIFE. *Enjoy it!*

Sandy and Tom Draelos

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!

PUBLISHER / Editor
Sandra (Hill) Draelos

ADVERTISING
Vicki Huber | Kelly Larson

OPERATIONS MGR
Thomas Draelos

SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212
milwaukeepublishing@wi.rr.com
www.Boomersnewspaper.com
www.mylifemagazine.net



INSIDE THIS ISSUE



Can Reindeer Really FLY?!

As Mel Torme wrote in "The Christmas Song," "They know that Santa's on his way, He's loaded lots of toys and goodies on his sleigh, And ev'ry mother's child is gonna spy, To see if reindeer really know how to fly." **As one zoologist tells it, they do -- sort of. And YES, I believe!**

-page 5



Christmas Around the World

Whatever the date or the practices associated with it, Christmas continues to be the most universally celebrated holiday around the globe, transcending language and culture.

-page 8



Working Out in WINTER

Cold tightens. Cold slows. It freezes you up, making your muscles sluggish and unprepared. Adjust your workouts to suit our Wisconsin winters.

-page 11



Saving the Planet with Uber & Lyft

Sharing rides with Uber and Lyft is a boon for the environment if you factor in reduced congestion, pollution and energy consumption.

-page 21

DECEMBER CALENDAR.....	page 4
The Meaning of Christmas.....	page 6
WI Holiday Traditions /Travel Wisconsin.....	page 7
DONATE to a Local Milwaukee Charity.....	page 10
Avoiding ONLINE Holiday Hackers.....	page 12
FINANCE.....	page 13
Creating a Healthier Dinner Environment.....	page 15
National Days / Vintage Favorite Toys.....	page 17
LAUGH out LOUD.....	page 20
WORD SEARCH/CROSSWORD.....	page 22/23

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!

PUBLISHER / Editor
Sandra (Hill) Draelos

ADVERTISING
Vicki Huber | Kelly Larson

OPERATIONS MGR
Thomas Draelos

SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212
milwaukeepublishing@wi.rr.com
www.Boomersnewspaper.com
www.mylifemagazine.net



Your LIFE!

Enter to win our monthly drawing!

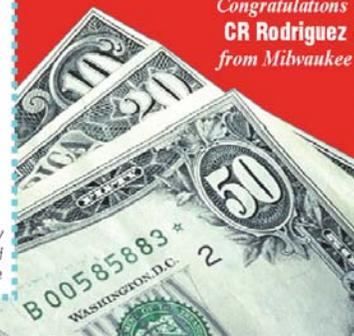
GIVE-AWAY!!

\$50⁰⁰

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Telephone: _____
 Where did you pick up the paper? _____
 Age: 35-45 _____ 46-55 _____ 56-65 _____ 66 or older _____

Remit entry by mail to:
Milwaukee Publishing / Your LIFE! Give-Away
6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry
Per Household
Please



Congratulations
CR Rodriguez
from Milwaukee

Entry Deadline: December 26, 2018

AROUND TOWN

A collection of local events

Through January 1st

Pere Marquette Park

Milwaukee Holiday Lights Festival
Returning for its 20th year with a holiday variety show and the city's largest switch-flipping ceremony. Visit all three decorated parks (Cathedral Square, Pere Marquette and Zeidler Union Square), plus view street chandeliers on Wisconsin Ave and Mason Street. The Jingle Bus shows you to all the lights and sights aboard a cozy Coach USA bus, and the tree lot at Pere Marquette is the one-stop shop for all your holiday greenery

Through December 31st

Wisconsin Christmas Carnival of Lights
Jellystone Park Camp-Resort Caledonia Families can explore and experience Wisconsin's largest drive-through light display filled with 1.5 million twinkling lights from the comfort of their vehicles or from Santa's open-air sleigh. "Evvy the Talking Christmas Tree," a popular, animatronic, seven-foot character will return to Santa's Workshop, singing and speaking with children. Guests can also warm up with hot chocolate, write Santa a letter, or even meet the jolly man himself. See the light show aboard Santa's giant sleigh, which offers a unique open-air experience. Families feel even closer to the displays as the sleigh travels through the mile-long light show with up to 43 guests, in tiered and comfortable seating. Entry fee for carloads with up to eight people is \$20.

wichristmascarnival.com/workshop

December 7-16th

Black Nativity 2018
Marcus Center for the Performing Arts
Black Nativity by Langston Hughes is a testament to the power of gospel music, telling the story of the Nativity through a combination of African American scripture, poetry, dance, and song

More fun events at visitmilw.org

December 8th

A Fair to Remember
Washington County Fair Park & Conference Center
Come to the Christmas Fair to Remember for your unique and seasonal crafts

December 12th

Tap into your Family History: Caring for Christmas Ornaments
Milwaukee County Historical Society at Brew City
Tap into your Family History will cover the in's and out's of caring for your family's holiday treasures-how to properly care and store everything from homemade ornaments to family pieces that have been carefully handed down through the generations

December 14th

Play Date With Art: Paint the Town
Milwaukee Art Museum
It's never too early to learn to love art! Drop in and make art together, in this monthly program designed especially for our youngest visitors—ages five and under (with an adult). Stop by and sing along during Singing Time at 10:30 and 11:15am

December 15th

Candlelight Walk
Urban Ecology Center, Riverside Park
1500 E. Park Place, Milwaukee
Take some time to relax in the outdoors. Celebrate the Winter Solstice with a guided, candlelit walk through Riverside Park. Enjoy poetry and readings of the season along the way, then warm up inside by the fire with cider, snacks and music. Groups leave in 15 minute increments, starting at 7pm

December 15th

Stout Fest: A Sweater Party for Your Insides
MobCraft Beer
505 S. 5th St., Milwaukee
Join us in the taproom for our first ever Stout Fest. We will fill 24 tap lines with a large variety of stouts. From barrel aged imperial stouts to delectable dessert stouts — there is something for every stout lover

December 15th

Milwaukee Craft: Holiday Cookies with Third Coast Provisions
275 W. Wisconsin Ave
Join us at Brew City MKE for a special holiday edition of Milwaukee Craft where we will pair your favorite holiday cookies with 4 MKE beers. Program is \$25 pre-sale only and includes 4 cookie/beer pairings, guided demonstration and admission to our Milwaukee Brewing History Museum

December 15-16th

Wisconsin Rummage-O-Rama
Wisconsin State Fair Park
Shop more than 150 vendors selling antique, vintage, handcrafted and reclaimed goods

December 21st

Winter Adventure Day: Survival Challenge
Urban Ecology Center - Riverside Park
Learn outdoor skills to survive a Wisconsin winter! School's out! Join us for a whole day of winter fun. Would you know how to survive a Wisconsin winter in the wild? Spend the day learning how to start a fire, build a shelter, cook a meal over a campfire and other winter survival skills. Dress for the weather and bring a bag lunch!

December 25th

The Salvation Army Christmas Family Feast
Wisconsin Center
Christmas Family Feast, 11am to 2:30pm, is the largest event hosted by The Salvation Army on Christmas Day in the country. About 1,400 volunteers typically help serve more than 8,000 people. Doors open at 10:30am To volunteer, please sign up online or contact: Nancy Zompolas, Volunteer Administrator (414) 302-4300 nancy_zompolas@usc.salvationarmy.org

December 31st

New Year's Eve Family Celebration
The Domes
Enjoy the lively tunes of the Garlic Mustard Pickers and entertaining performances by Magician Rick Allen as well as fire dancing from Prismatic Flame. Dazzling light shows. Kids will also love balloon twisting and face painting. DJ Mike Sherwood. At 9pm, everyone will be welcome to gather in the Annex for the Big Balloon Drop when almost a thousand balloons will be released from the ceiling. www.milwaukeedomes.org

January 1st 2019

The COOLFOOL KITE FESTIVAL
11 am until 5 pm in Veterans Park on Milwaukee's Lakefront. This is a FREE event, with plenty of FREE parking. We will have Free Hot Chocolate, Coffee, and Snacks, compliments of Gift of Wings, while they last. This is a "Fun Fly" so bring your kite or pick up a kite at Gift of Wings at the park

January 4-6th

2019 Wisconsin RV Super Show
Wisconsin Center
Featuring the very latest makes and models of Recreational Vehicles from all of the nation's top manufacturers. Special factory rebates, financing, and on the spot loan approval makes this show a cannot miss for the serious RV enthusiasts!

January 5-6th

51st Annual Wonderful World of Weddings
Wisconsin State Fair Park
The 51st Annual Wonderful World of Weddings offers over 200 exhibits of the latest fashions and a unique selection of bridal-related products and services. Find a wealth of ideas for planning your wedding. There is a sizzling Fashion Show twice a day spotlighting ultimate wedding styles and colors. Win a fabulous Grand Prize Honeymoon for two. Taste, hear and see the best wedding event of the year



The 20th annual Canadian Pacific Holiday Train

Rolling through Wisconsin bringing cheer, Santa and live music at every stop. The 14-car train decorated with thousands of lights will make stops in 13 Wisconsin communities in early December. Each stop lasts 30 minutes and features a concert from the Sam Roberts Band. Event is free, but CP encourages attendees to bring nonperishable foods to donate to local food banks.

Dec. 6, 8:35 pm. Amtrak Depot, 433 W. St. Paul Ave., Milwaukee
Dec. 7, 4:15 pm: Harwood Avenue crossing, Wauwatosa
5:45 pm: Level Crossing at Cottonwood Avenue, Hartland
6:55 pm: Silver Lake Street, north side of the tracks, Oconomowoc
7:55 pm: Brandt-Quirk Park parking lot (ball diamond), adjacent to track, Watertown

DEC. 6

IT'S A WONDERFUL LIFE: LIVE FROM WVU RADIO THEATRE

SOUTH MILWAUKEE PERFORMING ARTS CENTER

TICKETS ON SALE NOW!

(414) 766-5049

southmilwaukeepac.org

JAN. 26

MUSIC THAT MADE MILWAUKEE FAMOUS

The Milwaukee Mandolin Orchestra & guest artists

FEB. 15

LUMA: ART IN DARKNESS

MARCH 2

CELTIC NIGHTS: OCEANS OF HOPE

APRIL 26

UNBOXED

FEATURING THE DAVIS BOYS & GIRLS CLUB DANCERS



Can Reindeer Really Fly!



As Mel Torme wrote in "The Christmas Song," "They know that Santa's on his way, He's loaded lots of toys and goodies on his sleigh, And ev'ry mother's child is gonna spy, To see if reindeer really know how to fly."

As one zoologist tells it, they do -- sort of.

Reindeer is the European term for members of the deer family known to pull Santa's sleigh, but in the United States they are known as caribou. The flying reindeer is a unique subspecies. Its scientific name is Rangifer tarandus pearyi. Known as the Peary reindeer, it is white and lives in the most northern sections of North America

All reindeer have broad hooves which enable them to walk on and dig in deep snow or soft ground and the Peary reindeer use their hooves to find and scrape lichens which makes up most of its diet in the winter. The Peary reindeer are the smallest in the deer family, smaller than the white-tailed deer -- that's where the 'eight tiny reindeer,' comes from.

A typical reindeer weighs about 200 pounds but the Peary reindeer -- named after Admiral Robert Peary, the U.S. explorer, who is credited with being the first person to reach the North Pole -- weighs less than 150 pounds.

"Walker's Mammals of the World" says the Peary reindeer live in the Alaska Archipeligo and northern Canada and are known as "island hoppers" because of their great leaping ability. They number fewer than 3,600 and are officially designated as endangered.

Biologically, there are several theories on how the Pearys manage to leap such great distances, one being that they must have a similar circulatory system to that of whales -- when whales dive their blood stops circulating to everywhere except the brain.

Also, the Pearys' natural snap of the leg tendon allows it to leap 6 feet in the air, glide and while in the air to conserve energy.

Whenever we see pictures of Santa, the reindeer are always at an angle as they leap up or as they're coming down, it's all snap and glide. Also considered is the theory of hollow bones that make birds lighter for flight and the Bernoulli Principle -- air travels slower on the bottom (creating more pressure) and faster on top (creating less pressure keeping a plane in the air -- from the Pearys' antlers.

Another theory is that the Peary fur is similar to a polar bear's fur -- the hair shaft is pigment-free and transparent with a hollow core that allows for more buoyancy.

What most people do not realize is that one can get most places in the world by island hopping, the Great Circle route from North America to Europe is a good example.

What is really lacking is first-hand observation, although many have heard reindeer on the roof on Christmas Eve it's hard for a biologist to observe when there is only have one day a year to do it. And it's usually bad weather Christmas Eve.

And then, of course, there is always the theory of magic.

Excerpt from Animal Tales: Do reindeer really fly? by Alex Cukan with Tony Vecchio, director of the Roger Williams Park Zoo in Providence, Rhode Island, the animal biologist who helped on the book, "The Flight of Reindeer: The True Story of Santa Claus and His Christmas Mission," by Robert Sullivan.

HAIR Experience

John Endries
47 Years Experience!

2215 S. Kinnickinnic Ave
414.744.8141

WIGS & Hair Add-ons




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

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

LAURA'S

DBC BAR & GRILL

Open Christmas Eve Day 1-5pm, Christmas Day at 3pm, New Year's Eve Day Noon - 5pm and New Year's Day open at 11am

**BEST DAMN FISH FRY
IN OZAUKEE COUNTY**

7520 W. DONGES BAY RD MEQUON, WI 53092
(262) 238-1733 CONTACT@LAURASDBC.COM



THE MEANING OF CHRISTMAS

Do You BELIEVE in THE MAGIC?

A small boy of seven with wonder in his eyes
Looked deep into Santa's, to Santa's surprise,
And said as he nestled on Santa's broad knee,
"I want your secret. Tell it to me."

"I want to know how as you travel about,
Giving gifts here and there, you never run out.
How is it, dear Santa, in your pack of toys
you have plenty for all of the world's girls and boys?
From rooftop to rooftop, to homes large and small,
From nation to nation, reaching them all"

And Santa smiled kindly and said to the boy,
"Don't ask me hard questions. Don't you want a toy?"
But the child shook his head, and Santa could see
that he needed the answer. "Now listen to me."
He told the small boy with the light in his eyes,
"My secret will make you sadder, and wise."

The truth is my sack is magic in side
It holds millions of toys for my Christmas Eve ride.
Although I do visit each girl and each boy
I don't always leave them a gaily wrapped toy.
Some homes are hungry, some homes are sad,
Some homes are desperate, some homes are bad.
Some homes are broken, and children there grieve.
Those homes I visit, but what should I leave?"

"My sleigh is filled with the happiest stuff,
But for homes where despair lives, toys aren't enough.
So I tip toe in, kiss each girl and boy,
And pray with them they will be given the joy
Of the spirit of Christmas, the spirit that lives
In the heart of the dear child who gets not, but gives."

If only God hears me and answers my prayer,
When I visit next year, what I will find there
Are homes filled with peace, with giving and love
It's a very hard task, my smart little brother,
To give toys to some, and give prayers to others.
But the prayers are the best gifts, the best gifts indeed,
For God has a way of meeting each need.

"That's part of the answer. The rest, my dear youth,
Is that my sack is magic. And that is the truth.
In my sack I carry on Christmas Eve Day
More love than Santa could ever give away.
The sack never empties of love, or of joys
'Cause inside it are prayers, and hopes, not just toys.

And so do you know something "You've got a sack, too.
It's as magic as mine, and it's inside of you.
It never gets empty, it's full from the start.
It's the center of lights, and of love. It's your heart.
And if on this Christmas you want to help me,
Don't be so concerned with the gifts 'neath your tree.
Open that sack called your heart, and share
Your joy, your friendship, your wealth, your care."

The light in the small boy's eyes was glowing.
"Thanks for the secret. I've got to be going."
"Wait, little boy," said Santa, "don't go.
Will you share? Will you help? Will you use what you know?"
And just for a moment the small boy stood still,
Touched his heart with his small hand and whispered, "I will."

-Author Anonymous. Have a Blessed Holiday Season!



The Perfect Gift for all Sports Fans!

GREEN and GOLD Rex Rabbit Ear Muffs \$60

Unique Fur Accessories
Stay warm while cheering on your favorite team.
Available in multiple color combinations.

A.J. Ugent Furs
8333 W. Capitol Drive, Milwaukee
414-463-7777 • www.ugentfurs.com
M-F 9-5 / Sat 9-4 / Sun 12-4

FOSTER PARENTS NEEDED!!



Foster Parents Urgently Needed in the Milwaukee County Area

Kids need good homes

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

We provide:

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



MAKE A DIFFERENCE, FIND OUT MORE TODAY!
608-233-9204 OR 800-660-9204



Wisconsin's Holiday Traditions: Family Favorites

By Mary Bergin

On the day after Christmas, David and Gretchen Livingston usually take a six-hour drive from their Chicagoland home to a century-old farm on 800 acres in northern Wisconsin. These wintry treks began around 15 years ago.

Their end-of-year getaway is to **Palmquist Farm**, near Brantwood in Price County. What they expect and love about the destination is its serenity, cross-country skiing, woodfired sauna and from-scratch Finnish cooking.

Horse-drawn sleigh rides head into the farm's woods. A hill is big enough for sledding. Gretchen knits in front of the lodge fireplace. Her children arrive – they've been coming to this farm since they were in elementary school.

What began as curiosity because of a newspaper article has turned into a treasured holiday tradition. The road trip is repeated because of the satisfaction it brings, and with repetition comes a comfort and anticipation of the familiar, enriched by the involvement of people who matter most.

These connections happen all over Wisconsin, in big and little ways, especially as the holiday season nears.

We head to **Norskedalen**, a nature and rural heritage center near Coon Valley, to make tree ornaments with a blacksmith and glimpse long-ago farm life. We board the "pizza train" at Wisconsin Great Northern Railroad in Spooner for a meal with Santa and a pretty, two-hour ride near the Namekagon River.

Thousands make their way to **Madison** in December for a gander at a 40-foot-tall tree with handmade decora-



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



tions in the State Capitol rotunda. It is a prime time for a free tour of both this grand building and the holiday-trimmed Executive Residence, home to the governor and first lady.

Whispering Pines. Germans get credit for making decorated Christmas trees a U.S. household tradition, and tree buying can be a quick job or daylong joy. At Whispering Pines Tree Farm in Oconto, horse-drawn wagons take families into 200 wooded acres to seek and cut the perfect fir. Then children can visit Santa and enter a kids-only shop that uses tokens instead of money and includes gift wrapping.

Most unusual is the holiday light show that is designed to be viewed from water. A recent, festive addition on **Geneva Lake** is the Santa Cruise, a 40-minute

boat tour that departs from Winter Harbor in Williams Bay.

Passengers see lakefront lights and colorful, animated holiday displays from the comfort of an enclosed, heated and historic Lake Geneva Cruise Line boat. With the exception of Christmas Eve and Day, these late afternoon and evening rides happen at least three times a day from Thanksgiving to New Year's Day.

The family-friendly outings begin with a walk to trees decorated for the **Twelve Charities of Christmas**, and a part of cruise proceeds helps these goodwill organizations. Santa remains the biggest star at parades across the state, but only in **Bayfield** does he arrive on water instead of land. Robert Hansen began playing the role 23 years ago.

"We sneak over to Madeline Island on a ferry (during a mid-December Saturday), pick up a few kids and head back," where 100 more will be waiting at the dock. The group walks to a pavilion that Santa and Mrs. Claus (his wife, Jackie) will have already decorated. All have lunch and sing Christmas songs before lining up for one-to-one time on Santa's lap and a bag of goodies.

"It probably makes me happier than the kids," says the 79-year-old Santa. "I'd hate to give this up," especially when seeing the little children of long-ago return as parents who introduce him to their next generation.

Now's the perfect time to start your next holiday tradition. For more ideas on family fun this season, check out our Wisconsin winter getaways. www.travelwisconsin.com/trip-ideas/winter-getaways



In the Heart of Milwaukee's East Side
1101 E. BRADY STREET / 414-272-4623
www.PeterSciortinosBakery.com
 Tuesday-Saturday: 6:30am-5pm, Sunday: 6am-1pm

When it comes to saying "Thank you for your business" or "Thinking of you at this special time" there's no better way than with **SCIORTINO HOMEMADE ITALIAN COOKIES and BAKERY!**



Happy Holidays!

Visit our website for a complete list and view of our Italian Cookies and Bakery. **WE SHIP ANYWHERE in THE U.S.** so don't forget your loved ones this holiday season. **Nothing says 'LOVE' like Sciortino's homemade Italian cookies and bakery!**

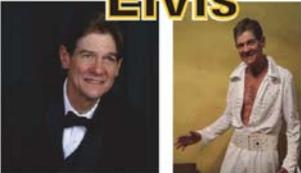


Johnny Martini

Book Johnny for your Holiday Parties!

Book by Nov 30th
\$50 / 1 Hour Show!

Frank Sinatra
OR **Elvis**



Parties, weddings, anniversaries, retirements...
262-627-0548
facebook.com/johnnycashmartini





A Global Celebration!

Christmas Around the World

Whatever the date or the practices associated with it, Christmas continues to be the most universally celebrated holiday around the globe, transcending language, culture, and even religious beliefs.

By Ian Makay

Although the traditions and foods associated with it vary with climate, culture, country—even calendar—the spirit of the day transcends all such differences.

While possibly the most “popular” Christian holiday, Christmas has also evolved into a secular celebration.

In Northern Europe, symbols of worship have become Yuletide standards, such as the Christmas tree, mistletoe, holly, and ivy. Overindulgence at the dinner table, stringing Christmas lights, exchanging gifts, even burning the Yule log are traditions that can be traced back to the ancient Roman celebration of Saturnalia and various winter solstice rituals.

Even in societies where Christianity is not the dominant religious belief, Santa Claus has become the reason for the season.

Japan has celebrated Christmas since at least the 1930s and especially since World War II as a precursor to New Year celebrations. On Christmas Eve lovers treat each other to lavish gifts and children await Uncle Chimney. And there’s no problem cooking that big dinner. Parents have been known to wait for hours lined up outside the local Kentucky Fried Chicken franchise to buy a bucket of chicken for their eager children. (At the root of this practice is the perceived similarity between Colonel Sanders and jolly old St. Nick.) Add this to an even older culinary tradition of feasting on strawberry shortcake (topped with a plastic fir tree) and Christmas Japanese style takes on a meaning all its own.

Though many of us paint Christmas in the snow-laden colors of Currier and Ives prints, below the equator its summer. Christmas in Australia and South Africa ranges from the fowl or roast front and center in a dinner spread out over a formal table to a casual picnic in the great outdoors—Throw another shrimp on the barbie, mate? Despite the temperate weather, Christmas trees, mistletoe, holly, and European style gift giving accompany the festivities down under.

Zaire, Rumania, and Poland share a common Yuletide bond—folk plays performed in villages around Christmas time. These performances all dramatize various aspects of the Christmas nativity story, complete with caricatures of Herod and his soldiers, the ever-popular tax collectors, the Wise Men, shepherds, sheep, camels, donkey, Mary, Joseph, and the infant Jesus.

In Venezuela, “devils” fill the streets shortly after midnight on Christmas Eve. Hundreds of rollerskating teens fan out about their about towns for an hour or so, finally making their way to church and a special early morning Christmas mass. Skating

Christmas Around The World continued on page 9

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





LEPANTO Banquet Hall
& Catering

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

414-803-5177
www.lepantobanquet.com

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

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

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



MAKE, BAKE, AND DECORATE

This is an excellent recipe for homemade ornaments. The dough is very easy to work with, and once baked the ornaments are very firm and easy to paint.



Place dry ingredients in a bowl, add the water and oil, then stir until blended. Once the dough holds together, make it into a ball and knead it with your hands to make a smooth texture. Place the dough on a cutting board, and using a rolling pin, roll the dough out into a pancake shape that is a bit thicker than you would use for regular cut-out cookies.

Cut out the ornaments with cookie cutters, design your own ornaments using a blunt knife, or shape dough with your fingers. Punch or carve a hole into the top of the ornament to thread a string through to hang the decoration.

Bake at 250 degrees until hard (for one to two hours). Once cooled, paint with water-based paints if desired, or glue on glitter using white household glue. Thread a string or ribbon through the hole and hang the decoration on the tree or elsewhere in your home. These ornaments can be reused year after year.

INGREDIENTS:
1 cup salt
2 cups flour
1 cup water
2 tbs vegetable oil

Water-based paints

What do you get when you combine a Christmas tree with an iPad?
A pineapple

Santa Claus has the right idea.
Visit people only once a year.

- Victor Borge

Christmas continued from page 8

home, they find bountiful Christmas breakfasts waiting for them, featuring hallacas-cornmeal pastries filled with spicy meat, wrapped in banana leaves and boiled.

Where the population of a country has been influenced by the introduction of Europeans, the Christmas feast centers around a roast. Historically for Europeans settled by conquering Roman armies, the roast was a pig—the traditional meal used to celebrate the Roman feast of Saturnalia. As many of these European countries began settling the Americas, turkeys were imported, raised, and substituted for pork.

Countries of the southern hemisphere feature fresh fruits and vegetables at their Christmas feasts which are often communal. While the north marks the winter solstice, in the Zulu homelands, Zimbabwe, and Peru, the Christmas celebration overlaps the festivities associated with the summer harvest. Leafy greens, young corn, fresh fruit, and ice cream often accompany the roast, which is sometimes prepared whole on a spit when the feast is a village affair.

Adding to this calendar of confusion, no one knows the exact date of Christ's birth, which, Santa Claus aside, is the basis for the Christmas celebration. For over 300 years it was a movable feast since early Christians tended to celebrate Christmas in conjunction with Hanukkah, attempting to mesh the old Julian and Hebrew calendars.

Although many of the Orthodox or Eastern Rite Christian churches have celebrated Christmas on December 25 since the middle of the fifth century, some chose to keep their festivities on the traditional date of January 6 or 7, known also as the Epiphany.

Regardless of your reason to celebrate the season, I hope you find the spirit behind the holiday every day of the year!

For more holiday traditions and recipes see: www.globalgourmet

GIVE THE GIFT OF HEARING

Try the latest hearing aid technology from any 6 of the world's major hearing aid manufacturers. We will find the manufacturer that is the best option for your hearing loss and lifestyle. No games, no gimmicks, no inflated coupons, no phony studies... just honest audiological services.



There are 3 steps to your appointment, all at no cost to you:

- 1 A thorough otoscopic examination of your ear canal will be conducted by an Audiologist.
- 2 A complete diagnostic audiological evaluation will be conducted to identify areas of hearing loss. A comprehensive review of your hearing loss and how it compares to normal hearing sensitivity will be discussed.
- 3 If you are a hearing aid candidate, we will discuss which hearing aid company has the right hearing aid for your hearing loss, lifestyle, and budget. Advancements in digital technology allow us to program hearing aids to the precise requirements of each individual hearing loss. You should experience, for the first time in years, clear hearing that is as close to normal as possible for your hearing loss.



Dr. Douglas Kloss, Audiologist
4818 S. 76th St., Suite 3, Greenfield, WI
www.midwestaudiology.net

414-281-8300



Giving starts at home!

As we become absorbed with the hustle and bustle of the holidays this year, take a moment to remember those who are not as blessed as we are. A few hours of free time or a couple dollars go a long way to those who are struggling. Consider the following or search www.charity-charities.org/Wisconsin-charities/Milwaukee

Artworks For Milwaukee

www.artworksformilwaukee.org
An arts-based employability training program for Milwaukee's at-risk high school students with and without disabilities

Happy Endings No Kill Animal Shelter

www.happyendingswi.org
A non-profit, no kill organization that has been in existence since 1994. It is run solely by volunteers. Our mission is to find permanent homes for strays, abused or unwanted animals

Ice Age Park And Trail Foundation

www.iceagetrail.org
The Ice Age National Scenic Trail is a thousand-mile footpath — entirely within Wisconsin maintained by volunteers

Second Harvest Of Wisconsin

www.secondharvestwi.org
A food bank with warehouses in Milwaukee and the Fox Valley, we distribute more than 11 million pounds of food a year to more than 1,100 pantries, and meal programs

Milwaukee Habitat For Humanity

www.milwaukeehabitat.org
A non-profit Christian homeownership ministry building simple, decent, affordable housing in partnership with people in need

Milwaukee Mentors

www.milwaukeeementors.org
A consortium of programs working to promote quality youth mentoring and to increase the number of adult mentors for Milwaukee youth

Milwaukee Rescue Mission

www.milmission.org
When men or women with children need a safe place to go, help to rebuild their lives, a hot meal or a long-term solution, they come to us

New Beginnings Are Possible

www.nbap.org
Provides at-risk youth in Milwaukee with a bible-based moral foundation to make healthy choices to become contributing members of the community

Next Door Foundation

nextdoormil.org
Next Door gives Milwaukee central city children and families the skills they need, not just to get by, but to achieve sustainable success

Repairers Of The Breach

www.repairers.org
Grassroots homeless outreach, provider of the area's only daytime shelter and resource center for homeless people

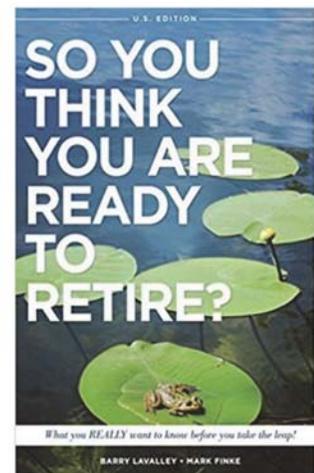
Rsvp-interfaith Older Adult Programs

www.interfaithmilw.org
Interfaith Older Adult Programs was founded in 1973 by several congregations on Milwaukee's East Side who were concerned about elders

Summit Educational Association

www.summitea.org
A non-profit devoted to helping Milw's inner city children grow in excellence despite limitations of difficult educational, social, or familial circumstances

SO YOU THINK YOU ARE READY TO RETIRE? What you REALLY want to know before you take the leap!



Schedule a review of your retirement strategy and receive a complimentary printed copy of the book by renowned retirement lifestyle expert Barry LaValley.
262-369-5200 or www.aegiswi.com

AEGIS 
Wealth Advisors LLC
A Fiduciary Financial Advisor
Timothy Stasinoulas, President

Lake Country's Retirement Advisor for over 25 years - Located on HWY 83 in Hartland, WI



WORKING OUT in WINTER

Cold tightens. Cold slows. It freezes you up, making your muscles sluggish and unprepared. This has two major implications for your strength-training/exercise routine.

By Todd Kuslikis

The Morning Stretch

Lying on your back with your knees bent and feet hip width apart:

Bridge lift: Inhale to lift your hips as high as possible, then exhale to drop them back down. Repeat three times.

Seedling Stretch: Inhale to draw your knees to your chest, bringing your forehead to meet your knees. Exhale to extend the legs all the way out, engaging the abdominal muscles and bringing your legs over your head. Repeat three times.

Roll-up: Roll up to seated on an inhale, then roll back down on an exhale. Repeat three times, finishing in seated.

Cat Spine Stretch: Come to hands and knees. Exhale to drop your tailbone, arching your back like a cat. Inhale to lift it, rolling the shoulders back as the chest opens. Repeat three times.

Cat Paw Stretch: Exhale to walk your hands forward, keeping your hips stationary as your chest drops towards the ground. Inhale to walk back. Repeat three times.

Cold, tight muscles are more prone to injury. Constricted into limited mobility, muscles tend to strain and pull under stress. Imagine trying to stretch a rubber band over a very big box. If you pull it hard and fast, it'll snap in half. Slowly warm it up, and it will stretch to take the force of your pull. Now imagine putting that rubber band in the freezer for a while first. That's your muscles in the winter. Flash-frozen rubber bands.

Cold muscles don't perform as well. They don't operate at maximum range of motion, they don't access their full potential strength, and they're generally less ready for action. Consider your warm up a gentle awakening for your sleepy muscles, followed by a slow cup of coffee, chased by a jolt of espresso. Warming up muscles is the wake-up call that lets you get the most out of your workout.

Turn Up the Heat. Much of the power of the warm up, especially in the winter, lies in the "warm" part. Increasing muscle temperature loosens muscles for injury-preventing flexibility and mobility. It also eases them into movement so they can access their full range of motion. Properly warmed up muscles can execute exercises with proper form, for better

results and fewer injuries. Warm muscles are also more responsive. They contract and relax more quickly, allowing for better performance.

Proper warm ups also increase all-over body temperature, so your body can work according to its amazing integrated design. If you're the tin man, a good warm up is your oil can, getting the joints and muscles flowing so they can work together at maximum efficiency. Not only is this key for building functional, full-body strength, but it's also vital for injury prevention. Nothing in the body works in isolation, and one unresponsive link in the chain can cause a major malfunction. A good warm up keeps your body running like a well-oiled machine.

Light a Bonfire, Not a Match. Warming up only works if you do it right. I hate to break it to you, but a couple static stretches and a five-minute jaunt on the treadmill isn't going to cut it. In fact, static stretching can actually decrease the efficacy of your strength-training workout, though to what degree is up for debate. Some studies conclude that while static stretching doesn't hurt, it doesn't help either. Others, however, fall firmly in the anti-static stretching

WORKING OUT in WINTER continued on page 18

Milwaukee's Most Complete Health Clubs

- FREE GROUP EXERCISE CLASSES
- INDOOR / OUTDOOR SALTWATER POOLS
- INDOOR / OUTDOOR TENNIS COURTS
- LUXURY LOCKER ROOMS
- STATE-OF-THE-ART FITNESS CENTERS
- BASKETBALL / VOLLEYBALL
- MILWAUKEE ATHLETIC CLUB RECIPROCITY

eliteclubs.com

Mequon 11616 N. Port Washington Rd. (262) 241-4250
 North Shore 5750 N. Glen Park Rd. (414) 351-2900
 River Glen 2001 W. Good Hope Rd. (414) 352-4900
 Brookfield 13825 W. Burleigh Rd. (262) 786-0890
 West Brookfield 600 N. Barker Rd. (262) 786-3330

SIX LOCATIONS!!
Mequon, Cedarburg, Menomonee Falls
South Milwaukee, Grafton & Slinger

MYSTORAGEHOME.COM

Wide selection of conventional and climate controlled storage units

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

262-236-0612

\$25 OFF w/ this ad

We Cater! There is no event we can't handle!
Quality food. Quality Service.

For Catering Services Call: **414-803-5177**

The PeachTree Family Restaurant and Catering

262-787-2911

15419 W. National Ave., New Berlin
www.thepeachtreecatering.com

Prime Minister Family Restaurant & Catering

517 N. Main Street, Thiensville
262-238-1530
www.pmcatering.com

Two family restaurants serving breakfast, lunch & dinner specials!

We're now getting close to 1 billion records of identity theft – more than three times our entire population in the United States.

Nearly two-thirds of Americans have heard, read or seen something about online safety and security issues recently, according to StopThinkConnect.org.

Yet consumers also say they don't take steps to stay safe online because they lack information or knowledge.

So here are my best tips to help you enjoy the Christmas shopping experience without losing your privacy and identity or putting your children's safety at risk.

Halting the Hackers for the Holidays



By Gary S. Miliefsky

• **Change your passwords – all of them.** Do it now and do it as frequently as you can tolerate. If you don't want to change them often, then use any unique characters you can think of, such as a dollar sign (\$) or an exclamation mark (!) or replace a letter "O" with a 0 (zero). This goes a long way in preventing brute force attacks against your password. Also, never trust anyone on the phone who asks for your password, especially if they called you. The same holds true with emails. Both the telephone and email are used by people who try to get your password by pretending to be the IRS, your bank or someone else you have an account with.

• **Clean up your apps.** Assume most of your smartphone or tablet apps are malware that spies on you and your online behavior. Do you really need them? Delete any apps you don't use often. Replace apps that take advantage of too many of your privacy settings with similar apps that don't. On an iPhone, you're not being eavesdropped on until you run the app.

• **Shop online only from websites you trust.** If you don't know where the merchant is located, don't shop online there. If they don't have a corporate address or are located in another country, it could be iffy whether you ever see the goods you think you purchased. Also, if their shopping-cart experience is not an HTTPS browser session, then everything you type in - your name, address and credit card information – is going over the Internet unencrypted, in plain view.

Never buy online using your credit card on a site that doesn't have SSL (secure sockets layer) encryption installed. It's easy to tell you are in a secure, encrypted session. You should see an icon of a locked padlock in your browser and the website URL starts with HTTPS not HTTP. Also, if you receive emails from the merchant, no matter the reason, don't give them your credit card information over email.

• **Don't use cash or debit cards.** You have three major choices when shopping – cash, credit or debit. In rare but growing instances there's even a fourth option called "Bitcoins," which are now accepted at some merchants including Overstock.com. Bitcoins could be considered the equivalent to the cash option, because once used, you can't get them back. So, if you have to choose among these options, the best is the credit card.

Here's why: If you experience identity theft, credit card laws allow you to keep all of your credit immediately, with no responsibility during an identity theft or fraud investigation. With a debit card, your bank's policy can be to tie up your money in the amount of the fraudulent transactions for up to 30 days. Some have been known to take up to 60 days to resolve the issue.

• **Don't use public WiFi without using SSL encryption.** Public Wifi networks can be a hacker's dream. If they want, they can see what websites you are visiting and insert malware into your computer or other device. The hacker also has access to any information you are sending out over the Internet, which could include credit card numbers or other critical information.

Gary Miliefsky is a consumer advocate who has been recently featured on ABC, Good Morning America, World News Tonight, NBC's Today, FOX News, CNBC and elsewhere for his expertise as a cyber security expert. He is Founder of SnoopWall Inc. (www.snoopwall.com), a cutting edge counter-intelligence technology company offering free consumer based software to secure personal data on cell-phones and tablets

Can't Hear on the Phone?

Get a CapTel Captioned Telephone at No-Cost to You!



The CapTel® Captioned Telephone shows word-for-word captions of everything a caller says, letting you read anything you cannot hear over the phone. CapTel is a **NO-COST**, federally funded technology available under the Americans with Disabilities Act.

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

Tom Slattery, your local Outreach Educator, works within your community to help anybody who needs this phone gain access to the program.

Tom Slattery, 262-409-9370
tom.slattery@oeius.org

CapTel
2400i



262-409-9370
CapTel.com



CapTel®
Captioned Telephone

REQUIREMENTS: Hearing Loss, High Speed Internet, Dial-tone

No-Cost Phone with valid third-party certification is subject to change without notice. Terms and conditions may apply. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel captioning service is intended exclusively for individuals with hearing loss. CapTel® is a registered trademark of Ultratec, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. (v1.5 7-18)

End-of-the-Year Money Moves

Some things to consider before saying goodbye to 2018

What has changed for you in 2018? Did you start a new job or leave a job behind? Did you retire? Did you start a family? If notable changes occurred in your personal or professional life, then you will want to review your finances before this year ends and 2019 begins.

Even if your 2018 has been relatively uneventful, the end of the year is still a good time to get cracking and see where you can plan to save some taxes and/or build a little more wealth.

Do you practice tax-loss harvesting? That is the art of taking capital losses (selling securities worth less than what you first paid for them) to offset your short-term capital gains. If you fall into one of the upper tax brackets, you might want to consider this move, which directly lowers your taxable income. It should be made with the guidance of a financial professional you trust.

In fact, you could even take it a step further. Consider that up to \$3,000 of capital losses in excess of capital gains can be deducted from ordinary income, and any remaining capital losses above that can be carried forward to offset capital gains in upcoming years. When you live in a high-tax state, this is one way to defer tax.

Do you want to itemize deductions? You may just want to take the standard deduction for 2018, which has ballooned to \$12,000 for single filers and \$24,000 for joint filers because of the Tax Cuts & Jobs Act. If you do think it might be better for you to itemize, now would be a good time to get the receipts and assorted paperwork together. While many miscellaneous deductions have disappeared, some key deductions are still around: the state and local tax (SALT) deduction, now capped at \$10,000; the mortgage interest deduction; the deduction for charitable contributions, which now has a higher limit of 60% of adjusted gross income; and the medical expense deduction.

Could you ramp up 401(k) or 403(b) contributions? Contribution to these retirement plans lower your yearly gross income. If you lower your gross income enough, you might be able to qualify for other tax credits or breaks available to those under certain income limits. Note that contributions to Roth 401(k)s and Roth 403(b)s are made with after-tax rather than pre-tax dollars, so contributions to those accounts are not deductible and will not lower your taxable income for the year. They will, however, help to strengthen your retirement savings.

Are you thinking of gifting? How about donating to a qualified charity or non-profit organization before 2018 ends? In most cases, these gifts are partly tax deductible. You must itemize deductions using Schedule A to claim a deduction for a charitable gift.

If you donate publicly traded shares you have owned for at least a year, you can take a charitable deduction for their fair market value and forgo the capital gains tax hit that would result from their sale. If you pour some money into a 529 college savings plan on behalf of a child in 2018, you may be able to claim a full or partial state income tax deduction (depending on the state).

Of course, you can also reduce the value of your taxable estate with a gift or two. The federal gift tax exclusion is \$15,000 for 2018. So, as an individual, you can gift up to \$15,000 to as many people as you wish this year. A married couple can gift up to \$30,000 in 2018 to as many people as they desire.

While we're on the topic of estate planning, why not take a moment to review the beneficiary designations for your IRA, your life insurance policy, and workplace retirement plan? If you



End-of-Year-Money Moves continued on page 14



UNIVERSAL SERVICES®

Relocation + Logistics Management

Let Us Lighten Your Load!

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

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

All services under one roof | Wisconsin premier senior moving company www.universalserviceswi.com

Fall in love with life on the lake,
FALL IN LOVE WITH JACKSON CROSSINGS.

PROUDLY OFFERING:

- Independent Living
- Assisted Living
- Award-winning Memory Care
- Lifestyle360 Activities Program
- Restaurant-style fine dining



Call 262-665-9407 to learn more!

JACKSON CROSSINGS



N168 W22022 Main Street
Jackson, WI 53037

262-665-9407

www.JacksonCrossings.com

**Need An Easier
Way To Read?
We Can Help!**



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

- Vision Impairment
- Physical Impairment
- Reading Disability

Email:
WTBBL@milwaukee.gov
Call Toll-free:
1-800-242-8822
Visit:
<http://talkingbooks.wi.gov>



**WE CAN HELP YOU
WITH THE *next step.***

INDEPENDENCE • DIGNITY • INDIVIDUALITY • CHOICE • PRIVACY



Assisted Living and Memory Care Communities

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

Communities in:

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

**HERITAGE
SENIOR LIVING**

Assisted Living and Memory Care Communities

844-658-4475 • heritagesenior.com

**End-of-Year
Money Moves**



continued from page 13

haven't reviewed them for a decade or more (which is all too common), double-check to see that these assets will go where you want them to go, should you pass away. Lastly, look at your will to see that it remains valid and up-to-date.

Should you convert all or part of a traditional IRA into a Roth IRA? You will be withdrawing money from that traditional IRA someday, and those withdrawals will equal taxable income. Withdrawals from a Roth IRA you own are not taxed during your lifetime, assuming you follow the rules. Translation: tax savings tomorrow. Before you go Roth, you do need to make sure you have the money to pay taxes on the conversion amount. A Roth IRA conversion can no longer be recharacterized (reversed).

Can you take advantage of the American Opportunity Tax Credit? The AOTC allows individuals whose modified adjusted gross income is \$80,000 or less (and joint filers with MAGI of \$160,000 or less) a chance to claim a credit of up to \$2,500 for qualified college expenses. Phase-outs kick in above those MAGI levels.

See that you have withheld the right amount. The Tax Cuts & Jobs Act lowered federal income tax rates and altered withholding tables. If you discover that you have withheld too little on your W-4 form so far in 2018, you may need to adjust your withholding before the year ends. The Government Accountability Office projects that 21% of taxpayers are withholding less than they should in 2018. Even an end-of-year adjustment has the potential to save you some tax.

What can you do before ringing in the New Year? Talk with your financial or tax professional now rather than in February or March. Little year-end moves might help you improve your short-term and long-term financial situation.

Tim can be reached at (262)369-5200 or info@aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Specializing in providing insightful and objective financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.

Want a Healthier Dinnertime?

Science says change your eating space

How and where you eat matters. From your plate size to your table, these expert-approved tips will help you navigate dinnertime like a seasoned pro.

By Mayo Clinic Staff

Have you ever considered how your eating environment impacts your health? Scientists have.

As it turns out, where and how people eat plays a big role in weight, nutrition and overall health. So whether you're dining solo or serving the whole family, these research-backed dinnertime hacks can help revamp your eating environment to keep you and your family healthy.

Keep your dining space clutter-free — Is your dining room or kitchen table doubling as your mailroom or classroom? Clutter is distracting and can make it difficult to concentrate. One study in particular showed that distraction while eating increased how much participants snacked later on. By making time to organize or redecorate your dining space, you'll be more inclined to use (and enjoy) it.

Grab a seat at the table — According to experts, dinner is for the table, not the couch. Staying seated at the table helps improve eating posture, reduces distraction and enhances focus throughout the meal. One study even found that eating at the dinner table was correlated with a healthier overall weight.

Serve from the kitchen — When a serving bowl of spaghetti or a plate of bread remains on the table, it can be all too tempting to reach for seconds. Instead,



keep food out of sight on the stovetop or kitchen counter. You'll have to think twice (or three times) before standing up and going for seconds, which might be all you need to decide if you're still hungry.

Opt for smaller plates and glasses — The eye can be deceiving. It's human nature to fill the space on a plate with food. So if you grab a large plate, you're probably dishing up larger portions than you need.

Make mealtime screen-free — Important advice for children and adults alike: Turn off the TV and power down your smartphone. Going tech-free reduces distractions and gives you an opportunity to focus on what you're

doing — eating. You'll be able to better listen to your hunger and fullness cues, which can help you avoid overeating.

Let dinnertime be an opportunity for bonding — Whether you're eating with friends or family, meaningful connections matter. Research shows that children who have regular family meals perform better at school and have lower rates of anxiety and depression.

Healthy eating is about more than food — it's about environment, too. So before the clock strikes dinnertime, consider your eating space. Revamping your routine and environment might be the key to helping you and your family eat, and enjoy, a healthy dinner around the table together.



*Experience the splendor
of the Season with us.*

+ *St. Camillus*
A Life Plan Community

Call to schedule your visit today.

414.259.6310



BERKSHIRE AT KENSINGTON

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

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



BERKSHIRE WEST ALLIS

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

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



BERKSHIRE OCONOMOWOC

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

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



ACTIVE ADULT COMMUNITIES (55+)*



BERKSHIRE GREENDALE

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

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



BERKSHIRE AT SUNSET

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

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



BERKSHIRE GRAFTON

1004 Beech St., Grafton
262-376-9661

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

Professionally Managed by OAKBROOK CORPORATION

*Income Limits May Apply



NATIONAL DAY Calendar

- DECEMBER 1**
National Pie Day
- DECEMBER 2**
National Mutt Day
- DECEMBER 3**
Roof Over Your Head Day
- DECEMBER 4**
National Cookie Day
- DECEMBER 5**
Bathtub Party Day
- DECEMBER 6**
St. Nicholas Day
- DECEMBER 7**
National Cotton Candy Day
- DECEMBER 8**
National Brownie Day
- DECEMBER 9**
National Pastry Day
- DECEMBER 10**
Human Rights Day
- DECEMBER 11**
International Mountain Day
- DECEMBER 12**
Gingerbread House Day
- DECEMBER 13**
National Cocoa Day
- DECEMBER 14**
National Ugly Christmas Sweater Day
- DECEMBER 15**
Lemon Cupcake Day
- DECEMBER 16**
Chocolate-covered Anything Day
- DECEMBER 17**
National Maple Syrup Day
- DECEMBER 18**
National Roast Suckling Pig Day
- DECEMBER 19**
National Hard Candy Day
- DECEMBER 20**
National Re-Gifting Day
- DECEMBER 21**
Crossword Puzzle Day
- DECEMBER 22**
National Date Nut Bread Day
- DECEMBER 23**
National Pfeffernusse Day
- DECEMBER 24**
National Eggnog Day
- DECEMBER 25**
Christmas
- DECEMBER 26**
National Candy Cane Day
- DECEMBER 27**
National Fruitcake Day
- DECEMBER 28**
National Chocolate Candy Day
- DECEMBER 30**
Bacon Day
- DECEMBER 31**
National Champagne Day

Toys from the past that have endured the test of time.

Silly Putty: Invented by accident while trying to make synthetic rubber. Didn't work as rubber but worked great as a toy!

Mr. Potato Head: The first Mr. Potato Head's only included the facial pieces and used real potatoes to create Mr. Potato Head. It was also the first toy advertised on television.

Hula Hoop: 100 million were sold its first year in production!

Barbie: Still popular today, there are two sold per second around the world.

Slinky: This toy was also created by accident when a naval engineer was working with tension springs and one fell to the ground.

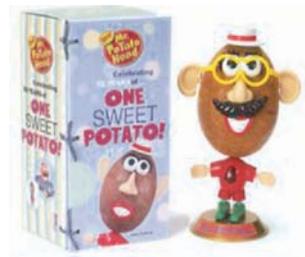
Paper dolls: Because of WWII, inexpensive toys made from paper became very popular when other materials became unavailable.

Magic 8 Ball: Used for telling fortunes and answer to yes or no questions, the child would hold the ball down then flip it around to reveal the answer.

Lite-Brite: What other toy can you play with by punching colored pegs through black construction paper in your dark closet?

Marbles: Small, could carry them around in your pocket for easy trading. Also, early marbles were made of stones, nuts or pieces of pottery because marble was not readily available at that time.

Lincoln Logs: Created by John Lloyd Wright, son of Frank Lloyd Wright, "Lincoln Logs" were named after the house Abraham Lincoln may have lived in.



ASSISTED LIVING & Respite Care

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



HEALTHCARE & COMMUNITY LIVING

A full continuum of care under one roof!

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

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

VMPcares.com

AFFORDABLE 1 & 2 BEDROOM APARTMENTS FOR SENIORS 55 AND BETTER

- | | | | |
|--------------------------|--|--|--|
| ▶ Underground parking | ▶ Washer/dryer connections (select homes) | ▶ Beautiful gazebo & screened-in porch | ▶ In-home washer & dryer |
| ▶ Social room | ▶ In-home air conditioning | ▶ Fitness center & chapel | ▶ Personal balcony or patio |
| ▶ Quiet, beautiful area | ▶ Personal patio/balcony | ▶ Beauty/barber salon | ▶ Heated parking space |
| ▶ Pet friendly community | ▶ Utilities include: heat, water & trash removal | ▶ Community room | ▶ Emergency pull-cords |
| ▶ On-site laundry | | ▶ Pet friendly community | ▶ Utilities include: heat, water & trash removal |
| ▶ Secure entry | | | |



Ask about our Rent Specials!

PRAIRIE MEADOWS
SENIOR APARTMENTS

W168 N11374 Western Ave | Germantown, WI 53022
DominiumApartments.com | (262) 532-0974

*Income limits apply. Call for details.

the Meetinghouse
at Milwaukee

10901 West Donna Dr | Milwaukee, WI 53224
DominiumApartments.com | (414) 357-8596

*Income limits apply. Call for details.



For more information or to schedule a tour, please call Eastcastle Place Admissions at 414-963-8480

2505 E. Bradford Avenue Milwaukee www.eastcastleplace.com

Eastcastle Place is

Rated 5 Stars

by the Centers for Medicare and Medicaid Services (CMS)

For more than three decades, Eastcastle Place has earned the reputation, respect, and trust of families throughout the Milwaukee area. Now we've earned a 5-star rating from CMS.

PROVEN POST-ACUTE CARE

Eastcastle Place helps patients quickly recover whenever short-term skilled nursing or rehab care is recommended. When patients are recovering from an illness, injury or surgery, our attending physicians and clinicians oversee all care.

GOAL-DRIVEN EXPERTISE

Patients achieve the highest level of function and medical recovery possible to accelerate the transition from hospital to home.

Transitional specialties include:

- Medicare-certified health care community
- Physical, occupational & speech therapy
- 24/7 registered skilled nursing
- Ultrasound expertise
- E-stim Therapy

Managed by Life Care Services®

CARE-INTENSIVE TREATMENT

As patients recover from serious illness or surgery, Eastcastle Place provides close monitoring of complex chronic conditions or additional pain management as required.

Clinical capabilities include:

- Comprehensive wound care
- IV pain management
- Diabetes management



WORKING OUT in WINTER

continued from page 11

camp, concluding it's actually detrimental to power output and prevents maximum performance. Either way, sitting and doing a couple half-hearted attempts at touching your toes isn't going to cut it.

Neither is that just-enough-to-break-a-sweat treadmill run. A recent study found that as far as performance is concerned, a five-minute cardio warm up had the same effect as no warm up at all. A high-intensity, fifteen-minute warm up reduced strength. The lower intensity fifteen-minute workout, however, created a strength increase. Long and mellow trumps quick and intense, bringing the desired increased body temperature without the pre-routine fatigue.

Bodyweight Is Best. Bodyweight mobility exercises make the ideal warm up. As dynamic stretches, they provide the kind of movement proven to enhance muscular performance. They increase heart rate, but are of adjustable intensity, so you can craft the kind of longer, lower-intensity warm up found to be most effective. Best yet, these exercises are focused on functional strength and mobility, making for an excellent full-body warm up.

For a fun and effective warm up, start your workout with the three mobility-boosting exercises found on page 11. These enjoyable sequences of movements will help you gently ease into your workout and give you a pleasant start on even the chilliest winter days. Start slow, gradually picking up speed as you build heat. The sequences grow more active as the warm up progresses, so moving through them in the listed order is recommended.

Todd Kuslikis is the founder of A Shot of Adrenaline www.ashotofadrenaline.net



Call us Today!
(262) 423-4411

W218N17483 Delaney Court
Jackson, WI 53037
Dave.morbeck@comforcare.com
www.JustLikeHomeAdultDayCenter.com

Keep your loved one independent through safety and supervision



Services

Safety and Security are our main concern when it comes to your loved one.

- State-of-the-Art Facility
- Up-to-date Safety & Security Features
- Constant Supervision
- Low Staffing Ratio 1:6
- Nurse on Staff at all times
- Dedicated Food Preparation Specialist
- Activities Director
- Personal Care Area
- Spa

Accommodations

We want your loved one to feel just like they are at home while they are with us.

- Fireplace
- Television
- Arts & Crafts
- Social Games
- Dining Room
- Quiet area for Reading or Relaxing
- Naturally Serene location with a fenced-in patio
- Incoming Complimentary Businesses such as hair care, nail care, massage therapy, music therapy, pet therapy, and much more!

We are an owner operated small business with years of experience providing quality care.

Let us help you with your care needs!



ComForCare
Home Care

Serving the Washington and Ozaukee counties, and surrounding areas

Supporting Independence, Dignity and Quality of Life.



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

262-674-1515

www.WestBend.ComForCare.com

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

NAME THAT Christmas Carol

1. Bleached Yule
2. Castaneous-colored Seed Vesicated in a Conflagration
3. Singular Yearning for the Twin Anterior Incisors
4. Righteous Darkness
5. Arrival Time 2400 hrs - Weather Cloudless
6. Loyal Followers Advance
7. Far Off in a Feeder
8. Array the Corridor
9. Bantam Male Percussionist
10. Monarchical Triad
11. Nocturnal Noiselessness
12. Jehovah Deactivate Blithe Chevaliers
13. Red Man En Route to Borough
14. Frozen Precipitation Commence
15. Proceed and Enlighten on the Pinnacle
16. The Quadruped with the Vermillion Proboscis
17. Query Regarding Identity of Descendant
18. Delight for this Planet
19. Give Attention to the Melodious Celestial Beings
20. The Dozen Festive 24 Hour Intervals

Answers: 1. White Christmas 2. Chestnuts Roasting on an Open Fire 3. All I Want for Christmas is My Two Front Teeth 4. O Holy Night 5. It Came Upon a Midnight Clear 6. O Come, All Ye Faithful 7. Away in a Manger 8. Deck the Halls 9. Little Drummer Boy 10. We Three Kings 11. Silent Night 12. God Rest Ye, Merry Gentlemen 13. Santa Claus is Coming to Town 14. Let it Snow 15. Go, Tell It on the Mountain 16. Rudolph, the Red-nosed Reindeer 17. What Child is This? 18. Joy to the World 19. Hark! The Herald Angels Sing 20. The Twelve Days of Christmas ~anon email

Three men died on Christmas Eve and were met by Saint Peter at the pearly gates.

"In honor of this holy season," Saint Peter said, "You must each possess something that symbolizes Christmas to get into heaven."

The first man fumbled through his pockets and pulled out a lighter. He flicked it on. "It represents a candle," he said. "You may pass through the pearly gates," Saint Peter said.

The second man reached into his pocket and pulled out a set of keys. He shook them and said, "They're bells." Saint Peter said, "You may pass through the pearly gates."

The third man started searching desperately through his pockets and finally pulled out a pair of women's underwear.

St. Peter looked at the man with a raised eyebrow and asked, "And just what do those symbolize?"

The man replied, "They're Carol's."



Crossword on page 23

**THERE COMES A
TIME
WHEN YOU HAVE
TO
STOP CROSSING
OCEANS FOR
PEOPLE
WHO WOULDN'T
JUMP
PUDDLES FOR
YOU.**



Luxury Living at its Finest

- ✓ Underground parking
- ✓ Housekeeping twice/mo.
- ✓ Heat & hot water included
- ✓ 1 chef-prepared meal/day (IL)
- ✓ Warm-water pool
- ✓ Movie theater
- ✓ Fitness center
- ✓ No endowment fees

Call 414-425-7155 to learn more!



HERITAGE MUSKEGO

Independent, Assisted Living and Memory Care Communities

S64 W13780 Janesville Rd. • heritagesenior.com

**1 & 2 BR Independent apartments
available! Rents starting at \$2,290/mo.**

What does Santa bring naughty boys and girls on Christmas Eve? A pack of batteries with a note saying "toy not included"

My neighbor put up his Christmas lights today. I bet he's mad that I beat him to it. I put mine up three years ago



Whats the difference between the Christmas alphabet and the ordinary alphabet? The Christmas alphabet has Noel.

Once upon a time the government ...

had a vast scrap yard in the middle of a desert. Congress said, "Someone may steal from it at night." So they created a night watchman position and hired a person for the job. Then Congress said, "How does the watchman do his job without instruction?" So they created a planning department and hired two people, one person to write the instructions, and one person to do time studies. Then Congress said, "How will we know the night watchman is doing the tasks correctly?" So they created a Quality Control department and hired two people. One to do the studies and one to write the reports. Then Congress said, "How are these people going to get paid?" So They created two positions: a time keeper and a payroll officer, then hired two people. Then Congress said, "Who will be accountable for all of these people? So they created an administrative section and hired three people, an Administrative Officer, Assistant Administrative Officer, and a Legal Secretary. Then Congress said, "We have had this command in operation for one year and we are \$918,000 over budget, we must cutback." So they laid off the night watchman.

I love when they drop the ball in Times Square. It's a nice reminder of what I did all year.

My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.

Statistics show that the average person has sex 89 times a year. Today is going to be a great day!

A wife was sitting peacefully in her cozy armchair sewing her husband's socks. Her husband came in to the room and glanced at what she was doing, and started badgering, "Honeeeey be more careful! Pleease watch what you're doing! You don't wan't to poke your finger! How many times do I have to tell you? Don't look up when you're sewing! There you go now slow and steady, nice even stitches. The wife puts down the needle and thread, looks up at her husband, and says, "What the heck is wrong with you? Do you know how many times I've sewn socks before?!" "EXACTLY THE POINT I WAS TRYING TO GET AT", hollered the husband, "DO YOU KNOW HOW MANY TIMES I'VE DRIVEN A CAR BEFORE!?"

The Mighty Captain...

In the days when tall wooden ships sailed the seas, there was this one ship sailing during war. That morning, the lookout shouted, "Enemy ship on the horizon!"

The captain said to his ensign, "Get me my red shirt."

The ensign, rather bewildered by this odd request, did as his captain ordered.

Though the battle was a long one, the captain and his crew managed to fend off the enemy ship.

Later that day the lookout shouted, "Two enemy ships on the horizon!!"

As before the captain said to his ensign, "Get me my red shirt." The ensign did as the captain asked.

The battle took the rest of the day to fight, and again they managed to defeat the two enemy ships.

That evening the ensign asked the captain, "Sir, why, before every battle, do you ask for your red shirt?"

He replied, "Well, if I am wounded in battle, the blood will not show and the crew will continue to fight."

The crew was listening, and were impressed. They had a brave captain.

The next morning the lookout shouted, "Ten enemy ships on the horizon."

The ensign looked to his captain, waiting for the usual orders.

The captain said to his ensign, "Ensign, bring me my brown pants."

Advertisement for HomeVestors featuring the text "WE BUY HOUSES.", a list of benefits (Inherited properties - Repair problems - Job transfers), the HomeVestors logo with "AMERICA'S #1 HOME BUYER", and a cartoon character pointing. A red banner at the bottom says "Call 414-877-0038 today for a free, no obligation evaluation."

Earth Talk

From the editors of
E - The Environmental Magazine

Saving the Planet By Ridesharing With Uber and Lyft

Is ridesharing via companies like Uber and Lyft good or bad for the environment overall?



Between fuel, maintenance and insurance, owning a vehicle is expensive—even more so in cities like New York, where residents pay an annual average of \$430 for parking alone. It may be no surprise why the affordable, convenient enterprise of ridesharing, whereby you use a smartphone app to arrange a ride in a privately-owned vehicle, has gained massive popularity in recent years and is expected to see even further growth (22.9 percent) in 2019. But is this shift from car ownership to ridesharing good for the environment overall?

Professor Daniela Rus of MIT's Computer Science and Artificial Intelligence Laboratory, who focuses on ways to reduce traffic congestion and otherwise improve mobility in major cities, thinks so. "Ride-sharing services have enormous potential for positive societal impact with respect to congestion, pollution and energy consumption."

Perhaps the biggest environmental benefit to ridesharing is carpooling. Uber's "POOL" option puts riders in the same car, with each individual rider paying less. Last year, Uber drivers served 35 million riders in POOL trips. If these riders had instead driven by themselves, cities might have seen an additional 314 million vehicle miles and 82,000 metric tons of carbon dioxide emissions. Lyft has also set a goal to make shared rides account for 50 percent of all trips on the Lyft platform by the end of 2020.

Besides carpooling incentives, Uber is also expanding their app to provide customers with alternative forms of transport like electric bikes and buses. Their partnership with Jump Bikes, currently available in San Francisco, Sacramento and Santa Cruz, California and Washington, DC, can shift millions of trips from cars to bikes. "We realized that we shared Uber's vision of multi-modal mobility



Sharing rides with Uber and Lyft is a boon for the environmental if you factor in reduced congestion, pollution and energy consumption.

and had the same goal of decreasing car ownership," says Jump Bikes Founder and CEO Ryan Rzepecki. Uber is also working with transit agencies to help fill empty seats on buses and trains — which can be two to three times cleaner than a solo car drive—by allowing riders to book and use transit tickets in their app.

Additionally, in April 2018, Lyft announced their commitment to immediately offset the carbon emissions from all Lyft rides globally. Their first-year, multi-million-dollar investment will make Lyft one of the top voluntary purchasers of carbon offsets in the world. Lyft plans to help achieve carbon neutrality through the direct funding of emission mitigation efforts in the U.S., including emissions reductions in the automotive manufacturing process, renewable energy programs, forestry projects, and the capture of emissions from landfills. Lyft Co-Founders John Zimmer and

Logan Green emphasize that this action is not the full solution, but a real step forward. "The more shared rides and clean vehicles on the platform, the fewer carbon offsets we will need to purchase," they report.

Enhancing the environmental benefits of ridesharing is an emerging effort across the entire industry. This past February, leading transport and ridesharing companies that account for a staggering 77 million passenger trips per day signed on to Shared Mobility Principles for Livable Cities, a coalition committed to prioritizing people over vehicles and reducing emissions in an increasingly congested and polluted urban environment. "Working together, we can have a real impact on congestion, making our cities easier to get around and more enjoyable to live in," said Joseph Okpaku, Vice President of Public Policy at Lyft.

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

WANTED

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

CASH PAID & WILL PICK-UP!

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

THE RIGHT PEOPLE RIGHT NOW

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

***0% 18 Months**
No payment
*with credit approval

12 years
Parts & Labor
on Select
Equipment

- ✓ NO TRIP CHARGES EVER SINCE 1929!!
- ✓ WE SERVICE ALL MAKES AND MODELS
- ✓ FREE IN-HOME ESTIMATES

Humidifiers
Starting at
\$395
Installed

Gas Furnace Tune-Up
\$79.95
Expires January 1st, 2019

Dave Lennox
PREMIER DEALER

www.ThielmannHeating.com

BBB MEMBER NARI MEMBER Facebook Angies list

262.763.2653 BURLINGTON 262.786.2000 NEW BERLIN 262.673.2500 HARTFORD 262.293.9285 MENOMONEE FALLS

Choose 3 for Free!

Independent Living at The Chopin at Wilson Commons



Maybe you don't want a landline. Or maybe you don't need underground parking. Why pay for things you don't want or need? At The Chopin at Wilson Commons, we don't charge for optional conveniences. Residents can select three services for free! Choose from telephone, basic cable TV, basic WiFi, or underground parking. Want it all? No problem. We will create a custom service package to fit your needs.

Call (414) 281-2450 for details or to schedule your personal tour.



Independent Living | Assisted Living | Respite Stay
1400 W Sonata Drive, Milwaukee | CapriCommunities.com

WORD SEARCH

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

- | | | | | |
|----------|----------|---------|----------|--------|
| ABOARD | DIRT | KEY | MOTHER | REMINO |
| ADDITION | DOLL | KICKED | MOUSE | SEE |
| ANOTHER | DREADFUL | LATIN | MULE | SHRIEK |
| BAZOOKA | FANCY | LAWYER | NANNY | SINGLE |
| BELL | FAULT | LET | NIECE | SLAP |
| BLOSSOM | FIGHT | LIBRARY | PARE | SOLEMN |
| BONE | GLASS | LIGHT | PATIENCE | TEEN |
| CINEMA | GOWN | LIKE | PLUM | THIRTY |
| CRAWL | HOUD | LOADER | PONY | UNTIL |
| DIG | HUNGRY | MORE | PUNISH | WIFE |



CLE HAVEN

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

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

414.258.9955 Ext. 10
or info@cle-ccls.com
Visit our website at: www.cle-ccls.com

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

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

Please call to arrange a tour



Cottonwood Trails Apartments

4600 S. Nicholson Ave
Cudahy

A Senior Complex

Income Eligible for Adults 55+

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

cottonwood@bearproperty.com

We offer:

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

\$99 Security Deposit!




Proudly Managed by Bear Property Management 262-697-9616

NOW HIRING!

Meals on Wheels Drivers




Community Services
Delivering Independence

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

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

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

REQUIREMENTS:

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

Contact Tom at
414-847-4779

Peace of Mind Services



Call for more details
414.453.1562

Two locations to serve you!
Serving all of Wisconsin

Simple Cremation: \$595.00

(Excluding Cremation Permit & Fee)

Traditional Funerals:

\$1395.00 at the Church or Cemetery Chapel of your choice

\$1995.00 at the Funeral Home

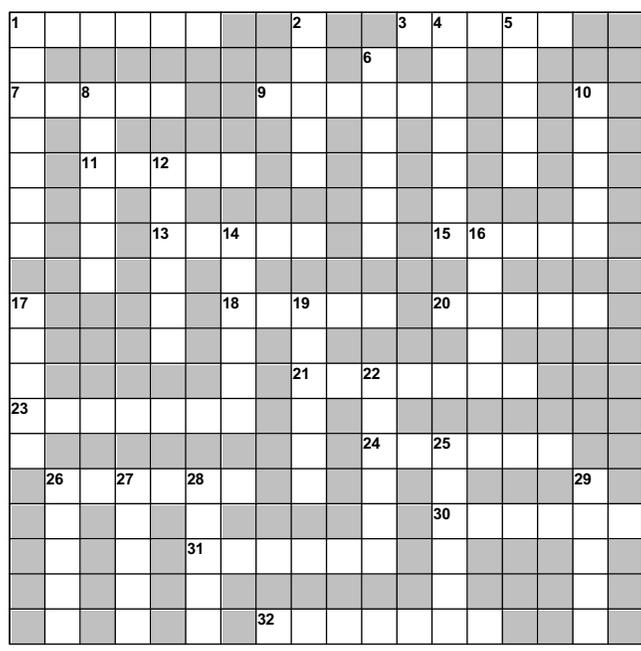
Family Owned and Operated
Title 19 & Pre-Arrangements

Page 22/DECEMBER 2018 ~ Your LIFE! Magazine



- ACROSS**
1. Firearm
 3. Stay away
 7. Source of cooking heat
 9. Not private
 11. Magistrate
 13. By which we call each other
 15. Have you no
 18. Appreciate
 20. The nose's sense
 21. Early daylight hours
 23. Farm equipment
 24. Possibility
 26. July holiday
 30. Expression of times
 31. Brilliant
 32. Quiet talk

- DOWN**
1. Ardent affection
 2. Independent living unit
 4. Describes a rabid dog
 5. Foolish person
 6. Santa transport
 8. Something material
 10. Possessive from of who
 12. Potential harm
 14. Made up of atoms
 16. Our species
 17. Not nice
 19. Not quite
 22. Spacecraft propulsion
 25. To look up to
 26. Gluten culprit
 27. Beneath something
 28. Dining platform
 29. To move into



Answers on page 19

A Spanish language teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. A student asked, "What gender is 'Computer'?" Instead of giving the answer, the teacher divided the class into two groups, Male and Female, and asked them to decide for themselves whether "Computer" should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The MALE group decided that "Computer" should definitely be of the feminine gender ("la computadora"), because:

1. No one but their creator understands their internal logic;
2. The native language they use to communicate with other computers is incomprehensible to everyone else;
3. Even the smallest mistakes are stored in long term memory for possible later retrieval; and
4. As soon as you make a commitment to one, you find yourself spending half your paycheck to buy accessories for it.

The FEMALE group, however, concluded that computers should be masculine ("el computador"), because:

1. In order to do anything with them, you have to turn them on;
2. They have a lot of data but still can't think for themselves;
3. They are supposed to help you solve problems, but half the time they ARE the problem; and
4. As soon as you commit to one, you realize that if you had waited a little longer, you could have gotten a better model.

What do you call a bankrupt Santa? Saint Nickel-less

Who won? You decide. Just don't ask your spouse.

INJURED?

TAKE ACTION!... ACTION LAW!

Experienced Personal Injury Trial Lawyers



ACTION
LAW OFFICES, S.C.

ACTION LAW OFFICES, S.C.

FREE CONSULTATION

www.actionlawoffices.com

MILWAUKEE
414-456-1111

WEST BEND
262-334-2700

RACINE/KENOSHA
262-637-3000



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

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

Shopping for something special this holiday season...



Lilac Furniture Gallery

608-617-2662
W 1996 Barry Road •Dalton WI 53926
lilacwoodshop@yahoo.com
lilacfurnituregallery.com
MON-WED 9-5. FRI-SAT 8-5 Closed Thursday & Sunday

Hand Crafted Oak and Cherry AMISH Furniture and Crafts

Dining Room, Living Room and Bedroom Sets on Display



Teton Bedroom Set



Heirloom Conversion Slat Crib



Luxcraft Adirondack

Custom Orders Welcome!



WestLake Dining Room Set

Amish-made furniture has become a brand name of its own. It signifies handcrafted, hardwood, heirloom-quality furniture. Even better yet, it's made in America from beautiful native woods like cherry, oak, maple, hickory, and other quality hardwoods.

Lilac Wood Shop carries the finest in hand crafted furniture from well known makers such as Millcraft and Holmes. We sell furniture made by craftsman who continue to use the time tested means handed down to them by generations of fine furniture makers, many of who still sit and eat dinner at a table their grandpa made. At Lilac Wood Shop, making beautiful furniture is still a craft and a way of life. Visit our showroom to see for yourself.

Owned and Operated by Levi Mast - Established 1994

